

Monday

Sunday

28

Closed

MAY

Tuesday

30

Adult Lap Swim

6am-11:30am

Water Walk/Run Class 12pm

Closed

Memorial Day

2023

Wednesday

1 Recreation Road **Dedham Ma** 02026

Friday

Phone: (781)-751-9136

website: https://www.dedham-ma.gov/home

Thursday

Saturday

	Adult Lap Swim 6am-11:30am & 5-7pm Adult Water Aerobics 11:45-12:30pm Youth Lessons 5-7pm Underwater hockey/rugby 7pm-10pm	2 Adult Lap Swim 6am-11:30am Stroke and Turn 3:45-5pm Synchro 5:30-8:30p Adult Lessons 7pm HITT Aerobics 6-6:45pm	Adult Lap Swim 6am-11:30am & 5:30-7pm Adult Water Aerobics 11:45-12:30pm Youth Lessons 5-7pm Underwater hockey/rugby 7pm-10pm	4 Adult Lap Swim 6am-11:30am Stroke and Turn 3:45-5pm Diving class 5:30-7pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	5 Adult Lap Swim 6am-11am Lap/Open Swim 5:30-8pm	6 Masters 6:15-8:15am Youth Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:pm
Water Aerobics 10 & 11am Open/Lap Swim 12:30-3pm	Adult Lap Swim 6am-11:30am & 5:30-7pm Adult Water Aerobics 11:45-12:30pm Youth Lessons 5-7pm Underwater hockey/rugby 7pm-10pm	9 Adult Lap Swim 6am-11:30am Stroke and Turn 3:45-5pm Synchro 5:30-8:30p Adult Lessons 7pm HITT Aerobics 6-6:45pm	Adult Lap Swim 6am-11:30am & 5;30-7pm Adult Water Aerobics 11:45-12:30pm Youth Lessons 5-7pm Underwater hockey/rugby 7pm-10pm	Adult Lap Swim 6am-11:30am Stroke and Turn 3:45-5pm Diving class 5:30-7pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	12 Adult Lap Swim 6am-11am Lap/Open Swim 5:30-8pm	13 Masters 6:15-8:15am Youth Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3pm
Closed Mother's Day	Adult Lap Swim 6am-11:30am & 5:30-7pm Adult Water Aerobics 11:45-12:30pm Youth Lessons 5-7pm Underwater hockey/rugby 7pm-10pm	Adult Lap Swim 6am-11:30am Stroke and Turn 3:45-5pm Synchro 5:30-8:30p Adult Lessons 7pm HITT Aerobics 6-6:45pm	17 Adult Lap Swim 6am-11:30am & 5:30-7pm Adult Water Aerobics 11:45-12:30pm Youth Lessons 5-7pm Underwater hockey/rugby 7pm-10pm	6am-11:30am Stroke and Turn 3:45-5pm Diving class 5:30-7pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	19 Adult Lap Swim 6am-11am Lap/Open Swim 5:30-8pm	Youth Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3pm
21 Mini Clippers 9am Water Aerobics 10 & 11am Open/Lap Swim 12:30-3pm Synchro 3-7:30pm	22 Adult Lap Swim 6am-11:30am & 5:30-7pm Adult Water Aerobics 11:45-12:30pm Underwater hockey/rugby 7pm-10pm	23 Adult Lap Swim 6am-11:30am Water Walk/Run Class 12pm Stroke and Turn 3:45-5pm Synchro 5:30-8:30p Adult Lessons 7pm HITT Aerobics 6-6:45pm	24 Adult Lap Swim 6am-11:30am & 5:30-7pm Adult Water Aerobics 11:45-12:30pm Underwater hockey/rugby 7pm-10pm	6am-11:30am Water Walk/Run Class 12pm Stroke and Turn 3:45-5pm Diving class 5:30-7pm Synchro 5:30-8:30p	Adult Lap Swim 6am-11am Closing at 1pm	Closed

Adult Lap Swim 6am-11:am

& **5-7pm**

Adult Water Aerobics

11:00am-11:45am

Underwater hockey/rugby 7pm-10pm

Dedham Parks and Recreation

Open/Lap Swim

12:30-3pm

JUNE 2023

1 Recreation Road **Dedham Ma** 02026

Please Note:

Water Aerobics, Youth lessons, diving etc. are all at their regularly scheduled times.

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website: https://www.dedham-ma.gov/home

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Saturday

Closed	Closed Memorial Day	Adult Lap Swim 6am-11:30am	Adult Lap Swim 6am-11:30am & 5:30-7pm	Adult Lap Swim 6am-11:30am	Adult Lap Swim 6am-11am Lifeguard Class 5-8pm	Open/Lap Swim 12:30-3:pm
Open/Lap Swim 12:30-3pm	5 Adult Lap Swim 6am-11:30am & 5:30-7pm 10 and Under Clippers start 4PM	6 Adult Lap Swim 6am-11:30am 11 and up Clippers start 4PM	7 Adult Lap Swim 6am-11:30am & 5;30-7pm	8 Adult Lap Swim 6am-11:30am	Adult Lap Swim 6am-11am Lap/Open Swim 5:30-8pm	Open/ Lap Swim 12:30-3pm
11 Greenlodge School Pool Party	Adult Lap Swim 6am-11:30am & 5:30-7pm	Adult Lap Swim 6am-11:30am	14 Adult Lap Swim 6am-11:30am & 5:30-7pm Flag Day Parade No evening programs	Adult Lap Swim 6am-11:30am Synchronized Swimming Public performance 7:30-8:30PM	16 Adult Lap Swim 6am-11am Lap/Open Swim 5:30-8pm	Rugby Tournament No Open/Lap swim
Rugby Tournament No Open/Lap swim	Adult Lap Swim 6am-11:30am & 5:30-7pm	Adult Lap Swim 6am-11:30am Avery School pool party 12noon	Adult Lap Swim 6am-11:30am & 5:30-7pm	Adult Lap Swim 6am-11:30am	Adult Lap Swim 6am-11am Lap/Open Swim 5:30-8pm	Open/Lap Swim 12:30-3pm
25	26	27	28 Adult Lan Swim			

Adult Lap Swim

6am-11:30am

& 5-7pm