

MARCH



Dedham Pool "JuJu's Place"

1 Recreation Rd

(781)-751-9136

koconnell@dedhamma.gov

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 6:30 AM - 7:30 AM DEF 7:30 AM - 8:45 AM H2O Aerobics 9:00 AM -10:30 AM Swim Lessons: 11:30 AM - 1:00 PM Synchro 12 PM - 6:30 PM Underwater Rugby 7:00 PM - 9:00 PM 1	Lap Swim 6 AM - 11:30 AM Water Aerobics 11:45 AM -12:45 PM Senior Hour 12:45 PM - 1:45 PM Open Swim 3:30 PM-4:30 PM Lap Swim 4:30-5:30 PM Clippers 6 PM - 9:30 PM 2	Lap Swim 6:00 AM - 11:30 AM H2O Aerobics 8:45 AM - 9:30 AM Synchro 5 PM-9 PM H2O Aerobics 5 PM - 5:45PM Adult Lessons 7 PM - 8 PM 3	Masters 5:30-6:30AM Lap Swim 6:30 AM -11:30 AM Water Aerobics 11:45 AM -12:45 PM Senior Hour 12:45 PM - 1:45 PM Open Swim 3:30 PM-4:30 PM Lap Swim 4:30-5:30 PM Clippers 6 PM - 9:30 PM 4	Lap Swim 6:00 AM - 11:30 AM H2O Aerobics 8:45 AM - 9:30 AM Synchro 5-9pm H2O Aerobics 5 PM - 5:45PM Adult Lessons 7 PM - 8 PM 5	Lap Swim 6:00 AM - 11:00 AM Senior Hour 11 AM - 12:00 PM Lifeguard Course 5PM Synchro 6 PM - 8:30 PM 6	Masters 6:30 AM - 8:30 AM Lifeguard Course 8AM-4PM Bday Party 4-6PM 7
Lap Swim 6:30 AM - 7:30 AM DEF 7:30 AM - 8:45 AM H2O Aerobics 9:00 AM -10:30 AM Lifeguard Course 8AM-4PM Synchro 12 PM - 6:30 PM Underwater Rugby 7:00 PM - 9:00 PM 8	Lap Swim 6 AM - 11:30 AM Water Aerobics 11:45 AM -12:45 PM Senior Hour 12:45 PM - 1:45 PM Lifeguard Course 4-9PM 9	Lap Swim 6:00 AM - 11:30 AM H2O Aerobics 8:45 AM - 9:30 AM Synchro 5 PM-9 PM H2O Aerobics 5 PM - 5:45PM Adult Lessons 7 PM - 8 PM 10	Masters 5:30-6:30AM Lap Swim 6:30 AM -11:30 AM Water Aerobics 11:45 AM -12:45 PM Senior Hour 12:45 PM - 1:45 PM Lifeguard Course 4-9PM 11	Lap Swim 6:00 AM - 11:30 AM H2O Aerobics 8:45 AM - 9:30 AM Synchro 5-9pm H2O Aerobics 5 PM - 5:45PM Adult Lessons 7 PM - 8 PM 12	Lap Swim 6:00 AM - 11:00 AM Senior Hour 11 AM - 12:00 PM Open/Lap Swim 4:00-6:00pm Synchro 6 PM - 8:30 PM 13	Masters 6:30 AM - 8:30 AM Lap Swim 8:30 AM - 10 AM Swim lessons 10:30 AM-12:30 PM Lap/Open Swim 1-3PM Bday Party 4-6PM 14
Lap Swim 6:30 AM - 7:30 AM DEF 7:30 AM - 8:45 AM H2O Aerobics 9:00 AM -10:30 AM Mini Clippers 10 AM - 11:30 AM Swim lessons 11AM-1:00PM Synchro 12 PM - 6 PM RK Diving 6PM-7:30PM Underwater Rugby 7:30 PM - 9:00 PM 15	Lap Swim 6 AM - 11:30 AM Water Aerobics 11:45 AM -12:45 PM Senior Hour 12:45 PM - 1:45 PM Lifeguard Course 4-9PM 16	Lap Swim 6:00 AM - 11:30 AM H2O Aerobics 8:45 AM - 9:30 AM Synchro 5 PM-9 PM Adult Lessons 7 PM - 8 PM 17	Masters 5:30-6:30AM Lap Swim 6:30 AM -11:30 AM Water Aerobics 11:45 AM -12:45 PM Senior Hour 12:45 PM - 1:45 PM Lifeguard Course 4-9PM 18	Lap Swim 6:00 AM - 11:30 AM H2O Aerobics 8:45 AM - 9:30 AM Synchro 5 PM-9 PM Water Aerobics 5PM-5:45PM Adult Lessons 7 PM - 8 PM 19	Lap Swim 6:00 AM - 11:00 AM Senior Hour 11 AM - 12:00 PM Open/Lap Swim 4:00-6:00pm Synchro 6 PM - 8:30 PM 20	Masters 6:30 AM - 8:30 AM Crimson 8:45 AM-10:15 AM Swim lessons 10:30 AM-12:30 PM Lap/Open Swim 1-3PM Bday Party 4-6PM 21
Lap Swim 6:30 AM - 7:30 AM DEF 7:30 AM - 8:45 AM H2O Aerobics 9:00 AM -10:30 AM Mini Clippers 10 AM - 11:30 AM Swim lessons 11 AM-1:00PM Synchro 12 PM - 6 PM RK Diving 6PM-7:30PM Underwater Rugby 7:30 PM - 9:00 PM 22	Lap Swim 6 AM - 11:30 AM Water Aerobics 11:45 AM -12:45 PM Senior Hour 12:45 PM - 1:45 PM Youth Stroke Clinic 5PM Adult & Teen Coached conditioning & endurance 6PM-7PM Underwater Hockey 7PM-8:30PM 23	Lap Swim 6:00 AM - 11:30 AM H2O Aerobics 8:45 AM - 9:30 AM Synchro 5 PM - 9 PM H2O Aerobics 5PM - 5:45M Adult Lessons 7 PM - 8 PM 24	Masters 5:30-6:30AM Lap Swim 6:30 AM -11:30 AM Water Aerobics 11:45 AM -12:45 PM Senior Hour 12:45 PM - 1:45 PM Youth Stroke Clinic 5PM Adult & Teen Coached conditioning & endurance 6PM-7PM Lap/Open Swim 7PM- 8:30PM 25	Lap Swim 6:00 AM - 11:30 AM H2O Aerobics 8:45 AM - 9:30 AM Synchro 5-9pm H2O Aerobics 5PM-5:45PM Adult Lessons 7 PM - 8 PM 26	Lap Swim 6:00 AM - 11:00 AM Senior Hour 11 AM - 12:00 PM Open/Lap Swim 4:00-6:00pm Synchro 6 PM - 8:30 PM 27	Masters 6:30 AM - 8:30 AM Lifeguard Recertification Swim lessons 10:30 AM-12:30 PM Bday Party 4-6PM 28
Lap Swim 6:30 AM - 7:30 AM DEF 7:30 AM - 8:45 AM H2O Aerobics 9:00 AM -10:30 AM Mini Clippers 10 AM - 11:30 AM Swim lessons 11 AM-1:00PM Synchro 12 PM - 6 PM RK Diving 6PM-7:30PM Underwater Rugby 7:30 PM - 9:00 PM 29	Lap Swim 6 AM - 11:30 AM Water Aerobics 11:45 AM -12:45 PM Senior Hour 12:45 PM - 1:45 PM Youth Stroke Clinic 5PM-6PM No Adult/Teen Conditioning Clipper Ice Cream Party 6PM-7PM Underwater Hockey 7PM-8:30PM 30	Lap Swim 6:00 AM - 11:30 AM H2O Aerobics 8:45 AM - 9:30 AM Synchro 5 PM - 9 PM H2O Aerobics 5PM - 5:45M Adult Lessons 7 PM - 8 PM 31	*Lap Swim (6 Lanes) Open Swim (Full Pool) Lap/Open (3 Lanes lap, 3 Lanes open)			