



TOWN OF
DEDHAM
Parks and Recreation

2026/2027 FALL & WINTER PROGRAM GUIDE



WWW.DEDHAMMA.GOV/RECREATION

781-751-9250



DEDHAM PARKS AND RECREATION DEPARTMENT

NEW SEASONS OF FUN

RECREATION

As the seasons begin to change, we are excited to welcome you to another season of programs, events, and opportunities with Dedham Parks & Recreation!

Our Fall/Winter Program Guide offers a variety of activities for all ages. This season, we're excited to introduce new partnerships with Blue Hills Ski Area, offering discounted seasonal ski and snowboard packages, and F.A.S.T. Athletics, bringing Soccer, T-Ball, and Mini Sports programs for children ages 3–6.

The Anthony Mucciaccio Pool continues to offer something for everyone with swim lessons from toddlers through adults, stroke clinics, water aerobics, and more. We also encourage you to take advantage of our annual Pool and Dog Park memberships to enjoy these great amenities throughout the year.

Be sure to mark your calendars for the 36th Annual Dedham Day on Sunday, September 27, 2026. We look forward to celebrating with the community at one of Dedham's favorite annual traditions.

Thank you for your continued support of Dedham Parks & Recreation. We look forward to seeing you in our programs, parks, and facilities this season. Here's to another wonderful year of recreation, wellness, and community!

Dedham Parks and Recreation



TOWN OF
DEDHAM
Parks and Recreation



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TOWN OF **DEDHAM** Parks and Recreation

Meet Our Staff



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BUILDING INFORMATION

Capen Recreation Center

310 Sprague Street
Dedham, MA
(781) 751-9250

Office Hours

- Monday, Tuesday & Thursday:
8:30AM-4:30PM
- Wednesday: 8:30AM-7:00PM
- Friday :8:30AM-1:00PM

Dedham Pool "JuJu's Place"

1 Recreation Road
Dedham, MA
(781) 461- 5991

Please visit www.dedhamma.gov/pool to
view our daily activities and calendar

Follow us on Facebook for program updates



DEDHAM PARKS AND RECREATION DEPARTMENT

How can I sign up?
Register today at
dedham.activityreg.com





DEDHAM DAY

Moo-ve Over, It's That Time of Year Again!

Dedham Parks & Recreation, in partnership with the Friends of Dedham Recreation, is proud to present the 36th Annual Dedham Day & Cow Plop!

- **Date:** Sunday, September 27, 2026
- **Location:** Barnes Memorial Field, Eastern Ave.
- **Time:** 12:00–5:00 PM
- **Sensory-Friendly Hour:** 11:30 AM–12:30 PM (rides begin at 12:00 PM)

Join us for a moo-velous day packed with:

- Delicious BBQ
- Exciting rides & games
- Local Vendors
- Music
- Face painting & crafts
- The legendary Cow Plop

...plus community demonstrations and so much more!

It's a family fun day for all ages—whether you're here for the food, the festivities, or just to see where the cow decides to "make its mark."

Want to be part of the fun? Be a featured vendor, Sponsor a ride or volunteer your time! Simply complete the form at www.dedhamma.gov/DedhamDay.

We can't wait to see you for another "udderly" amazing Dedham Day!



DANCE

Get ready for another exciting session of Dedham Parks & Recreation Spring Dance!

Held at the Capen Recreation Building located at 310 Sprague Street, our program offers a variety of dance classes for ages 3–18, taught by skilled instructors with years of experience. Whether your child is interested in tap, jazz, ballet, hip hop, trilogy, or contemporary, we have the perfect class to match their passion. Class sizes are limited, ensuring personalized attention for every dancer.

Classes Offered:

- Petite Feet (Ages 3)
- Happy Feet (Ages 4)
- Kinderdance (Ages 5 & 6)
- Primary (Ages 6+)
- Trilogy (Ages 9+)
- Contemporary (Ages 10+)
- Jr. & Sr. Company (Ages 12+)

Visit dedham.activityreg.com
for class registration details

Session Dates:

Session 1: September 22, 2026 – January 14, 2027

Session 2: January 19, 2027 – May 6, 2027

Fee: Class fees range from \$185 to \$375

We recommend participants remain in the same class for both sessions. Ages are based on Session 1 enrollment, and instructors will assess if a child is ready to advance based on skill level.

Join us this season and let your child discover the joy of dance in a fun and supportive environment!

How can I sign up?
Register today at
dedham.activityreg.com



BD KENPO & KARATE



Since 2007, the BD Kenpo Karate School and Program (BDKJA) has been a cornerstone at the Dedham Recreation Department

Offering comprehensive martial arts training for tots, children, teens, and adults. With over 19 years of experience, our program goes beyond teaching Kenpo Karate, Judo, and Ju-Jitsu; we instill essential life skills such as discipline, self-respect, teamwork, confidence, focus, and self-improvement. Class provides a supportive environment and personalized training to help each student maximize their physical and mental potential, empowering them to achieve their personal goals.

Class Details:

Held at Capen Recreation Center located at 310 Sprague St.

- Ages 4-6: 5:30 PM - 6:25 PM
- Ages 7-13: 6:30 PM - 7:30 PM
- Ages 14-Adult: 7:30 PM - 9:00 PM

Each student will require a mouthguard & uniform (GI), purchase information is provided through your instructor.

Session Dates: (Mondays only)

- September 14, 2026 - November 2, 2026
- November 9, 2026 - December 28, 2026
- January 4, 2027 - February 22, 2027

Fee: \$98 Resident/\$108 Non Resident

Each class is lead by black belt instructors to insure the highest level of training.

Join us to embark on a journey of martial arts mastery and personal growth!

How can I sign up?

Register today at
dedham.activityreg.com





The Dedham Parks & Recreation Gymnastics program offers an exciting and energetic experience for children ages 3-13.

This seasonal 8-week program, held every Saturday, is designed to teach flexibility, strength, and foundational gymnastics skills. Our group classes are tailored to focus on each participant's individual ability and skill level, ensuring a fun and supportive environment for all.

Class Schedule:

- 9:00 AM – 10:00 AM: Tumbling Tots (Age 3)
- 10:00 AM – 11:00 AM: Kindergarten & Preschool (Age 4 & 5)
- 11:00 AM – 12:00 PM: Grades 1 & 2
- 1:00 PM – 2:00 PM: Grades 3-7
- 2:00 PM – 3:00 PM: Intermediate (Invite only)

Session Dates:

- **Session 1:** October 3, 2026 – November 21, 2026
- **Session 2:** December 5, 2026– January 30, 2027 (No program December 26, 2026)

Fee: \$145 Resident/\$160 Non Resident

Enroll your child in this dynamic program to help them build strength, flexibility, and confidence through the art of gymnastics!

How can I sign up?
Register today at
dedham.activityreg.com





Empower yourself confidence in this engaging 2-hour Women's Self-Defense Seminar.

Designed for women of all ages and abilities, this course focuses on awareness, prevention, and simple, effective self-defense techniques that can be used in real-life situations. Participants will learn how to recognize potential threats, set boundaries, and respond with confidence in a safe and supportive environment. No prior experience is required.

Program Details:

Location: Capen Recreation Center

Days: Sundays

Time: 1:00 PM – 3:00 PM

Fee: Resident \$35 | Non Resident \$40

Session Dates:

- Sunday October 18, 2026
- Sunday November 22, 2026
- Sunday December 20, 2026

Perfect for beginners and those looking to refresh their skills, this seminar provides valuable tools to help you feel safer and more prepared in everyday life.

How can I sign up?
Register today at
dedham.activityreg.com





INTRO TO PICKLEBALL

Curious about the fastest-growing sport in the country?

Join Dedham Parks & Recreation at the Boston Pickle Club in Hyde Park for our Introduction to Pickleball program! Designed for beginner and intermediate players ages 16 and up, this instructional program covers the fundamentals of the game, including rules, scoring, court positioning, stroke technique, and game play. Whether you're picking up a paddle for the first time or looking to improve your skills, our experienced instructors will help you build confidence in a fun, welcoming, and social environment. Just bring your sneakers and enthusiasm—we'll provide the rest!

Session Dates: (Tuesdays only)

- September 8–29, 2026
- October 6–27, 2026
- November 3–24, 2026
- December 1–22, 2026
- January 5–26, 2027
- February 2–23, 2027

Class Times:

- o Beginner: 6:00–7:00 PM
- o Intermediate: 7:00–8:00 PM

Fee: Resident \$115 | Non-Resident \$125



How can I sign up?
Register today at
dedham.activityreg.com



MINI SPORTS & GAMES



Get your little athlete moving!

Mini Sports & Games is the perfect introduction to a variety of sports in a fun, supportive, and energetic environment. Each class combines exciting warm-up activities with age-appropriate instruction in sports such as soccer, kickball, and T-ball. Participants will develop fundamental motor skills, learn the basics of each sport, build confidence, and discover the importance of teamwork and sportsmanship.

Every week, F.A.S.T. Athletics instructors introduce new games and activities to keep children active, engaged, and having fun!

Program Details

- **Ages:** 3–6
- **Location:** Capen Recreation Center
- **Day:** Thursdays
- **Session 1:** September 17 – October 15, 2026
 - **Time:** 4:30–5:15 PM
- **Session 2:** October 29 – November 19, 2026
 - **Time:** 5:30–6:15 PM

Fee: Resident: \$85 | Non-Resident: \$95

How can I sign up?
Register today at
dedham.activityreg.com





Step up to the plate and discover the fundamentals of America's favorite pastime!

T-Ball & Games is the perfect introduction to baseball for young athletes ages 3–6. Participants will learn the basic skills of fielding, throwing, hitting, and base running through fun, age-appropriate instruction and exciting games.

Each class includes skill-building activities along with favorites like Home Run Derby, Last One Standing, and Running Bases, creating a positive and engaging environment where learning, confidence, and fun are the top priorities. Whether it's your child's first time on the field or they're looking to build on their skills, this program is a great way to develop a love for the game.

Program Details

- Ages: 3–6
- Day: Thursdays
- Dates: September 17 – October 15, 2026
- Time: 5:30–6:15 PM
- Location: Capen Recreation Center

Fee: Resident: \$85 | Non-Resident: \$95

How can I sign up?
Register today at
dedham.activityreg.com



PRE-K SOCCER & GAMES



Kick off the fun with Pre-K Soccer & Games!

This exciting program is the perfect introduction to soccer for children ages 3–6. Participants will learn the fundamental skills of dribbling, trapping, passing, and shooting through a variety of creative, age-appropriate games and activities designed to keep everyone moving and having fun.

Our experienced F.A.S.T. Athletics instructors focus on skill development, teamwork, confidence, and sportsmanship in a positive and encouraging environment. Parents are welcome to participate if their child would benefit from a little extra support.

Program Details

- **Ages:** 3–6
- **Day:** Thursdays
- **Dates:** October 29 – November 19, 2026
- **Time:** 4:30–5:15 PM
- **Location:** Capen Recreation Center

Fee: Resident: \$85 | Non-Resident: \$95

How can I sign up?
Register today at
dedham.activityreg.com





Tee off with Brookmeadow Country Club in Canton for youth golf lessons.

Our program features Certified Teaching Professionals who provide top-notch instruction suitable for every level of player. Held at the beautiful Brookmeadow Country Club, located at 100 Everendon Road, Canton, this program is perfect for young golfers looking to improve their skills or start learning the game.

Program Details:

- **Dates:** Sundays, September 13, 2026 - October 4, 2026

Classes Offered:

Lil Chippers (Ages 4-7): This 45-minute clinic introduces children to golf through full swing instruction, short game techniques, basic rules, and etiquette. Parents and children will participate together, and equipment is provided if needed.

- **Time:** Sundays, 11:30 AM - 12:15 PM
- **Fee:** Residents \$165 | Non-Residents \$175

Junior Premier (Ages 8-16): This 60-minute clinic focuses on developing the skills needed to play golf. It includes full swing analysis, short game techniques, rules, etiquette, and on-course play. Equipment is provided if needed.

- **Time:** Sundays, 12:30 PM - 1:30PM
- **Fee:** Residents \$170 | Non-Residents \$180

Give your child the opportunity to learn and enjoy golf at one of the area's top courses. Register today to secure a spot in this fantastic program!

How can I sign up?
Register today at
dedham.activityreg.com





Tee off with Brookmeadow Country Club in Canton for adult golf lessons.

Our program features Certified Teaching Professionals who provide top-notch instruction suitable for every level of player. Held at the beautiful Brookmeadow Country Club, located at 100 Everendon Road, Canton, this program is perfect for any golfer looking to improve their skills or start learning the game.

This 60-minute clinic focuses on developing the skills needed to play golf. It includes full swing analysis, short game techniques, rules, etiquette, and on-course play. Equipment is provided if needed.

Program Details:

- **Dates:** Sundays, September 13, 2026 – October 4, 2026
- **Ages:** 17+
- **Time:** Sundays, 9:00 AM – 10:00 AM
- **Fee:** Residents \$172 | Non-Residents \$185

Give yourself the opportunity to learn and enjoy golf at one of the area's top courses. Register today to secure a spot in this fantastic program!

How can I sign up?
Register today at
dedham.activityreg.com



Join Dedham Recreation for a unique Cardio Tennis Class that combines an intense cardio workout with tennis skill-building.

This engaging group class will get your heart pumping and calories burning through a high-energy, full-body workout that blends fun, fitness, and tennis. Whether you're looking to improve your game or just stay in shape, this class is perfect for you!

Class Details:

- **Location:** Oakdale School
- **Time:** 7:00 PM – 8:30 PM
-
- **Sessions:**
 - **Tuesdays**– December 1, 2026–February 16, 2027
 - No program on Tuesday December 29, 2026
 - **Thursdays**–December 3, 2026–February 18, 2027
 - No program on Thursday December 24 & 31, 2026

Get ready for a workout that's as fun as it is effective! Sign up today and take your fitness and tennis skills to the next level.

How can I sign up?
Register today at
dedham.activityreg.com



PATHFINDERS INDOOR TRACK

PathFinders Indoor Track Program

Join Dedham PathFinders this winter for our all-inclusive Indoor Track program! Participants can run, jog, or walk at their own pace while enjoying the benefits of movement, fitness, and fun.

This hour-long program is designed for individuals of all abilities and encourages families and caregivers to participate together. Each session will feature accessible activities tailored to different fitness levels, concluding with an optional mindful meditation and stretching session to support relaxation and well-being.

Come be part of a supportive community where fitness is for everyone!

Program Details:

- **Day:** Saturdays
- **Dates:** January 9, 2027 - February 6, 2027
(subject to change)
- **Time:** TBD

Stay tuned for updates by following the Dedham Parks and Recreation Facebook Page.

How can I sign up?
Register today at
dedham.activityreg.com





Great news for adventure enthusiasts!

A new splash-tastic self-serve kayak rental unit is now available at the Dolan Recreation Center boat launch site. Experience the fun of kayaking at your convenience with rentals available 7 days a week from dawn to dusk.

Details

- **Location:** Dolan Recreation Center Boat Launch Site
- **Dates:** April 30, 2026 – November 1, 2026
- **Hours:** Daily from dawn to dusk
- **Equipment:** All necessary equipment is provided

Set out for your water adventure and enjoy a fantastic day on the water with our easy and accessible kayak rentals!

Download the RENT.FUN app on your mobile device today to start renting! (Android and iOS)



SMALL WATERCRAFT STORAGE



Enjoy easy access to the scenic Dedham Water Trails.

Looking for a convenient place to store your small watercraft? Dedham Parks & Recreation offers seasonal storage units at the Dolan Recreation Center boat launch site, perfect for exploring the Charles River.

Storage Details:

- **Season Dates:** April 1, 2026 – November 1, 2026
- **Eligibility:** Dedham Residents only
- **Fee:** \$120 per unit for the season
- **Limit:** Maximum of 2 units per individual
- **Location:** 269 Common Street
- **Availability:** Currently **SOLD OUT** for the 2026 season. Contact the Parks & Recreation Office to join the waitlist!

Secure your spot today and make the most of your water adventures this season!



KAYAK TOUR WITH L.L. BEAN

Get more from being outdoors!

Dedham Parks & Recreation is excited to partner with L.L.Bean to bring the community a dynamic series of Outdoor Discovery programs designed to inspire adventure, build skills, and deepen your connection to nature.

Each month features a new, hands-on outdoor experience led by knowledgeable instructors, helping participants enjoy the physical, mental, and emotional benefits of time spent outdoors. Programs are open to ages 8 and up (participants under age 12 must be accompanied by an adult).

Monthly Programs Include:

- Friday August 14, 2026: Sunset Kayak Tour
- Sunday September 20, 2026: Discovery Kayaking
- Sunday October 18, 2026: Fall Foliage Tour

Fee: Residents \$30 | Non Residents \$40

Perfect for beginners and outdoor enthusiasts alike come explore, learn, and adventure with us all season long!

How can I sign up?

Register today at
dedham.activityreg.com





SKIING WITH BLUE HILLS SKI AREA

The slopes are calling!

Whether you're strapping on skis or a snowboard for the very first time or looking to sharpen your skills, our Seasonal Ski Program offers an affordable and fun way to enjoy winter at Blue Hills Ski Area.

In partnership with Blue Hills Ski Area, we're excited to offer exclusive discounted pricing on a 5-week program designed for skiers and snowboarders of all experience levels. Certified instructors in a supportive environment, making this a great opportunity for ages 4-16 to build confidence, improve technique, and enjoy the excitement of winter sports.

Choose the package that best fits your needs—from lessons only to a complete package.

Blue Hills Ski Area
4001 Washington Street, Canton, MA

Program Packages:

- Lessons Only: \$210
- Lessons + Rental Equipment: \$340
- Lift Ticket Only: \$160
- Lift Ticket, Lessons & Rental Equipment: \$480
- Helmet Rental: \$85 (Helmets are not included with rental equipment)



Season dates and registration information coming soon at dedham.activityreg.com!

How can I sign up?
Register today at
dedham.activityreg.com





Dedham Recreation has made the nice list again this year!

We are excited to announce that Santa himself will be making special calls to local youth, ages 3-12, on the evenings of Monday December 21, 2026 & Tuesday December 22, 2026. From 5:30 PM to 8:00 PM, Santa will take a break from his busy schedule at the North Pole to bring joy to children with a personalized phone call.

Event Details:

- **Dates:** Monday, December 21, 2026 & Tuesday, December 22, 2025
- **Time:** 5:30 PM – 8:00 PM
- **Ages:** 3-12
- **Registration Opens:** Monday November 16, 2026
- **Fee:** No charge if you've made Santa's good list!

Note: An important questionnaire must be completed with each request. Limited spots are available, so be sure to register early at www.dedhamma.gov/recreation

Don't miss this magical opportunity for your child to speak with Santa and make their holiday season unforgettable!

**CALLS FROM
SANTA**

DOG PARK MEMBERSHIP



Dog Park Memberships - Dedham Dog Park is an exclusive membership-only facility located at 269 Common St, offering an excellent space for your beloved pet to play, exercise, and socialize with fellow dogs in the area.

Open from dawn until dusk, the park ensures a safe and friendly environment for both dogs and their owners to enjoy quality moments together.

Membership Information

- **Duration:** Yearly, starting from the date of purchase
- **Fee:** Residents \$30 | Non-Residents \$125
- **Access:** Each membership includes one access fob per household

First time memberships must be purchased in person at the Parks & Recreation Office located at 310 Sprague Street.

Join today and become a part of a lively community of dog enthusiasts at Dedham Dog Park!

How can I sign up?

Register today at
dedham.activityreg.com





SANTA PAWS

Get into the holiday spirit with Dedham Dog Park as we present "Pictures with Santa Paws"!

Bring your furry friend for a festive photo opportunity with Santa. Each dog will have their moment with Santa, capturing a memory to cherish this holiday season.

Come join us for a fun-filled day and make your holiday season even more special with your four-legged friend!

Event Details

- **Date:** Coming Soon!
- **Location:** Capen Recreation Center

Stay tuned for updates by following the Dedham Parks and Recreation Facebook Page.

How can I sign up?
Register today at
dedham.activityreg.com





POOL MEMBERSHIP

Anthony Mucciaccio Pool "Juju's Place" offers flexible membership options for everyone.

Memberships are available for 3 months, 6 months, or a full year, with prices ranging from \$60 to \$380 (see table below).

Membership	Year	6 Months	3 Months
Resident Family	\$325.00	\$195.00	\$110.00
Resident Adult	\$235.00	\$130.00	\$80.00
Resident Youth	\$175.00	\$105.00	\$70.00
Resident Senior Citizen Couple	\$230.00	\$130.00	\$80.00
Resident Senior Citizen	\$170.00	\$105.00	\$60.00
Non Resident Family	\$380.00	\$220.00	\$125.00
Non Resident Adult	\$260.00	\$163.00	\$91.00
Non Resident Youth	\$195.00	\$130.00	\$65.00
Non Resident Senior Citizen Couple	\$260.00	\$160.00	\$85.00
Non Resident Senior Citizen	\$195.00	\$120.00	\$65.00

Visit Dedhamma.gov/pool to view the current monthly class calendar and schedule updates.

Membership Benefits:

- Daily access to the pool for both lap swim and open swim
- Discounts on specific pool-related programs

Drop-In Rates:

- Seniors and Youth: \$3 per day
- Adults: \$6 per day

How can I sign up?
Register today at
dedham.activityreg.com





Give your child the gift of confidence in the water!

Our Youth Swim Lessons provide a supportive, age-appropriate learning environment where swimmers progress at their own pace. Led by experienced instructors, participants will strengthen their swimming abilities, improve coordination and endurance, and gain the confidence needed to become safe, successful swimmers.

Lessons are offered in a small group setting for swimmers of all abilities, from beginners taking their first strokes to those refining advanced techniques. Classes are available from Kinderswim through Level 6.

Program Details:

- **Ages:** 3–14
- **Day:** Sundays
- **Class Times:** 10:30 AM–2:30 PM (30-minute classes; exact class time assigned by level)
- **Fee:** \$148 Resident / \$160 Non-Resident

Session Dates:

- **Fall Session:** September 13 – November 22, 2026 (No class October 11)
- **Winter Session 1:** December 6, 2026 – January 31, 2027 (No class January 17)
- **Winter Session 2:** February 21 – April 25, 2027 (No classes April 11 & 18)

How can I sign up?
Register today at
dedham.activityreg.com





ADULT SWIM LESSONS

It's never too late to dive in!

Our Adult Swim Lessons provide a supportive, low-pressure environment where participants can build confidence, improve water safety skills, and achieve their personal swimming goals.

Experienced instructors tailor lessons to meet individual skill levels, helping swimmers develop proper technique, increase endurance, and become more comfortable in the water.

Whether your goal is fitness, recreation, or simply feeling more confident around water, these lessons are designed to help you succeed.

Program Details:

- **Ages:** 18+
- **Class Time:** 7:30–8:30 PM

Monday Session

- **Dates:** September 14 – October 26, 2026 (No class October 12)
- **Fee:** \$138 Resident | \$153 Non-Resident

Wednesday Session

- **Dates:** September 16 – October 28, 2026
- **Fee:** \$161 Resident | \$176 Non-Resident

How can I sign up?

Register today at
dedham.activityreg.com





Adult Masters Swim Program to boost fitness, improve technique, and enjoy the camaraderie of group training!

Designed for swimmers of all skill levels, this program offers structured workouts led by experienced coaches, helping you achieve personal goals whether you're training for competition or just staying active. Dive in to challenge yourself and connect with others in a supportive environment!

Program Details:

- **Ages:** 18+
- **Program Dates:** October 17, 2026–May 29, 2027
- **Days:**
 - Saturdays 6:30am – 8:00am
 - Wednesdays 5:30am – 6:30am

Fee: Residents: \$320 | Non-Residents: \$350

How can I sign up?

Register today at
dedham.activityreg.com





Make a splash with our Water Aerobics program!

Offered year-round in quarterly sessions, these low-impact, high-energy classes provide a fun and effective workout for adults of all fitness levels. Improve your cardiovascular health, build strength, increase flexibility, and enjoy the supportive atmosphere of exercising in the water. With multiple class times offered throughout the week, it's easy to find a session that fits your schedule.

Quarterly Registration

- Residents: \$150
- Non-Residents: \$160

Drop-In Rates

- Residents: \$9
- Non-Residents: \$10

Class Schedule

- Monday & Wednesday: 11:00 AM–12:00 PM
- Tuesday & Thursday: 8:45–9:30 AM
- Tuesday & Thursday: 5:00–5:45 PM
- Sunday: 9:00–10:30 AM

Visit Dedhamma.gov/pool to view the current monthly class calendar and schedule updates.

How can I sign up?
Register today at
dedham.activityreg.com





SENIOR SWIM HOUR

Make a splash at Senior Swim Hour!

This dedicated pool time is designed exclusively for seniors to enjoy the water in a calm, welcoming setting. Swim laps, exercise, float, or simply relax and socialize—it's all about moving at your own pace. Whether you're here for fitness or fun, the pool is the perfect place to recharge and connect with friends.

- **Days:** Mondays, Wednesdays & Fridays
- **Time:** 12:00 PM - 1:00 PM
- **Location:** Dedham Pool (Juju's Place)
- **Age:** 60+

Drop in Fee: \$2

Included in Senior membership package

MINI CLIPPERS

Ready to take the next step beyond swim lessons?

Mini Clippers is the perfect bridge between instructional swim lessons and competitive swimming. This program is designed for young swimmers who are comfortable in the water and eager to improve their skills in a fun, supportive team environment.

Participants will focus on developing proper stroke technique, increasing endurance and strength, building confidence, and learning the fundamentals of swim team practice. Mini Clippers helps prepare swimmers for the transition to the Dedham Clippers Swim Team while fostering a love for the sport.

Program Details:

- **Ages:** 5–10
- **Days:** Mondays & Wednesdays
- **Time:** 5:45–6:30 PM
- **Dates:** September 14 – October 28, 2026
- **Fee:** \$185 Resident | \$205 Non-Resident

Prerequisite: Swimmers should be comfortable swimming independently and able to participate in a structured group practice.

Next step–Dedham Clippers Swim Team!

How can I sign up?
Register today at
dedham.activityreg.com





CLIPPERS SWIM TEAM

Make a splash with the Dedham Clippers Swim Team!

Join our competitive team for a season of fun, friendship, and fast swimming as you build skills and race against other teams. Open to children ages 5-18. Perfect for swimmers ready to take their abilities to the next level, the Clippers offer an exciting, supportive environment that's all about teamwork and improvement! Coaches will focus on stroke techniques while improving each individuals abilities all while enjoying the camaraderie of being part of a team.

Program Dates: November 2, 2026-March 7, 2027

Practice times vary.

Fees:

- Residents \$345
- Non Residents \$375
- Family rate (must have 6 month or yearly family membership) \$475

Go Clippers!

How can I sign up?
Register today at
dedham.activityreg.com





STROKE CLINIC

Take your swimming to the next level!

Our Youth Stroke Clinic is designed for competitive swimmers who want to refine their technique, improve efficiency, and gain a competitive edge in the water. Through focused instruction and skill-specific drills, participants will work on stroke mechanics, starts, turns, and endurance while receiving individualized feedback from experienced coaches. This clinic provides a positive, challenging environment for swimmers looking to strengthen their skills and enhance their overall performance.

Program Details:

- **Ages:** 6–18
- **Days:** Mondays & Wednesdays
- **Time:** 6:30–7:30 PM
- **Dates:** September 14, 2026 – October 28, 2026
- **Fee:** \$198 Resident | \$208 Non-Resident

Please Note: The Youth Stroke Clinic is intended for swimmers who are currently participating in competitive swimming. It is not a learn-to-swim program.

How can I sign up?
Register today at
dedham.activityreg.com



AMERICAN RED CROSS LIFEGUARD CERT. COURSE

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Take the first step toward becoming a certified American Red Cross Lifeguard!

This comprehensive course prepares participants with the knowledge and hands-on skills needed to prevent, recognize, and respond to aquatic emergencies. Participants will receive training in water rescue techniques, CPR/AED for the Professional Rescuer, First Aid, and emergency response procedures.

Successful completion of the course and all required skills evaluations will earn participants an American Red Cross Lifeguarding Certification, opening the door to rewarding employment opportunities at pools, beaches, and aquatic facilities.

Please Note: Participants must be at least 15 years old by the last day of the course and complete all required online prerequisite coursework prior to the first in-person class. Attendance at all scheduled sessions is mandatory.

Course Schedule:

- Friday, November 27, 2026: 4:00–8:00 PM
- Saturday, November 28, 2026: 8:00 AM–4:00 PM
- Sunday, November 29, 2026: 8:00 AM–4:00 PM

Fee:

- Resident: \$400
- Non-Resident: \$425

How can I sign up?
Register today at
dedham.activityreg.com



Water Safety

Keeping water safety a priority!

Lifeguard Recertification Courses

Refresh your skills and stay certified with our Red Cross Lifeguard Recertification Class! This course is designed for current lifeguards looking to renew their certification and stay updated on the latest safety protocols and techniques. Through hands-on practice and engaging instruction, you'll regain confidence in your rescue skills and emergency response, ensuring you're always ready to keep others safe. Sign up today to maintain your vital certification!" There is an online mandatory portion.

Course Offerings: Coming Soon!

Water Safety Instructor (WSI) Class

Become a certified Water Safety Instructor with our comprehensive training course! This program equips you with the skills to teach swim lessons and promote water safety to all ages. Gain valuable knowledge in instructional techniques, risk management, and rescue skills, empowering you to make a positive impact in your community. Sign up today and help create safer swimmers!

Course offerings: Coming soon!

How can I sign up?
Register today at
dedham.activityreg.com



NO SCHOOL & HALF DAY OPEN SWIM

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Make the most of your day off at the pool!

Join us for Open Swim on select school vacation days and early release afternoons. Whether you're looking to swim with friends, splash around with family, or simply enjoy some fun and exercise, the Dedham Pool is the perfect place to spend your free time.

Open Swim offers a safe, supervised environment for swimmers of all ages to relax, play, and stay active. Certified lifeguards are on duty at all times, and swimmers are encouraged to follow all pool rules to ensure a fun experience for everyone.

Be sure to check the seasonal schedule at for available dates, times, admission fees, and any special holiday hours. Grab your swimsuit and come make a splash during your next day off from school!

Visit [Dedhamma.gov/pool](https://dedhamma.gov/pool) for more information

How can I sign up?
Register today at
dedham.activityreg.com





Make a splash on your special day with a Pool Birthday Party!

Enjoy a private pool rental with friends and family for a fun-filled celebration. Our certified lifeguards provide a safe environment so you can focus on making memories.

Party Details:

- Saturdays: 3:30–5:00 PM or 5:30–7:00 PM
- Fee: \$350
- Maximum Capacity: 35 swimmers
- Two certified lifeguards on duty throughout the party
- All children must successfully complete a swim test before entering the pool

You're welcome to bring your own food and beverages. Food may be enjoyed in the spectator stands or, weather permitting, at the outdoor picnic tables. Hosts may arrive up to 20 minutes before their scheduled rental time to decorate and set up.

To reserve your party or check availability, contact Aquatics Director Karen O'Connell at koconnell@dedhamma.gov.

We'll help you select a date and provide a rental agreement with all the details needed for your celebration.

How can I sign up?
Register today at
dedham.activityreg.com





LOCAL SPORTS LEAGUE CONTACTS

Please visit the following websites for more information about local youth sport organizations in Dedham:

Please Note: The following organizations are not run or operated by the Dedham Parks and Recreation Department.

Dedham Youth Hockey
www.dedhamyouthhockey.org

Dedham Youth Lacrosse
www.dedhamlax.com

Dedham Youth Baseball
www.dedhambaseball.org

Dedham Girls Softball League
www.dedhamgs.com

Dedham Basketball Association
www.dedhambasketball.com

Dedham Youth Football & Cheer
www.dedhamyfc.com

Dedham Youth Soccer Association
www.dedhamsoccer.com



Refund Policy

Any participant that chooses to withdraw from a Dedham Parks & Recreation program will be issued a credit refund to their Dedham Parks & Recreation family account. This credit can be used towards any future Dedham Parks & Recreation programs for any member of their family.

Is there a multiple child discount?

Dedham Parks & Recreation does not offer multiple child discounts.

At what age can my child participate in programs?

Each program has a specific age range listed in program description. Our goal is to offer programs for ages 2 and up.

Do you offer Financial Assistance?

If your family is experiencing financial difficulties and require financial assistance please contact

danderson@dedhamma.gov.

WWW.DEDHAMMA.GOV/RECREATION

781-751-9250



DEDHAM PARKS AND RECREATION DEPARTMENT



Do you have any pictures from participating in one of our programs?

If so, send them to [**danderson@dedhamma.gov**](mailto:danderson@dedhamma.gov) and you may be in an upcoming program guide!

Have any suggestions about programs you would like to see?

If so, send your ideas to [**danderson@dedhamma.gov**](mailto:danderson@dedhamma.gov) and we will try to make them happen!

Don't forget to follow us on Facebook for more program updates



DEDHAM PARKS AND RECREATION DEPARTMENT



TOWN OF
DEDHAM
Parks and Recreation

WWW.DEDHAMMA.GOV/RECREATION

781-751-9250