

# DEDHAM PARKS & RECREATION



## SPRING & SUMMER PROGRAM GUIDE

2024



TOWN OF  
**DEDHAM**  
Parks and Recreation

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## BUILDING INFORMATION

Dolan Recreation Center:

269 Common Street Dedham

(781) 751-9250

Office Hours

8:30am-4:30pm Monday-Friday

8:30am-7:00pm Wednesday

Dedham Pool / Juju's Place:

1 Recreation Rd Dedham

(781) 461- 5991

Pool Hours Available Online

[www.dedham-ma.gov/recreation](http://www.dedham-ma.gov/recreation)

or Scan QR Code →



## REGISTRATION

Please visit us in person or online

[dedham.activityreg.com](http://dedham.activityreg.com)

## SPECIAL EVENTS

### MIDDLE SCHOOL APRIL VACATION LAUNCH TRAMPOLINE PARK

Join Dedham Parks & Recreation along with the Dedham Police School Resource Officers at Launch Trampoline Park in Norwood on Wednesday April 17 from 10:00am-12:30pm. This school vacation event is open to all Dedham Middle School students. Cost \$15 per person. Registration includes, 2 hours of trampoline, 2 games of laser tag, food & beverages, plus a Dedham Police swag approved by Community Resource Dog Ruby!



### FLAG DAY PARADE

Attention all Dedham Residents! The Town of Dedham Flag Day Parade is back and scheduled for June 14, 2024! This annual celebration is a beloved tradition that honors the American Flag and all it represents. Join us as we march down the streets of Dedham, adorned with red, white & blue, showcasing our patriotism and community spirit. The parade features local marching bands, colorful floats, and special appearances from community groups, making it an event for all ages to enjoy. Let's come together and celebrate the stars and stripes on this special day.



### BIKE RODEO

The Bike Rodeo is a yearly event in partnership with the Dedham Police Department that will be held on Wednesday July 31 at Endicott Estate. This yearly free event brings children from the community together to promote bicycle safety. Each child that attends receives a t-shirt, a cookout style lunch, ice cream and those needing a bicycle helmet will be provided one through Project Safe Kids. Children can participate in the bicycle obstacle course, the slow bike race to practice their bicycle skills and safety, visit the traveling animal shelter, watch a K9 demonstration and have fun under the sprinkler with the Dedham Fire Department.



### WOO SOX WITH DEDHAM PD

Calling all Dedham Middle School Students. Join Dedham Parks & Recreation along with the Dedham Police Department as we take our annual Woo Sox Summer Trip! Trip will take place on Thursday August 1st. Transportation will be provided to and from Worcester. Space is limited!

**COST \$32**



## GYMNASTICS

The Dedham Parks & Recreation Gymnastics program is for ages 3-13. Gymnastics is a seasonal program held each Saturday. The Spring Session will take place February 3rd-March 23rd. This energetic program will teach flexibility, strength, and basic gymnastics skills. Group classes will focus on each individual participant's ability and skill level.



### SCHEDULE

9:00-10:00am

Tumbling Tots (Age 3)

10:00-11:00am

Kindergarten & Preschool (Ages 4 & 5)

11:00-12:00pm

Kindergarten & Preschool (Ages 4 & 5)

1:00-2:00pm

Grades 1-5

2:00-3:00pm

Grades 6-8 & Intermediate

Spring Mini Gymnastics Sessions available:  
March 30-April 20 & April 27-May 18.

**COST** \$120

## KARATE

The BD Kenpo Karate School and Program (BDKJA) has been located at the Dedham Recreation Department since 2007 and actively trains tots, children, teens and adults in the art of Kenpo Karate, Judo and Ju-Jitsu for the last 17 years. In addition to teaching the martial arts, the program focuses its students on the positive qualities of discipline, self-respect, teamwork, confidence, focus and self-improvement. Our Academy provides the environment and personalized training to allow our students to maximize their physical and mental power to reach personal goals, no matter what they are. Classes are held at the Dolan Recreation Center each Monday.

### CLASSES

Ages 4-6: 5:30-6:25pm

Ages 6-13: 6:30-7:30pm

Ages 13-Adult: 7:30-9:00pm

Sessions dates are as follows:

February 5-March 25

April 1 -May 20

June 3- July 22

July 29- September 23

**COST** \$80

## DANCE

Another fantastic session of Dedham Parks & Recreation Spring Dance is taking place. All Classes will be taught at the Dolan Recreation Nicole Ahl Dance Studio at 269 Common Street. All Classes will be taught by skilled dance instructors with years of experience. Find the right dance style class for any age from 3-18. Classes include tap, jazz, ballet, hip hop, trilogy and contemporary! Class sizes are limited! Dance Recital will be held at the end of the year. Spring session will begin the Sunday March 3rd. Must have taken part in the winter session of Dance to participate in Spring session.

### CLASSES

Petite Feet (Ages 3)

Happy Feet (Ages 4)

Kinderdance (Ages 5 & 6)

Primary (Ages 7+) Trilogy (Ages 9+)

Contemporary (Ages 10+)

Salsa (Ages 12+)

Jr. & Sr. Company

Elite

## KAYAK RENTALS

Good news adventurers. A new splash-tastic self serve Kayak rental unit is located at the Dolan Recreation Center boat launch site. Rentals are available 7 days a week from dawn to dusk. All you need is a smartphone and credit card. Visit [www.rent.fun](http://www.rent.fun) to view real time availability.

## SMALL WATERCRAFT STORAGE

Are you looking for a seasonal storage area for your small watercraft to access water trails at ease? Seasonal rental units are available on a first come, first served basis, to Dedham Residents only from April-November. Units are located at the Dolan Recreation Center boat launch site, and provide easy access to enjoy the Dedham Water Trails.

## KAYAK SAFETY AND TOUR WITH L.L. BEAN

Join Dedham Parks & Recreation on the Charles River for a peaceful sunset kayak tour lead by L.L. Bean. Each tour will begin with a brief introduction and safety talk. Held at the Dolan Recreation Center boat launch the final Sunday of the month from June-October. All equipment provided. Pre-registration is required.

## AGILITY SPORTS TRAINING

Are you in 6th-9th grade and looking to continue to condition and train over the summer? This new agility training program is bringing fun and excitement to summer training. Join us as we offer a new engaging workout for 1 hour each class to encourage agility, training, and conditioning for any sport.

## MULTISPORT TOTS

These Multisport-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition and above all else promote fun! Parent participation required for ages 2-3 year olds. Held at the Dolan Recreation Center.

## L.L. BEAN ARCHERY

Join Dedham Parks & Recreation as we partner with L.L. Bean to bring you summer Archery! Take a shot at this fun and exciting sport. This instructional program will take place at the Dolan Recreation Center with expert instructors from L.L. Bean.

## DOG PARK

The Dedham Dog Park is the perfect place to let your favorite K9 run free with other dogs off leash. The Dedham Dog Park is open from dawn to dusk. All dogs must hold a town dog license. Please review all Dog Park rules located outside entrance gate.

### MEMBERSHIP

Residents \$25  
Non-Residents \$100

### LOCATION

Dolan Recreation Center  
269 Common St.

### CLASSES

Held Tuesdays & Thursdays  
July 9-August 15.

**COST** \$140

### CLASSES

February 28-March 27  
Ages 2-3 -3:45-4:20pm  
Ages 3-4- 4:30-5:05pm  
Ages 4-6- 5:15-6:00pm

**COST** \$80

### CLASSES

Classes will be held the final Thursday of each month from May-September. Pre-registration is required.

## PICKLEBALL

Join Dedham Parks & Recreation as we partner with Bosse Sports in Hyde Park for Pickleball! This growing phenomenon is taking over Dedham each week with programming for all ages.

### CLASSES

Senior Open Play: Wednesdays 9:00-11:00am  
Senior instructional Clinic: Wednesdays 9:00-10:00am  
Open Play: Saturdays 9:00-11:00am  
Introduction to Pickleball: Thursdays 6:00-7:00pm  
Drills with a Pro: Wednesdays 5:00-6:00pm  
Registration required for all Pickleball programs.



## PATHFINDERS PROGRAMMING

### TEEN CANTEEN

Calling all neuro-divergent teens: Join us for some fun on Friday evenings! The group practices socializing and enjoys various activities, while supporting each other. We are an inclusive group welcoming to all. Our group is unique because it is hosted by a multi-disciplinary team (OT, Speech, ABA) of professionals vs. led by programming. This means that the teens interact organically, and the clinicians are there for support and to facilitate independence. The per class fee goes toward the cost of clinicians and activity fees. Some evenings, the teens are encouraged to bring spending money (or a debit card) to practice making their own purchases, like snacks or drinks.

### CLASSES

Program held Friday evenings  
at the following sessions:  
April 5-May 24  
July 12-August 30

**COST \$80**

### ME, MY WORLD & OTHERS

Neuro-divergent, elementary aged children are invited to join an arts and crafts class hosted by MOLA - Museum of Leo's Art. The class runs Wednesday evenings from 5:00-6:30pm for 8 weeks. The class will be run by a multi-disciplinary team of professionals, including the following disciplines: physical therapy, occupational therapy, speech and language pathology and behavior analysis. If beneficial for the child, families are encouraged to bring an existing therapist to help foster the child's success in a group setting. We will have a separate waiting space available for parents/guardians.

### CLASSES

April 3-May 22  
July 10-August 28

**COST \$80**

## GOLF LESSONS

Dedham Parks & Recreation will be partnering with Brookemeadow Country Club in Canton, again this year for youth golf lessons. Look for more information soon! Lessons will run Spring & Summer for ages 4+.

### CLASSES

Lessons will run  
Spring & Summer  
for ages 4+.

# Dedham Parks & Recreation

## WHAT IS AN AGE APPROPRIATE SUMMER PROGRAM ?



	4-5 yrs	5-7 yrs	7-10 yrs	10-13 yrs	13-18 yrs	18+ yrs
Swim & Gym	✓	✓	✓			
All Day Playground		✓	✓	✓		
Park Playgrounds			✓	✓		
Fun Fridays			✓	✓		
Tennis Lessons		✓	✓	✓	✓	✓
Cardio Tennis						✓
Clippers Swim Team		✓	✓	✓	✓	
Golf Lessons	✓	✓	✓	✓		
Avery Transition		✓	✓			
Water Aerobics						✓

For more program information please visit Dedham Parks & Recreation or scan above QR code

## SUMMER DAY PROGRAMS

### SWIM & GYM

Dedham Parks & Recreations most popular Recreation program! Swim & Gym runs 5 days a week every morning for 2 weeks, for ages 4-10. Each day the participants will have 45 minutes of arts & crafts, 45 minutes of group games, 45 minutes of sports and 45 minutes of swimming lessons. All activities are held at the Dedham Pool.

Session 1: July 1-July 12  
 Session 2: July 15-July 26  
 Session 3: July 29-August 9  
 Session 4: August 12-August 23

**COST** \$180-\$210



### ALL DAY PLAYGROUND

The All day playground program will be held at Dedham High School Monday-Friday from 8:30-4:00pm for ages 5-12. Is 4:00pm not late enough? We have extended hours until 5:30pm available too! This program will participate in age appropriate arts & crafts, games, outdoor activities, sports, fieldtrips, open swim and much more. Participants will have the option to join in swim lessons for an additional fee.

Sessions run weekly July 1st-August 16th.

**COST** \$260 PER WEEK



# SUMMER DAY PROGRAMS

## SUMMER INSTITUTE TRANSITIONAL PROGRAM

Is your child participating in both the Swim & Gym program & afternoons at Summer Institute? Allow Dedham Parks & Recreation staff to transition your child between each program daily. Participants must be enrolled in both Dedham Parks & Recreations Swim & Gym Program as well as Dedham Public Schools Summer Institute to register. New Sessions weekly July 1- August 2nd.

**COST** \$10



## TENNIS LESSONS

Dedham Parks & Recreation offers tennis lessons for ages 5+. Youth lessons are available both morning or evening for ages 5-13, while adult lessons are held evenings throughout the summer. Whether you are a beginner or just looking to improve your skills, this class is for you. These interactive classes cover skills, drills, and all the tips to get you game, set, match while enjoying this lifelong activity.

### CLASSES

Classes range from 30 minutes to 1 hour. All classes held at the Dedham High School Tennis courts.

## TENNIS ACADEMY

Join Dedham Recreation for this unique training course for current & aspiring high school tennis players. This 1 1/2 hour co-ed course works with ages 13+ players to improve technique and increase skill level. Led by skilled instructors, held at the Dedham High School Tennis Courts.

### CLASSES

Classes held weekly July 1 - August 16

**COST** \$125 PER WEEK

## CARDIO TENNIS

Join Dedham Recreation for this unique 18+ Cardio Tennis Class. This class will incorporate an intense cardio workout along with a tennis skills workout. This engaging group class will get your heart pumping and calories burning with a full body high energy workout including fun, fitness, and tennis.

### CLASSES

Classes held at the Dedham High Tennis courts.

Tuesdays July 2 - August 13

Thursdays July 11 - August 15

**COST** \$99

## PLAYGROUNDS IN THE PARK

The Recreation Department will staff three neighborhood playgrounds this summer: Riverdale School on Needham Street, Condon Park on Bussey Street and Paul Park on Tower Street. Activities include arts & crafts, sports, games and visits to the Dedham Pool.

*Please see playground calendar on next page.*

Each playground will have recreation staff supervision from 9:00am-12:00pm and reopen from 1:00 - 3:30pm. Ages 7+. Playgrounds will open on Monday July 1. This is a drop in program, pre-registration is not required.



# Playgrounds in the Parks

# JULY

Scan for Fun Friday & Field Trip Registration

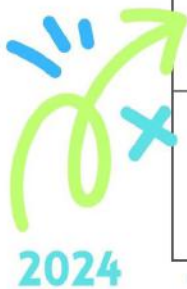


MON	TUE	WED	THU	FRI	SAT	SUN
1 First Day of Playgrounds	2 Pool 1:00-3:00	3	4 No Programs	5 Fun Friday	6	7
8	9 Pool 1:00-3:00	10 Woo Sox Trip	11 Pool 1:00-3:00	12 Fun Friday	13	14
15	16 Pool 1:00-3:00	17	18 Pool 1:00-3:00	19 Fun Friday	20	21
22	23 Pool 1:00-3:00	24 Franklin Park Zoo	25 Pool 1:00-3:00	26 Fun Friday @ Paul Park	27	28
29	30 Pool 1:00-3:00	31 Bike Rodeo & Pool	1	2	3	4

\*Calendar subject to change

# Playgrounds in the Parks

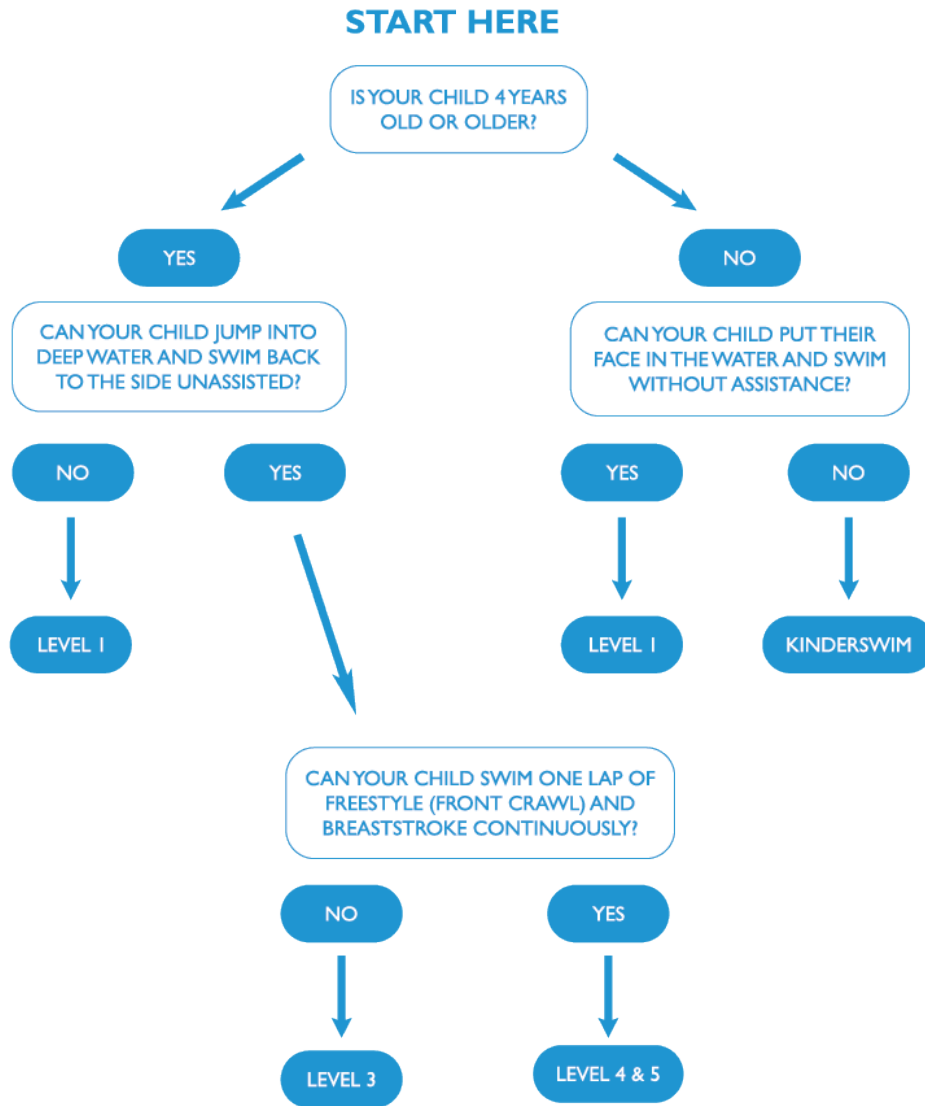
# AUGUST



MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	1 Pool 1:00-3:00	2 Fun Friday @ Paul Park	3	4
5	6 Pool 1:00-3:00	7 Canobie Lake	8 Pool 1:00-3:00	9 Fun Friday @ Paul Park	10	11
12	13 Pool 1:00-3:00	14	15 Pool 1:00-3:00	16 Fun Friday @ Paul Park (Last Day of Playgrounds)	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

\*Calendar subject to change

# WHICH SWIM LESSON LEVEL IS RIGHT FOR MY CHILD?



## YOUTH SWIM LESSONS

Enroll your child in our comprehensive youth swim lessons, designed to provide a safe and engaging environment for children to learn essential water skills, develop confidence, and cultivate a love for swimming. Our experienced instructors are dedicated to ensuring your child's comfort and progress in the water while fostering a positive and supportive atmosphere.



### CLASSES

Starts February 24  
Saturday (12 weeks)  
9:30am-11:30am  
3-12 year olds

Starts March 10  
Sundays (8 weeks)  
10:00am-11:30am  
2-6 year olds

### COST

Residents \$180  
Non Residents \$240

## ADULT SWIM LESSONS

Adult swim lessons are tailored to help individuals of varying skill levels gain confidence and proficiency in the water. These classes focus on personalized instruction, catering to the specific needs and goals of each participant. Whether someone is a beginner looking to conquer water fear or an intermediate swimmer aiming to refine strokes and technique, these lessons provide a supportive environment. Instructors emphasize water safety, stroke development, breathing techniques, and overall comfort in deep water, fostering a sense of accomplishment and increased competence in aquatic environments. The atmosphere is encouraging and inclusive, promoting a positive learning experience for adults of all abilities.

### CLASSES

Tuesday Evenings  
7:00pm-7:45pm

Next Session: February 13- April 23

### COST

Residents \$150  
Non Residents \$200

## MINI CLIPPERS

Join our exciting Mini Clippers Swim Team. This team is for beginners who are eager to get started in the world of competitive swimming but need to grow in their stroke and endurance. Whether your child is new to swimming or is not ready for our main Clippers swim team this is the spot for you. Dive in with us and enjoy a rewarding swimming adventure that fosters skills, friendships, and a lifelong love for the water.

### CLASSES

Sundays March 10-May 12  
9:00am-10:00am

### COST

Residents-\$150  
Non residents-\$175

## SUMMER CLIPPERS SWIM TEAM

Summer swim team is a fun and exciting way for children and teenagers to stay active and engaged during the summer months. Typically, summer swim teams are organized by local recreational centers or community organizations and are open to swimmers of all skill levels.

Swim team practices usually take Monday and Wednesday and focus on improving swimming technique, endurance, and speed. Coaches will often provide personalized feedback to help swimmers improve their strokes and prepare for upcoming meets.

Speaking of meets, summer swim teams typically compete against other local teams on Tuesday and Thursday. These meets are a great opportunity for swimmers to showcase their skills, compete against others in their age group, and earn points for their team.

Summer swim teams often emphasize teamwork, sportsmanship, and fun. Swimmers may participate in team-building activities or social events outside of practice and meets, which can help build a sense of community and camaraderie among team members.

Overall, summer swim team is a fantastic way for kids to stay active, develop their swimming skills, and make new friends in a fun and supportive environment.

### CLASSES

Starts June 3rd  
Monday and Wednesday  
Fee: \$190

### COST

Fee: \$190



## SWIM CLINIC

Our group swim clinic enhances participants swimming skills, techniques and overall proficiency in the water.

The swim clinic will touch on specific aspects of swimming.

\*Stroke analysis

\*Drills and exercises

\*Starts & Turns

\*Endurance and Conditioning

Our swim clinic will refine your skills, build your confidence and deepen your love for the water.

### CLASSES

Monday and Wednesdays

4:00pm-5:00pm

March 18 to May 15, 2024

### COST

Residents \$160

Non Residents \$200

## MASTERS PROGRAM

Dedham Clippers Masters Program is designed for those 18 years of age and older, who are interested in improving their swimming abilities, staying fit and potentially competing in swim events.

The workouts are tailored to meet the needs and goals of all participants.

Our Masters program is open to a wide range of abilities. Those who are new to swimming, experienced swimmers and those who are looking to improve and compete.

### CLASSES

Saturday Mornings 6:30am-8:00am

Wednesday Morning 5:30am-6:30am

### COST

Fees: \$100-\$180

## WATER AEROBICS

Our water aerobics class involves high intensity, functional movements that include resistance training using noodles and weights. Our water aerobics class will enhance your cardiovascular fitness, strength, and overall conditioning while minimizing impact on joints. The class typically includes movements like jogging, jumping, arm exercises, and stretches, all choreographed to music. It's a low-impact workout that can help improve cardiovascular fitness, muscle tone, and overall flexibility.

### CLASSES

Monday and Wednesdays

11:45am-12:45pm.

Tuesday

8:30-9:15am

Tuesday and Thursdays

6:00pm-6:45pm

Sundays

10:00am, 11:00am, 12:00pm

## RED CROSS LIFEGUARD TRAINING COURSE

The American Red Cross Lifeguard course is designed to train individuals in the skills and knowledge needed to become effective and confident lifeguards. The course provides comprehensive training in water rescue techniques, first aid, CPR, and other critical skills to ensure the safety of swimmers and patrons at aquatic facilities.

### CLASSES

February 21 & 22

(Must be 15+ years old, this class will be for new lifeguard candidates)

More Spring and Summer Classes will be added.

### COST

Residents \$325

Non Residents \$375

# LOCAL SPORT ORGANIZATIONS

## DEDHAM YOUTH HOCKEY

Website:  
[www.dedhamyouthhockey.org](http://www.dedhamyouthhockey.org)

## DEDHAM YOUTH LACROSSE

Website:  
[www.dedhamlax.com](http://www.dedhamlax.com)

## DEDHAM YOUTH BASEBALL

Website:  
[www.DedhamBaseball.org](http://www.DedhamBaseball.org)

## DEDHAM GIRLS SOFTBALL LEAGUE

Website:  
[www.dedhamgs.com](http://www.dedhamgs.com)

## DEDHAM BASKETBALL ASSOCIATION

Website:  
[www.dedhambasketball.com](http://www.dedhambasketball.com)

## DEDHAM PEE WEE ASSOCIATION, INC

Website:  
[www.dedhamyfc.com](http://www.dedhamyfc.com)

## DEDHAM YOUTH SOCCER ASSOCIATION

Website:  
[www.dedhamsoccer.com](http://www.dedhamsoccer.com)

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

If so, send them to [danderson@dedham-ma.gov](mailto:danderson@dedham-ma.gov) you may be in our next program guide!

*Have any suggestions about programs you would like to see?*

If so, send your ideas to [danderson@dedham-ma.gov](mailto:danderson@dedham-ma.gov) so we can try to make them happen!



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