



TOWN OF  
**DEDHAM**  
Parks and Recreation

# SPRING AND SUMMER PROGRAMS

2026



[WWW.DEDHAM-MA.GOV/RECREATION](http://WWW.DEDHAM-MA.GOV/RECREATION)

PHONE: 781-751-9250



DEDHAM PARKS AND RECREATION DEPARTMENT

# RECREATION

## MESSAGE FROM THE DIRECTOR

### **A Message from the Director**

Welcome to the Dedham Parks & Recreation Spring and Summer Program Guide! Our department plays a vital role in enhancing quality of life in Dedham by maintaining parks, playgrounds, athletic fields, and recreation facilities while offering programs and events for all ages and abilities.

We proudly care for over 100 acres of Town parkland and 90+ acres of school property, operate the Dedham Pool, and now serve the community from our new Recreation Center at the former Capen School. Home to a gymnasium, dance studio, meeting space, and offices.

Spring and Summer are our busiest seasons, featuring camps, aquatic programs, youth and adult activities, and special events like the Flag Day Parade. These opportunities are made possible by our dedicated staff, instructors, volunteers, and community partners.

We continually strive to offer high-quality, inclusive, and engaging opportunities that promote health, wellness, and community connection. We welcome feedback and ideas from residents, as your input helps guide the future of recreation in Dedham.

Thank you for your continued support. We look forward to seeing you in our parks, programs, and facilities this season.

Bob Stanley  
Director of Parks & Recreation



TOWN OF  
**DEDHAM**  
Parks and Recreation

# TABLE OF CONTENTS



4. Directory & Hours
5. Flag Day Parade
6. Dance
7. Karate
8. Gymnastics
9. Indoor Cardio Tennis
10. Pickleball
11. Multisport Tots
12. Soccer Tots
13. Women's Self Defense
14. Pathfinders Indoor Track
15. April Break- Top Golf Outing
16. Age Appropriate Summer Chart
17. Swim & Gym
18. Swim & Gym/Summer Institute Transition
19. Swim & Gym Lunch Bunch
20. All Day Playground
21. Playground in the Parks
22. Fun Fridays
23. July Playground Calendar
24. August Playground Calendar
25. Youth Tennis Lessons
26. Tennis Academy
27. Cardio Tennis
28. Adult Tennis Lessons
29. Youth Golf Lessons
30. Adult Golf Lessons
31. Dedham Pd Woo Sox Trip
32. Bike Rodeo
33. Kayak Rentals
34. Small Watercraft Storage
35. Outdoor Discovery with L.L. Bean
36. Dog Park
37. Pool Membership
38. Adult Swim Lessons
39. Youth Swim Lessons
40. Stroke Clinic
41. Mini Clippers
42. Adult Master Swim
43. Water Aerobics
44. Lifeguard Certification
45. Lifeguard Recertification
46. Water Safety Instructor
47. Senior Swim Hour
48. Summer Clippers
49. Local Sports League Contact
50. Policies & FAQ

# Meet Our Staff



**Robert Stanley**  
Director  
RStanley@dedhamma.gov



**Debbie Anderson**  
Assistant Director  
DAnderson@dedhamma.gov



**Karen O'Connell**  
Aquatic Director  
KO'Connell@dedhamma.gov



**LeiLani DeCastro-Lenane**  
Administrative Assistant  
LDeCastroLenane@dedhamma.gov

## 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.dedham-ma.gov/pool](http://www.dedham-ma.gov/pool)  
to view our daily activities and calendar



**Get ready to wave your flags and show your pride because the Dedham Flag Day Parade is returning on Sunday June 14, 2026!**



*FLAG DAY PARADE, JUNE 2024*

This cherished annual tradition brings the community together to honor the American Flag and celebrate all it stands for.

**What to Expect:**

- Local marching bands filling the air with music
- Vibrant floats decked out in red, white, and blue
- Special appearances from community groups and organizations

Whether you're cheering from the sidelines or marching in the parade, this family-friendly event is sure to inspire joy, unity, and patriotism. Let's celebrate the stars and stripes together—see you there!

If you or your organization is interested in participating in the parade, or you would like more information regarding the parade route, please visit [www.dedham-ma.gov/FlagDay](http://www.dedham-ma.gov/FlagDay).

**FLAG DAY, IT'S A DEDHAM THING!**



# DANCE

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

Held at the Capen Recreation Building Dance Studio 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. The session culminates in a spectacular dance recital at the end of the year.

### Classes Offered:

- Petite Feet (Ages 3)
- Happy Feet (Ages 4)
- Kinderdance (Ages 5 & 6)
- Primary (Ages 6+)
- Trilogy (Ages 9+)
- Contemporary (Ages 10+)
- Jr. Company (Age 12+)
- Sr. Company (Ages 15+)

### Session Dates:

January 11, 2026 to  
May 4, 2026

### Fee:

Class fees range from  
\$182 to \$351

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



[DEDHAM.ACTIVITYREG.COM](https://DEDHAM.ACTIVITYREG.COM)

# 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 17 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.

Our academy provides a supportive environment and personalized training to help each student maximize their physical and mental potential, empowering them to achieve their personal goals, whatever they may be.

### **Class Details:**

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

### **Session Dates:**

- January 12, 2026 - March 2, 2026
- March 9, 2026 - May 4, 2026
- May 11, 2026 - July 6, 2026
- July 13, 2026 - August 31, 2026

Classes are held every Monday at the Capen Recreation Building.. Join us to embark on a journey of martial arts mastery and personal growth!



TOWN OF  
**DEDHAM**  
Parks and Recreation

**Ready to sign up?**  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://DEDHAM.ACTIVITYREG.COM)

# GYMNASTICS



**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:**

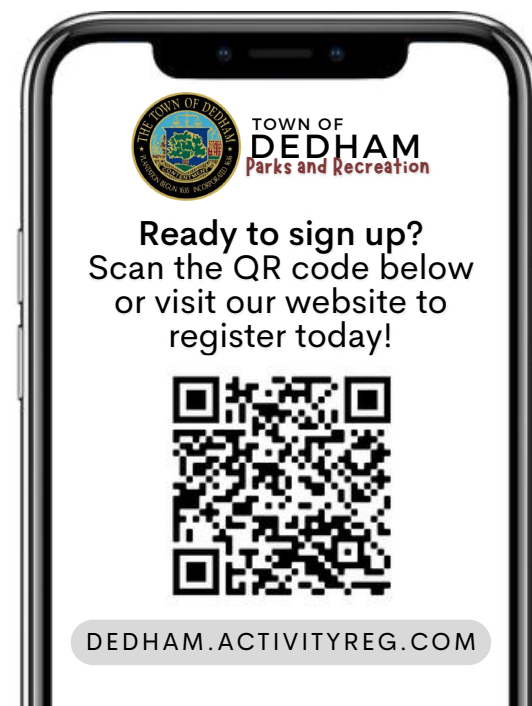
- 9:00 AM - 10:00 AM: Tumbling Tots (Age 3)
- 10:00 AM - 11:00 AM: Kindergarten & Preschool (Ages 4 & 5)
- 11:00 AM - 12:00 PM: Kindergarten & Preschool (Ages 4 & 5)
- 1:00 PM - 2:00 PM: Grades 1-5
- 2:00 PM - 3:00 PM: Grades 6-8 & Intermediate

### **Session Dates:**

- Session 3: February 7, 2026 - March 28, 2026
- Mini Session 1: April 4, 2026 - April 25, 2026
- Mini Session 2: May 2, 2026 - May 30, 2026

### **Location:** Capen Recreation Building

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





## 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

- **Tuesday Session:** February 3, 2026 - February 24, 2026
- **Thursday Session:** February 5, 2026 - February 26, 2026
- **Time:** 7:00 PM - 8:30 PM
- **Location:** Oakdale Elementary School
- **Cost:** Dedham Residents \$106 | Non-Residents \$118

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.





# PICKLEBALL

## Curious about the fastest-growing sport in the country?

Join Dedham Parks & Recreation at Boston Pickle Club located in Hyde Park for our Introduction to Pickleball class! Designed for beginners and intermediate players ages 16+, this program will cover the fundamentals of the game including rules, scoring, and court positioning, strokes and game play. With a focus on fun and skill development, participants will gain confidence while enjoying this exciting, social, and low-impact sport.

### Beginner Program Details:

Day: Tuesdays

Dates: February 10, 2026 – March 3, 2026

March 10, 2026 – March 31, 2026

April 7, 2026 – April 28, 2026

May 5, 2026 – May 26, 2026

Time: 6:00 PM – 7:00 PM

### Intermediate Program Details:

Day: Tuesdays

Dates: March 10, 2026 – March 31, 2026

April 7, 2026 – April 28, 2026

May 5, 2026 – May 26, 2026

Time: 7:00 PM – 8:00 PM

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

Just bring your sneakers and enthusiasm!



TOWN OF  
**DEDHAM**  
Parks and Recreation

Ready to sign up?  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://dedham.activityreg.com)



# MULTISPORT TOTS

**Our multisport-themed motor skill classes are designed to be engaging and easy for young children to enjoy.**

For the younger age groups, the focus is on developing essential motor skills and building self-confidence. Older children will concentrate on honing core skills in soccer, basketball, and t-ball, while also fostering personal focus and introducing a touch of light competition. We maintain a small instructor-to-student ratio to ensure personalized attention and maximize individual development. Above all, we emphasize fun, fun, fun!

**Class Details:**

- Ages 3-4: 4:45 PM - 5:30 PM (Parent participation required first 2 weeks)
- Ages 4-5: 5:45 PM - 6:30 PM

**Location:** Capen Recreation Building - Gymnasium

**Session Dates:** Wednesdays from March 11, 2026 - April 8, 2026

**Cost:** Residents: \$100 | Non-Residents: \$110

Join us for a fun and active introduction to multiple sports!



# SOCCKER TOTS

## Kick-start a passion for soccer with SoccerTots!

Our soccer-themed motor skill classes are designed to be engaging and easy for young children to enjoy. For younger age groups, the focus is on developing basic motor skills and building self-confidence, while the older classes emphasize core soccer skills, personal focus, and introduce a touch of light competition. We maintain a small instructor-to-student ratio to ensure personalized attention and maximize individual development. Above all, we prioritize having fun!

### Class Details:

- Ages 2-3: 3:45 PM - 4:20 PM (Parent participation required)
- Ages 3-4: 4:30 PM - 5:15 PM (Parent participation required first 2 weeks)
- Ages 4-5: 5:30 PM - 6:15 PM

**Location:** Capen Recreation Building - Gymnasium

**Session Dates:** Wednesdays from  
April 29, 2026 - May 27, 2026

### Cost:

- Residents: \$100
- Non-Residents: \$110

Come join us for a fun and active soccer experience!

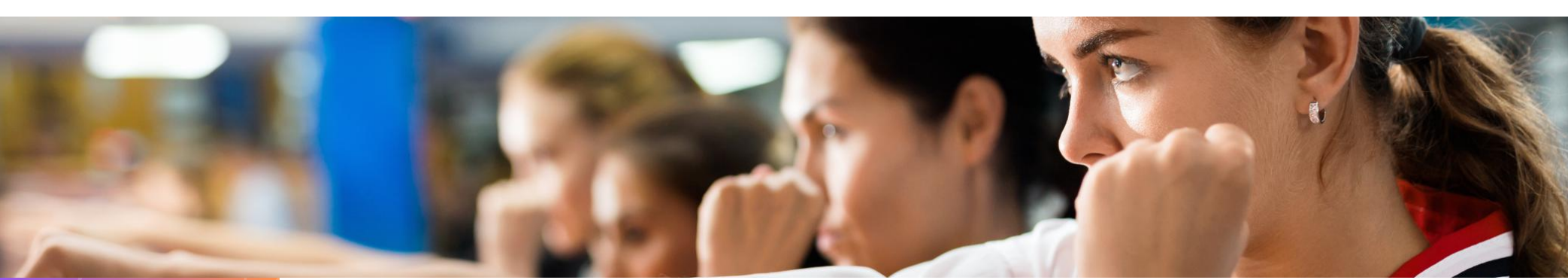


TOWN OF  
**DEDHAM**  
Parks and Recreation

Ready to sign up?  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://DEDHAM.ACTIVITYREG.COM)



# NEW PROGRAM WOMENS SELF DEFENSE

## Empower yourself with practical skills and 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 Building –Gymnasium
- Days: Sundays
- Time: 1:00 PM – 3:00 PM
- Fee: \$45 per session

### Session Dates:

- February 22, 2026
- March 22, 2026
- May 24, 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.





# PATHFINDERS INDOOR TRACK

## PathFinders-Run, jog or walk your way to better health!

Join Dedham PathFinders for our Indoor Track program. This all-inclusive, hour-long program is designed to promote physical fitness and mobility for all ages. Families and caretakers are encouraged to join in on the fun. Each session concludes with an optional mindful meditation and stretching session.

### Program Details:

- Day: Saturdays
- Session 1: January 10 – February 14, 2026
- Session 2: February 21 – March 21, 2026
- Time: 10:00 AM – 11:00 AM
- Location: Ursuline Academy
- Fee: \$25 Residents | \$35 Non-Residents

Come together with the community and make fitness a family affair this winter!





# APRIL VACATION TOP GOLF OUTING

## Looking for a fun and exciting way to spend your April vacation?

Join Dedham Parks & Recreation, along with the Dedham Police Department and School Resource Officers, for an exciting April Vacation trip to Topgolf in Canton, MA! Enjoy two hours of interactive golf play, games, and delicious food at this unique, high-energy driving range experience. No golf experience is necessary—Topgolf is fun for all skill levels!

### Event Dates

- Middle School: Wednesday April 22, 2026
- High School: Thursday April 23, 2026

### Event Details

- **Time:** 11:00 AM – 1:00 PM
- **Location:** Top Golf, Canton, MA
- **Fee:** \$20 per golfer
- **Transportation:** Participants must provide their own transportation.

Don't miss out on this exciting vacation activity—register today!



TOWN OF  
**DEDHAM**  
Parks and Recreation

Ready to sign up?  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://DEDHAM.ACTIVITYREG.COM)

# Dedham Parks & Recreation

## WHAT IS AN AGE APPROPRIATE SUMMER PROGRAM ?



SCAN ME

	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	✓	✓	✓	✓		✓
Summer Institute Transition		✓	✓			
Water Aerobics						✓

For more program information please, visit [www.dedham-ma.gov/recreation](http://www.dedham-ma.gov/recreation) or scan above QR code



# SWIM & GYM

## Join Dedham Parks & Recreation's most popular summer program — Swim & Gym!

This exciting program runs Monday through Friday, from 8:30 AM to 11:30 AM, in two-week sessions for children ages 4-10.

Each day, participants will enjoy a rotating schedule of activities, spending 45 minutes in:

- Arts & Crafts
- Group Games
- Sports
- Swim Lessons

### Session Dates:

- Session 1: June 30, 2026 – July 10, 2026
- Session 2: July 13, 2026 – July 24, 2026
- Session 3: July 27, 2026 – August 7, 2026
- Session 4: August 10, 2026 – August 21, 2026

**Cost:** \$240-\$275

Registration for residents begins February 2, 2026.  
Spaces fill quickly, so don't wait to secure your spot!



Ready to sign up?  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://dedham.activityreg.com)



# SWIM & GYM TO SUMMER INSTITUTE TRANSITION

**This program is designed for students enrolled in both Dedham Parks & Recreation's Swim & Gym Program and Dedham Public Schools' Summer Institute.**

Participants will enjoy a seamless transition between programs, with staff walking students from Swim & Gym to the Summer Institute for the second half of the day. Lunch will be provided by Dedham Public Schools.

**Program Dates:**

- Week 1: June 30, 2026 – July 1, 2026
- Week 2: July 6, 2026 – July 10, 2026
- Week 3: July 13, 2026 – July 17, 2026
- Week 4: July 20, 2026 – July 24, 2026
- Week 5: July 27, 2026 – July 31, 2026

**Cost:** \$20 per week

**Please Note:**

Registration for this opens on **Thursday, February 5.**





# SWIM & GYM LUNCH BUNCH

## Keep the fun going after camp with our Swim & Gym Lunch Bunch!

Kids can enjoy their own bagged lunch followed by an exciting mix of games, crafts, and social activities in a relaxed, supervised environment. This program is the perfect way to stay active, make friends, and unwind while extending the camp day in a fun and engaging way!

**Time:** 11:30 AM – 1:00 PM

### Session Dates:

- Session 1: June 30, 2026 – July 10, 2026
- Session 2: July 13, 2026 – July 24, 2026
- Session 3: July 27, 2026 – August 7, 2026
- Session 4: August 10, 2026 – August 21, 2026

Must sign up for EACH session.  
Registration for Swim & Gym is **required**.

**Fee:** \$125 per session



# ALL DAY PLAYGROUND

## Looking for an action-packed summer experience for your kids?

Join us at Dedham High School for a summer full of fun at the All Day Playground Program! Running Monday through Friday, from 8:30 AM to 4:00 PM, this program is designed for children ages 5-12. Need extra time? Extended hours are available until 5:30 PM!

Participants will enjoy a variety of age-appropriate activities, including arts and crafts, games, outdoor adventures, sports, field trips, open swim sessions, and more. Families can register for individual weeks or sign up for the entire summer of excitement!

**Program Dates:** Weekly sessions from June 30, 2026  
– August 14, 2026

**Resident Rate:** \$310 per week

**Non-Resident Rate:** \$330 per week

Don't let your kids miss out on an unforgettable summer—reserve your spot today!



TOWN OF  
**DEDHAM**  
Parks and Recreation

Ready to sign up?  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://DEDHAM.ACTIVITYREG.COM)



# PLAYGROUNDS IN THE PARKS

**This summer, the Recreation Department is bringing the fun to two neighborhood playgrounds\*!**

**Join us at:**

- Condon Park (Bussey Street)
- Paul Park (Tower Street)

This is a drop-in program—**no registration required!** Program is weather permitting.

**Activities Include:**

- Arts & Crafts
- Sports
- Games
- Biweekly visits to the Dedham Pool
- Exciting field trips throughout the summer

Playgrounds will be supervised by recreation staff during the following hours:

**Morning:** 9:00 AM – 12:00 PM

**Afternoon:** 1:00 PM – 3:30 PM

**For Ages:** 7 and up

**Start Date:** Tuesday, June 30, 2026

Check out the summer calendar for more details on scheduled activities and field trips. We can't wait to see you at the playground!



TOWN OF  
**DEDHAM**  
Parks and Recreation

**Ready to sign up?**  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://DEDHAM.ACTIVITYREG.COM)



# FUN FRIDAYS

## Fun Friday with Dedham Parks & Recreation!

Join Dedham Parks & Recreation for Fun Friday, a day packed with excitement, games, and competitions—all topped off with a pizza lunch! This program runs every Friday throughout the summer as part of our Playground in the Park series.

### Dates:

- July 10, 2026
- July 17, 2026
- July 24, 2026
- July 31, 2026
- August 7, 2026
- August 14, 2026

**Time:** 9:00 AM – 2:00 PM

**Location:** Paul Park (Transportation available from Condon Park)

**Ages:** 7+

**Fee:** \$7

Come join the fun and make your Fridays unforgettable! Program is weather permitting.



TOWN OF  
**DEDHAM**  
Parks and Recreation

Ready to sign up?  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://DEDHAM.ACTIVITYREG.COM)

# PLAYGROUND IN THE PARKS



## Playgrounds in the Parks July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 First Day of Playgrounds	2 P.M. Pool	3 <del>No Program</del>	4
5	6	7 P.M. Pool	8 Franklin Park Zoo	9 P.M. Pool	10 <b>Fun Friday</b>	11
12	13	14 P.M. Pool	15 McGolf	16 P.M. Pool	17 <b>Fun Friday</b>	18
19	20	21 P.M. Pool	22 King Bowling	23 P.M. Pool	24 <b>Fun Friday</b>	25
26	27	28 P.M. Pool	29 Bike Rodeo & P.M. Pool	30 P.M. Pool	31 <b>Fun Friday</b>	

**Note:**  
Dedham Pool  
\$2  
Fun Friday  
\$7  
All Fieldtrips  
will require  
registration.  
Fees TBD

Schedule is  
subject to  
change.

Program is  
weather  
permitting

# PLAYGROUND IN THE PARKS



## Playgrounds in the Parks August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 P.M. Pool	5	6 Woo Sox	7 <b>Fun Friday</b>	8
9	10	11 P.M. Pool	12 Canobie Lake	13 P.M. Pool	14 Last Day of Playgrounds	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

**Note:**  
 Dedham Pool \$2  
 Fun Friday \$7  
 All Fieldtrips will require registration. Fees TBD  
  
 Schedule is subject to change.  
  
 Program is weather permitting



# YOUTH TENNIS LESSONS

## **Dedham Parks & Recreation offers engaging tennis lessons for children ages 5 and up!**

Whether your child is a beginner or looking to refine their skills, our fun and interactive lessons focus on skill development, drills, and game strategies—all while fostering a love for this lifelong sport. Lessons are held outdoors, weather permitting.

### **Youth Morning Lessons (Ages 5-12)**

- Schedule: Monday–Friday, 8:00 AM – 8:45 AM
- Session 1: June 30, 2026 – July 10, 2026
- Session 2: July 13, 2026 – July 24, 2026
- Session 3: July 27, 2026 – August 7, 2026
- Session 4: August 10, 2026 – August 21, 2026

### **Youth Evening Lessons (Ages 6-12)**

- Schedule: Monday–Thursday
  - Ages 6–8: 4:00 PM – 4:30 PM
  - Ages 9–12: 4:45 PM – 5:30 PM
- Session 1: June 30, 2026 – July 9, 2026
- Session 2: July 13, 2026 – July 23, 2026
- Session 3: July 27, 2026 – August 6, 2026
- Session 4: August 10, 2026 – August 20, 2026

Join us on the court and get ready to serve, rally, and have fun!



**TOWN OF DEDHAM**  
Parks and Recreation

**Ready to sign up?**  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://dedham.activityreg.com)



# TENNIS ACADEMY

## **Dedham Recreation invites current and aspiring high school tennis players to join our Tennis Academy!**

A specialized training program designed to enhance technique, develop strategy, and elevate overall skill levels.

Led by experienced instructors, this 60-minute co-ed program is perfect for players ages 13 and up looking to sharpen their game in a structured and supportive environment.

**Location:** Dedham High School Tennis Courts

**Schedule:** Monday–Thursday

**Time:** 3:00 PM – 4:00 PM  
(Weather permitting)

**Dates:** Weekly sessions from June 30, 2026 – August 13, 2026

**Cost:** \$110 Residents \$120 Non Residents

Take your tennis skills to the next level—train, compete, and grow with us this summer!





# CARDIO TENNIS

**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**

- **Days:** Tuesdays or Thursdays
- **Sessions:** June 30, 2026–August 13, 2026
- **Location:** Dedham Tennis Courts
- **Cost:** Dedham Residents \$115 | Non-Residents \$125

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.





# ADULT TENNIS LESSONS

**Our Adult Tennis Lessons cater to players of all skill levels, from beginners learning the fundamentals to advanced players refining their technique.**

Led by professional instructors, each session focuses on stroke development, footwork, strategy, and match play in a fun and supportive environment. Whether you're looking to build a solid foundation or elevate your game, our structured lessons will boost your confidence and skills. Join us on the court, stay active, and enjoy the game!

### **Program Highlights:**

- **Skill Development** – Tailored instruction for all levels
- **Expert Coaching** – Personalized feedback from experienced instructors
- **Comprehensive Training** – Drills, techniques, and match play
- **Engaging Environment** – Fun, supportive, and social sessions

### **Class Schedule:**

- Wednesday July 1, 2026–Wednesday August 12, 2026
  - Beginner Class – Monday & Wednesday
    - 5:45 PM – 6:45 PM
  - Advanced Class – Monday & Wednesday
    - 6:45 PM – 7:45 PM

Fee: \$127 Residents | \$137 Non Residents

Sign up today and take your tennis game to the next level!





## Join Dedham Parks & Recreation as we team up with Brookmeadow Country Club in Canton to offer spring golf lessons for ages 4-16.

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 Dates: Coming Soon!**

### 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.
- **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.

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!



# ADULT GOLF LESSONS



**Join Dedham Parks & Recreation as we team up with Brookmeadow Country Club in Canton to offer spring golf lessons for adults.**

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 new golfers looking to improve their skills or start learning the game.

**Program Dates: Coming Soon!**

### **Program Details:**

- 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.

take 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!





# DEDHAM POLICE WOO SOX TRIP

## TAKE ME OUT TO THE BALLGAME!

Join Dedham Parks & Recreation and Dedham Police School Resource Officers for our annual trip to see the WooSox baseball team in action at Polar Park! This exciting outing is open to rising 6th–8th grade Dedham Middle School students.

The trip includes round-trip transportation to and from Polar Park, game admission, and a view of the game from the Worcester Wall seats located in the outfield of Polar Park. Participants will be accompanied by Dedham Police Officers, ensuring a fun, safe, and well-supervised experience for everyone.

**Date:** Friday, July 24, 2026

**Pick-Up & Drop-Off Location:**  
Dedham American Legion

Don't miss this summer favorite filled with baseball, friends, and unforgettable memories!



TOWN OF  
**DEDHAM**  
Parks and Recreation

Ready to sign up?  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://DEDHAM.ACTIVITYREG.COM)



# BIKE RODEO

## **Join us for the annual Bike Rodeo, a fun and educational event in partnership with the Dedham Police Department!**

This free community event will take place on Wednesday, July 29, 2026, at the Endicott Estate.

### **Event Highlights:**

- Bicycle Safety: Promote safe riding with fun activities.
- Obstacle Course & Slow Bike Race: Test and practice your bicycle skills.

### **Community Engagement:**

- Visit the traveling animal shelter.
- Watch an exciting K9 demonstration.
- Enjoy water fun under the sprinkler with the Dedham Fire Department.

### **Free Perks for Kids:**

- T-shirt for every participant
- Cookout-style lunch
- Ice cream and more!

This yearly event is a fantastic way to bring the community together and make bicycle safety fun for everyone.

**Don't miss out on this action-packed day!**

# KAYAK RENTALS



## 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 (269 Common St.)
- **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

## Looking for a convenient place to store your small watercraft and enjoy easy access to the scenic Dedham Water Trails?

Dedham Parks & Recreation offers seasonal storage units at the Dolan Recreation Center boat launch site (269 Common St), perfect for exploring the Charles River.

### Program Details:

- **Season Dates:** April 1, 2026– November 1, 2026
- **Eligibility:** Dedham Residents only
- **Cost:** \$120 per unit for the season
- **Limit:** Maximum of 2 units per individual
- **Availability:** First come, first served

### Registration:

In-person registration is required. Please visit the Capen Recreation Center at 310 Sprague St. to register and obtain your 2026 small watercraft storage permit.

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



# OUTDOOR DISCOVERY WITH L.L. BEAN

## Get more from being outside!

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:

- April: Discovery Archery
- May: Introduction to Map & Compass Skills
- June: Discovery Fly-Casting
- July: Discovery Stand-Up Paddleboarding
- August: Sunset Kayak Tour
- September: Discovery Kayaking

Program Dates: Dates vary please visit [dedham.activityreg.com](https://dedham.activityreg.com)

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





# DOG PARK

**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
- **Cost:** Residents \$30 | Non-Residents \$120
- **Access:** Each membership includes one access fob per household

## Registration Information:

Please visit the Capen Recreation Building at 310 Sprague St., to complete first time memberships.

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





# POOL MEMBERSHIP

**Located at 1 Recreation Rd., Dedham, Anthony Mucciaccio Pool "Juju's Place" offers flexible membership options for everyone, including families, seniors, youth, and individuals.**

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

**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



# ADULT SWIM LESSONS

## It's never too late to learn to swim or refine your technique!

Our adult swim lessons provide a supportive and personalized experience for swimmers of all skill levels. Whether you're just starting out or looking to enhance your strokes, our expert instructors will help you build confidence, improve water safety, and enjoy swimming like never before.

**Dates:** February 24, 2026 – April 30, 2026  
(No Class: March 17 & 19 and April 21 & 23)

### Schedule:

- **Beginner:** Tuesdays, 7:00 PM – 8:00 PM
- **Advanced Swimmer:** Thursdays, 7:00 PM – 8:00 PM

### Location:

All classes are held at the Anthony Mucciaccio Pool "Juju's Place" located at 1 Recreation Rd.

**Fee:** \$156 Residents / \$170 Non-Residents



TOWN OF  
**DEDHAM**  
Parks and Recreation

Ready to sign up?  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://dedham.activityreg.com)

# YOUTH SWIM LESSONS

## Give your child the gift of confidence in the water!

Our youth swim lessons focus on building essential swimming skills, water safety, and a lifelong love for swimming in a fun and supportive environment. Led by experienced instructors, each class is designed to help children develop at their own pace while gaining confidence and technique in the pool.

### Schedule:

- **Saturdays:** 10:30 AM – 12:30 PM
  - March 14, 2026 – May 30, 2026  
(No class April 4, 18, 15 & May 3)
- **Sundays:** 11:30 AM – 11:00 PM
  - Sunday March 15, 2026 – June 7, 2026  
(No class April 5, 19, 26 & May 10, 24)

### Location:

All classes are held at the Anthony Mucciaccio Pool "Juju's Place" located at 1 Recreation Rd.

**Fee:** \$138 Residents / \$150 Non-Residents





# YOUTH STROKE CLINIC

## Take your child's swimming skills to the next level with our Youth Stroke Clinic!

Designed for young swimmers looking to refine their technique, build endurance, and enhance overall performance, this clinic provides focused instruction in a supportive and energetic environment. Led by experienced coaches, each session helps swimmers develop confidence and efficiency in the water.

**Dates:** March 24, 2026 – May 21, 2025  
(No Class: April 21 & 23)

**Schedule:**

- Mondays & Wednesdays: 5:00 PM – 6:00 PM

**Location:**  
All classes are held at the Anthony Mucciaccio Pool "Juju's Place" located at 1 Recreation Rd.

**Fee:** \$190 Residents / \$230 Non-Residents





# MINI CLIPPERS

**Mini Clippers is the perfect program for swimmers looking to bridge the gap between swim lessons and competitive team swimming.**

Designed for swimmers eager to improve, Mini Clippers bridges the gap between swim lessons and competitive team swimming. This program focuses on building strength, stamina, and technique in a supportive setting, preparing swimmers to take the next step toward joining our main swim team.

**Schedule:**

- **Dates:** February 28, 2026 – May 17, 2026
  - (No Class: March 8, April 5 & 19, May 10)
- **Sundays:**
  - 10:00 AM – 10:45 AM
  - &
  - 10:45 AM – 11:30 AM

**Location:**

All practices are held at the Anthony Mucciaccio Pool "Juju's Place" located at 1 Recreation Rd.

**Fee:** \$165 Residents / \$185 Non-Residents





# ADULT MASTER SWIM

**Enhance your fitness, refine your technique, and enjoy the camaraderie of group training with our Adult Masters Swim Program!**

Designed for swimmers of all skill levels, this program provides structured workouts led by experienced coaches to help you reach your personal goals—whether you're training for competition, improving endurance, or simply staying active. Dive in, challenge yourself, and connect with a supportive swim community!

**Schedule:**

- **Classes:** January 31, 2026 – May 30, 2026
- **Saturdays:** 6:30 AM – 8:30 AM
- **Wednesdays:** 5:30 AM – 6:30 AM

**Location:**

All practices are held at the Anthony Mucciaccio Pool "Juju's Place" located at 1 Recreation Rd.

**Fee:** \$160 Resident | \$175 Non-Resident





# WATER AEROBICS

**Stay active and energized with our Water Aerobics classes, available each quarter!**

These low-impact, high-energy sessions provide a fun and effective workout that improves strength, flexibility, and cardiovascular health. With multiple class times each week, you can enjoy the benefits of water fitness on a schedule that works for you—perfect for all fitness levels!

**Quarter 3:** March 8, 2026 – June 12, 2026  
(No Classes: April 5, May 10 & 24, June 14)

**Class Times:**

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

**Quarterly Pricing:**

- Residents: \$160
- Non-Residents: \$180



# RED CROSS LIFEGUARD CERTIFICATION



**Start your journey to becoming a certified Red Cross Lifeguard with our comprehensive training course!**

Designed for individuals 15 and older, this program covers essential water rescue techniques, CPR, first aid, and emergency response. Gain the skills, knowledge, and confidence to keep others safe while opening doors to rewarding job opportunities.

**Course Details:**

Consists of 3-day courses with mandatory prerequisite online work

**Class Dates:**

- **Coming Soon!**

Take the first step toward becoming a lifeguard and making a difference in your community!



TOWN OF  
**DEDHAM**  
Parks and Recreation

**Ready to sign up?**  
Scan the QR code below or  
visit our website to register  
today!



[DEDHAM.ACTIVITYREG.COM](https://dedham.activityreg.com)

# RED CROSS LIFEGUARD RECERTIFICATION



## Stay certified and prepared with our Red Cross Lifeguard Recertification Class!

Designed for current lifeguards looking to renew their certification, this course ensures you're up to date on the latest safety protocols, rescue techniques, and emergency response skills. Through hands-on practice and expert instruction, you'll regain confidence and maintain your ability to keep others safe.

### Course Details:

- One-day course with mandatory prerequisite online work
- Fee: \$200

### Class Dates:

- **Coming Soon!**

Keep your certification current and your skills sharp!





# WATER SAFETY INSTRUCTOR (WSI) CLASS

## Become a certified Water Safety Instructor and teach the next generation of swimmers!

This comprehensive training program equips you with the skills to instruct swim lessons, promote water safety, and manage risks effectively. Learn essential instructional techniques, rescue skills, and class management strategies to make a lasting impact in your community.

### Course Details:

- **Class Dates:** **Coming Soon!**
- **Fee:** \$400 Residents / \$450 Non-Residents

Take the next step in your aquatic career—sign up today and help create safer swimmers!





# SENIOR SWIM HOUR

**Join us for Senior Swim Hour, a dedicated time for seniors to enjoy the pool at their own pace.**

Whether you're swimming, exercising, floating, or simply relaxing, this is your time to unwind and connect with friends in a peaceful, welcoming environment. It's the perfect opportunity for both fitness and socializing—so come make the pool your place to recharge!

**Schedule:**

- Monday & Wednesday: 1:00 PM – 2:00 PM
- Friday: 11:00 AM – 12:00 PM

**Fee:** \$3

Relax, exercise, and enjoy the water in a supportive environment—join us today!





# SUMMER CLIPPERS SWIM TEAM

## Make a splash this summer with the Dedham Clippers Swim Team!

Designed for swimmers eager to improve their skills and compete, this exciting program offers a season full of fun, teamwork, and friendly competition. Athletes will train in a supportive, high-energy environment while racing against other teams and building lifelong friendships. Whether you're looking to refine your technique or push your speed to the next level, the Clippers are the perfect place to dive in!

**Season Dates:** June 1, 2026 – August 8, 2026

- **No Class: July 4, 2026**

### Practice Schedule:

- 10 & Under:
  - Mondays & Wednesdays
    - 4:00 PM – 5:00 PM
- 11 & Up:
  - Mondays & Wednesdays
    - 5:00 PM – 6:00 PM

**Fee:** \$225 (Residents) / \$245 (Non-Residents)



TOWN OF  
**DEDHAM**  
Parks and Recreation

Ready to sign up?  
Scan the QR code below  
or visit our website to  
register today!



[DEDHAM.ACTIVITYREG.COM](https://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](http://www.dedhamyouthhockey.org)
- **Dedham Youth Lacrosse:** [www.dedhamlax.com](http://www.dedhamlax.com)
- **Dedham Youth Baseball:** [www.dedhambaseball.org](http://www.dedhambaseball.org)
- **Dedham Girls Softball League:** [www.dedhamgs.com](http://www.dedhamgs.com)
- **Dedham Basketball Association:** [www.dedhambasketball.com](http://www.dedhambasketball.com)
- **Dedham Youth Football & Cheer:** [www.dedhamyfc.com](http://www.dedhamyfc.com)
- **Dedham Youth Soccer Association:** [www.dedhamsoccer.com](http://www.dedhamsoccer.com)



# POLICIES & FAQs

## **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](mailto:danderson@dedhamma.gov)



**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!



TOWN OF  
**DEDHAM**  
Parks and Recreation



**WWW.DEDHAM-MA.GOV/RECREATION**

781-751-9250

DEDHAM PARKS AND RECREATION DEPARTMENT