



TOWN OF
DEDHAM
Parks and Recreation

FALL AND WINTER PROGRAMS

2024 / 2025



WWW.DEDHAM-MA.GOV/RECREATION

781-751-9250



DEDHAM PARKS AND RECREATION DEPARTMENT

RECREATION

NEW SEASONS OF FUN

To our Dedham community,

As the vibrant colors of autumn start to surround us and the crispness of winter approaches, the Parks and Recreation team is thrilled to present an exciting lineup of programs and activities for all ages!

This fall and winter season, we've thoughtfully designed a diverse schedule aimed at fostering joy, learning, and connection within our community. From invigorating outdoor activities and engaging indoor classes to festive community gatherings and classic favorites, there's something enjoyable for everyone.

We encourage you to join us at an upcoming program or class to create more cherished memories. Together, let's make this fall and winter an experience to remember!

See you soon!

Dedham, MA Parks and Recreation



TOWN OF
DEDHAM
Parks and Recreation

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Town of Dedham Parks & Recreation Department

www.dedham-ma.gov

DIRECTORY AND HOURS

Meet Our Staff

Director - Robert Stanley
rstanley@dedham-ma.gov

Assistant Director - Debbie Anderson
danderson@dedham-ma.gov

Aquatic Director - Karen O'Connell
koconnell@dedham-ma.gov

Administrative Assistant - Renee Johnson
rjohnson@dedham-ma.gov

BUILDING INFORMATION

Dolan Recreation Center

269 Common Street
Dedham, MA
(781) 751-9250

Office Hours

- Monday - Friday: 8:30AM-4:30PM
- Wednesday: 8:30AM-7:00PM

Dedham Pool / "JuJu's Place"

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

Pool Hours

- Monday - Friday: 9:00AM-1:00PM
and 5:00PM-9:00PM
- Saturday: 9:00AM-4:00PM
- Sunday: 1:00PM-4:00PM

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





DEDHAM DAY

Dedham Day - A Timeless Local Tradition

Each year on the last Sunday in September, the the Friends of Dedham Recreation host Dedham Day; a community event filled with games, rides, food, and the Cow Plop. Yes, you read that right, the Cow Plop. This family-friendly event is held at the Barnes Memorial Park and offers something for everyone, including carnival rides, inflatable moonwalks, family games and activities, local business vendors, delicious food, and live music to keep the festivities going.

The true highlight of the day is when the start of the show - the cow - walks the painted grid on the field and "plops" on the winning squares. Each year is another chance to buy that winning "deed"! To ensure an inclusive experience, we will also offer sensory-friendly activities from 11:30 AM to 12:30 PM. Bring your friends and family for a memorable day of fun and community spirit!

Save the Date: Sunday September 28, 2025



DANCE

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

Held at the Dolan Recreation Nicole Ahl Dance Studio at 269 Common 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+)
- Salsa (Ages 12+)
- Jr. & Sr. Company
- Elite (Invite only)
- Pre Pointe (Invite only)

Session Dates: September 30, 2024 - January 23, 2025

Fee: Class fees range from \$165 to \$325

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



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:

- October 7, 2024 - November 25, 2024
- December 2, 2024 - January 20, 2025

Classes are held every Monday. 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



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 1: October 5, 2024 - November 23, 2024
- Session 2: December 7, 2024 - January 25, 2025

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



PICKLEBALL

Join Dedham Parks & Recreation as we partner with Bosse Sports in Hyde Park to bring you exciting Pickleball programming!

This growing sport is taking over Dedham with opportunities for players of all ages and skill levels. Whether you're looking to join open play or start learning the game, we have something for everyone.

Classes Offered:

- Senior Open Play: Wednesdays, 9:00 AM - 11:00 AM
- Open Play: Saturdays, 9:00 AM - 11:00 AM (starting September 21)
- Introduction to Pickleball (Beginner & Advanced Beginner) on Thursday evenings:
 - October 3, 2024 - October 24, 2024
 - November 7, 2024 - December 5, 2024 (no program November 28)
 - December 12, 2024 - January 2, 2025
 - January 9, 2025 - January 30, 2025

Location: Bosse Sports, Hyde Park

Registration: Required for all Pickleball programs

Don't miss out on this opportunity to get in on the fun and engage with one of the fastest-growing sports around! Sign up today and join us on the court.

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



MULTISPORT TOTS



Our multisport-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 and T-ball 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: 4:00 PM – 4:35 PM (Parent participation required)
- Ages 3-4: 4:45 PM – 5:30 PM
- Ages 4-5: 5:45 PM – 6:30 PM

Session Dates: Thursdays, October 17, 2024 – November 21, 2024

Cost: Residents: \$95 | Non-Residents: \$105

Come join us for a fun and active sports experience!

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





GOLF LESSONS

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: Sundays, October 6, 2024 - October 27, 2024

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, 12:45 PM - 1:30 PM
- **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, 11:30 AM - 12:30 PM

Cost: Residents \$155 | Non-Residents \$165

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





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:** Monthly from November 2024 to February 2025
- **Location:** Oakdale Elementary School
- **Cost:** Dedham Residents \$130 | Non-Residents \$140

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



NEW PROGRAM CHARCUTERIE WORKSHOP



Elevate Your Holiday Hosting with a Charcuterie Board Workshop

Get ready to impress your guests this holiday season with a stunning charcuterie board! Join us for an interactive workshop on **Saturday, November 19, 2024, from 11:00 AM to 12:00 PM**, and learn the art of creating the perfect charcuterie spread, just in time for the festivities.

What's Included?

- 1-Hour Interactive Workshop: Discover secrets to arranging, styling, and pairing meats and cheeses like a pro.
- Take-Home Cheat Sheet: Handy guide filled with tips and tricks for creating a picture-perfect charcuterie board.
- 10" Palm Leaf Platter: A beautiful, eco-friendly platter to take home, perfect for showcasing your creation.
- All Ingredients Provided: Craft your board with a selection of three assorted cheeses, two cured meats, fresh fruits, crackers, nuts, jam, and more.
- Grazing Board Experience: Enjoy a communal grazing board featuring the finest New England products, including cheeses from Smith's Country Cheese in Winchendon, MA, Jack's Crackers from NH, and honey from Top Sun Farm in Stoughton, MA.
- **Cost:** Resident \$75 Non Resident \$85

Don't miss this chance to hone your culinary skills and create a holiday centerpiece that will wow your guests!

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





NEW PROGRAM STEAM SNAPOLOGY

Join Dedham Parks & Recreation for a unique preschool program that combines early literacy and numeracy with the excitement of dinosaurs in a specialized STEAM curriculum!

Snapology's preschool STEAM programs encourage young learners to explore science and technology, discover designing and building, and inspire creativity while enhancing fine motor and early literacy skills.

Program Highlights:

- **ABC's & 123's:** Children will learn colors, shapes, letters, and numbers using DUPLO® bricks and interactive learning toys, reinforcing their current preschool curriculum through both structured and imaginative play.
- **Discovering Dinosaurs:** Kids will travel back in time to explore the world of the stegosaurus, tyrannosaurus, and raptors, learning about their body parts, habitats, and diets while practicing counting and colors in a fun, engaging way!

Program Details:

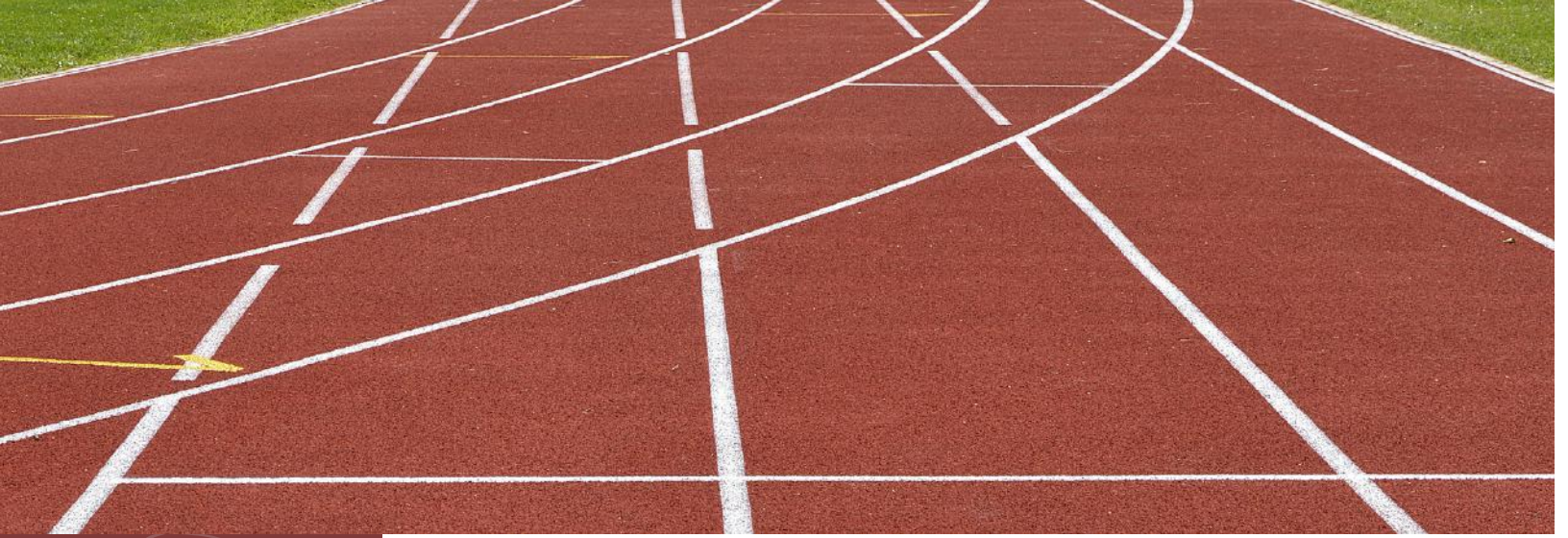
Duration: 6 weeks

Dates Coming Soon!

Cost: Residents \$190 | Non-Residents \$200

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





PATHFINDERS INDOOR TRACK

Join Dedham PathFinders for our Indoor Track program, where you can run, jog, or walk your way to better health!

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:

- **Dates:** Saturdays, January 4 – February 15, 2025
- **Time:** 10:00 AM – 11:00 AM
- **Location:** Ursuline Academy

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

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





Dedham PathFinders Neuro-divergent Programming

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). Class runs Wednesday evenings from 5:00–6:30pm for 8 weeks. Each 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.

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.

Dates coming soon!



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
- **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)

KAYAK TOUR WITH L.L. BEAN



Kayak safety and tour with LL Bean

Join Dedham Parks & Recreation for a serene sunset kayak tour on the Charles River, led by L.L. Bean. This peaceful tour begins with a brief introduction and safety talk to ensure a smooth and enjoyable experience. The tour will take place at the Dolan Recreation Center boat launch, with all necessary equipment provided.

Program Details

- **Dates:** Sunday, October 27, 2024
- **Location:** Dolan Recreation Center Boat Launch
- **Equipment:** All equipment provided

Experience the tranquility of the river at sunset and make lasting memories on this guided kayak adventure.

Sign up today to reserve your spot!

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





ARCHERY WITH L.L. BEAN

Join Dedham Parks & Recreation in partnership with L.L. Bean for an exciting Archery program!

Perfect for beginners and those looking to improve their skills, this instructional session offers a fun introduction to the sport under the guidance of expert instructors from L.L. Bean.

Program Details

- **Date:** Thursday, September 26, 2024
- **Time:** 5:00 PM – 7:00 PM
- **Location:** Dolan Recreation Center, Fitzgerald Field
- **Age Requirement:** Ages 8–14 must be accompanied by an adult
- **Pre-registration:** Required

Take aim and join us for an afternoon of archery fun! Secure your spot by registering today.

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





CALLS FROM SANTA

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 2-12, on the evenings of Wednesday, December 18, and Thursday, December 19, 2024. 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: Wednesday, December 18, 2024 and Thursday, December 19, 2024
- Time: 5:30 PM - 8:00 PM
- Ages: 2-12
- 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!

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

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





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 \$25 | Non-Residents \$100
- **Access:** Each membership includes one access fob per household

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





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

Bring your furry friend to the Dolan Recreation Center (home of the Dog Park) for a festive photo opportunity with Santa. Each dog will have their moment with Santa, capturing a memory to cherish this holiday season.

Event Details

- **Date:** Sunday, December 8, 2024
- **Time:** 9:45 AM - 12:00 PM
- **Location:** Dolan Recreation Center
- **Registration:** Preferred, but drop-ins are welcome on a first-come, first-served basis.

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

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





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 \$45 to \$290 (see table below).

Membership	Year	6 Months	3 Months
Resident Family	\$250.00	\$150.00	\$85.00
Resident Adult	\$180.00	\$100.00	\$60.00
Resident Youth	\$135.00	\$80.00	\$50.00
Resident Senior Citizen Couple	\$175.00	\$100.00	\$60.00
Resident Senior Citizen	\$130.00	\$80.00	\$45.00
Non Resident Family	\$290.00	\$170.00	\$95.00
Non Resident Adult	\$200.00	\$125.00	\$70.00
Non Resident Youth	\$150.00	\$100.00	\$50.00
Non Resident Senior Citizen Couple	\$200.00	\$120.00	\$65.00
Non Resident Senior Citizen	\$150.00	\$90.00	\$50.00

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: \$2 per day
- Adults: \$5 per day

Enjoy the convenience of a membership or stop by for a day swim at Juju's Place, where fun and fitness meet!

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



Adult Swim Program Schedules

MASTER SWIM

- **Dates:** October 12, 2024 through December 21, 2024
 - **Wednesdays:** 5:30 AM - 6:30 AM
 - **Saturdays:** 6:45 AM - 8:30 AM
- **Fee:** Residents \$100/ Non Residents \$120

WATER AEROBICS

- **Dates:** September 15, 2024 through November 27, 2024
 - **Mondays and Wednesdays:** 11:45 AM - 12:30 PM
 - **Tuesdays and Thursdays:** 5:00 PM - 5:45 PM
 - **Sundays:** 10:00 AM - 12:30 PM
- **Fee:** 12-week passes for \$150

ADULT SWIM LESSONS

- **Dates:** September 24, 2024 through November 21, 2024
 - **Beginners (Tuesdays):** 7:00 PM - 7:45 PM
 - **Advanced (Thursdays):** 7:00 PM - 7:45 PM
- **Fee:** Residents \$135/Non Resident \$155

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



Youth Swim Program Schedules

SWIM LESSONS

- **Dates:** September 21, 2024 through November 24, 2024
 - Saturdays: 10:30 AM – 12:30 PM
 - Sundays: 10:00 AM – 12:00 PM
- **Fee:** Residents \$120/Non Residents \$140

WINTER CLIPPERS

- **Dates:** November 4, 2024 through March 2, 2025
 - Mondays and Wednesdays:
 - Ages 8 and under: 6:15 PM – 7:00 PM
 - Ages 9 and 10: 7:00 PM – 8:00 PM
 - Ages 11 and 12: 8:00 PM – 9:00 PM
 - Tuesdays and Thursdays:
 - Ages 13+: 7:45 PM – 8:45 PM
- **Fee:** Residents \$300/Non Residents \$340

MINI CLIPPERS

- **Dates:** September 22, 2024 through November 24, 2024
 - **Sundays:** 9:00 AM – 10:00 AM
- **Fee:** Residents \$150/Non Residents \$175

STROKE CLINIC

- **Dates:** September 16, 2024 through October 30, 2024
 - Mondays and Wednesdays: 6:00 PM – 7:00 PM
- **Fee:** Resident \$160/Non Resident \$200

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



American Red Cross Lifeguard Course - Details coming soon!!

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.

Synchronized Swimming - Details coming soon!!

- Novice Team
- Intermediate Team
- Advanced Team

Daily Lap Swim Schedule

- Monday through Thursday: 6:00 AM - 11:30 AM
- Wednesday: 7:30 PM - 9:00 PM
- Friday: 6:00 AM - 11:00 AM and 4:00 PM - 8:00 PM
- Saturday: 1:30 PM - 3:30 PM
- Sunday: 6:30 AM - 7:30 AM

Open Swim Schedule

- Friday: 4:00 PM - 6:00 PM
- Saturday: 1:30 PM - 3:30 PM

For any updated information or unexpected closings follow Dedham Parks & Recreation on Facebook!



DEDHAM PARKS AND RECREATION DEPARTMENT



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



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

If so, send them to danderson@dedham-ma.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@dedham-ma.gov and we will try to make them happen!



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