

Dance Program

Beth & Lea Florentino will again conduct the 23rd year of the Recreation Dance Program. All Classes will be taught at the Dolan Recreation Dance Studio at 269 Common Street. All Classes will be filled on a first come-first served basis and CLASS SIZE IS LIMITED. There will be three (3) TEN WEEK SESSIONS AS FOLLOWS: register for all 3 sessions at once and receive discount!!

Session	Start	End
1st	9/21//15	11/13015
2nd	12/7/15	02/29/15
3rd	3/7/15	5/16/15



Class Descriptions:

Petite Feet: Age 3 Introduction to Dance (Ballet Only)

Happy Feet: Age 4; Introduction to Ballet & Tap

Kinderdance: Ages 5 & 6; Ballet & Tap

Primary: Ages 6-8 Intro to fundamentals of both Ballet & Tap.

Pre-Point/Lyrical: Intro to Pointe class

Point: Pointe Ballet

Trilogy's I, II, III: Combination class of Ballet, Tap & Jazz

Hip Hop I: Ages 5 -7;Introduction to Hip Hop fundamentals

Hip Hop II: 1 year of hip hop training required

Hip Hop III: 2 years of hip hop training required

Contemporary: Combination class of Contemporary, Modern and Lyrical.

Company: Invitation Only. Ballet, Tap and Jazz at a vigorous pace.

Elite: Combination class of all styles of dance to enhance the dancer's knowledge.

2015-2016 SCHEDULE

Intermediate Hip Hop- Mondays 6:00-7:00pm

Company Hip Hop - Mondays 7:00-8:00pm

Elite - Mondays 8:00-9:00pm

Beginner Hip Hop - Tuesdays 4:30-5:30pm

Trilogy II/III - Tuesdays 5:30-7:00pm

Contemporary - Tuesdays 7:00-8:00pm

Pointe/Pre-Pointe - Wednesdays 6:15-7:30pm

Company - Wednesdays 7:30-9:00pm

Petite Feet - Thursdays 4:00-4:30pm

Happy feet - Thursdays 4:30-5:15pm

Kinderdance - Thursdays 5:15-6:00pm

Primary - Thursdays 6:00-7:00pm

Trilogy I/II - Thursday 7:00-8:30pm



WINTER WRESTLING PROGRAM

The Recreation Department will again offer a Fall and Winter Boy's Wrestling Program under the supervision of Jim Maher and his Coaching Staff for Boys in Grades 1-8.

Instruction & Open Mats

Refresher Program open to Grade 5, 6, 7 & 8 Wrestlers for Instruction. Limited to 20 Middle School Students. October 4th—November 22nd 5:30 –6:30pm

Open Mats offered to experienced grades 8-12 Grade Wrestlers from 6:30 to 8:00pm Sunday, October 4th thru Sunday, November 22nd

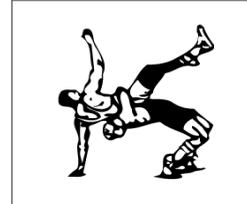
Winter Programs

Grades 5-8

6:00-7:30pm Tuesdays & Thursdays at the Dolan Recreation Center November thru March .

Grades 1-4

6:00-7:30pm Mondays at the Noble & Greenough Wrestling Room Starting the first week of January thru March



KARATE

The Recreation Department will continue with it's year-round Karate program with instructor Professor Brian Denton assisted by John and Andrew Mulvey.

The Program is on Monday nights. Classes run continuously every eight (8) weeks,
Winter Sessions August 31 st thru October 26, 2015
November 2 thru December 21st 2015



Registration is one month prior to the beginning of a Session.
Dedham Residents \$70.00
Non Residents \$80.00

Adult Fitness Programs

Try out our new adult fitness classes at the Dedham Pool!! We offer Hydro Riders Aqua Aerobics , Master Swim Program and Adult Swim Lessons . Please check out our web site for more details.

Recreation Online

For additional programs (Mens Basketball, Softball etc) please visit our web-site at WWW.DEDHAM-MA.GOV\RECREATION. Online registration for all of our programs can also be found on the website.



Dedham Parks and Recreation

FALL & WINTER PROGRAMS 2015-2016



Dedham Recreation Department

Dolan Center

269 Common Street

781-751-9250

Swimming Pool

1 Recreation Road

781-461-5991

www.dedham-ma.gov/recreation

Staff

Director—Bob Stanley

Assistant Director — Debra Anderson

Admin Assistant— Tracey White

Park & Recreation Commission

Dan Hart, Jim Maher

Chuck Delloiaccono,, John Maida , Sal Ledda

Dedham Parks & Recreation Department

26th ANNUAL DEDHAM DAY

The Friends of Dedham Recreation and the Friends of the Dedham Pool in conjunction with the Dedham Recreation Department will hold their 26th ANNUAL OLD FASHION DEDHAM DAY on Sunday, September 27th at John Barnes Memorial Park on Eastern Avenue from Noon to 5pm. There will be a Barbecue, Kiddie Rides, Games, Music, Shows, Crafts, Face Painting, Caricature and Demonstrations.

It will also feature the Annual MEMORIAL MEGA MUFFIN (COW FLAP). A Field will be laid out and lined into 3,000 deeded one square yard plots. Each deeded plot will be sold at \$10.00 per plot. At one o'clock, Juliette the Cow, will be lead onto the field to fertilize it. The Prizes for the Fertilized squares are as follows:

1st Prize ...\$5,000 2nd Prize \$2,500 3rd Prize 1,000 and 4th Prize \$500

All Proceeds will be used to support Park & Recreation Programs that are not funded by the Town of Dedham. Deeds may be purchased throughout the town, at the Pool and at the Recreation Center, Last year close to 10,000 people enjoyed themselves

IT WILL BE ANOTHER FUN FILLED FAMILY DAY!!!

Recreation Gymnastics

Fall and Winter Recreation Gymnastics 2015-2016

Joyce Mulkern, Joann Davis & Christin Schow will again supervise the Recreation Boys & Girls Gymnastics Program. The Program includes girls and boys from Age 3 to Grade 8. There will be three, eight week Saturday sessions at the Dolan Center which is located at 269 Common Street

Sessions will be held as follows:

First Session	October 3rd thru November 22st 2015
Second Session	December 5th thru January 30th, 2016
Third Session	February 6th thru March 26th, 2016

Gymnastics Show Practice is on Saturday April 2nd at the Dedham High School Gyms
Gymnastics Show will be on Sunday, April 73rd 2015 1PM at the DHS Boys Gym

Class Times are as follows:

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—3
2:00 - 3:00pm	Intermediate (invite only)
3:00 - 4:00pm	Advanced & Grades 4-8

Registration Fee is as follows:

Dedham Residents - \$90.00 per child per Session.

Non Residents - \$100.00 per child per Session.

You may register for all three Sessions during the First Registration Period, but you must pay in advance for all Sessions. Registration for all Three Sessions in person is at the Dolan Center only.

Pickle Ball

Did you know that the Parks and Recreation Department has two Pickle Ball courts! Feel free to use the ones at Churchill Park and Paul Park. Bring your own equipment or we can give you everything you need to play for a few hours. Call the recreation Dept at 781-751-9250



Dedham Pool Schedule Ju Ju's Place Fall Pool Programs

Open Swim

Monday - Friday 6:15 - 7:30pm

Saturday & Sunday 1:00 - 3:00pm

Lap Swim

Monday - Friday

6:00-8:00am(6)lanes 8:00am-11:00am(3 lane)

Lap Swim(cont)

1:00 - 1:00pm(6)lanes

6:15 - 8:00pm(3lane) 8:00 - 9:30pm(6lanes)

Saturday & Sunday 1:00 - 3:00pm(3)

3:00 - 4:00pm(6)

Youth & Adult Aquatic Programs Winter Lessons

Session	Start	End	Resident Registration	Non Resident Registration
1st	09/14/15	11/8/15	8/17//15	08/24/15
2nd	11/9//15	01/03/15	8/17//15	08/24/15
3rd	TBA	TBA	TBA	TBA

Fees for the youth Red Cross Aquatic programs are as follows :

\$55per child with pool membership

\$60 per child resident without membership

\$65 per child for non residents without membership

Youth Lessons

Class	Age	Sat	Mon	Tue	Wed
			Thur		
Kinderswim I	2 & 3	-	8am	8am	8am
			8am		
Kinderswim II	3 & 4	-	9am	9am	9am
Kinderswim III	4 & 5	9am	10am	10am	10am
Red Cross Level I	5 & 6	9am	-	-	-
Red Cross Level II		10am & 11am	-	-	-
Red Cross Level III		10am & 11am	-	-	-
Red Cross Level IV		12pm	-	-	-
Red Cross Level V		12pm	-	-	-



Things to do at Dolan Recreation Center

Along with all the Recreation programs run at the Dolan Center you can also rent a canoe or kayak and launch into the Charles River! For the adventurous you can do the entire loop which winds all the way through Dedham square area then into Riverdale and then back to the Recreation Center. Great foliage viewing this time of year.



Also at the Recreation Center is our very popular Dog Park. Large area with benches and trees for both dogs and their human counterparts to socialize.

PathFinder

Special needs programs

For more information on our Pathfinder Programs please visit our website at www.dedham-ma.gov/recreation

Soccer

Ages 6-16 Years

Flag Football

Ages 6-16 Years

Co-ed Cheerleading

Ages 6-16 Years

Canoeing

Ages 6-16 Years

Friday Night Flix

All Ages - All Are Welcome!

Fridays 6:00PM - 8:00PM

(Doors Close @ 6:15PM

Friday Family Fun Swim

All Ages - All Are Welcome!

All children MUST be accompanied by an adult 18+

Fridays 6:00PM - 7:00PM

Clipper Swim Team

The Clippers Winter Swim Team is a highly competitive co-ed 5-18 year old Swim Team that competes in the thirteen (13) member Winter Suburban League that includes teams from Acton, Sudbury, Wellesley, Framingham, Natick, Tri-Valley, Westboro, Westwood, Brookline, Weston, Newton and Belmont. Home meets are usually on Saturdays starting at 4:00pm. The team travels to all away meets by team bus. Practice's start on Monday, November 7 for all 10 & under swimmers from 6:00-7:30pm and Tuesday, November 8 for all swimmers 11 & over from 6:00-7:30pm.

The first night of practice for both age groups will also be try-outs for new team members. All 8 & under swimmers must be able to swim t25 yards (one length of the Pool) in 30 seconds or under for each stroke. All 9&10 swimmers must be able to swim two different strokes 25 yards (one length of the Pool) in 25 seconds or under for each stroke.

Practice Times

10 & Under Mon & Wed 6:00-7:30pm & Sundays 4:00-

5:00pm

11 & Over Tues & Thurs 6:00-7:30pm & Sundays 5:00-

6:00pm

TEAM FEE IS AS FOLLOWS :

\$200.00 per Swimmer with a Pool Membership

\$240.00 per Resident Swimmer without a Membership \$225.00 per Non-Resident



Music for Tots

Musical programs for toddlers ages 15 months to 3 years old. Basic skills and age appropriate songs. Begins 9/21/15
Rockin Tots—Mondays 11:00 -11:45am
Tots Music — Mondays 10:00-10:45am