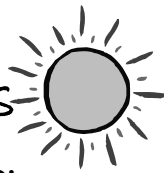


# Summer Camp Programs



## Dedham Community House Summer Day Camp:

The Dedham Community House Summer Camp has been providing the children of Dedham and many other surrounding communities a safe, fun, exciting and traditional summer camp experience since the 1920's. Running 9 weeks each summer, children going into Kindergarten through 7th grade are provided the opportunity to participate in swimming, sports & games, arts & crafts, woodworking, archery, drama, karate, fishing and more. We also take weekly field trips and end each week off with a special event day and camp-wide cookout! The DCH Summer Camp is sure to be a place where your children develop lifelong friends and memories!

**June 21st - August 20th**

**1 week sessions - 2 week minimum**

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## Dedham Community House Summer Mini-Camp:

This year the Dedham Community House is offering a 2-week mini camp at the end of the summer. Campers will participate in all of the same fun and exciting summer camp activities that we run during our normal camp program with the exception of field trips and swim lessons. The mini-camp will be limited to a certain number of campers per day so act fast and reserve your spot today!

**August 23rd - September 3rd**

**Sign-up for individual days or whole weeks**

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## Dedham Community House Preschool Summer Program:

Held at the beautiful Stone House, home to the Dedham Community House Preschool on Bullard Street, the Preschool Summer Program provides your 15 month to 5 year old an enriching and fun summer experience. Children will participate in activities that encompass science and art, sports and games, reading, wading pools and much more! With flexible schedules that can include full and half days the DCH Preschool has what you need this summer!

**July 6th - August 25th**

**For more information on the DCH Preschool program call 781-329-4841**

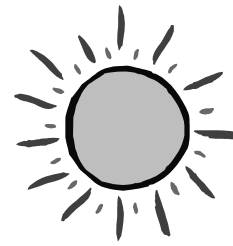
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**For more information on all of our summer programs please visit**

**[www.dedhamcommunityhouse.org](http://www.dedhamcommunityhouse.org)**

**or call**

**781-329-5740**



2010 Summer

## Pool & Program Brochure



*The Dedham Community Association is dedicated to advancing the educational, recreational, cultural and civic interests of people of all ages from Dedham and surrounding communities.*

Dedham Community House

671 High Street

Dedham, MA 02026

781-329-5740

Fax: 781-329-4939

[www.DedhamCommunityHouse.org](http://www.DedhamCommunityHouse.org)



# Recreational Programs

## Pilates:

Pilates is a gentle, non-aerobic exercise method, which lengthens and strengthens the muscles, and improves posture, without stressing the joints or the heart. The result is a properly balanced body, with better joint mobility, a firm musculature and good, natural posture.

**8 Week Session**  
**Members: \$70; Non-Members: \$80**  
**Tuesdays: Begins 6/29; 7:00 - 8:00 pm**



## ZUMBA:

ZUMBA is a Latin / International cardio dance workout that gets real results because people want to keep coming back! It's not an "exercise class," it's a party!! You do not have to be a dancer to do this workout. ZUMBA is for everybody!

**6 Week Session**  
**Members: \$53; Non-Members: \$60**  
**Mondays: 7:15 - 8:15 pm**  
**7/12, 7/19, 7/28 (Wed), 8/2, 8/9, 8/16**



## Archery:

Is your child not attending summer camp but still wants to experience outdoor archery in the woods? We have the perfect solution for you. Have your child learn archery this summer from our summer camp archery director. Children will learn the basics of the bow, arrows, shooting rules, safety and everything else you would need to know to become the next Robin Hood.

**4 Week Session**  
**Ages: 6 - 12**  
**DCH Members: \$70, Non-Members: \$85**  
**Tuesdays & Thursdays: 4:00 - 4:30 pm or 4:30 - 5:00 pm**  
**Session A begins 6/29**  
**Session B begins 7/27**



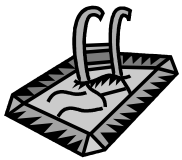
## Summer Tai Chi:

An ancient Chinese exercise for maintaining health, spiritual growth and disease prevention. It has been proven effective in healing the body and mind for many centuries. The slow, beautiful movements and controlled breathing harmonize energy flow in the body. The martial application can also be used for self-defense in urgent situations.

**8 Week Session**  
**Ages: 7 to senior citizens**  
**Sunday 9:30 - 11:30 am**  
**Begins 6/27**  
**\$99 per person**



# Pool Programs



## Preschool Swim Lessons (3 - 5 years):

**Beginner:** Beginners are swimmers who are very new to the water. They cannot kick on a kickboard, float or swim independently.

**Intermediate:** Intermediate swimmers are comfortable in the water, can kick on a kickboard independently, can paddle a minimum of 5 feet and are able to blow bubbles.

**Sessions Available: Session A, Session B, Saturday Session**  
**Limit 6 per class**



## Youth Swim Lessons (6 years and up):

For beginners to intermediates, swimmers will become comfortable in the water learning and perfecting floating and swim strokes throughout the 8 classes.

**Sessions Available: Session A, Session B, Saturday Session**  
**Limit: 8 per class**

## Parent & Me Swim Class (6 months - 3 years):

In this class instructors will facilitate the learning process between you and your child in a fun and relaxed environment. Skills are taught through repetition of songs and activities.

**Sessions Available: Saturday Session**  
**Limit: 12 pairs per class**



## Aqua Aero:

Aqua aerobics combines a variety of techniques from land aerobics, including walking or running backward and forward, jumping jacks, mimicking cross-country skiing, along with various arm movements. The workout also may incorporate equipment such as flotation belts, barbells and resistance boards. This class will provide a great workout without added stress on your joints!

**Ages: 18+**  
**10 Class Punch Card: \$80 ; Drop-in Fee: \$10/class**  
**Mondays and Wednesdays, 6/28 - 8/25; 6:30 pm - 7:15 pm**

## Adult Lap Swim:

Lap swim is available during all member hours for any adult, pool member or not, for a small drop-in fee.

**Drop-in Fee: \$5**  
**For specific times please refer to the DCH Summer pool schedule available at [www.dedhamcommunityhouse.org](http://www.dedhamcommunityhouse.org)**

## Pool Swim Lesson Fees

**30 Minute Classes: DCH Members \$70 Non-Members \$85**  
**45 Minute Classes: DCH Members \$80 Non-Members \$95**

## Pool Swim Lesson Session Schedule

**Session A: 6/28 - 7/23**

**M/W 12 - 12:30 pm, T/Th 12 - 12:30 pm, Th/F 11:30 am - 12 pm (Th) & 12 - 12:30 pm (F)**

**Session B: 7/26 - 8/20**

**M/W 12 - 12:30 pm, T/Th 12 - 12:30 pm, Th/F 11:30 am - 12 pm (Th) & 12 - 12:30 pm (F)**

**Saturday Session: 6/26 - 8/21 (no class on 7/3)**

**PS: 9 - 9:30 am; Youth: 9 - 9:45 am; Parent & Me: 9:30 - 10:00 am**  
**More PS & Youth classes may be added for Saturdays as needed**