

INCLUDED IN YOUR MEMBERSHIP

ACTIVE KIDS

WELCOME

2021

Family Play Areas

- Family Pool
- Basketball
- TreeHouse
- Tennis
- Racquetball



**YOUTH
CENTER**

DEDHAM HEALTH
& Athletic Complex





WE'LL SEE YOU **DOWNTOWN**

We know it's not easy balancing a busy family schedule while trying to stay active and healthy.

That's why we created Downtown!

It's a wonderful place where your kids can play, learn and have lots of fun while you enjoy some well deserved "Me Time." Whether you're a workout warrior or just getting started, you'll have peace of mind knowing that your kids love Dedham Health just as much as you do. That is what makes Dedham Health and Downtown a great place for your family.

SUPERVISED PLAY AREAS



DOWNTOWN

Ages 6 months – 6 years
Online Reservation Required 24 hrs. in Advance
2-hour Time Limit
Parents MUST remain in the building.
6:1 staff to child ratio.

HOURS:

Monday – Friday 8:30 am – 1:00 pm
4:00 pm – 8:00 pm
Saturday 8:30 am – 2:00 pm
Sunday 8:30 am – 2:00 pm

YOUTH CENTER

YOUTH CENTER

Ages 7 – 13 years
Online Reservation Required 24 hrs. in Advance
2-hour Time Limit
Parents MUST remain in the building.
6:1 staff to child ratio.

HOURS:

Monday – Friday 3:00 pm – 8:00 pm
*Holidays and
School Vacations 8:30 am – 1:00 pm
3:00 pm – 8:00 pm
Saturday 8:30 am – 2:00 pm
Sunday 8:30 am – 2:00 pm



FAMILY PLAY AREAS

PARENTAL SUPERVISION



FAMILY POOL

Ages 6 months – 6 years must swim with a parent.
Ages 7 – 13 years may swim on their own after passing a swim test.

HOURS:

Monday, Wednesday, Friday	9:00 am – 6:00 pm
Tuesday, Thursday	9:00 am – 5:00 pm
Saturday, Sunday	3:00 pm – 6:00 pm



BASKETBALL

Ages 6 years and under must play with a parent.
Ages 7 years and older may play on their own.

HOURS:

Monday – Sunday 5:30 am – 7:00 pm
After 7:00 pm adults have full court privileges.



RACQUETBALL

Reserve a court at the front desk
Ages 4 - 6 years must play with a parent.
Ages 7 – 13 years may play on their own.

HOURS:

Monday – Thursday	12:00 pm – 4:00 pm
Friday	5:30 am – 9:00 pm
Saturday, Sunday	6:00 am – 8:00 pm



TENNIS

Reserve a court at the front desk.
Ages 4 – 6 years must play with a parent.

HOURS:

Monday – Thursday	5:30 am – 10:00 pm
Friday	5:30 am – 9:00 pm
Saturday – Sunday	6:00 am – 8:00 pm



TreeHouse

Open playtime with a parent.
Ages 6 months - 9 years

The following is a list of times when the TreeHouse is not being staffed and therefore parental supervision is REQUIRED at all times for all children.

HOURS:

Monday	8:00 am – 9:00 am	10:00 am – 9:00 pm
Tuesday	9:00 am – 9:00 pm	
Wednesday	8:00 am – 10:00 am	11:30 am – 9:00 pm

HOURS CONTINUED:

Thursday	8:00 am – 9:00 am	
Friday	8:00 am – 9:00 am	
During special Kids' Night events the TreeHouse may be reserved from 5:00 pm – 8:00 pm		
Saturday	8:30 am – 10:00 am	6:30 pm – 9:00 pm
TreeHouse availability (mid-day) is dependent on Birthday Party reservations.		
Sunday	8:30 am – 10:00 am	6:30 pm – 9:00 pm
TreeHouse availability (mid-day) is dependent on Birthday Party reservations.		