



# BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

15 Crissey Road, Great Barrington, MA 01230 · www.berkshiresouth.org · 413.528.2810

## January - April 2017 Aquatics Schedule

|                   | Monday                         | Tuesday                               | Wednesday   | Thursday  | Friday                                | Saturday  | Sunday             |
|-------------------|--------------------------------|---------------------------------------|---|---|---------------------------------------|---|--------------------|
| 6:30-8:00         | Lap Swim                       | Lap Swim                              | Lap Swim  | Lap Swim  | Lap Swim                              |   |                    |
| 8-9               |                                | Private Rental** (WP & MP)            |   |   | Private Rental** (WP & MP)            | 8:30-9 Lap Swim   | 8:30-10 Lap Swim   |
| 9-10              |                                | Private Rental** (WP & MP)            | Babies in Bubbles 2** (MP/\$)   |   | Private Rental** (WP & MP)            | Weekend Warm Up** (MP)                                    |                    |
| 10-11             | Deep Water Running** (MP)      | Aqua Fitness** (MP)                   | Aqua Blitz** (MP)   | Fountain of Youth** (MP)  | Aqua Core** (MP)                      | Swim Lessons** (MP/\$)                                    | Open/Family Swim   |
| 11-12             | Aqua Special Conditions** (WP) | Aqua Thrills** (MP)                   | Aqua Special Conditions** (WP)  | Aqua Dance Party** (MP)   | Aqua Special Conditions** (WP)        | Swim Lessons** (MP/\$)                                    |                    |
| 12-1              | Lap Swim                       | Lap Swim                              | Lap Swim  | Lap Swim  | Lap Swim                              | Swim Lessons** (MP/\$)                                    |                    |
| 1-4:00            | Open/Family Swim**             | Open/Family Swim**                    | Open/Family Swim**  | Open/Family Swim**  | Open/Family Swim**                    | 1:30-5:30 Open/Family Swim**                              | Pool Closes 4:30pm |
| 4:00-5:30         | Open/ Family Swim**            | OOS Free Swim**<br>Open/Family Swim** | Swim Lessons** (MP/\$)<br>4:00-5:00<br><b>Limited Lane Availability</b> | Swim Lessons** (MP/\$)<br>4:00-5:30<br><b>Limited Lane Availability</b> | OOS Free Swim**<br>Open/Family Swim** | Open/ Family Swim**<br><br>Pool Closes 5:30pm             |                    |
| 5:30-6:30         | Laugh & Splash** (MP)          | Wild Water Workout** (MP)             | Aquatic Conditioning** (MP)   | Wild Water Workout** (MP)   | Open/ Family Swim**                   | Every other Saturday:<br>Therapy Pool closed for cleaning |                    |
| 6:30-8            | Open/Family Swim**             | Open/Family Swim**                    | BCC Adult Swim Lessons** (MP/\$)  | Open/ Family Swim**   | Open/ Family Swim**                   |   |                    |
| <b>Pool Hours</b> | 6:30am-8pm                     | 6:30am-8pm                            | 6:30am-8pm  | 6:30am-8pm  | 6:30am-8pm                            | 8:30am-5:30pm   | 8:30am-4:30pm      |

**\*\* = Two or Three Lap Lanes Available at this Time**

The splash features are turned off for most of the classes in the main pool.

MP=Main Pool; WP= Warm Pool; SP= Splash Pool; \$= Additional Fee/Pre-registration

Pool schedule is subject to change based on availability and season

For up to date information on pool availability, please call BSRCC at 413-528-2810.

### **Deep Water Running**

*Instructor: Peggy Harner*

Using aqua belts, noodles, and other equipment, this deep water class combines interval and toning exercise to train the cardio system and strengthen muscles. This is the perfect class if you need a no-impact workout.

### **Aqua Special Conditions**

*Instructor: Kate Plaquet*

This class is designed for people experiencing discomfort from age, arthritis, or fibromyalgia who will benefit from gentle aquatic exercises. The combination of the warm water and stretching movement will help ease your discomfort, and improve your range of motion. Space is limited, please pre-register by calling the aquatics office 528-2810 ext.20

### **Aqua Fitness**

*Instructor: Janice Shields*

Come join a low-stress, high-energy workout in the water. Burn those calories using a combination of moves in the deep and shallow water. Use this program as part of your exercise routine and see your life begin to change!

### **Aqua Thrills**

*Instructor: Janice Shields*

This class is designed for adults with special needs along with their caregivers, families and friends. We move and play in the water using various flotation aids and toys. Hidden inside our silliness and fun is a well rounded exercise program. The ability to swim is not required. This class happens in the shallow end of the pool. All abilities are encouraged to participate individually if able or with a helper. We also welcome BSRCC members of all abilities to join our class.

### **Aqua Blitz**

*Instructor: Kate Plaquet*

A full body aquatic workout starting in shallow water and moving to deep, Aqua Blitz incorporates strength and balance training with a great cardio work out. This class is ideal for seniors, and is appropriate for all fitness levels.

### **Aquatic Conditioning**

*Instructor: Peggy Harner*

This fun fast-paced workout incorporates elements of balance, strength training, running, cardio, and core work, all in the supportive aquatic environment. No experience is necessary as this class is appropriate for all levels; it's high in fun and low on impact.

### **Fountain of Youth**

*Instructor: Janice Shields*

Keep your youthful flexibility, muscle tone, and strength! Maybe even improve upon it! There is no better place to do that than in the water. We will have a 15 minute warm-up, 30 minutes of vigorous movement in the shallow end of the pool and 15 minutes of stretching in the deep water with flotation aids. This class is welcoming to all ability levels; work in the deep water is not required. Bring your sense of humor. You're going to laugh!

### **Aqua Dance Party**

*Instructor: Janice Shields*

Fun filled Aquatic dance class! Incorporates Afro-Caribbean and pop music for something to burn calories and get grooving to.

### **Laugh & Splash**

*Instructor: TBD*

For all levels of aqua water fitness, this class uses both shallow and deep ends of the pool. This aqua class works on flexibility and strengthening of muscles. Be ready to energize your day and leave the pool with a smile!

### **Wild Water Workout**

*Instructor: Tes Reed*

Take the plunge and find out what a difference aqua exercise can make! 30 minutes of high-energy aerobics combined with 30 minutes of muscle-specific exercise equals an exciting and effective workout. This class uses both the shallow and deep water in a higher-impact format.

### **Aqua Core**

*Instructor: Anne Dinan*

Work your core muscles using the water's resistance in this fun group class. All fitness levels are welcome and no experience is necessary.

### **Weekend Wake-Up**

*Instructor: Janice Shields*

Start your weekend with a challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

### **Lap Swim**

Up to six lanes are available at the designated times; two or three lanes are available throughout the day.

### **Open/Family Swim Time**

At these times the pool is available for families to swim and play. Two or three lanes are also available for lap swimming. Splash pool is available most of the time, but splash features are turned off during adult aquatic classes. On the schedule, shaded areas denote family swim times.

### **Therapy Pool Cleaning**

The warm water therapy pool is closed for cleaning every other Saturday, following state guidelines.

Closure dates include:

January 7 & 21

February 4 & 18

March 4 & 18

April 1, 15 & 29

For more information on any aquatic program, please call 413-528-2810 or check [www.berkshiresouth.org](http://www.berkshiresouth.org)