



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

Aquatics Schedule

September - December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30 - 9:30	6:30 - 8	6:30-9:30	6:30 - 10	6:30 - 8	8 - 9	8:30 - 4:30	
9:30-10 Parent Child SD/ \$	8-10 Private Rental MP/WP	9:30-10:00 Babies in Bubbles 2 SD/\$		8-10 Private Rental MP & WP	9-10 Weekend Wake-Up		
10-10:30 Babies in Bubbles WP/SD/\$	10-11 Aqua Fitness RS	10-11 Aqua Blitz AF	10-11 Fountain of Youth RS	10-11 Aqua Core	10-1:30 Swim Lessons		
10-11 Deep Water Running RS	11-12 Aqua Thrills AF	11-12 Aqua Special Conditions WP/AF/RS	11-12 Aqua Zumba Dance Party AF/RS	11-12 Aqua Special Conditions AF			
11-11:30 Fitness Swimmer SD/\$	12 - 3:30	12 - 4	12 - 4	12 - 4	1:30 - 5:30		
11-12 Aqua Special Conditions WP/AF/RS							
12 - 4							
4-4:30 Adaptive Swim Parent & Child AF	3:30-4:30 Adaptive Swim School Aged AF		4-5:30 Swim Lessons SD/\$	4:15-5:30 OOS Swim SD/\$			
4:30-5 Adaptive Swim Adults AF	4:15-5:30 OOS Swim SD/\$	4-5 Swim Lessons SD/\$	5-5:30 Fitness Swimmer SD/\$	5:30 - 8			
5:30-6:30 Hydrofit	5:30-6:30 Wild Water Workout	5:30-6:30 Aqua Conditioning	5:30-6:30 Wild Water Workout				
6:30 - 8	6:30 - 8	6:30 - 8	6:30 - 8				
Hours 6:30-8	Hours 6:30-8	Hours 6:30-8	Hours 6:30-8			Hours 6:30-8	Hours 8:30-5:30

2-3 Lap Lanes are always available throughout the day



= Open family swim and additional lap lanes

MP=Main Pool WP=Warm Pool RS=Recommended for Seniors AF=Adaptive Fitness SD=Specific Dates \$=Additional Fee

Deep Water Running (RS)

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 (AF) (RS)

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.12

Aqua Fitness (RS)

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 (AF)

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 (AF) (RS)

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 workout. 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 (RS)

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 Zumba Dance Party (AF) (RS)

Instructor: Janice Shields

High energy Aqua Zumba in the pool mixed with an ever-changing selection of contemporary and classic pop music. This dance class is for everyone. Times flies! It's fun! It's a great workout.

Hydro Fit

Instructor: Tes Reed

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

Instructors: Peggy Harner

Come have fun with aquatic movements put to music. This class works the core muscles using the water's resistance. All fitness levels welcome; no experience 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 5-8 pm for cleaning every other Wednesday, following state guidelines.

Closure dates include:

September 12 & 26

October 10 & 24

November 7 & 21

December 5 & 19

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For more information on any aquatic program, please call
413-528-2810 or check www.berkshiresouth.org