



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

Aquatics Schedule

Sept- 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30 - 9:30	6:30 - 8	6:30-9:30	6:30 - 10	6:30 - 8	8:30 - 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 Aqua Zumba Dance Party AF/RS		
10-10:30 Babies in Bubbles WP/SD/\$	10-11 Fountain of Youth 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 WP/AF/RS	10:15-10:45 Swim With Me Toddler		
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 Cardio Crush	5:30-6:30 Aqua Bootcamp	5:30-6:30 Aqua Sport	5:30-6:30 Aqua Bootcamp				
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	Hours 8:30-4:30

2-3 Lap Lanes are available throughout the day*



= Open family swim and additional lap lanes

*Subject to change during programs and private instruction

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.

Cardio Crush

This high-energy, 60 minute cardio water workout will get your heart pumping and burning off the calories, while strengthening muscles and improving balance. The water provides the perfect protected impact that supports and builds bone mass and strength. Taught at a high-intensity level that will challenge your endurance, it can also be modified and adapted to fit most levels of ability.

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 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: Antoinette Simms

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.

Aqua Sport

Instructor: Beignyreih Person

Get your (aqua) game on! Ramp up/change up your water routine with a mixup of high-powered water games! Centered on water polo, volleyball, basketball and improvised games, this session will be a fast, fun hour of mostly deep water movement designed to burn calories and make your workout practically invisible.

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.

Aqua Bootcamp

Instructor: Tes Reed

Combine cardio endurance, weights and resistance strength training for an energetic full body workout while enjoying the benefits of the water with gentle but effective impact on joints and bones. This fun, high energy workout can be modified for most levels of ability. This class uses both the shallow and deep ends of the pool.

Aqua Core

Instructors: Peggy Harner

Come have fun and keep moving in this fast paced class using noodles, barbells, and a variety of exercises to focus on strengthening the core yer giving a good cardio workout.

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:

May 8th, May 22nd, June 5th, June 19th, July 3rd

MP=Main Pool **WP**=Warm Pool **RS**=Recommended for Seniors
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For more information on any aquatic program, please call
413-528-2810 or check www.berkshiresouth.org

