Together we strive to build a sense of community and common purpose throughout the region, and enhance the recreational, educational, cultural, health and social well-being of the residents of the southern Berkshires.

Berkshire South is a non-sectarian, nonprofit organization open to all, regardless of ability to pay.

**Hours of Operation**

**Community Center Hours**
- Monday-Friday: 6 a.m.-8:30 p.m.
- Saturday: 8 a.m.-6 p.m.
- Sunday: 8 a.m.-5 p.m.

**Norris Aquatics Center**
- Monday-Friday: 6:30 a.m.-8 p.m.
- Saturday: 8:30 a.m.-5:30 p.m.
- Sunday: 8:30 a.m.-4:30 p.m.

**Fitzpatrick Fitness Center**
- Monday-Friday: 6 a.m.-8:15 p.m.
- Saturday: 8 a.m.-5:45 p.m.
- Sunday: 8 a.m.-4:45 p.m.

Berkshire South Regional Community Center is **closed** on the following days:
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day
- Christmas Eve 12:30 p.m. Closing
- New Year’s Eve 12:30 p.m. Closing

Berkshire South Regional Community Center reserves the right to close for staff development events and annual facility maintenance. Notices will be posted throughout the building as well as on the website approximately one week prior to each event. Berkshire South will not issue membership reimbursement due to closures for special events, acts of nature or annual facilities maintenance.

**Free Community Open House**

Residents from towns within the region can try the Center for free on selected Sundays. With proof of residency, individuals may enjoy all the benefits of membership. Go for a swim, break a sweat on the cardio machines, hike our trail, or bring the kids and enjoy the play equipment in the courtyard.

**September**
- 8 Becket and Otis
- 15 Egremont and Mt. Washington
- 22 Great Barrington and Housatonic
- 29 All South County communities

**October**
- 6 Lee and Tyringham
- 13 Lenox and Lenoxdale
- 20 Monterey and Pittsfield
- 27 All South County communities

**November**
- 3 New Marlborough and the Five Villages
- 10 Richmond and Sandisfield
- 17 Litchfield County, CT and Columbia County, NY
- 24 All South County communities

**December**
- 1 Sheffield and Ashley Falls
- 8 Stockbridge and Glendale
- 15 West Stockbridge and Alford
- 22 All South County communities
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CATALOG CODE KEY:

RS Recommended for Seniors
AF Adaptive Fitness Friendly
CC Childcare Available

Questions?
Call Us!
413.528.2810

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Robert Montgomery
First Vice Chair
Barbara Manring
Second Vice Chair
Gordon Josephson
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Robert Norris
Chairman Emeritus

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September/December 2019 3
Membership Benefits

Berkshire South Regional Community Center is a unique and exciting place for everyone. Since opening in 2002, the Community Center has been the primary resource for health, wellness and fitness in Southern Berkshire County. As part of your membership with Berkshire South Regional Community Center, you will enjoy access to:

- **Aquatics center** equipped with a 25 yard six-lane lap pool with handicap lift, therapy pool, and splash pool;
- **Full service fitness center** with the latest cardiovascular and strength equipment;
- **Multi-use gymnasium** with drop-in basketball, pickleball, and indoor soccer;
- **A well-equipped youth center**;
- **A wide variety of cultural programming**: popular fitness and aquatics classes including yoga, Pilates, Boot Camp, Zumba, cross training, and aquatic exercise; hiking trails; as well as special member rates on dozens of other classes, workshops, and programs;
- **Special member rates** for our childcare room, state licensed preschool, after-school program, full-day and half-day programming for children when school is closed, and other youth programming.

(Spaces are subject to availability due to programming.)

Payment Information

We accept cash, check, MasterCard, Visa and Discover. Checks can be made payable to Berkshire South Regional Community Center.

Six-month and one-year memberships may be paid in convenient monthly terms with no interest, finance or service charges through our Electronic Fund Transfer (EFT) plan. Your authorization allows automatic debit of your checking, savings or credit card account. Annual Memberships paid through EFT will automatically renew upon your membership anniversary date. **There is a $20 service fee for any Electronic Fund declines.**

Financial Assistance

It is our mission as a **nonprofit** community center to make community health, recreation, cultural and fitness needs available to as many Berkshire County individuals and families as possible. Due to the **generous contributions of our donors**, Berkshire South Regional Community Center is able to offer financial aid packages to qualifying individuals and families up to 75 percent off of six month memberships and 50 percent off on programs. Applications, eligibility information and instructions are available at the Front Desk.

Insurance Reimbursement

Many insurance companies provide wellness reimbursements. The Front Desk at BSRCC can assist you with compiling the necessary documentation for reimbursement requirements. Please allow up to two weeks for processing.
Membership Information

MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Member Categories</th>
<th>1-Year</th>
<th>1-YEAR MONTHLY EFT RATE</th>
<th>6-Month</th>
<th>6-MONTH MONTHLY EFT RATE</th>
<th>3-Month</th>
<th>Monthly</th>
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<tr>
<td>Adult (18 to 64)</td>
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<tr>
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<td>$339</td>
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<td>$80</td>
<td>$513</td>
<td>$85.50</td>
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<td>$258</td>
<td>$43</td>
<td>$135</td>
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<tr>
<td>Youth (13-17 years)</td>
<td>$228</td>
<td>$19</td>
<td>$132</td>
<td>$22</td>
<td>$103</td>
<td>$36</td>
</tr>
</tbody>
</table>

* A Couple Family consists of two adults and their dependents (age 18-22 for college students carrying 6 credits or more) living in the same household.
** A Single-Parent Family consists of one adult and his/her dependents (age 18-22 for college students carrying 6 credits or more) living in the same household.
*** To receive the college student rate you must present a current dated class schedule or a current tuition bill showing that you are carrying 6 credits or more.

DAY PASS GUEST RATES

| Adult (18+)              | $15   |
| Senior (65+)             | $13   |
| College Student (with ID)| $8    |
| Adult with Member*       | $8    |
| Adult & Senior Last Hour | $6    |
| Family Day Pass**        | $37   |

* Member must accompany guest to receive the discounted rate
** Family Day Pass is limited to 2 adults & children up to age 17

Taking Care of Business
Wellness solutions for your business needs

Support your employees by offering them discounts on membership and customizable wellness programs.

For more information, please contact Jaclyn Sinay at jsinay@berkshiresouth.org or 413.528.2810, ext. 17

MEMBERSHIP

For the health and safety of everyone, children under the age of 13 must be accompanied by an adult over 18 years of age at all times.

Children ages 10 and older are allowed in the main pool without direct adult supervision, as long as a parent/guardian remains in the building.

Annual memberships may be frozen once in a 12-month period for up to three months. A freeze request form must be completed with appropriate supporting documentation provided at least two weeks prior to the freeze start date. Forms are available at the Front Desk.

Membership Contracts may be canceled only upon receipt of a doctor’s letter that the member cannot physically utilize the Center, or if the member has relocated their residence or place of employment more than 25 miles away. Please see the Membership Contract for additional Terms and Conditions.

Members may request a special pass for use by a caregiver to supervise a child in place of the parent. See the Front Desk for more information.

Military Discount: If you are retired military personnel or currently serving in the U.S. military a 10 percent discount is available on all membership lengths and day passes. Proof of Military Service is required to receive the discount.

Please see the Director of Employee & Community Engagement for information regarding additional corporate and group membership opportunities.
Dear Community Members,

This fall as the days dim earlier, we will all come together in familiar scenes: heads bowed over homework, neighbors gathered for harvest meals, children running down sports fields, holiday visits with seldom seen family and friends. Autumn seems a constellation of humanity in which the light comes from within. I am grateful in this season of celebrated gratitude, for simple times together. I am grateful for possibility, for beauty and wonder, for all of you.

It is like that at the Center as well. Small acts of gratitude grow exponentially, casting light. October 7, we celebrate the lifting of voices for a cause: a fall favorite, the Berkshire Sings! Fundraiser Concert. And in service of others, we are a drop-off point for the Winter Outerwear Drive for children. Through the month of November we coordinate Shining Star, a supplemental holiday program for those in need. On the Tuesday before Thanksgiving, we offer the Community Thanks Supper, which is so popular we host two seatings.

With our new offerings in this catalog we hope to draw new members to the fold, and bring refreshing experiences to our current members. There is more happening here for the kiddos than ever! Mondays, beginning September 23, your middle schoolers can enjoy an afternoon of leadership learning and activities in StepUp and Drop In. The little ones can try out our 3 Ring Circus on Monday mornings – a time to play and connect with their parents. There is Beginning Ballet for the dancers in your heart, and an all new Kids Club Childcare, a creative and safe space for your littles while you take a few hours for yourself (for some self-care or errands)! And for all our athletes, try the new fitness class Agility for Athletes. Get Fit Challenge begins September 18 to help you get ready for the holiday parties, and anyone can join in a game of Pickleball offered bi-weekly.

All of us here at Berkshire South wish you the best of holiday seasons, from our Center family to yours.

Looking forward!

In gratitude,

Jenise Lucey
Executive Director
Childcare

Sunshine Preschool
One of the most crucial factors predicting an individual’s ability to succeed is the quality of early education received in their early years of life. Sunshine is a state-licensed preschool program for children two years nine months to five years old. Sunshine strives to provide a solid educational foundation and ensure our program is state-of-the-art, financially accessible, and available during optimal hours for working families.

At Sunshine, children learn through play in this fun and educational hands-on environment. Activities include art, crafts, creative movement, dramatic play, story time, songs, gym and outdoor activities, as well as our splash playground.

Sunshine’s philosophy is to encourage learning in a safe, warm and accepting environment. We offer an atmosphere that enables children to respect themselves as well as others. Through creative experiences, we enhance the child’s ability to socialize with others, make creative use of materials available, promote self-expression and foster cognitive development.

It is our goal to provide a high quality educational program and environment in which children can further develop a positive self-concept that fosters their creativity and strengthens their joy of learning.

Stay and Play
Ages 2 months-12 years. Take advantage of great childcare while you work out, take a class or go for a swim. Parents/caregivers must remain on site. Space is limited. Payment is due at the time of registration. To reserve a time slot, please contact the front desk at 413-528-2810 ext. 10.

MORNINGS:  
MON, WED & FRI 9-11 a.m.  
TUES & THURS 8:30-10:30 a.m.  
Members $3  Guests $5

Cost per hour covers any part of an hour, two hours max.

Sunshine’s Hours of Operation:  
MON-FRI 8 a.m.-5:30 p.m.

Sunshine Rates (per month):

<table>
<thead>
<tr>
<th># Days per week</th>
<th>Members</th>
<th>Guests</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>$312</td>
<td>$360</td>
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<tr>
<td>3</td>
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<td>$536</td>
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<tr>
<td>5</td>
<td>$776</td>
<td>$896</td>
</tr>
</tbody>
</table>

Financial Assistance is available and state vouchers are accepted for Sunshine Preschool.

Sunshine Preschool is supported in part by the Berkshire United Way.

2019-2020 Closings

Mon Sep 2 Labor Day  
Mon Sep 16 Professional Development*  
Thurs Oct 31 Closed  
Thurs Nov 28 Thanksgiving  
Tues Dec 24 Christmas Eve  
Wed Dec 25 Christmas  
Tues Dec 31 New Year’s Eve  
Mon May 25 Memorial Day  
Mon June 15 Professional Development*  
Thurs July 4 Independence Day

*New requirement for all staff EEC programs

After School at Sunshine Preschool
Children enrolled in early kindergarten at Southern Berkshire and Berkshire Hills school districts can join Sunshine Preschool after their regular school day has ended, a half day, school vacation, holiday, or snow day. The children enjoy an after school snack, free play, creative projects, and outdoor time, as well as literacy, math and science activities with our nurturing staff.

MON - FRI  3-5:30 p.m.

PER DAY
Members $16  Guests $18

*Space is limited

WAITLIST AVAILABLE! If your child is under 2.9 years, email to be placed on the waitlist for a better chance at an opening in the future. sunshine@berkshiresouth.org.

Quality Enhancements for Early Education, After-School and Out-of-School Time, provided by the Department of Elementary and Secondary Education.

Information
Contact Director of Sunshine Preschool at 413.528.2810, ext.16 or email sunshine@berkshiresouth.org

www.berkshiresouth.org
School Age Childcare and Enrichment

Kids Club Childcare
18 months-3 years. Drop your child off while you run errands or have time to yourself. Children will sing songs, have story time, free play and create art. They may also play in the gym or go outside. Limit 10 children per day. Registration is required. Contact programs@berkshiresouth.org

WEDNESDAYS 9 a.m.-12 p.m.
Beginning Sept 25
10 children maximum
Members $15/Guests $18/Siblings $10
Will not run on Berkshire Hills school calendar days off & snow days

Beginning Ballet
Ages 5-8. In this class, your child will learn basic ballet vocabulary while emphasizing creative movement. Berkshire South’s pre-ballet course introduces feet and arm positions as your mini dancers gain balance, coordination and grace. Antoinette Simms instructor. Contact programs@berkshiresouth.org

TUESDAYS 4:30-5:15 p.m.
Sept 24-Oct 29 193YT80
Members $54/Guests $68

StepUp and Drop In
Students entering grades 5-9.
This free program for middle school students is a great way for young people to socialize, learn new skills and have fun while doing so! Board games, sports, lessons in leadership and life, and more! Pre-registration is required. Contact OOS@berkshiresouth.org

MONDAYS Afterschool-5:30 p.m.
Beginning Sept 23*
FREE!
*No class on school vacation days

StepUp is funded by The Robbins-de Beaumont Foundation.

Action Adventures After School and Out of School Programs

Kindergarten-age 14. This enriching program provides quality, state-licensed care after school, on holiday breaks, and snow days for school aged children! Each day, children will enjoy a structured schedule full of activities which may include: games in the gym, hikes, free play, arts and crafts, educational activities, pool time and more. Pre-registration is required. Contact our Out of School programs at OOS@berkshiresouth.org or call 413-528-2810 x34 for more information.

Transportation provided by Southern Berkshire and Berkshire Hills school districts!

AFTER SCHOOL CARE
MONDAY-FRIDAY
Regular School Dismissal Time until 6 p.m.
Members $16/Guests $18
Half Day After School Care from Half Day School Dismissal Time until 6 p.m.
Members $22/Guests $25
Full Day Programs (including Snowy Days and Vacation Weeks) from 8 a.m.-6 p.m.
Members $37/Guests $47

3 Ring Circus
Ages 1-3. This adult/child program is a burst of wild and wonderful play. Enjoy a variety of activities including our bounce house, building blocks, tumbling mats, coloring time, music and more. This is a great way for parents to socialize and for children to make new friends while having fun.
MONDAYS Sept 23-Nov 4 9-10:30 a.m.
Members FREE/Guests $10

Bounce & Play
Up to age 12. Jump out those willies in our new bounce house! Mats and tumbling tools also available. Children must be accompanied by a caregiver.
SATURDAYS beginning OCT 5
10-11:30 a.m.
Members FREE/Guests: $6

Beginning Hip Hop
Ages 5-8. Using kid-friendly, old school hip hop, students learn simple choreography quickly as well as various dance elements. Our priority is offering age-appropriate, energetic and playful material. Contact programs@berkshiresouth.org

THURSDAYS 4:30-5:15 p.m.
Sept 26-Nov 7* 193EC83A
Members $54/Guests $68
*No class Oct 31
Inclement Weather Policy

The *Snowy Day Program* at Berkshire South Regional Community Center will be the only youth program running when Berkshire Hills Regional School District is closed due to weather.

In cases of extreme weather, it is possible the Center may close, and parents are encouraged to have a back-up plan for child care.

Snow Day Information

When there is the possibility of a snow day, tune in to your local television stations or check with your school for the latest information.

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**2019-2020 Closings**

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Sep 2</td>
<td>Labor Day</td>
</tr>
<tr>
<td>Mon Sep 16</td>
<td>Professional Development*</td>
</tr>
<tr>
<td>Thurs Oct 31</td>
<td>Closed</td>
</tr>
<tr>
<td>Thurs Nov 28</td>
<td>Thanksgiving</td>
</tr>
<tr>
<td>Tues Dec 24</td>
<td>Christmas Eve</td>
</tr>
<tr>
<td>Wed Dec 25</td>
<td>Christmas</td>
</tr>
<tr>
<td>Tues Dec 31</td>
<td>New Year’s Eve</td>
</tr>
<tr>
<td>Mon May 25</td>
<td>Memorial Day</td>
</tr>
<tr>
<td>Mon June 15</td>
<td>Professional Development*</td>
</tr>
<tr>
<td>Thurs July 4</td>
<td>Independence Day</td>
</tr>
</tbody>
</table>

*New requirement for all staff EEC programs*
Early Childhood Aquatics

**Ages 6 mos-5 yrs.** Our instructors use games and instructional activities with an emphasis on water safety to help children develop swimming skills at their own pace. For more information please contact aquatics@berkshiresouth.org or 413.528.2810, ext. 35.

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**Babies in Bubbles 1**
**Ages 6-15 Months.** Our introductory program for infants, fosters parent/child bonding, safety skills and water familiarization through the use of toys and games. This class takes place in our warm water therapy pool. Parent/guardian participation is necessary and swim diapers are required.

**MON** 10-10:30 a.m.
Sept 9-Oct 21* 193EC01A
Nov 4-Dec 16* 193EC01B
*No class 10/14 and 11/11

**Babies in Bubbles 2**
**Ages 1-2.5.** This program for toddlers focuses on pre-swimming skills including body position, reaching, and water safety. Songs and games help the children become more comfortable in the water. Parent/guardian participation is necessary and swim diapers are required for children who are not toilet trained.

**WED** 9:30-10 a.m.
Sept 11-Oct 16 193EC02A
Nov 6-Dec 18* 193EC02B
*No class 11/27

**Swim With Me Toddler**
**Ages 1-3.** This program for toddlers focuses on pre-swimming skills including body position, reaching, and water safety. Songs and games help the children become more comfortable in the water. Adult participation is necessary; this is a great time to enjoy an activity with your child! Swim diapers are required for children who are not toilet trained.

**SAT** 10:15-10:45 a.m.
Sept 14-Oct 19 193EC04A
Nov 2-Dec 7 193EC04B

**Parent & Child**
**Ages 1-4.** This program introduces young children to water safety and beginning swimming skills while increasing their comfort level in the water. Songs, games, and toys are all employed in this fun program. Parent/guardian participation is necessary and swim diapers are required for children who are not toilet trained.

**MON** 9:30-10 a.m.
Sept 9-Oct 21* 193EC03A
Nov 4-Dec 16* 193EC03B
*No class 10/14 and 11/11

---

**Early Childhood Aquatic Rates**

<table>
<thead>
<tr>
<th>Category</th>
<th>Rate</th>
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</thead>
<tbody>
<tr>
<td>Members</td>
<td>$60</td>
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<tr>
<td>Guests</td>
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<tr>
<td>Sibling Discount</td>
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<td>Sunshine Preschool</td>
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<tr>
<td>Student Discount</td>
<td>25%</td>
</tr>
</tbody>
</table>

Note: Discounts may not be combined. Pre-registration and payment required at least 48 hours in advance for all early childhood aquatics programs.
## Early Childhood Aquatics

### American Red Cross Preschool Swim Lessons

#### Preschool Level 1

**Ages 3-5.** This program introduces preschool-age children to water safety, focusing on water familiarization, beginning swimming skills and correct position for swimming. Our swim platform is used to encourage a greater feeling of comfort in the water.

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>CODE</th>
<th>START-END-DATE</th>
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<td>Nov 6-Dec 18*</td>
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<td>*No class 11/27</td>
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<td>193EC05C</td>
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<tr>
<td></td>
<td></td>
<td>193EC05D</td>
<td>Nov 2-Dec 7</td>
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</tbody>
</table>

#### Preschool Levels 2 and 3

**Ages 3-5.** For children who are comfortable in the water. We explore arm and leg actions and work on floating and beginning swim strokes while playing games and learning about water safety. Class size is kept small so each child can progress at his or her own rate.

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>CODE</th>
<th>START-END-DATE</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td></td>
<td></td>
<td></td>
<td>*No class 11/27</td>
</tr>
<tr>
<td>SAT</td>
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<td>Sept 14-Oct 19</td>
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<tr>
<td></td>
<td></td>
<td>193EC06D</td>
<td>Nov 2-Dec 7</td>
</tr>
</tbody>
</table>

---

Looking for a **beautiful venue** to hold your next **family gathering**?

Would your business team benefit from a **leadership training retreat**?

Berkshire South offers rental and celebration event opportunities for meetings and other special occasions. We work with local vendors to provide a full-service experience you are looking for!

We offer rooms to accommodate 10 to 300 people. Our affordable rates offer the option of hourly, daily, weekly and monthly rentals. **Discounts available for members, nonprofits, groups and long-term bookings.**

FOR MORE INFORMATION, CONTACT
RENTALS@BERKSHIRESOUTH.ORG
413.528.2810 EXT. 37

www.berkshireouth.org
Youth Aquatics

American Red Cross Learn To Swim Lessons
Ages 5+. Our instructors use games and instructional activities with an emphasis on water safety to help children develop swimming skills at their own pace. For more information please contact aquatics@berkshiresouth.org or 413.528.2810, ext. 35.

Level 1
Introduction to Water Skills
Level 1 is designed to help children gain comfort in the water. Children begin blowing bubbles, submerging their faces, and start to develop a horizontal position in the water. Floating and gliding with support from the instructor gradually leads to swimming short distances independently.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Code</th>
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</thead>
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<td>Nov 6-Dec 18*</td>
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<td>Sept 14-Oct 19</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Nov 2-Dec 7</td>
<td>193YT01D</td>
</tr>
</tbody>
</table>

Level 2:
Fundamental Aquatic Skills
Children comfortable putting their faces in the water and swimming a few body lengths on their own may enroll in Level 2. In this level children work on floating independently, continue to develop and master a horizontal swimming position while combining arm and leg movements to begin swimming longer distances.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>WED</td>
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<td>12:15 a.m.-12:45 p.m.</td>
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<td></td>
<td>Nov 2-Dec 7</td>
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</table>

Level 3:
Stroke Development
To enroll in Level 3, children must be comfortable in deep water and able to easily swim the width of the pool in a horizontal position. This level focuses on developing rhythmic breathing, building endurance, and several strokes including front crawl and elementary backstroke.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
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<th>Code</th>
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Level 4:
Stroke Improvement
A beginning Level 4 swimmer uses rhythmic breathing and is able to comfortably swim the length of the pool. The program continues to refine front crawl, and elementary backstroke while developing breaststroke and back crawl. Children build up to swimming laps.

<table>
<thead>
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Level 5:
Stroke Refinement
Level 5 is designed for kids who can swim laps using front and back crawl, breaststroke, and elementary backstroke and would like to further refine their swimming skills in preparation for competitive or fitness swimming.

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Swim Club
Age 7-15. Join our youth recreational swim club and learn to swim more efficiently in a fun environment. This program is designed to foster a love of swimming and help develop physical fitness and team skills. Participants must be able to continuously swim 100 yards and use at least two strokes.

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Youth Aquatic Rates

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<tr>
<td>Action Adventure</td>
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NOTE: Discounts may not be combined. Pre-registration and payment required at least 48 hours in advance for all youth aquatics programs.
You’ve Found YOUR Center

$2.5M Annual Operating Budget

40% of our revenue is raised through Foundations, Businesses and from Donors like YOU!

$1M

60% of our revenue comes from Programs and Membership

$1.5M

Thanks to you, over the last year...

4,676 healthy meals filled the bellies of our community friends

2,870 members belonged to the Community Center in the last year

210 dedicated volunteers helped to prepare meals, run events, lead and serve our community

$125,000 was provided in financial assistance to our community in need and to those with disabilities to ensure access to the Center

33 pre-teens spent their summer outside & building leadership skills instead of playing on their phones

34,450 hours were spent in active play, exploration, hiking, games, getting dirty, making friends, smiling and having a blast in our Summer Camp programs!

148 unique minds were opened on fascinating local field trips to museums, parks, theatres, farms and beyond this summer

Donations keep the Center open, with robust programs and thriving people, like you. We ask that you make a commitment to support our annual appeal by making a cash donation. Your generosity will change the lives of others, guaranteed.

Visit our website at www.berkshiresouth.org/giving to make a difference today.
The TONE program aims to improve teen health and well-being. As teens progress through the program, they earn free memberships and TONE gear along the way. Each teen will receive a program orientation, a 30-minute personal training session and exclusive nutrition and aquatics classes. Enrollment is FREE and on a rolling basis. Participation provides access to the Norris Aquatics Center, the Fitzpatrick Fitness Center, Beinecke Gymnasium and all of our free to member fitness and aquatics classes.

GET a 3-Month Membership • EARN a 6-Month Membership

1 TONE Personal Training Session
1 TONE Nutrition Class
1 TONE Aqua Fitness Class
3 group fitness and/or group aquatics classes
25-Hours of personal exercise time
3-Hours Community service at Berkshire South or elsewhere

To enroll, pick up a packet at the front desk. For more information, email:
fitness@berkshiresouth.org or
call at 413.528.2810 ext. 30

TONES is partially funded by Health New England.
The Shining Star Holiday Program is a chance for community members to purchase gifts for other, less fortunate community members during the holiday season.

APPLICATIONS will be accepted
Nov 1-Nov 14
All information is kept confidential.

GIFT PURCHASE
Nov 1-Dec 9
To purchase gifts for a community member, please visit the Center’s lobby and choose a star.

GIFT PICK UP
Dec 12 2:30-5 p.m.
Dec 13 10 a.m.-12 p.m.

Need assistance?
EMAIL shiningstar@berkshiresouth.org
CALL 413.528.2810, ext. 32
berkshiresouth.org/shiningstar
**Adult Aquatics**

**Stroke Improvement Workshops**
Improve your stroke and enhance your lap swim workout under the guidance of experienced instructor Peggy Harner. Space is limited; please register at least 24 hours in advance for each workshop.

**TUES** 6:30-7:30 p.m.  PER WORKSHOP

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<tr>
<td>Dec 10</td>
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**Fitness Swimmer**
with Peggy Harner
Swim for fun and fitness! Whether you are new to lap swimming or have been swimming laps for years, our coach will provide a challenge for each swimmer. A total body workout designed to burn calories and raise your heart rate. Please register in advance!

**MONDAYS** 11-11:30 a.m.

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**THURSDAYS** 5-5:30 p.m.

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<tr>
<td>*No class 11/28</td>
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</table>

**Information**
For information, contact the Aquatics Department at 413.528.2810, ext. 35 or aquatics@berkshiresouth.org
FREE For Members Adult Aquatics

Norris Aquatics Center
The Warm/Therapy pool is available to members unless occupied by a scheduled class. Usage is reserved for adults 18+ and babies under two years old.

POOL WATER TEMPERATURES
Main: 83-84°F
Warm/Therapy: 94-97°F
Children's Splash: 88°F (approximate)

Please contact the Aquatics Department for more information:
Call 413.528.2810 ext.12 or Email aquatics@berkshiresouth.org

Aqua Bootcamp
Combine cardio endurance, weights and resistance strength training for an energetic, full body workout with the gentle but effective impact on joints and bones that water provides. 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.
TUES & THUR 5:30-6:30 p.m.

Aqua Special Conditions
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.
MON, WED & FRI 11 a.m.-12 p.m.

Deep Water Running
Using aqua belts, noodles and other equipment, this deep-water class combines interval and toning exercises to train the cardio system and strengthen muscles. This is the perfect class if you need a low-impact workout.
MON 10-11 a.m.

Aqua Thrills
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. Class is held 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.
TUES & THURS 11 a.m.-12 p.m.

Fountain of Youth
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!
TUES & THURS 10-11 a.m.

Aqua Blitz
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.
WED 10-11 a.m.

NEW! Aqua Sport
Get your aqua sport on! Mix up your pool workout with some invigorating water games, like water polo, volleyball, basketball and more. This class will be a fun, fast-paced hour, designed to burn calories and turn your workout into play!
WED 5:30-6:30 p.m.

Aqua Zumba Dance Party
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. Time flies! It’s fun and a great workout.
THURS 11 a.m.-12 p.m.
SAT 9-10 a.m.

Aqua Core
Work your core muscles using the water’s resistance in this fun group class. All fitness levels are welcome and no experience is necessary.
FRI 10-11 a.m.

NEW! Cardio Crush
This high-energy, 60 minute cardio water workout will burn off the calories and get your heart pumping, 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.
MON 5:30-6:30 p.m.

RS Recommended for Seniors
AF Adaptive Fitness Friendly
CC Childcare Available

www.berkshiresouth.org
Fitness Workshops, Events and Leagues

Get Fit Challenge
September 18th to December 11th
This supportive fitness program, led by two top notch personal trainers with over 25 years of experience, will help you set and reach your goals. You will achieve these goals while attending two exclusive fitness classes each week that utilize the fitness room, gymnasium and auditorium; attending 3 nutrition classes with our Registered Dietician; and working hard as well as playing hard with this supportive group sharing in your journey. The Get Fit group also has an exclusive Facebook page in which you can ask questions of the trainers or registered dietician, find out the weekly results or simply communicate and share within the group. You will be rewarded for your participation and for your success, not only by your personal results, but also by winning prizes!

NEW! 12-Week Curriculum
Members $135  Guests $160

WEDNESDAYS  6-7 p.m.
SATURDAYS  7-8 a.m.
Sept 18-Dec 11  193AD20A

LOOK AT THESE PRIZES!
1. Our top weight loss winner* (calculated by % of weight loss):
   3 Month Membership to BSRCC
   Next session of Get Fit
2. Runner up weight loss winner* (calculated by % of weight loss):
   Next session of Get Fit
3. Class participation:
   1 free 30 minute massage
4. Class choice:
   Fitness/Health Gift Basket
5. Play Fitness BINGO
   First to get regular BINGO: 1 month membership to BRSCC
   Blackout BINGO: 1 month membership to BRSCC

*Weight must be taken at first and last weigh in on BSRCC scale

TRX® Bootcamp
with Shay Donald
TRX Suspension Training® was developed in the Navy to functionally achieve a Total Body Workout. This suspension training class will help develop strength, balance, flexibility, and core stability and is geared towards all fitness levels. Come try something new today! Space is limited. Pre-registration and payment required 48 hours in advance.

Members $65  Guests $80

WEDNESDAYS  4:30-5:30 p.m.
Sept 18-Oct 23  193AD22A
Oct 30-Dec 11  193AD22B

Pickleball
A paddle sport created for all ages and skill levels, Pickleball combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Contact our front desk for more information or to reserve a space.

WED & SUN  9 a.m.-12 p.m.
Members FREE  Guests $8

Inquire within about personal Pickleball lessons!
fitness@berkshiresouth.org
Personal Training

At BRSCC, our personal trainers will monitor your progress and help you avoid fitness plateaus. Reach or maintain a healthy weight by body shaping and toning while being encouraged to set realistic goals in a safe setting. Our trainers cover specific needs and all fitness levels so you can find the right match for your vision! 24-hour notice is requested for scheduling and for cancellations. Thirty-minute and one-hour sessions available.

Dual Training
Want to work out with a partner? Choose one of our trainers for the motivation and bring a partner.

Sport Specific Training
Sport Specific Personal Training can provide excellent conditioning in the off-season for athletes. We offer these sessions for individuals and groups with both indoor and outdoor cross training techniques included. Trainers will help develop and refine athletic skills for your specific sport interest and improve fundamental movement patterns to prevent injuries.

Improve your fitness with PROFESSIONAL ASSISTANCE.
Make strides in cardiovascular endurance, strength, flexibility, posture, balance and coordination.

Personal Training Rate Guide
Rates determined by trainer's certification level and professional experience.

Rate 1

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Rate 2

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</table>

Information

For information on personal training, contact the Fitness Department at 413.528.2810, ext. 30 or fitness@berkshiresouth.org
FREE For Members Adult Fitness

New! Agility Fitness for Athletes
Specially designed for active athletes, this class will work to enhance your ability to move and change direction quickly while maintaining controlled body positioning. Targeted drill workouts will improve reflexes, coordination, balance, speed, and overall body response to changing sport situations.
**THUR** 5:30-6:30 p.m.

Bootcamp
Kick your fitness routine up a notch with this high-energy class. Expect to be challenged by a creative and dynamic circuit that includes agility drills, plyometrics, bodyweight exercises and much more.
**TUE & THUR** 8:30-9:30 a.m.

Cardio Kickboxing
A high-energy cardio workout that will keep you strong and flexible. Punching mitts, shadow boxing and other dynamic movements can break your fitness routine out of the box. This class is suitable for all fitness levels.
**WED** 5:30-6:30 p.m.
**SUN** 10-11 a.m.

Chair Yoga
Get all the benefits of traditional yoga with the safety and support of a chair. Come see how dynamic, engaging and relaxing yoga can be when you have six legs.
**TUE** 9:30-10:30 a.m.

Cross Train Express
Strengthen your whole body in 30-minutes. Combine bodyweight exercises, free weights and dynamic movements to keep your body tuned-up and toned.
**WED** 9-9:30 a.m.

DynaMIX
Ready for an exciting workout? Have fun and get results with this high intensity and randomized workout that includes a variety of core, strength, endurance and balance exercises.
**MON** 9-10 a.m.

Energy Boost
Keep your body moving and happy with this fun filled fitness class. Be prepared to mix up your cardio, strength training and even a little dancing to some up-beat music.
**MON & WED** 10-11 a.m.

Fitness Fun
A group exercise class designed specifically for those with adaptive needs and their caregivers. This class incorporates healthy exercise, lively music and a positive attitude. Each class includes fun warm ups, low impact cardio, light weight strength training and simple stretches.
**MON & WED** 10-11 a.m.
Fitness Fun is supported by The Coolidge Hill Foundation

Full Body Blast
Start your Friday off right with a cardio class that will work you from head to toe. Mix up free weights, dynamic bodyweight movements and cardio for a total fitness experience.
**FRI** 9-10 a.m.

Gentle Yoga
The combination of deep breathing, strengthening and stretching will leave your body and mind feeling balanced and relaxed. This yoga class is adaptable and meant for all experience levels.
**THUR & SAT** 10-11 a.m.

Life Fitness
Exercise should help you feel better and move easier. This class is designed to increase your body awareness and workout in an intelligent way that keeps you happy and healthy for life.
**TUE & FRI** 8-9 a.m.

Pilates
Improve your posture, develop balance and build core strength. Pilates is a great way to improve any movement you do, whether it is for fitness or function.
**SUN** 9-10 a.m.

Power Hour
A total-body, high energy workout that focuses on endurance, agility and strength. Each class ends with a relaxing stretch that will leaving you feeling great.
**MON** 5:30-6:30 p.m.

RS Recommended for Seniors
AF Adaptive Fitness Friendly
CC Childcare Available
FREE For Members Adult Fitness

Ripped HIIT
Ready to get ripped? Come join this total body, plateau proof, body burn. Every class is a new and creative combination of plyometrics, intervals, strength, endurance and core work.
TUE 5:30-6:30 p.m.

Weekend Warrior
Get ready to sweat in this fun, full body workout. Every class is a creative combination of exercises that include kettlebells, bodyweight movement, resistance bands, stability balls, free weights and more.
SAT 8:30-9:30 a.m.

Zumba® RS CC
Every class feels like a party! Zumba is a high energy class that fuses effective fitness routines with dynamic and joyful music.
MON 9-10 a.m.
FRI 10-11 a.m.

New! Short Circuit
Start your day off with a bang by joining the Short Circuit. It’s a 30-minute class of continuous, calorie burning exercises that will keep your heart pumping and muscles firing.
MON & FRI 6:30-7 a.m.

Strength & Balance for Men/Women AF RS
No matter what your age, movement can help keep you healthy and protect you from injury. The aim of this class is to build muscular strength, coordination and balance at a slow and safe pace.
TUE & THUR
WOMEN 10-11 a.m.
MEN 11:30 a.m.-12:30 p.m.
aka "The Lift & Lunch Crunch Bunch"

Sunset Yoga RS
Come breathe, stretch, strengthen and relax. This yoga class is moderately paced and easily adaptable to all of your body’s needs.
THUR 6-7 p.m.

For more information on any fitness classes, please contact fitness@berkshiresouth.org or 413.528.2810, ext. 35.

SAFETY TIP!
Children are not permitted to participate in the class or be in the room during adult health and fitness classes. Children under the age of 13 must be under the direct supervision of an adult over 18 years of age.
NOAH (New Opportunities for Achieving Health)

NOAH Programs
Explore NOAH (New Opportunities for Achieving Health) through workshops and wellness programs presented by the NOAH Center at BSRCC. Unless otherwise noted, advance registration is required for all NOAH programs. For more information email our Director of Wellness and Recreation at fitness@berkshiresouth.org or call 413.528.2810, ext. 35.

Tai Chi for Wellness
with Barbara Penn
Learn to move, balance and breathe with ease in Barbara’s Tai Chi class. Tai Chi is a simple, time-tested practice of mindful movement and breathing. There are many wonderful health benefits, including stress reduction, increased energy and balance. This class is appropriate for all ages and fitness levels.

<table>
<thead>
<tr>
<th>TUESDAYS</th>
<th>11 a.m.-12:15 p.m.</th>
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<tbody>
<tr>
<td>Sept 10-Oct 1</td>
<td>193NH25A</td>
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<td>Oct 8-Oct 29</td>
<td>193NH25A</td>
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<tr>
<td>Nov 5-Nov 26</td>
<td>193NH25C</td>
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<tr>
<td>Dec 3 and Dec 10</td>
<td>Drop in Rates</td>
</tr>
</tbody>
</table>

FULL SERIES PRICES:
Members $60  Guests $75

DROP IN:
Member $16  Guests $19

SAVE THE DATES for 2020 BSRCC Fundraising Events
Have fun.
Get healthy.
Build community.

SWIM-A-THON
Save the date! Saturday March 7, 2020

GO! 5K Run/Walk Saturday May 2, 2020
Adaptive Programs

At Berkshire South, our team of experts create programs and individual trainings that are accessible to all. Adaptive needs members have an important place in our community. If you would like a program adapted for your specific needs, please tell us how we can help. Program Adaptation Request forms are available in the main lobby.

<table>
<thead>
<tr>
<th>Berkshire South Adaptive Programs</th>
<th>Catalog Page</th>
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<tbody>
<tr>
<td>Aqua Blitz</td>
<td>17</td>
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<tr>
<td>Aqua Special Conditions</td>
<td>17</td>
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<tr>
<td>Aqua Thrills</td>
<td>17</td>
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<tr>
<td>Chair Yoga</td>
<td>20</td>
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<tr>
<td>Life Fitness</td>
<td>20</td>
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<tr>
<td>Tai Chi</td>
<td>22</td>
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<tr>
<td>Fitness Fun</td>
<td>23</td>
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</tbody>
</table>

Swim With Us Adapted Swim Lessons

While all of our aquatic programs welcome individuals who have special needs, this program is designed for those who might have difficulties participating in traditional lessons. Our small group sizes allow for individual instruction and maximize learning for each student. To sign up or volunteer, please call the Aquatics Department. This is a FREE program.

<table>
<thead>
<tr>
<th>Parent/Child School Aged</th>
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<tbody>
<tr>
<td>MONDAYS</td>
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<tr>
<td>4-4:30 p.m.</td>
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<tr>
<td>Sept 9-Oct 21</td>
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<td>Nov 4-Dec 9</td>
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<td>Sept 10-Oct 15</td>
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<td>Oct 29-Dec 3</td>
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<td>Sept 9-Oct 21</td>
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<td>Nov 4-Dec 9</td>
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<td>193SN04A</td>
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<td>4:30-5 p.m.</td>
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<td>Nov 4-Dec 9</td>
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<tr>
<td>193SN04A</td>
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<td>193SN04B</td>
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</table>

Swim With Us Adapted Swim programs are funded by the Berkshire Life Charitable Foundation.

Fitness Fun AF

A group exercise class designed specifically for those with adaptive needs and their caregivers. This class incorporates healthy exercise, lively music and a positive attitude. Each class includes fun warm ups, low impact cardio, light weight strength training and simple stretches. FREE!

| MONDAYS                          |
| 10-11 a.m.                      |
| Ongoing                          |

Fitness Fun is funded by The Coolidge Hill Foundation.

Recommended for Seniors RS
Adaptive Fitness Friendly AF
Childcare Available CC

Adaptive Programs are funded by the Pamela Deely Adaptive Fitness Fund.
Adult & Community

Italian Cooking Classes
with Chef Hank Ferlauto
Ages 21+. Join Chef Hank Ferlauto for a fun, hands-on meal preparation of a three course dinner. Each class’ unique menu will consist of a “primo” course of pasta, risotto, or other Italian first-course specialty; a main course with a side vegetable; and dessert. After cooking, the group will sit and enjoy their meal together. Wine will be paired with each menu. Advanced registration required.

THURSDAYS 5-8 p.m.
Sept 12 193CM64A
Oct 17 193CM64B
Members $45 Guests $58

Berkshire Talks
Speaker Series
MONDAYS 6:30-8 p.m.
Sept 16
Was It Really All About Eve? Do We Need A New Concept Of God?
Michel Paul Richard
Sept 23
Demonstrating The Technique of Skin on Frame Boat Building
Hillary Russell
Members $10 Guests $12

Journey Dance
Weaving simple, guided movement sequences, and free expressive movement, JourneyDance reconnects you with your innate state of joyous well-being. Practiced barefoot to inspiring world music, your dance is an empowering journey of transformation. Journey Dance is a member of the Conscious Dance Movement Network. Antoinette Simms Instructor.

THURSDAYS 7-8 p.m.
Sept 26-Nov 7* 193CM75A
Members $55 Guests $70
*No class Oct 31

American Sign Language Course
Learn the basics of American Sign Language with our beginning ASL course. This course is designed to help expand participants’ knowledge of the deaf community to allow for more empathy and compassion. With instructor Karran Larson.

THURSDAYS 7-8 p.m.
Sept 26-Nov 7* 193CM75A
Members $55 Guests $70
*No class Oct 31

Conversational French
Ages 18+. Six-Session series for English speakers having some basic familiarity with French who would like to expand their vocabulary, polish their speaking and listening skills, and learn more about French speaking countries and cultures. Instructor: Christophe Pichard.

TUESDAYS 6:30-7:30 p.m.
Sept 17-Oct 22 193CM72A
Members $55 Guests $70

Line Dancing
A real social event with great music, great exercise, great fun, and lots of smiles! No partner needed. First half hour for beginners; hour to follow for beginner/intermediate dancers. Cheryl Wendling, Instructor. 15 participants minimum.

TUESDAYS 6:30-8:00 p.m.
Sept 24-Oct 29 193CM66A
Members $95 Guests $100

Advanced French
Ages 18+. Six-Session series for English speakers who are fairly comfortable with the French language and would like to expand their vocabulary, polish their speaking and listening skills, and learn more about French speaking countries and cultures. Instructor: Christophe Pichard. Email Director of Education & Community Programs, ktucci@berkshiresouth.org or call 413.528.2810 ext.20

THURSDAYS 6:30-7:30 p.m.
Sept 19-Oct 24 193CM73A
Members $55 Guests $70
Dance with Ron Tritto & LearntaDance Dance Studio
For adults including seniors.
Instructor Ron Tritto, of LearntaDance Dance Studio, is a professional certified ballroom and Latin dance teacher with years of experience. All classes are for adults, including seniors.

Tango II
For adults including seniors. This class is a follow up of session I and requires previous attendance of that session, or instructor's approval to register. It will build upon what was learned in session I and continue to add new figures.
The Tango originated in the bordellos of Buenos Aires. The American style Tango travels around the dance floor, moving along a line of dance. It has a quick staccato action and stylized poses. It was first made popular in American culture by silent film movie star, Rudolph Valentino, when he performed a sensual tango in the silent film, “Four Horseman of the Apocalypse.” Both couples and singles are welcome to attend, however coming with a partner is preferred. It is recommended that you consult your physician prior to taking this class to ensure you have an adequate level of fitness for mild exercise. Advance registration required.
Mondays 7-8:30 p.m.
Sept 9-23
Members $45 Guests $53

Sunday Tea Dances
For adults including seniors. Join in the old world tradition of the afternoon “Tea Dance.” This is a great opportunity to practice your dancing, meet old friends and make some new ones. A forty-five minute dance technique class will be offered at the start of each dance, and yes, tea and light snacks will be served. No registration required.
Select Sundays 2:45-4:15 p.m.
Sept 15, Oct 7, Nov 3, Dec 1
$10 per person at the door

Waltz I
For adults including seniors. This class is for students having previous experience in dancing the waltz. The Waltz appeared as a fashionable dance in Bohemia, Austria, Bavaria, and other parts of Europe in the late 1700’s. A graceful traveling dance characterized by its rise and fall, it has a 3/4 rhythm timing. This dance continues to be popular for weddings and anniversaries. Both couples and singles are welcome to attend, however coming with a partner is preferred. It is recommended that you consult your physician prior to taking this class to ensure you have an adequate level of fitness for mild exercise. Advance registration required.
Mondays 7-8:30 p.m.
Oct 21-Nov 11
Members $60 Guests $70

Waltz II
For adults including seniors. This class is a follow up of session I and requires previous attendance of that session, or instructor’s approval to register. It will build upon what was learned in session I and continue to add new figures. The Waltz appeared as a fashionable dance in Bohemia, Austria, Bavaria, and other parts of Europe in the late 1700’s. A graceful traveling dance characterized by its rise and fall, it has a 3/4 rhythm timing. This dance continues to be popular for weddings and anniversaries. Both couples and singles are welcome to attend, however coming with a partner is preferred. It is recommended that you consult your physician prior to taking this class to ensure you have an adequate level of fitness for mild exercise. Advance registration required.
Mondays 7-8:30 p.m.
Nov 18-Dec 9
Members $60 Guests $70

www.berkshirsouth.org
FREE Adult & Community Programs

Berkshire Sings!
Ages 13 and up. Sing til your heart’s content under the guidance and accompaniment of musician and teacher Robert Kelly. Songs include pop, folk, jazz standards and showtunes. Exercises in breathing, relaxation and listening will be incorporated and opportunities to perform at community events will be offered. No auditions, everyone is welcome, no prior training necessary. All you need is the desire to sing. Music will be provided. This is a drop-in program but calling ahead is encouraged as the group occasionally performs off site during regular class times.

WEDNESDAYS 6:45-8:15pm FREE!
Open to Members and Guests

Berkshire Ukulele Band
Ages 13 and up. Multi-instrumentalist, teacher and performer Rob Sanzone will teach ukulele technique, chord progressions and songs from many musical genres. A limited number of ukuleles are available for loan to participants who do not have an instrument. Beginners are encouraged, reading music is not required. Music and chord charts will be provided. Opportunities to perform at community events will be offered. This is a drop in program, but calling ahead is encouraged as the group occasionally performs off-site during regular class times.

TUESDAYS 6:30-8 pm FREE!
Open to Members and Guests

4th Annual Arts & Crafts Festival
Join us for our most creative event of the year! This curated event brings together Berkshire crafters, bakers, growers, weavers, artists, photographers, jewelry-makers and artisans of all types to offer their products to our community just in time for the holidays! Entrance to the event is free. Vendors interested in participating please call 413.528.2810, ext. 32 or email galexander@berkshiresouth.org.

SAT NOV 2 10 a.m.-3 p.m. FREE!

Community Suppers
Join us for a delicious meal prepared by some of the finest chefs in the Berkshires. Greet your neighbors, meet new friends! Donations are gratefully accepted. We also collect non-perishable food items for local food banks. Please contribute if you can.

Mondays serving 5-6 p.m.*
FREE! No reservations needed.
*No Community Supper Mon, Sept 2 (Labor Day) & Mon, Nov 25

Community Thanks Supper, Tuesday, Nov 26
Join community friends, both old and new, for a Thanksgiving feast at our annual celebration of delicious food and great fellowship.

For reservations call 413.528.2810, ext. 10 at least 24 hours in advance. Seating is limited! Volunteers are needed! If interested email volunteers@berkshiresouth.org.
South County Winter Outerwear Drive

Donations for children ages 4-12. During the month of October, help keep others warm by donating coats, hats, mittens/gloves, scarves, boots, snowpants and blankets at collection boxes throughout the Southern Berkshires, including at Berkshire South. Please be sure items are clean, mildew/stain free and zippers are working. The public is welcome to select items for free during distribution times listed below.

CONTACT
Carol Brunnschweiler
413.429.6204 or email brunch@aol.com

DISTRIBUTION
SATURDAY 9 a.m. - 6 p.m.  Oct 26
SUNDAY 9 a.m. - 3 p.m.  Oct 27

Birthday Parties at Berkshire South!

We offer stress-free, creative birthday party options and spaces.
- Splash
- Bounce
- Dance

Something for everyone!
You supply the food, paper goods and guests.
We’ll supply the fun!

CONTACT
dhurtado@berkshiresouth.org
or 413.528.2810, ext. 37

Addiction Support for Family and Loved Ones

This supportive group offers connection with others who understand and a safe, non-judgmental, confidential space for discussion and sharing. The program, offered by Honoring the Parents, provides education on addiction, strategies to help yourself and your family member, supportive conversations, and review of differing treatment options and resources.

The group is facilitated by Caroline Wheeler, parent recovery coach, and founder of Compassion Rising, and Tanya Beecher, MSW, LISCW specializing in addiction and trauma. No charge to attend.

For more information, contact
Caroline Wheeler carolinerwheeler@gmail.com

Group meets the third Tuesday of each month.
6:30-8 p.m.

FREE! Narcan Training

Educators from Tapestry Health will provide Narcan education and training on what to do when you encounter an overdose. Additional information and resources for overdose prevention will be available. This program is free and open to the public. Pre-registration preferred but not required.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Reference</th>
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<tbody>
<tr>
<td>Sept 16</td>
<td>3-4 p.m.</td>
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<tr>
<td>Oct 21</td>
<td>3-4 p.m.</td>
<td>193CM89B</td>
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<tr>
<td>Nov 18</td>
<td>6-7 p.m.</td>
<td>193CM89C</td>
</tr>
<tr>
<td>Dec 16</td>
<td>3-4 p.m.</td>
<td>193CM89D</td>
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</table>

Community Garden

Want to grow your own vegetables but lack the space, tools, expertise? Sign up now for your plot in our Community Garden—limited availability. Our fenced garden has eight 4’ x 14’ raised beds with access to water. Provide your own seeds, plants and loving care.

Winter plots will be ready to plant by October 15!

CALL 413.528.2810, ext. 32

COST PER PLOT WINTER SEASON*:
Members $25  Guests $30  193CM51
Certifications

American Red Cross Waterfront Lifeguard Training
Online/Blended Learning
Ages 15+. Complete coursework online prior to the start of class, and then participate in group discussions and skills practice. For each class, please pack a lunch, swimsuit and towel. Students must participate in all course sessions to earn certification in Lifeguard Training, Waterfront, CPR/AED and First Aid. To schedule an alternative pre-course swim, please contact the Center. There will be no refund for failure of in-water tests and written exams.

In order to pass the Lifeguarding course you must:
1. Complete the prerequisite prior to registering for a Lifeguarding Course.
2. Swim 300 yards (550 for Waterfront participants) continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 30 seconds.
   • Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
   • Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
   • Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
   • Exit the water without using a ladder or steps.

Course A: Oct 12-14 9 a.m.-4 p.m. Pre-course swim: 8:30 a.m. 193CM02A
Course B: Dec 21-23 9 a.m.-4 p.m. Pre-course swim: 8:30 a.m. 193CM02B
Members $285/Guests $325 price includes materials and certification fee.

Water Safety Instructor Certification
Ages 16+. Focuses on preparing candidates to teach the Red Cross Swim programs, teaching candidates to introduce and develop fitness activities, water safety, and swimming skills.
Dec 27-29 8:30 a.m.-4:30 p.m. 193CM01A
Members $285/Guests $325

American Red Cross Babysitters’ Training Class
Ages 11-15. Do you want to learn more about caring for children and infants so that you can set up your own babysitting business? This is the class for you! You’ll also learn about leadership skills, age appropriate activities for children, how to handle behavior challenges, decision making, interviewing for jobs, diaper changes, meal times and bed times. Please pack a lunch.

PLEASE REGISTER FOR ONLY ONE OPTION:
MONDAY, Nov 11

<table>
<thead>
<tr>
<th>Option 1</th>
<th>Babysitters’ Training Class</th>
<th>8:30 a.m.-2:30 p.m.</th>
<th>193TN81A</th>
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<td>Members $75/Guests $85</td>
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<tr>
<th>Option 2</th>
<th>Babysitters’ Training Class Plus Infant &amp; Child CPR/First Aid</th>
<th>8:30 a.m.-5 p.m.</th>
<th>193TN81B</th>
</tr>
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<tbody>
<tr>
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<td>Members $110/Guests $130</td>
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American Red Cross First Aid & CPR/AED
Learn valuable skills that could save a life. Our informative hands-on courses include training in First Aid and CPR/AED for adult, child and infant. These American Red Cross certifications are valid for two years.

Members $90* Guests $110*
THIRD TUESDAY OF EVERY MONTH 9 a.m.-12 p.m.
Sep 17 193CM81A
Oct 15 193CM81B
Nov 19 193CM81C
Dec 17 193CM81D
*Price includes materials & certification fee. Minimum six participants. Advance registration is required.

Private WSI Courses
$285 + $22 materials fee per participant
Minimum 8 participants

$350 + $22 materials fee per participant
Minimum 5-7 participants

Private CPR/First Aid Courses
$90 per participant
Minimum 8 participants

$100 per participant
Minimum 5-7 participants

Contact 413.528.2810, ext. 20
Collaborative Partner Programs

The value and strength of our community is continually enhanced when efforts and values align to inspire and engage our participants. Thanks to support from our members and the generosity of our donors, Berkshire South is able to expand and enrich our resources and program scope through partnership with a significant number of Southern Berkshire organizations. Below are some of the collaborative programs the Center is able to offer through local support.

Berkshire Community College
Berkshire South hosts swim lessons offered as noncredit workshops through BCC. Call 413.236.2127

Berkshire County Kids’ Place
The Kids’ Place provides on-site counseling services to help support area children and non offending family members recovering as victims or as witnesses to traumatic events. Call 413.499.2800

Berkshire Hills Regional School District (BHRSD)
Berkshire South collaborates with BHRS to Project Connection to provide enriching after school experiences. Call 413.644.2350

CHP Skip & Dip
Berkshire South has partnered with Community Health Programs to host a free two hour playgroup on Fridays from 10 a.m. - 12 p.m. One hour of SKIP in the gymnasium and one hour of DIP in the splash pool. Skip & Dip operates on the school year calendar. No Skip & Dip during school holidays or vacations. Call 413.644.0104

Community Access to the Arts (CATA)
Berkshire South has partnered with Community Access to the Arts to provide space for workshops, classes and performances. CATA is a nonprofit arts organization that has provided more than 1000 visual and performing arts workshops for individuals with physical and/or developmental disabilities. Call 413.528.5485

Fairview Hospital’s Aquatic Therapy
Berkshire South has partnered with Fairview Hospital to provide aquatic therapy two mornings a week. The program is staffed by therapists and assistants trained by Aquatic Physical Therapy Resources, Inc. Call the Fairview Outpatient Rehabilitation Offices at 413.528.9740

Court Mandated Community Services
Berkshire South offers community service opportunities for court appointed hours. Individuals can fulfill their responsibility in an enriching environment while giving back in meaningful ways. Call 413.528.2810, ext. 32

Great Barrington Trails & Greenways
Berkshire South is an active member of the GB Trails and Greenways, an organization that supports the Center by maintaining tent platforms and the Three mile Hill trail located behind Berkshire South. Additionally, Berkshire South and GB Trails and Greenways work together to provide support for Appalachian Trail thru-hikers who pass through the area.

Kiwanis Club of Sheffield
Service is at the heart of every Kiwanis International club, no matter where it is located. Berkshire South partners with the Kiwanis Club of Sheffield on projects that serve the community, such as the Back to School Supply Drive. Email info@sheffieldkiwanis.org

Weight Watchers
Berkshire South is proud to serve as a local Weight Watchers meeting site. If you are thinking about how you can lose and maintain weight in a healthy and long term way, attend a Weight Watchers meeting today! Meetings are held on Wednesdays at 5 p.m. and Thursdays at 10 a.m. Call 1.800.651.6000

BHS/Canyon Ranch Institute Life Enhancement Program
Berkshire South has partnered with Berkshire Health Systems and the Canyon Ranch Institute to provide a life-changing lifestyle improvement program for the underserved in our community. Call 413.770.2067

Spartan Strong
Railroad Street Youth Project (RSYP), has partnered with the Athletic Department at Monument Mountain Regional High School and Berkshire South Regional Community Center to pair recent alumni of the area’s football teams with current players to help keep each other engaged, motivated and connected by exercising in a group setting. Call at 413.528.2475

Fairview Hospital Cardiac Rehabilitation Program
Berkshire South is happy to offer graduates of the Fairview Hospital Cardiac Rehab Program discounts on six month and annual memberships to be able to continue on their road to recovery. Coupons are given by the Rehab Program after a successful completion of the program. Call 413.854.9736

Construct
Berkshire South has partnered with CONSTRUCT Inc. by allowing qualifying individuals a “fast track” option to Berkshire South’s generous scholarship program. Recipients of this scholarship are awarded a six-month membership at a 75 percent discount. Vouchers can be obtained through CONSTRUCT. Call 413.528.1985

Volunteers in Medicine (V.I.M.)
Berkshire South has partnered with V.I.M. by allowing qualifying individuals a “fast track” option to Berkshire South’s generous scholarship program. Recipients of this scholarship are awarded a six-month membership at a 75 percent discount. Vouchers can be obtained through V.I.M. Call 413.528.4014

Berkshire United Way Volunteer Income Tax Assistance (VITA)
Berkshire South is proud to serve as a host site for the Berkshire United Way VITA program which provides free income tax preparation to qualifying individuals and families. Call 413.442.6948

Special Olympics of Massachusetts
Berkshire South is proud to partner with the Massachusetts Special Olympics by hosting the Red Raiders Swim Team for practices and local competitions.
Facility & Rentals

The Community Center has many spaces that can be used for community events and programs. We are open to one-time rentals such as birthday parties and special workshops, or long term rentals for weekly meetings. As a community center, we try to keep our doors open to meet the needs of the community. Whether you have 10 attendees or 300, find yourself here!

Our Executive Packages can accommodate workshops, business meetings, corporate training or off-site employee meetings. Schedule a team building workshop utilizing our Low Ropes Course and Three Mile Hill Trail or have your group become certified in First Aid, CPR/AED or Lifeguarding. Book your special occasion event with us!

We’ll provide the space for wedding receptions, holiday parties, children’s birthday parties, luncheons, exhibits, cocktail receptions, and more. Discounts are available for members.

Visit www.berkshiresouth.org

Contact Rentals & Events at 413.528.2810 ext. 37 or rentals@berkshiresouth.org

■ Fitzpatrick Fitness Center
3,000 Square feet
6 Precor Treadmills
6 Precor Ellipticals
2 Precor Recumbent Bikes
2 Precor Upright Bikes
13 Hoist selectrorized
strength training units
2 Adaptive Motion
Trainer machines
NuStep® Recumbent
Cross-Trainer
Concept 2 Rower

■ Jaffe Auditorium
2,800 square feet
Portable staging and seating
Seating capacity of 250+
Sprung hardwood floors
Professional lighting and sound system

■ Robbins Meeting Room*
1,500 square feet
Moveable wall divider
Conference table and chairs
Audio-visual equipment
*This space is not open for public use. Rental is available.

■ Beinecke Gymnasium
6,800 Square feet
6 Adjustable basketball hoops
1 Volleyball set-up
Indoor soccer set-up
Matting and toys for toddlers
Gymnastic equipment
Scoreboard
Gym divider
Men’s and Women’s locker rooms with changing areas, shower facilities and saunas
Two family/handicap accessible changing rooms

■ Mead Westvaco Childcare Center*
1,300 square feet
Sunshine Preschool is a MA EEC-Licensed
Preschool serving children ages 2 years 9 months to kindergarten ready.
Preschool furniture and accessories
2 bathrooms
Access to outdoor playground
*This space is not open for public use.

■ Norris Aquatics Center
8,084 square feet
25-yard 6-lane pool with handicap lift, heated at approximately 83/84°F.
16’ x 12’ therapy pool with grab bar, thoracic massager & handicap lift, heated at approximately 94/97°F.
Children’s Splash Playground, heated at approximately 88°F.

■ Lennox Foundation Youth Center
1,500 square feet
Foosball
Games, Puzzles and Books
Lounge Area
*Not available for rent during scheduled programs.

Policies & Courtesies
For the comfort and safety of all, we ask that members and guests respect the guidelines set forth in our Policies and Courtesies pamphlet, which is available at the front desk and online at www.berkshiresouth.org.

To voice a concern, please submit a comment to the suggestion box located at the Front Desk. If an incident occurs, please stop at the Front Desk and ask for the Manager on Duty.

Berkshire South Corrections Policy:
Although we make every effort to ensure accuracy, changes after press time and typographical errors do occasionally occur. We apologize and reserve the right to make the necessary changes and corrections.
Berkshire South’s commitment to age-friendly access and programming is sponsored in part by

The Lennox Foundation

We appreciate the foundation’s 2019 support which has helped to foster our senior financial assistance and senior specific wellness, recreational, social and cultural offerings.
Make A Gift!

Name ________________________________

Mailing Address ________________________________

City __________________ State _____ Zip ____________

Phone __________________________ Email __________________

Mail To: Berkshire South Regional Community Center
15 Crissey Road
Great Barrington, MA 01230

Or donate securely online at:
www.berkshiresouth.org/giving

☐ YES! Please accept my gift of:

$75 ☐ $50 ☐ $25 ☐ Other _______

☐ VISA ☐ Mastercard ☐ Discover

Card Number __________________________

Exp. Date _______ Security Code (on card back) _______

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