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.

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.

**January**

5 Becket and Otis
12 Egremont and Mt. Washington
19 Great Barrington and Housatonic
26 All South County communities

**February**

2 Lee and Tyringham
9 Lenox and Lenoxdale
16 Monterey and Pittsfield
23 All South County communities

**March**

1 New Marlborough and the Five Villages
8 Richmond and Sandisfield
15 Litchfield County, CT and Columbia County, NY
22 All South County communities

**April**

5 Sheffield and Ashley Falls
12 Stockbridge and Glendale
19 West Stockbridge and Alford
26 All South County communities

---

**Hours of Operation**

**Community Center Hours**

Monday-Friday  6 a.m.-8:30 p.m.
Saturday      8 a.m.-6 p.m.
Sunday        8 am.-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:

- New Year’s Day
- 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.

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**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.**
# Table of Contents

<table>
<thead>
<tr>
<th>Membership Benefits</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership Information</td>
<td>5</td>
</tr>
<tr>
<td>Welcome</td>
<td>6</td>
</tr>
<tr>
<td>Childcare</td>
<td>7</td>
</tr>
<tr>
<td>School Age Childcare</td>
<td>8</td>
</tr>
<tr>
<td>Early Childhood Aquatics</td>
<td>10</td>
</tr>
<tr>
<td>Youth Aquatics</td>
<td>12</td>
</tr>
<tr>
<td>Youth &amp; Teen Fitness</td>
<td>14</td>
</tr>
<tr>
<td>Adult Aquatics</td>
<td>16</td>
</tr>
<tr>
<td>FREE for Members Adult Aquatics</td>
<td>17</td>
</tr>
<tr>
<td>Fitness Workshops, Events and Leagues</td>
<td>18</td>
</tr>
<tr>
<td>Personal Training</td>
<td>19</td>
</tr>
<tr>
<td>FREE for Members Adult Fitness</td>
<td>20</td>
</tr>
<tr>
<td>NOAH (New Opportunities for Achieving Health)</td>
<td>22</td>
</tr>
<tr>
<td>Adaptive</td>
<td>23</td>
</tr>
<tr>
<td>Adult &amp; Community</td>
<td>24</td>
</tr>
<tr>
<td>FREE Adult &amp; Community Programs</td>
<td>26</td>
</tr>
<tr>
<td>Certifications</td>
<td>28</td>
</tr>
<tr>
<td>Collaborative Partner Programs</td>
<td>29</td>
</tr>
<tr>
<td>Facilities, Rentals &amp; Policies</td>
<td>30</td>
</tr>
</tbody>
</table>

**CATALOG CODE KEY:**
- **RS**: Recommended for Seniors
- **AF**: Adaptive Fitness Friendly
- **CC**: Childcare Available

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**Board of Trustees**
- Ethel Patterson
  - Board Chair
- Robert Montgomery
  - First Vice Chair
- Barbara Manring
  - Second Vice Chair
- Peggy Thieriot
  - Treasurer
- Peter Brewer
  - Clerk
- Sharon Casdin
- Kay Cuthbertson
- Susan Ferlauto
- Gordon Josephson
- Ben Harms
- Rita Kasky
- Steve McAlister
- Eddie Sporn
- Jenise Lucey
  - Executive Director
- Edwin Jaffe
  - Founding Chairman Emeritus
- Robert Norris
  - Chairman Emeritus

**Board Advisory Group**
- Lila Berle
- Kevin Kinne
- David Klausmeyer
- Joan Kopperl
- Robert Norris
- Greg Ward
- B. Carter White

---

**Questions?**
**Call Us!**
**413.528.2810**
### 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 programing**: 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 programing for children when school is closed, and other youth programming. (Spaces are subject to availability due to programing.)

### 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, by our third party billing company Twin Oaks.**

### Financial Assistance

It is our mission as a **nonprofit** community center to make health, recreation, cultural and fitness available to as many Berkshire County individuals and families as possible. Due to the **generous contributions of our donors**, BSRCC 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>EFT</th>
<th>6 Months</th>
<th>EFT</th>
<th>3 Months</th>
<th>1 Month</th>
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</thead>
<tbody>
<tr>
<td>Adult (18-64)</td>
<td>$732</td>
<td>$61</td>
<td>$402</td>
<td>$67</td>
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<tr>
<td>Senior (65+)</td>
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<td>$55.75</td>
<td>$348</td>
<td>$58</td>
<td>$223</td>
<td>$80</td>
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<tr>
<td>Couple/Family*</td>
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<td>$82.25</td>
<td>$528</td>
<td>$88</td>
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<tr>
<td>Single-Parent Family**</td>
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<td>$65.75</td>
<td>$450</td>
<td>$75</td>
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<td>Student***</td>
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<td>$43.25</td>
<td>$264</td>
<td>$44</td>
<td>$139</td>
<td>$49</td>
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<tr>
<td>Youth (13-17)</td>
<td>$234</td>
<td>$19.50</td>
<td>$135</td>
<td>$22.50</td>
<td>$106</td>
<td>$37</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.

No electronic versions will be accepted. Student ID is not sufficient to receive this rate.

Teens between the ages of 13-18 may be eligible for a **FREE** membership through the Teen Outreach Nutrition Exercise Program! See page 14 for more details.

### DAY PASS GUEST RATES

<table>
<thead>
<tr>
<th>Category</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18+)</td>
<td>$15</td>
</tr>
<tr>
<td>Senior (65+)</td>
<td>$13</td>
</tr>
<tr>
<td>Guest of Member*</td>
<td>$8</td>
</tr>
<tr>
<td>Youth (age 6-17)</td>
<td>$6</td>
</tr>
<tr>
<td>Child (age 0-5)</td>
<td>Caregiver Fee</td>
</tr>
<tr>
<td>Caregiver (Adult accompanying children ages 0-9)</td>
<td>$6</td>
</tr>
<tr>
<td>College Student (with ID)</td>
<td>$10</td>
</tr>
<tr>
<td>Adult &amp; Senior Last hour</td>
<td>$8</td>
</tr>
</tbody>
</table>

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

### 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.
DEAR COMMUNITY MEMBERS,

As I write to you it is snowing outside, and darkness falls quickly, emphasizing the white flakes. Our Community Center is like this, a canvas of contrasts and distinctions. Like the growing layers of snowflakes, we create an endless sweep of something greater when we are together. Abundance.

What we have to offer you this season at the Center is immeasurable and full of light like the promise of the New Year itself. This gift presents itself in many names: community, friendship, belonging. As a patron of Berkshire South you actively choose community; you create community; you participate in something larger than yourself. This is a powerful choice, especially at this moment when so many people report feeling polarized, when social media allows us to engage only with people whose views mirror our own. When you choose Berkshire South, you choose to engage with one another, with your neighbors, whether they look like you, or share your educational background, or your political views, or even your level of fitness.

This catalog’s offerings expand your opportunities for community. Not only do we continue the long tradition of offering the fitness and aquatics classes you’ve come to look forward to, we also have some exciting news! On Thursdays we bring back pick-up basketball for all, but especially for those who have lost their outdoor courts to play on to the season. We now offer two Get Fit programs including one for beginners, and we have updated the entire curriculum to provide more help with mindfulness and healthy choices. And if you are looking for some new walking routes close to home, look no further! Just stop at our Front Desk and ask for a Walking Club route map! Keep up your good exercise habits all winter long.

Our Community Supper’s community chef number continues to grow, as does the number of dedicated volunteers who keep this weekly free program current and delicious. Within recent times we’ve featured meals by Kripalu and Morgan House Inn, and homemade cookies by the Windflower Inn, and every Monday friendship continues to be our main ingredient. The community enrichment programming for children and adults also continues to grow. This catalog we bring you two sections of kid’s Hip Hop, two sections of Ballet 2 for ages 8-10, Italian and Lebanese cooking classes, French language classes and more.

Parents of little ones remember us when you need a break, as we have the answer! On Wednesdays from 9 a.m. until noon, you can drop your kiddos off here and take a break elsewhere! Treat yourself to some solitude and self-care while we mind your babes. Also remember us on Saturdays during mud season and bring the kids to jump and play in our beautiful bounce house from 10 – 11:30 a.m.

Save the date for March 7, for our annual Swim-a-thon, in which we fundraise for our adaptive needs programs. Before we know it the annual 5K (May 2) will be here as springtime comes quicker than we might imagine now, during the coldest season.

As always, please keep us top of mind as we do you. And remember, we are YOUR nonprofit community resource!

With best wishes,

Jenise Lucey
Executive Director

---

ACTION ADVENTURES DAY CAMP

JOIN US! SUMMER 2020

**Ages 5-14**

- **Financial Assistance Available**
- **10 hours of FUN each day MON-FRI**
- **Games & Sports**
- **Crafts & Projects**
- **Outdoor Experiences & Field Trips**

This camp must comply with regulations of the MDPH and be licensed by the LBOH.
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.

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>
</tr>
<tr>
<td>3</td>
<td>$464</td>
<td>$536</td>
</tr>
<tr>
<td>5</td>
<td>$776</td>
<td>$896</td>
</tr>
</tbody>
</table>

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

Sunshine Preschool is supported in part by the

Bullying Free Zone

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.
TUE & THUR 8:30-10:30 a.m.

Members $3
Guests $5

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

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

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.

www.berkshiresouth.org

January/April 2020 7
Early Childhood/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

WED 9 a.m.-12 p.m.
Beginning Jan 8
Members $15/Guests $18/Siblings $10
Will not run on Berkshire Hills school calendar days off & snow days

Ballet I & II
In these classes, students will learn beginning ballet vocabulary, positions, and steps. We will cover the positions of the feet and arms, beginning barre work, and center combinations. Get ready to chase, twirl, and leap in this positive and fun ballet class! Pre-registration and payment required 48 hours in advance. Contact programs@berkshiresouth.org

BALLET I Ages 5-7
Instructor: Alisha Trimble
TUE 4-4:45 p.m.
Jan 14-Feb 18 201EC80A
Mar 3-Apr 7 201EC80B
Members $54/Guests $68

NEW! BALLET II Ages 8-10
Instructor: Vincent Brewer
WED 4-4:45 p.m.
Jan 15-Feb 26* 201EC81A
Mar 4-Apr 8 201EC81B
10 children maximum
Members $54/Guests $68
*No class 2/20

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.

AFTER SCHOOL CARE
MON-FRI
Regular School Dismissal Time until 6 p.m.
Members $16/Guests $18
Half Day After School Care from 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

Kids Hip Hop
Ages 6-10. In this class, students will learn kid-friendly hip hop choreography from different time periods of hip hop dance. The class will include a warm-up, breaking down different hip hop moves, and a center combination. Our focus will be on offering age-appropriate, energetic, and playful material in a positive and fun atmosphere. Bring some sneakers! Instructor: Vincent Brewer
THUR 4:30-5:15 p.m.
Jan 16-Feb 27* 201EC83A
Mar 5-Apr 9 201EC83B
Members $54/Guests $68
*No class on 2/20

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.
SAT beginning JAN 4
10-11:30 a.m.
Members FREE/Guests: $6

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

MON After school-5:30 p.m.
FREE!
*No class on school vacation days

StepUp is funded by The Robbins-de Beaumont Foundation.
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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2020 Closings

<table>
<thead>
<tr>
<th>Date</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Mar 16 Professional Development*</td>
</tr>
<tr>
<td>Mon</td>
<td>May 25 Memorial Day</td>
</tr>
<tr>
<td>Mon</td>
<td>June 15 Professional Development*</td>
</tr>
<tr>
<td>Sat</td>
<td>July 4 Independence Day</td>
</tr>
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</table>

*New requirement for all staff EEC programs

Enrichment Program Discounts

<table>
<thead>
<tr>
<th>Discount Type</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Sibling Discount</td>
<td>10%</td>
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<tr>
<td>Action Adventure &amp; Sunshine</td>
<td>25%</td>
</tr>
</tbody>
</table>

NOTE: Discounts may not be combined.

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January/April 2020
Early Childhood Aquatics

Swim With Me Toddler
Ages 1-3. This engaging group session introduces and builds aquatic skills essential for toddlers and their parents/guardians. In lively classes that encourage water fun and safety with songs, toys and games, children with their parents/guardians gain comfort and experience in the water as they learn and practice basic techniques including body positioning and support, arm and leg movements, and keeping safe around the water. A great entry-level and continuing class for toddlers and their families that promotes transition to new learn-to-swim levels! Swim diapers are required for those who are not toilet trained.

SAT 10:15-10:45 a.m.
Jan 4-Feb 8 201EC04A
Feb 29-Apr 4 201EC04B

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.
Jan 6-Feb 24* 201EC03A
Mar 9-Apr 13 201EC03B
*No class 1/20 and 2/17

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.
Jan 6-Feb 24* 201EC01A
Mar 9-Apr 13 201EC01B
*No class 1/20 and 2/17

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.
Jan 8-Feb 12 201EC02A
Mar 26-Apr 1 201EC02B

Early Childhood Aquatic Rates

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>$60</td>
</tr>
<tr>
<td>Guests</td>
<td>$83</td>
</tr>
<tr>
<td>Sibling Discount</td>
<td>10%</td>
</tr>
<tr>
<td>Sunshine Preschool 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.

**WED 4-4:30 p.m.**
Jan 8-Feb 12 201EC05A
Feb 26-Apr 1 201EC05B
**SAT 10:45-11:15 a.m.**
Jan 4-Feb 8 201EC05C
Feb 29-Apr 4 201EC05D

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.

**WED 4:30-5 p.m.**
Jan 8-Feb 12 201EC06A
Feb 26-Apr 1 201EC06B
**SAT 11:15-11:45 a.m.**
Jan 4-Feb 8 201EC06C
Feb 29-Apr 4 201EC06D

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
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.

**WED 4-4:30 p.m.**
Jan 8-Feb 12 201YT03A  
Feb 26-Apr 1  201YT01B

**SAT 11:45 a.m.-12:15 p.m.**
Jan 4-Feb 8  201YT01C  
Feb 29-Apr 4  201YT01D

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.

**WED 4:30-5 p.m.**
Jan 8-Feb 12  201YT02A  
Feb 26-Apr 1  201YT02B

**SAT 12:15-12:45 p.m.**
Jan 4-Feb 8  201YT02C  
Feb 29-Apr 4  201YT02D

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.

**THUR 4-4:45 p.m.**
Jan 9-Feb 13  201YT03A  
Feb 27-Apr 2  201YT03B

**SAT 12:45-1:30 p.m.**
Jan 4-Feb 8  201YT03C  
Feb 29-Apr 4  201YT03D

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.

**THUR 4-4:45 p.m.**
Jan 9-Feb 13  201YT04A  
Feb 27-Apr 2  201YT04B

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.

**THUR 4:45-5:30 p.m.**
Jan 9-Feb 13  201YT05A  
Feb 27-Apr 2  201YT05B

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.

**TUE 4:30-5:15 p.m.**
Jan 7-Feb 11  201YT10A  
Feb 25-Mar 31  201YT10B
Members $70/Guests $90

Private Swim Lessons
Tap into the expertise of a Red Cross Certified Swim Instructor and learn how to swim more efficiently and safely!

BY APPOINTMENT

**1/2 HOUR**
Members $30/Guests $45

**1 HOUR**  
Members $50/Guest $60

Semi-Private Swim Instruction
Get together with a friend or family member and improve your swimming skills together!

BY APPOINTMENT

**45 min**  
Members $45/Guest $60

Youth Aquatic Rates

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<tr>
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<tr>
<td>Student Discount</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 aquatic programs.
2019 Community by the numbers

634 Seniors actively staved off diseases like osteoporosis in our fitness classes

564 Tomatoes lovingly cultivated in our Community Garden to be shared with friends

1,280 Lengths per season swum by Special Olympians in our pool

2,937 Hours during which we slowed down to practice mindfulness in yoga and tai chi classes

31,596 Stress-busting miles walked/run on our treadmills

4,798 Warm meals filled the bellies of our Community Supper guests

216,000 Minutes spent together creating joyful music

2,910 Hours pre-teens spent away from screens and instead engaged in community service learning

Infinite
Warmth generated by the smiles in our hallways

This year we are asking: Give More Community. Give More of yourself so that we may make more of your Community Center.

Give today: berkshiresouth.org/giving
Youth & Teen Fitness

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

TOPE is partially funded by Health New England.
Leave a lasting legacy to help us serve the needs of our community far into the future. Berkshire South’s *Community Cornerstone* recognizes those who have provided for Berkshire South in their estate planning. We would be honored to add your name to the list of those ensuring that Berkshire South continues to thrive.

TO LEARN MORE, CONTACT DEVELOPMENT@BERKSHIRESOUTH.ORG OR 413.528.2810

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**Give Community. Ski Catamount.**

GET **$5 OFF LIFT PASSES**

FEBRUARY 8, 2020 between 3-9 p.m.

On February 8, 2020, our friends at Catamount will donate to Berkshire South when you clip this bar code coupon or capture it on your smart phone and present it at Catamount.
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.

**TUE** | 6:30-7:30 p.m.
---|---
**PER WORKSHOP**
Members $10 | Guests $15
Mar 17 | 201AD01A
Apr 14 | 201AD01B

**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!

**MON**
Members $40 | Guests $55
Jan 6-Feb 24* | 201AD02A | 11-11:30 a.m.
Mar 9-Apr 13 | 201AD02C | 5-5:30 p.m.

*No class 1/20 and 2/17

**THUR**
Jan 9-Feb 13 | 201AD02B | 11-11:30 p.m.
Feb 27-Apr 2 | 201AD02D | 5-5:30 p.m.

**Private Swim Instruction**
Tap into the expertise of a Red Cross Certified Swim Instructor and learn how to swim more efficiently and safely.

1/2 HOUR
Members $30/Guests $45

1 HOUR
Members $50/Guest: $60

For information, contact the Aquatics Department at 413.528.2810, ext. 35 or aquatics@berkshiresouth.org
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.35 or Email aquatics@berkshiresouth.org

FREE For Members Adult Aquatics

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.

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 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.

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.

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 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.

TUE 11 a.m.-12 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.

THUR 11 a.m.-12 p.m.
SAT 9-10 a.m.

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.

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.

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!

TUE & THUR 10-11 a.m.
Fitness Workshops, Events and Leagues

TRX® Circuit
Ages 16+. TRX Suspension Training® was developed in the Navy to functionally achieve a Total Body Workout. This circuit class will include focused TRX suspension training to 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.

WED 4:30 - 5:30 p.m.
Jan 8-Feb 12 201AD22A
Feb 26-Apr 1 201AD22B
Members $65/Guests $80

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

Top Weight Loss Winner*
(calculated by % of weight loss): 3 Month Membership to BSRCC
Runner Up Weight Loss Winner* (calculated by % of weight loss): Next session of Get Fit

Get Fit Beginner
Beginner Whole Wellness Program
Are you ready to commit to your wellness but don’t know where to begin? This comprehensive wellness education and exercise program is just the right place to start. Each session will have a half hour educational and group discussion component followed by a 35 minute physical activity component. Together with your instructor, you will take a personal wellness inventory, set realistic goals and learn about how important nutrition, habits, movement and mindfulness are to every wellness regimen. Then, through careful instruction, you’ll explore facets of stretching, balance, gentle cardio and strength, as well as yoga and aquatic offerings. This specialized program provides 1 full hour goal & intake meeting with a personal trainer of your choice as well as 2 half-hour personal training sessions over the course of the program. By the end of the 6-week commitment, you’ll be ready to take on 2020! The group will culminate with a graduation and celebration on February 24th.

MON 6-7:15 p.m.  Jan 13-Feb 24  201AD23A  Members $215/Guests $275

Get Fit
All Level Wellness Challenge Program
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 nutrition classes with our registered dietician and experiencing guest instructors who will introduce you to new wellness activities over the course of the 12 week program. You will work hard and play hard with this supportive group sharing in your journey. The Get Fit group also has an exclusive Facebook page on 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! Free T-Shirt for each full program paying participant.

WED 6-7 p.m. & SAT 7-8 a.m.  Jan 8-Mar 28  201AD20A
Apr 15-June 27  201AD20B
Members $140/Guests $165/Guests with Membership Access $315
10 Class Punch Card Option: $95 Members/ $110 Guests

Discount Offers
First Time Participants Receive 10% Off, Buddy Sign-Up Each Get 15% Off when you sign up with a partner for the full session. Both partners must sign up at the same time.

Program Notes: The first class of each session includes an optional information session from 5:30-6 p.m. All new participants are encouraged to attend this session or contact GetFit@berkshiresouth.org for this information.

Returning Get Fitters, if you are interested in being a Get Fit Buddy Mentor to new participants, please email GetFit@berkshiresouth.org for more information. You could earn Get Fit & BSRCC Swag for helping to check-in, motivate and support new participants!

Full Get Fit registration gains you discounts on Personal Training! For the length of the session, purchase any PT Session with one of our fabulous trainers at 10% discount.

Get Fit Challenge

Top Weight Loss Winner*
(calculated by % of weight loss): 3 Month Membership to BSRCC
Runner Up Weight Loss Winner* (calculated by % of weight loss): Next session of Get Fit

Class Participation: 1 free 30 minute massage
Class Choice: Fitness/Health Gift Basket
Play Fitness Bingo: First to get regular BINGO: 1 month membership to BRSCEC
Blackout Bingo: 1 month membership to BRSCEC

*Weight must be taken at first and last weigh in on BSRCC scale
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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<th>SINGLE SESSIONS</th>
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Rate 2

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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

Bootcamp  CC
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  CC
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  RS, CC, AF
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  CC
Strengthen your whole body in 30-minutes. Combine bodyweight exercises, free weights and dynamic movements to keep your body tuned-up and toned.
WED  9-10 a.m.

DynaMIX  CC
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  RS
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  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.
MON  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  RS, AF
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.

HIIT
Your heart will be pumping throughout this high intensity interval training class. Get moving and keep moving for a 30-minute shred that will test your edge.
FRI  5:30-6 p.m.

Life Fitness  RS, AF
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  RS, AF
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 leave you feeling great.
MON  5:30-6:30 p.m.

Power Express
Increase your strength, agility and endurance in just 30 minutes. Includes variety of free weights, body-weight exercises, resistance bands and more.
Fridays 6-6:30 p.m.

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

Ripped HIIT
Ready to get ripped? This High Intensity Interval Training program will provide you with a 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.

Strength & Balance for Men/Women
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
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.

NEW! Walking Club
Get those steps in! This self-guided club will meet at the Community Center for weekly walks in our neighborhood. All routes are designed to start and end at Berkshire South. A Walking Guide brochure with route maps, difficulty rating and distance are available at the front desk. Please bring your water but leave your pets at home. All ages welcome. FREE.
WED 8:30 a.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®
Every class feels like a party! Zumba is a high energy class that fuses effective fitness routines with dynamic and joyful music.
FRI 10-11 a.m.
MON 9-11 a.m.

Information
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 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.

NEW! Tai Chi/Qi Gong for Wellness

Beginners Introduction Class
Ages 18+. Explore the benefits of Tai Chi in this introductory program. This class will help you to repair, strengthen and improve overall internal and external balance and stability, with accessible exercises perfect for everyone, regardless of fitness level. Exercises can be done seated or standing with appropriate modifications for all levels of ability and physical challenges. The class will also include meditations to deeply relax the mind and body. Learn to focus and reduce stress while you strengthen the immune system, breathing with ease in Barbara’s Tai Chi class.

TUE 10-11 a.m.
Mar 10-Apr 28* 201NH25A
FULL SERIES Members $104/Guests $120
DROP IN Member $13/Guests $15

Intermediate/Advanced Class
Ages 18+. Open to all adults who are interested in deepening their Tai Chi practice. This class will incorporate the more advanced principles of Tai Chi, including longer forms; some forms will be done to contemporary music to “Dance the Tai Chi”. This class is suggested for those with a minimum of two years’ experience in Tai Chi who can do a form or have been in the class for the past year. Harvard University studies have listed the many benefits of Tai Chi including reducing stress, better health, overall improvement in physical fitness.

TUE 11 a.m. -12:15 p.m.
Mar 10-Apr 28* 201NH25B
FULL SERIES Members $128/Guests $152
DROP IN Member $13/Guests $15

*Classes are every Tuesday, Beginning Tuesday March 10th. You can pay in an eight-week bundle as listed or pay per class.

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.

Adaptive Programs are funded by the Pamela Deely Adaptive Fitness Fund.

Berkshire South Adaptive Programs Catalog Page

- Aqua Blitz 17
- Aqua Special Conditions 17
- Aqua Thrills 17
- Chair Yoga 20
- Life Fitness 20
- Tai Chi 22
- Fitness Fun 23

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.

Parent/Child School Aged

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<th>Day</th>
<th>Time</th>
<th>Session Dates</th>
<th>Code</th>
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School Aged

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<td>3:30-4 p.m.</td>
<td>Jan 7-Feb 11</td>
<td>201SN03A</td>
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<td>Feb 25-Mar 31</td>
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<td></td>
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<td>Feb 25-Mar 31</td>
<td>201SN03D</td>
</tr>
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</table>

Adult

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session Dates</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>4:30-5 p.m.</td>
<td>Jan 6-Feb 24*</td>
<td>201SN04A</td>
</tr>
<tr>
<td></td>
<td>5-5:30 p.m.</td>
<td>Mar 9-April 13</td>
<td>201SN04B</td>
</tr>
</tbody>
</table>

* No Class 1/20 and 2/17

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

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. FREE!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session Dates</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>10-11 a.m.</td>
<td>Ongoing</td>
<td></td>
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</tbody>
</table>

Fitness Fun is funded by The Coolidge Hill Foundation.

www.berkshiresouth.org  January/April 2020  23
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.

**THUR 5-8 p.m.**
Jan 16 201CM64A  
Feb 6 201CM64B  
Apr 30 201CM64C  
Members $45  Guests $58

Lebanese Cooking Class
**Ages 18+.** Sisters Carolyn Jeffrey & Marilyn Nejaime will be teaching participants how to cook a variety of Lebanese sweets, appetizers and main courses in this fun, informational and hands on cooking course! Dishes include but are not limited to: Baklava, Houmous & Pita. Advanced registration required.

**THUR 6-8 p.m.**
Mar 5-Apr 23 201CM71  
Members $80/Guests $95

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.

**TUE 6:30-7:30 p.m.**
Jan 28-Mar 3 201CM76A  
Mar 10-Apr 14 201CM76B  
Members $55/Guests $70

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.

**TUE 5:30-6:30 p.m.**
Jan 28-Mar 3 201CM75A  
Members $55 /Guests $70

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

**THUR 6:30-7:30 p.m.**
Jan 30-Mar 5 201CM74A  
Mar 12-Apr 16 201CM74B  
Members $55/Guests $70
Adult & Community

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.

Beginners Foxtrot I
For adults, including seniors. This class is ideal for someone with no experience dancing. The Foxtrot is a very popular social dance, danced to classic Sinatra and many of today’s contemporary artists, such as Michael Bublé and Harry Connick Jr. The American style Foxtrot is a beautiful, smooth traveling dance. Both couples and singles are welcome to attend, however coming with a partner is preferred — no experience in this style is necessary as we will start from the beginning. 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. Registration required 48 hours in advance.

MON  7-8:30 p.m.  Jan 6-Jan 27  201AD63A
Members $60/Guests $70

Intermediate Foxtrot 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 Foxtrot is very popular social dance, danced to classic Sinatra and many of today’s contemporary artists, such as Michael Bublé and Harry Connick Jr. The American style Foxtrot is a beautiful, smooth traveling dance. 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 this class to ensure you have an adequate level of fitness for mild exercise. Registration required 48 hours in advance.

MON  7-8:30 p.m.  Feb 3-Feb 24  201AD63B
Members $60/Guests $70

Advanced Foxtrot III
For adults, including seniors. This class is a follow up of session II and requires previous attendance of that session, or instructor’s approval to register. It will build upon what was learned in session II and continue to add new figures in the continuity style. The Foxtrot is very popular social dance, danced to classic Sinatra and many of today’s contemporary artists, such as Michael Bublé and Harry Connick Jr. The American style Foxtrot is a beautiful, smooth traveling dance. 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. Registration required 48 hours in advance.

MON  7-8:30 p.m.  Mar 9-30  201AD63C
Members $60/Guests $70

Tea Dance
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!

SELECT SUN  2:15 -4:45 p.m.  Jan 5, Feb 2, Mar 1, Mar 29
$10 At the Door

www.berkshiresouth.org  January/April 2020  25
FREE Adult & Community Programs

Berkshire Sings!
Ages 13+. 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.

WED 6:45-8:15 p.m. FREE!
Open to Members and Guests. Recommended donation $4 per session. Drop in.

Berkshire Ukulele Band
Ages 13+. 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.

TUES 6:30-8 p.m. FREE!
Open to Members and Guests. Recommended donations for Sings! and BUB $4 per session. Drop in (Call Ahead to Confirm it’s Running)

Family Game Night
Families of all ages. Looking for some free family fun away from screens? Bring your own games, invite your family friends, and enjoy some time at the community center! We’ll have some games here at the center to play.

MON 6:15-8 p.m.
Beginning January 6
Suggested Donation: $5 per family
Drop in.

NEW! Walking Club*
Get those steps in! This self-guided club will meet at the Community Center for weekly walks in our neighborhood. All routes are designed to start and end at Berkshire South. A Walking Guide brochure with route maps, difficulty rating and distance are available at the front desk. Please bring your water but leave your pets at home. All ages welcome. FREE.

WED 8:30 a.m.

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.
Community Suppers are made possible by these sponsors:

Lennox Foundation

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.

Spring plots will be ready to plant by April 17!

CALL 413.528.2810, ext. 32

COST PER PLOT SPRING/SUMMER SEASON:
Members $40 Guests $45
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. Drop in. FREE.
Certifications

CPR/First Aid

**Adult.** 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. Advance registration required.

**EVERY THIRD**

<table>
<thead>
<tr>
<th>TUE</th>
<th>9 a.m.-12 p.m.</th>
</tr>
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<tbody>
<tr>
<td>Jan 21</td>
<td>201CM81A</td>
</tr>
<tr>
<td>Feb 18</td>
<td>201CM81B</td>
</tr>
<tr>
<td>Mar 17</td>
<td>201CM81C</td>
</tr>
<tr>
<td>Apr 21</td>
<td>201CM81D</td>
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Members $90/Guests $110
Price includes materials fee.

**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 BHRSD for 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 413.854.9740

**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 Threemile 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 help 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 Threemile 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 selectorized strength training units
  - 2 Adaptive Motion Trainer machines
  - NuStep® Recumbent Cross-Trainer
  - Concept 2 Rower

- **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

- **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.

- **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.

- **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.

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**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.
Saturday
February 8, 2020 | 2 PM

RENEE LOUPRETTE
and GEORGE B. STAUFFER
The Organ Masters

Unitarian Universalist Meeting House
1089 Main Street, Housatonic, MA
www.berkshirebach.org | 413.528.9555

Berkshire South’s commitment to adaptive needs access and programming is sponsored in part by

Berkshire Life Foundation

We appreciate the foundation’s 2019 support which has helped to foster our adaptive needs-specific wellness, recreational, social and cultural offerings.
YES! Please accept my gift of:

☐ $75  ☐ $50  ☐ $25  ☐ Other _______

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

Your donation supports Berkshire South’s programs and events that enrich the lives of those of all ages and abilities in our community.

BSRCC is a 501(c)(3) nonprofit organization. Your donation is tax deductible to the extent permitted by law.