

A woman with blonde hair, wearing a brown sweater, is painting on a wooden easel outdoors. She is using a blue brush to apply paint to a canvas that features a vibrant, abstract composition of reds, oranges, and purples. The background is a lush, green, out-of-focus landscape. The text 'BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER' is overlaid at the top in white, with a compass rose icon replacing the letter 'O' in 'SOUTH'.

BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

Spring/Summer 2024

Your Nonprofit Community Resource

Together we strive to build a sense of community and common purpose throughout the region and to 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.

2024 Berkshire South Hours of Operation

Center Building

MON-FRI 6 am - 8:30 pm

SAT-SUN 7 am - 5 pm

Fitness Center

MON-FRI 6 am - 8:20 pm

SAT-SUN 7 am - 4:50 pm

Aquatic Center

MON-FRI 6:30 am - 8:00 pm

SAT-SUN 7:30 am - 4:30 pm

It is possible that our hours of operation may occasionally change. Please check our website for updates.

Board of Trustees

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CATALOG CODE KEY:  Recommended for Seniors
 Adaptive Fitness Friendly

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 a 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, 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** rates for our state licensed preschool, after-school program, full-day and half-day programming for children when school is closed, and other youth programming

Payment Information

We accept cash, check, American Express, 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 health, recreation, culture 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 online and 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.



Teens between the ages of 12-18 may be eligible for a FREE membership through the T.O.N.E. Teen Outreach Nutrition Exercise Program! See page 23 for more details

membership information

* monthly Electronic Fund Transfer (EFT) plan

Membership Rates

Member Categories	1-Year	MONTHLY *EFT RATE	6-Month	MONTHLY *EFT RATE	3-Month	Monthly
ADULT (AGES 26+)	\$834.00	\$69.50	\$473.00	\$78.83	\$264.00	\$93.00
SENIOR 65+	\$788.00	\$65.67	\$445.00	\$74.17	\$250.00	\$88.00
COUPLE/FAMILY	\$1,066.00	\$88.83	\$603.00	\$100.50	\$336.00	\$118.00
SINGLE PARENT FAMILY	\$899.00	\$74.92	\$504.00	\$84.00	\$282.00	\$100.00
YOUNG ADULT (AGES 18-25)	\$491.00	\$40.92	\$278.00	\$46.33	\$159.00	\$55.00
YOUTH	\$362.00	\$30.17	\$204.00	\$34.00	\$119.00	\$41.00

*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

DAY PASS GUEST RATES

Adult (18+)	\$15	Adult & Senior last hour of day	\$8
Senior (65+)	\$13	Family Day Pass**	\$40
Guest of Member*	\$8	20 Visit Pass (no expiration)	\$240
Youth (age 6-17)	\$6	20 Visit Senior Punch Card (no expiration)	\$200
Child (age 0-5)	No Charge	10 Visit Pass (no expiration)	\$130
Caregiver Fee (Adult accompanying children ages 0-9)	\$6	10 Visit Senior Punch Card (no expiration)	\$110
College Student (with ID)	\$10		

* 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 12 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. Passing a swim test with our lifeguard staff is required prior to parent/guardian leaving the pool area.

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 Membership Supervisor 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, contact Amanda Leavenworth, Membership Outreach & Special Events Manager, at aleavenworth@berkshiresouth.org or 413.528.2810, ext. 32

welcome to berkshire south

A NOTE FROM THE EXECUTIVE DIRECTOR

Dear friends,

Last year, the Surgeon General issued an advisory warning about the epidemic of loneliness in America. The health impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day! It's associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. I've shared that statistic previously, but I am sharing it here again because it continues to amaze me, and because I believe to my core that what we offer at Berkshire South is an antidote to the epidemic of loneliness.



Fundamentally, this special place exists to connect us all to one another. That could happen in a fitness or aquatics class, on a hike, in an art or cooking class, at a magic show or movie night, or at a community supper. The point is that being in good health isn't just a matter of eating well and getting exercise (though we're here to offer that too!). Real wellness happens when we feel connected to one another and the place where we live.

I invite you to take a look at the many offerings in this catalog and find an interesting way to connect with your community this season. Perhaps you'll even consider trying something new - if you typically use our aquatics center, think about trying the ukulele or, if you come to our yoga classes, maybe you'd like Pickleball. In this way, you'll expand your circle and strengthen your connection to your neighbors. And hopefully, you'll have a wonderful time too!

You belong at Berkshire South. If there's a way in which we can make you feel more welcome, please don't hesitate to let us know by speaking with someone at the front desk or giving us a call.

Warmly,

Jenise Lucey

Jenise Lucey
Executive Director



Sunshine Preschool is our state-licensed preschool program for children two years nine months to kindergarten-ready. 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, 8:30AM-5:30PM.

Children learn through play in this fun and hands-on educational environment. Activities include art, crafts, creative movement, dramatic play, storytime, songs, gym, outdoor activities, and our splash playground. Sunshine's philosophy encourages learning in a safe, warm, and accepting environment.

SUNSHINE'S HOURS OF OPERATION: MON-FRI 8:30am - 5:30pm

SUNSHINE WEEKLY YEAR-ROUND RATES

# Days per week	Member Rate	Guest Rate
2	\$94	\$110
3	\$141	\$165
5	\$235	\$275

*Financial Assistance is available through the Judy Spencer Scholarships for Early Childhood



education & childcare

ACTION Adventures Out of School Program

ACTION ADVENTURES
AFTER SCHOOL AND OUT OF SCHOOL PROGRAM
KINDERGARTEN – AGE 14
MONDAYS – FRIDAYS
AUGUST THROUGH JUNE
SCHOOL DISMISSAL – 5:30PM

This enriching after school program provides quality, state-licensed care for school age children. Each afternoon includes homework time, physical activities, arts & crafts, complimentary swim in the pool, and free time under the supervision of mature, nurturing, and creative staff. This program also runs during school vacations and holidays when BSRCC facilities are open.

Bus transportation provided from Berkshire Hills and Southern Berkshire Regional Schools.

Students enrolled full-time receive 25% off enrichment programs.

Pricing*	Member Rate	Guest Rate
Daily Price	\$21	\$23
Half Day After School	\$26	\$32
School Vacation/Snow Days	\$43	\$51

*Financial Assistance is available. We also accept vouchers.
Inquire here: lference@berkshiresouth.org
or 413-528-2810 x 29



VISIT THE
EDUCATION & CHILDCARE PAGE



TO LEARN MORE

TO LEARN MORE contact **Kristina Splawn** at
k.splawn@berkshiresouth.org
or call 413 528 2810 OOS x 34 / Sunshine x 16

summer programs

Sunshine In The Summer

AGES 2.9 - 5YRS OLD
 JUNE 24TH - AUGUST 22ND
 MONDAY - FRIDAY
 8:30AM - 5:30PM
 *NO CAMP ON JULY 4TH

Come for one week or stay for all nine! Sunshine In The Summer offers a creative atmosphere which enhances a student's ability to socialize with others, make clever use of materials, promote self-expression, and foster their cognitive and emotional development. Children will enjoy outdoor adventures on our property, play games, make art, use our indoor Splash Pad, and more!

VISIT THE SUNSHINE IN THE SUMMER PAGE



TO LEARN MORE

Please Note: To enroll in Sunshine In The Summer for less than 5 days per week (2-3 days/wk), your child must be a year-round student OR enroll in our summer program for a minimum of 4 weeks. Your child is considered a year-round student if they already attend Sunshine Preschool or expect to attend Sunshine Preschool in fall 2024.

YEAR-ROUND COMMITMENT RATES	MEMBERS	GUESTS
2 days/week	\$94	\$110
3 days/week	\$141	\$165
5 days/week	\$235	\$275

SUMMER-ONLY RATES	MEMBERS	GUESTS
5 days/week	\$325	\$375

PRORATED WEEKS	MEMBERS	GUESTS
Week of July 4th & week of August 22nd	\$260	\$300

To learn more, contact Amanda Marcinak

at amarcinak@berkshiresouth.org
 or call 413 528 2810 / Sunshine x 16

*Financial Assistance is available through the Judy Spencer Scholarships for Early Childhood.



ACTION ADVENTURES DAY CAMP

Nine weeks of fun and safe summer activities! We offer our campers a variety of age-appropriate activities and special events to make their summer unforgettable. Campers will be able to take advantage of our facilities including our playgrounds, fields, hiking trails, and pool. From sports to creative arts and STEM activities, campers will have the opportunity to develop positive character traits, create memories, and build long-lasting friendships.

AGES 5 - 14
 JUNE 24TH - AUGUST 22ND
 MONDAY THROUGH FRIDAY 8:30 AM - 5:30 PM | *NO CAMP ON JULY 4TH
 DROP OFF IS BETWEEN 8:30 AM - 9:00 AM | PICK UP IS BETWEEN 5:00 PM - 5:30 PM

2024 AADC Weekly Themes

Week 1: The Fantastic Five: Exploring our Sensational Senses

JUNE 24TH - JUNE 28TH

This week, we will focus on our 5 senses and use them to explore the world around us. We'll look high in the sky, down in the dirt, and open our ears to the sounds of the forest. It's amazing what you can learn when you hone in on your senses!

Week 2: Big Nature

JULY 1ST - JULY 5TH (CLOSED JULY 4TH)

Have you ever wanted to live off the land? Learn to build shelters, navigate in the woods, purify water, read animal tracks, and identify edible plants. Come explore all aspects of nature with us!

Week 3: Crazy With Curiosity

JULY 8TH - JULY 12TH

Would you rather be a chemist or a zoologist? A botanist or a physicist? This week, we will spend each day diving into a different field of science. From plant photosynthesis to human digestive tracts, conducting chemistry experiments to exploring the laws of motion. The possibilities are endless!

Week 4: Imaginarium

JULY 15TH - JULY 19TH

Take an artistic adventure with us! Campers have the opportunity to unleash their inner artist through painting, collaging, drawing, sculpting and more! Take part in dynamic activities that encourage originality and give everyone a chance to shine.

Week 5: The World of Magical Creatures

JULY 22ND - JULY 26TH

Loch Ness monster, flying tigers, Big Foot... oh my! This week we will create our own fairy tale adventures. Don't forget to bring your wands! We will need every drop of magic we can get to track down mysterious creatures, brew potions, and transform your counselors into silly beasts!

Week 6: Lights, Camera, Action!

JULY 29TH - AUGUST 2ND

We've got talent! How 'bout you? Join the glitz and glamor of famous celebrities on the walk of fame as we create our own character stars and personal handprints. Whether you sing or act, dance or make us laugh, it is your time to shine! Our young performers will bring the house down with a talent show at the end of the week.

Week 7: Outside The Box

AUGUST 5TH - AUGUST 9TH

Give a child a cardboard box and magic happens! With a few tools, they are inspired to build, transform, and reinvent a box into wherever their imagination takes them. Spark creativity and build the impossible while thinking outside of the box!

Week 8: Sports Mania

AUGUST 12TH - AUGUST 16TH

Come share your love of sports with us! From basketball to gymnastics to soccer and more - we will kick, shoot, jump, and run our way through this sport filled week. Never played a sport before? No worries! This week is all about exploring and learning new techniques and methods to all kinds of different games.

Week 9: Spirit Week

AUGUST 19 - AUGUST 22ND (CLOSED FRIDAY AUGUST 23RD)

End summer with a bang! Each day will be themed with something crazy, silly, and spectacular. From crazy hair day to Halloween in the summer, the unexpected is awaiting you!

WEEKLY CAMP RATES:

Members: \$395 | Guests: \$450

*PRORATED WEEK OF JULY 4TH & WEEK OF AUGUST 22ND:

Members: \$316 | Guests: \$360

VISIT THE ACTION ADVENTURES DAY CAMP PAGE



TO LEARN MORE

Questions? Contact oos@berkshiresouth.org or call 413-528-2810 ext 34, to learn more.

YOUTH PROGRAMS



Munchkins and Melodies

6-18 MONTHS
MONDAYS, MAY 13TH - JUNE 17TH
(NO CLASS 5/27)
10:00 - 11:00 AM
INSTRUCTOR: AMY KIE-BURDICK

This early childhood music program is created and conducted by board-certified music therapists. It offers a developmental approach to infant and toddler music classes that supports age-appropriate emotional, social, and motor development through musical play. These groups include "family dyads" (one child and a guardian/important adult in their life), so parents have the opportunity to connect with other families while also learning fun songs to engage their children during times of transition (doctor appointments, car rides, waiting for mealtimes, etc.).

Members: \$120 | Guests: \$145



Youth Ballet 2 - Intermediate

AGES 5-7
WEDNESDAYS, MAY 15TH - JUNE 26TH
(NO CLASS 6/19)
4:45 - 5:30 PM
INSTRUCTOR: SARAH DAUNT

This class elevates students' ballet skills by deepening their understanding and enhancing their imagination. Children will develop coordination, spatial awareness, flexibility, rhythm, and fundamental dance techniques in a positive and encouraging atmosphere. A parent/guardian is required to stay for class.

Members: \$55 | Guests: \$70



Preschool Soccer

AGES 3-5
TUESDAYS, JUNE 4TH - JUNE 25TH
4:00 - 4:45 PM OR
THURSDAYS, JUNE 6TH - JUNE 27TH
3:30 - 4:15 PM
INSTRUCTOR: MOLLY AMSTEAD

Come learn fundamental soccer skills with Molly! Learn how to dribble, pass, and shoot some goals while getting your giggles out.

Members: \$30 | Guests: \$45

VISIT THE
COMMUNITY PAGE



TO LEARN MORE

ADULT PROGRAMS



Uke 101

13+
THURSDAYS, MAY 2ND - MAY 23RD
6:15 - 7:00 PM
INSTRUCTOR: KEITH LARSEN

This spring, discover the wonderful world of ukulele! This 4-week beginner course is designed to introduce basic chords and strumming patterns to people interested in learning or gaining confidence playing the ukulele. We will focus on holding the ukulele comfortably to ensure healthy playing habits, tuning the instrument, learning several chords, strumming, and reading a chord chart. No prior musical experience needed. Ukuleles will be provided.

Members: \$25 | Guests: \$35

Spring Candle-Making Workshop

AGES 18+ (AGES 8+ ARE WELCOME WITH A PARENT OR GUARDIAN)
TUESDAY, MAY 7TH
6:00 - 8:00 PM
INSTRUCTOR: MEGAN KAISER FROM BROOKMAN CANDLE & CO.

Create your own reusable wooden bowl candle using natural soy and non-toxic, phthalate-free fragrances, like Wild Lilac, Spring Magnolia, Lemon Verbena and many others! Choose a crackling wood or cotton wick. Give your candle some personal touches with beautiful, local dried florals, wax melts, and a chunky ribbon. Bring a friend or come on your own! Please register each participant who will be making a candle.

Members: \$25 | Guests: \$40

Reiki Individual Sessions

AGES 13+
WEDNESDAY, MAY 8TH
2:00 - 5:00 PM
WEDNESDAY, JUNE 12TH
12:00 - 3:00 PM
INSTRUCTOR: CARRIE HARPER

Sign up for a 30 minute private session to experience the Reiki Healing Arts with Carrie Harper from Here To There Reiki Care. Reiki is a gentle form of healing in which the practitioner is a conduit for the Reiki energy to flow to the receiver. Reiki supports each person in an individual way for their highest good. This universal life force energy is accessible to all, balancing the physical, emotional, mind, and spirit.

Members: \$10 | Guests: \$15



Guild of Berkshire Artists Intro To Cold Wax

MONDAYS, MAY 13TH - JUNE 10TH
1:00 - 4:00PM
INSTRUCTOR: CAROLYN ABRAMS

Cold wax medium is an oil painting medium composed of beeswax with a small amount of solvent. In this class, we will experiment and play as we build our cold wax medium skills from one week to the next.

Members: \$200 | Guests: \$250

Genealogy

13+
WEDNESDAYS, MAY 22ND, JUNE 12TH, & JULY 17TH
5:00 - 7:00 PM
INSTRUCTOR: RICHARD POPE

Have you ever wondered about your family's past but didn't know where to start or who to ask? This is your opportunity! In this 30 minute session, Richard Pope, a certified genealogist, will help you get the answers you have been looking for and get you started in the right direction. Please note, Richard focuses on genealogy within America only.

Members: \$5 | Guests: \$8

ADULT PROGRAMS

Summer Music Jam

AGES 13+
MONDAYS, JUNE 3RD, JUNE 17TH,
JULY 1ST, JULY 15TH, AUGUST 5TH, &
AUGUST 19TH
6:30 - 8:00 PM
INSTRUCTOR: SHERRY STEINER

Jamming is a spontaneous, improvisational musical collaboration. Come try out new sounds and meet fellow instrumentalists. Bring your instrument(s) and hop on the jam session.

free!
registration
required



Renew, Rest & Recharge

18+
THURSDAY, JUNE 13TH
5:30 - 7:30 PM
INSTRUCTOR: THAIS HARRIS &
NICOLE DELOREY

A special evening with holistic nutritionist & author, Thais Harris, and acupuncturist, Nicole DeLorey. Get into a state of rest and renewal with a guided relaxation and sound healing, while recharging your nervous system with acupuncture/acupressure and essential oil therapy. Integrate your experience with a group discussion and nourishing foods & beverages. You will receive a handout with practices and recipes to repeat this experience at home!

Members: \$30 | Guests: \$45

Love-Powered Weight Loss

18+
THURSDAY, JULY 18TH
5:30 - 7:00 PM
INSTRUCTOR: THAIS HARRIS

Thais Harris, a board-certified holistic nutritionist, will introduce you to an innovative approach towards understanding your body and supporting it in shedding fat. This class is part lecture and part cooking paired with a personal metabolic questionnaire.

free!
registration
required

Members: Free | Guests: Free

Members: Free | Guests: Free



Narcan Training

13+
TUESDAY, JUNE 4TH
WEDNESDAY, JULY 24TH
MONDAY, AUGUST 19TH
12:00 - 1:00 PM
INSTRUCTOR: BERKSHIRE HARM
REDUCTION

This is a community conversation and training about harm reduction and overdose prevention. Learn how harm reduction is a social justice movement and survival strategy. You will learn both overdose prevention and how to detect and respond to a possible overdose.

free!
registration
required

Members: Free | Guests: Free

Sweet Midsummer Spa Day

AGES 18+
SATURDAY, JULY 20TH
1:00 - 3:00 PM
INSTRUCTOR: NICOLE IRENE

Join Nicole for a DIY spa day as we sip refreshing holy basil & strawberry mocktails! We will make a home-made sweet basil lip scrub, rose face wash, and gentle rosehip facial moisturizer for a radiant complexion.

Members: \$25 | Guests: \$40

Steady Mood and Blood Sugar

16+
WEDNESDAY, AUGUST 7TH
5:30 - 7:00 PM
INSTRUCTOR: THAIS HARRIS

Learn how to balance carbs, fats, and protein to keep your mind and body happy. This class is part lecture and part hands-on cooking with Thais Harris who is board certified in holistic nutrition.

free!
registration
required

Members: Free | Guests: Free

Sunkissed: Summer Skin Care

AGES 18+
SATURDAY, AUGUST 17TH
10:00 AM - 12:00 PM
INSTRUCTOR: NICOLE IRENE

Sip on sweet calendula tea while using the same plant to create a home-made after-sun spray, calming lotion, and simple salve lip balm.

Members: \$25 | Guests: \$40

VISIT THE
COMMUNITY PAGE



TO LEARN MORE



Community Supper

EVERY OTHER MONDAY
5:00PM - 6:00PM
FREE FOR EVERYONE**

Join us for a delicious meal prepared by some of the finest chefs in the Berkshires! All are welcome!

free!

Call the front desk or check our Facebook page and Instagram for the weekly menu. No reservations are needed, but please note that meals are available on a first come, first served basis and only 125 meals will be prepared.

**Funding for these meals is generously provided by Greylock Federal Credit Union, Fallon Health, the Jewish Women's Foundation of the Berkshires, Lee Bank Foundation, and the Lennox Foundation.

Community Garden

SUMMER PLOT:
APRIL 1ST - SEPTEMBER 31ST
\$45 PER PLOT

YEAR ROUND PLOT:
APRIL 1ST - MARCH 31ST
\$65 PER PLOT

Want to grow your own vegetables and flowers, but lack the space to do so? Our fenced garden has eight 4' x 14' raised beds with access to water. Rent one (or more!) for the next growing season. Fall is the perfect time to plant garlic, carrots, tulip bulbs, spinach greens and more.

Contact Amanda Leavenworth at 413-528-2810 ext 32 to learn more or reserve your plot.



Berkshire Ukulele Band (BUB)

AGES 13+
TUESDAYS, 6:00PM - 7:30PM
INSTRUCTOR: JEAN ATWATER-
WILLIAMS & KEITH LARSEN

Our music educator will teach ukulele technique, chord progressions, and songs from many musical genres. Students and music lovers of all levels are welcome, including beginners. The ability to read music is not required. Music and chord charts will be provided. There will be opportunities to perform at community events throughout the year. This is a drop in program but calling ahead is encouraged as the group occasionally performs off site during regular class times.

free!



Berkshire Sings!

AGES 13+
WEDNESDAYS, 6:45PM - 8:30PM
INSTRUCTOR: ROBERT KELLY

Sing till your heart's content under the guidance and accompaniment of musician and teacher Robert Kelly. Songs include pop, folk, jazz standards, and show tunes. Exercises in breathing, relaxation, and listening will be incorporated, and opportunities to perform at community events will be offered. Everyone is welcome-no prior experience 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.

free!



Berkshire Ukulele Band and Berkshire Sings are FREE programs supported in part by the Massachusetts Cultural Council and the following local cultural councils: Alford-Egremont, Great Barrington, Lee, Lenox, Monterey, New Marlborough, Otis, Sandisfield, Sheffield, and Stockbridge.

youth aquatics

We will offer one 6-week Spring Learn-To-Swim session, and two 3-week Summer Learn-To-Swim sessions. Our Spring 2024 6-week session of Youth Group Swim lessons will begin in late April and be finished by the end of May. The 3-week summer sessions will start on July 8 and August 5, and classes will be held 2x per week. The schedule for our two summer sessions is TBD.

Registration links for all Youth Swim Lessons will be posted at berkshiresouth.org/aquatics-youth and registration will open at least one month before lessons begin. Join our aquatics email listserv to stay up-to-date!

All Youth Swim Lessons are \$84 for Members and \$108 for Guests

Swim With Me Tots

AGES 6 MONTHS TO 3 YEARS

For our littlest swimmers! Caregivers and swimmers will be in the water together, guided by their instructor in an introduction to water safety and comfort through song, movement, and water exploration.



Learn to Swim Lessons - Preschool Beginner

AGES 3 - 5

For little swimmers ages 3-5 who are not yet swimming on their own without support — come learn about water safety and basic swim skills, and begin the journey toward becoming a safe, independent swimmer. We will focus on submersion, front and back floating, proper kicking, and how to be safe around water - this is a swimmer/instructor only course; parents will watch from the pool deck.

VISIT THE AQUATICS PAGE



TO LEARN MORE



Learn to Swim Lessons - Preschool Intermediate

AGES 3 - 5

For little swimmers ages 3-5 who are comfortable in the water and can do some swimming on their own without support — a continuation of our Preschool Beginner class, swimmers will learn about water safety and begin the basics of swimming strokes. Participants should be comfortable fully submerging in the water and proficient at floating independently on front and back. We will focus on front and back gliding, introducing front crawl, and how to be safe around water - this is a swimmer/instructor only course; parents will watch from the pool deck.

Youth Beginner Level 1

AGES 6+

This is a beginner swimming class for swimmers ages 6 & up with no prerequisites. Swimmers will learn basic water safety skills and gain comfort and confidence in the water. We will focus on submersion, floating, proper kick, and independent movement through the water.



Youth Intermediate Level 2

AGES 6+

For swimmers ages 6 & up who are confidently swimming on their own, this class will teach the basics of the front and back crawl, explore swimming in deep water, and continue water safety skills. Prerequisite: Students should be able to enter shallow water, return to the wall using any method of swimming on their front, and float on their front and back for 5 seconds on their own before registering for this course.

Youth Advanced Level 3 & 4

Swimmers in this class should be able to perform basic front and back crawl techniques for one pool length and be comfortable swimming in deep water. We will focus on continuous improvement of these strokes, as well as basics of breaststroke and butterfly, lifetime strokes, diving, and continued water safety skills.

Berkshire South Flying Fish Swim Team

AGES 6 & UP

Our Youth Swim Club is a novice recreational swim team. No prior experience necessary! However, swimmers must be able to swim 25+ yards of freestyle and backstroke in order to join. The Youth Swim Club is geared towards having fun and gaining confidence in a team format while learning about competitive swimming. This program is available by tryout or coach's invitation only.

Contact aquatics@berkshiresouth.org for additional information or to arrange a swim try-out! For more information, including pricing, please see our website.

All aquatics programs are free for members unless otherwise noted.

adult aquatics

Aqua Strength

MONDAYS 9:15AM - 10:15AM
INSTRUCTOR: LUANA DIAS DAVID

This low-impact class is designed to increase strength, heart-health, and endurance through water-based exercise in a fun and social setting. This class is for all levels of fitness.

Cardio Crush

MONDAYS 5:30PM - 6:30PM
INSTRUCTOR: TES REED

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.



Aqua Core

TUESDAYS 10:00AM - 11:00AM
INSTRUCTOR: BEIGNYREIH PERSON

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

Aqua Dance

TUESDAYS 11:00 AM - 12:00 PM
INSTRUCTOR: DARREN BLANEY

Shake your groove thing and shimmy your cares away at Aqua Dance with Darren! This class uses the resistance of the water, contemporary dance music, and movements from modern dance styles to elicit a gleeful, dynamic aquatic workout. No experience necessary but a willingness to get a little silly, learn some new steps, and laugh at ourselves is required!



Aqua Bootcamp

TUESDAYS 5:30PM - 6:30PM
THURSDAYS 5:30PM - 6:30PM
INSTRUCTOR: TES REED

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

Aqua Blast

WEDNESDAY 9:30AM - 10:30AM
INSTRUCTOR: DARREN BLANEY

A dynamic mix of interval training, cardio, strength, and balance exercises. This class uses music and movement to strengthen our hearts and muscles as we bring flexibility, limberness, and freedom to the spine. Join Darren for a fun midweek pick me up!

Fountain of Youth

THURSDAYS 10:30AM - 11:30AM
INSTRUCTOR: BEIGNYREIH PERSON

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. This class welcomes all ability levels. Work in the deep water is not required.

Friday Happiness Hour

FRIDAYS 10:30AM - 11:30AM
INSTRUCTOR: MELANIE CANON

Researchers have discovered that music and certain movements can jumpstart positive emotions and improve your mood. This class uses both to maximize happiness! Ready to dive into joy? Kick off the weekend with Happiness Hour at Berkshire South!



Adult Learn To Swim Lessons

Our next session of adult swim lessons will take place in the early autumn, 2024.

SUPPORTED BY THE COOLIDGE HILL FOUNDATION

adaptive aquatics programs

Aqua Thrills **AF**

THURSDAYS 2:00PM - 3:00PM
INSTRUCTOR: JANICE SHIELDS

This class is designed for adults with disabilities along with their caregivers, family, and friends. We move and play in the water using various floatation 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.

SUPPORTED BY THE COOLIDGE HILL FOUNDATION

Swim With Us Adaptive Swim Lessons **AF**

INSTRUCTOR: CATHERINE BLAKE

Adaptive Aquatics is designed to benefit children and adults with differently abled bodies and individuals with neurodiversities. Our goal is to help each swimmer push past their challenges to be successful in learning how to swim, develop confidence, increase fitness, and have fun!

Lessons are offered for both Youth (ages 6+) and Adults (ages 18+). Please register online when registration becomes available, then contact aquatics@berkshiresouth.org for placement.

DATES COMING SOON

adaptive programming

Berkshire South strives to address the needs of all our members. At the Center, you will find a specially trained team that offers classes, programs, and individualized training for people of all abilities. Our adaptive programs are designed to benefit children and adults with disabilities and people with health conditions. Our member base of individuals with adaptive needs is a strong priority to us. We are committed to keeping our programs accessible and adaptable to everyone and continue to educate ourselves on how to best serve our community.

The following classes are offered to members and guests of all abilities:

Aqua Thrills pg 16

Chair Yoga pg 20

We also offer **Adaptive Swim Lessons**. Please refer to page 15 for additional information.



intergenerational aquatics



private lessons

We offer a variety of private swim lessons for preschoolers, youth, and adults. Lessons are scheduled based on instructor and pool lane availability. Because demand for private lessons is high, we are currently adding names to our waitlist. Please understand that, due to limited instructor availability and lane space, the wait may be a month or longer. We apologize for any inconvenience this may cause and will contact you as soon as we have an instructor available who can meet your needs. Visit the Aquatics Private Swimming Lessons webpage for more details: berkshiresouth.org/aquatics-personal-training

Please note our registration and cancellation policy is in effect for all private swim lessons.

PRIVATE LESSONS	Member Rate	Guest Rate
30 Minute Lesson	\$50	\$60
30 Minute Lesson (pkg of 4)	\$192	\$220
30 Minute Lesson (pkg of 6)	\$280	\$320
60 Minute Lesson	\$75	\$85
60 Minute Lesson (pkg of 6)	\$400	\$460

SEMI-PRIVATE LESSONS / PER PERSON	Member Rate	Guest Rate
45 Minute Lesson	\$30	\$40
45 Minute Lesson (pkg of 4)	\$117	\$150
45 Minute Lesson (pkg of 6)	\$170	\$210

Aqua Volleyball

WEDNESDAYS 5:30PM - 6:30PM
INSTRUCTOR: BEIGNYREIH PERSON

Get your (aqua) game on! Change up and charge up your water routine with aqua volleyball! Enjoy an hour of fun, fast water sport that burns calories, promotes healthy movement, and brings a blast to your Wednesday water workout.

Note: This program is open to players of all ages, provided they can stand and move with their head fully above the water in the shallow area.

Saturday AM Jam

SATURDAYS
*WEEKLY SCHEDULE MAY CHANGE FOR APRIL & MAY
INSTRUCTOR: BEIGNYREIH PERSON

Open to all ages, this is a fun, casual, and diverse programming hour that includes activities like volleyball, aquatic dance jams, pool games, and water safety demonstrations. For more information about our programming schedule, please join our aquatics email listserv.

Open Swim

DAILY
HOURS VARY

"Open Swim" times are available to swimmers and aquatics enthusiasts of all ages!

"Open Swim" offers a large (2 lane wide) open rectangular pool space that is available for exercise, play, and relaxation. Check our website for more details and exact hours!



LIFEGUARD TRAINING

Red Cross Lifeguarding Certificate with CPR/AED/First Aid with Optional Waterfront Skills Certification

AGES 15+
MAY 17TH - 19TH OR JUNE 21ST-23RD
FRIDAY, 6-8PM, SATURDAY & SUNDAY 8AM-5PM
INSTRUCTOR: DARREN BLANEY,
DIRECTOR OF AQUATICS AT BERKSHIRE SOUTH

Berkshire South is offering a blended program combining online coursework with onsite aquatics time to make the best use of your time. Participate in all course sessions to earn certification in Lifeguard Training, CPR/AED, and First Aid*

Requirements:

- Complete pre-course swim test
 - 300 yards (12 length swim without stopping)
 - Retrieve 10 lb brick from deep end of pool and swim to shallow
 - Tread water for 2 minutes with hands above surface
 - Online coursework (link provided after registration)
- Complete 7-8 hours of online work
- Complete in-person skills classes
- Additional skills for Waterfront Certification (optional, if desired)

*Note that Waterfront Skills are necessary for employment at lakes

Lifeguard Training Course:

Members: \$325 | Guests: \$375

Lifeguard Training Course with Waterfront Certification:

Members: \$335 | Guests: \$385

Red Cross Lifeguard Recertification Course

AGES 15+
MAY 31 & JUNE 1
FRIDAY: 6:00-8:30PM AND SATURDAY: 9:00AM-5:00PM
INSTRUCTOR: DARREN BLANEY

Renew your Red Cross Lifeguard Certificate for an additional 2 years! To take this course, you must have a current, valid Red Cross Lifeguard Certification (or certification that expired within 30 days of the final day of class) to register. Please email a copy of your Red Cross Certification to Darren Blaney at d.blaney@berkshiresouth.org

Members: \$150 | Guests: \$175

Lifeguard Training Employment Reimbursement Opportunity:

Existing Employees In Good Standing:

Current employees and returning lifeguards who have worked for BSRCC in previous seasons are eligible for free lifeguard training to maintain or renew their Red Cross Certification, provided they commit to working 100 hours within a calendar year.

New Employees:

Newly hired lifeguards will receive full reimbursement of their in-house BSRCC lifeguarding course fees if they work 100 hours within their first year of employment, and remain in good standing at their one-year work anniversary.

*Not refundable for the failure of swimming tests and written exams.

Two-Steps To Register!

- 1 Register online (berkshiresouth.org/certifications)
- 2 Email aquatics@berkshiresouth.org with any questions and/or to set up your swim test and American Red Cross Registration.

Babysitter Training

AGES 11+
DATES/TIMES TBD: TWO 3-HOUR SESSIONS
**OPTIONAL BABYSITTER TRAINING PLUS PEDIATRIC CPR/FIRST AID, ADDITIONAL 3.5 HOUR SESSION

Start your own babysitting business! Enhance your childcare skills and become a Red Cross certified babysitter with this comprehensive course.

Gain knowledge and skills needed to safely and responsibly care for children and infants. Develop leadership skills, learn how to set up a babysitting business, engage in age-appropriate activities, handle behavior, make sound decisions, manage diaper-changing, mealtimes and bedtimes and respond effectively in an emergency.

Add a day to also earn your Infant and Child CPR and First Aid certification.

Member	Guest
\$100	\$120
\$130 w/ CPR Class	\$150 w/ CPR Class

Cpr & First Aid

AGES 15+
THURSDAY, MAY 16, 4:30-6:30PM
INSTRUCTOR: BEIGNYREIH PERSON

Learn valuable skills that could save a life. Our informative hands-on courses include training in First Aid and CPR/AED for adults, children and infants. Red Cross certifications are valid for two years. This is a blended learning class with an online component. Upon registration, the instructor will contact you with information about completing the online learning portion of the course before the in-person skills session.

*PRICE INCLUDES MATERIALS FEE

Group CPR Class Rates Available:

Do you have a group of 10 or more people interested in CPR training? We are happy to

offer a 10% savings per person and can schedule it as a private group class. Please contact aquatics@berkshiresouth.org to schedule a private class to accommodate your organization's needs.

Members: \$90 | Guests: \$110

VISIT THE CERTIFICATIONS & TRAINING PAGE



TO LEARN MORE

Zumba®

MONDAYS 8:00 - 9:00 AM
FRIDAYS 10:00 AM - 11:00 AM
INSTRUCTOR: FAYE MORGAN-AMIDON

This is a high-energy class that uses Latin and international music to create a dynamic, exciting, and effective fitness program. Every class feels like a party! Zumba routines feature a combo of fast and slow rhythms that make you feel joyful and alive. No dance experience is necessary.



Cross Training for Everyone

MONDAYS 9:00AM - 10:00AM
INSTRUCTOR: TODD DIMARIO

This is a purposefully inclusive class designed to meet you where you are. A mix of weighted, and body weight movements along with agility and balance, with pacing to improve cardio and heart health. Core targeted throughout with occasional hyper focused core work.



Power Hour **RS**

MONDAYS 5:30PM - 6:30PM
INSTRUCTOR: KATHY ROY

If we are talking about POWER, then we must be talking about Kathy Roy. This total-body, high energy workout focuses on endurance, agility, and strength. Each class ends with a relaxing stretch that will leave you feeling great.

VISIT THE
FITNESS PAGE



TO LEARN MORE

Life Fitness

TUESDAYS 8:00AM - 9:00AM
INSTRUCTOR: CLAIRE NAYLOR-POLLART

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.

Chair Yoga **RS AF**

TUESDAYS 10:00AM - 11:00AM
INSTRUCTOR: TARA RAHKOLA

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.



Strength & Balance for Women **RS**

TUESDAYS & THURSDAYS
10:00AM - 11:00AM
INSTRUCTOR: REBECCA CARBERRY

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. Participants must bring their own mat.



Strength & Balance for Men **RS**

TUESDAYS & THURSDAYS
11:30AM - 12:30PM
INSTRUCTOR: REBECCA CARBERRY

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. Participants must bring their own mat.



Pilates/Yoga Blend **RS**

TUESDAYS 5:30PM - 6:30PM
INSTRUCTOR: HEIDI MCCANLIES

Explore the benefits of Pilates and Yoga in this combo class to strengthen core muscles & joint stability, develop breath & body connection, and increase flexibility & balance. All fitness levels are welcome.

S.I.C. (Strength Infused Cardio)

WEDNESDAYS 8:00AM - 9:00AM
INSTRUCTOR: MARGEE O'MEARA

Build strength, stamina and endurance in this high intensity full body workout that uses weights to get you in your cardio zone. This class is appropriate for all levels of fitness.

Pickleball Clinics

WEDNESDAY, MAY 15
WEDNESDAY, JULY 17
WEDNESDAY, AUGUST 21
PICKLEBALL INTRO TO BEGINNERS:
8:30AM - 9:30AM
PICKLEBALL SKILLS AND DRILLS:
9:45AM - 10:45AM
INSTRUCTOR: TONY RICHARDS

Pickleball is a paddleball sport that combines badminton, table tennis, and tennis elements. Led by Tony Richards, an instructor certified by the International Pickleball Training Professionals Association (IPTPA), clinics will focus on stroke and shot improvement, technique, and match play. Clinics will be appropriate for all levels of fitness.

Intro to Beginners clinics are for players new to the game or who have been playing for a short while, with a focus on fundamentals

Skills and Drills - Basics are intermediate-level clinics for players with some experience who seek to improve their technique

Participants must bring their own paddles and balls

Members: \$25 | Guests: \$35

Wednesday Walking Club

WEDNESDAYS 9:00AM - 9:30AM
LED BY: JENN AUSTIN

The walking club meets in the lobby at 8:45 a.m. We will head out at 9:00am for a 1-2 mile nature walk on the Old Route 7 Greenway, a flat paved trail that runs parallel to Route 7. No registration required. Cancellations due to inclement weather will be communicated through email.



Gentle Yoga

WEDNESDAYS 9:00AM - 10:00AM
INSTRUCTOR: JEANNE TEASDALE

This gentle yoga class is based on a Kripalu style of yoga. Kripalu is a type of Hatha yoga that begins with breathing exercises (pranayama) and stretches followed by an exploration of postures (asana) and ending with a final relaxation. Kripalu emphasizes self-acceptance and moving at your own pace and makes it great for both beginners and seasoned yogis alike.

Group Training With Todd

WEDNESDAYS, MAY 1-JUNE 19
10:00-11:00 AM
INSTRUCTOR: TODD DIMARIO

Have you ever thought about getting a personal trainer but you prefer the energy and camaraderie of a group setting? This 8-week program, led by experienced trainer and coach, Todd DiMario, allows you to have both! You will work alongside others with similar goals while receiving customized attention in your workout program and form. Space is limited to 6 participants so register today!

Members: \$200 | Guests: \$250

Breast Health Qigong

WEDNESDAYS, JULY 3 AND JULY 10
1:30-2:30 PM
INSTRUCTOR: CAROLE MURKO

This free 2-week program is led by expert Qigong instructor, certified health coach, and mindset expert, Carole Murko. Using the traditional Chinese medicine practice of Qigong to improve breast health and support healing from breast cancer, Carole will guide you on how to move energy to focus attention on specific areas of the body in a healing and restorative manner. These practices are easy, fun, and regenerative!



Dragon's Way Qigong

WEDNESDAYS, JULY 17-AUGUST 28
1:30-2:30 PM
INSTRUCTOR: CAROLE MURKO

Qigong is a Chinese martial art that is designed to unblock the invisible energy pathways in our bodies. In this 7-week class, we will learn 10 powerful movements, discover how to eat for healing, and explore how lifestyle and plant medicines can be used to help create balance in your life. This course includes a weekly guidebook. We'll end the class with a food demo and healing meal to celebrate our time together.

Members: \$175 | Guests: \$199

Materials Fee : \$40.00

Cardio Kickboxing

WEDNESDAYS 5:30PM - 6:30PM
INSTRUCTOR: KATHY ROY
SUNDAYS 10:00AM - 11:00AM
INSTRUCTOR: CORI BRODERICK

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.

Crush Hour: Extreme Fun and Fitness

THURSDAYS: 6:00-7:00 PM
INSTRUCTOR: ANGEL REILLY

Led by our new and advanced fitness instructor, Angel, this class will pack the hour with some of the most exciting, challenging, and unique fitness variations and equipment imaginable! Crush Hour will blow your mind and transform your body. You'll have so much fun that you will forget you are working out!



Full Body Blast

FRIDAYS 9:00AM - 10:00AM
INSTRUCTOR: MARGEE O'MEARA

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.

Weekend Warrior

SATURDAYS 9:00AM - 10:00AM
INSTRUCTOR: NICK WARREN

Kick start your weekend by getting stronger! This is a high intensity class suitable for all levels of fitness. Build your strength and power while getting the energy you need to enhance your weekend!



Amazonian Breathwork and Guided Meditation

SATURDAYS, MAY 4-JUNE 1
10-11:00 AM
INSTRUCTOR: JUSTIN TORRICO

Amazonian breathwork was developed by the Yanomami and Witoto tribes who used this practice to collectively connect with a greater purpose. This program will include both physical movement and sound-supported guided mindfulness techniques to develop awareness and deep relaxation.

Members: \$90 | Guests: \$105

Empowerment Self Defense Class

SATURDAY JUNE 1 1:00-3:00 PM
INSTRUCTOR: KIM RIVERS

Empowerment Self Defense (ESD) utilizes confidence-building and awareness skills along with verbal and physical self defense techniques. Kim Rivers, a Self Defense Certified Instructor, will show you how to stand up to harassment, bullying, and violence by empowering you with the tools to respond appropriately and confidence to take matters into your own hands, if you choose to do so.

Members: \$35 | Guests: \$45



Pilates

SUNDAYS 9:00AM - 10:00AM
INSTRUCTOR: DON FRIES

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.

VISIT THE
FITNESS PAGE



TO LEARN MORE

BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

TONE

TEEN OUTREACH NUTRITION EXERCISE

T.O.N.E. (Teen.Outreach.Nutrition.Exercise.)

Ages: 12 - 18 years

Registration Opens June 15th, 2024

This program runs from July-November

TONE is a health and wellness program that operates during out-of-school times. This free 3-month program allows young people aged 12-18 to earn an additional 6-month membership through program participation and their own initiative. TONE succeeds by promoting youth to invest in their personal health and wellbeing. Additionally, by establishing connections to their peers, and the Center. TONE grew out of our recognition that physical fitness and positive social interactions have a strong influence on well-being at every stage of an individual's life. TONE offers a significant opportunity for our trained staff to positively influence the behaviors and decisions that impact the health and wellness of our community's youth during their teenage years - establishing a strong foundation for their continued well-being as they grow toward adulthood.

Get a free 3-month membership to complete the program

Get fitness support and guidance from our personal trainers and other qualified fitness staff

Get free program swag

Earn a free 6-month membership!

Earn points as you go through the program and win prizes each month for the most points!

For more information or with questions, please email fitness@berkshiresouth.org.

3 Easy Sign Up Steps:

- 1 Complete the TONE Registration Packet (online or at the front desk).
- 2 Submit your SIGNED TONE Registration Packet to jaustin@berkshirecommunitysouth.org or at the front desk.
- 3 Register online and attend a TONE Orientation.

personal training

Get a personalized training plan to achieve your custom goals while working one-on-one with a trainer!

Dual Training

Want to work out with a partner? Choose one of our trainers for 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.

Personal Training Rates

At Berkshire South, 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. 24-hour notice is required for scheduling and for cancellations. Dual training options available!

1 Hour Training Sessions		
1 session	\$75	
4 sessions	\$284	(5% discount)
8 sessions	\$540	(10% discount)
½ Hour Training Sessions		
1 session	\$55	
4 sessions	\$208	(5% discount)
8 sessions	\$396	(10% discount)
1 Hour Dual Training Sessions		
1 session	\$112	
4 sessions	\$426	(5% discount)
8 sessions	\$808	(10% discount)

Sessions are scheduled at the convenience of the individual, instructor, and equipment availability.

VISIT THE PERSONAL TRAINING PAGE



TO LEARN MORE



For more information on Personal Training

Contact the fitness department at 413.528.2810, ext. 35 or fitness@berkshiresouth.org

personal training

Nick Warren

Personal Trainer & Group Instructor

All my life, I've played competitive team sports. I played football, basketball, and baseball in high school, which kept me in good shape, but as I neared the end of high school, I realized I would need to find a new way to keep myself fit. Attending Alfred State College, I continued to work on my fitness knowledge until I felt very confident in it. My friends and classmates took notice of my fitness routine, and before I knew it, I was training them. I quickly realized that



I loved helping others achieve fitness goals and that personal training would be the right career for me.

I not only graduated with a bachelor's in Sport Management but also with a more profound passion for physical fitness. And now, with my education and love combined with becoming a certified personal trainer through Action Certification, I look forward to helping my future clients achieve their fitness goals.

Rebecca Carberry

Personal Trainer & Group Instructor

I am an ACE certified trainer with an associate degree in Physical Fitness. If you're ready to push yourself in a positive and supportive environment, I'm here to help. I prioritize functional fitness to improve your everyday living with increased strength, flexibility and balance.



Whether you're looking for overall health benefits, agility,

body recompensation or anything else- I will design a personalized program to help you achieve your goals!

Todd DiMario

Personal Trainer & Group Instructor

I've been a certified trainer in Berkshire county for over a decade. In addition to strength and conditioning, many of my clients also train for "life strength", which gives them greater confidence, flexibility and balance.



I am certified in Functional Movement Screen (FMS). I use this detailed screening process to create

a base point of a client's agility and overall condition. FMS allows me to assess clients accurately. I focus the training to eliminate/improve asymmetries that people have developed through the years, bringing people into balance. Clean, full range movements make it possible to train hard, and avoid injury. I know which exercises have an impact, and how to sequence them safely. That is where the finesse of personal training comes into play.

Margee O'Meara

Personal Trainer & Group Instructor

I became involved in fitness to improve my own health. This inspired me to become a NASM



Certified Personal Trainer. Through this, I have obtained the skills, dedication, motivation, and

enthusiasm to help others be successful in obtaining their fitness goals. I focus on whole body training to ensure balanced success. My goal is to help you find your own enjoyment in fitness, just as I have found mine, while reaching your goals.

To schedule a personal training session please contact the fitness department at fitness@berkshiresouth.org

or visit berkshiresouth.org/fitness-personal-training.

Purchase a pack of 4 sessions to receive 5% off and 10% off a pack of 8.

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

Harvey Granat

Harvey is returning for his 6th year at Berkshire South and is bringing you 3 exciting new shows!



Tony Bennett: The Man And His Music

Thursday, June 20th 5:30 - 6:45 PM

With the longest successful career in the history of show business, Bennett lived each song he sang. You'll hear about his heroism in WWII, his devotion to civil rights, and his proud role as a philanthropist. Among many songs, you'll hear "Because of You," "Put on a Happy Face," "I Left My Heart in San Francisco," and "Fly Me to the Moon."

Burt Bacharach And Carole Bayer

Thursday, August 1st 5:30 - 6:45 PM

The Academy Award-winning composer, recording artist, and concert headliner, Burt Bacharach, changed our musical landscape with his unique new sound. Among his many songs you'll hear are "Alfie," "Raindrops Keep Fallin on My Head," "That's What Friends are For," and many more. He was married to Harvey's cousin, Carole Bayer Sager. You'll hear some of her Academy Award-winning songs along with stories you can't hear anywhere else!

Frank Sinatra With Lyrics By Sammy Cahn

Thursday, August 15th 5:30 - 6:45PM

Sammy wrote more words for Sinatra to sing than any other lyricist and earned 4 Academy Awards. Harvey produced Sammy on Broadway and has some fascinating inside stories to share with you about them both. You will recognize and sing along with some of the greatest songs of our lifetime!

Tickets: \$25

VISIT THE EVENTS PAGE



TO LEARN MORE

**An Evening with Pam Ellis
The Berkshire Medium**

Recommended for ages 18+



Monday, July 15th 5:30 - 7:30 PM

Please join us for an evening with The Berkshire Medium, Pam Ellis. Pam has helped many people connect with loved ones and create special moments. She has performed at local organizations, nonprofits, schools and on TV. You don't want to miss out! A loved one may have a message waiting for you.

Members: \$55 | Guests: \$55

Family Movie Night!

Friday, June 21st | Friday, July 26th | Friday, August 23rd

Dinner at 5:30 PM Movie at 6:30 PM

Bring the whole family for an exciting night out! Enjoy a themed dinner and movie on the big screen in Berkshire South's Auditorium. Email aleavenworth@berkshiresouth.org to inquire about each month's dinner and movie theme.

Members: \$5 per person | **Guests: \$8** per person

Birthday Parties

Looking for a fun, private space for your child's special day? Berkshire South is the place for you! With various birthday party packages for pool, bounce, playground, dance or sport parties, there's an option for everybody. The best part is — your party space is completely private for your gathering. **Call our Rentals Manager today to book your party package at 413-528-2810 Ext.32.**

Parties are available on Saturdays and Sundays from 9AM - 12PM ONLY. During the school year we can also offer bounce house parties on Thursdays for 4:00pm - 6:00pm. Please see our website for details, berkshiresouth.org/rentals.

Pool Parties! \$250

AVAILABLE ON SATURDAYS AND SUNDAYS FROM 10:00AM TO 12:30PM

POOL COVE: 10:00AM - 12:00PM

POOL: 11:30AM - 12:30PM

- Complimentary 30 minutes prior to the party to decorate / setup pool cove
- Two hours of access to the pool cove for all snacking and partying needs
- One hour of pool time (floaties allowed)
- Max 15 guests allowed on the pool deck at a time
- All tables and chairs included

Bounce House Parties! \$300

AVAILABLE ON SATURDAYS FROM 10:00 AM - 12:00 PM OR 2:00 PM - 4:00 PM

VARYING AVAILABILITY FOR WEEKDAY PARTIES DURING THE SCHOOL YEAR.

- Complimentary 30 minutes prior to the party to decorate / setup party space
- Use of the Auditorium with the Bounce Castle for 2 hours
- All tables and chairs set up and included in rental
- Up to 30 party guests

Bounce and Splash Party Extravaganza! \$425

Savings Up To 20% Off

COMBINE THE FUN!

AVAILABLE ON SATURDAYS FROM 10:00AM TO 12:30PM

AUDITORIUM: 10:00AM-12:00PM

POOL: 11:30AM-12:30PM

- Complimentary 30 minutes prior to the party to decorate / setup party space
- One hour for snacks and the bounce castle!
- 1 hour pool time (floaties allowed)
- Max of 15 guests allowed on the pool deck
- All tables/chairs included



Corporate Events

Would your business team benefit from a leadership training retreat? Berkshire South offers rental and celebration event opportunities for meetings, parties and other special occasions. We work with local vendors to provide the no-hassle, full-service experience you are looking for. Our Rentals Manager can custom create a package based on your preferences, call for more information at 413-528-2810 Ext.32.

RATES PER HOUR

FULL GYM	\$200
HALF GYM	\$100
AUDITORIUM	\$125
FULL MEETING ROOM	\$85
HALF MEETING ROOM	\$50
YOUTH ROOM	\$75
COURTYARD	\$75
KITCHEN	\$50
LOUNGE AREA:	\$50
AC ROOM:	\$40
POOL COVE:	\$35

EQUIPMENT RENTAL:

6FT RECTANGULAR TABLE	\$8/TABLE
60 INCH ROUND TABLE	\$12/TABLE
CHAIRS	\$1/CHAIR
WHITE OR BLACK TABLE LINENS (ROUND & RECTANGLE AVAILABLE)	\$15/EACH
AV EQUIPMENT	\$50/HOUR

Want to find out more?

Please Contact Amanda Leavenworth, Membership Outreach & Special Events Manager at 413-529-2810 ex32 or aleavenworth@BerkshireSouth.org

volunteers

Volunteers

Berkshire South's programs and events give members and guests opportunities to deepen relationships, develop new skills and interests, improve health and well-being, and connect to the community. From hands-on classes and programs designed to engage the whole family, to interactive community events, there's always a new, fun way to participate. But, we need volunteers to make these programs successful! JOIN US and become a volunteer today: berkshiresouth.org/volunteer

Community Supper Chefs and Servers

As of 2021, our Community Suppers have been drive-up only. Meals are served from 5:00PM-6:00PM every other Monday. We need 2-3 volunteers from 4:00PM-6:30PM for hands-on tasks like portioning food, packaging, handing out meals, and cleaning up the Lounge and Kitchen Area.

In the near future, we hope to offer our Community Suppers as an in-person dining experience. To make this possible, we are looking for steady, biweekly volunteers and a permanent in-house chef de cuisine!

Community Program Volunteers

With so many new programs, we are always looking for volunteers to help our instructors. Volunteers have the opportunity to assist in a variety of programs such as art classes, cooking classes, children's athletic programs, and much more.

Join Us
and become
a volunteer today!

Special Events Throughout the Year

We offer special events and fundraisers throughout the year that require support from volunteers like you! We are currently accepting volunteers for the events listed below:

- Splash-A-Thon
- Egg hunt
- Family Dances
- Youth Engagement (Trivia Nights, Crafts tables)
- Adult Engagement (Concert Nights, Game Nights)

Leadership

Serve on a committee and learn more about what it means to join our Board of Trustees!

For any questions regarding volunteering at Berkshire South, contact volunteers@berkshiresouth.org.

community collaborations

You belong here.



Berkshire South Regional Community Center is a firm believer that by working together with other community organizations, our resources can be maximized and our impact in the community will be amplified. We are committed to ensuring that the efforts of our partners are not duplicated throughout our programs. As participants in several local human service cohorts, we are able to ensure that key issues facing our community are addressed in a multifaceted

- Alford, Great Barrington, Egremont (AGE) Triad
- Berkshire Community College
- Berkshire Harm Reduction
- Berkshire Health Systems & BHS Life Enhancement Program
- Berkshire Hills Regional School District
- Berkshire United Way Community Support Options & The Family Resource Center of Great Barrington
- Community Health Programs
- Construct, Inc.
- Dept. of Early Education & Care
- Dept. of Elementary & Secondary Education
- Fairview Hospital Cardiac Rehabilitation Program

- Great Barrington Trails & Greenways
- Kiwanis Club of Sheffield
- Massachusetts Afterschool Partnership
- Massachusetts Cultural Council
- People's Pantry
- Railroad Street Youth Project
- Southern Berkshire Rural Health Network
- Southern Berkshire Community Health Coalition
- Special Olympics of Massachusetts
- Town of Great Barrington
- Town of Monterey
- Volunteers in Medicine

STAY UP-TO-DATE!

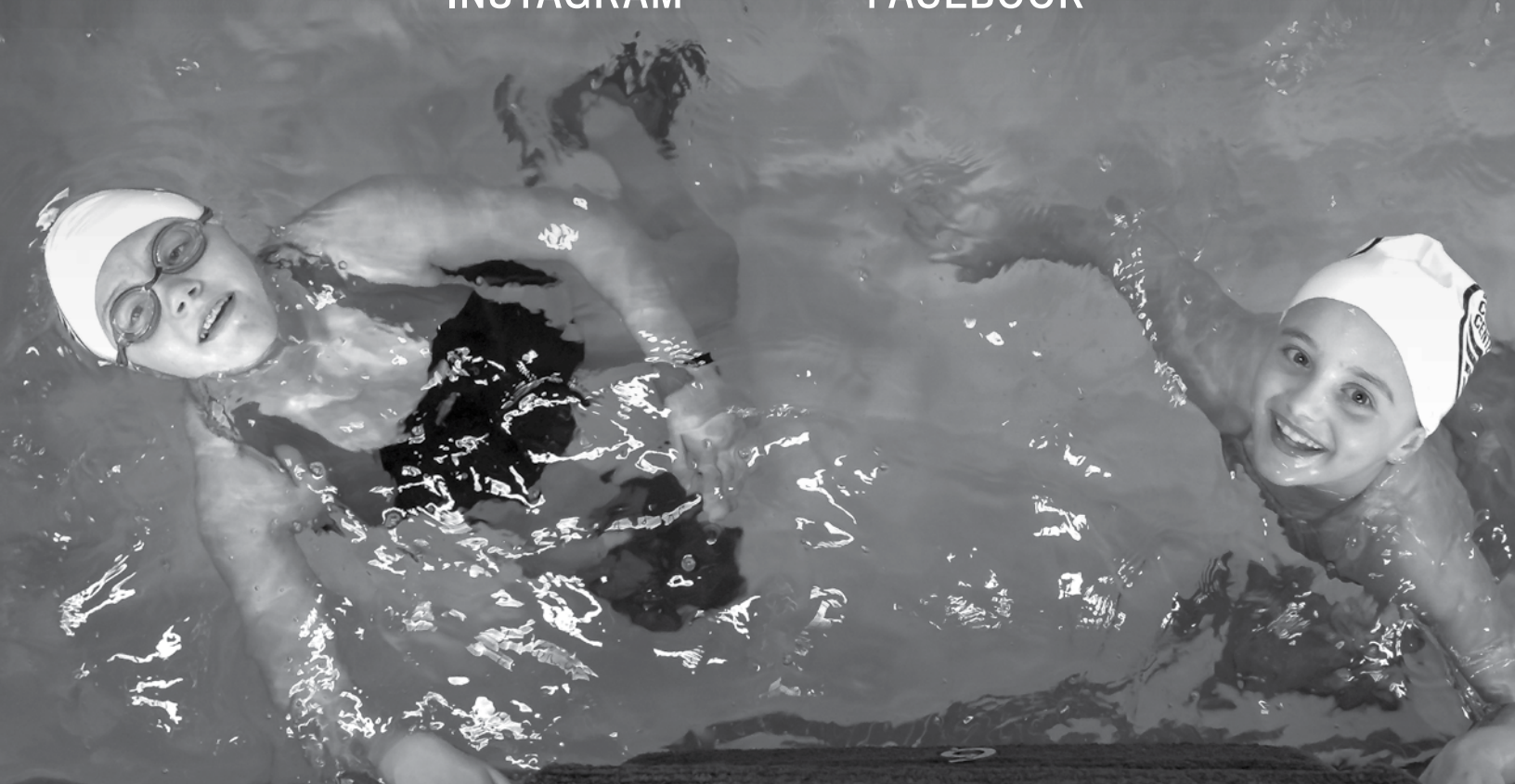
Follow BSRCC on Social Media



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FACEBOOK



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

THE FOLLOWING IS A PAID ADVERTISEMENT.
MEL BROOKS,
YOUNG
FRANKENSTEIN
 June 27–July 21
 at The Colonial Theatre

in association with Bay Street Theater & Geva Theatre Center
 book by Mel Brooks and Thomas Meehan
 music and lyrics by Mel Brooks
 original direction and choreography by
 Susan Stroman
 directed by Stuart Ross
 choreography by Gerry McIntyre

May 16–June 1
 at The Unicorn Theatre
 The Larry Vaber Stage

4000
Miles

written by Amy Herzog
 directed by Lizzie Gottlieb
 with Maria Tucci as Vera

June 13–July 14
 at The Playhouse

ABE LINCOLN
IN ILLINOIS

written by
 Robert E. Sherwood
 directed by David Auburn
 movement by Isadora Wolfe

July 25–August 31
 at The Unicorn Theatre
 The Larry Vaber Stage

Rodgers & Hammerstein's
PIPE
DREAM

music by Richard Rodgers
 book & lyrics by Oscar Hammerstein II
 based on the novels
Cannery Row & *Sweet Thursday*
 by John Steinbeck
 directed by Kat Yen
 choreography by Isadora Wolfe

September 26–October 27
 at The Unicorn Theatre
 The Larry Vaber Stage

THE
WEIR

written by
 Conor McPherson
 directed by Eric Hill
 movement by Isadora Wolfe



BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

15 Crissey Road Great Barrington, MA 01230



MAKE
A GIFT

NAME _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

Thank you for your support!

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.

PLEASE ACCEPT MY GIFT OF:

\$250 \$100 \$50 OTHER _____

VISA MASTERCARD DISCOVER   

CARD NUMBER _____

EXP. DATE _____ SECURITY CODE (ON CARD BACK) _____

CHECK ENCLOSED / CHECK # _____

MAIL TO:

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

OR DONATE SECURELY ONLINE AT:

www.berkshiresouth.org/support