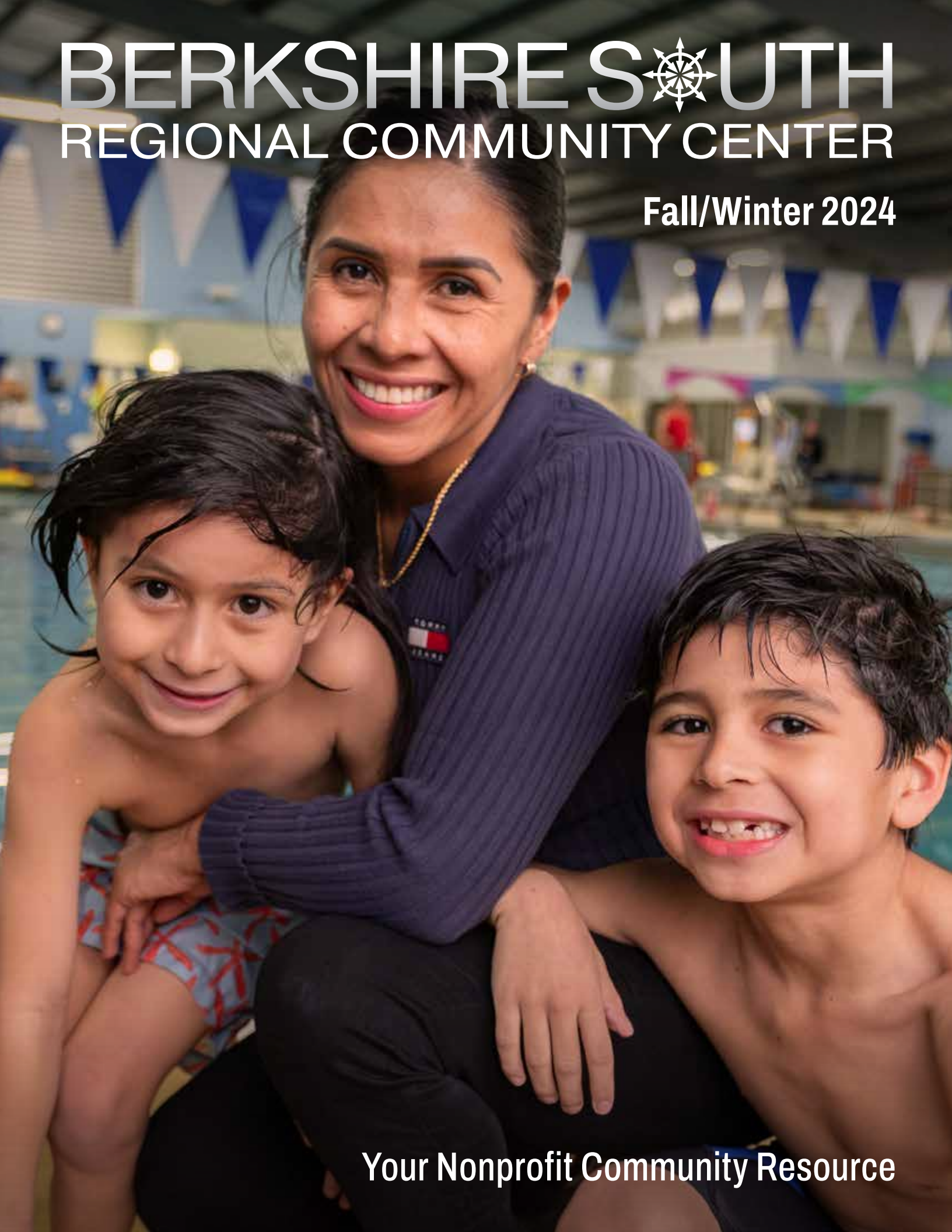


BERKSHIRE SOUTH

REGIONAL COMMUNITY CENTER

Fall/Winter 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.

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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, volleyball 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

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.

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 household.

DAY PASS GUEST RATES

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

* 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.

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 membership@berkshiresouth.org or 413.528.2810, ext. 32

VISIT THE MEMBERSHIP SERVICES PAGE



TO LEARN MORE

welcome to berkshire south

A NOTE FROM THE EXECUTIVE DIRECTOR

Dear friends,

My school days are long past, but nonetheless, I still have a tendency to think of the autumn as the beginning of the year. It remains for me a time to try new things, to get back to a regular routine after the lazy days of summer, to re-focus my attention on goals for the upcoming season. I encourage you to do the same. I hope that you'll look at this catalog as a list of opportunities that await you!



I also hope you'll consider bringing someone new to the Center with you when you come to swim, work out, or take a class. At Berkshire South, we're in the business of building community, and we want everyone in our region to know that they are welcome here.

Being connected to one another quite literally makes us all healthier. There is abundant research illustrating how detrimental social isolation is for both our mental and physical health. But, more than that, being connected to our community makes us better, more compassionate people. When we become engaged with our neighbors we establish a sense of trust, connection to, and caring for one another and it benefits our whole society.

So, as you're re-establishing your "school year" routine at Berkshire South, think about ways in which you'll include others in your plans. I promise it will be rewarding and will make you healthier to boot!

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	Rate
2	\$120
3	\$180
5	\$300

**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.

ACTION ADVENTURE OUT OF SCHOOL RATES

Pricing*	Rate
Daily After School Care	\$26
Half Day After School	\$35
School Vacation/Snow Days	\$52

**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**

YOUTH PROGRAMS

Mindful Birding Walk

ALL AGES!
SATURDAY, SEPTEMBER 14TH
(RAIN DATE SUNDAY, SEPT. 15TH)
9:00AM - 10:30AM
INSTRUCTOR: DAVE EDSON

Join us for an easy Mindful Birding stroll led by educator and naturalist Dave Edson. Get a head start on observing fall migration by learning how to identify birds while connecting with nature. Please bring binoculars, if you have them. *Parent/guardian must accompany children under age 12.

free!
registration
required

Members: Free | Guests: Free



Beginners Ballet for Toddlers

AGES 2 & 3
MONDAYS, SEPTEMBER 16TH -
OCTOBER 21ST
4:45PM - 5:25PM
INSTRUCTOR: SARAH DAUNT

Through gentle exercises and imaginative play, little ones will explore the basics of ballet in a nurturing environment. Colorful props paired with enchanting music will spark their imagination and foster their love for dance. *Parent or guardian required.

Members: \$55 | Guests: \$70



Creative Movement 2

AGES 4 & 5
WEDNESDAYS, SEPTEMBER 18TH -
OCTOBER 30TH (NO CLASS 10/2)
4:45PM - 5:25PM
INSTRUCTOR: SARAH DAUNT

Budding dancers embark on an exciting exploration through the world of creative movement. Drawing inspiration from ballet, modern, and expressive dance, children explore the technical foundations while unleashing their creativity. *Parent or guardian required.

Members: \$55 | Guests: \$70



Kids In The Kitchen: How To Eat The Rainbow

AGES 6-10
THURSDAY, SEPTEMBER 19TH
4:30PM - 6:00PM
INSTRUCTOR: THAIS HARRIS

In this hands-on cooking class, kids will learn how to eat the rainbow by making their own healthy and delicious breakfast and snacks. *Parent or guardian required.

Members: Free | Guests: Free

Family Day In The Wild

AGES 5-12
MONDAY, OCTOBER 14TH
10:00AM - 2:00PM
INSTRUCTOR: TES REED

free!
registration
required

Pack a hearty lunch and bring your family for a fun day in the autumn woods. Tes Reed will create an outdoor adventure for you and your family that will include an introduction to primitive skills, animal tracks, bird languages, and plant identification. We'll play games and tell stories by the campfire too!

*Parent or guardian required.

Members: Free | Guests: Free



Fire-Making Workshop

AGES 12-16
FRIDAY, OCTOBER 25TH
(RAIN DATE MONDAY, OCTOBER 28TH)
10:00AM - 2:00PM
INSTRUCTOR: TES REED

Everyone loves a campfire! Learn to make a one-match fire using primitive friction fire methods and materials solely from the earth. Throughout the day, we will learn how to recognize animal signs, interpret bird language, and learn about local vegetation. Together we will build a community fire and cook something from the wild. *Parent or guardian required.

free!
registration
required

Members: Free | Guests: Free

Halloween-Inspired Treats

KIDS OF ALL AGES
SATURDAY, OCTOBER 26TH
10:00AM - 11:30AM
INSTRUCTOR: SAMANTHA MARTURANA

Create Halloween treats while dressed in your favorite costume! We will bake pumpkin whoopie pies and decorate Halloween-themed sugar cookies and spooky cupcakes. Each child will take home a box of finished treats. *Parent or guardian required.

Members: \$25 | Guests: \$35

*note: prices are per child



Ballet 1

AGES 7 - 9
MONDAYS, NOVEMBER 4TH -
DECEMBER 9TH
4:45PM - 5:25PM
INSTRUCTOR: SARAH DAUNT

Young dancers will learn basic ballet positions, terminology, and techniques while exploring creativity and expression in a supportive environment. Each session includes a dynamic mix of warm-ups, across-the-floor exercises, and creative movement to nurture both skill development and artistic exploration. *Parent or guardian required.

Members: \$55 | Guests: \$70

ADULT PROGRAMS

Uke 202 (Beginners & Intermediate)

AGES 13+
THURSDAYS, SEPTEMBER 5TH - 26TH
6:15PM - 7:00PM
INSTRUCTOR: KEITH LARSEN,
CO-INSTRUCTOR OF BSRCC'S
BERKSHIRE UKULELE BAND

We will review basic ukulele chords, proper strumming techniques, and strumming patterns like the Island Strum. We'll focus on playing up-tempo songs with frequent chord changes. Our ultimate goal is to develop a playing style that extends beyond the basics and helps participants make music in an enjoyable, fulfilling way. Concert-sized ukuleles will be available to take home during the duration of the course. All players are welcome!

Members: \$25 | Guests: \$35

Vegan Mexican Feast

AGES 18+
THURSDAY, SEPTEMBER 12TH
5:00PM - 8:00PM
INSTRUCTOR: MRS. PLEASANT,
A PERSONAL CHEF AND
COOKING INSTRUCTOR

Please join Emily, Mrs. Pleasant, in a part demo, part hands-on cooking class followed by a sit down communal meal. Together we will create a 100% vegan/plant-based menu including Spanish gazpacho, cauliflower al pastor tacos, herby Mexican rice, black beans with green chilies, and Mexican inspired vegan chocolate mousse.

Members: \$65 | Guests: \$80



Guided Autumn Hike

AGES 13+
MONDAY, SEPTEMBER 16TH
(RAIN DATE TUESDAY SEPT 17TH)
10:00AM - 12:00PM
INSTRUCTOR: TES REED

Join wilderness educator, naturalist, and guide, Tes Reed on a nature walk to learn about the autumn landscape and wildlife inhabitants. You will learn about the changing landscape, identify trees by their branching and fallen leaves, find out what the animals are doing this time of year, investigate wild edible plants and non-native invasives and more. The land will guide our journey.

free!
registration
required

Members: Free | Guests: Free

ADULT PROGRAMS



Intro to Improvisational Theater

AGES 18+
MONDAYS, SEPTEMBER 30TH - NOVEMBER 18TH
6:30PM - 8:30PM
INSTRUCTOR: DARREN BLANEY

Inspired by the work of Viola Spolin, Keith Johnstone, and Sanford Meisner, this 8-week course will focus on freeing our spontaneity, creativity, empathy, and ensemble listening skills. No previous theater experience is necessary. However, the class requires an open mind, a willingness to explore our creative impulses, and most importantly, a desire to laugh, play, and have fun! The class will work towards building the necessary skills to perform "long form" improvised scenes.

Members: \$60 | Guests: \$80

VISIT THE
COMMUNITY PAGE



TO LEARN MORE

Caregiver Support Group

AGES 18+
TUESDAYS, OCTOBER 1ST - NOVEMBER 5TH
1:00PM - 2:30PM
INSTRUCTOR: CHERYL HUTTO

free!
registration
required

This 6-week caregiver support group is designed to provide a safe, encouraging environment for caregivers to share their challenges and experiences. The group will be led by Cheryl Hutto, a coach and mentor who has worked with caregivers for several years. She is well-versed in compassion, fatigue, resilience, and mindfulness. Cheryl will provide guidance and resources to help better manage caregiving responsibilities.

Members: Free | Guests: Free



Salsa with Luana

AGES 13+
TUESDAYS, OCTOBER 8TH - NOVEMBER 12TH
6:30PM - 7:30PM
INSTRUCTOR: LUANA DIAS DAVID

Join Luana Dias David in a 6-week Salsa workshop. Dancers will focus on basic footwork, spinning techniques, and partner work. Additionally, the class will explore salsa choreography and performance skills. Get ready to learn fun routines you can take on the dance floor!

Members: \$40 | Guests: \$52



Italian Cooking with Hank Ferlauto

AGES 21+
THURSDAY, OCTOBER 10TH OR THURSDAY, NOVEMBER 21ST
5:00PM - 8:00PM
INSTRUCTOR: HANK FERLAUTO

Join chef Hank Ferlauto for fun, hands-on meal menus. Each class's unique menu will consist of a pasta dish (or other first course), main course, vegetable, and dessert. After cooking, the group will sit and enjoy a 3-course meal together with a wine pairing.

Members: \$65 | Guests: \$80

Middle Eastern Feast

AGES 18+
TUESDAY, OCTOBER 22ND
5:00PM - 8:00PM
INSTRUCTOR: MRS. PLEASANT, PERSONAL CHEF & COOKING INSTRUCTOR

Please join Emily, Mrs. Pleasant, in a part demo, part hands-on cooking class. Together, we will create a pescatarian menu of hummus tahini with pita, spicy cucumber salad, coriander crusted cod, roasted carrots with hot tahini, and watermelon feta salad.

Members: \$65 | Guests: \$80



Holiday Wreath-Making Workshop

AGES 13+
THURSDAY, DECEMBER 5TH
5:00PM - 7:00PM
INSTRUCTOR: VINE GATE LAVENDER FLORAL FARM

Kick off the holiday season with a festive wreath-making class! Attendees will learn how to assemble a mixed evergreen wreath. We will then adorn it with assorted decorations including cones, berries, dried florals, a hand-tied bow, and a little sparkle. All materials and tools will be provided.

Members: \$50 | Guests: \$60



Community Supper

MONDAYS, TWICE-MONTHLY
5:00PM - 6:00PM
FREE FOR EVERYONE**

free!

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

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, and the Lennox Foundation.

Community Garden

WINTER PLOT: OCTOBER 1ST - MARCH 31ST \$25 PER PLOT	SUMMER PLOT: APRIL 1ST - SEPTEMBER 31ST \$45 PER PLOT	YEAR ROUND PLOT: APRIL 1ST - MARCH 31ST \$65 PER PLOT
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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 413-528-2810 ext 32 to learn more or reserve your plot.



Berkshire Ukulele Band (BUB)

AGES 13+
TUESDAYS, 630PM - 8:00PM
INSTRUCTOR: JEAN ATWATER-WILLIAMS & KEITH LARSEN

Our music educators 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!

Suggested donation of \$5 per class.



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.



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!

youth aquatics

We will offer one 6-week fall Youth Learn-To-Swim session beginning early October. Please check our website for dates and times.

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

AGES 6+

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

10 WEEK FALL SESSION
DATES/TIMES TBD
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.

Aqua Strength

MONDAYS 9:30AM - 10:30AM
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.

Aqua Zumba

MONDAYS 11:00AM - 12:00PM
INSTRUCTOR: LUANA DIAS DAVID

Aqua Zumba combines music and dance steps with a pool party. It offers a fun, water-based, body-toning workout you'll love!

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 11:00AM - 12:00PM
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: TBD

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 aquatics

Adult Learn to Swim Lessons

Our next session of adult swim lessons will take place in the early autumn, 2024. Please visit our website for class times and dates: berkshiresouth.org/aquatics-adult

All Adult Swim Lessons are

Members: \$84 | Guests: \$108

BEGINNER

INSTRUCTOR: MOLLY ZIEGLER,
CHRISTINE OCHELTREE,
AND/OR JULIA ERICKSON

Our certified instructors are teaching six weeks of adult group swim lessons. Each 45-minute session will be focused on becoming comfortable in the water, learning lifesaving skills, and gaining confidence. No experience necessary!

NEXT STEPS

INSTRUCTOR: MOLLY ZIEGLER,
CHRISTINE OCHELTREE,
AND/OR JULIA ERICKSON

Each 45-minute session with our certified instructors will focus on improving your body position, breath control, kick, and crawl stroke to help you become a more efficient and confident swimmer.

INTERMEDIATE / ADVANCED STROKE REFINEMENT

INSTRUCTOR: JULIA ERICKSON
AND/OR CHRISTINE OCHELTREE

This class is designed for intermediate or advanced adult (16+) swimmers who would like to review and refine their 4 "competitive strokes" (freestyle, backstroke, breaststroke, and butterfly) and 3 "survival strokes" (breaststroke, sidestroke, and elementary backstroke.) Each 45-minute session is designed as a flexible aquatic workout that will address each student's individual goals. Our coaches will offer their critical eye to help swimmers become more efficient and confident swimmers.

aquatics

adaptive aquatics programs

SUPPORTED BY THE COOLIDGE HILL FOUNDATION
AND THE BERKSHIRE LIFE CHARITABLE FOUNDATION

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.

Swim With Us Adaptive Swim Lessons AF
INSTRUCTOR: CATHERINE BLAKE
ADULTS 18+
MONDAYS 4:00PM - 5:30PM
YOUTH 6+
TUESDAYS 4:00PM - 5:30PM
SATURDAYS 9:00AM - 10:30AM
DATES COMING SOON

Adaptive Aquatics is designed to benefit children and adults with physical disabilities and individuals who are neurodiverse. 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.

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 designed specifically with our members and guests with adaptive needs in mind. However, all are welcome.

Aqua Thrills pg 14
Chair Yoga pg 18



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 10:30AM - 11:30AM
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.

certifications & training



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 challenging 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+
 DATES TBD
 INSTRUCTORS: BEIGNYREIH PERSON AND/OR DARREN BLANEY

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

Members: \$90 | Guests: \$110

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.

VISIT THE CERTIFICATIONS & TRAINING PAGE



TO LEARN MORE

certifications & training



LIFEGUARD TRAINING

Red Cross Lifeguarding Certificate with CPR/AED/First Aid

AGES 15+
 SEPTEMBER 13-15
 FRIDAY, 4PM - 8PM
 SATURDAY, 9AM - 5PM
 SUNDAY, 9AM - 5PM

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:

1. 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)
2. Complete 7-8 hours of online work
3. Complete in-person skills classes

Lifeguard Training Course:

Members: \$325 | Guests: \$375



Red Cross Lifeguard Recertification Course

AGES 15+
 SEPTEMBER 20-21
 FRIDAY, 5:30PM - 8PM
 SATURDAY, 9AM - 3PM
 INSTRUCTOR: DARREN BLANEY AND/OR BEIGNYREIH PERSON

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.

Zumba®

MONDAYS 8:00AM - 9:00AM
 WEDNESDAYS 10:00AM - 11:00AM
 FRIDAYS 9:00AM - 10:00AM
 INSTRUCTORS: MONDAYS
 LUANA DIAS DAVID
 WEDNESDAYS & FRIDAYS
 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.

Heart-Based Meditation

MONDAYS, SEPT 9 - SEPT 23
 12PM - 1:30PM
 THURSDAY, OCT 10 - OCT 24
 8:30AM - 10:00AM
 INSTRUCTOR: ZACH RISSMAN

Heart-Based Meditation is a simple and easy practice that relieves stress, increases energy, and encourages personal and spiritual growth. This technique does not require you to quiet your mind; instead, thoughts are welcomed and accepted as part of the practice. You'll learn how to incorporate this into your day to live a more heart-centered life.

Members: \$10 | Guests: \$15

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.



The New Get Fit Program

TWICE A WEEK
 OCTOBER 29 - DECEMBER 21
 TUESDAYS, 7:00AM - 8:00AM &
 SATURDAYS, 7:00AM - 8:30AM

This 8-week program is designed to help you transform your body, mind, and lifestyle! Participants work together twice a week in a supportive, tight-knit group to create healthy, long term habits. Each session includes a 1-hour fitness class with the addition of a 30-minute wellness workshop or open gym time with the trainers on Saturdays.

Members: \$96 | Guests: \$152*

**Guest enrollees will receive a voucher for 30% off a BSRCC Membership*

Group Training With Todd

TUESDAYS, SEPTEMBER 3 - OCTOBER 22
 8:00AM - 9:00AM
 THURSDAYS, SEPTEMBER 5 - OCTOBER 24
 8:00AM - 9:00AM
 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

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 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 your age, movement can help keep you stay 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

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.



Pick-Up Basketball

TUESDAYS, 6:00PM - 8:00PM
 SATURDAYS, 11:00AM - 1:00PM

Drop in, form teams, and enjoy a game of pick-up basketball! Whether you're a seasoned player or just looking for some fun and friendly competition, these sessions are open to everyone.

Members: Free | Guests: \$8

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, SEPT 18
 WEDNESDAY, OCT 16
 WEDNESDAY, NOV 20
 WEDNESDAY, DEC 18
 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

Registration required

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.



Dragon and Tiger Medical Qigong

WEDNESDAYS,
 OCTOBER 9 - NOVEMBER 13
 1:00PM - 2:00PM
 INSTRUCTOR: DAVID CROWE

Dragon and Tiger Medical Qigong is a centuries-old self-healing practice based on acupuncture techniques. It helps free you of energetic blockages by balancing the chi flow that runs through your body's meridians and energy channels. These movements help develop balance between the left and right sides of the body and brain.

Members: \$75 | Guests: \$90



Cardio Kickboxing

WEDNESDAYS 5:30PM - 6:30PM &
SUNDAYS 10:00AM - 11:00AM
INSTRUCTORS: KATHY ROY (WED)
& CORI BRODERICK (SUNDAY)

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.

Matter of Balance

RS

THURSDAYS 2:00PM - 4:00PM
SEPTEMBER 12 - OCTOBER 31
INSTRUCTORS: KATHY
ROY & SENTA REIS

Join certified Matter of Balance Instructors for an 8-week class to lessen your fear of falling. You'll learn to view falls as controllable, discover small changes to reduce at-home falls, and engage in exercise to increase flexibility, strength and balance.

Activities include group discussions, problem solving, skill building, assertiveness training, videos, and exercise training. Registration is required.

Designed for ages 60 & over.

free
for
everyone!

Sage Chair Yoga

THURSDAYS, STARTING SEPTEMBER 12
4:30PM - 5:30PM
INSTRUCTOR: SENTA REIS

This comprehensive chair yoga practice uses a combination of mindfulness techniques, stretching, strength and balance exercises, breathing, and fascial release therapy using small massage balls.

Boxing Bootcamp

THURSDAYS 5:30PM - 6:30PM
INSTRUCTOR: WILL STANLEY

Challenge yourself with this high intensity boxing boot camp class. Modifications available.



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.

TRX Suspension Training

FRIDAYS, OCTOBER 18 - NOVEMBER 15
11:00AM - 12:00PM
INSTRUCTOR: REBECCA CARBERRY

Using TRX Suspension Trainers, you will leverage your bodyweight to simultaneously develop strength, balance, flexibility, and core stability. This class is designed for all fitness levels. Space is limited.

Members: \$20 | Guests: \$30

Anxious No More: 3 Powerful Steps to Overcome Fear and Anxiety

FRIDAY, NOVEMBER 22
6:00PM - 7:30PM
INSTRUCTOR: GEOFF BELL-DEVANEY

This workshop will provide you with the tools you need to overcome anxiety and create greater inner peace. Geoff's experience as a healer and mindfulness expert led him to develop this 3 step method: softening the body, gentle breathing, and embracing your inner world.

Members: \$10 | Guests: \$15

VISIT THE
FITNESS PAGE



TO LEARN MORE

Perfect Your Posture

SATURDAY, NOVEMBER 9
8:30AM - 9:30AM
INSTRUCTOR: STEVEN LEONARD

Good posture will help you to move like never before! If you deal with stiffness, discomfort, or limited mobility, this class is for you. Board-certified physical therapist Steven Leonard will teach you the secrets to better posture, enhanced physical performance, and improved overall mental well-being.

Members: \$15 | Guests: \$25



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, OCTOBER 26-NOVEMBER 9
10:00AM - 11:00AM
THURSDAYS, DECEMBER 5-19
9:00AM - 10:00AM
INSTRUCTOR: JUSTIN TORRICO

Open your mind to this deeply relaxing, empowering, and healing 3-week program. Justin, a Kripalu certified yoga teacher, has practiced breathwork inspired by Amazonian tribal practices for over 10 years. Class includes movement and guided sound-assisted meditations to help you root into ancient these awareness techniques. We'll sip ceremonial cacao to elevate the experience and deepen our spiritual and social connection

Members: \$50 | Guests: \$65



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.

Drop-In Volleyball

SUNDAYS 2:00 PM-4:00 PM

We'll supply the net and equipment for a game of pick-up volleyball. Swing by with a friend or come on your own.

YOUTH FITNESS



Youth Tumbling

TUESDAYS, SEPT 10 - OCTOBER 1 OR
NOVEMBER 5 - 26
4:00PM - 4:45PM
INSTRUCTOR: MELANIE CANON
AGES 7-12

Kids will learn tumbling skills like cartwheels, headstands, backbends, two-person rolls, walking on your hands, and splits. Melanie will also introduce basic stretches to encourage flexibility and recovery, while teaching them about their muscles and bones.

Members: \$35 | Guests: \$50



Pre-K Yoga

TUESDAYS, SEPT 10 - OCTOBER 1
4:30PM - 5:15PM
INSTRUCTOR: MICHAEL GRAZIANO

You're never too young to learn the basics of yoga! Kids will bend and shape their bodies into animal and nature-inspired poses while discovering how breathing and movement impact mood. Class will incorporate fun music and games.

Members: \$20 | Guests: \$30

TONE

TEEN OUTREACH NUTRITION EXERCISE

T.O.N.E. (TEEN.OUTREACH.NUTRITION.EXERCISE.)

Ages: 12 - 18 years

Rolling Registration

Summer/Fall Program Runs 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 encouraging youth to invest in their personal health and wellbeing and by helping them establish 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.

THIS PROGRAM IS SUPPORTED BY THE PITTSFIELD COOPERATIVE BANK

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 wstanley@berkshiresouth.org or the Front Desk.
- 3 Register online and attend a TONE Orientation.

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 if you have any questions, please email TONE Coordinator, Will Stanley, at wstanley@berkshiresouth.org or call 413-528-2810 Ext. 30.

413.528.2810

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 Coordinator today to book your party package at 413-528-2810 Ext.15.**

Parties are available on Saturdays and Sundays. During the school year we can also offer bounce house parties on Fridays from 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 / set up 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 10:00AM - 12:00PM OR 2:00PM - 4:00PM
 VARYING AVAILABILITY FOR WEEKDAY PARTIES DURING THE SCHOOL YEAR.

- Complimentary 30 minutes prior to the party to decorate / set up 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 / set up 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



Want to find out more?

For additional information, please contact Susie Kandt, Rentals Coordinator 413 529 2810 ex 15 or rentals@berkshiresouth.org

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 Coordinator can custom create a package based on your preferences, call for more information at 413-528-2810 Ext.15.

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

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.

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.

Rebecca Carberry Personal Trainer & Group Instructor

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!



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!

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.

Margee O'Meara Personal Trainer & Group Instructor

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VISIT THE PERSONAL TRAINING PAGE



TO LEARN MORE

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.



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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.

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Will Stanley Personal Trainer, Group Instructor, and TONE Coordinator

My greatest passion is helping people develop self-confidence and a lifelong love for fitness. Fitness has been a cornerstone of my life since childhood. In my early 20s, I became a Mixed Martial Arts (MMA) fighter. During my 11 years in the MMA world, I learned new ways of moving my body and navigating through tough challenges. This journey instilled in me a deep respect and appreciation for my body and its capabilities. It naturally led me to bodybuilding and becoming a personal trainer. I love sharing my passion for fitness with people of all ages and witnessing the profound benefits it brings to their lives.



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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)
1/2 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.

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 or 10% off a pack of 8.

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



For more information on Personal Training

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



5K Fall Fun Run
Sunday, September 29th
 9:00 AM - 12:00 PM

RECOMMENDED FOR ALL AGES
 LOCATION: WALTER J. KOLADZA AIRPORT

Join us for our 5K Fall Fun Run (3.1 miles) through the scenic Great Barrington airport area. Race proceeds will support our Youth Fitness TONE (Teen Outreach Nutrition Exercise) program, which we offer free of charge to area youth. We are also hosting a family scavenger hunt with prizes and cider donuts for children.

5K Registration Fee: Early-Bird \$35 / \$45 Day Of



Scary Movie Night
October 25th
 7:00PM - 9:30PM

ADULT ONLY: AGES 18+

Need a little fright in your life? Grab a friend and a comfy chair and head over to Berkshire South's Scary Movie Night. Popcorn included with entry.

\$5 per person



South County Winter Coat Drive
Donation Drop-off: August 1st-October 1st
Distribution Event at Berkshire South:
Friday, October 4th 4:30PM - 7:30PM
Saturday, October 5th 10:00AM - 2:00PM

Help keep others warm by donating coats, hats, mittens/gloves, scarves, boots, snow pants, and blankets at collection boxes throughout the Southern Berkshires, including our primary drop-off location at BSRCC! Please ensure items are clean, mildew/stain free, and zippers are working. The public is welcome to select items for free during the listed distribution times. **Questions? Please email info@berkshiresouth.org**



Arts & Crafts Festival
Saturday, November 2nd
 11:00AM - 3:00PM

RECOMMENDED FOR ALL AGES

Our annual Arts & Crafts Festival is an opportunity to find unique gifts for the holidays while supporting our local maker economy. Visit the event to hear live music, eat great food, and shop a variety of amazing vendors from our community.

For questions or to inquire about becoming a vendor at the event contact zinfo@berkshiresouth.org

Community Thanks Supper
Tuesday, November 26th
 Seatings at 5:00PM and 6:30PM

RESERVATIONS OPEN NOVEMBER 1ST
 ALL AGES WELCOME

Join local friends, both old and new, for a Thanksgiving meal at our annual celebration of delicious food and good fellowship. The dinner will be hosted in our spacious auditorium. Please note, this year's event is strictly in-person, and we will not be able to provide takeaway meals.

Each attendee will be entered into a raffle to win a free 3-month membership!

**VISIT THE
 EVENTS PAGE**



TO LEARN MORE



**Shining Star
 Supplemental Holiday Program**

The Shining Star Supplemental Holiday Program provides an opportunity for community members to purchase gifts for other local people who could use additional support during the holiday season. *All information is kept strictly confidential.

Dates to Remember:

Recipient Registration Opens: October 1st
 Purchaser Registration Opens: October 28th
 Recipient PICK-UP by reservation on Thursday, December 12th, and Friday, December 13th between 8:30AM - 5:30PM

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 Volunteers

Our Community Suppers have resumed in-person dining! We are looking for volunteers to help with a variety of tasks including: dining setup, serving meals, and cleaning. Two shifts available from 4:00-5:30pm & 5:00-6:30pm.

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.

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

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!

BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER
VOLUNTEER

community collaborations

You belong here.
BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

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 manner. Listed below are some of the Center's key partnerships.

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



INSTAGRAM



FACEBOOK



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

TOASTING & TASTING

for Berkshire South

Ages 21+

SAVE THE DATE!

Oct 19 2024



Visit berkshiresouth.org/events
for more information

BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

15 Crissey Road Great Barrington, MA 01230



**MAKE
A GIFT**

NAME _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

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

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.