

LANE SCHEDULE	Sept 29 through Nov 25, 2024						
DAY of WEEK	6:30-9:30	9:30-10:30	11:00-12:00	12:00-4:00	4:00-5:30	5:30-6:30	6:30-8:00
<b>Monday</b>	Lap Swim (Ln 1-6)	<b>AQUA STRENGTH</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4-6)	<b>AQUA ZUMBA</b> (Ln 1-3 Big Space))  Lap Swim (Ln 4-6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	<b>ADAPTIVE ADULT</b> (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  <b>FLYING FISH SWIM CLUB</b> (Ln 5&6)	<b>CARDIO CRUSH</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4&5)  <b>ADULT LTS</b> to 6:15 Ln 6	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3-6)
<b>Tuesday</b>	Lap Swim (Ln 1-6)  <b>Note: PVT RENTAL</b> 8:00-10:00AM, Lns 1&2 plus Therapy Pool	<b>AQUA CORE</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4-6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	<b>ADAPTIVE YOUTH</b> (Ln 1&2)  Lap Swim (Ln 3&4)  <b>AFTER SCHOOL</b> (Ln 5&6)	<b>AQUA BOOTCAMP</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4&5)  Pvt Lesson (Ln 6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3-6)
<b>Wednesday</b>	Lap Swim (Ln 1-6)	<b>AQUA BLAST</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4-6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	<b>PreK 1</b> (Ln 1&2)  Lap Swim (Ln 3&4)  <b>FLYING FISH SWIM CLUB</b> (Ln 5&6)	<b>PreK 2</b> (Ln 1&2)  Lap Swim (Ln 3&4)  <b>FLYING FISH SWIM CLUB</b> (Ln 5&6)	<b>INTERGEN VOLLEYBALL</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4&5)  Pvt Lesson (Ln 6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3-6)
<b>Thursday</b>	Lap Swim (Ln 1-6)  <b>ADULT GROUP LESSON</b> 9:15-10:00AM, Lns 1&2	<b>YOUTH/THRILLS</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4-6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	<b>PARENT-TOT</b> (Ln 1-3)  <b>Lap Circle Swim</b> (Ln 4 only)  <b>YOUTH 1</b> (Ln 5-6)	<b>PreK 1</b> (Ln 1&2)  Lap Swim (Ln 3&4)  <b>YOUTH 1</b> (Ln 5&6)	<b>AQUA BOOTCAMP</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4&5)  Pvt Lesson (Ln 6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3-6)
<b>Friday</b>	Lap Swim (Ln 1-6)  <b>Note: PVT RENTAL</b> 8:00-10:00AM, Lns 1&2 plus Therapy Pool	<b>SUNSHINE PRE-K</b> (Splash Pad until 9:50)  Lap Swim (Ln 1-6)	<b>HAPPINESS HOUR</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4-6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	<b>AFTER SCHOOL</b> (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  <b>FLYING FISH SWIM CLUB</b> (Ln 5&6)	<b>AQUA DANCE</b> (Ln 1-3 Big Space)  Lap Swim (Ln 4&5)  Pvt Lesson (Ln 6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3-6)
<b>Saturday</b>	Lap Swim (Ln 1-5)  (Pvt Lesson 8-9AM Ln 6)	<b>TOTS</b> (Ln 1-3)  <b>Lap Circle Swim</b> (Ln 4 only)  <b>YOUTH 1</b> (Ln 5&6)	<b>PRESCH 1</b> (Ln 1&2)  Lap Swim (Ln 3&4)  <b>PRESCH 1</b> (Ln 5&6)	<b>Saturday AM JAM</b> (Ln 1&2 Big Space)  Lap Swim (Ln 3-5)  <b>ADAPTIVE YOUTH</b> (Ln 6)	Open Swim or BDAY Party (11:30-12:30) (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	<b>PRESCH 1/SuperSwimmers</b> (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)
<b>Sunday</b>	Lap Swim (Ln 1-5)  (Pvt Lesson 8-9AM Ln 6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	Open Swim or BDAY Party (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)	Open Swim (Ln 1&2 Big Space)  Lap Swim (Ln 3&4)  Pvt Lesson (Ln 5&6)			

**LEGEND:**

**OPEN SWIM** means that Lanes 1 & 2 are open into a wider rectangle. Folks of all ages are welcome to use the space for free exercise/safe aquatics play.

**ORANGE spaces** Indicates ONE LAP LANE ONLY FOR CIRCLE SWIM

**DARK RED FONT** indicates YOUTH or INTERGENERATIONAL Programming.

**DARK BLUE FONT** indicates ADULT Programming.

## Aquatics Schedule, Sept 29-November 25, 2024: Subject to change

	Time	Activity	Lap Swim	Open Swim
<b>Monday</b>	6:30 am - 9:30 am	<b>Lap Swim Only</b>	<b>5-6 Lanes OPEN</b>	CLOSED
	9:30 am - 10:30 am	Aqua Strength	2-3 Lanes	CLOSED
	10:30 am - 11:00 am	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>
	11:00 am - 12:00 pm	Aqua Zumba	2-3 Lanes	CLOSED
	12:00 pm - 4:00 pm	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>
	4:00 pm - 5:30 pm	<b>Adult Adaptive Swim/ Flying Fish</b>	<b>1-2 Lanes</b>	CLOSED
	5:30 pm - 6:30 pm	Cardio Crush/ Adult Intermediate LTS	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	<b>Lap &amp; Open Swim</b>	3-4 Lanes	<b>OPEN</b>
<b>Tuesday</b>	6:30 am - 8:00 am	<b>Lap Swim Only</b>	<b>5-6 Lanes OPEN</b>	CLOSED
	8:00 am - 10:00 am	Pvt Rental Lns 1-2 plus Therapy Pool	3-4 Lanes	CLOSED
	10:00 am - 11:00 am	Aqua Core	2-3 Lanes	CLOSED
	11:00 am - 4:00 pm	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>
	4:00 pm - 5:30 pm	<b>Youth Adaptive Swim/ OOS After School</b>	<b>1-2 Lanes</b>	CLOSED
	5:30 pm - 6:30 pm	Aqua Bootcamp	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	<b>Lap &amp; Open Swim</b>	3-4 Lanes	<b>OPEN</b>
<b>Wednesday</b>	6:30 am - 9:30 am	<b>Lap Swim Only</b>	<b>5-6 Lanes OPEN</b>	CLOSED
	9:30 am - 10:30 am	Aqua Blast	2-3 Lanes	CLOSED
	10:30 am - 4:00 pm	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>
	4:00 pm - 5:30 pm	<b>Youth Group Learn-To-Swim/ Flying Fish</b>	<b>1-2 Lanes</b>	CLOSED
	5:30 pm - 6:30 pm	<b>Intergen Aqua Volleyball</b>	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	<b>Lap &amp; Open Swim</b>	3-4 Lanes	<b>OPEN</b>
<b>Thursday</b>	6:30 am - 9:15 am	<b>Lap Swim Only</b>	<b>5-6 Lanes OPEN</b>	CLOSED
	9:15 am - 10:00 am	Adult Beginner LTS	3-4 Lanes	CLOSED
	10:30 am - 11:30 am	Fountain of Youth	2-3 Lanes	CLOSED
	11:30 am - 2:00 pm	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>
	2:00 pm - 3:00 pm	<b>Aqua Thrills</b>	2-3 Lanes	CLOSED
	3:00 pm - 4:00 pm	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>
	4:00 pm - 5:30 pm	<b>Youth Group Learn-To-Swim</b>	<b>1 Lane only</b>	CLOSED

	5:30 pm - 6:30 pm	Aqua Bootcamp	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	<b>Lap &amp; Open Swim</b>	3-4 Lanes	<b>OPEN</b>
<b>Friday</b>	6:30 am - 8:00 am	<b>Lap Swim Only</b>	<b>5-6 Lanes OPEN</b>	CLOSED
	8:00 am - 10:00 am	Pvt Rental Lns 1-2 plus Therapy Pool	3-4 Lanes	CLOSED
	10:30 am - 11:30 am	Friday Happiness Hour	2-3 Lanes	CLOSED
	11:30 am - 4:00 pm	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>
	4:00 pm - 5:30 pm	<b>Flying Fish/ OOS After School</b>	<b>1-2 Lanes</b>	CLOSED
	5:30 pm - 6:30 pm	Aqua Dance	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	<b>Lap &amp; Open Swim</b>	3-4 Lanes	<b>OPEN</b>
<b>Saturday</b>	7:30 am - 9:00 am	<b>Lap Swim Only</b>	<b>5-6 Lanes OPEN</b>	CLOSED
	9:00 am - 9:30 am	<b>Youth Group Learn-To-Swim</b>	<b>1 Lane only</b>	CLOSED
	9:30 am - 10:10 am	<b>Youth Group Learn-To-Swim</b>	<b>1-2 Lanes</b>	CLOSED
	10:30 am - 11:30 am	<b>Sat AM Jam/ Youth Adaptive Swim</b>	2-3 Lanes	<b>OPEN</b>
	11:30 am - 1:45 pm	<b>Lap &amp; Open Swim</b> (Possible: Bday Rentals)	2-4 Lanes	OPEN or CLOSED (if Bday Party)
	1:45 pm - 3:00 pm	<b>Youth Group Learn-To-Swim</b>	2-3 Lanes	CLOSED
	3:00 pm - 4:30 pm	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>
<b>Sunday</b>	7:30 am - 9:00 am	<b>Lap Swim Only</b>	<b>5-6 Lanes OPEN</b>	CLOSED
	9:00 am - 11:30 am	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>
	11:30 am - 12:30 pm	<b>Lap &amp; Open Swim</b> (Possible: Bday Rentals)	2-4 Lanes	OPEN or CLOSED (if Bday Party)
	12:30 pm - 4:30 pm	<b>Lap &amp; Open Swim</b>	2-4 Lanes	<b>OPEN</b>

## AQUATIC CLASS DESCRIPTIONS

### **Adult Learn-To-Swim Beginner** (Winter Session: Reg Info TBD)

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

### **Adult Learn-To-Swim Next Steps** (Winter Session: Reg Info TBD)

Our certified instructors are offering six weeks of adult swim lessons. Each 45-minute session will focus on improving your body position, breath control, kick, and crawl stroke to help you become a more efficient and confident swimmer.

### **Adult LTS Stroke Refinement** (Fall Session: Reg Info TBD)

This class is designed for intermediate or advanced adult (16+) swimmers who would like review/refinement of the 4 “competitive strokes” (freestyle, backstroke, breaststroke, and butterfly) and 3 “survival strokes” (breaststroke, sidestroke, and elementary backstroke.) Each 45-minute session will be 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.

**Aqua Blast**

A dynamic mix of interval training, cardio, strength, and balance. Join Darren for a fun midweek pick me up workout!

**Aqua Bootcamp**

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

**Aqua Core**

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

**Aqua Dance**

Shake your groove thing, shimmy your cares away, sway to the rhythm, relevé, plié! 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 bit silly, learn some new steps, and laugh at ourselves is required!

**Aqua Power**

Power up your week with this high-energy mix of cardio, core, strengthening and stretching moves! A fabulous hour to burn weekend calories and set up an awesome aqua fit week! There will be some time spent in the deeper end performing exercises with the option to stay in the shallow end if preferred.

**Aqua Strength**

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 Thrills**

This class is designed for adults with adaptive needs 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.

**Aqua Volleyball**

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

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

**Aqua Zumba**

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines music and dance steps with a pool party. It offers a fun, water-based, body-toning workout.

**Cardio Crush**

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

**Flying Fish Youth Swim Club**  
(Spring Session: Reg Info TBD)

This is a novice recreational swim club. No prior experience necessary! However, swimmers must be able to pass the Red Cross Water Competency Sequence to join. The Flying Fish Swim Team is geared towards having fun and gaining confidence in a club format while learning about competitive swimming. This program is available by tryout or coach's invitation only. Contact [d.blaney@berkshiresouth.org](mailto:d.blaney@berkshiresouth.org) for additional information or to arrange a swim try-out!

**Friday Happiness Hour**

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!

**Fountain of Youth**

Keep your youthful flexibility, muscle tone & strength; maybe even improve upon it! There is no better place to do that than in water. This class welcomes all ability levels; work in deep water is not required.

**Saturday AM Jam**

Open to all ages, this fun, casual, diverse programming hour uses the open swim area. Beignyreih will lead activities including volleyball, aquatic dance jams, pool games, and water safety demonstrations.

**Youth Learn-To-Swim Group Lessons**

(Winter Session: Reg Info TBD)

Our Spring 2025 6-week session of Youth Group Swim lessons will begin in mid-February. Dates for all Youth Swim Lessons will be posted on the website, and registration will open about a month before lessons begin. Join our aquatics email listserv to stay up-to-date!

*For more information about our Aquatics Programming schedule, please join our aquatics listserve to receive the weekly Pool Notes, or contact: [aquatics@berkshiresouth.org](mailto:aquatics@berkshiresouth.org).*