

BERKSHIRE SOUTH

REGIONAL COMMUNITY CENTER

Winter/Spring 2025



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.

2025 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.

table of contents



Board of Trustees



- Erica Jaffe
Board Chair
- Robert Montgomery
1st Vice Chair
- David Mickenberg
2nd Vice Chair
- Tony Scott
Treasurer
- Jaclyn Sinay
Clerk
- Margaret Apkin
- Christopher Boswell
- Mark Gross
- Ben Harms
- Linda Hensel
- Jessica Long
- Steve McAlister
- Ethel Patterson
- Scott Schuster

- Jenise Lucey
Executive Director
- Edwin Jaffe
Founding Chairman Emeritus
- Robert Norris
Chairman Emeritus

Advisory Board

- Lila Berle
- Adam Hersch
- Kevin Kinne
- David Klausmeyer
- Joan Kopperl
- Barbara Manring
- Greg Ward

Hours of Operation	2
Membership Benefits	4
Membership Information	5
Welcome	6
Education & Childcare	8
Educacion & Cuidado de Niños	9
Community Programming	10-13
Youth Aquatics	14
Adult Aquatics	14-15
Adaptive Aquatics Programs	16
Private Swimming Lessons	16
Adaptive Programming	16
Intergenerational Aquatics	17
Certifications & Training	18-19
Fitness & Wellness	20-23
T.O.N.E.	23
Personal Training	24-25
Events	26
Rentals	27
Volunteers	29
Community Collaborations	30

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.



Aquatics Center



Fitness Center



Multi-Use Gymnasium

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

Membership Rates

* monthly Electronic Fund Transfer (EFT) plan

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,

Happy 2025!

I hope that you have had a restful holiday season filled with the people and things that bring you joy.



While I'm personally ready to be entering a quieter, more contemplative time of year, I also know that the winter months, when the days are short and cold, can be difficult for many people. It's easy to feel isolated from one another, for our energy to be low, to struggle to concentrate, and to feel generally out of sorts. But that's exactly why the Community Center is here – we're a welcoming place filled with activity and good people who enjoy one another's company and are eager to try new things. What better way to beat the winter blues than by joining in?

There are ample ways to participate, whether you want to ramp up your exercise after the holidays with High Intensity Interval Training, or hope to address the stress that you felt over the last busy months with Heart-Based Meditation. Maybe you've resolved to improve your diet this year and would benefit from our NEW Nutrition Coaching. Or, you'd like to step out of your comfort zone and try a class in Country Line Dancing.

Regardless of your preferred way to take part, each one of those programs will happen in an environment that's supportive and fun, and you'll be surrounded by a wonderful cross-section of our community. I encourage you to join us at the Center this winter. And bring your friends! Together, we can improve not just our fitness and energy levels, but our connection to one another.

We really mean it when we say that you belong at Berkshire South, and we hope to see you here soon!

Warmly,

A handwritten signature in cursive script that reads "Jenise Lucey".

Jenise Lucey
Executive Director



SUPPORT
BERKSHIRE SOUTH



DONATE TODAY!

education & childcare



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. We also accept vouchers. Inquire here: Lference@berkshiresouth.org or 413-528-2810 Ext. 29

To learn more, contact **Amanda Marcinak** at amarcinak@berkshiresouth.org or call **413-528-2810 / Sunshine Ext. 16**



VISIT THE EDUCATION & CHILDCARE PAGE



TO LEARN MORE

**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

Program Options*	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 Ext. 29

To learn more, contact **Nicole Riedel** at nriedel@berkshiresouth.org or call **413-528-2810 / OOS Ext. 34**

educacion & cuidado de niños



Sunshine Preschool es nuestro programa preescolar con licencia estatal para niños desde dos años nueve meses hasta cuando estén listos para el Jardín de Niños. Sunshine se esfuerza para proveer una base educativa sólida y asegurarse que nuestro programa sea de los mejores, financieramente accesible y disponible durante las horas óptimas de familias empleadas, de 8:30AM - 5:30PM.

Los niños aprenden a través del juego en este divertido ambiente tipo manos a la obra. Las actividades incluyen arte, manualidades, movimiento creativo, juego de rol, cuentos, canciones, actividad física, actividades al aire libre y nuestra pequeña piscina tipo chapoteadero. La filosofía de Sunshine alienta el aprendizaje en un ambiente cálido, seguro y lleno de aceptación.

HORARIO DE OPERACION DE SUNSHINE: LUN-VIE 8:30AM - 5:30PM

COSTOS SEMANAL DE SUNSHINE DURANTE TODO EL AÑO

# de Dias por Semana	Precio
2	\$120
3	\$180
5	\$300

*Ayuda Financiera disponible a través de las becas Judy Spencer para la Educación Temprana. Aceptamos vales. Pregunte aqui: Lference@berkshiresouth.org o 413-528-2810 Ext. 29

Para más información, contactar a **Amanda Marcinak** en amarcinak@berkshiresouth.org o puede llamar al **413-528-2810 / Sunshine Ext. 16**



VISITA LA PAGINA DE EDUCACION & CUIDADO INFANTIL



PARA MAS INFORMACIÓN

**ACTION ADVENTURES
AFTER SCHOOL AND OUT OF SCHOOL PROGRAM
JARDÍN DE NIÑOS- 14 AÑOS DE EDAD
LUNES- VIERNES
AGOSTO A JUNIO
SALIDA DE LA ESCUELA HASTA LAS 5:30PM**

Este enriquecedor programa después de la escuela con licencia del Estado, provee cuidado de calidad para niños en edad escolar. Cada tarde incluye tiempo para tareas escolares, actividad física, arte y manualidades, nado complementario en nuestra piscina y tiempo libre bajo la supervisión de nuestros creativos, educativos y maduros empleados. Este programa también está disponible durante las vacaciones escolares y en días festivos en que las que las instalaciones de BSRCC estén abiertas.

El transporte de autobús es proporcionado por Berkshire Hills and Southern Berkshire Regional.

PRECIOS DE ACTION ADVENTURES DESPUÉS DE LA ESCUELA

Opciones del Programa*	Precio
Cuidado Diario Después de la Escuela	\$26
Medio Día Después de la Escuela	\$35
Vacaciones Escolares / Días de Nevada	\$52

*Ayuda Financiera disponible. Aceptamos vales. Preguntas aqui: Lference@berkshiresouth.org o 413-528-2810 Ext. 29

Para más información, contactar a **Nicole Riedel** en nriedel@berkshiresouth.org o llamar al **413-528-2810 / OOS Ext. 34**



community programming

YOUTH PROGRAMS

EveryBODY Dance Jr.

OPEN TO ALL YOUTH WITH THEIR PARENT OR GUARDIAN
MONDAY, JANUARY 13TH OR 27TH
4:30PM - 5:15PM
INSTRUCTOR: KRISTINE WATERMAN

EveryBODY is invited to join us for a weekly dance session grooving to music in a positive, welcoming environment. Kristine's nurturing and mindful teaching style creates a supportive space where students of all ages and abilities can freely explore their creativity through movement. *Parent/guardian required.

Members: \$15 | Guests: \$20



Beginners Ballet for Toddlers

AGES 2 & 3
TUESDAYS, JANUARY 21ST - FEBRUARY 25TH
4:45PM - 5:25PM
INSTRUCTOR: SARAH DAUNT

This ballet class is a delightful introduction to movement! Through gentle exercises and imaginative play, we'll explore the basics of ballet in a nurturing environment using colorful props and enchanting music.

Members: \$60 | Guests: \$77



Ballet 2

AGES 5 & 6
WEDNESDAYS, JANUARY 22ND - FEBRUARY 26TH
4:45PM - 5:25PM
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.

Members: \$60 | Guests: \$77



Family Winter Wilderness Adventure

AGES: 6-12
MONDAY, FEBRUARY 17TH
10:00AM - 2:00PM
INSTRUCTOR: TES REED

Bundle up, pack a hardy lunch, and head into the wild winter landscape with your family. Wilderness educator Tes Reed will create an outdoor adventure for you and your family that will include wildlife tracking, games, making snow shelters, and building a campfire. *Parent/guardian required.

free!

Winter Wildlife Tracking

AGES: *12+
THURSDAY, FEBRUARY 27TH
11:00AM - 1:00PM
INSTRUCTOR: TES REED

free!

Join wilderness educator, passionate naturalist, and guide Tes Reed for a walk through the winter landscape as we explore the tracks and signs of the wildlife that live all around us. The natural world never ceases to offer us a wonderland of beauty, gifts, and lessons to learn from.

*AGES 12-16 MUST BE ACCOMPANIED BY A PARENT/GUARDIAN

Kids in the Kitchen: Around the World at the Table

AGES 6-10
THURSDAY, MARCH 13TH OR THURSDAY, APRIL 17TH
4:30PM - 6:00PM
INSTRUCTOR: THAIS HARRIS

free!

This healthy cooking class for kids helps children connect with different cultures through food while learning to make delicious meals.



Family Day in The Wild

AGES: 6 -12 WITH PARENT/GUARDIAN
MONDAY, APRIL 21ST
10:00AM - 2:00PM
INSTRUCTOR: TES REED

free!

Pack a hearty lunch and bring your family for a fun day in the woods. Tes Reed will create an outdoor adventure that includes an introduction to primitive skills (fire making, cooking and shelter building), plant and tree identification, games, and storytelling around the fire.

*Parent or guardian required.

ADULT PROGRAMS

Crafting Conversations

AGES 13+
WEDNESDAYS, JANUARY 8TH - APRIL 30TH
3:00PM - 5:00PM
INSTRUCTOR: SUSIE KANDT

free!

Bring your current crafting project to Berkshire South and work alongside others in a casual and friendly atmosphere focused on parallel creative play and light conversation. This is a great opportunity for people looking to connect with the creative community!

Country Line Dancing

AGES: 13+
TUESDAYS, JANUARY 14TH - FEBRUARY 18TH
6:30PM - 7:30PM
INSTRUCTOR: LUANA DIAS DAVID

Join Luana Dias David for six weeks of line dancing! You'll learn basic country dance steps and sequences while dancing to the most popular hits in country music.

Members: \$60 | Guests: \$75

Grief Support Group

AGES 18+
TUESDAYS, JANUARY 14TH - FEBRUARY 18TH OR TUESDAYS, MARCH 18TH - APRIL 22ND
1:00PM - 2:30PM
INSTRUCTOR: CHERYL HUTTO

free!

In this supportive group, we'll share our stories and struggles while finding reassurance and hope. With patience and care, we'll gently make room for new meaning while honoring our loss. Along with discussion, we'll also incorporate somatic movement, breathing exercises, and guided meditations to help release emotions and calm your nervous system.

EveryBODY Dance

AGES 18+
THURSDAY, JANUARY 16TH OR 30TH
9:00AM - 10:00AM
INSTRUCTOR: KRISTINE WATERMAN

Get moving, motivated, and dancing! This dance workout class is perfect for adults of all ages and abilities - no dance experience required! We'll have a fun, energetic class groovin' and jammin' to a variety of great music while building stamina, flexibility, focus, and awareness of body and breath in motion.

Members: \$15* | Guests: \$20*

*price per class



Italian Cooking with Hank Ferlauto

AGES 21+
THURSDAY, JANUARY 16TH OR THURSDAY, APRIL 24TH
5:00PM - 8:00PM
INSTRUCTOR: HANK FERLUATO

Join chef Hank Ferlauto for a fun, hands-on cooking class. 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



An Evening with The Berkshire Medium

AGES 18+
MONDAY, JANUARY 20TH
5:30PM - 7:30PM
FACILATOR: THE BERKSHIRE MEDIUM, PAM ELLIS

Come 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: \$65

ADULT PROGRAMS



Intermediate Improvisation for Theater

AGES 18+
MONDAYS, JANUARY 27TH - MARCH 17TH
6:30PM - 8:30PM
INSTRUCTOR: DARREN BLANEY

Building on our skills, this course will focus on improvised short scenes, long-form improv, and continued ensemble collaboration. We will continue to free our spontaneity, creativity, empathy, and ensemble listening skills. The class requires an open mind, a willingness to explore our creative impulses, and a desire to have fun!

Prerequisite: This course is open to students who have taken "Intro to Improvisation for Theater" with Darren previously, or anyone with theater training or improv experience.

Members: \$80 | Guests: \$120

Meisner Technique & Scene Study

AGES 18+
THURSDAYS, JANUARY 30TH - MARCH 20TH
6:30PM - 8:30PM
INSTRUCTOR: DARREN BLANEY

In this acting course, students will explore Sanford Meisner's groundbreaking techniques to gain more confidence and learn to respond "in the moment" and "work from the truth" when delivering lines. Meisner Technique lays a solid foundation for acting in the styles of naturalism and realism. After learning this technique, we'll apply it to a scene for an end of session performance.

Members: \$80 | Guests: \$120



Intermediate Country Line Dancing

AGES 13+
TUESDAYS, FEBRUARY 25TH - APRIL 1ST
6:30PM - 7:30PM
INSTRUCTOR: LUANA DIAS DAVID

Designed for students already familiar with line dancing steps and patterns, this class will take your moves to the next level.

Members: \$60 | Guests: \$75

Steady Mood & Blood Sugar

AGES 18+
WEDNESDAY, MARCH 19TH
5:30PM - 7:00PM
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!

Self-Love-Powered Weight Loss

AGES 18+
WEDNESDAY, APRIL 23RD
5:30PM - 7:00PM
INSTRUCTOR: THAIS HARRIS

free!

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



Community Supper

MONDAYS, TWICE-MONTHLY
5:00PM - 6:00PM

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

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.

VISIT THE
COMMUNITY PAGE



TO LEARN MORE



Berkshire Ukulele Band (BUB)

AGES 13+
TUESDAYS, 6:30PM - 8:00PM
INSTRUCTOR: JEAN ATWATER-
WILLIAMS & KEITH LARSEN

\$50 FOR THE SEASON
(JANUARY - APRIL)
OR \$5 DROP-IN FEE

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.



Berkshire Sings!

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

\$80 FOR THE SEASON
(JANUARY - APRIL)
OR \$8 DROP-IN RATE

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.

These programs are funded in part by the Mass Cultural Council and our local cultural councils.

youth aquatics

We will offer two 6-week Pre-K/Youth Learn-To-Swim sessions in the first half of 2025: a winter session starting in mid-February and a spring session beginning in early April. Additionally, Youth Level 2 and Youth Level 3/4 classes will be offered in early January. Please check our website for specific 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 Group Swim Lessons are \$92 for Members and \$120 for Guests.



Swim With Me Tots

AGES 6 MONTHS TO 3 YEARS

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

Come learn about water safety and basic swim skills, and begin the journey toward becoming an independent swimmer. We will focus on submersion, front/back floating, proper kicking, and safety - this is a swimmer/instructor-only course; parents will watch from the pool deck.

Learn to Swim Lessons - Preschool Intermediate

AGES 3 - 5

Swimmers will learn the basics of water safety and swimming strokes. Participants should be able to swim a little without support, comfortable fully submerging in the water, and able to float briefly on front and back. Class focuses on gliding and introducing the front crawl. This is a swimmer/instructor-only course; parents will watch from the pool deck.

Learn to Swim Lessons - Grades K&1 "Super Swimmers"

AGES 5 - 6 ONLY

This class is intended as a bridge for children who have already taken Pre-K Intermediate but are not quite ready to join Youth Level 2 with kids ages 7+. All participants must be able to swim 10 feet without flotation devices and float on their backs unassisted for 5-10 seconds.

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 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 front swimming, and float for 5 seconds on their own.

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 SPRING SESSION,
STARTING IN APRIL, DATES/TIMES TBD
AGES 6 & UP

This novice recreational swim team focuses on having fun and building confidence while introducing youth to competitive swimming. Participation is by tryout or coach's invitation. Swimmers must be able to swim 25 yards of both freestyle and backstroke, and float or tread for 2 minutes.

Members: \$150 | Guests: \$200

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



adult aquatics

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. All levels of fitness welcome.

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-intensity workout burns calories, boosts heart health, strengthens muscles, and improves balance. The water's low-impact support helps build bone strength. Classes can be adapted to fit most abilities.

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 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.

All aquatics programs are free for members unless otherwise noted.

Aqua Blast

WEDNESDAYS 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: JANICE SHIELDS

Researchers have discovered that music and certain movements can jumpstart positive emotions and improve your mood. This class uses both to maximize happiness!

Aqua Dance

FRIDAYS 5:30PM - 6:30PM
INSTRUCTOR: DARREN BLANEY

Shake your groove thing and shimmy your cares away at this weekly dance party! This class uses the resistance of water paired with contemporary dance music and movements for a gleeful, dynamic

adult aquatics

Adult Learn To Swim Lessons



Adult Learn-To-Swim 6-Week Sessions

Our next 6-week session of Adult swim lessons will take place in the early 2025. Please visit our website for class times and dates: berkshiresouth.org/aquatics-adult

Beginner

INSTRUCTOR: MOLLY ZIEGLER
AND/OR CHRISTINE OCHELTREE

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 AND/OR
CHRISTINE OCHELTREE

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, DARREN BLANEY,
AND/OR CHRISTINE OCHELTREE

This class is designed for swimmers who would like to review and refine their 4 Competitive Strokes and 3 Survival Strokes. Each 45-minute session is designed as a flexible aquatic workout that will address each student's individual goals."

Members: \$92 | Guests: \$120



NEW! 1-Day Adult Learn-To-Swim Stroke Clinics

INSTRUCTOR: JULIA ERICKSON AND/OR
DARREN BLANEY

This fast-paced, one-day swim clinic offers 75 minutes of focused instruction for intermediate and advanced adult swimmers looking to refine their strokes and swim with greater efficiency. Each session includes drills, individual feedback, and guided group workouts.

Freestyle Clinic

SATURDAY, JANUARY 4TH
9:00AM - 10:15AM

Backstroke Clinic

SATURDAY, JANUARY 25TH
9:00AM - 10:15AM

Breaststroke (and optional: Butterfly) Clinic

SATURDAY, FEBRUARY 8TH
9:00AM - 10:15AM

Survival Strokes Clinic (Elementary Backstroke, Side Stroke, and Treading)

SATURDAY, FEBRUARY 15TH
9:00AM - 10:15AM

Members: \$30 | Guests: \$40

VISIT THE
AQUATICS PAGE



TO LEARN MORE

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 to swim independently, 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
DATES COMING SOON
ADULTS 18+
MONDAYS 4:00PM - 5:30PM
YOUTH 6+
TUESDAYS 4:00PM - 5:30PM
SATURDAYS 10:30AM - 11:30AM & 12:00PM - 1:00PM

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! 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 16 (this page)
Chair Yoga pg 20



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. To join our waitlist, please complete the Private Lesson Swim Inquiry Form on our website, and an instructor will contact you as soon as one is 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.

Please note that the Aquatics Center has modified operating hours during the Spartan Swim Team season (Jan - Feb).

certifications & training



Babysitter Training

AGES 11+
INSTRUCTOR: BEIGNYREIH PERSON

SATURDAY, JANUARY 18TH
9:00AM - 4:30PM

OPTIONAL PEDIATRIC CPR CERTIFICATION
SUNDAY, JANUARY 19TH
9:00AM - 1:30PM

OR

WEDNESDAY & FRIDAY,
APRIL 2ND & 4TH
3:30PM - 6:45PM

OPTIONAL PEDIATRIC CPR CERTIFICATION
SATURDAY, APRIL 5TH
1:00PM - 5:30PM

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.

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

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

CPR & First Aid

AGES 15+
THURSDAY, FEBRUARY 13TH
OR

APRIL 10TH
4:30PM - 7:00PM
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



Red Cross Lifeguarding Certificate with CPR/AED/First Aid

AGES 15+
JANUARY 10TH - JANUARY 12TH
FRIDAY, 4:00PM - 8:00PM
SATURDAY, 9:00AM - 5:00PM
SUNDAY, 9AM-5PM
INSTRUCTOR: DARREN BLANEY, DIRECTOR OF AQUATICS, LGI/WSI

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
 - Swim/Tread/Swim sequence: swim 150 yards, tread water for 2 minutes with hands above surface, swim another 50 yards (goggles permitted)
 - Retrieve 10 lb brick from deep end of pool and swim to shallow
 - 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

COMING SOON, MAY 2025, DATES TBD
FRIDAY, 5:30PM - 8:00PM
SATURDAY, 9:00AM - 4:00PM
INSTRUCTOR: DARREN BLANEY, DIRECTOR OF AQUATICS, LGI/WSI

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.

The Weigh to Lose

MONDAYS & FRIDAYS,
JANUARY 6TH - FEBRUARY 10TH
7:30AM - 8:30AM
INSTRUCTORS: MARGEE O'MEARA, CPT
AND JENNIFER AUSTIN, CPT, CNC

Ready to commit to a weight loss plan? Start the new year off with the right "weigh" to lose weight and keep it off! Join a twice-weekly group to stay motivated and on track. Together we will attend scheduled exercise classes tailored for weight loss, have regular weigh-ins with our new InBody Body Composition Analyzer, and receive private sessions with a certified nutrition coach to guide you toward success both in and out of the gym.

Members: \$105 | Guests: \$120

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, CPT

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

THURSDAYS, FEB 20TH - MARCH 6TH
OR
THURSDAYS, APRIL 17TH - MAY 1ST
9:30AM - 11:00AM
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: \$15 | Guests: \$20



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.

Group Training With Todd

EVERY WEDNESDAY IN
JANUARY, FEBRUARY, MARCH, OR
APRIL 10:00AM - 11:00AM
INSTRUCTOR: TODD DIMARIO, CPT

Have you ever thought about getting a personal trainer but you prefer the energy and camaraderie of a group setting? This month-long 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. This program runs monthly. Space is limited to 6 participants so register today!

Members: \$100 | Guests: \$125

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, CPT

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, CPT

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.

The Big 3: Strength Training Program for Women

TUESDAYS & THURSDAYS,
JANUARY 14TH - FEBRUARY 20TH
4:00PM - 5:00PM
INSTRUCTORS: WILL STANLEY, CPT,
AND JENNIFER AUSTIN, CPT

Calling all women! Want to learn proper form and technique for some of the best lifts to build strength, reduce body fat, boost metabolism, and improve overall health? Join our instructional program and witness the progress you can make in just eight weeks. This course focuses on the three essential lifts—barbell back squat, bench press, and deadlift—along with complementary exercises to round out your workout. Designed for beginners of all abilities, this program includes access to our new InBody Body Composition Analyzer to track your progress and see the impact of strength training just two days a week!

Members: \$90 | Guests: \$105

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, CPT

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, JANUARY 15TH
WEDNESDAY, FEBRUARY 19TH
WEDNESDAY, MARCH 19TH
WEDNESDAY, APRIL 16TH
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,
JANUARY 29TH - MARCH 19TH
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. This 8-week program will teach you movements to create balance and coordination between the left and the right sides of the body and the brain.

Members: \$100 | Guests: \$120

Weekly Meditation Group

WEDNESDAYS 4:00PM - 5:00PM
INSTRUCTOR: ZACH RISSMAN

free!

Recenter and refocus with heart-based meditation. This simple and easy practice helps relieve stress, increases energy, support healing and promote personal and spiritual growth and wellbeing. Rather than going to war with your thoughts or quieting your mind, thoughts are welcomed, allowed, and accepted as part of the practice. Join us to help practice living a more heart-centered life.

HIIT (High Intensity Interval Training)

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

Want an intense workout to get you in shape? Join Will for a series of different exercises to mix things up, have fun, and burn some serious calories!

Amazonian Breathwork 1-Day Workshop w/ Ceremonial Cacao

THURSDAY, JANUARY 23RD 9:00AM - 10:30AM
OR
FRIDAY, APRIL 11TH 5:30PM - 7:00PM
INSTRUCTOR: JUSTIN TORRICO

Open your mind to this deeply relaxing, empowering, and healing 1-day workshop. The workshop 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: \$20 | Guests: \$30

Boxing Bootcamp

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

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

Full Body Blast

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

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: TODD DIMARIO, CPT

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!



Cardio Kickboxing

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.

Amazonian Breathwork and Guided Meditation

SATURDAYS, MARCH 8TH - 22TH
9:00AM - 10:30AM
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 2:00PM - 4:00PM

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

Nutrition Coaching

BY APPOINTMENT ONLY

Are you feeling confused or frustrated about what to eat? Whether you're looking to lose weight, improve your gym performance, boost your daily energy, or even save money, we've got you covered. Reserve a private 30-minute session with Jenn Austin, our Fitness and Wellness Manager, who is also a certified nutrition coach and personal trainer, and start working toward your nutrition goals today! Stop by the front desk or email jaustin@berkshiresouth.org to make an appointment.

***Members: \$35 | Guests: \$45**

**Prices are per session*

YOUTH FITNESS

Pre-K Yoga

THURSDAYS, JANUARY 30TH - FEBRUARY 20TH
OR MARCH 20TH - APRIL 10TH
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



Preschool Soccer

TUESDAYS, JANUARY 7TH - 28TH OR MARCH 4TH - 25TH
4:00PM - 4:45PM
INSTRUCTOR: LAUREN PELLEGRINO
AGES 3-5

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

Members: \$30 | Guests: \$45

BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

TONE

TEEN OUTREACH NUTRITION EXERCISE

THIS PROGRAM IS SUPPORTED BY THE PITTSFIELD COOPERATIVE BANK

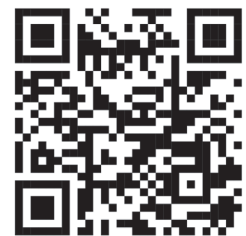


TONE is a health and wellness program that operates during out-of-school times. This free 3-month program allows young people aged 12-18 to earn an additional 6-month membership through program participation and their own initiative. TONE succeeds by encouraging youth to invest in their personal health 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.

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.

VISIT THE FITNESS PAGE



TO LEARN MORE

- 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!**

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.

personal training

One-On-One Training

Berkshire South offers a variety of personal training options and packages to help you meet your fitness and wellness goals! Our personal trainers will develop an individualized training plan, keep you on track, teach you proper form, and offer coaching and encouragement every step of the way.

Dual Training

Want to work out with a partner? Choose one of our trainers for motivation and bring a partner!



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.



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.

personal training

VISIT THE PERSONAL TRAINING PAGE



TO LEARN MORE

Personal Training Rates

24-hour notice is required for scheduling and for cancellations.

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.

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

NEW!

Body Composition Analysis

Ready to elevate your health and training? Try our new full-body composition analysis tool, the InBody! This advanced bio-impedance scale provides a detailed breakdown of your body's composition, including body fat percentage, muscle mass, water weight, and Basal Metabolic Rate (BMR). Your BMR reveals how many calories your body burns at rest.

Your results will be interpreted by one of our certified personal trainers, who can identify potential muscle imbalances and offer basic recommendations for building muscle in key areas.

To book an appointment or learn more, contact the Fitness and Wellness Manager, Jennifer Austin, at jaustin@berkshiresouth.org or 413-528-2810 Ext. 35.

Members: \$25 | Guests: \$35

Want to see what all the hype is about? Come by the Fitness Center on January 13 from 7:00AM - 11:00 AM to get a FREE INBODY ANALYSIS!

For more information, including preparing for your test, contact jaustin@berkshiresouth.org



SATURDAY APRIL 5TH 2025
15th Annual Splash-A-Thon

Join us for our annual event to benefit our **Adaptive Swim Program.**
 Swim a little or swim a lot – every lap makes an impact.



SATURDAY APRIL 19TH 2025
Hop 'Til We Drop Egg Hunt Party

10:00AM - 12:00 PM

RECOMMENDED FOR AGES 18M - 12 Y/O

Grab your family and friends for an egg hunt party!
 We will have 3 egg hunts for different age groups along with music, craft activities, and snacks for kids!
 Join us for a hoppin' good time you won't want to miss!

- EGG HUNT ROUND 1 @ 10:15AM (AGES 18M - 4 YEARS)
- EGG HUNT ROUND 2 @ 10:45AM (AGES 5 - 9 YEARS)
- EGG HUNT ROUND 3 @ 11:15AM (AGES 10 - 12 YEARS)

Birthday Parties

Looking for a fun and memorable space to celebrate your child's special day? Somewhere local that's exciting for kids and worry-free for parents? Berkshire South has you covered! From pool parties to bounce houses, playing basketball in the gym or outside in our playground, there is something for everyone. We offer a 10% discount for members.

Party bookings are available on Saturdays and Sundays. During the school year, we can also offer bounce house parties on Fridays from 4pm to 6pm. 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)
- 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 house for 2 hours
- All tables/chairs included
- Up to 30 party guests

Bounce and Splash Party Extravaganza! \$425

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)
- 15 guests allowed on the pool deck at a time
- All tables/chairs included

Corporate Events

Host your next board meeting, corporate retreat, workshop, or celebration at Berkshire South! Email our Rentals & Events Manager at rentals@berkshiresouth.org to create a rental package that is right for you!

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	\$35
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	\$15/EACH
<i>(ROUND & RECTANGLE AVAILABLE)</i>	
AV EQUIPMENT	\$50-\$100 FLAT FEE



Contact Susie Kandt, Rentals & Events Manager at (413) 528-2810 Ext. 15 or rentals@berkshiresouth.org

STAY UP-TO-DATE!

Follow BSRCC on Social Media



INSTAGRAM



FACEBOOK



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

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 from 4:30-6:30PM with a variety of tasks including: dining setup, serving meals, and cleaning.

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.

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)

Join Us
and become
a volunteer today!

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 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



We extend our sincere thanks to the local businesses and individuals who generously sponsored our annual fundraising event on October 19th, 2024.

VISIONARY

Jane Iredale & Bob Montgomery • Elizabeth & Robin McGraw

AMBASSADOR

Fairview Hospital • Susan & Hank Ferlauto • Barbara & Roger Manring
Ethel Patterson & Michael Bandzierz • Robert Yaffe

LEADER

Adams Community Bank • Greylock Federal Credit Union
Hannah & Mark Gross • Jae's • Erica Jaffe
Suzanne & David L. Klausmeyer • NBT Bank

ADVOCATE

Acrisure • Allegrone Construction Inc. • Autobahn Service
Maggie Buchwald • Carlson Heating & Air Conditioning
Carlson Propane • Brian Cruvey & Matt King
Dare Bottleshop & Provisions • Margaret Deutsch • Bobbie Hallig
Mary & Charles Hamilton • Jill & Robert Jaffe
Lance Vermeulen Real Estate • Estelle Miller • Mirabito • Molari Inc.
Jane Miller Shea & Terry Shea • Jerry & John Soechting
South Egremont Spirit Shoppe • Theory Wellness • Malvina Wasserman



NORRIS AQUATICS CENTER

LIFEGUARD

LIFEGUARD

BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER
LIFEGUARD

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