

LANE SCHEDULE	January 2 through February 17, 2025						
DAY of WEEK	6:30-9:30	9:30-10:30	11:00-12:00	12:00-3:45	4:00-5:30	5:30-6:30	6:30-8:00
Monday	Lap Swim (Ln 1-6)	AQUA STRENGTH (Ln 1-3 Big Space) Lap Swim (Ln 4-6)	AQUA ZUMBA (Ln 1-3 Big Space) Lap Swim (Ln 4-6)	Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	ADAPTIVE ADULT (Ln 1&2 Big Space) Lap Swim (Ln 3&4) FLYING FISH (3:45-5:00) <i>(Start: Jan 13. Lns 5&6)</i>	CARDIO CRUSH (Ln 1-3 Big Space) Lap Swim (Ln 4-6)	Spartans Rental (Ln 1-6)
Tuesday	Lap Swim (Ln 1-6)	AQUA CORE (Ln 1-3 Big Space) Lap Swim (Ln 4-6)	Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&4) After School OOS (Lns 5&6)	AQUA BOOTCAMP (Ln 1-3 Big Space, except 1/7) Lap Swim (Ln 4&5) Pvt Lesson (Ln 6)	Spartans Rental (Ln 1-6) [1/7, 5:30 PM Closure for Home Swim Meet]
Wednesday	Lap Swim (Ln 1-6)	AQUA BLAST (Ln 1-3 Big Space) Lap Swim (Ln 4-6)	Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	ADAPTIVE YOUTH (Ln 1) Lap Swim (Ln 2-3) Pvt Lesson (Ln 4) FLYING FISH (3:45-5:00) <i>(Start: Jan 8. Lns 5&6)</i>	INTERGEN VOLLEYBALL (Ln 1-3 Big Space, except 1/22) Lap Swim (Ln 4-6)	Spartans Rental (Ln 1-6) [1/22, 5:30 PM Closure for Home Swim Meet]
Thursday	6:30-10:30 Lap Swim (Ln 1-6) ADULT GROUP LESSON 9:15-10:00AM, Lns 1&2	10:30-11:30 FOUNTAIN OF YOUTH (Ln 1-3 Big Space) Lap Swim (Ln 4-6)	11:30-2:00 & 3:00-4:00 Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	2:00 - 3:00 AQUA THRILLS (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	4:00 - 5:30 ADAPTIVE YOUTH (Ln 1) Lap Swim (Ln 2-3) Pvt Lesson (Ln 4) YOUTH LEVEL 2 & 3/4 (Ln 5&6)	5:30-6:30 AQUA BOOTCAMP (Ln 1-3 Big Space) Lap Swim (Ln 4&5) Pvt Lesson (Ln 6)	Spartans Rental (Ln 1-6)
Friday	6:30-9:00 Lap Swim (Ln 1-6)	9:00-10:30 SUNSHINE PRE-K (Splash Pad until 10) Lap Swim (Ln 1-6)	10:30-11:30 HAPPINESS HOUR (Ln 1-3 Big Space) Lap Swim (Ln 4-6)	11:30-4:00 Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	4:00-5:30 Open Swim or Private Lesson (Ln 1&2 Big Space) Lap Swim (Ln 2-4) After School OOS (Lns 5&6)	5:30-6:30 AQUA DANCE (Ln 1-3 Big Space, except 1/24) Lap Swim (Ln 4&5) Pvt Lesson (Ln 6)	Spartans Rental (Ln 1-6) [1/24, 5:30 PM Closure for Home Swim Meet]
Saturday	7:30-9:00 Lap Swim (Ln 1-5) (Pvt Lesson 8-9AM Ln 6)	9:00-10:30 FLYING FISH (9:15-10:30) <i>(Start: Jan 11. Lns 1&2)</i> Lap Swim (Ln 3&4) ADULT SWIM CLINICS (1/4, 1/25, 2/8, 2/15: Ln 5&6)	10:30-11:30 Saturday AM Jam (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	11:30-12:30 Open Swim or BDAY Party (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	12:30-4:30 Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)		
Sunday	7:30-9:00 Lap Swim (Ln 1-5) (Pvt Lesson 8-9AM Ln 6)	9:00-11:30 Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	11:30-12:30 Open Swim or BDAY Party (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	12:30-4:30 Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&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.

RED spaces Indicates NO LAP SWIM

ORANGE spaces Indicates ONE LAP LANES ONLY FOR CIRCLE SWIM

DARK RED FONT indicates YOUTH or INTERGENERATIONAL Programming.

DARK BLUE FONT indicates ADULT Programming.

Aquatics Schedule, January 2-February 17, 2025: Subject to change

	Time	Activity	Lap Swim	Open Swim
Monday	6:30 am - 9:30 am	Lap Swim Only	5-6 Lanes OPEN	CLOSED
	9:30 am - 10:30 am	Aqua Strength	2-3 Lanes	CLOSED
	10:30 am - 11:00 am	Lap & Open Swim	2-4 Lanes	OPEN
	11:00 am - 12:00 pm	Aqua Zumba	2-3 Lanes	CLOSED
	12:00 pm - 3:45 pm	Lap & Open Swim	2-4 Lanes	OPEN
	3:45 pm - 5:30 pm	Adult Adaptive Swim/ Flying Fish (start 1/13)	1-2 Lanes	CLOSED
	5:30 pm - 6:30 pm	Cardio Crush	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	SPARTAN TEAM RENTAL	NORRIS AQUATICS CENTER CLOSED	
Tuesday	6:30 am - 8:00 am	Lap Swim Only	5-6 Lanes OPEN	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	Lap & Open Swim	2-4 Lanes	OPEN
	4:00 pm - 5:30 pm	OOS After School	2 Lanes	OPEN
	5:30 pm - 6:30 pm	Aqua Bootcamp	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	SPARTAN TEAM RENTAL	NORRIS AQUATICS CENTER CLOSED	
	Wednesday	6:30 am - 9:30 am	Lap Swim Only	5-6 Lanes OPEN
9:30 am - 10:30 am		Aqua Blast	2-3 Lanes	CLOSED
10:30 am - 3:45 pm		Lap & Open Swim	2-4 Lanes	OPEN
3:45 pm - 5:30 pm		Youth Adaptive/ Flying Fish (start 1/8)	2-3 Lanes	CLOSED
5:30 pm - 6:30 pm		Intergen Aqua Volleyball	2-3 Lanes	CLOSED
6:30 pm - 8:00 pm		SPARTAN TEAM RENTAL	NORRIS AQUATICS CENTER CLOSED	
Thursday		6:30 am - 9:15 am	Lap Swim Only	5-6 Lanes OPEN
	9:15 am - 10:00 am	Adult Beginner Learn-To-Swim	3-4 Lanes	CLOSED
	10:00 am - 10:30 am	Lap & Open Swim	2-4 Lanes	OPEN
	10:30 am - 11:30 am	Fountain of Youth	2-3 Lanes	CLOSED
	11:30 am - 2:00 pm	Lap & Open Swim	2-4 Lanes	OPEN
	2:00 pm - 3:00 pm	Aqua Thrills	2-3 Lanes	CLOSED
	3:00 pm - 4:00 pm	Lap & Open Swim	2-4 Lanes	OPEN

Thursday	4:00 pm - 5:30 pm	Youth Adaptive/ Youth Learn-To-Swim	2-3 Lanes	CLOSED
	5:30 pm - 6:30 pm	Aqua Bootcamp	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	SPARTAN TEAM RENTAL	NORRIS AQUATICS CENTER CLOSED	
Friday	6:30 am - 8:00 am	Lap Swim Only	5-6 Lanes OPEN	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	Lap & Open Swim	2-4 Lanes	OPEN
	4:00 pm - 5:30 pm	OOS After School	2-4 Lanes	CLOSED
	5:30 pm - 6:30 pm	Aqua Dance	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	SPARTAN TEAM RENTAL	NORRIS AQUATICS CENTER CLOSED	
	Saturday *	7:30 am - 9:15 am	Lap Swim Only	5-6 Lanes OPEN
	9:00 am - 10:30 am	Adult Swim Clinics ** Flying Fish (start 1/11)	1-3 Lanes **	OPEN
	10:30 am - 11:30 am	Sat AM Jam/ Youth Adaptive Swim	2-3 Lanes	OPEN
	11:30 am - 12:30 pm	Lap & Open Swim (Possible: Bday Rentals)	2-4 Lanes	OPEN or CLOSED (if Bday Party)
	12:30 pm - 3:00 pm	Lap & Open Swim	2-4 Lanes	OPEN
	3:00 pm - 4:30 pm	Lap & Open Swim	2-4 Lanes	OPEN
	Sunday *	7:30 am - 9:00 am	Lap Swim Only	5-6 Lanes OPEN
	9:00 am - 11:30 am	Lap & Open Swim	2-4 Lanes	OPEN
	11:30 am - 12:30 pm	Lap & Open Swim (Possible: Bday Rentals)	2-4 Lanes	OPEN or CLOSED (if Bday Party)
	12:30 pm - 4:30 pm	Lap & Open Swim	2-4 Lanes	OPEN

* Lap usage will be limited on Saturday afternoon and Sunday morning on Jan 11-12 only, due to a BSRCC Red Cross Lifeguard Certification course.

** Adult Swim Clinics will take place on 1/4, 1/25, 2/8, and 2/15 *only*. Lap Swim space on these dates will depend on enrollment for the clinics.

AQUATIC CLASS DESCRIPTIONS

Adult Learn-To-Swim Beginner

(Winter Session: Thursdays,
Jan 2-Feb 6, 9:15-10:00AM)

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
(Winter Session: begins mid-Feb)

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
(Winter Session: runs Jan 8-Feb 17)

This is a novice recreational swim club. No prior experience necessary! However, to join, swimmers must be able to swim 25 yards of both freestyle and backstroke, and tread or float for at least 2 minutes. 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 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. Beignyreh will lead activities including volleyball, aquatic dance jams, pool games, and water safety demonstrations.

Youth & Pre-K Learn-To-Swim Group Lessons
(Winter Session: begins mid-Feb)

A 6-week session of Youth Level 2 and Youth Level 3/4 will run from January 2-February 6, 2025. The Winter 2025 6-week session of Pre-K and 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.