

LANE SCHEDULE		February 17 through April 5, 2025					
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
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) <i>Start March 24, 3-4PM: Red Raiders practice Ln 2</i> Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	ADAPTIVE ADULT (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	CARDIO CRUSH (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)
Tuesday	Lap Swim (Ln 1-6) Note: PVT RENTAL <i>8:00-10:00AM, Lns 1&2 plus Therapy Pool, starting April 1</i>	TOTS LTS (Ln 1-3) Lap Swim (Ln 4-6)	AQUA CORE (Ln 1-3 Big Space) <i>(Note: starting April 1: 10:30-11:30)</i> Lap Swim (Ln 4-6)	Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	ADAPTIVE YOUTH (Ln 1&2) Lap Circle Swim (Ln 3 only) AFTER SCHOOL (Ln 4-6)	AQUA BOOTCAMP (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)
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)	PreK 1 LTS (Ln 1&2) Lap Swim (Ln 3&4)	PreK 2 LTS (Ln 1&2) Lap Swim (Ln 3&4)	INTERGEN VOLLEYBALL (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)
Thursday	Lap Swim (Ln 1-6)	YOUTH/THRILLS (Ln 1-3 Big Space) Lap Swim (Ln 4-6)	Open Swim (Ln 1&3 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	PreK 1 LTS (Ln 1&2) Lap Swim (Ln 3&4)	PreK 1 LTS (Ln 1&2) Lap Swim (Ln 3&4)	AQUA BOOTCAMP (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)
Friday	Lap Swim (Ln 1-6) Note: PVT RENTAL <i>8:00-10:00AM, Lns 1&2 plus Therapy Pool, starting April 1</i>	SUNSHINE PRE-K (Splash Pad until 10) Lap Swim (Ln 1-6)	HAPPINESS HOUR (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) Lap Circle Swim (Ln 3 only) AFTER SCHOOL (Ln 4-6 Big Space)	AQUA DANCE (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)
Saturday	Lap Swim (Ln 1-5) (Pvt Lesson 8-9AM Ln 6)	TOTS LTS (Ln 1-3) Lap Circle Swim (Ln 4 only) YOUTH 1 LTS (Ln 5&6)	PreK 1 LTS (Ln 1&2) Lap Swim (Ln 3&4) YOUTH 2 LTS (Ln 5&6)	Saturday AM JAM (Ln 1&2 Big Space) Lap Swim (Ln 3-5) ADAPTIVE YOUTH (Ln 6)	Open Swim or BDAY Party (11:30-12:30) (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	PreK 1/SuperSwim LTS (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)
Sunday	Lap Swim (Ln 1-5) (Pvt Lesson 8-9AM Ln 6)	Open Swim (Ln 1&2 Big Space) Lap Swim (Ln 3&5) Pvt Lesson (Ln 4&6)	Open Swim or BDAY Party (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)			

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, Feb 17-April 5, 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	2-3 Lanes	OPEN
	11:00 am - 12:00 pm	Aqua Zumba	2-3 Lanes	CLOSED
	12:00 pm - 4:00 pm	Lap & Open Swim	2-4 Lanes	OPEN
	4:00 pm - 5:30 pm	Adult Adaptive Swim	2-4 Lanes	CLOSED
	5:30 pm - 6:30 pm	Cardio Crush	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	Lap & Open Swim	3-4 Lanes	OPEN
Tuesday	6:30 am - 9:15 am	Lap Swim Only	5-6 Lanes OPEN	CLOSED
<i>Start: April 1</i>	8:00 am - 10:00 am	<i>Pvt Rental Lns 1-2 plus Therapy Pool (start 4/1)</i>	3-4 Lanes	CLOSED
	9:15 am - 11:00 am	Tots LTS/Aqua Core (start 4/1 10:30-11:30)	3 Lanes	CLOSED
	11:00 am - 4:00 pm	Lap & Open Swim	2-4 Lanes	OPEN
	4:00 pm - 5:30 pm	Youth Adaptive Swim/ OOS After School	1-2 Lanes	CLOSED
	5:30 pm - 6:30 pm	Aqua Bootcamp	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	Lap & Open Swim	3-4 Lanes	OPEN
Wednesday	6:30 am - 9:30 am	Lap Swim Only	5-6 Lanes OPEN	CLOSED
	9:30 am - 10:30 am	Aqua Blast	2-3 Lanes	CLOSED
	10:30 am - 4:00 pm	Lap & Open Swim	2-4 Lanes	OPEN
	4:00 pm - 5:30 pm	Youth & Adult Group Learn-To-Swim	1-2 Lanes	CLOSED
	5:30 pm - 6:30 pm	Intergen Aqua Volleyball	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	Lap & Open Swim	3-4 Lanes	OPEN
Thursday	6:30 am - 10:30 am	Lap Swim Only	5-6 Lanes OPEN	CLOSED
	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
	4:00 pm - 5:30 pm	Youth Group Learn-To-Swim	1-2 Lanes	CLOSED
	5:30 pm - 6:30 pm	Aqua Bootcamp	2-3 Lanes	CLOSED

Thursday	6:30 pm - 8:00 pm	Lap & Open Swim	3-4 Lanes	OPEN
Friday	6:30 am - 8:00 am	Lap Swim Only	5-6 Lanes OPEN	CLOSED
<i>Start: April 1</i>	<i>8:00 am - 10:00 am</i>	<i>Pvt Rental Lns 1-2 plus Therapy Pool (start 4/1)</i>	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	1-2 Lanes	OPEN
	5:30 pm - 6:30 pm	Aqua Dance	2-3 Lanes	CLOSED
	6:30 pm - 8:00 pm	Lap & Open Swim	3-4 Lanes	OPEN
Saturday	7:30 am - 9:00 am	Lap Swim Only	5-6 Lanes OPEN	CLOSED
	9:00 am - 9:30 am	Youth Group Learn-To-Swim	1 Lane only	CLOSED
	9:30 am - 10:10 am	Youth Group Learn-To-Swim	1-2 Lanes	CLOSED
	10:30 am - 11:30 am	Sat AM Jam/ Youth Adaptive Swim	2-3 Lanes	OPEN
	11:30 am - 1:45 pm	Lap & Open Swim (Possible: Bday Rentals)	2-4 Lanes	OPEN or CLOSED (if Bday Party)
	1:45 pm - 3:00 pm	Youth Group Learn-To-Swim	2-3 Lanes	CLOSED
	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	CLOSED
	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

AQUATIC CLASS DESCRIPTIONS

Adult Learn-To-Swim Beginner

(April Session: 9:15-10:00AM
April 17-May 22)

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

(Summer 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 to review/refine the 4 “competitive strokes” (freestyle, backstroke, breaststroke, and butterfly) and 3 “survival strokes” (breaststroke, sidestroke, and elementary backstroke.) Each 45-minute session is designed as a flexible workout to address each student’s individual goals. Our coaches will offer their critical eye to help swimmers become more efficient, 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 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 (April-May 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

aquatics@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

(July & August Sessions:
Reg Info TBD)

Our Spring 2025 6-week session of Youth Group Swim lessons will begin in April, with additional sessions planned for July and August. 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 listserv to receive the weekly Pool Notes, or contact: aquatics@berkshiresouth.org.