

# BERKSHIRE SOUTH

## REGIONAL COMMUNITY CENTER

Spring/Summer 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 pm  
**SAT-SUN** 7:30 am - 4:30 pm

*It is possible that our hours of operation may occasionally change. Please check our website for updates.*

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**questions?**

**CALL US!**

413.528.2810

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CATALOG CODE KEY:

**RS** Recommended for Seniors  
**AF** 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 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
- **Membership & program discounts available** to youth enrolled in our Education & Childcare program and their families. Contact the Education & Childcare department for more information.

### 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% off of 6-month memberships and 50% off 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

# membership information

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 30 for more details

## Membership Rates

\* monthly Electronic Fund Transfer (EFT) plan

Member Categories	1 Year	MONTHLY *EFT RATE	6 Month	MONTHLY *EFT RATE	3 Month	1 Month
ADULT (AGES 26+)	\$873.00	\$72.75	\$525.00	\$87.50	\$311.00	\$115.00
SENIOR 65+	\$828.00	\$69.00	\$498.00	\$83.00	\$284.00	\$105.00
ONE ADULT HOUSEHOLD*	\$945.00	\$78.75	\$567.00	\$94.50	\$324.00	\$120.00
TWO ADULT HOUSEHOLD**	\$1,107.00	\$92.25	\$663.00	\$110.50	\$387.00	\$140.00
YOUNG ADULT (AGES 19-25)	\$522.00	\$43.50	\$315.00	\$52.50	\$166.00	\$60.00
YOUTH (AGES 13-18)	\$387.00	\$32.25	\$231.00	\$38.50	\$124.00	\$45.00

\* One adult household includes 1 adult and their dependents up to age 18 living in the same household.  
\*\* Two adult household includes 2 adults and their dependents up to age 18 living in the same household.  
*Exceptions can be made for college students ages 19-22 who are carrying 6 credits or more for the semester while living in the same household. To arrange for this exception, please contact Membership@berkshiresouth.org.*

### DAY PASS GUEST RATES

Adult (19+)	\$17	College Student (with ID)	\$12
Senior (65+)	\$15	Adult & Senior last hour of day	\$10
Guest of Member*	\$10	Family Day Pass**	\$40
Youth (age 6-18)	\$8	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)	\$8	10 Visit Pass (no expiration)	\$130
Adult w/ Caregiver (A caregiver accompanying an Adult)	\$12	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 18

## 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 **Kay McGovern** at **kmcgovern@berkshiresouth.org** or **413.528.2810, ext. 32**



# Welcome to Berkshire South

A NOTE FROM THE EXECUTIVE DIRECTOR



Dear friends,

As we step into the warmth and vibrancy of summer, I am reminded of what makes Berkshire South Regional Community Center truly special: you. Our community has always been the heart of this organization, and as we unveil our May–August 2025 program catalogue, we reaffirm our commitment to fostering a space of belonging, connection, and shared experiences for all.

At Berkshire South, inclusion is more than just a principle—it is the foundation upon which we build every class, event, and program. We are not here for just one group or another; we are here for everyone. True inclusion means more than opening our doors; it means ensuring that each person who walks through them feels welcomed, valued, and seen. It means designing programs with every individual in mind, making sure that our offerings reflect the diverse and vibrant community we serve.

Whether you’re a longtime member or stepping into the Center for the first time, know that you are an essential part of what makes Berkshire South thrive. From our youth programs to wellness classes, from arts workshops to community suppers, every activity is a reflection of the unique people who call this place home. Without you, this Center would not be what it is—a place of growth, learning, and togetherness.

As you explore the opportunities in this catalogue, we invite you to find what excites you, what nurtures you, and what connects you with others. Whether you come for recreation, education, health, or simply a sense of belonging, you have a place here.

We look forward to sharing a summer of discovery, laughter, and community with you!

Warmly,

*Jenise Lucey*

Jenise Lucey  
Executive Director



SUPPORT  
BERKSHIRE SOUTH

DONATE TODAY!





Sunshine In The Summer

AGES 2.9-5 YRS OLD  
JUNE 23RD - AUGUST 21ST  
MONDAY - FRIDAY  
8:30AM - 5:00PM  
\*NO CAMP ON JULY 4TH OR AUGUST 22ND

Come for one week or stay for all nine! Sunshine In The Summer offers a creative atmosphere which enhances a student's ability to socialize with others, make clever use of materials, promote self-expression, and foster their cognitive and emotional development. Children will enjoy outdoor adventures on our property, play games, make art, use our indoor Splash Pad, and more!

Please Note: To enroll in Sunshine In The Summer for less than 5 days per week (2-3 days/wk), your child must be a year-round student OR enroll in our summer program for a minimum of 4 weeks. Your child is considered a year-round student if they already attend Sunshine Preschool or expect to attend Sunshine Preschool in fall 2025.

YEAR-ROUND COMMITMENT RATES  
\$300/Week

SUMMER ONLY RATES  
\$375/Week

\*Prorated week 2 & 9 for summer-only families: \$300/week

\*\*Financial Assistance is available through the Judy Spencer Scholarships for Early Childhood.

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



Sunshine In The Summer

EDADES DE 2.9-5 AÑOS  
23 DE JUNIO - 21 DE AGOSTO  
LUNES- VIERNES  
8:30AM - 5:00PM  
\*NO HABRÁ CAMPAMENTO EL 4 DE JULIO O EL 22 DE AGOSTO

¡Ven por una semana o quédate nueve! Sunshine en el Verano ofrece una atmósfera creativa que realza la habilidad de los estudiantes para socializar con otros, hacer un uso ingenioso de los materiales, promueve la autoexpresión y fomenta el desarrollo emocional y cognitivo. Los niños disfrutarán de aventuras al aire libre en nuestra propiedad, jugaran juegos, crearán arte, usaran nuestro Splash Pad interior y mucho más.

Por favor tome en cuenta: Para inscribirse a Sunshine en el Verano por menos de 5 días a la semana (2-3 días/ semana), tu hijo(a) debe ser alumno todo el año O inscribirse en nuestro programa de verano por un mínimo de 4 semanas. Su hijo(a) es considerado como estudiante de todo el año si ya asiste al Preescolar Sunshine o si se espera que asista a el preescolar Sunshine en el otoño del 2025.

CUOTAS POR TODO EL AÑO  
\$300/Semana

CUOTAS POR EL VERANO SOLAMENTE  
\$375/ Semana

\*El precio de la semana del 4 de Julio y el 22 de Agosto será ajustado solo para las familias de verano: \$300/semana

\*\*Asistencia Financiera está disponible a través de las Becas para Educación Temprana Judy Spencer.

Para mas información, contactar a Amanda Marcinak al amarcinak@berkshiresouth.org o llame al 413 528 2810 Sunshine x 16





# education & childcare



AGES 5 – 14 YRS OLD  
JUNE 23RD – AUGUST 21ST  
MONDAY – FRIDAY  
8:30AM – 5:00PM  
\*NO CAMP ON JULY 4TH OR AUGUST 22ND  
DROP OFF IS BETWEEN 8:30AM – 9:00AM  
PICK UP IS BETWEEN 4:30PM – 5:00PM



Nine weeks of fun and safe summer activities! We offer our campers a variety of age-appropriate activities and special events to make their summer unforgettable. Campers will be able to take advantage of our facilities including our playgrounds, fields, hiking trails, and pool. From sports to creative arts and STEM activities, campers will have the opportunity to develop positive character traits, create memories, and build long-lasting friendships.

### Questions?

Contact [os@berkshiresouth.org](mailto:os@berkshiresouth.org) or call **413-528-2810 x 27**, to learn more.



### 2025 AADC Weekly Themes

- Week 1: Superheroes in Training**  
JUNE 23RD-JUNE 27TH
- Week 2: Galactic Adventures**  
JUNE 30TH-JULY 3RD (CLOSED JULY 4TH)
- Week 3: Mud, Muck, and More**  
JULY 7TH-JULY 11TH
- Week 4: Medieval, Mythical, Magical**  
JULY 14TH-JULY 18TH
- Week 5: Where the Wild Things Go**  
JULY 21ST-JULY 25TH
- Week 6: Under the Big Top**  
JULY 28TH-AUGUST 1ST
- Week 7: Water Palooza**  
AUGUST 4TH-AUGUST 8TH
- Week 8: Artful Antics**  
AUGUST 11TH-AUGUST 15TH
- Week 9: Summer Rewind**  
AUGUST 18TH-21ST (CLOSED AUGUST 22ND)

### Weekly Camp Rates: \$450

\*Prorated Week 2 (closed July 4th)  
and Week 9 (closed August 22nd): **\$360**



The Agnes M. Lindsay Trust  
The Edward Mann Foundation



EDADES DE 5-14 AÑOS  
23 DE JUNIO – 21 DE AGOSTO  
LUNES – VIERNES  
8:30AM – 5:00PM  
\*NO HABRA CAMPAMENTO EL 4 DE JULIO O EL 22 DE AGOSTO  
HORA DE LLEGADA ENTRE 8:30AM- 9:00AM  
HORA DE SALIDA ENTRE 4:30PM-5:00PM



Nueve semanas de diversión y actividades veraniegas seguras! Ofrecemos a nuestros campistas una variedad de actividades apropiadas para su edad y eventos especiales para un verano inolvidable. Los campistas podrán tomar ventaja de nuestras instalaciones incluyendo nuestro patio, campos, senderos y piscina. Desde deportes hasta artes creativas y actividades de STEM, los campistas tendrán la oportunidad de desarrollar características positivas, crear recuerdos y construir largas amistades.

### Dudas?

Contacta [os@berkshiresouth.org](mailto:os@berkshiresouth.org) o llama al **413-528-2810 x 27**, para mas información.



The Agnes M. Lindsay Trust  
The Edward Mann Foundation

# educación & cuidado de niños



### Temas Semanales AADC 2025

- Semana 1: Superhéroes en Entrenamiento**  
23 DE JUNIO-27 DE JUNIO
- Semana 2: Aventuras Galacticas**  
30 DE JUNIO-3 DE JULIO (CERRADO EL 4 DE JULIO)
- Semana 3: Lodo, Abono y Mas**  
7 DE JULIO-11 DE JULIO
- Semana 4: Magica, Mitica, Medieval**  
14 DE JULIO-18 DE JULIO
- Semana 5: A Donde las Cosas Salvajes Van**  
21 DE JULIO-25 DE JULIO
- Semana 6: Bajo la Gran Carpa**  
28 DE JULIO-1RO DE AGOSTO
- Semana 7: Agua Palooza**  
4 DE AGOSTO-8 DE AGOSTO
- Semana 8: Travesuras Artísticas**  
11 DE AGOSTO-15 DE AGOSTO
- Semana 9: Reviviendo el Verano**  
18 DE AGOSTO-21 DE AGOSTO (CERRADO EL 22 DE AGOSTO)

### CUOTAS SEMANALES DEL CAMPAMENTO: \$450

\*Ajuste de precio para la semana 2 (cerrado el 4 de Julio)  
y semana 9 (cerrado el 22 de Agosto): **\$360**



YOUTH PROGRAMS



**Ballet 1**  
AGES 5 - 7  
MONDAYS, MAY 5TH - JUNE 16TH  
(NO CLASS 5/26)  
4:30PM - 5:15PM  
INSTRUCTOR: SARAH DAUNT

This class is designed to introduce young dancers to the world of ballet in a fun and supportive environment. Through engaging activities, students will learn basic ballet positions, terminology, and technique while exploring creativity and expression. Each session includes a dynamic mix of warm-ups, center work, across-the-floor exercises, and creative movement to nurture both skill development and artistic exploration. \*Parent/guardian must stay in the room.

**Members: \$60 | Guests: \$80**

**Snuggle & Stretch: Baby and Me**  
AGES 0-6 MONTHS WITH PARENT/CAREGIVER  
FRIDAYS, JUNE 13TH - JULY 25TH  
(NO CLASS 7/4)  
9:00AM - 9:45AM  
INSTRUCTOR: SARAH DAUNT

This class blends gentle stretches with rhythmic dance to help you connect with your body and bond with your littleone. Enjoy a supportive space to move and find joy.

**Members: \$60 | Guests: \$80**

**Mentoring for Young Adults**  
BY APPOINTMENT  
INSTRUCTOR: MICHAEL LINDEN

Are you a high school student, recent college graduate, or young entrepreneur looking for help navigating your next steps? Schedule an appointment with mentor Michael Linden, an accomplished businessman and entrepreneur. He'll teach you strategies for career development and help bolster your communication, leadership, and critical thinking skills in one-on-one sessions.

Reach out to Molly at [mamstead@berkshiresouth.org](mailto:mamstead@berkshiresouth.org) to schedule an appointment today!



VISIT THE  
COMMUNITY PAGE



TO LEARN MORE

ADULT PROGRAMS

**There's No Shame in Dying**  
AGES 18+  
WEDNESDAYS, MAY 7TH - JUNE 4TH  
2:00PM - 3:30PM  
INSTRUCTOR: BESS DILLMAN, CERTIFIED DEATH DOULA

Do you find yourself avoiding thoughts or discussions about death? This class provides an opportunity to explore your feelings and ease your fears in a supportive, non-judgmental environment. Whether you're coming to terms with your own mortality or coping with the loss of a loved one, you'll learn how to approach this experience with greater peace. We also honor the grief and sadness that often accompanies this journey.

**Members: \$15 | Guests: \$25**



**Mindful Migration Birding Walk**  
ALL AGES WELCOME  
SATURDAYS, MAY 10TH, MAY 17TH, MAY 24TH, MAY 31ST  
9:00AM - 10:30AM  
INSTRUCTOR: DAVE EDSON

Join Dave Edson on easy, family-friendly strolls to witness the awe of spring bird migration. It's spring in full swing and (bird) love is in the air! We will get to know the beautiful and inspiring sights and sounds of local and visiting birds' songs, calls, plumage, and behavior as we take advantage of the relaxing and healing benefits of mindful birding. Please bring binoculars, if you have them.  
*\*Parent/guardian must accompany anyone under age 18.*

<b>Adult Rate: \$15/session</b>	<b>\$40/all four</b>
<b>Child Rate: \$8/session</b>	<b>\$25/all four</b>

Families or groups (3 or more registrants) receive 20% off!\*



**Country Line Dancing**  
AGES: 13+  
TUESDAYS, MAY 13TH - JUNE 24TH (NO CLASS 6/17)  
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: \$90 | Guests: \$110**

**Genealogy**  
AGES 13+  
WEDNESDAY, MAY 14TH  
OR  
WEDNESDAY, JUNE 11TH  
5:00PM - 7:00PM  
INSTRUCTOR: RICHARD POPE  
Have you ever wondered about your family's past but didn't know where to start or who to ask? This is your opportunity! In this 30 minute session, Richard Pope, a certified genealogist, will help you get the answers you have been looking for and get you started in the right direction. Please note, Richard focuses on US genealogy only.

**Members: \$5 | Guests: \$10**



community programming

ADULT PROGRAMS

The 10 Warning Signs of Alzheimer’s

AGES 18+  
THURSDAY, MAY 22ND  
1:00PM - 2:00PM  
OR  
THURSDAY, JUNE 26TH  
6:00PM - 7:00PM  
INSTRUCTOR: HOLLAND BROWN, ALZHEIMER’S  
ASSOCIATION VOLUNTEER

The warning signs of Alzheimer’s disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. Attend this training to learn the 10 Warning Signs of Alzheimer’s disease. We’ll separate myth from reality and address commonly-held fears about Alzheimer’s in America.

FREE FOR MEMBERS

Members: Free | Guests: \$5



Intermediate Improvisation for Theater

AGES 18+  
THURSDAYS, MAY 22ND - JULY 3RD (NO CLASS 6/19)  
6:30PM - 8:30PM  
INSTRUCTOR: DARREN BLANEY

Building our skills, this course will focus on improvised short scenes, long-form improv, and continued ensemble collaboration. Inspired by the work of Viola Spolin, Keith Johnstone, and Sanford Meisner, 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!

Members: \$90 | Guests: \$110

Understanding Alzheimer’s and Dementia

AGES 18+  
WEDNESDAY, JUNE 11TH  
1:00PM - 2:00PM  
OR  
WEDNESDAY, JULY 16TH  
6:00PM - 7:00PM  
INSTRUCTOR: HOLLAND BROWN, ALZHEIMER’S  
ASSOCIATION VOLUNTEER

This program provides information about Alzheimer’s disease and other dementias, stages and risk factors, available research and treatment, and resources offered by the Alzheimer’s Association.

FREE FOR MEMBERS

Members: Free | Guests: \$5



An Evening with The Berkshire Medium

AGES 18+  
MONDAY, JUNE 16TH  
5:30PM - 7:30PM  
FACILITATOR: PAM ELLIS, THE BERKSHIRE MEDIUM

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: \$65 | Guests: \$65

community programming

CONTINUOUS PROGRAMS

Community Supper

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

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

free!

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, Lee Bank Foundation, and the Pepita Foundation.*

Berkshire Ukulele Band (BUB)

AGES 13+  
TUESDAYS, 6:30PM - 8:00PM  
INSTRUCTORS: JEAN ATWATER-WILLAMS & KEITH LARSEN  
\$50 FOR THE SEASON (MAY - AUGUST)  
OR  
\$5 DROP-IN RATE

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 (MAY - AUGUST)  
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.

Funding for Berkshire Ukulele Band and Berkshire Sings! is provided in part by a grant from the local cultural councils from the towns of Alford-Egremont, Great Barrington, Lee, Monterey, Mount Washington, New Marlborough, Sandisfield and Sheffield, which are supported by the Mass Cultural Council, a state agency.



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. Fall is the perfect time to plant garlic, carrots, tulip bulbs, spinach greens and more.

Contact [rentals@berkshiresouth.org](mailto:rentals@berkshiresouth.org) to learn more or reserve your plot.



# youth aquatics

Two Pre-K/Youth LTS sessions will be offered in July and August, meeting twice a week for three weeks. Please check our website for exact dates and times. Registration links for all Youth Swim Lessons will be posted at [berkshiresouth.org/aquatics-youth](http://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!



### 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.

### All Youth Group Swim Lessons are

**Members: \$92 | Guests: \$120**

### 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.



VISIT THE  
AQUATICS PAGE



TO LEARN MORE

### 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 Club

APRIL 14TH - JUNE 4TH

MONDAYS & WEDNESDAYS

4:00PM - 5:15PM

PRORATED RATES AVAILABLE FOR SWIMMERS WHO JOIN LATE

AGES 6 & UP

Our Youth Swim Club is a novice recreational swim team. No prior competitive swim team experience necessary! However, swimmers must be able to swim 25+ yards of freestyle and backstroke and tread water for two minutes in order to join. The Youth Swim Club is geared towards having fun and gaining confidence in a team format while learning about competitive swimming. This program is available by tryout or coach's invitation only.

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

**Members: \$175 | Guests \$225**



All aquatics programs are free for members unless otherwise noted.

# adult aquatics

## PRIVATE LESSONS

We offer a variety of private swim lessons for preschoolers, youth, and adults. Lessons are scheduled based on instructor and pool lane availability. Because demand for private lessons is high, we are currently making our way through our lengthy 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 when it becomes available again, and an instructor will contact you as soon as one is available who can mw eet your needs. Visit the Aquatics Private Swimming Lessons webpage for more details: [berkshiresouth.org/aquatics-personal-training](http://berkshiresouth.org/aquatics-personal-training) Please note our registration and cancellation policy is in effect for all private swim lessons.

*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



## INTERGENERATIONAL AQUATICS



### 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.



All aquatics programs are free for members unless otherwise noted.

Aqua Strength

MONDAYS 9:30AM - 10:30AM  
INSTRUCTOR: LUANA DIAS DAVID

This low-impact class is designed to increase strength, heart health, and endurance through water-based exercise in a fun and social setting. 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.



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 aquatic workout.

VISIT THE  
AQUATICS PAGE



TO LEARN MORE

ADULT LEARN TO SWIM PROGRAMS



1-Day Adult  
Learn-To-Swim Stroke Clinics

INSTRUCTOR: JULIA ERICKSON AND/OR DARREN BLANEY

These fast-paced, 1-day swim clinics provide 75 minutes of focused, guided instruction for adult intermediate and advanced swimmers who wish to refine their swim strokes. Each session includes individual feedback and guided group workouts. These clinics will focus on drills that will help you swim more efficiently. By learning to swim with better form, you will increase your stamina, speed, and cardiovascular health, all while reducing the risk of repetitive stress injury.

Clinics are typically held on Saturday mornings from 9:00-10:15AM. Dates TBD.

Members: \$30 | Guests: \$40



All Adult Group Swim 6-week Sessions are

Members: \$92 | Guests: \$120

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

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





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.

Adaptive Programs

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

- Aqua Thrills..... pg 20 (this page)
- Chair Yoga ..... pg 26

ADAPTIVE AQUATICS PROGRAMS

Supported by The Coolidge Hill Foundation and Berkshire Life Charitable Foundation.

Aqua Thrills AF

THURSDAYS 2:00PM - 3:00PM  
\*ADAPTIVE CLASS  
INSTRUCTOR: JANICE SHIELDS  
FREE FOR MEMBERS OR INCLUDED WITH A DAY PASS

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  
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 differently abled bodies and individuals with neurodiversities. 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 visit our website to join the Adaptive Lessons waitlist!



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](http://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're looking for volunteers to help make our special events and fundraisers a success—whether you can contribute time or special skills. Reach out today and be part of the impact!

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](mailto:volunteers@berkshiresouth.org)





Babysitter Training

AGES 11+  
DATES TBD  
INSTRUCTOR: BEIGNYREIH PERSON

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 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, MAY 15TH  
OR  
THURSDAY, JUNE 5TH  
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.

Members: \$90 | Guests: \$110

\*Price includes materials fee

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](mailto:aquatics@berkshiresouth.org) to schedule a private class to accommodate your organization's needs.

VISIT THE CERTIFICATIONS & TRAINING PAGE

TO LEARN MORE

LIFEGUARD TRAINING

Red Cross Lifeguarding Certificate with CPR/AED/First Aid (w/ Optional Waterfront Skills)

AGES 15+

- Session 1: May 30th - June 1st (Optional Waterfront June 2nd)
- Session 2: June 13th - 15th (Optional Waterfront June 16th)
- Session 3: July 11th - 13th (Optional Waterfront July 14th)

FRIDAY, 4:00PM - 8:00PM  
SATURDAY, 8:00AM - 5:00PM  
SUNDAY, 8:00AM - 5:00PM  
WATERFRONT SKILLS (OPTIONAL): MONDAY, 10:00AM - 4:00PM  
INSTRUCTOR: DARREN BLANEY  
ADDITIONAL LGI LIFEGUARD INSTRUCTORS: CHRISTINE OCHELTREE, BEIGNYREIH PERSON, LARRY RE, AND/OR MOLLY ZIEGLER

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:

- 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
  - Retrieve 10 lb brick from deep end of pool and swim to shallow
  - Online coursework
- Complete 8 hours of online work
- Complete 22 hours of in-person skills classes, plus optional 6 hours for Waterfront Skills Certification

LIFEGUARD TRAINING COURSE

Members: \$325 | Guests: \$375

LIFEGUARD TRAINING COURSE PLUS WATERFRONT SKILLS

Members: \$350 | Guests: \$400

Two-Steps to Register!

- 1 Register online ([berkshiresouth.org/certifications](http://berkshiresouth.org/certifications))
- 2 Email [aquatics@berkshiresouth.org](mailto:aquatics@berkshiresouth.org) with any questions and/or to set up your swim test and American Red Cross Registration.

Red Cross Lifeguard Recertification Course

AGES 15+

JUNE 6TH & 7TH  
(W/ OPTIONAL WATERFRONT SKILLS JUNE 8TH)

FRIDAY, 4:00PM - 8:00PM  
SATURDAY, 9:00AM - 5:00PM  
SUNDAY (OPTIONAL WATERFRONT RECERT), 12:00PM - 3:00PM  
LIFEGUARD INSTRUCTORS: DARREN BLANEY, CHRISTINE OCHELTREE, LARRY RE, AND/OR MOLLY ZIEGLER

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. At time of registration, please email a copy of your Red Cross Certification to [d.blaney@berkshiresouth.org](mailto:d.blaney@berkshiresouth.org).

Members: \$160 | Guests: \$200

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 swimming tests and written exams.



# personal training

## One-On-One Training

Looking for some one-on-one time with our highly skilled and licensed instructors? Rebecca Carberry, Todd DiMario, Will Stanley, Margee O'Meara, and Chris Becker provide personal training for the Berkshire South Community.

### Chris Becker Personal Trainer

I am an ACSM-certified Exercise Physiologist with a Bachelor's degree in Exercise Science and a lifelong passion for fitness. For years, I've been dedicated to working out and experiencing firsthand how transformative exercise can be—not only for the body but for the mind. Guided by the philosophy that exercise is medicine, I bring that passion and understanding to every training session, helping clients improve their overall strength, flexibility, mobility, and quality of life. Whether your goal is building strength, enhancing athletic performance, or simply improving everyday function, I design evidence-based, personalized programs to meet your unique needs. I blend my academic background, hands-on experience, and enthusiasm for fitness to help you achieve sustainable, life-changing results. Let's work together to unlock your full potential!



### 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 recomposition 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.



## Dual Training

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

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 & 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 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](mailto:fitness@berkshiresouth.org) or visit [berkshiresouth.org/fitness-personal-training](http://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 infomation on Personal Training

Contact the Fitness Department at 413.528.2810, ext. 35 or [fitness@berkshiresouth.org](mailto:fitness@berkshiresouth.org)

# personal training



VISIT THE PERSONAL  
TRAINING PAGE



TO LEARN MORE

## Body Composition Analysis

Ready to elevate your health and training? Try our 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 & Wellness Manager, Jennifer Austin, at [jaustin@berkshiresouth.org](mailto:jaustin@berkshiresouth.org) or 413-528-2810 Ext. 35.

**Members: \$25/TEST | Guests: \$35/TEST**

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

**For more information,** including preparing for your test, contact [jaustin@berkshiresouth.org](mailto:jaustin@berkshiresouth.org)



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.

Amazonian Breathwork  
1-Day Workshop with  
Ceremonial Cacao

MONDAY, JUNE 9TH  
2:00PM - 3:30PM  
OR  
SATURDAY, AUGUST 23RD  
10:00AM - 11:30AM  
INSTRUCTOR: JUSTIN TORRICO

Open your mind to this deeply relaxing, empowering, and healing 1-day workshop. Class includes movement and guided sound-assisted meditations to help you root into ancient awareness techniques. We'll sip ceremonial cacao to elevate the experience and deepen our spiritual and social connection.

Members: \$20 | Guests: \$30

Power Hour

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.

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

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.

The Weigh to Lose

TUESDAYS & FRIDAYS, MAY 6TH - JUNE 13TH  
10:00AM - 11:00AM  
INSTRUCTORS: MARGEE O'MEARA,CPT  
AND JENNIFER AUSTIN, CPT, CNC

Ready to commit to a weight loss plan? 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 your success both in and out of the gym.

Members: \$120 | Guests: \$150

Strength & Balance for Women

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

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 2.0: Intermediate Strength  
Training Program for Women

TUESDAYS & THURSDAYS,  
JULY 8TH - AUGUST 14TH  
2:30PM - 3:30PM  
INSTRUCTORS: WILL STANLEY, CPT  
AND JENNIFER AUSTIN, CPT

If you have experience with the 'Big 3' lifts (barbell back squat, bench press, and deadlift) and want to expand your technique to build strength, mobility, and longevity, this program is for you! We will practice the 'Big 3' lifts while incorporating 2 others, the overhead press and row. You'll also have access to our new InBody Body Composition Analyzer to track your progress and see the impact regular strength training can make!

Members: \$120 | Guests: \$150



The Big 3: Strength Training  
Program for Women

TUESDAYS & THURSDAYS,  
JULY 8TH - AUGUST 14TH  
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: \$120| Guests: \$150



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.

Get Fit with Todd

TUESDAYS 5:30PM - 6:30PM & SATURDAYS  
7:30AM - 9:00AM  
JUNE 17TH - AUGUST 9TH  
INSTRUCTOR: TODD DIMARIO

Get motivated to get fit! Join a supportive, tight-knit group as we cheer each other on and build lasting healthy habits. Participants will meet twice a week for a 1-hr fitness class with 30 minutes of open gym time or specialized clinic on Saturdays. We'll also use our new InBody Body Composition Analysis scale to track our progress! Bragging rights and a grand prize will be awarded to the most successful participant!

Members: \$120 | Guests: \$150

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, MAY 21ST  
WEDNESDAY, JUNE 18TH  
WEDNESDAY, JULY 16TH  
WEDNESDAY, AUGUST 20TH  
PICKLEBALL INTRO TO BEGINNERS:  
8:30AM - 9:30AM  
PICKLEBALL SKILLS AND DRILLS:  
9:45AM - 10:45AM

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 8:45AM 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.



Group Training With Todd

EVERY WEDNESDAY IN MAY,  
JUNE, JULY, OR AUGUST  
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 / Month**  
**Guests: \$125 / Month**



Qigong for Joint Health and Arthritis

WEDNESDAYS,  
JUNE 25TH - JULY 30TH  
1:00PM - 2:00PM  
INSTRUCTOR: DAVID CROWE

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 6-week program will teach you movements to help you strengthen and alleviate joint pain that may occur from arthritis or other inflammatory conditions.

**Members: \$90 | Guests: \$120**

Stability Ball Basics

WEDNESDAYS, JULY 9TH - 23RD  
3:00PM - 4:00PM  
INSTRUCTOR: MARGEE O’MEARA

The stability ball (also known as the Swiss ball) is an amazing tool to help with strength, endurance, flexibility, balance and posture. Work with Margee to learn effective ways to increase your fitness and get a great workout suited for your body. This program is geared towards beginners but welcomes advanced participants who want to learn new exercises and techniques.

**Members: \$45 | Guests: \$65**

Weekly Meditation Group

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

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!

Flow Yoga

THURSDAYS 5:30PM - 6:30PM  
INSTRUCTOR: SENTA REIS

This comprehensive moderate level class resets your nervous system and helps build core strength, flexibility, and balance through slow intentional movements and held postures. Modifications available.

Boxing Bootcamp

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

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

Morning Stretch and Release

FRIDAYS 8:00AM - 9:00AM  
(STARTING AUGUST 1ST)  
INSTRUCTOR: JEANNE TEASDALE

Begin the day with more flexibility and mobility by combining stretching with myofascial release. This class will use therapy balls, foam rollers, resistance bands, straps, and other tools to help reduce pain and tension and improve general fitness and function. Tools will be provided. Please bring your own exercise mat. This class is suitable for everyone.

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.

Dynamic Suspension Training

FRIDAYS, AUGUST 1ST - 29TH  
12:00PM - 1:00PM  
INSTRUCTOR: REBECCA CARBERRY

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

**Members: \$80 | Guests: \$100**

Perfect Your Posture Workshop

SATURDAY, JUNE 14TH  
9:00AM - 10:00AM  
INSTRUCTOR: STEVEN LEONARD

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

**Members: \$20 | Guests: \$30**

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!

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.

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.

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](mailto:jaustin@berkshiresouth.org) to make an appointment.

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

*\*Prices are per session*

VISIT THE  
FITNESS PAGE



TO LEARN MORE

YOUTH FITNESS



Preschool Soccer

AGES 3-5  
TUESDAYS, JUNE 3RD - 24TH  
OR  
AUGUST 5TH - 26TH  
4:00PM – 4:45PM  
INSTRUCTOR: LAUREN PELLEGRINO

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

**Members: \$40 | Guests: \$65**



Pre-K Yoga

AGES 3-5  
THURSDAYS, MAY 1ST - 22ND  
4:00PM - 4:45PM  
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: \$40 | Guests: \$65**



fitness & wellness

BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

**TONE**

TEEN OUTREACH NUTRITION EXERCISE

THIS PROGRAM IS SUPPORTED BY  
THE PITTSFIELD COOPERATIVE BANK

VISIT THE  
FITNESS PAGE



TO LEARN MORE



**This ongoing program accepts rolling registrations**

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](mailto:wstanley@berkshiresouth.org) or call 413-528-2810 Ext. 30.**

**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](mailto:wstanley@berkshiresouth.org) or the Front Desk.
- 3 Register online and attend a TONE Orientation.

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





# Harvey Granat

Harvey is returning for his 7<sup>th</sup> year at Berkshire South and is bringing you 3 exciting new shows!

## Lerner & Loewe

**Thursday, June 12th** 5:30PM - 6:45PM

From *My Fair Lady* to *Camelot*, one of Broadway's most successful teams, Alan Jay Lerner and Frederic Loewe, wrote such songs as “Almost Like Being in Love,” “On the Street Where You Live,” “On a Clear Day,” “I’ve Grown Accustomed to Her Face,” “If Ever I Would Leave You,” and many more for some of our favorite Broadway shows and film musicals.

## Fred Astaire: The Composer’s Favorite Singer

**Thursday, July 10th** 5:30PM - 6:45PM

Known as “the composer’s favorite singer,” Astaire introduced more great songs than almost any other major performer. Some of the classics he sang in his films include “A Foggy Day,” “Top Hat, White Tie and Tails,” “Cheek to Cheek,” “The Way You Look Tonight,” “A Fine Romance,” “Pick Yourself Up,” and “Nice Work If You Can Get It.” America’s greatest songwriters loved his respect for music and lyrics.

## Harold Arlen: The Wizard of Music

**Thursday, August 14th** 5:30PM - 6:45PM

From his unforgettable songs in *The Wizard of Oz* to some of America’s greatest classics— including “It’s Only a Paper Moon,” “I’ve Got the World on a String,” “Let’s Fall in Love,” “Stormy Weather,” and “Over the Rainbow,” his music left a lasting mark on our cultural landscape.

**Tickets: \$25**

### 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](http://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](mailto: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 <sup>OR</sup> BLACK TABLE LINENS	\$15/EACH
<i>(ROUND &amp; RECTANGLE AVAILABLE)</i>	
AV EQUIPMENT	\$50-\$100 FLAT FEE



Want to find out more?

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



# STAY UP-TO-DATE!

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**BERKSHIRE SOUTH**  
REGIONAL COMMUNITY CENTER

"The cleverest murder mystery of the  
British Theatre."  
—The Telegraph

AGATHA CHRISTIE'S

## The Mousetrap

by Agatha Christie  
directed by Gerry McIntyre

July 24–August 17  
at The Colonial Theatre



May 28–June 15  
at The Unicorn Theatre  
The Larry Vaber Stage

"A poignant exploration of humanity's great cruelty  
and deep empathy."  
—Vanity Fair



## The Elephant Man

by Bernard Pomerance  
directed by Eric Hill

June 30–July 26  
at The Unicorn Theatre  
The Larry Vaber Stage

"a compelling exploration of identity and self-acceptance."  
—Peter Marks, The Washington Post



Berkshire Theatre Group presents The Berkeley Repertory Theatre Production of

## OUT OF CHARACTER

written and performed by Ari'el Stachel  
directed by Tony Taccone

August 7–30  
at The Unicorn Theatre  
The Larry Vaber Stage

Everyone in this play is real.  
Everything in this play is true.  
The miracle is that it  
really happened.

## DYING IS NO EXCUSE

written by and featuring Renée Taylor  
directed by Elaine May



September 25–October 26  
at The Unicorn Theatre  
The Larry Vaber Stage

"A shimmering synthesis of image, word, and movement."  
—Ben Brantley, The New York Times

## METAMORPHOSES

based on the myths of Ovid  
written and originally directed by Mary Zimmerman  
directed by Isadora Wolfe



UNICORN • COLONIAL • PLAYHOUSE

**BERKSHIRE**  
THEATRE GROUP

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(413) 997-4444

BerkshireTheatreGroup.org

III South Street • Pittsfield, MA  
6 East Street • Stockbridge, MA





**BERKSHIRE SOUTH**  
REGIONAL COMMUNITY CENTER  
15 Crissey Road Great Barrington, MA 01230



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 \_\_\_\_\_

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☐ CHECK ENCLOSED / CHECK # \_\_\_\_\_

**MAIL TO:**  
Berkshire South Regional  
Community Center  
15 Crissey Road

**OR DONATE SECURELY ONLINE AT:**  
[www.berkshiresouth.org/support](http://www.berkshiresouth.org/support)