



BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

Winter/Spring 2026



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.

2026 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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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 up to 50% off programs. Applications, eligibility information, and instructions are available online and at the Front Desk.

Insurance Reimbursement

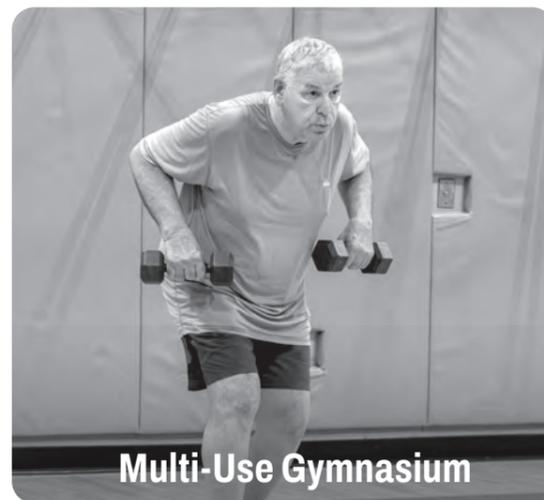
Many insurance companies provide wellness reimbursements. The Front Desk at BSRCC can assist you with compiling the necessary documentation for reimbursement requirements. Please allow up to two weeks for processing.



Aquatics Center



Fitness Center



Multi-Use Gymnasium

Teens between the ages of 12-18 may be eligible for a **FREE membership** through the **Teen Outreach Nutrition & Exercise (TONE) Program!** See page 31 for more details.

membership information

Catalog Membership Rates 2026

* 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	\$378.00	\$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 (1-year expiration)	\$240
Child (age 0-5)	No Charge	20 Visit Senior Punch Card (1-year expiration)	\$200
Caregiver Fee (Adult accompanying children ages 0-9)	\$8	10 Visit Pass (1-year expiration)	\$130
Adult w/ Caregiver (A caregiver accompanying an Adult)	\$12	10 Visit Senior Punch Card (1-year 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.

VISIT THE MEMBERSHIP SERVICES PAGE



TO LEARN MORE

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 Community friends,

As we settle deeper into winter, life slows down. It's a season for rest, reflection, and quiet growth; a reminder that even beneath the surface, good things are taking shape. Still, if you're anything like me, the shorter days can make it hard to stay energized and hopeful. After many years as a New Englander, I've learned to lean on my reserves and most importantly, on the people and places that lift me up.

Berkshire South is one of those places. You can feel its energy in every smile, every friendly conversation, and every moment of connection that happens here. Whether you're starting a new fitness routine, sharing a warm meal on a cold Monday night, laughing through line dancing, or perfecting your pickleball game, the Center reminds us that community keeps us grounded and hopeful through every season.

Winter can feel long, but it also invites us to care for ourselves, reach out to others and plan ahead for warmer months. Small acts of kindness, creativity, and connection help us all shine a little brighter.

So let's embrace the snow, the laughter, and the simple joys around us and keep our community glowing strong all winter long. We are grateful for all of the light that you bring each day to one another.

Warmly,

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

Jenise Lucey

BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER



SUPPORT
BERKSHIRE SOUTH



DONATE TODAY!



Sunshine Preschool is our state-licensed preschool program for children two years nine months to kindergarten-ready. Sunshine strives to provide a solid educational foundation and ensure our program is state-of-the-art, financially accessible, and available during optimal hours for working families, 8:30AM - 5:30PM.

Children learn through play in this fun and hands-on educational environment. Activities include art, crafts, creative movement, dramatic play, storytime, songs, gym, outdoor activities, and our splash playground. Sunshine's philosophy encourages learning in a safe, warm, and accepting environment.

To learn more, contact:

Amanda Marcinak at amarcinak@berkshiresouth.org or call **413-528-2810** Sunshine Ext. 16

SUNSHINE HOURS OF OPERATION

MON - FRI 8:30AM - 5:30PM

SUNSHINE WEEKLY YEAR-ROUND RATES

- 2 days/week \$120
- 3 days/week \$180
- 5 days/week \$300

*Financial Assistance is available through the Judy Spencer Scholarships for Early Childhood. We also accept vouchers. Inquire here: Lference@berkshiresouth.org or 413-528-2810 Ext. 29



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

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

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

Para más información, contactar a

To learn more, contact:

Amanda Marcinak en amarcinak@berkshiresouth.org o llamar al **413-528-2810** Sunshine Ext. 16

HORARIO DE OPERACION DE SUNSHINE

LUN- VIE 8:30AM- 5:30PM

COSTOS SEMANAL DE SUNSHINE DURANTE TODO EL AÑO

- 2 dias/semana \$120
- 3 dias/semana \$180
- 5 dias/semana \$300

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





Action Adventures Out Of School Program - OOS

KINDERGARTEN - AGE 14
MONDAYS – FRIDAYS
AUGUST THROUGH JUNE
SCHOOL DISMISSAL UNTIL 5:30PM

This enriching after school program provides quality, state-licensed care for school age children. Each afternoon includes homework time, physical activities, arts & crafts, a complimentary swim in the pool, and free time under the supervision of mature, nurturing, and creative staff. This program also runs during school vacations and holidays when BSRCC facilities are open.

Bus transportation is provided from Berkshire Hills and Southern Berkshire Regional Schools.

ACTION ADVENTURES OUT OF SCHOOL RATES:

Program Options	Rate
Daily After School Care	\$26
Half Day After School	\$35
School Vacation / Snow Days	\$52

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

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

Questions?

Contact oot@berkshiresouth.org or call **413-528-2810 x 34**, to learn more.



Action Adventures Out Of School Program - OOS (Programa Despues De La Escuela)

JARDÍN DE NIÑOS - 14 AÑOS DE EDAD
LUNES - VIERNES
AGOSTO A JUNIO
SALIDA DE LA ESCUELA HASTA LAS 5:30 PM

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

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

PRECIO DE ACTION ADVENTURES DESPUÉS DE LA ESCUELA:

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

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

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



YOUTH PROGRAMS



Ballet/Jazz Combo

AGES 4 & 5
 THURSDAYS, JANUARY 8TH - FEBRUARY 12TH
 4:45PM - 5:25PM
 INSTRUCTOR: SARAH DAUNT

A gentle introduction to dance, this class blends basic ballet and jazz movement in a supportive, creative setting. Young dancers will build coordination, confidence, and a love for movement through age-appropriate exercises and music.

Members: \$70 | Guests: \$90

Ballet/Jazz Combo

AGES 6 - 8
 MONDAYS, JANUARY 5TH - FEBRUARY 9TH
 4:45PM - 5:25PM
 INSTRUCTOR: SARAH DAUNT

This class offers a balanced mix of beginner ballet and jazz technique. Dancers will develop strength, musicality, and expression while building confidence in a positive and encouraging environment.

Members: \$70 | Guests: \$90

Creative Movement

AGES 3 - 5
 THURSDAYS, JANUARY 8TH - FEBRUARY 12TH
 3:45PM - 4:25PM
 INSTRUCTOR: SARAH DAUNT

Introduce your child to the work of dance through exploratory movement, games, and rhythmic activities. They will also strengthen their physical abilities, develop spatial awareness, and cultivate an understanding of the classroom environment.

Members: \$70 | Guests: \$90

The Twirling Tots

AGES 12 MONTHS - 2 YEARS
 FRIDAYS, JANUARY 9TH - FEBRUARY 13TH
 9:00AM - 9:45AM

Get ready for some playful fun in this energetic class for you and your active toddler! We'll explore creative movement with obstacle courses, fun games, and activities that develop motor skills.

Members: \$70 | Guests: \$90

Creative Movement 2

AGES 3 - 5
 THURSDAYS, FEBRUARY 26TH - APRIL 2ND
 4:45PM - 5:25PM
 INSTRUCTOR: SARAH DAUNT

Budding dancers embark on an exciting exploration through the world of creative movement. Drawing inspiration from ballet, modern, and expressive dance, children explore the technical foundations while unleashing their creativity.

Members: \$70 | Guests: \$90

YOUTH PROGRAMS



Toddler Ballet 2

AGES 2 & 3
 MONDAYS, FEBRUARY 23RD - MARCH 30TH
 4:45PM - 5:25PM
 INSTRUCTOR: SARAH DAUNT

Perfect for returning dancers ready to learn new steps and new friends just starting out! Through gentle ballet moves, playful games, and colorful props, toddlers will have fun while building confidence and creativity in a warm, welcoming space.

Members: \$70 | Guests: \$90

Stars Above: Planetarium Day at Berkshire South *

AGES 5+
 THURSDAY, FEBRUARY 19TH
 9:00AM - 10:00AM
 OR
 10:00AM - 11:00AM
 INSTRUCTOR: STARS ABOVE, INC.

Step inside Stars Above, Inc.'s portable planetarium to explore the night sky and enjoy a short immersive dome film, Light Echoes. Space is limited to 20 people per session.

Members: \$10 | Guests: \$20



Theater Games and Improvisation for Youth and Teens *

AGES 10 -15
 TUESDAYS, FEBRUARY 10TH - MARCH 17TH
 4:00PM - 5:30PM
 INSTRUCTOR: DARREN BLANEY

Are you a creative young person who likes to express yourself, collaborate with and support your peers, share stories, and laugh at yourself a little bit? If so, this course is for you! We will build our confidence as performers and develop acting skills including the ability to play and cooperate in an ensemble, create characters, listen with empathy, react spontaneously, and tell stories as foundations for improvisation for theater. No previous theater training or experience required!

Members: \$50 | Guests: \$70

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 to schedule an appointment today!

**This program is funded by The Green Foundation.*

ADULT PROGRAMS



Crafting Conversations

AGES 13+
 *ANYONE YOUNGER IS WELCOME TO ATTEND WITH A PARENT/GUARDIAN
 WEDNESDAYS, JANUARY 7TH - APRIL 29TH
 3:00PM-5:00PM
 FACILITATOR: SUSIE KANDT



Make a plan to join us on Wednesday afternoons for Crafting Conversations with Susie Kandt! Bring your current project to Berkshire South and work alongside others in a casual and friendly atmosphere focused on parallel creative play and light conversation. This is a great opportunity for people looking for creativity and connection!

**This program is funded by a generous anonymous donor.*

Estate Planning For Your Peace of Mind

AGES 18+
 MONDAY, JANUARY 12TH
 6:00-7:00PM
 INSTRUCTOR: KRISITNA KISIEL FROM THE LAW OFFICE OF KRISTINA Z. KISIEL, ESQ., PC AND BERKSHIRE MONEY MANAGEMENT

If you have monetary assets and property, basic estate planning is essential so you are not leaving your loved one with the burden of settling your estate.

Members: Free | Guests: \$10

**This program is funded by The Green Foundation.*

Improvisation for Theater *

AGES 18+
 TUESDAYS, JANUARY 20TH - FEBRUARY 24TH
 6:30PM- 8:30PM
 INSTRUCTOR: DARREN BLANEY

This six-week course incorporates improvised short scenes, longform improv, and continued ensemble collaboration. Inspired by the work of Viola Spolin, Keith Johnstone, and Sanford Meisner, we will work on freeing our spontaneity, creativity, empathy, and ensemble listening skills. Previous theater training or experience is recommended, but the course entails minimal prep time. Improvisation requires an open heart and mind, a willingness to explore our creative impulses, and most importantly, a desire to play and have fun!

Members: \$50 | Guests: \$70



Redefining Aging: A Discussion Group for Women *

WOMEN 18+
 TUESDAYS, JANUARY 6TH - FEBRUARY 10TH
 1:00PM - 2:30PM
 INSTRUCTOR: CHERYL HUTTO

In this six-week discussion group, we will share the challenges women face as they age and create a new definition of what it means to be an empowered older woman. Led by coach and mentor Cheryl Hutto, this group offers a safe, supportive space to examine the unspoken emotional and psychological shifts that aging can bring.

VISIT THE COMMUNITY PAGE



TO LEARN MORE



Financial Knowledge Workshop (2-Part Series)

AGES 18+
 SESSION ONE: WEDNESDAY, FEBRUARY 4TH
 SESSION TWO: WEDNESDAY, MARCH 4TH
 6:00-7:30PM
 INSTRUCTOR: RON RUBIN

This two-part workshop empowers you to build strong financial habits and take control of your money. Session One covers budgeting, spending, saving, credit, loans, investments, retirement accounts, and insurance basics. Participants will leave with a month-long homework assignment to track personal spending habits to prepare for the second session. Session Two focuses on analyzing spending habits, reducing debt, building wealth, understanding how taxes and inflation impact wealth, and setting realistic financial goals. Perfect for anyone looking to improve financial literacy and plan for a more secure future.

Members: Free | Guests: \$10



Choke Saver Training

AGES 13+
 MONDAY, FEBRUARY 23RD
 10:00AM - 11:00AM
 INSTRUCTOR: BERKSHIRE COMMUNITY COLLEGE AND THE BERKSHIRE PUBLIC HEALTH ALLIANCE OF THE BERKSHIRE REGIONAL PLANNING COMMISSION.

The Choke Saver Training is a one-hour class that provides participants with a two-year certification. The class is free—a huge cost savings for local businesses—and provides easy, regional access to training for all employers required to have Choke Saver certified individuals on site.



Join us and become a volunteer today!

Volunteers

Berkshire South's programs and events give members and guests opportunities to deepen relationships, develop new skills and interests, improve health and well-being, and connect to the community. From hands-on classes and programs designed to engage the whole family, to interactive community events, there's always a new, fun way to participate. But we need volunteers to make these programs successful! JOIN US and become a volunteer today: berkshiresouth.org/volunteer

Community Supper Volunteers

Our Community Suppers are now offered weekly! We are looking for volunteers support both in-person and take-out suppers with a variety of tasks including setup, serving meals and cleaning. Times will vary.

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!

Leadership

Serve on a committee and learn more about what it means to join our Board of Trustees!

Contact mamstead@berkshiresouth.org for more information.

CONTINUOUS PROGRAMS



Community Supper

WEEKLY ON MONDAYS
 IN PERSON MEALS: 5:00-6:00 PM
 TAKE OUT MEALS BEGIN AT 4:00 PM

Join us for a delicious meal prepared by some of the finest chefs in the Berkshires! All are welcome! Weekly meals will alternate between in-person dining and take out only.



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.

***Funding for these meals is generously provided by Greylock Federal Credit Union, Fallon Health, the Jewish Women's Foundation of the Berkshires, and the Pepita Foundation.*

Community Garden

WINTER PLOT:
 OCTOBER 1ST - MARCH 31ST \$25 PER PLOT

SUMMER PLOT:
 APRIL 1ST - SEPTEMBER 31ST \$45 PER PLOT

YEAR ROUND PLOT:
 APRIL 1ST - MARCH 31ST \$65 PER PLOT

Want to grow your own vegetables and flowers, but lack the space to do so? Our fenced garden has eight 4' x 14' raised beds with access to water. Rent one (or more!) for the next growing season. Fall is the perfect time to plant garlic, carrots, tulip bulbs, spinach greens and more.

Contact skandt@berkshiresouth.org to learn more or reserve your plot.



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, Lee, Monterey, Mount Washington, New Marlborough, Sandisfield and Sheffield, which are supported by the Mass Cultural Council, a state agency. These programs have been supported in part by a grant from the South Berkshire County Fund of the Berkshire Taconic Community Foundation.



Berkshire Ukulele Band (BUB)

AGES 13+
 TUESDAYS, 6:30PM - 8:00PM
 INSTRUCTORS: JEAN ATWATER-WILLIAMS & KEITH LARSEN
 \$50 FOR THE SEASON (JANUARY - APRIL)
 \$50 FOR 10 PASSES - NO EXPIRATION
 \$5 DROP-IN FEE

Our music educators will teach ukulele technique, chord progressions, and songs from many musical genres. Students and music lovers of all levels are welcome, including beginners. The ability to read music is not required. Music and chord charts will be provided. There will be opportunities to perform at community events throughout the year. This is a drop-in program but calling ahead is encouraged as the group occasionally performs off site during regular class times.

Berkshire Sings!

AGES 13+
 WEDNESDAYS, 6:45PM - 8:30PM
 INSTRUCTOR: ROBERT KELLY
 \$65 FOR THE SEASON* (JANUARY, MARCH & APRIL)
 *WILL NOT MEET IN THE MONTH OF FEBRUARY
 \$80 FOR 10 PASSES - NO EXPIRATION
 \$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.

All programs are included with your membership unless otherwise noted.

All Youth Group Swim Lessons are: **Members: \$92 | Guests: \$120**



Swim With Me Tots

AGES 6 MONTHS - 3 YEARS

For our littlest swimmers! 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 4 - 5

For little swimmers who are comfortable in the water and can swim briefly on their own, with flotation assistance. Swimmers should be comfortable fully submerging in the water and be able to float independently on front and back for 5 seconds. Parents will watch from the pool deck.

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

AGES 5 - 6 ONLY

For young swimmers who have ALREADY taken Pre-K Intermediate. This class is a "bridge" for kids who might not be quite ready to join Youth Level 2. All participants must be able to swim 10 feet without a belt or other flotation assistance and float on their backs unassisted for 5-10 seconds.

Youth Beginner Level 1

AGES 6+

This is a beginner swimming class for those who cannot yet submerge, float, or move independently in the water. 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. No prerequisites required.

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. Students should be able to enter shallow water, return to the wall using any method of front swimming, and float for 5 seconds without assistance.



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

AGES 6+



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 for additional information or to arrange a swim try-out!

Members: \$175 | Guests \$225

VISIT THE AQUATICS PAGE



TO LEARN MORE

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 meet your needs. Visit the Aquatics Private Swimming Lessons webpage for more details: berkshiresouth.org/aquatics-personal-training

Please note our registration and cancellation policy is in effect for all private swim lessons.

Private Lessons	Member Rate	Guest Rate
30 Minute Lesson	\$50	\$60
30 Minute Lesson (pkg of 4)	\$192	\$220
30 Minute Lesson (pkg of 6)	\$280	\$320
60 Minute Lesson	\$75	\$85
60 Minute Lesson (pkg of 6)	\$400	\$460

Semi-Private Lessons / Per Person	Member Rate	Guest Rate
45 Minute Lesson	\$30	\$40
45 Minute Lesson (pkg of 4)	\$117	\$150
45 Minute Lesson (pkg of 6)	\$170	\$210



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.



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.

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

Energize your water workout! This high-frequency class focuses on building strength, balance, and stability using the natural resistance of the water. Expect dynamic moves, upbeat music, and plenty of energy and fun as you tone abs, back, and hips all while reducing impact on your joints. Ideal for all fitness levels, this class will leave you strong, centered, and refreshed.

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

Revitalize your aqua workout with full-body cardio and strength training ~ and have fun doing it! This engaging session delivers fast-moving calorie-burning exercise in a supportive environment with low impact on joints. Set to a dynamic playlist, you'll perform a variety of powerful moves and resistance exercises with aqua dumbbells and noodles. Suitable for all fitness levels.

Swim Challenge

JANUARY 7, FEBRUARY 4, MARCH 5,
APRIL 9, MAY 7 : 4:30PM - 5:30PM
JANUARY 21, FEBRUARY 18, MARCH 18,
APRIL 22, MAY 20: 8:00AM - 9:00AM
INSTRUCTOR: JULIA ERICKSON

Take your solo lap swimming to the next level! Meet twice a month for a coached 60-minute class designed for experienced lap swimmers who want variety, challenge, and a sense of community. Weekly workouts will be posted on the Aquatics bulletin board between session days so participants can challenge their endurance on their preferred schedule.

Each session includes a structured warm-up, coach-led workouts from the deck, stroke refinement tips, and targeted drills to build endurance, improve technique, and boost speed. Workouts require participants to swim approximately 1,000-1,500 yards in 45 minutes and maintain a 50-yard pace of 60-75 seconds. Freestyle is the main focus, with other strokes included occasionally. Swimmers will circle swim in shared lanes to promote teamwork and efficiency.

VISIT THE
AQUATICS PAGE



TO LEARN MORE

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! Ready to dive into joy? Kick off the weekend with Happiness Hour at Berkshire South!



Aqua Dance

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

Shake your groove thing and shimmy your cares away at Aqua Dance! This class uses contemporary dance music, aerobics, resistance training, and modern dance style movements to elicit a gleeful, dynamic aquatic workout. No experience necessary, but a willingness to get a little silly and laugh at ourselves is required!

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.

Please visit our website for class times and dates: berkshiresouth.org/aquatics-adult

Members: \$30 | Guests: \$40

Please visit our website for class times and dates: berkshiresouth.org/aquatics-adult

Adult Learn-To-Swim 6-Week Sessions

Beginner
INSTRUCTOR: 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

Our certified instructors are teaching six weeks of adult group swim lessons. 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.

All Adult Group Swim 6-week Sessions are

Members: \$92 | Guests: \$120

ADAPTIVE PROGRAMS



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 21 (this page)
- Adaptive Swim Lessons**..... pg 21 (this page)
- Chair Yoga**..... pg 26

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 AQUATICS PROGRAMS

Supported By The Coolidge Hill Foundation & 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 flotation 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 10:00AM - 12:30PM & 1:00PM - 1:30PM



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! Lessons are offered for both Youth (ages 6+) and Adults (ages 18+). Please register online when registration becomes available, then contact aquatics@berkshiresouth.org for placement. Please visit our website to join the Adaptive Lessons waitlist!



Red Cross Adult and Pediatric CPR, AED & First Aid Certification Courses

AGES 13+
DATES:

SESSION 1: THURSDAY, JANUARY 22
(REGISTRATION DEADLINE: JAN 15)

SESSION 2: THURSDAY, FEBRUARY 19
(REGISTRATION DEADLINE: FEB 12)

SESSION 3: THURSDAY, MARCH 19
(REGISTRATION DEADLINE: MARCH 12)

SESSION 4: THURSDAY, APRIL 30
(REGISTRATION DEADLINE: APRIL 23)

ALL SESSIONS MEET 6:00-8:30PM

INSTRUCTORS: DARREN BLANEY, BEIGNYREIH PERSON, AND/OR LARRY RE

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 a 2-3 hour online component. About a week before the in-person skills session, the instructor will contact you with information about completing the online learning portion of the course before the in-person training.

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 d.blaney@berkshiresouth.org to schedule a private class to accommodate your organization's needs.

Red Cross Babysitter Training

AGES 11+

MONDAY, APRIL 20, 12:30-5:30PM
FRIDAY, APRIL 24, 1:00-5:00PM (FOR OPTIONAL PEDIATRIC CPR CERTIFICATION ONLY)

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.

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

Members: \$100
(or \$130 with Pediatric CPR Certification)

Guests: \$120
(or \$150 with Pediatric CPR Certification)

VISIT THE CERTIFICATIONS & TRAINING PAGE



TO LEARN MORE

LIFEGUARD TRAINING

Red Cross Lifeguarding Certification Course with CPR/AED/First Aid

AGES 15+

SEE UPCOMING DATES AT BERKSHIRESOUTH.ORG/CERTIFICATIONS
INSTRUCTOR: DARREN BLANEY
ADDITIONAL RED CROSS LIFEGUARD INSTRUCTORS: CHRISTINE OCHELTREE, BEIGNYREIH PERSON, AND/OR LAURENCE RE

Berkshire South is offering a blended program combining online coursework with onsite training. Participate in all course sessions to earn certification in Lifeguard Training, CPR/AED, and First Aid*

Requirements:

1. Complete pre-course swim test
 - Swim/Tread/Swim sequence: swim 150 yards, tread water for 2 minutes with hands above surface, swim another 50 yards
 - Retrieve 10-lb brick from deep end of pool and swim on back to shallow
2. Complete 8 hours of online coursework
3. Complete 22 hours of in-person skills classes, including end-of-session skills assessments and written quizzes

LIFEGUARD TRAINING COURSE

Members: \$325 | Guests: \$375

Two-Steps to Register for all lifeguarding classes:

- 1 Register online (berkshiresouth.org/certifications)
- 2 Email d.blaney@berkshiresouth.org to set up your swim test and American Red Cross Registration. About a week before the skills sessions begin, the instructor will contact you with information about how to complete the online learning portion of the course before the in-person training.



TO LEARN MORE

Red Cross Lifeguard Recertification Course

AGES 15+

JANUARY 16 & 17
REGISTRATION DEADLINE: JANUARY 9, 2026
FRIDAY, 4:00PM – 8:00PM
SATURDAY, 9:00AM – 4:00PM
INSTRUCTOR: DARREN BLANEY, CHRISTINE OCHELTREE, AND/OR LARRY RE

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.

Berkshire South is offering a blended program combining online coursework with onsite aquatics time to make the best use of your time.

Course Requirements:

Participate in all of the following to earn certification in Lifeguarding (including Deep Water), CPR/AED, and First Aid*

Requirements:

1. Complete pre-course swim test
 - Swim-Tread-Swim Sequence: 150 yard non-stop swim [6 pool lengths swim on the front (freestyle or breaststroke, or a combination of the two)], 2 minute water tread using legs only, plus 50 yards additional swim
 - Swim 20 yards, retrieve a 10-lb dive weight from 7 feet deep, surface, and swim 20 yards on back with the weight held on the chest, using legs only, and exit the pool without using the ladder or stairs within 100 seconds
2. Complete 4-6 hours of online work
3. Complete in-person skill sessions and pass written exams.

Lifeguard Training Employment Reimbursement Opportunity:

Existing BSRCC Employees In Good Standing: Current Berkshire South 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, blended learning completion, or 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, and Margee O'Meara provide personal training for the Berkshire South Community.

Dual Training

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



Rebecca Carberry

Personal Trainer & Group Instructor

I am an ACE certified trainer with an associate degree in Physical Fitness. If you're ready to push yourself in a positive and supportive environment, I'm here to help. I prioritize functional fitness to improve your everyday living with increased strength, flexibility and balance.

Whether you're looking for overall health benefits, agility, body 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.

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.

VISIT THE PERSONAL TRAINING PAGE



TO LEARN MORE

Personal Training Rates

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

1 Hour Training Sessions		
1 session	\$75	
4 sessions	\$284	(5% discount)
8 sessions	\$540	(10% discount)
½ Hour Training Sessions		
1 session	\$55	
4 sessions	\$208	(5% discount)
8 sessions	\$396	(10% discount)
1 Hour Dual Training Sessions		
1 session	\$112	
4 sessions	\$426	(5% discount)
8 sessions	\$808	(10% discount)

Sessions are scheduled at the convenience of the individual, instructor, and equipment availability.

To schedule a personal training session, please contact the fitness department at fitness@berkshiresouth.org or visit berkshiresouth.org/fitness-personal-training.



Purchase a pack of 4 sessions to receive 5% off or 10% off a pack of 8.

Improve your fitness with professional assistance. Make strides in cardiovascular endurance, strength, flexibility, posture, balance and coordination.

personal training



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 or 413-528-2810 Ext. 35.

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

Zumba®

MONDAYS 8:00AM - 9:00AM
FRIDAYS 9:00AM - 10:00AM
INSTRUCTORS:
MONDAYS LUANA DIAS DAVID
FRIDAYS PLACIDO "PJ" BIRRIEL

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.

Step and Stretch

MONDAYS, 10:15AM-11:00AM
STARTING JANUARY 5
INSTRUCTOR: MARGEE O'MEARA, CPT

Get it all done in 45 minutes. This hybrid class will begin with a great step cardio session, transitioning to mobility work and stretching for the perfect well-balanced workout. Open to all ages and abilities.

Pickleball Open Court

MONDAYS, 9:00AM - 11:00AM &
WEDNESDAYS, 1:00PM - 3:00PM

Grab your friends, or come solo and make new ones, during pickleball open court times! The net will be set up and ready for use. Please bring your own paddles and balls.

Group Training with Rebecca

MONDAYS IN JANUARY, FEBRUARY,
MARCH, AND/OR APRIL
3:00PM - 4:00PM
INSTRUCTOR: REBECCA CARBERRY, CPT

Have you ever thought about getting a personal trainer, but you prefer the energy and camaraderie of a group setting? This ongoing, month-to-month program allows you to have both! You will work alongside others with similar goals while receiving customized attention in your workout program and form. Space is limited to 6 participants.

Members: *\$100 | Guests: *\$125

**per month*



Power Hour

MONDAYS 5:30PM - 6:30PM
INSTRUCTOR: KATHY ROY, CPT

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

RS AF

Get all the benefits of traditional yoga with the safety and support of a chair. Come see how dynamic, engaging, and relaxing yoga can be when you have six legs.



Strength & Balance for Women

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,
JANUARY 6-FEBRUARY 12
4:00PM - 5:00PM
INSTRUCTOR: JENNIFER AUSTIN, CPT, & SAM BAKER, 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,
JANUARY 6 - FEBRUARY 12
2:30PM-3:30PM
INSTRUCTORS: JENNIFER AUSTIN, CPT, & SAM BAKER, 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 six 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
JANUARY 6-FEBRUARY 28
AND MARCH 10-MAY 2
INSTRUCTOR: TODD DIMARIO, CPT

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.

VISIT THE FITNESS PAGE



TO LEARN MORE



Pickleball Clinics

WEDNESDAY, JANUARY 21
 WEDNESDAY, FEBRUARY 18
 WEDNESDAY, MARCH 18
 WEDNESDAY, APRIL 15
 PICKLEBALL INTRO TO BEGINNERS:
 8:30AM - 9:30AM
 PICKLEBALL SKILLS AND DRILLS:
 9:45AM - 10:45AM
 INSTRUCTOR: TONY RICHARDS

Pickleball is a paddleball sport that combines badminton, table tennis, and tennis elements. Led by Tony Richards, an instructor certified by the International Pickleball Training Professionals Association (IPTPA), clinics will focus on stroke and shot improvement, technique, and match play. Clinics will be appropriate for all levels of fitness.

Intro to Beginners clinics are for players new to the game or who have been playing for a short while, with a focus on fundamentals

Skills and Drills - Basics are intermediate-level clinics for players with some experience who seek to improve their technique

Participants must bring their own paddles and balls

Registration required

Members: \$25 | Guests: \$35



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 JANUARY, FEBRUARY, MARCH, AND APRIL
 10:00AM - 11:00AM
 INSTRUCTOR: TODD DIMARIO, CPT

Have you ever thought about getting a personal trainer but you prefer the energy and camaraderie of a group setting? This month-long program, led by experienced trainer and coach, Todd DiMario, allows you to have both! You will work alongside others with similar goals while receiving customized attention in your workout program and form. This program runs monthly. Space is limited to 6 participants so register today!

**Members: \$100 / Month
 Guests: \$125 / Month**



Easy Tai Chi

WEDNESDAYS,
 JANUARY 7 - FEBRUARY 11
 1:00PM-2:00PM AND/OR
 SATURDAYS, MARCH 7-APRIL 11
 10:00AM-11:00AM
 INSTRUCTOR: COREY CHAPMAN

This practice includes simple tai chi moves and Qigong methods. Slow fluid movement, self-applied massage, deep breathing exercises, and meditation releases the relaxation response in the brain. Enjoy the benefits of lower blood pressure, less joint pain, improved balance and stability, reduced stress, and over all well-being. All levels and ages will benefit. No equipment required.

Members: \$100 | Guests: \$130

VISIT THE FITNESS PAGE



TO LEARN MORE

All fitness programs are free for members unless otherwise noted.

Weekly Meditation Group

WEDNESDAYS 4:00PM - 5:00PM
 FACILITATOR: SUE AIKEN

This weekly meditation group meets with the intention to create designated time for stress relief, healing, improved well-being, and both personal and spiritual development through meditation, while also building a community of growth-minded individuals. All thoughts are welcomed, accepted, and integrated as part of the practice.

Shake and Burn

WEDNESDAYS 10:00AM-11:00AM
 AND 5:30PM - 6:30PM
 INSTRUCTOR: PJ BIRRIEL

If you want to get in shape, have fun, and feel great, this class is for you. This high-energy class uses a variety of modalities such as dumbbells, maracas, chairs, and world music to get you toned and keep you laughing!



Gentle/Moderate 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 and suitable for beginners.

POP!Pilates

THURSDAYS 5:30PM - 6:30PM
 INSTRUCTOR: AUTUMN BRAGAN

POP!Pilates is a fusion of ab-chiseling and total body-defining moves choreographed to the beat of music. This mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This takes traditional Pilates to the next level!



Morning Stretch and Release

FRIDAYS 8:00AM - 9:00AM
 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.

Members: \$80 | Guests: \$100



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 to make an appointment.



YOUTH FITNESS

Youth Basketball

AGES 4-6

MONDAYS, JANUARY 12 - MARCH 2
4:45PM - 5:30PM
INSTRUCTOR: JOSE AMOR

Learn the game of basketball, develop skills, make friends and have fun! You will practice the basics and learn how to work together as a team. Open to youth ages 4-6

Members: \$60 | Guests: \$85

Preschool Soccer

AGES 3-5

MONDAYS, MARCH 9 - MARCH 30
4:15PM - 5:00PM
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

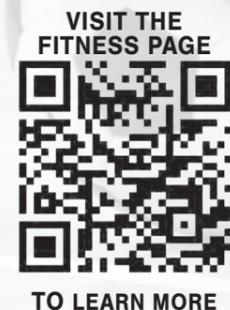
Pre-K Yoga

AGES 3-5

THURSDAYS,
FEBRUARY 12 - MARCH 5 OR
MARCH 26 - APRIL 16
3:30PM - 4:15PM
INSTRUCTOR: MICHAEL GRAZIANO

You're never too young to learn the basics of yoga! Kids will bend and shape their bodies into animal and nature-inspired poses while discovering how breathing and movement impact mood. Class will incorporate fun music and games.

Members: \$40 | Guests: \$65



VISIT THE FITNESS PAGE
TO LEARN MORE

BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER

TONE

TEEN OUTREACH NUTRITION EXERCISE

THIS PROGRAM IS SUPPORTED BY THE PITTSFIELD COOPERATIVE BANK AND THE SCHULZE FAMILY

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.

- 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 fitness@berkshiresouth.org or the Front Desk.
- 3 Register online and attend a TONE Orientation.

For more information or if you have any questions, please email fitness@berkshiresouth.org or call 413-528-2810 Ext. 35.



Hop 'Til We Drop Egg Hunt Party

SATURDAY, APRIL 4, 2026
10:00AM-12:00PM

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

Egg Hunt Round 1 at 10:15am
 (ages 18M - 4 years)

Egg Hunt Round 2 at 10:45am
 (ages 5 - 9 years)

Egg Hunt Round 3 at 11:15am
 (ages 10 - 12 years)

16th Annual Splash-A-Thon

SATURDAY, APRIL 11, 2026

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

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
- 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

rentals

Birthday Parties

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

Parties are available Saturdays and Sundays throughout the year.

Please email rentals@berkshiresouth.org or see our website for details, berkshiresouth.org/rentals.

Pool Parties! \$250

AVAILABLE ON SATURDAYS AND SUNDAYS
AT 10:30AM - 12:30PM OR 11:30AM - 1:30PM

- Complimentary 30 minutes prior to the party to decorate / setup pool cove
- Two hours of access to the pool cove for all snacking and partying needs
- 1 hour of pool and splash pad time (floaties allowed!) from 11:30am - 12:30pm
- 15 party guests allowed in the pool at one time
- All tables and chairs included



Bounce House Parties! \$300

AVAILABLE ON SATURDAYS FROM 10:00AM - 12:00PM OR 2:00PM - 4:00PM
AND SUNDAYS FROM 2:00PM - 4:00PM WITH SOME 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 and 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

- 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) from 11:30am to 12:30pm
- 15 guests allowed on the pool deck at a time
- All tables/chairs included

Private and Corporate Events

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

RATES PER HOUR

FULL GYM	\$200
HALF GYM	\$100
AUDITORIUM	\$125
FULL MEETING ROOM	\$85
HALF MEETING ROOM	\$50
YOUTH ROOM	\$75
COURTYARD	\$75
KITCHEN	\$35
LOUNGE AREA	\$50
AC ROOM	\$40
POOL COVE	\$35

EQUIPMENT RENTAL:

6FT RECTANGULAR TABLE	\$8/TABLE
60-INCH ROUND TABLE	\$12/TABLE
CHAIRS	\$1/CHAIR
WHITE OR BLACK TABLE LINENS (ROUND & RECTANGLE AVAILABLE)	\$5/EACH
AV EQUIPMENT	\$50-\$100 FLAT FEE
BUFFET MANAGEMENT SERVICE	\$6/PERSON



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

TOASTING & TASTING

for Berkshire South

We extend our sincere thanks to the local businesses and individuals who generously sponsored our annual fundraising event on October 4, 2025.

VISIONARY

The Donald C. McGraw & Blackrock Foundations

Jane Iredale and Bob Montgomery

AMBASSADOR

Fairview Hospital

Ethel Patterson and Michael Bandzierz

Hannah and Mark Gross

LEADER

Adams Community Bank

Susan and Hank Ferlauto

Greylock Federal Credit Union

Linda Hensel

Jocelyn and Scott Hurwitz

Erica Jaffe

Jill and Bob Jaffe

Barbara and Roger Manring

Estelle Miller

NBT Bank

Tiffany's Cafe & Market

PROMOTIONAL

Berkshire Money Management

ADVOCATE

Margaret Apkin

Maggie Buchwald

Louise Cadigan and David Hagerty

Carlson Propane

Margaret Deutsch

Lance Vermeulen Real Estate

Law Office of Kristina Z. Kisiel

Mirabito Energy Products

Molari Inc.

Onyx Paper

Jerry and John Soechting

DREAM TEAM:

Culture Pop Soda

Brian Cruey

Mahaiwe Tent

Only In My Dreams Events

The Perfect Pour

Lucas Solorzano

Something's Fishy Catering

South Egremont Spirit Shoppe

BSRCC Board, Staff & Volunteers



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 _____

VISA MASTERCARD DISCOVER   

CARD NUMBER _____

EXP. DATE _____ SECURITY CODE (ON CARD BACK) _____

CHECK ENCLOSED / CHECK # _____

MAIL TO:

Berkshire South Regional
Community Center
15 Crissey Road
Great Barrington, MA 01230

OR DONATE SECURELY ONLINE AT:

www.berkshiresouth.org/support