



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER

15 Crissey Road, Great Barrington, MA 01230
www.berkshiresouth.org • 413.528.2810

September-December 2011 Aquatics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8-9		Private Rental** (WP & MP)			Private Rental** (WP & MP)		8:30-10 Lap Swim
9-10	Babies in Bubbles** (WP) 9:30	Private Rental** (WP & MP)	Babies in Bubbles & Waddlers in Waves** (MP/WP)	Aqua Thrills** (MP)	Private Rental** (WP & MP)	Weekend Energizer** (MP)	
10-11	Deep Water Running** (MP)	Aqua Fitness** (MP)	Splasztastic Seniors** (MP)	Open/Family Swim**	Aqua Reverie** (MP)	Preschool Swim Lessons** (MP)	Open/Family Swim
11-12	Aqua Special Conditions** (WP)	Aqua Thrills** (MP)	Aqua Special Conditions** (WP)	Fountain of Youth** (MP)	Aqua Special Conditions* (WP)	Swim Lessons** (MP)	
12-1	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lessons**	
1-3:45	<i>Splash Pool Closed for cleaning 12-2:30</i>	Open/Family Swim** (through 4:30)	Open/Family Swim**	Open/Family Swim**	Open/Family Swim**	1:30-5:30 Open/Family Swim**	Pool Closes 4:30pm
3:45-5:30	Open/Family Swim**	Swim Club 4:30-5:15	Swim Lessons** (MP) 3:45-4:45 Limited Lane Availability	Swim Lessons** (MP) 3:45-5:15 Limited Lane Availability	Open/Family Swim**	Open/Family Swim** Pool Closes 5:30pm	Therapy pool closed every other Sunday for cleaning
5:30-6:30	Laugh & Splash** (MP)	Wild Water Workout** (MP)	Aqua Core** (MP)	Wild Water Workout** (MP)	Open/Family Swim**		
6:30-8	Open/Family Swim**	Open/Family Swim**	Adult Swim Lessons** (MP)	Adapted Swim Lessons 6:30-7:30**	Open/Family Swim		
Pool Hours	6:30am-8pm	6:30am-8pm	6:30am-8pm	6:30am-8pm	6:30am-8pm	8:30am-5:30pm	8:30am-4:30pm

**** = Two or Three Lap Lanes Available at this Time**

The splash features are turned off for most of the classes in the main pool.

MP=Main Pool; WP= Warm Pool; SP= Splash Pool

For up to date information on pool availability, please call BSRCC at 413-528-2810.

Pool schedule is subject to change based on availability and season

Deep Water Running

Instructor: Kate Plaquet

Using aqua belts, noodles, and other equipment, this deep water class combines interval and toning exercise to train the cardio system and strengthen muscles. This is the perfect class if you need a no-impact workout.

Aqua Special Conditions

Instructor: Kate Plaquet

This class is designed for people experiencing discomfort from age, arthritis, or fibromyalgia who will benefit from gentle aquatic exercises. The combination of the warm water and stretching movement will help ease your discomfort, and improve your range of motion. Space is limited, please pre-register by calling the aquatics office 528-2810 ext.20

Aqua Fitness

Instructor: Laurie McLeod

Come join a low-stress, high-energy workout in the water. Burn those calories using a combination of moves in the deep and shallow water. Use this program as part of your exercise routine and see your life begin to change!

Aqua Thrills

Instructor: Janice Shields

This class is designed for adults with special needs along with their caregivers, families 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. This class happens in the shallow end of the pool. All abilities are encouraged to participate individually if able or with a helper. We also welcome BSRCC members of all abilities to join our class.

Splashtastic Seniors

Instructor: Kate Plaquet

This is a slow-paced class that features low-impact water walking, wall work, and movements designed to enhance joint flexibility, muscle strength, and balance. It is excellent for anyone who has been sedentary and wants to get moving again in a comfortable environment.

Fountain of Youth

Instructor: Janice Shields

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. We will have a 15 minute warm-up, 30 minutes of vigorous movement in the shallow end of the pool and 15 minutes of stretching in the deep water with flotation aids. This class is welcoming to all ability levels; work in the deep water is not required. Bring your sense of humor. You're going to laugh!

Aqua Reverie

Instructor: Laurie McLeod

This is a vigorous, uplifting class. It includes a complete shallow-end warm-up, a full blast of aerobics for the heart and a luxurious deep water exercise done with flotation assistance. The emphasis is on alignment and freeing the hips and back. A high-spirited, high energy hour of delight!

Laugh & Splash

Instructor: Anne Igoe-Dinan

For all levels of aqua water fitness, this class uses both shallow and deep ends of the pool. This aqua class works on flexibility and strengthening of muscles. Be ready to energize your day and leave the pool with a smile!

Wild Water Workout

Instructor: Tes Reed

Take the plunge and find out what a difference aqua exercise can make! 30 minutes of high-energy aerobics combined with 30 minutes of muscle-specific exercise equals an exciting and effective workout. This class uses both the shallow and deep water in a higher-impact format.

Aqua Core

Instructor: Karen Smith

Come have fun with aquatic movements put to music. This class works the core muscles using the water's resistance. All fitness levels welcome; no experience necessary.

Weekend Energizer

Instructor: Janice Shields

Start off your weekend with a vigorous aerobic workout in the shallow end of the pool accompanied by music. Follow that with a luxurious series of stretching movements in the deep water. Your body will feel strong and open – ready for any activities your weekend may offer.

Lap Swim Times

- **Sunday: 8:30-10 a.m.**
- **Monday–Friday: 6:30-8 a.m.**
- **Monday–Friday: noon–1 p.m.**

Up to six lanes are available at the designated times; two or three lanes are available throughout the day.

Open/Family Swim Times

- **Sunday: 10am-4pm**
- **Monday: 8-9am 1-5:30pm 6:30-8pm**
- **Tuesday: 1-4:30pm 6:30-8pm**
- **Wednesday: 8-9am 1:30-3:45pm**
- **Thursday: 8-9am 10-11am 1-3:45pm 6:30-8pm**
- **Friday: 1-8pm**
- **Saturday: 1:30-5:30pm**

At these times the pool is available for families to swim and play. Two or 3 lanes are also available for lap swimming.

For more information on any aquatic program, please call the aquatics office at 413-528-2810 x20.

