



**BERKSHIRE SOUTH**  
REGIONAL COMMUNITY CENTER

# Aquatics Schedule

May-June 2019

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday                                       | Sunday          |                 |
|---|---|---|---|---|--|-----------------|-----------------|
| 6:30 - 9:30   | 6:30 - 8  | 6:30-9:30   | 6:30 - 10                                       | 6:30 - 8  | 8:30 - 9                                       | 8:30 - 4:30     |                 |
| 9:30-10<br><b>Parent Child</b><br>SD/ \$                | 8-10<br><b>Private Rental</b><br>MP/WP              | 9:30-10:00<br><b>Babies in Bubbles 2</b><br>SD/\$   |   | 8-10<br><b>Private Rental</b><br>MP & WP            | 9-10<br><b>Aqua Zumba Dance Party</b><br>AF/RS |                 |                 |
| 10-10:30<br><b>Babies in Bubbles</b><br>WP/SD/\$        | 10-11<br><b>Fountain of Youth</b><br>RS             | 10-11<br><b>Aqua Blitz</b><br>AF                    | 10-11<br><b>Fountain of Youth</b><br>RS         | 10-11<br><b>Aqua Core</b>                           | 10-1:30<br><b>Swim Lessons</b>                 |                 |                 |
| 10-11<br><b>Deep Water Running</b><br>RS                | 11-12<br><b>Aqua Thrills</b><br>AF                  | 11-12<br><b>Aqua Special Conditions</b><br>WP/AF/RS | 11-12<br><b>Aqua Zumba Dance Party</b><br>AF/RS | 11-12<br><b>Aqua Special Conditions</b><br>WP/AF/RS |  |                 |                 |
| 11-11:30<br><b>Fitness Swimmer</b><br>SD/\$             | 12 - 3:30   | 12 - 4  | 12 - 4  | 12 - 4  | 1:30 - 5:30                                    |                 |                 |
| 11-12<br><b>Aqua Special Conditions</b><br>WP/AF/RS     |   |   |   |   |  |                 |                 |
| 12 - 4  |   |   |   |   |  |                 |                 |
| 4-4:30<br><b>Adaptive Swim Parent &amp; Child</b><br>AF | 3:30-4:30<br><b>Adaptive Swim School Aged</b><br>AF |   | 4-5:30<br><b>Swim Lessons</b><br>SD/\$          | 4:15-5:30<br><b>OOS Swim</b><br>SD/\$               |  |                 |                 |
| 4:30-5<br><b>Adaptive Swim Adults</b><br>AF             | 4:15-5:30<br><b>OOS Swim</b><br>SD/\$               | 4-5<br><b>Swim Lessons</b><br>SD/\$                 | 5-5:30<br><b>Fitness Swimmer</b><br>SD/\$       | 5:30 - 8  |  |                 |                 |
| 5:30-6:30<br><b>Cardio Crush</b>                        | 5:30-6:30<br><b>Aqua Bootcamp</b>                   | 5:30-6:30<br><b>Aqua Sport</b>                      | 5:30-6:30<br><b>Aqua Bootcamp</b>               |   |  |                 |                 |
| 6:30 - 8  | 6:30 - 8  | 6:30 - 8  | 6:30 - 8  |   |  |                 |                 |
| Hours 6:30-8  | Hours 6:30-8  | Hours 6:30-8  | Hours 6:30-8                                    | Hours 6:30-8  |  | Hours 8:30-5:30 | Hours 8:30-4:30 |

2-3 Lap Lanes are always available throughout the day



= Open family swim and additional lap lanes

MP=Main Pool WP=Warm Pool RS=Recommended for Seniors AF=Adaptive Fitness SD=Specific Dates \$=Additional Fee

### **Deep Water Running (RS)**

*Instructor: Peggy Harner*

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.

### **Cardio Crush**

This high-energy, 60 minute cardio water workout will get your heart pumping and burning off the calories, while strengthening muscles and improving balance. The water provides the perfect protected impact that supports and builds bone mass and strength. Taught at a high-intensity level that will challenge your endurance, it can also be modified and adapted to fit most levels of ability.

### **Aqua Special Conditions (AF) (RS)**

*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.12

### **Aqua Thrills (AF)**

*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.

### **Aqua Blitz (AF) (RS)**

*Instructor: Antoinette Simms*

A full body aquatic workout starting in shallow water and moving to deep, Aqua Blitz incorporates strength and balance training with a great cardio workout. This class is ideal for seniors, and is appropriate for all fitness levels.

### **Aqua Sport**

*Instructor: Beignyreih Person*

Get your (aqua) game on! Ramp up/change up your water routine with a mixup of high-powered water games! Centered on water polo, volleyball, basketball and improvised games, this session will be a fast, fun hour of mostly deep water movement designed to burn calories and make your workout practically invisible.

### **Fountain of Youth (RS)**

*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 Zumba Dance Party (AF) (RS)**

*Instructor: Janice Shields*

High energy Aqua Zumba in the pool mixed with an ever-changing selection of contemporary and classic pop music. This dance class is for everyone. Times flies! It's fun! It's a great workout.

### **Aqua Bootcamp**

*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 but effective impact on joints and bones. This fun, high energy workout can be modified for most levels of ability. This class uses both the shallow and deep ends of the pool.

### **Aqua Core**

*Instructors: Peggy Harner*

Come have fun and keep moving in this fast paced class using noodles, barbells, and a variety of exercises to focus on strengthening the core yer giving a good cardio workout.

### **Lap Swim**

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

### **Open/Family Swim Time**

At these times the pool is available for families to swim and play. Two or three lanes are also available for lap swimming. Splash pool is available most of the time, but splash features are turned off during adult aquatic classes. On the schedule, shaded areas denote family swim times.

### **Therapy Pool Cleaning**

The warm water therapy pool is closed 5-8 pm for cleaning every other Wednesday, following state guidelines.

Closure dates include:

May 8th, May 22nd, June 5th, June 19th, July 3rd

**MP**=Main Pool **WP**=Warm Pool **RS**=Recommended for Seniors  
**AF**=Adaptive Fitness **SD**=Specific Dates **\$**=Additional Fee

For more information on any aquatic program, please call  
413-528-2810 or check [www.berkshiresouth.org](http://www.berkshiresouth.org)