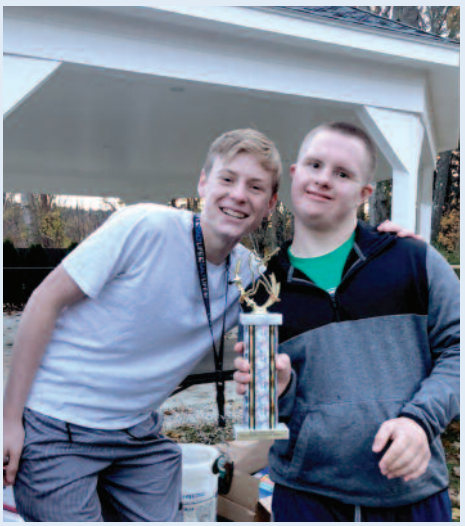
There is something for everyone

AT THE

Community Recreation Association!



Community Recreation Association
400 Main Street
Dalton, MA 01226

Dalton Youth Center
27 South Carson Avenue
Dalton, MA 01226

Mill + Main
444 Main Street
Dalton, MA 01226

413-684-0260
daltoncra.org

CRA HOURS

The CRA opens at 5:00 am Monday – Friday, 7:00 am on Saturday, and 9:00 am on Sunday.

Closing hours vary by season. Please check **daltoncra.org** for current closing hours.

INCLEMENT WEATHER

In the event of inclement weather, please check daltoncra.org, Facebook, and Twitter for delays, closures or cancellations.

rev Jan 2021

Welcome! From the director...

Although I have been with the CRA for almost 10 years, every day is still filled with surprises – new faces, fresh ideas and ever-changing activities. We are here to provide great programs to the Central Berkshire region, keeping our community strong in body, soul, and mind through social, cultural, educational, recreational, and wellness programs. This means we need to keep looking at what we are doing and finding ways to improve. At the same time, we are proud of our traditions and love to hear stories about days at the old "cow house."

We hope that you can take a few minutes to check out the pictures, programs, and general information that we've put together in this brochure. Like me, I think you'll be surprised with the faces, ideas and activities available at the CRA.

Alison D. Peters

Alison Peters, *Executive Director*

Staff

Alison Peters
Executive Director

Dan McMahon
Director of Social Programs

Dustin Belcher
Director of Recreation

Eric Payson
Facilities Manager

Gary Davis
Fitness Manager

Taylor Vreeland
Office Manager

Jon Yetto
Out of School Coordinator

Charlene Auger
Program Administrator

Board of Governors

June Roy-Martin – President
Bernie Klem – Vice President
Mary Frost – Treasurer
Christine DeCarlo – Clerk/Secretary
Alison Peters – Executive Director

Sarah Bachli
Ron DeFoe
Thomas Hodgson
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Chris Montferret
Corey Phillips
Laura Quinn
Leslie Reed
Dana Robb
Richard E. Rowe
Tammy St. John

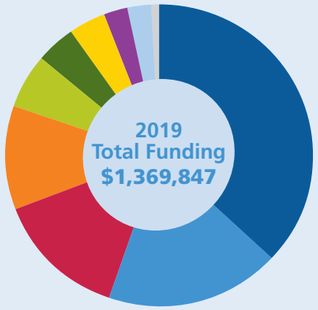
Our Mission

To build a sense of community by offering social, educational, recreational, cultural and wellness programs to the Central Berkshire community in a safe, welcoming and inclusive environment. We are a collaborative non-profit charitable organization open to all ages since 1923.

Where Our Funding Comes From

Our funding comes from a variety of sources. For many years, the Town of Dalton has provided funds for youth sports and the summer parks program. The CRA also receives generous funding from Berkshire United Way for many of our youth programs. Grants from other local sponsors, memberships, fees, and donations are the final source of our funding. Financial aid is available for families needing assistance.

Programming Fees	$507,277
Fundraising	$251,834
Sports Leagues	$191,330
Trustees Services & In-kind (Rent)	$149,934
Restricted Donations	$80,485
Town of Dalton	$57,214
Donations	$53,570
Berkshire United Way	$35,000
Rentals	$34,460
Interest & Dividends	$8,743



The Community House, Dalton Youth Center and the associated grounds are owned and managed by the Winthrop Murray Crane Trust. Their support and commitment is truly appreciated by the CRA staff, Board, and members of our community.

Special Events

The CRA holds a number of events throughout the year to help fill the gap between program income and expenses. We work hard to keep expenses down, fees affordable and scholarships available.

These fun events support our youth activities, including Adaptive Programs, Little Buddies/Big Buddies, Tutoring, Leader's Club, Youth Employment and the Youth Advisory Board.

Watch for **"Save the Date"** boxes throughout this brochure for information about each event. We hope you'll join us!

You can make an impact!

Your time and donations ensure that local children and families enjoy CRA benefits, programs and experiences.

FAN Club

Friends, Alumni and Neighbors, what we affectively term FANs. With a donation of any amount, you can become a member of our FAN club and ensure that these programs continue running for our youth. We hope that you'll consider becoming a FAN by donating to the FAN Club.

COMMUNITY RECREATION ASSOCIATION
FAN Club
FRIENDS | ALUMNI | NEIGHBORS

Make a secure on-line donation at:
daltoncra.org

Mail a donation or stop in:
CRA
400 Main Street
Dalton, MA 01226

Please remember us in your will and trust:
To discuss planned giving, please contact Alison Peters at (413) 684-0260 or apeters@daltoncra.org.

Become a volunteer:
Call the CRA at 413-684-0260 to find out about volunteer opportunities.

FITNESS

Since 1995 the CRA Wellness Center has been meeting the community's fitness needs in many ways. You won't find a one size fits all approach here. Instead, you'll find a warm, friendly atmosphere, knowledgeable and experienced staff, and a different kind of energy. Whether you're a die-hard fitness buff, a weekend warrior or you prefer to work at your own pace, the CRA Fitness Center provides members with a variety of fitness services to suit their individual needs. **You don't have to live in Dalton to work out in Dalton!**

"The best part about our relationship with the Dalton CRA is how easy they make getting the classes set up. They offer us great ideas and work within our schedules to make it work. The feedback from our employees is really great. The morning after class it creates awesome conversation and support of each other's fitness journeys. We would recommend working with the CRA to any local business. It is not only great for employees personally but we see a benefit to the increased positive energy and production in the work place!"

—Haddad Motor Group, Corporate Wellness Workshop

Aquatics

Pool

Our pool offers a variety of services to keep our community safe and active. We have swim lessons for all ages, and the CRA is home to the **Dalton Otters** swim club. Water aerobics and adult lap swim are two of our most popular time slots.

- Swimming Lessons for infants through adults
- Lap Swim
- Family Swim
- Aqua Rehab
- Water Aerobics
- Splash-er-cise
- Water Works
- Otters Lap-a-Thon!

Wellness

We offer Precor and Freemotion equipment, free weights, a variety of classes, personal training, post-rehabilitation therapy, and sport/specific personal training. Affordable membership options and daily rates are available.

Many insurance companies offer wellness reimbursements. We are happy to provide you with the necessary documentation for reimbursement requirements.

Fitness Center

- Free Weights
- Freemotion Selectorized Machines
- Variety of Cardio Machines
  - Treadmills
  - Ellipticals
  - Stationary Bikes
  - Rowers
- TRX Suspension System
- Functional Training Area
- Personal Training Available
  - One-on-One
  - Semi-Private

Visit daltoncra.org for Pool, Fitness and Spin® Class descriptions and schedules

Group Exercise

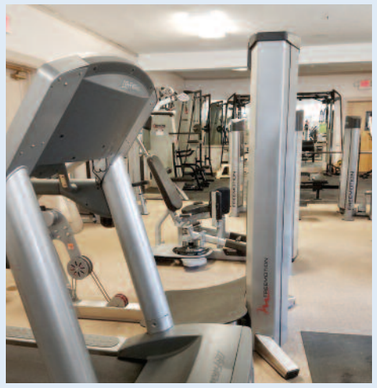
- Yoga
- P90x
- Spinning® Indoor Cycling
- ZUMBA®
- Total Body Strength Classes
- Hi-/Lo-Impact Aerobics
- Functional Circuit Training
- Early A.M. Sessions
- *And many more!*

Workshops

- Corporate Wellness
- Professional Development
- Team Building
- Small Group Training
- 6-8 Week Special Offerings

Wellness Workshop Series

Guided by local professionals and designed to keep you informed and healthy. Free to the public. Upcoming workshops will be posted at daltoncra.org.



Group Walks – Exploring Berkshire County Trails

Hike some of the beautiful trails in our area with fellow CRA members. Led by volunteers familiar with the properties, walks are 1-1/2 to 2 hours and geared for intermediate ability, with both flat and hilly terrain. Upcoming walks will be posted at daltoncra.org.

SAVE THE DATE!

DALTON CRA

MAY DAY RACES

10K • 5K • KIDS' RACES

Obstacles & Popsicles Dalton CRA Kids' Race

Splatter Sprint

Held each May at Nessacus Middle School

From 3 year olds to 83 year olds, this event has a race for everyone! Come out for some family fun and join the race that best suits you!

5K and 10K and 2 Mile Fun Walk
9:30 am Start

Kids' Races
Obstacles & Popsicles
Splatter Sprint
10:30 am Start

USATF Certified 5K and 10K Courses

Electronic Chip Timing by Berkshire Running Center

Proceeds Benefit the CRA's Youth Programming

RECREATION

Dustin Belcher, Director of Recreation
dbelcher@daltoncra.org

We offer many types of youth sports programs, all focusing on building teamwork, good sportsmanship, healthy exercise, and fun. Every season offers a choice of sports including soccer, football, cheerleading, volleyball, basketball, softball, and baseball. In most of these sports we offer a house league and, for the more competitive in nature, a travel league, which competes with towns in our county and in tournaments in NY and New England.

CRA ATHLETIC HALL of FAME

Open to the Public
400 Main Street • Dalton

Youth Sports Tournaments

Each year the Dalton CRA is committed to running competitive, organized, and first class tournaments for the youth in the area. Our tournaments draw teams from all over New England.

- December: Robert "Boog" Powell Memorial Girls Basketball Tournament
- January: Jim Horth Memorial Boys' Basketball Tournament
- March: Ed Ladley Memorial Basketball Tournament
- July: Dalton CRA Invitational Softball Tournament
- October: Dalton CRA Annual "Just for Kicks" Soccer Tournament

Team Youth Sports

With over 1400 participants per year the Dalton CRA is committed to providing players from grades PreK – 12 the opportunity to compete and play organized team sports. The CRA offers a house league rec program as well as a travel program for most sports.

- Basketball
- Unified Basketball
- Softball
- Baseball
- Unified Baseball
- Football
- Soccer
- Volleyball
- Cheerleading
- Unified Swimming

Adult Recreation

Each season the CRA offers Adult Recreation programs for its members. If you have a new idea please contact our Director of Recreation Dustin Belcher at DBelcher@daltoncra.org.

- Pickleball
- Racquetball
- Adult Basketball League
- Adult Co-ed Softball League
- Adult Badminton League

Indoor Sports Leagues

At the Dalton Youth Center we host March Indoor Leagues as we wait for the snow to finally melt! We have leagues for children ages 4-10.

- Soccer Leagues
- Wiffle Ball Leagues

Sports Clinics

The CRA is committed to helping provide the highest quality of sports programs in the area. Keep your game sharp in the off-season by attending one of our clinics!

- Baseball/Softball Pitching Clinics
- Hitting Clinics at the CRA Batting Cage
- Basketball Skills Clinics during the Summer
- Umpire/Referee Trainings
- Swim Clinics

SAVE THE DATE!

Dalton CRA Annual Golf Tournament

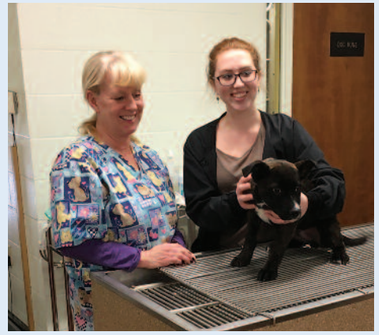
Held each June at Wahconah Country Club

The CRA's Annual Golf Tournament helps us provide existing and new programs for all members of the community. The fundraising from this year's tournament will help us with Dalton Youth Center programming and financial aid for those less fortunate, for summer camps and our sports programs.

SOCIAL PROGRAMMING

Dan McMahon, Director of Social Programming
dmcmahon@daltoncra.org
Dalton Youth Center • 27 South Carson Ave, Dalton, MA 01226

The Dalton Youth Center provides an after school and weekend drop-in program offering a safe environment for the children of working parents. Here, our youth will find a place to study, be tutored, play games, and interact with peers. The DYC is staffed with workers who have experience working with kids.



Junior Leaders Club
Grades 6-8. Brings our youth together for fun events and community involvement. Leaders help with CRA programs and community-wide holiday events, as well as the CRA's Easter Egg Hunt, May Day Races, and Fishing Derby. Leaders volunteer to help those in need in our community by organizing food drives, coat drives, and car washes.

Senior Leaders/Rotary Interact
Grades 9-12. Students volunteer for projects and events throughout the community. They develop leadership skills as well as a passion for giving back to their community.

Youth Advisory Board
Grades 8-12. Student members are nominated by teachers. This leadership group helps the CRA develop new programs for our community. The students learn life time skills including project management, organizational skills, and giving back to their community.

Big Buddies
For children in the Central Berkshire Regional School District who need a mentor or positive role model (high school/college student) in their lives. Meetings are once a month at group events such as bowling, swimming, movies, and a Pittsfield Suns game.

Tutoring
Free tutoring at the DYC is available to middle and high school students. Tutors are high school and college students. To arrange for a tutor, please contact Dan McMahon at mcmahon@daltoncra.org.

SAT Prep Course
Taught by qualified high school and college teachers. Class is held in the Greylock Room at the DYC on Sundays in Spring and Fall. Sign ups will be announced in school and on the CRA website.

Summer Park Events
The CRA partners with the Town of Dalton for youth sports and the summer parks program.

- **Just Play Hoops –** Co-ed Summer Basketball – Grades 3-8. A fun co-ed summer basketball League. The league runs July-August at Pine Grove Park. Sign ups at the CRA during June.
- **Arts and Crafts at the Park –** Ages 5-12. Have fun creating one evening a week at the Pine Grove Park Pavillion during July and August.
- **Family Events –** Various evening events throughout the summer at Pine Grove Park. Final family fun event of the summer includes a bouncy house, water slide, face painting, and pony rides. Check daltoncra.org for details.

Senior Drop-In at the DYC
Open Gym and Game Room for seniors. Mondays, 11:00 am – 12:00 pm. Stop in to shoot some baskets in the gym or play a game of pool in the Game Room.

Adaptive Programs
The CRA offers Adaptive recreational and social programs throughout the school year. Parents and siblings are encouraged to participate.

- **Home Run Baseball –** Students are paired up with a High School Buddy. Baseball games are held at Pine Grove Park on Sunday afternoons in September and October.
- **Splash Swim Program/Gym Games –** Swimming and fun gym games on Sundays at the CRA. December through February.
- **Dance Class and Recital –** Students enjoy Dance Class with Miss Michelle at the Dalton Ballet Studio on Sunday afternoons in the Spring. Class prepares the kids for their performance in the Dalton Ballet production held in June.
- **Saturday Nights Out –** An independent evening of fun and games for Middle Schoolers and High Schoolers while parents enjoy a night off. Held two Saturdays a month at the DYC.

Kindergym
A parent and toddler interactive playgroup with exercising, singing, dancing as well as arts and crafts. Mondays during the school year, 10–11 am at the CRA. Followed by Family Swim at 11 am (optional.)

Enrichment at The DYC

- **Intro to Spanish –** Grades 3-5, in the Greylock Room at the DYC. This course is taught by St. Agnes Academy teacher Renee Delgado and runs March through April.
- **Let's Make Music –** In partnership with Berkshire Music School. A parent and toddler fun interactive music class held in the Greylock room at the DYC during January and February.
- **Arts and Crafts –** Fun, creative projects for kids in grades 2-5. Eight-week programs run in the spring and fall. Tuesday evenings, 6-7 pm, in the Greylock Room at the DYC.

Family and Holiday Events

- **Easter Coloring Contest –** PreK – grade 5. Winners announced at the CRA's Annual Easter Egg Hunt.
- **Annual Easter Egg Hunt –** For toddlers – grade 5. Held on the CRA Memorial Lawn each spring. Candy is generously donated by the Dalton Benefit Association.
- **Glove and Cleat Swap –** Donate or collect a glove or pair of cleats. At the DYC in the spring.
- **Earl B. Crosier Fishing Derby –** The annual fishing derby is held at the Dalton American Legion on a Friday evening in May. This event is for kids PreK – grade 8. Sponsored by the Dalton Benefit Association and the Crosier family.
- **Concerts and Movies on the Memorial Lawn –** Held during summer months.
- **Mobile Food Bank Program –** Provides fresh produce and other nutritious foods at no cost to families in the community.
- **Halloween Fun House –** For kids in grade 5 and younger. Held at The DYC. Kids will have a lot of fun, enjoy candy goody bags and visit with super heroes. Run by the Junior Leaders Club. Candy is generously donated by the Dalton Benefit Association.
- **Dalton Rotary Coat Drive –** The Dalton Rotary Interact Club/ Senior Leaders sponsors the annual coat drive at the CRA in December. Coats may be donated in advance. Free coats are available to those who could use a winter coat. Look for mittens and hats, too.
- **A Visit with Santa** – For kids who'd like to travel through a winter wonderland and visit with Santa. Free – don't forget your camera!

KIDS' CLUB

Jon Yetto
Out of School Coordinator
jyetto@daltoncra.org

The CRA's before and after school program, designed for children in grades K-5, offers support, care and fun for your children.

After School Program

We offer care at:

- Craneville Elementary School
- Kittredge Elementary School
- Becket Washington School

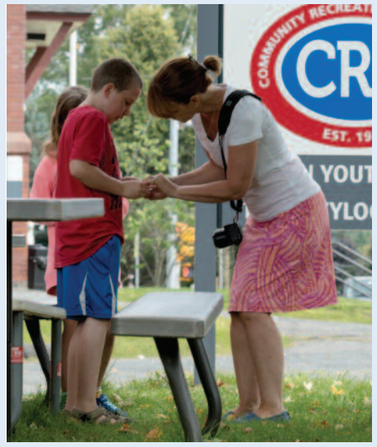
2:55 pm through 5:30 pm on days when Central Berkshire Regional School District is open. The children come straight from their classroom to the designated Kids' Club area within the school. They have a provided snack, time to do homework, read and the opportunity to play in a safe and friendly environment.

Before School Program

We offer care at:

- Craneville Elementary School

7:30 – 8:30 am on days when Central Berkshire Regional School District is open.



CAMP

We offer camps year round. During the school year, we provide a safe and friendly environment where kids can have fun. Summer camps include a variety of sports—including elite camps for serious players—as well as enrichment camps where kids can learn how to take care of a pet, become a certified baby sitter, dance, sing, make art and more. Come be part of the fun!

Pre-registration at the CRA is required for all Camps.

In-service Day Camp

The CRA offers camp on Central Berkshire Regional School District In-service full days and half days. Full day camp includes swimming, fun gym games, and outdoor play, weather permitting.

Snowy Day Camp

7:30 am – 5:00 pm at the DYC. Camp days include swimming, fun activities, gym games, and outdoor play, weather permitting.

School Vacation Camp

The CRA runs camps during school vacations and holidays. These camps are held from 7:30 am – 5:00 pm at the DYC. Camp days include swimming, fun activities, gym games, and outdoor play, weather permitting.

Summer Camps

- **DYC Day Camp**
  Our summer camp program includes daily swimming at the CRA's pool, trips to local parks, gym games, arts & crafts, and various trips. Campers will be divided by age groups—Grades K-2 (Little Peoples Camp) and Grades 3-6—and they will be in separate areas.

- **Sports and Specialty Camps**
  The CRA offers a large selection of sports and specialty camps every summer. Look for listings in our Camp brochure which will be available mid-April.

- **CRA Elite Camps**
  - MCLA Baseball Coach Mike Gladu Baseball Camp
  - UNE Men's Basketball Coach Ed Silva Elite Boys Basketball Camp
  - Just 4 Keepers Goalie Training

SAVE THE DATE!

THE DALTON CRA's ANNUAL GALA
Gib Kittredge Auction
and AWARDS CEREMONY

Held each Spring at The Stationery Factory

Good friends, food and fun can be found at the CRA's annual Gib Kittredge Auction, traditionally held in early spring. This is also the night we recognize a few special volunteers who have given back to our community.

SAVE THE DATE!

Crane Paper Sale Held in August at the CRA

This unique fundraiser supporting childrens' programming comes to us compliments of Crane Stationery. Products are sold at deep discounts, 50% to 75% off retail prices. This sale runs in the heat of the summer (mid-August), so plan your vacation around it!

RENTALS

The CRA offers a variety of rental space for our community, including areas for everything from corporate activities to weddings and parties. We have the space to suit your needs, from large to simple to elegant. Please contact the Front Desk staff at 684-0260 to check for availability and reservations.

COMMUNITY CENTER

400 Main Street

Birthday Parties

- Private Pool Party

CRA Athletic Hall of Fame

- Conference Room

Memorial Lawn, Fountain, and Gazebo

- Photos
- Weddings
- Special Events

DALTON YOUTH CENTER

27 Carson Avenue

The Greylock Room

- Multi-media Conference Room

Birthday Parties

- Gym and Game Room Party

MILL + MAIN

444 Main Street

- Weddings
- Special Events
- Meeting Rooms

COMMUNITY RECREATION ASSOCIATION
CRA
EST. 1923

Community Recreation Association

400 Main Street
Dalton, MA 01226
413-684-0260 • **daltoncra.org**