



Effective September 2023

FITNESS PACKET



Rate Sheet

Schedules

- Berkshire Fit Classes
- Pool: Classes and Lessons
- Gymnasium

Spring Hours

Monday – Friday	5:00 am – 8:00 pm
Saturday	7:00 am – 3:00 pm
Sunday	9:00 am – 1:00 pm



Recreation Team

Alison Peters	Executive Director	apeters@daltoncra.org
Dustin Belcher	Director of Recreation	dbelcher@daltoncra.org
Kyle Lyman	Program Coordinator	klyman@daltoncra.org
Matthew Fisher	Program Administrator	mfisher@daltoncra.org
Mark Santella	Fitness Center Coordinator Fitness Class Manager	msantella@daltoncra.org
Theresa Ott	Aquatics Director	aquatics@daltoncra.org
Missy Klinedinst	Fitness Administrator	mklinedinst@daltoncra.org



W. Murray Crane Community House
400 Main Street • Dalton, MA 01226 • 413-684-0260
daltoncra.org



FITNESS RATES

Effective April 24, 2023*

Membership Ages

Youth	0-18	Senior	60+
Adult	19-59	Special	EMT, Military, Police, Fire, and College Student (full time)

1-year General Membership

INCLUDES: General Use of the Facility (Open Gym Times at CRA/DYC, Locker Rooms, and Sauna)

Youth/Special	\$45	Adult	\$85	Senior	\$70
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Berkshire Fit Membership

INCLUDES: General Use of the Facility, Fitness Center, Pickleball, and Regular Classes

	1 month	3-month	6 Month	Year
Youth (13-18) / Special	\$20.00	\$55.00	\$105.00	\$200.00
Adult	\$41.00	\$88.00	\$161.00	\$282.00
Senior	\$37.00	\$80.00	\$150.00	\$270.00

** EFT — \$29/month with a year commitment**

Full Membership

INCLUDES: General Use of the Facility, Fitness Center, Pool, Pickleball, Personal Training Plan, and Regular Classes

	1 month	3-month	6 Month	Year
Youth (13-18)/Special	\$20.00	\$55.00	\$105.00	\$200.00
Adult	\$46.00	\$108.00	\$191.00	\$332.00
Senior	\$41.00	\$93.00	\$166.00	\$307.00

** EFT — \$32/month with a year commitment**

1 Year Pickleball Membership ONLY

Adult	\$110
Senior	\$100

Personal Training/Health Coaching

MEASURE/ANALYZE/IMPROVE/CONTROL \$300 Package

A comprehensive 8 appointment service that provides the following components:

- Initial and ongoing consultations and appointments (8 in total).
- An individually designed program created to achieve your goals.
- Supervision and tracking of your progress.
- Initial and final measurements of your desired objectives.



Use of Facility Costs

1 Day Pass	\$10
Family Swim	Free for members, \$8 for Non-members, maximum charge of \$20 per family
Punch Card	\$130 to use the facility for 20 visits

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* Prices subject to change

Fall Gym Schedule

Effective Sept 11th, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-10:00AM Flex & Flow Yoga	5:15AM-6:15AM Grind 21- Workshop*	5:15AM-8:30AM Open Gym	5:15AM-6:15AM Grind 21- Workshop*	5:15AM-8:30AM Open Gym	5:15AM-6:15AM Grind 21- Workshop*	7:00AM-8:30AM Open Gym
10:00AM-1:00PM Fall Sports Programs	6:15AM-8:30AM Open Gym	8:30AM-9:30AM Yoga with Static Stretching	6:15AM-8:30AM Open Gym	8:30AM-9:30AM Yoga Class	6:15AM-8:30AM Open Gym	8:30AM-9:30AM Flex and Flow Yoga
	8:30AM-9:30AM Hi Lo Infusion	10:00AM-12:00PM Table Tennis	8:30AM-9:30AM Drumming Cardio	10:00AM-12:00PM Table Tennis	8:30AM-9:30AM Hi Lo Infusion	9:30AM-1:00PM Open Gym
	10:00AM-12:00PM Pickleball	12:00PM-6:30PM Open Gym	10:00AM-12:00PM Pickleball	12:00PM-6:30PM Open Gym	10:00AM-12:00PM Pickleball	
	12:00PM-4:00PM Open Gym	6:30PM-8:00PM Fall Sports Programs	12:00PM-4:00PM Open Gym	6:30PM-8:00PM Fall Sports Programs	12:00PM-8:00PM Open Gym	
	4:30PM-5:30PM Yoga Class		4:30PM-5:30PM Yoga Stretch			
	5:30PM-8:00PM Fall Sports Programs		5:30PM-6:30PM Strength and Stretch			
			6:30PM-8:00PM Fall Sports Programs			

BerkshireFit Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-10:00AM Flex & Flow Yoga Gymnasium	5:15AM-6:15AM Grind 21- Workshop* Gymnasium		5:15AM-6:15AM Grind 21- Workshop* Gymnasium		5:15AM-6:15AM Grind 21- Workshop* Gymnasium	
	8:30AM-9:30AM Hi Lo Infusion Gymnasium	8:30AM-9:30AM Yoga with Static Stretching Gymnasium	8:30AM-9:30AM Drumming Cardio Gymnasium	8:30AM-9:30AM Yoga Class Gymnasium	8:30AM-9:30AM Boxing Studio	8:30AM-9:30AM Flex & Flow Yoga Gymnasium
	4:30PM-5:30PM Yoga Class Gymnasium	4:30PM-5:30PM Boxing Studio	4:30PM-5:30PM Yoga Stretch Gymnasium	4:30PM-5:30PM Circuit Training Studio	8:30AM-9:30AM Hi Lo Infusion Gymnasium	
			5:30PM-6:30PM Strength & Stretch Gymnasium			

*These fitness classes are at an additional cost to your membership.

Class Descriptions

Flex & Flow Yoga Series

Join on Sundays for a class featuring a variety of yoga poses and stretches. A wonderful Sunday morning class to kick start your week! **All levels**

Hi-Lo Infusion

Hi-Lo combines fun basic high and low impact choreography that's easy to follow and is guaranteed to burn lots of calories. **All levels**

Yoga Stretch

Join Yoga Stretch for this gentle to moderate yoga class to open your body with gentle stretching. You will strengthen your core, increase flexibility, and find relaxation. Bring a yoga mat, 2 yoga blocks, a yoga strap, and a beach towel. **Beginner Intermediate**

Yoga with Static Stretching

A full body warm up, followed by a floor series that works the entire body that alternately strengthens the spine, stabilizes the core, flex the hips, and facilitate bending and final savasana. **All levels**

Yoga with Robin

We believe Yoga revitalizes the body and develops the power of the mind. The results are achieved using stretching, balance, strength exercises, breathing, and meditation. Come join us and a sense of well-being will be the result. **All levels**

Strength and Stretch Yoga

Join in this fun strength and yoga stretch class which incorporates yoga, Pilates, strength, and balancing moves for a full body workout. Using our own body weight, balls, weights, resistance bands, and more to increase flexibility, strength, and balance. **Beginner/Intermediate**

SUPER Circuit

Experience a dynamic and multifaceted fitness journey in our SUPER Circuit class, where heart-pumping cardio intervals seamlessly blend with strength-building exercises, kettlebell routines, agility drills, and balance challenges. This high-energy circuit will push your limits, enhance your endurance, and sculpt your body, leaving you feeling invigorated and stronger than ever. Join us for a complete workout that caters to every aspect of your fitness goals.

BOXING

Step into the ring and unleash your inner champion in our BOXING class. This dynamic session combines precision-focused mitt work, powerful heavy bag drills, and lightning-fast speed bag exercises to sharpen your boxing skills. With an emphasis on conditioning, agility, and speed, you'll leave each class feeling both empowered and in peak physical form, ready to conquer any challenge that comes your way.

Specialty Classes & Workshops

Grind 21

It takes 21 days to start a habit and this workshop is designed to make the gym that for you. Join Mike Monday, Wednesday, and Friday mornings at 5:15am. Each class will be a combination of strength, cardio, and everything in between. This workshop runs for eight weeks, and **pre-registration is required**. **All levels**

***Please note this class is at an additional cost. Member \$100, Non-member \$125, and drop in \$10.**

CRA Pool Schedule

Effective Sept 11th, 2023

Pool schedule effective September 11, 2023

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	6:00 - 9:00 Adult Lap	6:00 - 9:00 Adult Lap	6:00 - 9:00 Adult Lap	6:00 - 9:00 Adult Lap	6:00 - 9:00 Adult Lap	7:00 - 9:00 Adult Lap
9:00 - 11:00 Adult Lap	9:00 - 10:00 Splash-er-cise	9:00 - 10:00 Water Works	9:00 - 10:00 Splash-er-cise	9:00 - 10:00 Water Works	9:00 - 10:00 Splash-er-cise	9:00 – 9:45 Parent/Toddler Lesson
	10:00 - 10:45 Preschool Lesson	10:00 - 11:00 Adult Stroke Techniques Lesson	10:15 – 11:00 Homeschool Lesson	10:00 – 11:00 Adult Beginner Lesson	10:00 - 10:45 Parent/Toddler Lesson	9:45-10:30 Preschool Lesson
11:00 - 12:00 Family Swim	11:00 - 12:00 Family Swim	11:00 - 11:45 Pre-School Lesson	11:00 - 12:00 Family Swim	11:00 - 11:45 Adult Intermediate Lesson	11:00 - 11:45 Pre-School Lesson	10:30-11:15 Beginner Lesson
12:00 - 1:00 Birthday Party	12:00 – 1:30 Adult Lap	12:00 - 1:30 Adult Lap	12:00 - 1:00 Adult Lap	12:00 - 2:00 Adult Lap	12:00 - 1:30 Adult Lap	11:15-12:00 Advanced Beginner/ Intermediate Lesson
			1:00 - 1:45 Pre-School Lesson			12:15 - 1:15 Adult Lap
	3:00 - 5:00 WRHS Swim Team	3:00 - 4:00 WRHS Swim Team	3:30 -4:15 Beginner Lesson	3:00 - 5:00 WRHS Swim Team	3:00 - 4:30 WRHS Swim Team	1:15 – 2:15 Family Swim
		4:15 - 5:00 Advanced Beginner Lesson	4:15 - 5:00 Intermediate; Swimmer/ Advanced Swimmer Lesson		4:30 - 5:30 Otters Swim Team	
	5:00 - 6:00 Adult Lap	5:00 - 5:45 Beginner Lesson	5:00 - 6:00 Adult Lap	5:00 – 7:45 Otter Swim Team	5:30 - 6:30 Adult Lap	
	6:00 - 7:00 Water Aerobics		6:00 - 7:00 Water Aerobics		6:30 - 7:30 Family Swim	
	7:00 – 7:45 Otters Swim Team	6:00 – 7:45 Otters Swim Team	7:00 – 7:45 Otters Swim Team			

An ACTIVE CRA Membership by one swimmer per group is required for member rate for family swim.

Board of Health REQUIRES SHOWERS and BATHING CAPS BEFORE entering the pool.

Pool Class Descriptions

Class Descriptions

Water Works

Join Theresa on Tuesday and Thursday mornings, for a half hour of water aerobics followed by a half hour of strength training.
Beginner/Intermediate

Splash-er-cise

Join Theresa Mondays, Wednesdays & Fridays for a half hour of water aerobics and a half hour of volleyball. ***Intermediate/Advanced***

Water Aerobics

This high energy class utilizes both the shallow & deep water in the pool. Let Heather challenge your endurance with water circuits, deep water drills, and lap swimming. You will burn lots of calories while you increase your strength, endurance, and range of motion.
Intermediate/Advanced

Adult Lap Swim

The schedule will indicate what time the pool is available for lap swim. Children must be 14 years of age to participate in adult lap without a parent/guardian.

Family Swim

The schedule will indicate what time the pool is available for family swim. Children must be 14 years of age to participate in family swim without a parent/guardian. Please give the lifeguard your family swim ticket at pool check-in for proof of payment. ***Non-members are required to pay a fee.**

Swim Lesson Descriptions & Sessions

Parent Toddler (6 mos. to 3 years) Parent Toddler is a passive unstructured and friendly environment encouraging the interaction between other parents and children and future swim instructors. Children learn safety, bubble blowing, and arm and leg movements.

Pre School (3-5 years) This class is for beginners with little or no experience in the water. Children will work on water adjustment and basic skills including blowing bubbles, front and back floats, putting their faces in the water, jumping in, turtle dives and swimming the length of the pool. Child must have general membership.

Beginners (5 years and up) This class is for beginners who have little or no experience in the water. Children will work on putting their faces in, front and back floats, rhythmic breathing, and swimming on their fronts and backs with a flotation device such as a noodle or kickboard. Beginner's Deep end, is for beginners who are comfortable in the water and deep end with no flotation device. The children will review the skills from the shallow end beginner's class and be introduced to front crawl, back crawl and rhythmic breathing.

Advanced Beginners The children will work on strengthening their front crawl, back crawl and completely submerging their heads. They will be introduced to diving, while kneeling, rotary breathing, and elementary backstroke kick.

Intermediate Swimmers This class is for those who want to continue learning the basic strokes. The children will strengthen upon rotary breathing, front crawl and back crawl. They will be introduced to the elementary backstroke, breaststroke kick, side stroke kick, turning on the wall and standing front dives.

Advanced Swimmers This class is for serious swimmers. Child will work up to swimming 100 yards of front crawl and back crawl, 25 yards of sidestroke and breaststroke, and 10 yards of butterfly. They will also be able to demonstrate appropriate turns for each stroke and tread water for 3 minutes.

Homeschool Swim This is a beginner level swim class (levels 1 & 2) for homeschoolers ages 5&up. Students will work on front floats, back floats, submerging, rhythmic breathing as well as front and back crawls.

Adult Learn to Swim This class is for beginners who have little to no experience in the water. A membership is not required.

Adult Stroke Techniques This class is for adult swimmers who would like to work on their stroke techniques for strokes such as sidestroke, breaststroke, and butterfly. A membership is not required.