

**Effective September 2023**

# FITNESS PACKET

## Rate Sheet

## Schedules

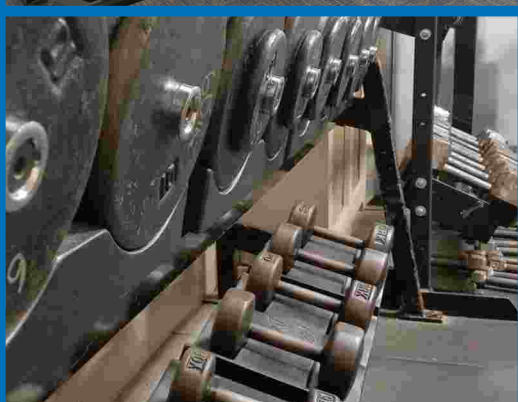
- Berkshire Fit Classes
- Pool: Classes and Lessons
- Gymnasium

## 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

<b>Youth</b>	0-18	<b>Senior</b>	60+
<b>Adult</b>	19-59	<b>Special</b>	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)

<b>Youth/Special</b>	\$45	<b>Adult</b>	\$85	<b>Senior</b>	\$70
----------------------	------	--------------	------	---------------	------

## Berkshire Fit Membership

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

	1 month	3-month	6 Month	Year
<b>Youth (13-18) / Special</b>	\$20.00	\$55.00	\$105.00	\$200.00
<b>Adult</b>	\$41.00	\$88.00	\$161.00	\$282.00
<b>Senior</b>	\$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
<b>Youth (13-18)/Special</b>	\$20.00	\$55.00	\$105.00	\$200.00
<b>Adult</b>	\$46.00	\$108.00	\$191.00	\$332.00
<b>Senior</b>	\$41.00	\$93.00	\$166.00	\$307.00

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

## 1 Year Pickleball Membership ONLY

<b>Adult</b>	\$110
<b>Senior</b>	\$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

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

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







\* Prices subject to change

# Fall Gym Schedule

Effective Sept 11th, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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*	
	6:15am-8:30am Open Gym		6:15am-8:30am Open Gym		6:15am-8:30am Open Gym	
		8:30am-9:30am Hi Lo Infusion	8:30am-9:30am Yoga With Static Stretching	8:30am-9:30am Drumming Cardio	8:30am-9:30am Yoga	8:30am-9:30am Hi Lo Infusion
9am-10am Flex & Yoga					8:30-9:30 Boxing*	9:30am-1pm Open Gym
10am-1pm Fall Sports	10am-12pm Pickleball	10am-12pm Table Tennis	10am-12pm Pickleball	10am-12pm Table Tennis	10am-12pm Pickleball	
	12pm-2pm Open Gym		12pm-2pm Open Gym	12pm-2pm Open Gym	12pm-2pm Open Gym	
	2pm-4pm Open Gym	2pm-4pm Open Gym	2pm-4pm Open Gym	2pm-4pm Open Gym	2pm-4pm Open Gym	
	4:30pm-5:30pm Yoga	4:30pm-5:30pm Boxing*	4:30pm-5:30pm Yoga Stretch	4:30pm-5:30pm Super Circuit*	4pm-5:30pm Open Gym	
	5:30pm-8pm Girls Fall Sports	5:30-6:30pm Strength And Stretch	5:30pm-6:30pm Strength and stretch		5:30pm-8pm Open Gym	
		6:30pm-8pm Fall Sports	6:30pm-8pm Fall Sports	6:30pm-8pm Fall Sports		

 Fitness/Yoga Classes  
 Fall Sports

 Adult Recreation – table tennis, Pickle Ball, etc.  
 Open Gym

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

# BerkshireFit Class Schedule

Effective Sept 11th, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15am-6:15am Grind 21* Gymnasium		5:15am-6:15am Grind 21* Gymnasium		5:15am-6:15am Grind 21* Gymnasium	
	8:30am-9:30am Hi Lo Infusion Gymnasium	8:30am-9:30am Yoga With Static Stretching Gymnasium	8:30am-9:30am Yoga with Gymnasium	8:30am-9:30am Yoga with Gymnasium	8:30am-9:30am Hi Lo Infusion Gymnasium	8:30am-9:30am Flex & Flow Yoga Gymnasium
9am-10am Vinyasa Yoga				4:30-5:30pm Circuit Training Studio		
		4:30pm-5:30pm Boxing* Studio	4:30pm-5:30pm Yoga Stretch Gymnasium 5:30pm-6:30pm Strength & Stretch Gymnasium		8:30-9:30am Boxing* Studio	

## Class Schedule Locations

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

Studio

CRA GYM

\* Specialty Class

## Class Descriptions

### Vinyasa Yoga Series

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

### Hi-Lo Infusion

Cathy 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 Marsha 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, stabilize the core, flex the hips, and facilitate bending and final savasana. **All levels**

### Yoga with Robin

Robin believes Yoga revitalizes the body and develops the power of the mind. The results are achieved through the use of 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 Marsha 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**

## 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.**

### Boxing

Boxing is a high-intensity fitness activity that helps improve cardiovascular endurance, strength, agility, and overall fitness. Discover the benefits of boxing and how to incorporate it into your fitness routine for optimal results.

### CRA FIT CLUB Tues & Thurs 4:30-5:30pm **NEW!**

Everybody SWEAT now! And you will. This high end, never a dull moment full body workout will transform your fitness level. A high energy circuit class using a variety of training regimes awaits those who participate. Kettlebell, dumb bells, bodyweight, balance, aerobic conditioning, and range of motion movements are the cornerstone of this workout. Workouts will be conducted in the gym or outdoors based on the weather. Be prepared for the ultimate exercise experience and challenge. **Pre-registration is required. All levels**

Session 1: May 23<sup>rd</sup> – June 22<sup>nd</sup>  
Session 2: July 11<sup>th</sup> – August 3<sup>rd</sup>  
Session 3: August 15<sup>th</sup> – September 7<sup>th</sup>

**\*Please note this class is at an additional cost. Member \$40 and Non-member \$65.**

## Personal Training/Health Coaching **NEW!**

*MEASURE/ANALYZE/IMPROVE/CONTROL*

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.

**\*Please note this program is at an additional cost, \$300 for 8 meetings.**

## 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	<b>9:00 – 9:45 Parent/Toddler Lesson</b>
	<b>10:00 - 10:45 Preschool Lesson</b>	<b>10:00 - 11:00 Adult Stroke Techniques Lesson</b>	<b>10:15 – 11:00 Homeschool Lesson</b>	10:00 – 11:00 <b>Adult Beginner Lesson</b>	<b>10:00 - 10:45 Parent/Toddler Lesson</b>	<b>9:45-10:30 Preschool Lesson</b>
11:00 - 12:00 Family Swim	11:00 - 12:00 Family Swim	<b>11:00 - 11:45 Pre-School Lesson</b>	11:00 - 12:00 Family Swim	<b>11:00 - 11:45 Adult Intermediate Lesson</b>	<b>11:00 - 11:45 Pre-School Lesson</b>	<b>10:30-11:15 Beginner Lesson</b>
12:00 - 1:00 Birthday Party	12:00 – <b>1:30</b> Adult Lap	12:00 - <b>1:30</b> Adult Lap	12:00 - 1:00 Adult Lap	12:00 - <b>2:00</b> Adult Lap	12:00 - <b>1:30</b> Adult Lap	<b>11:15-12:00 Advanced Beginner/ Intermediate Lesson</b>
			<b>1:00 - 1:45 Pre-School Lesson</b>			12:15 - 1:15 Adult Lap
	3:00 - 5:00 WRHS Swim Team	3:00 - 4:00 WRHS Swim Team	<b>3:30 -4:15 Beginner Lesson</b>	3:00 - 5:00 WRHS Swim Team	3:00 - 4:30 WRHS Swim Team	1:15 – 2:15 Family Swim
		<b>4:15 - 5:00 Advanced Beginner Lesson</b>	<b>4:15 - 5:00 Intermediate; Swimmer/ Advanced Swimmer Lesson</b>		<b>4:30 - 5:30 Otters Swim Team</b>	
	5:00 - 6:00 Adult Lap	<b>5:00 - 5:45 Beginner Lesson</b>	5:00 - 6:00 Adult Lap	<b>5:00 – 7:45 Otter Swim Team</b>	5:30 - 6:30 Adult Lap	
	6:00 - 7:00 Water Aerobics		6:00 - 7:00 Water Aerobics		6:30 - 7:30 Family Swim	
	<b>7:00 – 7:45 Otters Swim Team</b>	<b>6:00 – 7:45 Otters Swim Team</b>	<b>7:00 – 7:45 Otters Swim Team</b>			

***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

### 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.