

**Effective September 2024**

# FITNESS PACKET

## Rate Sheet Schedules

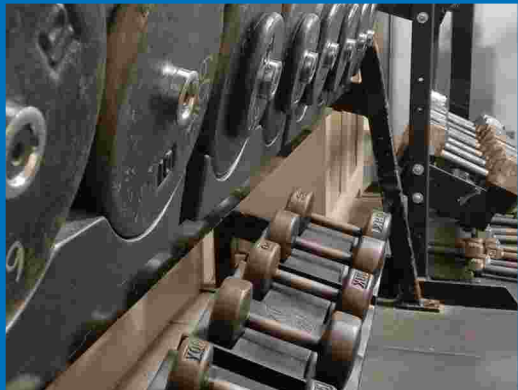
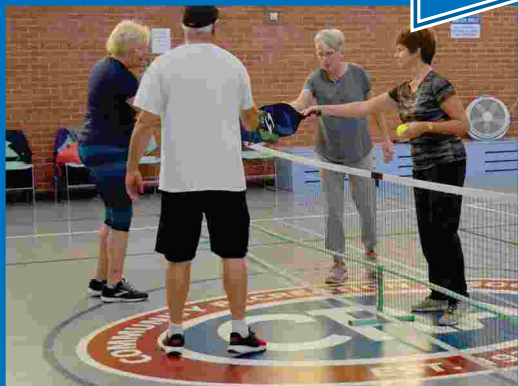
- Berkshire Fit Classes
- Pool: Classes and Lessons
- Gymnasium

## Spring/Summer 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	<i>Executive Director</i>	<a href="mailto:apeters@daltoncra.org">apeters@daltoncra.org</a>
Dustin Belcher	<i>Director of Operations</i>	<a href="mailto:dbelcher@daltoncra.org">dbelcher@daltoncra.org</a>
Kyle Lyman	<i>Program Manager</i>	<a href="mailto:klyman@daltoncra.org">klyman@daltoncra.org</a>
Collin Parrott	<i>Program Coordinator</i>	<a href="mailto:cparrott@daltoncra.org">cparrott@daltoncra.org</a>
Missy Klinedinst	<i>Office Manager</i>	<a href="mailto:mklinedinst@daltoncra.org">mklinedinst@daltoncra.org</a>
Matthew Fisher	<i>Program Administrator</i>	<a href="mailto:mfisher@daltoncra.org">mfisher@daltoncra.org</a>
Mark Santella	<i>Fitness Center Manager</i>	<a href="mailto:msantella@daltoncra.org">msantella@daltoncra.org</a>
Theresa Ott	<i>Aquatics Director</i>	<a href="mailto:aquatics@daltoncra.org">aquatics@daltoncra.org</a>



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[daltoncra.org](http://daltoncra.org)



# Fall-Spring Pool Schedule

Effective September 3rd, 2024

<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 NO BUBBLE 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 Preschool 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 (Start date TBD)		6:00 - 7:00 Water Aerobics (Start date TBD)		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>			

- **\*PRESCHOOL NO BUBBLE Class requires permission from swim instructor.**
- **Board of Health REQUIRES SHOWERS and BATHING CAPS BEFORE entering the 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 on 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 swimming. 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 swimming 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 swimming 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. 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. Membership is not required.