



**Effective November 2024**

# FITNESS PACKET

## Rate Sheet Schedules

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

## Spring/Summer Hours

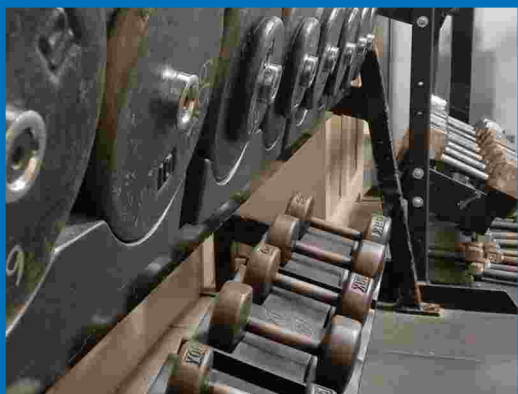
Monday – Friday ..... 5:00 am – 9:00 pm  
Saturday ..... 7:00 am – 5:00 pm  
Sunday ..... 9:00 am – 3:00 pm

## 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>
Whitney Eastland	<i>Program Manager</i>	<a href="mailto:weastland@daltoncra.org">weastland@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>



W. Murray Crane Community House  
400 Main Street • Dalton, MA 01226 • 413-684-0260  
[daltoncra.org](http://daltoncra.org)



# FITNESS RATES

Effective November 2024\*

## 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>	\$50	<b>Adult</b>	\$90	<b>Senior</b>	\$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
<b>Youth (13-18) / Special</b>	\$20.00	\$55.00	\$105.00	\$200.00
<b>Adult</b>	\$41.00	\$90.00	\$170.00	\$300.00
<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	\$110.00	\$195.00	\$335.00
<b>Senior</b>	\$41.00	\$95.00	\$170.00	\$310.00

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

## 1 Year Pickleball Membership ONLY

<b>Adult</b>	\$115.00
<b>Senior</b>	\$105.00

## 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

# Winter Gym Schedule

Effective November 11<sup>th</sup>, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-11:00AM Open Gym	5:15-6:15AM Grind 21- Workshop*	5:15-8:30AM Open Gym	5:15-6:15AM Grind 21- Workshop*	5:15-8:30AM Open Gym	5:15-6:15AM Grind 21- Workshop*	7:00-8:30AM Open Gym
11:00-3:00PM Youth Basketball	6:15-8:30AM Open Gym	8:30-9:30AM Yoga with Static Stretching	6:15-8:30AM Open Gym	8:30-9:30AM Yoga Class	6:15-8:30AM Open Gym	8:30-9:30AM Flex and Flow Yoga
	8:30-9:30AM Hi Lo Infusion	10:00-12:00PM Table Tennis	8:30-9:30AM Strength & Mobility	10:00-12:00PM Table Tennis	8:30-9:30AM Hi Lo Infusion	9:30-3:00PM Youth Basketball
	10:00-11:30PM Pickleball	12:00-2:00PM Lunch Time Hoops	10:00-11:30PM Pickleball	12:00-2:00PM Lunch Time Hoops	10:00-11:30PM Pickleball	3:00-5:00PM Open Gym
	11:30-1:00 PM Pickleball		11:30-1:00 PM Pickleball		11:30-1:00 PM Pickleball	
	1:00-2:00PM Open Gym	2:00-4:00PM Pickleball	1:00-2:00PM Open Gym	2:00-4:00PM Pickleball	1:00-2:00PM Open Gym	
	2:00-4:00PM Pickleball		2:00-4:00PM Pickleball		2:00-4:00PM Pickleball	
	4:30-5:30PM Yoga Stretch	4:00-9:00PM Youth Basketball	4:30-5:30PM Strength & Stretch	4:00-9:00PM Youth Basketball	4:00-9:00PM Youth Basketball	
	6:00-9:00PM Youth Basketball		6:00-9:00PM Youth Basketball			

# Winter BerkFit Schedule

Effective November 11th, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			4:30-5:30PM Boxing		8:30-9:30AM Boxing	

## Class Descriptions

### Flex & Flow Yoga Series

Join on Saturdays for a class featuring a variety of yoga poses and stretches. A wonderful Saturday morning class. **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, flexes the hips, and facilitate bending and final savasana. **All levels**

### Yoga Class

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**

### 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 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.

### Super Circuit

SUPERCIRCUIT is a dynamic and comprehensive fitness class that integrates various forms of exercise to provide complete workout experience. The class combines aerobic exercises, Tabata training, strength building, agility drills, balance exercises, core strengthening, and flexibility stretches in a time-based format. Participants can expect a challenging and varied session that targets all major aspects of physical fitness, making it suitable for individuals seeking a well-rounded and efficient workout.

## Specialty Classes & Workshops

**\*Additional Fees Apply**

### 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. **pre-registration is required**

### Jazz Funk Dance

Unleash your inner performer in our exhilarating Jazz Funk Dance class! This high-energy fusion of jazz and funk styles combines dynamic movements, expressive performance, and groovy rhythms. Designed for dancers of all levels, the class begins with a warm-up that focuses on strength, flexibility, and coordination. This workshop runs for eight weeks. **pre-registration is required**

### Youth Boxing

Join us for our Youth Boxing Class, designed for kids who want to build confidence, learn self-defense, and get fit in a fun, supportive environment! This class focuses on fundamental boxing techniques, including footwork, punches, and defensive skills, while emphasizing discipline, respect, and teamwork. This workshop runs for eight weeks. **pre-registration is required**

# Winter Pool schedule

Effective November 11th, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 - 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
9:00 - 11:00 Adult Lap	10:00 - 10:45 Preschool NO BUBBLE 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 Preschool Lesson	11:00 - 11:45 Pre-School Lesson	10:30-11:15 Beginner Lesson
12:00 - 1:00 Splash Program (Starts December 8 <sup>th</sup> )	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
12:00-1:00 Birthday Party			1:00 - 1:45 Pre-School Lesson			12:15 - 1:15 Adult Lap
1:15-2:15 Birthday Party (Starts December 8 <sup>th</sup> )	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 (Start date TBD)		6:00 - 7:00 Water Aerobics (Start date TBD)		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			

## 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 and be introduced to front and 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.

**\*All Children need memberships**