

The Berkshire Club

BERKSHIRE CLUB POOL, FITNESS and MORE!

FITNESS & SWIMMING

MATURE ADULT AQUATIC FITNESS

Join our popular daytime aquafit and mature fitness classes at Berkshire a low-impact aerobic pool program. Experience an aerobic workout combined with muscle, core strengthening and stretching exercises designed for the mature, moderately fit participant. Sessions run for 8 weeks/16classes.

TUESDAYS & THURSDAYS 10:00am-11:00am starting Sept 14/10

Member	\$59.40
Non Member	\$64.80

AQUA-CARDIO FIT/AQUA FIT

Come and join us Tuesdays and Thursdays for a gentle cardio workout in the pool will leave you refreshed and energized. Suitable for all ages and fitness levels. Sessions run for 8 weeks/16classes.

TUESDAYS & THURSDAYS 11:15am-12:00pm starting Sept 14/10

Member	\$59.40
Non Member	\$64.80

KARATE

For boys and girls wishing to develop their self awareness and learn self defense. Summer classes available. Mondays & Thursdays 5:25pm-7:25pm. Call Jamie Seabrook for more information and registration:519-472-6321.

YOGA

Come join us for an evening of play, fun and laughter. Please wear loose comfortable clothing and bring a tie, belt or strap, blanket for relaxation, large towel and cushion for support. Tuesdays and Thursdays 7:30-8:45pm. For more information, prices, and to register, call Helena Bugler at 519-681-9648

ZUMBA!

Ditch the workout-join the party! ZUMBA fitness classes 5:00pm-6:00pm Tuesdays starting August 10th with a FREE launch class. Drop in \$10.00. 10 Class Punch Card \$80.00. Bring a friend and receive a free class! Payment by cash and cheque only. To register please contact Sabrina by visiting her ZUMBA profile at <http://65452.zumba.com/> (if you are not immediately directed to the page please click "Find an Instructor" and enter Sabrina Pinarello)

SIMPLY BLISS

Blissful movements for all levels of fitness from 6:30-7:30pm on Wednesdays, September 15-October 20 (6 weeks). \$45 for entire 6 week session or \$10.50 drop in. Emphasis on integrating your whole body with Chi awareness, the hour is filled with a playful dance, yoga, and tai chi moves to enhance strength, balance and flexibility.

SPECTRUM PROGRAM-CITY OF LONDON

We are proud to announce that the City of London's Spectrum fitness program is coming back to the Berkshire Club! Featuring seniors fitness classes, Spectrum will be offering "Fitness Flare" classes with "Strong Older Adults" classes running Monday through Friday. For additional details, class times, fees and registration please visit www.london.ca and click on *spectrum interactive*. You can also call 519-661-5575.

EXTRA! EXTRA!

Do you know anyone who is looking for a facility to teach instructional courses? We have space available! Contact Tara McMurdo at 519-471-4590 or email to tara.mcmurdo@sifton.com

SWIM LESSONS

Why swim lessons? Summer pastimes put us close to the water. Pools, lakes and rivers are all temptations for beating the heat of the sun. Knowing how to swim is an important skill to learn at any age! The risk for drowning in youth/adults that do not come from households that swim increases almost threefold. Teaching the basics of swimming can build confidence, reduce fears of water, increase water safety, improve physical fitness, and open up a variety of water sports.

RED CROSS SWIM KIDS SATURDAY MORNINGS

We offer small classes and experienced instructors! Red Cross Swim Kids, Select Preschool Levels offered on Saturday mornings. Register early for Red Cross Swim lessons at the Berkshire Club! Have fun learning to swim in our indoor and outdoor seasonal pool with our friendly, experienced instructors! Red Cross Preschool up to Level 10 offered between 8:30am and 12:00pm on Saturdays.

Fall Session September 11-November 13

Winter Session November 20-Feb 5 (No classes December 25 and January 1)

Spring Session February 12- April 16

Summer Session April 23-June 25

\$62.65 Members \$73.45 Non-Members

Private Swim Lessons at Berkshire

For Novice/beginner swimmers, experienced swimmers wanting to acquire extra skills, and those who prefer one on one instruction, private lessons might be just right for you. Our 10 class sessions with one of our friendly and experienced instructors are available starting September 21/10.

Instructor A Pre School-Level 2	Instructor B Level 3-Level 10	Children aged 6 and under or Level 2 Equivalent
4:00-4:25	4:00-4:30	Classes are now 25 minutes long. These classes include Sea Turtle/Preschool up to Level 2. \$83.50 per member child and \$94.00 non-members.
4:25-4:50	4:30-5:00	\$110.16 per semi-private (2 children) lesson. These lessons are <u>only</u> for children within one level of each other.
4:55-5:20	5:00-5:30	Children aged 7 and up or Level 3 Equivalent. Classes are 30 minutes long for Levels 3-10. \$131.75 per member child and \$139.50 per non-member child.
5:25-5:50	-	\$191.16 per semi-private (2 children) lesson. These lessons are <u>only</u> for children within one level of each other.
Level 3-Level 5	5:40-6:10	
5:45-6:15	6:10-6:40	
6:30-7:00	-	Adults: novice or beginner \$139.50 for non-members and \$131.75 for members. 10 weeks, half hour class, available Tuesday, Wednesday, Thursday and Friday between 7:00 and 8:30pm.
ADULTS ONLY:	ADULTS ONLY:	
7:00-7:30	7:00-7:30	Student placement with an instructor is directed by the Berkshire Club Manager or designate only. Member rate applicable if signing up more than one child(for single classes only not semi-private)
7:30-8:00*	7:30-8:00*	Class Breakdown/Availability as follows <u>Tuesday to Friday</u>
8:00-8:30*	8:00-8:30*	

NOTES: Registration by phone or in person for all programs. A minimum number of registrants must be met in order to run the program. Information, pricing, session dates subject to change without notice.

Berkshire Club 500 Berkshire Drive, London, ON N6J 3S1
519-471-4590



Experience. The Difference.™