GREENFIELD — The dog days of summer finally arrived in Franklin County this week, so locals took to the beach and cooled off with seasonal favorites.

“It’s been hot,” said Virginia Christi of Colrain, who spent her entire Wednesday at Green River Swimming and Recreation Area on Nashes Mill Road in Greenfield with four of her five children as temperatures topped 90 and humidity hit 45 percent.

According to the National Weather Service in Taunton, the high is supposed to be around 89 degrees today and drop to 85 degrees on Friday, remaining there through the weekend. It is also expected to be less humid.

“I guess we can’t call this a heat wave, because it hasn’t been hot and humid for enough days, but it’s pretty hot out there,” said Greenfield Recreation Director Christy Moore.

A heat wave is considered a period of abnormally and uncomfortably hot and unusually humid weather, typically lasting two or more days, according to the National Oceanic and Atmospheric Administration.

Moore said about 200 people visited the municipal swimming pool on Wednesday. The pool is open daily.

Christi and her children arrived at the swimming pool around 11 a.m. and most of them were still swimming at 4.

“We’re waiting for my husband who gets out of work at 4,” said Christi. “I haven’t heard any of the kids even once ask when we’re leaving. They’re still having a great time.”

Christi said her family — Audrey, 3, Eliza, 6, Casey, 11, and Ezra, 12, were the ones with her Wednesday — also frequents the Hillside Park splash pad on hot days.

“Greenfield is a great place to come and cool off,” she said.

Meanwhile, about eight miles across the Connecticut River in Turners Falls, Frances Ortiz of Greenfield and Breza Petracca of Erving enjoyed a before-dinner iced coffee and snow cone with Miracle Leyro, 12, Reyna Ortiz, 12, Sophie Petracca, 5 and Eli Petracca, 9.

“We visit often when it’s hot like this,” said Petracca.

“You want to have cool things to eat,” said Sophie Petracca, who slurped her red Snow Cone.

Eli Petracca said he planned on heading home to sit in front of the fan and read.

“When I come here I like to switch it up with either a Snow Cone or a vanilla cone,” he said.

Leyro said she loves anything cold and chocolate, while Reyna Ortiz said she likes a cherry-dipped vanilla cone.

Audrey Young, 6, Sophia White, 4, and Brooklyn Gaida, 6, all of Greenfield, beat the heat by hanging out at the water park at Hillside Park in Greenfield on Wednesday afternoon.