



Class Descriptions

Elkhart Health & Aquatics offers a wide variety of swim lessons for children of all ages and abilities. Our certified, trained instructors lead your child through the motions while supporting and encouraging them. We offer over 30 swim lesson sessions a week at different times of the day most convenient for you. Classes include:

INTRO & DEVELOPMENT

Level 1: Intro to Water Skills & Basic Water Safety – Ages: 3 to 6

Swimmers work on: bobbing, submerging, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, and supported front crawl arms.

Level 1- 6+: Intro Lessons designed for older children – Ages: 6+

Learning to float, swim & being comfortable around the water while maintaining a focus on safety. Children at the age of 6 and above will learn at a faster pace than the standard level 1 class.

Level 2: Fundamental Aquatic Skills and Introducing – Ages: 3 to 6+

Swimmers work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3: Stroke Development – Ages: 3 to 6+

Swimmers work on: gliding, freestyle with side breathing, backstroke, breaststroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

IMPROVEMENT & REFINEMENT

Level 4: Stroke Improvement – Ages: 4 to 7+

Swimmers work on: rotary breathing, freestyle, backstroke, elementary backstroke, introduction to breaststroke and butterfly stroke and kick, intro to turning at wall, treading water, and diving in kneeling position.

Level 5: Stroke Refinement – Ages: 4 to 7+

Swimmers work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6: Swimming & Skill Proficiency/Pre-Competitive – Ages: 4 to 7+

Swimmers will work on: All strokes, freestyle, backstroke, breaststroke, butterfly turns pike and tuck surface dive, dive from side/board, tread water for five minutes, and basic water rescue.

NOT SURE WHICH CLASS IS BEST FOR YOUR CHILD?

Evaluations are available by appointment
Email Hannah & she can help!

HMEstes@beaconhealthsystem.org



SESSION DATES: Monday, April 19 to Saturday, May 29

OPEN REGISTRATION BEGINS MONDAY APRIL 5TH | Sign up at: <https://beacon.health/swimlessons>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1 10:30am - 30min AQID121030	Level 1 10:30am - 30min AQID131030	Level 4, 5, 6 5:00pm - 40min Mondays & Wednesdays (4) AIR4241700 (5) AIR5241700 (6) AIR6241700	Level 1, 3 6:30pm - 30min (1) AQID151830 (3) AQID351830		Parent Tot 2 9:00am - 30min AQPT270900
Level 2 11:15am - 30min AQID221115	Parent Tot 1 10:30am - 30min AQPT131030	Parent Tot 2 5:15pm - 30min AQPT241715	Level 2 6:40pm - 30min AQID251840		Levels 1, 3 9:00am - 30min (1) AQID170900 (3) AQID370900
Level 4, 5, 6 5:00pm - 40min Mondays & Wednesdays (4) AIR4241700 (5) AIR5241700 (6) AIR6241700	Parent Tot 3 11:05am - 30min AQPT331105	Levels 1, 3 5:30pm - 30min (1) AQID141730 (3) AQID341730	Level 4, 5, 6 7:00pm - 40min Tuesdays & Thursdays (4) AIR4351900 (5) AIR5351900 (6) AIR6351900		Level 2, 1 (6+) 9:10am - 30min (2) AQID270910 (1(6+)) AQID670910
Parent Tot 2 5:15pm - 30min AQPT221715	Level 2 11:15am - 30min AQID231115	Level 2 5:40pm - 30min AQID241740	<p>Location of Class</p> <p>Therapy Pool - Parent Tot BHF Lap Pool - Level 1&2 Competition Pool - Level 1(6+), 3,4,5 & 6</p> <p>Rates</p> <p>Parent Tot, Level 1, 1(6+), 2 & 3: \$55 members \$75 non-members</p> <p>Levels 4, 5 & 6: \$85 members \$105 non-members</p>		Parent Tot 1 9:35am - 30min AQPT170935
Levels 1, 3 5:30pm - 30min (1) AQID121730 (3) AQID321730	Level 1, 3 6:30pm - 30min (1) AQID131830 (3) AQID331830	Level 4, 5, 6 5:45pm - 40min Mondays & Wednesdays (4) AIR4241745 (5) AIR5241745 (6) AIR6241745			Level 1, 3 9:40am - 30min (1) AQID170940 (3) AQID370940
Level 2, 1(6+) 5:40pm - 30min (2) AQID221740 (1(6+)) AQID621740	Level 2, 1(6+) 6:40pm - 30min (2) AQID231840 (1(6+)) AQID631840	Parent Tot 1 5:50pm - 30min AQPT141750			Level 2, 1 (6+) 9:50am - 30min (2) AQID270950 (1(6+)) AQID670950
Level 4, 5, 6 5:45pm - 40min Mondays & Wednesdays (4) AIR4241745 (5) AIR5241745 (6) AIR6241745	Level 4, 5, 6 7:00pm - 40min Tuesdays & Thursdays (4) AIR4351900 (5) AIR5351900 (6) AIR6351900	Level 1, 3 6:10pm - 30min (1) AQID141810 (3) AQID341810			Parent Tot 2 10:10am - 30min AQPT271010
Parent Tot 3 5:50pm - 30min AQPT321750		Level 2 6:20pm - 30min AQID241820			Level 1, 3 10:20am - 30min (1) AQID171040 (3) AQID371040
Level 1, 3 6:10pm - 30min (1) AQID121810 (3) AQID321810		Parent Tot 2 6:25pm - 30min AQPT241825			Level 2, 1 (6+) 10:30am - 30min (2) AQID271030 (1(6+)) AQID671030
Level 2, 1(6+) 6:20pm - 30min (2) AQID221820 (1(6+)) AQID621820		Level 1, 3 6:50pm - 30min (1) AQID141850 (3) AQID341850			
Parent Tot 2 6:25pm - 30min AQPT221825		Level 2 7:00pm - 30min AQID241900			
Level 1, 3 6:50pm - 30min (1) AQID121850 (3) AQID321850					
Level 2, 1(6+) 7:00pm - 30min (2) AQID221900 (1(6+)) AQID621900					

TO QUICKLY & EASILY FIND YOUR CLASS WHEN REGISTERING
Use the "A" code!

INTERESTED IN YOUTH PRIVATE LESSONS?

6, 30 minute lessons – \$120 for members,
\$140 for non-members.

Email Hannah at HMEstes@beaconhealthsystem.org



Elkhart | Granger | South Bend
BeaconHealthAndFitness.org
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574.584.2560