



## 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

Give us a call and we can help!

[HMEstes@beaconhealthsystem.org](mailto:HMEstes@beaconhealthsystem.org)



Elkhart  
Health & Aquatics

# Summer 2021 Swim Lessons

Swimmers attend Monday through Thursday at the same time each day for two weeks.

## LEVEL 1 - Instructional Pool

10:30 - 11:00 a.m. AQID11030  
11:10 - 11:40 a.m. AQID11110  
11:50 - 12:20 p.m. AQID11150  
12:30 - 1:00 p.m. AQID11230

## LEVEL 1 (6+) - Competition Pool

10:45 - 11:15 a.m. AQID61045  
11:25 - 11:55 a.m. AQID61125  
12:05 - 12:35 p.m. AQID61205  
12:45 - 1:15 p.m. AQID61245

## LEVEL 2 - Instructional Pool

10:45 - 11:15 a.m. AQID21045  
11:25 - 11:55 a.m. AQID21125  
12:05 - 12:35 p.m. AQID21205  
12:45 - 1:15 p.m. AQID21245

## LEVEL 3 - Competition Pool

10:30 - 11:00 a.m. AQID31030  
11:10 - 11:40 a.m. AQID31110  
11:50 - 12:20 p.m. AQID31150  
12:30 - 1:00 p.m. AQID31230

## LEVEL 4, 5 & 6 - Competition Pool

11:00 - 11:30 a.m.  
Level 4 - AIR41100  
Level 5 - AIR51100  
Level 6 - AIR61100

### SUMMER 2021 SESSION DATES:

#### SESSION #2: JUNE 21 THRU JULY 1

SESSION #2 REGISTRATION STARTS 6/14

#### SESSION #3: JULY 5 THRU JULY 15

SESSION #3 REGISTRATION STARTS 6/28

#### SESSION #4: JULY 19 THRU JULY 29

SESSION #4 REGISTRATION STARTS 7/12

### REGISTER ONLINE

<https://beacon.health.swimlessons>

### RATES

8 class sessions:

Members	\$60
Non-Members	\$80



Elkhart | Granger | South Bend  
BeaconHealthAndFitness.org  
Aquatics@beaconhealthsystem.org  
574.584.2560

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