



## Class Descriptions

Elkhart Health & Aquatics offers a wide variety of swim lessons for children and adults of all ages and abilities! Come learn to swim or improve your technique at the region's premier indoor swim facility. We offer small-group and private lessons once weekly. We offer a variety of swim lesson opportunities at different times of the day to best serve our diverse swimmers' needs!

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

Swimmers work on breath control including bobs, submerging, supported front and back floats, supported float rolls, supported gliding, supported flutter kick, and supported front crawl arms. Lots of hands-on instructor support in Level 1.

### **Level 1 (6+): Intro Lessons for older children – Ages: 6-12**

Older youth swimmers cover all the Level 1 material listed above, and usually learn at a quicker pace than our younger beginners.

### **Level 2: Fundamental Aquatic Skills – Ages: 3+**

Swimmers work on independent front and back floats, independent float rolls, independent front and back glides, front and back crawl pulls and kicks, retrieving underwater objects, and jumping into water over their head. Swimmers gain independence in the water in Level 2.

### **Level 3: Stroke Development – Ages: 3+**

Swimmers work on: efficient gliding, freestyle with side breathing, backstroke, breaststroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives. Swimmers in Level 3 gain new skills and various methods to move through the water of all depths for distance and safety!

### **Level 4+: Improvement & Refinement – Ages: 4+**

Swimmers in our advanced levels work on improving and refining their rotary and alternate side breathing, freestyle, backstroke, elementary backstroke. They are introduced to and improve breaststroke and butterfly strokes and kicks in order to get ready for swim team. They are introduced to turns at the wall and starting dives for all strokes, and they learn lots of deep water and diving board safety skills.

**NOT SURE WHICH CLASS IS BEST FOR YOUR SWIMMER?**

Email Kelly & she can help! Evaluations also available by appointment!

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



Elkhart  
Health & Aquatics

# Summer Swim Lessons

**SESSION DATES:** Monday, July 18 to Thursday, July 28

All lessons will meet Monday – Thursday at your scheduled class time for two consecutive weeks.  
Lessons do not meet on Fridays

## **LEVEL 1** - Instructional Pool

10:00 - 11:00 a.m.

OR

11:00 - Noon

## **LEVEL 1 (6+)** - Competition Pool

10:00 - 11:00 a.m.

## **LEVEL 2** - Instructional Pool

10:00 - 11:00 a.m.

OR

11:00 - Noon

## **LEVEL 3** - Competition Pool

10:00 - 11:00 a.m.

OR

11:00 - Noon

## **LEVEL 4+** - Competition Pool

11:00 - Noon

*Mid-Summer  
mini session!*  
60 minutes of lessons & fun every  
morning (Mon-Thu) for 2 weeks!

## Rates

*Two-week session - 8 classes*

\$160 members | \$180 non-members



**BEACON**<sup>™</sup>  
Health & Fitness

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