

## 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!

### **Parent Tot**

Small-group, warm-water classes for parents and tots younger than 3 years working in the water with an instructor. Three progressive levels offered for you and your early swimmer.

### **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.

**Adult 1:** For a teen or adult who has never learned to swim. Work with an experienced instructor to gain comfort & safety in the water. Skills taught include in-water breath control, submerging, getting into safe and independent front and back floats, and starting to propel through the water on front and back with basic flutter kicks and arm pulls.

**Adult 2:** For a teen or adult who would like to improve their swimming skills. Are you comfortable in the water but looking to improve swimming endurance and efficiency? Work with an experienced instructor to improve your technique in order to swim faster for competition or more comfortably for exercise! Triathletes welcome. Skills taught include freestyle with more efficient side-breathing, backstroke for lap swimming or racing, and breaststroke!

**NOT SURE WHICH CLASS IS BEST FOR YOUR SWIMMER OR IF YOU SHOULD CHOOSE A SMALL-GROUP OR PRIVATE LESSON?**

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

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



**Elkhart**  
Health & Aquatics

# Swim Lessons

**SESSION DATES: Monday, June 20 to Wednesday, August 3**

**REGISTRATION OPENS Wednesday, May 25 | Sign up at: <https://beacon.health/swimlessons>**

**NO CLASSES | July 4 & 5 (Mon & Tue) or August 4 (Thu)**

Monday	Tuesday	Wednesday	Thursday
<b>Parent Tot 1</b> 5:15pm - 30min	<b>Parent Tot 1</b> 5:15pm - 30min	<b>Parent Tot 1</b> 5:15pm - 30min	<b>Levels 1 (6+), 3</b> 5:15pm - 30min
<b>Level 1</b> 5:15pm - 30min	<b>Private Lessons</b> 5:15pm - 30min	<b>Level 1</b> 5:15pm - 30min	<b>Level 1 (6+)</b> 5:55pm - 30min
<b>Level 4+</b> 5:15pm - 40min	<b>Parent Tot 2</b> 5:50pm - 30min	<b>Level 2</b> 5:15pm - 30min	<b>Level 4+</b> 5:55pm - 40min
<b>Parent Tot 2</b> 5:55pm - 30min	<b>Private Lessons</b> 5:50pm - 30min	<b>Levels 1 (6+), 2, 3</b> 5:55pm - 30min	<b>Adult 1</b> 5:55pm - 30min
<b>Levels 1, 2, 3</b> 5:55pm - 30min	<b>Parent Tot 2</b> 6:25pm - 30min	<b>Adult 2</b> 5:55pm - 30min	<b>Levels 1, 2</b> 6:35pm - 30min
<b>Parent Tot 2</b> 6:35pm - 30min	<b>Level 1</b> 6:25pm - 30min	<b>Level 1</b> 6:35pm - 30min	<b>Level 2</b> 7:10pm - 30min
<b>Levels 1, 2</b> 6:35pm - 30min	<b>Private Lessons</b> 6:25pm - 30min	<b>Level 2, 3</b> 6:35pm - 30min	<b>Adult 2</b> 7:10pm - 30min
<b>Adult 1</b> 6:35pm - 30min	<b>Level 2</b> 7:00pm - 30min	<b>Level 4+</b> 6:35pm - 40min	
<b>Private Lessons</b> 7:10pm - 30min	<b>Adult 1</b> 7:00pm - 30min	<b>Private Lessons</b> 7:10pm - 30min	
	<b>Private Lessons</b> 7:00pm - 30min		

### Location of Class

- Parent Tot** - Therapy Pool
- Level 1 & 2** - BHF Lap Pool
- Level 1(6+), 3, 4+** - Competition Pool
- Adult 1 & 2** - BHF Lap Pool
- \*Thursday (5:55 & 6:35) Adult classes in Therapy Pool

### Rates

**Wednesday classes are 7 week sessions**  
 Group Classes - \$90 members | \$110 non-members  
 Private Lessons - \$315 members | \$350 non-members

**Mon, Tue & Thu classes are 6 week sessions (reduced pricing)**  
 Group Classes - \$80 members | \$90 non-members  
 Private Lessons - \$270 members | \$300 non-members



Elkhart | Granger | South Bend | Three Rivers  
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