



Elkhart
Health & Aquatics

Swim Lessons

SESSION DATES: Sunday, November 6 to Wednesday, December 21

REGISTRATION OPENS Thu October 20 | Sign up at: <https://beacon.health/swimlessons>

Sundays Nov. 6 - Dec. 18 | 6 weeks (NO class Nov. 13)

Parent & Tot	Level 1	Level 2	Level 3	Level 4	Adult 2	Private
11:30am - Noon	11:30am - Noon	11:30am - Noon	11:30am - Noon	12:15 - 12:50pm	1:00 - 1:30pm	11:30am - Noon
	12:15 - 12:45pm	12:15 - 12:45pm	12:15 - 12:45pm			12:15 - 12:45pm
	1:00 - 1:30pm	1:00 - 1:30pm	1:00 - 1:30pm			1:00 - 1:30pm
						1:45 - 2:15pm

Mondays Nov. 7 - Dec. 19 | 7 weeks

Parent & Tot	Level 1	Level 2	Level 3	Level 4	Adult 1
5:15 - 5:45pm	6:45 - 7:15pm	5:15 - 5:45pm	5:45 - 6:15pm	6:00 - 6:30pm	6:30 - 7:00pm
6:00 - 6:30pm					

Tuesdays Nov. 8 - Dec. 20 | 7 weeks

Parent & Tot

9:15 - 9:45am

Location of Class

- Parent & Tot - Therapy Pool
- Level 1, 2 & Adult 1,2 - Lap Pool
- Level 3 & 4 - Competition Pool

Wednesdays Nov. 9 - Dec. 21 | 7 weeks

Parent & Tot	Level 2	Level 3	Level 4	Adult 2
5:15 - 5:45pm	5:15 - 5:45pm	5:45 - 6:15pm	6:00 - 6:40pm	6:30 - 7:00pm
6:00 - 6:30pm				

Rates

Group Classes

Seven week session - \$90 members | \$110 non-members

Six week session - \$80 members | \$90 non-members

Private Lessons

Seven week session - \$315 members | \$350 non-members

Six week session - \$270 members | \$300 non-members



Elkhart | Granger | South Bend | Three Rivers
BeaconHealthAndFitness.org
SFlemming@beaconhealthsystem.org
574.584.2560

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 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 Stef & she can help! Evaluations also available by appointment.

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