



**BEACON**  
Health & Fitness

# Swim Lessons THREE RIVERS

**WEDNESDAYS & SATURDAYS Nov. 9 - Dec. 21**

Registration Opens Thursday, October 20

Visit your Member Portal or [beacon.health/swimlessons](http://beacon.health/swimlessons) to register

## Wednesdays Nov. 9 - Dec. 21 | 6 weeks (NO CLASS Nov. 23)

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

## Saturdays Nov. 12 - Dec. 17 | 6 weeks

Parent & Tot	Level 1	Level 2
9:00 - 9:30am	9:45 - 10:15am	10:30 - 11:00am

## Class Descriptions

Beacon Health & Fitness — Three Rivers offers a wide variety of swim lessons for children! Come learn to swim or improve your technique with us in once weekly small-group lessons.

### Parent Tot - Ages: Under 3

Small-group 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.

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

Email Meg & she can help! Evaluations also available by appointment.

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

### Rates

#### Group Classes

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



Elkhart | Granger | South Bend | Three Rivers  
[BeaconHealthAndFitness.org](http://BeaconHealthAndFitness.org)