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!

**Preschool**
Classes are guided by an instructor for children between the ages of 3-6. Focus is on the progression of water safety and skills for your early swimmer. Skills covered in this class consist of: entry/exits from pool, front glide with face in and recover independently, back glide and recover, rolling over floats (front to back/back to front), bobs, open eyes and retrieve objects underwater, combined arm and leg actions on front, combined arm and leg actions on back, and treading water.

**Learn to Swim Level 1 – Ages: 3 to 6**
Classes are guided by an instructor for children ages 6+. Focus is on the progression of water safety and skills for your swimmer. Skills covered in this class consist of: entry/exits, fully submerged bobs, blowing bubbles, front glide with face in, recovering from front glide to vertical position, back glide and recovering, back float and recovering independently, rolling over floats (front to back/back to front), combined leg and arm actions on front, combined leg and arm actions on back, swimming wearing a life jacket, and treading water.

**Learn to Swim Level 2 – Ages: 3+**
Classes are guided by an instructor for children ages 6+. Focus is on the progression of water safety and skills for your swimmer. Skills covered in this class consist of: entry/exits, fully submerged bobs and hold breath, opening eyes and retrieving objects underwater, front/jellyfish/tuck float and recovering independently, back float independently, front glide with face in, front glide with kick then recover, back glide with kick then recover, combined leg and arm actions on front, arm stroke drills on front, arm stroke drills on back, finning arm action on back, swimming with life jacket on front, swimming with life jacket on back, pushing off wall into combined leg and arm action on front or back, kicking drills, and treading water.

**Learn to Swim Level 3 – Ages: 3+**
Classes are guided by an instructor for children ages 6+. Focus is on the progression of water safety and skills for your swimmer. Skills covered in this class consist of: bobs, front crawl, streamline on front/back, butterfly kick drills, dolphin kick drills, elementary backstroke arm/kick drills, survival float, treading water, jumping into deep water and recovering, front glide with different strokes, back glide with different strokes, headfirst entries, and rotary breathing drills.

**Learn to Swim Level 4 – Ages: 4+**
Classes are guided by an instructor for children ages 6+. Focus is on the progression of water safety and skills for your swimmer. Skills covered in this class consist of: headfirst entries, feet first surface dives, pushing off into streamline on back with different kicks/strokes, back crawl drills, sidestroke drills, breaststroke drills, butterfly drills, front crawl open turn, backstroke open turn, underwater swimming, survival swimming, and treading water using different kicks.

**NOT SURE WHICH CLASS IS BEST FOR YOUR SWIMMER?**
Email Stef & she can help! Evaluations also available by appointment!

SFlemming@BeaconHealthSystem.org
SEASON DATES: Monday, Dec 26 to Thursday, Jan 5
REGISTRATION OPENS Thu Dec 15th | Sign up at: https://beacon.health/swimlessons
All lessons will meet Monday – Thursday at your scheduled class time for two consecutive weeks.

PRESCHOOL - Therapy Pool
12:00 - 12:30 p.m.
12:45 - 1:15 p.m.
1:30 - 2:00 p.m.
2:15 - 2:45 p.m.

LEVEL 1 - Lap Pool
12:00 - 12:45 p.m.
1:00 - 1:45 p.m.

LEVEL 2 - Lap Pool
2:00 - 2:45 p.m.

LEVEL 3 - Competition Pool
12:00 - 12:45 p.m.

LEVEL 4 - Competition Pool
1:00 - 1:45 p.m.

ADULT - Competition Pool
2:00 - 2:45 p.m.

Rates
Two-week session - 8 classes
$90 members | $110 non-members