



Elkhart
Health & Aquatics

Swim Lessons

SESSION DATES: Monday, February 6 to Wednesday, March 1

REGISTRATION OPENS Thursday, January 26 | Sign up at: <https://beacon.health/swimlessons>

Mondays & Wednesday Feb. 6 - March 1 | 4 weeks (8 classes)

Parent & Tot	Preschool	Level 1	Level 2	Level 3	Level 4	Adult 1
5:00 - 5:30pm 5:45 - 6:15pm	6:15 - 6:45pm 7:00 - 7:30pm	6:15 - 7:00pm 7:15 - 8:00pm	5:00 - 5:45pm 5:15 - 6:00pm 6:15 - 7:00pm 7:15 - 8:00pm	5:00 - 5:45pm 6:00 - 6:45pm	7:00 - 7:45pm	6:00 - 6:45pm

Location of Class

Parent Tot & Preschool - Therapy Pool

Level 1, 2 & Adult 1 - Lap Pool

Level 3 & 4 - Competition Pool

Rates

Group Classes

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



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

Class Descriptions

We offer a wide variety of swim lessons for children & adults of all ages & abilities! Come learn to swim or improve your technique at the region's premier indoor swim facility. We offer a variety of swim lesson opportunities at different times of the day to best serve our diverse swimmers' needs!

Ages 3 & Under: Warm water classes for parents & toddlers that focus on improving basic water safety & skills.

Parent & Child Level 1: Skills covered: entry/exits from pool, front/back floats & glides, submerging mouth & nose, blowing bubbles, breath control, supported flutter kick, and supported front crawl arms.

Parent & Child Level 2: Skills covered: entry/exits from pool, floats, rolling over, glides, submerging mouth and nose, blowing bubbles, breath control, retrieving objects underwater, supported flutter kick, alternating/simultaneous arm action.

Ages 3-6 years: Focus is on the progression of water safety and skills for your early swimmer

Preschool Level 1: Skills covered: entry/exits from pool, front and back glides, rolling over floats, submerge mouth and nose, blow bubbles through mouth and nose, breath control, retrieving objects underwater, and treading water.

Preschool Level 2: Skills covered: entry/exits from pool, front glide with face in & recover independently, back glide & recover, rolling over floats, bobs, open eyes & retrieve objects underwater, combined arm & leg actions, and treading water.

Preschool Level 3: Skills covered: entering the water by jumping from side, fully submerged bobs & hold breath, combined arm & leg actions on front, floating independently in a face-down position, recover from a front float, back float & recover, back glide, finning arm action on back, change direction while swimming on back, and tread water using arm & leg action.

Ages of 6 & up: Focus is on the progression of water safety and skills for your early swimmer.

Learn to Swim Level 1: Skills covered: entry/exits, fully submerged bobs, blowing bubbles, front glide with face in, recovering from front glide to vertical position, back glide/back float & recovering, rolling over floats, combined leg & arm actions, swimming wearing a life jacket, and treading water.

Learn to Swim Level 2: Skills covered: entry/exits, fully submerged bobs & hold breath, opening eyes & retrieving objects underwater, front/jellyfish/tuck float & recovering independently, back float independently, front glide with face in, front/back glide with kick then recover, combined leg & arm actions, arm stroke drills, arm stroke drills, finning arm action, swimming with life jacket, pushing off wall into combined leg & arm action, kicking drills, and treading water.

Learn to Swim Level 3: Skills covered: bobs, front crawl, streamline, flutter kick drills, dolphin kick drills, elementary backstroke arm/kick drills, survival float, treading water, jumping into deep water & recovering, glide with different strokes, headfirst entries, and rotary breathing drills.

Learn to Swim Level 4: Skills covered: 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/backstroke open turn, underwater swimming, survival swimming, and treading water using different kicks.

Learn to Swim Level 5: Skills covered: bobs, tuck/pike surface dives, shallow-angle dives, sculling, front/back crawl drills, breaststroke drills, sidestroke drills, elementary backstroke drills, butterfly drills, flip turns on front/back while swimming, and treading water.

Ages 14 & up: Introducing & developing basic water skills.

Adult Level 1: Skills covered: safe entries/exit, bobs, blowing bubbles, breath control, front/back floats/glides & recovery, rolling over floats, survival floats, front/back glides with kick, front crawl arm drills, combined arm & leg action, finning on back, elementary backstroke drills, breaststroke drills, scissor kick drills, rotary breathing, submerging in deep water & recovering, changing from vertical to horizontal position on front/back, and treading water using arm using arm/leg actions.

Adult Level 2: Skills covered: safe entries/exit, bobs, breath control, front/back floats and recovery, rolling over floats, survival floats, front/back glides & recovery, front/back glides with kick, front crawl arm drills, combined arm & leg action, finning on back, elementary backstroke drills, breaststroke drills, sidestroke drills, butterfly drills, flip turns, scissor kick drills, rotary breathing, submerging in deep water & recovering, and treading water using arm using arm/leg actions.

**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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