

**SESSION DATES:** Monday, February 12 to Thursday, March 6

REGISTRATION OPENS Thursday, February 1 at 8 a.m. | Sign up at: <https://beacon.health/swimlessons>

## Mondays & Wednesdays Feb. 12 - March 5 | 4 weeks (8 classes)

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

Level 1	Level 2	Level 3	Level 4	Adult 1	Adult 2
5:00 - 5:45pm	6:00 - 6:45pm	5:00 - 5:45pm	6:00 - 6:45pm	5:45 - 6:30pm	6:45 - 7:30pm
6:00 - 6:45pm	7:00 - 7:45pm		7:00 - 7:45pm		

## Tuesdays & Thursdays Feb. 13 - March 6 | 4 weeks (8 classes)

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

Level 1	Level 2	Level 3	Level 4	Level 5
5:00 - 5:45pm	6:00 - 6:45pm	5:00 - 5:45pm	5:00 - 5:45pm	7:00 - 7:45pm
6:00 - 6:45pm	7:00 - 7:45pm	6:00 - 6:45pm		
		7:00 - 7:45pm		

### Class Meeting Location

Parent & Tot - Therapy Pool Area

Preschool, Learn to Swim Level 1 & 2 - BHF Lap Pool Area

Learn to Swim Level 3, 4, 5 & Adult - Competition Pool Area

Session Registration

**\$110** /participant  
+ Processing Fee

Updated: 1/22/2024



Elkhart | Granger | South Bend | Three Rivers  
BeaconHealthAndFitness.org  
Aquatics@BeaconHealthSystem.org  
574.584.2560



SCAN TO  
REGISTER

## 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!

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**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.

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**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.

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**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, 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: 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.

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

**Adult Level 1:** Skills covered: safe entries/exit, 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, 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.

**Adult Safety:** A basic water safety course for adults providing essential knowledge and skills to ensure their safety in aquatic environments. Learning fundamentals of safe entry/exit, breath control, recovering while swimming on front or back and survival swimming.

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

Email us and we can help!

[Aquatics@BeaconHealthSystem.org](mailto:Aquatics@BeaconHealthSystem.org)