



BEACON
Health & Fitness

Member Pools

AUGUST SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|
| Water in Motion 9 - 9:50am 0 Lanes Available | Water in Motion Strength 9 - 9:45am 1 Lanes Available | Water in Motion 9 - 9:50am 0 Lanes Available | Water in Motion Strength 9 - 9:45am 1 Lanes Available | Water in Motion 9 - 9:50am 0 Lanes Available | Water in Motion 8 - 8:50am 0 Lanes Available |
| Joint Venture 10 - 10:45am Limited Space Available | Group Swim Lessons 10 - 10:30am Limited Space Available | Joint Venture 10 - 10:45am Limited Space Available | | <p><i>Location of</i></p> <p> Therapy</p> <p> Lap</p> | |
| Group Swim Lessons 11am - 2pm 2 Lanes Available | Group Swim Lessons 11am - 2pm 2 Lanes Available | Group Swim Lessons 11am - 2pm 2 Lanes Available | Group Swim Lessons 11am - 2pm 2 Lanes Available | | |
| NeuroH2O 11am - 12pm Limited Space Available | Joint Venture 11 - 11:45am Limited Space Available | NeuroH2O 11am - 12pm Limited Space Available | Joint Venture 11 - 11:45am Limited Space Available | | |
| Joint Venture 12:15 - 1pm Limited Space Available | Joint Venture II 12 - 12:45pm Limited Space Available | Joint Venture 12:15 - 1pm Limited Space Available | Joint Venture II 12 - 12:45pm Limited Space Available | | |
| Group Swim Lessons 4:15 - 8pm Limited Space Available | Group Swim Lessons 5 - 7:45pm Limited Space Available | Group Swim Lessons 4:15 - 8pm Limited Space Available | Group Swim Lessons 5 - 7:45pm Limited Space Available | | |
| Group Swim Lessons 4:15 - 8pm 2 Lanes Available | Group Swim Lessons 5 - 7:45pm Limited Space Available | Group Swim Lessons 4:15 - 8pm 2 Lanes Available | Group Swim Lessons 5 - 7:45pm Limited Space Available | | |
| | Water in Motion 5:30 - 6:25pm 0 Lanes Available | Water in Motion Strength 4:50 - 5:45pm 0 Lanes Available | Water in Motion 5:30 - 6:25pm 0 Lanes Available | | |

- » **Availability is subject to change.**
- » **Private lessons & physical therapy may limit pool space & are not listed on the daily breakdowns.**
- » **Times listed are scheduled class times. Expect higher member attendance before & after classes.**
- » **10- Minute Class Transition Window:**
 - » **Non-Class Participants - Must wrap-up their workout and either clear the pool or move to a non-class lane (if one is available) by the classes posted start time.**
 - » **Class Participants - Must remain in a water walking/stationary workout lane until any additional lanes become available.**
- » **Check Daily Pool Breakdown for designated Water Walking & Lap Swim Only lanes.**

Elkhart Community Schools Elementary Swim Lesson Sessions being in September.
Each session consists of 8 water safety classes.

Group Swim Lesson Programming Schedule:

- » **Summer 2 Lessons begin July 21st and run through August 14th**
- » **Summer Intensive Swim Lessons begin June 9th and run through August 14th in 2 week windows**



Elkhart | Granger | Three Rivers | Kalamazoo
BeaconHealthAndFitness.org
JPtak@beaconhealthsystem.org



AUGUST

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|--|-----------------------------------|
| 5am – 8am 8 Lanes Available | 5am – 8am 8 Lanes Available | 5am – 8am 8 Lanes Available | 5am – 8am 8 Lanes Available | 5am – 8am 8 Lanes Available | 7am – 8am 6 Lanes Available | 7am – 5pm 6 Lanes Available |
| 8am – 2pm 10 Lanes Available | 8am – 2pm 10 Lanes Available | 8am – 2pm 10 Lanes Available | 8am – 2pm 10 Lanes Available | 8am – 2pm 10 Lanes Available | 8am – 10am 4 Lanes Available | |
| 2pm – 5pm 7 Lanes Available | 2pm – 5pm 7 Lanes Available | 2pm – 5pm 7 Lanes Available | 2pm – 5pm 7 Lanes Available | 2pm – 9pm 7 Lanes Available | 10am – 5pm 6 Lanes Available | |
| 5pm – 8pm Lanes Limited** | 5pm – 8pm Lanes Limited** | 5pm – 8pm Lanes Limited** | 5pm – 8pm Lanes Limited** | | *Lane restrictions subject to change based on programming and events. | |
| 8pm – 9pm 6 Lanes Available | 8pm – 9pm 6 Lanes Available | 8pm – 9pm 6 Lanes Available | 8pm – 9pm 6 Lanes Available | | | |

***Please check posted daily lane break downs for available lanes. Note that lanes available may change location during the window of time listed above. Proper Pool Etiquette must be used and lanes must be shared.*

POOL SET UP IN LONG COURSE METERS

SWIM MEETS, EVENTS & HOLIDAYS THAT WILL AFFECT "NORMAL SCHEDULE"

THIS MONTH:

Mon 8/11
Mon 8/18

Pool Change to Short Course Yards
Elkhart High School PE Begins

LOOKING AHEAD:

Mon 9/1
Sat 9/27

Labor Day Holiday Hours
Bethel Intra-Squat Meet

Facility Open (7a-1p)
Comp Lanes Limited

Daily pool breakdowns posted in wet hallway for today & tomorrow.

www.ElkhartHealthAndAquatics.org