



Class Descriptions

Elkhart Health & Aquatics offers a wide variety of swim lessons for children of all ages and abilities. Our certified, trained instructors lead your child through the motions while supporting and encouraging them. The Aquatic Center offers over 30 swim lesson sessions a week at different times of the day most convenient for you. Classes include:

Parent Tot 1: Ages 6 – 18 months | Parent Tot 2: Ages 18 – 36 months

Parents and children learn together to increase a child's comfort in the water and build a foundation of basic skills, such as arm and leg movements, breath control and basic independence/safety in the water.

INTRO & DEVELOPMENT

Level 1: Intro to Water Skills & Basic Water Safety – Ages: 3 to 6+

Swimmers work on: bobbing, submerging, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, and supported front crawl arms.

Level 2: Fundamental Aquatic Skills and Introducing – Ages: 3 to 6+

Swimmers work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3: Stroke Development – Ages: 3 to 6+

Swimmers work on: gliding, freestyle with side breathing, backstroke, breaststroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

IMPROVEMENT & REFINEMENT

Level 4: Stroke Improvement – Ages: 4 to 7+

Swimmers work on: rotary breathing, freestyle, backstroke, elementary backstroke, introduction to breaststroke and butterfly stroke and kick, intro to turning at wall, treading water, and diving in kneeling position.

Level 5: Stroke Refinement – Ages: 4 to 7+

Swimmers work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6: Swimming & Skill Proficiency/Pre-Competitive – Ages: 4 to 7+

Swimmers will work on: All strokes, freestyle, backstroke, breaststroke, butterfly turns pike and tuck surface dive, dive from side/board, tread water for five minutes, and basic water rescue.

NOT SURE WHICH CLASS IS BEST FOR YOUR CHILD?

Give us a call and we can help!

574.389.5577



SESSION DATES: Monday/Wednesday Classes – July 22 thru August 14
 Tuesday/Thursday Classes – July 23 thru August 13 | Saturday Classes – July 27 thru August 24

Monday	Tuesday	Wednesday	Thursday	Saturday
Levels 4, 5, 6 9am - 40min <i>Mondays & Wednesdays</i> 8 class session	Levels 4, 5, 6 9am - 40min <i>Tuesday & Thursday</i> 7 class session	Levels 4, 5, 6 9am - 40min <i>Mondays & Wednesdays</i> 8 class session	Levels 4, 5, 6 9am - 40min <i>Tuesday & Thursday</i> 7 class session	Levels 1, 2, 3 8am - 30min <i>Saturday Only</i> 5 class session
Levels 1, 2, 3 10am - 30min <i>Mondays & Wednesdays</i> 8 class session	Levels 1, 2, 3 10am - 30min <i>Tuesday & Thursday</i> 7 class session	Levels 1, 2, 3 10am - 30min <i>Mondays & Wednesdays</i> 8 class session	Levels 1, 2, 3 10am - 30min <i>Tuesday & Thursday</i> 7 class session	Parent Tot 1 8am - 30min <i>Saturday Only</i> 5 class session
Parent Tot 1 10am - 30min <i>Mondays Only</i> 4 class session	Parent Tot 1 10am - 30min <i>Tuesdays Only</i> 4 class session	Parent Tot 1 10am - 30min <i>Wednesdays Only</i> 4 class session		Levels 1, 2, 3 8:45am - 30min <i>Saturday Only</i> 5 class session
Parent Tot 2 10:45am - 30min <i>Mondays Only</i> 4 class session	Parent Tot 2 10:45am - 30min <i>Tuesdays Only</i> 4 class session	Parent Tot 2 10:45am - 30min <i>Wednesdays Only</i> 4 class session		Parent Tot 2 8:45am - 30min <i>Saturday Only</i> 5 class session
Levels 1, 2, 3 5pm - 30min <i>Mondays & Wednesdays</i> 8 class session		Levels 1, 2, 3 5pm - 30min <i>Mondays & Wednesdays</i> 8 class session		Levels 4, 5, 6 9am - 40min <i>Saturday Only</i> 5 class session
Parent Tot 1 5pm - 30min <i>Mondays Only</i> 4 class session		Parent Tot 1 5pm - 30min <i>Wednesdays Only</i> 4 class session		Levels 4, 5, 6 9:45am - 40min <i>Saturday Only</i> 5 class session
Levels 4, 5, 6 5:30pm - 40min <i>Mondays & Wednesdays</i> 8 class session		Levels 4, 5, 6 5:30pm - 40min <i>Mondays & Wednesdays</i> 8 class session		
Levels 1, 2, 3 5:45pm - 30min <i>Mondays & Wednesdays</i> 8 class session		Levels 1, 2, 3 5:45pm - 30min <i>Mondays & Wednesdays</i> 8 class session		
Parent Tot 2 5:45pm - 30min <i>Mondays Only</i> 4 class session		Parent Tot 2 5:45pm - 30min <i>Wednesdays Only</i> 4 class session		
Levels 4, 5, 6 6:15pm - 40min <i>Mondays & Wednesdays</i> 8 class session		Levels 4, 5, 6 6:15pm - 40min <i>Mondays & Wednesdays</i> 8 class session		

Location of Class

- BHF Therapy Pool
- BHF Lap Pool
- Aquatic Center Pool

PRICES

- 8 class sessions – \$50 for members, \$70 for non-members
- 7 class sessions – \$44 for members, \$62 for non-members
- 5 class sessions – \$32 for members, \$44 for non-members
- 4 class sessions – \$25 for members, \$35 for non-members

Effective 7-18-19



Elkhart | Granger | South Bend

BeaconHealthAndFitness.org

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