



Elkhart

Swim Lessons

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 | Parent Tot 3: Permission needed

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 1- 6+: Intro Lessons designed for older children – Ages: 6+

Learning to float, swim & being comfortable around the water while maintaining a focus on safety. Older children will learn at a faster pace than the standard level 1 class.

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?

Come see us during our evaluation/registration hours at the Commons Front Desk
From October 12th-28th on Monday & Wednesday - 10am - Noon & Tuesdays 4 - 6pm

Give us a call and we can help!

574.584.2560



Elkhart

Swim Lessons

SESSION DATES: Monday, January 11 to Saturday, February 13

OPEN REGISTRATION BEGINS MONDAY JANUARY 4TH | Sign up at: <https://beacon.health/swimlessons>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1 10:30am - 30min 6 class session	Level 1 10:30am - 30min 6 class session	Level 4, 5, 6 5:00pm - 40min Mondays & Wednesdays 12 class session	Level 1, 3 6:30pm - 30min 6 class session	<p>Location of Class</p> <p>Therapy Pool - Parent Tot BHF Lap Pool - Level 1&2 Competition Pool - Level 1(6+), 3,4,5 & 6</p> <p>RATES</p> <p>5 class sessions: \$45 members \$65 non-members</p> <p>10 class sessions: \$65 members \$85 non-members</p>	Parent Tot 2 9:00-am - 30min 6 class session
Level 2 11:15am - 30min 6 class session	Parent Tot 1 10:30am - 30min 6 class session	Parent Tot 2 5:15pm - 30min 6 class session	Level 2 6:40pm - 30min 6 class session		Levels 1, 3 9:00am - 30min 6 class session
Level 4, 5, 6 5:00pm - 40min Mondays & Wednesdays 12 class session	Parent Tot 3 11:05am - 30min 6 class session	Levels 1, 3 5:30pm - 30min 6 class session			Level 2, 1 (6+) 9:10am - 30min 6 class session
Parent Tot 2 5:15pm - 30min 6 class session	Level 2 11:15am - 30min 6 class session	Level 2 5:40pm - 30min 6 class session			Parent Tot 1 9:35am - 30min 6 class session
Levels 1, 3 5:30pm - 30min 6 class session	Level 1, 3 6:30pm - 30min 6 class session	Parent Tot 1 5:50pm - 30min 6 class session			Level 1, 3 9:40am - 30min 6 class session
Level 2, 1(6+) 5:40pm - 30min 6 class session	Level 2, 1(6+) 6:40pm - 30min 6 class session	Level 1, 3 6:10pm - 30min 6 class session			Level 2, 1 (6+) 9:50am - 30min 6 class session
Parent Tot 3 5:50pm - 30min 6 class session		Level 2 6:20pm - 30min 6 class session			Parent Tot 2 10:10am - 30min 6 class session
Level 1, 3 6:10pm - 30min 6 class session		Parent Tot 2 6:25pm - 30min 6 class session			
Level 2, 1(6+) 6:20pm - 30min 6 class session		Level 1, 3 6:50pm - 30min 6 class session			
Parent Tot 2 6:25pm - 30min 6 class session		Level 2 7:00pm - 30min 6 class session			
Level 1, 3 6:50pm - 30min 6 class session					
Level 2, 1(6+) 7:00pm - 30min 6 class session					

INTERESTED IN YOUTH PRIVATE LESSONS?

6, 30 minute lessons – \$120 for members, \$140 for non-members.

Email Hannah at HMEstes@beaconhealthsystem.org



Elkhart | Granger | South Bend

BeaconHealthAndFitness.org

KMilak@beaconhealthsystem.org

HMEstes@beaconhealthsystem.org