



**Elkhart**  
Health & Aquatics

# 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**

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!**

**574.584.2560**



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# Swim Lessons

**SESSION DATES:** Monday, January 6 to Saturday, February 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Level 1</b> 10am - 30min Mondays 6 class session	<b>Parent Tot 2</b> 10am - 30min Tuesdays 6 class session	<b>Levels 1, 2, 3</b> 5pm - 30min Wednesdays 6 class session	<b>Level 4, 5, 6</b> 6:20pm - 40min Tuesdays & Thursdays 12 class session	<b>Parent Tot 2</b> 10am - 30min Fridays 6 class session	<b>Levels 1, 2, 3</b> 8:30am - 30min Saturday 6 class session
<b>Level 2</b> 10:45am - 30min Mondays 6 class session	<b>Level 2</b> 10am - 30min Tuesdays 6 class session	<b>Level 4, 5, 6</b> 5:10pm - 40min Mondays & Wednesdays 12 class session	<b>Level 1, 2, 3</b> 6:25pm - 30min Thursdays 6 class session	<b>Parent Tot 1</b> 10:30am - 30min Fridays 6 class session	<b>Parent Tot 1</b> 9am - 30min Saturday 6 class session
<b>Level 1, 2, 3</b> 5pm - 30min Mondays 6 class session	<b>Parent Tot 1</b> 10:30am - 30min Tuesdays 6 class session	<b>Level 1, 2, 3</b> 5:45pm - 30min Wednesdays 6 class session			<b>Levels 1, 2, 3</b> 9:15am - 30min Saturday 6 class session
<b>Level 4, 5, 6</b> 5:10pm - 40min Mondays & Wednesdays 12 class session	<b>Level 1</b> 10:45am - 30min Tuesdays 6 class session	<b>Level 4, 5, 6</b> 6pm - 40min Mondays & Wednesdays 12 class session			<b>Parent Tot 2</b> 9:30am - 30min Saturday 6 class session
<b>Parent Tot 1</b> 5:30pm - 30min Mondays 6 class session	<b>Level 4, 5, 6</b> 6:20pm - 40min Tuesdays & Thursdays 12 class session	<b>Levels 1, 2, 3</b> 6:30pm - 30min Wednesdays 6 class session			<b>Level 1, 2, 3</b> 10:55am - 30min Saturdays 6 class session
<b>Level 1, 2, 3</b> 5:45pm - 30min Mondays 6 class session					
<b>Parent Tot 2</b> 6:05pm - 30min Mondays 6 class session					
<b>Level 4, 5, 6</b> 6pm - 40min Mondays & Wednesdays 12 class session					
<b>Levels 1, 2, 3</b> 6:30pm - 30min Mondays 6 class session					
<b>Parent Tot 1</b> 6:40pm - 30min Mondays 6 class session					

BHF Therapy Pool

BHF Lap Pool

Aquatic Center Pool

PRICES

6 class sessions – \$45 for members, \$65 for non-members  
12 class sessions – \$70 for members, \$90 for non-members

INTERESTED IN YOUTH PRIVATE LESSONS?

6, 30 minute lessons – \$120 for members, \$140 for non-members.  
Email Hannah at HMEstes@beaconhealthsystem.org for more information or to set up a day, time and instructor

BEACON

## Location of Class

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

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## OPEN REGISTRATION BEGINS DECEMBER 16TH

Sign up at: [www.beaconhealthsystem.org/beacon-health-fitness/swim-lessons/](http://www.beaconhealthsystem.org/beacon-health-fitness/swim-lessons/)



**Elkhart | Granger | South Bend**  
BeaconHealthAndFitness.org  
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