

Commons Calendar

MAY 2021

FREE PROGRAM SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		Walk & Talk 8:30 - 10:30 a.m. Track	Senior Pep Fitness 8:45 - 9:45 a.m. Gym	Walk & Talk 8:30 - 10:30 a.m. Track	Senior Pep Fitness 8:45 - 9:45 a.m. Gym	Walk & Talk 8:30 - 10:30 a.m. Track	Yoga Foundations 8:15 - 9 a.m. BHF Yoga Studio
	Basketball Shoot-around 8:30 - Noon	Basketball Shoot-around 8:30 - 11:30 a.m.	Basketball Shoot-around 10:30 a.m. - Noon	Basketball Shoot-around 8:30 - 11:30 a.m.	Basketball Shoot-around 10:30 a.m. - Noon	Basketball Shoot-around 8:30 - 11:30 a.m.	Basketball Shoot-around 8:30 a.m. - Noon
		City Walk 11:30 - 12:15 p.m. Commons Lobby		City Walk 11:30 - 12:15 p.m. Commons Lobby		Adult Lap Swim 11 a.m. - 1 p.m. Pool	
AFTERNOON	Basketball Shoot-around Noon - 5 p.m.	Pickleball Noon - 3 p.m. Gym	Badminton Noon - 2 p.m. Gym	Pickleball Noon - 3 p.m. Gym	Badminton Noon - 2 p.m. Gym	Pickleball Noon - 3 p.m. Gym	Basketball Shoot-around Noon - 5 p.m.
	Open Swim Noon - 4 p.m. Pool (registration required)	Splash with Me 1 - 3 p.m. Pool	Basketball Shoot-around 2:30 - 5 p.m.	Splash with Me 1 - 3 p.m. Pool	Basketball Shoot-around 2:30 - 5 p.m.	Splash with Me 1 - 3 p.m. Pool	
	Walk & Talk 2 - 4 p.m. Track	Youth Conditioning (7-12 year olds) 4 - 4:45 p.m. Gym	Breastfeeding Support Group 3 - 5 p.m. Multipurpose Room	Youth Conditioning (7-12 year olds) 4 - 4:45 p.m. Gym		Basketball Shoot-around 3:30 - 5 p.m.	Walk & Talk 2 - 4 p.m. Track
EVENING		Basketball Shoot-around 5 - 9 p.m.	Basketball Shoot-around 5 - 9 p.m.	Basketball Shoot-around 5 - 9 p.m.	Basketball Shoot-around 5 - 9 p.m.	Basketball Shoot-around 5 - 9 p.m.	
			Yoga Foundations 5:30 - 6:15 p.m. BHF Yoga Studio		Yoga Foundations 5:30 - 6:15 p.m. BHF Yoga Studio	Open Swim 5:30 - 8:30 p.m. Pool (registration required)	
			Walk & Talk 6:30 - 8:30 p.m. Track		Walk & Talk 6:30 - 8:30 p.m. Track		

FREE EVENTS

Monday, May 10

Elkhart County Health Department: Tobacco Control | 2:00-3:00 p.m., Multipurpose Room

Tuesday, May 11

Community Impact: CATCH Vaping & E-cigarette Education | 6:00-7:00 p.m., Library

Tuesday, May 25

Community Impact: QPR Suicide Prevention Training | 6:00-7:30 p.m., Multipurpose Room

Friday, May 28

Elkhart General: Breast Cancer Support Group | 1:30-3:00 p.m., Multipurpose Room

OPEN SWIM

Registration: beacon.health/openswim | See back for additional details

IMPORTANT SCHEDULE ANNOUNCEMENTS

MAY 14-16

We are excited to host Irish Aquatics' spring swim meet.
All pool programs on these days are cancelled.

SUNDAY, MAY 23

We are excited to host USA Diving Regional Championships.
Open Swim is cancelled.

Commons Calendar

CLASS DESCRIPTIONS

ADULT/SENIOR

Badminton – A singles or doubles sport played using racquets to hit a birdie across a net.

City Walk

Citiwalk, a free program open to members and non-members alike, takes a 45-minute urban stroll. Meet in the Commons lobby of Elkhart Health & Aquatics for a walk through downtown and enjoy a stop each week at a new and interesting place.

Pickleball – A low-impact, high-energy doubles racket sport that blends tennis, badminton and ping-pong.

Senior Pep Fitness – Get energized and improve endurance, flexibility and strength. This fitness class helps seniors stay active, and live healthy. Classes are led by our specially-trained instructors.

Walk & Talk at the Commons – Open indoor track time. (13 & older) Wrist bands will be given during busy times (ie. Tuesday, Thursday, Saturday, & Sunday).

Yoga Foundations – If you are new to yoga, our Yoga Foundations offers a welcoming and encouraging environment for everyone to explore the fundamental poses found in most active yoga classes, as well as the basic concepts that underlie every yoga practice.

AQUATICS

Splash with Me – Open water swim time for parents and children. Adult supervision required at all times. (6 & under)

Adult Lap Swim – Adult only time to swim laps in the competition pool. (18 & older)

- Family locker rooms available
- Please bring your own towel
- Lifeguards on duty

Open Swim – Family time in the competition pool for all to enjoy.

- Online registration required for each individual attending, no drop-ins permitted.
Register: beacon.health/openswim
- Limited to 40 people at a time
- Social distancing & family grouping encouraged
- Public locker rooms available
- Please bring your own towel
- Lifeguards on duty
- Children 12 & under must be accompanied by an adult in the water
- Swimmers 13-17 must be accompanied by an adult in the pool area

Flotation devices must be U.S. Coast Guard approved

BASKETBALL SHOOT-AROUND - OPEN GYM

- Shoot-around only. Competitive play prohibited at this time.
- Max 6 people (3 per hoop) at one time.
- Check in at the Commons Desk for your 30 minute block. Check with Commons Desk to extend your time, if no wait exists.
- Individuals will be given a wristband to wear.
- No outside basketballs allowed in. Basketballs are located behind Commons Desk. Each individual will receive their own basketball (sanitized after each use).
- Gym doors remain locked. Staff will let individual in at time of sign-up.
- Masks required at all times.

YOUTH

Youth Conditioning – Teach your children the value of exercise at an early age. This class introduces children to different fitness activities from circuit training, field games, boot camp & more. Our experienced staff have a passion for youth fitness and each class is built with age appropriate learning styles and interests in mind. (7-12 years old)

BEFORE YOUR VISIT, PLEASE REVIEW OUR SAFETY PRECAUTIONS GUIDE AT [BEACON.HEALTH/SAFETYGUIDE](https://beacon.health/safetyguide)

IMPORTANT PROGRAM NOTES

- Pickleball/badminton
 - Supplies available at the Welcome Desk (sanitized after each use).
- Yoga Foundations:
 - Please bring your own mat or towel. Mats are not provided.
- Adult Lap Swim:
 - Family locker room open (public locker rooms closed at this time).
 - Lane sharing currently prohibited.

Questions? Please contact Travis at **574-584-2718** or tbladecki@beaconhealthsystem.org