# Commons Calendar

## August 2021

### Free Program Schedule

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
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<tr>
<td>Open Gym 8:30 - Noon</td>
<td></td>
<td>Walk &amp; Talk 8:30 - 10:30 a.m. Track</td>
<td>Senior Pep Fitness 8 - 8:45 a.m. Gym</td>
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<tr>
<td>Nature Walk 11:30 - 12:15 p.m. Botanic Gardens</td>
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<td>Open Gym 10:30 a.m. - Noon</td>
<td>Island Walk 11:30 - 12:15 p.m. Commons Lobby</td>
<td>Open Gym 10:30 a.m. - Noon</td>
<td>Adult Lap Swim 11 a.m. - 1 p.m. Pool</td>
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<tr>
<td>Open Gym Noon - 5 p.m.</td>
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<td>Pickleball Noon - 3 p.m. Gym</td>
<td>Badminton Noon - 2 p.m. Gym</td>
<td>Pickleball Noon - 3 p.m. Gym</td>
<td>Badminton Noon - 2 p.m. Gym</td>
<td>Pickleball Noon - 3 p.m. Gym</td>
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<tr>
<td>Open Swim Noon - 4 p.m. Pool (registration required)</td>
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<td>Splash with Me 1 - 3 p.m. Pool</td>
<td>Open Gym 2:30 - 4:30 p.m.</td>
<td>Splash with Me 1 - 3 p.m. Pool</td>
<td>Open Gym 2:30 - 4:30 p.m.</td>
<td>Splash with Me 1 - 3 p.m. Pool</td>
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<td>Walk &amp; Talk 2 - 4 p.m. Track</td>
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<td>Youth Conditioning (7-12 year olds) 4 - 4:45 p.m. Gym</td>
<td>Breastfeeding Support Group 3 - 5 p.m. Multipurpose Room</td>
<td>Youth Conditioning (7-12 year olds) 4 - 4:45 p.m. Gym</td>
<td>Open Gym 3:30 - 5 p.m.</td>
<td>Open Gym 3:30 - 5 p.m.</td>
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<tr>
<td>Youth Open Gym (12 &amp; under) 5 - 6 p.m.</td>
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<td>Pickleball 5 - 8 p.m. Gym</td>
<td>Youth Open Gym (12 &amp; under) 5 - 6 p.m.</td>
<td>Pickleball 5 - 8 p.m. Gym</td>
<td>Gym for Me 5 - 8 p.m.</td>
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<tr>
<td>Middle/High School Open Gym (13-18 years) 6 - 7 p.m.</td>
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<td>Yoga Foundations 5:30 - 6:15 p.m. BHF Yoga Studio</td>
<td>Middle/High School Open Gym (13-18 years) 6 - 7 p.m.</td>
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<td>Open Swim 6 - 8:30 p.m. Pool (registration required)</td>
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<tr>
<td>Cornhole 6 - 8 p.m. Patio</td>
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<td>Walk &amp; Talk 6:30 - 8:30 p.m. Track</td>
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<td>Walk &amp; Talk 6:30 - 8:30 p.m. Track</td>
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<td>18+ Open Gym 7 - 8:30 p.m.</td>
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### Free Events

- **Monday, Aug 9**: Elkhart County Health Department: Tobacco Control | 2:00-3:00 p.m., Multipurpose Room
- **Friday, Aug 20**: Elkhart General: Breast Cancer Support Group | 1:30-3:00 p.m., Multipurpose Room
- **Tuesday, Aug 24**: Community Impact: Narcan Training | 6:00-7:30 p.m., Multipurpose Room

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### Open Swim

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

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### Important Schedule Announcements

**Friday-Sunday, August 5-8**

We are excited to host USA Swimming Championship swim meet.

All pool programs & Open Gym on these days are cancelled.
ADULT/SENIOR

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

Island Walk
A free program open to members and non-members alike, takes a 45-minute stroll on Elkhart’s Riverwalk.

Nature Walk
A free program open to members and non-members alike, takes a 45-minute stroll through the Wellfield Botanic Gardens located at 1011 N Main St, Elkhart, IN 46514.

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) Participants are required to wear provided wristbands.

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

OPEN GYM
Open gym time for basketball and other ball sports.

Youth Open Gym - 12 & under, adult supervision required

Middle/High School Open Gym - 13 - 18 years

18+ Open Gym - 18 years & older
  • Limit to first 20 players
  • Play must remain on Commons court
  • Participants required to wear provided wristbands & follow gym etiquette
  • Basketballs are located behind the Commons desk

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)

Gym for Me – Open gym for families with young children. Adult supervision required.

IMPORTANT PROGRAM NOTES

- Pickleball/badminton
  - Supplies available at the Welcome Desk (sanitized after each use).

- Adult Lap Swim:
  - Family locker room open
  - Lane sharing currently prohibited.

Questions? Please contact Becca at RKBanks@beaconhealthsystem.org or call 574-584-2718