

Commons Calendar

CLASS DESCRIPTIONS

ADULT/SENIOR

Nature Walk – Nature Walk, a free program open to members & non-members alike. Meet at the Wellfield Botanic Gardens for a 45-minute stroll outside.

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)

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. (13 & older)

YOUTH

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

Library with Me – Library time for kids to sing songs and read stories. Led by the Elkhart Public Library. Adult supervision required.

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)

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. The last Open Swim Sunday of the month features a family friendly movie on the giant video board.

- 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

All aquatics programs are held in the competition pool only.
The competition pool is a shared space with Elkhart High School, swim lessons, programming, birthday parties, etc. Please be courteous to other swimmers.

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 follow gym etiquette
- Basketballs are located behind the Commons desk

Commons Calendar

MAY 2022

FREE PROGRAM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Walk & Talk 8 - 10:30 a.m. Track	Walk & Talk 8 - 10:30 a.m. Track	Walk & Talk 8 - 10:30 a.m. Track	Walk & Talk 8 - 10:30 a.m. Track	Walk & Talk 8 - 10:30 a.m. Track	Walk & Talk 8 - 10:30 a.m. Track	Walk & Talk 8 - 10:30 a.m. Track
Open Swim 8 - 11 a.m. Pool	Senior Pep Fitness 8 - 8:45 a.m. Gym	Pickleball 8 a.m. - 1 p.m. Gym	Senior Pep Fitness 8 - 8:45 a.m. Gym	Pickleball 8 a.m. - 1 p.m. Gym	Pickleball 8 a.m. - 1 p.m. Gym	Open Gym 8:30 a.m. - Noon
Volleyball/ Badminton 8:30 a.m. - Noon	Pickleball 9 a.m. - 1 p.m. Gym		Pickleball 9 a.m. - 1 p.m. Gym		Library with Me 11 - 11:30 a.m. Commons Library	Yoga Foundations 9 - 9:45 a.m. BHF Yoga Studio
	Splash with Me 11:30 a.m. - 1:30 p.m. Pool		Splash with Me 11:30 a.m. - 1:30 p.m. Pool		Adult Lap Swim 11 a.m. - 1 p.m. Pool	
Open Gym Noon - 4:30 p.m.	Nature Walk Noon. - 12:45 p.m. Botanic Gardens	Open Gym 1 - 6 p.m.	Open Gym 1 - 6 p.m.	Open Gym 1 - 6 p.m.	Splash with Me 11:30 a.m. - 1:30 p.m. Pool	Volleyball/ Badminton Noon - 4:30 p.m.
Walk & Talk 2 - 4 p.m. Track	Youth Conditioning (7-12 year olds) 4:30 - 5:15 p.m. Gym	Breastfeeding Support Group 3 - 5 p.m. Multipurpose Room	Youth Conditioning (7-12 year olds) 4:30 - 5:15 p.m. Gym		Open Gym 1 - 4 p.m.	Walk & Talk 2 - 4 p.m. Track
	Youth Open Gym (12 & under) 5 - 6 p.m.	Yoga Foundations 5:30 - 6:15 p.m. BHF Yoga Studio	Boys & Girls Club <u>Private Rental</u> 6 - 8 p.m. Gym	Yoga Foundations 5:30 - 6:15 p.m. BHF Yoga Studio	Gym for Me 4 - 6 p.m.	
	Middle/High School Open Gym (13-18 years) 6 - 7 p.m.	Pickleball 6 - 9 p.m. Gym		Pickleball 6 - 9 p.m. Gym	Open Swim 5 - 8:30 p.m. Pool	
	18+ Open Gym 7 - 8:30 p.m.	Walk & Talk 6:30 - 8:30 p.m. Track		Walk & Talk 6:30 - 8:30 p.m. Track	Boys & Girls Club <u>Private Rental</u> 6 - 8 p.m. Gym	

Pool
 Track
 Library
 Commons Court
 BHF Yoga Studio
 Outdoor

FREE EVENTS

- Thursday, May 5
- Monday, May 9
- Monday, May 9
- Friday, May 27

Elkhart General Hospital: Diabetes Support Group | 6-7 p.m., Multipurpose Room
 South Bend Medical Foundation: Blood Drive | 2-6 p.m., Parking lot
 Elkhart County Health Department: Tobacco Control | 2-3p.m., Multipurpose Room
 Elkhart General Hospital: Breast Cancer Support Group | 2-3 p.m., Multipurpose Room

IMPORTANT SCHEDULE ANNOUNCEMENTS

SAT-SUN, MAY 7 - 8

We are excited to host the NASA/Jolyn Midwest Showcase Swim Meet. There will be no Open Gym or Volleyball on these days.

FRI-SUN, MAY 13-15

We are excited to host the Irish Aquatics Invitational Swim Meet. All programs except Yoga & Walk & Talk are cancelled on these days.

SATURDAY, MAY 21

Birthday party rental. No volleyball from 2 - 3:30 p.m.

MONDAY, MAY 30 (MEMORIAL DAY)

Our holiday hours are 8 a.m. - 1 p.m. All programming is running as usual until 1 p.m. on this day.