

# Commons Calendar

## CLASS DESCRIPTIONS

### ADULT/SENIOR

**Adult Basketball** – Open gym time for basketball pick up games. *Limit to first 20 players.* (18 years & up)

**Adult Futsal** – Indoor soccer-based game played with teams of 5 players in the gym. (14 years & up)

**Pickleball** – A low-impact, high-energy doubles racket sport that blends tennis, badminton and ping-pong. (14 years & up)

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

**Volleyball** – Open gym time for volleyball (14 & older)

**Walk & Talk at the Commons** – Open indoor track time. (14 & older). Please note access to any of the equipment upstairs during these times is prohibited.

**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 (14 & older).

### YOUTH

**Family Open Gym** – Open gym available for middle/high school students & families (must be 12 & older).

**Gym for Me** – Open gym for families with young children. Adult supervision required (12 & under).

**High School Basketball** – Open gym time for teens in high school to play basketball (13-18 years).

**Homeschool Open Gym** – Open gym time for homeschool students (15 & under, adult supervision required).

### AQUATICS

**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

**Movie Splash** – Bring a personal float & come enjoy a family friendly movie on the video board in the competition pool! Open Swim policies apply. (Floats must be clear and not obstruct lifeguards view of the pool)

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

- 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

**Splash with Me** – Open water swim time for parents and children. Children must be accompanied by an adult in the water. (12 & under)

**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.*

***All these Commons programs are offered for free.***

*A commons registration & user agreement must be filled out to participate in any programming.*

### **Commons Hours**

Weekdays: 8 a.m.-9 p.m. | Weekends: 8 a.m. - 5 p.m.

**200 E. Jackson Blvd. Elkhart IN, 46516**

Questions? Please contact us at [ElkhartCommons@BeaconHealthSystem.org](mailto:ElkhartCommons@BeaconHealthSystem.org) or call **574.584.2398**

# Commons Calendar

## DECEMBER 2025

### FREE PROGRAM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Walk & Talk 8 a.m. - 12 p.m.	Walk & Talk 8 a.m. - 1 p.m.	Pickleball 8 a.m. - 1 p.m.	Walk & Talk 8 a.m. - 1 p.m.	Pickleball 8 a.m. - 1 p.m.	Walk & Talk 8 a.m. - 1 p.m.	Walk & Talk 8 a.m. - 12 p.m.
Open Swim 8 - 11 a.m.	Silver Pep Fitness 8:15 - 9 a.m.	Adult Lap Swim 11 a.m. - 1 p.m.	Silver Pep Fitness 8:15 - 9 a.m.	Adult Lap Swim 11 a.m. - 1 p.m.	Pickleball 8 a.m. - 1:30 p.m.	Pickleball 8 - 10:30 a.m.
Pickleball 8 - 10:30 a.m.	Pickleball 9:30 a.m. - 1:30 p.m.	Walk & Talk 12 - 6 p.m.	Pickleball 9:30 a.m. - 1:30 p.m.	Walk & Talk 12 - 6 p.m.		Yoga Foundations 9 - 9:45 a.m.
	Gym for Me 2 - 4 p.m.	Homeschool Open Gym 1 - 4 p.m.	Gym for Me 2 - 4 p.m.	Homeschool Open Gym 1 - 4 p.m.	Gym for Me 2 - 4 p.m.	
	Splash with Me 2 - 3:30 p.m.	Splash with Me 2 - 3:30 p.m.	Splash with Me 2 - 3:30 p.m.	Splash with Me 2 - 3:30 p.m.	Splash with Me 2 - 3:30 p.m.	
	Adult Basketball (18 years & up) 4 - 6 p.m.	High School Basketball (13 - 18 years) 4 - 6 p.m.	Family Open Gym 4 - 6 p.m.	Adult Basketball (18 years & up) 4 - 6 p.m.	Volleyball 4:30 - 8:30 p.m.	
		Yoga Foundations 5:30 - 6:15 p.m.		Yoga Foundations 5:30 - 6:15 p.m.	Open Swim 6 - 8:30 p.m.	
	Adult Futsal (14 years & up) 6:30 - 8:30 p.m.	Pickleball 6:30 - 8:30 p.m.	Rental Opportunity 6:30 - 8:30 p.m. Call 574.584.2398	Pickleball 6:30 - 8:30 p.m.		

- Competition Pool
- Track
- Commons Court
- BHF Yoga Studio
- Multipurpose Room

\*Weekend gym & pool space is subject to change due to private rentals & swim events. Please call ahead to confirm space\*

#### FREE EVENTS

**Tuesdays, meets weekly**  
**Monday, December 1**  
**Thursday, December 4**  
**Saturday, December 6**  
**Monday, December 8**  
**Tuesday, December 16**  
**Friday, December 19**

Elkhart General Hospital: Breastfeeding Support Group | 3-5 p.m., Multipurpose Room (574.389.4886)  
 Elkhart County: Lunch & Learn 12-1 p.m., Multipurpose Room  
 Elkhart Epilepsy Support Group 7-8 p.m., Library  
 Winter Market, 10 a.m. - 2 p.m., Gymnasium  
 Elkhart County Health Department: Tobacco Control 2-3 p.m., Multipurpose Room  
 South Bend Medical Foundation Blood Drive, 10 a.m. - 12 p.m., Parking Lot  
 Frosty's Fun Fest & Family Movie Night: The Muppet Christmas Carol, 5:30 - 7:30 p.m., Commons/Gymnasium

#### IMPORTANT SCHEDULE ANNOUNCEMENTS

**SAT, DEC 6**  
No Pickleball

**FRI, DEC 19**  
No GYM for Me or Volleyball

**MON, DEC 29**  
No Adult Basketball

**FRI, DEC 5- SAT, DEC 7**  
No Commons Pool Programming  
Elkhart United Rudolph Romp

**CHRISTMAS EVE | WED, DEC 24**  
Commons holiday hours: 8 a.m. - 1 p.m.

**WED, DEC 30**  
No Commons Pool Programming  
Elkhart High School Invite

**CHRISTMAS | THU, DEC 25**  
CLOSED

**NEW YEARS EVE | WED, DEC 31**  
Commons holiday hours: 8 a.m. - 1 p.m.



**Interested in hosting a birthday party or event at the Commons?**

Check out our rental spaces & birthday party packages at [elkharthealthandaquatics.org](http://elkharthealthandaquatics.org)