

# 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 on hard court. Played with 2 teams of 5 players each. (18 years and up)

**Cardio Drumming** – High-intensity drumming which uses hand eye coordination and fun movements for the whole body. This class uses a stability ball, drum sticks and fun music to get your heart pumping. Limited equipment available. (14 years & up). *Limited equipment available.*

**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 healthy. 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)

**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)

### 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.*

### YOUTH

**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)

**Youth Basketball** – Open gym time for children to play basketball. (9-12 years | adult supervision required)

**Youth Futsal** – Indoor soccer-based game played with teams of 5 players in the gym. (12-18 years)

***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: 8am - 9pm | Weekends: 8am - 5pm

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

# Commons Calendar

## MARCH 2024

### FREE PROGRAM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Walk & Talk 8 a.m. - 4 p.m.	Walk & Talk 8 a.m. - 8 p.m.	Walk & Talk 8 a.m. - 8 p.m.	Walk & Talk 8 a.m. - 8 p.m.	Walk & Talk 8 a.m. - 8 p.m.	Walk & Talk 8 a.m. - 8 p.m.	Walk & Talk 8 a.m. - 4 p.m.
Open Swim 8 - 11 a.m.	Silver Pep Fitness 8:15 - 9 a.m.	Pickleball 8 a.m. - 1:30 p.m.	Silver Pep Fitness 8:15 - 9 a.m.	Pickleball 8 a.m. - 1:30 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.	Adult Lap Swim 11 a.m. - 1 p.m.	Pickleball 9:30 a.m. - 1:30 p.m.	Adult Lap Swim 11 a.m. - 1 p.m.		Yoga Foundations 9 - 9:45 a.m.
		Splash with Me 2 - 3:30 p.m.				Cardio Drumming 10 - 10:45 a.m.
	Gym for Me 2 - 4 p.m.	Homeschool Open Gym 2 - 4 p.m.	Gym for Me 2 - 4 p.m.	Homeschool Open Gym 2 - 4 p.m.	Gym for Me 2 - 4 p.m.	
	Splash with Me 2 - 3:30 p.m.	Breastfeeding Support Group 3 - 5 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.	Youth Futsal (13 - 18 years) 4:30 - 6 p.m.	Adult Basketball (18 years & up) 4 - 5:30 p.m.	Adult Futsal 4 - 6 p.m.	Youth Basketball (9 - 12 years) 4 - 6 p.m.	
		Yoga Foundations 5:30 - 6:15 p.m.	Private Rental 6 - 8 p.m.	Yoga Foundations 5:30 - 6:15 p.m.	Open Swim 6 - 8:30 p.m.	
	High School Basketball (13 - 18 years) 6:30 - 8:30 p.m.	Pickleball 6:30 - 8:30 p.m.		Pickleball 6:30 - 8:30 p.m.	Volleyball 6 - 8:00 p.m.	

-  Competition Pool
-  Track
-  Commons Court
-  BHF Yoga Studio
-  Multipurpose Room
-  BHF Group Ex. Studio

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

#### FREE EVENTS

Tuesday, March 5 & 19

Monday, March 11

Friday, March 22

Monday, March 25

Open Scrabble Play (13 & older) | 6 - 8:30p.m., Library

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

Movie Splash: Luck of the Irish | 6 - 8p.m., Competition Pool

South Bend Medical Foundation: Blood Drive | 2 - 6p.m., Parking lot

#### IMPORTANT SCHEDULE ANNOUNCEMENTS

##### THU, MARCH 7 - SUN, MARCH 10

We are excited to host the Indiana Swimming Senior State Meet, there will be no Commons programming except Walk & Talk (enter through fitness doors) on these days.

##### THURSDAY, MARCH 14

There will be no Pickleball from 10:45a.m. - 1:30p.m. due to a private rental.

##### MONDAY, MARCH 18

There will be no High School Basketball due to a private rental.

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

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