

# 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)

**Low Impact Cardio Drumming** – High-intensity drumming which uses hand-eye coordination and fun movements for the whole body. This class uses a stability ball, drumsticks and fun music to get your heart pumping (14 & older).

**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)

- Please bring your own towel
- Lifeguards on duty

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

- 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

**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, however 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

## FEBRUARY 2026

### 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.	Low Impact Cardio Drumming 10 - 10:45 a.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.	<ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> Competition Pool</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFFFFF; border: 1px solid black; margin-right: 5px;"></span> Track</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #D3D3D3; border: 1px solid black; margin-right: 5px;"></span> Commons Court</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #6A5ACD; border: 1px solid black; margin-right: 5px;"></span> BHF Yoga Studio</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #404040; border: 1px solid black; margin-right: 5px;"></span> BHF Group Fitness Studio</li> </ul>
	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 - 5 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.	Beacon Basketball League 5:30 - 9 p.m.	Pickleball 6:30 - 8:30 p.m.		

\*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, February 2  
 Thursday, February 5  
 Monday, February 9  
 Tuesday, February 24  
 Friday, February 27

Elkhart General Hospital: Breast-Feeding 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  
 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 (Register at: [GiveBloodNow.com](https://www.givebloodnow.com))  
 Movie Splash | 6-8:30p.m., Competition Pool

#### IMPORTANT SCHEDULE ANNOUNCEMENTS

##### THURSDAY, FEB. 5

IHSAA Girls Sectional Prelims  
 No Splash with Me - parking limited.

##### SATURDAY, FEB. 7

IHSAA Girls Sectional Prelim Swim Meet - parking limited.

##### MONDAY, FEB. 16

No Adult Basketball due to a private rental.

##### FRIDAY, FEB. 27

No Pickleball due to a private rental.

##### MONDAY, MARCH 2 - SATURDAY, MARCH 7

NAIA Swimming & Diving National Championships  
 Modified Commons Schedule



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

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