

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 or call 574.584.2398

Commons Calendar

MARCH 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"> Competition Pool Track Commons Court BHF Yoga Studio BHF Group Fitness Studio
	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, March 9
 Thursday, March 19
 Friday, March 27
 Monday, March 30

Elkhart General Hospital: Breast-Feeding Support Group | 3-5 p.m., Multipurpose Room (574.389.4886)
 Elkhart County Health Department: Tobacco Control | 2-3 p.m., Multipurpose Room
 Elkhart Epilepsy Support Group | 7-8 p.m., Library
 Movie Splash: Zootopia | 6-8:30p.m., Competition Pool
 COED 3-Point Contest (16 years & older) | Register at: <http://bit.ly/EHA3PointContest>

IMPORTANT SCHEDULE ANNOUNCEMENTS

Monday, March 2 - Saturday, March 7

No Commons programming starting Monday at 2 p.m. through Saturday due to NAIA Championship Swim Meet.

Tuesday, March 10

No PM Pickleball due to a private rental.

Thursday, March 12 - Sunday, March 15

No Commons programming starting Thursday at 11 a.m. through Sunday due to the Indiana Senior State Swim Meet.

Monday, March 30

No Adult Basketball or Futsal due to the 3-Point Contest.



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

Check out our rental spaces & birthday party packages at elkharthealthandaquatics.org