

Commons Calendar

Free Program Schedule

July 2026

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.
Reserve a Birthday/Event Call 574.584.2398	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.	Reserve a Birthday/Event Call 574.584.2398
	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.	Open Swim 6 - 8:30 p.m.	
		Yoga Foundations 5:30 - 6:15 p.m.		Yoga Foundations 5:30 - 6:15 p.m.	Reserve a Birthday/Event 6:30 - 8:30 p.m. Call 574.584.2398	
	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
- BHF Group Fitness Studio

*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	Elkhart General Hospital: Breast-Feeding Support Group 3 - 5 p.m., Multipurpose Room (574.389.4886)
Thursday, July 2	Elkhart Epilepsy Support Group 7 - 8 p.m., Library
Friday, July 17	Movie Splash 6 - 8 p.m., Competition Pool

Important schedule announcements

<p>Saturday, July 4 Holiday Hours, 8am-1pm</p>	<p>July 10-12 NASA Bruce Nethercutt Last Chance Meet - No Commons Pool Programming</p>	<p>Monday, July 13 No Pickleball, Gym for Me, & Adult Basketball due to private rental</p>	<p>Tuesday, July 14 No Pickleball, Homeschool Open Gym & High School Basketball due to private rental</p>
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Interested in hosting a birthday party or event at the Commons?
Check out our rental spaces & birthday party packages at elkharthealthandaquatics.org

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 of these Commons programs are offered for free, however a Commons registration & user agreement must be filled out to participate in any programming.

Commons

200 E. Jackson Blvd., Elkhart IN, 46516

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



Questions? Please contact us:
elkhartcommons@beaconhealthsystem.org
574.584.2398



**Interested in booking
your next event?**

Contact us! Graduations,
family gatherings, meetings,
conferences, clubs and more!