Commons Calendar

Free Program Schedule NOVEMBER 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.	**Reserve a Party/Event** Call 574.584.2398
Reserve a Party/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.	
	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.	**H.S. Basketball** *(13-18 years)* 4 - 6 p.m.	**Family Open Gym** 4 - 5:30 p.m.	**Adult Basketball** *(18 years & up)* 4 - 6 p.m.	**Volleyball** 4 - 8:30 p.m.	
		Yoga Foundations 5:30 - 6:15 p.m.	**Court Rental Oppotunity** 5:30 - 8:30 p.m. Call 574.584.2398	**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.		**Pickleball** 6:30 - 8:30 p.m.		

- Competition Pool
- Walking 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, November 5	Elkhart Epilepsy Support Group | 7 - 8 p.m., Library
Monday, November 9	Elkhart County Health Department: Tobacco Control | 2-3 p.m., Multipurpose Room
Friday, November 20	Movie Splash | 6-8 p.m., Competition Pool
Saturday, December 5	Winter Market | 10 a.m.-2 p.m., Gymnasium

IMPORTANT SCHEDULE ANNOUNCMENTS

November 6-8
Concord Swim Club Fall Invitational
No Commons Pool Programming
Splash with Me & Open Swim
Parking will be limited.

Thursday, November 12
No Pickleball & Homeshcool Open Gym
Due to a private rental.

Friday, November 13
No Gym for Me
Due to a private rental.

Thursday, November 26
Thanksgiving Day Hours
8.am. - 1p.m.
No Pickleball due to Turkey Stampede

Interested in booking your next party or event?

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

Interested in booking your next event?

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

Elkhart Health & Aquatics 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