

LA VITA SWIM LESSONS



Adult/Child: 6 months - 3 years

Parents will work together with the instructor to increase the child's comfort level in the water and build a foundation of basic skills. This class incorporates music and play to create a fun and safe environment.

Pre-school Ages 3-6 Level 1: Sandpipers

This class orients children to the aquatic environment and helps them begin developing basic aquatic skills including entering/exiting the water, blowing bubbles, gliding and more!

Pre-school Ages 3-6 Level 2: Sea Turtles

Building on skills from Level 1, this class helps children gain greater independence in their skills and develop more confidence.

Pre-school Ages 3-6 Level 3: Sea Otters

Building on skills developed in Levels 1 and 2, children start to gain basic swimming skills to be comfortable in and around water. Swimmers will be taught to enter water by jumping in, while fully submerging and holding breath, bobbing, recover from a front and back float or glide into vertical position and more!

Learn-To-Swim Ages 6-9: Introduction to Water Skills

Children will work on stroke development, developing positive attitudes, effective swimming habits and safe practices in and around the water. Skills overlap with the preschool aquatic skills.

Learn-To-Swim Ages 6-9: Fundamental Aquatic Skills

This class builds on skills mastered in Introduction to Water Skills and helps children gain greater independence.

Youth and Teen Ages 9-13: Stroke Improvement and Refinement

Intermediate to advanced. Building on previously learned skills, youth will gain greater independence and confidence in the water. Swimming under water, feet first surface dives, open turns, treading water, using different kicks and the six core swimming strokes.

Angel Fish

This special abilities swim class is specifically designed for children who need extra attention. This class provides a positive outlook and emphasis on the strengths and unique attributes of each swimmer. Our goal is to encourage each child to become physically active, build self-confidence and self-esteem, and to learn the life-saving skill of swimming. Maximum of four students. ***Must be approved by the instructor**

Adult Ages 14+ - Learning the Basics

The American Red Cross Adult swim courses are intended for teens and adults wishing to improve their knowledge of swimming and skills, in the water.

Register for swim lesson at Member Services.

2815 New Pinery Road - Portage, WI 53901-0387

608-745-3800 • DSHLaVita@dshealthcare.com • DSHLaVita.com





LA VITA SWIM LESSONS



Session 1: January 8 – February 22

Session 2: March 5 – April 26*

**No lessons week of March 19)*

Registration closes the Thursday prior to the first day of each session.

Monday

4:30-5:00pm Angel Fish (Instructor approval required)

5:10-5:40pm Preschool Level 2 (Ages 3-6)

5:50-6:20pm Preschool Level 1 (Ages 3-6)

6:30-7:00pm Learn to Swim: Fundamental Aquatics Skills (Ages 6-9)

Tuesday

4:50-5:20pm Preschool Level 1 (Ages 3-6)

5:35-6:05pm Adult/Child (6 months-3 years)

6:25-6:55pm Learn To Swim: Introduction to Water Skills (Ages 6-9)

Thursday

4:30-5:00pm Preschool Level 3 (Ages 3-6)

6:15-6:45pm Youth (Ages 9-13)

6:50-7:20pm Adult (Ages 13+)

Session 1	La Vita Member	Community Member
Fee	\$30	\$55
Registration Dates	12/4-1/4 *Registration closes after 1/4	12/18-1/4 *Registration closes after 1/4

Session 2	La Vita Member	Community Member
Fee	\$30	\$55
Registration Dates	1/29-3/1 *Registration closes after 3/1	2/12-3/1 *Registration closes after 3/1

Class Minimum: 3 (if minimum is not met, participants will be contacted for alternative options)
Goggles are strongly encouraged. Youth and adult goggles available in the Pro Shop.

PRIVATE SWIM LESSONS

La Vita offers private swim lessons for adults and children. Lessons are scheduled directly between the participant and the instructor so class times are flexible and convenient.

La Vita Member: (1) 30-min session: \$25 • (5) 30-min sessions: \$115

Community Member: (1) 30-min session: \$35 • (5) 30-min sessions: \$175

PRIVATE SMALL GROUP SWIM LESSONS

Create your own small-group to fit your busy schedule. Adult participants should have similar swimming ability. Children should be within two years of each other and have similar swimming abilities. Must complete sessions with entire group. If one member cannot attend a lesson, the group can choose to cancel and reschedule (with 24 hour notice) or continue with the lesson and the person missing will be charged with the rest of the group.

Group Size: 2-4 participants

La Vita Member: \$13/person - (1) 30 min session • \$55/person - (5) 30 min sessions

Contact Adrienne at ahitt@dshealthcare.com with any swim lesson questions.

2815 New Pinery Road - Portage, WI 53901-0387

608-745-3800 • DSHLaVita@dshealthcare.com • DSHLaVita.com

