



LA VITA SWIM LESSONS



Fall Session 1: September 10 - October 23

Monday

- 4:45-5:15pm **Preschool Level One/Two** (Ages 3-6)
- 5:20-5:50pm **Beginner Intro to Water Skills** (Ages 6-9)
- 6:00-6:40pm **Fundamental Aquatic Skills** (Ages 6-9) *40min
- 6:45-7:15pm **Adult** (Ages 13+)

Tuesday

- 4:25-4:55pm **Preschool Level Two/Three** (Ages 3-6)
- 5:00-5:30pm **Intro to Water Skills** (Ages 6-9)
- 5:35-6:05pm **Adult/Child** (6 months - 3 years)

	La Vita Member	Community Member
Fee	\$30 - 30min class \$40 - 40min class	\$55 - 30min class \$65 - 40min class
Registration Dates	8/1 - 9/6 *Registration closes after 9/6	8/15-9/6 *Registration closes after 9/6

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
- Community Member:** \$18/person - (1) 30 min session • \$75/person - (5) 30 min sessions

Contact Adrienne at ahitt@dshealthcare.com or call the pool office at 608-566-1847 with any swim lesson questions. First time participants must register at Member Service. Returning swimmers can register by calling La Vita Member Services at 608-745-3800.



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. *Beginner class for children with little to no experience.

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.

Swim Team Prep Ages 9-13: Stroke Improvement and Refinement

Intermediate to advanced. Building on previously learned skills, swimmers who want to join or are currently on the swim team can build their skills and endurance.

Adult Ages 13+ - 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.

2815 New Pinery Road - Portage, WI 53901-0387

Member Services 608-745-3800 • Pool Office 608-566-1847

• Email: ahitt@dshealthcare.com • DSHLaVita.com

