



REGISTRATION
OPEN: 1/21-2/3

LA VITA FITNESS CENTER SWIM LESSONS

February 7 - March 17

GROUP LESSONS

SESSION FEE

La Vita Member: \$30
Community Member: \$48

MONDAY

5:45-6:15pm Fundamentals (Ages 8-12)

TUESDAY

4:30-5:00pm Pre-school Level 3 (Ages 3-5)
5:05-5:35pm Water Skills 2 (Ages 6-8)

Instructor: Mike

THURSDAY

4:15-4:45pm Pre-school Level 1 (Ages 3-5)
5:00-5:30pm Pre-school Level 2 (Ages 3-5)
5:45-6:15pm Adult/Child (Ages 6 mo - 2yrs)
6:30-7:00pm Water Skills 1 (Ages 6-8)

Instructor: Kathy

PRIVATE LESSONS

INDIVIDUAL PRIVATE LESSON

1 (30 min) Lesson
La Vita Member: \$30
Community Member: \$40

5 (30 min) Lessons
La Vita Member: \$130
Community Member: \$180

SEMI-PRIVATE LESSON

(2-4 participants)

1 (30 min) Lesson
La Vita Member: \$16/person
Community Member: \$22/person

5 (30 min) Lessons
La Vita Member: \$70/person
Community Member: \$100/person

*ALL participants in group must complete each lesson together.

*All group members will be charged for cancelling within 24 hours of a lesson.

Sign up for all lessons at Member Services. M-F: 6:00am-7:00 pm, Sa-Su: 7:00-11:00 am.

*Child's parent must be a member to receive member rate. Call 608-566-1848 for lesson questions.



La Vita is located in the Aspirus Divine Savior Wellness Center
2815 New Pinery Road, Portage, WI 53901
608-745-3800 | lavita@aspirus.org | dshlavita.com



SWIM LESSON GUIDELINES

- Minimum 3 swimmers needed to run a class.
- We ask that only one adult brings the child to the lesson due to capacity restrictions.
- If you or your child have any illness symptoms, do not attend the lesson.
- Pre-school Level 1 classes are parent assisted (one parent will be in the water with their child).
- A health screening will take place upon entering the Wellness Center. If the parent or child does not pass the health screening, the lesson will be missed that day.
- The instructor may teach some classes from the pool deck.
- Masks must be worn at all times except upon entering the pool.
- Any known exposures or families under quarantine will not be able to come to lessons.
- Each swimmer/parent will be assigned to a specific location for changing after lessons. Swimmers should come dressed in their suit as there will be limited changing time.
- Showers will not be available for swim lesson participants in order to move swimmers in/out as quickly as possible.

If you are new to La Vita Swim Lessons:

- Children will start in Level 1 of their age appropriate group. If your child has participated in lessons elsewhere, or it has been more than 6 months since your child has taken lessons at La Vita, please set up a swim test with one of our instructors for proper lesson placement. Call 608-566-1848.
- Stop by Member Services to create an account for your child prior to open registration.
- Add a billing method to your child's account to activate phone registration capabilities.



La Vita is located in the Aspirus Divine Savior Wellness Center
2815 New Pinery Road, Portage, WI 53901
608-745-3800 | lavita@aspirus.org | dshlavita.com

