

LA VITA SWIM LESSONS



GROUP SWIM LESSONS

Spring Session Dates: 3/30/2020 - 5/13/2020

Registration Dates: 3/9/2020 - 3/26/2020

Register at Member Services. Phone reservations are not accepted.

Monday - Instructor: Adrienne

- 3:55-4:25pm Water Skills 1 (Ages 6-8)
- 4:30-5:00pm Pre-school Level 1 (Ages 3-5)
- 5:10-5:40pm Pre-school Level 2 (Ages 3-5)
- 5:50-6:30pm Fundamentals (Ages 8-12) *40 min

Tuesday - Instructor: Adrienne

- 4:30-5:00pm Pre-school Level 3 (Ages 3-5)
- 5:10-5:40pm Adult/Child (6 months - 2 years)
- 5:50-6:20pm Water Skills 2 (Ages 6-8)

Wednesday - Instructor: Kathy

- 4:30-5:00pm Pre-school Level 2 (Ages 3-5)
- 5:10-5:40pm Water Skills 1 (Ages 6-8)
- 5:50-6:30pm Fundamentals (Ages 8-12) *40 min

7 Classes/Session

	La Vita Member Session Fee	Community Member Session Fee
30 min class	\$30	\$55
40 min class	\$40	\$65

- *Max 6/class with the exception of Adult/Child has 12/class.
- *Child's parent/guardian must be a member to get the member rate.
- *If class minimum is not met, participants will be contacted for alternative options.
- *Goggles are encouraged. Youth and adult goggles are available in the Pro Shop.

PRIVATE INDIVIDUAL 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. **Before purchasing sessions, please contact Adrienne at ahitt@dshealthcare.com or 608-566-1848.**

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. Participants should have similar swimming ability and children should be within two years of each other. 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. **Before purchasing sessions, please contact Adrienne at ahitt@dshealthcare.com or 608-566-1848. 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

If you have questions, please contact Adrienne at ahitt@dshealthcare.com or 608-566-1848. Register at La Vita Member Services.
2815 New Pinery Road - Portage, WI 53901-0387



SWIM CLASS DESCRIPTIONS



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. *Max 12

Pre-school Level 1 (Ages 3-5)

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 Level 2 (Ages 3-5)

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

Pre-school Level 3 (Ages 3-5)

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!

Water Skills Level 1 (Ages 6-8)

This class is for children with little or no water experience. Children will be introduced to different strokes, developing positive attitudes, effective swimming habits and safe practices in and around the water.

Water Skills Level 2 (Ages 6-8)

Children will continue to work on stroke development, positive attitudes, effective swimming habits and safe practices in and around the water.

Fundamental Aquatic Skills (Ages 8-12)

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

Swimming Skills and Proficiency (Ages 9-12)

Students will learn to swim with ease and efficiency, refine their skills in freestyle, backstroke, breaststroke, butterfly, side stroke, and elementary backstroke, and will gain the ability to swim smoothly over greater distances.

Adult - Learning the Basics (Ages 13+)

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.

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