



# Fitness Center

**SPRING 2024**

# GROUP SWIM LESSONS



**Session Dates: April 15th-May 22nd**

**Registration Open: April 2nd-April 5th**

## SESSION FEE

La Vita Member: \$30

Community Member: \$48

*\*Session includes 6 - 30 minute lessons*

*\*Child's parent must be a member to receive the member rate.*

## MONDAYS

*Instructor: Mike*

**LEVEL 1:** 4:00pm - 4:30pm

**LEVEL 2:** 4:45pm - 5:15pm

**Adult / Child:** 5:30pm - 6:00pm

## WEDNESDAYS

*Instructor: Mike*

**RED Class:** 4:00pm - 4:30pm

**WHITE Class:** 4:45pm - 5:15pm

**BLUE Class:** 5:30pm - 6:00pm

## TUESDAYS

*Instructor: Mike*

**LEVEL 3:** 4:00pm - 4:30pm

**LEVEL 4:** 4:45pm - 5:15 pm

*\*A minimum of 4 students are needed to run a class.*

Sign up for lessons at Member Services. M-F: 7:00am - 6:00pm  
(608) 745-3800 | [LaVita@Aspirus.org](mailto:LaVita@Aspirus.org) | [Aspirus.org/LaVita](http://Aspirus.org/LaVita)



# La Vita Swim Lessons

## Class Objectives

### **Adult / Child Level (Ages 6mo-3yrs)**

Parents participate in the water with their children while given instruction and tips from our swim lesson instructors. We will provide pool toys and floaties, as well as show you some helpful ways to get your child acclimated and comfortable in the water.

### **RED: Pre-School Level 1 (Ages 4-6)**

Parents participate in the water with their children. Skills include: Enter and exiting water by stepping in and using the ladder; bobbing; open eyes under water and retrieve submerged objects; front and back floats and glides; roll from front to back and back to front; tread water using arm and leg actions; finning arm action on back; basic water safety rules; and how to call for help.

### **WHITE: Pre-School Level 2 (Ages 4-6) (Must pass RED first)**

Skills include: Enter and exiting water by stepping in and using the ladder; bobbing; open eyes under water and retrieve submerged objects; front and back floats and glides; roll from front to back and back to front; tread water using arm and leg actions; combined arm and leg actions on front and back; finning arm action on back; basic water safety rules; and how to call for help.

### **BLUE: Pre-School Level 3 (Ages 4-6) (Must pass WHITE first)**

Skills include: Enter water by jumping in; fully submerging face and holding breath; bobbing; front, jellyfish and tuck floats; back float and glide; recover from a front and back float or glide to a vertical position; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm & leg actions on front & back; finning arm action on back; recognizing an emergency; and how to call for help.

### **LEVEL 1: Water Skills Level 1 (Must be 6 years old, OR pass BLUE)**

Skills include: Enter water by jumping in; fully submerging face and holding breath; bobbing; front, jellyfish and tuck floats; back float and glide; recover from a front and back float or glide to a vertical position; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm & leg actions on front & back; finning arm action on back; recognizing an emergency; water safety rules; and how to call for help.

### **LEVEL 2: Water Skills Level 2 (Must pass LEVEL 1 first)**

Skills include: Jump/step into chest-deep water; submerge head for 5 sec.; bob and blow bubbles repeatedly; front float for 5 sec; front glide 2 body lengths; jellyfish float for 5 sec; back float for 5 sec; back glide 2 body lengths; treading in chest-deep water; combing strokes and kicks for 15'; finning & sculling for 10'; swim on side with support; water safety; and helping others.

### **LEVEL 3: Water Skills Level 3 (Must pass LEVEL 2 first)**

Skills include: Retrieve submerged object with eyes open; bob & submerge head repeatedly; jump into deep water; dive/sitting or kneeling; rhythmic breathing; front glide with 2 kicks; back float in deep water 30 sec; change direction on front vertical to horizontal; survival float for 30 sec; change direction on back vertical to horizontal; tread water for 30 sec; front crawl for 15 yds.; butterfly kick & body motion for 15'; back crawl for 15yds; and water safety rules.

### **LEVEL 4: Fundamentals 1 (Must pass LEVEL 3 first)**

Skills include: Compact & stride; swim underwater 3 body lengths; survival float 1 min; back float 1 min; open turn, front & back; treading 1 min; front crawl 25 yds.; breaststroke 15 yds.; butterfly 15 yds.; back crawl 25 yds.; elementary backstroke 15 yds.; scissors kick 15 yds. and water safety rules.