



Fitness Center

FALL 2025

GROUP SWIM LESSONS



Session Dates: September 8th-October 15th

Registration Open: August 25th-28th

SESSION FEE

La Vita Member: \$32

Community Member: \$50

**Session includes 6 - 30 minute lessons*

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

MONDAYS

Instructor: Mike

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

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

ADULT/CHILD Class: 5:30pm - 6:00pm

WEDNESDAYS

Instructor: Amy

LEVEL 3: 4:45pm - 5:30pm

LEVEL 4: 5:45pm-6:30pm

TUESDAYS

Instructor: Mike

BLUE/LEVEL 1: 4:00pm - 4:30pm

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

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

