



Fitness Center

WINTER 2026

GROUP SWIM LESSONS

Session Dates: February 2nd-March 11th

Registration Open: January 19th-22nd

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: Amy

ADULT/CHILD Class: 4:30pm - 5:00pm

RED Class: 5:15pm - 5:45pm

WHITE Class: 6:00pm - 6:30pm

WEDNESDAYS

Instructor: Mike

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

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

THURSDAYS

Instructor: Mike

LEVEL 3: 4:00pm - 4:45pm

LEVEL 4: 5:00pm-5:45pm

Sign up for lessons at Member Services. M-F: 7:00am - 6:00pm

(608) 745-3800 | LaVita@Aspirus.org | Aspirus.org/LaVita

