



# 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](mailto:LaVita@Aspirus.org) | [Aspirus.org/LaVita](http://Aspirus.org/LaVita)

