



Langner's Lessons Update

7.23.22

Hi Everyone,

I wanted to send out a specific Water Club Update to let you know what it is and how it works. If your swimmer knows how to swim a full length of the pool (not my pool, but Peet or Holmes 😊) of each of the four competitive strokes – butterfly, backstroke, breaststroke, and freestyle – they are welcome to join Water Club. This session of Water Club (WC) will be from September 6 through December 15, 2022, with 10 practices in September, 12 in October, 5 in November and 5 in December. We will practice at Holmes Jr High Pool from 7:00-7:45pm during Open Swim. Cost is \$320 for one swimmer, \$545 for two swimmers, or \$770 for three swimmers. If you do not have a Cedar Falls Rec Center Aquatic Pass, there will be an additional \$5 charge each time your swimmer practices that needs to be paid to the lifeguard when you enter the pool. We will work on conditioning, hypoxic breathing, interval training, and swim meet procedures. Signup for WC will open on August 1, and the Signup Genius link will be emailed along with the October Private Lesson Signup Genius Link. Please let me know if you have any questions.

See you at the pool,
Jamie