Session 2: February 2023 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Session 1 29	Session 1 3	Session 1 31	Session 1 1	Session 1 2	Start of Session 2 3	4
(jan&feb2023)		5:15-5:40pm Level 1 @LL	<u></u>	5:15-5:40pm Level 1 @LL		
12:30-4:30pm Privates @LL	5:30-5:55pm Level 1 @LL	5:45-6:10pm Level 2 @LL	9:00-11:00am Privates @LL	5:45-6:10pm Level 2 @LL	9:00-11:30am Privates @LL	V
7:00-7:45pm Water Club @H	6:00-6:25pm Level 2 @LL	7:00-7:45pm Water Club @H		7:00-7:45pm Water Club @H		A
7:50-8:45pm Privates @H	6:30-7:300pm Privates @LL	7:50-9:45pm Privates @H	5:30-7:30pm Privates @LL	7:50-9:45pm Privates @H		
						CFHS Swim Districts
Session 2 5	Session 2	Session 2 7	Session 2 8	Session 2 9	10	11
		5:15-5:40pm Level 1 @LL		5:15-5:40pm Level 1 @LL		
12:30-4:30pm Privates @LL	5:30-5:55pm Level 1 @LL	5:45-6:10pm Level 2 @LL	9:00-11:00am Privates @LL	5:45-6:10pm Level 2 @LL		V
7:00-7:45pm Water Club @H	6:00-6:25pm Level 2 @LL	7:00-7:45pm Water Club @H		7:00-7:45pm Water Club @H		\wedge
7:50-8:45pm Privates @H	6:30-7:30pm Privates @LL	7:50-9:45pm Privates @H	5:30-7:30pm Privates @LL	7:50-9:45pm Privates @H		5 0
					CFHS Swim State	CFHS Swim State
Session 2 12	Session 2	Session 2 14	Session 2 15	Session 2 16	Session 2 17	18
(feb2023)		5:15-5:40pm Level 1 @LL		5:15-5:40pm Level 1 @LL		
12:30-4:30pm Privates @LL	V	5:45-6:10pm Level 2 @LL	9:00-11:00am Privates @LL	5:45-6:10pm Level 2 @LL	9:00-11:30am Privates @LL	V
7:00-7:45pm Water Club @H	^	7:00-7:45pm Water Club @H		7:00-7:45pm Water Club @H		\wedge
7:50-8:45pm Privates @H		7:50-9:45pm Privates @H	5:30-7:30pm Privates @LL	7:50-9:45pm Privates @H		
	CFHS Swim End of Season Party					
Session 2 19	Session 2		Session 2 22	Session 2 23		25
(feb2023)		5:15-5:40pm Level 1 @LL		5:15-5:40pm Level 1 @LL	Signs By Tommorrow Scholarhip Due	
12:30-4:30pm Privates @LL	5:30-5:55pm Level 1 @LL	5:45-6:10pm Level 2 @LL	9:00-11:00am Privates @LL	5:45-6:10pm Level 2 @LL	9:00-11:30am Privates @LL	V
7:00-7:45pm Water Club @H	6:00-6:25pm Level 2 @LL	7:00-7:45pm Water Club @H		7:00-7:45pm Water Club @H		\wedge
7:50-8:45pm Privates @H	6:30-7:30pm Privates @LL	7:50-9:45pm Privates @H	5:30-7:30pm Privates @LL	7:50-9:45pm Privates @H		
(feb&mar2023) 26	Session 2 2			2	3	4
(feb2023)		Signup for Session 3 Group Lessons	Signup for Session 4 Private Lessons			
·	5:30-5:55pm Level 1 @LL	V	V	l Y	Y	Y
	6:00-6:25pm Level 2 @LL	X	X		/	/
7:50-8:45pm Privates @H	6:30-7:30pm Privates @LL	, ,				
		Family Trip	Family Trip	Family Trip	Family Trip	Family Trip
(mar2023) 5		5	8	9	10	11_
1/	1/	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ /
X	X	X	X	X	X	X
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Family Trip	Family Trip	Family Trip	Family Trip	Family Trip	Family Trip	Family Trip
(mar2023) 12	1	14	15	16	17	18
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X	X	X	X	X	X	X
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Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break

Session 2: February 2023 Schedule

Recap:

Private Lesson Time Slots: February 3 - February 28, 2023									
undays (4 lessons)	<u>Mondays</u>	(3 lessons)	<u>Tuesdays</u> (3 lessons)	Wednesdays (3 lessons)	Thursdays (3 lessons)	<u>Fridays</u>	(3 lessons)	<u>Saturdays</u>	
@LL 12:30-1	2:55pm @	LL 6:30-6:55p	m @Holmes 7:50-8:15pm	@LL 9:00-9:25am	@Holmes 7:50-8:15pm	@LL	9:00-9:25am	n	ione
@LL 1:00-1:2	25pm @	LL 7:00-7:25p	m @Holmes 8:20-8:45pm	@LL 9:30-9:55am	@Holmes 8:20-8:45pm	@LL	9:30-9:55am		
@LL 1:30-1:5	55pm		@Holmes 8:50-9:15pm	@LL 10:00-10:25am	@Holmes 8:50-9:15pm	@LL	10:00-10:25am		
@LL 2:00-2:2	25pm		@Holmes 9:20-9:45pm	@LL 10:30-10:55am	@Holmes 9:20-9:45pm	@LL	_ 10:30-10:55am		
@LL 2:30-2:5	55pm					@LL	_ 11:00-11:25am		
@LL 3:00-3:2	25pm			@LL 5:30-5:55pm					
@LL 3:30-3:5	55pm			@LL 6:00-6:25pm					
@LL 4:00-4:2	25pm			@LL 6:30-6:55pm					
				@LL 7:00-7:25pm					
@Holmes 7:50-8:3	15pm								
@Holmes 8:20-8:4	45pm								
	All David	l	an Falla. Qualmana /ualmana In Uish	FOE Halanca Dal (Chart In Hi	-h		512 Aborreda Acce)		
	All Pools	iocated in Ced	ar rails, (wholities (Holmes Jr High	, 505 Holmes Dr), @Peet (Peet Jr Hig	(II, 525 E Seeriey Biva), (OLL (Lar	igner's Lessons,	, DIZ AIVAFAGO AVE	1	

Group Classes:	Cost:	Group Classes:	Cost:	Water Club (18 practices)
Level 1 (3 or 6 classes)		Level 2 (3 or 6 classes)		January 15 - February 26, 2023
Mon: 5:30-5:55pm@LL	\$45	Mon: 6:00-6:25pm@LL	\$45	Sun, Tue, & Thu 7:00-7:45pm@H
Tue&Thu: 5:15-5:40pm@LL	\$90	Tue&Thu: 5:45-6:10pm@LL	\$90	Cost:
				1 swimmer=\$180, 2 swimmers=\$305, 3 swimmers=\$435

Level 1:

Skills needed to be in the class:

Potty trained and will take directions

Skills to be learned:

Getting mouth, eyes and hair wet. Holding breath out of and under the water. Retrieving toys at different depths. Flutter kicking on stomach and back. Front and back floats. Front and back glides. Jumping into the water.

Level 2:

Skills needed to be in the class:

Float unassisted, flutter kick unassisted, jump into water and return to wall unassisted

Skills to be learned:

Proper bobs, rhythmic breathing, freestyle and backstroke, and diving

Water Club:

Skills needed to be in the class:

Swim a length of the pool freestyle, backstroke, breaststroke, and butterfly

Skills to be learned:

Conditioning, hypoxic breathing, interval training, and swim meet procedures