



## Session 2: February 2023 Schedule

**Recap:**

Private Lesson Time Slots : February 3 - February 28, 2023

<u>Sundays</u> (4 lessons)	<u>Mondays</u> (3 lessons)	<u>Tuesdays</u> (3 lessons)	<u>Wednesdays</u> (3 lessons)	<u>Thursdays</u> (3 lessons)	<u>Fridays</u> (3 lessons)	<u>Saturdays</u>
@LL 12:30-12:55pm	@LL 6:30-6:55pm	@Holmes 7:50-8:15pm	@LL 9:00-9:25am	@Holmes 7:50-8:15pm	@LL 9:00-9:25am	none
@LL 1:00-1:25pm	@LL 7:00-7:25pm	@Holmes 8:20-8:45pm	@LL 9:30-9:55am	@Holmes 8:20-8:45pm	@LL 9:30-9:55am	
@LL 1:30-1:55pm		@Holmes 8:50-9:15pm	@LL 10:00-10:25am	@Holmes 8:50-9:15pm	@LL 10:00-10:25am	
@LL 2:00-2:25pm		@Holmes 9:20-9:45pm	@LL 10:30-10:55am	@Holmes 9:20-9:45pm	@LL 10:30-10:55am	
@LL 2:30-2:55pm			@LL 5:30-5:55pm		@LL 11:00-11:25am	
@LL 3:00-3:25pm			@LL 6:00-6:25pm			
@LL 3:30-3:55pm			@LL 6:30-6:55pm			
@LL 4:00-4:25pm			@LL 7:00-7:25pm			
@Holmes 7:50-8:15pm						
@Holmes 8:20-8:45pm						

All Pools located in Cedar Falls: @Holmes (Holmes Jr High, 505 Holmes Dr), @Peet (Peet Jr High, 525 E Seerley Blvd), @LL (Langner's Lessons, 512 Alvarado Ave)

<u>Group Classes:</u>	<u>Cost:</u>	<u>Group Classes:</u>	<u>Cost:</u>	<u>Water Club</u>	(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	<b>Cost:</b>	
				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