

## January 2023 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(jan2023) New Year's Day  <b>X</b>	  <b>X</b> Winter Break	  <b>X</b> Winter Break	Session 1 9:00-11:00am Privates @LL 5:30-7:30pm Privates @LL	  <b>X</b> CFHS Swim Meet	Session 1 9:00-11:30am Privates @LL	  <b>X</b>
Session 1 (jan2023) 12:30-4:30pm Privates @LL <b>X</b> No Holmes Lessons	Session 1 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:300pm Privates @LL	  <b>X</b> CFHS Swim Meet	Session 1 9:00-11:00am Privates @LL 5:30-7:30pm Privates @LL	  <b>X</b> CFHS Swim Meet	Session 1 9:00-11:30am Privates @LL	  <b>X</b>
Session 1 (jan2023) 12:30-4:30pm Privates @LL 7:00-7:45pm Water Club @H 7:50-8:45pm Privates @H	Session 1 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:300pm Privates @LL	Session 1 5:15-5:40pm Level 1 @LL 5:45-6:10pm Level 2 @LL 7:00-7:45pm Water Club @H 7:50-9:45pm Privates @H	Session 1 9:00-11:00am Privates @LL 5:30-7:30pm Privates @LL	Session 1 5:15-5:40pm Level 1 @LL 5:45-6:10pm Level 2 @LL 7:00-7:45pm Water Club @H 7:50-9:45pm Privates @H	Session 1 9:00-11:30am Privates @LL	Signs By Tomorrow Scholarship Due  <b>X</b> CFHS Swim Meet
Session 1 (jan2023) 12:30-4:30pm Privates @LL <b>X</b> Holmes Pool Closed	Session 1 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:300pm Privates @LL	Session 1 5:15-5:40pm Level 1 @LL 5:45-6:10pm Level 2 @LL 7:00-7:45pm Water Club @H 7:50-9:45pm Privates @H	Session 1 9:00-11:00am Privates @LL 5:30-7:30pm Privates @LL	Session 1 Signup for Session 2 Group Lessons 5:15-5:40pm Level 1 @LL 5:45-6:10pm Level 2 @LL 7:00-7:45pm Water Club @H 7:50-9:45pm Privates @H	Session 1 9:00-11:30am Privates @LL	  <b>X</b> CFHS Swim Meet
Session 1 (jan/feb2023) 12:30-4:30pm Privates @LL 7:00-7:45pm Water Club @H 7:50-8:45pm Privates @H	Session 1 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:300pm Privates @LL	Session 1 5:15-5:40pm Level 1 @LL 5:45-6:10pm Level 2 @LL 7:00-7:45pm Water Club @H 7:50-9:45pm Privates @H	Session 1 Signup for Session 3 Private Lessons 9:00-11:00am Privates @LL 5:30-7:30pm Privates @LL	Session 1 5:15-5:40pm Level 1 @LL 5:45-6:10pm Level 2 @LL 7:00-7:45pm Water Club @H 7:50-9:45pm Privates @H	Start of Session 2 9:00-11:30am Privates @LL	  <b>X</b> CFHS Swim Districts

## January 2023 Schedule

**Recap:**

Private Lesson Time Slots : January 1 - February 2, 2023

<u>Sundays</u>	<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>
(4 lessons) @LL 12:30-12:55pm @LL 1:00-1:25pm @LL 1:30-1:55pm @LL 2:00-2:25pm @LL 2:30-2:55pm @LL 3:00-3:25pm @LL 3:30-3:55pm @LL 4:00-4:25pm (2 lessons) @Holmes 7:50-8:15pm @Holmes 8:20-8:45pm	@LL 6:30-6:55pm @LL 7:00-7:25pm	@Holmes 7:50-8:15pm @Holmes 8:20-8:45pm @Holmes 8:50-9:15pm @Holmes 9:20-9:45pm	@LL 9:00-9:25am @LL 9:30-9:55am @LL 10:00-10:25am @LL 10:30-10:55am  @LL 5:30-5:55pm @LL 6:00-6:25pm @LL 6:30-6:55pm @LL 7:00-7:25pm	@Holmes 7:50-8:15pm @Holmes 8:20-8:45pm @Holmes 8:50-9:15pm @Holmes 9:20-9:45pm	@LL 9:00-9:25am @LL 9:30-9:55am @LL 10:00-10:25am @LL 10:30-10:55am @LL 11:00-11:25am	none
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>
Level 1 (4 or 6 classes) Mon: 5:30-5:55pm@LL Tue&Thu: 5:15-5:40pm@LL	\$60 \$90	Level 2 (4 or 6 classes) Mon: 6:00-6:25pm@LL Tue&Thu: 5:45-6:10pm@LL	\$60 \$90	(18 practices) January 8 - February 28, 2023 Sun, Tue, & Thu 7:00-7:45pm@H  <u>Cost:</u> 1 swimmer=\$180, 2 swimmers=\$305, 3 swimmers=\$435

<p><b><u>Level 1:</u></b></p> <p><u>Skills needed to be in the class:</u> Potty trained and will take directions</p> <p><u>Skills to be learned:</u> 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.</p>
<p><b><u>Level 2:</u></b></p> <p><u>Skills needed to be in the class:</u> Float unassisted, flutter kick unassisted, jump into water and return to wall unassisted</p> <p><u>Skills to be learned:</u> Proper bobs, rhythmic breathing, freestyle and backstroke, and diving</p>
<p><b><u>Water Club:</u></b></p> <p><u>Skills needed to be in the class:</u> Swim a length of the pool freestyle, backstroke, breaststroke, and butterfly</p> <p><u>Skills to be learned:</u> Conditioning, hypoxic breathing, interval training, and swim meet procedures</p>