

## January 2024 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(jan2024) 31 <b>X</b>	New Year's Day <b>X</b>	Signup for Session 3 Private Lessons* <b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
(jan 2024) 7 <b>X</b>	Session 1 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 1 5:30-7:30pm Privates @LL	Session 1 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 1 5:30-7:30pm Privates @LL	Session 1 9:00-11:00am Privates @LL	<b>X</b>
Session 1 14 12:30-4:30pm Privates @LL	Session 1 15 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 1 16 5:30-7:30pm Privates @LL	Session 1 17 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 1 18 5:30-7:30pm Privates @LL	Session 1 19 Signs By Tomorrow Scholarship Due 9:00-11:00am Privates @LL	<b>X</b>
Session 1 21 12:30-4:30pm Privates @LL	Session 1 22 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 1 23 5:30-7:30pm Privates @LL	Session 1 24 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 1 25 5:30-7:30pm Privates @LL	Session 1 26 Signup Session 2 Group Lessons* 9:00-11:00am Privates @LL	<b>X</b>
Session 1 28 (jan/feb2024) 12:30-4:30pm Privates @LL	Session 1 29 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 1 30 5:30-7:30pm Privates @LL	Session 1 31 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 1 1 Signup Session 4 Private Lessons 5:30-7:30pm Privates @LL	Session 1 2 9:00-11:00am Privates @LL	<b>X</b>

\* indicates change from original date

## January 2024 Schedule

**Recap:**

Private Lesson Time Slots : January 1 - February 2, 2024

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

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>
Level 1 (8 classes)		Level 2 (8 classes)	
Mon&Wed: 5:30-5:55pm@LL	\$120	Mon&Wed: 6:00-6:25pm@LL	\$120

<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>