

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(may/june) 29 Memorial Day X	30 Memorial Day Weekend X	31 X CFHS Baseball Game	1 X CFHS Baseball Game	2 X Last Day of Cedar Falls Schools	3 X CFHS Baseball Game	4
(june) 5 X CFHS Baseball Game	6 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	7 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club	8 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-8:00 Privates @F	9 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-9:00 Privates @LL	10 9:00-Noon Privates @LL X (pm) CFHS Baseball Game	11 X CFHS Baseball Game
(june) 12 X (pm) CFHS Baseball Game	13 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	14 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	15 9:00-11:00 Group/Private @LL CFHS Baseball t Pre/Water Club 5:30-8:00 Privates @F	16 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-9:00 Privates @LL	17 9:00-Noon Privates @LL X (pm) CFHS Baseball Game	18
(june) 19 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	20 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	21 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	22 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-8:00 Privates @F	23 X CF Boosters Golf Outing	24 9:00-Noon Privates @LL Registration for Next Session X (pm) CFHS Baseball Game	25
(june/july) 26 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	27 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	28 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club	29 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-8:00 Privates @F	30 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-9:00 Privates @LL	1 9:00-Noon Privates @LL X (pm) CFHS Baseball Game	2 X
(july) 3 X	4 Fourth of July X	5 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	6 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	7 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-9:00 Privates @LL	8 9:00-Noon Privates @LL X (pm) CFHS Baseball Game	9
(july) 10 X (pm) CFHS Baseball Game	11 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	12 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club	13 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	14 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-9:00 Privates @LL	15 9:00-Noon Privates @LL	16
(july) 17 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	18 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club X (pm) CFHS Baseball Game	19 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club	20 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-8:00 Privates @F	21 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-9:00 Privates @LL	22 9:00-Noon Privates @LL Registration for Next Session	23
(july) 24 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-8-30 Privates @LL	25 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-8-30 Privates @LL	26 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-8-30 Privates @LL	27 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-8:00 Privates @F	28 9:00-11:00 Group/Private @LL 11:45-1:00 Pre/Water Club 5:30-9:00 Privates @LL	29 9:00-Noon Privates @LL	30
(july/august) 31 9:00-11:00 Group/Private @LL 5:30-8-30 Privates @LL	1 9:00-11:00 Group/Private @LL 5:30-8-30 Privates @LL	2 9:00-11:00 Group/Private @LL 5:30-8-30 Privates @LL	3 9:00-11:00 Group/Private @LL 5:30-8:00 Privates @F 5:30-9:00 Privates @LL	4 9:00-11:00 Group/Private @LL 5:30-9:00 Privates @LL	5 9:00-Noon Privates @LL	6
(august) 7 9:00-11:00 Group/Private @LL 5:30-8-30 Privates @LL	8 9:00-11:00 Group/Private @LL 5:30-8-30 Privates @LL	9 9:00-11:00 Group/Private @LL 5:30-8-30 Privates @LL	10 9:00-11:00 Group/Private @LL 5:30-8:00 Privates @F 5:30-9:00 Privates @LL	11 9:00-11:00 Group/Private @LL 5:30-9:00 Privates @LL	12 9:00-Noon Privates @LL	13
(august) 14 9:00-11:00 Group/Private @LL 5:30-8-30 Privates @LL	15 9:00-11:00 Group/Private @LL 5:30-8-30 Privates @LL	16 9:00-11:00 Group/Private @LL 5:30-8-30 Privates @LL	17 9:00-11:00 Group/Private @LL 5:30-8:00 Privates @F 5:30-9:00 Privates @LL	18 9:00-11:00 Group/Private @LL 5:30-9:00 Privates @LL	19 9:00-Noon Privates @LL Registration for Next Session	20 X
(august) 21 X	22 X first week of school	23 X first week of school	24 X first week of school	25 X first week of school	26 X first week of school	27 X
(aug/sept) 28 X	29 6:00-9:00pm Group/Private @LL	30 7:00-7:45 Water Club @ H 7:45-9:00 Private @H	31 6:00-9:00pm Group/Private @LL	1 7:00-7:45 Water Club @ H 7:45-9:00 Private @H	2 9am-Noon Privates @LL	3

<u>Session 5 (June 6 - July 1, 2022)</u>			<u>Session 6 (July 5 - 29, 2022)</u>			<u>Session 7 (August 1 - 19, 2022)</u>		
Group Classes:	Cost:		Group Classes:	Cost:		Group Classes:	Cost:	
Level 1 (7 or 8 classes)			Level 1 (7 classes)			Level 1 (6 classes)		
M&W: 9:00-9:25am @LL	\$120		M&W: 9:00-9:25am @LL	\$105		M&W: 9:00-9:25am @LL	\$90	
T&R: 9:00-9:25am @LL	\$105		T&R: 9:00-9:25am @LL	\$105		T&R: 9:00-9:25am @LL	\$90	
Level 2 (7 or 8 classes)			Level 2 (7 classes)			Level 2 (6 classes)		
M&W: 9:30-9:55am @LL	\$120		M&W: 9:30-9:55am @LL	\$105		M&W: 9:30-9:55am @LL	\$90	
T&R: 9:30-9:55am @LL	\$105		T&R: 9:30-9:55am @LL			T&R: 9:30-9:55am @LL		
Level 3 (8 classes)	\$120		Level 3 (7 classes)	\$105		Level 3 (6 classes)	\$90	
M&W: 10:00-10:25am @LL	\$120		M&W: 10:00-10:25am @LL	\$105		M&W: 10:00-10:25am @LL	\$90	
Level 4 (7 classes)			Level 4 (7 classes)			Level 4 (6 classes)		
T&R: 10:00-10:25am @LL	\$105		T&R: 10:00-10:25am @LL	\$105		T&R: 10:00-10:25am @LL	\$90	
Private Lesson Times: (waiting list only)			Private Lesson Times: (waiting list only)			Private Lesson Times: (waiting list only)		
Mondays			Mondays			Mondays		
10:30-11:30am @LL	\$1/min		10:30-11:30am @LL	\$1/min		10:30-11:30am @LL	\$1/min	
Tuesdays			Tuesdays			5:30-8:30pm @LL	\$1/min	
10:30-11:30am @LL	\$1/min		10:30-11:30am @LL	\$1/min		Tuesdays		
Wednesdays			Wednesdays			10:30-11:30am @LL	\$1/min	
10:30-11:30am @LL	\$1/min		10:30-11:30am @LL	\$1/min		5:30-8:30pm @LL	\$1/min	
5:30-8:00pm @F	\$1/min + pool entry fee		5:30-8:00pm @F	\$1/min + pool entry fee		Wednesdays		
Thursdays			Thursdays			10:30-11:30am @LL	\$1/min	
10:30-11:30am @LL	\$1/min		10:30-11:30am @LL	\$1/min		5:30-8:00pm @F	\$1/min + pool entry fee	
5:30-9:00pm @LL	\$1/min		5:30-9:00pm @LL	\$1/min		Thursdays		
Fridays			Fridays			10:30-11:30am @LL	\$1/min	
9:00-Noon @LL	\$1/min		9:00-Noon @LL	\$1/min		5:30-9:00pm @LL	\$1/min	
Water Club:			Water Club:			Fridays		
Mondays - Thursdays			Mondays - Thursdays			9:00-Noon @LL	\$1/min	
12:15-1:00pm @P			12:15-1:00pm @P					
4x/wk:			4x/wk:					
1 swimmer/family	\$150		1 swimmer/family	\$150				
2 swimmers/family	\$240		2 swimmers/family	\$240				
3 swimmers/family	\$360		3 swimmers/family	\$360				
2x/wk:			2x/wk:					
1 swimmer/family	\$75		1 swimmer/family	\$75				
Swim a length of the pool frees	\$120		2 swimmers/family	\$120				
3 swimmers/family	\$180		3 swimmers/family	\$180				
Pre-Water Club:			Pre-Water Club:					
Mondays - Thursdays			Mondays - Thursdays					
11:45-12:15pm @P			11:45-12:15pm @P					
4x/wk option only:			4x/wk option only:					
1 swimmer/family	\$100		1 swimmer/family	\$100				
2 swimmers/family	\$170		2 swimmers/family	\$170				
3 swimmers/family	\$240		3 swimmers/family	\$240				

Pools (all in Cedar Falls):

F = The Falls (3025 S Main St)

P = Peet Jr High (525 E Seerley Blvd)

LL = Langner's Lessons (512 Alvarado Ave)

Signup:**Private lessons:**

Private lessons are only scheduled by having your name put on the waiting list. When a time slot becomes available, the first person on the waiting list will be contacted.

Group Lessons, Pre-Water Club, and Water Club:

Signup for these classes is on Signup Genius. On the morning of registration, an email with the Signup Genius links will be sent out to those on my email listing. Signup is primarily on a first come, first serve basis. However, swimmers who were enrolled in the previous session will be allowed to signup for the new session up to one day before registration. This allowance is only good for one, consecutive session.

Registration Dates:

May 9, 2022, for the June Session

June 24, 2022, for the July Session

July 22, 2022, for the August Session

August 19, 2022, for the September Session

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

Level 3:**Skills needed to be in the class:**

Swim 10 yards freestyle and backstroke. Sitting dives

Skills to be learned:

Butterfly, dive from blocks, and flip turns

Level 4:**Skills needed to be in the class:**

Swim 10 yards freestyle and backstroke. Sitting dives

Skills to be learned:

Breaststroke and the underwater pull

Pre-Water Club:**Skills needed to be in the class:**

Swim 10 yards freestyle and backstroke. Sitting dives

Skills to be learned:

Butterfly, dive from blocks, flip turns, breaststroke and the underwater pull

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