

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(aug/sept) 28	29	30	31	1	2	3
X	X	X	X	X	X CFHS @Waterloo West	X
(sept) 4	5	Session 8 6	7	Session 8 8	9	Session 8 10
X	X Labor Day	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 7:00-7:45pm Water Club @ H 7:45-9:00pm Private @H	9:00-11:00am Privates @LL 5:30-8:00pm Privates @LL	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 7:00-7:45pm Water Club @ H 7:45-9:00pm Private @H	9:00-Noon Privates @LL CFHS Vs CR Prairie	10:00-10:25am Level 1 @LL 10:30-10:55am Level 2 @LL 11:00-11:25am Level 3 @LL 11:30-11:55am Level 4 @LL 1:00-3:45pm Privates @ Peet
(sept) 11	12	Session 8 13	14	Session 8 15	16	Session 8 17
12:30-4:30pm Privates @LL 7:00-7:45pm Water Club @H 7:45-8:45pm Privates @H	X	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 7:00-7:45pm Water Club @ H 7:45-9:00pm Private @H	9:00-11:00am Privates @LL 5:30-8:00pm Privates @LL	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 7:00-7:45pm Water Club @ H 7:45-9:00pm Private @H	9:00-Noon Privates @LL CFHS @ Ankeny	10:00-10:25am Level 1 @LL 10:30-10:55am Level 2 @LL 11:00-11:25am Level 3 @LL 11:30-11:55am Level 4 @LL 1:00-3:45pm Privates @ Peet
(sept) 18	19	Session 8 20	21	Session 8 22	23	Session 8 24
12:30-4:30pm Privates @LL 7:00-7:45pm Water Club @H 7:45-8:45pm Privates @H	X	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 7:00-7:45pm Water Club @ H 7:45-9:00pm Private @H	9:00-11:00am Privates @LL 5:30-8:00pm Privates @LL	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 7:00-7:45pm Water Club @ H 7:45-9:00pm Private @H	9:00-Noon Privates @LL CFHS Vs Muscatine	10:00-10:25am Level 1 @LL 10:30-10:55am Level 2 @LL 11:00-11:25am Level 3 @LL 11:30-11:55am Level 4 @LL 1:00-3:45pm Privates @ Peet
(sept/oct) 25	Registration for Session 9 26	Session 8 27	28	Session 8 29	30	Session 8 1
12:30-4:30pm Privates @LL 7:00-7:45pm Water Club @H 7:45-8:45pm Privates @H	X	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL X Holmes Closed CFHS Home Meet	9:00-11:00am Privates @LL 5:30-8:00pm Privates @LL	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 7:00-7:45pm Water Club @ H 7:45-9:00pm Private @H	9:00-Noon Privates @LL CFHS Vs CF Kennedy	10:00-10:25am Level 1 @LL 10:30-10:55am Level 2 @LL 11:00-11:25am Level 3 @LL 11:30-11:55am Level 4 @LL 1:00-3:45pm Privates @ Peet
(oct) 2	3	Session 9 4	5	Session 9 6	7	Session 9 8
12:30-4:30pm Privates @LL 7:00-7:45pm Water Club @H 7:45-8:45pm Privates @H	X	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 7:00-7:45pm Water Club @ H 7:45-9:00pm Private @H	9:00-11:00am Privates @LL 5:30-8:00pm Privates @LL	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 7:00-7:45pm Water Club @ H 7:45-9:00pm Private @H	9:00-Noon Privates @LL CFHS @ Dubuque Hempstead	10:00-10:25am Level 1 @LL 10:30-10:55am Level 2 @LL 11:00-11:25am Level 3 @LL 11:30-11:55am Level 4 @LL 1:00-3:45pm Privates @ Peet

**Recap:****Private Lesson Time Slots : September 6 through October 2**

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

Indicates change  
from original schedule

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>Group Classes:</u>	<u>Cost:</u>
Level 1 (4 classes)		Level 2 (4 classes)		Level 3 (4 classes)	
Tue: 5:30-5:55pm@LL	\$60	Tue: 6:00-6:25pm@LL	\$60	Sat: 11:00-11:25am@LL	\$60
Thu: 5:30-5:55pm@LL	\$60	Thu: 6:00-6:25pm@LL	\$60	Level 4 (4 classes)	
Sat: 10-10:25am@LL	\$60	Sat: 10:30-10:55am@LL	\$60	Sat: 11:30-11:55am	\$60

**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

**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