

Session 10: November 2024 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(oct/nov) 27 Special Camps at Holmes Pool: 1:05-1:35pm Deep Water Swim@H 1:40-2:10pm Beginner Diving@H 2:10-2:40pm Deep Water Swim@H 2:45-3:15pm Beginner Diving@H	28 X LL Closed	29 Special Camps at Holmes Pool: 6:30-7:00pm Deep Water Swim@H 7:05-7:35pm Beginner Diving@H	30 X LL Closed	31 X LL Closed: Halloween	1 Signup for Session 1 Private Lessons X LL Closed	2 X LL Closed
(nov) Session 10 3 12:30-4:30pm Privates @LL	Session 10 4 9:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 10 5 9:30-7:30pm Private @LL	Session 10 6 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 10 7 5:30-7:30pm Private @LL	Session 10 8 9:00-11:00am Privates @LL	9 X LL Closed
(nov) Session 10 10 12:30-4:30pm Privates @LL	Session 10 11 9:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 10 12 9:30-7:30pm Private @LL	Session 10 13 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 10 14 5:30-7:30pm Private @LL	Session 10 15 Signs By Tomorrow Scholarship Due 9:00-11:00am Privates @LL	16 X LL Closed
(nov) Session 10 17 12:30-4:30pm Privates @LL	Session 10 18 9:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 10 19 9:30-7:30pm Private @LL	Session 10 20 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 10 21 5:30-7:30pm Private @LL	Session 10 22 Signup for Session 11 Group Lessons 9:00-11:00am Privates @LL	23 X LL Closed
(nov/dec) 24 X LL Closed	25 X LL Closed	26 X LL Closed	27 X LL Closed	28 *THANKSGIVING* X LL Closed	29 X LL Closed	30 X LL Closed

Recap:

Private Lesson Time Slots : November 3 - November 22, 2024						
Sundays (3 lessons)	Mondays (3 lessons)	Tuesdays (3 lessons)	Wednesdays (3 lessons)	Thursdays (3 lessons)	Fridays (3 lessons)	Saturdays (none)
@LL 12:30-12:55pm			@LL 9:00-9:25am		@LL 9:00-9:25am	
@LL 1:00-1:25pm		@LL 5:30-5:55pm	@LL 9:30-9:55am	@LL 5:30-5:55pm	@LL 9:30-9:55am	
@LL 1:30-1:55pm		@LL 6:00-6:25pm	@LL 10:00-10:25am	@LL 6:00-6:25pm	@LL 10:00-10:25am	
@LL 2:00-2:25pm	@LL 6:30-6:55pm	@LL 6:30-6:55pm	@LL 10:30-10:55am	@LL 6:30-6:55pm	@LL 10:30-10:55am	
@LL 2:30-2:55pm	@LL 7:00-7:25pm	@LL 7:00-7:25pm		@LL 7:00-7:25pm		
@LL 3:00-3:25pm	@LL 7:30-8:00pm		@LL 6:30-6:55pm			
@LL 3:30-3:55pm			@LL 7:00-7:25pm			
@LL 4:00-4:25pm			@LL 7:30-8:00pm			

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)

Group Classes:	Cost:	Group Classes:	Cost:
Level 1 (6 classes) Mon&Wed: 5:30-5:55pm@LL	\$90	Level 2 (6 classes) Mon&Wed: 6:00-6:25pm@LL	\$90

<p>Level 1:</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>Level 2:</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>