

Session 10: November/December 2023 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(oct/nov) 29 LL Closed	30 LL Closed	31 LL Closed: Halloween	1 Session 10 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	2 Session 10 5:30-7:30pm Private @LL	3 Session 10 9:00-11:00am Privates @LL	4 LL Closed
5 Session 10 12:30-4:30pm Privates @LL	6 Session 10 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	7 Session 10 5:30-7:30pm Private @LL	8 Session 10 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	9 Session 10 5:30-7:30pm Private @LL	10 Session 10 9:00-11:00am Privates @LL	11 LL Closed
12 Session 10 12:30-4:30pm Privates @LL	13 Session 10 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	14 Session 10 5:30-7:30pm Private @LL	15 Session 10 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	16 Session 10 5:30-7:30pm Private @LL	17 Session 10 9:00-11:00am Privates @LL	18 LL Closed
19 Session 10 12:30-4:30pm Privates @LL	20 Session 10 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	21 Session 10 5:30-7:30pm Private @LL	22 LL Closed	23 LL Closed	24 LL Closed	25 LL Closed
(nov/dec) 26 LL Closed	27 Session 10 5:30-8:00pm Private @LL	28 Session 10 5:30-7:30pm Private @LL	29 Session 10 9:00-11:00am Privates @LL 5:30-8:00pm Private @LL	30 Session 10 5:30-7:30pm Private @LL	1 Session 10 Sign up for 2024 Session 2 Private Lessons 9:00-11:00am Privates @LL	2 LL Closed
3 Session 10 12:30-4:30pm Privates @LL	4 Session 10 5:30-8:00pm Private @LL	5 Session 10 5:30-7:30pm Private @LL	6 Session 10 9:00-11:00am Privates @LL 5:30-8:00pm Private @LL	7 Session 10 5:30-7:30pm Private @LL	8 Session 10 Signs By Tomorrow Scholarship Due 9:00-11:00am Privates @LL	9 LL Closed
10 Session 10 12:30-4:30pm Privates @LL	11 Session 10 5:30-8:00pm Private @LL	12 Session 10 5:30-7:30pm Private @LL	13 Session 10 9:00-11:00am Privates @LL 5:30-8:00pm Private @LL	14 Session 10 5:30-7:30pm Private @LL	15 Session 10 Sign up for 2024 Session 1 Group Lessons 9:00-11:00am Privates @LL	16 LL Closed
17 Holiday Break	18 Holiday Break	19 Holiday Break	20 Holiday Break	21 Holiday Break	22 Holiday Break	23 Holiday Break
24 Holiday Break	25 Christmas	26 Holiday Break	27 Holiday Break	28 Holiday Break	29 Holiday Break	30 Holiday Break

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Recap:

Private Lesson Time Slots : November 1 through December 15, 2023						
Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
@LL 12:30-12:55pm			@LL 9:00-9:25am		@LL 9:00-9:25am	(none)
@LL 1:00-1:25pm	@LL 5:30-5:55pm*	@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 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 5:30-5:55pm*			
@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			

* classes don't start until November 27, 2023

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

Level 1:	<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>
Level 2:	<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>