

Session 11: December 2024 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(dec) Session 11 1 X LL Closed	Session 11 2 Sign up for Session 2 Private Lessons 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Private @LL	Session 11 3 5:30-7:30pm Private @LL	Session 11 4 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Private @LL	Session 11 5 5:30-7:30pm Private @LL	Session 11 6 X LL Closed	Session 11 7 X LL Closed
(dec) Session 11 8 X LL Closed	Session 11 9 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Private @LL	Session 11 10 5:30-7:30pm Private @LL	Session 11 11 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Private @LL	Session 11 12 5:30-7:30pm Private @LL	Session 11 13 Signs By Tomorrow Scholarship Due 9:00-11:00am Privates @LL	Session 11 14 Special Camps at Peet Pool: 1:05-1:35pm Deep Water Swim@P 1:40-2:10pm Beginner Diving@P 2:15-2:45pm Deep Water Swim@P 2:50-3:20pm Beginner Diving@P
(dec) Session 11 15 X LL Closed	Session 11 16 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Private @LL	Session 11 17 5:30-7:30pm Private @LL	Session 11 18 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Private @LL	Session 11 19 5:30-7:30pm Private @LL	Session 11 20 Sign up for 2025 Session 1 Group Lessons 9:00-11:00am Privates @LL	Session 11 21 X LL Closed
(dec) Session 11 22 X Holiday Break	Session 11 23 X Holiday Break	Session 11 24 X Holiday Break	Session 11 25 X Holiday Break	Session 11 26 X Holiday Break	Session 11 27 X Holiday Break	Session 11 28 X Holiday Break
(dec) Session 11 29 X Holiday Break	Session 11 30 X Christmas	Session 11 31 X Holiday Break	Session 11 1 X Holiday Break	Session 11 2 Sign up for Session 3 Private Lessons	Session 11 3 X Holiday Break	Session 11 4 X Holiday Break

**Recap:**

Private Lesson Time Slots : December 1 - December 20, 2024						
Sundays	Mondays (3 lessons)	Tuesdays (3 lessons)	Wednesdays (3 lessons)	Thursdays (3 lessons)	Fridays (2 lessons)	Saturdays (none)
(none)	@LL 6:30-6:55pm @LL 7:00-7:25pm @LL 7:30-8:00pm	@LL 5:30-5:55pm @LL 6:00-6:25pm @LL 6:30-6:55pm @LL 7:00-7:25pm	@LL 9:00-9:25am @LL 9:30-9:55am @LL 10:00-10:25am @LL 10:30-10:55am  @LL 6:30-6:55pm @LL 7:00-7:25pm @LL 7:30-8:00pm	@LL 5:30-5:55pm @LL 6:00-6:25pm @LL 6:30-6:55pm	@LL 9:00-9:25am @LL 9:30-9:55am @LL 10:00-10:25am @LL 10:30-10:55am	(none)
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

<b>Level 1:</b>	<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>
<b>Level 2:</b>	<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>