

2023 Session 3 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(mar2023) 12 X Spring Break	13 X Spring Break	14 X Spring Break	15 X Spring Break	16 X Spring Break	17 X Spring Break	18 X Spring Break
Session 3 (mar2023) 19 12:30-4:30pm Privates @LL	20 X	Session 3 21 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 3 22 9:00-11:00am Privates @LL 5:30-7:30pm Privates @LL	Session 3 23 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 3 24 9:00-11:00am Privates @LL	Session 3 25 1:00-1:25pm Level 3 @ Peet 2:00-3:30pm Level 4 @ Peet 2:00-3:30pm Privates @Peet
Session 3 (mar2023) 26 12:30-4:30pm Privates @LL	27 X	Session 3 28 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 3 29 9:00-11:00am Privates @LL 5:30-7:30pm Privates @LL	Session 3 30 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 3 31 Signup Session 5 Private Lessons 9:00-11:00am Privates @LL	Session 3 1 1:00-1:25pm Level 3 @ Peet 2:00-3:30pm Level 4 @ Peet 2:00-3:30pm Privates @Peet
Session 3 (apr2023) 2 12:30-4:30pm Privates @LL	3 X	Session 3 4 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 3 5 9:00-11:00am Privates @LL 5:30-7:30pm Privates @LL	Session 3 6 Signs By Tomorrow Scholarship Due 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 3 7 9:00-11:00am Privates @LL Good Friday	8 X Easter Weekend
Session 3 (apr2023) 9 X EASTER!	Signup Session 4 Group Lessons 10 X	Session 3 11 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 3 12 9:00-11:00am Privates @LL 5:30-7:30pm Privates @LL	Session 3 13 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00pm Privates @LL	Session 3 14 9:00-11:00am Privates @LL	Session 3 15 1:00-1:25pm Level 3 @ Peet 2:00-3:30pm Level 4 @ Peet 2:00-3:30pm Privates @Peet

2023 Session 3 Schedule

Recap:

Private Lesson Time Slots : March 19 - April 15, 2023

<u>Sundays</u> (3 lessons)	<u>Mondays</u>	<u>Tuesdays</u> (4 lessons)	<u>Wednesdays</u> (4 lessons)	<u>Thursdays</u> (4 lessons)	<u>Fridays</u> (4 lessons)	<u>Saturdays</u> (3 lessons)
@LL 12:30-12:55pm		@LL 6:30-6:55pm	@LL 9:00-9:25am	@LL 6:30-6:55pm	@LL 9:00-9:25am	@Peet 2:00-2:25pm
@LL 1:00-1:25pm	LL Closed	@LL 7:00-7:25pm	@LL 9:30-9:55am	@LL 7:00-7:25pm	@LL 9:30-9:55am	@Peet 2:30-2:55pm
@LL 1:30-1:55pm		@LL 7:30-7:55pm	@LL 10:00-10:25am	@LL 7:30-7:55pm	@LL 10:00-10:25am	@Peet 3:00-3:25pm
@LL 2:00-2:25pm			@LL 10:30-10:55am		@LL 10:30-10:55am	
@LL 2:30-2:55pm			@LL 5:30-5:55pm		@LL 11:00-11:25am	
@LL 3:00-3:25pm			@LL 6:00-6:25pm			
@LL 3:30-3:55pm			@LL 6:30-6:55pm			
@LL 4:00-4:25pm			@LL 7:00-7:25pm			

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 (3 classes)	
Tue: 5:30-5:55pm@LL	\$60	Tue: 6:00-6:25pm@LL	\$60	Sat: 1:00-1:25pm@P	\$45
Thu: 5:30-5:55pm@LL	\$60	Thu: 6:00-6:25pm@LL	\$60	Level 4 (3 classes)	
				Sat: 1:30-1:55pm@P	\$45

<p><u>Level 1:</u></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><u>Level 2:</u></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>
<p><u>Level 3:</u></p> <p><u>Skills needed to be in the class:</u> Swim 10 yards freestyle and backstroke. Sitting dives</p> <p><u>Skills to be learned:</u> Butterfly, dive from blocks, and flip turns</p>
<p><u>Level 4:</u></p> <p><u>Skills needed to be in the class:</u> Swim 10 yards freestyle and backstroke. Sitting dives</p> <p><u>Skills to be learned:</u> Breaststroke and the underwater pull</p>