

2024 Session 5 (June) Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(may/june 2024) X LL Closed	X LL Closed	X LL Closed	X LL Closed	X LL Closed	Signup for Session 7 Privates X LL Closed	X LL Closed
(june 2024) X LL Closed	Session 5 9:00-9:25am Level 1 @LL 9:30-11:25am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:30pm Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-11:25am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:30pm Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL	Session 5 9:00-11:30am Privates @LL	X LL Closed
(june2024) X LL Closed	Session 5 9:00-9:25am Level 1 @LL 9:30-11:25am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:30pm Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-11:25am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:30pm Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL	Session 5 Signs By Tomorrow Scholarship Due 9:00-11:30am Privates @LL	X LL Closed
(june2024) X LL Closed	Session 5 9:00-9:25am Level 1 @LL 9:30-11:25am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:30pm Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-11:25am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:30pm Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL	Session 5 Signup for Session 6 Group Lessons 9:00-11:30am Privates @LL	X LL Closed
(june2024) X LL Closed	Session 5 9:00-9:25am Level 1 @LL 9:30-11:25am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:30pm Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-11:25am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:30pm Privates @LL	Session 5 9:00-9:25am Level 1 @LL 9:30-11:25am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-7:30pm Privates @LL	Session 5 9:00-11:30am Privates @LL	X LL Closed

2024 Session 5 (June) Schedule

Recap:

Private Lesson Time Slots : June 3-28, 2023						
<u>Sundays</u>	<u>Mondays</u> (4 lessons)	<u>Tuesdays</u> (4 lessons)	<u>Wednesdays</u> (4 lessons)	<u>Thursdays</u> (3 lessons)	<u>Fridays</u> (4 lessons)	<u>Saturdays</u>
LL Closed	@LL 9:30-9:55am @LL 10:00-10:25am @LL 10:30-10:55am @LL 11:00-11:25am @LL 6:30-6:55pm @LL 7:00-7:25pm	@LL 10:00-10:25am @LL 10:30-10:55am @LL 11:00-11:25am @LL 11:30-11:55am	@LL 9:30-9:55am @LL 10:00-10:25am @LL 10:30-10:55am @LL 11:00-11:25am @LL 6:30-6:55pm @LL 7:00-7:25pm	@LL 10:00-10:25am @LL 10:30-10:55am @LL 11:00-11:25am	@LL 9:00-9:25am @LL 9:30-9:55am @LL 10:00-10:25am @LL 10:30-10:55am @LL 11:00-11:25am	LL Closed
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>
Level 1 (8 classes)		Level 2 (8 classes)	
Mon&Wed: 9:00-9:25am	\$120		
Tue&Thu: 9:00-9:25am@LL	\$105	Tue&Thu: 9:30-9:55am@LL	\$105
Mon&Wed: 5:30-5:55pm@LL	\$120	Mon&Wed:6:00-6:25pm@LL	\$120

<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>