2024 Session 5 (June) Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(may/june 2024) 26		28	8 29	30	Signup for Session 7 Privates 31	1
LL Closed	X LL Closed	LL Closed	LL Closed	LL Closed	LL Closed	LL Closed
(june 2024) 2	Session 5 3			Session 5 6	Session 5 7	8
	9:00-9:25am Level 1 @LL	9:00-9:25am Level 1 @LL		9:00-9:25am Level 1 @LL	9:00-11:30am Privates @LL	
V	9:30-11:25am Privates @LL	9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL		9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL		V
^	5:30-5:55pm Level 1 @LL		5:30-5:55pm Level 1 @LL			\wedge
	6:00-6:25pm Level 2 @LL		6:00-6:25pm Level 2 @LL			
	6:30-7:30pm Privates @LL		6:30-7:30pm Privates @LL			
(june2024) 9	Session 5 10	Session 5 11	1 Session 5 12	Session 5 13	Session 5 14	LL Closed
(June2024) <u>9</u>	Session 5 10	Session 5 11	1 Session 5 12	Session 5 13	Signs By Tomorrow Scholarship Due	_ 13
	9:00-9:25am Level 1 @LL	9:00-9:25am Level 1 @LL	9:00-9:25am Level 1 @LL	9:00-9:25am Level 1 @LL	9:00-11:30am Privates @LL	
\/	9:30-11:25am Privates @LL	9:30-9:55am Level 2 @LL	9:30-11:25am Privates @LL	9:30-9:55am Level 2 @LL		V
X		10:00-11:55am Privates @LL		10:00-11:55am Privates @LL		X
	5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL		5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL			, ,
	6:30-7:30pm Privates @LL		6:30-7:30pm Privates @LL			
LL Closed						LL Closed
(june2024) 16	Session 5 17	Session 5 18	8 Session 5 19	Session 5 20	Session 5 21	22
	9:00-9:25am Level 1 @LL	9:00-9:25am Level 1 @LL	9:00-9:25am Level 1 @LL !	9:00-9:25am Level 1 @LL	Signup for Session 6 Group Lessons 9:00-11:30am Privates @LL	
.	9:30-11:25am Privates @LL	9:30-9:55am Level 2 @LL		9:30-9:55am Level 2 @LL	5.00-11.50aiii Filvates @LL	
X		10:00-11:55am Privates @LL		10:00-11:55am Privates @LL		X
/\	5:30-5:55pm Level 1 @LL		5:30-5:55pm Level 1 @LL			/\
	6:00-6:25pm Level 2 @LL		6:00-6:25pm Level 2 @LL			
LL Closed	6:30-7:30pm Privates @LL		6:30-7:30pm Privates @LL			LL Closed
(june2024) 23	Session 5 24	Session 5 25	5 Session 5 26	Session 5 27	Session 5 28	29
	9:00-9:25am Level 1 @LL	9:00-9:25am Level 1 @LL	9:00-9:25am Level 1 @LL		9:00-11:30am Privates @LL	
V	9:30-11:25am Privates @LL	9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL	9:30-11:25am Privates @LL	V		V
	5:30-5:55pm Level 1 @LL	10.00-11.55dill Filvates will	5:30-5:55pm Level 1 @LL	\wedge		
	6:00-6:25pm Level 2 @LL		6:00-6:25pm Level 2 @LL			
	6:30-7:30pm Privates @LL		6:30-7:30pm Privates @LL			
LL Closed				LL Closed		LL Closed

2024 Session 5 (June) Schedule

Recap:

Private Lesson Time Slots: June 3-28, 2023								
<u>Sundays</u>	Mondays (4 lessons)	Tuesdays (4 lessons)	Wednesdays (4 lessons)	Thursdays (3 lessons)	Fridays (4 lessons)	<u>Saturdays</u>		
	@LL 9:30-9:55am	@LL 10:00-10:25am	@LL 9:30-9:55am	@LL 10:00-10:25am	@LL 9:00-9:25am			
LL Closed	@LL 10:00-10:25am	@LL 10:30-10:55am	@LL 10:00-10:25am	@LL 10:30-10:55am	@LL 9:30-9:55am	LL Closed		
	@LL 10:30-10:55am	@LL 11:00-11:25am	@LL 10:30-10:55am	@LL 11:00-11:25am	@LL 10:00-10:25am			
	@LL 11:00-11:25am	@LL 11:30-11:55am	@LL 11:00-11:25am	@LL 11:30-11:55am	@LL 10:30-10:55am			
					@LL 11:00-11:25am			
	@LL 6:30-6:55pm		@LL 6:30-6:55pm					
	@LL 7:00-7:25pm		@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)								

Group Classes:	Cost:	Group Classes:	Cost:
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@L	L \$120	Mon&Wed:6:00-6:25pm@LL	\$120

Level 1:

Skills needed to be in the class:

Potty trained and will take directions

Skills to be learned:

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.

Level 2:

Skills needed to be in the class:

Float unassisted, flutter kick unassisted, jump into water and return to wall unassisted $\underline{\text{Skills to be learned:}}$

Proper bobs, rhythmic breathing, freestyle and backstroke, and diving