

2024 Session 6 (July) Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(july 2024) X LL Closed	31 Signup Session 8 Private Lessons LL Closed	2 X LL Closed	3 X LL Closed	4 X LL Closed	5 X LL Closed	6 X LL Closed
(july 2024) X LL Closed	7 Session 6 X LL Closed	8 Session 6 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL X LL Closed	9 Session 6 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 X LL Closed	10 Session 6 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL X LL Closed	11 Session 6 9:00-11:30am Privates @LL X LL Closed	12 Session 6 X LL Closed
(july2024) X LL Closed	14 Session 6 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 X LL Closed	15 Session 6 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL X LL Closed	16 Session 6 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 X LL Closed	17 Session 6 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL X LL Closed	18 Session 6 9:00-11:30am Privates @LL X LL Closed	19 Session 6 Signs By Tomorrow Scholarship Due X LL Closed
(july2024) X LL Closed	21 Session 6 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 X LL Closed	22 Session 6 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL X LL Closed	23 Session 6 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 X LL Closed	24 Session 6 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL X LL Closed	25 Session 6 9:00-11:30am Privates @LL X LL Closed	26 Session 6 Signup Session 8 Group Lessons X LL Closed
(july/august2024) X LL Closed	28 Session 6 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 X LL Closed	29 Session 6 9:00-9:25am Level 1 @LL 9:30-9:55am Level 2 @LL 10:00-11:55am Privates @LL X LL Closed	30 Session 6 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 X LL Closed	31 Session 6 Signup Session 9 Private Lessons X LL Closed	1 Session 6 9:00-11:30am Privates @LL X LL Closed	2 Session 6 X LL Closed
						3 X LL Closed

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Recap:

<u>Private Lesson Time Slots : July 8 - August 2, 2024</u>						
<u>Sundays</u>	<u>Mondays</u> (3 lessons)	<u>Tuesdays</u> (4 lessons)	<u>Wednesdays</u> (4 lessons)	<u>Thursdays</u> (4 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 11:00-11:55am	@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 11:00-11:55am	@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 (7 classes)		Level 2 (7 classes)	
Mon&Wed: 9:00-9:25@LL	\$105	Mon&Wed: 6:00-6:55pm@LL	\$105
Tue&Thu: 9:00-9:25am@LL	\$105	Tue&Thu: 9:30-9:55am@LL	\$105
Mon&Wed: 5:30-5:55pm@LL	\$105		

<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>