2023 Session 7 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(jul/aug 2023) 30	Session 7 31	Session 7 1	Session 7 2	Session 7	Session 7 4	5
		Signup for Session 9 Private Lessons				
	9:00-9:25am Level 1 @LL	9:00-9:25am Level 1 @LL	_	9:00-9:25am Level 1 @LL	9:00-Noon Privates @LL	
	9:30-9:55am Level 2 @LL	9:30-9:55am Level 2 @LL		9:30-9:55am Level 2 @LL		
	10:00-10:25am Level 3 @LL	10:00-10:25am Level 4 @LL		10:00-10:25am Level 4 @LL		V
	10:30-Noon Privates @LL	10:30-Noon Privates @LL	10:30-Noon Privates @LL	10:30-Noon Privates @LL		
	5:30-5:55pm Level 1 @LL	5:30-5:55pm Level 1 @LL	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		6:00-6:25pm Level 2 @LL		
	6:30-8:30pm Privates @LL	6:30-8:30pm Privates @LL		6:30-8:30pm Privates @LL		
LL Closed						LL Closed
(aug2023) 6	Session 7 7	Session 7	Session 7 9	Session 7 10	Session 7 11	12
					Signs By Tomorrow Scholarship Due	
	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-Noon Privates @LL	
	9:30-9:55am Level 2 @LL	9:30-9:55am Level 2 @LL	9:30-9:55am Level 2 @LL	9:30-9:55am Level 2 @LL		
	10:00-10:25am Level 3 @LL	10:00-10:25am Level 4 @LL		10:00-10:25am Level 4 @LL		V
X	10:30-Noon Privates @LL	10:30-Noon Privates @LL	10:30-Noon Privates @LL	10:30-Noon Privates @LL		X
	5:20 5:55mm Laurel 4 (OL)	5.20 5.55 mm Laurel 4.011	5:20 5:55 mm	5:20 5:55am Lavel 4 O.L.		
	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		5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL		
	6:30-8:30pm Privates @LL	6:30-8:30pm Privates @LL		6:30-8:30pm Privates @LL		
LL Closed	0.50 0.50pm	olso olsopiii Tilvates @ 22	7 THURES & EE	5.55 5.55pm		LL Closed
(july2023) 13	Session 7 14	Session 7 15	Session 7 16	Session 7 17	Session 7 18	19
					Signup Session 8 Group Lessons	
	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-Noon Privates @LL	
	9:30-9:55am Level 2 @LL	9:30-9:55am Level 2 @LL	9:30-9:55am Level 2 @LL	9:30-9:55am Level 2 @LL		
	10:00-10:25am Level 3 @LL	10:00-10:25am Level 4 @LL	10:00-10:25am Level 3 @LL	10:00-10:25am Level 4 @LL		\/
X	10:30-Noon Privates @LL	10:30-Noon Privates @LL	10:30-Noon Privates @LL	10:30-Noon Privates @LL		X
	5:30-5:55pm Level 1 @LL	5:30-5:55pm Level 1 @LL		5:30-5:55pm		
	6:00-6:25pm Level 2 @LL 6:30-8:30pm Privates @LL	6:00-6:25pm Level 2 @LL 6:30-8:30pm Privates @LL		6:00-6:25pm Level 2 @LL 6:30-8:30pm Privates @LL		
LL Closed	0.50-6.50pm Privates @ LL	10.30-8.30pm Privates @ LL	0.30-0.30pm Frivates @ EL	0.30-8.30pm Privates @EL		LL Closed
(aug2023) 20	21	22	23	24	24	26
(4182411)					2.	
V	V	V	V	V	V	V
	\wedge					
LL Closed	LL Closed	LL Closed	LL Closed	LL Closed	LL Closed	LL Closed

2023 Session 7 Schedule

Recap:

Private Lesson Time Slots: July 31 - Aug 18, 2023								
<u>Sundays</u>	Mondays (3 lessons)	Tuesdays (3 lessons)	Wednesdays (3 lessons)	Thursdays (3 lessons)	Fridays (3 lessons)	<u>Saturdays</u>		
	@LL 10:30-10:55am	@LL 10:30-10:55am	@LL 10:30-10:55am	@LL 10:30-10:55am	@LL 9:00-9:25am			
LL Closed	@LL 11:00-11:25am	@LL 11:00-11:25am	@LL 11:00-11:25am	@LL 11:00-11:25am	@LL 9:30-9:55am	LL Closed		
	@LL 11:30-11:55am	@LL 11:30-11:55am	@LL 11:30-11:55am	@LL 11:30-11:55am	@LL 10:00-10:25am			
					@LL 10:30-10:55am			
	@LL 6:30-6:55pm	@LL 6:30-6:55pm	@LL 6:30-6:55pm	@LL 6:30-6:55pm	@LL 11:00-11:25am			
	@LL 7:00-7:25pm	@LL 7:00-7:25pm	@LL 7:00-7:25pm	@LL 7:00-7:25pm	@LL 11:00-11:55am			
	@LL 7:30-7:55pm	@LL 7:30-7:55pm	@LL 7:30-7:55pm	@LL 7:30-7:55pm				
	@LL 8:00-8:25pm	@LL 8:00-8:25pm	@LL 8:00-8:25pm	@LL 8:00-8:25pm				

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:	Group Classes:	Cost:
Level 1 (6 classes)		Level 2 (6 classes)		Level 3 (6 classes)	
M&W: 9:00-9:25@LL	\$90	Tue: 6:00-6:25pm@LL	\$90	M&W: 10:00-10:25am@LL	\$90
T&T: 9:00-9:25am@LL	\$90	Thu: 6:00-6:255pm@LL	\$90	Level 4 (6 classes)	
				T&T: 10:00-10:25am@LL	\$90

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

Skills to be learned:

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

Level 3:

Skills needed to be in the class:

Swim 10 yards freestyle and backstroke. Sitting dives

Skills to be learned:

Butterfly, dive from blocks, and flip turns

Level 4:

Skills needed to be in the class:

Swim 10 yards freestyle and backstroke. Sitting dives

Skills to be learned:

Breaststroke and the underwater pull