

2023 Session 7 Schedule

Recap:

Private Lesson Time Slots : July 31 - Aug 18, 2023

<u>Sundays</u>	<u>Mondays</u> (3 lessons)	<u>Tuesdays</u> (3 lessons)	<u>Wednesdays</u> (3 lessons)	<u>Thursdays</u> (3 lessons)	<u>Fridays</u> (3 lessons)	<u>Saturdays</u>	
LL Closed	@LL 10:30-10:55am @LL 11:00-11:25am @LL 11:30-11:55am	@LL 10:30-10:55am @LL 11:00-11:25am @LL 11:30-11:55am	@LL 10:30-10:55am @LL 11:00-11:25am @LL 11:30-11:55am	@LL 10:30-10:55am @LL 11:00-11:25am @LL 11:30-11:55am	@LL 10:30-10:55am @LL 11:00-11:25am @LL 11:30-11:55am	@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 11:00-11:55am	LL Closed
	@LL 6:30-6:55pm @LL 7:00-7:25pm @LL 7:30-7:55pm @LL 8:00-8:25pm	@LL 6:30-6:55pm @LL 7:00-7:25pm @LL 7:30-7:55pm @LL 8:00-8:25pm	@LL 6:30-6:55pm @LL 7:00-7:25pm @LL 7:30-7:55pm @LL 8:00-8:25pm	@LL 6:30-6:55pm @LL 7:00-7:25pm @LL 7:30-7:55pm @LL 8:00-8:25pm	@LL 6:30-6:55pm @LL 7:00-7:25pm @LL 7:30-7:55pm @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)

<u>Group Classes:</u>	<u>Cost:</u>	<u>Group Classes:</u>	<u>Cost:</u>	<u>Group Classes:</u>	<u>Cost:</u>
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: 6:00-6:25pm@LL	\$90	Level 4 (6 classes)	
				T&T: 10:00-10:25am@LL	\$90

<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>