

Session 8: September 2023

Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(aug/sept) 27 LL Closed X	28 LL Closed X	29 LL Closed X	30 LL Closed X	31 LL Closed X	1 Signup for Session 10 Private Lessons LL Closed X	2 LL Closed X
(sept) 3 LL Closed X	4 Labor Day X	5 Session 8 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	6 Session 8 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	7 Session 8 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	8 Session 8 9:00-11:00am Privates @LL	9 LL Closed X
(sept) Session 8 10 12:30-4:30pm Privates @LL	Session 8 11 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 12 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 13 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 14 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 15 Signs By Tomorrow Scholarship Due 9:00-11:00am Privates @LL	16 LL Closed X
(sept) Session 8 17 12:30-4:30pm Privates @LL	Session 8 18 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 19 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 20 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 21 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 22 Signup for Session 9 Group Lessons 9:00-11:00am Privates @LL	23 LL Closed X
(sept) Session 8 24 12:30-4:30pm Privates @LL	Session 8 25 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 26 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 27 9:00-11:00am Privates @LL 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 28 5:30-5:55pm Level 1 @LL 6:00-6:25pm Level 2 @LL 6:30-8:00 Private @LL	Session 8 29 9:00-11:00am Privates @LL	30 LL Closed X

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Recap:

<u>Private Lesson Time Slots : September 5-30, 2023</u>						
<u>Sundays</u>	<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>
@LL 12:30-12:55pm			@LL 9:00-9:25am		@LL 9:00-9:25am	(none)
@LL 1:00-1:25pm	@LL 6:30-6:55pm	@LL 6:30-6:55pm	@LL 9:30-9:55am	@LL 6:30-6:55pm	@LL 9:30-9:55am	
@LL 1:30-1:55pm	@LL 7:00-7:25pm	@LL 7:00-7:25pm	@LL 10:00-10:25am	@LL 7:00-7:25pm	@LL 10:00-10:25am	
@LL 2:00-2:25pm	@LL 7:30-8:00pm	@LL 7:30-8:00pm	@LL 10:30-10:55am	@LL 7:30-8:00pm	@LL 10:30-10:55am	
@LL 2:30-2:55pm			@LL 6:30-6:55pm			
@LL 3:00-3:25pm			@LL 7:00-7:25pm			
@LL 3:30-3:55pm			@LL 7:30-8:00pm			
@LL 4:00-4:25pm						

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>
Level 1 (7 or 8 classes)		Level 2 (8 classes)	
Mon&Wed: 5:30-5:55pm@LL	\$105	Mon&Wed: 6:00-6:25pm@LL	\$120
Tue&Thu: 5:30-5:55pm@LL	\$120	Tue&Thu: 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>