

Session 9: October 2024
(revised 9/18/24)

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

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Recap:

Private Lesson Time Slots : Sept 29 - Oct 25, 2024						
Sundays (2 lessons)	Mondays (4 lessons)	Tuesdays (3 lessons)	Wednesdays (4 lessons)	Thursdays (4 lessons)	Fridays (3 lessons)	Saturdays (none)
@LL 12:30-12:55pm			@LL 9:00-9:25am		@LL 9:00-9:25am	
@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 3:00-3:25pm			@LL 6:30-6:55pm			
@LL 3:30-3:55pm			@LL 7:00-7:25pm			
@LL 4:00-4:25pm			@LL 7:30-8:00pm			

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: 5:30-5:55pm@LL	\$120	Mon&Wed: 6:00-6:25pm@LL	\$120
Tue&Thu: 5:30-5:55pm@LL	\$120		

Level 1:	<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>
Level 2:	<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>