



GREENSBORO AQUATIC CENTER

SWIM SCHOOL

PRESCHOOL & BEGINNER YOUTH

The Greensboro Aquatic Center would like to offer the opportunity for children ages 3-13 years old to learn how to swim. To ensure participant and instructor safety, we will require an adult (18+ years old) in the water to help the instructor with the hands-on instruction. Please review adult helper requirements in the following page.

REGISTRATION: JUNE 29 - JULY 6 2020

All lesson registrations are done online through our registration portal at greensboroaquaticcenter.com

OFFERINGS:

Weekday offerings will be running Monday-Thursday for two weeks for a total of 8 classes. Saturdays will be running consecutively for three weeks for a total of 3 classes. Lessons will be running for either 30 or 45 minutes depending on their age. All lessons have a maximum of 4 participants.

Class Dates:	
Sessions	Class Dates
Monday-Thursday (8 Classes)	July 13 - July 23 2020
Saturdays (3 Classes)	July 18 - August 1 2020
Class Fees:	
Weekdays	\$72 for Preschool \$80 for Youth
Saturdays	\$27 for Preschool \$30 for Youth

(336)315-8498

greensboroaquaticcenter.com

1921 W Gate City Blvd Greensboro, NC 27403

GAC SWIM SCHOOL SCHEDULE

PRESCHOOL SWIM LESSONS

Ages 3-5 years old

LEVEL 1

This level is for children who are not comfortable with putting their face in water and submerging their head underwater.

Recommended for all new swimmers

Weekdays: 4:00p - 4:30p
Saturdays: 11:30a - 12:00p

LEVEL 2

This level is for children who are confident in putting their face in the water, submerging their head, and blowing bubbles for at least 3 seconds. They are familiar with floating on their front and back as well as the mechanics of the front crawl with assistance.

Weekdays: 4:40p - 5:10p
Saturdays: 12:10p - 12:40p

LEVEL 3

This level is for children who can confidently do everything in level 2 with little to no assistance. This class is designed to help refine their skills to give them the confidence to swim using proper swimming strokes in a long distance.

Weekdays: 5:20p - 5:50p
Saturdays: 12:50p - 1:20p

YOUTH SWIM LESSONS

Ages 6-13 years old

LEVEL 1

This level is for children who are not comfortable with putting their face in water and submerging their head underwater.

Recommended for all new swimmers

Weekdays: 6:00p - 6:45p
Saturdays: 1:30p - 2:15p

LEVEL 2

This level is for children who are comfortable with putting their face in the water and submerging their head underwater. They are able to float on their backs, glide on their front (with proper streamline and head submersion) for at least two body lengths with little to no assistance.

Weekdays: 4:00p - 4:45p
Saturdays: 12:00p - 12:45p

GAC COVID LESSON POLICIES

In an effort to maximize participant and staff safety and minimize safety risks, the GAC requires each lesson participant to follow the policies below. Failure to follow the policies may result in denied access to your lesson that day.

- One Parent/Guardian per participant if you are only viewing
- Parent/Guardian observation area is upstairs in the mezzanine when lessons are in the recreation pool. Please proceed upstairs to the designated lesson observation spectator area after greeting the instructor on the pool deck.
- Parent/Guardians and all spectators are required to wear a mask at all times in the building.
- Lesson participants are highly encouraged to wear masks when entering/exiting the facility, and anytime social distancing cannot be followed outside of the pool.

ADULT HELPER REQUIREMENTS

Our instructors will need your help to ensure safety between your child and the instructor! Adult helpers must be:

- At least 18 years old
- Comfortable with the pool environment (you will get wet and possibly splashed!)
- Must come dressed in proper swim attire (no cotton shirts or street wear clothes permitted)
- Comfortable with submerging their ears for proper instructional holds