GREENSBORO AQUATIC CENTER

SWIM SCHOOL

UPPER LEVEL YOUTH

The Greensboro Aquatic Center would like to offer the opportunity for children ages 6-13 years old to learn how to swim. To ensure safety amongst the participants and the instructor, all lessons may be taught with the instructor on deck or in the pool with each child having their own lane to ensure proper social distancing.

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 5 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	$80 for Youth
Saturdays	$30 for Youth

(336)315-8498
greensboroaquaticcenter.com
1921 W Gate City Blvd Greensboro, NC 27403

GAC SWIM SCHOOL SCHEDULE

YOUTH SWIM LESSONS

Ages 6-13 years old

LEVEL 3

This level is for children who are comfortable with submerging their head underwater. Participants must be able to (with little to no assistance):

- Perform glides with proper streamline for at least two body lengths.
- Float on their front, roll to their back, and float for an additional 15 seconds.
- Swim front crawl and back crawl for at least 5 body lengths.

Weekdays: 5:00p - 5:45p
Saturdays: 1:00p - 1:45p

LEVEL 4

This level is for children who are able to complete all level 3 prerequisites and MUST BE comfortable in deep water. Participants must be able to (with no assistance):

- Jump into deep water and recover to the surface and maintain treading/floating position for at least 1 minute
- Swim front crawl with proper breathing technique and back crawl for at least 25 yards
- Swim breast stroke for at least 5 body lengths

Weekdays: 5:00p - 5:45p
Saturdays: 12:00p - 12:45p

LEVEL 5

This level is for children who are able to complete all level 4 prerequisites and MUST BE comfortable in deep water. Participants must be able to (with no assistance):

- Dive in the water, swim 25-50 yards of freestyle with proper breathing technique
- Swim 25-50 yards of backstroke and elementary backstroke
- Swim 25 yards of breast stroke

This class is designed to refine all competitive strokes. Participants will be learning how to perform all four competitive strokes legally and proficiently.

Weekdays: 4:00p - 4:45p
Saturdays: 1:00p - 1:45p

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 polices 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. Please proceed upstairs to the designated lesson observation spectator area after greeting the instructor on the pool deck.
- Parent/Guardians are required to wear a mask.
- Lesson participants are highly encouraged to wear masks when entering/exiting the facility, and anytime social distancing cannot be followed outside of the pool.