



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 in a safe and fun manner. Please be sure to review our COVID-19 Prevention Swim Lesson Policies prior to registering for swim lessons.

### REGISTRATION: FEBRUARY 17 – FEBRUARY 24

All lesson registrations are done online through our registration portal at [greensboroaquaticcenter.com](https://greensboroaquaticcenter.com)

**OFFERINGS:** Weekday offerings will be running Mondays/Wednesdays or Tuesdays/Thursdays for four 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 2 participants.

#### Class Dates:

##### Sessions

Monday/Wednesday (4 Classes)  
Tuesday/Thursday (4 Classes)

##### Class Dates

March 1 - March 12, 2021  
March 2 - March 13, 2021

#### Class Fees:

Weekdays

\$36 for Preschool

\$40 for Youth

(336) 315-8498

[www.greensboroaquaticcenter.com](https://www.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: 11:00a - 11:30a

### **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: 11:40a - 12:10p

### **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: 12:20p - 12:50p

## 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: 11:00a - 11:45a

### **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: 11:55a - 12:40p

## 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.