



GREENSBORO AQUATIC CENTER

SWIM SCHOOL

PRESCHOOL & YOUTH GROUP LESSONS

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: APRIL 21 - APRIL 28

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

OFFERINGS: Weekday offerings will be running Mondays/Wednesdays or Tuesdays/Thursdays for three weeks for a total of 6 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/Wednesday (6 Classes)	May 3 - May 19, 2021
Tuesday/Thursday (6 Classes)	May 4 - May 20, 2021
Saturday (3 Classes)	May 8 - May 22, 2021
Class Fees:	
Weekdays	\$54 for Preschool
Weekend	\$27 for Preschool
	\$60 for Youth
	\$30 for Youth

(336) 315-8498

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: 4:55p - 5:40p
Saturdays: 11:55a - 12:40p

LEVEL 3

This class is for children that can push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.

Weekdays: 6:00p - 6:45p
Saturdays: 9:00a - 9:45a

LEVEL 4

This class is for children who jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

Weekdays: 4:00p - 4:45p
Saturdays: 9:55a - 10:40a

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
- At this time, there are no parent/guardians allowed inside the training pool.
- 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.