



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: JUNE 9 – JUNE 12, 2021

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

**OFFERINGS:** Weekday offerings will be running Monday through Thursday for two weeks for a total of 8 classes. Lessons will be running for either 30 or 45 minutes depending on their age. All lessons have a maximum of 6 participants.

Sessions	Class Dates:	Class Dates
Monday-Thursday (8 Classes)		June 14 - June 24, 2021
	Class Fees:	
Weekdays	\$72 for Preschool	\$80 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

Weekday AM: 9:00a - 9:30a

Weekday PM: 4:00p - 4:30p

### 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.

Weekday AM: 9:40a - 10:10a

Weekday PM: 4:40p - 5:10p

### 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.

Weekday AM: 10:20a - 10:50a

Weekday PM: 5:20p - 5:50p

## 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

Weekday AM: 11:45a - 12:30p

Weekday PM: 6:00p - 6:45p

### 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.

Weekday AM: 9:00a - 9:45a

Weekdays PM: 4:55p - 5:40p

### 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.

Weekday AM: 9:55a - 10:40a

Weekdays PM: 6:00p - 6:45p

### 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.

Weekday AM: 10:50a - 11:35a

Weekdays PM: 4:00p - 4:45p

## **UNSURE OF WHAT LEVEL YOUR CHILD SHOULD BE IN?**

We will be offering swim assessments from 6-7p on Wednesdays (15 max). Assessments are only done during swim lesson sessions. If your child has never taken swim lessons with us before, you must get a swim assessment in order to register for any level higher than level one. If your child has not been properly assessed and needs to be moved to another level, a spot in another class is not guaranteed for the same session. In the event a spot is not available, a credit may be received upon manager's approval.