



# GREENSBORO AQUATIC CENTER SWIM SCHOOL

## PRESCHOOL & YOUTH GROUP LESSONS

The Greensboro Aquatic Center would like to offer the opportunity for children ages 6 months-13 years old to learn how to swim in a safe and fun manner.

### REGISTRATION:

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

**\*\*Restricted registration\*\***times are reserved for those currently enrolled in lessons. The last week of every group lesson session, participants will be able to register early only with their assessment card. Once you have received your assessment card, you may register **in person only** for the next session before they open to the remainder of the community. This does not restrict those that are currently enrolled in lessons from registering during regular registration.

### 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.

#### Session 3

#### Registration

##### Restricted In-Person

Weekday-June 23- June 25, 2021  
Saturday-June 26- June 28, 2021

##### Regular

Weekdays- June 26- July 7, 2021  
Saturday- June 29- July 10, 2021

#### Class Dates

Monday-Thursday  
July 12 - July 22, 2021  
Saturday  
July 17 - August 7, 2021

#### Session 4

#### Registration

##### Restricted In-Person

July 21- July 22, 2021

##### Regular

July 23- July 24, 2021

#### Class Dates

Monday-Thursday  
July 26 - August 5, 2021

#### Session 5

#### Registration

##### Restricted In-Person

Weekday-August 4-August 5, 2021  
Saturday August 7-August 9, 2021

##### Regular

Weekday- August 6- August 7, 2021  
Saturday August 10- August 12, 2021

#### Class Dates

Monday-Thursday  
August 9- August 19, 2021  
Saturday  
August 14 - August 28, 2021

### Class Fees:

#### Parent/ Child & Preschool Swim Lessons

##### Weekdays

Session 3	(8 Classes)	\$72
Session 4	(8 Classes)	\$72
Session 5	(8 Classes)	\$72

##### Saturdays

Session 3	(4 Classes)	\$36
Session 5	(3 Classes)	\$27

#### Youth & Adult Swim Lessons

##### Weekdays

Session 3	(8 Classes)	\$80
Session 4	(8 Classes)	\$80
Session 5	(8 Classes)	\$80

##### Saturdays

Session 3	(4 Classes)	\$40
Session 5	(3 Classes)	\$30

(336) 315-8498

[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)

1921 W Gate City Blvd Greensboro, NC 27403

# GAC SWIM SCHOOL SCHEDULE

## PARENT/ CHILD

Ages 6 months-3 years old

Ratio 10:1

This level is designed to introduce the child to the aquatic environment, help teach parents how to get their children ready to swim, and have fun.

Weekday AM: 11:00a - 11:30a  
Weekday PM: 5:20p - 5:50p  
Saturday: 11:00a - 11:30a

## PRESCHOOL SWIM LESSONS

Ages 3-5 years old

### **LEVEL 1** Ratio 6:1

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  
Saturday: 9:00a-9:30a

### **LEVEL 2** Ratio 6:1

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  
Saturday: 9:40a-10:10a

### **LEVEL 3** Ratio 6:1

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: 6:30p - 7:00p  
Saturday: 10:20a-10:50a

## YOUTH SWIM LESSONS

Ages 6-13 years old

### **LEVEL 1** Ratio 6:1

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  
Saturday: 11:00a - 11:45a

### **LEVEL 2** Ratio 6:1

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  
Saturday: 11:55a - 12:40p

### **LEVEL 3** Ratio 6:1

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  
Saturday: 9:55a - 10:40a

### **LEVEL 4** Ratio 6:1

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  
Saturday: 9:00a - 9:45a

## **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.