Life Enrichment Program

Our mission is to promote health, wellness, and fitness for adults through swimming. Our vision at the GAC is to be a premier resource for aquatic health and fitness in the Greensboro area and to make living an active, healthy, and fit lifestyle a primary goal through swimming. One of our goals is to reach as many adults as possible from age 14 to 100.

Class Dates:

Registration: Nov 26—Dec 30

Session 1:

Monday/Wednesday

4:00p—5:00p

January 3—January 26

(NO Class January 17th)

Session 2:

Registration: Jan 26—Feb 4

Monday/Wednesday

4:00p—5:00p

February 7— March 2

Registration is open and will be closing two days prior to class start date, register online now!

Core Aspects

1. Stroke Development
2. Learn Health Benefits of Swimming
3. Using swimming as an adaptive tool for recovery

Cost: $85

Program cost of $85 includes eight classes & a membership to the GAC starting on the first day of the class through the end of the month.

(Session 1 Cost $75 due to no class on January 17th)

GAC

GREENSBORO AQUATIC CENTER

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