



# 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 or 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/ Wednesday, Tuesday/ Thursday for Four weeks for a total of 8 classes. Saturday classes will run for Four weeks with a total of 4 classes. Lessons will be running for either 30 or 45 minutes depending on their age. All lessons have a maximum of 6 participants.

#### Winter Session 1

##### Registration

**Restricted In-Person**

Nov 20- Nov 24

**Regular**

Nov 26- Dec 30

##### **Class Dates**

Monday/ Wednesday

January 3 - January 26

**No Class January 17**

Tuesday/ Thursday

January 4 - January 27

**No Class January 18**

Saturday

January 8 - January 29

#### Winter Session 2

##### Registration

**Restricted In-Person**

Jan 22 - Jan 29

**Regular**

Jan 31 - Feb 4

##### **Class Dates**

Monday/ Wednesday

February 7 - March 2

Tuesday/ Thursday

February 8 - March 3

Saturday

February 12 - March 5

#### Parent/ Child & Preschool Swim Lessons

##### Weekdays

Session 1 (7 Classes) \$63

Session 2 (8 Classes) \$72

##### Saturdays

Session 1 (4 Classes) \$36

Session 2 (4 Classes) \$36

#### **Class Fees:**

#### Youth & Adult Swim Lessons

##### Weekdays

Session 1 (7 Classes) \$70

Session 2 (8 Classes) \$80

##### Saturdays

Session 1 (4 Classes) \$40

Session 2 (4 Classes) \$40

**\*All classes are nonrefundable**

(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-2 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.

Mon/Wed PM: 5:50p - 6:20p  
Tue/Thur PM: 5:50p - 6:20p  
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

Mon/Wed PM: 4:30p - 5:00p  
Tue/Thur PM: 4:30p - 5:00p  
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.

Mon/Wed PM: 5:10p - 5:40p  
Tue/Thur PM: 5:10p - 5:40p  
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.

Mon/Wed PM: 6:30p - 7:00p  
Tue/Thur PM: 6:30p - 7:00p  
Saturday: 10:20a-10:50a

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

We will be offering swim assessments from 6:50p-7:15p 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.

## 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

Mon/Wed PM: 6:05p - 6:50p  
Tue/Thur PM: 6:05p - 6:50p  
Saturday: 9:00a - 9:45a

**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.

Mon/Wed PM: 5:10p - 5:55p  
Tue/Thur PM: 5:10p - 5:55p  
Saturday: 9:55a - 10:40a

**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.

Mon/Wed PM: 4:15p - 5:00p  
Tue/Thur PM: 4:15p - 5:00p  
Saturday: 10:50a - 11:35a

**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.

Mon/Wed PM: 6:10p - 6:55p  
Tue/Thur PM: 5:00p - 5:45p  
Saturday: 11:45a - 12:30p

**LEVEL 5** Ratio 6:1

This class is for children should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive

Mon/ Wed PM: 5:00p - 5:45p  
Saturday: 10:55a - 11:40a

**TEEN/ ADULT (14-99+)** Ratio 6:1

This class is for Teen/ adults ages 14-99+ to learn basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water.

Saturday: 12:00p - 12:45p