



GROUP SWIM LESSONS

GREENSBORO AQUATIC CENTER

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The Greensboro Aquatic Center offers group swim lessons for all ages 6 months+. Group swim lessons are available for all swimming abilities.

If you have never taken lessons with the GAC before, you MUST sign up for an assessment. The GAC is not responsible for signing up for the wrong level without a swim assessment. Swim assessments are done on Tuesdays and Wednesdays from 6:00-7:00pm. To make an appointment, please call our front desk at 336-315-8498.

REGISTRATION:

All lesson registrations are done in person or online.
[Online Registration Portal](#)
Lesson registration opens at 6:00am EST

****Restricted registration**** is reserved for participants who are currently in swim lessons. Participants are **only** allowed to sign up for the same schedule they are currently in. For example, those in Saturday lessons can only use restricted registration to sign up for Saturday lessons. *If you wish to switch your days/times, you must register in the regular registration.*

OFFERINGS:

The GAC offers both weekday and Saturday lessons. Registration and class dates are listed below. Parent/Child and Preschool lessons are 30 minutes. Youth and Teen/Adult lessons are 45 minutes. *See back for details*

Summer Session 1

Registration

Restricted In-Person
May 21 - 27, 2022

Regular

May 31- June 2, 2022

Class Dates

Monday - Thursday
June 6 - June 16, 2022
Saturday
June 11 - July 2, 2022

Summer Session 2

Registration

Restricted In-Person
June 13 - 16, 2022

Regular

June 17 - 18, 2022

Class Dates

Monday - Thursday
June 20 - June 30, 2022

Summer Session 3

Registration

Restricted In-Person
June 25 - 30, 2022

Regular

July 1 - 7, 2022

Class Dates

Monday - Thursday
July 11 - 28, 2022

No classes July 18 - 23

Saturday
July 30 - August 20, 2022

Summer Session 4

Registration

Restricted In-Person
July 25 - 28, 2022

Regular

July 29 - 30, 2022

Class Dates

Monday - Thursday
August 1 - 11, 2022

Class Fees:

Parent/Child & Preschool Swim Lessons

	<u>Weekdays</u>	<u>Session Price</u>
Session 1	(8 Classes)	\$72
Session 2	(8 Classes)	\$72
Session 3	(8 Classes)	\$72
Session 4	(8 Classes)	\$72

Saturdays

Session 1	(4 Classes)	\$36
Session 3	(4 Classes)	\$36

Youth & Teen/Adult Swim Lessons

	<u>Weekdays</u>	<u>Session Price</u>
Session 1	(8 Classes)	\$80
Session 2	(8 Classes)	\$80
Session 3	(8 Classes)	\$80
Session 4	(8 Classes)	\$80

Saturdays

Session 1	(4 Classes)	\$40
Session 3	(4 Classes)	\$40

All classes are nonrefundable

See back for additional class details

GAC SWIM LESSON SCHEDULES

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.

Weekday AM: 9:40a - 10:10a
Weekday PM: 4:00p - 4:30p
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: 4:40p - 5:10p
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: 10:20a-10:50a
Weekday PM: 5:20p - 5:50p
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: 11:00a-11:30a
Weekday PM: 6:00p - 6:30p
Saturday: 10:20a-10:50a

UNSURE OF WHAT LEVEL YOUR CHILD SHOULD BE IN?

We will be offering swim assessments from 6:00-7:00p on Tuesday/ Wednesdays (25 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

Weekday AM: 9:00a - 9:45a, 9:00a-9:45a
Weekday PM: 4:15p - 5:00p
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.

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

Weekday AM: 10:50a - 11:35a; 11:45a-12:30p
Weekday PM: 6:05p - 6:50p
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.

Weekday AM: 10:50a - 11:35a, 11:45a - 12:30p
Weekday PM: 4:00p - 4:45p
Saturday: 10:00a - 10:45p

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

Weekday PM: 4:55p - 5:40p
Saturday: 11:00a - 11:45a

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: 9:00a - 9:45a