



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 call for an assessment. The GAC is not responsible for signing up for the wrong level without a swim assessment. To make a swim assessment appointment, please call our front desk at 336-315-8498.

REGISTRATION:

All lesson registrations are done in person or online.
[Online Registration Portal](#)
Public lesson registration opens at 12:00pm EST for Fall Session 1

OFFERINGS:

The GAC offers both weekday and Saturday lessons. Registration and class dates are listed below. Parent/Child, Preschool, and Youth 1-3 lessons are 30 minutes. Youth 4-5 are 45 minutes.
See back for details

Fall Session 1 Registration

In-Person/Online
August 24-29, 2022

Class Dates
Tuesday/Thursday
September 6-29, 2022

Saturday
September 3-24, 2022

Fall Session 2 Registration

Restricted In-Person
September 26-27, 2022

In-person/online
September 28-30, 2022

Class Dates
Tuesday/Thursday
October 4-27, 2022

Saturday
October 8-29, 2022

Class Fees:

Parent/Child & Preschool Swim Lessons

	<u>Weekdays</u>	<u>Session Price</u>
Session 1	(8 Classes)	\$80
Session 2	(8 Classes)	\$80
<u>Saturdays</u>		
Session 1	(4 Classes)	\$40
Session 2	(4 Classes)	\$40

Youth Swim Lessons

	<u>Weekdays</u>	<u>Session Price</u>
Session 1	(8 Classes)	\$80
Session 2	(8 Classes)	\$80
<u>Saturdays</u>		
Session 1	(4 Classes)	\$40
Session 2	(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 PM: 4:00p - 4:30p
Saturday: 10:30a-11:00a, 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 PM: 4:30p - 5:00p

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 PM: 5:05p - 5:35p

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 PM: 5:40p - 6:10p

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 PM: 4:30p - 5:00p

LEVEL 2 Ratio 8:1

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 PM: 5:05p - 5:35p

LEVEL 3 Ratio 8:1

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 PM: 5:45p - 6:15p

LEVEL 4 Ratio 8:1

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.

Saturday: 10:00a - 10:45a

LEVEL 5 Ratio 8:1

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

Saturday: 11:00a - 11:45a

UNSURE OF WHAT LEVEL YOUR CHILD SHOULD BE IN?

We will be offering swim assessments on a appointment basis. 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.