

Fall Sessions 2022



GREENSBORO AQUATIC CENTER

# LIFE ENRICHMENT PROGRAM

## Class Dates

### Fall Session 2

October 4-October 27

Every Tuesday and Thursday  
5:00PM-5:45PM

Registration :

September 26- September 30

### Fall Session 3

November 3-December 1

\*\***(No class 11/24)**

Every Tuesday and Thursday  
5:00PM-5:45PM

Registration :

October 31-November 3



Instructor:  
Jamie Miller

**8 CLASSES  
FOR \$80**

### You will learn:

- Stroke development
- Health benefits of swimming
- How to use swimming as an adaptive tool for recovery

### Class Details:

- Ages 14& up
- You will have a GAC membership upon sign up for the duration of the session
- Practices are in our Training Pool