

Winter Sessions 2023



GREENSBORO AQUATIC CENTER

# LIFE ENRICHMENT PROGRAM

## Class Dates

### Winter Session 2

January 31- March 2

**\*No Class February 14-16\***

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

Registration:

January 23- January 25

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