

# ADAPTIVE ENRICHMENT



"OUR MISSION IS TO PROMOTE HEALTH AND WELLNESS TO THE ADAPTIVE COMMUNITY AT THE GAC. OUR VISION IS TO PREPARE OUR PARTICIPANTS TO BE ABLE TO SWIM AND EXERCISE ON THEIR OWN."

## **CLASS DATES**

March 20–April 19

**NO CLASS** 04/10 & 04/12

## **REGISTRATION DATES**

March 7–10 (**In Person Only**)

**&**

March 14–17 (**In Person & Online**)

## **CLASS DETAILS:**

- Meet on Monday and Wednesday at 7:30–8:15AM
- Classes are in our Training Pool
- 8 classes for **\$80**
- Ratio 4:1

## **ASSESSMENT REQUIRED**

Participants must be able to complete the following before registering:

- Swim 25 yards
- Have the ability to enter and exit the pool on their own.

You can call our front desk to schedule your assessment.

**QUESTIONS? CALL US!**

**(336) 315–8498**

[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)

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**HEALTHY BODY,  
HEALTHY LIFE.**

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