

Spring Session 1: 2023



GREENSBORO AQUATIC CENTER

LIFE ENRICHMENT PROGRAM

Class Dates

Spring Session 1

March 21-April 20

No Class April 11, 13

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

Registration:

March 7-10 In-Person Only &
14-17 In-Person and Online

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