

ADAPTIVE ENRICHMENT



"OUR MISSION IS TO PROMOTE HEALTH AND WELLNESS TO THE ADAPTIVE COMMUNITY AT THE GAC."

CLASS DATES

Summer Session 1

Monday/Wednesday, June 5–June 28
(8 Classes)

9:00AM–9:45AM

Friday, June 9–June 30
(4 Classes)

5:30PM–6:15PM

REGISTRATION DATES

May 15–17 In-Person & Online
@ 12pm

ASSESSMENT REQUIRED

Participants must be able to complete the following before beginning their first lesson:

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

CLASS DETAILS:

- 4 classes for **\$40**
- 8 classes for **\$80**
- Class ratio 4:1
- Focused on building confidence to swim & exercise
- Classes are located in the pool that best fits participants' needs

QUESTIONS? CALL US!

(336) 315–8498

www.greensboroaquaticcenter.com

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**HEALTHY BODY,
HEALTHY LIFE.** ”