

Summer Session 1: 2023



GREENSBORO AQUATIC CENTER

LIFE ENRICHMENT PROGRAM

Class Dates

Summer Session 1

June 6-June 29

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

Registration:

**May 15-17 In-Person and Online
@ 12pm**

**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
- Classes are in our Training Pool