

# ADVANCED SWIM PREP



GREENSBORO AQUATIC CENTER

## DETAILS

- **\$90** monthly membership
  - Offered Year Round
  - 18 years+
  - Discount for Participants 60+
- Multiple Training Options
  - Instructor on deck assisting
    - 3 days a week
      - **Monday/Wednesday/Friday**
      - **6AM-7:30AM**
- Focused on competitive strokes
  - Stroke Development
  - Building Endurance and Strength



## GOAL

"To introduce advanced swim skills through a developmental plan to prepare swimmers for one of the Masters Teams that practice at the GAC."

# JOIN TODAY!

 336-315-8498

 Training Pool

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