

Fall Session 1: 2023



GREENSBORO AQUATIC CENTER

LIFE ENRICHMENT PROGRAM

Class Dates

Fall Session 1

September 12-October 5

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

Registration:

September 6-11
In-Person and Online @ 12pm

Instructor:
Jamie Miller

**8 CLASSES
FOR \$90**



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