

ADULT SWIMMING FOUNDATIONS

Fall Session 3

Registration: October 30 opens at 12pm

Classes will remain OPEN until FULL

CLASS INFO

Weekend Session (Saturday's)

November 18-December 16

No Class Nov. 25

11:55 AM-12:25 PM

12:30 PM-1:00 PM

\$45

CLASS DETAILS

- Group lesson
- Building the foundation of swimming
- Building confidence in the water
- Teaching water safety skills
- Classes are in our Recreation or Training Pool
- Ages 17 & up



📞 336-315-8498

🌐 www.greensboroaquaticcenter.com