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

Fall Session 3

MON/WED CLASS DATES

November 13–December 13
*No Class Nov. 27–29*
7:30AM–8:15AM

FRIDAY CLASS DATES

November 10–December 8
*No Class Nov. 24*
5:30PM–6:15PM

REGISTRATION DATE

October 30
In-Person & Online @ 12PM

CLASS DETAILS:

- 8 classes for $90
- 4 classes for $45
- Class ratio 4:1
- Focused on building confidence to swim & exercise
- Classes are located in the pool that best fits participants' needs

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.

QUESTIONS? CALL US!

(336) 315–8498

www.greensboroaquaticcenter.com

“HEALTHY BODY, HEALTHY LIFE.”