

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**
 - **5:30AM-7AM**
 - **Tuesday/Thursday***
 - **7PM-8PM *Beginning October 31***
- 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