

Fall Session 3: 2023



GREENSBORO AQUATIC CENTER

LIFE ENRICHMENT PROGRAM

Class Dates

Fall Session 3

November 14-December 19

No class 11/23-11/30

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

Registration

October 30 @ Noon

Classes will remain OPEN until FULL



**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