

# ADVANCED SWIM PREP



GREENSBORO AQUATIC CENTER

## DETAILS

- **\$100** monthly membership
  - Offered Year Round
  - 18 years+
- **\$90** monthly membership
  - Offered Year Round
  - 60 years+
- Multiple Training Options
  - Instructor on deck assisting
    - 5 days a week\*
      - **Monday/Wednesday/Friday**
      - **5:30AM-7AM**
      - **Tuesday/Thursday**
      - **7PM-8PM**
- 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](http://www.greensboroaquaticcenter.com)

\*TRAINING SESSION DAYS  
AND TIMES MAY VARY DUE  
TO POOL AVAILABILITY\*