



# SWIM SCHOOL CLASSES

The Greensboro Aquatic Center offers both weekday and Saturday lessons for ages 3 & up.

Preschool, Youth 1-3 classes are 30 minutes and Youth 4-5 classes are 45 minutes.  
Registration and class dates are listed below.

**\*See back for class details\***

**If you have never taken classes with the GAC before, you MUST call for an assessment.**  
The GAC is not responsible for signing up for the wrong level without a swim assessment.

## REGISTRATION:

- ALL class registrations can be done In-person or Online.
- Public registration for classes opens at 12:00pm EST
- Registration will remain open until classes are FULL.
- Waitlist will become available once classes are closed.

### Winter Session 1

#### Registration

**\*Restricted\***

December 16, 19

**In-person & Online**

December 20-22

#### Class Dates

**Tuesday/Thursday**

January 9 - February 1

**Saturday**

January 6 - 27

### Winter Session 2

#### Registration

**\*Restricted\***

January 27, February 1

**In-person & Online**

January 29 \*Sat Swim School\*

February 2 \*Tues/Thurs Swim School\*

#### Class Dates

**Tuesday/Thursday**

February 6 - March 7

**Saturday**

February 3 - March 2

**\*No Class February 19 - 24\***

## CLASS FEES:

### Preschool Swim Classes

|           | <u>Weekdays</u>  | <u>Session Price</u> |
|-----------|------------------|----------------------|
| Session 1 | (8 Classes)      | \$100                |
| Session 2 | (8 Classes)      | \$100                |
|           | <u>Saturdays</u> |                      |
| Session 1 | (4 Classes)      | \$50                 |
| Session 2 | (4 Classes)      | \$50                 |

### Youth Swim Classes

|           | <u>Weekdays</u>  | <u>Session Price</u> |
|-----------|------------------|----------------------|
| Session 1 | (8 Classes)      | \$100                |
| Session 2 | (8 Classes)      | \$100                |
|           | <u>Saturdays</u> |                      |
| Session 1 | (4 Classes)      | \$50                 |
| Session 2 | (4 Classes)      | \$50                 |

**\*All classes are nonrefundable\***

**(336) 315-8498**

[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)

1921 W Gate City Blvd Greensboro, NC 27403

# SWIM SCHOOL SCHEDULE

## PRESCHOOL SWIM CLASSES

Ages 3-5

### LEVEL 1 Ratio 6:1

This level is for children who are not comfortable with putting their face in water and submerging their head underwater. Recommended for all new swimmers.

Weekday PM: 4:30p - 5:00p

Saturday: 9:00a-9:30a

### LEVEL 2 Ratio 6:1

This level is for children who are confident in putting their face in the water, submerging their head, and blowing bubbles for at least 3 seconds. They are familiar with floating on their front and back as well as the mechanics of the front crawl with assistance.

Weekday PM: 5:10p - 5:40p

Saturday: 9:40a-10:10a

### LEVEL 3 Ratio 6:1

This level is for children who can confidently do everything in level 2 with little to no assistance. This class is designed to help refine their skills to give them the confidence to swim using proper swimming strokes in a long distance.

Weekday PM: 5:50p - 6:20p

Saturday: 10:20a-10:50a

## FREQUENTLY ASKED QUESTIONS:

### Who needs a Swim Assessment and Why?

Any **new** participant above Youth Level One requires an assessment. They are done to ensure participant safety and offers the best opportunity to learn and progress.

### What is Restricted Registration and Who is it for?

Restricted Registration is a benefit for **current participants in the Swim School program** that offers advanced access to register for the upcoming session.

### When does Restricted Registration take place?

Restricted Registration AND Exit Assessments take place on the last day of classes within a session.

## YOUTH SWIM CLASSES

Ages 6-13

### LEVEL 1 Ratio 6:1

This level is for children who are not comfortable with putting their face in water and submerging their head underwater. Recommended for all new swimmers

Weekday PM: 4:30p - 5:00p

Saturday: 9:00a - 9:30a

### LEVEL 2 Ratio 8:1

This level is for children who are comfortable with putting their face in the water and submerging their head underwater. They are able to float on their backs, glide on their front (with proper streamline and head submersion) for at least two body lengths with little to no assistance.

Weekday PM: 5:10p - 5:40p

Saturday: 9:40a - 10:10a

### LEVEL 3 Ratio 8:1

This class is for children that can push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.

Weekday PM: 5:50p - 6:20p

Saturday: 10:20a - 10:50a

### LEVEL 4 Ratio 8:1

This class is for children who jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

Weekday PM: 6:30p - 7:15p

Saturday: 11:00a - 11:45a

### LEVEL 5 Ratio 8:1

This class is for children should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive

Saturday: 11:50a - 12:35p