

ADAPTIVE ENRICHMENT



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

Winter Session 2

MON/WED CLASS DATES

February 5 – March 6

7:30AM–8:15AM

**** No class 2/19, 2/21****

FRIDAY CLASS DATES

February 2 – March 1

5:30PM–6:15PM

**** No class 2/23****

REGISTRATION DATES

Monday, January 22

In-Person & Online @ Noon

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.

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

QUESTIONS? CALL US!

(336) 315–8498

www.greensboroaquaticcenter.com

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**HEALTHY BODY,
HEALTHY LIFE.** ”