

Winter Session 2: 2024



GREENSBORO AQUATIC CENTER

LIFE ENRICHMENT PROGRAM

Class Dates

Winter Session 2

February 6 - March 7

*****No class 2/20, 2/22*****

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


Registration Dates

In-Person & Online

Monday, January 22 @ Noon

****Classes will remain OPEN until FULL****

**8 CLASSES
FOR \$100**

A circular inset image showing a swimming pool with blue lane lines and a GAC sign in the background. Overlaid on the image is a white rectangular box with a torn-edge effect containing a quote.

"If it doesn't
challenge you, it
won't change you."
—Fred Devito

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