Winter Session 2: 2024

GREENSBORO AQUATIC CENTER

LIFE ENRICHMENT PROGRAM

Class Dates

Winter Session 2

February 6 - March 7

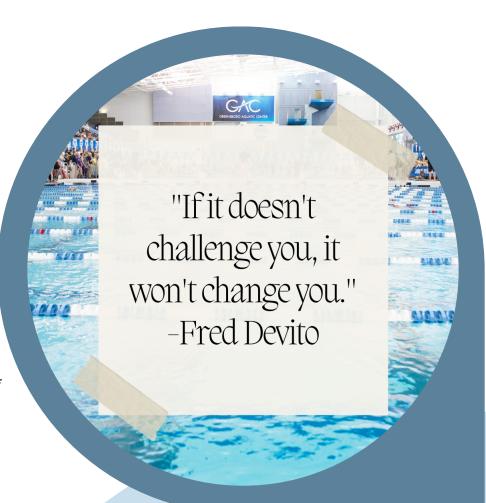
No class 2/20, 2/22

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

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



