

ADULT SWIMMING FOUNDATIONS

Spring Session 1

Registration: Wednesday, March 20 @ 12 PM

Classes will remain OPEN until FULL

CLASS INFO

Wednesday Session

April 10 - May 1

6:00 PM - 6:45 PM

Saturday Session

April 13 - May 4

11:55 AM-12:25 PM

12:30 PM-1:00 PM

\$45

CLASS DETAILS

- Group lesson
- Building the foundation of swimming
- Building confidence in the water
- Teaching water safety skills
- Classes are in our Recreation or Training Pool
- Ages 17 & up



📞 336-315-8498

🌐 www.greensboroaquaticcenter.com