

Spring Session 1: 2024

LIFE ENRICHMENT PROGRAM



GREENSBORO AQUATIC CENTER

Class Dates

Spring Session 1

April 9 - May 2

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


Registration Dates

In-Person & Online

Wednesday, March 20 @ Noon

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

**8 CLASSES
FOR \$100**

A circular inset image showing a swimming pool with blue lane lines and spectators in the background. A white rectangular box with a torn-paper effect is overlaid on the center of the pool, 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*
 - Use of the Training Pool is dependent on availability*