



ADVANCED SWIM PREP

Our goal is "to introduce advanced swim skills through a developmental plan to prepare swimmers for one of the Masters Teams that practice at the GAC!"

DETAILS

- ✓ **\$100** monthly membership
 - Offered Year Round
 - 18 years+
- ✓ **\$90** monthly membership
 - Offered Year Round
 - 60 years+
- ✓ Multiple Training Options
 - Instructors on deck assisting
 - 5 Days a week*
 - **Monday/Wednesday/Friday**
 - **5:30AM - 7AM**
 - **Tuesday/Thursday**
 - **7PM - 8PM**
- ✓ Focused on competitive strokes
 - Stroke Development
 - Building Endurance and Strength



JOIN TODAY!

www.greensboroaquaticcenter.com
(336) 315 - 8498