Spring Session 2: 2024

GREENSBORO AQUATIC CENTER

LIFE ENRICHMENT PROGRAM

Class Dates

Spring Session 2

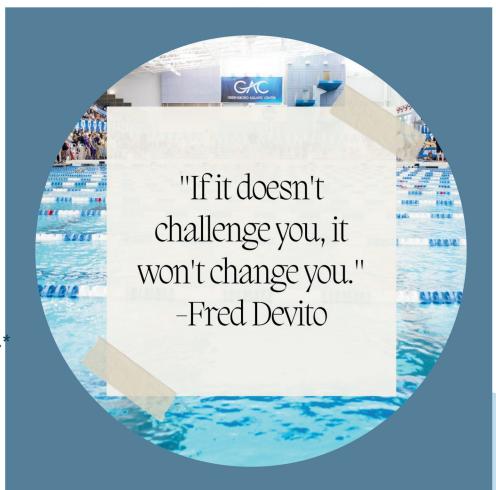
May 7 - May 30

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

Registration Dates

In-Person & Online April 29th @ 12:00pm

*Classes will remain OPEN until FULL³



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*
 - Use of the Training Pool is dependent on availability*



