

Spring Session 2: 2024

LIFE ENRICHMENT PROGRAM



GREENSBORO AQUATIC CENTER

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

336-315-8498

www.greensboroaquaticcenter.com