



GREENSBORO AQUATIC CENTER

GROUP SWIM LESSONS

The Greensboro Aquatic Center offers both weekday and Saturday lessons for ages 3 & up.

Preschool, Youth 1-3 lessons are 30 minutes and Youth 4-5 lessons are 45 minutes.

Registration and lessons dates are listed below.

See back for lesson details

If you have never taken lessons with the GAC before, you MUST call for an assessment.
The GAC is not responsible for signing up for the wrong level without a swim assessment.

REGISTRATION:

- ALL lesson registrations can be done In-person or Online.
- Public registration for lessons opens at 12:00pm EST
- Registration will remain open until lessons are FULL.

Summer Session 1

Registration

Restricted

June 1, June 4

In-person & Online

June 5- June 7

Lesson Dates

Monday/Wednesday AM

June 17 - July 17

***No lesson July 3, 8 ***

Monday/Wednesday PM

June 17 - July 17

***No lesson July 3, 8 ***

Tuesday/Thursday AM

June 18 - July 16

***No lesson July 4, ***

Saturday

June 8 - July 20

***No lesson July 6, ***

Summer Session 2

Registration

Restricted

July 17, 18, 20

In-person & Online

July 22- July 24

Lesson Dates

Monday/Wednesday AM

July 29 - August 21

Monday/Wednesday PM

July 29 - August 21

Tuesday/Thursday AM

July 30 - August 22

Saturday

July 27 - August 31

You can only use restricted registration on last day of lessons. i.e. If you are on Mon/Wed you can only register on July 17th after assessment cards are given out.

LESSON FEES:

Preschool Swim Lessons

Weekdays Session Price

Session 1 (8 Lessons) \$100

Session 2 (8 Lessons) \$100

Saturdays

Session 1 (6 Lessons) \$75

Session 2 (6 Lessons) \$75

Youth Swim Lessons

Weekdays Session Price

Session 1 (8 Lessons) \$100

Session 2 (8 Lessons) \$100

Saturdays

Session 1 (6 Lessons) \$75

Session 2 (6 Lessons) \$75

All lessons are nonrefundable

(336) 315-8498

www.greensboroaquaticcenter.com

1921 W Gate City Blvd Greensboro, NC 27403

GROUP LESSONS SCHEDULE

PRESCHOOL LESSONS

Ages 3-5

LEVEL 1 Ratio 6:1

This level is for children who are not comfortable with putting their face in water and submerging their head underwater. Recommended for all new swimmers.

M/W & T/Th AM: 9:00a-9:30a

M/W PM: 4:25p-4:55p

Saturdays: 9:00a-9:30a

LEVEL 2 Ratio 6:1

This level is for children who are confident in putting their face in the water, submerging their head, and blowing bubbles for at least 3 seconds. They are familiar with floating on their front and back as well as the mechanics of the front crawl with assistance.

M/W & T/Th AM: 9:35a-10:05a

M/W PM: 5:00p-5:30p

Saturdays: 9:35a-10:05a

LEVEL 3 Ratio 6:1

This level is for children who can confidently do everything in level 2 with little to no assistance. This class is designed to help refine their skills to give them the confidence to swim using proper swimming strokes in a long distance.

M/W & T/Th AM: 10:10a-10:40a

M/W PM: 5:35p-6:05p

Saturdays: 10:10a-10:40a

FREQUENTLY ASKED QUESTIONS:

Who needs a Swim Assessment and Why?

Any **new** participant above Youth Level One requires an assessment. They are done to ensure participant safety and offers the best opportunity to learn and progress.

What is Restricted Registration and Who is it for?

Restricted Registration is a benefit for **current participants in the Group Swim program** that offers advanced access to register for the upcoming session.

When does Restricted Registration take place?

Restricted Registration AND Exit Assessments take place on the last day of lessons within a session.

YOUTH LESSONS

Ages 6-13

LEVEL 1 Ratio 6:1

This level is for children who are not comfortable with putting their face in water and submerging their head underwater. Recommended for all new swimmers

M/W & T/Th AM: 9:00a-9:30a

M/W PM: 4:25p-4:55p

Saturdays: 9:00a-9:30a

LEVEL 2 Ratio 8:1

This level is for children who are comfortable with putting their face in the water and submerging their head underwater. They are able to float on their backs, glide on their front (with proper streamline and head submersion) for at least two body lengths with little to no assistance.

M/W & T/Th AM: 9:35a-10:05a

M/W PM: 5:00p-5:30p

Saturdays: 9:35a-10:05a

LEVEL 3 Ratio 8:1

This level is for children that can push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.

M/W & T/Th AM: 10:10a-10:40a

M/W PM: 5:35p-6:05p

Saturdays: 10:10a-10:40a

LEVEL 4 Ratio 8:1

This level is for children who jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

M/W & T/Th AM: 11:00a-11:45a

M/W PM: 6:15p-7:00p

Saturdays: 11:00a - 11:45a

LEVEL 5 Ratio 8:1

This level is for children should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive

M/W & T/Th AM: 11:50a-12:35p

Saturdays: 11:50a - 12:35p

