

ADULT: ADVANCED



GREENSBORO AQUATIC CENTER

Fall Sessions 2024

Fall Session 1:

T/TH CLASS DATES:

September 3 - 26
5:00pm-5:45pm

REGISTRATION DATES

Monday, August 19 -
Friday, August 23
In-Person & Online @ Noon

Fall Session 2:

T/TH CLASS DATES:

October 1 - 24
5:00pm-5:45pm

REGISTRATION DATES

Monday, September 23 -
Friday, September 27
In-Person & Online @ Noon

Fall Session 3:

T/TH CLASS DATES:

October 29 -
November 26
5:00pm-5:45pm

REGISTRATION DATES

Monday, October 21 -
Friday, October 25
In-Person & Online @ Noon

You will learn:

- Stroke development
- Health benefits of swimming
- How to use swimming as an adaptive tool for recovery

All lessons are non-refundable, non-transferable & no make-ups unless we cancel.

Class Details:

- Ages 18 & up
- Must Be able to swim multiple 25 yards
- Must be comfortable in 7 feet deep water.

"Excellence is the gradual result of always striving to do better."

-Pat Riley



8 LESSONS

\$100

per session

*Classes will remain
OPEN until FULL*