

ADULT FOUNDATIONS 2025

It's never too late to learn to love the water!!

Lesson Details:

- Group lesson class size 1:4
- Building the foundations of swimming
- Building confidence in the water
- Teaching water safety skills
- Ages 13 and up



New Price!!
More lessons per session!

\$95
8 Lessons

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

Winter Session I:

Saturday Lessons:

Jan 18 - March 15

No Class Feb 22

REGISTRATION DATES

December 20th

In-Person or Online @ 12pm

Saturday Lessons

(In Training pool)

Beginner @ 12:30-1:00pm

Intermediate @ 1:00-1:30pm



Weekday Lesson Info on Back!

ADULT FOUNDATIONS 2025

Monday/ Wednesday Lessons:

(In Rec pool)

Beginner @ 5:30-6:00pm

Intermediate @ 6:00-6:30pm

Winter Session 1:

Monday/Wednesday Lessons:

Jan 13- Feb 5

No Class Jan 20, Prorated

Now twice a week!!

Tuesday/ Thursday Lessons:

Jan 14 - Feb 6

Now twice a week!!

REGISTRATION DATES

December 20th

In-Person or Online @ 12pm

Tuesday / Thursday Lessons:

(In Training pool)

Beginner

@ 12:00-12:30pm

Intermediate

@ 12:35-1:05pm

Winter Session 2:

Monday/Wednesday Lessons:

Feb 10-March 12

** No Class Feb 17 & 19**

Now twice a week!!

Tuesday/ Thursday Lessons:

Feb 11 - March 13

** No Class Feb 18 & 20**

Now twice a week!!

REGISTRATION DATES

February 7th

In-Person or Online @ 12pm



CONTACT US



WWW.GREENSBOROQUATICCENTER.COM



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