

# ADULT: ADVANCED



GREENSBORO AQUATIC CENTER

## Winter Sessions 2025

### Winter Session 1:

#### T/TH CLASS DATES:

January 14 -  
February 6  
5:00pm-5:45pm

#### REGISTRATION DATES

Friday, December 20  
In-Person or Online @ 12pm

### Winter Session 2:

#### T/TH CLASS DATES:

February 11 - March 13  
\*\* No Class Feb 18 & 20\*\*  
5:00pm-5:45pm

#### REGISTRATION DATES

Friday, February 7  
In-Person or Online @ 12pm

### You will learn:

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

### Class Details:

- Ages 18 & up
- Must Be able to swim multiple 25 yards
- Must be comfortable in 7 feet deep water.
- Class Size 1:6

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

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

-Pat Riley



8 LESSONS

**\$100**

per session

\*Classes will remain  
OPEN until FULL\*