

# GROUP SWIM LESSONS

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

**\*See back for lesson times and details\***

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

**If you have never taken lessons with the GAC before, you MUST have an assessment.  
See our website for more information.**

The GAC is not responsible for signing up for the wrong level without a swim assessment.

## REGISTRATION:

- Public registrations can be done In-person or Online.\*
- **Public registration for lessons opens at 12:00pm**
- Registration will remain open until lessons are FULL.
- **See back for information on Restricted registration.**

### Winter Session 1

#### TUESDAY/THURSDAY PM

##### Registration

**\*Restricted\***

December 19  
(Currently in Program)

**Public**

December 20 @ 12pm  
In-person or Online

##### Lesson Dates

January 14 - February 6

#### SATURDAY AM

##### Registration

**\*Restricted\***

November 16  
(Currently in Program)

**Public**

December 20 @ Noon  
In-person or Online

##### Lesson Dates

January 18 - March 15  
**\*\*no classes February 22\*\***

### Winter Session 2

#### TUESDAY/THURSDAY PM

##### Registration

**\*Restricted\***

February 6  
(Currently in Program)

**Public**

February 7 @ 12pm  
In-person or Online

##### Lesson Dates

February 11 - March 13  
**\*\*no classes February 18 and  
February 20\*\***

#### SATURDAY AM

**\*\*The next Saturday  
offering will be Spring 1\*\***

## LESSON FEES:

### Preschool Swim Lessons

	<u>Weekdays</u>	<u>Session Price</u>
Session 1	(8 Lessons)	\$100
Session 2	(8 Lessons)	\$100
	<u>Saturdays</u>	
Session 1	(8 Lessons)	\$100

### Youth Swim Lessons

	<u>Weekdays</u>	<u>Session Price</u>
Session 1	(8 Lessons)	\$100
Session 2	(8 Lessons)	\$100
	<u>Saturdays</u>	
Session 1	(8 Lessons)	\$100

**\*All lessons are nonrefundable\***

**(336) 315-8498**

[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)

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OAK VIEW GROUP

# 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.

**T/Th PM:** 5:35p-6:05p  
**Saturdays:** 10:10a-10:40a

### 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.

**T/Th 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.

**T/Th PM:** 4:25p-4:55p  
**Saturdays:** 9:00a-9:30a

## FREQUENTLY ASKED QUESTIONS:

### Who needs a Swim Assessment and Why?

Any **new** participant above 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

**T/Th PM:** 5:35p-6:05p  
**Saturdays:** 10:10a-10:40a

### 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.

**T/Th 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.

**T/Th PM:** 4:25p-4:55p  
**Saturdays:** 9:00a-9:30a

### 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.

**T/Th 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

**T/Th PM:** 7:00p-7:45p  
**Saturdays:** 11:50a - 12:35p

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