



# ADVANCED SWIM PREP

*This program is intended to improve adult's everyday life through swimming. The program caters to all adults who want to swim with a group of swimmers supporting and encouraging other swimmers reach their goals.*

## DETAILS

- ✓ **\$100** monthly membership
  - Offered Year Round
  - 18 years+
- ✓ **\$90** monthly membership
  - Offered Year Round
  - 60 years+
- ✓ **\$20** Day drop in Fee
- ✓ Multiple Training Options
  - Masters Level II Coach on deck
    - 6 Days a week\*
      - **Monday/Wednesday/Friday**
        - **Mornings \*\* See Calendar on back\*\***
      - **Tuesday/Thursday**
        - **Evening \*\* See Calendar on back\*\***
      - **Saturdays**
        - **12:15pm- 1:45pm**
- ✓ Focused on competitive strokes
  - Stroke Development
  - Building Endurance and Strength



**For More Information Please Visit Our Website**

**JOIN TODAY!**

[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)  
(336) 315 - 8498



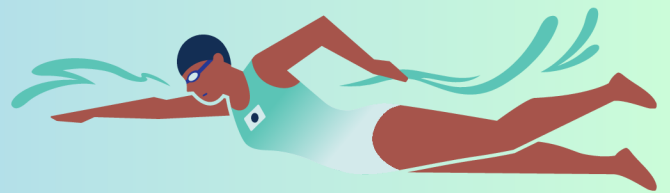
GREENSBORO AQUATIC CENTER

# NOVEMBER

## ADVANCED SWIM PREP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 5:30-7 am	2 12:15-1:45 pm
3	4 5:30-7 am	5 7-8 pm	6 5:30-7 am	7 7-8 pm	8 5:30-7 am	9 12:15-1:45 pm
10	11 5:30-7 am	12 7-8 pm	13 5:30-7 am	14 7-8 pm	15 5:30-7 am	16 12:15-1:45 pm
17	18 5:30-7 am	19 7-8 pm	20 5:30-7 am	21 7-8 pm	22 5:30-7 am	23 12:15-1:45 pm
24	25 5:30-7 am	26 7-8 pm	27 5:30-7 am	28 HAPPY THANKS GIVING	29 Holiday hours *7-8:30 am	30 12:15-1:45 pm

# DECEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:30-7 am	3 No GAP	4	5	6	7 No GAP
8	9 5:30-7 am	10 No GAP	11	12	13	14 No GAP
15	16 5:30-7 am	17 7-8 pm	18 5:30-7 am	19 7-8 pm	20 5:30-7 am	21 12:15-1:45 pm
22	23 *7-8:30 am	24 HAPPY HOLIDAYS	25	26 *6-7 pm	27 *7-8:30 am	28 *12:15-1:45 pm
29	30 *7-8:30 am	31 *12:15-1:45 pm				