

ADULT: ADVANCED



GREENSBORO AQUATIC CENTER

Winter Sessions 2025

Winter Session 1:

T/TH CLASS DATES:

January 14 -

February 6

11am-11:45am

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**

11am-11:45am

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