



# 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

# JANUARY

## ADVANCED SWIM PREP

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

# FEBRUARY



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