



ADVANCED SWIM PREP

NEW!

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.

GAC MEMBERSHIPS

\$60 monthly membership

- Offered Year Round
- 18 years+

\$50 monthly membership

- Offered Year Round
- 60 years+

\$10 Day drop in Fee

Now Included in GAC Memberships, at no further cost. Or pay the 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
(336) 315 - 8498



GREENSBORO AQUATIC CENTER