

# 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.**

### Spring Session 1

#### TUESDAY/THURSDAY PM

##### Registration

**\*Restricted\***

March 13th  
(Currently in Program)

**Public**

March 17th @ 12pm  
In-person or Online

##### Lesson Dates

March 18th - April 10th

#### SATURDAY AM

##### Registration

**\*Restricted\***

March 15th  
(Currently in Program)

**Public**

March 17th @ 12pm  
In-person or Online

##### Lesson Dates

March 22nd - June 7th

**\*\*no classes April 19 or May 24\*\***

### Spring Session 2

#### TUESDAY/THURSDAY PM

##### Registration

**\*Restricted\***

April 10th  
(Currently in Program)

**Public**

April 11th @ 12pm  
In-person or Online

##### Lesson Dates

April 15th - May 8th

#### SATURDAY AM

##### Registration

**\*Next Saturday Offering will  
be for Summer \*  
(Registration will be in June)**

### Spring Session 3

#### TUESDAY/THURSDAY PM

##### Registration

**\*Restricted\***

May 8th  
(Currently in Program)

**Public**

May 9th @ 12pm  
In-person or Online

##### Lesson Dates

May 13th - June 5th

#### SATURDAY AM

##### Registration

**\*Next Saturday Offering will  
be for Summer \*  
(Registration will be in June)**

## LESSON FEES:

### Preschool Swim Lessons

	<u>Weekdays</u>	<u>Session Price</u>
Session 1	(8 Lessons)	\$100
Session 2	(8 Lessons)	\$100
Session 3	(8 Lessons)	\$100
	<u>Saturdays</u>	
Session 1	(10 Lessons)	\$125

### Youth Swim Lessons

	<u>Weekdays</u>	<u>Session Price</u>
Session 1	(8 Lessons)	\$100
Session 2	(8 Lessons)	\$100
Session 3	(8 Lessons)	\$100
	<u>Saturdays</u>	
Session 1	(10 Lessons)	\$125

**\*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 8:2 **\*\*Saturdays still 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 8:2 **\*\*Saturdays still 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 8:2 **\*\*Saturdays still 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. If changing days, you may sign-up only after the last class on that day has had a chance to sign up.

(i.e. If you are in weekdays and want to switch to Saturdays, you must wait until the last class on that day has had a chance to sign-up.)

### 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 8:2

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 10:2

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 10:2

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 10:2

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 10:2

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.**