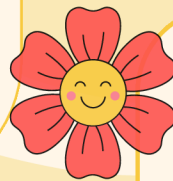




# Adaptive Enrichment



**“Our mission is to promote health and wellness to the adaptive community at the GAC.”**

## CLASS DETAILS:

- Class ratio 4:1
- Focused on building confidence to swim & exercise
- Classes are located in the pool that best fits participants' needs

**\*\*T/TH in training pool in deep water\*\***



**\$90**

8 Lessons (T/TH)

**\$80**

7 Lessons (Fri.)

Participants must be able to complete the following before beginning their first lesson:

- Swim 25 yards
- Have the ability to enter and exit the pool on their own

**All lessons are non-refundable, non-transferable & no make-ups unless we cancel.**

**QUESTIONS? CALL US!**

**(336) 315-8498**

[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)

## Spring Session 1:

### TUE/THU CLASS DATES:

March 18 - April 10  
7:15AM - 8:00AM

### FRIDAY CLASS DATES:

March 21 - May 2  
5:30PM - 6:15PM

### REGISTRATION DATES

Friday, March 7th  
In-Person or Online @ 12pm

## Spring Session 2:

### TUE/THU CLASS DATES:

April 15 - May 8  
7:15AM - 8:00AM

### FRIDAY CLASS DATES:

May 9 - June 13  
5:30PM - 6:15PM

**\*\*only 6 lessons will be prorated\*\***

### REGISTRATION DATES

Thursday April 10th  
In-Person or Online @ 12pm

## Spring Session 3:

### TUE/THU CLASS DATES:

May 13 - June 5  
7:15AM - 8:00AM

### FRIDAY CLASS DATES:

**Next Offering will be in Summer!**

### REGISTRATION DATES

Thursday May 8th  
In-Person or Online @ 12pm

