

ADULT: ADVANCED



GREENSBORO AQUATIC CENTER

Spring Sessions 2025

Session 1:

T/TH CLASS DATES:

March 18 - April 10

Time: 5:00pm-5:45pm

REGISTRATION DATES

Friday, March 7th

In-Person or Online @ 12pm

Session 2:

T/TH CLASS DATES:

April 15 - May 8

Time: 5:00pm-5:45pm

REGISTRATION DATES

Thursday, April 10

In-Person or Online @ 12pm

Session 3:

T/TH CLASS DATES:

January 14 - February 6

Time: 5:00pm-5:45pm

REGISTRATION DATES

Thursday, May 8

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