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.

### ADVANCED SWIMPREP

NEW!

#### **GAC MEMBERSHIPS**

\$60 monthly membership

- Offered Year Round
- <u>18 years+</u>

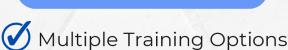
\$50 monthly membership

- Offered Year Round
- <u>60 years+</u>

Now Included in GAC Memberships, at no further cost. Or pay the Drop in Fee!



#### **\$10** Day drop in Fee



- 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



## **MARCH**

### ADVANCED SWIM PREP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						12:15-1:45 pm
2	3	4	5	6	7	8
	5:30-7 am	7-8 pm	5:30-7 am	7-8 pm	5:30-7 am	12:15-1:45 pm
9	10	11	12	13	14	15
	5:30-7 am	7-8 pm	5:30-7 am	7-8 pm	5:30-7 am	12:15-1:45 pm
16	17	18	19	20	21	22
	5:30-7 am	No GAP	5:30-7 am	No GAP	5:30-7 am	No GAP
23	24 5:30-7 am	25	26	27	28	29
30	5:30-7 am	7-8 pm	5:30-7 am	7-8 pm	5:30-7 am	12:15-1:45 pm

# APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		No GAP	5:30-7 am	No GAP	5:30-7 am	12:15-1:45 pm
6	5:30-7 am	8 7-8 pm	5:30-7 am	7-8 pm	11 5:30-7 am	**10am-11:30 am
13	5:30-7 am	7-8 pm	5:30-7 am	7-8 pm	18 5:30-7 am	12:15-1:45 pm
20	5:30-7 am	7-8 pm	5:30-7 am	7-8 pm	5:30-7 am	12:15-1:45 pm
27	5:30-7 am	7-8 pm	5:30-7 am			