



ADVANCED SWIM PREP

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.

NEW!

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

GAC

GREENSBORO AQUATIC CENTER

MARCH

ADVANCED SWIM PREP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 12:15-1:45 pm
2	3 5:30-7 am	4 7-8 pm	5 5:30-7 am	6 7-8 pm	7 5:30-7 am	8 12:15-1:45 pm
9	10 5:30-7 am	11 7-8 pm	12 5:30-7 am	13 7-8 pm	14 5:30-7 am	15 12:15-1:45 pm
16	17 5:30-7 am	18 No GAP	19 5:30-7 am	20 No GAP	21 5:30-7 am	22 No GAP
23	24 5:30-7 am	25 7-8 pm	26 5:30-7 am	27 7-8 pm	28 5:30-7 am	29 12:15-1:45 pm
30	31 5:30-7 am					

APRIL



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