

ADULT FOUNDATIONS 2025

Monday/ Wednesday Lessons:

(In Rec pool)

Beginner @ 5:30-6:00pm

Intermediate @ 6:00-6:30pm

Tuesday/ Thursday Lessons:

(In Training pool)

Beginner @ 12:00-12:30pm

Intermediate @ 12:35-1:05pm

Saturday Lessons

(In Training pool)

Beginner @ 12:30-1:00pm

Intermediate @ 1:00-1:30pm

Lesson Details:

- Group lesson class size 1:4
- Building the foundations of swimming
- Building confidence in the water
- Teaching water safety skills
- Ages 13 and up



\$95
8 Lessons

Spring Session 1:

Monday/Wednesday Lessons:

March 17 - April 9

Tuesday/Thursday Lessons:

March 25 - April 10

(4 lessons: \$48. 3/25, 27, 4/8, 10)

Saturday Lessons:

March 22 - June 7

no 4/19 or 5/24

(10 lessons: \$125 only for Saturday)

REGISTRATION DATES

March 7th

In-Person or Online @ 12pm

Spring Session 2:

Monday/Wednesday Lessons:

April 14 - May 7

Tuesday/Thursday Lessons:

April 15 - May 8

REGISTRATION DATES

April 10th

In-Person or Online @ 12pm

Spring Session 3:

Monday/Wednesday Lessons:

May 12 - June 9

no 5/26

Tuesday/Thursday Lessons:

TBD

REGISTRATION DATES

May 8th

In-Person or Online @ 12pm

CONTACT US



WWW.GREENSBOROQUATICCENTER.COM



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