

# ADAPTIVE ENRICHMENT

The Greensboro Aquatic Center offers Tuesday/Thursday and Friday Adaptive Enrichment lessons for participants 6 - 17 years of age.

**\*See bottom for lesson fees and times\***

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

**Adaptive Enrichment lessons are intended for individuals of the adaptive community who are able to swim 25 yards and enter and exit the pool on their own.**

The main focus for these lessons are to promote health and wellness to the adaptive community at the GAC by building students' confidence to swim and exercise. Ratio: 4:1.

- REGISTRATION:**
- Public registrations can be done In-person or Online.\*
  - **Public registration for lessons opens at 12:00pm**
  - Registration will remain open until lessons are FULL.

## Summer Session 1

### MONDAY/WEDNESDAY AM

#### Lesson Dates

**Monday/Wednesday Lessons:**

June 16<sup>th</sup> - July 16<sup>th</sup>

#### Registration Dates

June 5<sup>th</sup> @ 12pm  
In-person or Online

### FRIDAY PM

#### Lesson Dates

**Friday Lessons:**

June 27<sup>th</sup> - August 15<sup>th</sup>

\*No class July 4<sup>th</sup> or July 11<sup>th</sup>\*

#### Registration Dates

June 5<sup>th</sup> @ 12pm  
In-person or Online

## Summer Session 2

### MONDAY WEDNESDAY AM

#### Lesson Dates

**Monday/Wednesday Lessons:**

July 21<sup>st</sup> - August 13<sup>th</sup>

#### Registration Dates

July 17<sup>th</sup> @ 12pm  
In-person or Online

### FRIDAY PM

**(Next Friday offering in Fall)**

## LESSON DETAILS

### Adult Advanced Lessons

### Lesson Schedule

|           | <u>Mon/Wed</u> | <u>Session Price</u> |
|-----------|----------------|----------------------|
| Session 1 | (10 Lessons)   | \$120                |
| Session 2 | (8 Lessons)    | \$95                 |

| <u>Monday/Wednesday AM</u>   | <u>Friday</u>   |
|------------------------------|-----------------|
| 7:15pm - 8:00pm              | 5:30pm - 6:15pm |
| *may be in deep water (7ft)* |                 |

|           | <u>Fridays</u> | <u>Session Price</u> |
|-----------|----------------|----------------------|
| Session 1 | (6 Lessons)    | \$70                 |