

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 16th - July 16th

Registration Dates

June 5th @ 12pm

In-person or Online

FRIDAY PM

Lesson Dates

Friday Lessons:

June 27th - August 15th

No class July 4th or July 11th

Registration Dates

June 5th @ 12pm

In-person or Online

Summer Session 2

MONDAY WEDNESDAY AM

Lesson Dates

Monday/Wednesday Lessons:

July 21st - August 13th

Registration Dates

July 17th @ 12pm

In-person or Online

FRIDAY PM

(Next Friday offering in Fall)

LESSON DETAILS

Adult Advanced Lessons

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

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

Lesson Schedule

Monday/Wednesday AM

7:15pm - 8:00pm

may be in deep water (7ft)

Friday

5:30pm - 6:15pm