

ADULT ADVANCED

The Greensboro Aquatic Center offers weekday Adult Advanced lessons.

See bottom for lesson fees and times

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

Adult Advanced are lessons intended for individuals 18 years of age and older who are able to swim multiple laps of 25 yards.

The main focus for these lessons are to refine swim strokes and to learn of the health benefits of swimming as well as how to use swimming as an adaptive tool for recovery. Ratio: 6:1.

- 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

TUESDAY/THURSDAY PM

Lesson Dates

Tuesday/Thursday Lessons:

June 17th - July 15th

No class July 10th

Registration Dates

June 5th @ 12pm

In-person or Online

Summer Session 2

TUESDAY/THURSDAY PM

Lesson Dates

Tuesday/Thursday Lessons:

July 22nd - August 14th

Registration Dates

July 17th @ 12pm

In-person or Online

LESSON DETAILS

Adult Advanced Lessons

	<u>Weekdays</u>	<u>Session Price</u>
Session 1	(8 Lessons)	\$125
Session 2	(8 Lessons)	\$125

Lesson Schedule

Tuesday/Thursday

5:00pm - 5:45pm