

CHILDREN'S GROUP

The Greensboro Aquatic Center offers both weekday and Saturday lessons for 3 - 13 years of age.

See back for lesson times and details

All lessons are non-refundable, non-transferable & no make-ups unless we cancel.
If you have never taken lessons with the GAC before, you MUST have an assessment.
See our website for more information.

The GAC is not responsible for signing up for the wrong level without a swim assessment.

REGISTRATION:

- Public registrations can be done In-person or Online.*
- For public recreation information, see below.
- Registration will remain open until lessons are FULL.
- See back for information on Restricted registration.

Summer Session 1

MON/WED AM	MON/WED PM
<u>Registration</u> *Restricted* ** June 5 th (currently in program) Public June 7 th @ 2pm In-person or Online <u>Lesson Dates</u> June 23 rd - July 16 th	<u>Registration</u> *Restricted* ** June 5 th (currently in program) Public June 7 th @ 2pm In-person or Online <u>Lesson Dates</u> June 16 th - July 16 th
TUES/THURS	SATURDAY
<u>Registration</u> *Restricted* ** June 5 th (currently in program) Public June 7 th @ 2pm In-person or Online <u>Lesson Dates</u> June 24 th - July 15 th	<u>Registration</u> *Restricted* June 7 th (currently in program) Public June 7 th @ 2pm In-person or Online <u>Lesson Dates</u> June 21 st - August 16 th

***No class
July 10th ***

***No class
July 5th or
12th ***

****Weekday gets first dibs, then Saturday, then public****

Summer Session 2

MON/WED AM	MON/WED PM
	<u>Registration</u> *Restricted* July 16 th (currently in program, *only for day currently enrolled) Public July 17 th @ 2pm In-person or Online <u>Lesson Dates</u> July 21 st - August 13 th
TUES/THURS	SATURDAY
<u>Registration</u> *Restricted* July 15 th (currently in program, *only for day currently enrolled) Public July 17 th @ 2pm In-person or Online <u>Lesson Dates</u> July 22 nd - August 14 th	<u>(Next Saturday offering in Fall)</u>

Going into Fall 1: M/W PM classes will get first dibs then weekday AM for Fall weekday lessons, Saturday for Saturday lessons, then public.

LESSON FEES

Session 1	<u>Weekdays</u>	<u>Session Price</u>
M/W AM	(8 Lessons)	\$125
M/W PM	(10 Lessons)	\$155
Tue/Thur	(6 Lessons)	\$95

	<u>Saturdays</u>	<u>Session Price</u>
Session 1	(7 Lessons)	\$110
	<u>Weekdays (all)</u>	
Session 2	(8 Lessons)	\$125

CHILDREN'S GROUP SCHEDULE

PRESCHOOL LESSONS

Ages 3-5

LEVEL 1 Ratio 8:2 ****Saturdays still 6:1**

This level is for children who are not comfortable with putting their face in water and submerging their head underwater. Recommended for all new swimmers.

M/W AM: 10:10am - 10:40am
M/W PM: 5:35pm - 6:05pm *Week of 6/17, 5:40pm - 6:10pm
Tues/Thurs: 10:10am - 10:40am
Saturdays: 10:10am - 10:40am

LEVEL 2 Ratio 8:2 ****Saturdays still 6:1**

This level is for children who are confident in putting their face in the water, submerging their head, and blowing bubbles for at least 3 seconds. They are familiar with floating on their front and back as well as the mechanics of the front crawl with assistance.

M/W AM: 9:35am - 10:05am
M/W PM: 5:00pm - 5:30pm *Week of 6/17, 5:05pm - 5:35pm
Tues/Thurs: 9:35am - 10:05am
Saturdays: 9:35am - 10:05am

LEVEL 3 Ratio 8:2 ****Saturdays still 6:1**

This level is for children who can confidently do everything in level 2 with little to no assistance. This class is designed to help refine their skills to give them the confidence to swim using proper swimming strokes in a long distance.

M/W AM: 9:00am - 9:30am
M/W PM: 4:25pm - 4:55pm *Week of 6/17, 4:30pm - 5:00pm
Tues/Thurs: 9:00am - 9:30am
Saturdays: 9:00am - 9:30am

FREQUENTLY ASKED QUESTIONS:

Who needs a Swim Assessment and Why?

Any **new** participant above Level One requires an assessment. They are done to ensure participant safety and offers the best opportunity to learn and progress.

What is Restricted Registration and Who is it for?

Restricted Registration is a benefit for **current participants in the Group Swim program** that offers advanced access to register for the upcoming session. If changing days, you may sign-up only after the last class on that day has had a chance to sign up.

(i.e. If you are in weekdays and want to switch to Saturdays, you must wait until the last class on that day has had a chance to sign-up.)

When does Restricted Registration take place?

Restricted Registration AND Exit Assessments take place on the last day of lessons within a session.

YOUTH LESSONS

Ages 6-13

LEVEL 1 Ratio 8:2

This level is for children who are not comfortable with putting their face in water and submerging their head underwater. Recommended for all new swimmers

M/W AM: 10:10am - 10:40am
M/W PM: 5:35pm - 6:05pm *Week of 6/17, 5:40pm - 6:10pm
Tues/Thurs: 10:10am - 10:40am
Saturdays: 10:10am - 10:40am

LEVEL 2 Ratio 10:2

This level is for children who are comfortable with putting their face in the water and submerging their head underwater. They are able to float on their backs, glide on their front (with proper streamline and head submersion) for at least two body lengths with little to no assistance.

M/W AM: 9:35am - 10:05am
M/W PM: 5:00pm - 5:30pm *Week of 6/17, 5:05pm - 5:35pm
Tues/Thurs: 9:35am - 10:05am
Saturdays: 9:35am - 10:05am

LEVEL 3 Ratio 10:2

This level is for children that can push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.

M/W AM: 9:00am - 9:30am
M/W PM: 4:25pm - 4:55pm *Week of 6/17, 4:30pm - 5:00pm
Tues/Thurs: 9:00am - 9:30am
Saturdays: 9:00am - 9:30am

LEVEL 4 Ratio 10:2

This level is for children who jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

M/W AM: 10:55am - 11:25am
M/W PM: 6:15pm - 7:00pm
Tues/Thurs: 10:55am - 11:25am
Saturdays: 12:00pm - 12:45pm

LEVEL 5 Ratio 10:2

This level is for children should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive

M/W AM: 11:45am - 12:30pm
M/W PM: 4:00pm - 4:45pm
Tues/Thurs: 11:45am - 12:30pm
Saturdays: 12:50pm - 1:35pm

Preschool, Youth 1-3 lessons are 30 minutes and Youth 4-5 lessons are 45 minutes.