



# ADVANCED SWIM PREP

.....

*This program is intended to improve adult's everyday life through swimming. The program caters to all adults who want to swim with a group of swimmers supporting and encouraging other swimmers reach their goals.*

## GAC MEMBERSHIPS

**\$60** monthly membership

- Offered Year Round
- 18.years+

**\$50** monthly membership

- Offered Year Round
- 60.years+

**\$10** Day drop in Fee

- ✓ Multiple Training Options
  - Masters Level II Coach on deck
    - 6 Days a week\*
      - **Monday/Wednesday/Friday**
        - **Mornings \*\* See Calendar on back\*\***
      - **Tuesday/Thursday**
        - **Evening \*\* See Calendar on back\*\***
      - **Saturdays**
        - **12:15pm- 1:45pm**
- ✓ Focused on competitive strokes
  - Stroke Development
  - Building Endurance and Strength



**For More Information Please Visit Our Website**

**JOIN TODAY!**

[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)  
(336) 315 - 8498



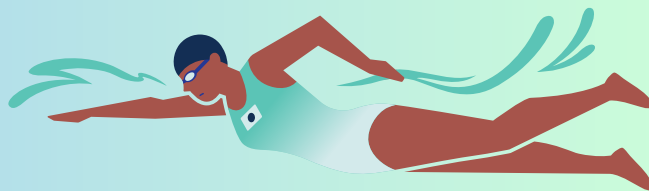
GREENSBORO AQUATIC CENTER

# JUNE

## ADVANCED SWIM PREP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:30-7 am	3 7-8 pm	4 5:30-7 am	5 7-8 pm	6 5:30-7 am	7 12:15-1:45 pm
8	9 5:30-7 am	10 7-8 pm	11 5:30-7 am	12 7-8 pm	13 5:30-7 am	14 12:15-1:45 pm
15	16 6-7:30 am	17 6-7 pm	18 6-7:30 am	19 6-7 pm	20 6-7:30 am	21 3-4:30 pm
22	23 6-7:30 am	24 6-7 pm	25 6-7:30 am	26 6-7 pm	27 6-7:30am	28 3-4:30 pm
29	30 6-7:30 am					

# JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6-7 pm	2 6-7:30 am	3 6-7 pm	4 6-7:30 am	5 **12-1:30 pm
6	7 6-7:30 am	8 6-7pm	9 6-7:30 am	10 No GAP	11 No GAP	12 No GAP
13	14 6-7:30 am	15 6-7 pm	16 6-7:30 am	17 6-7 pm	18 6-7:30 am	19 3-4:30 pm
20	21 6-7:30 am	22 No GAP	23 6-7:30 am	24 No GAP	25 6-7:30 am	26 No GAP
27	28 6-7:30 am	29 6-7 pm	30 6-7:30 am			