

ADULT FOUNDATIONS

The Greensboro Aquatic Center offers both weekday and Saturday Adult Foundations lessons.

See bottom for lesson fees and times

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

Adult Foundations are lessons intended for individuals 13 years of age and older with beginner or intermediate level skills.

The main focus for these lessons are to build a foundation of swimming by teaching water safety skills and building confidence in the water. 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

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

SATURDAY AM

Lesson Dates

Saturday Lessons:

June 21st - August 16th
No class July 5th or July 12th

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

SATURDAY AM

(Next Saturday offering in Fall)

LESSON DETAILS

Adult Foundations Lessons

Weekdays

Session Price

Session 1	(8 Lessons)	\$125
Session 2	(8 Lessons)	\$125

Saturdays

Session 1	(7 Lessons)	\$110
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Lesson Schedule

Tuesday/Thursday

Beginner 4:45pm - 5:15pm
Intermediate 5:15pm - 5:45pm

Saturday

Beginner 12:00pm - 12:30pm
Intermediate 12:30pm - 1:00pm