

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

**\*No class  
July 10<sup>th</sup> \***

**\*No class  
July 5<sup>th</sup> or  
12<sup>th</sup> \***

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

### Summer Session 2

MON/WED AM	MON/WED PM
	<u>Registration</u> <b>*Restricted*</b> July 16 <sup>th</sup> (currently in program, *only for day currently enrolled) <b>Public</b> July 17 <sup>th</sup> @ 5pm In-person or Online <u>Lesson Dates</u> July 21 <sup>st</sup> - August 13 <sup>th</sup>
TUES/THURS	SATURDAY
<u>Registration</u> <b>*Restricted*</b> July 15 <sup>th</sup> (currently in program, *only for day currently enrolled) <b>Public</b> July 17 <sup>th</sup> @ 5pm In-person or Online <u>Lesson Dates</u> July 22 <sup>nd</sup> - August 14 <sup>th</sup>	<b>(Next Saturday offering in Fall)</b>

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 6/16, 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 6/16, 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 6/16, 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 6/16, 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 6/16, 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 6/16, 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 - 11:40am  
**M/W PM:** 6:15pm - 7:00pm  
**Tues/Thurs:** 10:55am - 11:40am  
**Saturdays:** 12:00pm - 12:45pm

### **LEVEL 5** Ratio 10:2

This level is for children that 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.