



# 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

**\$65** monthly membership

- Offered Year Round
- 18.years+

**\$55** monthly membership

- Offered Year Round
- 60.years+

**\$15** Day drop in Fee



Multiple Training Options

- Masters Level II Coach on deck
  - 6 Days a week\*

**\*\* See Calendar on back\*\***



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



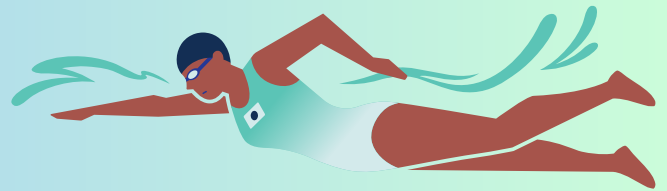
GREENSBORO AQUATIC CENTER

# JULY

## ADVANCED SWIM PREP

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 6-7:15 am **Locker Rooms Close at 7:30am**	24 No GAP	25 6-7:15 am **Locker Rooms Close at 7:30am**	26 No GAP
27	28 6-7:30 am	29 6-7 pm	30 6-7:30 am	31 6-7 pm		

# AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6-7:30 am	2 3-4:30 pm
3	4 6-7:30 am	5 6-7pm	6 6-7:30 am	7 6-7 pm	8 6-7:30 am	9 3-4:30 pm
10	11 6-7:30 am	12 6-7 pm	13 6-7:30 am	14 6-7 pm	15 6-7:30 am	16 3-4:30 pm
17	18 6-7:30 am	19 6-7 pm	20 6-7:15 am	21 6-7 pm	22 6-7:15 am	23 3-4:30 pm
24/31	25 *5:30-7 am	26 *7-8 pm	27 *5:30-7 am	28 *7-8 pm	29 *5:30-7 am	30 *12:15-1:45 pm