

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
(336) 315 - 8498

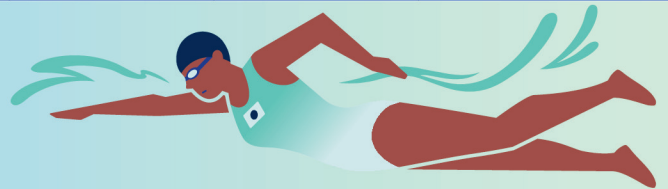
GAC
GREENSBORO AQUATIC CENTER

NOVEMBER

ADVANCED SWIM PREP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 12:15-1:45 pm
2	3 5:30-7 am	4 7-8 pm	5 5:30-7 am	6 7-8 pm	7 5:30-7 am	8 Self-led 12:15-1:45 pm
9	10 5:30-7 am	11 7-8 pm	12 5:30-7 am	13 7-8 pm	14 5:30-7 am	15 12:15-1:45 pm
16	17 5:30-7 am	18 7-8 pm	19 5:30-7 am	20 No GAP	21 5:30-7 am	22 12:15-1:45 pm
23 30	24 5:30-7 am	25 7-8 pm	26 5:30-7 am	27 HAPPY THANKS GIVING	28 Holiday hours *7-8:30 am (May be Self-Led)	29 12:15-1:45 pm

DECEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:30-7 am	2 7-8 pm	3 5:30-7 am	4 Self-led 7-8 pm	5 Self-Led 5:30-7 am	6 Self-led 12:15-1:45 pm
7	8 5:30-7 am	9 7-8 pm	10 5:30-7 am	11 7-8 pm	12 *5:30-7 am (May be Self-Led)	13 12:15-1:45 pm (May be Self-Led)
14	15 *5:30-7 am (May be Self-Led)	16 7-8 pm	17 5:30-7 am	18 7-8 pm	19 5:30-7 am	20 12:15-1:45 pm
21	22 *7-8:30 am	23 *6-7 pm	24 *7-8:30 am	25 No GAP	26 *7-8:30 am	27 12:15-1:45 pm
28	29 *7-8:30 am	30 *6-7 pm	31 *7-8:30 am	1 happy holidays No GAP	2 *7-8:30 am	3 12:15-1:45 pm