



# ADVANCED SWIM PREP

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*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

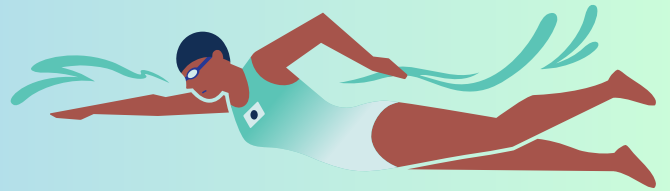
**GAC**  
GREENSBORO AQUATIC CENTER

# DECEMBER

## ADVANCED SWIM PREP

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 <i>happy holidays</i>	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 No GAP	2 *7-8:30 am	3 12:15-1:45 pm

# JANUARY



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