

# The Wave

## 2026 Spring Programs and Services

**GAC**  
GREENSBORO AQUATIC CENTER

# About The GAC

Located on the campus of the Greensboro (NC) Complex, the Greensboro Aquatic Center (GAC) has evolved into the largest indoor aquatic center in the country (105,323 sq. ft.). Built at a cost of nearly \$19 million, the GAC's versatility showcases its capabilities to host all major aquatic sports – competitive swimming and diving, water polo, and artistic swimming – in a single facility.

Since its opening in 2011, the state-of-the-art, multi-purpose, four-pool venue has compiled an impressive national event hosting resume, including numerous USA Swimming, U.S. Masters, USA Diving, USA Artistic Swimming, NCAA, ACC, and YMCA national championships. The GAC also serves the Piedmont Triad community of central North Carolina through its daily hosting of fitness classes, club and high school swim and dive team practices, private and group swim lessons, and its unique partnership with Guilford County Schools in the development of a privately financed, curriculum-based 'Learn to Swim' healthy lifestyle program that has garnered national acclaim.

For more information: [www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)



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336-315-8498



[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)



@greensboroaquaticcenter

# General Information

## HOOURS OF OPERATION

(In effect starting August 25<sup>th</sup>)

### Monday - Thursday

Training Pool: 5:30am - 8pm  
Rec Pool: 6am - 10am  
1pm - 7pm

### Friday

Training Pool: 5:30am - 8pm  
Rec Pool: 6am - 10am  
1pm - 3pm

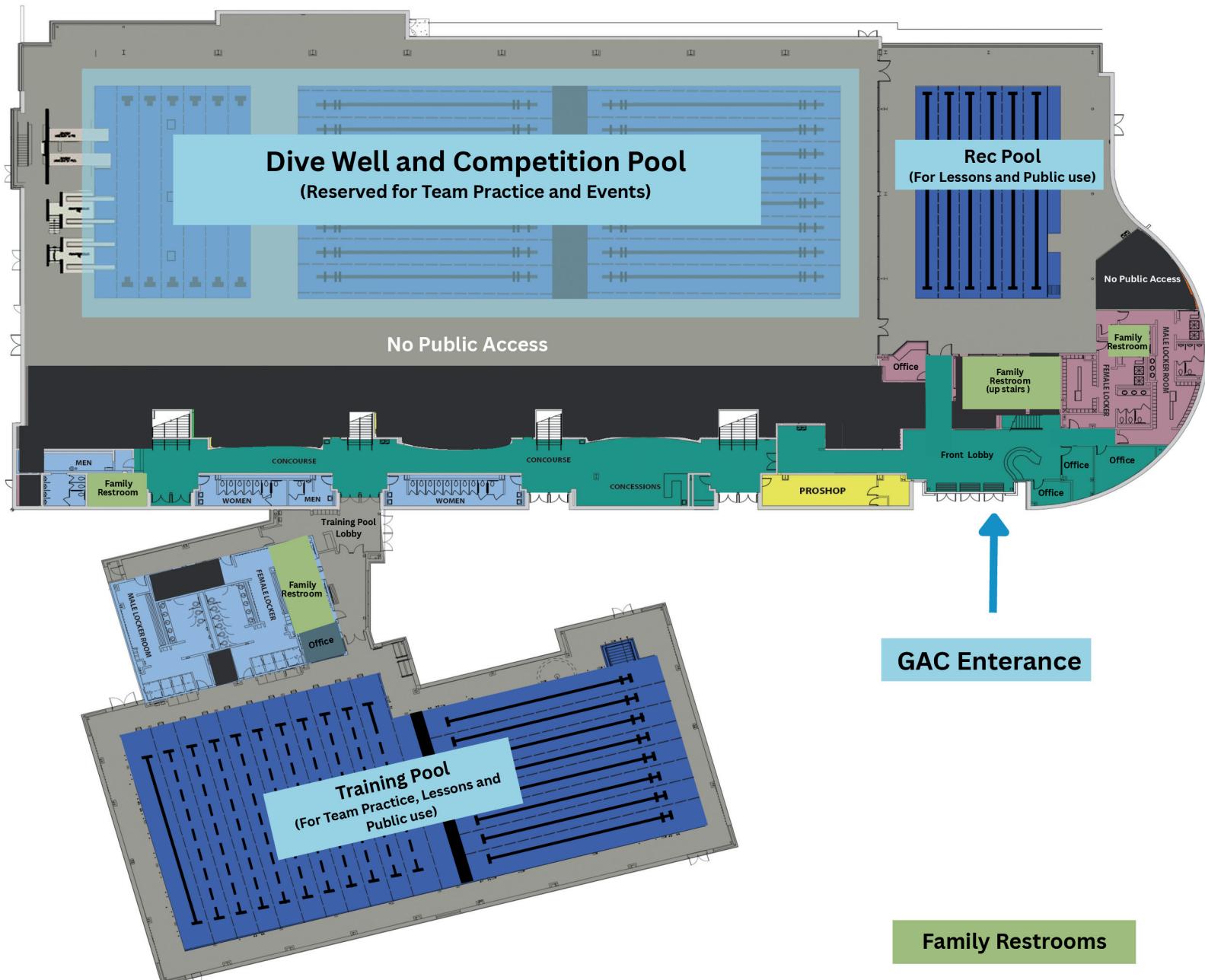
### Saturday

Training Pool: 7 am - 5pm  
Rec Pool: 7am - 3pm

### Sunday:

See Family Recreational Swimming

\*Hours change during summer and for holidays.



# Admissions



Thank you for your interest in memberships and daily admissions at the Greensboro Aquatic Center. Here at the GAC, we offer daily drop-in rates, monthly memberships, and annual memberships. Two of our pools are open for public use: the Recreation pool and the Training pool. We offer lap swim and water walking in both of these pools and family swim in the Recreation Pool. Check out our program pages for information on adult fitness, pages 9-11, and swim lesson programs, pages 12-24.

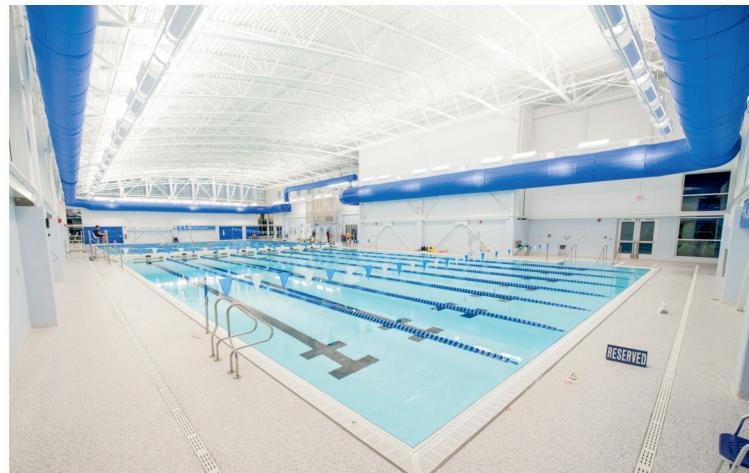
## Drop-In Admissions:

\$10	Adults (Ages 18 to 59)
\$6	Children/Teenagers (Ages 2 to 17)
\$7	Student (18+ in college)
\$6	Seniors (Ages 60+/ Veteran)
	(\$5- Swim Special available only Mon-Fri from 9am-12pm)
\$15	GAC Advanced Swim Prep Single Class (Ages 18+)
\$15	Water Fitness
\$30	Family up to 4 (must consist of at least 1 adult with children)
FREE	Children under 2 years old

## Lap Swimming

Lap swimming and water walking are available during most GAC business hours. Please see the Public Lane Schedule for the number of public lanes available in the recreation pool and training pool on our website. (Or scan the QR code below.)

**Swimmers under 18 years of age must pass a swim test prior to lap swimming in the training pool.** Please see the GAC Policy for Lap Swimmers Under 18 Years Old, which you can find on our website.



## Recreational Swimming

Recreational swimming takes place in the Recreation Pool. For those under 18 years of age please see Family Swim below.

## Family Swim

Family swim is offered in our Recreation Pool during dedicated times. You can find these times on our Family Swim Calendar on our website.

- Children age 5 and under require an adult to be in the water with them
- Children under 4 feet tall require an adult in the water with them



## GAC Hosting of Major Meets

Use of the pools MAY be interrupted by the exclusive use of the GAC to host major meets that would close the facility to regular users. The GAC will provide complimentary passes to monthly and yearly members for missed days in the event ALL pools are unavailable due to these circumstances. The GAC will continue to provide as much notice as possible for such events.



# Memberships

## Monthly Memberships

Monthly memberships expire one month from the date of purchase and include unlimited access to the facility during operating hours and entry into water fitness classes.

<b>\$65</b>	<b>Adults</b> (Ages 18-59)
<b>\$55</b>	<b>Seniors</b> (Ages 60+/Veterans)
<b>\$90</b>	<b>Senior Couple</b> (60+)
<b>\$100</b>	<b>Couple</b> (2 spouses)

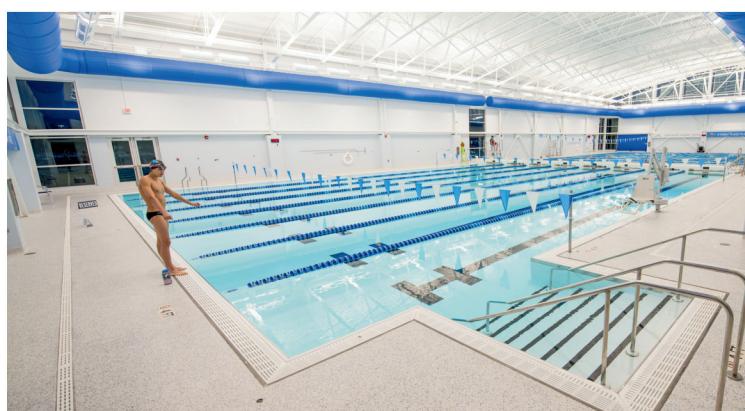
**Locker & Towel Service - Inquire at our Front Desk**



## Annual Memberships

Annual memberships expire 12 months from the date of purchase and offer unlimited access to the facility during operating hours and entry into water fitness classes.

<b>\$600</b>	<b>Adults</b> (Ages 18-59)
<b>\$459</b>	<b>Seniors</b> (Ages 60+/Veterans)
<b>\$714</b>	<b>Senior Couple</b> (60+)
<b>\$816</b>	<b>Couple</b> (2 spouses)



## Membership Cancellation/Suspension

Membership cancellations require immediate notice. At the discretion of Greensboro Aquatic Center management, membership cancellations may result in full, partial, or no reimbursement. If a membership should be interrupted for medical reasons, provide admissions staff or management with documentation regarding any time that will be missed, and the membership may be suspended at the discretion of Greensboro Aquatic Center management.

## Health Insurance Fitness Programs

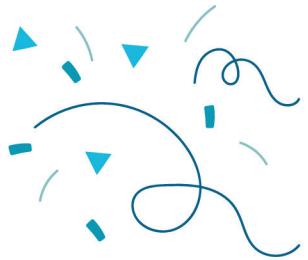
### Silver Sneakers, Silver & Fit, Renew Active and Fit On

The GAC offers memberships through certain health insurance plans. Applicants must present program identification numbers and/or health insurance information to determine eligibility at the Greensboro Aquatic Center. To check your eligibility, visit our admissions page.

[www.greensboroaquaticcenter.com/admissions/](http://www.greensboroaquaticcenter.com/admissions/)



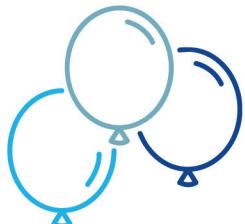
# Pool Parties



Have your birthday party at the GAC!

All birthday parties must be reserved in person. Stop by the GAC front desk any time Monday – Friday from 9 am – 4 pm. Reservations are not complete until payment is received. Please call for more information.

Parties are held on Saturdays and select Sundays.



## 2 Hour Party - \$400

Includes use of the Recreation Pool and the Mezzanine for food and gifts!

25 people maximum



No food may be delivered, but you may bring your own food.

Any children 5 years old & under or under 4 feet tall must have a parent/guardian in the water with them.

For more information, contact the GAC at 336.315.8498 Monday - Friday between 9 am and 4 pm.





# Pool Policies

Greensboro Aquatic Center staff reserve the right to dismiss, suspend or prohibit from the facility any person endangering the health, safety or pleasure of GAC patrons. Guests must acknowledge and abide by facility age guidelines upon entry to the facility.

## Age Guidelines

- Children age 5 and under must be accompanied in the water by a parent or guardian (age 18 or older).
- Children that cannot walk across the deepest part of the pool (4 feet) without assistance must be accompanied in the water by a parent or guardian (age 18 or older).
- All swimmers must wear a swimsuit. T-shirts, cut-offs, sweat pants, basketball shorts, gym shorts, etc. are not permitted. Individuals who are not potty-trained must wear swim diapers in addition to swimming suit.
- Children age 12 and under require adult supervision.

## GAC Pool Policies\*



1. Swimming is only allowed when there is a lifeguard on duty.
2. All swimmers must shower before entering the pool.
3. All swimmers must wear a swimsuit. T-shirts, cut offs, sweat pants, basketball shorts, gym shorts, etc. are not permitted. Individuals who are not potty-trained must wear swim diapers in addition to swimming suit.
4. Lap lanes are for lap swimming only.
5. No running on the pool deck.
6. No diving into the recreation pool or shallow areas of the training pool.
7. No flotation devices are allowed in the pool. NO EXCEPTIONS.
8. No horseplay, hanging on lane lines, inappropriate behavior or excessive splashing is allowed.
9. Diving blocks are to be used ONLY by authorized teams and instructors for instructional purposes.
10. The competition pool is reserved for meets and contracted club teams. No public permitted.
11. Lap lanes are intended to accommodate multiple swimmers simultaneously and guests are encouraged to abide by this rule. GAC staff may ask patrons to share lanes when pool accommodations are limited.
12. Patrons under 18 must be able to pass a swim test in order to enter the training pool. Swim test is conducted as follows: jump in the water from the side, recover to the surface, swim 25 yards with a competent stroke (front crawl or breaststroke), tread water for 1 minute, then exit the water. \*Lifejackets cannot be worn.
13. All diving boards and diving platforms are closed to the public. Only GAC authorized swim organizations have access to diving boards and platforms.
14. Lifeguard stands are off-limits to everyone except lifeguards. Do not stand under, on or in front of lifeguard stand.
15. Only swim team and swim lessons are allowed to use GAC swim equipment.
16. Life jackets are allowed to be given out to those who need them.
17. Only GAC authorized swim lessons are allowed in the facility.
18. Profanity or any offensive language is prohibited.
19. No pets, except for qualified service animals, are permitted in the pool area. Pets are not allowed in the pool.
20. The use of any alcohol or tobacco products is prohibited.
21. Guests with open sores, cuts, bandages or communicable diseases are not permitted in the pool.

\*Failure to comply with any written or oral rules, regulations, or requirements imposed by Greensboro Aquatic Center personnel is a violation and may result in immediate removal from the facility. Personal conduct in and around the aquatic facilities must be such that the safety of self and others is not jeopardized. Any such violation may result in immediate removal from the facility.



22. No food/drink or chewing gum allowed on the pool deck (exception: water, sports drinks and power bars are allowed during meet times).
23. Glass containers are prohibited within the facility.
24. Use lockers in the locker room at your own risk. Customer bags and/or belongings may be kept on pool deck.
25. The facility welcomes families and guests of all ages and therefore locker room decency is required. Wear a towel or outer garment at all times, especially when moving from the showers to the locker room and vice versa.
26. Cell phones, cameras or other electronic devices may not be used or visible in the locker rooms. This especially applies to cell phones. Step into public area to use your phone. NO EXCEPTIONS.
27. Guests over five years of age are not permitted to enter the opposite gender restroom/locker room. Family changing rooms are located on the recreation pool deck in between the male and female locker room entrances and in the corridor between the back desk and training pool entrance.
28. Interpreter services are available at no cost in accordance with Title IX.
29. For the comfort and inclusion of all individuals, the Greensboro Aquatic Center offers women's, men's and family/gender neutral dressing rooms. In addition, the GAC also offers women's, men's and family/gender neutral public restroom facilities.
30. Recreation pool lap lanes are for lap swimming only. Water walking may be allowed at the discretion of GAC Management. In the event a swimmer wants to use a lap lane, water walkers are required to move out of the lane.
31. Weapons of any description, including firearms, are prohibited. Weapons carried with a permit are also prohibited.

## Event Spectator Bag Policy

For safety and efficiency, we recommend entering without a bag. If necessary, guests are permitted to bring in one small bag that meets the following guidelines.

### Permitted Bags

- Clear Bags: Clear vinyl or plastic bags, one-gallon Ziploc-style storage bags, and clear vinyl or plastic backpacks, measuring no larger than 12" x 6" x 12".
- Small Clutch Bags: Small bags up to 4.5" x 6.5" (approximately the size of a hand), with or without a handle or strap, do not have to be clear.
- Medical Bags: Medical bags, including diaper bags when accompanied by a child, will be inspected before entry.

Greensboro Aquatic Center personnel reserve the right to deny entry to any bag or item that is deemed unsafe for admission. Guests who do not follow building policies or decline to be inspected may be denied entry or required to leave the venue. Greensboro Aquatic Center does not provide a bag check or lockers for bags. All bags left in lobbies will be discarded.





# Water Fitness

Our aquatic workouts are designed for all fitness levels and offer a low-impact, full-body exercise experience in a fun and supportive environment. Whether you're looking to improve strength, flexibility, endurance, balance, or overall wellness, our classes provide a way to reach your fitness goals—all while enjoying the benefits of movement in the water.

## Pricing and Policies:



- Daily Drop-Ins:** \$15
- Included with Membership:** All Water Fitness classes are included in GAC memberships.
- Equipment:** Available for those who wish to use it. Please return all equipment after use to its proper place.
- Showers Required:** For everyone's health and safety, showers are required before entering the pool.
- Lap Lanes:** Lanes remain in the pool during class and are configured according to our Lap Lane Schedule. Please note that lap lane movement after class is not guaranteed during peak program times.

Join us for a refreshing and effective workout that's as enjoyable as it is beneficial!



## Senior H2O

An enjoyable, safe exercise program designed to increase feelings of well-being and improve performance of daily activities.

## Aqua Yoga

Aqua Yoga adapts postures and principles of yoga, including breath control and mindfulness, within an aquatic setting!



## Water Aerobics



A total body workout that focuses on the 5 components of fitness: cardio, neuromotor training, muscular strength, endurance, and flexibility.

## Aqua Dance

Designed to fire up the core muscles and strengthen your posterior chain muscles. Participants will learn a gentle way back to the dance styles they love and enjoy!



## Deep Water

Designed to tone your muscles and improve your cardio. Participants of this class must be comfortable and able to propel themselves in the 7-foot-deep section of our pool. This class utilizes flotation belts, but each person must be able to do these skills without one.

## Endurance

Designed to build muscles and cardiovascular endurance! This class is based on interval training and high-intensity movement.



# Water Fitness Schedule



We offer a variety of water fitness classes. Below is a typical week of class offerings and times. The GAC hosts large swim meet events that can affect class offerings. For the most up-to-date class days and times please refer to the monthly fitness calendar on our website.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Senior H2O</b>	7:45-8:45 AM	7:45-8:45 AM	7:45-8:45 AM	7:45-8:45 AM	7:45-8:45 AM	—
<b>Water Aerobics</b>	8:45-9:45 AM 5:30-6:30 PM	8:45-9:45 AM 5:30-6:30 PM	8:45-9:45 AM 5:30-6:30 PM	8:45-9:45 AM	—	9:15-10:00 AM*
<b>Deep Water</b>	9:00-10:00 AM	—	—	9:00-10:00 AM	—	—
<b>Endurance</b>	—	6:15-7:00 PM	—	5:30-6:15 PM	—	9:15-10:00 AM*
<b>Aqua Dance</b>	—	5:30-6:15 PM	—	6:15-7:00 PM	—	10:00-10:45 AM
<b>Aqua Yoga</b>	—	7:00-7:45 AM	—	—	8:45-9:30 AM	—

# GAC Adult Swim Prep Schedule

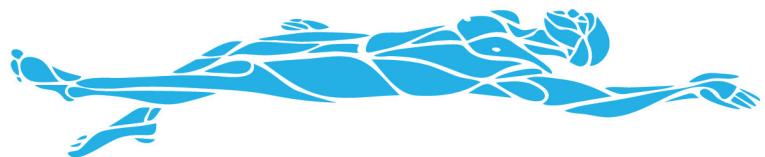


The Greensboro Aquatic Center's Advanced Swimming Prep, often referred to as GAP, is a program intended to improve adults' everyday lives through swimming. The GAP program caters to all adults who want to swim with a group of swimmers, supporting and encouraging other swimmers to reach their goals.

Time offerings can change due to events being held at the GAC. Below is a typical GAP schedule; however, for the latest updates, please check the GAP calendar on our website.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings	5:30-7 AM	—	5:30-7 AM	—	5:30-7 AM	—
Afternoons	—	7-8 PM	—	7-8 PM	—	11:00 AM-12:30 PM



# Registration

## HOW TO REGISTER



Registration may be completed either in person or online. Please read carefully, as we have a few different types of registrations and program categories.

For cost please see price list page 24 and for dates and times please refer to page 18-23.



### Online Registration

Registration may be completed in-person or online through our registration portal. Scan the QR code below or visit our website. <https://services.greensboroaquaticcenter.com/>

### New to the GAC

1. If you are new to the GAC, create an online account for both you and your child/children before the first day of registration.
2. Go to <https://services.greensboroaquaticcenter.com/>. On the Sign In dialogue box, click on SIGN UP. Complete the information requested and then click Create Account. You will see a message at the top right that says Account Created! A confirmation email will be sent to you shortly.

\*If you do not get the confirmation email, call our front desk at 336-315-8498. Once you receive the email, click on Complete Profile and add the remainder of your information. You will not have a member ID number. To add your child/children, click on Add Family Member.



### Returning Customer with Online Account

1. Go to <https://www.greensboroaquaticcenter.com/> and under programs, click the program page you seek.
2. Scroll down and click on the Online Registration Portal button.
3. On the top right, click on Sign In. Click on the Swim Lessons picture.
4. Under Classification on the left, select a category. On the right side of the screen in the All-Categories box, classes available for registration based on your selected criteria will appear.
5. Click on the lesson you want to register for. Under the description are semester tabs. Select the swim lesson session you want to register for. The right side of the screen will show you availability for that class.

\*If the class is full, you are given the option to be placed on a waiting list. No payments are required to be placed on this list. Continue to the checkout screen where payment will be made.



### Registration In-Person



Come to the GAC front desk to register. You will fill out a Program Registration form with the following information:

- Parent name, address, DOB, and contact information
- Participant Name, DOB, and Gender
- Lesson(s) registering for

Please let us know if this is your first time registering for classes or if you are returning. This information will be completed in the system. You may pay with a credit card or a check, as **we are a cashless facility**. You will receive printed confirmation of the registration.



Registration info.  
Continued



# Registration: Continued

## Join Our Waitlist



If the class you want to register for is full, you can be placed on a waiting list at no cost. If your child gets into the class from the waiting list, we will call you to take payment. If you do not receive a call from us, we were unable to place your child in the class.



## NO MORE Swim Evaluations

**Great news, we no longer require a swim evaluation before registration for our Children's Group lessons.** Our new format allows you to choose the time slots that best fit your family's busy schedule. On the first day of class, children will be sorted into the appropriate groups.



## Next Registrations

### Spring: All Sessions

#### Specialty Programs & Privates

Wednesday, February 18<sup>th</sup> at 12:00pm

#### Children's Group

Wednesday, February 18<sup>th</sup> at 2:00pm



### Summer: All Sessions

#### Specialty Programs & Privates

Wednesday, March 4<sup>th</sup> at 12:00pm

#### Children's Group

Wednesday, March 4<sup>th</sup> at 2:00pm

\*Class offering dates and times will be published in the Summer Program Catalog, The Wave Summer 2026.

For cost please see price list page 24 and for dates and times please refer to page 18-23.

Autism Awareness event held every April.

Saturday, April 18<sup>th</sup> 1:00pm- 3:00pm

For more info. check our social media closer to the date.

## NO MORE Restricted Registration



**As of December 2025, we will not be offering restricted registration.** Restricted Registration was for current participants in the Children's Group Swim program, which offers advanced access to register for the upcoming session. This often causes confusion and does not allow for online registrations. To streamline the registration process for both current and new parents, we have removed this option. Lessons registration will be on a first-come come first first-served basis.

## Program Cancellation and Refund Policies

All lessons are non-refundable, non-transferable & no make-ups unless we cancel. The Greensboro Aquatic Center reserves the right to move participants down a level for safety purposes. If your child needs to be moved to another level, a spot in another class is not guaranteed for the same session.



# Swim Lessons

## Swim Lessons At the GAC

As a proud provider of the American Red Cross Learn-to-Swim program, we are committed to delivering quality instruction for swimmers of all ages and abilities.

Our programs include Parent and Child Aquatics, Preschool Aquatics, Youth, and Adult Swim. We also teach adaptive and private/ semi-private lessons. Designed to teach individuals of all ages and varying abilities. The purpose of this program is to help participants become comfortable and safer in, on, and around the water. Whether you're introducing your child to the water for the first time or you're an adult looking to improve your skills, GAC's experienced instructors are here to help you succeed. Join us and experience the lifelong benefits of swimming and all the opportunities that can offer.



## Program Categories:

### Specialty

Our Specialty Programs are; Parent & Child, Adaptive Youth, Adaptive Enrichment, Adult Foundations: Beginner, Adult Foundations: Intermediate, and Adult Advanced. These lessons all share the same registration dates and times.

### Privates/Semi-privates

Both private and semi-private lessons are offered. Please see page 16 for more information on them.

### Children's Group

Children's Group Programs include Preschool levels 1-3, Youth levels 1-4. These lessons have public registration separate from our Specialty and Private lesson Programs. On day 1, we will assess your child's skills and divide them into groups of 6. On the last day, your child will complete an assessment to track their progress. Cards will be given out as a keepsake.

### General Program Info.

We are dedicated to providing high-quality programs and a positive experience for all participants and their parents. To achieve this, we structure our swim lesson programs to cater to everyone's needs.

- 30 and 60-minute classes
- Scheduled breaks between classes for rotation, evaluation, and parent connection

**All Program offerings can be found on pages 18-23 and cost on the Price page 24.**



American  
Red Cross

**Proud Provider of  
Red Cross Training**



# Specialty Programs

## PARENT & CHILD (6 month - 3 years 11months )

Typically: 8 Lessons Per Session

Ratio 1:8

Introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water, and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics.

## ADAPTIVE YOUTH (3 years - 16 years)

Typically: 7 Lessons Per Session

Ratio 1:1

Adaptive swim lessons use applied behavior analytic strategies to teach children with special needs. Lessons are created for, but not limited to, those with behavioral, communication, or sensory challenges.

Instruction utilizes adaptive teaching strategies to accommodate individual abilities, needs, and goals.

 Autism Awareness event 

Saturday, April 18<sup>th</sup> 1:00pm- 3:00pm

  For more info. check our social media closer to the date.

## ADAPTIVE ENRICHMENT (6 years - 18 years)

Typically: 7-8 Lessons Per Session

Ratio 1:4

For members of the adaptive community who can swim the length of the pool unassisted. Adaptive Enrichment aims to promote health, wellness, and fitness while preparing participants to be able to swim and exercise on their own. (Must be able to swim 25 yards independently.)



## ADULT FOUNDATIONS: (13 years and up)

Typically: 8 Lessons Per Session

Ratio 1:4

**Beginner:** These lessons are for those with little to no swim experience. The focus is on learning the Basics. Help participants gain basic aquatic skills and swimming strokes.

**Intermediate:** These lessons build on skills taught in beginner and help improve participants' proficiency in basic aquatic skills and basic swimming strokes.

## ADULT ADVANCED (18 years and up)

Typically: 8 Lessons Per Session

Ratio 1:6

The main focus for these lessons is to refine swim strokes and to learn the health benefits of swimming, as well as how to use swimming as an adaptive tool for recovery.



All Program offerings can be found on pages 18-23 and cost on the Price page 24.

# Private Lessons

**Typically:** 7-8 Lessons Per Session (3 years and up)  
**Ratio** 1:1 or 1:2

Here at the GAC we offer both private lessons and semi-private lessons for more one-on-one instruction to better fit the needs of individuals. Private Swim Lessons are for anyone (children or adults) at least 3 years old. Participants under the age of 3 must obtain GAC approval prior to registration.

The GAC offers lessons in both our Recreation pool and Training pool. The location of the lessons will depend on time/pool space. Each pool has different temperatures and depths. The Rec pool is warmer with a depth of 3 ft. 4 ft., while the Training pool is an Olympic-size pool with a cooler temperature and has a depth of 4ft- 7ft.

We offer private lessons on weekdays and weekends. Current offerings can be found on pages 18-23. If you do not see the time or date you are looking for, you may visit the front desk and put in a request. **Please note that we will only contact you if we are able to accommodate your request. This will depend on instructor availability.**



Autism Awareness event

Saturday, April 18<sup>th</sup> 1:00pm- 3:00pm



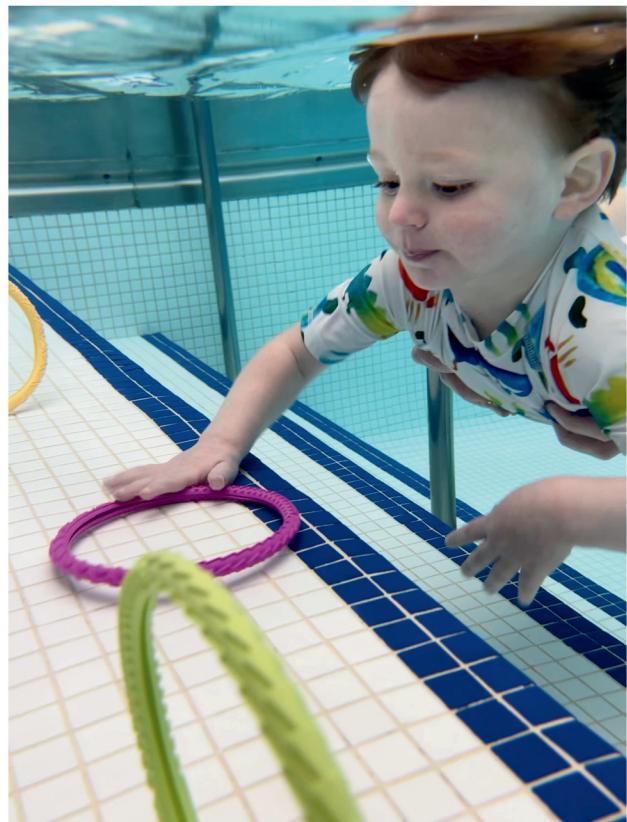
For more info. check our social media closer to the date.

## Semi-Privates

If you are interested in semi-privates, you may do so by registering for any currently available private lesson with one of the participants. After, you will need to email the GAC Program Coordinator, Brooke Underwood. In this email, you must include the following information:

- Both participants' names
- Emergency Contact Information
- Which day/time you registered

[brooke.underwood@gsoccomplex.com](mailto:brooke.underwood@gsoccomplex.com)



## Privates Lesson Registration

Registration is on a first-come, first-served basis in person or through the online registration portal. For lesson offerings, please see pages 18-23. For pricing, see page 24.

# Children's Group Lesson

## Preschool Aquatics

Ratio 6:1

(Ages 3-5)

American Red Cross Preschool Aquatics is designed for children 3 and 5 years of age. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills.

### Preschool Level 1

Preschool Level 1 is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

### Preschool Level 2

Preschool Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skill on both the front and the back. Many skills in Level 1 are performed with assistance. In this level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.

### Preschool Level 3

The objective of Level 3 is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times or levels of refinement. The skills in Level 3 are performed independently. Children improve their coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

## Youth Lessons

Ratio 6:1

(Ages 6-13)

American Red Cross Learn-to-Swim Program (Youth Lessons here at the GAC) are designed for children 6 through 13 years of age. The purpose of the course is to facilitate learning of water safety and aquatic skills to and through proficiency. These programs introduce fundamental skills as well as more advanced skill growth opportunities as swimmers progress through to higher levels.

### Youth Level 1: Introduction to Water Skills

This level is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.



### Youth Level 2: Fundamental Aquatic Skills

Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

### Youth Level 3: Stroke Development

The objectives of Level 3 are to expand proficiency of previously learned skills by providing additional guided practice. Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. As in all levels, new and previously addressed water safety topics are included. Participants who successfully complete Level 3 have achieved basic water competency in a pool environment.

### Youth Level 4: Stroke Improvement

Level 4 seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances. In addition, participants learn the arm actions that accompany breaststroke kick in order to begin performing the breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at a wall.

### Youth Level 5 & 6 (GAC WAVES): Ratio 10:1 Stroke Refinement & Swimming for Fitness

GAC Waves aims to refine participants' performance of all 4 competitive swimming strokes (front crawl, back crawl, butterfly, breaststroke) for increased proficiency and longer distances. Participants also learn to perform flip turns on both front and back, focusing on efficiency and effectiveness.

\*\*For more information about swim team opportunities, please see the "Clubs and Teams" page under the "About the GAC" on our website.

# 2026 SPRING 1 SESSIONS

Autism Awareness event

Saturday, April 18<sup>th</sup> 1:00pm- 3:00pm



For more info. check our social media closer to the date.

Registration dates and cost can be found on the Price page 24.

	Mon./Wed. Mar.2 - Mar.25	Tues./Thurs. Mar.3 - Mar. 26	Fridays Not Currently Offered	Saturdays Mar. 7 - Apr.18 *
<b>PRESCHOOL</b>				
<b>Parent &amp; Child</b>	—	3:50-4:20 PM	—	8:15-8:45 AM 11:00-11:30 AM
<b>Offerings 1</b>	—	4:30 - 5:00 PM	—	9:00-9:30 AM
<b>Offerings 2</b>	—	5:40-6:10 PM	—	10:55-11:25 AM
<b>Offerings 3</b>	—	—	—	—
<b>YOUTH</b>				
<b>Offerings 1</b>	—	5:05-5:35 PM	—	9:35-10:05 AM
<b>Offerings 2</b>	—	6:15-6:45 PM	—	10:10-10:40 AM
<b>Offerings 3</b>	—	6:50 -7:20 PM	—	11:30 AM - 12:00 PM
<b>Offerings 4</b>	—	—	—	* 1:30 PM - 2 PM In Training Pool (Last Day Apr. 11)
<b>Offerings 5</b>	—	—	—	*2:05 PM - 2:35 PM In Training Pool (Last Day Apr. 11)
<b>GAC Waves</b>	—	—	—	12:40 - 1:40 PM OR 1:40 - 2:40 PM
<b>ADULT</b>				
<b>Foundations: Beginner</b>	5:30-6:00 PM	12:00-12:30 PM	—	12:00-12:30 PM
<b>Foundations: Intermediate</b>	6:00-6:30 PM	12:35 PM -1:05 PM	—	12:30-1:00 PM
<b>Advanced</b>	—	6:00-7:00 PM	—	—

# 2026 SPRING 1 SESSIONS



Registration dates and cost can be found on the Price page 24.

	Mon./Wed. Mar. 2 - Mar. 23	Tues./Thurs. Not Currently Offered	Wed./Fridays Mar. 4 - Mar. 25	Saturdays Mar. 7 - Apr. 18 *
<b>Privates/ Semi-Privates</b>	<p>5:00 - 5:30 PM          5:35 - 6:05 PM          6:10 - 6:40 PM</p>	—	<p>10:00 - 10:30 AM          10:30 - 11:00 AM          11:00 - 11:30 AM          11:30 - 12:00 PM</p> <p>—</p> <p>2:00 - 2:30 PM          2:30 - 3:00 PM</p>	<p>*No Class Apr. 4<sup>th</sup> *</p> <p><b>Rec Pool</b>          10:00 - 10:30 AM          10:35 - 11:05 AM          11:10 - 11:40 AM          11:45 - 12:15 PM</p> <p><b>Training Pool</b>          1:15 - 1:45 PM          1:50 - 2:20 PM</p>

	*Mon./Wed. Mar. 2 - Mar. 25	Tues./Thurs. Not Currently Offered	Fridays Mar. 6 - Apr. 17*	Saturdays Not Currently Offered
<b>Adaptive Youth</b>	—	—	<p>*No Class Apr. 3<sup>rd</sup> *</p> <p>3:00 - 3:30 PM          3:40 - 4:10 PM          4:20 - 4:50 PM          5:00 - 5:30 PM          5:40 - 6:10 PM</p>	—
<b>Adaptive Enrichment</b>	7:00 - 7:45 AM	—	5:35 - 6:20 PM	—

\*No Lessons April 4th, lessons will be prorated if needed.

# 2026 SPRING 2 SESSIONS

 Autism Awareness event   
 Saturday, April 18<sup>th</sup> 1:00pm- 3:00pm  
  For more info. check our social media closer to the date.

Registration dates and cost can be found on the Price page 24.

	<b>*Mon./Wed.</b> Apr. 6 - Apr 29	<b>Tues./Thurs.</b> Apr. 7 - Apr. 30	<b>Fridays</b>	<b>Saturdays</b>
<b>PRESCHOOL</b>	<b>Parent &amp; Child</b>	—	3:50-4:20 PM	
	<b>Offerings 1</b>	—	4:30 - 5:00 PM	
	<b>Offerings 2</b>	—	5:40-6:10 PM	
	<b>Offerings 3</b>	—	—	
	<b>Offerings 1</b>	—	5:05-5:35 PM	
	<b>Offerings 2</b>	—	6:15-6:45 PM	
	<b>Offerings 3</b>	—	6:50 -7:20 PM	
	<b>Offerings 4</b>	—	—	
	<b>Offerings 5</b>	—	—	
	<b>GAC Waves</b>	—	—	
<b>YOUTH</b>	<b>Foundations: Beginner</b>	5:30-6:00 PM	12:00-12:30 PM	<b>No Spring 2 Offerings: Spring 1 for Fridays and Saturdays is in session from March 7 to April 18.</b>
	<b>Foundations: Intermediate</b>	6:00-6:30 PM	12:35 PM -1:05 PM	<b>Next offering will be in April 25 (Spring 3)</b>
	<b>Advanced</b>	—	6:00-7:00 PM	
<b>ADULT</b>				

# 2026 SPRING 2 SESSIONS



Registration dates and cost can be found on the Price page 24.

	Mon./Wed. Apr. 6 - Apr 27	Tues./Thurs. Not Currently Offered	Wed./Fridays Not Currently Offered	Saturdays
<b>Privates/ Semi-Privates</b>	5:00 - 5:30 PM 5:35 - 6:05 PM 6:10 - 6:40 PM	—	—	<u>No Spring 2 Offerings:</u> Spring 1 for Saturdays is in session from March 7 - April 18.

	Mon./Wed. Apr. 6 - Apr 27	Tues./Thurs. Not Currently Offered	Fridays	Saturdays
<b>Adaptive Youth</b>	—	—		<u>No Spring 2 Offerings:</u> Spring 1 for Fridays and Saturdays is in session from March 7 - April 18.
<b>Adaptive Enrichment</b>	7:00 - 7:45 AM	—		

# 2026 SPRING 3 SESSIONS

 Autism Awareness event   
 Saturday, April 18<sup>th</sup> 1:00pm- 3:00pm  
  For more info. check our social media closer to the date.

Registration dates and cost can be found on the Price page 24.

	<b>*Mon./Wed.</b> May 4 - Jun. 3	<b>Tues./Thurs.</b> May 5 - Jun. 2	<b>Fridays</b> Not Currently Offered	<b>Saturdays</b> Apr. 25 - Jun. 6 <b>*No Class May 9 &amp; 23*</b>
<b>PRESCHOOL</b>	<b>Parent &amp; Child</b> —	3:50-4:20 PM	—	8:15-8:45 AM 11:00-11:30 AM
	<b>Offerings 1</b> —	4:30 - 5:00 PM	—	9:00-9:30 AM
	<b>Offerings 2</b> —	5:40-6:10 PM	—	10:55-11:25 AM
	<b>Offerings 3</b> —	—	—	—
	<b>Offerings 1</b> —	5:05-5:35 PM	—	9:35-10:05 AM
<b>YOUTH</b>	<b>Offerings 2</b> —	6:15-6:45 PM	—	10:10-10:40 AM
	<b>Offerings 3</b> —	6:50 -7:20 PM	—	11:30 AM - 12:00 PM
	<b>Offerings 4</b> —	—	—	* 1:30 PM - 2 PM In Training Pool
	<b>Offerings 5</b> —	—	—	*2:05 PM - 2:35 PM In Training Pool
	<b>GAC Waves</b> —	—	—	12:40 - 1:40 PM OR 1:40 - 2:40 PM
<b>ADULT</b>	<b>Foundations: Beginner</b> *No Class May 25 <sup>th</sup> * 5:30-6:00 PM	12:00-12:30 PM	—	12:00-12:30 PM
	<b>Foundations: Intermediate</b> *No Class May 25 <sup>th</sup> * 6:00-6:30 PM	12:35 PM -1:05 PM	—	12:30-1:00 PM
	<b>Advanced</b> —	6:00-7:00 PM	—	—

\*No Lessons May 9th, 23rd and 25th, lessons will be prorated if needed.



# 2026 SPRING 3 SESSIONS



Registration dates and cost can be found on the Price page 24.

	<b>*Mon./Wed.</b> May 4 - May 27	<b>Tues./Thurs.</b> Not Currently Offered	<b>Wed./Fridays</b> Not Currently Offered	<b>Saturdays</b> Apr. 25 - Jun. 6
<b>Privates/ Semi-Privates</b>	<p><b>*No Class May 25<sup>th</sup> *</b></p> <p>5:00 - 5:30 PM 5:35 - 6:05 PM 6:10 - 6:40 PM</p>			<p><b>*No Class May 9 &amp; 23*</b></p> <p><b>Rec Pool</b> 10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 AM 11:45 - 12:15 PM</p> <p><b>Training Pool</b> 1:15 - 1:45 PM 1:50 - 2:20 PM</p>

	<b>*Mon./Wed.</b> May 4 - Jun. 3	<b>Tues./Thurs.</b> Not Currently Offered	<b>Fridays</b> Apr. 24 - Jun. 5	<b>Saturdays</b> Not Currently Offered
<b>Adaptive Youth</b>	—	—	<p>3:00 - 3:30 PM 3:40 - 4:10 PM 4:20 - 4:50 PM 5:00 - 5:30 PM 5:40 - 6:10 PM</p>	—
<b>Adaptive Enrichment</b>	<p><b>*No Class May 25<sup>th</sup> *</b></p> <p>7:00 - 7:45 AM</p>	—	5:35 - 6:20 PM	—

**\*No Lessons May 9th, 23rd and 25th, lessons will be prorated if needed.**

# Program Price List

The prices below reflect the cost of a typical session. If the session is shorter or longer the prices will be prorated on the registration portal. On our offering page each session will have; dates of sessions, if there are any changes of number of lessons, and if there is a skipped day for lessons within a session.

For registration information, please refer to page 13.  
Program offerings can be found on pages 18-23.

## Specialty Programs:

<b>Parent &amp; Child Lessons</b> (8 lessons) .....	<b>\$125</b>
<b>Adaptive Youth</b> (7 lessons) .....	<b>\$115</b>
<b>Adaptive Enrichment Fridays</b> (7 lessons).....	<b>\$85</b>
<b>Adaptive Enrichment Mon./Wed.</b> (8 lessons)....	<b>\$95</b>
<b>Adult Foundations</b> (8 lessons).....	<b>\$125</b>
<b>Adult Advanced</b> (8 lessons).....	<b>\$125</b>

## Private Lessons:

<b>Private Lessons</b> (7 lessons).....	<b>\$410</b>
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## Children's Group Lessons:

<b>Preschool &amp; Youth Tues./Thurs.</b> (8 lessons).....	<b>\$125</b>
<b>Preschool &amp; Youth Saturdays</b> (8 lessons).....	<b>\$125</b>
<b>GAC Waves Saturdays</b> (8 lessons).....	<b>\$125</b>



You can register in-person or online. If registering in-person, please keep in mind that we are a cashless facility.



Autism Awareness event

Saturday, April 18<sup>th</sup> 1:00pm- 3:00pm

For more info. check our social media closer to the date.

## Certifications:

<b>Lifeguarding</b> (Full Certification) .....	<b>\$350</b>
<b>Lifeguarding</b> (Recertification) .....	<b>\$200</b>
<b>Lifeguarding Instructor</b> (Full Certification)....	<b>\$400</b>
<b>Lifeguarding Instructor</b> (Recertification).....	<b>\$400</b>
<b>Water Safety Instructor</b> .....	<b>\$400</b>
<b>PHTA Certified Pool/Spa Operator</b> .....	<b>TBD</b>

Certification registrations open typically a month before classes. For current offering see page 27. Please call the front desk for further questions on certification registration, at 336-315-8498.



## Next Registrations

### Spring: All Sessions

#### Specialty Programs & Privates

Wednesday, February 18<sup>th</sup> at 12:00pm

#### Children's Group

Wednesday, February 18<sup>th</sup> at 2:00pm

### Summer: All Sessions

#### Specialty Programs & Privates

Wednesday, March 4<sup>th</sup> at 12:00pm

#### Children's Group

Wednesday, March 4<sup>th</sup> at 2:00pm

\*Class offering dates and times will be published in the Summer Program Catalog, The Wave Summer 2026.

# Certification Classes

The GAC is a proud provider of America Red Cross Courses, such as Lifeguarding and Water Safety Instructor. These courses are offered multiple times a year and may be requested, if available instructors.

We can also possibly offer ARC First Aid/CPR/AED and NSPF Certified Pool/Spa Operator Certification Training on request.



## Register:

Registrations for certification classes in on a first come, first serve basis in person or through the online registration portal. If you have any questions, please contact the GAC front desk at 336.315.8498. When registering, please provide the participant's email.

Registration fee for certification classes are non-refundable. Credit on account may be given on a case-by-case basis.



## PHTA Certified Pool/Spa Operator Certification Training

The most widely accepted, verifiable pool and spa training credential. Registration will be open for all offerings until three days prior to the class start date. Well currently do not have any available CPO classes. Please reach out to the front desk for potential future offerings.

## Lifeguard Certifications



I AM A LEADER... MENTOR... COACH... TEAM PLAYER... FIRST RESPONDER



### Lifeguarding (Full Certification)

The primary purpose of the courses in the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies.
- Provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) professionals take over.

#### Course Prerequisites

To participate in the Lifeguarding course, participants must:

- Be at least 15 years old on or before the final scheduled session of the Lifeguarding course.
- Successfully complete the two prerequisite swimming skills evaluations:

**Prerequisite 1:** Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs
- Swim 50 yards using the front crawl, breaststroke or a combination of both

**Prerequisite 2:** Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Submerge to a depth of 7-10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards onto the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

# Lifeguard Certifications



## Lifeguarding (Recertification)

The primary purpose of a recertification course is to give participants who are currently certified American Red Cross Lifeguarding the opportunity to review the course knowledge and skills within a formal course setting to maintain their American Red Cross Lifeguarding certification.

### Course Prerequisites

To participate in the Lifeguarding (Including Deep Water) Recertification course, participants must:

- Hold a current certification, or expired by no more than 30 days, in American Red Cross Lifeguarding that included training in deep water 7 feet or deeper.
- Successfully complete the two prerequisite swimming skills evaluations: (See the Full Course)

## LGI: Lifeguarding Instructor (Full Certification)

The purpose of the American Red Cross r. 24 Lifeguarding Instructor course is to train instructor candidates to teach the basic-level courses in the American Red Cross Lifeguarding program.

### Course Prerequisites

To participate in the Lifeguarding Instructor course, participants must:

- Be at least 17 years old on or before the final scheduled session of the Lifeguarding Instructor course.
- Possess a current basic-level certification in American Red Cross Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid. (Note: r. 17 Lifeguarding certification accepted)
- Obtain instructor and participant course materials before starting the course.
- Successfully complete the online session of the Lifeguarding Instructor course prior to the precourse session.
- Successfully complete the prerequisite skill assessment scenario to continue in the course. The prerequisite skill assessment scenario evaluates the following skills:
  - Entry, Swimming approach, Surface dive in deep water (7 to 10 feet), Passive submerged rescue, Rapid extrication (with an assisting rescuer), Rapid assessment, and Single-rescuer CPR (3 minutes).



## LGI: Lifeguarding Instructor (Recertification)

The purpose of the American Red Cross r. 24 Lifeguarding Instructor Recertification course is to give instructors the opportunity to review the course knowledge and skills within a formal course setting to maintain their American Red Cross Lifeguarding Instructor certification. Successfully completing this course is the only method for maintaining certification as an American Red Cross Lifeguarding instructor.

Once expired by no longer than 2 years, candidates may take the Lifeguarding Instructor Crossover/Reentry course. Expired candidates may participate in Lifeguarding Instructor course.

### Course Prerequisites

- Possess a current, or expired by no more than 1-year, American Red Cross Lifeguarding Instructor certification.
- Successfully complete the online session of the Lifeguarding Instructor Recertification course prior to the in-person session.



## WSI: Water Safety Instructor (Full Certification)

This American Red Cross Certification class trains instructor candidates to teach courses in the ARC Swimming and Water Safety Program.

### Course Prerequisites:

To participate in the course, participants must:

- Must be at least 15 years old on or before the final scheduled session of the course.
- Must be able demonstrate and proficiently complete 25 yards of Front Crawl, Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke, and Butterfly (only 15 yards)
- Must be able to tread water for 1 minute. Must be able to maintain back float for 1 minute.



# Fall Certification Offerings

	March	April	May	June
<b>Water Safety Instructor (WSI)</b>	30 <sup>th</sup> ; 8am- 4pm 31 <sup>st</sup> ; 8am- 4pm <b>April</b> 1 <sup>st</sup> ; 8am- 4pm 2 <sup>nd</sup> ; 8am- 4pm 3 <sup>rd</sup> ; 8am- 4pm	—	—	8 <sup>th</sup> ; 8am- 4pm 9 <sup>th</sup> ; 8am- 4pm 10 <sup>th</sup> ; 8am- 4pm 11 <sup>th</sup> ; 8am- 4pm 12 <sup>th</sup> ; 8am- 4pm
<b>Lifeguarding</b>	11 <sup>th</sup> ; 4:30pm - 8:30pm 12 <sup>th</sup> ; 4:30pm - 8:30pm 13 <sup>th</sup> ; 4:30pm - 8:30pm 14 <sup>th</sup> ; 8:00am - 5:00pm	15 <sup>th</sup> ; 4:30pm - 8:30pm 16 <sup>th</sup> ; 4:30pm - 8:30pm 17 <sup>th</sup> ; 4:30pm - 8:30pm 18 <sup>th</sup> ; 8:00am - 5:00pm	<b>Days 1, 2 &amp; 3:</b> 4:30pm - 8:00pm <b>Day 4:</b> 8:00am - 5:00pm <b>Course Date Options:</b> <ul style="list-style-type: none"><li>• May 6, 7, 8, 9.</li><li>• May 27, 28, 29, 30.</li></ul>	<b>Days 1, 2 &amp; 3:</b> 4:30pm - 8:00pm <b>Day 4:</b> 8:00am - 5:00pm <b>Course Date Options:</b> <ul style="list-style-type: none"><li>• June 12, 11, 12, 13.</li><li>• June 17, 18, 19, 20.</li><li>• June 24, 25, 26, 27.</li></ul>
<b>Lifeguarding Review</b>	26 <sup>th</sup> ; 4:30pm - 8:00pm 27 <sup>th</sup> ; 4:30pm - 8:00pm 28 <sup>th</sup> ; 8:00am - 5:00pm	23 <sup>rd</sup> ; 4:30pm - 8:00pm 24 <sup>th</sup> ; 4:30pm - 8:00pm 25 <sup>th</sup> ; 8:00am - 5:00pm	21 <sup>st</sup> ; 4:30pm - 8:30pm 22 <sup>nd</sup> ; 4:30pm - 8:30pm 23 <sup>rd</sup> ; 8:00am - 5:00pm	<b>Day 1:</b> 4:30pm - 8:00pm <b>Day 2:</b> 4:30pm - 8:00pm <b>Day 3:</b> 8:00am - 5:00pm <b>Course Date Options:</b> <ul style="list-style-type: none"><li>• June 11, 12, 13.</li><li>• June 18, 19, 20.</li><li>• June 25, 26, 27.</li></ul>
<b>Lifeguard Instructor (LGI)</b>	—	TBD	TBD	TBD

