Our mission is to promote health, wellness, and fitness for adults through swimming. Our vision at the GAC is to be a premier resource for aquatic health and fitness in the Greensboro area and will make living an active, healthy, and fit lifestyle a primary goal through swimming. One of our goals is to reach as many adults as possible from age 18 to 100.

Class Dates

Class 1: April 8—April 24
Class 2: May 13—June 3rd (no class May 27)

Classes are held every Monday and Wednesday from 7:00pm—7:45pm

Registration is open for all sessions and closes three days prior to class start date, call now or register online

Core Aspects

1. Stroke Development
2. Learn Health Benefits of Swimming
3. Using swimming as an adaptive tool for recovery

Cost: $65

*Program cost of $65 includes six classes & a membership to the GAC starting on the first day of the class through the end of the month.*

(during normal operating hours)

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