Learn to Swim Schedule
SPRING SESSIONS 2019

**Session 1**
Registration Dates:
Restricted In-Person: Dec 17—20
Regular: Dec 21—Jan 1
Mondays & Wednesdays: Jan 7 — Feb 6
Tuesday & Thursdays: Jan 8 — Feb 7
Saturday: Jan 5 — Feb 9
No Classes Jan 12, Jan 22, Jan 23

**Session 2**
Registration Dates:
Restricted In-Person: Feb 2 — 7
Regular: Feb 8 — 25
Mondays & Wednesdays: Mar 4 — 27
Tuesday & Thursdays: Mar 5 — 28
No Classes Mar 18 — 21

**Session 3**
Registration Dates:
Restricted In-Person: Mar 25 — 28
Regular: Mar 29 — 31
Mondays & Wednesdays: April 8 — May 1
Tuesday & Thursdays: April 9 — May 2
Saturday: April 6 — 27

**Session 4**
Registration Dates:
Restricted In-Person: Apr 27 — May 2
Regular: May 3 — 5
Mondays & Wednesdays: May 13 — Jun 5
Tuesday & Thursdays: May 14 — Jun 6
Saturday: May 11 — Jun 8
No Classes May 22—25, 27 — 28

**Restricted Registration** times are reserved for those currently enrolled in lessons. The last week of every group lesson session, participants will be able to register early only with their assessment card. Once you have received your assessment card, you may register in person only for the next session before they open to the remainder of the community. This does not restrict those that are currently enrolled in lessons from registering during regular registration.

All lessons are non-refundable. Credit on account may be allowed with the manager’s approval.

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**CLASS FEES**

<table>
<thead>
<tr>
<th>Parent/Child &amp; Preschool Swim Lessons</th>
<th>Youth &amp; Adult Swim Lessons</th>
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</thead>
<tbody>
<tr>
<td><strong>Weekdays</strong></td>
<td><strong>Weekdays</strong></td>
</tr>
<tr>
<td>Session 1 (9 Classes) $81</td>
<td>Session 1 (9 Classes) $90</td>
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<tr>
<td>Session 2 (6 Classes) $54</td>
<td>Session 2 (6 Classes) $60</td>
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<tr>
<td>Session 3 (8 Classes) $72</td>
<td>Session 3 (8 Classes) $80</td>
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<tr>
<td>Session 4 (6 Classes) $54</td>
<td>Session 4 (6 Classes) $60</td>
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<td><strong>Saturdays</strong></td>
<td><strong>Saturdays</strong></td>
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<tr>
<td>Session 1 (5 Classes) $45</td>
<td>Session 1 (5 Classes) $50</td>
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<tr>
<td>Session 3 (4 Classes) $36</td>
<td>Session 3 (4 Classes) $40</td>
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<tr>
<td>Session 4 (4 Classes) $36</td>
<td>Session 4 (4 Classes) $40</td>
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Registration is on a first come first serve basis.

www.greensboroaquaticcenter.com
Learn to Swim Schedule

**PARENT AND CHILD SWIM LESSONS**
(ages 6 months– 36 months)
Class Ratio 1:10

**Puddle Ducks/ Mud Puppies**
This class is designed to introduce the child to the aquatic environment, help teach parents how to get their children ready to swim, and to have fun.
M/W: 5:50-6:20pm
Tu/Th: 6:30-7:00pm
Saturday: 11:00-11:30am

**PRE-SCHOOL SWIM LESSONS**
(Ages 3-5 years old)
Class Ratio 1:6

**Sand Dollars (Level 1)**
This course is for children who are not confident with putting their face in the water and submerging their head underwater. This class is designed to help children to become comfortable in the water so that they can be prepared to start floating in the next level. Recommend for all new swimmers
M/W: 4:30-5:00pm
Tu/Th: 4:30-5:00pm
Saturday: 9:00-9:30am

**Sea Otters (Level 2)**
This class is for children who are comfortable in the water, can fully submerge their head underwater and blow bubbles for 3 seconds. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.
M/W: 5:10-5:40pm
Tu/Th: 5:10-5:40pm
Saturday: 9:40-10:10am

**Sting Rays (Level 3)**
This level can float and make come forward progress in the water with no little to no assistance. This child is swimming using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths. Float on back for 15 seconds.
M/W: 6:30-7:00pm
Tu/Th: 5:50-6:20pm
Saturday: 10:20-10:50am

**YOUTH SWIM LESSONS**
(ages 6-13 years old)
Class Ratio 1:6

**Barracudas (Level 1)**
This is a class for children who do not have any experience with water skills, who may be fearful or hesitant in the water. This class is designed to help older children become comfortable in the water so that they can float in the water.
M/W: 6:05-6:50pm
Tu/Th: 6:05-6:50pm
Saturday: 9:00-9:45am

**Blue Marlins (Level 2)**
This is a class for children who are not afraid to put their face in the water and can totally submerge their head underwater comfortably. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position.
M/W: 5:10-5:55pm
Tu/Th: 5:10-5:55pm
Saturday: 9:55-10:40am

**Dolphins (Level 3)**
This class is for children that can push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.
M/W: 4:15-5:00pm
Tu/Th: 4:15-5:00pm
Saturday: 10:50-11:35am

**Orcas (Level 4)**
This is for children who jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
M/W: 7:15-8:00pm
Tu/Th: 4:15-5:00pm
Saturday: 11:45am-12:30pm

**Hammer Heads (Level 5)**
This class is for children who can dive in the water, swim 25-50 yards of freestyle with rotary breathing, turn on the wall, swim 25-50 yards elementary backstroke, swim 15 –25 yards breaststroke, and swim the backstroke for 15 yards. This class is designed to refine all the competitive strokes and 2 lifesaving strokes they learned in level 4 Orcas. Swim the strokes legally and proficiently as well as how to dive off the starting blocks and be proficient at open and flip turns.
M/W: 4:30-5:15pm
Tu/Th: 7:05-7:50pm
Saturday: 10:00-10:45am

**TEEN/ADULT SWIM LESSONS**
(Ages 14 and up)
Class Ratio 1:6

**Learning the Basics**
This class helps participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency.
M/W: 5:20-6:05pm
Saturday: 10:55-11:40am

**Improving Skills and Swimming Strokes**
Participants must be comfortable in chest-deep water. Able to put their face in the water. Able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards.
M/W: 7:05-7:50pm
Saturday: 11:45-12:30pm

All lessons are non-refundable. Credit on account may be allowed with the manager’s approval.

**Unsure of your child’s level? Call us to schedule for a swim assessment 336-315-8498**
Assessments are offered on Tuesday’s, Wednesday’s, Thursday’s from 6pm –7pm (10max) Only done during swim lesson sessions.

All classes require a minimum enrollment of 3 participants, classes are subject to cancellation if minimum is not obtained

Class times are subject to be changed based on the need or demand of the program. The most accurate session times are available on our website at https://services.greensboroaquaticcenter.com/

Last modified 11/18/19