

About GSA

The Greensboro Swimming Association offers a broad range of flexible programs for athletes of every age and ability. GSA programs provide age-appropriate technique and conditioning to develop the stroke skills *plus* the physical strength swimmers require to become confident, healthy, successful athletes.



Nationally Recognized For Excellence

USA Swimming, the sport's National Governing Body, distinguishes GSA as a Bronze Medal Club, ranking them among the top teams in the nation. These clubs are recognized for their leadership in the swimming community, sound business management practices, and the success of their swimmers.

Swim School Coaching Staff

GSA coaches are ASCA certified for excellence, levels 1-5 by the American Swimming Coaches Association.

Head Swim School Coach

Christina Rogers

Christina has 12+ years experience and is ASCA level 2 certified. She coaches swimmers in GSA's Red Group and was also a CSA summer league coach. Christina is a mother of two swimmers and a former school teacher. She is also a US Masters competitive swimmer and NC Masters record holder.

GSAswimschool@GSAswim.org

Assistant Coaches

Diane Quillen 3 yrs. GSA - ASCA 2

Brooke DeWitt 3 yrs. GSA - ASCA 2



The Greensboro Swimming Association

GSA is a committed local partner of MAKE A SPLASH, a national child-focused water safety initiative created by the USA Swimming Foundation. GSA coaches and senior swimmers partner with community organizations to provide outreach and clinics to teach water safety skills to groups of Greensboro's children.

GSA's scholarship program provides swim lessons and training fees to economically-disadvantaged youngsters. Your donation to Sponsor a Swim Lesson will help us expand this program and teach more Greensboro children to swim.



Grimsley High School Pool

All programs are held at Grimsley. The pool has locker rooms with showers and seating for parent spectators. Bring a towel and goggles if desired. All other equipment is provided.

2009-2010 The Greensboro Swimming Association

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Swim School Home School Swim Team Private Lessons

Established in 1946,
GSA is a parent-owned,
501(c)(3) non-profit organization.

www.GSAswim.org

GSAswimschool@GSAswim.org

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GSA Swim Program Overview

Critical Skills, Confidence, Fun!

Swimming is an excellent activity for kids of all ages. The sport provides comprehensive, low-impact aerobic exercise, improves muscle tone and coordination and gives kids a fun outlet for all that energy! While nothing can replace adult supervision, acquiring basic swimming skills is essential for improved water safety.

GSA offers skill-building swimming programs for athletes at all levels, from first-time swimmers to national-level competitors.

The **Swim School** Program is designed for brand new swimmers and equips them with basic swimming stroke skills - the building blocks for advanced swimming technique which help children become more confident in the water.

The **Home School Swim Team Program** offers a team format and more advanced instruction for proficient swimmers.

For kids who learn better in a one-on-one teaching environment, **Private Lessons** are available.



Swim School Programs

Swim School Group Lessons

Each GSA Swim School 4-week session offers instruction in basic swimming skills. Swimmers may progress from Beginner 1 to Beginner 2. After successfully completing the Swim School program, swimmers may choose to advance to GSA's Stroke School program.

Instruction covers the four basic swimming skills areas:

- Breathing control and technique
- Balance and floating capabilities
- Sculling and locomotion technique
- Rhythm and arm/leg coordination

Beginner 1 Class

Monday and Wednesday 1:00 & 1:30

Beginner 2 Class

Monday and Wednesday 1:30 & 2:00

Price: \$80/4-week session

Home School Swim Team

GSA's Home School Swim Team is designed for swimmers ages 7-13 who can swim 25 yards unassisted. Each 4-week session provides stroke technique instruction and conditioning.

Home School Team

Monday and Wednesday 1:00 – 1:45

Price: \$90/4-week session

Private Lessons

Scheduled upon request

Price: \$30/half hour lesson

(maximum 2 family members/lesson)

Session Schedule

GSA Swim School group lessons are offered between Labor Day and Memorial Day, in sessions of 7-8 classes per month.

Group classes enjoy a swimmer to coach ratio capped at 4:1.

GSA Swim School private lessons can be scheduled year round, at your convenience.

