

## Coaching Staff & Facilities

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

### Head Swim School Coach

#### Christina Rogers

Christina has been a swim coach for 10+ years and is an ASCA level 2 certified coach. She coaches swimmers in GSA's Red Group competitive program and was a CSA summer league coach for 2 years. This is her third year as Head Coach of GSA's Swim School Program. Christina is a mother of two swimmers and a former school teacher. She is also a US Masters competitive swimmer and holds the NC Masters record in 400 meter Freestyle.

[GSAswimschool@GSAswim.org](mailto:GSAswimschool@GSAswim.org)

### Assistant Coach

**Diane Quillen** 2 yrs. GSA - ASCA 2

### Grimsley High School Pool

All programs are held at Grimsley. The pool entrance is located behind the tennis courts on Campus Drive. The pool has locker rooms with showers and seating for parent spectators. Bring a towel and goggles if desired. All other equipment is provided.



## The Greensboro Swimming Association

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. Members of the Bronze Medal Club are among the top teams in the nation.

GSA was recognized for its leadership in the swimming community, its sound business management practices, and the success of its swimmers.

**P. O. Box 10085  
Greensboro, NC 27404  
336.851.2848**

[GSAswimschool@GSAswim.org](mailto:GSAswimschool@GSAswim.org)

[www.GSAswim.org](http://www.GSAswim.org)

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## The Greensboro Swimming Association



### 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](http://www.GSAswim.org)

**336.851.2848**



## **GSA Swim Program Overview**

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### **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**

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**

### **Session Schedule**

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Fall Session I: mid-Sep. – early Oct.

Fall Session II: mid-Oct. – early Nov.

Winter Session I: mid-Nov. – early Dec.

Winter Session II: mid-Jan. – mid Feb.

Spring Session I: late Feb. – mid Mar.

Spring Session II: early Apr. – late Apr.

Spring Session III: early May – late May