



**Atrium Health**  
**Levine Children's**

# TRIAD AREA SWIM LESSON RESOURCES



## LOCATIONS



### SALEM GYMNASTICS & SWIM

- Ages 3 months- Adult
- Location: Winston-Salem
- \$100-\$130/ month
- Offers private or parent/child adaptive swim lessons



### AQUA TOTS SWIM SCHOOL

- Ages 4 months- 12 years old
- Location: Winston-Salem
- \$132/month & \$30 annual fee



### GOLDFISH SWIM SCHOOL

- Ages 4 months- 12 years old
- Location: Greensboro
- \$34/ group lesson & \$30 annual fee
- Offers promotions for free swim lessons



### CLUB FITNESS

- Ages 6 months- Adult
- Location: Greensboro
- \$200-\$240/ 8-week group session



### SWIM FANATICS

- Ages 4 months- Adult
- Location: Greensboro
- \$119/ month & \$35 annual fee
- Offers free trial and special needs programming



### GREENSBORO AQUATIC CENTER

- Ages 3 and up
- Location: Greensboro
- \$125/ 8 group lessons
- Offers swim lessons for children with disabilities



### HIGH POINT SWIM CLUB

- Ages 2-13 years old
- Location: High Point
- \$15/lesson

## YMCA & RECREATION CENTERS

Always check your local YMCA and recreation center for swim lessons with discounted prices