



The programs provided by GCAT offer entry level swim lessons, schedule-friendly options for those pursuing other activities and competitive training for all students in Greenfield & neighboring communities. At GCAT our motto is Greatness Unleashed -- In the pool, we strive for each swimmer to achieve their best. As equally important, is translating the hard work, discipline and success in the pool to each swimmer's life outside the pool to develop great people.

Swim Lessons

Swim lessons are offered throughout the year for potty trained kids ages 3 and up. We offer group and private lessons and the instructors are in the water with the kids for the 30-minute class. [Click here](#) for more information on the swim lesson curriculum. We encourage you to [visit our website](#) and our [Facebook page](#) to stay up-to-date on lesson offerings. While subject to change, we generally offer lessons during the following times of year:

- August - weekday evening classes
- Fall - Friday evening classes
- April - weekday evening classes
- June and July - weekday afternoon classes

Flex Swim

Flex Swim is for those who are not quite ready for the competitive swim program, but are interested in continuing to increase their swimming skills. This program allows for a shorter time commitment and more flexibility than our competitive program. We offer 5 sessions of Flex Swim each year and each session is approximately 7 weeks long. Each session ends with a GCAT Time Trial which gives the kids an opportunity to experience a swim meet and to show off their new skills to friends and family. There are minimum requirements that must be met to join the Flex Swim program. To learn more about the program and the requirements, [visit our website](#). If you are new to GCAT, we ask that you [contact us](#) to schedule a swim test so we can ensure the swimmer is placed in the appropriate group. While subject to change, we generally offer Flex Swim sessions during the following times of year:

- Session 1: Starts early September
- Session 2: Starts mid-October
- Session 3: Starts early January
- Session 4: Starts early April
- Session 5: Starts early June

Age-Group Competitive Swim

The Age-Group Competitive Swim program is for those who are able to do the four strokes and are ready to take those skills and techniques to the next level. As a USA Swimming Member, these swimmers are eligible to participate in meets (to see the current meet schedule, [click here](#)). If you are new to GCAT, we ask that you [contact us](#) to schedule a swim test so we can ensure the swimmer is placed in the appropriate group.

Swimmers elect to sign up for one of three options:

- Short Course Season: Registration opens in August. Season runs Sept. - mid-March
- Long Course Season: Registration opens in March. Season runs April - July
- All Year: Registration opens in August. Season runs September - July