

Triangle Aquatics Center

Weekday Morning and Track Out Classes: Winter/Spring 2012

		Par-Child A	Par-Child B	Pres 1	Pres 2	Pres 3		Youth 1	Youth 2	Youth 3	Youth 4
January	Mon/Wed 1/2-1/25 (8 Sessions)	9:40-10:10	9:40-10:10	9:00-9:30	9:10-9:40	9:30-10:00	Track 1: 3/5-3/15	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:40
	Tues/Thur 1/3-1/26 (8 Sessions)	9:00-9:30	9:00-9:30	9:40-10:10	9:30-10:00	9:10-9:40					
February	Mon/Wed 1/30-2/22 (8 Sessions)	9:40-10:10	9:40-10:10	9:00-9:30	9:10-9:40	9:30-10:00	Track 2: 2/13-2/23	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:40
	Tues/Thur 1/31-2/23 (8 Sessions)	9:00-9:30	9:00-9:30	9:40-10:10	9:30-10:00	9:10-9:40					
March	Mon/Wed 2/27-3/21 (8 Sessions)	9:40-10:10	9:40-10:10	9:00-9:30	9:10-9:40	9:30-10:00	Track 3: 1/23-2/2 4/23-5/3	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:40
	Tues/Thur 2/28-3/22 (8 Sessions)	9:00-9:30	9:00-9:30	9:40-10:10	9:30-10:00	9:10-9:40					
April*	Mon/Wed 3/26-4/25* (8 Sessions)	9:40-10:10	9:40-10:10	9:00-9:30	9:10-9:40	9:30-10:00	Track 4: 1/2-1/12 3/26-4/5	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:40
	Tues/Thur 3/27-4/26* (8 Sessions)	9:00-9:30	9:00-9:30	9:40-10:10	9:30-10:00	9:10-9:40					

If a class is highlighted in yellow, the class is

FULL

April* Session skips the week of 4/2-4/5 for Spring Break



Triangle Aquatics Center

Torpedoes, Fitness and Adult Classes: Winter/Spring 2012

	Torpedoes	Aqua Fitness	Aqua Senior	Aqua Pilates	Adult Swim Class
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January	Mon/Wed 1/2-1/25 (8 Sessions)	7-8pm WHITE TEAM				8-9pm Beginner
	Tues/Thur 1/3-1/26 (8 Sessions)	7-8pm BLUE TEAM	8-9am	9-10am	7-8pm	8-9pm Stroke Development

February	Mon/Wed 1/30-2/22 (8 Sessions)	7-8pm WHITE TEAM				8-9pm Beginner
	Tues/Thur 1/31-2/23 (8 Sessions)	7-8pm BLUE TEAM	8-9am	9-10am	7-8pm	8-9pm Stroke Development

March	Mon/Wed 2/27-3/21 (8 Sessions)	7-8pm WHITE TEAM				8-9pm Beginner
	Tues/Thur 2/28-3/22 (8 Sessions)	7-8pm BLUE TEAM	8-9am	9-10am	7-8pm	8-9pm Stroke Development

April	Mon/Wed 3/26-4/25* (8 Sessions)	7-8pm WHITE TEAM				8-9pm Beginner
	Tues/Thur 3/27-4/26* (8 Sessions)	7-8pm BLUE TEAM	8-9am	9-10am	7-8pm	8-9pm Stroke Development

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FULL



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Evening Learn to Swim and Parent Child Classes: Winter/Spring 2012

		Par-Child	Pres 1	Pres 2	Pres 3	Pres 4	Youth 1	Youth 2	Youth 3	Youth 4	Youth 5	Youth 6
January	Mon/Wed 1/2-1/25 (8 Sessions)	(A) 5:40-6:10	4:30-5:00 6:10-6:40	5:00-5:30 6:40-7:10	5:30-6:00 7:10-7:40	5:00-5:30	4:40-5:10 6:20-6:50	5:10-5:40 6:50-7:20	6:30-7:00	5:50-6:30	5:00-5:40 6:20-7:00	5:40-6:20
	Tues/Thur 1/3-1/26 (8 Sessions)	(B) 5:50-6:20	4:30-5:00	5:00-5:30 6:00-6:30	5:30-6:00		4:40-5:10	5:10-5:40 6:20-6:50	6:30-7:00	5:00-5:40 6:20-7:00	5:40-6:20	5:50-6:30

February	Mon/Wed 1/30-2/22 (8 Sessions)	(A) 5:40-6:10	4:30-5:00 6:10-6:40	5:00-5:30 6:40-7:10	5:30-6:00 7:10-7:40	5:00-5:30	4:40-5:10 6:20-6:50	5:10-5:40 6:50-7:20	6:30-7:00	5:50-6:30	5:00-5:40 6:20-7:00	5:40-6:20
	Tues/Thur 1/31-2/23 (8 Sessions)	(B) 5:50-6:20	4:30-5:00	5:00-5:30 6:00-6:30	5:30-6:00		4:40-5:10	5:10-5:40 6:20-6:50	6:30-7:00	5:00-5:40 6:20-7:00	5:40-6:20	5:50-6:30

March	Mon/Wed 2/27-3/21 (8 Sessions)		4:30-5:00 6:10-6:40	5:00-5:30 6:40-7:10	4:40-5:10 5:30-6:00	4:30-5:00 6:30-7:00	6:20-6:50	5:10-5:40 6:50-7:20	5:10-5:40 6:30-7:00	4:30-5:10 5:50-6:30	5:00-5:40 5:50-6:30	4:50-5:30
	Tues/Thur 2/28-3/22 (8 Sessions)	5:50-6:20	4:30-5:00	5:00-5:30 6:00-6:30	5:30-6:00 6:30-7:00	5:10-5:40 6:30-7:00	4:40-5:10	5:10-5:40 6:20-6:50	5:50-6:20 6:30-7:00	4:30-5:10 5:30-6:10	4:40-5:20 5:50-6:30	5:00-5:40 6:20-7:00

April	Mon/Wed 3/26-4/25* (8 Sessions)		4:30-5:00 6:10-6:40	5:00-5:30 6:40-7:10	4:40-5:10 5:30-6:00	4:30-5:00 6:30-7:00	6:20-6:50	5:10-5:40 6:50-7:20	5:10-5:40 6:30-7:00	4:30-5:10 6:20-7:00	5:00-5:40 5:50-6:30	4:50-5:30
	Tues/Thur 3/27-4/26* (8 Sessions)	5:50-6:20	4:30-5:00	5:00-5:30 6:00-6:30	5:30-6:00 6:30-7:00	5:10-5:40 6:30-7:00	4:40-5:10	5:10-5:40 6:20-6:50	5:50-6:20 6:30-7:00	4:30-5:10 5:30-6:10	4:40-5:20 5:50-6:30	5:00-5:40 6:20-7:00

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FULL



Triangle Aquatics Center
Weekend: Winter/Spring 2012

	Par-Child A	Par-Child B	Pres 1	Pres 2	Pres 3	Pres 4	Youth 1	Youth 2	Youth 3	Youth 4	Youth 5
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January & February	Saturday 1/7-2/18 (7 Sessions)	10:10-10:40	12:00-12:30	10:00-10:30 11:50-12:20	9:30-10:00 11:10-11:40 12:20-12:50	9:00-9:30 10:40-11:10	11:30-12:00 12:20-12:50	9:10-9:40 10:50-11:20	9:40-10:10 11:20-11:50 12:30-1:00	10:10-10:40 11:40-12:10	10:10-10:50 12:20-1:00	10:00-10:40 10:50-11:30 12:10-12:50
	Sunday 1/8-2/19 (7 Sessions)	2:40-3:10	3:10-3:40	1:00-1:30	1:30-2:00 4:50-5:20	2:00-2:30 5:20-5:50	3:00-3:30	3:40-4:10	4:20-4:50	1:40-2:10	1:00-1:40 4:20-5:00	2:20-3:00 5:10-5:50
February & March	Saturday 2/25-3/31 (6 Sessions)	10:10-10:40	12:00-12:30	10:00-10:30 11:50-12:20	9:30-10:00 11:10-11:40 12:20-12:50	9:00-9:30 10:40-11:10	11:30-12:00 12:20-12:50	9:10-9:40 10:50-11:20	9:40-10:10 11:20-11:50 12:30-1:00	10:10-10:40 11:40-12:10	10:10-10:50 12:20-1:00	10:00-10:40 10:50-11:30 12:10-12:50
	Sunday 2/26-4/1 (6 Sessions)	2:40-3:10	3:10-3:40	1:00-1:30	1:30-2:00 4:50-5:20	2:00-2:30 5:20-5:50	3:00-3:30	3:40-4:10	4:20-4:50	1:40-2:10	1:00-1:40 4:20-5:00	2:20-3:00 5:10-5:50

Youth 6	Torpedoes: White	Torpedoes: Blue	Adult Beginner
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January & February	Saturday 1/7-2/18 (7 Sessions)	10:40-11:20 11:30-12:10	9:00-10:00	9:00-10:00	8:00-9:00
	Sunday 1/8-2/19 (7 Sessions)	3:40-4:20	1:00-2:00	1:00-2:00	
February & March	Saturday 2/25-3/31 (6 Sessions)	10:40-11:20 11:30-12:10	9:00-10:00	9:00-10:00	8:00-9:00
	Sunday 2/26-4/1 (6 Sessions)	3:40-4:20	1:00-2:00	1:00-2:00	

Please be aware on weekends TAC hosts swim meets that can crowd the parking area. Overflow parking is in the mall parking lot!

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Triangle Aquatics Center
Weekend: Winter/Spring 2012

	Par-Child A	Par-Child B	Pres 1	Pres 2	Pres 3	Pres 4	Youth 1	Youth 2	Youth 3	Youth 4	Youth 5	
April & May	Saturday			10:00-10:30	9:30-10:00		11:30-12:00		9:40-10:10		10:10-10:50	10:00-10:40
	4/14-5/19 (6 Sessions)	10:10-10:40	12:00-12:30	11:50-12:20	11:10-11:40	9:00-9:30	12:20-12:50	9:10-9:40	11:20-11:50	10:10-10:40	11:00-11:40	10:50-11:30
					12:20-12:50	10:40-11:10		10:50-11:20	12:30-1:00	11:40-12:10	12:20-1:00	12:10-12:50
	Sunday			1:00-1:30	1:30-2:00	2:00-2:30	3:00-3:30	3:40-4:10	4:20-4:50	1:40-2:10	1:00-1:40	2:20-3:00
4/15-5/20 (6 Sessions)	2:40-3:10	3:30-3:40		4:50-5:20	5:20-5:50				4:20-5:00		5:10-5:50	

	Youth 6	Torpedoes: White	Torpedoes: Blue	Adult Beginner	
April & May	Saturday				
	4/14-5/19 (6 Sessions)	10:40-11:20 11:30-12:10	9:00-10:00	9:00-10:00	8:00-9:00
	Sunday				
4/15-5/20 (6 Sessions)	3:40-4:20	1:00-2:00	1:00-2:00		

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