

Poolside Preview



Spring 2012

Triangle Aquatic Center

275 Convention Drive

Cary, NC 27511

Phone: 919.459.4045

Fax: 919.459.4050

www.triangleaquatics.org



Registration Information

Participation in programming is granted on a first-come, first-serve basis. A waiting list will be created after programs are filled. Classes with registrations of 50% or less may be cancelled or combined with other classes.

Calls will be made prior to the session start date, if the class does not have 50% registration, you may be asked to choose another class time.

No late registrations are accepted for learn-to-swim, lifeguard training and swim instructor classes.

Make-up classes occur only on account of inclement weather before the start of class, facility closure, or instructor illness. No individual make-up lessons. If more than half of a class period is completed before inclement weather occurs, the class will not be rescheduled.

Refund Policies

All refund requests should be made in person and accompanied with a written request. Triangle Aquatics' registration fees and all e-Registration convenience fees are **NON-REFUNDABLE!**

Transfer Fee:

- 15 days or more prior to your scheduled course start date: \$5
- 8-14 days prior to your scheduled course start date: \$10
- 1-7 days prior to your scheduled course start date: \$15
- **No transfers on or after the 1st class day**

Withdrawal Fee:

- 15 days or more prior to the starting date of your class: \$15
- 8-14 days prior to the starting date of your class: \$25
- 1-7 days prior to the starting date of your class: 50%
- **No withdrawals on or after the 1st class day**

****Addition to Waiver: TAC transfer/withdrawal policies apply to any reasons, including medical, that prevent participation in a course.****

Programming Opportunities

We welcome anyone who wishes to conduct their water-based programs at the Triangle Aquatic Center. The facility also has a classroom, dryland training space and other amenities for your activities.

If you are interested in reserving space at our facility, please contact Julia Herman at (919) 459-4045 x 229 or jherman@triangleaquatics.org

LET TRIANGLE AQUATICS MANAGE YOUR POOL!

Triangle Aquatics is a full service aquatic facility service and consulting company, with a mission to support the growth and enjoyment of aquatics throughout the Triangle. As a partner of the highly successful Triangle Aquatic Center, a significant portion of Triangle Aquatic's profits will return to the community through the non-profit TAC!



Triangle Aquatics

For more information or to request a bid:
info@tri-aquatics.com
919-459-4047 ext. 224

- Turn-Key Management Solution
- Lifeguards and Attendants
- Pool Inspections
- Facility Opening and Closing
- Winter Service
- Pool Parties
- ...and Much, Much More!



tri-aquatics.com

Learn-to-Swim Classes

Mornings/Evenings/Weekends

01/02-01/25	Mon/Wed	8 Classes	\$88
01/03-01/26	Tue/Thu	8 Classes	\$88
01/30-02/22	Mon/Wed	8 Classes	\$88
01/31-02/23	Tue/Thu	8 Classes	\$88
02/27-03/21	Mon/Wed	8 Classes	\$88
02/28-03/22	Tue/Thu	8 Classes	\$88
03/26-04/25*	Mon/Wed	8 Classes	\$88
03/27-04/26*	Tue/Thu	8 Classes	\$88
01/07-02/18	Sat	7 Classes	\$77
01/08-02/19	Sun	7 Classes	\$77
02/25-03/31	Sat	6 Classes	\$66
02/26-04/01	Sun	6 Classes	\$66
04/14-05/19	Sat	6 Classes	\$66
04/15-05/20	Sun	6 Classes	\$66

Registration Fee: \$6.75 (January-April)

*Please note holiday changes

EVENINGS: All levels offered
WEEKENDS: All levels offered

Track Out (Youth Levels 1-4)

03/05-03/15	Track 1	Mon-Thu	8 classes/2 weeks	\$88
02/13-02/23	Track 2	Mon-Thu	8 classes/2 weeks	\$88
01/23-02/02	Track 3	Mon-Thu	8 classes/2 weeks	\$88
04/23-05/03	Track 3	Mon-Thu	8 classes/2 weeks	\$88
01/02-01/12	Track 4	Mon-Thu	8 classes/2 weeks	\$88
03/26-04/05	Track 4	Mon-Thu	8 classes/2 weeks	\$88

WHAT LEVEL IS APPROPRIATE FOR MY CHILD?

Parent-child

Level A [6 months-2 years]- Introduces basic skills to parents and children

Level B [2 to 4 years]- Parents work with reluctant children to enter water and introduce basic skills

Preschool [4-5 years]

Level 1:

- Little/No water experience or still uncomfortable in water

Level 2:

- Should be able to:
 - Enter the water independently
- While assisted:
 - Travel 5 yards
 - Glide 2 body lengths on front
 - Blow bubbles 3 seconds
 - Float on back for 3 seconds

Level 3:

- Should be able to do independently:
 - Use arm/leg motions to swim a body length
 - Swim on back for a body length
 - Roll to back and front
 - Back float 5 seconds

Level 4:

- Should be able to perform all skills independently:
 - Front and back float for 15 seconds
 - Swim on front with arm/leg movements 3 body lengths
 - Swim 3 more body lengths on back
 - Push off wall
 - Roll to back floating 15 seconds

Youth [6-13 years]

Level 1:

- Little/No water experience or still uncomfortable in water

Level 2:

- Should be able to:
 - Enter the water independently
 - Bob 3 times
 - Float on back 3 seconds
 - Travel 5 yards
 - Glide 2 body lengths on front

Level 3:

- Should be able to perform all skills independently:
 - Front and back float for 5 seconds
 - Roll to back floating 15 seconds
 - Swim on front with arm/leg movements 3 body lengths
 - Roll and swim 3 more body lengths on back

Level 4:

- Should be able to independently:
 - Perform front crawl
 - Tread/float 30 seconds
 - Elementary backstroke 15 yards
 - Enter the water headfirst from sitting/kneeling positions

Level 5/6:

- Intended for advanced swimmers who know base knowledge of all strokes but want to refine them
- Should be able to independently:
 - Swim a full length (25 yards) of freestyle and elementary backstroke
 - Swim 15 yards of breaststroke and back crawl

**If you are still unsure of your child's level,
please contact Katina Morris or Amy Cooper to schedule a skills check!**

Adult Activities

Adult Beginning Swim (Level 1) *Please note holiday changes

This class is designed for those with little to no swimming experience and who want to learn the basics, from floating and breathing technique to freestyle.

01/07-02/18	Sat	7 classes	8-9am	\$77
02/25-03/31	Sat	6 classes	8-9am	\$66
04/14-05/19	Sat	6 classes	8-9am	\$66
01/02-01/25	Mon/Wed	8 classes	8-9pm	\$88
01/30-02/22	Mon/Wed	8 classes	8-9pm	\$88
02/27-03/21	Mon/Wed	8 classes	8-9pm	\$88
03/26-04/25*	Mon/Wed	8 classes	8-9pm	\$88

Adult Stroke Development/Improvement (Level 2 & Level 3)

Students in this class are comfortable in the water and have a broad knowledge of the basic strokes. The instructor will build on swimmers' prior experience and introduce drills to break down the strokes.

01/03-01/26	Tue/Thur	8 classes	8-9pm	\$88
01/31-02/23	Tue/Thur	8 classes	8-9pm	\$88
02/28-03/22	Tue/Thur	8 classes	8-9pm	\$88
03/27-04/26*	Tue/Thur	8 classes	8-9pm	\$88

Water Polo Scrimmage Nights

Have previous water polo experience and want stay in the game? Play with a mix of university club players, alumni, and post-college newcomers. Students, ages 16-22 or with Student ID, are welcome. Spectators are welcome to view from the upper deck. **Wednesday evenings 8-9:30pm**

DROP-IN: ADULTS- \$10
8-PRACTICE PASS- \$60.00 16-PRACTICE PASS- \$100.00

TAC-OSB Masters Swimming

Provides more practices, more flexibility, more reasons to exercise! Train with our certified coach, Marty Gaal from One Step Beyond. US Masters registration is required after 1 month. Cost: \$6.50 Drop-in per practice; \$52.50 Monthly, \$26.75 Half-month (Only available after the 15th of the month); Complimentary first practice ; \$35/Annual US Masters

Practices: Mon/Tues/Wed/Thur/Fri 6:00am-7:00am Mon/Wed 8:00pm-9:00pm

Fitness Classes

Fitness classes are open to ages 14+. Prices are \$60/session, Seniors receive a 15% discount! 8-class pass good for 2 months (\$66/adult, \$60 senior) and Daily drop-ins (\$9) are also available.

***Please note Holiday changes**

Aqua Fit

A fun, social way to get in shape and be easy on the joints. Participants will enhance resistance using equipment such as noodles, barbells, and boards. Equipment for outside of class available at All American Swim Supply upstairs. Proudly offered in partnership with the Town of Cary.

01/03-01/26	Tue/Thu	8 classes	8-9am	\$60
01/31-02/23	Tue/Thu	8 classes	8-9am	\$60
02/28-03/22	Tue/Thu	8 classes	8-9am	\$60
03/27-04/26*	Tue/Thu	8 classes	8-9am	\$60

Aqua Pilates

Perfect for anyone! Aqua Pilates is a fusion of pilates and yoga exercises with sets of cardio as well. A great workout to work on toning, cardio and flexibility. Located in the warm-water instructional pool, and this will be the only class at that time slot. Come check it out!

01/03-01/26	Tue/Thu	8 classes	7-8pm	\$60
01/31-02/23	Tue/Thu	8 classes	7-8pm	\$60
02/28-03/22	Tue/Thu	8 classes	7-8pm	\$60
03/27-04/26*	Tue/Thu	8 classes	7-8pm	\$60

Senior Aqua

Gentle exercises with emphasis on low-intensity options. Conducted in the warm-water pool, this class is ideal for participants who have arthritis, difficulties with range of motion, or want to ease into an exercise routine. Proudly offered in partnership with the Town of Cary.

01/03-01/26	Tue/Thu	8 classes	9:15-10am	\$60
01/31-02/23	Tue/Thu	8 classes	9:15-10am	\$60
02/28-03/22	Tue/Thu	8 classes	9:15-10am	\$60
03/27-04/26*	Tue/Thu	8 classes	9:15-10am	\$60

Ask about the Fitness Pass!

Sports

Torpedoes – Blue Squad *Please note holiday changes

Prerequisites: Able to perform 25 yards (1 length) of each of the four competitive strokes with good form. Swim continuous 50 yards freestyle under 1:30. Tread water for 2 minutes.

01/07-02/18	Sat	7 classes	9:50-10:40am	\$67
01/08-02/19	Sun	6 classes	1:00-2:00pm	\$54
02/25-03/31	Sat	6 classes	9:50-10:40am	\$54
02/26-4/01	Sun	6 classes	1:00-2:00pm	\$54
04/14-05/19	Sat	6 classes	9:50-10:40am	\$54
4/15-05/20	Sun	6 classes	1:00-2:00pm	\$54
01/03-01/26	Tues/Thur	8 classes	7:00-8:00pm	\$78
01/31-02/23	Tues/Thur	8 classes	7:00-8:00pm	\$78
02/28-03/22	Tues/Thur	8 classes	7:00-8:00pm	\$78
03/27-04/26*	Tues/Thur	8 classes	7:00-8:00pm	\$78

Torpedoes – White Squad *Please note holiday changes

Prerequisites: Able to perform 25 yards (1 length) each of freestyle, backstroke, and breaststroke. Demonstrate butterfly. Tread water for 1 minute.

01/07-02/18	Sat	7 classes	9:00-9:50am	\$67
01/08-02/19	Sun	6 classes	1:00-2:00pm	\$54
02/25-03/31	Sat	6 classes	9:00-9:50am	\$54
02/26-4/01	Sun	6 classes	1:00-2:00pm	\$54
04/14-05/19	Sat	6 classes	9:00-9:50am	\$54
4/15-05/20	Sun	6 classes	1:00-2:00pm	\$54
01/02-01/25	Mon/Wed	8 classes	7:00-8:00pm	\$78
01/30-02/22	Mon/Wed	8 classes	7:00-8:00pm	\$78
02/27-03/21	Mon/Wed	8 classes	7:00-8:00pm	\$78
03/26-04/25*	Mon/Wed	8 classes	7:00-8:00pm	\$78



Certification Classes

Lifeguarding Certification

Minimum age 15.

Lifeguarding helps develop skills and experience that will be valued by colleges and future employers. Colleges and employers look for applicants who can deal effectively with people, who have a take charge attitude and who are willing to work to develop new skills. **First aid training and CPR-Professional rescuer** are part of coursework. All materials included. Lifeguarding & First Aid certifications valid 3 yrs. CPR-Professional Rescuer valid 1 yr. \$220

Times and dates to be determined. Contact Julia Herman at jherman@triangleaquatics.org if interested.

Lifeguard Recertification

Lifeguard certifications need to be renewed every 3 years. The course will also renew CPR-Professional Rescuer, AED and First Aid. Includes an new book and pocket mask which are required by the American Red Cross.

Times and dates to be determined. Contact Julia Herman at jherman@triangleaquatics.org if interested.

CPR for Professional Rescuer Review

Recertifies students in how to respond to breathing and cardiac emergencies in adults, children and infants, use an AED on an adult or child victim of cardiac arrest and use personal protective equipment to stop blood borne pathogens and other diseases from spreading. Prior CPR-Professional Rescuer certification required. Space is limited. Valid 1 year.

Times and dates to be determined. Contact Julia Herman at jherman@triangleaquatics.org if interested.

Community CPR/AED and First Aid

Participants in the CPR course learn to recognize and respond to emergencies including shock, cardiac and breathing emergencies for adults, children and infants, heat and cold emergencies, sudden illnesses and poisonings. In First Aid, participants will learn first aid for everything from cuts and scrapes to muscle, bone, and joint injuries. This course combines lectures, demonstrations and video with hands-on training and practice. First aid valid 3 years; CPR valid 1 year.

**Times and dates to be determined.
Contact Julia Herman at jherman@triangleaquatics.org if interested.**

Camps and Clinics

GuardStart

Get a jump into lifeguard training (great for employers looking for motivated Junior Guards) plus earn CPR and First Aid certification! 4 person minimum needed to form a course. Ages 11-14.

Please contact Julia Herman at jherman@triangleaquatics.org if interested.

Triathlete Development Series

The area's top triathlon coaches will share their insight and offer materials for you to develop your triathlon savvy.

Off Season Training Clinic: As the season starts up, change your routine to begin season training and preventing injury (or mending wear-and-tear from the past few months). The Coach will review some workout approaches and discuss functional movement. Participants at this workshop will be eligible for a 10% discount on future one-on-one screenings.

Please contact Julia Herman at jherman@triangleaquatics.org if interested.

Discover Scuba

Curious about what it would be like to learn SCUBA? Come check it out with an introductory Discover Scuba clinic. The session is run by a certified instructor who will give you the basics and let you try out the gear in the pool. \$25 fee includes registration.

Please contact Julia Herman at jherman@triangleaquatics.org if interested



If you are interested in coming to swim, TAC offers daily passes, 10-visit, 20-visit, monthly and annual passes!

Effective September 1st, 2011

Category	Daily Pass	10 visit	20 visit	Monthly Pass	Annual Pass
Infant (Under 2)	Free				
Child (Ages 2-11)	\$2.40	\$21.60	\$38.20	\$23.70	\$240.00
Youth (Ages 12-18)	\$4.80	\$43.30	\$76.20	\$47.90	\$480.00
Adult (Ages 19-59)	\$6.95	\$61.80	\$110.20	\$65.40	\$660.00
Senior (Age 60+)	\$4.80	\$43.30	\$76.20	\$47.90	\$480.00
Family (Up to 6)	\$16.50	\$148.50	\$257.60	\$95.80	\$960.00

Remember to purchase your pass if you wish to swim before or after your lesson!

Triangle Aquatics Facility Hours

Monday - Thursday	5:30am to 9:30pm
Friday	5:30am to 8:00pm
Saturday	7:00am to 6:00pm
Sunday	1:00pm to 6:00pm

Recreational swim is available everyday, **EXCEPT** between the hours of 4:00pm - 7:00pm Monday through Friday.

Warm Water Instructional Pool Hours

Monday - Friday	8:00am to 9:00am / 11:00am to 4:00pm
Saturday	1:30pm to 6:00pm
Sunday	1:00pm to 6:00pm



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Cary, NC 27511

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