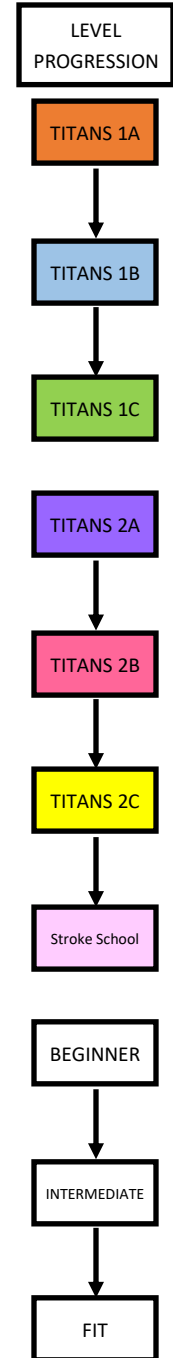




Triangle Aquatic Center
 275 Convention Drive, Cary NC 27511
 programs@triangleaquatics.org
 919-459-4045

MARCH 2024

AGES	CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
3-6	TITANS 1A	5:40PM	5:40PM	5:00PM	5:40PM 6:20PM	5:00PM 5:40PM	12:20PM 1:00PM	12:20PM 1:00PM
	TITANS 1B		5:00PM	5:40PM	6:20PM	5:00PM 5:40PM	1:00PM 1:40PM	11:40AM 1:40PM 2:20PM
	TITANS 1C		5:00PM	5:00PM	5:40PM	5:00PM	12:20PM 1:40PM	1:00PM
7-12	TITANS 2A			5:40PM 6:20PM	5:00PM 5:40PM	6:20PM	1:40PM	12:20PM 1:40PM
	TITANS 2B	5:00PM	5:40PM	4:20PM	5:00PM 7:00PM	4:20PM 5:40PM 6:20PM	11:40AM 1:00PM	11:40AM 1:00PM 3:00PM
	TITANS 2C	6:20PM	4:20PM 6:20PM 7:00PM	4:20PM 6:20PM	4:20PM 5:00PM 6:20PM	4:20PM 6:20PM 7:00PM	11:00AM 11:40AM 2:20PM	11:40AM 12:20PM 3:00PM
6-12	STROKE SCHOOL	5:00PM 5:40PM 6:20PM	4:20PM 6:20PM 7:00PM 7:40PM	6:20PM	4:20PM 7:00PM	4:20PM 7:00PM	11:00AM 11:40AM 12:20PM 2:20PM	1:40PM 2:20PM 3:00PM
13 & O	AMATEUR TITANS			7:00PM (BEG) 7:15PM (FIT)	7:15PM (INT)			2:20PM (INT)



RED– denotes classes that are held in the Program Pool

Program Pool class cancellations– 3/17, 3/24

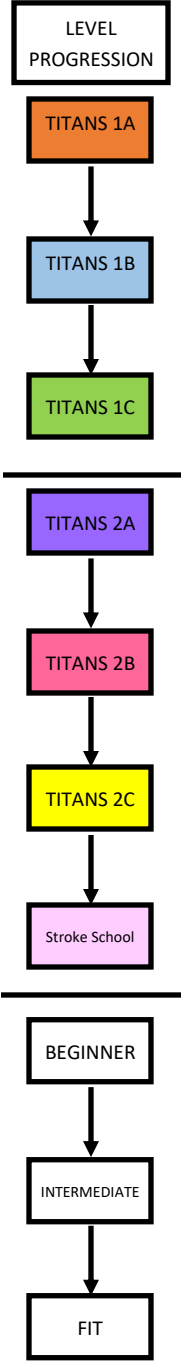
Holiday/All Classes canceled– 3/31(Easter)



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APRIL 2024

AGES	CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
3-6	TITANS 1A	5:40PM	5:40PM 6:20PM (SG)	4:20PM 5:00PM 6:20PM	5:40PM 6:20PM	5:00PM 5:40PM	11:40AM 12:20PM 1:00PM	12:20PM 1:00PM
	TITANS 1B		5:00PM	5:40PM	6:20PM	5:00PM 5:40PM	1:00PM 1:40PM	11:40AM 1:40PM 2:20PM
	TITANS 1C		5:00PM	5:00PM	5:40PM	5:00PM	12:20PM 1:40PM	1:00PM
7-12	TITANS 2A			5:40PM 6:20PM 7:00PM (SG)	5:00PM 5:40PM 7:00PM (SG)	6:20PM	1:40PM 2:20PM (SG)	12:20PM 1:40PM
	TITANS 2B	5:00PM	5:40PM		5:00PM 7:00PM	4:20PM 5:40PM 6:20PM	1:00PM	11:40AM 1:00PM 3:00PM
	TITANS 2C	6:20PM	4:20PM 6:20PM 7:00PM	4:20PM	5:00PM 6:20PM	4:20PM 6:20PM 7:00PM	11:00AM 11:40AM 2:20PM	11:40AM 12:20PM 3:00PM
6-12	STROKE SCHOOL	5:00PM 5:40PM 6:20PM	4:20PM 6:20PM 7:00PM 7:40PM	6:20PM 7:00PM	4:20PM 7:00PM	4:20PM 7:00PM	11:00AM 11:40AM 12:20PM 2:20PM	2:20PM
13 & O	AMATEUR TITANS			7:00PM (BEG)				1:40PM (FIT)** 2:20PM (INT)** 3:00PM (INT)**



SG– denotes Small Group classes. These group lessons have a maximum of 2 swimmers per class and are a great alternative for swimmers who benefit from low-ratio instruction.

******– denotes classes that are held in the Program Pool

Group Lessons Pricing

Registration Fee: \$45
 Individual Lesson: \$26
 6-Lesson Package: \$149

Small Group Pricing

Registration Fee: \$45
 Individual Lesson: \$50
 6-Lesson Package: \$270



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MAY 2024

AGES	CLASS	MON	TUE	WED	THU	FRI	SAT	SUN	LEVEL PROGRESSION	
3-6	TITANS 1A	5:40PM	5:40PM	5:00PM	5:40PM 6:20PM	5:00PM 5:40PM	11:40AM 12:20PM 1:00PM	12:20PM 1:00PM	TITANS 1A	
	TITANS 1B		5:00PM	5:40PM	6:20PM	5:00PM 5:40PM	1:00PM 1:40PM	11:40AM 1:40PM 2:20PM	TITANS 1B	
	TITANS 1C		5:00PM	5:00PM	5:40PM	5:00PM	12:20PM 1:40PM	1:00PM	TITANS 1C	
7-12	TITANS 2A			5:40PM 6:20PM 7:00PM (SG)	5:00PM 5:40PM 7:00PM (SG)		6:20PM	1:40PM	12:20PM 1:40PM	TITANS 2A
	TITANS 2B	5:00PM	5:40PM	4:20PM 6:20PM	5:00PM 7:00PM	4:20PM 5:40PM 6:20PM	1:00PM 2:20PM	11:40AM 1:00PM 3:00PM	TITANS 2B	
	TITANS 2C	6:20PM	4:20PM 6:20PM 7:00PM	4:20PM 7:00PM	4:20PM 5:00PM 6:20PM	4:20PM 6:20PM 7:00PM	11:00AM 11:40AM 2:20PM	11:40AM 12:20PM 3:00PM	TITANS 2C	
6-12	STROKE SCHOOL	5:00PM	4:20PM		4:20PM	4:20PM	11:00AM		BEGINNER	
		5:40PM 6:20PM	6:20PM 7:00PM		7:00PM	7:00PM	11:40AM 12:20PM	2:20PM	INTERMEDIATE	
13 & O	AMATEUR TITANS			7:00PM (BEG)			2:20PM (BEG)	1:40PM (FIT)** 2:20PM (INT)** 3:00PM (INT)**	FIT	

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