Triangle Aquatic Center

275 Convention Drive, Cary NC 27511

programs@triangleaquatics.org

919-459-4045



# — LEARN TO SWIM — MARCH 2024

AGES	CLASS	MON	TUE	WED	THU	FRI	SAT	SUN	LEVEL PROGRESSIO
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 14
	TITANS 1B		5:00PM 5:00PM	5:40PM 5:00PM	6:20PM 5:40PM	5:00PM 5:40PM 5:00PM	1:00PM 1:40PM 12:20PM	11:40AM 1:40PM 2:20PM 1:00PM	TITANS 1E
7-12	TITANS 2A			5:40PM 6:20PM	5:00PM 5:40PM	6:20PM	1:40PM 1:40PM	12:20PM 1:40PM	TITANS 24
	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	TITANS 20
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	Stroke Schoo
13 & O	AMATEUR TITANS			7:00PM (BEG) 7:15PM (FIT)	7:15PM (INT)			2:20PM (INT)	INTERMEDIAT

**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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### — LEARN TO SWIM — APRIL 2024

### LEVEL CLASS AGES MON TUE WED THU FRI SAT **SUN** PROGRESSION 11:40AM 4:20PM 5:40PM 5:00PM 5:40PM 12:20PM TITANS 1A 5:40PM 5:00PM 12:20PM **TITANS 1A** 6:20PM 6:20PM 5:40PM 1:00PM (SG) 6:20PM 1:00PM 3-6 11:40AM TITANS 1B 5:00PM 1:00PM **TITANS 1B** 5:00PM 5:40PM 6:20PM 1:40PM 5:40PM 1:40PM 2:20PM TITANS 1C 12:20PM **TITANS 1C** 5:00PM 5:00PM 5:40PM 5:00PM 1:00PM 1:40PM 5:40PM 5:00PM TITANS 2A 1:40PM 12:20PM 6:20PM 5:40PM **TITANS 2A** 6:20PM 2:20PM 1:40PM 7:00PM 7:00PM (SG) **TITANS 2B** (SG) (SG) 7-12 4:20PM 11:40AM 5:00PM **TITANS 2B** 5:00PM 5:40PM 5:40PM 1:00PM 1:00PM 7:00PM TITANS 2C 6:20PM 3:00PM 4:20PM 4:20PM 4:20PM 11:00AM 11:40AM **TITANS 2C** 6:20PM 6:20PM 4:20PM 5:00PM 6:20PM 11:40AM 12:20PM Stroke School 7:00PM 6:20PM 7:00PM 2:20PM 3:00PM 4:20PM 11:00AM BEGINNER 5:00PM 6:20PM 6:20PM 4:20PM 4:20PM 11:40AM 6-12 STROKE 5:40PM 2:20PM SCHOOL 7:00PM 7:00PM 7:00PM 7:00PM 12:20PM 6:20PM INTERMEDIATE 7:40PM 2:20PM 1:40PM (FIT)\*\* 0 AMATEUR ø 7:00PM 2:20PM (INT)\*\* 13 (BEG) FIT TITANS 3:00PM(INT)\*\* **Group Lessons Pricing Small Group Pricing** SG- denotes Small Group classes. These group lessons have a maximum of 2 swimmers per class and are a great alternative **Registration Fee: \$45 Registration Fee: \$45** for swimmers who benefit from low-ratio instruction. Individual Lesson: \$50

\*\*- denotes classes that are held in the Program Pool

Individual Lesson: \$26 6-Lesson Package: \$149

6-Lesson Package: \$270

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# — LEARN TO SWIM — MAY 2024

#### LEVEL AGES CLASS MON TUE WED THU FRI SAT SUN PROGRESSION 11:40AM 5:40PM 5:00PM 12:20PM **TITANS 1A** 5:40PM 5:40PM 5:00PM 12:20PM **TITANS 1A** 6:20PM 5:40PM 1:00PM 1:00PM 3-6 11:40AM TITANS 1B 5:00PM 1:00PM **TITANS 1B** 5:00PM 5:40PM 6:20PM 1:40PM 5:40PM 1:40PM 2:20PM TITANS 1C 12:20PM **TITANS 1C** 5:00PM 5:00PM 5:40PM 5:00PM 1:00PM 1:40PM 5:40PM 5:00PM TITANS 2A 12:20PM 6:20PM 5:40PM **TITANS 2A** 6:20PM 1:40PM 1:40PM 7:00PM 7:00PM **TITANS 2B** (SG) (SG) 7-12 4:20PM 11:40AM 4:20PM 5:00PM 1:00PM **TITANS 2B** 5:00PM 5:40PM 5:40PM 1:00PM 6:20PM 7:00PM 2:20PM TITANS 2C 6:20PM 3:00PM 4:20PM 4:20PM 4:20PM 11:00AM 11:40AM 4:20PM 12:20PM **TITANS 2C** 6:20PM 6:20PM 5:00PM 6:20PM 11:40AM Stroke School 7:00PM 7:00PM 6:20PM 7:00PM 2:20PM 3:00PM 5:00PM 11:00AM 4:20PM BEGINNER 4:20PM 4:20PM STROKE 6-12 5:40PM 6:20PM 11:40AM 2:20PM SCHOOL 7:00PM 7:00PM 6:20PM 7:00PM 12:20PM INTERMEDIATE 1:40PM (FIT)\*\* 2:20PM AMATEUR 0 7:00PM 2:20PM (INT)\*\* Q (BEG) TITANS (BEG) 13 3:00PM(INT)\*\* FIT

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6-Lesson Package: \$149	6-L

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