



TITANS Swim Academy Lesson Schedule

Yearly Schedule starting March 2017



	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Course Requirements
Teeny Tiny TITANS 6-36 months 30 minutes		1:00PM				2:20PM	3:20PM	Parent / Child Classes. A Parent or Guardian must be in the water with swimmer at all times! Swim Diapers are required for all swimmers not potty trained.
Adult TITANS Beginner 30 minutes						5:00PM	1:15PM	Ages 16 and UP! Confidence, Safety, Freestyle, Backstroke
Adult TITANS Fit Intermediate 45 minutes						12:15PM		Ages 16 and UP! Technique, Endurance, Conditioning, Competitive Strokes
Monthly Tuition			4 Lessons		8 Lessons			2 nd Swimmer Rates and additional day discounted rates are only available with <u>In Person Registration</u> at the Welcome Desk. Triangle Aquatic Center reserves the right to make changes to this schedule.
	1st Swimmer		\$65		\$124			
	2nd Swimmer		\$58		\$110			

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Course Requirements & Goals
TITANS 1 Beginner 30 minutes	5:20PM 6:00PM	4:10PM 6:00PM	4:40PM 5:20PM 7:15 PM	4:10PM 4:40PM	4:30PM	1:00PM 4:20PM	2:00PM 4:00PM	Ages 3 and UP! Confidence, Safety, Freestyle, Beginner Backstroke
TITANS 2 Intermediate 30 minutes	4:40PM 6:40PM	4:40PM 6:30PM	4:10PM 6:00PM	6:00PM	5:30PM	1:40PM 3:40PM	2:40PM 4:40PM	Ages 7 and UP <u>or</u> Graduation from TITANS 1 Freestyle & Backstroke Technique, Side Breathing, Streamline, Beginning Diving, Safety
TITANS 3 Advanced 30 minutes	7:15PM 7:45PM	5:20PM	6:40PM	5:20PM 6:40PM	5:00PM	2:20PM 3:00PM	3:20PM 5:20PM	Graduation from TITANS 2 <u>or</u> Academy Evaluation Breaststroke, Butterfly, Starts, Endurance, Treading Water, Individual Medley
TITANS Fit Swim Team Prep 45 minutes		6:30PM 7:15PM	6:30PM	6:30PM 7:15PM	6:00PM	5:00PM	1:15PM	Graduation from TITANS 2 <u>or</u> Academy Evaluation Technique, Conditioning, Endurance, Flip Turns, Drills, Non Competitive Environment
Monthly Tuition			4 Lessons		8 Lessons		12 Lessons	2 nd Swimmer Rates and additional day discounted rates are only available with <u>In Person Registration</u> at the Welcome Desk. Triangle Aquatic Center reserves the right to make changes to this schedule.
	1st Swimmer		\$75		\$144		\$213	
	2nd Swimmer		\$68		\$130		\$192	

TITANS Swim Academy Information

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MAKE A SPLASH at the Triangle Aquatic Center
Reduced price swim lessons are available for
individuals that receive free or reduced lunch.
Learn to swim today at TAC!



TITANS Swim Academy Evaluations

Interested in becoming a TAC TITAN?
Join us for evaluations on **1st Sunday of every month at 2:00PM**
Visit our website www.triangleaquatics.org and click Programs to sign up today!

Swim Academy Make Up Lessons

All swimmers must provide a doctor's note (on letter head) to receive a makeup swim lesson.

All documentation must be emailed to Lori Kelly, info@triangleaquatics.org, for makeup lesson approval.

We understand that emergencies and extreme circumstances can happen, please contact info@triangleaquatics.org in regards to your individual situation.

Thank you for understanding ☺

Triangle Aquatic Center

275 Convention Drive Cary, NC 27511
Phone: (919) 459-4045 www.triangleaquatics.org

Interested in individualized instruction, small group size, or more one-on-one approach to learning...

Private Swim Lessons

You choice of teacher on your schedule

Age: ALL

Student/Teacher Ratio: 1:1

Lesson Duration: 30 minutes

Cost: \$50 per lesson or \$45 per lesson if purchasing 6 or more.

Semi-Private Lessons

Two swimmers, your choice of instructor, your schedule

Age: ALL

Student/Teacher Ratio: 2:1

Lesson Duration: 30 minutes

Cost: \$35 per swimmer or \$30 per swimmer if purchasing 6 or more.