



— LEARN TO SWIM —
DECEMBER 2024

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

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

** - Denotes classes in Program Pool

**Swim Meet/Event Dates: 12/6-12/8, 12/12-12/15, 12/20-12/22

-During swim meets or events, there is no locker room access and parking may be limited.

Group Lessons Pricing
Registration Fee: \$49
Individual Lesson: \$29
6-Lesson Package: \$156



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JANUARY 2025

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	TITANS 1C		5:00PM	6:20PM	6:20PM	5:00PM	12:20PM 1:40PM	1:00PM 1:40PM	TITANS 1C
7-12	TITANS 2A	5:40PM	6:20PM	5:40PM	5:00PM 7:00PM 7:00PM	5:40PM 6:20PM	1:40PM 2:20PM	12:20PM 2:20PM	TITANS 2A
	TITANS 2B	5:00PM 5:40PM 6:20PM	4:20PM 5:40PM 7:00PM	4:20PM 5:00PM 6:20PM 7:00PM	5:00PM 5:40PM 7:00PM	4:20PM 6:20PM 7:00PM	12:20PM 12:20PM 1:00PM 2:20PM	11:40AM 1:00PM 3:00PM	TITANS 2B
	TITANS 2C	5:00PM	6:20PM	4:20PM 7:00PM	4:20PM 5:40PM 6:20PM	4:20PM 6:20PM 7:00PM	11:00AM 11:40AM 1:40PM	11:40AM 12:20PM 3:00PM	TITANS 2C
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** - Denotes classes in Program Pool

**Swim Meet/Event Dates: 1/11, 1/17-1/20, 1/25

-During swim meets or events, there is no locker room access and parking may be limited.

Group Lessons Pricing
 Registration Fee: \$49
 Individual Lesson: \$29
 6-Lesson Package: \$156