



— LEARN TO SWIM —

MAY 2025

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	4:20PM 5:00PM 5:40PM	5:00PM 5:40PM	11:40AM 1:00PM 2:20PM	11:40AM	TITANS 1A
	TITANS 1B		5:00PM	5:40PM	5:00PM 6:20PM	5:00PM 5:40PM	1:00PM	11:40AM 1:40PM	TITANS 1B
	TITANS 1C		5:00PM	6:20PM	5:00PM	5:00PM	12:20PM 1:40PM	1:00PM 1:40PM	TITANS 1C
7-12	TITANS 2A	5:00PM	6:20PM 7:00PM	5:40PM	7:00PM	5:40PM	1:40PM	11:40AM 12:20PM 2:20PM	TITANS 2A
	TITANS 2B	5:00PM 5:40PM	4:20PM 5:40PM 7:00PM	5:00PM 6:20PM 7:00PM	4:20PM 5:40PM 7:00PM	4:20PM 6:20PM 7:00PM	12:20PM 12:20PM 1:00PM 2:20PM	12:20PM 1:00PM 3:00PM	TITANS 2B
	TITANS 2C	5:40PM 6:20PM	6:20PM	4:20PM 6:20PM	4:20PM 5:40PM 6:20PM	4:20PM 6:20PM 7:00PM	11:00AM 11:40AM 1:40PM	12:20PM 2:20PM 3:00PM	TITANS 2C
6-12	STROKE SCHOOL	6:20PM 7:00PM	4:20PM	4:20PM 7:00PM	6:20PM 7:00PM	4:20PM 6:20PM 7:00PM	11:00AM 11:40AM		Stroke School
13 & O	AMATEUR TITANS	7:00PM (BEG)		7:00PM (BEG)			2:20PM (BEG)	1:00PM (FIT)** 1:40PM (INT)** 2:20PM (FIT)** 3:00PM (INT)**	BEGINNER INTERMEDIATE FIT

\*\* - Denotes classes in Program Pool

\*\*Swim Meet/Event Dates: 5/3-5/4, 5/16-5/18, 5/23-5/25

-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



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

\*\*Swim Meet/Event Dates: 6/1, 6/12-6/15, 6/20-6/22

-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