



Our Mission:

To build and operate public aquatic facilities for the health, safety, and competition needs of Triangle citizens and aquatic organizations.

Our Purpose:

To offer quality aquatic facilities and programming for the citizens and organizations of the Triangle communities.

Our Core Values:

- ▶ We value LEADERSHIP.
- ▶ We value COMMUNITY.
- ▶ We value the BENEFITS OF SWIMMING.
- ▶ We value our CUSTOMERS and GUESTS.
- ▶ We value our TEAM of employees, independent contractors and volunteers.

Inside this issue:

- April Events at TAC 2
- TITANS Aquatic Programs Schedule 2
- Private and Semi-Private Lessons 3
- Swimming Spotlight: Diving 3
- TAC On-Site Partners 3
- Employee Spotlight: Ryan Dobrzynski 4
- TAC-TV Live Streaming 4
- Now Hiring: All Part Time Positions 4

Lane Lines

Events and Programs at TAC



April 2022

Triangle Aquatic Center's Make A Splash Program

Warmer weather means more outdoor activities for everyone and many of these activities bring people around water. Water safety and water confidence are the key focuses of our TITANS Aquatic Programs: Learn-to-Swim. Everyone needs to feel safe around water and have the skills to know what to do in the water.

Unfortunately, for many the cost of swim lessons prohibits them for gaining this vital skills. This is where TAC's Make A Splash Program can help.

Created by the USA Swimming Foundation, Make A Splash's initiative is to save children's lives through swim lessons. Through this program, eligible swimmers in the Triangle can register for swim lessons at a free or reduced rate. All that is required to qualify is for families



to submit free or reduced lunch eligibility letters from their school system to qualify, and after approval, they are able to enroll in the TITANS Aquatic Programs – Learn to Swim. We believe that the best learning happens in an inclusive environment, so all Make A Splash participants are enrolled in our public lessons where no swimmer is grouped based on their race, gender, or socioeconomic status. TAC is proud to be recognized as a Make A Splash Local Partner and one of the largest Make A Splash programs in the country!

Your help in supporting the Make A Splash Program is desperately needed. We are fortunate to have PNC Bank back again this year as the primary sponsor for this program but even with this generous donation we are still financially limited in the number of lessons we can provide through this program.

Please consider a donation to Make A Splash. [CLICK HERE](#) to learn more about Make A Splash and call 919.459.4045 with your offer to help.

Facility Hours and Recreational Swimming - April 2022

<p>Regular Facility Hours</p> <p>Monday–Friday: 5:30am - 9:30pm Saturday: 5:30am - 5:00pm Sunday: 8:00am - 4:00pm</p> <p>Be sure to check the website for inclement weather updates!</p>	<p>Open Swimming Hours</p> <p>Please be sure to check the website for lane/pool availability or call 919.459.4045</p> <p>Monday-Friday: 5:30am-3:30pm Saturday: 3:00pm - 5:00pm Sunday: 3:00pm-4:00pm</p> <p><small>Availability for some pools may be reduced at times. Our Spring Open Swim schedule is now in effect. Be aware of limited available lane space through the rest of short course championship season. For more information or daily details, please call 919.459.4045</small></p>
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Parking at TAC

Parking is only permitted in the designated parking spaces. There is no parking in the fire

lane or in the roadway and this will be strictly enforced. Please use the mall parking lot for

overflow parking. Violators will be subject to towing at their own expense.



April Events at TAC

April 1-3: American Red Cross Lifeguard Certification Class

April 2-3: 2022 Raleigh Area Masters Short Course Meet

April 8-10: American Red Cross Lifeguard Certification Class

April 13-15: American Red Cross Lifeguard Certification Class

April 16: American Red Cross Lifeguard Re-Certification Class

April 22-24: American Red Cross Lifeguard Certification Class


April 24: TITANS Splash Meet 3

April 29-May 1: American Red Cross Lifeguard Certification Class

April 30-May 1: 2022 New Wave Swim Team Sprint Into Long Course Meet

To see the complete list of events and times, please [CLICK HERE](#)



 TITANS Learn-To-Swim Programs Schedule March & April 2022		Triangle Aquatic Center 275 Convention Drive, Cary NC 27511 programs@triangleaquatics.org (919)-459-4045 ext. 223				
Class	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TITANS 1 A	5:40PM	6:20PM	5:40PM	5:00PM 5:40PM	12:20PM 1:00PM	12:20PM
TITANS 1 B	5:00PM	6:20PM	5:00PM 6:20PM	5:40PM	1:40PM	1:40PM
TITANS 1 C	6:20PM	5:00PM*	5:40PM	5:00PM	1:40PM	
TITANS 2 A	5:00PM	5:40PM	4:20PM 5:00PM	4:20PM 6:20PM	12:20PM	1:40PM
TITANS 2 B	4:20PM 5:40PM	5:40PM	6:20PM	4:20PM 5:40PM	11:40AM 1:00PM	1:00PM
TITANS 2 C	4:20PM 6:20PM	5:00PM	4:20PM 7:00PM	4:20PM 5:00PM	11:40AM 2:20PM	11:40AM 12:20PM 2:20PM
TITANS Future	7:00PM	4:20PM 7:00PM	7:00PM*	6:20PM 7:00PM*		11:40AM 3:00PM*
Amateur TITANS	7:00PM Beginners	7:00PM Intermediate			2:20PM Intermediate	1:00PM(Int)* 2:20PM FIT
Tiny TITANS						

Group lessons: registration fee \$39 per year & package of 6 lessons \$129 - Amateur Titans, Tiny TITANS & TITANS Future registration fee \$10 per semester & \$20 per class *Changes

TITANS Aquatic Programs Evaluations
 Unsure what group to register for? We offer free swimmer evaluations by our coaching/instructor staff to make sure that swimmers are placed in the appropriate group. Go to triangleaquatics.org/programs or call the Front Desk to signup for an Evaluation.

Private and Semi-Private Swim Lessons

Private Lessons are perfect for those swimmers who learn better with individual attention, or for those wishing to improve on specific skills.

In order to request Private Lessons at TAC, please visit our website and fill out [the Private Lesson Request form](#). This form gives us the necessary information so we can individually pick a swim instructor best suited for your personal goals and your

availability. Please note that Private Lessons cannot occur when Titans Swim Academy group swim lessons are occurring.

Here at TAC, we are lucky to have an incredibly experienced swim instructing staff. Our staff have experience with most everything including infant swim lessons, adult beginner swim lessons, technique work for swim teams, diving, technique work for certain skills, and

more! Our experienced instructors are happy and excited to help you meet your individual goals.

Private Lessons can be purchased as individual lessons or as a package of 6 swim lessons. For the package, payment must be made prior to the first swim lesson. Semi-Private swim lessons are also available if you have two swimmers. The second swimmer does not need to be related.

SWIM LESSONS
PRIVATE/SEMI-PRIVATE



TITANS Aquatic Programs - Swimming Spotlight: Diving

Diving can be one of the most frustrating things to learn, but one of the most satisfying skills to accomplish. Your start is one of the fastest parts of your race and TITANS Swim Academy is here to ensure you know how to preform your best dive!

Diving is introduced in Titans 1 and is reviewed in Titans 2. It takes a lot of practice and muscle memory and comes naturally to some swimmers. Many other swimmers have a



hard time grasping the concept of propelling themselves head first in the water, so here's some helpful tips!

1. Remember visual learning can be the best learning! Take advantage of free resources online, like [this awesome video!](#)

2. Practice, practice, practice The more your body is used to the movements, the easier it is. Remember to always keep your chin tucked and your arm tightly in streamline.

3. Start small! Practice sitting or kneeling dives if you do not feel comfortable diving while standing or off the blocks.



poolside
grill

The Poolside Grill features the best Smoothies and Grill favorites offerings for your training, on-the-go meals, and special event needs!

Check us out inside the main entrance of the Triangle Aquatics Center or on-line for updates on our hours and specials! Thank you for your support - We're here to serve you!

[CLICK HERE for our complete menu](#)

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919-230-7897

Smart Athlete
Physiotherapy

Smart Athlete Physiotherapy offers physical therapy, preventative care and recovery, specializing in endurance athletes and swimmers, helping them stay pain free and perform at their best.

They are offering a free discovery visit to all TAC patrons, to celebrate their 1 year anniversary at TAC.

To schedule please call 919.424.6055 or email admin@smartathlept.com or www.smartathlept.com.



Triangle Aquatic Center
 275 Convention Drive
 Cary, NC 27511
 919.459.4045
www.triangleaquatics.org



We're on the Web!
www.triangleaquatics.org

**Need Help?
 Have Questions?
 Ask Us!**

- [Michael Curran](#) - Executive Director
- [Mark Frank](#) - Director of Operations
- [Tiffany Holland](#) - Finance Director
- [Mark Eubanks](#) - Facilities Director
- [Elisa Huger](#) - Ass. Director Administration
- [Darria Chance](#) - Program Manager
- [Cameron Lanning](#) - Aquatics Manager
- [Ryan Dobrzynski](#) - Cust. Service Manager
- [Ben Hartwick](#) - IT / Visual Services Manager
- [Bruce Marchionda](#) - TITANS Head Coach
- [John Payne](#) - TITAN Masters Head Coach

[Questions on Lane Rentals](#)
[Questions on Our Programs](#)
[and Guest Passes](#)

[Questions about the TAC TITANS](#)
[Questions about Your Bill](#)
[Looking for a Job](#)
[Want to Volunteer](#)
[Any Other Questions](#)

TAC Proudly Supports



Employee Spotlight: Ryan Dobrzynski

Say hello to our new Customer Service Manager, Ryan Dobrzynski. Ryan began working at the Triangle Aquatic Center on February 1st. Ryan says his favorite part of working at TAC is when we have large swim meets. He loves hearing new records being announced. He also enjoys interacting with all our patrons who come in ready to swim!



When Ryan is not at work, he enjoys playing board games and video games. He says his favorite board game is Catan. Ryan also

enjoys going on hikes and exploring new areas. His favorite hike was a two-week trip in the Colorado Rockies. He says he also enjoys watching all sports. Ryan has been a great addition to the TAC team and has learned so much in the short time he has been here.

We are excited to have Ryan take over Managing the Customer Service Desk. Please be sure to stop by and congratulate Ryan the next time you are in the facility!

TAC-TV: Live Stream Subscription Service

We wanted to share with our patron the recent updates and changes to our Live Stream Subscription Service: TAC-TV.



TAC-TV will celebrate two years of service this coming July. During this time, the service has evolved significantly and has improved our program offerings for subscription patrons.

These include:

- The addition of Streamline graphics has significantly improved the program so that viewers can follow the races with graphic details.
- TAC-TV offers multi-stream capabilities for those events that run in two race courses at the same time.
- TAC-TV now has dramatic new camera views including march-out for finals, underwater shots and awards ceremonies.
- Coming in April, TAC-TV will upgrade the long-course racing experience with new

- cameras including a wire mounted movable camera to capture all the in-race action.

Subscriptions are available to purchase as a Pay-per-View and Annual subscription choices. Go to www.tv.triangleaquatics.org for more information. Happy Viewing!

Now Hiring: All Part Time Positions at TAC

The Triangle Aquatic Center is hiring for all part-time positions at our facility as we prepare for the Summer months. We have both year-round and seasonal opportunities available as Lifeguards, Swim Instructors and Customer Service Representatives.



you to work at TAC.

TAC offers flexible hours to work around almost any schedule. We also offer a great starting wage, a signing bonus and a referral bonus if you should bring your friends with

TAC offers a pre-paid certification program for those in need of their ARC Lifeguard Certification for those that qualify.

There are also full-time opportunities available at our facility. Complete the application and communicate during your interview with the manager you are interested in full-time hours.

Applications can be found [HERE](#) or by scanning this QR code.

Questions? Contact our Front Desk or email info@triangleaquatics.org for more information.