



Lane Lines

Events and Programs at TAC



April 2023

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: Charlotte Evans 4
- New Open Swim Link and Display 4
- Long Course Lanes Availability 4

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 2023

Regular Facility Hours	Open Swimming Hours
<p>Monday–Friday: 5:30am - 8:30pm</p> <p>Saturday: 5:30am - 5:00pm</p> <p>Sunday: 11:00am - 4:00pm</p> <p>Be sure to check the website for inclement weather updates!</p>	<p>Please be sure to check the website for lane/pool availability or call 919.459.4045</p> <p>Monday-Friday: 5:30am - 3:20pm</p> <p>Saturday: 5:30am - 11:00am / 3:00pm - 5:00pm</p> <p>Sunday: 11:00am - 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>

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



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

April 1-2: American Red Cross Lifeguard Certification Class

April 1-2: American Red Cross Lifeguard Instructor Certification Class

April 1-2: 2023 North Carolina Masters Short Course Championship

April 2: American Red Cross Lifeguard Instructor Re-Certification Class

April 4-5: American Red Cross Lifeguard Certification Class

April 14-16: American Red Cross Lifeguard Certification Class

April 21-23: American Red Cross Lifeguard Certification Class

April 22: American Red Cross Lifeguard Re-Certification Class

April 22: Pool & Hot Tub Alliance Foundation CPO Certification Class

April 23: TITANS April Splash Meet

April 28-30: American Red Cross Lifeguard Certification Class

April 29-30: 2023 New Wave Swim Team Sprint Into Long Course Meet



TITANS LEARN TO SWIM SCHEDULE-- MARCH/APRIL 2023



Triangle Aquatic Center
275 Convention Drive, Cary NC 27511
programs@triangleaquatics.org

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TITANS 1A		5:40PM	5:00PM	5:40PM	5:00PM 5:40PM	12:20PM 1:00PM	12:20PM 1:00PM
TITANS 1B	5:40PM	5:00PM	5:40PM 6:20PM	5:00PM 6:20PM	5:00PM 5:40PM	1:40PM	11:40AM 1:40PM
TITANS 1C		5:00PM	5:00PM	5:40PM	5:00PM	1:40PM	1:00PM 1:40PM
TITANS 2A		6:20PM	5:40PM	5:00PM	6:20PM	12:20PM	12:20PM 2:20PM
TITANS 2B	5:00PM	5:40PM 7:00PM*	4:20PM	7:00PM	4:20PM 5:40PM 6:20PM	11:40AM 1:00PM	11:40AM 1:00PM
TITANS 2C	6:20PM	4:20PM 6:20PM 7:00PM	4:20PM 6:20PM 7:00PM	4:20PM 6:20PM	4:20PM 6:20PM 7:00PM	11:40AM 2:20PM	11:40AM 12:20PM 3:00PM
TITANS FUTURE	5:00PM(ALL) 5:40PM(ALL) 6:20PM(ALL)	4:20PM*(ALL) 6:45PM (FREE/BACK)	6:45PM (BUTTERFLY)	6:45PM (BREASTSTROKE)	7:00PM (ALL STROKES)		1:00PM 1:40PM 2:00PM 3:00PM
TINY TITANS			10:30AM* (3/22)			11:00AM	
AMATEUR TITANS			7:25PM INTERMEDIATE	7:25PM INTERMEDIATE		2:20PM* BEGINNER	2:20PM(FIT)
CANCELLATIONS	NO PROGRAM POOL CLASSES:	3/9-3/12, 3/16-3/19, 3/24-3/26, 4/9		ALL CLASSES CANCELLED:	4/9/2023		

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 sign up 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.

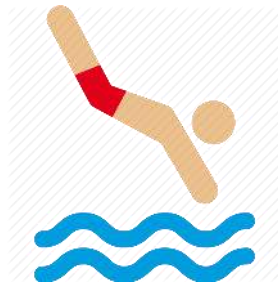
SWIM LESSONS
PRIVATE/SEMI-PRIVATE



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.



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](#)



Triathlon, Run & Multisport Coaching
Sports & Wellness Nutrition
Metabolic & Sweat Testing

www.TheEnduranceEdge.com
919-230-7897



Smart Athlete Physiotherapy is now the Physical Therapy Network. The PT Network provides excellent one-on-one physical therapy services as an in-network insurance provider. This means your visits will be covered by your insurance and The Physical Therapy Network will submit claims for you.

To schedule a visit with **Andrew Mannikko, DPT, CSCS**, please visit www.thephysicaltherapynetwork.com

We appreciate the opportunity to be your healthcare provider!



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!

- [Derek Wall](#) - Executive Director
- [Mark Frank](#) - Director of Operations
- [Tiffany Holland](#) - Finance Director
- [Kenneth Tackett](#) - Facilities Ass. Director
- [Katy Davis](#) - Aquatics Ass. Director
- [Adam Blevins](#) - Operations Ass. Director
- [Ryan Dobrzynski](#) - Cust. Service Manager
- [Darria Chance](#) - Program Manager
- [Matt Cardenas](#) - Events 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](#)

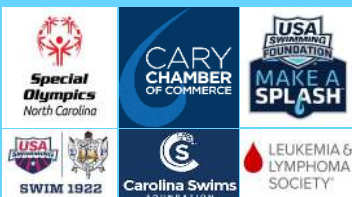
[Questions about Your Bill](#)

[Looking for a Job](#)

[Want to Volunteer](#)

[Any Other Questions](#)

OR CALL 919.459.4045
TAC Proudly Supports



Employee Spotlight: Charlotte Evans

Everyone say hi to Charlotte Evans. Charlotte started to work at TAC on March 1st of this year as a lifeguard and operations supervisor. Charlotte's favorite parts about working at TAC is the great environment, building a relationship with both coaches and open swimmers, and watching the kids all swim their hardest at practice and swim meets.

When Charlotte is not at TAC, she enjoys working on her car and riding 4 wheelers. She also enjoys spending time with her friends and her dog, Scooter.



While she is with her dog, or working on her car, you may hear Charlotte playing her favorite type of music, Country music.

We are very excited to have Charlotte as part of our team here at TAC. Next time you see Charlotte working as an operations supervisor or as a lifeguard, feel free to say hi! Charlotte is excited to continue watching the pools and creating a safe environment for everyone!

New Open Swim Link & Display

At TAC, we have now created a new open swim schedule link on our website. Under our "Hours and Admissions" tab, you can find this new link. This will be updated hourly and will allow us to provide current information on lane availability. This will help you see what pools are available before you come to TAC.

This page is also going to be on the TV behind the front desk. The next time you come in, check this out!



Having this on the front desk monitor will help us stay neat and clean at the front desk and provide a nicer space for you to walk in to. We are very excited about this change at TAC, and we hope that you

will be able to benefit greatly from this as well!

Additionally, please note the new Hours of Operations at our Center with 8:30pm closing weekdays and an 11am opening on Sunday.

More Long Course Lanes Availability

Are you a fan of long course swimming? Well great news for you! In April we will be making our transition to having the Outdoor Pool staying long course for the summer. There will be much more availability for these long course lanes helping you get that workout in, in fewer lengths! If you don't know, long course lanes are set up as 50 meters in length, compared to short course being 25 yards. Some benefits of long course lanes are it helps you get your



conditioning in, gives you more space to work on your stroke and any corrections needed, and it is a new challenge for you if you normally swim short course. We hope that you give

this a try and enjoy swimming long course outside. With the warm weather coming soon, nothing can beat swimming outside in long course lanes!