



### 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.

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# Lane Lines

Events and Programs at TAC



December 2022

## Red Cross Certifications: Upcoming Lifeguard Classes

The Triangle Aquatic has released it's schedule of Lifeguard Certification Classes through February 2023. The balance of the schedule through June will be posted in January. Last Spring, almost all of TAC's Lifeguard Certification classes and Re-Certification classes were completely full with wait lists bigger than the classes at times! This year, we don't want anyone to be left struggling to find a certification or re-certification class, so we've opened our Spring/Summer classes earlier and we've opened up more!

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take



over. Topics include: water rescue skills, surveillance & recognition, first aid, breathing and cardiac emergencies, CPR, AED & more!

The Blended Learning version of the ARC LG Cert course combines the online learning and on-site sessions to build on the same knowledge and skills to train lifeguards to act with speed and confidence in emergency situations both in and out of the water. The online format allows

participants to complete the interactive lessons on their own time, allowing the Instructor led sessions to reinforce learning and emphasize on skill building.

Upon successful completion of the class and passing the exams, each participant will receive certifications in Lifeguarding/ First Aid, CPR & AED Training all valid for 2 years!

### Prerequisites:

- Must be 15 years or older on or before the last day of class.
- Must have a valid E-Mail address
- Must complete the online content before the first class.
- Females must wear a 1-piece bathing suit.
- Participants must pass all swim tests including brick retrieval, 300yd swim, two minute tread.

### [REGISTER HERE TODAY!](#)

Questions? Email

[info@triangleaquatics.org](mailto:info@triangleaquatics.org)

## Facility Hours and Recreational Swimming - December 2022

### Regular Facility Hours

Monday–Friday: 5:30am - 9:30pm  
Saturday: 5:30am - 5:00pm  
Sunday: 8:00am - 4:00pm

Be sure to check the website for inclement weather updates!

### Open Swimming Hours

Please be sure to check the website for lane/pool availability or call 919.459.4045

Monday-Friday: 5:30am-3:30pm  
Saturday: 3:00pm - 5:00pm  
Sunday: 3:00pm-4:00pm

Availability for some pools may be reduced at times. The current Open Swim Schedule is in effect through the mid February. High School swimming along with our event schedule will reduce open swim times and lanes. For more information or daily details, please call 919.459.4045

## 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.



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

## December Events at TAC

**December 1-4:** 2022 YOTA Capital Classic

**December 6:** St Thomas More Meet

**December 6:** WCPSS Meet

**December 7:** Cary Academy Meet

**December 8:** WCPSS Meet

**December 9-11:** 2022 Speedo Blizzard Blitz

**December 12:** WCPSS Meet

**December 13:** WCPSS Meet

**December 14:** WCPSS Meet

**December 15:** Cary Academy Meet

**December 15:** WCPSS Meet

**December 16-18:** 2022 TITANS Jingle Bells Meet

**December 19:** WCPSS Meet

**December 20:** WCPSS Meet

### TITANS LEARN TO SWIM SCHEDULE-- NOVEMBER/DECEMBER 2022



Triangle Aquatic Center  
275 Convention Drive, Cary NC 27511  
[programs@triangleaquatics.org](mailto:programs@triangleaquatics.org)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TITANS 1A		5:40PM	5:00PM 6:20PM	5:40PM	5:00PM 5:40PM	12:20PM 1:00PM	12:20PM 1:00PM
TITANS 1B	5:40PM	5:00PM	5:40PM	5:00PM 6:20PM	5:00PM 5:40PM	1:40PM	11:40AM 1:40PM
TITANS 1C			5:00PM	5:40PM	5:00PM	1:40PM	1:40PM
TITANS 2A		5:00PM 6:20PM	5:40PM	5:00PM	6:20PM	12:20PM	11:40AM 12:20PM 1:40PM
TITANS 2B	5:00PM	4:20PM 5:40PM	4:20PM	7:00PM	4:20PM 5:40PM 6:20PM	11:40AM 1:00PM	1:00PM 2:20PM
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)	6:45PM (FREE/BACK)	6:45PM (BUTTERFLY)	6:45PM (BREASTSTROKE)	7:00PM (ALL STROKES)		3:00PM (STARTS/TURNS)
AMATEUR TITANS		7:00PM BEGINNERS	7:25PM INTERMEDIATE	7:25PM INTERMEDIATE		2:20PM INTERMEDIATE	1:00PM(BEG) 2:20PM(FIT)
CANCELLATIONS	NO PROGRAM POOL CLASSES:	11/11-11/13, 12/1- 12/4, 12/9-12/11		ALL CLASSES CANCELLED:	11/24, 11/25, 12/24, 12/25		

Group registration: \$39 registration fee and \$140 for package of 6 lessons | Amateur Titans, Tiny Titans, and Titans Future- \$10 registration fee per semester and \$22.50 per class

appropriate group. Go to [triangleaquatics.org/programs](http://triangleaquatics.org/programs) or call the Front Desk to sign up for an Evaluation.

## Splashtastic Pool Parties at TAC

Don't let the cold weather get you down! Come schedule your pool party at TAC and have all fun you would have at your outdoor pool, and more!

Pool parties at TAC include one hour in one of our pools, either our Instructional Pool or Program Pool. The Instructional Pool is our warmer pool, kept at 86-88 degrees, and is no more than four feet deep. This pool is perfect for pool parties for younger kids! Our Program

Pool is 82 degrees and four feet at the shallow end and seven feet at the deeper end.

All parties include your very own party room for 2.5 hours and dedicated Party Host, who is a swim instructor and lifeguard certified. Parties also include snacks and a drink for all party guests.

If you choose to have your party in the Program Pool, you also have the option of adding the H-Zerator! You and your

party guests can joust and battle on our super-fun inflatable! Sound awesome?

You can make your party even more awesome by ordering fresh food for all of your party guests, cooked fresh by Poolside Grill!

Find out more here [www.triangleaquatics.org/programs/party-packages/](http://www.triangleaquatics.org/programs/party-packages/) and book your party today by emailing [info@triangleaquatics.org](mailto:info@triangleaquatics.org)!



## TAP / Learn-to-Swim Skill Spotlight: Ready Position and Pushing Off the Wall

Ready position is a crucial skill for all swimmers of all ages and abilities. This skill is taught and practiced in both Titans 1 and 2 and is used all the time in TITANS Prep, Junior TITANS, and other TITAN group practices!

This skill will ensure a quick and effective start to your swim as you push off the wall. Here's a few tips!

1. Make sure you push off of the wall underwater! Many swimmers make the common mistake of pushing off on the top of the water, and therefore they are not able to produce as much power off the wall.

2. Push off in streamline! This is the most effective and hydrodynamic position you can be in underwater. Don't pull your hands to your side

right away.

3. Kick a little bit while you're underwater! When you have just pushed off the wall, that is the fastest you'll be in the water, so take advantage of it and kick to get you even further!

Learn more about this skill by asking your TAP Instructors!



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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Sports & Wellness Nutrition  
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[www.TheEnduranceEdge.com](http://www.TheEnduranceEdge.com)  
919-230-7897



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](mailto:admin@smartathlept.com) or [www.smartathlept.com](http://www.smartathlept.com).



# Triangle Aquatic Center

275 Convention Drive  
Cary, NC 27511  
919.459.4045

[www.triangleaquatics.org](http://www.triangleaquatics.org)



**We're on the Web!**  
[www.triangleaquatics.org](http://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 Director  
[Ryan Dobrzynski](#) - Cust. Service Manager  
[Darria Chance](#) - Program Manager  
[Deanna Jacobs](#) - Aquatics Coordinator  
[Matt Cardenas](#) - Events Coordinator  
[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: Courtney Panizari

Everyone say "hi" to Courtney. Courtney started working here back in January of 2022 as a group and private swim instructor. Courtney prides herself on giving the gift of swim to the Triangle community.

Her favorite part about working at TAC is getting to meet new people who share the same love for swimming that she does. She also loves teaching and helping others understand more about the sport she loves.

When Courtney is not at TAC,



she enjoys going kayaking, working out, and spending time with her cat. If she is not outside kayaking, or working out, you may see her watching her favorite movie Grease, or at her favorite restaurant, Mojos Grill.

We are very happy to have Courtney here at TAC helping teach group and private lessons. Next time you come in feel free to introduce yourself to Courtney. She is excited to continue to meet new faces and help everyone learn to swim here at TAC.

## Annual Guest Pass Holiday Promotion!

WINTER SALE! 'Tis the season to save money on our guest passes! This limited time offer is only available until December 31<sup>st</sup>, so act fast and save big on your pass for next year! Patrons who purchase a yearly pass get 25% off! This pass will

give patrons access to the facility during normal business hours when there is recreational swimming available. Please note that this pass does not include access to TAC Fitness classes.

Make sure your email is correct in our registration system so you can make sure you get our email announcements about schedule changes and upcoming events.

PASS	ORIGINAL PRICE	SALE PRICE!
ADULT ANNUAL	\$335	\$251.25
SENIOR ANNUAL	\$250	\$187.50
YOUTH ANNUAL	\$175	\$131.25
FAMILY ANNUAL	\$760	\$570.00

## Staying Healthy and Fit Through the Holidays

The holidays are normally filled with friends, food, and the ever so addicting Christmas cookies, but that doesn't mean you should take a break from working out! Here's a few tips for staying in-shape throughout the holidays!

**Stay active!** Make sure you're still dedicating time for your workout in your busy holiday schedule.

**Avoid over eating.** We know, those holiday parties and potlucks have the best food selections, but make sure



you're listening to your stomach!

**Don't stress!** Does your to-do list keep getting longer? Are you stressing out about upcoming holiday travel or get together with your friends and

family? Stress can lead to stress eating, weight gain, and poor sleeping habits. Exercise is a perfect break in your day that is proven to decrease stress levels!

Have we convinced you to continue working out over the holiday season? Great! Come join one of our group fitness classes! We now offer Aqua Fit, Yoga (both in and out of the pool), and more fun classes with awesome instructors! Find out more at our Front Desk!