



Lane Lines

Events and Programs at TAC



February 2020

Our Mission:

To build and operate public aquatic facilities for the health, safety, recreation 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:

February Events at TAC **2**

TITANS Aquatic Programs Schedule **2**

Tiny TITANS **3**

Swimming Spotlight: Side Breathing **3**

Poolside Grill / Macaroni Kid - Cary **3**

Employee Spotlight: Erin Sayre **4**

Safe Sport: What You Need to Know **4**

Maintaining Air and Water Quality **4**

TITANS Aquatic Programs: Corporate Training Courses

Triangle Aquatic Center is proud to introduce our new Corporate Water Safety and Certifications Programs. We have identified a real need in our community to make safety training courses and certifications through the workplace more attainable.



TAC has put together a knowledgeable, professional, and enthusiastic group of Red Cross Instructors over the years, and they're ready to do even more than just teach at TAC! TAC is committed to serving the entire Triangle Community and we believe this is the best next step. Rather than suffer the inconvenience of sending employees to Public Health Centers to complete their required certifications, we can now come to you and take care of your entire staff. Our informative Water Safety Workshops are designed to help all of your employees with



water safety and water confidence for the whole family. Our instructors can come visit your corporate location and teach classes including but not limited to:

- CPR, First Aid, and AED

For the Professional Rescuer

- Adult CPR
- Child/Infant CPR
- How to use an AED
- First Aid
- Lifeguard Certification and Re-Certification
- Water Safety

TAC Staff will provide all of the equipment, supplies, tests, and materials. We can visit you at your corporate office, at the school you teach at, at the daycare you work, even a pool you are staffing! We have developed a special corporate rate structure that makes providing this service to your staff easy and affordable.

Email info@triangleaquatics.org or give us a call at (919) 459-4045 to setup a course at your workplace!

Facility Hours and Recreational Swimming - February 2020

Regular Facility Hours

Monday -Thursday: 5:30am - 9:00pm
Friday: 5:30am - 8:30pm
Saturday: 7:00am - 6:00pm
Sunday: 1:00pm - 6:00pm

Be sure to check the website for inclement weather updates!

Recreational Swimming Hours

Monday-Thursday: 5:30am - 3:30pm / 8:00pm - 9:00pm
Friday: 5:30am - 3:30pm / 8:00pm - 8:30pm
Saturday: 7:00am - 9:30am / 11:30am - 6:00pm
Sunday: 1:00pm - 6:00pm

Availability for some pools may be reduced at times. Long Course recreational swim lanes are typically open for use mid-April through the end of August. 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.

February EVENTS

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

February Events at TAC

February 1: NCHSAA 4A and 1A-2A East Regionals

February 6: NCHSAA 1A-2A State Championships

February 7: NCHSAA 4A State Championships

February 8: NCHSAA 3A State Championships

February 9: TAC TITANS February Qualifier

February 14-16: American Red Cross Lifeguard Certification Class

February 14-16: American Red Cross Lifeguard Instructor Certification Class

February 15: TAC TITANS Leadership Breakfast

February 15: CAASC Conference Championship

February 23: ACC Long Course Meet and Time Trials



TITANS Learn-To-Swim Programs February 2020 Schedule

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

| Class | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|----------------------------|---------------------------------------|----------------------------|----------------------------|--------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------|
| TITANS 1 A | 5:10PM 6:30PM | 4:30PM 5:50PM | 4:30PM 6:30PM | 5:50PM 7:10PM | 5:10PM 6:30PM | 10:20AM 2:20PM | 1:40PM 3:40PM |
| TITANS 1 B | 4:30PM 5:10PM 6:30PM | 4:30PM 5:50PM 7:10PM | 4:30PM 5:10PM 6:30PM | 4:30PM 5:50PM | 5:10PM 6:30PM | 10:20AM 1:40PM 3:40PM | 3:00PM |
| TITANS 1 C | 4:30PM 5:10PM | 5:50PM 7:10PM | 4:30PM 5:10PM | 4:30PM* 5:50PM | 4:30PM 5:10PM | 10:20AM 1:40PM | 2:20PM |
| TITANS 2 A | 5:50PM 7:10PM | 5:10PM 6:30PM | 5:50PM 7:10PM | 5:10PM 6:30PM | 4:30PM 5:50PM | 2:20PM 3:00PM | 1:40PM 3:00PM |
| TITANS 2 B | 4:30PM 5:50PM 7:10PM | 5:10PM 6:30PM | 5:10PM 5:50PM 7:10PM | 5:10PM 6:30PM 7:10PM | 5:50PM 7:10PM | 9:40AM 11:00AM 2:20PM 3:00PM | 2:20PM 3:40PM |
| TITANS 2 C | 5:50PM 6:30PM 7:10PM | 4:30PM 5:10PM 6:30PM 7:10PM* | 5:50PM 6:30PM 7:10PM | 4:30PM 5:10PM 6:30PM | 4:30PM 5:50PM 6:30PM 7:10PM | 9:40AM 11:00AM 1:40PM* 2:30PM Clinic PP 3:10PM Clinic PP 3:40PM | 2:20PM 3:00PM 2:30PM Clinic PP 3:10PM Clinic PP 3:40PM |
| TITANS Future | 6:30pm | | 6:30pm | | 6:30pm | 9:40AM | 3:10pm Clinic PP 3:40pm |
| Tiny TITANS | | | 4:00PM | | | 11:00AM | |
| Amateur TITANS | | | | 7:10 PM Beginners | 7:10 PM Beginners | 3:00PM Intermedium 3:40PM FIT | 1:00PM Intermedium 1:30PM FIT |

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

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.

Tiny TITANS

The Tiny TITANS class offerings are expanding! We heard your requests and wishes and TAC will be offering Tiny TITANS classes on both Wednesdays and Saturdays.

Our Tiny TITANS classes are for swimmers 6 months to 3 years of age. Tiny Titans is a parent child class that gets both you and your little swimmer confident in the water. Lessons take place in our walk-in, warm-water Instructional Pool.

Our instructors will teach you different skills such as the front and back hold, how to safely submerge your little one in the water, and more! Your Tiny TITAN will be comfortable in the pool in no time and you as the parent will be confident in your ability to practice these skills on your own at your pool. Once your swimmer is comfortable in the water, we introduce basic swimming and safety skills while focusing on

developing confidence in the water.

Classes are now offered Wednesday afternoons at 4:00pm and Saturday morning at 11:00am. Lessons can be purchased individually or you can buy a discounted 4-pack.

Our schedule will be posted both online and at the Front Desk.



TAP / Learn-to-Swim Skill Spotlight: Side Breathing

One of the most crucial skills you will need to master to ensure effective and smooth freestyle is side breathing.

Breathing is a skill that seems so easy - you already do it all day everyday! But add water and it can give a few people some trouble. Side breathing is a skill that is taught in Titans 1, and Titans 2. TAC Instructors have seen swimmers both excel and struggle with this skill, so here's a few tips!

1. Remember, visually seeing the skill and taking advantage of

free resources online can do wonders. [Check out this awesome video!](https://www.youtube.com/watch?v=OdCtZLFZmxQ) (<https://www.youtube.com/watch?v=OdCtZLFZmxQ>)

2. Keep the top of your head down as you breathe, you should be rotating your head to the side and not lifting it. Lifting your head will lead to improper body alignment and your legs will naturally want to sink.

3. Blow all of your air out (exhale) when your face is in the water before you turn your head to breath. Take advantage

of the whole time your face is out of the water by only inhaling during that time.

Practice with a kickboard! Grab a kickboard with your arms fully extended, start kicking and place your face in the water. Exhaling under the water, start taking a stroke with an arm. Rotate your head and inhale to the side. Your face should be rotated back and fully submerged in the water by the time your arm has returned to holding the kickboard.



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!

Now available are our re-loadable Gift Cards. These are for parents who want to ensure a good healthy meal or snack for their swimmers or a great gift to those who visit TAC regularly. Stop by and get yours today!

[CLICK HERE for our complete menu](#)



Find your family fun with Macaroni Kid Cary! Subscribe FREE to the weekly e-newsletter to have local family-friendly events sent to your inbox. Included are outdoor adventures and rainy day activities for kids ages 0-18 (and even some for Mom and Dad!) in Cary, Apex, Morrisville, Holly Springs, Fuquay-Varina, and Southwest Raleigh.

cary.macaronikid.com



Triangle Aquatic Center

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



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

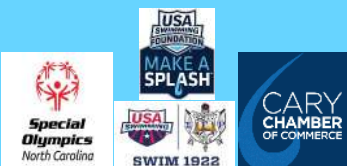
**Need Help?
Have Questions?
Ask Us!**

[Michael Curran](#) - Executive Director
[Mark Frank](#) - Director of Operations
[Tiffany Holland](#) - Finance Director
[Mark Eubanks](#) - Facilities Director
[Elisa Bowie](#) - Ass. Director Administration
[Mariana Pulgarin Vergara](#) - Program Manager
[Matt Mosher](#) - Lifeguard Manager
[Michael Gibbons](#) - Events Manager
[Erin Sayre](#) - Fitness 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



Meet the TAC Staff - Erin Sayre

Our employee spotlight for January is Erin Sayre. Erin joined the Titans coaching staff in 2016 and has more than a decade of coaching experience. She began as a swim coach, but in 2011, Erin began studying the art of strength training for athletes and has since worked as a CrossFit Coach, personal and small group trainer and has coached and managed several gyms training club swimmers as well as other land athletes.



Currently, her main focus is the "dry side" of swimming for our Titan athletes - everything from strength training and injury prevention to recovery modalities and even nutrition.

In addition to the Titans Dryland Training, Erin became TAC's Fitness Manager in 2019. She has been working to develop a Senior Fitness Program and to get the new strength training facility up and running!

Safe Sport - What You Need to Know

Most athletes have seen SafeSport logos or heard of SafeSport in their facility, but how many athletes and parents know what SafeSport is all about?

The U.S. Center for SafeSport is an independent nonprofit committed to ending all forms of abuse in sports. This includes bullying, harassment, hazing, physical abuse, emotional abuse, and sexual misconduct and abuse. SafeSport requires all USA Swimming club members to have certain policies in place to

ensure the team members and staff are informed of and follow the proper procedures in place for the facility. There are three main policies:

1. Team travel, which consists of financial requirements, expected behavior and general travel guidelines for athletes.
2. Electronic Communication policy is in place to reduce the associated risk when adult use texting, social media or email to communicate with minors
3. Anti-bullying informs members exactly what kinds of

behavior is not tolerated and the consequences for such behavior.

There are several ways to talk to someone or to report an incident. The TAC TITANS SafeSport representative is Claire Donahue- CDonahue@Tactitans.org or you can contact SafeSport at SafeSport@USAswimming.org / 719-866-4578. Also, don't ever hesitate to contact your coach or head coach.

Good to Know: Maintaining Air and

Trying to maintain the air and water quality in a large aquatic facility, like TAC, is very important to all patrons: swimmers, coaches and spectators. We have all experienced the burning eyes, coughing, and shortness of breath when you patronize an aquatic facility with bad air and water quality.

These symptoms are caused by a chemical reaction that takes place when chlorine comes in contact with other chemicals which creates chloramines. These chloramines are

dangerous as they are heavier than air and sit just above the surface of the water where swimmers breathe them in with every breath.

The main cause of these chloramines is a chemical called Urea, which is found in urine. This can be controlled simply by getting out of the water to use the bathroom and to take breaks throughout workouts.

It is also very important for all swimmers to shower off before entering the pool. Research shows that a single swimmer who does not shower before

entering the pool can affect the water quality for 9 days!

We do our part here at TAC to ensure clean water and air quality for our patrons through our Evacuators, HVAC and fans, which push fresh air down while also pushing the chloramines off of the water surface and towards evacuators to be expelled outside.

Please do your part and remember to shower before entering the water and refrain from urinating in the pool.