



Lane Lines

Events and Programs at TAC



February 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.

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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 Open Swimming - February 2023

<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. 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</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.

February Events at TAC



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

- February 2:** 2023 TISAC Conference Championship
- February 3-4:** 202 NCHSAA East Regionals
- February 9:** 2023 NCHSAA 3A State Championships
- February 10:** 2023 NCHSAA 4A State Championships
- February 11:** 2023 NCHSAA 1A/2A State Championships
- February 12:** 2023 TAC TITANS February Qualifier
- February 13:** 2023 NCISAA Division 1 State Championships
- February 14:** 2023 NCISAA Division 2 and 3 State Championships
- February 16-18:** USA South Conference Championship
- February 25-26:** American Red Cross Lifeguard Certification Class
- February 25-26:** American Red Cross Lifeguard Instructor Certification Class
- February 26:** TITANS February Splash Meet

TITANS LEARN TO SWIM SCHEDULE-- JANUARY/FEBRUARY 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	4:20PM 5:40PM	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)	6:45PM (FREE/BACK)	6:45PM (BUTTERFLY)	6:45PM (BREASTSTROKE)	7:00PM (ALL STROKES)		1:40PM* 3:00PM (STARTS/TURNS)
AMATEUR TITANS		7:00PM BEGINNERS	7:25PM INTERMEDIATE	7:25PM INTERMEDIATE		2:20PM INTERMEDIATE	2:20PM(FIT)
CANCELLATIONS	NO PROGRAM POOL CLASSES:	1/13-1/15,2/4, 2/10-2/11		ALL CLASSES CANCELLED:	1/1/2023		

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

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.

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 84-86 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-Zilerator! 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/ and book your party today by emailing [info@triangleaquatics.org!](mailto:info@triangleaquatics.org)



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!

[CLICK HERE for our complete menu](#)

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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!



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!

- [Derek Wall](#) - Executive Director
- [Mark Frank](#) - Director of Operations
- [Tiffany Holland](#) - Finance Director
- [Kenneth Tackett](#) - Facilities Ass. Director
- [Adam Blevis](#) - Ass. Director of Operations
- [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: Monica Ospina

Everyone say hi to Monica Ospina. Monica started to work at TAC in September of 2022, as both a lifeguard and a swim instructor for both group and private lessons. Monica's favorite part of working at TAC is everything. She loves the teamwork that we have and the teamwork she sees from all the members and teams that come to TAC.



When Monica is not at TAC, she enjoys spending time with her family. She likes to go to her

favorite restaurant, The Capital Grill, and get her favorite meal, Salmon and Brussel sprouts.

We are very happy to have Monica here at TAC teaching lessons and lifeguarding. In the short time she has been here she has become an integral part of our team. Next time you come in, feel free to say hi to Monica. She is excited to continue lifeguarding and teaching everyone how to swim!

Red Cross Certifications: Upcoming Lifeguard Classes

TAC has released it's schedule of Lifeguard Certification Classes through April 2023. 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 class, so we've opened our Spring classes earlier and we've opened up 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 TODAY!](#)

TAC Senior Fitness: 10-Session Passes

TAC Senior Fitness Programming is off to a great start for 2023. We are now offering more classes than ever before and enrollment is at an all-time high. TAC fitness instructors provide our patrons with a safe and fun workout in both our water and dryland classes.

TAC offers a 10-session fitness pass, good for all TAC Senior Fitness Classes. You can purchase the passes online or at the front desk.

This package will give patrons access to sign up for TAC's 2023 Fitness Classes. The price will be \$42.50 for all patrons and will expire 3 months after purchase. For patrons who would like to "drop-in" for a class, if space is available, a Fitness Day Pass will be available for purchase at the customer service desk. This Fitness Day Pass will be \$4.50.

Our month, annual and regular day passes do not offer access



to our fitness classes. These guest passes are for open swimming only. Call or stop by the front desk for any questions regarding the new passes/ registration process.