



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:

- January Events at TAC **2**
- TITANS Aquatic Programs Schedule **2**
- Splashtastic Pool Parties at TAC **3**
- Swimming Spotlight: Flip Turns **3**
- TAC On-Site Partners **3**
- Employee Spotlight: Michelle Gresham **4**
- Upcoming Lifeguard Certification Classes **4**
- TAC Fitness: 10-Session Passes **4**

Lane Lines

Events and Programs at TAC



January 2022

Happy New Year! TAC Events and Happenings for 2022

The ball has dropped on another new year and the Triangle Aquatic Center is sure that it will be our best ever. This year promises even more for all of our events and programs than ever before. TITAN Aquatic Programs (TAP) continue to grow and expand for 2022. Our staff will continue to add to our TAP portfolio and expand offerings for our patrons of all ages. Last Fall we restarted our weekday TAC Fitness Program which focused on Silver Sneakers and Renew Active members. This year we'll continue to expand programming for seniors and adults.

Additionally Programs have added Group Private Lessons where now up to six friends and family and learn to swim together to gain water safety and water confidence. In Spring we will offer our corporate American Red Cross training



again, taking our certifications for Water Safety and First/CPR/AED on the road.

Events at TAC continue to grow as well. NC Special Olympics and NC Senior Games return after a two-year COVID-related hiatus. We are also hosting four summer league championships for the Triangle area. This year's TITAN meets include the ESSZ Speedo Sectionals and Age Group Championships in March, Speedo Sectionals again in July

and then our premier event at the end of July. USA Futures returns to TAC for the first time since 2018 and promises the nation's top 18&U talent in this four-day event

TAC will also welcome again the North Carolina High School Athletic Association for both Regional and State Championships in February.

All of this is topped by the expansion of the Triangle Aquatic Center which is well underway. The new 50m outdoor pool construction is on schedule and we look good to go for a late May opening. TAC is excited to be welcoming a new Executive Director to the facility. Steven Freigang will be joining our team at the end of March.

All told, 2022 looks to be another busy year at TAC!

Facility Hours and Recreational Swimming - January 2022

Regular Facility Hours	Open Swimming Hours
Monday-Friday: 5:30am - 9:30pm Saturday: 5:30am - 5:00pm Sunday: 8:00am - 4:00pm	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
Be sure to check the website for inclement weather updates!	<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>

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.

January EVENTS

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

January Events at TAC

- January 4: WCPSS Meet – S Garner/Garner/Enloe/Corinth Holders
- January 6: WCPSS Meet – Holly Springs/Apex/Millbrook/Cardinal Gibbons
- January 8: WCPSS Meet – Middle Creek/Athens Drive/Apex Friendship/Cary | Green Level/Willow Spring/Fuquay-Varina
- January 8: WCPSS Meet – Green Hope/Corinth Holders/SE Raleigh
- January 11: WCPSS Meet – Holly Springs/Sanderson/Leesville Rd/Wake Forest
- January 12: Cary Academy Meet
- January 13: Grace Christian School Meet
- January 13: WCPSS Meet – Athens Drive/Wakefield/Broughton/Heritage
- January 14-17: 2022 TITANS Polar Plunge
- January 17: WCPSS Meet – Apex/Enloe/Knightdale/Willow Spring | Cardinal Gibbons/Green Level/S Garner/Millbrook
- January 18: WCPSS Meet – Middle Creek/Panther Creek/Rolesville/Garner
- January 19: Cary Academy Meet
- January 20: Grace Christian School Meet
- January 20: WCPSS Meet – Holly Springs/Leesville Rd/Apex/Wakefield
- January 22: WCPSS Meet – Panther Crk/Millbrook/Green Hope/Corinth Holders | Green Level/Cary/Willow Sprg/Fuquay Varina
- January 22: WCPSS Meet – Garner/SE Raleigh/Knightdale/S Garner
- January 23: William Peace University Meet
- January 25: 2022 NCAC Conference Championship
- January 25: WCPSS Meet – Middle Creek/Apex Friendship/Broughton/Enloe
- January 26: 2022 DAC VII Conference Championship
- January 27: Cary Academy Meet
- January 27: WCPSS Meet – Athens Drive/Cardinal Gibbons/Fuquay Varina
- January 28: 2022 Northern Athletic Conference Championship
- January 29: 2022 Greater Neuse Conference Championship | 2022 CAP 6 Conference Championship
- January 29: 2022 South Wake Athletic Conference Championship
- January 31: 2022 TRI-TAC Conference Championship



TITANS Learn-To-Swim Programs Schedule

January & February 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		5:40PM*	5:00PM	1:40PM	
TITANS 2 A	5:00PM	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 7:00PM*	4:20PM 5:40PM	11:40AM 1:00PM	11:40AM 1:00PM
TITANS 2 C	4:20PM 6:20PM	4:20PM 5:00PM	4:20PM 7:00PM	4:20PM 5:00PM	11:40AM 2:20PM	11:40AM 12:20PM 2:20PM
TITANS Future	7:00PM	7:00PM		6:20PM		11:40AM 12:20PM
Amateur TITANS	7:00PM Beginners	7:00PM Intermediate			2:20PM Intermediate	1:00PM(Beg) 2:20PM FIT
Tiny TITANS		4:20PM				

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 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-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: Flip Turns

Flip turns are an essential skill to master when working on efficiency and speed while in the water. Flip turns are done as a swimmer approaches a wall and still has one or more laps to go. They allow swimmers to maintain speed and momentum during their workout or race.

TAP teaches flip turns at the TITANS 1C and 2C levels.

Need some tips or interested

in learning? Keep reading to find out more!

1. Visual demonstrations can sometimes be the most helpful, check out this awesome video! <https://www.youtube.com/watch?v=8EL3v1saCQw>

2. Remember to start small if you're just beginning. Start by standing in the pool, and flip to introduce your body to the feel of flipping. Then transition to floating and flipping, and then swimming to flipping (in the

middle of the lane).

3. Keep both of your arms down by your side as you start to initiate the flip, remember to lead the flip with your head.

4. Use your feet to push off the wall. Do so with power to get a great start on your next lap.

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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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@smartathletept.com or www.smartathletept.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
- [Darrin Chance](#) - Program Manager
- [Trey Gay](#) - Aquatics 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](#)

OR CALL 919.459.4045

TAC Proudly Supports



Employee Spotlight: Michelle Gresham

This month's employee spotlight is on Michelle Gresham. Michelle started working at the Triangle Aquatic Center in October.



When Michelle is at TAC, you will see her at the Customer Service Desk providing general information about our facility to our patrons and assisting them as needed. Michelle says she enjoys getting to know the patrons as well as working with the staff.

When Michelle is not at TAC, she enjoys hanging out with her

friends, cracking jokes, and sharing some laughs all day long. Michelle also loves the Fast and Furious movies. She loves the racing and action-packed stunts and mind-blowing heist they accomplish.

She has seen every single movie and never gets tired of watching them. Michelle's favorite restaurant is the Garner Buffalo Wild Wings. Be sure to say hi to Michelle the next time you are at TAC!

Red Cross Certifications: Upcoming Lifeguard Classes

TAC has released its schedule of Lifeguard Certification Classes through June 2020. 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/Summer 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 Fitness: 10-Session Passes

The Customer Service Desk will begin selling the fitness packages (10 passes) starting the week of December 13th. Online purchases will be available as well.

This package will give patrons access to sign up for TAC's 2022 Fitness Classes. The price will be \$40 for all patrons and will expire 3 months after purchase. For patrons who would like to "drop-in" for a class day if, 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.

Our month, annual and regular day passes will no longer give patrons access to our fitness classes. These guest passes will only give patrons access to lap swimming beginning January 2022. Call or stop by the front desk for any questions regarding the new passes/registration process.

