



Lane Lines

Events and Programs at TAC



January 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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Happy New Year! TAC Events and Happenings for 2023

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 2023. Our staff will continue to add to our TAP portfolio and expand offerings for our patrons of all ages. Our weekday TAC Fitness Program which focused on Silver Sneakers and Renew Active members had our strongest attendance numbers in 2022 since it's inception. 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. We will



continue to 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. 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, and the NC Swimming Age Group Championship in July. Eastern Age Group Zones Championship returns to TAC

for the first time since 2019 bringing in the top age group talent from every LCS in the Southern U.S..

TAC will also welcome again the North Carolina High School Athletic Association for both Regional and State Championships in February. For the first time TAC hosts the North Carolina Independent Schools Athletic Association Championship in February. Annual events that include the NC Special Olympics and the North Carolina Games return again this year .

TAC continues to make facility improvements. This year we will be replacing the HVAC system in our Competition Pool and the Spectator Stadium

All told, 2023 looks to be another busy year at TAC!

Facility Hours and Recreational Swimming - January 2023

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.

January EVENTS

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

January Events at TAC

- January 2: WCPSS Meet – Millbrook/S. Garner/Garner/Knightdale
- January 3: WCPSS Meet – Sanderson/Holly Springs/Wakefield/Heritage
- January 5: St Thomas More Meet
- January 5: WCPSS Meet – Leesville Road/Wake Forest/SE Raleigh/Rolesville
- January 7: WCPSS Meets – Athens Drive/Middle Creek/Cary/Enloe | Willow Springs/Broughton/Apex/Cardinal Gibbons
- January 7: WCPSS Meet – Apex Friendship/Green Level/Green Hope/Panther Creek
- January 10: WCPSS Meet – Fuquay-Varina/S. Garner/Wakefield/Holly Springs
- January 11: Cary Academy Meet
- January 12: Grace Christian School Meet
- January 12: WCPSS Meet – Garner/Willow Springs/SE Raleigh/Leesville Road
- January 13-16: 2023 TITANS Polar Plunge
- January 16: WCPSS Meets – Athens Drive/Apex Friendship/Green Level/Apex
- January 16: WCPSS Meets – Green Hope/Heritage/Cardinal Gibbons/Knightdale
- January 17: WCPSS Meet – Broughton/Rolesville/Enloe/Cary
- January 19: Grace Christian School Meet
- January 21: 2023 South Wake Athletic Conference Championship
- January 21: 2023 Northern Athletic Conference Championship
- January 21: 2023 CAP 6 Conference Championship
- January 22: William Peace University Meet
- January 25: 2023 DAC VII Conference Championship
- January 26: Cary Academy Meet
- January 27: WCPSS Meet – Athens Drive/Cardinal Gibbons/Fuquay Varina
- January 28: WCPSS Last Chance Meet
- January 29: William Peace University Meet
- January 30: 2023 TRI-TAC Conference Championship
- January 31: 2023 CCC Conference Championship



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: 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=8EL3vIaCQw>

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 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



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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 Blevins](#) - 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: Adam Blevins

Please welcome our new Associate Director of Operations, Adam Blevins. Adam joined TAC in December 2022. Throughout his career, he has worked in various management roles in the private and corporate sectors. These positions include working as a director for a large health and fitness facility and opening, owning, and operating a multi-use fitness facility for over 7 years in the Raleigh area.



Adam graduated from East Carolina University with a B.S. in Sports & Recreation Management. He holds several physical training certifications and was a competitive CrossFit athlete for many years. Having experience with aquatics and swimming as a youth, his passion for sports and fitness has brought him back to the aquatics industry.

Adam is a North Carolina native who grew up in the Raleigh area.

Red Cross Certifications: Upcoming Lifeguard Classes

TAC has released its 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!](#)

New Friendly Faces at TAC's Front Desk

As our internal programs grow so do our customer service staffing needs.

We are excited to be welcoming new part time staff members to the TAC Customer Service Team. Our new team members are currently training on all areas of the Customer Service Desk including our new system Amilia which is now live

Our Customer Service Desk has also been welcoming Volunteers. Our volunteers are

normally at the desk once a week during the day assisting with everyday customer service needs.

A TAC Customer Service Employee or the Customer Service Manager will always be available to assist with any questions you may have while volunteering at the desk. A perk for being a customer service volunteer is that for each month that you volunteer you receive a free month guest pass.

We are always looking to bring on new volunteers. Please be sure to say hi to the new faces you will be seeing at the Customer Service Desk.

