



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:

July Events at TAC 2

TITANS Aquatic Programs Schedule 2

TAC Fitness: AquaFit 3

Swimming Spotlight: Retrieving Items 3

TAC On-Site Partners 3

Employee Spotlight: Megan Ward 4

Benefits of a Swim Workout 4

Now Hiring: All Part Time Positions 4

Lane Lines

Events and Programs at TAC



July 2022

TAC's Newest Addition - Our 50 Meter Outdoor Pool

The long wait is finally over!! On July 11th TAC will celebrate our grand opening of the new 50 meter Outdoor Pool. This project was nearly four years in the making and had to suffer through a COVID shutdown and delay but we are happy to say it's time to swim outdoors.

Our 50 meter outdoor pool is designed specifically for training, practices and open swim. The focus in building this pool was to create more capacity so that when we host events we aren't displacing our programs included the TITANS and Learn-to-Swim.

The pool is located directly outside of the Program Pool the lanes can be configured for up to 9 lanes of 50 meter swimming or 20 lanes of 25 yard swimming. The pool is both heated and cooled for use year round. The pool also features a



canopy that overhangs the pool 8 feet to allow covered in-water instruction and a 30 foot-wide pool deck. This pool is subject to weather conditions that can effect availability.

We are very excited to be adding our fourth pool to the TAC campus. Please come out

to our Grand Opening celebration at 3pm on July 11th. Dignitaries from the Town of Cary the Visitors & Convention Bureau and our TAC Board President will be present to open up our newest addition. All are welcome to join us for the event!

Facility Hours and Recreational Swimming - July 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, Wednesday, Thursday, Friday: 5:30am-4:00pm
Tuesday: 5:30am - 8:00pm
Saturday: 8:00am - 5:00pm
Sunday: 9:00am-4:00pm

Availability for some pools may be reduced at times. Our Spring Open Swim schedule is now in effect. Be aware of limited available lane space through the rest of short course championship season.

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.

July EVENTS

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

July Events at TAC

July 1-3: American Red Cross Lifeguard Certification Class

July 9: Durham Summer Swim League Championship

July 10: 2022 TITANS July Qualifier

July 14-17: 2022 ESSZ Speedo Long Course Sectionals

July 23-24: Tarheel Swim Association Championship

July 27-30: 2022 USA Swimming Futures Championship

July 29-31: American Red Cross Lifeguard Certification Class

July 31: American Red Cross Lifeguard Re-Certification Class

July 31: TITANS Evaluation Day



	TITANS Learn-To-Swim Programs Schedule					
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TITANS 1 A	5:40PM	5:00PM 6:20PM	5:40PM	5:00PM 5:40PM	12:20PM 1:00PM	12:20PM 1:00PM
TITANS 1 B	5:00PM	5:40PM*	5:00PM 6:20PM	5:00PM 5:40PM	1:40PM	11:40AM 1:40PM
TITANS 1 C		5:00PM	5:40PM	5:00PM	1:40PM	1:40PM
TITANS 2 A	5:00PM 6:20PM*	5:40PM	4:20PM 5:00PM	4:20PM 6:20PM	12:20PM	11:40AM* 12:20PM 1:40PM
TITANS 2 B	4:20PM 5:40PM	4:20PM*	7:00PM*	4:20PM 5:40PM 6:20PM*	11:40AM 1:00PM	1:00PM 2:20PM
TITANS 2 C	4:20PM 7:00PM*	4:20PM 7:00PM*	4:20PM	4:20PM 7:00PM	11:40AM 2:20PM	11:40AM 12:20PM 3:00PM
TITANS Future	6:20PM*	6:20PM*	6:20PM*	7:00PM		3:00PM*
Amateur TITANS	7:00PM Beginners	7:00PM Intermediate	7:00PM* Intermediate		2:20PM Intermediate	1:00PM(BEG) 2:20PM FIT
Tiny TITANS					11:00AM	

Triangle Aquatic Center
275 Convention Drive, Cary NC 27511
programs@triangleaquatics.org
(919)-459-4045 ext. 223

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.

TAC Fitness: AquaFit

Triangle Aquatic Center's Aqua Fitness program is taught by experienced and enthusiastic instructors Laura and Michelle. They're guaranteed to give you the low impact but high intensity workout you're looking for!

TAC currently offers classes three days a week at varying times. There are many benefits of Aqua Fitness including

relieving stress, decreasing anxiety, building muscle and increasing strength, building your endurance, increasing flexibility, alleviating joint pressure, reducing blood pressure, and more!

Depending on the intensity of the class, participants can burn between 400 – 500 calories in an hour of exercise! Our experienced instructors

incorporate fun music, water weights, Aqua Joggers, noodles, and more to ensure that you have a fun workout. Triangle Aquatic Center has access to different resistances for our fitness materials, so patrons can tailor their workout to their needs and abilities.

Stop by our Front Desk to find out more about our Aqua Fitness program!



TAP/Learn-to-Swim Skill Spotlight: Retrieving Items

One of the most important lessons that swimmers will learn in swim lessons is the fact that their body will follow their head. If they're floating on their back and pick their head up, their body will want to move into standing position. If they're swimming freestyle and breathe to the front instead of the side, their body will follow.

In Titans I Station A, our instructors start working on

this lesson with your swimmers by teaching them how to retrieve objects from the bottom of the pool. This skill can be one of the most difficult to accomplish, so here's some tips!

1. Remember, your body will follow your head. When retrieving an object, put your head down and let your body follow.

2. Put on goggles so you can

look at the object when getting it. A lot of younger swimmers will look up, blindly searching for the object with their hands.

3. If you're having trouble submerging yourself, jump up and let your body fall down to the bottom of the pool, using gravity to your advantage.

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@smartathlept.com or www.smartathlept.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
[Darria Chance](#) - Program Manager
[Cameron Lanning](#) - Aquatics Manager
[Ryan Dobryznski](#) - Customer Service Mgr
[Ben Hartwick](#) - IT / Visual Services Manager
[Kenneth Tackett](#) - Facilities 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](#)

TAC Proudly Supports



Employee Spotlight: Megan Ward

Everyone say "hi" to Megan Ward. Megan started working here back in October of 2018 as a front desk attendant and as a timing operator for swim meets.

Her favorite part of working at TAC is getting to interact with all the patrons and getting to know the people around her. She also enjoys learning more of the technical side of swim meets.

When Megan is not at TAC, she enjoys playing video games, watching movies, and spending time with her daughter. They



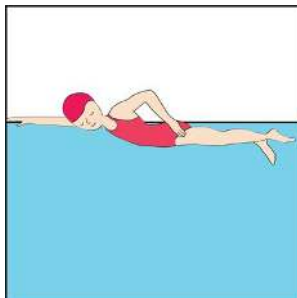
love to go swimming and fishing and being outdoors with their dog. Favorite movies for Megan are the Harry Potter Series. She especially enjoys the Chamber of Secrets, and how all the magic in the movies can bring you to a new world.

We are very happy to have Megan here at TAC helping us with the front desk and with swim meets that occur here. Next time you come in feel free to introduce yourself to Megan. She is excited to continue to meet new faces here at TAC.

Benefits of a Swimming Workout

Have you ever been on a run, or doing a dryland workout and started to have sore joints, shortness of breath, and not seeing any improvements? This is something that adding a swim workout can help with.

Swimming has a great benefit of being in water, helping reduce joint stress, and it can help with lung and heart health. Swimming can also help with building and toning muscles. The constant resistance in the water will always work muscles with pushing or pulling motions. This



can help every muscle get a workout and will allow you to become healthier.

Being in the water helps relieve pain in joints. It can help with blood circulation, and it will

reduce muscle stiffness which can all ease any joint pain you are having. The mobility that you have in swimming with no impact is a huge benefit of a swimming workout.

If you have not added swimming to your workout, we highly recommend it. It has many benefits that other activities do not have. This will be able to keep your joints, heart, lungs, and all other muscles healthy for a long time.

Now Hiring: All Part Time Positions at TAC

The Triangle Aquatic Center is hiring for all part-time positions at our facility as we prepare for the Summer months. We have both year-round and seasonal opportunities available as Lifeguards, Swim Instructors and Customer Service Representatives.

TAC offers flexible hours to work around almost any schedule. We also offer a great starting wage, a signing bonus and a referral bonus if you should bring your friends with

you to work at TAC.

TAC offers a pre-paid certification program for those in need of their ARC Lifeguard Certification for those that qualify.



There are also full-time opportunities available at our facility. Complete the application and communicate during your interview with the manager you are interested in full-time hours.

Applications can be found [HERE](#) or by scanning this QR code.

Questions? Contact our Front Desk or email info@triangleaquatics.org for more information.