



# Lane Lines

Events and Programs at TAC



June 2022

## 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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## Triangle Aquatic Center's Corporate Certification Training Programs

Many of you already know that the Triangle Aquatic Center has one of our state's largest American Red Cross Training Programs. Annually hundreds of lifeguards certify here at TAC and we train almost as many in First Aid/CPR/AED instruction.

COVID forced us to suspend our Corporate Certification Program but we are pleased to announce that these courses are being offered once again. TAC Certified Instructors are once again available to come to your place of business and conduct our two primary classes offered for group instruction.

We are now accepting reservations to come to your place of business or for your group to visit TAC to be trained and American Red Cross certified in First Aid/CPR/AED or in Water Safety.



Our First Aid/CPR/AED class will provide up to ten participants all of the skills and requirements to fulfill this certification. Our instructor will bring all course materials, CPR dummies and an AED Training Device to each of the classes. Each participant will be taught then must demonstrate proper techniques and complete the written evaluation. The class runs between 2-3 hours depending on size and skill level. As little as 400 square feet of space will accommodate the class.

TAC's Water Safety Course is designed to prepare families for their time around water, including pools, lakes, rivers and the ocean. You will learn warning signs, lifeguard instruction, all to help you enjoy any time that may include water fun. The class can accommodate any number of participants and lasts between 1-1.5 hours.

To find out more about our Corporate Certification classes reach out to Darria Chance our Program Manager at [dchance@triangleaquatics.org](mailto:dchance@triangleaquatics.org).



## Facility Hours and Recreational Swimming - June 2022

Regular Facility Hours	Open Swimming Hours
<p><b>Monday-Friday: 5:30am - 9:30pm</b>  <b>Saturday: 5:30am - 5:00pm</b>  <b>Sunday: 8:00am - 4:00pm</b></p> <p><b>Be sure to check the website for inclement weather updates!</b></p>	<p><b>Please be sure to check the website for lane/pool availability or call 919.459.4045</b></p> <p><b>Monday-Friday: 5:30am-3:30pm</b>  <b>Saturday: 3:00pm - 5:00pm</b>  <b>Sunday: 3:00pm-4:00pm</b></p> <p><small>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. For more information or daily details, please call 919.459.4045</small></p>

## 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.


# June EVENTS

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

## June Events at TAC

- June 4:** Special Olympics of North Carolina Swim Championship
- June 10-12:** American Red Cross Lifeguard Certification Class
- June 11:** American Red Cross Lifeguard Re-Certification Class
- June 11:** 2022 Swim 1922 Scholarship Kickoff
- June 13:** 2022-2023 TITANS Registration Opens for Returning Families
- June 16-19:** 2022 Speedo Triangle Classic
- June 24-25:** TITANS-WAVE Long Course Dual Meet
- June 26:** 2022 Raleigh Area Country Club Swim League Championship
- June 26:** TITANS Splash Meet



 <b>TITANS Learn-To-Swim Programs Schedule</b> <b>May &amp; June 2022</b>		Triangle Aquatic Center 275 Convention Drive, Cary NC 27511 programs@triangleaquatics.org (919)-459-4045 ext. 223				
		Class	Tuesday	Wednesday	Thursday	Friday
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	6:20PM	5:00PM 6:20PM	5:00PM* 5:40PM	1:40PM	11:40AM 1:40PM
TITANS 1 C	6:20PM	5:00PM	5:40PM	5:00PM	1:40PM	1:40PM
TITANS 2 A	5:00PM	5:40PM	4:20PM 5:00PM	4:20PM 6:20PM	12:20PM	12:20PM 1:40PM
TITANS 2 B	4:20PM 5:40PM	5:40PM	6:20PM	4:20PM 5:40PM	11:40AM 1:00PM	1:00PM 2:20PM*
TITANS 2 C	4:20PM 6:20PM	4:20PM* 7:00PM*	4:20PM	4:20PM 7:00PM*	11:40AM 2:20PM	11:40AM 12:20PM 3:00PM*
TITANS Future	7:00PM	4:20PM	7:00PM	7:00PM		11:40AM
Amateur TITANS	7:00PM Beginners	7:00PM Intermediate	7:00PM* Intermediate		2:20PM Intermediate	1:00PM(BEG)* 2:20PM FIT
Tiny TITANS					11:00AM*	

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](http://triangleaquatics.org/programs) or call the Front Desk to sign up for an Evaluation.

## Choosing the Best Practice Swimsuit for Your Aquatic Needs

So you're all set to start visiting the pool for an aquatic workout. The question now is how to find the perfect suit for your body and need. Swimsuits need to be fast and durable enough to handle everything from recreating, intense swim practices, diving, to water aerobics, to aqua jogging. Most swimsuits aim to blend high-end performance technology with style.

When choosing a swimsuit for your favorite water activities, consider the following factors:



1. Choose your swimwear style based on your activity: How you'll move and how much sun exposure you'll face will help guide your choices.

2. Decide how much coverage you want and where you want it, if you plan to practice outdoors you will want to choose a suit that has more coverage for sun protection.

3. Find a style that's comfortable: You want to spend more time focusing on your water activity and less time adjusting your bottoms or making sure your top stays put. Whenever you can, it's best to try the suit on and move around in it to find a good fit and make sure it doesn't ride up.

## TAP / Learn-to-Swim Skill Spotlight: Backstroke Arm Technique

A few months ago we wrote about the basics of backstroke, which is taught and reviewed in all programs. This month we'll be going over specific technique for arm movement and shoulder rotation. TITANS Aquatic Programs: Learn-to-Swim is designed to prepare swimmers for year-round groups and ensure swimmers are taught the correct technique and drills. One error that many swim instructors

encounter is incorrect technique when performing a backstroke arm stroke. Below are some technique tips and drills!

1. Make sure that when you start your stroke, your thumb comes out of the water first and as you reach back behind your head, your arm rotates and your pinky finger enters the water first.

2. One common backstroke

drill is the 3-6-3 drill. To do this drill, take three normal strokes and keep your arm fully extended as you kick six times, continue taking three normal strokes and six kicks as you focus on shoulder rotation and making sure each arm is fully extended as you pause to kick six times.

As with all strokes and techniques... practice, practice, practice!



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](mailto:admin@smartathletept.com) or [www.smartathletept.com](http://www.smartathletept.com).



**Triangle Aquatic Center**  
 275 Convention Drive  
 Cary, NC 27511  
 919.459.4045  
[www.triangleaquatics.org](http://www.triangleaquatics.org)



**We're on the Web!**  
[www.triangleaquatics.org](http://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: William Marney

Everyone say "hi" to William. William began working at TAC in August of 2018 as one of our lifeguards. William's favorite parts about working at TAC are getting to see the different varieties of swimmers and the different swim meets that come through. He says that the different levels of swimmers can always keep his job interesting.



When William is not at work, he especially enjoys reading books that fall into the fantasy genre. He also enjoys playing rock

songs on his guitar, as well as playing video games in his free time. Another thing that William enjoys is the Lord of the Rings movies. He enjoys all of them, but his favorite would be Return of the King.

We are happy to have William here at TAC with us. Next time you come please feel free to introduce yourself and say "hi" to William. He is excited to continue to keep everyone safe in and around the pool.

## Selecting the Best Goggles for Your New Swimmer

Choosing the correct goggles for a new swimmer can be a frustrating and overwhelming process. How do you know how goggles are supposed to fit! Here are some steps to help you purchase the right pair.

Test the seals of the eye pieces with your face shape. Place each pair of goggles over your eyes without fitting the straps around your head. Use your fingers to press the goggles gently onto your eyes. If they have enough suction to seal to your face for 3 to 4 seconds,



they're a good fit. If they pop off, look for a smaller size.

Check to see if the nose bridge is comfortable. Swimming goggles typically have either an adjustable nose bridge or replaceable one. If the piece

doesn't seal onto your nose properly, tighten the strap or swap it with a different piece until you're comfortable.

Test out different goggle shapes. Many goggles are designed with oval shapes, which are better suited for looking straight ahead. However, if you're going to be swimming in open water, you may want to try out different shapes that are larger and allow for greater peripheral visibility.

## 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](mailto:info@triangleaquatics.org) for more information.