



**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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# Lane Lines

*Events and Programs at TAC*



March 2022

## TAC's American Red Cross Certification Courses

One of the Triangle Aquatic Center's guiding missions is to provide safe and secure aquatic facilities in the Triangle Area. A primary technique to accomplish this is to provide the best proper training opportunities to those who service the aquatic community.

TAC's partnership with the American Red Cross has been one that helps us meet our community service goals. TAC has directly provided lifeguard training for more than seven years and the certification offerings at our Center continue to increase.

TAC's lifeguard certification and re-certification classes this year will provide training to nearly 250 area lifeguards. The Center also offers training classes to those who wish to become a certified Lifeguard Instructor and conduct training classes as



**American Red Cross**



part of our training team at TAC.

Beyond lifeguard certification, TAC also conducts regular CPR, First Aid and AED training classes. All TAC aquatic personnel who are not lifeguard certified must be certified in these three disciplines. These classes offer both adult, child and infant training. CPR / First

Aid / AED training is the primary Corporate Training Program that TAC offers.

Beginning this fall, TAC will offer a new series of Certified Pool Operator Training Courses to complete our course offerings through American Red Cross.

For more information, contact our front desk.

## Facility Hours and Recreational Swimming - March 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-Friday: 5:30am-3:30pm  
 Saturday: 3:00pm - 5:00pm  
 Sunday: 3:00pm-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. 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.

## March Events at TAC



**March 4-6:** American Red Cross Lifeguard Certification Class

**March 10-13:** 2022 ESSZ Speedo Sectionals


**March 12:** 2022 ESSZ Spring Meeting

**March 17-20:** 2022 ESSZ Age Group Sectionals

**March 25-27:** 2022 TITANS Tar Heel States Championship

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



		TITANS Learn-To-Swim Programs Schedule					Triangle Aquatic Center 275 Convention Drive, Cary NC 27511 programs@triangleaquatics.org (919)-459-4045 ext. 223	
		March & April 2022						
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	5:00PM*	5:40PM	5:00PM	1:40PM			
TITANS 2 A	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	4:20PM 5:40PM	11:40AM 1:00PM	1:00PM		
TITANS 2 C	4:20PM 6:20PM	5:00PM	4:20PM 7:00PM	4:20PM 5:00PM	11:40AM 2:20PM	11:40AM 12:20PM 2:20PM		
TITANS Future	7:00PM	4:20PM 7:00PM	7:00PM*	6:20PM 7:00PM*		11:40AM 3:00PM*		
Amateur TITANS	7:00PM Beginners	7:00PM Intermediate			2:20PM Intermediate	1:00PM(Int)* 2:20PM FIT		
Tiny TITANS								

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.

## Make A Splash Donors

Created by the USA Swimming Foundation, **Make A Splash** is a program who's initiative is to save children's lives through swim lessons.

Through this program, eligible swimmers in the Triangle can register for swim lessons at a reduced rate. To qualify for this program, swimmers must submit free or reduced lunch eligibility letters from their school system. TAC is proud

to recognize PNC Bank as our Named Sponsor for **Make A Splash** at our facility.

TAC Local Partnership with **Make A Splash** is one of the largest **Make A Splash** programs in the state. In 2021 we provided over 1,700 swim lessons to qualifying swimmers and we hope to continue to grow the program every year! All *Make-a-Splash* participants are enrolled in our public

lessons where no swimmer is grouped based on their race, gender, or socioeconomic status.

We can't grow this program without the help of sponsors and donors. If you or your company are interested in donating and helping fund this program, please contact [Darria Chance](#), Programs Manager.



## TITANS Aquatic Programs - Swimming Spotlight: Backstroke

There are two types of swimmers in the world, those who love backstroke, and those who can't stand backstroke! Many of our TITANS Aquatic Programs Swim Lesson Instructors happen to be those who love backstroke!

Backstroke is a skill taught in both Titans 1, Titans 2, Titans Amateur. and is reviewed in Titans Future. Some swimmers have a difficult time grasping the concept of swimming on their back, here's a few tips!:

- Remember visual learning can be the best learning! Take advantage of free resources online, like [this awesome video!](#)
- Lead your arm with your thumb as it comes out of the water, and rotate your arm so your pinky finger is the first finger in the water as you begin your catch in the water. Remember, "Thumb out, pinky in".
- Since you're swimming on

your back, remember you can breath whenever you need to! It's recommended to take a breath every arm cycle, so try to keep a consistent breathing pattern while swimming. Holding your breath isn't necessary!

With a little practice and training for our fantastic TAP Instructors, we know we can make backstroke a favorite of yours!



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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YOUR EDGE TO BETTER  
PERFORMANCE & HEALTH

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[www.TheEnduranceEdge.com](http://www.TheEnduranceEdge.com)  
919-230-7897



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
- [Elisa Huger](#) - Ass. Director Administration
- [Darria Chance](#) - Program Manager
- [Cameron Lanning](#) - 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: Mason Whitman

This month's employee spotlight is Mason Whitman. Mason started working at the Triangle Aquatic Center in April of 2021. He is one of our Meet Techs and AV Specialists.

His role consists of repairing, maintaining, and running the equipment for the meets. Mason says his favorite part of working at the Triangle Aquatic Center is keeping the equipment in shape.

When Mason is not working at TAC he enjoys playing video games with his friends. His



favorite game is Rimworld, hands down. This game is considered a story-generated and colony builder although it can be random.

We asked Mason what his favorite restaurant is and he told us that it is currently Bella Italia. Mason says his favorite meal there is their Barbeque Chicken Pizza.

You will mostly see Mason in the facility preparing for an upcoming swim meet. Be sure to say hi the next time you see him!

## Long Course Training - Three Important Benefits

There's a lot to gain from swimming in a 50-meter pool. Here are three main areas where your swimming will benefit from the long haul.

### 1. Endurance

Long course presents the perfect opportunity to increase your swim distances. It's a good opportunity to do 500's and 1000's, again trying to simulate open water swims. With fewer walls to interrupt one's swim, a swimmer's one-length stroke count increases significantly.



### 2. Momentum

Walls and flip-turns can reduce momentum. A long course workout it is an opportunity to find your groove, and actually use your momentum for two to three times more strokes

across the pool than a 25 yard length.

### 3. Rhythm

it's important to find both proper timing and proper unilateral balance within your swim stroke. Another benefit a long course pool offers, another version of momentum, really, is stroke continuity. You can work on achieving better balance and timing, and find a natural rhythm in your swim workout.

## 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.