



Lane Lines

Events and Programs at TAC



March 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.

Inside this issue:

- March Events at TAC 2
- TITANS Aquatic Programs Schedule 2
- Recognizing our Make a Splash Donors 3
- Swimming Spotlight: SidBackstroke 3
- TAC On-Site Partners 3
- Employee Spotlight: Mitzi Wright 4
- Long Course Training 4
- New Open Swim Link & Display 4

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

Certification Classes

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 Open Swimming - March 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 up-to-the-hour 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.

March Events at TAC



March 4-5: American Red Cross Lifeguard Certification Class

March 5: American Red Cross Lifeguard Re-Certification Class

March 9-12: 2023 ESSZ Speedo Sectionals

March 11: 2023 ESSZ Spring Meeting

March 16-19: 2023 ESSZ Age Group Sectionals

March 24-26: 2023 TITANS Tar Heel States Championship

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



TITANS LEARN TO SWIM SCHEDULE--

MARCH/APRIL 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	5:40PM 7:00PM*	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)	4:20PM*(ALL) 6:45PM (FREE/BACK)	6:45PM (BUTTERFLY)	6:45PM (BREASTSTROKE)	7:00PM (ALL STROKES)		1:00PM 1:40PM 2:00PM 3:00PM
TINY TITANS			10:30AM* (3/22)			11:00AM	
AMATEUR TITANS			7:25PM INTERMEDIATE	7:25PM INTERMEDIATE		2:20PM* BEGINNER	2:20PM(FIT)
CANCELLATIONS	NO PROGRAM POOL CLASSES:	3/9-3/12, 3/16-3/19, 3/24-3/26, 4/9		ALL CLASSES CANCELLED:	4/9/2023		

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.

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 2022 we provided over 2,000 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 [Darrria 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](#)

THE ENDURANCE EDGE
YOUR EDGE TO BETTER
PERFORMANCE & HEALTH

Triathlon, Run & Multisport Coaching
Sports & Wellness Nutrition
Metabolic & Sweat Testing

www.TheEnduranceEdge.com
919-230-7897



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



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: Mitzi Wright

Everyone say hi to Mitzi Wright! Mitzi started to work at TAC in April of 2021, as a Customer Service Specialist. Mitzi's favorite part of working at TAC is being able to help all patrons. She also likes seeing all the kids coming in for their swim lessons. They are always so excited!

When Mitzi is not at TAC, she loves to read, playing with her 3 cats, and just being with her husband. If she is not at home, you may see Mitzi at Milton's. It is her favorite restaurant



because it has great Italian food and they make fantastic drinks!

We are very excited to have Mitzi at TAC as a Customer Service Specialist. Mitzi is also the friendly face manning the admissions table for high school swim meets.

Next time you come in, stop at the front desk and introduce yourself. Mitzi is excited to continue to meet new faces and help everyone!

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.

New Open Swim Link & Display

At TAC, we have now created a new open swim schedule link on our website. Under our "Hours and Admissions" tab, you can find this new link. This will be updated hourly and will allow us to provide current information on lane availability. This will help you see what pools are available before you come to TAC and avoid those situations of showing up to a pool that no longer has open swim.

This page is also going to be on the TV behind the front desk.



The next time you come in, check this out!

Having this on the TV will help us stay neat and clean at the front desk and provide a nicer space for you to walk in to.

We are very excited about this change at TAC, and we hope that you will be able to benefit greatly from this as well!