



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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Events and Programs at TAC



May 2022

Triangle Aquatic Center’s Summer Events and the New Outdoor Pool

With the arrival of May, the Triangle Aquatic Center kicks into full gear for our late Spring / Summer events. This year promises to be extremely busy with several National level USA Swim Meets and the return of all four area summer swim league championships. This year also features the opening of our brand new 50M outdoor pool.

Things ramp up in May with several meets. New Wave Swim Team completes their Spring Into Long Course meet on May 1st. May 7-8 features our TITAN Developmental swimmers in the Cinco de Mayo meet. May’s highlight is the TITANS Spring Invite, May 20-22. This nine-session long course meet will feature nearly 800 swimmers from across North Carolina and Virginia.

In June we start by welcoming the return of the NC Special

Olympics Swim Championship, June 4-5. This event has been on hiatus for two years due to COVID. On June 17-19 Triangle Classic returns, now sponsored by Speedo. Nearly 1000 swimmers from across the Southeast will be in attendance. June 24-25 we will host the TITANS Long Course Intrasquad as our swimmers start preparing for July championships. We close June with the return of the Raleigh Area Country Club Swim Championship on June 26th, also back after a two-year COVID hiatus.

July and August will feature events for five straight weeks. July 9th the Durham Summer Swim League Championship returns again to TAC. July 10th out TITANS July Qualifier takes place as a last chance for swimmers to achieve championship cuts. Speedo

Long Course Sectionals are at TAC July 14-17 welcoming over 500 of top swimmers from across the region. The Tar Heel Swimming Association Championship returns to TAC July 23-24 with over 1200 local swimmers. July concludes with the return of USA Swimming’s Futures Championship, July 27-30. The event was last at TAC in 2018. This year will feature 800 of the top 18&U swim talent from 14 states. The TITANS then closeout the season with the August Closeout, August 5-7. The YMCA Summer League Championship is sandwiched in the middle of this meet with the event running on August 6th.

Lastly, our new Outdoor 50M Pool is in the finishing stags of construction. We anticipate an opening mid-June. This is the first 50M outdoor pool built in the Triangle Area since 1981.

Facility Hours and Recreational Swimming - May 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.



May Events at TAC

May 1 American Red Cross Lifeguard Certification Class

May 1: 2022 New Wave Swim Team Sprint Into Long Course Meet

May 6-8 American Red Cross Lifeguard Certification Class

May 7-8 2022 TITANS Cinco de Mayo Meet

May 13-15: American Red Cross Lifeguard Certification Class

May 15: TITANS Spring College Signing / TITANS Senior Recognition


May 20-22: 2022 TITANS Spring Invite

May 27-29: American Red Cross Lifeguard Certification Class

May 29: American Red Cross Lifeguard Re-Certification Class

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	
		May & June 2022						
Class	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	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 or call the Front Desk to sign up for an Evaluation.

Tiny TITANS!

Tiny TITANS is BACK! This program had been suspended since the start of COVID. Tiny TITANS offers swim lessons for you and your baby and toddler ages 6 – 36 months.

These swim lessons focus on comfort, confidence, and safety for your child and teach parents how to aid and encourage their swimmers through these activities.

Our instructors are experienced in working with

these new swimmers and offer the necessary guidance and supervision as your Tiny TITAN learns the basics of kicking, submersion, blowing bubbles, floating, and more!

We introduce basic swimming and safety skills while focusing on developing confidence in the water. Final goals include developing confidence and a strong skill set to help swimmers smoothly transition into safe and independent

swimming. Each lesson is full of fun songs, games, and activities, and is guaranteed to be a great learning experience for both you and your Tiny TITAN.

Stop by our Front Desk to check out the schedule! All babies and toddlers must wear a swim diaper and be accompanied by a parent in order to participate in the lesson.



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

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](#)



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

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@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
- [Elisa Huger](#) - Ass. Director Administration
- [Darria Chance](#) - Program Manager
- [Cameron Lanning](#) - Aquatics Manager
- [Ryan Dobryznski](#) - Cust. Service 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](#)

TAC Proudly Supports



Employee Spotlight: Catherine Gilbert

Everyone give a warm hello to Catherine, this month's Employee Spotlight. Catherine began working at TAC in November as one of our group instructors. Catherine says she loves being a group instructor and meeting so many kids, and continuously seeing their improvement in the pool at swim lessons! She says it is rewarding to watch them learn and improve.



When Catherine is not working, she may still be near a swimming pool. She really enjoys

swimming, reading, and spending time with her friends and family. Something else that Catherine always enjoys is a Studio Ghibli Movie. When she was a kid, she fell in love with these films and now they always feel nostalgic for her to go back and watch.

We are excited to have Catherine here at TAC with us. Next time you are in the facility, make sure to stop by and say "hi" to Catherine next time you see her. She is excited to help everyone learn to swim!

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, 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 for more information.