



Lane Lines

Events and Programs at TAC



May 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.

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Triangle Aquatic Center's Gold Medal Promise

In the first quarter of 2023, the Triangle Aquatic Center introduced our Gold Medal Promise, committing all employees in our organization to provide a great experience and respect to all patrons at TAC. This Promise was developed by our Executive Director, Derek Wall, as a way for our staff to build relationships while always remaining empathetic.

Gold Medal Promise (GMP) was designed to ensure that every interaction our employees have with others—both internal and external - meets the goal to provide a great experience and respect. GMP has Five Pillars that make up this promise:

♥ Be Of Service
Have a positive attitude and bring enthusiastic energy. Treat everyone with respect, empathy and kindness. Do more than what is asked.

✦ Look Sharp
Be the best version of yourself in every way; keep yourself and your workspaces neat. Ensure that everything you touch is meeting our standards for greatness

👥 Team Up
Together, we are more than merely the sum of our parts. Help coach and train others across roles and in every endeavor.

📅 Stay In Sync
Organization and time management are essential for meeting our goals. Focus on your responsibilities and remember that your duties and deadlines make an impact on others.

🗨 Stay Curious
Keep your mind open to other points of view. Look for ways to say "YES!". Debate respectfully with honesty, integrity, and with an open



mind. Find common ground and be willing to compromise.

The Gold Medal Promise is why our customers, team members and employee partners are all proud of TAC and the TITANS. We are currently have a GMP Initiative program with our employees, challenging them to go out of their way to deliver our promise above and beyond what is expected. Please let us know if you witness at TAC employee exceeding your expectations on your next visit to our Center.

Facility Hours and Recreational Swimming - May 2023

Regular Facility Hours

Monday–Friday: 5:30am - 8:30pm
Saturday: 5:30am - 5:00pm
Sunday: 11:00am - 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 - 3:20pm
Saturday: 5:30am - 11:00am / 3:00pm - 5:00pm
Sunday: 11:00am - 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. 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 5-7: American Red Cross Lifeguard Certification Class

May 6: TITANS Short Course Distance Meet

May 6-7: 2023 TITANS Cinco de Mayo Meet

May 12-14: 2023 TITANS Spring Fling Meet

May 19-21: American Red Cross Lifeguard Certification Class

May 20: 2023 Wake County Senior Games

May 21: American Red Cross Lifeguard Re-Certification Class

May 26-28: American Red Cross Lifeguard Certification Class

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



TITANS LEARN TO SWIM SCHEDULE— MAY/JUNE 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 6:20PM*	5:00PM 5:40PM	12:20PM 1:00PM	12:20PM 1:00PM 2:20PM*
TITANS 1B	5:40PM	5:00PM	5:40PM 6:20PM	5:00PM 6:20PM	5:00PM 5:40PM	1:00PM* 1:40PM	11:40AM 1:40PM
TITANS 1C		5:00PM	5:00PM	5:40PM	5:00PM	12:20PM* 1:40PM	1:00PM 1:40PM
TITANS 2A		6:20PM	5:40PM	5:00PM 5:40PM*	6:20PM	12:20PM 1:40PM*	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 3:00PM*
TITANS 2C	6:20PM	4:20PM 6:20PM 7:00PM	4:20PM 6:20PM 7:00PM	4:20PM 5:00PM* 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 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			11:00AM	
AMATEUR TITANS			7:25PM INTERMEDIATE	7:25PM INTERMEDIATE		2:20PM BEGINNER	2:20PM(FIT)
CANCELLATIONS	NONE						*= New classes

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!

The TITANS Learn-to-Swim Program for our very young participants and their parents is our Tiny TITANS Program.

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



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](#)



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!



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
- [Katy Davis](#) - Aquatics Ass. Director
- [Adam Blevins](#) - Operations Ass. Director
- [Ryan Dobrzynski](#) - Cust. Service Manager
- [Darrin Chance](#) - Program Manager
- [Matt Cardenas](#) - Events 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: Michelle Gresham

Everyone say “hi” to Michelle Gresham, one of our elite Customer Service Representatives. Michelle started at TAC in November of 2021 at the Customer Service Desk and has been a mainstay ever since.

Michelle’s favorite parts of working at TAC building relationships with everyone that walks into TAC, and helping solve any questions that they may have.

When Michelle is not at TAC, she enjoys playing video games because this helps her relax! She



says that it is much more fun to play the games with her friends. Her favorite game to play is Overwatch! If she is not playing video games, she may be watching a movie. Her favorite movie is Fast and Furious 6 because she likes the action and how it is also about family!

We are very excited to have Michelle here at the Customer Service Desk. Next time you come into TAC, feel free to stop by and introduce yourself to Michelle! She is excited to continue building new relationships with everyone.

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.

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 front desk monitor 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!

Additionally, please note the new Hours of Operations at our Center with 8:30pm closing weekdays and an 11am opening on Sunday.

Swimming Outdoors and Weather

With Spring here and Summer right around the corner, it is always important to know when it is safe to swim outside.

At TAC, with our Outdoor Pool, we are always checking to make sure that when bad weather is here, we provide a safe swimming environment. To help us keep the safe environment, we have a device called our Lightning Detection Device, or L.D.D. for short. The L.D.D. allows us to detect upcoming weather and storms and lets us know if any lightning

is present in the nearby area. Just like many outdoor pools, we also have general rules at TAC when the weather is not great. If lightning or thunder is present, that means it is time to get out of the pool and off the pool deck for a minimum of 30 minutes. If we have a storm here without lightning or thunder, there is a chance that you can stay swimming while in the rain. As long as the guards are able to see the bottom of the pool and determine a safe space, you can stay swimming



in the rain! We hope that this spring and summer stay sunny, but if bad weather approaches, we can make sure the outdoor pool space continues to be a safe environment for everyone.