TITANS Aquatic Programs: Learn-to-Swim Update

TITANS Aquatic Programs: Learn-to-Swim is very excited to announce several changes and additions to our group instruction program.

Beginning September 1st, our Adult TITANS group has a new name and new curriculum. Amateur TITANS is now the name of our 13 and over learn-to-Swim Group. Besides the name change, we have revamped the curriculum and by creating three distinct levels of instruction. Amateur Beginners is designed to teach water safety and confidence as we introduce non-swimmers to aquatic activities. The next level, Intermediate will start to define technique and performance. The last level - TITANS Fit - is back as part of our program. Fit will focus on refinement of technique and add endurance and the beginning levels of pre-competitive swimming. Later this year we will be adding a dryland fitness element to Fit with curriculum developed by TITANS Fitness Coach Erin Sayre.

We are also very happy to inform you about our new TITANS 2D classes that begin in September. 2D is a class designed for those who have graduated from our Learn-to-Swim group lessons but are either not quite ready for joining the TITANS swim team or they are on the waitlist for the team.

2D will have a curriculum based on improved performance and introduction to proficiency in the three technical strokes. Extended training on breaststroke and butterfly skills will be taught along with racing starts, turns and finishes.

TITANS 2D classes will be offered in both the Instructional and Program Pools and we will be adding weekend clinics to focus on endurance in the Program Pool as well.

As an added bonus, 2D class members will be invited to participate in our Summer Splash meets offered in May and June. These meets are very low-key and are great preparation for summer swim teams.

Facility Hours and Recreational Swimming - September 2019

Regular Facility Hours
Monday - Thursday: 5:30am - 9:00pm
Friday: 5:30am - 8:30pm
Saturday: 7:00am - 6:00pm
Sunday: 1:00pm - 6:00pm

Recreational Swimming Hours
Monday-Thursday: 5:30am - 3:30pm / 8:00pm - 9:00pm
Friday: 5:30am - 3:30pm / 8:00pm - 8:30pm
Saturday: 7:00am - 9:30am / 11:30am - 6:00pm
Sunday: 1:00pm - 6:00pm

Be sure to check the website for inclement weather updates!

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.
September Events at TAC

September 14: 2019 TAC TITANS Kickoff Breakfast

September 20-22: American Red Cross Lifeguard Certification Course

September 21: 2019 North Carolina Senior Games

September 28-29: 2019 TAC TITANS Blue-Green Intrasquad Meet

To see the complete list of events and times, please CLICK HERE

---

### TITANS Learn-To-Swim Programs

#### September 2019 Schedule

<table>
<thead>
<tr>
<th>Class</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>TITANS 1 A</td>
<td>5:10PM</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>5:10PM</td>
<td>10:20PM</td>
<td>1:40PM</td>
</tr>
<tr>
<td></td>
<td>6:30PM</td>
<td>5:30PM</td>
<td>5:30PM</td>
<td>5:30PM</td>
<td>6:30PM</td>
<td>1:40PM</td>
<td>3:40PM</td>
</tr>
<tr>
<td>TITANS 1 B</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>5:10PM</td>
<td>10:20AM</td>
<td>1:40PM</td>
</tr>
<tr>
<td></td>
<td>5:10PM</td>
<td>5:00PM</td>
<td>5:00PM</td>
<td>5:00PM</td>
<td>6:10PM</td>
<td>1:40PM</td>
<td>3:40PM</td>
</tr>
<tr>
<td>TITANS 1 C</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>5:10PM</td>
<td>10:20AM</td>
<td>2:20PM</td>
</tr>
<tr>
<td></td>
<td>5:10PM</td>
<td>5:10PM</td>
<td>5:10PM</td>
<td>5:10PM</td>
<td>6:10PM</td>
<td>1:40PM</td>
<td></td>
</tr>
<tr>
<td>TITANS 2 A</td>
<td>5:00PM</td>
<td>5:10PM</td>
<td>5:10PM</td>
<td>5:10PM</td>
<td>4:30PM</td>
<td>9:40AM</td>
<td>3:00PM</td>
</tr>
<tr>
<td></td>
<td>6:00PM</td>
<td>6:00PM</td>
<td>6:00PM</td>
<td>6:00PM</td>
<td>5:00PM</td>
<td>11:00AM</td>
<td></td>
</tr>
<tr>
<td>TITANS 2 B</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>5:10PM</td>
<td>5:50PM</td>
<td>9:40AM</td>
<td>2:20PM</td>
</tr>
<tr>
<td></td>
<td>5:50PM</td>
<td>5:50PM</td>
<td>5:50PM</td>
<td>6:30PM</td>
<td>7:10PM</td>
<td>2:20PM</td>
<td>3:40PM</td>
</tr>
<tr>
<td>TITANS 2 C</td>
<td>5:50PM</td>
<td>5:10PM</td>
<td>5:10PM</td>
<td>5:10PM</td>
<td>4:30PM</td>
<td>9:40AM</td>
<td>2:20PM</td>
</tr>
<tr>
<td></td>
<td>6:30PM</td>
<td>6:30PM</td>
<td>6:30PM</td>
<td>6:30PM</td>
<td>5:00PM</td>
<td>3:00PM</td>
<td></td>
</tr>
<tr>
<td>Tiny TITANS</td>
<td>4:00PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:00AM</td>
<td></td>
</tr>
<tr>
<td>Amateur TITANS</td>
<td>7:10 PM Beginners</td>
<td>7:10 PM Beginners</td>
<td>3:00PM Intermediate</td>
<td>1:30PM Intermediate</td>
<td>1:30PM FIT</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

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 signup for an Evaluation.
Red Cross CPR/First Aid/AED Classes

Fun fact of the day: An online resource for emergency medical services personnel, EMS1, reported that “Although evidence indicates that bystander CPR and AED use can significantly improve survival and outcomes from cardiac arrest, each year less than 3% of the U.S. population receives CPR training, leaving many bystanders unprepared to respond to cardiac arrest.”

It only takes 2 hours of in-class training to get certified, join the 3% and sign up for a class at TAC today!

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom session. Once you finish the class, you’ll be certified for two years!

Classes are $90 for the general public, and $60 for Wake County Educators and Coaches. Participants must be 14 years old or older. Contact our Front Desk to learn about our Cooperate rates!

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

Bubble Jumps are brand new to our curriculum as of September 1st of this year! When creating the new TITANS Aquatic Programs: Learn-to-Swim curriculum, we decided this survival skill shouldn’t be left out and needs to be taught.

This skill ensures that swimmers practice holding their breath, and practicing breathing their air out underwater and breathing air in while above water.

Bubble Jumps are relatively simple, a swimmer will start at point A and then continuously jump from one area of the pool to another. In order to move to a different part of the pool, the swimmer will touch the bottom of the pool with their feet, blow out all their air underwater, then push off and jump out of the water and breathe in.

This skill not only helps them practice rhythmic breathing, but is also an important survival skill if they get into a dangerous situation and realize they can’t swim.

Bubble Jumps are included in the curriculum in our TITANS 1, TITANS 2, and TITANS Amateur programs.

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!

Now available are our re-loadable Gift Cards. These are for parents who want to ensure a good healthy meal or snack for their swimmers or a great gift to those who visit TAC regularly. Stop by and get your Gift Card today!

CLICK HERE for our complete menu

Find your family fun with Macaroni Kid Cary!
Subscribe FREE to the weekly e-newsletter to have local family-friendly events sent to your inbox. Included are outdoor adventures and rainy day activities for kids ages 0-18 (and even some for Mom and Dad!) in Cary, Apex, Morrisville, Holly Springs, Fuquay-Varina, and Southwest Raleigh.

cary.macaronikid.com
Employee Spotlight: Bonnie Elingburg

Bonnie Elingburg is our Employee Spotlight of the Month. She is one of our awesome swim instructors here at TAC, teaching our Learn-to-Swim lessons.

She is from Raleigh, and is a NC State studying psychology and Spanish. She loves working at TAC for the friendly atmosphere. She has also spent a lot of time here as a high schooler on swim team and loved being here every day. She chose to teach swim lessons because being on a swim team was her favorite part of her childhood, and it’s exciting to watch the kids improve into strong swimmers for the TITANS team so they can start that journey.

Bonnie’s favorite food is macaroni and cheese and favorite restaurant is Ragazzi’s, an Italian spot in Garner. Her favorite vacation spot is anywhere with a big body of water, preferably a beach or a lake!

Foam Earplugs for Aquatic Activities

Foam earplugs, while super cheap (they are the ones that look like little foam fingertips), they are not very useful for water-born activities. Great for blocking out snoring and loud music, not so great for blocking out water.

Silicone putty ear plugs. These kind of ear plugs, I would say the most popular kind you see with swimmers, are made of usually somewhat clear moldable silicone that you can ball up and jam into your ear.

Fitness 101—Jumping Rope

Jumping rope is not only a powerful way to build hops and promote fast twitch fiber growth in your lower body, but it also promotes the stamina necessary to kick harder for longer.

- Builds strong ankles

Skipping can give your ankles a boost in terms of strength. Strong ankles means a stronger and more punishing kick, and it also means that you can explode off of the start and turns with more power and speed.

- Develops fast twitch fibers with low impact

Jumping rope benefits extend beyond your low body; turning the rope over also strengthens the stabilizer muscles in your wrist, forearm and elbow, something you know is key in developing a more powerful catch in the pool.

- Gives you “quick feet” which you need for faster walls, faster starts, and a faster kick.

Developing a powerhouse kick requires a lot of stamina and work in the pool, but it also requires fast feet.