



Triangle Aquatic Center
 275 Convention Drive, Cary NC 27511
 programs@triangleaquatics.org
 919-459-4045

JUNE 2024

| AGES | CLASS | MON | TUE | WED | THU | FRI | SAT | SUN | LEVEL PROGRESSION |
|--------|----------------|--------|----------------------------|------------------|----------------------------|----------------------------|------------------------------|----------------------------------------------------|-------------------|
| 3-6 | TITANS 1A | 5:40PM | 5:40PM | 5:00PM | 5:40PM 6:20PM | 5:00PM 5:40PM | 11:40AM 12:20PM 1:00PM | 12:20PM 1:00PM | TITANS 1A |
| | TITANS 1B | | 5:00PM | 5:40PM | 6:20PM | 5:00PM 5:40PM | 1:00PM 1:40PM | 11:40AM 1:40PM 2:20PM | TITANS 1B |
| | TITANS 1C | | 5:00PM | 5:00PM 6:20PM | 5:40PM | 5:00PM | 12:20PM 1:40PM | 1:00PM | TITANS 1C |
| 7-12 | TITANS 2A | | 6:20PM | 5:40PM 7:00PM | 5:00PM 5:40PM 7:00PM | 5:40PM 6:20PM | 1:40PM | 12:20PM 1:40PM | TITANS 2A |
| | TITANS 2B | 5:00PM | 5:40PM | 4:20PM 6:20PM | 5:00PM 7:00PM | 4:20PM 6:20PM 7:00PM | 1:00PM 2:20PM | 11:40AM 1:00PM 3:00PM | TITANS 2B |
| | TITANS 2C | 6:20PM | 4:20PM 6:20PM 7:00PM | 4:20PM 7:00PM | 4:20PM 5:00PM 6:20PM | 4:20PM 6:20PM 7:00PM | 11:00AM 11:40AM 2:20PM | 11:40AM 12:20PM 3:00PM | TITANS 2C |
| 6-12 | STROKE SCHOOL | 5:00PM | 4:20PM | 6:20PM | 4:20PM 7:00PM | 4:20PM 7:00PM | 11:00AM | 2:20PM | BEGINNER |
| | | 5:40PM | 7:00PM | | | | 11:40AM | | INTERMEDIATE |
| 6-12 | STROKE SCHOOL | 6:20PM | | | | | 12:20PM | | |
| | | | | | | | | | |
| 13 & O | AMATEUR TITANS | | | 7:00PM (BEG) | | | 2:20PM (BEG) | 1:40PM (FIT)** 2:20PM (INT)** 3:00PM (INT)** | FIT |

** - Denotes classes in Program Pool

*Swim Meet/Event Dates: 6/1-6/2, 6/13-6/16, 6/28-6/30

-During swim meets or events, there is no locker room access and parking may be limited.

Group Lessons Pricing

Registration Fee: \$45

Individual Lesson: \$26

6-Lesson Package: \$149



Triangle Aquatic Center
 275 Convention Drive, Cary NC 27511
 programs@triangleaquatics.org
 919-459-4045

JULY 2024

| AGES | CLASS | MON | TUE | WED | THU | FRI | SAT | SUN | LEVEL PROGRESSION |
|--------|----------------|------------------|----------------------------|------------------|----------------------------|----------------------------|------------------------------|------------------------------|-------------------|
| 3-6 | TITANS 1A | 5:40PM | 5:40PM | 5:00PM | 5:40PM 6:20PM | 5:00PM 5:40PM | 11:40AM 12:20PM 1:00PM | 12:20PM 1:00PM | TITANS 1A |
| | TITANS 1B | | 5:00PM | 5:40PM | 6:20PM | 5:00PM 5:40PM | 1:00PM 1:40PM | 11:40AM 1:40PM 2:20PM | TITANS 1B |
| | TITANS 1C | | 5:00PM | 5:00PM 6:20PM | 5:40PM | 5:00PM | 12:20PM 1:40PM | 1:00PM | TITANS 1C |
| 7-12 | TITANS 2A | | 6:20PM | 5:40PM 7:00PM | 5:00PM 5:40PM 7:00PM | 5:40PM 6:20PM | 1:40PM | 12:20PM 1:40PM | TITANS 2A |
| | TITANS 2B | 5:00PM | 5:40PM | 4:20PM 6:20PM | 5:00PM 7:00PM | 4:20PM 6:20PM 7:00PM | 1:00PM 2:20PM | 11:40AM 1:00PM 3:00PM | TITANS 2B |
| | TITANS 2C | 6:20PM | 4:20PM 6:20PM 7:00PM | 4:20PM 7:00PM | 4:20PM 5:00PM 6:20PM | 4:20PM 6:20PM 7:00PM | 11:00AM 11:40AM 2:20PM | 11:40AM 12:20PM 3:00PM | TITANS 2C |
| 6-12 | STROKE SCHOOL | 5:00PM | 4:20PM | 6:20PM | 4:20PM 7:00PM | 4:20PM 7:00PM | 11:00AM | 2:20PM | BEGINNER |
| | | 5:40PM 6:20PM | 7:00PM | | | | 11:40AM 12:20PM | | INTERMEDIATE |
| 13 & O | AMATEUR TITANS | | | 7:00PM (BEG) | | | 2:20PM (BEG) | | FIT |

*NO CLASSES ON JULY 4TH

**Swim Meet/Event Dates: 7/1-7/14, 7/20-7/21, 7/27-7/28

-During swim meets or events, there is no locker room access and parking may be limited.

Group Lessons Pricing
 Registration Fee: \$45
 Individual Lesson: \$26
 6-Lesson Package: \$149