



— LEARN TO SWIM —

**AUGUST 2024**

Triangle Aquatic Center

275 Convention Drive, Cary NC 27511

programs@triangleaquatics.org

919-459-4045

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	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 2:20PM	12:20PM 1:40PM	TITANS 2A
	TITANS 2B	5:00PM	5:40PM 7:00PM	4:20PM 5:00PM 6:20PM	5:00PM 7:00PM	4:20PM 6:20PM 7:00PM	1:00PM 2:20PM	11:40AM 3:00PM	TITANS 2B
	TITANS 2C	6:20PM	4:20PM 6:20PM	4:20PM	4:20PM 6:20PM	4:20PM 6:20PM 7:00PM	11:00AM 11:40AM	11:40AM 12:20PM 3:00PM	TITANS 2C
6-12	STROKE SCHOOL	5:00PM	4:20PM	6:20PM	4:20PM	4:20PM	11:00AM	2:20PM	BEGINNER
		5:40PM 6:20PM	7:00PM		5:00PM	7:00PM	11:40AM 12:20PM		INTERMEDIATE
13 & O	AMATEUR TITANS			7:00PM (BEG)	7:00PM (BEG)		2:20PM (BEG)	1:00PM (FIT)** 1:40PM (FIT)** 2:20PM (INT)** 3:00PM (INT)**	FIT

\*\* - Denotes classes in Program Pool

\*\*Swim Meet/Event Dates: 8/2-8/4

-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



**— LEARN TO SWIM —**  
**SEPTEMBER 2024**

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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	TITANS 1B
	TITANS 1C		5:00PM	6:20PM	5:40PM	5:00PM	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 2:20PM	12:20PM 1:40PM 2:20PM	TITANS 2A
	TITANS 2B	5:00PM	5:40PM 7:00PM	4:20PM 5:00PM 6:20PM	5:00PM 7:00PM	4:20PM 6:20PM 7:00PM	12:20PM 1:00PM 2:20PM	11:40AM 3:00PM	TITANS 2B
	TITANS 2C	6:20PM	4:20PM 6:20PM	4:20PM	4:20PM 6:20PM	4:20PM 6:20PM 7:00PM	11:00AM 11:40AM	11:40AM 12:20PM 3:00PM	TITANS 2C Stroke School
6-12	STROKE SCHOOL	5:00PM 5:40PM 6:20PM	4:20PM 7:00PM	6:20PM	4:20PM 5:00PM	4:20PM 7:00PM	11:00AM 11:40AM 12:20PM	2:20PM	BEGINNER INTERMEDIATE
13 & O	AMATEUR TITANS			7:00PM (BEG)	7:00PM (BEG)		2:20PM (BEG)	1:00PM (FIT)** 1:40PM (FIT)** 2:20PM (INT)** 3:00PM (INT)**	FIT

\*\* - Denotes classes in Program Pool

\*\*Swim Meet/Event Dates: 9/21-9/22

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