TITANS Swim Academy Lesson Schedule

Flexible Registration November 2017

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Course Requirements
Teeny Tiny TITANS 6-36 months 30 minutes		1:30PM 2:00PM		1:30PM 2:00PM		3:00PM		Parent / Child Classes. A Parent or Guardian must be in the water with swimmer at all times! Swim Diapers are required for all swimmers not potty trained.
Tuition	**$17.00 per 30 Minute Lesson**							Triangle Aquatic Center reserves the right to make changes to this schedule.

1 Hour Lessons

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Course Requirements
Adult TITANS Beginner	8:00PM					12:30PM		Ages 16 and UP!
Adult TITANS FIT Intermediate		8:00PM					1:00PM	Ages 16 & UP! Must be able to swim 25 yards of freestyle or breaststroke unassisted and continuously
Tuition	**$30.00 per 1 Hour Lesson**							Triangle Aquatic Center reserves the right to make changes to this schedule.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Course Requirements & Goals
TITANS 1 Beginner 30 minutes	5:00PM	5:40PM	5:00PM	5:40PM	5:10PM	1:40PM 3:40PM	1:40PM 3:40PM	Ages 3 and UP! Swimmers must be willing to leave parents. Confidence, Safety, Freestyle, Beginner Backstroke
TITANS 2 Intermediate 30 minutes	5:40PM 7:00PM	5:00PM	5:40PM 7:00PM	5:00PM	6:30PM	2:20pm	2:20pm	Ages 7 and UP <u>or</u> Graduation from TITANS 1 Freestyle & Backstroke Technique, Side Breathing, Streamline, Beginning Diving, Safety
TITANS 3 Advanced 30 minutes	6:20PM	6:20PM	6:20PM	6:20PM	5:50PM	3:00PM	3:00PM	Graduation from TITANS 2 <u>or</u> Academy Evaluation Breaststroke, Butterfly, Starts, Endurance, Treading Water, Individual Medley
TITANS Fit Swim Team Prep 45 minutes	7:00PM	5:45PM	7:00PM	5:45PM	5:00PM	12:30pm		Graduation from TITANS 3 <u>or</u> Academy Evaluation **Technique, Conditioning, Endurance, Flip Turns, Drills, Non Competitive Environment**
Tuition	**$19.00 per 30 Minute Lesson**							Triangle Aquatic Center reserves the right to make changes to this schedule.

TITANS Swim Academy Information
August 2017

Triangle Aquatic Center
275 Convention Drive Cary, NC 27511
Phone: (919) 459-4045 www.triangleaquatics.org

TITANS Swim Academy Evaluations

Interested in becoming a TAC TITAN or don't know what swim lesson group you should join?
Visit our website **www.triangleaquatics.org** and click Programs to sign up today!

TITANS Swim Academy Traditional Offerings

	Mon	Tue	Wed	Thu	Course Requirements & Goals
TITANS 1 Beginner 30 minutes 1:4 Ratio	4:00PM 6:20PM	4:00PM 4:30PM	4:00PM 6:20PM	4:00PM 4:30PM	Ages 3 and UP! Swimmers must be willing to leave parents. Confidence, Safety, Freestyle, Beginner Backstroke
TITANS 2 Intermediate 30 minutes 1:4 Ratio	4:30PM	4:00PM 6:30PM	4:30PM	4:00PM 6:30PM	Ages 7 and UP or Graduation from TITANS 1 Freestyle & Backstroke Technique, Side Breathing, Streamline, Beginning Diving, Safety
TITANS 3 Advanced 30 minutes 1:5 Ratio	5:00PM	4:30PM 5:40PM	5:00PM	4:30PM 5:40PM	Graduation from TITANS 2 or Academy Evaluation Breaststroke, Butterfly, Starts, Endurance, Treading Water, Individual Medley
Adult Beginner 30 Minutes 1:6 Ratio	5:45PM		5:45PM		Ages 16 and Up! Reviews basic water skills and introduction to strokes
Tuition	**$70 per Four (4) Week Session**				Triangle Aquatic Center reserves the right to make changes to this schedule.

Traditional offerings are for those wishing to enroll in the same class time, with the same participants, with the same instructor, for a four week period! Classes are available at a first come, first serve basis. No class transfers are available with traditional lessons.