

# Adult Activities

FALL AUG 28 - DEC 15  
Fall Schedule Begins Aug 28

## INSTRUCTOR-LED WORKOUT

**COST: \$6** (*exact change*) per workout entry  
**OR: 1 AquaFit Swipe** per workout entry  
(An AquaFit Swipe card costs \$40 per 12 entries)

### MUSICAL WATER WORKOUT

An instructor leads this great head-to-toe water workout that is set to music. Fun, without joint stress.

M / W / F 9:30-10:25 am  
M / W 7:35-8:30 pm

## ADVENTURE PROGRAMS!

### SCUBA

Explore the beauty under the surface!

[scubafrisco.com](http://scubafrisco.com)

214-227-2494

### "TRI" THIS!

[TripleThreatTough.com](http://TripleThreatTough.com)

765-532-6932

[Octane-Athletics.com](http://Octane-Athletics.com)

740-141-3835

Please directly contact the organizers of these programs for schedules and pricing.

## "ON YOUR OWN" WORKOUTS

**COST: \$4** (*exact change*) per workout entry  
**OR: 1 AquaFit Swipe** per workout entry  
(An AquaFit Swipe card costs \$40 per 12 entries)  
**OR: Seasonal Pass**, costs \$48 (Aug 28-Dec 15)

### "HANG TEN" DEEP WATER JOGGING

Wear a float belt and do a tough vertical jog in deep water

T / Th 9:30 - 10:25 am

M / W / F 12:30 - 1:30pm

Th 7:35 - 8:30 pm

### SHALLOW WATER STRIDERS

"Hike Healthy" in shallow water with low impact.

T / Th 9:30 - 10:25 am

M / W / F 12:30 - 1:30 pm

Th 7:35-8:30pm

### LIQUID LAPS - ADULT SWIM LANES

**Two lanes** are set aside for **serious laps in a circular pattern.**

M thru Fri 9:30 - 10:25am

M / W / F 12:30 - 1:30pm

M / W / Th 7:35 - 8:30 pm

## IMPROVE YOUR SWIM STYLE!

### ADULT BEGINNER

Get control! Learn basics to self rescue if you lose your footing. Float, recovery to vertical position, and basic propulsion are all parts of this SHALLOW WATER course.

### ADULT INTERMEDIATE

Get down that lane with power and start adding some efficiency! If you can swim a bit... but don't feel like you are going anywhere, then learn some style.

### ADULT TRAINING

Time to take it to the races? Have an expert help you polish off that competitive stroke.

Check out the available classes at [PlayTC.com](http://PlayTC.com).

More morning times are available on request.

The Colony Aquatic Park  
5580 North Colony Blvd.  
972-624-2225 | [www.playtc.com](http://www.playtc.com)