

Adult Activities

Fall: Aug 12 - Dec 20

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

Seasonal Pass does not apply to classes taught by an instructor

ADVENTURE PROGRAMS!

SCUBA

Explore the beauty under the surface!

scubafrisco.com

214-227-2494

"TRI" THIS!

TripleThreatTough.com

765-532-6932

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 (Sept 1 - Dec 20)

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

"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

M / W / 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

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

*Time slot includes family swimmers.

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 Private Lessons at PlayTC.com.

More morning times are available on request.

The Colony Aquatic Park
5580 North Colony Blvd.
972-624-2225 | www.playtc.com