

Adult Activities

Summer June 3 - Aug 19

Please Note Aug 22 shift to fall schedule

Water Exercise Workouts

Get a great workout from head to toe, set to music. Since this exercise program is led by an instructor, participants keep their ears above water. Swimming ability definitely not necessary! Fun, without stress on your knees & back.

COST: \$6 per walk, **OR** 1 Aqua Fit Ticket

Summer

June 3rd thru Aug 19

M//W//F, 9-9:50am
M//W, 7:30-8:25pm

Fall

Aug 22 thru Winter

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

Aqua Fit Tickets

A flexible solution to your workout needs. Purchase discount tickets that can be used for ANY of "On Your Own" AND Water Exercise Workouts. \$40 a sheet of 12 tickets.

Aqua Fit Tickets can be bought at The Aquatic Office, The Recreation Center, or The Community Center

*\$38 Summer Lap Pass covers ALL "On Your Own" Activities with no extra charges!

Adventure Programs

Scuba

Explore the beauty under the surface!
scubafrisco.com (214)227-2494

Paddle

Get solid basics & rolls with ACA instructors.
KayakInstruct.com (972)412-7691.

Chicken of the Sea?/Titan Needing A Trainer?

Whether you can't stand to put your face in... Or just need some expert coaching to polish off that competitive stroke, we can arrange time for you!

"Tri" This!

Just starting out in your Triathlon training? Check the special beginners class
info@DFWtriclub.com (817)721-5577

Experienced, and looking for a great training?
TripleThreatTough.com (765)532-6932

On Your Own...

"Hang Ten" Deep Water Jogging

Do a vertical jog in our (Ten Foot) Deep End while wearing a float belt. Gentle on the joints, but a great workout on the lungs. Float belts available.

Cost: 1 Aqua Fit Ticket, **OR** *Lap Pass (only- no cash)

Summer

June 3rd thru Aug 19

T//Th, 9-9:55am

Fall

Aug 22 thru Winter

T//Th, 9:30-10:25am

Lunch Bunch & Morning Mixers

Part of our warm water pool is set aside specifically for those who do not favor lap swimming, but prefer "head's up" drills such as shallow water walking or deep water jogging.

Cost: 1 Aqua Fit Ticket, **OR** *Lap Pass (only-no cash)

Summer

June 3rd thru Aug 19

T//Th, 9-9:55am
M//T//W//Th, 12-12:55pm

Fall

Aug 22 thru Winter

T//Th, 9:30-10:25am
M//W//F, 12:30-1:30pm

Liquid Laps- Adult Swim Lanes

2 lanes are set aside for serious laps in a circular pattern. Participants **MUST** be able to swim length of pool. Training equipment available.

Cost: 1 Aqua Fit Ticket, **OR** *Lap Pass (only-no cash)

Summer

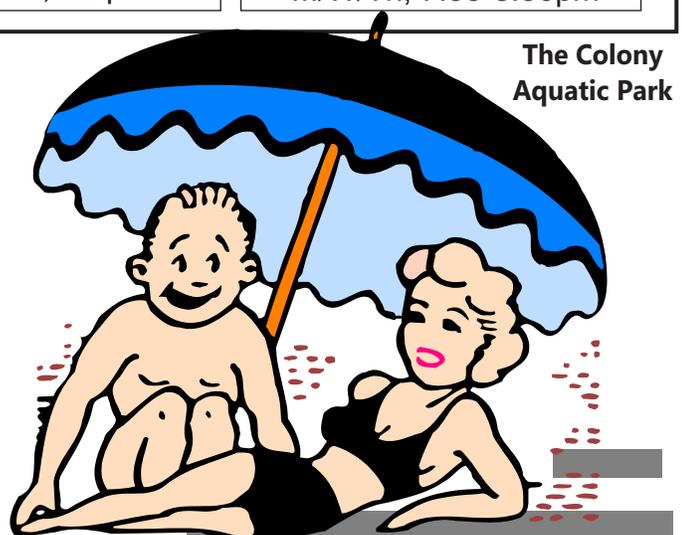
June 3rd thru Aug 19

M//T//W//Th, 9-9:55am
M//T//W//Th, 12-12:55pm
M//T//W//Th, 5-6pm

Fall

Aug 22 thru Winter

M//T//W//Th//F, 9:30-10:25am
M//W//F, 12:30-1:30pm
M//W//Th, 7:35-8:30pm



The Colony
Aquatic Park

5580 North Colony Blvd
(972)624-2225 TCPARD.Com