

Adult Activities

MAY and SUMMER (May 25- Aug 11)

Fall Schedule Begins Aug 12

MEMORIAL DAY & JULY 4 --PUBLIC SWIM ONLY 1-5PM

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.

EARLY MAY

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

SUMMER / MAY 28 - AUG 11

M / W / F 9:00-9:55 am

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

PlayTri.com

972-306-2000

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

"ON YOUR OWN" WORKOUTS

COST: 1 AquaFit Swipe per entry (\$40 per 12 entries)

OR: Seasonal Pass costs \$48 (May 1- Aug 31)

10% off Pass price, if purchased by MAY 24

"HANG TEN" DEEP WATER JOGGING

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

EARLY MAY

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

SUMMER | MAY 28 - AUG 11

T / Th 9:00 - 9:55 am
M thru Th 12:00 - 12:55 pm
See additional hours on Insider's Schedule!

SHALLOW WATER STRIDERS

"Hike Healthy" in shallow water with low impact.

EARLY MAY

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

SUMMER | MAY 28 - AUG 11

T / Th 9:00 - 9:55 am
M thru Th 12:00 - 12:55 pm
See additional hours on Insider's Schedule!

LIQUID LAPS - ADULT SWIM LANES

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

EARLY MAY

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

SUMMER | MAY 28- AUG 11

M thru Th 9:00 - 9:50 am
M thru Th 12:00 - 12:55 pm
See additional hours on Insider's Schedule!

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 Semi-Private or Private classes at PlayTC.com.

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