

Sigma Adult Program Options

For Waco, Cleburne and Burleson adults, see the note at the bottom of this document.

Here's a quick overview of programming we offer adults.

1 hour **Group Lessons on Saturday mornings**

at Texas Wesleyan University, 1100 South Collard Street, FW, 76105 and
at the NISD Natatorium in Justin, 1976 Texan Drive, Justin, Texas 76247

1 hour increments

\$50 registration fee, \$125 monthly, 1 month cancellation policy.

To register go to: <https://www.gomotionapp.com/team/sigmaswim/page/class-registration>

Click Adult Lessons on the left, then choose the location from the left as well. Then add the desired Adult Lesson Waiting List item to your cart. Then create an account, add yourself to the 'class' and checkout. We'll contact you about a specific time when we see you have registered.

1 hour **Group Lessons Weekdays**

at Texas Wesleyan University, 1100 South Collard Street, FW, 76105

6:30pm classes Monday - Thursday

\$50 registration fee, \$125 monthly, 1 month cancellation policy

To register go to: <https://www.gomotionapp.com/team/sigmaswim/page/class-registration>

Click Adult Lessons on the left and add the Adult Lesson Waiting List item to your cart. Then create an account, add yourself to the 'class' and checkout. We'll contact you about a specific time when we see you have registered.

Private lessons in 30 min increments on Saturday mornings

at Texas Wesleyan University, 1100 South Collard Street, FW, 76105

\$40 per 30 min. Stack lessons back to back for an hour lesson.

To register go to: <https://www.gomotionapp.com/team/sigmaswim/page/class-registration>

On the left, choose Private Lessons and Fort Worth Central - TWU and Saturday, then find a time and click 'Add to Cart'. Then create an account, add yourself to the 'class' and checkout.

Note: Most lessons noted above have a 2/1 or 3/1 student/instructor ratio except private lessons which are 1/1 (unless you bring a friend to share your time).

1 hour **Fitness Group on Saturday mornings** at 7am

at Texas Wesleyan University, 1100 South Collard Street, FW, 76105

\$50 registration fee. \$60 per month.

50ish% fitness, 50% technique.

Must be comfortable swimming 50 yards.

Register at: <https://www.gomotionapp.com/team/sigmaswim/page/class-registration>

Click Adult Lessons on the left side, then find the Adult Fitness class and add it to your cart. You'll then create your account, add yourself to the class and checkout.

45/90 min **Masters Program Weekday Mornings** at

at Wilkerson-Greines Activities Center, [5201 CA Robertson Blvd, Fort Worth, TX 76119](https://www.google.com/maps/place/5201+CA+Robertson+Blvd,+Fort+Worth,+TX+76119)

6:00-6:45 and/or 6:45-7:30 (Swim 45 or 90 minutes)

Primarily fitness focused. Swim coach created workouts or swim on your own.

\$50 registration fee. \$95 per month.

Must be comfortable swimming 50 yards at a time.

Register at:

https://www.teamunify.com/team/ntsps/page/legacy?url=%2FSwimLessons.jsp%3Fframe%3D0%26prog%3D18098%26loc%3D-1%26time%3D-1%26days%3D-1%26team%3Dntsps%26_tabid_%3D0.

Click the 'Fort Worth South Elite' link, click Register, create your account, add yourself to the class, checkout.

The Fitness and Masters groups have many students to 1 coach.

Beginner program videos are available at:

<https://www.youtube.com/watch?v=YZdDWCYNUmQ&list=PLVDwj0mveZladQcKnNK6DGFoeUGOO-dH-> for beginners who want to know what to expect. These were created to train new staff to work with adults but our students find them helpful as well.

Waco, Cleburne and Burleson may be able to accommodate adult swimmers at their facilities. To find out what's available in those locations, email:

waco@sigmaswimming.org for Waco,

cleburne@sigmaswimming.org for Cleburne, and

thr@sigmaswimming.org (Texas Health Resources) or

brick@sigmaswimming.org (Burleson BRICK) for Burleson.

Feel free to send class questions to adults@sigmaswimming.org.