

Sigma Adult Program Schedule & Options

For Waco, Cleburne, Burleson and TCCNW adult options, 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

1 hour classes

****Cost:** \$50 registration fee, \$135 monthly, 1 month cancellation required.

Register for Saturday Group Lessons [here](#).

Scroll down. Add 'Adult Lessons Waitlist Saturday @ TWU' to your cart, create an account, add yourself to the waitlist and checkout. We will contact you about specific times 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

****Cost:** \$50 registration fee, \$135 monthly, 1 month cancellation policy

Register for Evening Group Lessons [here](#).

Scroll down. Add 'Adult Lessons Waitlist Weeknights @ TWU' to your cart, create an account, add yourself to the waitlist and checkout. We will contact you about specific times when we see you have registered.

Private lessons on Saturday mornings in 30 min increments

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

****Cost:** \$40 per 30 min. Choose 2 consecutive lessons for a 1 hour lesson.

Register for Saturday Private lessons [here](#).

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

****Cost:** \$50 registration fee. \$70 per month.

50ish% fitness, 50% technique.

Must be comfortable swimming 25 yards.

Register for the Fitness class [here](#).

Add the Adult Fitness class to your cart, create an account, add yourself to the waitlist and checkout.

45/90 min Masters Program Weekday Mornings from 6am – 8am

at Wilkerson-Greines Activities Center, [5201 CA Robertson Blvd, Fort Worth, TX 76119](#)

Fitness focused. Swim the coach created workouts or your own sets.

****Cost:** \$50 registration fee. \$95 per month.

Must be comfortable swimming 50 yards at a time.

Register for Masters swimming [here](#).

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.

Videos:

Beginner program videos are available [on the Sigma Swimming YouTube channel](#).

While created for coaches, our students find them helpful, so we share them here.

Freestyle training videos are available [on the Sigma Swimming YouTube channel here](#).

Waco has a Master's program and private lessons. Contact waco@sigmaswimming.org for details and availability.

Cleburne provides both adult groups and private lessons. Contact cleburne@sigmaswimming.org for details and availability.

Burleson and TCCNW have private lessons options. Contact thr@sigmaswimming.org (Texas Health Resources) or brick@sigmaswimming.org (Burleson BRiCk) or tccnw@sigmaswimming.org for details and availability.

We welcome questions at adults@sigmaswimming.org.

****Please note:** Payments by credit/debit card will be charged an additional 3.25% processing fee.