



Dr. Martin Luther King Jr. Pool

2200 N. Oregon St. (813) 259-1640
tampagov.net/ParksAndRec

Summer 2020 June 14th—August 8th

Closed Friday, July 3rd

Social distancing is required during classes, while on the pool deck, reception desk, and locker rooms. Please help prevent the spread of Covid-19. Do not visit the pool if you are sick. Practice social distancing and wear a mask when applicable.

Staff will manage capacity to 50% for swim sessions.

Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Open Swim 50% Capacity	12:00-4:00pm	12:00-6:00pm	12:00-6:00pm	12:00-6:00pm	12:00-6:00pm	2:00-6:00pm	12:00-6:00pm
Lap Swim		8:00am-12:00pm	8:00am-12:00pm	8:00am-12:00pm	8:00am-12:00pm	8:00am-12:00pm	
Aqua Exercise Club	X	8:30-9:30am	X	8:30-9:30am	X	8:30-9:30am	X
Water Aerobics Stretch and Tone	X	9:30-10:30am	X	9:30-10:30am	X	9:30-10:30am	X
Water Aerobics Resistance	X	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	10:30-11:30am	X
Parent/Child Aquatics (Ages 6 months –3)	X	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	Makeups 4:00-4:30pm	X
Parent/Child Aquatics (Ages 6 months—3)	X	X	X	X	X	X	12:00-12:30pm
Pre School Aquatics (Ages 3-5)	X	4:45-5:15pm	4:45-5:15pm	4:45-5:15pm	4:45-5:15pm	Makeups 4:45-5:15pm	X
Pre School Aquatics (Ages 3-5)	X	X	X	X	X	X	12:45—1:15pm
Learn to Swim (Levels 1-3 & 4-6)	X	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	Makeups 5:30-6:00pm	X
Learn to Swim (Levels 1-3 & 4-6) (Ages 6 & up)	X	X	X	X	X	X	1:30-2:00pm
Learn to Swim (Levels 1-3 & 4-6) (Ages 6 & up)	x	XX	X	X	X	X	4:30-5:00pm
Adult Lessons	X	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	Makeups 5:30-6:00pm	X
Adult Lessons	X	X	X	X	X	X	2:15-2:45pm
Aqua Fitness	12:00-12:45						3:00-3:45pm
Novice Swim Team	X	X	2:00-3:00pm	X	2:00-3:00pm	X	2:00-3:00pm

Swim Lesson Session Dates (8 lessons)

Monday through Thursday Classes:

Session 1: 6/15—6/25 Session 2: 7/6—7/16 Session 3: 7/20—7/30

Saturday
6/20—8/8

Swim Session Fees

Rec Card: Allows for unlimited visits to Open Swim, Aqua Exercise, and Stretch & Tone for one year.
Lap Swim Pass: Required in addition to a Rec Card for unlimited entry during exclusive Lap Swim hours.
Daily Drop In Fee: Non card holders must pay a daily fee to use the pool.
 Rec Card holders without a Lap Swim Pass must pay a daily fee to swim during Lap Swim hours.

Resident Rec Card: \$15/individual \$50/family
Family = Any 2 adults and all children under age 18 residing at the same address.
Non-resident Rec Card: \$30/individual \$100/family
Senior Non-residents and Disabled Non-resident Youth may purchase Rec Cards at Resident rates.
Family = Any 2 adults and all children under age 18 residing at the same address.

Lap Swim Pass: \$10/month \$25/4 months \$65/1 year

Daily Drop-in Fee : Youth and Senior—\$2.00 Adult—\$4.00

Financial Assistance available for swim lessons children 6 months to 17 years for those who qualify. Stop by the pool of your choice to apply. Criteria includes proof of enrollment in an assistance program such as free/or reduced lunch or other state/federal assistance programs.

Funding provided by the Rays Baseball Foundation

PARENT/CHILD AQUATICS (Ages 6 months to 3 years). This program familiarizes young children to the water and prepares them to learn to swim. Parents are given safety information and taught techniques to help orient their children to the water and direction regarding how to supervise water activities. This is a great bonding experience with wonderful lifelong memories. **Class fee: \$24 per session (8 lessons)**

PRE SCHOOL AQUATICS (Ages 3 to 5 years). This program promotes the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Skills include aquatic and water safety with water entry/exit, breath control and submerging, buoyancy, changing direction and position, treading, swim on front and back, and water safety. **Class Fee: \$24 per session (8 lessons)**

LEARN TO SWIM (Levels 1-3) (Ages 6 and up). In levels 1-3, participants work to improve on their water comfort level and begin to learn the basics of swimming. As the levels increase swimmer's body position becomes more horizontal and they start to make forward progress in the water with ease. Please speak with an instructor today if you are unsure of participant's current swim level. **Class Fee: \$24 per session (8 lessons) *An instructor will assign the participant's level**

LEARN TO SWIM (Level 4-6) (Ages 6 and up). The Learn to Swim program teaches aquatic and personal water safety skills in a logical progression. With six levels of progression, participants build on their basic skills to learn various propulsive movements on the front, back, and side. As the levels increase, stroke refinement and endurance increase. **Class Fee: \$24 per session (8 lessons) **Must pass Red Cross Level 3 Water Competency Exit Assessment**

ADULT SWIM LESSONS (Ages 16 and up). Whether you are just learning to swim or simply want to improve your strokes, our instructors will work with you to gain more skill and confidence in the water. **Class Fee: \$24 per session (8 lessons)**

PRIVATE LESSONS Private lessons are available based on staff and scheduling availability. **Class Fee: \$12.50 per 30 minute lesson**

OPEN SWIM 50% Capacity—Social Distancing

Enjoy the pool and all it's amenities. Proper swim attire is required. **All participants must have a current Rec. Card or pay the daily drop in fee. Children under 8 years old must be accompanied by an adult in the water and out.** All swimmers under 18 years old will be swim tested and given the appropriate wrist band to signify shallow or deep swim ability. All floatation devices must be Coast Guard approved. Life vests are available for use upon request. **Please note feature pool & main pool schedules.**

AQUA FITNESS This class is a medium intensity, low impact workout held in chest deep water. This class will increase cardiovascular endurance and emphasize muscular strength and flexibility. Water equipment will be used for added resistance. Water dumbbells and water noodles will be provided. **Class Fee: Current Rec Card**

CLASS MAKE UP POLICY

If class is cancelled by us due to weather or a facility issue, make up classes are available at the times/days listed. Makeups should be completed with the session enrolled. *2 make ups max for 2 days cancelled.* If more than 4 classes are cancelled due to weather in the session, staff will help you re-enroll into another session. Sorry—no makeups offered for not attending a scheduled class or make up.

Weather Policy

When lightning is seen or thunder heard the pool will be closed until there has been no lightning or thunder for 30 minutes. All patrons will be asked to leave the pool and deck areas immediately.