



BOBBY HICKS POOL

4120 West Mango Ave (813) 832-1217
tampagov.net/ParksAndRec

Extended Summer 2020 August 9th–22nd

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 (Includes Kiddie Pool)	X	12:00-4:00pm	12:00-4:00pm	12:00-4:00pm	12:00-4:00pm	2:00-4:00pm	12:00-4:00pm
Lap swim (Short Course)	X	5:30am-11:30am 4:00-8:00pm	5:30am-11:30am 4:00-8:00pm	5:30am-11:30am 4:00-8:00pm	5:30am-11:30am 4:00-8:00pm	5:30am-11:30am 4:00-6:30pm	7:00am- 12:00pm
		Limited lane space weekdays during HS season					
Parent/Child Aquatics (Ages 6 months –3)	X	9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am	Make Up: 9:30-10:00am	X
Parent/Child Aquatics (Ages 6 months -3)	X	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	Make Up: 4:30-5:00pm	X
Parent/Child Aquatics (Ages 6 months-3)	X	X	X	X	X	X	9:30-10:00am
Pre-School Aquatics (Ages 3-5)	X	10:15-10:45am	10:15-10:45am	10:15-10:45am	10:15-10:45am	Make Up: 10:15-10:45am	X
Pre-School Aquatics (Ages 3-5)	X	5:15-5:45pm	5:15-5:45pm	5:15-5:45pm	5:15-5:45pm	Make Up: 5:15-5:45pm	X
Pre-School Aquatics (Ages 3-5)	X	X	X	X	X	X	10:15-10:45am
Learn to Swim Levels 1-3 & 4-6 (Ages 6 and up)	X	11:00-11:30am	11:00-11:30am	11:00-11:30am	11:00-11:30am	Make Up: 11:00-11:30am	X
Learn to Swim Levels 1-3 & 4-6 (Ages 6 and up)	X	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	Make up: 6:00-6:30pm	X
Learn to Swim Levels 1-3 & 4-6 (Ages 6 and up)	X	X	X	X	X	X	11:00-11:30am
Aqua Fitness	X	9:30-10:15am	X	9:30-10:15am	X	9:30-10:15am	9:30-10:15am
Aqua Fitness Deeply Fit		X	6:00-6:45pm	X	6:00-6:45pm	X	2:00-2:45pm
FLOATFIT Sculpt	X	6:30-7:15pm	6:15-7:00am	6:30-7:15pm	6:15-7:00am	X	1:00pm-1:45pm
Greater Tampa Swim Association	x	4:00-8:00pm	4:00-7:30pm	4:00-8:00pm	4:00-7:30pm	4:00-6:30pm	7:00am- 10:15am

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.

Swim Lesson Session Dates (8 lessons)

Monday through Thursday Classes:

Session 1: August 10– 20 Session 2: August. 24–September 3
Session 3: September 7– 17 Session 4: September 21– October 1
Session 5: October 5- 15 Session 6: October 19– October 29
Session 6: November 2–12 Session 8: November 30-December 10

Fridays are make up days.

Note. Session dates may be adjusted due to Holiday or event closure. Instructor will inform class on the first day if session is affected.

Saturday classes: Session 1: August 15– October 3

Session 2: October 10– November 28

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 <i>Family = Any 2 adults and all children under age 18 residing at the same address. Senior Non-residents and Disabled Non-resident Youth may purchase Rec Cards at Resident rates.</i>	
Non-resident Rec Card:	\$30/individual	\$100/family <i>Family = Any 2 adults and all children under age 18 residing at the same address.</i>	
Lap Swim Pass:	\$10/month	\$25/4 months	\$65/1 year
Daily Drop-in Fee :	Youth and Senior—\$2.00		Adult—\$4.00

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)**

PRESCHOOL 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**

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

LAP SWIM (Ages 18 and up), or by special permission. **A Rec Card and Swim Pass or Daily Drop-In Fee are required.** Lap lanes are reserved for lap swim or aqua jogging. Shared lanes and circle swim may be required depending on participant volume. Individuals under 18 should speak with the pool staff about permission to use the lanes.

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.

FLOATFIT SCULPT This class is designed to improve strength, balance, and flexibility using floating fitness mats. Program includes a blend of high intensity interval training (HIIT), Yoga, and Pilates. This is unlike any other fitness class you have joined before. Mat reservation is required for each session. **Class Fee: Current Rec Card**

AQUA FITNESS Fast paced and creative choreography that is fun and easy to follow. Cardiovascular aquatic workout utilizing drag equipment, aquatic dumbbells, and noodles.

AQUATIC FITNESS DEEPLY FIT Athletes and beginners are invited to take the plunge. Deep water running and cardio moves guaranteed to challenge your body and stamina. This class will utilize aquatic floatation belts, aquatic dumbbells, and drag equipment.

GREATER TAMPA SWIM ASSOCIATION A year round swim program to reach all levels of swimmers in the community. Our coaches instruct in the water to help improve swimmers strokes, technique, and much more. GTSA programs encourage swimmers to maintain a balance of fun and commitment. For information (813) 254-5012

AMERICAN RED CROSS LIFEGUARDING Must be at least 15 years old and pass a swimming skills pretest. Pretest includes a 300yd swim continuously using breast stroke or front crawl with rhythmic breathing; swim 20 yards, retrieve a 10 pound object from the bottom of the deep end and return to the starting point and exit the pool within 1 minute 40 seconds; tread water only using their legs for 2 minutes. **Class Fee: \$100**

Fall 2020 Holiday Hours

Monday, Sept. 7:	Open 8:00am-1:00pm
Wednesday, Nov. 11:	Closed
Thurs/Fri Nov 26, 27:	Closed
Thurs/Fri Dec 24, 25:	Closed
Friday Jan 1, 2021:	Closed

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.