

INTERBAY POOL

4321 W Estrella Ave (813) 282-2910 tampagov.net/ParksAndRec

Fall 2019 Session II

November 10th - December 28th

Activities	Sun	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Open Swim	Closed	3:00-5:00pm	3:00-6:00pm	3:00-5:00pm	3:00-6:00pm	Х	12:00-4:00pm
Lap swim	Closed	8:00am- 12:00pm	8:00am- 12:00pm 6:00-8:00pm	8:00am- 12:00pm	8:00am- 12:00pm 6:00-8:00pm	8:00am- 12:00pm	8:00-9:30am
Parent/Child Aquatics (Ages 6 months—3)	Closed	Х	Х	Х	Х	Х	10:00-10:30am
Pre School Aquatics (Ages 3-5)	Closed	Х	Х	Х	Х	Х	10:30-11:00am
Learn to Swim (Ages 6 and up)	Closed	Х	Х	Х	Х	X	11:00-11:30am
Adult Swim Lessons	Closed	Х	Х	Х	Х	X	11:30am- 12:00pm
Homeschool Swim Club (Ages 5-17)	Closed	Х	10:00-11:00am	Х	10:00-11:00am	Х	Х
Jefferson High School Swim Team	Closed	4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	Х
Water Polo	Closed	5:30—7:00pm	Х	5:30—7:00pm	Х	Х	Х
Synch Rays	Closed	х	6:00-8:00pm	Х	6:00-8:00pm	Х	10:00am- 12:00pm

Swim Lesson Session Dates (8 Lessons)

Saturday Classes

Session 1: August 24 - October 12 Session 2: October 26 - December 14

Fall 2019 Holiday Hours

Monday, Sept. 2: Open 12:00-5:00pm

Monday, Nov. 11: Closed Thurs/Fri Nov 27, 28: Closed Mon/Tues Dec 24, 25. Closed Wed. Jan 1, 2020 Closed

All participants must purchase a Rec Card to use any facility or participate in any program including Lap Swim, Water Aerobics, etc. Proper swim attire required for all pool activities and classes

- Lap Swim participants must also purchase a Lap Swim Pass or pay a daily drop-in fee.
- Open Swim sessions are free to Rec Card holders. Non-Rec Card holders must pay the daily drop-in fee.

Fees: Resident Rec Card: \$15/individual \$50/family

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.

Non-resident Rec Card: \$30/individual \$100/family

Family = Any 2 adults and all children under age 18 residing at the same address.

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

Daily Drop-in Fee for swim session: Youth and Senior -\$2.00 Adult - \$4.00

AMERICAN RED CROSS LIFEGUARD COURSE

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

Day	Dates	Time	Location				
Sundays	8/18, 8/25, 9/1, 9/8	8:00a-4:00p	Roy Jenkins Pool, 154 Columbia Drive 250-3355				
Saturdays	9/14, 9/21, 9/28, 10/5	9:00a-5:00p	Loretta Ingraham Pool, 1611 N. Hubert Ave. 348-2080				
Sat/Sun	9/21, 9/22, 9/28, 9/29	9:00a-5:00p	Sulphur Springs Pool, 713 E. Bird Street 931-2156				
Saturdays	10/5, 10/12, 10/19, 10/26	9:00a-5:00p	Cuscaden Pool, 2900 N. 15th St. 242-5302				
Lifeguard Review Class—Certification Renewal for those with a current Lifeguard certification							
Sundays	9/15, 9/22	8:00a-1:00p	Roy Jenkins Pool, 154 Columbia Drive 250-3355				

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 (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)**

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

LAP SWIM Ages 18 and up or by special permission. 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. A Rec Card and Seasonal Swim Pass or Daily Drop-In Fee are required.

OPEN SWIM Enjoy the pool and all it's amenities. Proper swim attire is required. **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. **Must have a current Rec. Card or pay the daily drop in fee.**

HOMESCHOOL SWIM CLUB Ages 5-17 and must be able to swim 25yds unassisted. Does your child dream of swimming like Michael Phelps? This grassroots summer program will expose your swimmer to competitive training and give them a chance to participate in 4 low key swim meets. All you need to do is enroll. Club Fee: \$24 per session(twice a week for 4 weeks) and Current Rec Card

WATER POLO 813 Polo Club Youth water polo ages 10-18. For info visit www.813poloclub.com or (813) 335-4592

SYNCHRONIZED SWIM CLUB Synch Rays Club Youth synchronized swimming ages