Sulphur Springs Pool

713 E. Bird Street (813) 931-2156

tampagov.net/ParksandRec

Pre-registration and class fees may apply. See staff for details

Winter/Spring 2020 Session II

March 8th—May 30th

Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Lap Swim	X	X	9:30am-1:30pm	9:30am-1:30pm	9:30am-1:30pm	9:30am-11:30am	9:30am-1:00pm
Open Swim	12:00pm-5:00pm	X	1:30-6:00pm	1:30-6:00pm	1:30-6:00pm	2:30-6:00pm	1:00pm-5:00pm
Feature Area (Ages 8 & under)	X	X	10:00am-1:30pm	10:00am-1:30pm	10:00am-1:30pm	9:30-11:30am	9:30am-1:00pm
Parent/Child Aquatics (Ages 6 mos.—3)	X	X	X	X	X	X	10:00am-10:30am
Preschool Aquatics (Ages 3—5)	X	X	4:30pm-5:00pm	4:30pm-5:00pm	4:30pm-5:00pm	4:30pm-5:00pm	X
Preschool Aquatics (Ages 3—5)	X	X	X	X	X	X	10:45am-11:15am
Learn to Swim (Ages 6 & up)	X	X	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	X
Learn to Swim (Ages 6 & up)	X	X	X	X	X	X	11:30am-12:00pm
Adult Swim Lessons	X	X	X	X	X	X	12:15-12:45pm
Aqua Exercise (Ages 18 & up)	X	X	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	10:30-11:30am	X
Aqua Stretch & Tone (Ages 18 & up)	X	X	5:00pm-5:30pm	X	5:00pm-5:30pm	X	X
Novice Swim Club	X	X	X	5:00-6:00pm	X	5:00-6:00pm	X

Winter/Spring 2020 Holiday Hours

Wed. Jan. 1: CLOSED
Mon. Jan 20: CLOSED
Fri. April 10: CLOSED
Mon. May 25: OPEN 12:00-5:00pm

Swim Lesson Session Dates (8 lessons)

Tuesday thru Friday Classes:

Session 1: March 10— March 20
Session 2: March 24— April 2
Session 3: April 7—April 17
Session 4: April 21— May 1
Session 5 : May 5—May 15

Saturday classes: Session I: March 14 — May 2

AMERICAN RED CROSS LIFEGUARD COURSE

Reduced Rates for City of Tampa Summer Lifeguards—Ask us how!

American Red Cross

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	Phone
Sat/Sun	Feb 22, 23, 29, March 1	9am-5pm	**Cuscaden Pool**, 2900 N. 15th Street	242-5302
Sat/Sun	March 7, 8, 14, 15	8am-4pm	**Del Rio Pool**, 10105 N. Blvd.	931-2107
M-F	March 16,17,18,19,20	9am-5pm	**Loretta Ingraham Pool**, 1611 N. Hubert Ave.	348-2080
M-F	March 16,17,18,19,20	8am-4pm	**Roy Jenkins Pool** 154 Columbia Dr.	250-3355
Sat	March 28, April 4,11, 18	8am-4pm	**Cyrus Greene Pool**, 2101 E. MLK. Blvd	242-5305
Sat	March 28, April 4,18, 25	9am-5pm	**Loretta Ingraham Pool**, 1611 N. Hubert Ave.	348-2080
Sat/Sun	April 25, 26, May 2,3	8am-4pm	**Bobby Hicks Pool**, 4120 W Mango Ave	832-1217
Sat/Sun	April 25, 26, May 2,3	9am-5pm	**Cuscaden** Pool, 2900 N. 15th Street	242-5302

LIFEGUARD REVIEW CLASS

The course is a certification re-newel for American Red Cross Lifeguarding. You must possess a current ARC Lifeguarding certificate to attend.
Class Fee: $50

Sat/Sun	March 14, 15	8am-1pm	Roy Jenkins Pool 154 Columbia Dr. 250-3355
Sat/Sun	May 2, 3	8am-1pm	Bobby Hicks Pool, 4120 W. Mango Ave. 832-1217

Be A Lifeguard this Summer!

Attend one of our Rookie Schools for your swim test and job interview.
Visit our website at tampgov.net/Parks And Rec for specific dates/times/locations or contact the Aquatic Office at 813-274-7732.

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: Current Rec Card and $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 for 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: Current Rec Card and $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: Current Rec Card and $24 per session (8 lessons)**

ADULT SWIM LESSONS: Ages 18 and up. Learn to swim or improve your strokes. We will work with you at your own pace and according to your swim level and goals. **Class Fee: Current Rec Card and $24 per session (8 lessons)**

LAP SWIM: Ages 18 and up or by special permission. A Rec Card and Seasonal 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: 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.

AQUA EXERCISE: Ages 18 and up. Take the jolt out of your aerobic workout with this program in waist deep water. Use the water as resistance and work your arms, legs, and even your core without the stress on muscle, bones, tendons, and ligaments. **Class Fee: Current Rec Card**

AQUA STRETCH & TONE: Ages 18 and up. Low impact and low intensity. This class will increase your range of motion, flexibility and help relieve stress. All in the water.

NOVICE SWIM CLUB: Ages 5-15. Must be able to swim 25 yards unassisted. Children will improve their swim strokes and get a grass roots experience in the world of competitive swimming. Competitions occur summer season only. **Class Fee: Current Rec Card**