



Cuscaden Pool

2900 N. 15th Street (813) 242-5302
tampagov.net/ParksAndRec
Winter/Spring 2021 Session I
January 3rd—March 13th

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 in the restrooms, reception, and walking through the building. Masks should be worn on the pool deck when social distancing is not possible.

Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Open Swim	12:00-5:00pm	x	1:00-5:00pm	1:00-5:00pm	1:00-5:00pm	2:00pm-5:00pm	12:00-5:00pm
Lap Swim	12:00-5:00pm	x	9:00am-1:00pm	9:00am-1:00pm	9:00am-1:00pm	9:00am-12:00pm	10:00-12:00pm
Open Swim Splash Pad (6 months–5)		x	9:00am–1:00pm	9:00am–1:00pm	9:00am–1:00pm	9:00am–1:00pm	x
Family Swim for Children with Special Needs	11:00am-12:00pm	x	x	x	x	x	x
Aqua Exercise	x	x	11:00am-12:00pm	x	11:00am-12:00pm	X	11:00am-12:00pm
Parent/Child Aquatics (Ages 6 months–3)	x	x	10:00-10:30am	10:00-10:30am	10:00-10:30am	10:00-10:30am	x
Parent/Child Aquatics (Ages 6 months –3)	x	x	x	x	x	x	10:00-10:30am
Parent/Child Aquatics (Ages 6 months –3)	x	x	3:00-3:30pm	3:00-3:30pm	3:00-3:30pm	3:00-3:30pm	x
Preschool Aquatics (Ages 3 - 5)	x	x	10:30-11:00am	10:30-11:00am	10:30-11:00am	10:30-11:00am	x
Preschool Aquatics (Ages 3 - 5)	x	x	3:30-4:00pm	3:30-4:00pm	3:30-4:00pm	3:30-4:00pm	x
Preschool Aquatics (Ages 3 - 5)	x	x	x	x	x	x	10:30-11:00am
Learn to Swim (Ages 6 and up)	x	x	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	x
Learn to Swim (Ages 6 and up)		x	x	x	x	x	11:00-11:30am
Adult Lessons	x	x	x	x	x	x	12:00-12:30pm
Lifeguard Certification		See back page for dates, times and locations					

Winter/Spring 2021 Holiday Hours

Fri. Jan. 1: CLOSED
 Mon. Jan 18: CLOSED
 Fri. April 2: CLOSED
 Mon. May 31: OPEN 12:00-5:00pm

Swim Lesson Session Dates (8 lessons)

Tuesday thru Friday Classes:

Session 1: Jan 5-15 Session 2: Jan 19-29 Session 3: Feb 2-12
 Session 4: Feb 16-26 Session 5: March 2-12 Session 6: March 16-26
 Session 7: March 30-April 9 Session 8: April 13-23 Session 9: April 27-May 7
 Session 10: May 11-21

Saturday Classes: Session 1: Jan 30-March 20 Session 2: March 27- May 15

AMERICAN RED CROSS LIFEGUARD COURSE

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



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**

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Location</u>	<u>Phone</u>
Sat/Sun	Feb 13,14,20,21	8am-4pm	Bobby Hicks Pool , 4120 W. Mango Ave	832-1217
Sat/Sun	Feb 20,21,27,28	9am-5pm	Cuscaden Pool , 2900 N. 15 th St.	242-5302
Sat/Sun	March 6,7,13,14	9am-5pm	Sulphur Springs Pool , 713 E. Bird St.	931-2156
Sat/Sun	March 13,14,20,21	8am-4pm	Bobby Hicks Pool , 4120 W. Mango Ave	832-1217
T/Th	Feb 9,11,16,18,23,25 & March 2,4,9,11	6pm-8pm	Bobby Hicks Pool , 4120 W. Mango Ave	832-1217
M-F	March 15 -19	9am-5:30pm	Loretta Ingraham Pool , 1611 N. Hubert Ave.	348-2080
Sat	March 20,27, April 3, 10	8am-4pm	Cyrus Greene Pool , 2101 E. MLK Blvd.	242-5305
Sat/Sun	March 27,28, April 3,4	8am-4pm	Roy Jenkins Pool , 154 Columbia Dr.	250-3355
Sat	April 10,17,24, May 1	9am-5pm	Loretta Ingraham Pool , 1611 N. Hubert Ave	348-2080
Sat/Sun	April 17,18,24,25	9am-5pm	Sulphur Springs Pool , 713 E. Bird St.	931-2156

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 20, 21	8am-1pm	Bobby Hicks Pool , 4120 W. Mango Ave.	832-1217
Sat/Sun	March 27,28	9am-2:30pm	Loretta Ingraham Pool , 1611 N. Hubert Ave.	348-2080
Sat/Sun	April 17, 18	8am-1pm	Roy Jenkins Pool , 154 Columbia Dr.	832-1217
Sat/Sun	May 1, 2	9am-2pm	Sulphur Springs Pool , 713 E. Bird St.	931-2156



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](http://tampgov.net/ParksAndRec) 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: \$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)**

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 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. Class achieves a mild aerobic workout and is a lot of fun. **Class Fee: Current Rec Card.**

FAMILY SWIM Sensory friendly open swim for children with special needs and their family. **Current Rec Card required.**