



**Loretta Ingraham Pool**  
 1611 N. Hubert Ave. (813) 348-2080  
 Tampa.gov/pools

**Winter -Spring 2022**  
 January 2— May 28

Activities	Sun	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Lap Swim	X	8:00-12:00pm 3:00-7:30pm	8:00-12:00pm 3:00-7:30pm	8:00-12:00pm 3:00-7:30pm	8:00-12:00pm 3:00-7:30pm	8:00-11:30am	8:00am-12:00pm
Open Swim	X	3:00- 7:30pm	3:00-7:30pm	3:00-7:30pm	3:00-7:30pm	X	12:00-2:00pm
Aqua Exercise	X	8:30-9:30am	X	8:30-9:30am	X	8:30-9:30am	X
Water Aerobics Stretch & Tone	X	9:30-10:30am	X	9:30-10:30am	X	9:30-10:30am	X
Water Aerobics Resistance Training	X	11:00am- 12:00pm	11:00am- 12:00pm	11:00am- 12:00pm	11:00am- 12:00pm	10:30-11:30am	X
Home School P.E.	X	X	10:30-11:30am	X	X	X	X
Star Swim Club	X	X	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	X	X
Parent/Child Aquatics (Ages 6 months-3)	X	X	X	X	X	X	9:15-9:45am
Parent/Child Aquatics (Ages 6 months-3)	X	X	9:00-9:30am	X	9:00-9:30am	X	X
Pre School Aquatics (Ages 3-5)	X	X	X	X	X	X	10:00-10:30am
Pre School Aquatics (Ages 3-5)	X	X	9:30-10:00am	X	9:30-10:00am	X	X
Learn to Swim Levels 1-3 (Ages 6 and up)	X	X	3:00-3:30pm	X	3:00-3:30pm	X	X
Learn to Swim Levels 1-3 (Ages 6 and up)	X	X	X	X	X	X	10:45-11:15am
Learn to Swim Levels 4-6 (Ages 6 and up)	X	X	3:30-4:00pm	X	3:30-4:00pm	X	X
Learn to Swim Levels 4-6 (Ages 6 and up)	X	X	X	X	X	X	11:30am- 12:00pm
Adult Swim Lessons	x	12:30-1:00pm	X	12:30-1:00pm	X	X	X
Adult Swim Lessons	X	X	X	X	X	X	8:30-9:00am
TEAM	X	4:00-7:30pm	4:00-7:30pm	4:00-7:30pm	4:00-7:30pm	X	X

**Swim Lesson Session Dates (8 Lessons)**

**Weekday Classes:**

Session I: Weeks of 1/3-1/28

Session II: Weeks of 2/7-3/5

Session III: Weeks of 3/7-4/1

Session IV: Weeks of 4/3-4/29

Session V: Weeks of 5/1-5/28

**Saturday Classes:**

Session I: 2/12-4/2    Session II: 4/9-5/28

**Winter-Spring 2022 Holiday Hours**

Saturday, Jan 1: CLOSED

Monday, Jan. 17: CLOSED

Friday April 15: CLOSED

Monday, May 30: OPEN 8:00a-1:00p

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



## 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	Phone
Sat	Feb 5,12,19,26	9am-5pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave	348-2080
Sat/Sun	Feb 12,13,19,20	8am-4pm	<b>Roy Jenkins Pool</b> , 154 Columbia Dr.	250-3355
Sat/Sun	March 5,6,12,13	9am-5pm	<b>Sulphur Springs Pool</b> , 713 E. Bird St.	931-2156
Sat	March 12,19,26, April 2	8am-4pm	<b>Cyrus Greene Pool</b> , 2101 E. MLK Blvd.	242-5305
Sat/Sun	March 26,27, April 2,3	8am-4pm	<b>Bobby Hicks Pool</b> , 4120 W. Mango Ave.	832-1217
Sat/Sun	April 2,3,9,10	9am-5pm	<b>Sulphur Springs Pool</b> , 713 E. Bird St.	931-2156
M-Th	April 4 - 14	9am-5pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave.	348-2080
Sat	April 16,23,30, May 7	9am-5pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave.	348-2080
Sat/Sun	April 30, May 1,7,8	8am-4pm	<b>Bobby Hicks Pool</b> , 4120 W. Mango Ave.	832-1217

## 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**

Day	Dates	Time	Location	Phone
Sat	Jan 22 & 29	10am-3pm	<b>Bobby Hicks Pool</b> , 4120 W. Mango Ave.	832-1217
Sat	Feb 19&26	9am-2pm	<b>Cyrus Greene Pool</b> , 2101 E. MLK Blvd.	242-5305
Sat	March 5&12	9am-2pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave.	348-2080
Sat	March 19&26	9am-2pm	<b>Loretta Ingraham Pool</b> , 1611 N. Hubert Ave.	348-2080
Sat	April 16 & 23	10am-3pm	<b>Roy Jenkins Pool</b> , 154 Columbia Dr.	250-3355
Sat/Sun	April 23&24	9am-2pm	<b>Sulphur Springs Pool</b> , 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 [tampa.gov/pools](http://tampa.gov/pools) 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: Rec Card & \$24 per session**

**PRESCHOOL AQUATICS Ages 3 to 6 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: Rec Card & \$24 per session.**

**LEARN TO SWIM Ages 6 and up.** Whether it's the first time in the water or you are interested in improving your strokes, our experienced instructors offer a wide variety of lessons for all ages and skill levels. Participants are tested and placed into the appropriate swim group. Instructors follow the *American Red Cross Learn to Swim Program* guidelines and offer Levels 1 thru 6 along with preschool, parent/tot, and adult lessons. **Class Fee: Rec Card & \$24 per session.**

**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. **Class Fee: Current Rec. Card or Daily drop in.**

**WATER AEROBICS Adults.** Join the fun group for individuals with movement limitations or those seeking another aspect to their fitness program without all the stress on your joints. Also included stretch and tone, resistance training and tai chi. Proper swim attire is required. **Class Fee: Current Rec. Card.**

**AQUA TOTS Ages 6 Months to 5 years with a parent in the water.** Bring you babies and young children to this special, self-led program of water play and fun. Water toys will be available to use during play time. Adult must be in the water and within arms reach of their children at all times. **Class Fee: Current Rec. Card or daily drop in.**

**STAR SWIM CLUB** Offering swim lessons tailored to each student based on age and skill level. Developed by the husband and wife team of Igor and Olena, swim classes are interactive, safe, and effective. To schedule, please call 727-488-7963.

**TEAM** Tampa Elite Aquatic Manta rays (TEAM) is a year round competitive swim team. Questions on registering for the South Tampa Branch, email Coach Ryan: [Ryan@TampaMantas.com](mailto:Ryan@TampaMantas.com) **Must have a current Rec Card to participate.**