



# INTERBAY POOL

**4321 W Estrella Ave (813) 282-2910**  
**Tampa.gov/pools**

## FALL SESSION 2022

**August 8th — December 31st**



Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
<b>Open Swim</b>	Closed	3:00-6:00pm	3:00-6:00pm	3:00-6:00pm	3:00-6:00pm	2:30-5:00pm	12:00-2:00pm
<b>Lap swim</b>	Closed	X	6:00-8:00pm	X	6:00-8:00pm	5:00-6:00pm	7:00am 12:00pm
<b>Jefferson High School Swim Team 8/1 – 11/4</b>	Closed	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	X	X
<b>Water Polo</b>	Closed	6:00-7:30pm	X	6:00-7:30pm	X	X	X
<b>Synch Rays</b>	Closed	X	5:30-8:00pm	X	5:30-8:00pm	X	9:30am- 12:00pm
<b>TEAM</b>	Closed	3:15–4:15pm	3:15-5:45pm	3:15-5:45pm	3:15-5:45pm	4:00-6:00pm	7:00-9:45am

### 6pm Closures for High School Swim Meets

<b>Thursday 9-1</b>	<b>Thursday 9-8</b>
<b>Tuesday 9-13</b>	<b>Thursday 10-6</b>

### Fall 2022 Holiday Hours

Mon, Sept 5:	OPEN 8am—1pm
Fri, Nov 11:	CLOSED
Thurs/Fri, Nov 24 & 25:	CLOSED
Fri/Sat/Sun/Mon, Dec 23,24,25,26:	CLOSED
Sun/Mon, Jan 1, 2:	CLOSED

### 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
Saturdays	Aug 20, 27, Sept 3, 10	8am-4pm	Interbay Pool, 4321 W. Estrella Street	813-282-2910
Saturdays	Sept. 17, 24, Oct. 1, 8	8am-4pm	Bobby Hicks Pool, 4120 W. Mango Ave.	813-832-1217
Saturdays	Sept. 24, Oct. 1,8,15	8am-4pm	Cyrus Greene Pool, 2101 E. MLK Blvd.	813-242-5303
Sat/Sun	Nov. 5, 6, 12, 13 (Blended Learning)	12:00-5:00pm	Sulphur Springs Pool, 713 E. Bird Street	813-931-2156

### 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**

Day	Dates	Time	Location	Phone
Sat	Sept 24 & Oct 1	8am-1pm	Loretta Ingraham Pool, 1611 N. Hubert Ave.	813-348-2080



**American Red Cross**

### 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  
*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 \$65/1 year

**Daily Drop-in Fee :** Youth and Senior—\$2.00 Adult—\$4.00

**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.**

**NEXT LEVEL WATER POLO** Ages 10-18. For info visit [nextlevelwaterpolo.com](http://nextlevelwaterpolo.com) or **562-212-5002**. Must have a current Rec Card to participate.

**SYNCH RAYS** Youth synchronized swimming club. For more information contact Coach Beth Moore **813-833-7722 or [bethsynch@yahoo.com](mailto:bethsynch@yahoo.com)** Must have a current Rec Card to participate.

**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.**