



CUSCADEN POOL

2900 N. 15th Street (813) 242-5302

Tampa.gov/pools

Winter – Spring 2023 Session II

March 12th - May 27th

| Activities | Sun. | Mon. | Tues. | Wed. | Thu. | Fri. | Sat. | |
|--|------|------|----------------------|-----------------|-----------------|------------------------------|-----------------|---|
| Open Swim | X | X | 12:00-6:00pm | 12:00-6:00pm | 12:00-6:00pm | 2:30pm-6:00pm | 12:30-5:00pm | |
| Lap Swim | X | X | 10:30am-12:00pm | 10:30am-12:00pm | 10:30am-12:00pm | 10:30-11:30am | 12:30-5:00pm | |
| Open Swim & Splash Pad (6 months–5) | X | X | 10:30am–6:00pm | 10:30am–6:00pm | 10:30am–6:00pm | 10:30–11:30am 2:30-6:00pm | X | |
| Aqua Exercise | X | X | 11:03am-12:30pm | 11:30am-12:30pm | 11:30am-12:30pm | X | 11:30am-12:30pm | |
| 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 | 4:00-4:30pm | X | 4:00-4:30pm | X | X | |
| Preschool Aquatics (Ages 3 - 5) | X | X | 4:45-5:15pm | X | 4:45-5:15pm | X | 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 | X | 4:00-4:30pm | X | 4:00-4:30pm | X | |
| Learn to Swim (Ages 6 and up) | X | X | X | X | X | X | 11:00-11:30am | |
| Adult Swim Lessons | X | X | X | X | X | X | 12:00-12:30pm | |
| Adult Swim Lessons | X | X | X | 4:45-5:00pm | X | 4:45-5:00m | X | |
| Lifeguard Certification | X | X | See back for details | | | | | X |

Swim Lesson Session Dates (8 Lessons)

Weekday Classes:

Session I: Weeks of 1/9-1/30

Session II: Weeks of 2/13-3/9

Session III: Weeks of 3/20–4/14

Session IV: Weeks of 4/24-5/19

Saturday Classes:

Session I: 1/28-3/18 Session II: 4/1–5/20

Winter-Spring 2023 Holiday Hours

Monday, Jan 2: CLOSED

Monday, Jan. 16: CLOSED

Friday, April 14: CLOSED

Monday, May 29: OPEN 12:00-5:00pm

Work for us —
Get your certification fees reduced!



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 breaststroke 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 | *Jan 28,29, Feb 4, 5 | 12-5pm | Sulphur Springs Pool , 713 E. Bird St. | 813-931-2156 |
| Sat | Feb 4,11,18,25 | 8am-4pm | Loretta Ingraham Pool , 1611 N. Hubert Ave. | 813-348-2080 |
| Sat/Sun | Feb 11,12,18,19 | 9am-5pm | Roy Jenkins Pool , 154 Columbia Dr. | 813-250-3355 |
| Sat | March 4,11,18,25 | 8am-4pm | Bobby Hicks Pool , 4120 W. Mango Ave. | 813-832-1217 |
| Sat/Sun | *March 4,5,11,12 | 12-5pm | Sulphur Springs Pool , 713 E. Bird St. | 813-931-2156 |
| Sat | March 11,18,25, April 1 | 8am-4pm | Cyrus Greene Pool , 2101 E. MLK Blvd. | 813-242-5305 |
| Sat | April 1,8,15,22 | 9am-5pm | Cuscaden Pool , 2900 N. 15th St. | 813-242-5302 |
| Sat | April 8, 15,22,29 | 8am-4pm | Bobby Hicks Pool , 4120 W. Mango Ave. | 813-832-1217 |
| Sat | April 15, 22,29, May 6 | 8am-4pm | Loretta Ingraham Pool , 1611 N. Hubert Ave. | 813-348-2080 |
| Sat/Sun | April 15,16,22,23 | 9am-5pm | Roy Jenkins Pool , 154 Columbia Dr. | 813-250-3355 |
| Sat/Sun | May 13,14,20,21 | 9am-5pm | Cuscaden Pool , 2900 N. 15th St. | 813-242-5302 |

**Class is blended learning which requires some assignments completed at home on your computer prior and during the course.*

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/Sun | Feb 18 & 19 | 12-5pm | Sulphur Springs Pool , 713 E. Bird St. | 813-931-2156 |
| Sat | March 4 & 11 | 8am-1pm | Loretta Ingraham Pool , 1611 N. Hubert Ave. | 813-348-2080 |
| Sat | March 18 & 25 | 8am-1pm | Loretta Ingraham Pool , 1611 N. Hubert Ave. | 813-348-2080 |

Be A Lifeguard this Summer with the City of Tampa!

Attend one of our scheduled Summer Candidate Interview Sessions—

Visit our website at 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: \$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.**