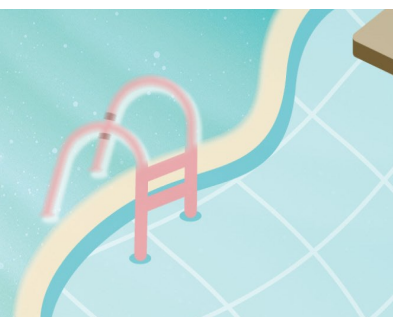




Parks & Recreation
CITY OF TAMPA

SULPHUR SPRINGS POOL
713 E. Bird Street (813) 931-2156
Tampa.gov/pools

Winter – Spring 2023
January 3rd – May 27th



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-12:00pm	9:30am-1:00pm	
Open Swim (All Areas)	12:00-5:00pm	X	1:30 –5:00pm	1:30 –5:00pm	1:30 –5:00pm	2:30 –5:00pm	1:00-5:00pm	
Open Swim Feature Area (Ages 8 & under)	X	X	9:30am-5:00pm	9:30am-5:00pm	9:30am-5:00pm	9:30am-12:00pm	9:30am-5:00pm	
Aqua Exercise	X	X	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	10:30-11:30am	X	
Parent/Child Aquatics (Ages 6 mos.–3)	X	X	X	9:30-10:00am	X	9:30-10:00am	X	
Parent/Child Aquatics (Ages 6 mos.–3)	X	X	X	X	X	X	9:30 –10:00am	
Preschool Aquatics (Ages 3–5)	X	X	X	10:15-10:45am	X	10:15-10:45am	X	
Preschool Aquatics (Ages 3–5)	X	X	X	4:00–4:30pm	X	4:00–4:30pm	X	
Preschool Aquatics (Ages 3–5)	X	X	X	X	X	X	10:15-10:45am	
Learn to Swim (Ages 6 & up)	X	X	X	4:30-5:00pm	X	4:30-5:00pm	X	
Learn to Swim (Ages 6 & up)	X	X	X	X	X	X	11:00-11:30am	
Adult Swim Lesson	X	X	X	X	X	X	11:45am-12:15pm	
Lifeguard Class	X	X	See back for details					X

Swim Lesson Session Dates (8 Lessons)

Weekday Classes:

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

Session III: Weeks of 3/20–4/14

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

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: 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**