



**Cuscaden Pool**  
 2900 N. 15th Street (813) 242-5302  
[Tampa.gov/pools](http://Tampa.gov/pools)

**FALL 2023 Session I**  
**August 6th – November 4th**

Activities	Sun	Mon	Tues.	Wed.	Thu.	Fri.	Sat.
Open Swim	X	X	12:00-6:00pm	12:00-6:00pm	12:00-6:00pm	2:30-6:00pm	12:00-5:00pm
Lap Swim	X	X	10:30am-12:00pm	10:30am-12:00pm	10:30am-12:00pm	10:30am-11:30pm	9:30am-12:00pm
Aqua Exercise	X	X	11:30am-12:30pm	X	11:30am -12:30pm	X	11:30am -12:30pm
Parent/Child Aquatics (Ages 6 months -3)	X	X	4:00-4:30pm	X	4:00-4:30pm	X	X
Parent/Child Aquatics (Ages 6 months -3)	X	X	X	X	X	X	9:30-10:00am
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	10:15-10:45am
Learn to Swim (Ages 6 and up)	X	X	X	4:45-5:15pm	X	4:45-5:15pm	X
Learn to Swim (Ages 6 and up)	X	X	X	X	X	X	11:00-11:30am
Novice Swim Team	X	X	5:30-6:00pm	X	5:30-6:00pm	X	X
Adult Lessons	X	X	X	5:30- 6:00pm	X	5:30- 6:00pm	X
Adult Lessons	X	X	X	X	X	X	11:45am- 12:15pm

Swim Lesson Session Dates (8 lessons)	
<u>Session Dates—2 days a week classes—Weeks of -</u>	
Session I: 7/31 - 8/25	Session II: 8/28 - 9/22
Session III: 9/25 - 10/20	Session IV: 10/23 - 11/17
Session V: 11/27 - 12/22	
<u>Session Dates— Saturday classes—Weeks of-</u>	
Session I: 7/29 - 9/16	Session II: 9/23 - 11/11

Fall 2023 Holiday Hours	
Mon, Sept 4:	OPEN 12-5pm
Fri, Nov 10:	CLOSED
Thurs/Fri, Nov 23 & 24:	CLOSED
Fri/Mon, Dec 22, 25:	CLOSED
Mon, Jan 1:	CLOSED

### Swim Session Fees

<b>Rec Card:</b>	Allows for unlimited visits to Open Swim, Aqua Exercise, and Stretch & Tone for one year.		
<b>Lap Swim Pass:</b>	Required in addition to a Rec Card for unlimited entry during exclusive Lap Swim hours.		
<b>Daily Drop In Fee:</b>	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.		
<b>Resident Rec Card:</b>	\$15/individual	\$50/family	
	<i>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.</i>		
<b>Non-resident Rec Card:</b>	\$30/individual	\$100/family	
	<i>Family = Any 2 adults and all children under age 18 residing at the same address.</i>		
<b>Lap Swim Pass:</b>	\$10/month	\$25/4 months	\$65/1 year
<b>Daily Drop-in Fee :</b>	Youth and Senior—\$2.00	Adult—\$4.00	

**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)**

**PRE SCHOOL 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 (Levels 1-3) (Ages 6 and up).** In levels 1-3, participants work to improve on their water comfort level and begin to learn the basics of swimming. As the levels increase swimmer's body position becomes more horizontal and they start to make forward progress in the water with ease. Please speak with an instructor today if you are unsure of participant's current swim level. **Class Fee: \$24 per session (8 lessons) \*An instructor will assign the participant's level**

**LEARN TO SWIM (Level 4-6) (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) \*\*Must pass Red Cross Level 3 Water Competency Exit Assessment**

**PRIVATE LESSONS** Private lessons are available based on staff and scheduling availability. **Class Fee: \$12.50 per 30 minute lesson**

**LAP SWIM** Ages 18 and up or by special permission. **A Rec Card and Lap 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. **Class Fee: Current Lap Swim Pass**

**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. **Please note feature pool & main pool schedules.**

**AQUA FITNESS** This class is a medium intensity, low impact workout held in chest deep water. This class will increase cardiovascular endurance and emphasize muscular strength and flexibility. Water equipment will be used for added resistance. Water dumbbells and water noodles will be provided. **Class Fee: Current Rec Card**

**CUSCADEN NOVICE SWIM TEAM - Ages 6-17** This program provides swimmers the opportunity to develop the fundamental skills of four competitive strokes - freestyle, backstroke, breaststroke and butterfly in a fun team atmosphere. Athletes will progress through learning turns, starts, and dives as well as focusing on stamina and strength in the water. **Class Fee: Current Rec Card and \$24 per month.**

### 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
Saturdays	Sept. 9, 16, 23, 30	12-5pm	Sulphur Springs Pool 713 E. Bird Street	813-931-2156
Saturdays	Sept. 16, 23, 30, Oct. 7	8am-1pm	Bobby Hicks Pool 4120 W. Mango Avenue	813-832-1217
Saturdays	Sept. 23, 30, Oct. 7, 14	8am-1pm	Loretta Ingraham Pool 1611 N. Hubert Ave	813-348-2080
Saturdays	Oct. 7, 14, 21, 28	9am-2pm	Cuscaden Pool 2900 15 <sup>th</sup> Street	813-242-5302
Saturdays	Oct 14, 21, 28, Nov. 4	12-5pm	Sulphur Springs Pool 713 E. Bird Street	813-931-2156

### LIFEGUARD REVIEW CLASS

The course is a certification renewal for American Red Cross Lifeguarding. You must possess a current ARC Lifeguarding certificate to attend. **Class Fee: \$50**

Day	Dates	Time	Location	Phone
Saturdays	Dec. 2, 9	12-5pm	Sulphur Springs Pool 713 E. Bird Street	813-931-2156

