



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

FALL SESSION 2023
August 6th — December 30th

Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Open Swim	Closed	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	2:30-4:00pm	12:00-2:00pm
Lap swim	Closed	4:00-7:30pm	4:00-5:30pm	4:00-8:00pm	6:00-8:00pm	4:00-6:00pm	7:00am 12:00pm
High School Swim Team 7/31–11/3	Closed	X	X	X	4:30-5:30pm	X	X
Synch Rays	Closed	X	5:30-8:00pm	X	5:30-8:00pm	X	9:30am- 12:00pm
TEAM	Closed	4:00-7:15pm	4:00-7:15pm	4:00-7:15pm	4:00-7:15pm	4:00-6:00pm	7:00-9:45am

NOTICE

6pm Closure for High School Swim Meet

Tuesday October 10th, 2023

Fall 2023 Holiday Hours

Mon, Sept 4:	OPEN 8am—1pm
Fri, Nov 10:	CLOSED
Thurs/Fri, Nov 23 & 24:	CLOSED
Fri/Mon, Dec 22, 25:	CLOSED
Mon, Jan 1:	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 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 th 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



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 <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>	
Non-resident Rec Card:	\$30/individual	\$100/family <i>Family = Any 2 adults and all children under age 18 residing at the same address.</i>	
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 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** 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** **Must have a current Rec Card to participate.**