



**Loretta Ingraham Pool**  
 1611 N. Hubert Ave. (813) 348-2080  
 Tampa.gov/pools

**FALL 2023**  
**November 6th — December 30th**

Activities	Sun	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
<b>Lap Swim</b>	X	8:00am-12:00pm 3:00-8:00pm	8:00am-12:00pm 3:00-7:00pm	8:00am-12:00pm 3:00-8:00pm	8:00am-12:00pm 3:00-8:00pm	8:00-11:30am	8:00am-12:00pm
<b>Open Swim</b>	X	12:00-8:00pm	12:00-7:00pm	12:00-8:00pm	12:00-8:00pm	2:30-5:00pm	12:00-3:00pm
<b>Aqua Exercise</b>	X	8:30-9:30am	X	8:30-9:30am	X	8:30-9:30am	X
<b>Loretta Ingraham Swim Club</b>	X	X	X	9:30-10:30am	X	X	X
<b>Water Aerobics Stretch and Tone</b>	X	9:30-10:30am	X	9:30-10:30am	X	9:30-10:30am	X
<b>Water Aerobics Resistance Training</b>	X	X	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am	X
<b>Star Swim Club</b>	X	X	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	X	X
<b>Parent/Child Aquatics (Ages 6 months-3)</b>	X	X	9:00-9:30am	X	9:00-9:30am	X	9:15-9:45am
<b>Parent/Child Aquatics (Ages 6 months-3)</b>	X		5:00-5:30pm		5:00-5:30pm	X	X
<b>Pre School Aquatics (Ages 3-5)</b>	X	X	9:45-10:15am	X	9:45-10:15am	X	10:00-10:30am
<b>Pre School Aquatics (Ages 3-5)</b>	X		5:30-6:00pm	X	5:30-6:00pm	X	x
<b>Learn to Swim (Ages 6 -15)</b>	X	X	X	X	X	X	10:45-11:15am
<b>Learn to Swim (Ages 6- 15)</b>	X	X	6:00-6:30pm	X	6:00-6:30pm	X	x
<b>Adult Swim Lessons</b>	X	X	8:30-9:00am	X	8:30-9:00am	X	X
<b>Adult Swim Lessons</b>	X	X	X	X	X	X	8:30-9:00am
<b>Adult Swim Lessons</b>	X	6:00-6:30pm	X	6:00-6:30pm	X	X	X
<b>TEAM</b>	X	3:30-8:00pm	3:30-7:30pm	3:30-8:00pm	3:30-8:00pm	X	8:00-10:45am

Swim Lesson Session Dates (8 lessons)	
<b>Session Dates—2 days a week classes—Weeks of -</b>	
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	
<b>Session Dates— Saturday classes—Weeks of-</b>	
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 & current Rec Card.**

**PRESCHOOL AQUATICS Ages 3 to 6 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 & current Rec. Card**

**LEARN TO SWIM Ages 6 –15.** Whether it's the first time in the water or you are interested in improving your strokes, our experienced instructors offer a wide variety of lessons for all ages and skill levels. Participants are tested and placed into the appropriate swim group. Instructors follow the *American Red Cross Learn to Swim Program* guidelines and offer Levels 1 thru 6 along with preschool, parent/tot, and adult lessons. **Class Fee: \$24 per session & current Rec Card.**

**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.

**WATER AEROBICS Adults 18 and up.** Join the fun group for individuals with movement limitations or those seeking another aspect to their fitness program without all the stress on your joints. Also included stretch and tone, resistance training and tai chi. Proper swim attire is required. **Class Fee is current Rec. Card.**

**INGRAHAM SWIM CLUB Ages 5-17.** Sessions will focus on stroke technique and endurance swimming. Swimmers must be able to swim one lap of the pool unassisted using free style stroke. **Class fee: \$12 per month plus a current Rec card.**

**STAR SWIM CLUB** Offering swim lessons tailored to each student based on age and skill level. Developed by the husband and wife team of Igor and Olena, swim classes are interactive, safe, and effective. To schedule, please call 727-488-7963. **Current Rec Card required.**

**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** **Current Rec Card required.**



### AMERICAN RED CROSS 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
Saturdays	Dec. 2, 9	12-5pm	Danny Del Rio Pool 10105 N. Boulevard	813-931-2107