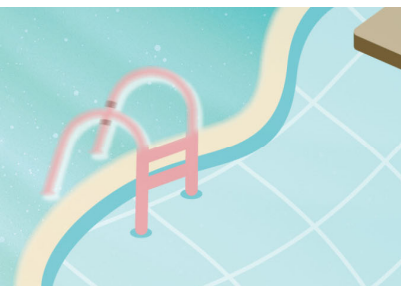




LORETTA INGRAHAM POOL
 1611 N. Hubert Ave. (813) 348-2080
 Tampa.gov/pools



Winter – Spring 2023
February 27th – May 27th

| Activities | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|----------------|----------------|-----------------|----------------|----------------|-----------------|
| Lap Swim | X | 8:00am-12:00pm | 8:00am-12:00pm | 8:00am-12:00pm | 8:00am-12:00pm | 8:00am-12:00pm | 8:00am-12:00pm |
| Open Swim | X | 12:00-3:00pm | 12:00-3:00pm | 12:00-3:00pm | 12:00-3:00pm | X | 12:00-3:00pm |
| Aqua Exercise | X | 8:30-9:30am | X | 8:30-9:30am | X | 8:30-9:30am | X |
| Water Aerobics Stretch & Tone | X | 9:30-10:30am | X | 9:30-10:30am | X | 9:30-10:30am | X |
| Water Aerobics Resistance Training | X | 10:30-11:30am | 10:30-11:30am | 10:30-11:30am | 10:30-11:30am | 10:30-11:30am | 11:15am-12:15pm |
| Loretta Ingraham Swim Club | X | X | X | 11:30am-12:30pm | X | X | X |
| Parent/Child Aquatics (Ages 6 months-3) | X | X | X | X | X | X | 9:00-9:30am |
| Parent/Child Aquatics (Ages 6 months-3) | X | X | 9:00-9:30am | X | 9:00-9:30am | X | X |
| Pre School Aquatics (Ages 3-5) | X | X | X | X | X | X | 10:00-10:30am |
| Pre School Aquatics (Ages 3-5) | X | X | 9:30-10:00am | X | 9:30-10:00am | X | X |
| Learn to Swim Levels 1-6 (Ages 6 and up) | X | X | X | X | X | X | 10:30-11:00am |
| Adult Swim Lessons | x | 12:30-1:00pm | X | 12:30-1:00pm | X | X | X |
| Adult Swim Lessons | X | X | X | X | X | X | 8:30-9:00am |

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 7: CLOSED

Monday, May 29: OPEN 8:00am-1:00pm



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: Rec Card & \$24 per session**

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: Rec Card & \$24 per session.**

LEARN TO SWIM Ages 6 and up. 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. Proper swim attire required. **Class Fee: Rec Card & \$24 per session.**

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 Lap 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. **Class Fee: Current Rec. Card or Daily drop in.**

WATER AEROBICS Adults. 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 aerobic. Proper swim attire is required. **Class Fee: 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. **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.**