



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



Winter – Spring 2024
December 31 – June 1st

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

Weekday Classes:

Session I: Weeks of 1/29-2/23

Session II: Weeks of 2/26-3/22

Session III: Weeks of 3/25-4/19

Session IV: Weeks of 4/22-5/17

Saturday Classes:

Session I: 2/3-3/23 Session II: 3/30-5/18

Winter-Spring 2024 Holiday Hours

Monday, Jan 1: CLOSED

Monday, Jan. 15: CLOSED

Friday, March 29: CLOSED

Monday, May 27: OPEN 12:00-5:00pm

AMERICAN RED CROSS LIFEGUARD COURSE - Blended Learning

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 / City of Tampa Lifeguard Candidates \$40.**



Class is a blended learning format which requires some assignments completed at home on your computer prior and during the course. You must attend ALL in-person dates listed to complete the course.

Day	Dates	Time	Location	Phone
Sat	Jan 27, Feb 3,10,17	10am-3pm	Danny Del Rio Pool, 10105 North Blvd.	813-931-2107
Sat	Feb 10,17,24, March 2	10am-3pm	Cyrus Greene Pool, 2101 E. MLK Blvd.	813-242-5305
Sat/Sun	Feb 17,18,24,25	10am-3pm	Roy Jenkins Pool, 154 Columbia Dr.	813-250-3355
Sat	March 2,9,16,23	10am-3pm	Danny Del Rio Pool, 10105 North Blvd.	813-931-2107
Sat	March 9,16,23,30	8am-1pm	Bobby Hicks Pool, 4120 W. Mango Ave.	813-832-1217
Sat	March 9,16,23,30	10am-3pm	Cyrus Greene Pool, 2101 E. MLK Blvd.	813-242-5305
M-Th	March 11,12,13,14	8am-1pm	Bobby Hicks Pool, 4120 W. Mango Ave.	813-832-1217
Sat	March 23,30, April 6,13	9am-2pm	Loretta Ingraham Pool, 1611 N. Hubert Ave.	813-348-2080
Sat/Sun	April 6,7,13,14	Sa 9am-3pm/Su 11am-3pm	Danny Del Rio Pool, 10105 North Blvd.	813-931-2107
Sat	April 13,20,27,24	8am-1pm	Bobby Hicks Pool, 4120 W. Mango Ave.	813-832-1217
M-F	April 15,16,17,18,19	4-8pm	Cyrus Greene Pool, 2101 E. MLK Blvd.	813-242-5305
Sat/Sun	April 20,21,27,28	10am-3pm	Roy Jenkins Pool, 154 Columbia Dr.	813-250-3355
M-Fr	April 22,23,24,25,26	4-8pm	Loretta Ingraham Pool, 1611 N. Hubert Ave.	813-348-2080
Sat	May 4,11,18	10am-5pm	Cyrus Greene Pool, 2101 E. MLK Blvd.	813-242-5305
Sat/Sun	May 11,12,18,19	10am-3pm	Roy Jenkins Pool, 154 Columbia Dr.	813-250-3355

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 /City of Tampa Lifeguard Candidates \$40

Day	Dates	Time	Location	Phone
Sat/Sun	Feb 17 & 24	12-5pm	Loretta Ingraham Pool, 1611 N. Hubert Ave	813-348-2080
Sat	April 20 & 27	10am-3pm	Danny Del Rio Pool, 10105 N. Blvd.	813-931-2107

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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 813-753-5059.

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.**