



CUSCADEN POOL

2900 North 15th Street (813) 242-5302

Tampa.gov/ Pools

Summer 2024 May 26th – August 10th

Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Open Swim	12:00-5:00pm	X	1:00-7:00pm	1:00-7:00pm	1:00-7:00pm	2:30pm-7:00pm	12:00-5:00pm
Lap Swim	X	X	10:00am-1:00pm	10:00am-1:00pm	10:00am-1:00pm	10:00am-12:00pm	10:00am-1:00pm
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	10:15-10:45am	10:15-10:45am	10:15-10:45am	10:15-10:45am	X
Parent/Child Aquatics (Ages 6 months -3)	X	X	X	X	X	X	10:15-10:55am
Preschool Aquatics (Ages 3 - 5)	X	X	11:00-11:30am	11:00-11:30am	11:00-11:30am	11:00-11:30am	X
Preschool Aquatics (Ages 3 - 5)	X	X	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	X
Preschool Aquatics (Ages 3 - 5)	X	X	X	X	X	X	11:00-11:40am
Learn to Swim (Ages 6-15)	X	X	11:45am-12:15pm	11:45am-12:15pm	11:45am-12:15pm	11:45am-12:15pm	X
Learn to Swim (Ages 6-15)	X	X	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	X
Learn to Swim (Ages 6-15)	X	X	X	X	X	X	11:45am-12:10pm
Adult Swim Lessons (Ages 16 & up)	X	X	X	6:15-6:45pm	X	6:15-6:45pm	X
Adult Swim Lessons (Ages 16 & up)	X	X	X	X	X	X	12:15-12:55pm
Novice Swim Team	X	X	6:15-6:45 pm	X	6:15-6:45pm	X	X

City of Tampa Parks and Recreation Aquatic Fees

Resident Rec Card: \$15/individual \$50/family
*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.*

Non-resident Rec Card: \$30/individual \$100/family
Family = Any 2 adults and all children under age 18 residing at the same address.

Lap Swim Pass: \$10/month \$25/4 months \$65/annual

Daily Drop-in Fee for swim session: Youth and Senior -\$2.00 Adult - \$4.00

Swim Lesson Session Dates (8 lessons)

Session Dates—4 days a week classes—Weeks of -

Session I: June 3—June 14 **Session II:** June 24— July 5 **Session III:** July 8—July 1 **Session IV:** July 22—August 2

Session Dates—1 day a week classes—Weeks of-*(Class is 40 minutes)

Session I: June 8, 22, July 6, 20, August 3, and 10

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) plus a current Rec Card.**

PRESCHOOL 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) plus a current Rec Card.**

LEARN TO SWIM 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) plus a current Rec Card**

ADULT SWIM LESSONS Ages 16 and up. Whether you are just learning to swim or simply want to improve your strokes, our instructors will work with you to gain more skill and confidence in the water. **Class Fee: \$24 per session (8 lessons) plus a current Rec Card.**

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

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 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. **All participants must have a current Rec. Card or pay the daily drop in fee.**

AQUA FITNESS Ages 18 and up. Take the jolt out of your aerobic workout with this program in waist deep water. Use the water as resistance and work your arms, legs, and even your core. Class achieves a mild aerobic workout and is a lot of fun. **Class Fee: Current Rec Card.**

AQUA FITNESS DEEPLY FIT Athletes and beginners are invited to take the plunge. Deep water running and cardio moves guaranteed to challenge your body and stamina. This class will utilize aquatic floatation belts, aquatic dumbbells, and drag equipment. **Class Fee: Current Rec Card.**

NOVICE SWIM TEAM Ages 5-15 and must be able to swim 25 yards unassisted. Take your swim lessons one step further. If your children love being in and around the water, competitive swimming may be their sport. Members will focus on developing skills in free-style, back stroke, breast stroke and butterfly in a team atmosphere. Swimmers will compete in 4 swim meets during the summer season. **Class Fee: Current Rec Card.**

Summer 2024 Holiday Hours

Monday, May 27: Open Swim 12:00–5:00pm

Wednesday June 19: Open Swim 12:00-5:00pm

Thursday, June 20 Event, Closed Select Hours in am

Thursday, July 4: Open Swim 12:00-5:00pm