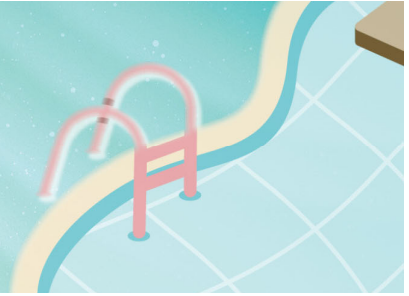




INTERBAY POOL

4321 W Estrella St (813) 282-2910
Tampa.gov/pools

Winter – Spring 2024 February 1st–March 2nd



Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Open Swim	X	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	2:30pm-4:00pm	12:00pm-2:00pm
Lap swim (Limited Lanes PM)	X	5:30am-12:00pm 4:00pm-8:00pm	5:30am-12:00pm	5:30am-12:00pm 4:00pm-6:00pm	5:30am-12:00pm	5:30am-11:30am 2:30-6:30pm	7:00am-12:00pm
Aqua Fitness	X	9:30am-10:15am	X	9:30am-10:15am	X	9:30am-10:15am	X
Parent/Child Aquatics (Ages 6 months-3)	X	X	9:00am-9:30am	X	9:00am-9:30am	X	X
Pre-School Aquatics (Ages 3-5)	X	X	9:30am-10:00am	X	9:30am-10:00am	X	X
Greater Tampa Swim Association	X	4:00pm-8:00pm	5:30am-6:30am 4:00pm-7:30pm	4:00pm-8:00pm	5:30am-6:30am 4:00pm-7:30pm	5:30am-6:30am 4:00pm-6:30pm	7:00am-10:00am
Synch Rays	X	X	5:30pm-8:00pm	6:00pm-8:00pm	5:30pm-8:00pm	X	10:00am-12:30pm

Swim Lesson Session Dates (8 Lessons)

February 6th–February 29th

Bobby Hicks will be Closed for maintenance beginning February 1st and will reopen on March 2nd 2024

Winter-Spring 2024 Holiday Hours

Monday, Jan 1: CLOSED
 Monday, Jan. 15: CLOSED
 Friday, March 29: CLOSED
 GTSA Swim Meet, April 5,6,7 ALTERNATE HOURS TBD
 Monday, May 27: OPEN 8:00am-1:00pm

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 call us 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: \$24 per session (8 lessons)**

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)**

LEARN TO SWIM (Levels 1-3) (Ages 6 and up). In levels 1-3, participants work to improve on their water comfort level and begin to learn the basics of swimming. As the levels increase swimmer's body position becomes more horizontal and they start to make forward progress in the water with ease. Please speak with an instructor today if you are unsure of participant's current swim level. **Class Fee: \$24 per session (8 lessons) *An instructor will assign the participant's level**

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

LAP SWIM (Ages 18 and up), or by special permission. **A Rec Card and 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.

AQUA FITNESS A low impact workout of medium intensity held in chest deep water. Uses drag equipment, foam dumbbells and noodles. Deep water athletes and beginners can use floatation belts. Deep water running and cardio moves will challenge your body and stamina. **Class Fee: Current Rec Card**

AQUA FITNESS Fast paced and creative choreography that is fun and easy to follow. Cardiovascular aquatic workout utilizing drag equipment, aquatic dumbbells, and noodles.

GREATER TAMPA SWIM ASSOCIATION A year round swim program to reach all levels of swimmers in the community. Our coaches instruct in the water to help improve swimmers strokes, technique, and much more. GTSA programs encourage swimmers to maintain a balance of fun and commitment. For information (813) 254-5012