

DR. MARTIN LUTHER KING JR. MAY 25-AUGUST 9

2200 N Oregon Ave.

(813) 259-1640

tampa.gov/pools

Pool Highlights: ADA Zero Entry, Tube Slide

Activities	SUN	MON	TUE	WED	THU	FRI	SAT
Open Swim (Non-swimmers & Guardians)	—	Noon-7 pm	Noon-7 pm	Noon-7 pm	Noon-7 pm	2:30-7 pm	Noon-5 pm
Lap Swim	—	11 am-noon	11 am-noon	11 am-noon	11 am-noon	11 am-noon	10 am-noon
Parent/Child Aquatics (6 months-3 years)	—	4:15-4:45 pm	—	4:15-4:45 pm	—	—	—
Parent/Child Aquatics (6 months-3 years)	—	—	4:15-4:45 pm	—	4:15-4:45 pm	—	—
Parent/Child Aquatics (6 months-3 years)	—	—	—	—	—	—	10-10:30 am
Pre-School Aquatics (3-5 years)	—	5-5:30 pm	—	5-5:30 pm	—	—	—
Pre-School Aquatics (3-5 years)	—	—	5-5:30 pm	—	5-5:30 pm	—	—
Pre-School Aquatics (3-5 years)	—	—	—	—	—	—	10:45-11:15 am
Learn To Swim (6-15 years)	—	5:45-6:15 pm	—	5:45-6:15 pm	—	—	—
Learn To Swim (6-15 years)	—	—	5:45-6:15 pm	—	5:45-6:15 pm	—	—
Learn To Swim (6-15 years)	—	—	—	—	—	—	11:30 am-Noon
Adult Lessons (16 & up)	—	6:30-7 pm	—	6:30-7 pm	—	—	—
Adult Lessons (16 & up)	—	—	6:30-7 pm	—	6:30-7 pm	—	—
Aqua Fitness	—	11 am-Noon	—	11 am-Noon	—	—	—
Novice Swim Team	—	—	Noon-1 pm	—	Noon-1 pm	—	—



SWIM LESSON SESSION DATES (8 total lessons)

Classes 2 days a week:
Session I: Weeks of June 2–27
Session II: Weeks of July 7– August 1

Classes 1 day a week:
Session I: June 7– July 26

PARENT/CHILD AQUATICS, AGES 6 MONTHS-3 YEARS

\$24 per session (8 lessons)

This program familiarizes young children with the water and prepares them to learn to swim. Parents are given safety information, taught techniques to help orient children to the water, and direction regarding how to supervise water activities. This is a great bonding experience with wonderful lifelong memories.

PRESCHOOL AQUATICS, AGES 3-5 YEARS

\$24 per session (8 lessons)

This program promotes the developmentally appropriate learning of fundamental water safety and aquatic skills. 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.

LEARN TO SWIM, AGES 6-15

\$24 per session (8 lessons)

In levels 1-3, participants improve water comfort level and begin to learn swimming basics. As levels increase, body position becomes more horizontal and they start to make forward progress in the water with ease. In levels 4-6, participants build on basic skills, learn various propulsive movements, refine strokes and increase endurance.

An instructor will assign the participant's level; Must pass Red Cross Level 3 Water Competency Exit Assessment

ADULT SWIM LESSONS, AGES 16 & UP

\$24 per session (8 lessons)

Whether you are just learning to swim or simply want to improve your strokes, our instructors will work with you so you can gain more skill and confidence in the water.

PRIVATE LESSONS

\$12.50 per 30-minute lesson

Based on staff and scheduling availability.

LAP SWIM, AGES 18 & UP OR BY SPECIAL PERMISSION

Current Lap Swim Pass

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

Current Rec Card or pay daily drop-in fee

Enjoy pool and all amenities. Proper attire required. Swimmers under 18 will be tested and given wrist band to signify shallow or deep-swim ability. Floatation devices must be Coast Guard approved. Life vests available upon request. Children under 8 must be accompanied by an adult in the water and out. Note feature pool & main pool schedules.

AQUA FITNESS

Current Rec Card or pay daily drop-in fee

Medium-intensity, low-impact workout in chest-deep water. Class will increase cardiovascular endurance and emphasize muscular strength and flexibility. Water equipment will be used for added resistance. Water dumbbells and water noodles provided.

NOVICE SWIM TEAM

Ages 5-15 Current Rec Card

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 freestyle, back stroke, breast stroke and butterfly in a team atmosphere. Swimmers will compete in 4 swim meets during the summer season. Must be able to swim 25 yards unassisted

Summer 2025 Special Hours

Thursday, June 19 Open Swim, Noon-5 pm
Thursday, June 26 Special event, 8 am-noon
Friday, July 4, Open Swim, Noon-5 pm

City of Tampa Parks and Recreation Aquatic Fees

Resident Rec Card

\$15 per person
\$50 per family

*Family includes any 2 adults and all children under age 18
residing at the same address*

Non-resident Rec Card

\$30 per person
\$100 per family

**Senior Non-residents and Disabled Non-resident Youth
may purchase Rec Cards at Resident rates.**

Lap Swim Pass

\$10 per month
\$25 for 4 months
\$65 a year

Daily Drop-in Swim Fee

\$2 Youth and Senior
\$4 Adult

