

Loretta Ingraham Recreation Complex  
 Recreation Programs—Fall 2009

Session II—September 28—November 8

1611 N. Hubert Avenue (813) 348-1175

Effective August 17, 2009, participation in all programs will require a Rec Card.

See center staff for more pricing information.

Course Name	Age	Days	Dates	Time	Fee
"Tots" of Fun	3 - 5 yrs.	Th	Oct. 1- Nov. 5	9-10:30 a.m.	\$45
Magical Movement—PS Dance	3 - 5 yrs.	Th	Oct. 1- Nov. 5	3-4 p.m.	\$25
Shining Stars—Beginning Dance	6 - 8 yrs.	Th	Oct. 1- Nov. 5	4-5 p.m.	\$25
Jammin" Jazz—Hip Hop & Jazz	9 yrs. & up	Th	Oct. 1- Nov. 5	5-6 p.m.	\$25
Cheerleading	5 yrs. & up	W & F	Oct. 2 - Dec. 11	3:30 p.m.	\$45
Senior Sit 'N Fit	55 yrs. & up	M & W	Sept. 28 - Nov. 4	10-11 a.m.	\$24
Crafty Seniors	55 yrs. & up	Th	Oct. 1- Nov. 5	11 a.m.-1 p.m.	\$24
Senior Circuit Training	55 yrs. & up	F	Oct. 2- Nov. 6	Noon-1 p.m.	\$24
Open Gym—Basketball	16 & under	M	Aug. 24 - Nov. 2	6-7 p.m.	Rec. Card Only
	18 yrs. & up	M	Aug. 24 - Nov. 2	7-8:30 p.m.	Rec. Card Only
Open Gym—Volleyball	18 yrs. & up	F	Aug. 28 - Nov. 6	6-7:30 p.m.	Rec. Card Only
Circuit Training	14 yrs. & up	M	Sept. 28 - Nov. 2	6:30-7:30 p.m.	\$30
"Starting Over" Adult Exercise	18 yrs. & up	T & Th	Sept. 29 - Nov. 5	6-7 p.m.	\$36
Adult Co-Ed Dodge ball League	18 yrs. & up	T	Sept. 29 - Nov. 3	7-8:30 p.m.	\$20/team
Adult Co-Ed Volleyball League	18 yrs. & up	W	Begins Sept. 30	TBD	\$20/team

**OVER FOR INFORMATION ON AQUATIC PROGRAMS AND SCHEDULES**

Loretta Ingraham Recreation Complex  
 Aquatics Programs Fall 2009  
 Session II—September 28—November 8  
 1611 N. Hubert Avenue (813) 348-1175

Effective October 1, 2009, participation in all aquatics programs will require a Rec Card. A daily fee may also apply.  
 See center staff for more pricing information.

Course Name	Age	Days	Dates	Time	Fee
Lap Swim	18 yrs. & up 18 yrs. & up 18 yrs. & up 18 yrs. & up 18 yrs. & up 18 yrs. & up	M - Th M - Th F F Sa Su	Aug. 24 - Early Nov. Aug. 24 - Early Nov. Aug. 28 - Early Nov. Aug. 28 - Early Nov. Aug. 22 -Nov. 7 Aug. 23-Nov. 8	8 a.m.-3 p.m. 6-7 p.m. 8 a.m.-3 p.m. 4:30-6 p.m. 11 a.m.-4 p.m. 11 a.m.-4 p.m.	<i>Rec Card Required after October 1.</i>
Public Swim	All ages	M - F Sa Su	Aug. 17 - Nov. 6 Aug. 22 - Nov. 7 Aug. 23 - Nov. 8	2-5 p.m. Noon-4 p.m. Noon-4 p.m.	<i>Rec Card Required after October 1.</i>
Family Swim	All ages	M - F	Aug. 17 - Nov. 6	5-6 p.m.	<i>Rec Card Required after October 1.</i>
My Buddy & Me	5 yrs. & under w/parent	M - F	Aug. 17 - Nov. 6	11 a.m. - 1 p.m.	<i>Rec Card Required after October 1</i>
Shallow Water Workout—Day	18 yrs. & up	M/W/F	Sept. 28 - Nov. 6	11 a.m.-Noon	<i>Rec Card Required after October 1.</i>
Shallow Water Workout—Evening	18 yrs. & up	T & Th	Sept. 29 - Nov. 5	5:30-6:30 p.m.	<i>Rec Card Required after October 1.</i>
Deep Water Workout	18 yrs. & up	T & Th	Sept. 29 - Nov. 5	11 a.m.-Noon	<i>Rec Card Required after October 1.</i>
Swim Instruction—Adult	18 yrs. & up	M & W	Sept. 28 - Nov. 4	Noon-12:30 p.m.	\$15
Swim Instruction—Preschool	3 - 5 yrs.	M & W	Sept. 28 - Nov. 4	10-10:30 a.m.	\$15
Swim Instruction—Beginner & Adult	5 yrs. & up	T & Th	Sept. 29 - Nov. 5	6-6:30 p.m.	\$15

**OVER FOR INFORMATION ON RECREATION PROGRAMS**