



**Cuscaden Pool**  
**2900 N. 15th Street**  
[tampagov.net/ParksAndRec](http://tampagov.net/ParksAndRec)

**Fall 2016**

**August 13 – December 31**

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	2:00-7:00pm	12:00-5:00pm
Lap Swim	12:00-5:00pm	x	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	11:00am-12:00pm
Aqua Exercise	x	x	12:00-1:00pm	x	12:00-1:00pm	x	x
Parent/Child Aquatics (Ages 6 months -3)	x	x	11:00-11:30am	11:00-11:30am	11:00-11:30am	11:00-11:30am	x
Parent/Child Aquatics (Ages 6 months -3)	x	x	x	x	x	x	11:00-11:30am
Preschool Aquatics (Ages 3 - 5)	x	x	11:30-12:00pm	11:30-12:00pm	11:30-12:00pm	11:30-12:00pm	x
Preschool Aquatics (Ages 3 - 5)	x	x	x	x	x	x	11:00-11:30am
Learn to Swim (Ages 6 and up)	x	x	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	x
Learn to Swim (Ages 6 and up)		x	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	x
Learn to Swim (Ages 6 and up)	x	x	x	x	x	x	11:30-12:00pm
Adult Swim Lessons	x	x	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	x
Adult Swim Lessons	x	x	x	x	x	x	11:30-12:00pm
Developmental Swim Team	x	x	5:00- 6:00pm	5:00- 6:00pm	5:00- 6:00pm	5:00-6:00pm	x

\* Closing hours are subject to change based on Department of Health code requirement for facilities that do not meet minimum lighting guidelines. Pool must be closed 30 minutes prior to sunset.

**Swim Lesson Session Dates (8 Lessons)**

**Monday—Thursday Classes**

Session 1: Aug. 15—Aug.25	Session 2: Aug. 29—Sept. 8
Session 3: Sept. 12—Sept. 22	Session 4: Sept. 26—Oct. 6
Session 5: Oct. 10— Oct. 20	Session 6: Oct. 24—Nov. 3
Session 7: Nov. 7— Nov. 17	Session 8: Nov. 28—Dec. 8

**Saturday Classes**

Session I: Aug. 20—Oct. 8	Session II: Oct. 15—Dec. 10 *no class Nov 26.
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**2016 Fall Holiday Hours**

Sept. 5th:	Labor Day - Open 12-5pm
Nov. 11th:	Closed
Nov. 24, 25:	Closed
Dec. 23, 26:	Closed

**All participants must purchase a Rec Card to use any facility or participate in any program including Lap Swim, Water Aerobics, etc.**

**Proper swim attire required for all pool activities and classes**

- Lap Swim participants must also purchase a seasonal Aquatic Pass or pay a daily drop-in fee.
- Open Swim sessions are free to Rec Card holders. Non-Rec Card holders must pay the daily drop-in fee.

<b>Fees:</b>	<b>Resident Rec Card:</b>	\$15/individual	\$50/family
		<i>Family = Any 2 adults and all children under age 18 residing at the same address.</i>	
		<i>Senior Non-residents and Disabled Non-resident Youth may purchase Rec Cards at Resident rates.</i>	
	<b>Non-resident Rec Card:</b>	\$30/individual	\$100/family
		<i>Family = Any 2 adults and all children under age 18 residing at the same address.</i>	
	<b>Seasonal Aquatic Pass:</b>	\$25/season (Summer, Fall, Winter/Spring)	
		<u>Swim Pass Dates 2016</u>	
		Winter/Spring; Jan 3–June 11	
		Summer: June 12–Sept 24	
		Fall: Sept 25–Dec 31	
	<b>Daily Drop-in Fee for swim session:</b>	Youth and Senior -\$2.00	Adult - \$4.00

## Class Descriptions — Cuscaden Pool

**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** **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)**

**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)**

**LAP SWIM** **Ages 18 and up or by special permission.** **A Rec Card and Seasonal 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 EXERCISE** **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.**

**DEVELOPMENTAL SWIM TEAM** **Ages 5 and up.** 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. **Class Fee: Current Rec Card. Note. Additional fees may be incurred for competitions.**