



Sulphur Springs Pool
713 E. Bird Street (813) 931-2156
tampagov.net/ParksandRec
 Pre-registration and class fees may apply. See staff for details

Fall 2016

August 14 – December 31

Activities	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Lap Swim	10:00am-1:00pm	10:00am-2:00pm	10:00am-2:00pm	10:00am-2:00pm	10:00am-2:00pm	9:30-11:30am	10:00am-1:00pm
* Open Swim	1:00-4:00pm	2:00-6:00pm	2:00-6:00pm	2:00-6:00pm	2:00-6:00pm	2:30-6:00pm	1:00-5:00pm
Aqua Exercise	X	11:00am-12:00pm	X	11:00am-12:00pm	X	10:30-11:30am	12:00-1:00pm
Parent/Child Aquatics (Ages 6 months–3)	X	X	11:00-11:30am	X	11:00-11:30am	X	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	11:30am-12:00pm	X	11:30am-12:00pm	X	X
Preschool Aquatics (Ages 3–5)	X	4:00-4:30pm	X	4:00-4:30pm	X	X	X
Preschool Aquatics (Ages 3–5)	X	X	X	X	X	X	11:00-11:30am
Learn to Swim (Ages 6 & up)	X	4:30-5:00pm	X	4:30-5:00pm	X	X	X
Learn to Swim (Ages 6 & up)	X	X	X	X	X	X	11:30am-12:00pm
Adult Swim Lessons	X	X	X	X	X	X	11:30am-12:00pm
Mini Rays	X	X	X	3:45-4:30pm	X	X	X
Lifeguard Training	9:00am-5:00pm	X	X	X	X	X	9:00am-5:00pm

* Sulphur Springs Pool 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.

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.

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.
Seasonal Aquatic Pass: \$25/season (Summer, Fall, Winter/Spring)
Fall 2016 Session: Sept. 25–Dec. 31
Daily Drop-in Fee for swim session: Youth and Senior -\$2.00 Adult - \$4.00

Swim Lesson Session Dates (8 lessons)

Weekday classes:

Session I: August 30—September 29*

Session II: October 4—27

Saturday classes:

Session I: August 13—October 1

Session II: October 8—December 3**

* No classes September 5 in observance of Labor Day

** No classes November 26 in observance of Thanksgiving

2016 Holiday Hours

Mon., Sept. 5: 12:00—5:00pm

Fri., Nov. 11: CLOSED

Thur./Fri., Nov. 24 & 25: CLOSED

Dec Holiday TBD: CLOSED

Sun/Mon, Jan. 1 & 2: CLOSED

Lifeguard Training Session Dates

September 17, 18, 24 & 25, 2016

October 15, 16, 22, & 23, 2016

November 5, 6, 12, & 13, 2016

Saturdays and Sundays 10am-4pm

CLASS DESCRIPTIONS—SULPHUR SPRINGS 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: Current Rec Card and \$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 for 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: Current Rec Card and \$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: Current Rec Card and \$24 per session (8 lessons)**

ADULT SWIM LESSONS: Learn to swim or improve your strokes. We will work with you at your own pace and according to your swim level and goals. **Class Fee: Current Rec Card and \$24 per session (8 lessons)**

LAP SWIM: 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 without the stress on muscle, bones, tendons, and ligaments. **Class Fee: Current Rec Card**

SWIM CLUB: Does your child love the water and want to swim like Michael Phelps? This grassroots program exposes swimmer to competitive training and improves their strokes. **Class Fee: Current Rec Card**