



# Cuscaden Pool

2900 N. 15th Street (813) 242-5302  
 tampagov.net/ParksAndRec

## Fall 2020 Session I August 24th—October 31

Activities	Sun	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
<b>Open Swim</b>	12:00-5:00pm	x	1:00-7:00pm	1:00-7:00pm	1:00-7:00pm	2:00pm-7:00pm	12:00-5:00pm
<b>Lap Swim</b>	12:00-5:00pm	x	10:00am-1:00pm	10:00am-1:00pm	10:00am-1:00pm	10:00am-12:00pm	10:00-12:00pm
<b>Family Swim for Children with Special Needs</b>	11:00am-12:00pm	x	x	x	x	x	x
<b>Aqua Exercise</b>	x	x	11:00am-12:00pm	x	11:00am-12:00pm	11:00am-12:00pm	x
<b>Parent/Child Aquatics</b> (Ages 6 months -3)	x	x	10:00-10:30am	10:00-10:30am	10:00-10:30am	10:00-10:30am	x
<b>Parent/Child Aquatics</b> (Ages 6 months -3)	x	x	x	x	x	x	10:00-10:30am
<b>Parent/Child Aquatics</b> (Ages 6 months -3)	x	x	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	x
<b>Preschool Aquatics</b> (Ages 3 - 5)	x	x	11:30am-12:00pm	11:30am-12:00pm	11:30am-12:00pm	11:30am-12:00pm	x
<b>Preschool Aquatics</b> (Ages 3 - 5)	x	x	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	x
<b>Preschool Aquatics</b> (Ages 3 - 5)	x	x	x	x	x	x	10:30-11:00am
<b>Learn to Swim</b> (Ages 6 and up)	x	x	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	x
<b>Learn to Swim</b> (Ages 6 and up)	x	x	x	x	x	x	11:00-11:30am
<b>Adult Lessons</b>	x	x	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	x
<b>Adult Lessons</b>	x	x	x	x	x	x	11:30am-12:00pm
<b>Lifeguard Course</b>	x	x	x	x	x	x	9:00am-5:00pm

### CLASS MAKE UP POLICY

If class is cancelled by us due to weather or a facility issue, make up classes are available at the times/days listed. Makeups should be completed with the session enrolled. *2 make ups max for 2 days cancelled.* If more than 4 classes are cancelled due to weather in the session, staff will help you re-enroll into another session. Sorry—no makeups offered for not attending a scheduled class or make up.

### Swim Session Fees

<b>Rec Card:</b>	Allows for unlimited visits to Open Swim, Aqua Exercise, and Stretch & Tone for one year.		
<b>Lap Swim Pass:</b>	Required in addition to a Rec Card for unlimited entry during exclusive Lap Swim hours.		
<b>Daily Drop In Fee:</b>	Non card holders must pay a daily fee to use the pool. Rec Card holders without a Lap Swim Pass must pay a daily fee to swim during Lap Swim hours.		
<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. 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>Lap Swim Pass:</b>	\$10/month	\$25/4 months	\$65/1 year
<b>Daily Drop-in Fee :</b>	Youth and Senior—\$2.00	Adult—\$4.00	

### Swim Lesson Session Dates (8 lessons)

#### Tuesday through Friday Classes:

Session 1: August 11– 21	Session 2: August. 25–September 4
Session 3: September 8– 18	Session 4: September 22– October 2
Session 5: October 6- 16	Session 6: October 20– October 30
Session 6: November 3–13	Session 8: December 1– 11

Fridays are make up days.

*Note. Session dates may be adjusted due to Holiday or event closure.  
Instructor will inform class on the first day if session is affected.*

**Saturday classes:** Session 1: August 15– October 3  
Session 2: October 10– November 28

### Fall 2020 Holiday Hours

Monday, Sept. 7:	Open 12:00-5:00pm
Wednesday, Nov. 11:	Closed
Thurs/Fri Nov 26, 27:	Closed
Thurs/Fri Dec 24, 25:	Closed
Friday, Jan 1, 2021:	Closed

**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 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.

**FAMILY SWIM** Sensory friendly open swim time for children with special needs and their family. **Current Rec. Card required.**

**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.**

### Weather Policy

When lightning is seen or thunder heard the pool will be closed until there has been no lightning or thunder for 30 minutes. All patrons will be asked to leave the pool and deck areas immediately.