



Loretta Ingraham Pool
 1611 N. Hubert Ave. (813) 348-2080
 tampagov.net/ParksAndRec

Fall 2020 August 24th until further notice

Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Lap Swim	Closed	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm	Closed	8:00am-4:00pm
Open Swim	Closed	X	X	X	X	Closed	1:00-4:00pm
High School Swim Team Ends Nov 7th	Closed	4:30-6:00pm	4:30-6:00pm	X	4:30-6:00pm	Closed	8:30-10:00am
Parent/Child Aquatics (Ages 6 months-3)	Closed	X	X	X	X	Closed	10:00-10:30am
Preschool Aquatics (Ages 3-5)	Closed	X	X	X	X	Closed	10:45-11:15am
Learn to Swim Level 1-3 (Ages 6 and up)	Closed	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	Closed	X
Learn to Swim Level 1-3 (Ages 6 and up)	Closed	X	X	X	X	Closed	11:30am-12:00pm
Adult Lessons	Closed	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	Closed	X
Adult Lessons	Closed	X	X	X	X	Closed	11:30am-12:00pm

Programs listed below will be offered at Martin Luther King Pool until further notice.
2200 North Oregon Avenue Phone: 259-1640

Aqua Exercise Club	Closed	8:30-9:30am	X	8:30-9:30am	X	8:30-9:30am	X
Water Aerobics Stretch and Tone	Closed	9:30-10:30am	X	9:30-10:30am	X	9:30-10:30am	X
Water Aerobics Resistance Training	Closed	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	10:30-11:30am	X

Swim Lesson Session Dates (8 lessons)

Monday through Thursday Classes:

Session 1: August 10- 20 Session 2: August. 24-September 3
 Session 3: September 7 - 17 Session 4: September 21- October 1
 Session 5: October 5- 15 Session 6: October 19- October 29
 Session 6: November 2-12 Session 8: November 30-December 10

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

CLASS MAKEUP POLICY

If class is cancelled by us due to weather or a facility issue, makeup classes are available at the times/days listed. Makeups should be completed with the session enrolled. *2 makeups 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.

Swim Session Fees

Rec Card:	Allows for unlimited visits to Open Swim, Aqua Exercise, and Stretch & Tone for one year.		
Lap Swim Pass:	Required in addition to a Rec Card for unlimited entry during exclusive Lap Swim hours.		
Daily Drop In Fee:	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.		
Resident Rec Card:	\$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>		
Non-resident Rec Card:	\$30/individual	\$100/family	
	<i>Family = Any 2 adults and all children under age 18 residing at the same address.</i>		
Lap Swim Pass:	\$10/month	\$25/4 months	\$65/1 year
Daily Drop-in Fee :	Youth and Senior—\$2.00	Adult—\$4.00	

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.**

PRESCHOOL AQUATICS Ages 3 to 6 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.**

LEARN TO SWIM (Levels 1-3) (Ages 6 and up). In levels 1-3, participants work to improve on their water comfort level and begin to learn the basics of swimming. As the levels increase swimmer's body position becomes more horizontal and they start to make forward progress in the water with ease. Please speak with an instructor today if you are unsure of participant's current swim level. **Class Fee: \$24 per session (8 lessons) *An instructor will assign the participant's level**

LEARN TO SWIM (Level 4-6) (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) **Must pass Red Cross Level 3 Water Competency Exit Assessment**

PRIVATE LESSONS Private lessons are available based on staff and scheduling availability. **Class Fee: \$12.50 per 30 minute lesson**

AMERICAN RED CROSS LIFEGUARDING Must be at least 15 years old and pass a swimming skills pretest. Pretest includes a 300yd swim continuously using breast stroke or front crawl with rhythmic breathing; swim 20 yards, retrieve a 10 pound object from the bottom of the deep end, and return to the starting point and exit the pool within 1 minute 40 seconds; tread water only using their legs for 2 minutes. **Class Fee: \$100**

LAP SWIM Ages 18 and up or by special permission. **A Rec Card and Lap 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. **Class Fee: Current Aquatic pass**

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.

WATER AEROBICS Adults. Join the fun group for individuals with movement limitations or those seeking another aspect to their fitness program without all the stress on your joints. Also included stretch and tone, resistance training and tai chi. Proper swim attire is required. **Class Fee is current Rec. Card.**

AQUA TOTS Ages 6 Months to 5 years with a parent in the water. Bring you babies and young children to this special, self-led program of water play and fun. Water toys will be available to use during play time. Adult must be in the water and within arms reach of their children at all times. **Class Fee current Rec. Card or purchase of daily drop in.**

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

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.