



# INTERBAY POOL – FALL 2024

October 20-January 4

4321 W Estrella St.

(813) 282-2910

Tampa.gov/pools

Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
<b>Open Swim (All ages)</b>	10 am-4 pm	Noon-4 pm	Noon-4 pm	Noon-4 pm	Noon-4 pm	2:30-4 pm	Noon-4 pm
<b>Lap Swim</b>	X	5:30 am-Noon 4-7:30 pm	5:30 am-Noon 4-7:30 pm	5:30 am-Noon 4-7:30 pm	5:30 am-Noon 4-7:30 pm	5:30-11:30 am 4-6 pm	7 am-Noon
<b>Parent/Child Aquatics (Ages 6 months-3)</b>	X	X	X	9–9:30 am	X	9–9:30 am	X
<b>Parent/Child Aquatics (Ages 6 months-3)</b>	X	X	X	X	X	X	9–9:30 am
<b>Pre-School Aquatics (Ages 3-5)</b>	X	X	X	9:45–10:15 am	X	9:45–10:15 am	X
<b>Pre-School Aquatics (Ages 3-5)</b>	X	X	X	4:45-5:15 pm	X	4:45-5:15 pm	X
<b>Pre-School Aquatics (Ages 3-5)</b>	X	X	X	X	X	X	9:45–10:15 am
<b>Learn to Swim (Ages 6 &amp; up)</b>	X	X	X	5:30-6 pm	X	5:30-6 pm	X
<b>Learn to Swim</b>	X	X	X	X	X	X	10:30–11 am
<b>Aqua Fitness</b>	X	X	11:15 am–Noon	11:15 am–Noon	11:15 am–Noon	10:30-11:15am	11:15 am–Noon
<b>TEAM</b>	X	4-7:30 pm	4-7:30 pm	4-7:30 pm	4-7:30 pm	4-6 pm	X
<b>Synchro</b>	X	X	5:30–8 pm	X	5:30–8 pm	X	X
<b>Next Level Water</b>	X	6–7:30 pm	X	6–7:30 pm	X	X	X

### City of Tampa Parks and Recreation Aquatic Fees

Resident Rec Card	\$15/individual	\$50/family	
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>			
<i>Senior Non-residents and Disabled Non-resident Youth may purchase Rec Cards at Resident rates.</i>			
Lap Swim Pass	\$10/month	\$25/4 months	\$65/annual
Daily Drop-in Swim Fee	\$2 Youth and Senior	\$4 Adult	



**LAP SWIM, AGES 18 & UP OR BY SPECIAL PERMISSION**

**Current Lap Swim Pass**

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**

**Current Rec Card or pay daily drop-in fee**

Enjoy pool and all amenities. Proper attire required. Swimmers under 18 will be tested and given wrist band to signify shallow or deep-swim ability. Floatation devices must be Coast Guard approved. Life vests available upon request. **Children under 8 must be accompanied by an adult in the water and out. Note feature pool & main pool schedules.**

**AQUA FITNESS**

**Current Rec Card or pay daily drop-in fee**

Medium-intensity, low-impact workout in chest-deep water. This class will increase cardiovascular endurance and emphasize muscular strength and flexibility. Water equipment will be used for added resistance. Water dumbbells and water noodles - provided.

**NEXT LEVEL WATER POLO**

**Current Rec Card**

For swimmers 10-18 years old. Visit [nextlevelwaterpolo.com](http://nextlevelwaterpolo.com) or call (562) 212-5002 for more information.

**SYNCH RAYS**

**Current Rec Card**

Youth synchronized swimming club. Call Coach Beth Moore, (813) 833-7722, or send e-mail to [bethsynch@yahoo.com](mailto:bethsynch@yahoo.com) for more information.

**TEAM**

**Current Rec Card**

Tampa Elite Aquatic Manta Rays is a year-round competitive swim team. Send e-mail to Coach Ryan at [Ryan@TampaMantas.com](mailto:Ryan@TampaMantas.com) if you have questions about registering for the South Tampa Branch.

**Fall 2024 Special Hours**

On Monday, September 2, there will be Open Swim from 8 am - 1 pm

**Closures For High School Swim Meets (season ends November 9)**

On Tuesday, September 24 and Thursday, October 17, the pool will close at 6 pm for high school swim meets.

**Holiday Closures**

Monday, November 11

Tuesday-Wednesday, December 24-25

Thursday-Friday, November 28-29

Wednesday, January 1



**Parks & Recreation**  
CITY OF TAMPA