

LORETTA INGRAHAM POOL – FALL 2024

August 11-January 4

1611 N Hubert Ave. (813) 348-2080

Tampa.gov/pools

Activities	SUN	MON	TUE	WED	THU	FRI	SAT
Open Swim (All ages)	X	Noon-6:30 pm	Noon-6:30 pm	Noon-6:30 pm	Noon-6:30 pm	2:30-5 pm	Noon-3 pm
Lap Swim	X	8 am-Noon	8 am-Noon	8 am-Noon	8 am-Noon	8 am-Noon	8 am-Noon
Parent/Child Aquatics (6 months-3 years)	X	X	9-9:30 am	X	9-9:30 am	X	X
Parent/Child Aquatics (6 months-3 years)	X	X	5-5:30 pm	X	5-5:30 pm	X	X
Parent/Child Aquatics (6 months-3 years)	X	X	X	X	X	X	9:15-9:45 am
Pre School Aquatics (3-5 years)	X	X	9:30-10 am	X	9:30-10 am	X	X
Pre School Aquatics (3-5 years)	X	X	5:30-6 pm	X	5:30-6 pm	X	X
Pre School Aquatics (3-5 years)	X	X	X	X	X	X	10-10:30 am
Learn to Swim (6-15 years)	X	X	6-6:30 pm	X	6-6:30 pm	X	X
Learn to Swim (6-15 years)	X	X	X	X	X	X	10:45-11:15 am
Adult Lessons (16 & up)	X	6-6:30 pm		6-6:30 pm		X	X
Adult Lessons (16 & up)	X	X	X	X	X	X	8:30-9 am
Aqua Exercise	X	8:30-9:30 am	X	8:30-9:30 am	X	8:30-9:30 am	X
Stretch & Tone	X	9:30-10:30 am	X	9:30-10:30 am	X	9:30-10:30 am	X
Water Aerobics Resistance Training	X	X	10:30-11:30 am	10:30-11:30 am	10:30-11:30 am	10:30-11:30 am	X
TEAM	X	4:30-6:30 pm	4:30-6:30 pm	4:30-6:30 pm	4:30-6:30 pm	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	



SWIM LESSON SESSION DATES (8 total lessons)

Classes 2 days a week

Session I: Weeks of August 12–September 6
Session II: Weeks of September 9–October 4

Session III: Weeks of October 7–November 1
Session IV: Weeks of November 4–29

Classes 1 day a week

Session I: August 17–October 5

Session II: October 12–November 30

PARENT/CHILD AQUATICS, AGES 6 MONTHS TO 3 YEARS

\$24 per session (8 lessons)

This program familiarizes young children with the water and prepares them to learn to swim. Parents are given safety information, taught techniques to help orient children to the water, and direction regarding how to supervise water activities. This is a great bonding experience with wonderful lifelong memories.

PRESCHOOL AQUATICS, AGES 3-5 YEARS

\$24 per session (8 lessons)

This program promotes the developmentally appropriate learning of fundamental water safety and aquatic skills. 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.

LEARN TO SWIM, AGES 6-15

\$24 per session (8 lessons)

In levels 1-3, participants improve water comfort level and begin to learn swimming basics. As levels increase, swimmer's body position becomes more horizontal and they start to make forward progress in the water with ease. In levels 4-6, participants build on basic skills, learn various propulsive movements, refine strokes and increase endurance.

An instructor will assign the participant's level; Must pass Red Cross Level 3 Water Competency Exit Assessment.

ADULT SWIM LESSONS, AGES 16 & UP

\$24 per session (8 lessons)

Whether you are just learning to swim or want to improve, our instructors will help you gain skill and confidence.

PRIVATE LESSONS

\$12.50 per 30-minute lesson

Available based on staff and scheduling availability.

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

This class is a medium-intensity, low-impact workout held 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 will be provided.

Fall 2024 Special Hours

On Monday, September 2, there will be Open Swim from Noon-5 pm

Holiday Closures

Monday, November 11

Thursday-Friday, November 28-29

Tuesday-Wednesday, December 24-25

Wednesday, January 1

