# **ROY JENKINS POOL - FALL 2024**

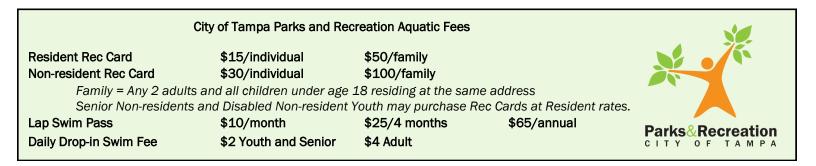
### August 11-January 4

154 Columbia Dr.

(813) 250-3355

Tampa.gov/pools

Activities	SUN	MON	TUE	WED	THU	FRI	SAT
Open Swim	Noon-4 pm	Х	Noon-4 pm	Noon-6:30 pm	Noon-4 pm	2:30-6:30 pm	Noon-4 pm
Open Swim Activity Pool (Non-swimmers & Guardians)	10:30 am- 4 pm	х	10:30 am- 6:30 pm	10:30 am- 6:30 pm	10:30 am- 6:30 pm	10:30- 11:30 am	10:30 am- 4 pm
Lap Swim	10:30 am- Noon	Х	7 am-Noon 4-6:30 pm	7 am- Noon	7 am-Noon 4-6:30 pm	7- 11:30 am	7 am- Noon
Parent/Child Aquatics (6 months-3 years)	Х	Х	9-9:30 am	Х	9-9:30 am	Х	х
Parent/Child Aquatics (6 months-3 years)	Х	Х	Х	Х	Х	Х	9-9:30 am
Pre-School Aquatics (3-5 years)	Х	х	9:45-10:15 am	Х	9:45-10:15 am	Х	х
Pre-School Aquatics (3-5 years)	Х	х	4:45-5:15 pm	х	4:45-5:15 pm	х	х
Pre-School Aquatics (3-5 years)	Х	х	Х	х	х	Х	9:45-10:15 am
Learn to Swim (6-15 years)	Х	х	5:30-6 pm	×	5:30-6 pm	×	х
Learn to Swim (6-15 years)	Х	х	Х	Х	Х	Х	10:30-11 am
Aqua Fitness	Х	х	11:15 am- Noon	11:15 am- Noon	11:15 am- Noon	10:30- 11:15am	11:15 am- Noon



#### 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

Classes 1 day a week

Session I: August 17-October 5

#### PARENT/CHILD AOUATICS, AGES 6 MONTHS TO 3 YEARS

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

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

In levels 1-3, participants improve water comfort level and begin to learn swimming basics. As levels increase, 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

#### PRIVATE LESSONS

Available based on staff and scheduling availability.

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

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**

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.

### 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



\$24 per session (8 lessons)

\$24 per session (8 lessons)

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

Session II: October 12-November 30

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



## \$12.50 per 30-minute lesson

### Current Lap Swim Pass