# **DANNY DEL RIO POOL – WINTER-SPRING 2025**

## January 5-May 31 (813) 931-2107

10105 N Boulevard

Tampa.gov/pools

6 FT

| Activities  | SUN           | MON                 | TUE                 | WED                 | THU                 | FRI                 | SAT                |
|---|---------------|---------------------|---------------------|---------------------|---------------------|---------------------|--------------------|
| Open Swim   | Noon-<br>4 pm | Noon-<br>4 pm       | Noon-<br>4 pm       | Noon-<br>4 pm       | Noon-<br>4 pm       | 2:30-<br>4 pm       | Noon-<br>3 pm      |
| Open Swim<br>Activity Pool<br>(Non-swimmers &<br>Guardians) | Noon-<br>4 pm | 4-6:30 pm           | 4-6:30 pm           | 4-6:30 pm           | 4-6:30 pm           | 4-6:30 pm           | 10:30 am-<br>3 pm  |
| Lap Swim  | x             | 6 am-Noon<br>4-8 pm | 8 am-Noon          |
| Parent/Child Aquatics<br>(6 months-3 years)                 | x             | x                   | 9-9:30 am           | х                   | 9-9:30 am           | Х                   | Х                  |
| Parent/Child Aquatics<br>(6 months-3 years)                 | х             | х                   | Х                   | х                   | Х                   | Х                   | 9-9:30 am          |
| Pre-School Aquatics<br>(3-5 years)                          | х             | Х                   | 9:45-<br>10:15 am   | х                   | 9:45-<br>10:15 am   | Х                   | Х                  |
| Pre-School Aquatics<br>(3-5 years)                          | х             | х                   | х                   | 5-5:30 pm           | Х                   | 5-5:30 pm           | Х                  |
| Pre-School Aquatics<br>(3-5 years)                          | х             | х                   | х                   | х                   | Х                   | Х                   | 9:45-<br>10:15 am  |
| Learn to Swim<br>(6-15 years)                               | х             | х                   | х                   | 5:45-6:15 pm        | Х                   | 5:45-6:15 pm        | Х                  |
| Learn to Swim<br>(6-15 years)                               | х             | х                   | Х                   | х                   | х                   | Х                   | 10:30-<br>11 am    |
| Adult Lessons<br>(16 & up)                                  | x             | х                   | 8-8:30 am           | х                   | 8-8:30 am           | Х                   | Х                  |
| Adult Lessons<br>(16 & up)                                  | х             | х                   | Х                   | 7-7:30 pm           | Х                   | 7-7:30 pm           | Х                  |
| Adult Lessons<br>(16 & up)                                  | х             | Х                   | Х                   | х                   | Х                   | Х                   | 11:15-<br>11:45 am |
| Aqua Fitness  | Х             | 11 am-Noon          | 11 am-Noon          | 11 am-Noon          | 11 am-Noon          | 10:45-11:45 am      | Х                  |
| Greater Tampa<br>Swim Association                           | х             | 5-7:30 pm           | 5-7:30 pm           | 5-7:30 pm           | 5-7:30 pm           | 5-6:30 pm           | 8-10 am            |
|   |               |                     |                     |                     |                     |                     |                    |



#### SWIM LESSON SESSION DATES (8 total lessons)

#### Classes 2 days a week

Session I: Weeks of February 3–28 Session II: Weeks of March 3–28

#### Classes 1 day a week

Session I: February 1–March 22

#### PARENT/CHILD AQUATICS, 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

#### ADULT SWIM LESSONS (Ages 16 & up)

Whether you are just learning to swim or simply want to improve your strokes, our instructors will work with you so you can gain more skill and confidence in the water.

#### 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**

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. 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.

## Winter-Spring 2025 Special Hours

On Wednesday, May 21 there will be a special event from 10 am-1 pm

On Monday, May 26 there will be Open Swim from 8 am-1pm

**Holiday Closures** 

Monday, January 20

Friday, April 18

## Summer Employment Opportunities and Lifeguarding Course Dates

tampa.gov/lifeguard-jobs

### \$24 per session (8 lessons)

Session III: Weeks of March 31–April 25

Session IV: Weeks of April 28 – May 23

Session II: March 29–May 17

#### \$24 per session (8 lessons)

### \$24 per session (8 lessons)

\$12.50 per 30-minute lesson

\$24 per session (8 lessons)

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

Current Rec Card or pay daily drop-in fee

## Current Lap Swim Pass