

INTERBAY POOL – WINTER-SPRING 2025

January 5-May 31

4321 W Estrella St. (813) 282-2910

Tampa.gov/pools

| Activities | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|------------|---------------------------|------------------------|---------------------------|------------------------|-------------------------|---------------|
| Open Swim | 10 am-4 pm | Noon-4 pm | Noon-4 pm | Noon-4 pm | Noon-4 pm | 2:30-4:30 pm | Noon-4 pm |
| Lap Swim | X | 5:30 am-Noon 4-7:30 pm | 5:30 am-Noon 5-7 pm | 5:30 am-Noon 4-7:30 pm | 5:30 am-Noon 5-7 pm | 5:30-11:30 am 4-6 pm | 7 am-Noon |
| Parent/Child Aquatics (6 months-3 years) | X | X | X | 9-9:30 am | X | 9-9:30 am | X |
| Parent/Child Aquatics (6 months-3 years) | X | X | X | X | X | X | 9-9:30 am |
| Pre-School Aquatics (3-5 years) | X | X | X | 9:45-10:15 am | X | 9:45-10:15 am | X |
| Pre-School Aquatics (3-5 years) | X | X | X | 4:45-5:15 pm | X | 4:45-5:15 pm | X |
| Pre-School Aquatics (3-5 years) | X | X | X | X | X | X | 9:45-10:15 am |
| Learn to Swim (6-15 years) | X | X | X | 5:30-6 pm | X | 5:30-6 pm | X |
| Learn to Swim (6-15 years) | X | X | X | X | X | X | 10:30-11 am |
| Aqua Fitness | X | X | 11:15 am-Noon | 11:15 am-Noon | 11:15 am-Noon | 10:30-11:15 am | 11:15 am-Noon |
| GTSA | X | 6-8:30 am | X | 6-8:30 am | X | 6-8:30 am | X |
| TEAM | X | 4-7:30 pm | 4-7:30 pm | 4-7:30 pm | 4-7:30 pm | 4-6 pm | 10-11 am |
| SynchRays | X | X | 5:30-8 pm | X | 5:30-8 pm | X | X |
| Masters | X | X | 5:30-7 am | X | 5:30-7 am | 5:30-7 am | 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 February 3–28

Session II: Weeks of March 3–28

Session III: Weeks of March 31–April 25

Session IV: Weeks of April 28– May 23

Classes 1 day a week

Session I: February 1–March 22

Session II: March 29–May 17

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, 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 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

\$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

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