



POOL HOURS



April 6 - April 12

	<u>Main pool</u>	<u>Kiddie Pool</u>	<u>Fun Pool, Water Slide</u>
Mon.-Thurs.	9am - 3:50pm 7pm - 8:50pm	9am - 8:50pm	9am - 8:50pm
Friday	9am - 4:50pm	9am - 6:50pm	9am - 6:50pm
Saturday	10am - 4:50pm	10am - 4:50pm	10am - 4:50pm
Sunday	12pm - 5:50pm	12pm - 5:50pm	12pm - 5:50pm

April 13 - June 3

	<u>Main Pool</u>	<u>Kiddie Pool</u>	<u>Fun Pool, Water Slide</u>
Mon.-Thurs.	9am - 3:50pm 7pm - 8:50pm (9am-12pm, adult lap swim)	9am - 8:50pm	2:30pm - 8:50pm
Friday	9am - 4:50pm	9am - 6:50pm	2:30pm - 6:50pm
Saturday	10am - 4:50pm	10am - 4:50pm	10am - 4:50pm
Sunday	12pm - 5:50pm	12pm - 5:50pm	12pm - 5:50pm

June 4 - August 15

	<u>Main Pool</u>	<u>Kiddie Pool</u>	<u>Fun Pool, Water Slide</u>
Mon.-Thurs.	12pm - 2:50pm 7pm - 8:50pm (9am-12pm, adult lap swim)	9am - 8:50pm	9am - 8:50pm
Friday	9am - 2:50pm	9am - 6:50pm	9am - 6:50pm
Saturday	10am - 4:50pm	10am - 4:50pm	10am - 4:50pm
Sunday	12pm - 5:50pm	12pm - 5:50pm	12pm - 5:50pm

August 16 - Winter Schedule

	<u>Main Pool</u>	<u>Kiddie Pool</u>	<u>Fun Pool, Water Slide</u>
Mon.-Thurs.	9am - 2:50pm 7pm - 8:50pm (9am-12pm, adult lap swim)	9am - 8:50pm	2:30pm-8:50pm
Friday	9am - 2:50pm	9am - 6:50pm	2:30pm - 6:50pm
Saturday	10am - 4:50pm	10am - 4:50pm	10am - 4:50pm
Sunday	12pm - 5:50pm	12pm - 5:50pm	12pm - 5:50pm

AQUATICS

Swim Lessons
Water Aerobics
Scuba Lessons
Snorkeling
Waterslides
Children's Areas
Volleyball
Special Events
Private Parties



Lifeguard Classes
Water Safety
Instructor Classes
1-Meter Dive Boards
Swim Teams
Masters Swimming
Lap Swimming
Fun for the whole family!

**Temple Terrace Leisure Services Department
Parks & Recreation Division
6610 E. Whiteway Drive
(813) 506-6600**

**Family Recreation Complex
2009 Programs & Activities**

COME PLAY WITH US...

IT'S A SPLASH!!

Updated 4/17/2009

AQUATIC PROGRAMS AND ACTIVITIES

For Fun

1. **Open Swim:** Our main pool is open year-round. The Fun pool, Giant Water Slide and Kiddie pools are open from mid-March thru October. Please refer to the "Pool Hours" section of this brochure for detailed information on the open swim times.

2. **Rentals:** The aquatic facilities at the Family Complex are available for rent after normal operating hours on Fridays, Saturdays and Sundays beginning in April. A pool party is a great way to celebrate a birthday, have a company picnic or just for fun. Be sure to make your reservations early as dates fill up quickly.

3. **Pool Parties:** Having a party? Members are welcome to have their celebrations pool side during regular pool hours. Just call in advance and let us know how many will be in your party and we will have your table ready to decorate! Facilities are available on a first come, first served basis. Memberships are required for all guests, or those without will be required to pay a daily fee (\$6 for children, \$8 for adults).

For Fitness

1. **Aquatic Club of Temple Terrace (ACTT):** Join one of the top competitive swim programs in Florida and train under coaches who have produced many top swimmers in the area. ACTT is a coed program for ages 5 - 18. Monthly fees vary based on the assigned level. Interested swimmers should contact Head Coach Chris Daniels at 506-6623.

2. **Masters Swimming:** Are you a former high school or college swimmer looking to stay fit and continue to enjoy swimming, a motivated swimmer looking to satisfy your competitive urges, or do you just want to shed a few pounds, meet some new friends and learn to improve your swimming skills? If you are over 18 years old and fit into any of these categories, then Masters Swimming is for you. Monthly fee is \$45. Contact Coach Chris Daniels at 506-6623 for additional information on Masters Swimming.

3. **Summer Swim Team:** The Summer Swim Team for youth ages 5-18, runs from June 08 through September 30, and is a great way to get your feet wet in the world of competitive swimming. The summer swim team will be competing against other summer swim teams in the area. Interested swimmers must have completed Level III of the American Red Cross Learn to Swim Program or be able to demonstrate equivalent skills. Summer Swim Team fee is \$180 for members and \$270 for non-members. Additionally, USS annual membership is required at a cost of \$55.

4. **Water Aerobics:** Whether you're nursing an old injury or you're just looking for good exercise without "pounding the pavement", water aerobics may be "just what the doctor ordered". Classes are held @ 10am. - on Monday & Wednesday for deep water classes, and on Tuesday, Thursday & Friday for shallow water classes. Call 506-6600 for information.

5. **Snorkeling:** Explore the aquatics realm thru your own eyes; learn to snorkel from the experts. Participants will learn proper breath hold techniques from qualified scuba instructors and dive masters. Participants must have or purchase their own equipment which includes mask, fins and snorkel. Participants must pass a basic swim test and be at least 7 years old. Classes will be scheduled for summer months and dates and times will be announced. For more information, please contact Tampa Adventure Sports at 989-DIVE (3483).

* FACILITY MEMBERSHIP FEES

	Total Membership		Daily Passes	
	Resident	Non-Resident	Res/Non-Res	
Family	\$230	\$460	Adult	\$8
Individual Adult	\$115	\$230	Child	\$6
Adult + One	\$178	\$356		
Individual child	\$92	\$184		
Senior 62+	\$55	\$110		

*All fees and schedules are subject to change.

Class/Program Fees

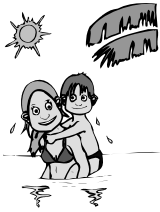
- ◆ Swimming lesson fees: \$28 Member, \$42 Non-Member
NOTE: There will be a \$10.00 fee for all class transfers.
- ◆ Summer Swim Team fee: \$180 members, \$270 non-members
- ◆ Lifeguard Training: \$140 (no membership required)
- ◆ Water Safety Instructor training: \$185 (no membership required)
- ◆ Water Aerobics: \$4.00 members, \$5.50 non-members per class (discounts offered for seniors and for those purchasing multiple classes)
- ◆ Masters swimming: \$45 per month (total Recreation Membership required)
- ◆ ACTT fees* (per month): Juniors: \$50
* plus \$55 annual fee Intermediate: \$65
for USS membership After-School \$50 (High School)
Pre-Senior: \$75
Senior: \$80

POOL RULES

1. All swimmers must shower before entering pool.
2. Food and drink are allowed only in designated areas.
3. Absolutely no running on deck.
4. Alcoholic beverages and smoking are strictly prohibited.
5. This is a FAMILY FACILITY. Profanity, lewd or risqué behavior won't be tolerated.
6. In accordance with State Regulations, patrons with cuts, rashes or open sores will not be allowed to enter the pool.
7. Bathing suits must be worn. No cut-offs or denim shorts allowed in pool.
8. Children under the age of 8 must be accompanied by an adult over 18.
9. Inner-tubes, floats, rafts, etc. are not permitted in the Main Pool or waterslide. Small tubes and water wings will be permitted in the fun pool and Kiddie Pool area.
10. If a person cannot swim unassisted to the ladder, they may not use the diving boards or water slides.
11. Any child in the Kiddie Pool area must be accompanied by an adult at all times.
12. Children wearing disposable diapers are not permitted in the pools. Diaper-aged children are required to wear "swim" diapers or plastic pants while in the pools.
13. Waterslide users must be at least 42" tall.
14. The Parks and Recreation Division is not responsible for lost or stolen items.
15. No horseplay, no riding on shoulders, no tossing kids in the air are permitted.
16. Lifeguards reserve the right to limit any activity that may be unsafe.

CLASS DESCRIPTIONS

Parent and Tot:



Infants and toddlers (ages 6 months to 3 years). This class is to develop a level of comfort in and around the water and initiate trust between the child and his/her swim instructor. This class does not teach children to become accomplished swimmers or how to survive in the water.

Parental involvement is instrumental in reinforcing your child's experience in this class, so plan to bring your swimsuit.



Level I: Ages 3 and up.

This class orients participants to the aquatic environment and teaches elementary skills such as submerging the face and learning arm and leg motions. Participants will also experience buoyancy and other basic water skills.



Level II: Primary skills.

This level teaches students to retrieve underwater objects, float unsupported on their front and back, learn the flutter kick on the stomach and on the back, and learn strokes, both front and back.



Level III: Stroke readiness (Instructor approval require).

Students in level III learn the basics of safe diving, demonstrate a push and glide off the wall, coordinate the components of the front and back crawl and learn to tread water.



Level IV: Stroke development (Instructor approval required).

Level IV students develop a confidence in the water through building endurance, swimming the front crawl, back crawl and elementary back stroke for greater distances. Students are introduced to the breast stroke and side stroke.



Level V: Stroke refinement (Instructor approval required).

Level V students learn diving from a springboard as well as how to coordinate and refine the strokes learned in previous levels. Students are also introduced to the butterfly stroke, competitive swimming skills and other advanced techniques.

AQUATICS PROGRAM INFORMATION

1. **Swim Lessons:** American Red Cross certified instructors will be teaching swim lessons for all ages including the Infant and Preschool Swim Program, and adult swim lessons. Swim class descriptions and schedules are listed in this brochure. Registration begins April 25.

** Please note, there will be a \$10.00 fee for all class transfers.**

2. **Lifeguard Training:** Want to be a LIFEGUARD?? Whether you're looking for an exciting summer job or you just want to be "Rescue Ready" when you hit the water, lifeguard training may be just what you need. Interested individuals must be at least 15 years old and pass a minimum skills test that includes a 300 yard swim, treading water for 2 minutes using only your legs and retrieving a 10 pound brick from 7 feet of water. The course fee is \$140.

3. **Water Safety Instructor Certification:** Become the elite in the Aquatics field by successful completion of this course. Water Safety Instructors are generally paid higher than most other Aquatic staff. Teach all levels of swim instruction including Community Water Safety. Candidates must be at least 17 years old by the last day of class, and must also pass a pre-course written test and skills test. Prospective candidates who hold current certification in lifeguard training are exempt from the safety skills pre-test. The fee is \$185 for the course.

4. **S.C.U.B.A. Diving:** Scuba classes are 3 weeks in length and include classroom sessions and open water checkout dives. For more information, contact Tampa Adventure Sports at 989-3483.

Learn To Swim Program

General Information: Each swim lesson consists of 8 classes held Monday through Thursday for two weeks. Classes will last approximately 45 minutes. All classes consist of 35 minutes of instruction followed by 10 minutes of free play and water exploration at the end of each class. All sessions will include one non-swimming water safety day in which children will be taught water safety through a variety of games, activities, and visual aids. Water safety days are generally held on days when the weather does not permit swimming. In the event of additional rain days, make up classes will be scheduled by the instructor.

Registration Information: Advanced registration is required for all swim lessons. Registration is on a first come, first served basis. All class fees must be paid at the time of registration; no telephone registrations will be accepted. Instructor approval is required for all classes Level III and higher. Swim tests are given during the registration process beginning Saturday, April 25. **Swim Lesson Fees: Member \$28, Non-Member \$42 per session.** ** Please note, there will be a \$10.00 fee for all class transfers.**

Class Cancellations: Individual classes may be cancelled during a session in the event of inclement weather. For class status during inclement weather, contact the Family Complex 15 minutes prior to class time. Make up classes will be scheduled by your instructor.

Refund Policy: Refund requests for swim lessons must be turned in 7 days prior to 1st class or will not be considered. **There will be no refunds due to weather.** All rainouts will be made up. Please note, transfer fees are NOT refundable.

For more information, call the Family Recreation Complex at (813) 506-6600. Fees & schedules are subject to change.

Session I * May 11 - May 21

<u>Class</u>	<u>Times Offered</u>
Level I	9am, 11am 6pm
Level II	10am 5pm, 7pm

Session II * May 26 (Tuesday) - June 04

** includes class on Friday, May 29th **

<u>Class</u>	<u>Times Offered</u>
Parent and Tot	11am 6pm
Level I	9am , 10am (2 classes) 11am 5pm, 6pm, 7pm
Level II	9am (2 classes) 11am 5pm, 7pm
Level III	10am 5pm, 6pm, 7pm

Session III * June 08 - June 18

<u>Class</u>	<u>Times Offered</u>
Parent & Tot	10am, 11am 6pm
Level I	9am, 10am 5pm
Level II	9am, 10am 5pm, 7pm
Level III	9am, 11am 5pm, 7pm
Level IV	11am 6pm
Adult	7pm

SWIM LESSON SCHEDULE

All schedules & fees are subject to change.
There will be a \$10.00 fee for all class transfers.

Session IV * June 22 - July 02

<u>Class</u>	<u>Times Offered</u>
Parent and Tot	10am, 6pm
Level I	9am, 10am, 11am 5pm, 6pm
Level II	9am, 10am, 11am 5pm, 6pm,
Level III	9am, 5pm, 7pm
Level IV	11am 7pm
Adult	7pm

Session V * July 06 - July 16

<u>Class</u>	<u>Times Offered</u>
Adult	11am
Level I	9am, 10am, 11am 5pm, 6pm, 7pm
Level II	9am, 11am 5pm, 7pm
Level III	9am, 10am, 5pm, 6pm, 7pm
Level IV	10am 6pm

Session VI * July 20 - July 30

<u>Class</u>	<u>Times Offered</u>
Parent and Tot	6pm
Level I	9am, 10am, 11am 5pm, 6pm
Level II	9am, 10am, 11am 5pm, 6pm, 7pm
Level III	9am, 10am 6pm, 7pm
Level IV	11am 5pm
Adult	7pm

Session VII * Aug 03 - Aug 13

<u>Class</u>	<u>Times Offered</u>
Level I	9am, 11am 5pm 6pm, 7pm
Level II	9am, 10am, 11am 5pm, 7pm
Level III	9am, 10am, 11am 5pm, 6pm, 7pm
Level IV	10am 6pm



Updated 4/17/2009