



May Newsletter

Testimonials: Our Pools Matter!

Just ask our patrons...

"Thirty-six laps five times week equals 45 minutes of fantastic meditation and losing 30 pounds over 3 years. That's why I do it. I do it for therapy and to keep the weight off."

-Chris S.
Lap Swim Regular

"Getting to Fort Walton Beach a couple years ago and looking for a place to teach my toddler daughter, I have been so happy with this pool! Wendy and the rest of the staff do so much to make it a 'family type of place,' and it makes us feel welcomed each time we come."

-Michael T.
Family swim regular and lessons parent

MAY 15: International Water Safety Day

The Emerald Coast Fitness Foundation is celebrating International Water Safety Day by offering a Free Community Swim Lesson at our pools in Fort Walton Beach, Crestview and Destin.

Within the first week, 350 people of all ages had signed up!

With registration closed, staff members have been preparing for the big day. More than 30 staff members, instructors and volunteers will help with the event, where infants, children and adults will be taught how to be safer in the water.



"We knew there was a need for water safety classes in our communities but were still surprised by the intensity of the response," said Kathi Heapy, one of the founding members of the foundation.

The course will include instruction on the proper use of lifejackets, how to swim in them, how to enter and exit pools safely, back float and safely help another swimmer in distress.



Special Thanks To...

- The Jay Odom Group, Culver's in Fort Walton Beach and Destin, West Marine, and the foundation's Kids Safety Campaign
- Dawn Dziokonski, for designing the curriculum!

ECFF is planning future water safety events!

Interested in helping or sponsoring one? Contact Community Outreach Coordinator Wendy Rudman at 850-598-0176 or wendyrudman@email.com.

Emerald Coast Fitness Foundation

MAY 14: Sip n' Splash

The Sip n' Splash is coming up on May 14 and by all early metrics, it's going to be a huge success. Sponsorships and tables have sold out for this poolside fundraising bash. Proceeds will benefit all of the pools operated by the Emerald Coast Fitness Foundation.

The evening will include inducting the first members of the Okaloosa County Swimming Hall of Fame. These five special honorees were selected by a committee of volunteers with deep roots in the swimming community.



Special Thanks To...

654Limo, Alpha Lit Emerald Coast, As You Like It Salon and Spa, Bid Day Rentals, Brotula's Seafood House and Steamer, Campesino, Cardinal Financial, Coldwell Banker and the Jen Purdy Group, Cory Fosdyck and Merrill Lynch, Costa Enterprises McDonald's, Distillery 98, Eglin Federal Credit Union, FWB Alumni Swimmers, Good Clean Wine, Greenday Cleaners, Hand Arendall Harrison Sale, The Harris Family, Hey Mama Wines, HomeFi Digital Mortgage, La Dolce Vita, Odd Pelican Brewing Company, Powell & Swanick Attorneys at Law, Santa Rosa Waterfront RV Resort, Sea Dragon Swim Shop, The Ships Chandler, Simple HR, Splash RV Resort & Waterpark, Studio 6Twenty5, Taylor Allen Properties, Valparaiso Coca-Cola Bottling Co.

Senior Swimmer Spotlight



Continuing her swimming career at University of North Florida

Name: Aydan Horrigan
High School: Niceville High School
Favorite Racing Memory: Qualifying for NCSA Junior Nationals for the first time in the 200 back

""I started swimming when I was nine years old and... immediately fell in love with the sport. I am so excited to see how far swimming takes me and I am even more excited to push myself to and past my limits during my college swimming career."

Name: Page Dolloff
High School: Niceville High School
Favorite Racing Memory: Standing on the runner up podium at the Florida High School State Swim Meet
Continuing her swimming career at The United States Air Force Academy

" I participated in many other sports, but swimming always felt like home. Once I was old enough to make the decision of swimming on my own it was a very easy choice. "



Emerald Coast Fitness Foundation

Odds and Ends

The Bernie R. Lefebvre Aquatic Center will soon be home to a new scoreboard and digital pace clock, thanks to the 330th Recruiting Squadron, which uses the pool for training and testing operations. The squadron is responsible for scouting, recruiting and developing USAF Special Warfare and Combat Support specialties throughout the entire world. It is the only organization that is precision-focused on bringing the next generation of war fighters to their combat calling. Locally used by TSgt Ryan Lucier and Dan Rimes, retired CCT, the aquatic center has helped the squadron recruit and produce hundreds of USAF Special Tactic Airman into the hard-to-fill positions.

The new scoreboard has been ordered and is scheduled to be installed this summer.



AN EXTRA SPECIAL THANK YOU TO...

The Jay Odom Group, who stepped up to help fund all equipment needs for International Water Safety Day, which will be used and loved at all three pools for years to come.



The ECFF has a New Business Sponsor!

Destin Vacation Company, a property management company, recently came onboard at the Aquatic Center in Destin. Renda and Greg Fisher, transplants from Missouri, have backgrounds in real estate and love the Destin area. They purchased a home in Destin in 2018 and rented it out for a year, before moving to the area full-time in May 2021. They opened Destin Vacation Company earlier this year.

"We are excited to be a part of such an amazing group of people," Renda said. "We have met so many nice people."



Pool Phone Numbers

Fort Walton/The Bernie:
(850) 863-7946

Crestview/The ROC:
(850) 682-8199

Destin Aquatic Center:
(850) 837-7946

Keep enjoying our pools! We are so grateful for you all.

Fort Walton Beach (The Bernie)



General Pool Activity Schedule May 7, 2022 to May 30, 2022

Pool Telephone Number:
850-863-SWIM (7946)

Facility will be closed on July 4th!

1127 Hospital Road, Ft. Walton Beach, FL 32547

Note: Masters Swim and Coast Aquatics are restricted to registered members of those teams. For more info, visit www.coastaquatics.org or find Okaloosa Liquid Dragons (OLD1) on Facebook

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:30	Lap Swim 5 am-9 am	Masters Practice 5-7am	Lap Swim 5-9am	Masters Practice 5-7am	Lap Swim 5 am-9 am	Closed	Closed
5:30-6:00							
6:00-6:30							
6:30-7:00	Aquacize 7-8 am LS 3 lanes	Lapswim 7am-9 am	Aquacize 7-8 am	Lap Swim 7am-9 am	Aquacize 7-8 am LS 3 lanes	Lap Swim 6-8 am	
7:00-7:30							
7:30-8:00							
8:00-8:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Sat Lessons 8 am		
8:30-9:00							
9:00-9:30	Pool Rental	Lessons 9 am	Pool Rental	Lessons 9 am	Pool Rental	Sat Lessons 9 am	
9:30-10:00							
10:00-10:30	Aquacize 10-11 am					Sat Lessons 10:15 am	
10:30-11:00							
11:15-11:30	Lunch Bunch Lap Swim					Sat Lessons 11:15 am	
11:30-12:00							
12:00-12:30							
12:30-1:00							
1:00-1:30							
1:30-2:00	Pool Cleaning	Pool Rental	Pool Cleaning	Pool Rental	Pool Cleaning	Pool Cleaning	Family Swim 3-5 pm
2:00-2:30							
2:30-3:00	Coast Aquatics practice M-F 4-6 pm					Family Swim 4 pm-6 pm	
3:00-3:30							
3:30-4:00	Lap Swim 6-8 pm	Aquacize 6-7 pm Lap Swim 6-7pm	Lap Swim 6-8 pm	Aquacize 6-7 pm Lap Swim 6-7pm	Lap Swim 6-8 pm	Family Swim 6-8 pm	
4:00-4:30							
4:30-5:00	PM Lessons 7-8pm	PM Lessons 7-8pm	PM Lessons 7-8pm	PM Lessons 7-8pm	PM Lessons 7-8pm	Closed	
5:00-5:30							
5:30-6:00	Lap Swim 6-8 pm	PM Lessons 7-8pm	Lap Swim 6-8 pm	PM Lessons 7-8pm	Lap Swim 6-8 pm	Family Swim 6-8 pm	
6:00-6:30							
6:30-7:00	Lap Swim 6-8 pm	PM Lessons 7-8pm	Lap Swim 6-8 pm	PM Lessons 7-8pm	Lap Swim 6-8 pm	Family Swim 6-8 pm	
7:00-7:30							
7:30-8:00	Lap Swim 6-8 pm	PM Lessons 7-8pm	Lap Swim 6-8 pm	PM Lessons 7-8pm	Lap Swim 6-8 pm	Family Swim 6-8 pm	

This schedule is subject to change due to weather conditions, mechanical issues, or any problem that affects the safety of our patrons. Additionally, infrequent special events, such as Swim Meets, may cause temporary closure of the facility. Every attempt will be made to minimize the inconvenience to our patrons and notify them in advance of schedule changes.

Bernie R. Lefebvre Aquatic Center is a community pool open to all members of the public, managed by the Emerald Coast Fitness Foundation, Inc., a 501©3 non-profit corporation, located on the grounds of Liza Jackson Preparatory School's Ron Crawford Recreation Center at 1127 Hospital Road, Fort Walton Beach, FL 32547 Telephone 850-863-SWIM(7946) email: swimECFF@gmail.com

Pool Schedules

Destin



Destin Pool Activity Schedule May 8-29, 2022

4345 Commons Drive W, Destin, FL 32541
Pool Telephone Number: 850-837-SWIM (7946)
Email: destinaquatic@gmail.com

(subject to change)

Note: Masters Swim and Coast Aquatics are restricted to registered members of those teams. For more info, visit www.coastaquatics.org or find Okaloosa Liquid Dragons (OLD1) on Facebook

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Comp Pool	Family Pool	Comp Pool	Family Pool	Comp Pool	Family Pool	Comp Pool	Family Pool	Comp Pool	Family Pool	Comp Pool	Family Pool	Comp Pool	Family Pool
6:00-6:30	OLD1 Masters Team Practice 6:00-7:30am	Aqua Therapy 6:00-8:00am		Aqua Therapy 6:00-8:00am	OLD1 Masters Team Practice 6:00-7:30am	Aqua Therapy 6:00-8:00am		Aqua Therapy 6:00-8:00am	OLD1 Masters Team Practice 6:00-7:30am	Aqua Therapy 6:00-8:00am				
6:30-7:00														
7:00-7:30														
7:30-8:00														
8:00-8:30														
8:30-9:00														
9:00-9:30		Aquacize 9:00-10:00am		Aquacize 9:00-10:00am		Aquacize 9:00-10:00am		Aquacize 9:00-10:00am		Aquacize 9:00-10:00am				
9:30-10:00														
10:00-10:30		Lessons 10:00-11:00am				Lessons 10:00-11:00am								
10:30-11:00			Lap Swim 6:00am-4:00pm		Lap Swim 7:30am-3:30pm		Lap Swim 6:00am-4:00pm		Lap Swim 7:30am-3:30pm					
11:00-11:30	Lap Swim 7:30am-3:30pm			Summer Camp Programs 11:00am-1:00pm				Summer Camp Programs 11:00am-1:00pm						
11:30-12:00														
12:00-12:30														
12:30-1:00														
1:00-1:30														
1:30-2:00		Family Swim 12:00-4:00pm				Family Swim 12:00-4:00pm		Family Swim 12:00-4:00pm		Family Swim 12:00-4:00pm				
2:00-2:30														
2:30-3:00														
3:00-3:30														
3:30-4:00														
4:00-4:30	Coast Aquatics Practice 3:30-6:00pm		Coast Aquatics Practice 4:00-5:30pm		Coast Aquatics Practice 3:30-6:00pm		Coast Aquatics Practice 4:00-5:30pm		Coast Aquatics Practice 3:30-6:00pm					
4:30-5:00														
5:00-5:30														
5:30-6:00		Swim Lessons 5:00-7:00pm												
6:00-6:30	Lap Swim 5:30-7pm		Lap Swim 5:30-7:00pm	Aqua Therapy 5:30-7:00pm	Lap Swim 5:30-7pm	Swim Lessons 5:00-7:00pm	Lap Swim 5:30-7:00pm	Aqua Therapy 5:30-7:00pm	Lap Swim 5:30-7pm	Aqua Therapy 5:30-7:00pm				
6:30-7:00														
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							

This schedule is subject to change due to weather conditions, mechanical issues, or any problem that affects the safety of our patrons. Additionally, infrequent special events, such as swim meets, may cause temporary closure of the facility. Every attempt will be made to minimize the inconvenience to our patrons and notify them in advance of schedule changes whenever possible. Available lanes during lap swim may be limited occasionally due to lane space rentals to outside organizations.

The Aquatic Center in Destin is a community pool open to all members of the public, managed by the Emerald Coast Fitness Foundation, Inc. a 501(c)3 non-profit corporation, located at 4345 Commons Dr. W, Destin, FL Telephone 850-837-SWIM(7946) email: destinaquatic@gmail.com Patron registration and waiver required. Cash, Check, Credit/Debit Card and Paypal accepted.

Crestview (ROC Pool)



Pool Activity Schedule: May 1 – May 29, 2022

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun																	
6:00-6:30	SRMS	Lap Swim	SRMS	Lap Swim	SRMS	Closed	Closed																	
6:30-7:00																								
7:00-7:30	Closed	Lap Swim	Closed	Lap Swim	Closed																			
7:30-8:00																								
8:00-8:30		SL		Closed				SL	Closed															
8:30-9:00																								
9:00-9:30		SL						Closed		SL	Closed													
9:30-10:00																								
10:00-10:30		Closed								Closed		Closed	Closed											
10:30-11:00																								
11:00-11:30														Closed	Closed	Closed	Closed							
11:30-12:00																								
12:00-12:30																		Closed	Closed	Closed	Closed			
12:30-1:00																								
1:00-1:30						Closed	Closed											Closed		Closed				
1:30-2:00																								
2:00-2:30	Closed		Closed		Closed																	Closed		
2:30-3:00																								
3:00-3:30				Private Lessons					DMS														DMS	DMS
3:30-4:00																								
4:00-4:30				Lap Swim				Lap Swim	Closed		Lap Swim												Lap Swim	Open Swim
4:30-5:00																								
5:00-5:40		Swim Lessons		Swim Lessons				Closed		Swim Lessons	Swim Lessons	Open Swim												
5:30-6:00																								
6:00-6:30		Lap Swim		Lap Swim						Closed	Lap Swim		Lap Swim	Open Swim										
6:30-7:00																								

Please note – DMS and SRMS practices will end after the first week in May

This schedule is subject to change due to weather conditions, mechanical issues, or any problem that affects the safety of our patrons. Additionally, infrequent special events, such as swim meets, may cause temporary closure of the facility. Every attempt will be made to minimize the inconvenience to our patrons and notify them in advance of schedule changes

Questions? Email: therocpool@gmail.com.