



July

NEWSLETTER

Special thank you to all our patrons!

Foundation extends water safety reach

The Emerald Coast Fitness Foundation has extended its Water Safety mission through a new partnership with the Tourist Development Council in Okaloosa County.

Later this month, instructors Wendy Rudman and Dawn Dziokonski will teach a weekly water safety class to visitors at a pool on Okaloosa Island. This class incorporates in-water training on safety skills with information geared toward visitors to the area.

The TDC, which wants to help keep visitors safe, is recruiting for the small classes and assisting ECFF with the curriculum.

The partnership, which begins at the end of July will extend at least through August.



Safe in the Water



May is Water Safety month, but the Emerald Coast Fitness Foundation celebrates it year-round by offering lessons year-round for infants over 6 months all the way up to adults of all ages.

Our educational efforts are supported financially by the foundation's Kids Safety Campaign, which collects money for instructors, guards during lessons and scholarships for community members who need assistance to learn to swim.

In 2021, the Campaign helped pay for 832 hours of swim lessons at our pools in Fort Walton Beach, Crestview and Destin. Two of the organizations that were provided free instruction and pool time were Youth Village and Children in Crisis.

You can help keep children safe by making a tax-deductible donation to our Kids Safety Campaign.

Follow [this link](#) to donate, or scan the QR code!

Your \$50 donation will pay for a month of lessons for a child.

Please specify that your donation is for the Kids Safety Campaign.

If you want to sponsor a larger Free Community Swim Lesson, contact Wendy Rudman at swimecff@gmail.com or 850-598-0176.

Our priority is to keep you and your loved ones safe in the water.



Some more news from our wonderful pools...

Crestview community “ROC’s” the pool

Crestview business and community members responding to a plea on Crestview Word of Mouth raised \$1,400 in just a few days to pay for a new lift at the ROC Pool.

The pool, leased by Emerald Coast Fitness Foundation in 2021, needed a lift to replace an old one that could not be repaired.

Those who responded to the post on the popular Facebook page made both cash and online donations to quickly raise the needed funds. Some of the commenters learned that the pool was open to the public for the first time through the post.

The ROC Pool, which is behind Central Baptist Church, is open long hours during these summer months, offering everything from lessons, lap swim and family swim to pool rentals. It’s also home to three Crestview school swim teams, all of which started for the first time this past school year.

The ECFF thanks all who helped us continue our mission of providing swimming and water safety opportunities in Okaloosa County.



Swim leagues kick off summer of fun

Summer swim league season is off and running with all three Emerald Coast Fitness Foundation pools hosting swim teams.

The Bernie Bullsharks has 56 swimmers, the Destin Dolphins has about 75 and the Crestview Crusaders has nearly 100.

These popular summer swim leagues introduce new swimmers to the sport and give more experienced swimmers a chance to learn, train and compete during the summer months.

The leagues run through the end of the July, when the pools transition for high school teams to start serious training.



More news (we've had a busy summer!)

Summer camps splashing in local pools

Summer means camps along the Emerald Coast and two of our pools are hosting daycare facilities looking for a fun activity.

The Taj Renee Community Aquatic Center started hosting a church camp last month and the Bernie Lefebvre Aquatic Center is filled with youthful splashing every weekday afternoon. In addition to free swim opportunities, camps that come to the Bernie are offered the opportunity to sign children up for lessons.



More water on tap for the Bernie



Those of you who are regular patrons may have noticed the disappearance of our old drinking fountains, which were no match for the dampness in the air at an indoor pool. We know it's been a dry time and we appreciate those patrons who have learned to bring their own water bottles.

But if you forget, we have a new vending machine installed on the patio where you can buy a cold bottle of Dasani water for \$1.50. The pool, which is run by the nonprofit Emerald Coast Fitness Foundation, will get a small return on each purchase.

You never know who you'll meet at one of our pools. At the Taj Renee Community Aquatic Center, you might see free divers like this one training in our 8-lane, 25-yard lap pool!



THANK YOU, CULVER'S



Some WATER SAFETY tips from the ECFF!

With the summer season well upon us, the staff at Emerald Coast Fitness Foundation and its pools want to share a few safety reminders with you.

- Please swim at lifeguarded beaches
- Heed the beach warning flag system
- If you dig a hole, fill it in
- Crab Island is surrounded by strong currents, so be careful swimming around your boat



STAY SAFE and we will see you soon!

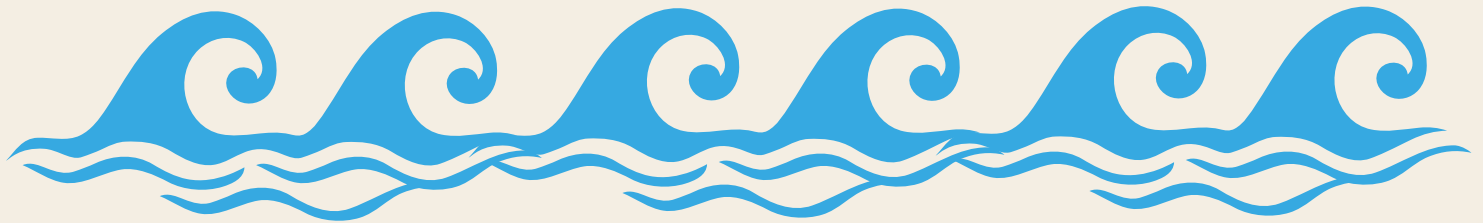




Our Summer Schedules



The summer schedule always heats up and this year is no exception. Please check our June and July schedule, included in this newsletter, for updated information about scheduled program and available lap swim times. For a small additional fee, you can pay to swim at more than one of our pools, which also gives you flexibility.



The Taj (Destin)



Taj Renee Community Aquatic Center Pool Activity Schedule May 31 - July 31, 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, Destin Dolphins and Coast Aquatics are restricted to registered members of those teams. For more info, visit www.coastaquatics.org or find Okaloosa Liquid Dragons (OLDs) 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	Lap Swim 6:00-7:30am	Aqua Therapy 6:00-8:00am	OLD1 Masters Team Practice 6:00-7:30am	Aqua Therapy 6:00-8:00am	Lap Swim 6:00-7:30am	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	Coast Aquatics 7:30am-9:30am		Coast Aquatics 7:30am-9:30am		Coast Aquatics 7:30am-9:30am		Coast Aquatics 7:30am-9:30am		Coast Aquatics 7:30am-9:30am					
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		Lessons 10:00-11:00am				Lessons 10:00-11:00am								
10:00-10:30														
10:30-11:00														
11:00-11:30														
11:30-12:00				Summer Camp Programs 11:00am-1:00pm				Summer Camp Programs 11:00am-1:00pm						
12:00-12:30	Lap Swim 9:30 am - 4:00 pm		Lap Swim 9:30 am - 4:00 pm		Lap Swim 9:30 am - 4:00 pm		Lap Swim 9:30 am - 4:00 pm		Lap Swim 9:30 am - 4:00 pm					
12:30-1:00														
1:00-1:30		Family Swim 12:00-4:00pm				Family Swim 12:00-4:00pm				Summer Camp Program 12:00-2:00pm				
1:30-2:00														
2:00-2:30														
2:30-3:00				Family Swim 1:00 - 5:30pm										
3:00-3:30														
3:30-4:00														
4:00-4:30														
4:30-5:00	Destin Dolphins Practice 4:00-5:30pm		Coast Aquatics Practice 4:00-5:30pm		Destin Dolphins Practice 4:00-5:30pm		Coast Aquatics Practice 4:00-5:30pm		Destin Dolphins Practice 4:00-5:30pm					
5:00-5:30														
5:30-6:00	Lap Swim 5:30-7:00pm	Swim Lessons 5:00-7:00pm	Lap Swim 5:30-7:00pm	Aqua Therapy 5:30-7:00pm	Lap Swim 5:30-7:00pm	Swim Lessons 5:00-7:00pm	Lap Swim 5:30-7:00pm	Aqua Therapy 5:30-7:00pm	Lap Swim 5:30-7:00pm	Aqua Therapy 5:30-7:00pm				
6:00-6:30														
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 Taj Renee Community Aquatic Center is a community pool in Destin, FL, which is open to 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.

The Bernie (Fort Walton Beach)



General Pool Activity Schedule July 8, 2022 to July 31, 2022

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

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-8 am	Masters Practice 5-7am	Lap Swim 5-7 am	Masters Practice 5-7am	Lap Swim 5 am-8 am	Closed	Closed
5:30-6:00							
6:00-6:30							
6:30-7:00							
7:00-7:30	Aquacize 7-8 am	Bullsharks 7am-9 am	Aquacize 7-8 am	Bullsharks 7am-9 am	Aquacize 7 8 am	Lap Swim 6 8 am	
7:30-8:00	LS 3 lanes		BBS		LS 3 lanes		
8:00-8:30	Pool Cleaning	Bullsharks 7am-9 am	Bullsharks 7 am-9 am	Bullsharks 7am-9 am	Pool Cleaning	Sat Lessons 8 am	
8:30-9:00							
9:00-9:30	Lessons 9 am	Lessons 9 am	Lessons 9 am	Lessons 9 am	Lessons 9 am	Sat Lessons 9 am	
9:30-10:00	Aquacize 10-11 am					Sat Lessons 10:15 am	
10:00-10:30	Aquacize 10-11 am					Sat Lessons 11:15 am	
10:30-11:00	Aquacize 10-11 am					Sat Lessons 12-2 pm	
11:15-11:30	Lunch Bunch Lap Swim					Sat Lessons 11:15 am	
11:30-12:00						Sat Lessons 12-2 pm	
12:00-12:30						Family Swim 12-2 pm	
12:30-1:00						Lap Swim 1-3 pm	
1:00-1:30	Summer Day Camp Swim Rentals 1:30-4 pm	Summer Day Camp Swim Rentals 1-4 pm	Summer Day Camp Rental 1:30-4 pm	Summer Day Camp Rentals 2-4 pm	Summer Day Camp Rentals 1:30-4 pm	Pool Rental Times	Family Swim 3-5 pm
1:30-2:00							
2:00-2:30	Summer Day Camp Swim Rentals 1:30-4 pm	Summer Day Camp Swim Rentals 1-4 pm	Summer Day Camp Rental 1:30-4 pm	Summer Day Camp Rentals 2-4 pm	Summer Day Camp Rentals 1:30-4 pm	Pool Rental Times	Family Swim 3-5 pm
2:30-3:00							
3:00-3:30	Summer Day Camp Swim Rentals 1:30-4 pm	Summer Day Camp Swim Rentals 1-4 pm	Summer Day Camp Rental 1:30-4 pm	Summer Day Camp Rentals 2-4 pm	Summer Day Camp Rentals 1:30-4 pm	Pool Rental Times	Family Swim 3-5 pm
3:30-4:00							
4:00-4:30	Coast Aquatics practice M-F 4-6 pm					Pool Rental Times	
4:30-5:00							
5:00-5:30							
5:30-6:00							
6:00-6:30	Lap Swim 6-8 pm	Aquacize 6-7 pm	Lap Swim 6-8 pm	Aquacize 6-7 pm	Lap Swim 6-7pm	Lap Swim 6-8 pm	Family Swim 6-8 pm
6:30-7:00		Lap Swim 6-7pm		LS			
7:00-7:30	Military Moday	LS	Special Olympics	LS	PM Lessons 7-8pm	Lap Swim 6-8 pm	Family Swim 6-8 pm
7:30-8:00							
8:00-8:30	Military Moday	LS	Special Olympics	LS	PM Lessons 7-8pm	Lap Swim 6-8 pm	Family Swim 6-8 pm
8:30-9:00							
	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.

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

The ROC Pool (Crestview)



Pool Activity Schedule: May 31 – July 30, 2022

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

Please Note: We are open from 11am – 7pm for Open Swim on Memorial Day and closed the 4th of July

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Questions? Email: therocpool@gmail.com.