



June

# NEWSLETTER

Special thank you to all our patrons!

The inaugural Sip and Splash: An Aquatic Affair on May 14 raised more than \$74,000 for the Emerald Coast Fitness Foundation. Attended by more than 200 people, the fundraiser was held on the deck at the Aquatic Center in Destin, which was formally renamed during the event.

Naming sponsors Kathi and Gary Heapy selected the new name, Taj Renee Community Aquatic Center, to honor her best friend in high school who died in 2008 of pancreatic cancer.

Taj Renee means "Love Reborn" in the Indian and French languages.

"Taj was a wonderful, generous, kind, and hard-working person who loved swimming," Kathi said. "We chose her to be a representative of all of the wonderful people that have assisted us on this ECFF journey and helped us to get to this point. We honor them as we honor Taj, with love and gratitude."

The first inductees to the new Okaloosa Swimming and Diving Hall of Fame were named: They are Dave Smith, Jim Lefebvre, MaryEdith Malin, Betty Ballasch and Monty Landingham.



# Summer League Kickoff



All three of the Emerald Coast Fitness Foundation pools will be hosting summer swim leagues beginning the first week in June. The 8-week programs introduce young swimmers to the sport of competitive swimming and give more experienced swimmers a summer training option and opportunity to compete.

About 300 young swimmers are expected to compete in these leagues.

## Report from International Water Safety Month

The Emerald Coast Fitness Foundation provided water safety instruction at no charge to more than 2,000 children and adults during the month of May.

Instructors visited Bob Sikes Elementary School, Destin Elementary School and Wright Elementary School, teaching students of all ages about beach warning flags, rip currents and the proper use of life jackets. Nearly 400 children and adults also signed up for free water safety instruction at our pools for May 15, which is International Water Safety Day. The weather did not cooperate, but staff provided dryland water safety information to 200 children and adults on that day.

Over the next two weeks, nearly 100 others took part in make-up lessons offered at our pools.





## Sponsor Highlight:



The Emerald Coast Fitness Foundation welcomes its newest business sponsor, Helen Back Pizza. Located just down the road from the Bernie Lefebvre Aquatic Center, the restaurant is owned, in part, by Chris Sehman, one of the foundation's most loyal lap swimmers. He became a board member in May and, shortly after that decision, committed to supporting the pool with a donation.

"I realize what the pool does for me personally, what it does for me therapeutically, and I want to get behind the pool because I want to see the pools remain an integral part of the community," he said, adding that he's lost 30 pounds since he began swimming regularly.

"To quote my friend, Charles Morgan, 'The pools are one of the most undervalued assets in the community,'" he added.

**Interested in becoming a business sponsor? Email [swimecff@gmail.com](mailto:swimecff@gmail.com) or call Community Outreach Coordinator Wendy Rudman at 850-598-0176.**

## Bonus Event Pictures!

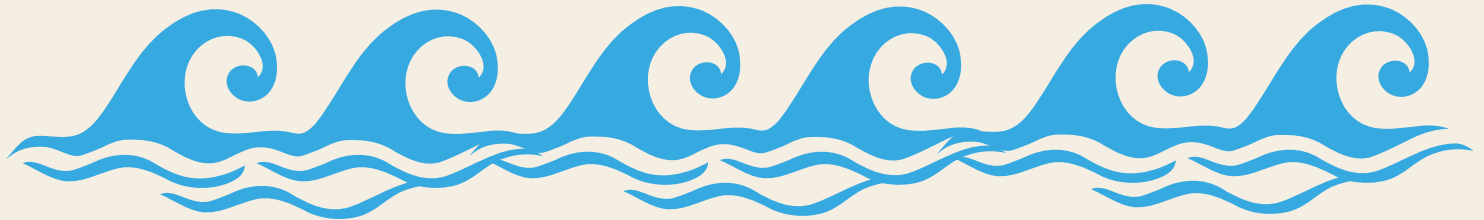




# Our Summer Schedules



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](http://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		Coast Aquatics Practice 7:00-10:30am	Swim Lessons 9:00 am	
9:30-10:00													Swim Lessons 10:00 am	
10:00-10:30		Lessons 10:00-11:00am												
10:30-11:00														
11:00-11:30				Summer Camp Programs 11:00am-1:00pm										
11:30-12:00														
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		Family Swim 12:00-4:00pm												
1:00-1:30				Family Swim 1:00 - 5:30pm										
1:30-2:00														
2:00-2:30														
2:30-3:00														
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 May 31, 2022 to July 7, 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](http://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	Bullsharks 7am-9 am	Aquacize 7-8 am	BBS	Bullsharks 7am-9 am	Aquacize 7-8 am	LS 3 lanes		
7:00-7:30								
7:30-8:00								
8:00-8:30	Pool Cleaning	Bullsharks 7 am-9 am	Bullsharks 7am-9 am	Pool Cleaning	Sat Lessons 8 am	Sat Lessons 9 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 10:15 am		
10:30-11:00	Aquacize 10-11 am					Sat Lessons 10:15 am		
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	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	Lap Swim 12-3 pm	
1:00-1:30								
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	Family Swim 3-5 pm	
2:30-3:00								
3:00-3:30								
3:30-4:00	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	Family Swim 3-5 pm	
4:00-4:30								
4:30-5:00								
5:00-5:30	Coast Aquatics practice M-F 4-6 pm					Family Swim 12-2 pm		
5:30-6:00								
6:00-6:30								
6:30-7:00	Lap Swim 6-8 pm	Aquacize 6-7 pm	Lap Swim 6-8 pm	Aquacize 6-7 pm	Lap Swim 6-8 pm	Family Swim 6-8 pm	Closed	
6:30-7:00		Lap Swim 6-7pm		Lap Swim 6-7pm				Lap Swim 6-7pm
7:00-7:30		PM Lessons 7-8pm		PM Lessons 7-8pm				PM Lessons 7-8pm
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	Closed	
7:30-8:00								
7:30-8:00								

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(c)(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](mailto: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													
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	Open Swim	Open Swim	Closed	Open Swim	Open Swim	Open Swim	Closed						
9:30-10:00								Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
10:00-10:30													
10:30-11:00													
11:00-11:30													
11:30-12:00									AQ		AQ		
12:00-12:30										Lap Swim			Swim Lessons
12:30-1:00													
1:00-1:30													
1:30-2:00								Lap Swim	Lap Swim		Lap Swim	Lap Swim	
2:00-2:30													
2:30-3:00													
3:00-3:30													
3:30-4:00													
4:00-4:30													
4:30-5:00													
5:00-5:40								Swim Lessons	Swim Lessons		Swim Lessons	Swim Lessons	
5:30-6:00	Coast	Coast		Coast	Coast								
6:00-6:30	Lap Swim	Lap Swim		Lap Swim	Lap Swim								
6:30-7:00													

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

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](mailto:therocpool@gmail.com).**