



THE ROC POOL SCHEDULE

SEPTEMBER 1 - OCTOBER 1, 2024

1105 Pearl St. S Crestview, FL 32536

Click link on QR code to create account and register with our online system



	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:00-6:30 AM							
6:30-7:00 AM	LAP SWIM 6:30-8:30	LAP SWIM 6:30-8:30	LAP SWIM 6:30-8:30	LAP SWIM 6:30-8:30	LAP SWIM 6:30-8:30	TIGERSHARKS 8-9	CLOSED
7:00-7:30 AM							
7:30-8:00 AM							
8:00-8:30 AM							
8:30-9:00 AM							
9:00-9:30 AM							
9:30-10:00 AM							
10:00-10:30 AM							
10:30-11:00 AM							
11:00-11:30 AM							
11:30-12:00 AM		AQUASIZE 11:45-12:45		AQUASIZE 11:45-12:45			
12:00-12:30 PM							
12:30-1:00 PM							
1:00-1:30 PM	LAP SWIM 1-2	LAP SWIM 1-2	LAP SWIM 1-2	LAP SWIM 1-2	LAP SWIM 1-2		
1:30-2:00 PM							
2:00-2:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
2:30-3:00 PM	CHS 2:30-4	CHS 2:30-4	CHS 2:30-5	CHS 2:30-4	CHS 2:30-4		
3:00-3:30 PM							
3:30-4:00 PM							
4:00-4:30 PM	RBCS 4:15-5:45	RBCS 4:15-5:45	CLOSED	RBCS 4:15-5:45	RBCS 4:15-5:45		
4:30-5:00 PM							
5:00-5:30 PM							
5:30-6:00 PM	TIGERSHARKS 5:45-6:45	TIGERSHARKS 5:45-6:45			TIGERSHARKS 5:45-6:45		
6:00-6:30 PM							
6:30-7:00 PM	CHS/CTS 6:45-7:45	CHS/CTS 6:45-7:45		CHS/CTS 6:45-7:45			
7:00-7:30 PM							
7:30-8:00 PM							
8:00-8:30 PM				Tri Time 8-9			
8:30-9:00 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.

Email : therocswim@gmail.com

Website: www.ecfitnessfoundation.org

850-634-6350

on Facebook: **The ROC Pool**