



THE ROC POOL SCHEDULE

AUGUST 1 - SEPTEMBER 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 | LAP SWIM 6-9am | LAP SWIM 6-9am | LAP SWIM 6-9am | LAP SWIM 6-9am | LAP SWIM 6-9am | CLOSED | CLOSED |
| 6:30-7:00 AM | | | | | | | |
| 7:00-7:30 AM | | | | | | | |
| 7:30-8:00 AM | | | | | | | |
| 8:00-8:30 AM | | | | | | | |
| 8:30-9:00 AM | POOL RENTAL 9-11am | GROUP LESSON 9:15-10am | PARENT & TOT 9:15-10am | GROUP LESSON 9:15-10am | POOL RENTAL 9-11am | ADULT LESSON 9:15-10am | P & T 9:15-10am |
| 9:00-9:30 AM | | | | | | | |
| 9:30-10:00 AM | | AQUACIZE 10:30-11:30am | POOL RENTAL 10-11am | AQUACIZE 10:30-11:30am | ADULT & YOUTH LESSON 11:15-12am | YOUTH LESSON 10:15-11am | P & T 10:15-11am |
| 10:00-10:30 AM | | | | | | | |
| 10:30-11:00 AM | | FAMILY SWIM 11am-2pm | LAP SWIM (2 LANES) 11am-2pm | LAP SWIM 11am-2pm | FAMILY SWIM 11:30am-2pm | LAP SWIM (2 LANES) 11am-2pm | FAMILY SWIM 12-2pm |
| 11:00-11:30 AM | | | | | | | |
| 11:30-12:00 AM | FAMILY SWIM 11am-2pm | LAP SWIM (2 LANES) 11am-2pm | LAP SWIM 11am-2pm | FAMILY SWIM 11:30am-2pm | LAP SWIM (2 LANES) 11am-2pm | FAMILY SWIM 12-2pm | LAP SWIM (2-3 LANES) 12-2pm |
| 12:00-12:30 PM | | | | | | | |
| 12:30-1:00 PM | FAMILY SWIM 11am-2pm | LAP SWIM (2 LANES) 11am-2pm | LAP SWIM 11am-2pm | FAMILY SWIM 11:30am-2pm | LAP SWIM (2 LANES) 11am-2pm | FAMILY SWIM 12-2pm | LAP SWIM (2-3 LANES) 12-2pm |
| 1:00-1:30 PM | | | | | | | |
| 1:30-2:00 PM | FAMILY SWIM 11am-2pm | LAP SWIM (2 LANES) 11am-2pm | LAP SWIM 11am-2pm | FAMILY SWIM 11:30am-2pm | LAP SWIM (2 LANES) 11am-2pm | FAMILY SWIM 12-2pm | LAP SWIM (2-3 LANES) 12-2pm |
| 2:00-2:30 PM | | | | | | | |
| 2:30-3:00 PM | CRESTVIEW HS PRACTICE 2:30-4pm | CRESTVIEW HS PRACTICE 2:30-4pm | CRESTVIEW HS PRACTICE 2:30-5pm | CRESTVIEW HS PRACTICE 2:30-4pm | CRESTVIEW HS PRACTICE 2:30-4pm | POOL RENTAL 2-5 | CLOSED |
| 3:00-3:30 PM | | | | | | | |
| 3:30-4:00 PM | RBCS 4:15-5:45pm | RBCS 4:15-5:45pm | CRESTVIEW HS PRACTICE 2:30-5pm | RBCS 4:15-5:45pm | RBCS 4:15-5:45pm | POOL RENTAL 2-5 | CLOSED |
| 4:00-4:30 PM | | | | | | | |
| 4:30-5:00 PM | RBCS 4:15-5:45pm | RBCS 4:15-5:45pm | CRESTVIEW HS PRACTICE 2:30-5pm | RBCS 4:15-5:45pm | RBCS 4:15-5:45pm | POOL RENTAL 2-5 | CLOSED |
| 5:00-5:30 PM | | | | | | | |
| 5:30-6:00 PM | TIGERSHARKS 5:45-6:45pm | TIGERSHARKS 5:45-6:45pm | CLOSED | TIGERSHARKS 5:45-6:45pm | RENTAL | CLOSED | CLOSED |
| 6:00-6:30 PM | | | | | | | |
| 6:30-7:00 PM | CHS/CTS 6:45-7:45pm | CHS/CTS 6:45-7:45pm | CLOSED | CHS/CTS 6:45-7:45pm | GROUP LESSON 6-6:45pm | CLOSED | CLOSED |
| 6:30-7:00 PM | | | | | | | |
| 7:00-7:30 PM | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 7:30-8:00 PM | | | | | | | |
| 8:00-8:30 PM | CLOSED | CLOSED | CLOSED | TRI TIME 8-9pm | CLOSED | CLOSED | CLOSED |
| 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.

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Website: www.ecfitnessfoundation.org

850-634-6350

on Facebook: The ROC Pool