

# Destin Pool Activity Schedule

## August 14 - October 31, 2017

*(subject to change) (updated 9/15/17)*

Pool Telephone Number:  
850-837-SWIM (7946)

4345 Commons Drive W, Destin, FL 32541

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			
	Comp Pool	Fam Pool	Comp Pool	Fam Pool	Comp Pool	Fam Pool	Comp Pool	Fam Pool	Comp Pool	Fam Pool	Comp Pool	Fam Pool	Comp Pool	Fam Pool		
6:00-6:30																
6:30-7:00	OLD1 Masters Team Practice 6-7:30				OLD1 Masters Team Practice 6-7:30				OLD1 Masters Team Practice 6-7:30							
7:00-7:30			Lap Swim 6:00-9:00 am				Lap Swim 6:00-9:00 am					Coast Aquatics 7:00-10:30				
7:30-8:00	Lap Swim 7:30-9:30				Lap Swim 7:30-9:30				Lap Swim 7:30-9:30							
8:00-8:30																
8:30-9:00																
9:00-9:30																
9:30-10:00	Deep Water Jogging	Aquacize 9:30-10:30	Swim Fit 9:30-10:30	Aquacize 9:30-10:30	Deep Water Jogging	Aquacize 9:30-10:30	Swim Fit 9:30-10:30	Aquacize 9:30-10:30	Deep Water Jogging	Aquacize 9:30-10:30		Swim Lessons 9:00				
10:00-10:30																
10:30-11:00																
11:00-11:30			OLD1 Masters Team Practice 11:00-12:30				OLD1 Masters Team Practice 11:00-12:30									
11:30-12:00	Lap Swim 11:30-2:00	Family Swim 11:30-2:00		Family Swim 11:30-2:00	Lap Swim 11:30-2:00	Family Swim 11:30-2:00		Family Swim 11:30-2:00	Lap Swim 11:30-2:00	Family Swim 11:00-2:00						
12:00-12:30			Lap Swim 12:30-2:00													
12:30-1:00																
1:00-1:30																
1:30-2:00																
2:00-2:30																
2:30-3:00													Lap Swim 1:00-4:00	Family Swim 1:00-4:00		
3:00-3:30																
3:30-4:00	Coast Aquatics 3:30-6:00 6 Lanes	Family Swim 3:30-5:00	Coast Aquatics 3:30-6:00 6 Lanes	Family Swim 3:30-5:00	Coast Aquatics 3:30-6:00 6 Lanes	Family Swim 3:30-5:00	Coast Aquatics 3:30-6:00 6 Lanes	Family Swim 3:30-5:00	Coast Aquatics 3:30-6:00 6 Lanes	Family Swim 3:30-6:00						
4:00-4:30											Swim Lessons 5:00					
4:30-5:00																
5:00-5:30																
5:30-6:00																
6:00-6:30	Lap Swim 6:00-7:00	Aquacize 6:00-7:00	Lap Swim 6:00-7:00	Aquacize 6:00-7:00	Lap Swim 6:00-7:00	Aquacize 6:00-7:00	Lap Swim 6:00-7:00	Aquacize 6:00-7:00	Lap Swim 6:00-7:00	Aquacize 6:00-7:00						
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.

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: [ecfitnessfoundation@cox.net](mailto:ecfitnessfoundation@cox.net)