



Destin Pool Activity Schedule

November 17, 2018-February 10, 2019

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

4345 Commons Drive W, Destin, FL 32541

All activities take place in the heated competition pool.

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
	Comp Pool	Comp Pool	Comp Pool	Comp Pool	Comp Pool	Comp Pool	Comp Pool
6:00-6:30	OLD1 Masters Team Practice 6:00-7:30am	Lap Swim 6:00 am - 12:30 pm	OLD1 Masters Team Practice 6:00-7:30am	Lap Swim 6:00 am - 12:30 pm	OLD1 Masters Team Practice 6:00-7:30am	Lap Swim 6:00 am - 12:30 pm	Lap Swim 6:00 am - 12:30 pm
6:30-7:00							
7:00-7:30							
7:30-8:00	Lap Swim 7:30am-2:00pm	Lap Swim 7:30am-2:00pm	Lap Swim 7:30am-2:00pm	Lap Swim 7:30am-2:00pm	Lap Swim 7:30am-2:00pm	Lap Swim 7:30am-2:00pm	Lap Swim 7:30am-2:00pm
8:00-8:30							
8:30-9:00							
9:00-9:30							
9:30-10:00							
10:00-10:30							
10:30-11:00							
11:00-11:30							
11:30-12:00							
12:00-12:30							
12:30-1:00	OLD1 Masters Team Practice 11:00-12:30	LS 3 Lanes	OLD1 Masters Team Practice 11:00-12:30	LS 3 Lanes	Lap Swim 10:30am- 1:00pm	Lap Swim 10:30am- 1:00pm	Lap Swim 10:30am- 1:00pm
1:00-1:30							
1:30-2:00	Adult Swim Technique Clinic Advanced 12:30-1:30 Novice 1:30-2:30	LS 3 Lanes	Adult Swim Technique Clinic Advanced 12:30-1:30 Novice 1:30-2:30	LS 3 Lanes	Lap Swim 10:30am- 1:00pm	Lap Swim 10:30am- 1:00pm	Lap Swim 10:30am- 1:00pm
2:00-2:30							
2:30-3:00	Deep Water Aerobics 2:00-3:00 PM	Deep Water Aerobics 2:30-3:30 PM	Deep Water Aerobics 2:00-3:00 PM	Deep Water Aerobics 2:30-3:30 PM	Deep Water Aerobics 2:00-3:00 PM	Deep Water Aerobics 2:00-3:00 PM	Deep Water Aerobics 2:00-3:00 PM
3:00-3:30							
3:30-4:00	Coast Aquatics 3:30-5:30 6 lanes	Coast Aquatics 3:30-5:30 6 lanes	Coast Aquatics 3:30-5:30 6 lanes	Coast Aquatics 3:30-5:30 6 lanes	Coast Aquatics 3:30-5:30 6 lanes	Coast Aquatics 3:30-5:30 6 lanes	Coast Aquatics 3:30-5:30 6 lanes
4:00-4:30							
4:30-5:00							
5:00-5:30	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm
5:30-6:00							
6:00-6:30							
6:30-7:00	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm	Lap Swim 5:30-7:00pm
6:00-6:30							
6:30-7:00							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Coast Aquatics Practice
7:00-10:30am

Silver Saturday Senior Swim Event *
1:00-3:00pm

Pool Available to Rent for Parties & Special Events

*For patrons age 50 and over

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: swimECFF@gmail.com website: www.ecfitnessfoundation.org. Patron registration and waiver required. Cash, Check, Credit/Debit Card and Paypal accepted.