

341 Holmes Blvd.  
Ft. Walton Beach, FL 32548

# The Arc Pool in Fort Walton

## General Pool Activity Schedule

### June and July, 2026

(subject to change)

Pool Telephone Number:  
850-598-0176  
email:  
wendyvvrudman@gmail.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00-8:30	Closed	Closed	Closed	Closed	Closed	Closed	Closed	
8:30-9:00		Baby Bullshark		Baby Bullshark		Private Lessons		
9:00-9:30								
9:30-10:00								
10:00-10:30	Pool and Education Center Available for Rental	Pool and Education Center Available for Rental	Pool and Education Center Available for Rental	Pool and Education Center Available for Rental	Pool and Education Center Available for Rental	Saturday Aquacize	Closed	
10:30-11:00								Adaptive Swim Lesson
11:00-11:30								
11:30-12:00								
12:00-12:30	Homeschool/Parent-Tot Lessons	Youth Group Swim Lesson	Homeschool/Parent-Tot Lessons	Private Lessons				
12:30-1:00	Adult Swim Lessons	Homeschool Intro to Comp Swimming ages 6-9	Adult Swim Lessons			Homeschool Intro to Comp Swimming ages 6-9		
1:00-1:30	Private Lessons		Homeschool Intro to Comp Swimming ages 10-17	Private Lessons		Homeschool Intro to Comp Swimming ages 10-17		
1:30-2:00								
2:00-2:30	Adult Adaptive Lesson	Private Lessons	Adult Adaptive Lesson	Private Lessons				
2:30-3:00						Private Lessons		
3:00-3:30	Its Never too Late too Learn							
3:30-4:00			Youth Group Swim Lesson	Youth Group Swim Lesson	Youth Group Lessons			
4:00-4:30								
4:30-5:00	Adult Adaptive Aquacize	Youth Group/ParentTot	Adult Adaptive Aquacize	Youth Group/Parent Tot				
5:00-5:30	Adaptive Swim Lesson	Adaptive Swim Lesson	Youth Group Swim Lesson	Adaptive Swim Lesson				
5:30-6:00	Youth Group Swim Lesson	Adaptive Swim Lesson	Youth Group Swim Lesson	Adaptive Swim Lesson				
6:00-6:30	Private Lessons	Closed	Private Lessons	Closed				
6:30-7:00								
7:00-7:30	Closed	Closed	Closed	Closed				
7:30-8:00								
	Closed				Closed			
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	

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 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.

The Arc Pool in Fort Walton Beach 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 the Arc of the Emerald Coast at 341 Holmes Blvd., Fort Walton Beach, FL 32548 Telephone 850-598-0176 email: swimECFF@gmail.com