

341 Holmes Blvd.
Ft. Walton Beach, FL 32548

The Arc Pool in Fort Walton

General Pool Activity Schedule

August and September, 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	Private Lessons	Closed
8:30-9:00							
9:00-9:30	Private Lessons						
9:30-10:00							
10:00-10:30							
10:30-11:00							
11:00-11:30			Homeschool Aquacize		Adaptive Swim Lesson		
11:30-12:00						Adaptive Swim Lesson	
12:00-12:30			Homeschool/Parent-Tot Lessons		Private Lessons	Homeschool/Parent-Tot Lessons	
12:30-1:00	Private Lessons	Private Lessons	Private Lessons				
1:00-1:30	Mon/Wed Adaptive Group	Homeschool Intro to Comp Swimming	Mon/Wed Adaptive Group	Private Lessons	Pool and Education Center Available for Rental		
1:30-2:00	Private Lessons		Private Lessons	Homeschool Intro to Comp Swimming			
2:00-2:30	Adult Adaptive Lesson			Adult Adaptive Lesson			
2:30-3:00				Private Lessons		Private Lessons	
3:00-3:30	ASD Family Swim						
3:30-4:00		Youth Group Swim Lesson					
4:00-4:30	Youth Group Swim Lesson						
4:30-5:00		Adult Adaptive Aquacize	Youth Group/ ParentTot	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	Private Lessons	Private Lessons	Private Lessons			
6:00-6:30	Private Lessons						
6:30-7:00	Closed	Closed	Closed	Closed	Closed		
7:00-7:30							
7:30-8:00							
	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 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