

The Warrior Aquatic Center

THE NEW FACILITY &
THE WARRIOR WAY BENEFIT YOU



THE WARRIOR AQUATIC CENTER

A NEW FACILITY & THE
WARRIOR WAY BENEFITS
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WATER SAFETY: REDUCING THE RISK OF DROWNING



Drowning is the leading cause of accidental death in children aged 1-4 years.

- Swim education reduces drowning risk by 88% in children ages 1-4, according to the CDC.
- Early swim lessons teach lifesaving skills, such as floating, treading water, and safe water entry/exit.
- Supervised swim environments, like Florida Elite, provide safe spaces for children to learn and practice water safety.
- Swim lessons build water confidence in both children and parents, reducing fear and increasing safety awareness.



Florida Elite offers swim lessons through the Rising Warriors Swim School



SWIM BENEFITS FOR KIDS

- **Full-body workout:** Swimming engages all major muscle groups, building strength and endurance.
- **Improves cardiovascular health:** Promotes heart and lung development, improving overall fitness.
- **Low-impact exercise:** Gentle on joints and bones, making it ideal for growing bodies.
- **Boosts coordination and balance:** Swimming enhances motor skills and overall physical coordination.
- **Increases flexibility:** Regular swimming stretches muscles and promotes a full range of motion.
- **Builds discipline and focus:** Learning swimming techniques fosters goal-setting, patience, and concentration.
- **Supports healthy weight management:** Swimming burns calories, helping children maintain a healthy weight.
- **Reduces stress and anxiety:** Being in the water has calming effects, promoting mental well-being.
- **Enhances social skills:** Group swim lessons and team activities encourage teamwork and communication.
- **Boosts confidence and self-esteem:** Mastering new swim skills gives children a sense of achievement, building self-confidence and independence.
- **Promotes lifelong fitness habits:** Establishes a foundation for a healthy, active lifestyle into adulthood.

SWIM BENEFITS FOR ADULTS

U.S. MASTERS SWIMMING



- **Reduces the risk of chronic diseases:** Regular swimming helps lower the risk of type 2 diabetes, high blood pressure, and heart disease.
- **Improves joint health:** Swimming's low-impact nature alleviates pain and stiffness, particularly in those with arthritis or joint conditions.
- **Enhances lung capacity and respiratory function:** It improves breathing efficiency, benefiting those with asthma or other respiratory issues.
- **Aids in weight management:** Swimming burns calories effectively, supporting weight loss and helping prevent obesity-related conditions like diabetes and metabolic syndrome.
- **Promotes longevity:** Adults who swim regularly have lower mortality rates, contributing to longer, healthier lives.
- **Supports post-injury recovery:** Swimming is an ideal exercise for rehabilitation, helping to rebuild strength and fitness without putting stress on the body.

Learn-to-Swim Programs: Rising Warriors as well as Florida Elite provide swim lessons and training for children through adults.

Competitive Swim Programs: Year-round Safe Sport Certified USA Swim Club which train over 300 families, use the pool daily.

Pasco County Schools: Home to five Swimming & Dive teams. Academy at the Lakes, Sunlake, Land O Lakes, Cypress Creek, and Angeline Academy

Life-Saving Programs: Water safety certification, Lifeguard Certification, CPR, and other life-saving programs are administered at the pool.

Community Service: Supplies water to Police Water Rescue Unit. Access for school PE programs and projects such as robotics.

Open Swim: U.S. Masters Swimming, lap swimming and recreational family play time.



Warrior's Tradition of Greatness



State Champions

In 2024, Jeremy Morgan became Florida Swimming 11-12 50m breaststroke Champion. In 2026, he captured the 13-14 50y and 100y breaststroke Champion titles.

In 2025, Kevin Johnson earned the Florida Swimming 50y freestyle Champion title. He then qualified in Nationals level Futures

Representing Team Florida

Jeremy Morgan (2024), Evan Moses (2025) & Alex Zendegui (2025) were selected for Southern Zoness

In 2026, Mila Adriani was selected for Open Water Southern Zones where Team Floirda placed 1st overall



Building Futures Beyond the Pool

In 2019, McKenna Smith competed at Junior Nationals Championship. Her academic and athletic career continued at Duke University Swim & Dive team. We prepare athletes for success in college and beyond.

Florida Elite represents something to be proud of!7



Warrior Timeline

1994: Land O Lakes Lightning established by a group of dedicated parents to serve the community

2011: Avoided County proposed pool closure by fully taking over all pool operations

2014: Rebranded the Florida Elite Warriors

2021: Coach Guerby Ruuska ushers in the Rising As One (RAO) era as the Warriors new Head Coach

2024: Pasco County took back control leaving the Team that Summer with no home pool

2025: Rising Warriors Swim School established

2026: Record number of Championship Qualifiers, three FUTURES qualifiers & introduction of a Dive Team

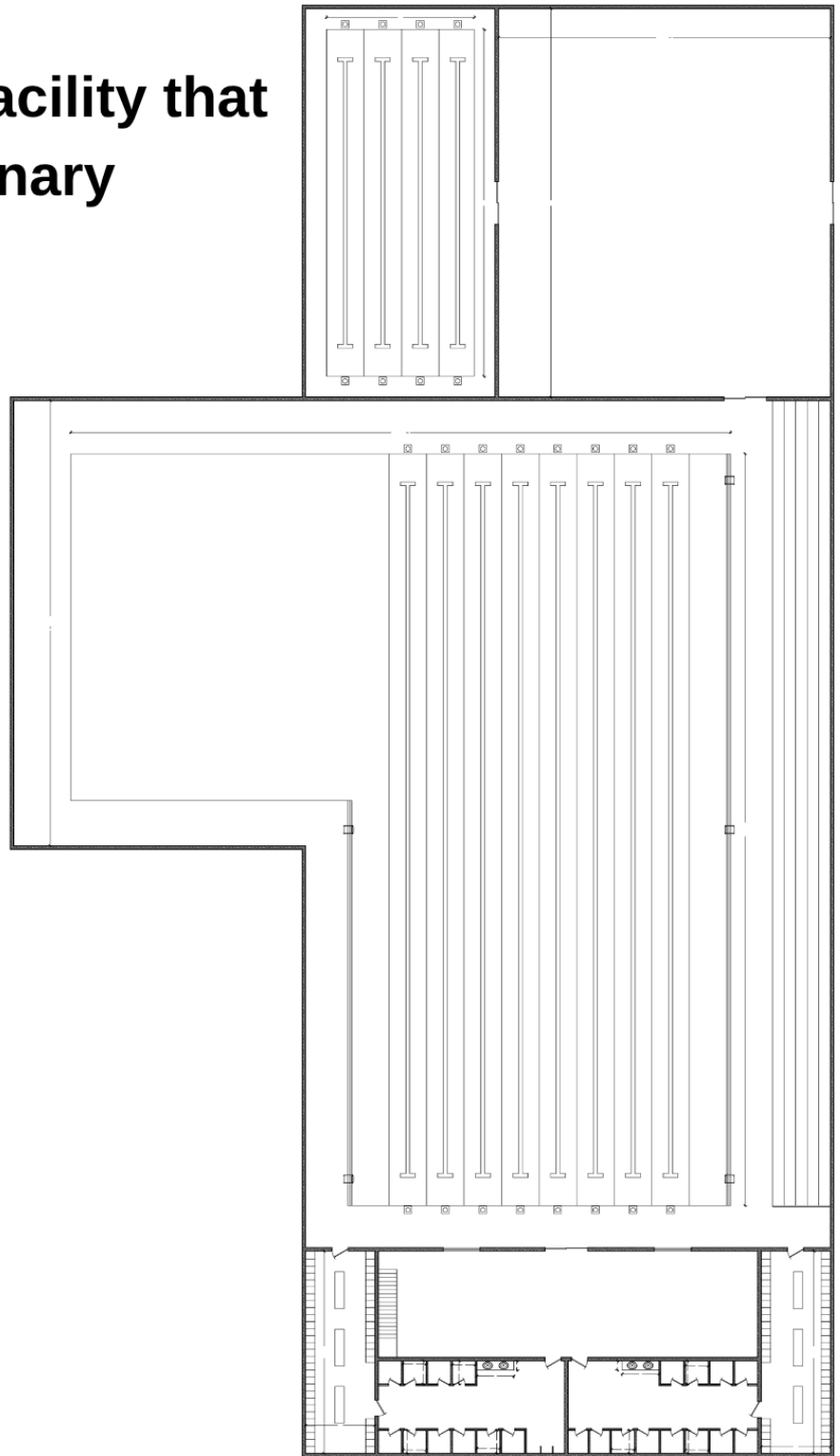
A Private Public Partnership

Building an Aquatic Facility that Matches the Extraordinary Pasco County!

The Need.

The current aquatic center has gone through some much-needed renovations in the past years, but even with these renovations that include locker room improvements and several deck repairs, the pool cannot escape its age. FE looks to build a pool that meets all county health code items. We are passionate about providing water space that people can rely on being well kept, safe, and sustainable.

We look to provide a facility with a clean and safe deck, clean and safe locker rooms, and well-kept chemicals.



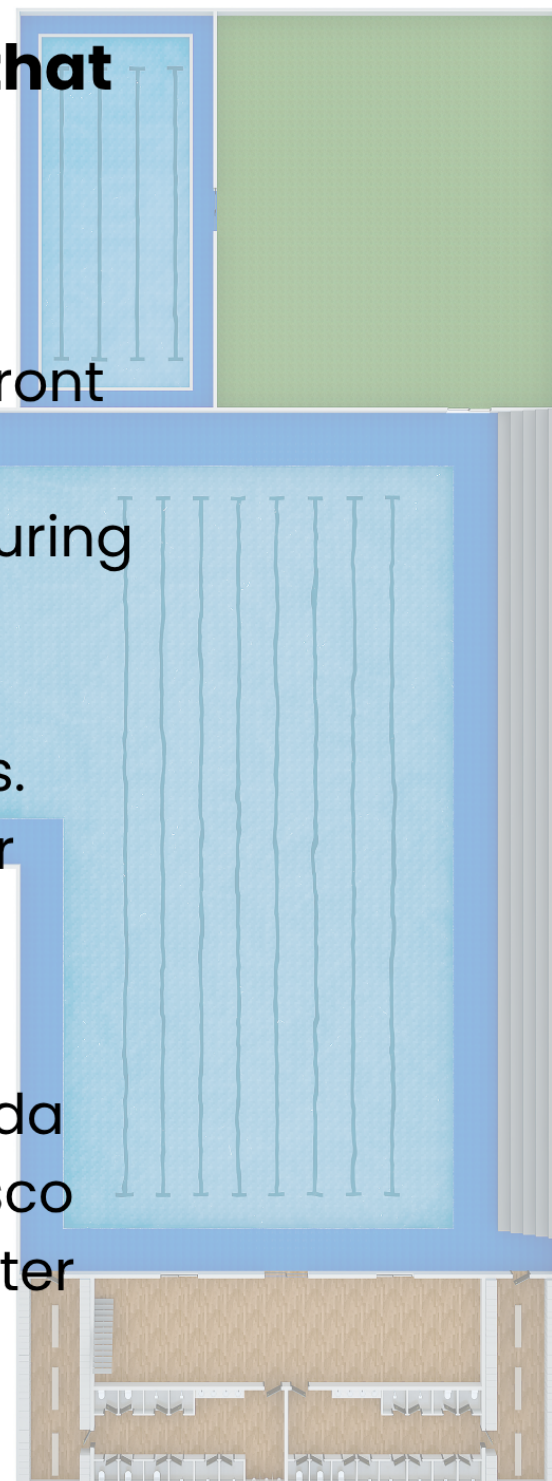
Committed to our community, the Warriors are taking the lead in raising the estimated \$3 million to help pay for the pool.

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Florida Elite has been at the forefront of providing Pasco County with aquatic programs since 1994. During this time, as the population has grown and changed, so too has Florida Elite in scope and services. This gives us insight into what our community needs.

Through our partnerships and adhering to our core values, Florida Elite can continue serving as Pasco County's Aquatic Hub! A 50m meter pool featuring improved design, facilities and equipment



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OUR PROGRAMS

FIND THE RIGHT PATH IN THE WATER WITH:

- Masters Swimming
- Open Swimming
- Private Swimming Lessons
- Swim School
- Lifeguard Certification
- USA Swim Club
- College Summer Swim Training
- Swim Clubs and Camps
- Community Certification and Testing

