



Splash News!



Volume 9

Fall 2015 Newsletter



Executive Director's Message:

Welcome Back!

Are you ready to get re-started and become re-energized by your fitness routine? Look for new exercise classes this fall including Sizzle!, Tabata Time, and Butts and Guts. Pick up a schedule at the front desk or check out what's happening at the facility by visiting www.fidalgopool.com online. Please note there are several time changes for both land and water fitness classes as we strive to bring you a variety of options to meet your needs.



Staff members have been working hard during the scheduled closure. They have been moving, cataloging and re-organizing items; preparing surfaces for re-painting; and

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Become a Friend of Fidalgo...

Everyone is welcome! Help us to make FPFC an even better place. Just bring your energy and ideas to one of our meetings, held in the pool conference room. We alternate meeting times to encourage participation from all patrons. Find a time that suits you and come join us! Next meetings: September 14, 9:00 a.m., October 12, 5:00 p.m. Check the bulletin board for more information or e-mail Friends at friendsoffidalgo@hotmail.com.

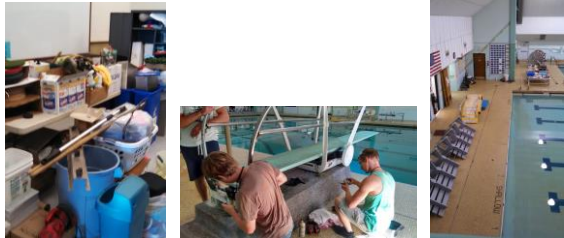
Upcoming Events:

- **Friends at the Farmer's Market:** September 5 & October 3. Look for us at the market where we will be promoting the pool and sharing information about the upcoming levy. Stop by and chat!
- **Friends Fall Gardening Sale:** September 26, 9:00 – noon, featuring loads of great plants, gardening themed items, and prizes!
- **Endowment Information Sessions:** Find out how you can give ongoing support to FPFC on Wednesday, September 16th at 10:30 a.m. and 5:00 p.m. in the pool conference room.
- **FPFC t-shirt and tote bag sales:** support the pool and buy a snazzy t-shirt! Order forms are at the front desk.



Director's Message Continued

sweeping, scrubbing and cleaning everywhere both inside and outside of the facility.



The sound system has been repaired and music from overhead is again ready to accompany patrons during swimming and exercising. Some of the floor tiles have been replaced and re-grouted on the deck and in the locker rooms. The water pressure in the building has been improved and new shower heads have been installed. The facility plumbing was checked before general cleaning and maintenance was completed.



Upstairs in the group exercise room the space is now ready for a new paint job. Mirrors have been ordered to extend the current row upstairs and for the fitness center downstairs. If they are not up before you return, they will be installed very soon. The water fountain in the lobby has been removed and the new water bottle refill station for that area is almost ready to go. These are just a few of the many projects that John Little, our Maintenance Manager, has tackled with staff during closure! Now we are ready to get back into the swing of meeting your health and fitness goals!

Marilyn Stadler, Executive Director



Friends Fall Gardening Sale

Calling all gardeners! The Friends of Fidalgo Fall Gardening Sale is on **September 26, from 9:00 a.m. - noon**. Look for us to the side of the lower parking lot. This year we have an excellent selection of plants and shrubs donated by both patrons and local businesses. There will also be a chance to win a plant pot full of gardening related items, and some landscape coaching and plants courtesy of Everett Chu of Azusa Farm & Gardens. Watch the bulletin board for more details. All money raised through this fundraiser goes directly back into FPFC to fund special projects.



FPFC T-Shirts & Tote Bags

Get your FPFC gear! Brought to you by the Friends of Fidalgo, t-shirts and tote bags will be available for sale in the pool lobby on Wednesday, September 9, 9:00 a.m. – noon and Thursday, September 10, 8:00 – 10:30 a.m., or an order form will be available at the front desk. Adult shirts are \$15, youth shirts are \$10 and tote bags are \$12, plus tax. Show your pride in our facility and help support FPFC. All proceeds from the sales will be used to fund special projects at FPFC.



Friends at the Farmer's Market: FPFC Levy Information

How do your tax dollars support the pool? Find out at the Anacortes Farmer's Market on September 5th and October 3rd. Friends of Fidalgo will be at the market to show support for Fidalgo Pool and Fitness Center and to provide information and answer questions about the upcoming levy vote in November.

FPFC serves people from many communities. It is open 7 days a week, providing access to swimming and fitness facilities, supporting rehabilitation, group fitness, weight training, club swimming, water safety classes and public school aquatics. We are fortunate to have access to such a wonderful facility.

Did you know it costs over a million dollars to operate FPFC each year? To remain open, the Fidalgo Pool and Fitness Center requires levies to supplement the revenues collected at the door. Levy votes are typically held every three years when the District is required to obtain voter approval to continue receiving levy support. If approved by voters, this measure will authorize the District to continue receiving the same mill rate for the maintenance and operations of FPFC that was asked for and granted in the 2012 General Election. In addition, voters will be asked to approve the levy for the next six years. Levy support in 2016 through 2021 would not exceed an increase of 1% each year if deemed necessary.

To learn more about levy funding and how you can help to ensure FPFC stays open, drop by our booth in the market, look for levy news at the pool, and make sure to vote on Nov. 3!



Take care of your body. It's the
only place you have to live.

Jim Rohn



Endowment Fund Information Meetings

...with Pat Barrett of Barrett Financial

En`dow`ment: The act of bestowing a dower, fund, or permanent provision for support. Something that is endowed; *specifically:* the part of an institution's income derived from donations.

The Friends of Fidalgo have established an Endowment Fund that enables patrons to make contributions to FPFC. Fidalgo Pool and Fitness Center thrives because of people like you who make donations to help ensure long-term funding for the many programs offered and for ongoing building and facility improvements

To find out more about this planned giving option, information sessions with Pat Barrett of Barrett Financial have been scheduled for **Wednesday, September 16th at 10:30 a.m. and 5:00 p.m.** in the pool conference room. Please join us for some coffee and treats, and a short presentation followed by a question & answer period.

Receive a complimentary FPFC t-shirt or tote bag with every contribution of \$100 or more toward the Endowment Fund!



Fall Schedule

September 8 – December 31

(check the schedule on-line or call 293-0673 for complete, up-to-date information)

LAP Swim & Water Walk



M	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m. (3 lanes 5:30 to 6:00 p.m.)	Sat 7:00 a.m. - 9:30 a.m. (shared with TAC) Sun 11:30 a.m. - 1:00 p.m.
T	5:00 a.m. – 2:00 p.m. (3 lanes 5:45 – 7:00 a.m.) 5:30 p.m. – 8:00 p.m. (3 lanes 6:30 – 8:00 p.m.)	
W	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m. (3 lanes 5:30 – 6:00 p.m.)	
Th	5:00 a.m. – 2:00 p.m. (3 lanes 5:45 – 7:00 a.m.) 5:30 p.m. – 8:00 p.m. (3 lanes 6:30 – 8:00 p.m.)	
F	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m.	

Sharing Lanes

- * Side by side if only 2 swimmers in a lane
- * Circle swim if 3 or more swimmers in a lane
- * Inform swimmers before entering the lane



Water Fitness

M	6:15 - 7:15 a.m. 8:00 – 9:00 a.m. 9:00 – 10:00 a.m.	Water Exercise Aquaerobics AquaFit & Strength
T	7:30 – 8:30 a.m. 8:30 – 9:30 a.m. 9:30 – 10:30 a.m. 5:30 – 6:30 p.m.	PowerFit & Pilates Motion n’Mind Aqua Core & More Aqua Zumba
W	6:15 - 7:15 a.m. 8:00 – 9:00 a.m. 9:00 – 10:00 a.m.	Water Exercise Aquaerobics AquaFit & Strength
Th	7:30 – 8:30 a.m. 8:30 – 9:30 a.m. 9:30 – 10:30 a.m. 5:30 – 6:30 p.m.	PowerFit & Pilates Motion n’Mind Aqua Core & More Aqua Zumba
F	6:15 - 7:15 a.m. 8:00 – 9:00 a.m. 9:00 – 10:00 a.m.	Water Exercise Deep Aquaerobics Deep H2O Intervals

- ≈ Work at your own pace as we help you reach your fitness goals!
- ≈ Water exercise shoes are recommended in shallow water.
- ≈ Buoyancy belts are supplied for deep water classes.

Open Swims

M/W	6:30 – 8:00 p.m.	Mats/Tubes
F	6:30 – 8:00 p.m.	Ollie the Octopus
Saturday	10:30 a.m. – noon	Mats/Tubes
Sunday	1:15 - 2:30 p.m.	Mats/Tubes

All open swims include the diving board, buoy swing, water slide and life jackets. Children 6 and under need to be accompanied by an adult. Parents, please sit up in the balcony area. No spectators allowed on deck.



Thunderbirds Aquatic Club



Head Coach: Jason Hunter
Age Group USS Swim Team

Join the team!

Must be a level 4 swimmer or higher

All ages. Swim with your friends!

We have Masters too!

Call for more information, 360-299-0673.

Land Fitness

Fitness Center: Open for drop-in

Monday - Friday: 5:00 a.m. - 8:00 p.m.

Saturday: 7:00 a.m. - 12:00 p.m.

Sunday: 11:30 a.m. - 2:30 p.m.

Classes:

M/W	9:00 – 10:00 a.m. 10:00 – 10:45 a.m. 12:15 – 1:00 p.m. 5:30 – 6:30 p.m.	SilverSneakers® Classic Butts & Guts Tabata Time! Zumba
M/W/F	11:00 a.m. - noon	Gentle Yoga
T/TH	7:00 – 8:00 a.m. 9:00 - 10:00 a.m. 11:00 – noon	Strength & Cond. Zumba Gold Functional Strength
TH	6:00 – 7:00 p.m.	Yoga 101
F	9:00 – 10:00 a.m. 10:00 – 11:00 a.m.	Muscular Strength Sizzle!
S	9:30 – 10:30 a.m.	Zumba



Special Appreciation

From the Staff & Friends of Fidalgo Pool

- Many thanks to Azusa Farm & Gardens for donating landscape coaching and plants, and to Christianson's Nursery, Sebo's, Ace Hardware and Charley's Greenhouse for donating a wonderful selection of plants, shrubs, seeds and other gardening items for our annual fall gardening sale.
- More thanks to all of the patrons who have contributed plants and bulbs from their own gardens for the gardening sale!
- Special thanks to Peggy Woods of NorthWest Design for donating her ideas and time to design and set-up the printing for the FPFC t-shirts & totes. They look awesome!
- Thanks to the wonderful people at the Anacortes Farmers Market for providing us with a space to share information about our fantastic facility!
- Thanks to all of the Friends volunteers who attend the meetings, provide treats for events, and organize and staff our fundraising events. You make things happen!
- Donations to Friends are always welcome and can be dropped off at the front desk of FPFC. Your donation to the Friends of Fidalgo Pool & Fitness Center District is a tax-deductible charitable contribution under IRS publication 526.

We are a great facility because of all of you!



Spotlight on Staff

Meagan Zielinski, Fitness Instructor



Meagan will be known to many through her work as an independent Zumba instructor. She has recently joined the staff of FPFC and will be teaching Functional Strength, and Sizzle!, a dance style fitness class.

Meagan has been teaching fitness for the past 5 years and is an ACE certified group fitness instructor. She has a strong knowledge base in kinetic science and exercise fitness. Meagan is also a Certified Dolce Diet Coach involved in nutrition coaching and consultation. She feels strongly about the importance of good nutrition and the way it contributes to overall health and wellness.

Motivated by her experiences with her mother's Alzheimer's, Meagan recognized the importance of developing and maintaining optimal health and fitness, for herself, her family members, and others she comes into contact with. She began with Zumba and continued the process by learning about personal training, nutrition, resistance exercise, and functional fitness, the kind of fitness that helps individuals in their everyday life.

As a fitness instructor, Meagan sees herself as a facilitator. Her strength is her ability to connect with others, to create commitment, and to inspire others with her energy. Her goal is to get people out of their own heads and into having fun so they don't realize how hard they are working. Meagan tunes in and



Spotlight on Staff Cont'd

listens to feedback from class members and incorporates what she learns into her programs to ensure she is meeting participants' needs.

Meagan believes in what she is doing and finds energy and joy in it. Fitness can be fun and exciting. We are excited to welcome Meagan and her energy and enthusiasm to FPFC!

Marilyn Stadler, Executive Director

Marilyn moved to Anacortes from Houston with her husband, and joined Fidalgo Pool and Fitness Center in 2008. She serves as the Chief Executive Officer and Chief Financial Officer under the direction of the Board of Commissioners. Marilyn has extensive professional experience in hospital and government organizations and is a motivated and committed advocate for FPFC. She has experience in human resources, community outreach, specialty programming, wellness education, project funding and grant writing, budgeting and fiscal administration, as well as other operational, strategic and business activities. She holds a Masters of Business Administration, a Masters of Science in Physical Education - Sports Physiology & Adult Fitness, and a Bachelor of Science in Nursing. Marilyn is also active in several local clubs and organizations, as a supporter and as a leader.

When Marilyn joined FPFC her first priority was to see that the facility was brought up to speed, making sure necessary repairs and maintenance were completed. She also recognized the need to ensure the pool and fitness areas were ADA (American Disabilities Act) accessible so that all community members could utilize the

facility. She has been making ongoing facility improvements with that focus in mind. Marilyn's long term goal is to get the facility into position to create requested warm water pools - one for young children and seniors who can't handle cooler pool temperatures and the other for physical therapy.

The Commissioners and Marilyn are in the process of forming a Master Capital Improvement Plan Committee. The committee will determine what the community wants and expects from the District to meet their upcoming wellness and health needs and what the facility requires to continue operating in an efficient and safe manner. Marilyn explained, "We have already heard from many of our patrons that we should have family changing rooms, updated locker rooms and warm water pools, but we believe it is essential we hear more from our community exactly what kinds of improvements should be completed and in what particular manner. We are very interested in the public's input during the development of the plan so we will announce our meetings and have presentations to encourage the community to participate." If you are interested in serving on this committee, please send a letter of interest to the Commissioners or Marilyn. Commissioner McNett is Chair of the committee and plans to have the members of the committee appointed by the end of the year.

Just so you know - Marilyn's favorite part of Fidalgo Pool & Fitness Center is helping you stay happy and healthy. She enjoys knowing that you come to the facility to stay fit, improve your strength and have a great time! She looks forward to seeing you!

Live.Life.Healthy



-Joseph Pilates

Physical fitness can neither be achieved by wishful thinking nor outright purchase.



Pool Together, Push Fitness!

Come Join the Friends of Fidalgo Pool & Fitness Center!

Join us in our efforts to support Fidalgo Pool and Fitness Center (FPFC)! **Friends meetings are on the 2nd Monday of each month at 9:00 a.m. or 5:00 p.m.** in the meeting room at the pool. Check the bulletin board for upcoming meeting notices, agendas, and meeting minutes. We are committed to increasing community awareness of the importance of healthy activities, fundraising for the center's renovation and equipment updates, promoting wellness education, and providing volunteer assistance when needed. Please stop by and share your skills and talents with us!

Friends 2015 Board:

Chairman, Jennifer Lewis
Vice Chairman, Mary Staley
Treasurer, Christine Mathes
Secretary, Marcia Books

We are always seeking new members to contribute their energy, ideas, and a little time to help make Fidalgo Pool and Fitness Center an even better place.

Who should join Friends? Do you lap swim, water walk, do water aerobics, have children in swim lessons, or take swim lessons yourself? Do you participate in yoga, Zumba, strength and conditioning or Silver Sneakers® classes? Do you use physical therapy services? Do you use the fitness center equipment? Are you a senior, a parent, a young person, a fitness guru or just trying to stay healthy? If so, **we need you!** Come to a meeting, e-mail us at friendsoffidalgo@hotmail.com or drop off a volunteer form at the pool! We'll be in touch.

Thank you so much!

Name _____	Date _____
Address _____	
Phone Number _____	E-mail _____



Noon Express Workout

Did you know if you enter FPFC between the hours of 12:00 and 1:00 p.m., the fee to use the pool and/or fitness center without a monthly pass or punch card is only \$3.50? Come on in for a noon express workout!



Did you know Splash News! is produced by the Friends of Fidalgo? Our goal is to help keep you informed of happenings at the pool.

If you would like to contribute or have any suggestions we can be reached at friendsoffidalgo@hotmail.com.

Did you know...for current information and schedule changes you can “like” or “friend” **Fidalgo Pool** and/or **Fidalgo Pool & Fitness Center** on Facebook? Stay connected with other pool patrons, find out about special events, receive facility and class updates, get motivated, and share what’s happening at FPFC with your friends!

Find us at www.fidalgopool.com or “like” us on FACEBOOK!



Commissioner’s Corner

Did you know that one of the best ways of finding out what is happening at FPFC and hearing about future plans for the facility is to attend a Commissioner’s meeting? Meetings are the first Thursday of every month at 5:30 p.m. in the pool’s meeting room and the community is welcome to join in any of these meetings. Participate and stay connected! If you would like to contact the Commissioners, please email mstadler@fidalgopool.com.

Andrew Olson
Ilima Shaw
Pamela Taylor
Jeremy McNett
David Way



Stay Sun Safe!

Did you know...just because the weather is changing, you shouldn’t change your good summer sunscreen wearing habit? A recent news release by the Washington State Department of Health stated that “Puget Sound, if it were a state by itself, would rank fourth in the nation for skin cancer rates. That’s because of a misconception that cloudy weather means people don’t have to protect themselves from the sun.”

<http://www.doh.wa.gov/Newsroom/2014NewsReleases/14087SkinCancerPrevention>.

You can take steps to prevent skin cancer and protect yourself and your family year round, regardless of the weather. UV light exposure, the most preventable cause of skin cancer, occurs even when it is cloudy. Help your children and other family members establish healthy routines including applying sunscreen with an SPF of 30 or higher; staying in the shade, especially during the midday hours; wearing clothing that covers arms and legs, and wearing a hat with a wide brim to shade the face, head, ears and neck.

Remember, there is no such thing as a healthy tan. Tanned skin indicates damage to the skin.

“Cloudy and grey doesn’t keep melanoma away.”

