



## Executive Director's Message:

Fidalgo Pool and Fitness Center Pool Commissioners recently contracted with ARC Architects of Seattle to perform a feasibility study for design options to improve the pool facility and the surrounding property. The original facility was built in 1975 and its heating, air conditioning, ventilation, lighting and utility systems are rapidly reaching obsolescence. Additionally, the facility is not compliant with many modern building codes including ADA and fire systems.

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## Upcoming Events:

- **Masters Swim Meet** - Thunderbird Masters Swim Meet, February 4, 9am-2pm. Come watch your neighbors compete against swimmers from all over the region. Join them for a "Social Swim" after the meet at Village Pizza, 2-5pm
- **Love Fidalgo Equipment Purchases** - coming February 2017. Choose a piece of equipment from the bulletin board to purchase for the pool, and enter to win the Valentines Gift Basket (must be 21 or older to enter).



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## Become a Friend of Fidalgo...

Everyone is welcome! Help us to make FPFC an even better place. Meeting times alternate between 9:00 a.m. and 5:00 p.m. the second Monday of every month. Find a time that suits you and come join us! Next meetings: February 13<sup>th</sup> at 5:00, March 13<sup>th</sup> at 9:00, April 10<sup>th</sup> at 5:00, May 8<sup>th</sup> at 9:00, June 12<sup>th</sup> at 5:00, July 10<sup>th</sup> at 9:00, August 14<sup>th</sup> at 5:00, September 11<sup>th</sup> at 9:00, October 9<sup>th</sup> at 5:00, November 13<sup>th</sup> at 9:00 and December 11<sup>th</sup> at 5:00. Check the bulletin board for more information or e-mail Friends at [friendsoffidalgo@hotmail.com](mailto:friendsoffidalgo@hotmail.com).

## Director's Message Continued

A Long Range Planning Committee made up of appointed public and staff members was commissioned in December 2015 with the task of soliciting the community's desires and needs along with identifying necessary compliance upgrades to the facility to accommodate future growth requirements. A survey was conducted in February 2016 and public workshops were completed in March-May 2016.

The next step toward the feasibility study was for ARC Architects and Counsilman-Hunsaker (the pool designers) to meet with specific interest groups, staff and pool patrons on Monday, January 23 & 24, 2017 to discuss Fidalgo Pool & Fitness Center's current programming and what needs to improve and/or what should be added. This programming effort will form the basis of two design options, one that consider a renovation and addition of the existing facility and another that considers a new building.

If you would like to comment, please contact Marilyn Stadler, Executive Director at [mstadler@fidalgopool.com](mailto:mstadler@fidalgopool.com) or by phone 360-293-0673.

*Marilyn Stadler, Executive Director*



### Now Hiring:

FPFC is now hiring Swim Instructors, Lifeguards, and Group Fitness Instructors. ***Do you have an idea for a class you would like to teach?*** Share your ideas with us! Interested candidates should contact Marilyn Stadler or Carla Bigelow at 360-293-0673.



## Reducing Waste!

The water fountain/water bottle refill stations installed last year are getting plenty of use. 19,980 bottle refills and counting! Thanks to TAC and Friends of Fidalgo for bringing them to FPFC.



Water bottle refill stations are located on the pool deck and in the lobby area. Give them a try!





## Love Fidalgo

We love *Fidalgo Pool and Fitness Center* and we know you do too! February is the month we show our love by helping FPFC purchase new fitness equipment. Friends invite members of the community to “shop” from the FPFC **wish list**. This wish list contains items that levy funds and user fees have not been able to provide, but that patrons and/or staff have requested. Some items may be required to replace old and worn equipment, and some items may be new pieces to add variety and challenge to fitness classes and individual workouts.

It's easy to shop:

1. Scan the bulletin board for a ♥ heart with an item you would like to purchase for the pool.
2. Take the ♥ heart to the front desk where you will be given an envelope.
3. Place the ♥ heart in the envelope with the monetary amount listed. Checks can be made out to Friends of Fidalgo Pool & Fitness. All donations to Friends are **tax deductible**. Please note if you would like a tax receipt and we will send you one for your records.

Thanks to the generosity of a pool patron, Friends of Fidalgo will again be able to **match** the combined donations of patrons up to **\$1000** to help purchase even more equipment for FPFC!

As a thank you, you can try **select classes** for **free!** during the month of February. Check the posted Love Fidalgo Free Class Schedule for classes available.



Enter to win a **Valentine's Gift Basket**, an over \$200 value, including dinner, chocolates, flowers and more... Check out the prize on the front desk. Tickets are \$5/each or \$20 for 6. You must be 21 or older to enter the raffle. The winner will be drawn on Monday, February 13<sup>th</sup>.



**The greatest wealth is health.**

~ Virgil



Try a class during the month of February for **free!** Classes and times to suit everyone. Complete class details available online at [www.fidalgopool.com](http://www.fidalgopool.com) or at the front desk.

### **Schedule of Free Classes** (*check in at front desk*):

Thursday, February 2<sup>nd</sup>, 11:30 – 12:30 p.m.

*Group Fitness Room, TRX Basic*

Friday, February 3<sup>rd</sup>, 9:45 – 10:45 a.m.

*Group Fitness Room, Zumba*

Monday, February 6<sup>th</sup>, 6:00 – 7:00 p.m.

*Group Fitness Room, Basic Mat Pilates*

Wednesday, February 8<sup>th</sup>, 7:00 – 7:55 a.m.

*Group Fitness, Strength & Conditioning*

Tuesday, February 14<sup>th</sup>, 7:30 – 8:30 a.m.

*In the Pool, Water Power Fit & Pilates*

Thursday, February 16<sup>th</sup>, 10:15 – 11:15 a.m.

*Group Fitness Room, Flow Yoga*

Tuesday, February 21<sup>st</sup>, 6:30 – 7:30 p.m.

*In the Pool, AquaZumba*

Thursday, February 23<sup>rd</sup>, 5:30 – 6:30 p.m.

*Group Fitness, TRX Complete Workout*

Thursday, February 23<sup>rd</sup>, 6:30 – 8:00 p.m.

*Fitness Center, Intro. & Group Training*

Friday, February 24<sup>th</sup>, 12:00 – 1:00 p.m.

*In the Pool, Masters Swim Stroke Coaching*

Monday, February 27<sup>th</sup>, 10:00 – 10:45 a.m.

*Group Fitness Room, Butts & Guts*

# Winter Schedule

January 2 – March 31

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

## Lap Swim/Water Walking



This is a multi-purpose pool time including but not limited to lap swimming, personal water exercise, small groups, private lessons, etc.

Monday	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m.
Tuesday	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 8:00 p.m.*
Wednesday	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m.
Thursday	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 8:00 p.m.*
Friday	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m.
Saturday	7:00 a.m. – 9:30 a.m.*
Sunday	11:30 a.m. – 1:00 p.m.

**Note:** \*Limited lanes for lap swimming available during these public swim times. Thursday lap swim will end at 6:30 starting March 23.



## Open Swim

M/W/F	6:30 – 8:00 p.m.
Saturday	10:30 a.m. – noon
Sunday	1:15 – 2:30 p.m.

All open swims include the diving board, buoy swing, water slide and life jackets. Children 6 and under must be accompanied by an adult in the water within arms' reach. Parents please observe from 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!  
Call for more information. 360-299-0673.

## Masters Practice

Tuesday/Thursday 5:45 a.m. – 7:00 a.m.  
Saturday 6:00 a.m. – 7:00 a.m.  
Questions contact Calvin Milbach [caljrun@yahoo.com](mailto:caljrun@yahoo.com)

## Water Fitness

M/W	6:15 – 7:15 a.m. 8:00 – 9:00 a.m. 9:00 – 10:00 a.m.	Water Exercise Aquaerobics AquaFit & Strength
T	6:30 – 7:30 p.m.	Aqua Zumba
T/Th	7:30 – 8:30 a.m. 8:30 – 9:30 a.m.	PowerFit & Pilates Mind 'n' Motion
F	6:15 – 7:15 a.m. 8:00 – 9:00 a.m. 9:00 – 9:50 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.



## 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.

*The fitness area will be closed during facility closures, including swim meets and holidays.*

**NEW!** The Fitness Center will remain open on weekend days when there are pool rentals. Please call ahead to see if we are open Saturday after 12 noon or Sunday after 2:30 p.m.



### Classes:

M/W	7:00 – 7:55 a.m. 8:00 – 8:50 a.m. 9:00 – 10:00 a.m. 10:00 – 10:45 a.m. 11:00 – noon	Strength and Cond. Yoga Core SilverSneakers® Classic Butts & Guts Gentle Yoga
	6:00 – 7:00 p.m.	Basic Mat Pilates (Mon)
T/Th	7:00 – 7:50 a.m. 8:00 – 8:55 a.m. 9:00 – 10:00 a.m. 10:15 – 11:15 a.m. 11:30 – 12:30 p.m.	Step Aerobics Strength & Cond. Zumba® Gold Yoga Flow TRX Basic
F	8:30 – 9:30 a.m. 9:45 – 10:45 a.m. 11:00 a.m. – noon	Muscular Strength Zumba Gentle Yoga



## Special Appreciation:

### *From the Staff & Friends of Fidalgo Pool*

- Thank you to everyone who participated in the Friends December Matching Funds program to help grow the Endowment Fund. A total of \$1325 was raised and was matched to \$1000 by a gift from Mark Stadler.
- Many special thanks to the Anonymous Donor who donated \$5000 for new aquatic fitness equipment and for the Friends Endowment Fund.
- Thank you to the Seattle Foundation for a \$500 grant to Friends for the Endowment Fund.
- Thank you to the Anacortes School District for contributing \$1000 towards our new diving board!
- Thank you to the Seahawk Athletics Booster Association for contributing \$1000 towards our new diving board!
- Thanks also to the Fidalgo Island Rotary Club for donating \$1000 towards the new diving board!
- Thank you to the Friends of Fidalgo Pool & Fitness for contributing \$1500 towards the diving board!
- Thank you to Les and Marcia Books for providing the matching funds for the ❤️ Love Fidalgo campaign!
- Donations to Friends are always welcome and are a tax-deductible charitable contribution under IRS publication 526.

Thank  
You



## Spotlight on FPFC:

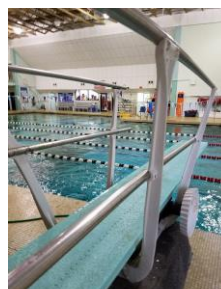
### New Diving Board!



As happens with well used equipment, eventually it reaches the end of its life span and needs replacement. This Fall it was the diving board's turn. The diving board gets a lot of use at the pool for swim and dive meets, for swim lessons, and during open swim times.

FPFC is home to the Anacortes High School and Burlington-Sedro Dive Teams. The pool hosts two special dive meets each year, as well as more than 20 combined swim and dive meets. We needed to make sure our board was able to meet the needs of these users, as well as be up to current safety standards, so the 12 year old diving board was replaced.

Several organizations contributed to the new diving board, including: The Fidalgo Island Rotary Club, the Anacortes School District, the Seahawks Athletic Booster Club, and the Friends of Fidalgo Pool & Fitness Center.



## FPFC's TAC Masters is Super



At a recent workout, someone <eh hem> was sharing a deep dark secret about how he had attended mime school when someone else interrupted "...but you can't talk about it, right?" That's what Masters is all about. It's about people coming together to support each other.

Everyone's welcome at a Masters workout. Young and old, men and women, doctors, world travelers, scientists, retired folks, parents, teachers, children, and of course Doug. You must be at least 18 to join, but you do not have to be mature. Whether it be in the water, at a Saturday post workout breakfast, or at the 1<sup>st</sup> Annual Social Swim on February 4<sup>th</sup> at Village Pizza, TAC Masters enjoy the comradery that comes in being part of a team.

TAC Masters is much more than a diverse and fun team. You get access to Coach Cal, a Certified Masters Coach. Because he's been trained to work with swimmers of all levels, tips and training are part of every workout. And, from time to time he'll tell you to stop flapping your jawbone and get to swimming. Kind encouragement and patient instruction are just two aspects of the positive feel of a Masters workout.

Further, TAC Masters allows people to reach their personal goals. Everyone's different. Duh! Some people are there simply because they want to get fit, others enjoy the vast variety of workouts that can include a long swim or a friendly game of water polo. I love to compete and have goals including beating someone other than DNS (Did not Swim). Others show up to get a good, low impact workout. Everyone has their own goals and as Katie says "You do you".

Now for the most common thoughts people have when posed with the opportunity to join Masters:

*I'm not fast enough or fit enough to swim with Masters.*

The big secret answer to this is "Nobody cares". At TAC Masters there are always others of similar ability and those who started where you are and have improved. Don't let your perceived ability, or lack thereof, hold you back. Do talk to your Doctor before starting any exercise plan.

*I just want to get in better shape; I don't want to compete in swim meets.*

No problem. Lots of people join Masters just for the team workouts. Sometimes they end up competing, sometimes not.

*Swimmers have freaky bodies; I don't want to end up like that.*

We are not mutants just because some of us have Float Bellies <eh hem> or webbed feet.

If you've ever thought about it and want to give it a try, come to a workout: Tuesdays and Thursdays 5:45am, and Saturday at 6am. You've got to get up at some point anyway, just get up early and get your workout done!

We're TAC Masters! Grab your Nose, Jump In and Join Us!

### **Thunderbird Masters Swim Meet**

Thunderbird Masters Swim Meet is coming up on February 4! Between 9am-2pm, come watch your neighbors compete against swimmers from all over the region. We've got a big team and we've got some really good swimmers. It will be exciting and fun!

Because the meet is on a Saturday this year, TAC Masters is hosting a post event reception where other teams and swimmers from all over are invited to join us for a "Social Swim" after the meet at Village Pizza, 2-5pm. All friends of the FPFC are invited. If you're reading this, that means you.

- Phillip Prudhomme



## Pool Together, Push Fitness!

**Come join the Friends of Fidalgo Pool & Fitness Center! Get involved in this wonderful community! Help us to make FPFC an even better place!**

**What can I do to help Friends?** Do you have computer skills? Do you like organizing events? Are you a people person who likes to talk to others and can help promote FPFC? Do you have experience with fundraising? Do you have a few hours to help man a booth or staff a Friends event? Do you like to take pictures or make up poster displays? Do you have good ideas and the ability to bring them through to action? Can you supply treats? Can you write promotional articles for the newspaper, contribute to the newsletter, or help maintain the bulletin board? If so, **we need you!** Come to a meeting, e-mail us at [friendsoffidalgo@hotmail.com](mailto:friendsoffidalgo@hotmail.com) or drop off a volunteer form at the pool!

**Friends meetings are on the 2<sup>nd</sup> 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. Please stop by and share your skills and talents with us!

**Friends 2017 Board:**

Chairman, Jennifer Lewis  
Vice Chairman, Christine Mathes  
Treasurer, Ed Sprauer  
Secretary, Marcia Books



**Friends Volunteer Form:**

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



## Comments or Questions?

Do you have any comments or questions about FPFC? We want to know! Fill out a form located at the front desk and drop it in the box by the front door. Together, we make FPFC a better place!



## Stay Sun Safe!

The sun's ultraviolet rays are 2.5 times more dangerous in snow than on the beach so stay sun safe on the slopes! Snow reflects up to 80 percent of UV radiation, which means that your UV dose is close to double what it would be otherwise. Be aware that the sun's reflection off the snow is strong even on cloudy days (up to 80 percent of the sun's rays can penetrate clouds). UV exposure also increases by approximately 10 percent for every 1,000 feet of elevation gain. When you're out on the hill, both snow and strong wind can wear away sunscreen and reduce its effectiveness. If you are out playing in the snow, you need to take extra precautions.

Apply a broad-spectrum sunscreen with an SPF (Sun Protection Factor) of 30 or higher whenever you spend extended time outdoors. Apply 30 minutes before hitting the slopes and apply liberally and evenly to all exposed skin – most skiers and snowboarders do not use enough. You should apply at least a teaspoon to the face. Use a moisturizing sunscreen with ingredients like lanolin or glycerin because winter conditions can be particularly harsh on the skin. Don't miss spots like the lips, ears, around the eyes, and on the neck, the underside of chin, scalp and hands. Reapply every two hours, and immediately after heavy sweating. Always wear a lip balm with an SPF 15 or higher – lips are very sensitive. Carry a travel-sized sunscreen and lip balm with you on the slopes and reapply on the chairlift. Cover your head – it will protect your scalp and help keep you warm. Wear ski masks, and goggles with 99% or greater UV protection that have wraparound or large frames. These will protect your eyes and leave very little skin exposed to the wind and sun. If you are on the slopes for most of the day, take a few breaks indoors to reapply sunscreen.

Have fun on the slopes and in the snow and play *sun safe*!

<http://www.saveyourskin.ca/blog/this-weekend-calls-for-a-mix-of-sun-and-clouds/>



**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](mailto: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](http://www.fidalgopool.com)  
or "like" us on FACEBOOK!



## Commissioner's Corner

**Did you know...** that one of the best ways to find out what is happening at FPFC and to hear 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, they can be reached by email:

[fpfccommissioners@gmail.com](mailto:fpfccommissioners@gmail.com).

Andrew Olson  
Mel Larsen  
Pamela Taylor  
Jeremy McNett  
David Way

