

## Welcome to Our Pool

Each child brings different backgrounds and expectations to our pool experiences.

Our teachers are wonderful and will do their best to meet your child's needs in a group setting. If you want extra help, you may schedule a private swim lesson.

### Parents: We need your help...

- Please consistently enforce a cleansing shower to prevent recreational water-borne illness.
- Please wear no "outside" shoes on our deck. (Clean deck = Clean water)
- Please respect our instructors.
- Parents of children 7 & over must observe from the balcony.
- If your child still wears diapers please have them wear a swim diaper with plastic pants when in the pool. You can purchase those at the front desk.

Swim Diaper- \$2.50

Plastic Pants- \$3.00

Thank You!

1603 22nd St  
Anacortes, WA.  
98221

Phone: 360-293-0673  
Fax: 360-299-2953  
[www.fidalgopool.com](http://www.fidalgopool.com)



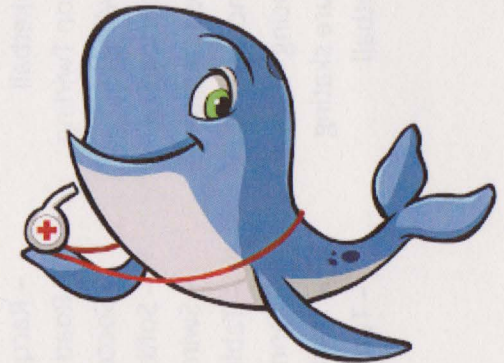
# American Red Cross



At Fidalgo Pool & Fitness Center

## 2017 Winter Swim Lessons

Join Us & Get Wet!



Session I: January 9th- February 3rd

Session II: February 6th- March 3rd

Session III: March 6th- March 31st

## Class Placement:

It is extremely important that you place your child in the correct class. This will help the class to work as a team and develop quality swimming & learning.

If you have a group of at least 4 children that need lessons, contact the swim lesson coordinator to get your lesson scheduled. Our classes need a minimum of four (4) participants to go. Please note that our Learn to Swim classes are now all 45 minutes long and occur twice a week.

## What Class for My Little One?

Aqua Kids:	6 mos.-3 yrs. (with parents)
Water Wiggles:	3 yr. olds—30 min. class
Preschool (Pre):	4-5 yr. olds—30 min. class
Learn to Swim (LTS):	6 yrs. & over—45 min. class

## Fees:

Session I & II & III:  
WW and Pre- \$45.00  
LTS- \$65.00

Out of District: Add \$4 per session  
Drop-in: \$7.00

### SWIM LESSON REFUND POLICY:

Full refund prior to first day of lessons. Full refund, minus a \$7 fee, prior to second class date.  
**NO REFUNDS AFTER SECOND CLASS DATE.**

Thank You.

## Group Lessons

### Monday/ Wednesday

10:30	WWI/WWII
11:00	Pre 1/ Pre 2
4:30	WWI/WWII Pre 1 LTS 1/2 (will split into 2 classes)
5:05	Pre 2 Pre 3
5:20	LTS 3/4 (may split into 2 classes)
5:40	Pre 1

### Tuesday/Thursday

10:30	WWII/Pre 1
11:00	Aqua Kids
4:30	WWI/WWII Pre 1 LTS 1/2 (will split into 2 classes)
5:05	Pre 2 Pre 3
5:20	LTS 3/4 (may split into 2 classes)
5:30	LTS 5/6

## Five Core Skills

American  
Red Cross

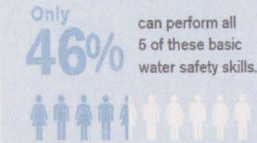
**100YEARS**  
OF WATER SAFETY

### 5 Skills to Save Your Life in the Water

Can you swim well enough to save your life?



But... less than half of Americans can perform all of the 5 basic skills that could save their life in the water.



1. Step or jump into the water over your head.
2. Return to the surface and float or tread water for one minute.
3. Turn around in a full circle and find an exit.
4. Swim 25 yards to the exit without stopping.
5. Exit from the water. If in a pool, be able to exit without using the ladder.

Source: Survey findings based on an online survey of 1,024 adults conducted for the Red Cross on April 17-20, 2014.

## Red Cross Swim App

The app allows iPhone, iPad, Android and Kindle Fire users to track their child's progress in Red Cross swim lessons and play safety-themed games to test their knowledge together.

Features of the Red Cross Swim App include:

- Progress tracker for goals achieved in swimming lessons
- Stroke videos and performance charts to help with proper techniques
- "Help your children" activities that reinforce what is covered in lessons