



# Spring 2017

April 1 - June 30  
www.fidalgopool.com

**HOURS OF OPERATION:**  
Monday-Friday 5:00am-8:00pm  
Saturday 7:00am-12:00pm  
Sunday 11:30am-2:30pm

*Schedule subject to change*

# POOL

**CLEANSING SHOWER FOR ALL SWIMS MANDATORY!**

Please, no street shoes on deck.  
**CLEAN DECK SHOES ONLY!**

## Lap Swim/Water Walking

**Monday:** 5:00am - 2:00pm  
5:30pm - 6:30pm  
**Tuesday:** 5:00am - 2:00pm  
5:30pm - 8:00pm\*  
**Wednesday:** 5:00am - 2:00pm  
5:30pm - 6:30pm  
**Thursday:** 5:00am - 2:00pm  
5:30pm - 6:30pm\*  
**Friday:** 5:00am - 2:00pm  
5:30pm - 6:30pm  
**Saturday:** 7:00am - 9:30am\*  
**Sunday:** 11:30am - 1:00pm

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

Swim side by side if 2 swimmers in a lane.  
Circle swim if 3 or more swimmers in a lane.  
Inform swimmer before entering the lane.

## Open Swim

Children 6 yrs & under need to be accompanied by an adult in the water. Parents, please sit up in balcony. No spectators allowed on deck!

**Mon/Wed/ Fri:** 6:30pm - 8:00pm  
**Saturday:** 10:30am - 12:00pm  
**Sunday:** 1:15pm - 2:30pm

## Water Fitness

Work at your own pace as our instructors help you reach your fitness goals! Water exercise shoes recommended for shallow water. Buoyancy belts supplied for deep water classes.

**Monday/** 6:15 - 7:15 am Water Exercise  
**Wednesday** 8:00 - 9:00 am Aquaerobics  
9:00 - 10:00 am AquaFit & Strength  
**Tuesday** 6:30 - 7:30 pm Aqua Zumba  
**Tuesday/** 7:30 - 8:30 am PowerFit & Pilates  
**Thursday** 8:30 - 9:30 am Mind'n'Motion  
**Friday:** 6:15 - 7:15 am Water Exercise  
8:00 - 9:00 am Deep Aquaerobics  
9:00 - 9:50 am Deep H2O Intervals

See our special pool schedule

For April 3 - 7

### Closure Dates

**April 16: Easter**  
**May 19: Spring Thunderbird Swim Meet**  
Pool: Noon closure  
Fitness Center: 3 PM closure  
**May 20 - 21: Spring Thunderbird Swim Meet**  
Facility closed  
**May 29: Memorial Day**

## Rent the Pool

*Call to reserve your party today!*

**Monday - Friday:** 8:00pm - 10:00pm  
**Saturday:** 12:30pm - 8:00pm  
**Sunday:** 3:00pm - 6:00pm

### Contact Information:

1603 22nd St  
Anacortes, WA 98221  
Phone: 360-293-0673 FAX: 360-299-2953

### TAC Masters Practice

Tuesday/ Thursday 5:45 am- 7:00 am  
Saturday 6:00 am- 7:00 am

Questions contact Calvin Milbach [caljrun@yahoo.com](mailto:caljrun@yahoo.com)

# Class Descriptions

**Water Exercise** Use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning. Water's natural buoyancy, resistance, cooling effect and decreased joint impact make it an ideal exercise medium for seniors.

**Aquaerobics** This is a vigorous workout that offers modifications to fit all fitness levels and abilities. The instructor will help you strengthen your muscles and increase flexibility without the impact on your joints that you may experience on land. Groove to the music you love while you reach your fitness goals!

**AquaFit & Strength** This fun, shallow water workout will help you gain strength, increase lung capacity and improve balance by using work/rest intervals, buoyant & drag equipment and the resistance of the water. Start where you are and work at your own pace to meet your fitness goals.

**Powerfit & Pilates** Power up your water workout with this fast-paced shallow to deep water class! We like to mix it up with high-intensity intervals, endurance sets, strength training and more. Cool down using Hydro-Pilates principles to lengthen muscles and strengthen your core.

**Mind'n'Motion** In this safe and fun class, you'll improve strength, flexibility, memory and balance. While listening to "the oldies," move at your own pace and intensity for an enjoyable workout.

**AquaZumba®** Targeted for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

**Deep Aquaerobics** Aquaerobics but accomplished with a buoyancy belt in deep water to add extra core strength and balance to your workout with zero impact. Fun music pumped with motivation from the instructor to push yourself harder than you would otherwise!

**Deep H2O Intervals** Move it in the DEEP! Following a whole-body warm up you will pump up the power using various High Intensity Interval Training (HIIT) formats including Tabata, pyramids and more. You will work your core; improve cardiovascular fitness and burn calories. HIIT workouts have been shown to increase your metabolism and burn fat for 24 – 48 hours following your workout. Buoyant belts available – no swimming ability necessary but you should be comfortable in deep water.

The **SilverSneakers®**, **Silver&Fit®**, **At Your Best®** and **Optum Fitness Advantage® Programs** are for active older adults to those dealing with chronic conditions. Certain insurance carriers offer this facility benefit to their plan members who have Medicare A & B and a Supplement or Advantage plan. We are excited to offer these programs to seniors within our community. SilverSneakers® classes are open to all Fidalgo Pool & Fitness Center patrons.



# Fees

## **Single Admission**

Pool or Fitness	\$7.00
Combo (Pool, Fit & Classes)	\$9.00
Noon Swim or Fitness Center	\$4.25
Noon Swim & Fitness Center	\$5.75
<i>Note: Noon entry does not include classes</i>	
Open Swim	\$4.25
Open Swim Family of 4	\$15.00
Children 3 & Under	\$3.00

## **10-Time Punch 65+ discount\***

**(Punch card expires after 6 months)**

Pool or Fitness	\$48/\$46*
Combo	\$52
Open Swim	\$42
Masters Swim Team	\$45

## **30 Day Pass 65+ discount\***

Pool or Fitness	\$48/\$46*
Combo	\$52
Masters Swim Team	\$55

**Out-of-District** fees apply to all punch

cards, passes and swim lessons: \$4.00

**Showers** Freshen up anytime during our

hours of operation. \$3.00

## **Private Swimming Lessons (for group**

**lessons, check swim lesson schedule)**

Private Lesson (30 min) ≥ \$27

Semi Private Lesson (30 min) ≥ \$37

*\$7 of private lesson fee is paid to FPFC, the remaining is payable to the instructor (cash or check only.)*

**Pool & Room Rental:** Rent the pool and party room for birthdays, trainings or other events!

Call for more information.

**Chair Lift:** Available during all public swim times.

**Aqua Bikes** Available during lap swim/water walking. Ask the lifeguard for assistance. This is a great way to prepare for & recover from knee surgery.

**Shower for all swimmers!**

**Keep our water clean & help prevent waterborne disease transmission.**