

## Welcome to Our Pool

Each child brings different backgrounds and expectations to our swim lessons. 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

1603 22nd St  
Anacortes, WA.  
98221

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



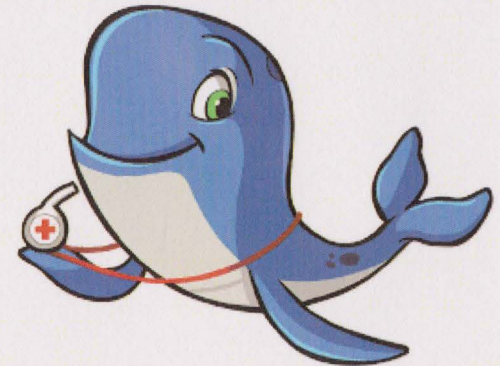
**FIDALGO**  
**POOL**  
& FITNESS CENTER

American Red Cross

At Fidalgo Pool & Fitness Center

## 2017 Summer Swim Lessons

*Join Us & Get Wet!*



*Session I: June 26th– July 6th*

*Session II: July 10th– July 20th*

*Session III: July 24th– August 3rd*

## 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

## 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:

<b>Session I:</b>
WW and Pre- \$39.50
LTS- \$56.75
<b>Session II &amp; III:</b>
WW and Pre- \$45.00
LTS- \$65.00

### 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.**

## Group Lessons

### Mornings

9:30	WWI/WWII Pre 1 LTS 1/2 (will split into 2 classes)
10:05	Pre 2 Pre 3
10:20	LTS 3/4 LTS 5/6
10:40	Pre 1 Pre 2/3
11:00	AquaKids

### Afternoons

4:00	WWI/WWII Pre 1 LTS 1/2 (will split into 2 classes)
4:35	Pre 2 Pre 3
4:50	LTS 3 LTS 4
5:10	Pre 1 Pre 2/3

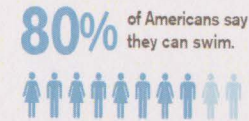
## Five Core Skills

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

If you have an iPhone, iPad, Android or Kindle Fire you can track your child's progress in Red Cross swim lessons and play safety-themed games 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