



Fall 2017

August 28 - December 31

Schedule subject to change

rev. 8/7/17

HOURS OF OPERATION:

Monday-Friday 5:00 am-8:00 pm

Saturday 7:00 am-12:00 pm

Sunday 11:30 am-2:30 pm

POOL

CLEANSING SHOWER FOR ALL SWIMS MANDATORY!

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

Lap Swim/Water Walking

1. Circle swim counter-clockwise.
2. Inform swimmer before entering the lane.
3. Pass in the middle of the lane.
4. If stopping, stay to the left of incoming swimmers.

Monday & Wednesday: 5:00am - 2:30 pm

Wednesday: 5:30pm - 6:30pm

Tuesday & Thursday: 5:00am - 2:00 pm *

Thursday: 5:30pm - 8:00 pm

**Limited lanes 5:45 - 7am*

Friday: 5:00am - 1:00 pm

5:30pm - 6:30 pm

Saturday: 7:00am - 9:30 am[†]

†Limited lanes 8:30 - 9:30 am

Sunday: 11:30am - 1:00 pm

Open Swim

1. **Children 6 and under must be accompanied by an adult in the water within arms reach at all times.**
2. **No spectators on deck. Please sit in the balcony.**
3. **Lifeguards are in charge at all times.**

Mon/Wed/ Fri: 6:35 - 8:00 pm

Saturday: 10:35am - 12:00 pm

Sunday: 1:15pm - 2:30 pm

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 & Wednesday: 6:15 - 7:15 am

Wednesday: 8:00 - 8:55 am

9:00 - 9:55 am

Tuesday: 6:30 - 7:30 pm

Tuesday & Thursday: 7:30 - 8:25 am

Thursday: 8:30 - 9:20 am

Friday: 6:15 - 7:15 am

8:00 - 8:55 am

9:00 - 9:55 am

Water Exercise

Aquaerobics

AquaFit & Strength

Aqua Zumba

PowerFit & Pilates

Mind'n'Motion

Water Exercise

Deep Aquaerobics

Deep H2O Intervals

Facility Closure Dates:

September 4: Labor Day

September 23: NWC Invitational Meet

October 28 - 29: Fall Thunderbird Meet

November 3 at noon & November 4 all day:

Girls' HS 2A District Meet

November 23: Thanksgiving

December 24 at noon: Christmas Eve

December 25: Christmas

December 31 at noon: New Year's Eve

Pool ONLY Closures:

Pool closes at 1:45 pm: Sep. 14, 21, 26, 28, Oct. 3,

10, 12, 17, 19

No 5:30 pm Lap Swim: Sep. 26, 28, Oct. 10, 12, 17

Rent the Pool

Call to reserve your party today!

Monday - Friday: 8:00 pm - 10:00 pm

Saturday: 12:30 pm - 8:00 pm

Sunday: 3:00 pm - 6:00 pm

Contact Information:

1603 22nd Street • Anacortes, WA • 98221

Phone: 360-293-0673 FAX: 360-299-2953

www.fidalgopool.com

TAC Masters Practice

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

Saturday 6:00 am- 7:00 am

Questions: contact Calvin Milbach caljrnr@yahoo.com