

## Welcome to Our Pool

Each child brings different experiences and expectations when they come to swim lessons. Our teachers are kind and caring. They will do their best to meet your child's needs in a group setting. If your child needs more one-on-one attention, private lessons are available.

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

- Have your child take a cleansing shower before going out to the pool. It helps prevent water-borne illness.
- **No shoes are allowed on the pool deck except for aqua shoes or shoes that have not been worn outdoors.**
- Please respect our instructors.
- Parents of children 7 & older must observe from the balcony.
- Children who are not potty trained must wear a swim diaper with plastic pants when in the pool. They are available for purchase at the Front Desk for \$3.00 each.

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Anacortes, WA.  
98221

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[www.fidalgopool.com](http://www.fidalgopool.com)



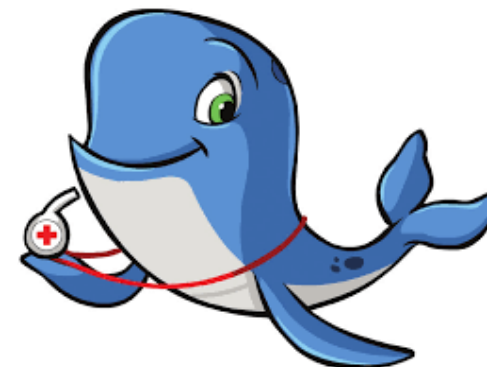
# American Red Cross



At Fidalgo Pool & Fitness Center

## 2017 Fall Swim Lessons

Join Us & Get Wet!



Session I: Sept. 5–28

Session II: Oct. 2–26

Session III: Oct. 30–Nov. 16

Session IV: Nov. 27–Dec. 21

## 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.
- Our classes need a minimum of four (4) participants to go.

## What Class for My Child?

Aqua Kids:	6–36 mos. (with parents)
Preschool (Pre):	3-5 yr. olds–30 min. class
Learn to Swim (LTS):	6 yrs. & up–45 min. class

## Fees:

### Session I M/W classes (7 classes):

No class on Labor Day

Pre- \$ 43.75

LTS- \$65.50

### Session III (6 classes):

Pre-\$37.50

LTS-\$56.25

### Session I T/TH classes, Session II & IV (8 classes)

Pre- \$50.00

LTS- \$75.00

**Out of District: Add \$4 per session**

**Drop-in: \$7.50 (Pre), \$10.00 (LTS)**

### 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

11:00 am	LTS Mixed (Sess. 3) Pre 2 (Session IV)
4:30 pm	Pre 1 Pre 2 LTS 1 LTS 2
5:05 pm	Pre 2 Pre 3
5:20 pm	LTS 3 LTS 1/2
5:40 pm	Pre 1 Pre 2/3

### Tuesday/Thursday

10:30 am	Pre 1
11:00 am	Aqua Kids
4:30 pm	Pre 1 Pre 2 LTS 2
5:05 pm	Pre 2 Pre 3
5:20 pm	LTS 4 LTS 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?

**80%** of Americans say they can swim.



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

Only **46%** can perform all 5 of these basic water safety skills.



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 and 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 technique
- "Help your children" activities that reinforce what is covered in lessons