



Become a Friend of Fidalgo...

Everyone is welcome! Meeting times are at 5:00 p.m. the second Monday of every month in the pool conference room. Next meetings: January 8, February 12, March 12, April 9, May 14, June 11, 2018. Check the bulletin board for more information. Find meeting times, agendas, minutes, information on upcoming events, and more, or e-mail Friends at friendsoffidalgo@hotmail.com.

More New Staff!

Also joining FPFC from Oak Harbor's John Vanderzicht Pool are Linsey Beerbower, Raymond Paraiso, Micah Geist, and James Carlton. All are trained as lifeguards and swim instructors, so keep your eyes open when you are on the pool deck and give them a warm welcome.




(Pictured are Linsey and Raymond teaching class)

Welcome to the FPFC Team!

AED Equipment

To enhance patron safety at FPFC, two new Automated External Defibrillator (AED) machines are being added at the facility. In addition to the one on the pool deck, one will be placed in the Fitness Center and one in the upstairs group exercise room. Members of staff are trained in the use of this equipment and are prepared to act quickly in the event of an emergency.



 **Stay Sun Safe!** Don't forget your sunscreen!



Splash! News



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Holiday Giving Tree

This holiday season you can **give the gift of swimming** to a child in need. Friends has created a scholarship fund that will enable all children living in Anacortes to have access to swimming lessons. Lessons cost from \$50 to \$75 per session depending on the age of the child. You can help by choosing a swimming lesson ornament from the tree in the pool lobby with a donation amount listed on the back. Bring it to the front desk staff with a check made payable to Friends of Fidalgo Pool & Fitness for the appropriate amount. If you choose to use cash, please include your name and address so that a tax receipt can be mailed to you. All donations to Friends are tax deductible.



There are several ways you can contribute:

- Sponsor a portion of a swim lesson: \$25
- Sponsor a Preschool child's swim lesson: \$50
- Sponsor a School-age child's swim lesson: \$75
- Sponsor a Preschool swim class (6 children): \$300
- Sponsor a School-age swim class (8 children): \$600

FPFC has a program set up to allow parents to apply for financial assistance for lessons. If your child qualifies for a free, or discounted lunch at an Anacortes school, you may be eligible. For more information, contact Executive Director Mitch Everton at 293- 0673 or at mevertonfpfc@gmail.com.

You can find **Fidalgo Pool & Fitness Center** on Facebook. Stay connected with other pool patrons, find out about special events, receive facility and class updates, get motivated, and share what's happening at FPFC with your friends!

Find us at www.fidalgopool.com or "like" us on **FACEBOOK!**



- **Holiday Giving Tree**
- Winter Break Open Swims: December 21, 26 & 28, 1:15 – 2:45
- Lifeguard Class: December 26 – 30.
- Swim Lessons, Session 1: Jan. 8 – Feb. 1

Hole in the Wall Pool Kayaking Session

"It may be cold drizzle outside but it's warm and sunny in the Anacortes pool. The pool is a great place to practice/learn skills and hang out with other members who are always willing to help."

This is how the local kayak club, Hole in the Wall, who regularly rents the Anacortes Pool to practice safety skills, announces its program. Members help members learn and become more confident in their kayaks. During the 1.5 hour pool sessions, members work on skills such as balancing/bracing, wet exits, rescues, re-entries and rolling. Practicing these skills in warm water builds the motor skills that members take out to the cold water of Puget Sound. Having access to the pool allows the club to promote safe and responsible kayaking for the entire community.

For more information on pool sessions contact Bret Haggerty at bhaggerty85@gmail.com and check the club website at <http://holeinthewallpaddlingclub.org>.



Spotlight on Staff:

Jessica Bliven



Jessica joins Fidalgo Pool and Fitness Center from the John Vanderzicht pool in Oak Harbor. Her role is Assistant Aquatics Director, working with Fitness and Aquatics Director Carla Bigelow. Jessica's experience working at four pools, and her 13 years of experience in Oak Harbor as an Instructor, Lifeguard, Senior Lifeguard, Head Lifeguard, Assistant Aquatics Director, and Aquatics Director, means she brings a wealth of skills and experience to FPFC.

Jessica has a long history in aquatics. She began swimming at the age of 4, taking lessons at her local community pool. By the age of 14, she started working as an assistant swim instructor during the summer months. At 15, Jessica completed her lifeguard training, and at 16 she began guarding. Over the next several years, Jessica worked as a lifeguard and swim instructor. Her professional development continued with her earning her WSI (Water Safety Instructor) certification, and her LGI (Lifeguard Instructor) certification, which enables her to lead classes and train new lifeguards at FPFC. She also has experience teaching water aerobics and aqua arthritis groups.

In addition to teaching standard swim classes, as a swim instructor Jessica worked with smaller classes of special needs children, modifying instruction methods and activities to meet the needs of each student. She learned to break down instruction into manageable parts so that children with varying abilities and motor skill levels could experience success. At FPFC, swim classes are integrated, so Jessica's ability to recognize individual needs and adapt classes to meet those needs will help all learning swimmers develop and improve their skills.

In her new role as Assistant Aquatics Director, Jessica will be working with swim classes, assisting Carla in day-to-day activities, managing scheduling, training staff, and working on special programs and events. Keep your eyes and ears open for activities such as Splash Camp, Mermaid School, and April Pools Day!

In her free time, Jessica likes to ride (horses that is). She also enjoys art, drawing, painting, and photography. Welcome to FPFC Jessica! We are delighted to have you join us.

