



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: 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.



New Hours!

Fidalgo Pool & Fitness Center has made some changes to its hours and is now open longer on weekends. On Saturday the Fitness Center is now open 7:00 a.m. to 5:00 p.m. and on Sunday the Fitness Center is now open 8:00 a.m. to 5:00 p.m. The pool is open 7:00 a.m. to noon on Saturdays and may also be open in the afternoon depending on availability. The pool is open 11:30 a.m. - 2:30 p.m. on Sundays and may also be open in the morning and afternoon depending on availability. Keep your eyes open for pop-up swims! Times for these extra hours will be announced on Tuesdays for the upcoming weekend. Notice will come through e-mail blasts, on Facebook, in notices on locker room doors, and in signs on the front desk. Sign up at the front desk to receive these e-mails or call 360-293-0673 to find out up-to-date weekend pool hours.



Community CPR Class

CPR saves lives. CPR stands for cardiopulmonary resuscitation, and is an emergency procedure using rescue breathing and chest compressions to reverse cardiac arrest. Each year, more than 350,000 cardiac arrests occur out of the hospital, and immediate CPR can help improve chances for survival. You can become certified in this lifesaving skill at a CPR class open to the public at Fidalgo Pool & Fitness, Saturday, February 17th. Call to find out about class fees, and registration information.



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!**



Stay Sun Safe! Don't forget your sunscreen!



Splash! News



Love Fidalgo

We love Fidalgo Pool & Fitness and we know you do too! Have you been thinking about giving a fitness class a try? Do you want to find out more about the fitness center and equipment? Are you having fun at Zumba and think it would be great to try in the pool? Throughout the month of February, you can try select classes at FPFC for **free!** You'll find classes and times to suit everyone. For complete class details, look inside this newsletter, check online at www.fidalgopool.com or pick up a calendar of free classes at the front desk.

Free Open Swim February 14th from 6:35 – 8:00 p.m. Wibit, water slide, snacks, and more! Happy Valentine's Day!



Enter to win a **Valentine's Gift Basket** valued at over \$200. Check out the prize on the front desk from February 1 - 13. Tickets are \$5/each or \$20 for 6. You must be 21 or older to enter the raffle. The winner will be drawn on Tuesday, February 13th at 4:00.



- **February Love Fidalgo Raffle & Free Classes**
- **Free** open swim February 14, 6:35 – 8:00 p.m.
- Check out the new FPFC webpage featuring a 3D tour and video clips
- Lifeguard Class, February 21 – March 14
- Community CPR Class, February 17
- Next swim lessons:
Session 1 - January 8 – February 1
Session 2 - Feb. 5 – March 1
Session 3 - March 5 – March 29
- **Raffle Draw – February 13th**

Love Fidalgo Pool & Fitness with Free Classes in February 2018

Enjoy a sampling of Fidalgo Pool & Fitness Center classes for **FREE** in February. For complete class information go to www.fidalgopool.com, or pick up a schedule at the pool with class descriptions, days, and times.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:00 p.m. Fitness Center Orientation – tour the facility and the equipment with Kyle	2 12:00 p.m. Vinyasa Yoga – balance your energy and build strength and flexibility	3 8:30/9:45 a.m. Surf & Turf AquaFit in the water and Yog-Ilates on land. Try one part or do both!
4	5 10:00 – 10:55 a.m. Bars, Benches & Balls - build strength, endurance & balance	6 8:00 a.m. Step Aerobics - get your heart pumping and your muscles burning!	7 6:00 – 7:00 p.m. Turf Yog-ilates - core stability with lots of modifications for those with injuries	6 12:00-2:00 p.m. Lap Swim - enter for free between 12:00 and 1:00 p.m. and you can swim until 2:00.	9	10
11	12	13 7:30 – 8:30 a.m. Power Fit & Pilates- in the Water	14 6:35 – 8:00 p.m. Open Swim for Valentine's Day! 	15 11:00 – 11:55 a.m. Gentle Yoga - a gentle series of exercises, all levels welcome	16 8:30 – 9:25 a.m. Muscular Strength - improve strength and range of motion using weights, bands, & more	17
18	19 9:10 – 10:00 a.m. AquaFit & Strength – in the Water - use a variety of equipment and move!	20 7:00 – 7:55 a.m. Strength & Conditioning - weights, bands, balls & more	21	22 12:00 – 12:55 p.m. TRX - flexibility, balance, and strength using your own bodyweight	23 8:00 – 8:55 a.m. Deep Aqua Aerobics – in the water	24
25	26	27 6:30 – 7:30 p.m. AquaZumba – in the water - the Zumba you love, in the water! Fun!	28			

In Memory of Claire Lemberg

Claire Lemberg, a valued patron of Fidalgo Pool and Fitness Center, recently passed away. Claire and her husband Norm moved to Anacortes in 1994 where Claire worked for the Anacortes School District for many years as a substitute teacher. In recent years, Claire enjoyed water aerobics and Zumba at Fidalgo Pool & Fitness Center. She found the pool provided the best of both, an opportunity to socialize AND exercise at the same time. Her son Jon and his employer have generously donated to the Friends of FPFC in Claire's name to help others enjoy the pool as much as she did. This donation in Claire's memory will be used to purchase equipment for the aquatic fitness classes Claire enjoyed at the pool, to support the longevity of the facility through the Friends Endowment fund, and to provide swim lesson scholarships to children. Through this donation in Claire's memory, between 40-60 children will have the opportunity to learn to swim. We'd like to thank the Lemberg family, and Inland Construction, for their gift to our facility in honor of Claire.

Thank you!

Thank you to everyone who participated in Friends end-of-year fundraising campaigns. Together we raised \$1000 for the Friends Endowment Fund, which means we also received matching funds of \$1000, for a total of \$2000! Endowment funds help ensure long-term funding for the many programs offered and for ongoing building and facility improvements. The money raised this time will go towards the long-term goal of locker room improvements.

Thanks to your generosity, Friends also raised \$855.00 for the Swim Scholarship Fund. This is enough to provide swim lessons for 12-15 children, depending on the age of the child. Friends is excited to undertake this project in order to ensure all children can learn to swim. Donations for swim lessons can be made at any time. Just make your checks payable to the Friends of Fidalgo Pool & Fitness and drop them off at the front desk.



We couldn't do it without you!