



Executive Director's Message:

We are happy to see everyone return to Fidalgo Pool & Fitness Center after our recent shutdown. It was certainly a busy maintenance time for our facility managers and staff, and much was achieved.

Some shutdown items not easily detectable were major filter tank repairs, filter pit pump replacement, electrical work, boiler maintenance, plumbing care and other facility annual needs.

Continued on Page 2...

Upcoming Events:

- **Navigating the Future** - Senior Resource Fair, October 4, 10:00 - 2:00, Anacortes First Baptist Church, 2717 J Avenue
- **Endowment Fund** - Help us grow our Endowment Fund in 2016! All donations are tax deductible. See inside for details.
- **Love Fidalgo Equipment Purchases** - coming February 2017.



Inside this Issue...

- 1 Executive Director's Message / Upcoming Events / Join Friends
- 2 Executive Director Continued / Endowment Fund / Chair Lift
- 3 Fall Gardening Sale / Friends at the Farmer's Market
- 4 Fall Schedule
- 5 Special Appreciation / FAQ Suit Spinners
- 6 New Pool Toys / Party at the Pool! / Fall Prevention Fair
- 7 Friends of Fidalgo Volunteer Form
- 8 Did You Know?



Become a Friend of Fidalgo...

Everyone is welcome! Help us to make FPFC an even better place. Meeting times alternate between 9:00 a.m. and 5:00 p.m. the second Monday of every month. Find a time that suits you and come join us! Next meetings: October 10th at 5:00, November 14th at 9:00, December 12th at 5:00, January 9th at 9:00, February 13th at 5:00, March 13th at 9:00. Check the bulletin board for more information or e-mail Friends at friendsoffidalgo@hotmail.com.

Director's Message Continued

Two major projects included the installation of the new \$5,200 pool chairlift, purchased by the Anacortes Rotary Club, and the tree root removal with asphalt repair of the upper parking lot. Other duties such as replacing pool and shower deck tiles; inspecting the pool surface; pressure-washing the locker rooms and pool deck; and finishing other smaller projects were also completed. On a final shutdown note, the Commissioners, staff and I would like to thank all of you for your patience during this annual maintenance care.

So with that, what else is going on at Fidalgo Pool & Fitness Center? To be honest with you, there is quite a bit, but I want to focus on one important item in this message to you today. The Long Range Planning (LRP) Committee and Commissioners decided the next step in developing our master plan for the facility is to hire an architect firm that could design what our community envisions for the future of Fidalgo Pool and Fitness Center. We need to create a design, determine construction estimates, strategize project revenues and expenses for increasing services and programs, and see if projects can be completed in phases; all of this with the involvement of the public because your input is essential to the plan!

A Request for Qualifications (RFQ) for architectural design services was advertised in the Seattle Daily Journal of Commerce, Association of International Architects, Skagit Valley Herald, and Anacortes American. We received five RFQs, of which three were selected for further interview by Libby Grage, Keith Rubin and Christine Mathes of the LRP committee. This core group of committee members will make their recommendation of which architect firm to hire at the next regular Board of Commissioners' meeting on October 6, 2016. The public is invited to join us and we hope to see you there!

Marilyn Stadler, Executive Director



Endowment Fund:

The Friends of Fidalgo have established an Endowment Fund that enables patrons to make contributions to FPFC. Friends' goal is to grow our Endowment Fund each year to help support long range planning and growth at the facility. Our focus is on raising money for locker room improvements. Once again this year, the Friends Endowment Fund is eligible for **\$1000** in matching funds generously donated by Mark Stadler. **Let's raise \$1000 of our own** to match Mark's donation by the end of 2016!

Mr. Stadler has designated an additional **\$1000** to Friends through the Shell Oil Company Foundation Matching Gifts program, which provides Shell employees opportunities to make charitable donations. Shell will match gifts to a set maximum, from employees to the Friends of Fidalgo Endowment Fund. If you have a matching gifts program at your place of employment, please consider directing your company's charitable donations to the Friends of Fidalgo Pool & Fitness Center.

Fidalgo Pool and Fitness Center thrives because of people like you who make donations to help ensure long-term funding for the many programs offered and for ongoing building and facility improvements.

To find out more about this planned giving option, contact Friends at friendsoffidalgo@hotmail.com for an information package or call 293-0673.

All donations are tax deductible.

New Chair Lift:

The new chair lift made possible by a grant from the Anacortes Rotary Club has been installed on deck! Ask a staff member to show you how to use this new device.



Fall Gardening Sale:



Friends annual **Fall Plant & Gardening Sale** on September 24th was a huge success! Together we raised just over \$900.00. This year we featured special guest speaker Everett Chu from Azusa Farm and Garden, our very own in-house plant expert Hilary Andersen, and loads of awesome raffle prizes. Thank you to all who participated by donating, shopping, volunteering, and buying raffle tickets. Special thanks to the many local businesses who supported us:

- Azusa Farm & Garden
- Christianson's Nursery
- Charley's Greenhouse & Garden
- Schuh Farms
- Ace Hardware
- Sebo's
- Sheely's Floral & Gifts
- Buer's Floral & Vintage
- Island Horticulture
- Thompson's Greenhouse
- Wells Nursery
- Skagit Valley Gardens

Funds raised through these events support the operation of Friends and improvements at FPFC. Friends works closely with the facility Directors, Managers and Commissioners to identify projects, and we listen to stakeholders that use the facility for their ideas for projects. Join us at a meeting to find out more or contact us at friendsofidalgo@hotmail.com.



**It does not matter how slowly you go,
so long as you do not stop.**

-Confucius

Friends at the Farmer's Market:

Did you stop by and visit with us at the Farmer's Market on September 3rd? Friends were there and we had a great time connecting with facility users, community members, and visitors. We had information to share about the wonderful programs, lessons, equipment, and people at FPFC. Look for us again next year on Labor Day weekend to pick up a schedule and chat! Or better yet, join Friends and come with us!



Fall Schedule

September 6 – December 31

(check the schedule on-line or call 293-0673 for complete, up-to-date information)

Public Swim



This is a multi-purpose pool time including but not limited to lap swimming, personal water exercise, small groups, private lessons, etc.

Monday	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m.
Tuesday	5:00 a.m. – 1:00 p.m. 5:30 p.m. – 8:00 p.m.*
Wednesday	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m.
Thursday	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 8:00 p.m.*
Friday	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m.
Saturday	7:00 a.m. – 9:30 a.m.*
Sunday	11:30 a.m. – 1:00 p.m.

Note: *Limited lanes for lap swimming available during these public swim times.



Recreational Swims

M/W/F	6:30 – 8:00 p.m.
Saturday	10:30 a.m. – noon
Sunday	1:15 - 2:30 p.m.

All recreational swims include the diving board, buoy swing, water slide and life jackets. Children 6 and under must be accompanied by an adult in the water within arms' reach. Parents please observe from the balcony area. No spectators allowed on deck.



Thunderbirds Aquatic Club

Head Coach: Jason Hunter

Age Group USS Swim Team

Join the team!

Must be a level 4 swimmer or higher

All ages. Swim with your friends!

Call for more information. 360-299-0673.

Masters Practice

Tuesday/Thursday 5:45 a.m. – 7:00 a.m.

Saturday 6:00 a.m. – 7:00 a.m.

Questions contact Calvin Milbach caljrun@yahoo.com

Water Fitness

M/W	6:15 - 7:15 a.m.	Water Exercise
	8:00 – 9:00 a.m.	Aquaerobics
	9:00 – 10:00 a.m.	AquaFit & Strength
T	5:30 – 6:30 p.m.	Aqua Zumba
T/Th	7:30 - 8:30 a.m.	PowerFit & Pilates
	8:30 - 9:30 a.m.	Mind 'n' Motion
F	6:15 - 7:15 a.m.	Water Exercise
	8:00 - 9:00 a.m.	Deep Aquaerobics
	9:00 - 9:50 a.m.	Deep H2O Intervals

- ~ Work at your own pace as we help you reach your fitness goals!
- ~ Water exercise shoes are recommended in shallow water.
- ~ Buoyancy belts are supplied for deep water classes.



Land Fitness

Fitness Center: Open for drop-in

Monday - Friday: 5:00 a.m. - 8:00 p.m.

Saturday: 7:00 a.m. - 12:00 p.m.

Sunday: 11:30 a.m. - 2:30 p.m.

The fitness area will be closed during facility closures, including swim meets and holidays. Call for information.



Classes:

M/W	8:05 - 8:55 a.m.	Yoga Core
	9:00 – 10:00 a.m.	SilverSneakers® Classic
	10:00 – 10:45 a.m.	Butts & Guts
	11:00 - noon	Gentle Yoga
T/Th	7:55 – 8:55 a.m.	Strength & Cond.
	9:00 - 10:00 a.m.	Zumba® Gold
	10:15 – 11:15 a.m.	Yoga Flow
	11:30 - 12:30 p.m.	TRX Basic
F	8:30 – 9:30 a.m.	Muscular Strength
	9:45 - 10:45 a.m.	Zumba
	11:00 a.m. - noon	Gentle Yoga
S	8:30 – 9:30 a.m.	Zumba® (Sept. 10 - Oct. 15 only)



Special Appreciation:

From the Staff & Friends of Fidalgo Pool

- Because we can't thank them enough for their generous donations and support of the pool:
 - Azusa Farm & Garden
 - Christianson's Nursery
 - Charley's Greenhouse & Garden
 - Schuh Farms
 - Ace Hardware
 - Sebo's
 - Sheely's Floral & Gifts
 - Buer's Floral & Vintage
 - Thompson's Greenhouse
 - Wells Nursery
 - Skagit Valley Gardens
 - Island Horticulture
- Congratulations to our raffle winners and thanks to all who entered for your support of the pool: Deanne Claus, Julie Pederson, Kristen Smith, Susan George, Claire Lemberg, Sandy Lane, R. Martin, Susan Gilbertson, Judy W., Sue Seiver, Anna Fox.
- Special thanks to Marcia Books for organizing the Plant and Garden Sale and coordinating volunteer efforts. It's a lot of work and much appreciated! Thanks also to the volunteer crew: Maya Gowan, Jennifer Lewis, Ed Sprauer, Christine Mathes and TAC members.
- Many thanks to Hilary Andersen for volunteering her time and plant expertise.
- Thanks to John Little, FPFC Maintenance, for all of your help watering plants and just generally helping us out!
- Thanks so very much to Mark Stadler for his generous donation to the Friends Endowment Fund.
- Thanks to the Shell Oil Company Foundation Matching Gifts program for their matching gift to the Endowment Fund.
- Donations to Friends are always welcome and are a tax-deductible charitable contribution under IRS publication 526.



FAQ's

Suit Spinners

We are often asked about the purchase of suit spinners for the locker rooms or the pool deck at FPFC. These nifty gadgets, called "spinners" or "water extractors", help dry the water out of swim suits before you put them back in your bag, allowing them to finish drying quickly.

Options for installation that have been discussed include equipping each locker room with a spinner, or alternatively mounting a swim suit extractor on the wall between the men's and women's locker rooms where all swimmers would have access to it, and then allowing the spinner to drain onto the pool deck.

Spinners cost around \$2000, plus installation and ongoing maintenance. Any foreign objects placed in the spinner, overloading, or just playing around with such a "cool" tool can result in damage and breakdowns which can be costly and time consuming to repair. These units will require replacing every few years, creating an ongoing expense.

Anecdotally, our travelling swimmers report that suit spinners at other pool facilities are wonderful when they work, but are often out of commission and awaiting repair. They may also not be suitable for the specialty suits used by many swimmers, or for heavier swim wear.

FPFC needs to make careful choices where to spend money. Due to the ongoing expense for operating this piece of equipment the facility has decided that at this time, suit spinners are not the best investment we can make at FPFC. Thank you for your understanding.





Pool Toys!

Welcome Wibit! Sadly, Ollie the Octopus reached the end of his life cycle this summer and had to be retired. To take his place FPFC has purchased the Wibit, a modular, inflatable toy with dozens of optional pieces that can be arranged in a variety of configurations.

FPFC has purchased 5 pieces:

Action Tower XL with a side to climb, a side to use a rope to climb, a side to slide off feet first, and a side to jump off feet first.

Balance Beam with a place to walk, run, or slide across between pieces.

Junction connector that acts as a large, square raft.

Slope used to climb up and slide down. This is a shorter action tower for the younger or less adventurous.

Ramp that allows easy access to the equipment at water level.



Look for the Wibit during recreational swim times. In order to make this a fun and safe play time, Lifeguards regulate access to the equipment. Guests proceed in groups of 3 to 5 at a time, moving through the equipment and making room for the next group to participate. Safety rules for the Wibit are explained to all participants before use.

Let's keep the Wibit safe too! No sharp items, including jewelry of **any** kind will allowed on the Wibit.



Spotlight on FPFC:



Wondering what to do for your next birthday party, family gathering, or special event? Try a pool party!

The pool is available to rent Friday nights from 8:00 – 10:00 p.m., Saturdays 12:30 – 8:00 p.m., and Sundays from 3:00 – 6:00 p.m., and any other night of the week not already booked. Pool toys, including the Wibit, may be rented. Prices vary based on the number of guests and the equipment chosen as these factors determine the number of staff and lifeguards required to make your party both safe and enjoyable.

All ages and abilities are welcome to use the pool. Lifeguards conduct a quick swim test in the shallow end to assess swimmers abilities and needs. Life jackets may be supplied if required. Children under 6 must be accompanied by an adult in the water within arms' reach at all times.

For a small additional fee, rent the pool party room off the main lobby. Bring your decorations, snacks, cake, presents, or whatever you need to make your party special. Tables and chairs are provided. This room may also be booked for other events requiring a conference room.

Inquire at the front desk for more details or call the pool at 293-0673. We'd love to help you celebrate!

Fall Prevention Fair:

FPFC and Friends participated in the very informative Fall Prevention Fair at the Senior Center on September 22nd to share information about the programs at the pool. Thanks for stopping by!





Pool Together, Push Fitness!

Come join the Friends of Fidalgo Pool & Fitness Center! Get involved in this wonderful community! Help us to make FPFC an even better place!

What can I do to help Friends? Do you have computer skills? Do you like organizing events? Are you a people person who likes to talk to others and can help promote FPFC? Do you have experience with fundraising? Do you have a few hours to help man a booth or staff a Friends event? Do you like to take pictures or make up poster displays? Do you have good ideas and the ability to bring them through to action? Can you supply treats? Can you write promotional articles for the newspaper, contribute to the newsletter, or help maintain the bulletin board? If so, **we need you!** Come to a meeting, e-mail us at friendsoffidalgo@hotmail.com or drop off a volunteer form at the pool!

Friends meetings are on the 2nd Monday of each month at 9:00 a.m. or 5:00 p.m. in the meeting room at the pool. Check the bulletin board for upcoming meeting notices, agendas, and meeting minutes. Please stop by and share your skills and talents with us!

Friends 2016 Board:

Chairman, Jennifer Lewis
Vice Chairman, Christine Mathes
Treasurer, Matt Castle
Secretary, Marcia Books



Friends Volunteer Form:

Name _____	Date _____
Address _____	
Phone Number _____	E-mail _____



Comments or Questions?

Do you have any comments or questions about FPFC? We want to know! Fill out a form located at the front desk and drop it in the box by the front door. Together, we make FPFC a better place!



Stay Sun Safe!

The cloudy days of Fall don't mean your risk for skin cancer goes away. Use sunscreen any time you expect to be in the sun for more than 20 minutes, even if it's cloudy. Find a sunscreen with a sun protection factor (SPF) 30 or more that protects against both UVA & UVB rays.

Did you know...

- ☀ 1 in 50 Americans will develop melanoma in their lifetime. It is the fastest growing cancer in the U.S. and worldwide.
- ☀ People who first use a tanning bed before age 35 increase their risk for melanoma by 75%.
- ☀ Your risk for developing melanoma doubles if you have had more than five sunburns.
- ☀ Regular daily use of SPF 15 or higher sunscreen reduces the risk of melanoma by 50%.
- ☀ Half of all melanoma diagnoses are either self-discovered or found by a family member.

Research shows catching melanoma in its earliest stages is one of the most important factors in improving the outcome of a melanoma diagnosis. Increase your chances of catching melanoma early by carefully examining your skin once a month and visiting a dermatologist once a year.

http://www.patientresource.com/Melanoma_Overview.aspx
<https://www.melanoma.org/sites/default/files/GetNakedSelfScreeningGuide.pdf>



Did you know... Splash News! is produced by the Friends of Fidalgo? Our goal is to help keep you informed of happenings at the pool.

If you would like to contribute or have any suggestions we can be reached at friendsoffidalgo@hotmail.com.

Did you know... for current information and schedule changes you can "like" or "friend" **Fidalgo Pool** and/or **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!



Commissioner's Corner

Did you know... that one of the best ways to find out what is happening at FPFC and to hear about future plans for the facility is to attend a Commissioner's meeting? Meetings are the first Thursday of every month at 5:30 p.m. in the pool's meeting room and the community is welcome to join in any of these meetings. Participate and stay connected! If you would like to contact the Commissioners, they can be reached by email:

fpfccommissioners@gmail.com.

Andrew Olson
Mel Larsen
Pamela Taylor
Jeremy McNett
David Way

