



Splash News!



Volume 10

Winter 2015/2016 Newsletter

Executive Director's Message:

Thank You Voters!

We want to thank our voters for passing the Fidalgo Pool and Fitness Center's maintenance and operation levy in the November elections. Your support allows us to continue providing the best services possible to our families, friends and neighbors. As we move forward, we will continue to communicate about how we are doing in order to maintain your confidence in us.



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Upcoming/Ongoing Events:

- **Lifeguard Course:** Lifeguard training course, December 28 - January 2. We need you! Please consider joining our team. Contact Carla Bigelow or Marilyn Stadler at 293-0673.
- **Endowment Fund Matching Funds:** Friends has established a fund to support the long term goal of renovating the locker rooms. The first \$2000 raised will be matched by \$2000 of donations from community members. This is everyone's favorite project - let's make it happen!
- **Love Fidalgo Campaign:** Coming in February 2016 ♥ Look for the hearts on the bulletin board and choose an item you would like to purchase for the pool or fitness center. Staff members are putting together their wish lists now!
- **FPFC t-shirt and tote bag sales:** Support the pool and buy a snazzy t-shirt or tote bag! Order forms are at the front desk.



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: December 14, 5:00 p.m., January 11, 9:00 a.m., February 8, 5:00 p.m., March 15, 9:00 a.m. Check the bulletin board for more information or e-mail Friends at friendsoffidalgo@hotmail.com.

Director's Message Continued

We are committed to meeting the health and recreational needs of every member of our waterfront community. We plan to accomplish this mission by providing exceptional wellness, fitness and aquatic activities in a safe, healthy environment.

Again, we highly appreciate your support,

*The Commissioners, Managers and Staff
of Fidalgo Pool and Fitness Center*

*Thank
You*



Friends Endowment Fund:

**YOU CAN HELP RENEW OUR
LOCKER ROOMS!**



We all use the locker rooms whether we are in the pool, at the fitness center, or using the meeting and party facilities. We also all know the locker rooms are in need of renovating and updating, and we can help to make it happen!

In the New Year, the Commissioners of FPFC, along with a committee of community members will begin working on a Master Capital Improvement Plan. This plan will involve identifying and planning for major improvements needed at FPFC. The locker rooms are on this list. They will require extensive work including painting, tile work, plumbing and new lockers. The addition of a family changing room will also be explored.

Because levy dollars from taxes cover only maintenance, operating expenses, and minor special projects, the funds required to update our locker rooms must come from other sources, including donations from our community.

The Friends of Fidalgo Pool and Fitness Center have established a special fund to help get this long term process started. You can help with this project through your **tax deductible donation**.

Make a lasting mark on our Pool!
**Give Now and Make Every Dollar Count Twice
With Our Matching Funds Program!**

If you give now, you can make every dollar count twice. The first \$2000 raised will be matched by donations from community members who wish to help us grow our fund. Help us receive these matching funds!

Mail in or drop off a check payable to *Friends of Fidalgo Pool & Fitness Center*. Please write Endowment Fund/Locker Rooms on the memo line of your check so we can direct the money accordingly. For more information contact Friends at friendsoffidalgo@hotmail.com or call Marilyn Stadler at 293-0673.

There will be opportunities for your voice to be heard in the Capital Improvement Plan process so please make sure to watch for announcements, and sign up for the FPFC e-mail list at the front desk to receive notifications of times when you can provide your input to this plan.

Thank you for your support!

**Keep Our Pool Sustainable with Your
Endowment Fund Donation!**



Fall Friends:

The Friends of Fidalgo had a busy Fall with the annual gardening sale...

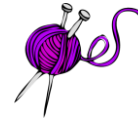


...and the Farmer's Market, where they hosted an information booth to talk about facility programs and the November levy vote. Thank you to everyone who shopped the sales and visited us in our booth. We had a wonderful 2015 and look forward to continuing our support of the pool in 2016.



FPFC T-Shirts & Tote Bags:

It's not too late to get your FPFC gear! Brought to you by the Friends of Fidalgo, t-shirts and tote bags are available for sale in the pool lobby. Just fill out the order form and Friends will get back to you. Some sizes are available in stock, others can be special ordered. Adult shirts are \$15, youth shirts are \$10 and tote bags are \$12. Show your pride in our facility and help support FPFC. All proceeds from the sales will be used to fund special projects at FPFC.



*True enjoyment comes from activity
of the mind and exercise of the
body; the two are ever united.*

Wilhelm von Humboldt

FPFC Knitters:

Have you ever wanted to learn how to knit? Staff experts Melissa Reynolds and Hilary Anderson led a beginners knitting class in December in the pool conference room. The Knitting 101 class included instruction in casting on, binding off, knit & purl, pattern reading, the garter and stockinette stitch, knitting in the round and much, much more. Participants worked on several projects including dishcloths and scarves.



An intermediate class is planned for the New Year to cover a variety of additional stitches, cables, bobbles and other techniques, as well as tricks for fixing those annoying errors.

If you missed out on the first class offering, another beginner's class is in the works. Check with Hilary or Melissa at the front desk for more class information, or put your name on the sign-up sheet. Classes are tentatively planned for Mondays, from 3:00 - 5:00 p.m. (intermediate) and from 5:30 to 7:30 p.m. (beginners).

The combination of excellent instruction, knitting camaraderie, and just plain fun make this a must try class!



Winter Schedule

January – March

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

LAP Swim & Water Walk



M	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m. (3 lanes 5:30 to 6:00 p.m.)	Sat 7:00 a.m. - 8:30 a.m. Sun 11:30 a.m. - 1:00 p.m.
T	5:00 a.m. – 2:00 p.m. (3 lanes 5:45 – 7:00 a.m.) 5:30 p.m. – 8:00 p.m. (3 lanes 6:30 – 8:00 p.m.)	
W	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m. (3 lanes 5:30 – 6:00 p.m.)	
Th	5:00 a.m. – 2:00 p.m. (3 lanes 5:45 – 7:00 a.m.) 5:30 p.m. – 8:00 p.m. (3 lanes 6:30 – 8:00 p.m.)	
F	5:00 a.m. – 2:00 p.m. 5:30 p.m. – 6:30 p.m.	

Sharing Lanes

- * Side by side if only 2 swimmers in a lane
- * Circle swim if 3 or more swimmers in a lane
- * Inform swimmers before entering the lane



Open Swims

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

All open swims include the diving board, buoy swing, water slide and life jackets. Children 6 and under need to be accompanied by an adult. Parents, please sit up in 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!

We have Masters too!

Call for more information, 360-299-0673.

Water Fitness

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

Classes:

M/W	9:00 – 10:00 a.m. 10:00 – 10:45 a.m. 12:15 – 1:00 p.m. 6:30 – 7:30 p.m.	SilverSneakers® Classic Butts & Guts Tabata Time! Zumba (Jan. 4 - Feb. 10)
M/W/F	11:00 a.m. - noon	Gentle Yoga
T/TH	8:00 – 8:50 a.m. 9:00 - 10:00 a.m. 10:15 – 11:15 a.m.	Strength & Cond. Zumba Gold Functional Strength
F	8:30 – 9:30 a.m. 10:00 – 11:00 a.m. 11:00 a.m. - noon	Muscular Strength Sizzle! Gentle Yoga
S	9:30 – 10:30 a.m.	Butts & Guts



Special Appreciation

From the Staff & Friends of Fidalgo Pool

- The First Aid room on the pool deck was completed thanks to a generous donation of \$5000 from a pool patron who wishes to remain anonymous. The specialized sink, waterproof stretcher, moisture protected cabinets and first aid supplies were costly and we are so very thankful for a donation that allowed us to complete this important project.



- Special thanks to Marilyn and Mark Stadler and to the Barrett Community Giving Project for their \$1000 donations to the Friends Endowment Fund to get our locker room project started. Find out how to give to the Friends Matching Funds Locker Room Project on page 2!
- Great appreciation goes out to Kira Nordby and Daniel Jankelson for their generous donation to the Friends Endowment Fund. We are so very glad you are both here and well and we appreciate your gesture of thanks in support of the pool.
- Donations to Friends are always welcome and can be mailed in or dropped off at the front desk of FPFC. Your donation to the Friends of Fidalgo Pool & Fitness Center District is a tax-deductible charitable contribution under IRS publication 526.

We have such a wonderful community!

Thank You!



Spotlight on Staff

Join our team! FPFC is experiencing a crucial shortage of qualified swim instructors and lifeguards. To help address this issue, a Lifeguard Course is scheduled for the end of December. FPFC will pay the course fees for qualified candidates who take the course at FPFC and who agree to commit to employment hours in return.

Course dates are as follows:

Monday, December 28, 9 - 3:30

Tuesday, December 29, 9:30 - 4:30

Wednesday, December 30, 9 - 3

Saturday, January 2, 9 - 11:45

Lifeguard Candidates must pass a pre-course swim test in order to continue to the remainder of the course. They must also attend all four course sessions. The course includes in-water skill sessions, a written final exam, and an in-water practical final.

To qualify for the fee waiver Lifeguard Candidates need to commit to working for Fidalgo Pool and Fitness Center for 100 hours and must be available for three weekend shifts a month (although they may only be scheduled for one weekend shift a month).

FPFC is now hiring for several other positions including Swim Instructors, Swim Instructor Aides and Group Fitness Instructors for classes in the fitness center and/or in the pool. Do you have an idea for a class you would like to teach? Share your ideas with us! Interested candidates should contact Marilyn Stadler or Carla Bigelow at 360-293-0673.





Safety First!

At FPFC, patron safety is a top priority. The staff works as an efficient and well trained team to ensure patron protection and wellbeing.

In the Water, Training and Practice:

Lifeguards are trained to keep an eye on the water and on the pool deck so they can identify potential safety hazards. Guards continually scan all levels of the water, not just the surface, looking for anything out of the ordinary. They are ready to respond the instant they notice anything unusual.

All lifeguards on staff are required to have CPR, AED (Automated External Defibrillator), and first aid training which are renewed every two years. FPFC also conducts in-service training every month to make sure skills stay sharp. Staff members participate in dry land and water rescues including practicing spinal back boarding and safe removal of individuals from the water.

Swim instructors have in-house training and/or Water Safety Instructor certification. They participate in quarterly in-services dealing with instruction techniques and water safety issues.

Safety Education:

Water safety forms an important part of all swim instruction for children. It is important to learn how to be safe on deck and in the pool, as well as in a variety of aquatic environments including pools, lakes, and boats. The Red Cross swim program in use at FPFC promotes water competency, meaning

the basic minimum skills needed to be safe and survive in the water are taught.

Dry Land Training:

Most fitness instructor certification requires CPR, AED and First Aid training with re-certification every two years. In addition, instructors are trained to recognize the various skills and abilities of individuals in their classes and to be aware of possibilities for injuries or signs of distress.

Facility Preparedness:

FPFC has procedures in place to deal with a variety of emergency situations including lightning storms, power outages, and earthquakes. Staff members in all positions are trained in these procedures.

Incident Handling:

FPFC staff routinely deal with minor incidents in the pool involving cuts, scrapes and bumps, but they are also prepared for more serious emergencies.

Recently, staff performed a spinal rescue on a child who was kicked in the head in the pool. The child was cleared by the EMS and released. Another rescue involved a swim meet competitor who passed out during the meet and was assisted by lifeguards. Most recently, a patron suffered a heart attack while lap swimming. Staff quickly moved into action as a team, assessing the situation, performing a rescue, initiating CPR and applying AED, calling emergency services, and staying on top of the situation until emergency services arrived. All of these events had positive outcomes. We are fortunate to have such a strong, competent team looking out for us! Well done team!



Pool Together, Push Fitness!

Come join the Friends of Fidalgo Pool & Fitness Center! Get involved in this wonderful community! Help us to make FPFC and 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 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. We are committed to increasing community awareness of the importance of healthy activities, fundraising for the center's renovation and equipment updates, promoting wellness education, and providing volunteer assistance when needed. 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 _____



Noon Express Workout

Did you know... if you enter FPFC between the hours of 12:00 and 1:00 p.m., the fee to use the pool and/or fitness center without a monthly pass or punch card is only \$3.50? Come on in for a noon express workout!



Stay Sun Safe!

Did you know... Just because the sun is a little harder for us to see in the winter months, it doesn't mean the sun can't see us? Skin cancer is the most common type of cancer in the United States. Some people are at higher risk for skin cancer than others, but anyone can get it. The most preventable cause of skin cancer is exposure to ultraviolet (UV) light, either from the sun or from tanning beds. Washingtonians have high rates of melanoma, the most harmful type of skin cancer. Protect yourself, wear your sunscreen!

<http://www.wacancer.org/content/skin-cancer->

Did you know... Fidalgo Pool & Fitness Center has a new Commissioner? Welcome Mel Larsen! Mel's family came to Anacortes in the late 1800's and he was born and raised here. He has married and raised his own family in Anacortes and has strong ties to the community. Mel has been employed in various positions at Whitney Fidalgo Cannery and the oil refineries and has experience in commercial fishing and working for a local nursing home. In 1986, Mel was hired at Island Hospital as a utility Engineer. He has worked at the hospital for over 28 years and is now a Hospital Tech Specialist and lead Engineer in his department.



Mel has been a member of the Island Hospital Employee Council for over 25 years, serving as member of Council, Vice President and President. He continues to work on many projects in the Employee Council to better the life of his fellow co-workers.

Mel's level of engineering experience and his passion to help the people of Anacortes make him a great fit for the position of Fidalgo Pool & Fitness Commissioner #4. We are excited to have Mel join the Commissioners and bring his expertise with him.



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 of finding out what is happening at FPFC and hearing 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

