



Winter 2019

January 2 - March 31
Schedule subject to change
 rev. 12/10/18

1. **CLEANSING SHOWER** before all swims are mandatory.
2. **CLEAN DECK SHOES ONLY** - No street shoes on deck.
3. **CHILDREN 6 & UNDER** are to be with an adult in the water in arms' reach at all times.

POOL

Public Swim

This is a multi-purpose pool time including but not limited to lap swimming, water walking, group & personal water exercise & swim lessons.

1. Circle swim counter-clockwise.
2. Inform swimmer before entering the lane.
3. Pass in the middle of the lane.
4. If stopping, stay to the left of incoming swimmers.

Monday-Friday 5:00 am - 2:00 pm
† Limited lanes 5:45 - 7:00 am

Mon/Wed/Fri 5:30 pm - 6:30 pm

Tuesday & Thursday: 6:00 pm - 7:30 pm[†]
† Limited lanes (ends 2/12)

Saturday: 9:00 am - 12:00 pm

Sunday: 11:00 am - 1:00 pm

Recreational Swim

Family swim time with slide, diving board, ball buoy, foam toys and Friday night Wibit!

1. **No spectators on deck. Please sit in the balcony.**
2. **Lifeguards are always in charge.**

Mon/Wed/ Fri: 6:35 pm - 8:00 pm

Saturday: 12:15 pm - 2:00 pm

Sunday: 1:15 pm - 2:30 pm

Water Fitness

Work at your own pace as our instructors help you reach your fitness goals! Water exercise shoes recommended for shallow water. Buoyancy belts supplied for deep water classes.

Monday & Wednesday:	6:15 - 7:15 am 8:00 - 8:55 am 9:00 - 9:55 am	Water Exercise H ₂ O Fit & Flow AquaFit & Strength.
Tuesday & Thursday:	7:30 - 8:25 am 8:30 - 9:20 am	Aqua Powerfit Mind'n'Motion
Friday:	6:15 - 7:15 am 8:00 - 8:55 am 9:00 - 9:55 am	Water Exercise Deep Aquaerobics Deep H ₂ O Intervals

Facility Closure Dates:

January 26 - 27: TAC Winter Challenge Meet
 February 2: TAC Masters Meet
 February 8 @ 12 Noon: Boys' HS 2A District Meet
 February 9: Boys' HS 2A District Meet
 March 2 - 3: TAC-E Meet

6:00 pm Public Swim cancelled: January 8, 17, 24, March 28

6:35 pm Rec Swim cancelled: January 25, March 1

Rent the Pool

Call to reserve your party today!

Monday - Friday: 8:00 pm - 10:00 pm
Saturday: 2:30 pm - 8:00 pm
Sunday: 3:00 pm - 6:00 pm

Contact Information:

1603 22nd Street • Anacortes, WA • 98221
 Phone: 360-293-0673 www.fidalgopool.com

TAC Masters Practice:

Monday/Wednesday 1:15 - 2:30 pm 2-3 lanes
Tuesday/Thursday 5:45 - 7:00 am 3-4 lanes
Saturday 5:45 - 6:50 am 6 lanes
 (Dryland: T/TH 1:15-2:30 pm. & W/F 6:00-7:00 am)
 Questions: contact Calvin Milbach cmilbachfpfc@gmail.com

TAC Age-group Practice:

Monday 2:30-5:30 pm 6 lanes
Tuesday/Thursday 2:30-6:00 pm 6 (2 lanes @ 5:30 pm)
Wednesday/Friday 5:30-7:00 am 3 lanes
 2:30-5:30 pm 6 lanes
Saturday 7:00-9:00 am 6 lanes
 Questions? Contact George Minkel gminkelfpfc@gmail.com

Water Fitness Class Descriptions

Aquafit & Strength: This fun, shallow water workout will help you gain strength, increase lung capacity and improve balance by using work/rest intervals, buoyant & drag equipment and the resistance of the water. Start where you are and work at your own pace to meet your fitness goals.

Aqua Powerfit: This fast-paced shallow to deep water class! We like to mix it up with high-intensity intervals, endurance sets, strength training and more. Cool down with Pilates, Yoga or Hula to lengthen muscles and strengthen your core.

Deep Aquaerobics: Aquaerobics but accomplished with a buoyancy belt in deep water to add extra core strength and balance to your workout with zero impact. Fun music pumped with motivation from the instructor to push yourself harder than you would otherwise!

H₂O Fit & Flow: A vigorous workout that offers modifications to fit all fitness levels and abilities. The instructor will help you strengthen your muscles and increase flexibility without the impact on your joints that you may experience on land. Groove to the music you love while you reach your fitness goals!

Deep H₂O Intervals: Move it in the DEEP! Following a whole-body warm up you will pump up the power using various High Intensity Interval Training (HIIT) formats including Tabata, pyramids and more. You will work your core; improve cardiovascular fitness and burn calories. HIIT workouts have been shown to increase your metabolism and burn fat for 24 – 48 hours following your workout. Buoyant belts available – no swimming ability necessary but you should be comfortable in deep water.

Mind'n'Motion: In this safe and fun class, you'll improve strength, flexibility, memory and balance. While listening to "the oldies," move at your own pace and intensity for an enjoyable workout.

Water Exercise: Use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning. Water's natural buoyancy, resistance, cooling effect and decreased joint impact make it an ideal exercise medium for seniors.

The SilverSneakers®, Prime®, Silver&Fit®, At Your Best®, Renew Active® (formerly Fitness Advantage®) and FitnessCoach® Programs are for active older adults, as well as those dealing with chronic conditions. These programs provide eligible members with no or low-cost fitness memberships through arrangements with certain health plans.

We are excited to offer these programs to seniors and others within our community. Carla Bigelow can assist you with information and registration assistance.



Fees

Single Admission

Pool or Fitness Day Pass	\$7.00
Masters Drop-in	\$7.00
Combo Day Pass (Pool, Fit. & Classes)	\$9.00
Noon Swim or Fitness Center	\$5.00
Noon Swim & Fitness Center	\$6.00
<i>Note: Noon entry does not include classes</i>	
Recreational Swim Only	\$5.00
Recreational Swim Only Family of 4	\$15.00
Military Family Rec. Swim	FREE
Military Family Other Use	\$3.00
Children 3 & Under	\$3.00
Shower only	\$3.00

10-Time Combo Punch

Individual (may be shared)	\$55/\$60*
Senior (age 65+)	\$53/\$58*
Recreational Swim only	\$47.50/\$52.50*
Noon – 1 PM Entry	\$45/50*

30 Day Combo Pass

Individual	\$55/\$60*
Senior (age 65+)	\$53/\$58*
Family†	\$85/\$90*

Quarterly Pass

Individual	\$157/\$172*
Senior (65+)	\$151/\$165*
Family†	\$242/\$257*

Annual Pass

Individual	\$605/\$660*
Senior (65+)	\$583/\$638*
Family†	\$935/\$990*

*Out of District

†"Family" is defined as immediate family living in the same household. Residency verification may be required

Private Swimming Lessons (for group lessons, check swim lesson schedule)

Private (1 student) and semi-private (2 students) lessons are available by arrangement. Instructors are independent contractors. Please pay instructors directly. No entry using FPFC pass or punchcard.

Pool & Room Rental: Rent the pool and party room for birthdays, trainings or other events! Call for more information.

Chair Lift: Available during all public swim times.

Aqua Bikes Available during lap swim/water walking. Ask the lifeguard for assistance.