



Spring 2019

April 6 - June 30
Schedule subject to change
 rev. 3/20/19

1. **CLEANSING SHOWER** before all swims are mandatory.
2. **CLEAN DECK SHOES ONLY** - No street shoes on deck.
3. **CHILDREN 6 & UNDER** must always be accompanied by an adult in the water within arm's reach.

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.

Mon/Wed/Fri 5:00 am - 2:00 pm*
 5:30 pm - 6:30 pm

**Limited lanes 1:15 - 2:00 pm*

Tuesday/Thursday 5:00 am - 2:00 pm†
 †Limited lanes T/Th 5:45 - 7:00 am;
 ends at 12:45 beginning May 21

Tuesday ONLY 6:00 pm - 7:30 pm

Saturday: 9:00 am - 12:00 pm

Sunday: 11:00 am - 1:00 pm

Facility Closure Dates:

April 21: Easter
 May 17 @ Noon: Spring Thunderbird Swim Meet
 May 18 - 19: Spring Thunderbird Swim Meet
 May 27: Memorial Day

5:30 pm Public Swim cancelled: May 17

6:35 pm Rec Swim cancelled: May 17

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
 Aquatics Email: FPPCaquatics@gmail.com

Recreational Swim

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

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

Note: Children 6 and under must always be accompanied by an adult in the water within arm's reach.

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

Saturday: 12:15 pm - 2:00 pm

Sunday: 1:15 pm - 2:30 pm

School's Out Afternoon Rec Swims

Tuesdays & Thursdays from 1 - 2:30 pm beginning June 25

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 9:05 - 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 9:05 - 9:55 am	Water Exercise Deep Aquaerobics Deep H ₂ O Intervals
Saturday:	9:00 - 9:45 am	H ₂ O Boot Camp

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 (4 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