



# Spring Break

## 2019

April 1 - 5

Schedule subject to change  
rev. 3/4/19

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.

### Lap Lane Etiquette

1. Circle-swim counter-clockwise preferred.
2. Circle-swim required for three or more swimmers in a lane
3. Pass in the middle of the lane.
4. If stopping, stay to the left of incoming swimmers.

**Mon/Wed/Fri** 5:00am - 2:00 pm  
5:30 - 6:30 pm  
*Limited lanes 5:30 - 7:00 am Wed/Fri & 1:15 - 2:00 pm Mon/Wed*

**Tuesday:** 5:00 - 12:45 pm  
6:00 pm - 7:30 pm  
*Limited lanes 5:45 - 7:00 am*

**Thursday:** 5:00 - 12:45 pm  
*Limited lanes 5:45 - 7:00 am*

**Saturday:** 9:00 am - 12:00 pm

**Sunday:** 11:00 am - 1:00 pm

## Spring Break Recreational Swims

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  
**Tuesday/Thursday:** 1:00 pm - 2:30 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.

<b>Monday &amp; Wednesday:</b>	6:15 - 7:15 am	Water Exercise
	8:00 - 8:55 am	H2O Fit & Flow
	9:05 - 9:55 am	AquaFit & Strength
<b>Tuesday &amp; Thursday:</b>	7:30 - 8:25 am	Aqua Powerfit
	8:30 - 9:20 am	Mind'n'Motion
<b>Friday:</b>	6:15 - 7:15 am	Water Exercise
	8:00 - 8:55 am	Deep Aquaerobics
	9:05 - 9:55 am	Deep H2O Intervals

### 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](mailto: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](mailto:gminkelfpfc@gmail.com)

## Contact Information:

1603 22nd Street • Anacortes, WA • 98221  
Phone: 360-293-0673 [www.fidalgopool.com](http://www.fidalgopool.com)  
Aquatics Email: [FPFCaquatics@gmail.com](mailto:FPFCaquatics@gmail.com)