



# Summer 2019

Session #1

July 1 - August 2

*Schedule subject to change*

rev. 6/4/19

## POOL

See Visual Schedule for specific lane and pool area availability.

### Public Use

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

<b>Mon/Wed</b>	5:00 am – 9:25 am 11:30 am - 2:30 pm 5:45 pm – 7:30 pm
<b>Tuesday/Thursday</b>	7:00 am – 9:25 am 11:30 am – 7:30 pm
<b>Friday:</b>	5:00 am – 7:00 am 10:00 am – 6:00 pm
<b>Saturday:</b>	9:00 am – 12:00 pm
<b>Sunday:</b>	11:00 am - 1:00 pm

### Recreational Swim

<b>Monday/Wednesday:</b>	2:35 pm – 3:50pm 7:35 pm - 9:00 pm
<b>Friday:</b>	6:35 pm – 8:00 pm
<b>Saturday:</b>	12:15 pm- 2:00 pm 4:00 pm – 6:00 pm
<b>Sunday:</b>	1:15 pm- 2:30 pm

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.**

### 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>	6:00 - 7:00 am 7:30 – 8:25 am 8:30 - 9:25 am	Water Exercise H <sub>2</sub> O Fit & Flow AquaFit & Strength
<b>Tuesday &amp; Thursday:</b>	7:30 - 8:25 am 8:30 - 9:25 am	Aqua Powerfit Mind'n'Motion
<b>Friday:</b>	6:00 - 7:00 am 8:00 - 8:55 am 9:05 - 9:55 am	Water Exercise Deep Aquaerobics Deep H <sub>2</sub> O Intervals
<b>Saturday:</b>	9:00 – 9:45 am	H <sub>2</sub> O Boot Camp

### Lap Swim

<b>Monday/Wednesday</b>	5:00 am – 7:00 am 11:30 am - 2:30 pm 4:00 pm – 7:30 pm
<b>Tuesday/Thursday</b>	11:30 am – 4:30 pm 5:30 – 7:30 pm
<b>Friday:</b>	5:00 am – 7:00 am 11:00 am – 6:30 pm
<b>Saturday:</b>	9:00 am – 12:00 pm
<b>Sunday:</b>	11:00 am - 1:00 pm

### Upcoming Facility Closure Dates:

July 4: Independence Day  
August 10 – 18: Annual Maintenance Closure  
September 2: Labor Day

### Contact Information:

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

### TAC Masters Practice:

<b>Monday/Wednesday</b>	1:00 - 2:30 pm
<b>Tuesday/Thursday</b>	5:45 - 7:00 am 7:30 – 8:30 pm
<b>Saturday</b>	5:45 - 6:50 am

Questions: contact Calvin Milbach [cmilbachpfc@gmail.com](mailto:cmilbachpfc@gmail.com)

### TAC Age-group Practice:

<b>Monday – Friday</b>	7:00 – 11:00 am
<b>Tuesday/Thursday</b>	4:00 – 5:30 pm
<b>Saturday</b>	7:00-9:00 am

Questions? Contact George Minkel [gminkelfpfc@gmail.com](mailto:gminkelfpfc@gmail.com)