

# POOL

- See Visual Schedule for specific lane and pool area availability.
- Pre-registration required for ALL facility usage.
- Reserve your spot via our Self-service Portal, the MemberMe+ app or by calling 360-293-0673
- Thank you for following current masking protocols.

## Public Use

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

<b>Monday - Thursday</b>	7 AM – 2:30 PM
<b>Monday - Wednesday</b>	6:15 – 7:15 PM
<b>Friday</b>	8 AM – 2:30 PM
(Note: 8 – 10 AM yard-wise in Lanes 5 – 6)	
<b>Saturday</b>	9 AM – 1 PM
<b>Sunday</b>	8 AM – 1 PM

## Water Fitness

Use the power of water to increase cardiorespiratory fitness, strength, and balance.

<b>Mon/Wed:</b>	Aqua Evolution	9:15 – 10 AM
<b>Tue/Thu:</b>	Waves	9:15 – 10 AM
	H <sub>2</sub> O Fit & Flow	10:15 – 11 AM
<b>Friday</b>	HIIT'n the Deep	8 – 8:45 AM
	Move'n in the Deep	9 – 9:45 AM

## Lap Swim

Up to three (3) swimmers per lane. Please circle swim counterclockwise.

<b>Monday – Thursday</b>	7 AM – 2:30 PM &
(Thur. evening in yards)	6:15 – 7:15 PM
<b>Friday</b> (8 – 10 AM in yards)	8 AM – 2:30 PM
<b>Saturday</b>	9 AM – 1 PM
<b>Sunday</b>	8 AM – 1 PM

## Upcoming Facility Closure Dates:

**May 13 @ 3 PM:** TAC Spring Thunderbird Meet  
**May 14 – 15:** TAC Spring Thunderbird Meet  
**May 30:** Memorial Day  
**July 4:** Independence Day

## Recreational Swim

A fun time to play in the water. Select float toys & life jackets available.

- \$6 per person. May use pool single session or all-access pass. Pre-registration required.
- Parent or guardian must be in the water with children aged 10 & under and within arms' reach for children aged 7 and under. For youth aged 11 – 15, please remain in the building.

<b>Friday Night Wibit Rec Swim</b>	6:30 – 8 PM
<b>Saturday &amp; Sunday</b>	1:30 – 3 PM

## Pool Rentals

FPFC is the place to celebrate your birthday & other special events. See our website for tiered pricing based on group size, length of rental, and additional toys when available. Rates are per hour with a one-hour minimum, 30-minute increments permitted thereafter. All rentals are by advance reservation and payment.

**Dive 'n' Play:** Rent the entire pool for a birthday or other special event. Includes diving board, ball buoy, and water slide. Other toys are available for an additional fee.

**Splash 'n' Play:** Half the pool but all the fun! This option is great for smaller groups. You choose the Shallow Area or Slide Area side. Includes our foam mats, a small foam log, inner tubes, pool noodles, and lifejackets as needed.

Contact us at (360) 293-0673 to check availability & make your reservation.

## TAC Masters:

For practice information contact:  
 Jillian Dees  
[jdees@fidalgopool.com](mailto:jdees@fidalgopool.com)

## Thunderbird

**Aquatic Club (TAC):**  
 For practice information contact:  
 George Minkel  
[gminkel@fidalgopool.com](mailto:gminkel@fidalgopool.com)

## Contact Information:

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