

# 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/Wednesday</b>	7 AM – 2:30 PM
<b>Tuesday/Thursday</b>	7 AM – 12:30 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/Wednesday</b>	7 AM – 2:30 PM
<b>Tuesday/Thursday</b>	7 AM – 12:30 PM
<b>Mon – Thur</b> (Thur 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:

**July 4:** Independence Day  
**August 8 – 19:** Annual Maintenance Shut-down  
**September 5:** Labor 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 and within arms' reach for children aged 7 and under. Please remain in the building with your youth aged 15 and younger.

<b>Tuesdays &amp; Thursdays</b>	1 – 2:30 PM
<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. 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. 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.

**Rec Swim Birthday Package:** Bring your group of up to 15 swimmers to Rec Swim and enjoy an hour of fun & treats in the party room before or after your swim.

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)