

POOL

- **Pre-registration required for all facility usage.**
- **Reserve your spot! From www.fidalgopool.com, click the Login for Scheduling link.**

Shallow Water

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

Monday/Wednesday/Friday	7 AM – 2:30 PM*
(*Note: Friday 7 – 10 AM yard-wise in Lanes 5 – 6)	
Tuesday/Thursday	7 AM – 12:15 PM
Monday/Tuesday	6:15 PM – 7:45 PM
Saturday	9 AM – 12:45 PM
Sunday	8:15 AM – 12:45 PM

Water Fitness

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

Mon/Wed:	Aqua Evolution	9:15 AM – 10 AM
Tue/Thu:	H ₂ O Fit & Flow	8:30 AM – 9:15 AM
	Waves	9:30 AM – 10:15 AM
Friday	HIIT'n the Deep	8 AM – 8:45 AM
	Work'n the Deep	9 AM – 9:45 AM

Recreational Swim

Fridays: 6:45 – 8:15 PM

Saturdays & Sundays: 1:15 PM – 2:45 PM

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

- \$8 (district resident)/\$8.50 (out-of-district resident) per person. May use Pool or All-access pass. Pre-registration required.
- A parent or adult 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.

Upcoming Facility Closure Dates:

Mar. 10: March Madness Masters Swim Meet
Mar. 27, 2:15 – 4:15: FPFC Staff Training
Mar. 31: Easter
May 31 @ 1 PM – Jun. 2: Spring Thunderbird Swim Meet

Lap Swim

Number of lanes available varies. Up to three (3) swimmers per lane. Please circle swim counterclockwise.

Monday/Wednesday/Friday	7 AM – 2:30 PM
(Note: Friday 7 – 10 AM yard-wise in Lanes 1 – 4)	
Tuesday/Thursday	7 AM – 12:15 PM
Monday/Tuesday/Thursday	6:15 PM – 7:45 PM
(Note: Thursday PM yard-wise in Lanes 1 – 6)	
Saturday	9 AM – 12:45 PM
Sunday	8:15 AM – 12:45 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. The Party Room can be added as an option. Rates are per hour with a one-hour minimum, 30-minute increments permitted thereafter.

Rec Swim Party Package: Bring your group of up to 15 swimmers to Rec Swim with an option to add an hour in the party room before or after your swim. For an additional fee, may add up to 10 additional swimmers.

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

TAC Masters:

For practice information contact:

Jenny Claridge
jclaridge@fidalgopool.com

Thunderbird

Aquatic Club (TAC):

For practice information contact:

George Minkel
gminkel@fidalgopool.com

Contact Information:

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