



Fall 2024: Pool October 1 – December 22, 2024

Schedule subject to change (rev. 9/23/2024)

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/Wednesday	6:15 PM – 7:45 PM
Tuesday/Thursday	6:45 PM – 7:30 PM
Saturday	9 AM – 12:45 PM
Sunday	8 AM – 11:45 AM

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 1 – 4)
Tuesday/Thursday	7 AM – 12:15 PM
Monday/Wednesday	6:15 PM – 7:45 PM
Tuesday/Thursday	6:45 PM – 7:30 PM
Saturday	9 AM – 12:45 PM
Sunday	8 AM – 11:45 AM

Water Fitness

Use the power of water to increase cardiorespiratory fitness, strength, and balance. See class descriptions on our website:

[Aquatic Programs - Fidalgo Pool & Fitness Center, Anacortes Washington](#)

Monday/Wednesday:	Aqua Evolution	9:15 AM – 10 AM
Tuesday/Thursday	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

Sensory Swim

Sunday 12 PM – 1 PM

Join us for this special swimming session where we modify the environment to create a calmer atmosphere for those with autism and other special needs. This is a time for families and/or individuals to enjoy time in the pool that is more sensory friendly than a typical recreational swim. All age groups welcome. We will modify the environment in the following ways:

- No music
- No WIBIT
- The lifeguards will refrain from using their whistle unless it is for an emergency.
- The slide will only be on by specific request.
- Noodles, balls, foam toys and inner tubes will be available to use.
- Limited number of people in the water.
- One caregiver gets in at no additional cost.

Recreational Swim

Saturday & Sunday: 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. **NOTE:** 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 Closures

Oct. 5: NW Conf. Invitational Meet
October 26 – 27: TAC Fall Thunderbird Open Meet

Nov. 8 @ Noon & Nov. 9: WIAA Dist. 1 Girls District Meet
Nov. 28: Thanksgiving

Dec. 24 @ Noon & Dec. 25: Christmas
Dec. 31 @ Noon & Jan. 1, 2025: New Year's