



# Fall 2024: Pool November 11 - December 22, 2024

*Schedule subject to change (rev. 11/11/2024)*

## Lap Swim

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

<b>Monday/Wednesday/Friday</b>	7 AM – 2:30 PM (Note: Friday 7 – 10 AM yard-wise in Lanes 1 – 4)
<b>Tuesday/Thursday</b>	7 AM – 12:15 PM
<b>Monday/Wednesday</b>	6:15 PM – 7:45 PM
<b>Tuesday/Thursday</b>	6:45 PM – 7:30 PM
<b>Saturday</b>	9 AM – 12:45 PM
<b>Sunday</b>	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.

<b>Monday/Wednesday/Friday</b>	7 AM – 2:30 PM (Note: Friday 7 – 10 AM yard-wise in Lanes 1 – 4)
<b>Tuesday/Thursday</b>	7 AM – 12:15 PM
<b>Monday/Wednesday</b>	6:15 PM – 7:45 PM
<b>Tuesday/Thursday</b>	6:45 PM – 7:30 PM
<b>Saturday</b>	9 AM – 12:45 PM
<b>Sunday</b>	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](#)

<b>Monday/Wednesday:</b>	Aqua Evolution	9:15 AM – 10 AM
<b>Tuesday/Thursday</b>	H <sub>2</sub> O Fit & Flow	8:30 AM – 9:15 AM
	Waves	9:30 AM – 10:15 AM
<b>Friday</b>	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

➤ **SPECIAL Everything Wibit Rec Swim:** Friday, Nov. 29 ONLY from 6:30 – 8 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

**Nov. 28:** Thanksgiving

**Dec. 24 @ Noon & Dec. 25:**  
Christmas

**Dec. 31 @ Noon & Jan. 1, 2025:**  
New Year's