



Fall 2025: Pool November 1 - 30

Schedule subject to change (rev.10/23)

Lap Swim

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

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|--------------------------------|---|
| Monday/Wednesday/Friday | 5 AM – 2:45 PM (Note: Friday 5 AM – 10 AM yard-wise in Lanes 1 – 4) |
| Tuesday/Thursday | 5 AM – 5:45 AM & 7 AM – 12:15 PM (Closed 5:45 AM – 7 AM for Masters practice) |
| Monday/Wednesday | 6:30 PM – 7:15 PM |
| Saturday | 8 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.

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|--------------------------------|---|
| Monday/Wednesday/Friday | 5 AM – 2:45 PM (Note: Friday 6:15 – 10 AM yard-wise in Lanes 1 – 4) |
| Tuesday/Thursday | 5 AM – 12:15 PM |
| Monday/Wednesday | 6:30 PM – 7:15 PM |
| Saturday | 8 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 |
| 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 playing 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

Friday November 7 @ 11:45am Fall Swim & Dive District Meet
Saturday November 8 Fall Swim & Dive District Meet
Thursday November 27 Thanksgiving