



Pool

September 1-30, 2026

Schedule subject to change (rev.8/25/2026)

Lap Swim

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

Monday/Wednesday/Friday	5 AM – 3 PM
Tuesday/Thursday	5 AM – 5:45 AM (close for Masters practice) 7 AM – 12:15 PM
Monday-Thursday	6:15 PM – 8:15 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	5 AM – 3 PM (Friday yards 5am-10am)
Tuesday/Thursday	5 AM – 12:15 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:	H2O Fit & Flow	8:30 AM – 9:15 AM
Friday:	HIIT'n the Deep	8 AM – 8:45 AM
Friday:	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: 1:15-2:45

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

\$5 per person. **NOTE:** A parent or adult guardian must be in the water with children aged 7 & under and within arms' reach. For youth aged 12 & under an adult must, please remain in the building.



Upcoming Closures

September 7: Labor Day

September 26 & 27: TAC Fall Pentathlon Swim Meet