

American Red Cross Learn to Swim!

Our class offerings are grouped by age, learning ability, and swimming skills. American Red Cross: Water Readiness, Water Safety Swimming Skills & Strokes

AquaKids - Ages 6 months to 3 years

Parent & child in the water together; goals are water readiness, breath holding, & floating to parent. If children are not potty-trained, swim diapers & plastic pants are mandatory. Available at front desk.

Water Wiggles - All 3 year olds!

A transition class following AquaKids. Water readiness and FUN! Parents be brave and let your kids go! (no parent involvement). 3 yr. olds stay in WW until they turn 4 years of age.

Preschool - Ages 4 to 6

Youth - Ages 7 to 15

Adult Instructors:
Certified Water Safety Instructors

Parents:

PLEASE place your child in the correct level, not just at a convenient time. Bring your FPFC Report Card/Red Cross Card for registration.

SHOWER POWER

State law requires a cleansing shower before each swimmer enters the pool to prevent disease transmission. Thank you for your cooperation. We must enforce showers.



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360-293-0673

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Visit us at <http://www.fidalgopool.com>

On-the-Deck Policy

Please observe from seated deck areas or from the balcony.

NO STREET SHOES PLEASE! Wear clean deck shoes that have not been on the street.

Swim Lesson Refund Policy

Full refund given prior to first class date. All other refunds given first class date only minus a \$5 processing fee.

The District reserves the right to cancel or combine classes based on instructors & students availability.



Water Quality

Join us in being

leaders and
have the cleanest pool water in the state!

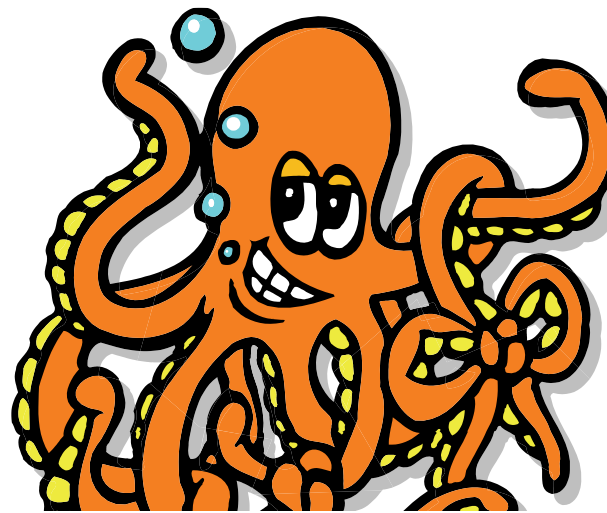
We are proud of our water and want all of you to join us and be part of our water quality team.

We need everyone to take a cleansing shower, not just a quick rinse off, before entering the water. We need everyone to wear clean deck shoes if you are on deck. Never wear shoes that have been worn on the street. Children not potty trained are required to wear swim diapers and plastic pants. It's a state law. (We sell both at front desk.) Education is a must. We want to prevent Recreational Waterborne Illnesses and Crypto. Most diseases comes from fecal contamination and poor personal hygiene.

Clean water & safe swimming!

Do your part.

Thank you.



SATURDAY STROKE CLUB

Moved to Tuesday Night: 7:00-8:00 pm
\$10 drop in fee.

TUESDAY STROKE CLUB

Will now be called
"Fitness Swimmer"
7:30-8:30 AM
Sept. 15, Oct. 20
Nov. 17, Dec. 15
\$10 drop-in fee

Swim Lesson Sessions

Dates:

Monday & Wednesday

Session I: Sept. 14-Oct. 7

Session II: Oct. 12-Nov. 4

Session III: Nov. 9-Dec. 9

Yes! Classes on Veteran's Day
No classes Thanksgiving week.

Tuesday Evening

Session I: Sept. 15-Oct. 6

Session II: Oct. 13-Nov. 3

Session III: Nov. 10-Dec. 8

Thursday Morning

Session I: Sept. 17-Oct. 8

Session II: Oct. 15-Nov. 5

Session III: Nov. 12-Dec. 10

Saturday Morning

I=Sept. 19 & 26 II=Oct. 10 & 24

III=Nov. 14 & 21

SCHOOL'S OUT: SPECIAL OPEN SWIMS

Oct. 30 = 1:15-3:00

Halloween Open & Family Swim

Nov. 11 = 1:15-3:00

Veteran's Day Open & Family Swim

Nov. 27 = 1:15-3:00

Holiday Open & Family Swim

Dec. 19 = KIDS FUN DAY

10:00-2:00 PM \$10 PER SWIMMER. Drop off you kids & prepare for the holidays! 7-12 yrs.

WINTER BREAK OPEN SWIMS

Dec. 21, 22, & 23 @ 1:15-3:00 & 6:30-8:00 pm

Dec. 28, 29, & 30 @ 1:15-3:00 & 6:30-8:00 pm

***Water Work-

FPFC offers daily water exercise/aerobic classes. Shallow water offers many options with low impact. Deep water participants wear flotation equipment & experience no impact while working out.

♥ Indicates easiest to♥♥♥ strenuous activity

Early Birds ♥

Start your day with an early stretch, flexibility and light workout. Volunteer Sue Mehler

Water Aerobics: ♥♥ to♥♥♥

Stretching to high level water aerobic moves. Fun, music, equipment, shallow & deep.

Instructors: Carla Bigelow, Judy Jensen, Leslie Paszkowski, & Rita Yribar. (Shoes strongly recommended for shallow water Aerobics! Ask the instructor.)

Arthritis Exercise♥

Ease aches and pains from lower back, arthritis, & recovery! Gentle exercise/support group. Lots of fun & laughter! Instructors: Judy Jensen, Tracy Schlegel & Rita Yribar.

Water Walking - Walk or deep water jog. Drop-in basis. No instructor. Shallow water space may not be available during classes so get a noodle or aquabelt and deep water jog. Thank You.

SAFETY FIRST:

CHILDREN 6 & under must be accompanied by an adult swim buddy in the water. Please stay within arms reach.

QUESTIONS?

Director: Marilyn Stadler
 Aquatics: Judy N. Jensen
 Business: Cheryl Thomas
 Maintenance: John Thomas
 Youth Aquatics: Myke Lund "TAC"

Pool Rentals

Groups receive exclusive use of the pool, with lifeguards, for the time they reserve. Have your next birthday party in the pool. All safety rules apply. Lifeguards may swim test groups. Thank you.

Check at front desk for times.

Rates:

Less than 20 \$80/hour
 Less than 30 \$90/hour
 30-50 \$105/hour
 50-75 \$135/hour
 75-100 \$150/hour

Add Some Fun!

Slide or Wall \$25/rental
 Ollie the Octopus \$25/rental
 Mats/Inner Tubes \$10/rental
 Canoes/Lifejackets \$10/rental
 Slide/Octopus \$35/rental
 Wall/Octopus \$35/rental
 Log Roll/Teeter Tot \$10
 Party Room \$15/\$25



Family Swim: (Families Only Please.)

Water toys, slide and shallow water platform. Non-swimmers wear life jackets. FUN! Open to all family members. Adults must accompany children in the water. Cost \$10.00 for a family of four, \$3 for each additional member.

Parents & Children 3 & under:

A parent/child buddy swim for only \$5.00 per pair. Children 3 and under swim for \$2.00! Gather with your friends and small children and enjoy being in the water together! (Swim Diapers & Plastic Pants required for all kids not potty trained.)

Party!

	Mon	Tue	Wed	Thu	Fri	Sat
6:00 am-8:00 pm	Lap Swim H2O Ex. 6:15-7:15	Lap Swim *Please Circle Swim.	Lap Swim H2O Ex. 6:15-7:15	Lap Swim *Find a lane that matches your pace.	Lap Swim H2O Ex. 6:15-7:15	Laps: 8-10 am Masters 7:00-8:30 Sat. Stroke Club 8:30-9:30
	TAC: 5:30-7:00 am		2 lanes as workout schedule dictates.			
	Lane lines: switch meters to yards Friday @ 8:00 am Water Aerobics. Lanes will switch back to meters @ 10:00 am.					
7:30-10:15	8:15 & 9:15 Water Aerobic	7:30 Classes.	8:15 & 9:15	7:30	8:15 & 9:15	Visit and find the one that meets your needs! Fri.=Deep
10:30-11:30	Swim Lessons	Arthritis EX 8:45	Swim Lessons	Arthritis EX 8:45		SAT: 10:00-12:00 OPEN Swim & FAMILIES \$3
10:15-1:00	Laps Aquatic Therapy Water Walk	Laps, Water Walk, Preschool swim	Laps Aquatic Therapy Water Walk	Laps, Water Walk, Preschool swim	Laps Aquatic Therapy Water Walk	
12:00 to 1:00	\$3.00	\$3.00	\$3.00	\$3.00	\$3.00	CHECK EVENT PAGE for closures.
1:30-2:30	Laps & Water Ex. Class Prenatal too.	Pool Rental Open	Laps & Water Ex. Class Prenatal too.	Pool Rental Open	Laps & Water Walk	SUNDAY 12-1:00 Laps OPEN & FAMILY SWIM 1-2:30 POOL RENTAL Sat. start @ 12 noon Sun. start @ 2:30 pm
2:30-6	High School / Thunderbird Aquatics Club "TAC" Mon.-Friday 3 lanes @ 5:30					
4-6 pm	Swim Lessons	TAC	Swim Lessons	TAC	TAC	
5:30-6:30	Laps 3 lanes	Laps 5:30-8:00	Laps 3 lanes	Laps 3 lanes	Laps 3 lanes	
6:30-8:00 pm	Open Swim Mats/Tubes	Swim Lessons, Private Less.	Open Swim Mats/Tubes	Family Swim & Priv. Less.	Open Swim Ollie Up!	
After 8	Masters	Scuba	Masters	Scuba	Rentals	

AQUATIC FALL 2009