Celebrating 12 years of Making Family Fitness Fun!

Thank You Pullman! We've grown a faithful following of card carrying members over the last 12 years. Our Aquatic & Fitness Center will be undergoing a facelift during the summer, but Reaney Pool can still meet your family fitness needs. You will enjoy our two outdoor pools within walking distance of the Reaney park playground. Come see what we have to offer! We're sure our combined programs will have something for every member of your family.

PAFC & Reaney Memberships

- ⇨ **PAFC WILL BE CLOSED JULY 1-AUG 23 FOR RENOVATION.**
- ⇨ Annual membership includes summer entrance to Reaney Pool.
- ⇨ Memberships are all-inclusive; enjoy the pool and fitness room.
- ⇨ Memberships can be purchased for daily, monthly, quarterly, or annual entry.
- ⇨ Program participants receive a 25% discount when they possess an annual PAFC membership.
- ⇨ Children, 0-3 years old, are admitted free with a paying adult.
- ⇨ Guest must be 15 years old or older to use the fitness room at PAFC.
- ⇨ Family rates apply to all dependents declared for income tax purposes.
- ⇨ Schedule adjustments are made for summer and holiday schedules.
- ⇨ Due to unforeseeable circumstances PAFC hours are subject to change.
- ⇨ PAFC closes each year for annual maintenance the week of WSU spring break.

PAFC Memberships

AGE	DAILY	MONTHLY	QUARTERLY	ANNUAL
4-17	$3.75	$30	$82	$150
18-59	$5.00	$45	$127	$225
60+	$3.75	$30	$82	$150
Family	$13.75	$120	$292	$600

Prepaid Drop-In .....10 visits ..... Youth/Senior: $42.50 .....Adult: $55.00

*Card holders from other fitness clubs may access PAFC/Reaney for $2.50 per visit

PAFC Family Fun Membership

Enjoy the Pullman Aquatic & Fitness Center and Reaney Pool every weekend with this limited admission pass. Pass purchase allows admission to PAFC and Reaney on Friday after 3:00pm and all Saturday/Sunday recreational hours. 25% program discount applies to weekend programs only. .....Annual: $300

PAFC Membership Freeze

PAFC memberships may be frozen for $6 per month (min 30 days). Contact Karen L Johnston, Aquatics Program Coordinator, to freeze a membership or with questions at 509-338-3237.

PAFC Locker Rentals

Lockers are available for long-term rentals. Participants must supply their own lock. Items are stored at the owner's risk. Locks and content must be removed during annual maintenance week and Summer 2013 renovation.

MONTHLY: $20 ..... **QUARTERLY:** $44 ..... **ANNUAL:** $125

Reaney Pool Daily & Season Pass

- ⇨ No admission to PAFC with this pass.
- ⇨ No PAFC program discount with this pass.
- ⇨ Reaney is an all pay facility. Those not wanting to pay admission fee may observe outside the fence.

AGE	DAILY	SEASON	ANNUAL PAFC MEMBERSHIP
4-17	$3	$40	Free
18-59	$4	$60	Free
60+	$3	$40	Free
Family	$11	$120	Free

*Card holders from other fitness clubs may access PAFC/Reaney for $2.50 per visit

May Membership Promotion! 20% off all annual memberships

Fitness Room & Information Desk Hours

Until June 14, 2013

MON-FRI.....5:00AM-10:00PM
SAT.....9:00AM-12:00PM / 2:00-6:00PM
SUN.....2:00-6:00PM

Special Schedules at PAFC:

F .....April 5 ..... Tube Time 3:00-5:00pm
W .....April 17 ..... Wibit 3:00-5:00pm
W .....May 1..... Wibit 3:00-5:00pm
M .....May 27.....CLOSED
F .....May 31.....May 27 make-up swim lesson

*Holiday and Interim Schedules will be available two weeks prior at the PAFC desk or schedules are downloadable at PullmanParksandRec.com

Summer Fun Starts Here!

Reaney Pool

690 Reaney Way

June 14-Aug 18

1:00-6:00pm Daily

Seasonal Phone 509-338-3221

Every Friday 1:00-4:00pm is Wibit Time

Special Schedules at Reaney:

Tu.....July 2...Barracuda Swim Meet: Close 2:00pm
Tu.....July 9...Barracuda Swim Meet: Close 2:00pm
Th ....July 11 .Barracuda Swim Meet: Close 2:00pm

*Holiday and Interim Schedules will be available two weeks prior at the Reaney desk or schedules are downloadable at PullmanParksandRec.com

Splash 'N' Dash

We do the splashin'... you do the dashin'!

Call it a girl's night, call it a boy's night, call it a great night for your kids. Caregivers, enjoy a Friday evening with each other while we entertain your children. Caregiver's receive a discount dinner certificate when youth are enrolled by Wednesday at 5:00pm. Pick-up when you sign your child into the program.

Fridays: ..... Apr 19, May 17

6:00-10:00pm..... R: $15ea/NR: $17ea

Min 3/Max 30

- ⇨ 2.5 yrs old and older are welcome.
- ⇨ 12 and under must be enrolled in the program or have direct parent supervision.
- ⇨ Please bring a healthy prepackaged snack for all to share-no nuts please!
- ⇨ Beverages provided.
- ⇨ Non-swimmers will be required to wear a life jacket for activities.
- ⇨ Pre-registration required.
- ⇨ Participants receive a 25% discount when they possess an annual PAFC membership.

It's Wibit Time

Come join us for Wibit Time! The Wibit will be in the pool during the following events and times.

W ..... Apr 17 .....3:00-5:00pm
F ..... Apr 19 .....6:00-10:00pm
W ..... May 1 .....3:00-5:00pm
F ..... May 17 .....6:00-10:00pm
Resident: $5/N-Resident: $7

- ⇨ Membership/Free Passes accepted.
- ⇨ Supervision Policy applies (See SND description for children 8-12 yrs old).

FREE! April Pool's Day

Family Fair at Lincoln Middle School
Sat., April 20-10:00am-2:00pm
Learn about water safety including safe boating, life jacket, and sun safety!
Games, Prizes, and Family FUN!
*Please bring a life jacket if you have one

PAFC & Reaney Supervision Policy:

- ⇨ Children 7 years and under are REQUIRED to be supervised by a responsible caregiver 16 years old or older within arm's reach in the water at all times.
- ⇨ We RECOMMEND that children age 8 to 12 years old be supervised by a responsible caregiver 16 years old or older.
- ⇨ All non-swimmers, including those wearing flotation devices, must be within arm's reach of a responsible caregiver 16 years old or older in the water at all times.
- ⇨ Children 7 years and under and/or non-swimmers wearing flotation devices, require 1 caregiver per 5 children in the water at all times.
- ⇨ Children 7 years and under who successfully demonstrate the PAFC/Reaney swim screening requirements may receive a wrist band for future swims. Caregivers of children with wristbands are REQUIRED to actively supervise their children. Screening requirements are Gator level entry skills.

PAFC & Reaney Inclement Weather Policy:

- ⇨ In the event of thunder or lightning PAFC and Reaney will close for 30 minutes, from the last flash of lightning or the last bang of thunder.
- ⇨ Refunds will not be issued for drop-in customers.
- ⇨ When possible, programs will be rescheduled.
- ⇨ For your safety, we actively monitor internet and airport weather sites.

FREE! Summer Splashtacular Kickoff

Reaney Pool
Friday, June 14
1:00-6:00pm

Try out the WIBIT!

Learn about water safety including safe boating, life jacket, and sun safety!

Games, Prizes, and Family FUN!

*Please bring a life jacket if you have one.

Soggy Doggy Day at Reaney Pool

Bring your favorite four legged canine for an end of season swim. Owners welcome in the water to waist depth. Advanced registration required. Owners must provide proof of vaccinations at time of registration. Aggressive dogs are not permitted.

Sa ..... Aug 31.....12:00-3:00pm
Resident: $13 per dog/N-Resident: $15 per dog

Lane Rentals

Want to rent pool space but don't need the whole pool? Does your scout troop, play group, or sports team need pool space during operating hours? Our lanes can be rented by the 1/4 hour with a minimum of one hour.

Advanced reservations required $5.30/hour/lane

Speedy, the Greyhound!

Speedy, the stuffed greyhound, loves to travel! Take him with you on your next aquatic adventure. He comes with his own carrying bag, a journal page for you to record his adventures, and a variety of small games and activities to share when the miles get long. Speedy may be reserved by calling the PAFC Information Desk during business hours to arrange his next travel date. A $35 refundable deposit is collected to ensure his safe and timely return.

See page 47 for information on Pool Parties!

Pullman Aquatic & Fitness Center: 500 NW Larry Phone: 509-338-3290
Pullman Senior Center: City Hall, 325 SE Paradise Phone: 509-338-3307

PAFC: Pool Schedule

Color Key
Open Swim
Facility Closed to Public
Closed for Lessons
Shared
Closed Facility: Rentable

Fitness Room Hours:

Until June 14th

M-F	**5:00am-10:00pm**
Sa	**9:00am-12:00pm, 2:00-6:00pm**
Su	**2:00-6:00pm**

June 10-28th - PAFC will be closed July 1 – Aug 23 for renovation.

Recreational Pool

	Su	M	Tu	W	Th	F	Sa
5:00	PAFC Available for Rental	OPEN SWIM 5:00-9:00					PAFC Available for Rental
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00		LESSONS M-F 9:00-11:00					
9:30							
10:00							
10:30							
11:00		ARTHRITIS M-Th - 11:00-12:00					
11:30							
Noon							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00		LESSONS 5:15-7:00				OPEN 5:15-10:00	
5:30							
6:00							
6:30							
7:00		OPEN: 7:00-10:00 LESSONS: 7:00-10:00					
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							

Fitness Room Hours:
June 17-June 28 - Mon-Fri
5:00am-12:00pm
5:15-10:00pm
PAFC will be closed July 1 – Aug 23 for renovation.

Multi-Purpose Pool

	Su	M	Tu	W	Th	F	Sa
5:00	PAFC Available for Rental	LAP: M-F - 5:00-12:00 GOOD MORNING GROUP 5:15-6:30 WATER FITNESS (WEX): M-Th - 8:00-9:00 LESSONS: M-Th - 7:00-12:00					PAFC Available for Rental
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
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1:00							
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3:00							
3:30							
4:00							
4:30							
5:00		LESSONS 5:15-7:00				OPEN 5:15-10:00	
5:30							
6:00							
6:30							
7:00		LAP: 7:00-10:00 LESSONS: 7:00-10:00 TEAM: MWTh - 7:00-8:00					
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							

Reaney Pool
Sun - Sat
Open Swim: 1:00-6:00pm
See PullmanParksandRec.com for Reaney Schedule beginning July 1st
PAFC will be closed July 1-Aug 23 for renovation.

Pullman Parks & Recreation: Pioneer Center, 240 SE Dexter
Register online at: PullmanParksandRec.com
Phone: 509-338-3227 Fax: 509-338-3313
Web: PullmanParksandRec.com

PAFC & Reaney: Swim Lessons

Swim lessons at the Pullman Aquatic & Fitness Center (PAFC) and Reaney Pool offer an essential life assurance for your family. Our nationally certified instructors come with over 75 years of combined experience from aquatic facilities throughout the country. We offer small student to teacher ratios, innovative teaching methods, and enthusiasm unmatched in the region. In addition, class lengths are adjusted based on skill and age. Session lengths are increased as children improve, allowing the teacher/student bond to develop and for student progress to be uninterrupted. Our goal is to provide students with the skills necessary for a life-long enjoyment of the water. Our lessons are offered to all ages in the climate controlled environment of our two indoor pools. You will be amazed at you and your child's improvement with consistent, year-round lessons. We really do have something for everyone!

Important Information for Swim Lessons:

- ⇨ Swim screenings are required for participants not currently enrolled in our program. Call 509-338-3290 (PAFC) or 509-338-3221 (Reaney) for an appointment.
- ⇨ Sessions are prorated beginning the 3rd week of a session.
- ⇨ Late enrollment will be accepted up to midpoint of a session.
- ⇨ Enroll early, as PAFC management reserves the right to combine and adjust programs with low enrollment.
- ⇨ Spring sessions are MW for 4 wks, TuTh for 6 wks, and Sa for 9 wks.
- ⇨ June sessions are MW or TuTh or M-Th for 3 wks
- ⇨ Summer evening sessions are MW for 3 weeks or TuTh for 5 wks
- ⇨ Summer morning sessions are M-Th for 2 weeks
- ⇨ PAFC accepts requests for instructors. Request must be made at time of registration; however we cannot guarantee that instructor requests (including gender) will be honored.
- ⇨ The swim session registration fee does not cover recreational swim before and/or after class. As always, all persons participating in recreational swim must pay the daily admission fee or use their membership card before entering the pools.
- ⇨ Supervision policy applies, see page 27 for policy

How do I register my child?

- ⇨ The questions on page 30 will help you place your child in the proper program level. Free swim screenings are required for all students not currently enrolled in our program. If you answer "NO" to any question, place your child in the preceding level. If you answer "YES" to all questions, your child is placed in the appropriate level. Please note: all children aged 3 and 4 must be placed in the Preschool (PS) section of the appropriate level. 5 years olds may choose PS, K, or regular levels. Kindergartners aged 5 and 6 may enroll in the K sections of the daytime Frog and Gator. We encourage 5 year olds to enroll in the regular levels for weekend, evening, and summer programs.

Waitlist Information for Swim Lessons:

- ⇨ Waitlists are established for all filled sessions.
- ⇨ Our goal is 100% accommodation of waitlists.
- ⇨ Enrollment in PAFC programs are offered on a first-come, first-serve basis. If openings develop prior to program readjustments, they will be filled in order of position from the waitlist.
- ⇨ Once readjustment periods begin, the waitlist becomes a general interest list only.
- ⇨ As PAFC adds and readjusts a session, all waitlist participants will be called. If necessary a message will be left. Enrollment will now be done in order of responses.
- ⇨ Payment is required at time of enrollment.
- ⇨ All waitlist accommodations and session changes for programs are made after 3:00pm on the Fri before the session begins.

Parent Child (PC)

Our parent and child program offers early exposure to the wonderful world of water. These classes are designed to help the child acclimate to the water while teaching the caregiver(s) basic techniques for early success. Caregivers learn how to positively promote their child's water experience. Children learn to enjoy the water through songs, games, and repetition. Children not yet potty trained must wear a swim diaper with tight fitting legs and waist. Disposable diapers are not permitted.

25 - 30 min - 1x/week Min 5/Max 20

PC Goldfish

6-18 mo, caregiver participation required

Drop-In $6.75

~PAFC~

Sa.....Mar 23-May 18.....10:00-10:30am
Resident: $41/N-Resident: $43

M.....Mar 18-Jun 3 ..... 6:00-6:30pm
F.....Mar 22-Jun 7 .....10:00-10:30am
Resident: $54/N-Resident: $56

M.....Jun 10-Jun 24 ..... 6:00-6:30pm
F.....Jun 14-Jun 28 .....10:00-10:30am
Resident: $14/N-Resident: $16

~Reaney Pool~

M.....Jul 8-Aug 12 ..... 6:00-6:30pm
F.....Jul 12-Aug 16 .....10:00-10:30am
Resident: $27/N-Resident: $29

PC Clownfish

19-36 mo, caregiver participation required

Drop-In $6.75

~PAFC~

Sa.....Mar 23-May 18.....10:30-11:00am
Resident: $41/N-Resident: $43

M.....Mar 18-Jun 3 ..... 6:30-7:00pm
F.....Mar 22-Jun 7 .....10:30-11:00am
Resident: $54/N-Resident: $56

M.....Jun 10-Jun 24 ..... 6:30-7:00pm
F.....Jun 14-Jun 28 .....10:30-11:00am
Resident: $14/N-Resident: $16

~Reaney Pool~

M.....Jul 8-Aug 12 ..... 6:30-7:00pm
F.....Jul 12-Aug 16 .....10:30-11:00am
Resident: $27/N-Resident: $29

Puddle Jumper (PJ)

The Puddle Jumper program is designed for the young swimmer who is ready to transition to lessons with limited parental supervision. These classes are designed to help the child acclimate to the lesson environment while limiting the caregiver(s) involvement. Children will be introduced to the PAFC lesson program through songs, games, and repetition. Children not yet potty trained must wear a swim diaper with tight fitting legs and waist. Disposable diapers are not permitted.

25 - 30 min - 1x/week Min 5/Max 20

PJ Starfish

2-3 yrs old, with beginning swim skills. Caregiver participation required (See PS Turtle description on pg 30)

~PAFC~

Sa.....Mar 23-May 18.....10:00-10:30am
Resident: $41/N-Resident: $43

W.....Mar 20-Jun 5 ..... 6:00-6:30pm
F.....Mar 22-Jun 7 ..... 9:30-10:00am
Resident: $54/N-Resident: $56

W.....Jun 12-Jun 26 ..... 6:00-6:30pm
F.....Jun 14-Jun 28 ..... 9:30-10:00am
Resident: $14/N-Resident: $16

~Reaney Pool~

W.....Jul 10-Aug 14 ..... 6:00-6:30pm
F.....Jul 12-Aug 16 ..... 9:30-10:00am
Resident: $27/N-Resident: $29

PJ Seal

3-4 yrs old, who needs the reassurance of an adult. Caregiver participation required (See PS Tadpole description on pg 30)

~PAFC~

Sa.....Mar 23-May 18..... 11:30am-12:00pm
Resident: $41/N-Resident: $43

W.....Mar 20-Jun 5 ..... 6:30-7:00pm
Resident: $54/N-Resident: $56

W.....Jun 12-Jun 26 ..... 6:30-7:00pm
Resident: $14/N-Resident: $16

~Reaney Pool~

W.....Jul 10-Aug 14 ..... 6:30-7:00pm
Resident: $27/N-Resident: $29

PAFC will be closed July 1-Aug 23 for renovation.

Pullman Aquatic & Fitness Center: 500 NW Larry Phone: 509-338-3290
Pullman Senior Center: City Hall, 325 SE Paradise Phone: 509-338-3307

PAFC & Reaney: Swim Lessons

Swim screenings are required for all participants not currently enrolled in our program. Call 509-338-3290 PAFC or 509-338-3221 Reaney to schedule an appointment.

PS Tadpole-water adjustment

3-5 yrs
25-35 minutes — Min 3/Max 5

To register: My child has little or no water experience

~PAFC~

Sa .....Mar 23-May 18..... 9:05-9:40am
Sa .....Mar 23-May 18..... 11:25am-12:00pm
Resident: $41/N-Resident: $43

MW .....Apr 15-May 8..... 9:00-9:35am
MW .....Apr 15-May 8..... 1:00-1:35pm
MW .....Apr 15-May 8..... 6:25-7:00pm
Resident: $36/N-Resident: $38

TuTh .....Apr 30-Jun 6..... 9:35-10:10am
TuTh .....Apr 30-Jun 6..... 1:35-2:10pm
TuTh .....Apr 30-Jun 6..... 5:15-5:50pm
Resident: $54/N-Resident: $56

MW .....May 13-Jun 5..... 9:00-9:35am
MW .....May 13-Jun 5..... 1:00-1:35pm
MW .....May 13-Jun 5..... 6:25-7:00pm
Resident: $36/N-Resident: $38

M-Th .....Jun 10-Jun 27..... 9:00-9:35am
Resident: $54/N-Resident: $56

MW .....Jun 10-Jun 26..... 6:25-7:00pm
TuTh .....Jun 11-Jun 27..... 5:15-5:50pm
Resident: $27/N-Resident: $29

~Reaney Pool~

M-Th .....Jul 8-Jul 18..... 9:00-9:35am
Resident: $36/N-Resident: $38

MW .....Jul 8-Jul 24..... 6:25-7:00pm
Resident: $27/N-Resident: $29

TuTh .....Jul 16-Aug 15..... 5:15-5:50pm
Resident: $45/N-Resident: $47

M-Th .....Jul 22-Aug 1..... 9:00-9:35am
Resident: $36/N-Resident: $38

MW .....Jul 29-Aug 14..... 6:25-7:00pm
Resident: $27/N-Resident: $29

M-Th .....Aug 5-Aug 15..... 9:00-9:35am
Resident: $36/N-Resident: $38

PS Turtle-body position

3-5 yrs
25-35 minutes — Min 3/Max 5

To register: My child can

- ☐ go underwater willingly with no hesitation
- ☐ float assisted on front and back
- ☐ follow directions
- ☐ jump in, go underwater, and be caught
- ☐ demonstrate comfort in the entire pool environment

~PAFC~

Sa .....Mar 23-May 18..... 9:40-10:15am
Sa .....Mar 23-May 18..... 10:50-11:25am
Resident: $41/N-Resident: $43

MW .....Apr 15-May 8..... 9:35-10:10am
MW .....Apr 15-May 8..... 1:35-2:10pm
MW .....Apr 15-May 8..... 5:50-6:25pm
Resident: $36/N-Resident: $38

TuTh .....Apr 30-June 6..... 9:00-9:35am
TuTh .....Apr 30-June 6..... 1:00-1:35pm
Resident: $54/N-Resident: $56

TuTh .....Apr 30-Jun 6..... 5:50-6:25pm
Resident: $54/N-Resident: $56

MW .....May 13-Jun 5..... 9:35-10:10am
MW .....May 13-Jun 5..... 1:35-2:10pm
MW .....May 13-Jun 5..... 5:50-6:25pm
Resident: $36/N-Resident: $38

M-Th .....Jun 10-Jun 27..... 9:05-9:40am
M-Th .....Jun 10-Jun 27..... 9:35-10:10am
M-Th .....Jun 10-Jun 27..... 10:25-11:00am
Resident: $54/N-Resident: $56

MW .....Jun 10-Jun 26..... 5:50-6:25pm
TuTh .....Jun 11-Jun 27..... 5:50-6:25pm
Resident: $27/N-Resident: $29

~Reaney Pool~

M-Th .....Jul 8-Jul 18..... 9:05-9:40am
M-Th .....Jul 8-Jul 18..... 9:35-10:10am
M-Th .....Jul 8-Jul 18..... 10:25-11:00am
Resident: $36/N-Resident: $38

MW .....Jul 8-Jul 24..... 5:50-6:25pm
Resident: $27/N-Resident: $29

TuTh .....Jul 16-Aug 15..... 5:50-6:25pm
Resident: $45/N-Resident: $47

M-Th .....Jul 22-Aug 1..... 9:05-9:40am
M-Th .....Jul 22-Aug 1..... 9:35-10:10am
M-Th .....Jul 22-Aug 1..... 10:25-11:00am
Resident: $36/N-Resident: $38

MW .....Jul 29-Aug 14..... 5:50-6:25pm
Resident: $27/N-Resident: $29

M-Th .....Aug 5-Aug 15..... 9:05-9:40am
M-Th .....Aug 5-Aug 15..... 9:35-10:10am
M-Th .....Aug 5-Aug 15..... 10:25-11:00am
Resident: $36/N-Resident: $38

PS Frog-mobility/beginning endurance

To register: My child can

- ☐ float and glide unassisted on front and back for 10 sec
- ☐ travel 15 feet using beginning paddling
- ☐ demonstrate a streamline kick on front and back for 15 feet
- ☐ jump in and recover to a back float

PS Gator-stroke improvement

To register: My child can combine the following skills

- ☐ jump into deep water
- ☐ float unassisted on back for 15 seconds
- ☐ travel ½ length of pool (streamline kick with sculling arms)
- ☐ roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick, and rhythmic breathing)

PS Frog/PS Gator

Due to limited enrollment in both levels, these skills will be taught in a combination program.

3-5 yrs
25-35 minutes — Min 3/Max 5

~PAFC~

Sa .....Mar 23-May 18..... 10:15-10:50am
Resident: $41/N-Resident: $43

MW .....Apr 15-May 8..... 10:10-10:45am
MW .....Apr 15-May 8..... 2:10-2:45pm
MW .....Apr 15-May 8..... 5:15-5:50pm
Resident: $36/N-Resident: $38

TuTh .....Apr 30-Jun 6..... 10:10-10:45am
TuTh .....Apr 30-Jun 6..... 2:10-2:45pm
TuTh .....Apr 30-Jun 6..... 6:25-7:00pm
Resident: $54/N-Resident: $56

MW .....May 13-Jun 5..... 10:10-10:45am
MW .....May 13-Jun 5..... 2:10-2:45pm
MW .....May 13-Jun 5..... 5:15-5:50pm
Resident: $36/N-Resident: $38

M-Th .....Jun 10-Jun 27..... 10:10-10:45am
Resident: $54/N-Resident: $56

MW .....Jun 10-Jun 26..... 5:15-5:50pm
TuTh .....Jun 11-Jun 27..... 6:25-7:00pm
Resident: $27/N-Resident: $29

~Reaney Pool~

M-Th .....Jul 8-Jul 18..... 10:10-10:45am
Resident: $36/N-Resident: $38

MW .....Jul 8-Jul 24..... 5:15-5:50pm
Resident: $27/N-Resident: $29

TuTh .....Jul 16-Aug 15..... 6:25-7:00pm
Resident: $45/N-Resident: $47

M-Th .....Jul 22-Aug 1..... 10:10-10:45am
Resident: $36/N-Resident: $38

MW .....Jul 29-Aug 14..... 5:15-5:50pm
Resident: $27/N-Resident: $29

M-Th .....Aug 5-Aug 15..... 10:10-10:45am
Resident: $36/N-Resident: $38

Create your own account and register online at **PullmanParksandRec.com**

Participants receive a 25% discount on most PAFC programs when they possess an annual membership.

K Frog-mobility/beginning endurance

35-45 minutes Min 3/Max 5

To register: My child can

- ☐ float and glide unassisted on front and back for 10 sec
- ☐ travel 15 feet using beginning paddling
- ☐ demonstrate a streamline kick on front and back for 15 feet
- ☐ jump in and recover to a back float

~PAFC~

MW .....Apr 15-May 8 ..... 9:45-10:30am
MW .....Apr 15-May 8 ..... 1:00-1:45pm
Resident: $48/N-Resident: $50

TuTh .....Apr 30-Jun 6 ..... 9:00-9:45am
TuTh .....Apr 30-Jun 6 ..... 1:45-2:30pm
Resident: $71/N-Resident: $73

MW .....May 13-Jun 5 ..... 9:45-10:30am
MW .....May 13-Jun 5 ..... 1:00-1:45pm
Resident: $48/N-Resident: $50

K Gator-stroke improvement

35-45 minutes Min 3/Max 6

To register: My child can combine the following skills

- ☐ jump into deep water
- ☐ float unassisted on back for 15 seconds
- ☐ travel ½ length of pool (streamline kick with sculling arms)
- ☐ roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick, and rhythmic breathing)

~PAFC~

MW .....Apr 15-May 8 ..... 9:00-9:45am
MW .....Apr 15-May 8 ..... 1:45-2:30pm
Resident: $48/N-Resident: $50

TuTh .....Apr 30-Jun 6 ..... 9:45-10:30am
TuTh .....Apr 30-Jun 6 ..... 1:00-1:45pm
Resident: $71/N-Resident: $73

MW .....May 13-Jun 5 ..... 9:00-9:45am
MW .....May 13-Jun 5 ..... 1:45-2:30pm
Resident: $48/N-Resident: $50

Tadpole-water adjustment

35-45 minutes Min 3/Max 5

To register: My child has little or no water experience

~PAFC~

Sa .....Mar 23-May 18.....10:50-11:35am
Resident: $53/N-Resident: $55

MW .....Apr 15-May 8 ..... 5:15-6:00pm
Resident: $48/N-Resident: $50

TuTh .....Apr 30-Jun 6 ..... 6:00-6:45pm
Resident: $71/N-Resident: $73

MW .....May 13-Jun 5 ..... 5:15-6:00pm
Resident: $48/N-Resident: $50

M-Th .....Jun 10-Jun 27 ..... 9:10-9:55am
Resident: $71/N-Resident: $73

MW .....Jun 10-Jun 26 ..... 5:15-6:00pm
TuTh .....Jun 11-Jun 27 ..... 6:00-6:45pm
Resident: $36/N-Resident: $38

Tadpole (cont.)

~Reaney Pool~

M-Th .....Jul 8-Jul 18 ..... 9:10-9:55am
Resident: $48/N-Resident: $50

MW .....Jul 8-Jul 24 ..... 5:15-6:00pm
Resident: $36/N-Resident: $38

TuTh .....Jul 16-Aug 15 ..... 6:00-6:45pm
Resident: $59/N-Resident: $61

M-Th .....Jul 22-Aug 1 ..... 9:10-9:55am
Resident: $48/N-Resident: $50

MW .....Jul 29-Aug 14 ..... 5:15-6:00pm
Resident: $36/N-Resident: $38

M-Th .....Aug 5-Aug 15..... 9:10-9:55am
Resident: $48/N-Resident: $50

Turtle-body position

35-45 minutes Min 3/Max 5

To register: My child can

- ☐ go underwater willingly with no hesitation
- ☐ float assisted on front and back
- ☐ follow directions
- ☐ jump in, go underwater, and be caught
- ☐ demonstrate comfort in the entire pool environment

~PAFC~

Sa .....Mar 23-May 18.....10:05-10:50am
Sa .....Mar 23-May 18..... 11:15am-12:00pm
Resident: $53/N-Resident: $55

MW .....Apr 15-May 8 ..... 5:15-6:00pm
Resident: $48/N-Resident: $50

TuTh .....Apr 30-Jun 6 ..... 5:15-6:00pm
Resident: $71/N-Resident: $73

MW .....May 13-Jun 5 ..... 5:15-6:00pm
Resident: $48/N-Resident: $50

M-Th .....Jun 10-Jun 27 ..... 9:00-9:45am
M-Th .....Jun 10-Jun 27 ..... 9:45-10:30am
M-Th .....Jun 10-Jun 27 .....10:45-11:30am
Resident: $71/N-Resident: $73

MW .....Jun 10-Jun 26 ..... 5:15-6:00pm
TuTh .....Jun 11-Jun 27 ..... 5:15-6:00pm
Resident: $36/N-Resident: $38

~Reaney Pool~

M-Th .....Jul 8-Jul 18 ..... 9:00-9:45am
M-Th .....Jul 8-Jul 18 ..... 9:45-10:30am
M-Th .....Jul 8-Jul 18 .....10:45-11:30am
Resident: $48/N-Resident: $50

MW .....Jul 8-Jul 24 ..... 5:15-6:00pm
Resident: $36/N-Resident: $38

TuTh .....Jul 16-Aug 15 ..... 5:15-6:00pm
Resident: $59/N-Resident: $61

M-Th .....Jul 22-Aug 1 ..... 9:00-9:45am
M-Th .....Jul 22-Aug 1 ..... 9:45-10:30am
M-Th .....Jul 22-Aug 1 .....10:45-11:30am
Resident: $48/N-Resident: $50

MW .....Jul 29-Aug 14 ..... 5:15-6:00pm
Resident: $36/N-Resident: $38

M-Th .....Aug 5-Aug 15..... 9:00-9:45am
M-Th .....Aug 5-Aug 15..... 9:45-10:30am
M-Th .....Aug 5-Aug 15.....10:45-11:30am
Resident: $48/N-Resident: $50

Frog-mobility/beginning endurance

35-45 minutes Min 3/Max 5

To register: My child can

- ☐ float and glide unassisted on front and back for 10 sec
- ☐ travel 15 feet using beginning paddling
- ☐ demonstrate a streamline kick on front and back for 15 feet
- ☐ jump in and recover to a back float

~PAFC~

Sa .....Mar 23-May 18..... 9:20-10:05am
Sa .....Mar 23-May 18..... 9:45-10:30am
Sa .....Mar 23-May 18.....10:45-11:30am
Resident: $53/N-Resident: $55

MW .....Apr 15-May 8 ..... 6:00-6:45pm
Resident: $48/N-Resident: $50

TuTh .....Apr 30-Jun 6 ..... 5:15-6:00pm
TuTh .....Apr 30-Jun 6 ..... 6:00-6:45pm
Resident: $71/N-Resident: $73

MW .....May 13-Jun 5 ..... 6:00-6:45pm
Resident: $48/N-Resident: $50

M-Th .....Jun 10-Jun 27 ..... 9:45-10:30am
M-Th .....Jun 10-Jun 27 .....10:30-11:15am
Resident: $71/N-Resident: $73

MW .....Jun 10-Jun 26 ..... 6:00-6:45pm
TuTh .....Jun 11-Jun 27 ..... 5:15-6:00pm
TuTh .....Jun 11-Jun 27 ..... 6:00-6:45pm
Resident: $36/N-Resident: $38

~Reaney Pool~

M-Th .....Jul 8-Jul 18 ..... 9:45-10:30am
M-Th .....Jul 8-Jul 18 .....10:30-11:15am
Resident: $48/N-Resident: $50

MW .....Jul 8-Jul 24 ..... 6:00-6:45pm
Resident: $36/N-Resident: $38

TuTh .....Jul 16-Aug 15 ..... 5:15-6:00pm
TuTh .....Jul 16-Aug 15 ..... 6:00-6:45pm
Resident: $59/N-Resident: $61

M-Th .....Jul 22-Aug 1 ..... 9:45-10:30am
M-Th .....Jul 22-Aug 1 .....10:30-11:15am
Resident: $48/N-Resident: $50

MW .....Jul 29-Aug 14 ..... 6:00-6:45pm
Resident: $36/N-Resident: $38

M-Th .....Aug 5-Aug 15..... 9:45-10:30am
M-Th .....Aug 5-Aug 15.....10:30-11:15am
Resident: $48/N-Resident: $50

Gator-stroke improvement

35-45 minutes Min 3/Max 6

To register: My child can combine the following skills

- ☐ jump into deep water
- ☐ float unassisted on back for 15 seconds
- ☐ travel ½ length of pool (streamline kick with sculling arms)
- ☐ roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick, and rhythmic breathing)

~PAFC~

Sa .....Mar 23-May 18 .....9:00-9:45am
Sa .....Mar 23-May 18 ..... 10:00-10:45am
Resident: $53/N-Resident: $55

Pullman Aquatic & Fitness Center: 500 NW Larry Phone: 509-338-3290
Pullman Senior Center: City Hall, 325 SE Paradise Phone: 509-338-3307

PAFC & Reaney: Swim Lessons / Programs

Gator (cont.)

MW .....Apr 15-May 8.....6:00-6:45pm
Resident: $48/N-Resident: $50
TuTh .....Apr 30-June 6 ..... 5:15-6:00pm
Resident: $71/N-Resident: $73
MW .....May 13-June 5 ..... 6:00-6:45pm
Resident: $48/N-Resident: $50
M-Th .....Jun 10-Jun 27 ..... 9:20-10:05am
M-Th .....Jun 10-Jun 27 .....10:00-10:45am
Resident: $71/N-Resident: $73
MW .....Jun 10-June 26 ..... 6:00-6:45pm
TuTh .....Jun 11-June 27 ..... 5:15-6:00pm
Resident: $36/N-Resident: $38

~Reaney Pool~

M-Th .....Jul 8-Jul 18 ..... 9:20-10:05am
M-Th .....Jul 8-Jul 18 .....10:00-10:45am
Resident: $48/N-Resident: $50
MW .....Jul 8-Jul 24 ..... 6:00-6:45pm
Resident: $36/N-Resident: $38
TuTh .....Jul 16-Aug 15 ..... 5:15-6:00pm
Resident: $59/N-Resident: $61
M-Th .....Jul 22-Aug 1 ..... 9:20-10:05am
M-Th .....Jul 22-Aug 1 .....10:00-10:45am
Resident: $48/N-Resident: $50
MW .....Jul 29-Aug 14 ..... 6:00-6:45pm
Resident: $36/N-Resident: $38
M-Th .....Aug 5-Aug 15..... 9:20-10:05am
M-Th .....Aug 5-Aug 15.....10:00-10:45am
Resident: $48/N-Resident: $50

Seahorse-stroke perfection

35-45 minutes Min 3/Max 6

To register: My child can

- ☐ perform consistent bilateral or rotary breathing
- ☐ demonstrate over-arm recovery on the front and back
- ☐ tread water for two minutes using any arm and kick pattern

~PAFC~

Sa .....Mar 23-May 18..... 9:15-10:00am
Sa .....Mar 23-May 18.....10:30-11:15am
Resident: $53/N Resident: $55
MW .....Apr 15-May 8 ..... 5:15-6:00pm
Resident: $48/N-Resident: $50
TuTh .....Apr 30-Jun 6 ..... 6:00-6:45pm
Resident: $71/N Resident: $73
MW .....May 13-Jun 5 ..... 5:15-6:00pm
Resident: $48/N-Resident: $50
M-Th .....Jun 10-Jun 27 ..... 9:40-10:25am
Resident: $71/N-Resident: $73
MW .....Jun 10-Jun 26 ..... 5:15-6:00pm
TuTh .....Jun 11-Jun 27 ..... 6:00-6:45pm
Resident: $36/N-Resident: $38

Participants receive a 25% discount on most PAFC programs when they possess an annual membership.

PAFC will be closed July 1-Aug 23 for renovation.

Seahorse (Cont.)

~Reaney Pool~

M-Th .....Jul 8-Jul 18 ..... 9:40-10:25am
Resident: $48/N-Resident: $50
MW .....Jul 8-Jul 24 ..... 5:15-6:00pm
Resident: $36/N-Resident: $38
TuTh .....Jul 16-Aug 15 ..... 6:00-6:45pm
Resident: $59/N-Resident: $61
M-Th .....Jul 22-Aug 1 ..... 9:40-10:25am
Resident: $48/N-Resident: $50
MW .....Jul 29-Aug 14 ..... 5:15-6:00pm
Resident: $36/N-Resident: $38
M-Th .....Aug 5-Aug 15..... 9:40-10:25am
Resident: $48/N-Resident: $50

Trout-advanced stroke kicks

45-55 minutes Min 3/Max 6

To register: My child can

- ☐ swim 25 yards of front crawl with complete coordination, using rotary breathing and over arm recovery every time
- ☐ swim 25 yards of back crawl including coordination and over arm recovery every time

~PAFC~

Sa .....Mar 23-May 18..... 9:10-10:05am
Resident: $67/N-Resident: $69
MW .....Apr 15-May 8 ..... 6:10-7:05pm
Resident: $60/N-Resident: $62
TuTh .....Apr 30-Jun 6 ..... 5:15-6:10pm
Resident: $90/N-Resident: $92
MW .....May 13-Jun 5 ..... 6:10-7:05pm
M-Th .....Jun 10-Jun 27 ..... 9:55-10:50am
Resident: $90/N-Resident: $92
MW .....Jun 10-Jun 26 ..... 6:10-7:05pm
TuTh .....Jun 11-Jun 27 ..... 5:15-6:10pm
Resident: $45/N-Resident: $47

~Reaney Pool~

M-Th .....Jul 8-Jul 18 ..... 9:55-10:50am
Resident: $60/N-Resident: $62
MW .....Jul 8-Jul 24 ..... 6:10-7:05pm
Resident: $45/N-Resident: $47
TuTh .....Jul 16-Aug 15 ..... 5:15-6:10pm
Resident: $75/N-Resident: $77
M-Th .....Jul 22-Aug 1 ..... 9:55-10:50am
Resident: $60/N-Resident: $62
MW .....Jul 29-Aug 14 ..... 6:10-7:05pm
Resident: $45/N-Resident: $47
M-Th .....Aug 5-Aug 15..... 9:55-10:50am
Resident: $60/N-Resident: $62

Salmon-advanced stroke refinement

To register: My child can

- ☐ swim consistent and perfect elementary backstroke with coordination for 25 yards
- ☐ demonstrate dolphin kicks for 15 yards
- ☐ demonstrate breast stroke kicks for 15 yards
- ☐ demonstrate side stroke kicks for 15 yards
- ☐ swim front and back crawl for 50 yards each

~PAFC~

Sa .....Mar 23-May 18.....10:05-11:00am
Resident: $67/N-Resident: $69

Swordfish-competitive stroke intro

To register: My child can

- ☐ demonstrate consistent and perfect elementary backstroke, breast stroke, and side stroke for 25 yards
- ☐ swim front and back crawl for 100 yards each

~PAFC~

Sa .....Mar 23-May 18.....11:00-11:55pm
Resident: $67/N-Resident: $69

Salmon / Swordfish

Due to limited enrollment in both levels these skills will be taught in a combination program during weekday sessions.

45-55 minutes Min 3/Max 8

~PAFC~

MW .....Apr 15-May 8 ..... 5:15-6:10pm
Resident: $60/N-Resident: $62
TuTh .....Apr 30-Jun 6 ..... 6:10-7:05pm
Resident: $90/N-Resident: $92
MW .....May 13-Jun 5 ..... 5:15-6:10pm
Resident: $60/N-Resident: $62
M-Th .....Jun 10-Jun 27 .....10:05-11:00am
Resident: $90/N-Resident: $92
MW .....Jun 10-Jun 26 ..... 5:15-6:10pm
Resident: $45/N-Resident: $47
TuTh .....Jun 11-Jun 27 ..... 6:10-7:05pm
Resident: $45/N-Resident: $47

~Reaney Pool~

M-Th .....Jul 8-Jul 18 .....10:05-11:00am
Resident: $60/N-Resident: $62
MW .....Jul 8-Jul 24 ..... 5:15-6:10pm
Resident: $45/N-Resident: $47
TuTh .....Jul 16-Aug 15 ..... 6:10-7:05pm
Resident: $75/N-Resident: $77
M-Th .....Jul 22-Aug 1 .....10:05-11:00am
Resident: $60/N-Resident: $62
MW .....Jul 29-Aug 14 ..... 5:15-6:10pm
Resident: $45/N-Resident: $47
M-Th .....Aug 5-Aug 15.....10:05-11:00am
Resident: $60/N-Resident: $62

Dolphin-pre-competition

75-90 minutes Min 3

This is a non-level program emphasizing swim team preparation. Topics and skills to be covered are swim etiquette, how to use a pace clock, fitness awareness in aquatics, flip turns, nutrition, and safety techniques. Endurance swimming of all competitive strokes will be practiced daily. Participants must be a minimum of Trout level. Dry land training will be added as necessary.

~PAFC~

MW .....Apr 15-May 8 ..... 5:15-6:45pm
Resident: $90/N-Resident: $92
TuTh .....Apr 30-Jun 6 ..... 5:15-6:45pm
Resident: $135/N-Resident: $137
MW .....May 13-Jun 5 ..... 5:15-6:45pm
Resident: $90/N-Resident: $92

Family & Friends Lessons

Gather three or more students of the same skill level and bring them in during off peak hours for a group swim program. We will provide a qualified swim instructor for your group.

30-60 minutes/4 classes min Min 3/Max 6
Scheduled by appointment per student/hr
Resident: $12.50 per hr/N-Resident: $14.50 per hr
*Please fill out a private lesson questionnaire, available at front desk, on-line at www.pullman-wa.gov/recreation, forms or call Devon Harris-Taylor at 509-338-3266, for instructor assignment, dates, and times.

Adult/Teen Lessons

Broaden your horizons and learn a new skill. Now is the time to learn to swim or perfect your strokes. Students will be divided into groups based on age and skill level.

Adult: 15+ yrs
Teen: 12+ yrs

~PAFC~
Tu .....Mar 19-Jun 4 ..... 7:00-7:30pm
Resident: $54/N-Resident: $56
Tu .....Jun 11-Jun 25 ..... 7:00-7:30pm
Resident: $14/N-Resident: $16

~Reaney~
M .....Jul 8-Aug 12 ..... 7:00-7:30pm
Resident: $27/N-Resident: $29

Adult/Teen Private Lessons

Do you want to learn to swim, perfect your strokes, or train for a triathlon or swim event? Our caring and compassionate instructors will assist you in setting and meeting your personal swimming goals. We can help you conquer your fears, learn a new skill, or improve your training regimen. Our certified lesson instructors are endorsed by management as being "the best of the best". These instructors consistently receive excellent reviews from their group lesson participants and parents.

30 minutes:
1 student-Resident: $25/N-Resident: $27
2 students-Resident: $31/N-Resident: $32
45 minutes:
1 student-Resident: $38/N-Resident: $40
2 students-Resident: $47/N-Resident: $49
*Scheduled by appointment
*Please fill out a private lesson questionnaire, available at front desk, on-line at www.pullman-wa.gov/recreation, forms or call Devon Harris-Taylor at 509-338-3266, for instructor assignment, dates, and times.

Youth Private Lessons

Do your children seem stuck at one level? Do they like a specific instructor? They will progress by focusing on their personal skill needs and receiving customized lesson plans. Our certified lesson instructors are endorsed by management as being "the best of the best". These instructors consistently receive excellent reviews from their group lesson participants and parents.

30 minutes:
1 student-Resident: $25/N-Resident: $27
2 students-Resident: $31/N-Resident: $32
45 minutes:
1 student-Resident: $38/N-Resident: $40
2 students-Resident: $47/N-Resident: $49
*Scheduled by appointment
*Please fill out a private lesson questionnaire, available at front desk, on-line at www.pullman-wa.gov/recreation, forms or call Devon Harris-Taylor at 509-338-3266, for instructor assignment, dates, and times.

Healthy Families Program

Healthy families begin with healthy adults and children. Mental and physical health is important for everyone - especially caregivers of young children. Caregivers, take some much needed time for yourself and enjoy the PAFC facilities while we play with your children in the pool. Caregivers must remain on site. Fee is for child only. Caregivers must scan membership card or pay daily admission fee. Pre-registration required. No membership discount.

2.5-6 yrs old Max 5 children
Dates listed are start dates only. Each session has 4 classes.
M .....Apr 15, May 13* 9:30-11:00am
Tu .....Apr 16, May 14 ..... 9:30-11:00am
W.....Apr 17, May 15..... 9:30-11:00am
Th.....Apr 18, May 16 ..... 9:30-11:00am
*No programs Mon, May 27 makeup, Fri, May 31
Resident: $28/N-Resident: $30

We strive to keep our facility open and all programs running as scheduled, in the event of program cancellation you will be notified.

American Red Cross Lifeguard Training (LGT)

Lifeguarding lets you work as part of a team to help people safely enjoy the water. You could even save a life! Sharpen your leadership skills and show the world what you can do. Learning is fun and easy with the ARC certification course. Information sheets available at PAFC (after April 1) with course outline, preparation requirements and course locations.

Instructor: ARC Lifeguard Instructors
Location: PAFC/Reaney Pool Min 6/Max 20
15+ yrs
Sa.....May 4-Jun 15 ..... 2:00-8:00pm
Resident: $200/N-Resident: $202

Aquatic Staff Training

The public can observe all PAFC staff trainings. We pride ourselves on our ongoing commitment to public safety, guest service, program delivery, and facility cleanliness. Topics to be determined.

Su.....**~PAFC~** Apr 7, 21, May 5, 19, ...
~Reaney~ Jun 9, 23, July 7, 21, Aug 4, 25 .....
..... 6:45-8:45pm

~Reaney~ Barracuda Swim Team

Reaney Pool is pleased to offer a fifth season of its' summer swim team as part of the Whitman County Swim League. Participants must be able to complete 25 yards of strong and confident front crawl and back crawl. Swimmers must be detached from a nationally recognized competitive program for a minimum of 1 year in order to swim on this team (YMCA, USA Swimming, High School teams, etc.) Participants may come to as many practices as they'd like-parents can coordinate schedules to accommodate other activities. Swimmers are required to participate in three swim meets in order to compete at the county level. Please contact Coach Dalton Dice at PAFC for more information, 509-338-3266.

5-18 yrs
Min 10/Max 75
M-F .....Jun 10-Aug 9 .....11:30am-1:00pm
Resident: $120/N-Resident: $122

- ⇨ Fee includes a Reaney Pool Youth Season Pass
- ⇨ Screenings are available to determine if your child is eligible to swim
- ⇨ Swimmers eight and over may stay at Reaney after practice

~Reaney~ AVA: Aquatic Volunteer Academy

Our Junior Lifeguard Program offers instruction for building a foundation of knowledge, attitudes, and skills for future lifeguards. Every week will focus on new lessons. Graduates of the program will be encouraged to volunteer at PAFC and Reaney special events. Participants may stay at Reaney until closing. Please pack a healthy snack, water bottle, and sunscreen each day.

Instructors: PAFC/Reaney Staff
Location: Reaney Pool Min 5/Max 25
10-14 yrs
W .....Jun 19-Aug 14 ..... 1:30-4:30pm
Resident: $65/N-Resident: $67

~Reaney~ Beginning Diving

Introduction to diving skill. Lessons will include sitting, kneeling and standing dives. Basic safety involved with diving and the use of the diving board. Students will practice and learn the diving approach. Participants must be a minimum of Frog level (please see Frog description on page 31)

Instructors: Katelynn Ward-Koenen/PAFC staff
Location: Reaney Pool Min 3/Max 10
All ages
Tu-Th .....Jun 25–27 .....12:15-12:45pm
Tu-Th .....Jul 9-11.....12:15-12:45pm
Tu-Th .....Jul 23-25.....12:15-12:45pm
Tu-Th .....Aug 6-8.....12:15-12:45pm
Resident: $14/N-Resident: $16

~Reaney~ Beginning Synchronized Swimming

Introduction to synchronized swimming. Instructor will teach basic figures needed to move to music and coordinate routines with others. Students will practice and learn in the shallow and deep water. Participants must be a minimum of Gator level (please see Gator description on page 31)

Instructor: Mary Yovanoff
Location: Reaney Pool Min 3/Max 10
All ages
Tu-Th .....Jul 30-Aug 1 ..... 12:15-1:00pm
Tu-Th .....Aug 13-15 ..... 12:15-1:00pm
Resident: $21/N-Resident: $23

PAFC will be closed July 1-Aug 23 for renovation.

New! Outdoor Boot Camp

Enjoy the summer and get in shape while the PAFC gets a face-lift. Meet at Koppel farm. Boot-camp will include cardio, strength-training, and stretching. Please bring water bottle, hand towel, sun protection, light-weight wind/rain protection if needed. Children in strollers and well-behaved pets are welcome.

Instructor: Aletha Lassiter, PAFC Fitness Trainer
Location: Start at Koppel Farm Min 6
MWF ..... Jun 17-21 ..... 7:00-8:00am
and TuTh 6:00-7:00am
MWF ..... Jul 8-12 ..... 7:00-8:00am
and TuTh..... 6:00-7:00am
MWF ..... Jul 22-26..... 7:00-8:00am
and TuTh 6:00-7:00am
MWF ..... Aug 5-9 ..... 7:00-8:00am
and TuTh..... 6:00-7:00am
Resident: $20/N-Resident: $22

New! ~Reaney~ Water Polo

Love the water, but get tired of swimming laps? Try our new water polo class! We have a great staff of qualified and competent instructors who would love to teach you the joy of the sport. Water polo is a great aquatic game which involves strength, stamina, and strategy. All participants must be a gator level swimmer. (please see Gator description on page 31)

Instructor: Katelynn Ward-Koenen/PAFC staff
Location: Reaney Pool
All ages Min 3
MWF .....Jun 17–28 ..... 12:00-1:00pm
MWF .....Jul 8-19..... 12:00-1:00pm
MWF .....Jul 22-Aug 2 ..... 12:00-1:00pm
MWF .....Aug 5-16 ..... 12:00-1:00pm
Resident: $24/N-Resident: $26

Gold Medal Swim Club

Gold Medal Swim Club (GMSC) is a member of United States Swimming, an age group program that is America's largest program of guided fitness activity, providing progressive levels of athletic competition. GMSC is one of 25 teams in Inland Empire Swimming belonging to the Western Zone. For more information and to register: contact Dan Lawson, 208-885-0268 or via e-mail at dlawson@uidaho.edu.

Location: PAFC/UI Swim Center/Reaney
MWTH....PAFC: Apr 1-Jun 27 ..... 7:00-8:00pm
M-F .....UI: Apr 1-Aug 2 ..... 4:30-6:00pm
M-Th .....Reaney: Jul 8-Aug 2 ..... 5:30-7:00pm

Pool Rentals

At Pullman Aquatics, we have many party options. You can choose to do the work yourself or let us do all the work for you with one of our all-inclusive party packages! All-inclusive packages include cake, ice cream, juice, balloons, place settings, goodie bags, lifeguards, and pool space. Our unique Create-a-Party system is designed to help you create the perfect party for your child. Follow the easy steps below to determine what party package best serves your needs.

Step One: Rental Type

Private or Semi-Private: Includes one hour of swim time during regular recreational hours and one hour of private deck time.

Step Two: Package Type

DIY (Do It Yourself) or All-Inclusive (We do the work for you!)

Step Three: Rental Date

Decide on a couple of dates that work best for your schedule.

Step Four: Party Planner

Call Devon Harris-Taylor at 509-338-3266 to ensure you have the best party possible. A party planner will assist you in choosing from one of our party themes, food choices, and everything else needed to complete the reservation process.

New! Good Morning Swim Program

Tired of swimming on your own? Looking for camaraderie with other swimmers? Then we have the swim group for you! All abilities welcome. Self guided warm up and a fabulously written swim workout from Wayne Gleason of Gold Medal Swim Club or Gordon Dowler of PAFC. Join them and the Pullman Aquatics Staff for a morning swim workout.

Instructor: Wayne Gleason OR Gordon Dowler
Location: PAFC Multipurpose Pool
MWF .....Apr 1-Jun 28 ..... 5:15-6:30am
Location: Reaney Multipurpose Pool
MWF .....Jul 8-Aug 23 ..... 7:00-8:30am
Drop-ins $5*
*Membership and/or free passes accepted

PAFC will be closed July 1-Aug 23 for renovation.

Look for more fitness programs on Page 22

Create your own account and register online at **PullmanParksandRec.com**

Resident Discount: The City of Pullman recognizes that people living within Pullman's city limits support, through the Metropolitan Park District, the City's Parks & Recreation services. Because of this, the City offers its residents a discount on selected recreational programs.
Sales Tax: All fees listed in the Parks & Recreation Brochure have the applicable sales tax included.

Water Wellness Programs

Let our WEX Instructors lead you through a challenging workout. Each instructor has knowledge in Anatomy, Physiology, Kinesiology, and Exercise Design. We pride ourselves in exceeding national standards. Each instructor's unique style offers a program for everyone. While swimming is not required, a comfort level in shallow and deep water is recommended. Water shoes and webbed gloves are encouraged. Come check out this great fitness alternative. Most of our classes feature HYDRO-FIT equipment. Due to pool acoustics no music is used during classes (except for Weekend Water Warrior). New participants are encouraged to attend one fitness class (participant must sign a release before participating in class). Come try us out-you'll like what we have to offer. Daily visits can be purchased at the information desk. Sessions will be prorated after the 2nd week. Participants receive a 25% discount on all PAFC programs when they possess an annual membership.

Drop-in $6/class*
*Participants welcome when minimum is reached
Drop-in with other club card..... $4/class

Family & Friends Water Fitness

Gather your friends and enjoy the camaraderie of water fitness training during off peak hours. Program format can target your fitness goals and exercise needs. We will provide a qualified fitness instructor for you and your friends.

Instructor: PAFC/Reaney Staff
Location: PAFC/Reaney
Scheduled by appointment:
30-60 minutes.....4 classes min
Resident per hr: $50/N-Resident per hr: $52
*Please fill out a Family & Friends Lesson Questionnaire available at front desk, on-line at PullmanParksandRec.com or call 509-338-3266 for instructor assignment, dates and times.

Getting Started

Start your morning off with a refreshing water workout. This program is geared towards all fitness levels and ages, using the resistance of water, enhanced with equipment, for a total body workout.

Min 10
Instructor: PAFC Staff
Location: Multipurpose Pool
MW.....Apr 29-Jun 5* 8:00-9:00am
Resident: $48/N-Resident: $50
TuTh .....Apr 30-Jun 6..... 8:00-9:00am
Resident: $48/N-Resident: $50
*No programs Mon, May 27 makeup on Fri, May 31

Arthritis & Fibromyalgia Aquatic Program™

An Arthritis Foundation™ co-sponsored class taught by certified instructors. This warm water class allows participants to work at their own pace to build core strength and stability in a fun, interactive atmosphere. This is a great opportunity to break the cycle of inactivity by gently improving your overall fitness, flexibility, and sense of well-being. Feel the soothing effects of the water while enjoying the relaxing properties of the aquatic environment.

Min 10
Instructor: Andrea Plotner
Location: Recreation Pool
MW.....Apr 29-Jun 5* 11:00am-12:00pm
Resident: $48/N-Resident: $50
TuTh .....Apr 30-Jun 6..... 11:00am-12:00pm
Resident: $48/N-Resident: $50
*No programs Mon, May 27 makeup on Fri, May 31

Summer Weather Fitness

A water fitness class designed for all participant levels. Students will use the water and Hydro-Fit equipment to enhance their cardiovascular level and muscle strength and endurance. Water shoes are recommended.

Min 10
Instructor: PAFC/Reaney Staff
Location: Reaney Pool
MW.....Jul 8-Aug 14 ..... 8:00-9:00am
Resident: $48/N-Resident: $50
TuTh .....Jul 9-Aug 15 ..... 8:00-9:00am
Resident: $48/N-Resident: $50
MWF .....Jul 8-Aug 14 ..... 11:00am-12:00pm
Resident: $72/N-Resident: $74

PAFC: Fitness Room Programs

Looking for a way to add a new dimension to your workouts? Pullman Aquatic & Fitness Center offers a full menu of fitness training services. Personalized training is available in our fitness room, using our equipment. Or, if you prefer, our trainer can write a program for you to use in the comfort of your own home. We can help you meet your needs and goals. All training sessions are focused on your goals and our trainer will work with your schedule. Annual members receive a 25% discount on training services.

What is a Personal Trainer or Fitness Trainer (PTr /FTr)? Let's start with the basics: A PTr/FTr can be a coach and cheerleader, standing by to correct your form, and help you believe you can do just a little bit more than you think you can. A PTr/FTr can be a paid exercise partner—someone who exercises alongside you. This could involve workout programs you design yourself or those that the trainer designs for you. A PTr/FTr can also be someone who designs programs for you to complete on your own.

Trainer hours are personalized with your schedule in mind. Please schedule an appointment by emailing PAFCtrainer@pullman-wa.gov

Personal Training Session

Just what it sounds like! An hour with the trainer, doing whatever the client prefers.

60 minutes
Resident: $50/N-Resident: $52

One-on-one with the Trainer:

All training sessions must be used within six months from purchase. Fee listed is for each hour of one-on-one training

Number of Sessions	R	NR
1 session	$50	$52
2-5 sessions (10% discount)	$45	$47
6-10 sessions (15% discount)	$43	$45
11-15 sessions (20% discount)	$40	$42
16-19 sessions (25% discount)	$38	$40
20 sessions (30% discount)	$35	$37
25 sessions (35% discount)	$33	$35
30 session (40% discount)	$30	$32

Family & Friends Training Packages

Do you and your exercise partners have similar goals? Get the benefit of personalized fitness training, while sharing the cost! Customize a training package, including cost with the PAFC Fitness Trainer. For each additional person in a group training package there is an additional 25% added to the overall charge as stated above.

Youth Weight Training:

Youth (15-17 yrs) do you need a program for strengthening, flexibility, or a specific sport? The trainer will design a plan for the youth under the "Customized All Inclusive Value Package". (Youth 14 and under are not permitted in the fitness room.)

Fitness Room Orientation

Meet with the trainer to learn how to use the New PAFC cardio equipment and strength. Our trainer can answer your questions and help you set realistic fitness goals.

60 minutes
Resident: $50/N-Resident: $52
*Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

Customized All Inclusive Value Package

Combine any training services into a customized package and receive a package discount of 20% off the regular price.

Fitness Consultation

A goal setting meeting where the trainer and client talk about the client's current and past habits, current goals for exercise, time availability, preferences, etc. The trainer will give the client one or two ideas to get them started, such as a leg exercise that can be done at home, or a way to change up their cardio exercise routine. When the consultation is performed prior to training sessions or the creation of an exercise plan, it is used for information gathering and will guide the services to be performed in the future.

30 minutes
Resident: $25*/N-Resident: $27*
*free with purchase or renewal of annual PAFC membership
*Clients do not need to dress for exercise.

Fitness Assessment

A battery of fitness tests including: tests for cardiovascular endurance, muscular endurance, flexibility, and several easy to measure data points that provide general information about overall health. This assessment is strongly recommended to find your fitness level benchmark. As an exercise habit is developed the fitness assessment can be used regularly to keep track of improvements made and guide exercise programming.

60 minutes
Resident: $50/N-Resident: $52
*Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

Yoga Therapy Assessment

A range of tests to evaluate posture and assess imbalances in the body for strength, flexibility, and range of motion. The trainer then assists in balancing posture, gait, and muscle weaknesses through Yoga poses. The knowledge of a therapy assessment also aids in choosing appropriate exercises for an individual's written program or one on one session.

60 minutes
Resident: $50/N-Resident: $52
*Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

Written Personalized Training Program

The client will receive a written customized program, tailored to their goals and needs. The program includes a personalized letter, basic information about exercise, and written descriptions of all exercises. Also included, if needed, are log sheets to track progress and weight progressions.
Resident: $50/N-Resident: $52

Aletha Lassiter is the PAFC Fitness Trainer. She is a graduate of Lewis-Clark State College, with a B.S. Kinesiology, where she specialized in personal training, health promotion, and sports science. In addition to her degree, she carries a peri-natal fitness certification through the Aviva Institute and doula training with DONA. At her local studio, Yogatopia (Gladish Community Center), she teaches Zumba®, YogaFit®, and Belly-dance. (See pages 23) Her goal as a trainer is to help families and individuals develop a fun and active lifestyle. Her personalized training programs will help individuals identify wellness goals for permanent long-term health.