Dog Obedience

Handlers are asked to bring soft treats, a non-metal leash, and provide proof of all current vaccinations at first class including Bordatella (kennel cough). Minimum age for handlers is 12 years old, unless accompanied by an adult.

Instructor: Denise Waiting
Location: Pioneer Center Min 7/Max 12

Puppy (3-5 months)

Kindergarten for your puppy! This program will expose your puppy to other dogs while you learn the importance of socialization, reassurance, building hierarchy, and consistency when training. Prevention of digging, barking, and jumping will be discussed. Using a collar and leash your puppy will start to learn the "come" and "stay" commands.

Tu..... Jun 4-Jul 9 .....6:00-7:00pm
Tu..... Jul 23-Aug 27.....6:00-7:00pm
Resident: $65/N-Resident: $67

Basic (6 months+)

Using the positive reinforcement approach (tone of voice, treats, toys, and pats), we will teach your dog to be a well-mannered companion in and out of your home. This program will cover the sit, come, down, stay, heel, and off commands. General information about dogs and their behaviors will also be discussed.

Tu..... Jun 4-Jul 9 .....7:00-8:00pm
Tu..... Jul 23-Aug 27.....7:00-8:00pm
Resident: $65/N-Resident: $67

Advanced

This program is for dogs and handlers who have been through a previous dog obedience program. It is a continuation of basic command and socialization. The program will also involve training for a Canine Good Citizenship test to be given during the last week. It is also a great opportunity to continue training your dog to be well behaved.

Tu..... Jun 4-Jul 9 .....8:00-9:00pm
Tu..... Jul 23-Aug 27.....8:00-9:00pm
Resident: $65/N-Resident: $67

AHA First Aid & CPR Recertification

This class is for people that have the skills, but their certification has expired or is near. Classes are with an instructor that will maximize the learning potential of an adult. Class will include Blood Borne Pathogens. Upon completion, each participant will receive an American Heart Association certification good for two years. Length of course depends on class size. All classes meet the standards of OSHA and WISHA.

Instructor: Judi Dunn Gray
Location: Pioneer Center Min 3/Max 20
M .....Apr 8..... 5:30-8:30pm
M .....May 13..... 5:30-8:30pm
M .....Jun 17..... 5:30-8:30pm
M .....Jul 8..... 5:30-8:30pm
M .....Aug 12 ..... 5:30-8:30pm
Resident: $35/N-Resident: $37
*For Initial Certification for First Aid/CPR, please call Parks & Recreation, 509-338-3227 to set up appointment with instructor.

New! Adult Beginning Knitting

Learn knitting from Janice Overton! She learned to knit as a teenager and has been knitting ever since! Janice began the Pullman hospital baby hat program in 1999. You will learn about different yarns, needles, stitches, and patterns.
Supplies needed: Size 8 or 9 straight needles, and 1 ball of worsted weight yarn-light color. Supplies for knitting classes available at Yarn Underground, 409 S Washington St, Moscow, ID for a discount.

Instructor: Janice Overton
Location: Pioneer Center Min 4/Max 8
Tu .....Apr 9-23..... 6:30-8:30pm
Resident $34/N-Resident: $36

New! A Greener Palouse Workshop Earth Day

Whitman County Recycling and A Greener Palouse is offering this workshop promoting sustainability. this is for a great topic for families or individuals.
Let's talk trash! Information on single stream recycling in Whitman County-who, what, when, and where!

Location: Pioneer Center Min 7/Max 15
Instructor: Whitman County Recycling/A Greener Palouse
W.....Apr 10..... 5:30-8:00pm
Resident $13/N-Resident: $15

New! Free! WSECU Financial Wellness Workshops: Forty, Fabulous, & Flat Broke

WSECU is dedicated to keeping you financially healthy. Education plays a key role in financial fitness and we offer a variety of workshops designed to provide valuable information to help you make sound financial decisions. Your presenters are WSECU's Community Relations Coordinators who are well-versed in the topics they cover. There is no charge for these sessions and the public is welcome to attend; WSECU membership is not required.
Did you know that 58 percent of those over 40 years of age don't have a solid retirement plan in place? This class will provide the tools and contacts you need to start the ball rolling in the right direction! **Register by: Apr 12**

Instructor: Josh Bergman
Location: Pioneer Center Min 4/Max25
Tu .....Apr 16..... 6:00-7:00pm

Pediatric First Aid/CPR*

This class is specifically for those needing certification in CPR First Aid for childcare centers and staff. Classes are with an instructor that will maximize the learning potential of adult learners. Upon completion, each participant will receive an American Heart Association certification good for two years, which meets requirements for Idaho and Washington childcare providers.

Instructor: Judi Dunn Gray
Location: Pioneer Center Min 5/Max 20
Tu .....Apr 16..... 5:30-8:30pm
Tu .....May 21..... 5:30-8:30pm
Tu .....Jun 18..... 5:30-8:30pm
Tu .....Jul 16..... 5:30-8:30pm
Tu .....Aug 20 ..... 5:30-8:30pm
Resident: $40/N-Resident: $42
*Classes are also available for Girl Scouts, Boy Scouts, and individual businesses. We can offer classes at your site or at the Pioneer Center.

Palouse Rowing

WSU Cougar Crew is hosting its eighth summer of Palouse Rowing. This includes programs for beginners as well as experienced rowers, which all meet three times each week. Practices are held two evenings during. The week, plus a Saturday morning row. Our boathouse is located at Wawawai Landing on the Snake River. The Learn to Row class is a combination of juniors, age 12-18, and adults of all ages. The Learn To Row program is three weeks long and allows the beginner to be introduced to all of the basics of the sport, and begin to experience the thrill and challenge of rowing in an eight person boat. Masters Crew is an ongoing summer program for rowers with various levels of experience. Crew Camp is our five week program which combines members of Masters Crew with our new teammates from the Learn to Row program who want to keep rowing. Crew Camp will offer a steady progression of skills and training. The summer is capped off with our annual regatta between Palouse, Coeur d'Alene, and Spokane! For those who are small in size but would like to fill an important position on our team, coxswains learn to steer and direct their lineup, no experience necessary. Coach Arthur Ericsson directs this program with the support of WSU Men's Crew. Coach Ericsson has been the Head Coach of WSU Cougar Crew for eight years. Please visit www.COUGARCREW.COM for information.

Learn To Row (3 weeks/9 practices)
12+ yrs (Coed) Min 18/Max 35
Sa.....Jun 8-27..... 9:30-11:30am
and TuTh..... 5:45-7:45pm
Resident: $150/N-Resident: $152
No experience required. Participants must pass a basic swim test before beginning the class.

Masters Crew (5 weeks/14 practices)
18+ yrs (Coed) Min 10/Max 20
MW..... May 29-Jun 26 ..... 5:45-7:45pm
and Sa..... 7:00-9:00am
Resident: $155/N-Resident: $157
*Some experience required, please contact coach to discuss.

Crew Camp (5 weeks/16 practices)
12+ yrs (Coed) Min 10/Max 24
MW.....Jul 8-Aug 10 ..... 5:45-7:45pm
and Sa..... 7:00-9:00am
Resident: $175/N-Resident: $177
Includes team t-shirt. Masters & Learn To Row participants may register with coach's approval.

Team Coxswain (10 weeks/30 practices)
18+ yrs (Coed)
MW..... May 29-Aug 10..... 5:45-7:45pm
and Sa..... 7:00-9:00am
Resident: $30/N-Resident: $32

Spanish for Adults: Beginners

This course is very basic beginning Spanish, you will learn the essentials to travel abroad and will set the foundation for future knowledge and conversation skills. Book/material will be provided and supply fee is payable to instructor at class.

Instructor: Jessica Suarez
Location: Gladish Community Center, NW 115 State St, Rm 201A Min 5/Max 18
MW..... Apr 22-Jun 19 ..... 5:30-6:30pm
Resident: $121/N-Resident: $123

Conversation Spanish for Adults: Intermediate

This course is ideal for people that want to brush up their Spanish skills to travel abroad or either continuing their language knowledge and conversation skills. Requirements: have a basic prior knowledge of Spanish. Book requirements: please contact instructor: Jessica Suarez by phone or e-mail: 509-332-7324. e-mail: pullmanlanguagecenter@gmail.com

Instructor: Jessica Suarez
Location: Gladish Community Center, NW 115 State St, Rm 201A Min 5/Max 18
Th.....Apr 18-Jun 20 ..... 5:30-7:00pm
Resident: $110/N-Resident: $112

Country Western Swing Dancing

Country western swing dancing is a relaxed partner-style of dancing that can be done by people of all ages and experience levels. In this class you will learn smoothness on the dance floor with a variety of moves. Two-stepping and line dancing will also be included.

Instructor: Gabrielle Skeate
Location: Pioneer Center Min 8/Max 20
M.....Apr 29-Jun 10 ..... 7:00-8:30pm
Single-Resident: $37/N-Resident: $39
Couples-Resident: $60/N-Resident: $64
No class: May 27

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

New! Basic Massage Techniques

Learn easy to use massage techniques to do for yourself or for a friend. Learn to decrease headaches, shoulder and back pain, and how to access quick and effective reflexology points on hands, feet, and ears. Techniques can be done on a chair or standing, fully clothed, and with or without lotions. You will learn stretches, massage and relaxation techniques that you can do at a desk at work or at home that will ease muscle tension and stress. Proper body mechanics, sleeping positions and bolstering will be covered to help identify possible habits that can negatively affect your soft tissues. Parents and caregivers will learn pediatric techniques that help with common childhood ailments and discomforts. You will learn and practice sports massage techniques that can help prevent injuries, increase range of motion and muscle function and lessen post-event soreness. Please note these techniques are for personal use and do not certify or license anyone to be a professional practitioner.

Instructor: Esther Sanders, LMP, Sports/Injury Massage Specialist for 14 years
Location: Summit Therapy & Health Services, 1620 SE Summit Ct Min 6/Max 12

Session 1: On the go self-massage and relaxation techniques easy to do anywhere and on breaks at work, postural and body mechanics assessment.
W.....May 1..... 3:00-4:00pm
W.....Jun 5..... 11:00am-12:00pm
Resident: $8/N-Resident: $10*

Session 2: On the go partner massage, reflexology and relaxation techniques.
W.....May 8..... 3:00-4:00pm
W.....Jun 12..... 11:00am-12:00pm
Resident: $8/N-Resident: $10*

Session 3: Pediatric massage for parents and caregivers. Learn techniques helpful for difficulties sleeping, growing pains, athletic performance, body awareness, ADHD, Autism.
W.....May 15..... 3:00-4:00pm
W.....Jun 19..... 11:00am-12:00pm
Resident: $8/N-Resident: $10*

Session 4: Sports Massage for self or with a team member. Pre and post-event techniques to help with muscle function and pain thru training, and before and after activity.
W.....May 29..... 3:00-4:00pm
W.....Jun 26..... 11:00am-12:00pm

Each Session - Resident: $8/N-Resident: $10*
Full Series - Resident: $25/N-Resident: $27*
*Must register for all 4 sessions at same time to receive the discount.

Simple Italian Cooking

Do you love simple Italian food but want to move beyond spaghetti and meatballs and lasagna? Then this class is for you! We will make Italian dishes that are easy to prepare and use a few carefully chosen ingredients in simple combinations to create richly flavorful food. Dishes made each day will be eaten for lunch. Costs of ingredients are not included in the class fee.

Instructor: Gail Miller
Location: Pullman Senior Center Min 4/Max 6
Sa.....May 4-Jun 1.....10:00am-1:00pm
Resident: $55/N-Resident: $57
No class: May 25

New! Learn to Cook Indian Cuisine (Vegetarian)

Learn how to cook quick, simple, healthy, traditional vegetarian dishes using locally available ingredients (90% of the time). These dishes are traditionally made in different parts of India and I have collected these family recipes over the years. Unlike the commercial restaurant food, the home cooked food has less oil, salt, more veggies, and perfect blend of spices. Every week, 2-3 different dishes will be cooked from a different state. All ingredients and cooking materials will be provided. Participants must come prepared to work in the kitchen and bring containers to take the food home. Registration cutoff is the Thursday prior to class starts date. 100% of the cost received from the classes (after the administrative costs) will be donated to a free women and children's hospital in rural India. The 'graduates' of these courses will cook for fundraiser to aid local medical charities on Aug 24 and 31. For more information visit: https://sites.google.com/site/dineforcharity/home/spring-2013 One person may register fand pay for up to 4 people. One serving is good for one adult. Please indicate gluten-free choice when you sign up. Alternatives will be provided

Instructor: Rani Iyer
Location: Pullman City Hall, Senior Center Kitchen
Min 5/Max 10
Sa.....May 4-25.....3:00-5:00pm
Sa.....Jun 1-22.....3:00-5:00pm
Resident: $52/N-Resident: $54
Sa.....Jul 13-27.....3:00-5:00pm
Resident: $39/N-Resident: $41
Sa.....Aug 3-10.....3:00-5:00pm
Resident: $26/N-Resident: $28

Fundamental Oil Painting

This beginners course is designed to give you a foundation in the process of creating an oil painting. We will cover material use, basic color theory, the oil painting sequence and finishing. Still life and landscape will be the primary subject matter to learn the basics. Feel free to use acrylic paint if you prefer. The class also includes a half day field trip (June 8) to work outside and paint on location. Supplies not included in the class fee. A supply list will be available at time of registration, so register early in order to get your supplies by the first class.

Instructor: Rob McPherson
Location: Pioneer Center Min 4/Max 10
18+ yrs
M.....May 6-Jun 17.....7:00-9:00pm
and Sa....Jun 8.....8:00am-12:00pm
Resident: $75/N-Resident: $77
No class: May 27

Beginning Bird Identification

Did you know that there are well over 200 species of birds in our area? Would you like to be able to identify the most common ones and learn how to distinguish birds from each other based on general characteristics? Join former WSU zoology instructor Kevin Pullen, as he provides a wide variety of information in the classroom and on a couple of field trips.

Instructor: Kevin Pullen
Location: Pioneer Center Min 8/Max 20
15+ yrs
TuTh ..... May 7-18 .....7:30-9:00pm
and Sa.....8:00am-12:00pm
Resident: $45/N-Resident: $47

New! Cooking with Soy: Health Benefits & Tasty Recipes

Come to this class to learn about the health benefits, as well as side effects, of soy foods like tofu, soy milk, miso, and tempeh. First half of the class will focus on clinical data around this phytoestrogenic "super food" reputed to protect from heart disease, certain forms of cancer and menopausal symptoms. Second half of the class will involve sampling and discussing easy recipes you can make at home with ingredients found at local markets in the Palouse.

Instructor: Kevin Blume, Registered Dietitian Nutritionist; Liz Lee, L.Ac. MS*
Location: Summit Therapy & Health Services, 1620 SE Summit Ct Min 10/Max 20
Th.....May 9.....6:00-7:00pm
Resident: $6/N-Resident: $8

New! Miniature Gardens for Inside & Out

Unleash your fun, imaginative side and create a fantastic miniature plant world to display outdoors or in! Remember terrariums from the 70's? They're coming back in a new, fresh way--and "fairy gardens" for your patio pots or kitchen window are the latest gardening trend! And not just for little girls who love fairies; think tiny desert gardens, mini farm, or town scenes, Beatrix Potter vignettes, castles, alien worlds, or anything your imagination desires.

Watch a hands-on demonstration of ideas and materials the first hour, then spend the second getting your own hands dirty! Bring your own container(s), miniature figures, houses, and other decorations, and gardening gloves if desired. Pots, plants, soil, and tiny accessories will also be available for sale.

Instructor: Monique Slipher
Location: Living in the Garden, 601 Reid Rd
Min
5/Max 10
8+ yrs -12 and younger must be accompanied by an adult
Sa.....May 25.....10:00am-12:00pm
Resident: $32/N-Resident: $34

Basic Hunter Education

All first-time hunters born after January 1, 1972 are required to show proof that they have successfully completed basic hunter education training prior to purchasing a hunting license. A class will be taught in the latter half of June, six nights over two weeks with a Saturday field test. Location TBA. There is no minimum age required to enroll in hunter education, but instructors may require a parent or guardian to attend all classes if students are under 12 years of age. For more information contact Jeremy Lessmann at jlessman@wsu.edu or 509-330-1822. Keep checking online at: my.register-ed.com for more information. Class size is limited to 25 students.

New! Easy Shade Gardening for the Palouse

Not enough sun in your yard? No problem--you can still have a gorgeous, low-maintenance garden in almost any amount of shade! This 2-part class will cover plant selection for garden beds and containers, soil prep, water needs, maintenance, and pest control. Bring your questions, walking shoes, and a pen/notebook if desired and dress for the weather; we will take a short walk around on-site display gardens.

Instructor: Monique Slipher
Location: Living in the Garden, 601 Reid Rd
Min 5/Max 10
12+ yrs
Shade Gardens
W.....Jun 5..... 5:00-6:00pm
Containers for Shade
W.....Jun 12..... 5:00-6:00pm
Resident: $17/N-Resident: $19 for one class
Resident: $30/N-Resident: $32 for both classes

New! Free! Green Dot Overview:

Green Dot is a prevention program that aims to reduce personal violence such as bullying, dating and stalking in communities all over the country. It was created by Dorothy J. Edwards, PhD, and built on a foundation of theory, research, and data from researchers across many disciples. The Green Dot Overview speech is an interactive and fun approach to inspire community members of all ages to become actively involved bystanders striving to create a safer community. Participants will learn what red dots and green dots are, and specifically how they can start doing green dots right away in a way that feels safe and comfortable to them. Green Dot is spreading the word: "No one can do everything, but everyone can do something! One green dot at a time."

Instructor: ATVP Staff
Location: Pioneer Center Min 5
Parents, Guardians, Caretakers
W .....May 22..... 6:00-7:00pm
W.....Aug 14 ..... 6:00-7:00pm

Rafting Trips

Join Salmon River Experience for a one-day rafting adventure down the Riggins stretch of the Salmon River. Licensed outfitter, Chuck Boyd, and his staff will provide rafts, waterproof storage bags, life jackets, lunch, and shuttle transportation from a meeting point near Riggins, ID. Transportation is not provided to Riggins, which is approximately three hours south of Pullman. An adult must accompany youth, 16 and under. Minimum age is 8 years old. Meet at the Lucille Boat Ramp Site at 9:30am Pacific Daylight Time. Registration closes one week prior to each trip and fees are nonrefundable after that time.

Instructor: Salmon River Experience Staff
Location: Meet at Lucille Recreation Site at 9:30am Pacific Daylight Time
Youth: 8-17 yrs
Sa.....Jul 6.....9:30am-4:00pm
Sa.....Aug 3 .....9:30am-4:00pm
Resident: $54/N-Resident: $56
Adults:
Su.....Jul 6.....9:30am-4:00pm
Sa.....Aug 3 .....9:30am-4:00pm
Resident: $65/N-Resident: $67

New! Writing the Palouse River Workshop

Are you looking for a new way to engage with local landscapes? Do you need a structured program to set aside some time to write and explore? In this workshop, we will walk, along and around the Palouse River, and spend some time capturing, shaping, and sharing the thoughts and images it stirs. We will discuss a few model poems and make and share creative works in each two-hour session. Bring a notepad, pen, and weather-appropriate clothes and walking shoes.

Instructor: Linda Russo
Location: Koppel Garden Lean-to Min 3/Max 12
M .....Jul 15-29 ..... 5:30-7:30pm
Resident: $16/N-Resident $18

Free! Cybercrime: How Do I Protect Myself?

Cybercrime is committed every day and to all types of people. Whether you are on the computer all day for every aspect of your life, or have never touched a computer, cybercrime may affect you. You may not be on Facebook, but your child, grandchild, or friend posted a picture of you last weekend. Now you are, whether you intended to be or not. In this presentation, you will learn what information is important to keep private, how to do your best to keep that information private, and how to monitor your identity, bank accounts, email accounts and more to ensure that nothing is unusual.

Instructor: Callie Metzner, ATVP
Location: Pioneer Center Min 3/Max 15
Th.....Jul 18..... 6:00-7:00pm

WSU Museum of Art Events

Master of Fine Arts Thesis Exhibition @ MOA Gallery

April 5-May 4, 2013
Reception: April 5, 6:00pm

This annual showcase represents the culmination of two or more years work by the Master of Fine Arts graduate candidates. Late curator Keith Wells said, "This is the perfect exhibition for mom's weekend. The work is usually as diverse in medium as it is in subject matter. The exhibition always provides a wide range of styles and stimulating experiences for faculty, students and local museum constituents.

Curator's Choice Making Faces @ MOA Gallery

May 16-July 20, 2013
Reception: May 16, 6:00pm

The Museum of Art/WSU is proud to share a number of portraits from the permanent collection in the upcoming exhibition curated by the late Keith Wells. Since 2004, Wells conducted his "dream job," putting together numerous exciting and ground-breaking exhibitions. His final exhibition literally creates a portrait of the permanent collection whose origins began in the 1920s and 30s when Worth D. Griffin, WSU artist and professor, commissioned portraits of Native American leaders and pioneers. These works became the very first acquisitions and helped establish the Museum of Art/WSU. Since then the collection has grown immensely. From paintings of University dignitaries to screen prints of Marilyn Monroe, the collection is a significant part of our artistic legacy.