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