

Pullman Aquatic & Fitness Center

Learn To Swim Information Guide



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...Making Family Fitness Fun!



Pullman Aquatic & Fitness Center

**Learn to Swim
Information Guide
for Caregivers and
Participants in
Aquatic Programs**

Welcome to Pullman Aquatics' Lessons!

Before the Pullman Aquatic & Fitness Center existed, swim lessons were taught outdoors at Reaney Pool. Since the opening of the Pullman Aquatic & Fitness Center in September 2000, built through a generous donation from Edmund O. Schweitzer and Mary Schweitzer, thousands of people have learned to swim in the safety and comfort of the indoor aquatic center. A unique share agreement was created with the Pullman School District (PSD), the owners of the pool, and Pullman Parks & Recreation, the operators of the facility. This agreement ensures many hours of public access, while permitting PSD to offer classes and programs for its students. Pullman Aquatics' Learn to Swim Program is designed to teach water safety and swimming skills to infants, toddlers, children, and adults in a safe, positive and happy environment at an affordable price.

We offer an essential life assurance for your child. In Washington, drowning is one of the five leading causes of accidental death in children under 17 years of age. Our proximity to the river, as well as private pools and spas, underlies the need for community based water safety education and quality swimming instruction. Our nationally certified instructors come with over 65 years of combined experience from facilities throughout the country. We offer small student to teacher ratios, innovative teaching methods, and enthusiasm unmatched in the region. Our goal is for swimming to become a lifetime recreational activity for your child. We want your child to develop the skills to be safe in and around the water, as well as the ability to swim for fun and fitness.

We pride ourselves on the quality and uniqueness that our program offers to the community. As the premiere swim program in the Palouse, we offer the best progressive lesson program.

Pullman Aquatic's progressive lesson program was created in the Fall of 2001. Our instructors combined their experiences based on a variety of swim programs, including The American Red Cross, YMCA, Swim America, and Ellis and Associates. Their collective input created the in-house program contained in this brochure. The progressive lesson program debuted in January 2002 and shortly thereafter, Moscow Parks and Recreation adopted the same program and used it during the Summer 2002 and 2003 seasons.

The primary benefit of an in-house program is the ability to change and adapt the program as needed. Each instructor brings his/her own dynamic teaching style to the program, thus personalizing it to fit the needs of the student. All instructors, caregivers, and participants are welcome to offer suggestions for ongoing improvements.

With an emphasis on safety, fun, and learning, we offer year round lessons, which emphasize logical skill progression, water safety awareness, and endurance. Students are assessed on their individual ability and are promoted to the next level when they have completed the necessary skill requirements. Small group, private and semi-private lessons are also available. We are proud of our program and know you will find it to be one of the finest in the county.

This handbook will familiarize caregivers with our Lesson Program and provide some suggestions for what they can do to help support and enhance their child's swimming experiences. We hope this booklet will serve as a comprehensive guide to our programs, and as a resource for your commonly asked questions. Please use this handbook as a guide and offer suggestions for improving its usefulness. If you have questions or concerns not addressed in this handbook, please contact the Aquatics Program Coordinator, Karen L Johnston or the Head Guard for Lessons.

Learn to Swim Program Philosophy



Program Objective #1:
Safety.

Program Objective #2:
Provide a fun and positive experience
for each participant.

Program Objective #3:
Recognize that each participant is an individual and
learns in his/her own unique way.

Program Objective #4:
Teach swimming skills in
a sound and logical progression.

Safety, Fun, and A Positive Experience, while respecting the individual. Making the class safe, positive, and fun is as important as teaching swimming skills. Students must enjoy the water and the facility to learn. The best way to accomplish these objectives is by making games out of the skills and by being a little crazy! Our hope is for students to enjoy the water as they learn key skills in a safe environment.

With our highly trained instructors we maintain effective class organization and conduct classes in a safe environment. Low student to instructor ratios, age and skill appropriate levels, appropriate depths of water, and ample space exemplify how this program excels and creates successful students.

Swimming should be fun! Our objective is to make all of our lessons fun for the participants. We want the students to continue in our program until they have reached a proficient level of swimming. If a student enjoys the program, instructor, and facility's staff it makes continuing lessons and returning weekly much easier. Making lessons fun also makes it easier for the students to learn, especially preschoolers and non-swimmers. To ensure success, each skill is given an image, game, song or rhyme. This creates a positive environment for the student, helping each individual to reach his/her full potential.

Learning is our end goal and cannot be achieved without safety, fun and success of the individual. Key elements of learning include the following eight categories:

- ◆ effective lesson planning
- ◆ balanced group practice time
- ◆ effective demonstrations
- ◆ appropriate review of skills
- ◆ skill practice and method appropriate to class level
- ◆ individual attention to students
- ◆ positive and effective feedback
- ◆ variety and creativity within the lesson and skills being taught

Student Skill Progression



To make instruction more effective, we group students into swimming levels with others of similar age and ability. Our Parent/Child (PC) program is for infants and toddlers aged 6-36 months, Puddle Jumpers (PJ) is for children 2-4 years old.

Both PC and PJ require a caregiver in the water with the student. Children ages 3-4 must enroll in appropriate Preschool levels (PS), a program without the caregiver in the water. Children ages 5 year olds may choose enroll in PS, K, or regular level. We encourage 5 year olds to enroll in the regular levels for weekend and evening programs. All youth ages 6 years old and older are placed in our regular progressive program. Free swim screenings are available for all students to ensure that they are placed in the appropriate level. For those are not currently enrolled in swim lessons with us, a skills screening is required to ensure proper level placement.

Individual students will progress through the levels at their own pace. This pace is dependent upon several factors such as their age, physical coordination, and how often they swim. Repeating a swim level is not unusual. When students can comfortably and confidently perform all of the skills, using the required technique, they will progress to the next level.

Progress reports are distributed at the end of each session to inform you of what progress your child has made and what level he/she should enroll in for the next session.

Communicating with the Instructor

Each level is designed with a variable length. PS lessons are 25-35 minutes, beginner levels are 35-45 minutes and advanced levels are 45-55 minutes. Our pre-competition level, Dolphin, is 75-90 minutes. The variable length allows the instructor to be flexible with the lesson plan, based on the needs of the students. In addition, the instructors will use the last few minutes of class to talk to the caregiver about his/her child's progress. We encourage you to use this time to speak with the instructor regarding your child's progress. If you would like additional time, we request that you leave your name and phone number at the information desk; your instructor will call you as soon as he/she is available, or if you prefer, you may speak directly with the Aquatics Program Coordinator, Karen L Johnston or a Head Guard regarding your child's lessons. If necessary, please ask the information desk for assistance.

If you feel your child is not performing to his/her capability, please notify the instructor. We need your assistance with personality traits that may be inhibiting the child's lesson performance. The same holds true for discipline. If there is a method that works effectively for you with your child, and the instructor is not having success with the child, the instructor welcome your input.

Teaching swim lessons is mainly repetition of skills. We often do the same things each day because this is the best way for your children to learn. To a parent sitting in the background, this may seem boring, but to a child it provides security and familiarity with the basic learning process.

In swim lessons we de-emphasize passing or failing a class. No child fails a swim class; they all improve! Every small improvement begins the milestone of learning to swim, and mastering the strokes.

Instructor feedback forms are distributed at the end of each session. We encourage you to fill these out for each instructor and let us know what you think of the lessons. Your feedback helps us to improve our program, ensuring that we continue to be the best program on the Palouse!

Swim Lesson Policies

Things to Know Before You Go!

- ◆ If your child is ill, has an eye infection, open wounds, OR has/had diarrhea OR has been vomiting within the past two weeks, OR has other communicable diseases he or she will not be allowed in the water. (WAC 246-260-131)
- ◆ Gum and candy must be thrown away prior to the start of class.
- ◆ There are no make-up lessons when a student misses a class.
- ◆ Prior to your first lesson, we recommend visiting the pool to become acquainted with the locker rooms and pool area.

Before class begins:

To create a happy and successful swim lesson experience, please ensure the following:

- ◆ On your first day of class arrive early and know the time and level of your lessons. Instructors will be calling out your child's name, please listen for the class to start. If necessary, the Head Guard for Lessons will be available to assist you, but can only assist one person at a time.
- ◆ Children need to arrive on time to class. Being late not only holds up the rest of the class, but also limits important pool time for your child. The beginning of the lesson is an important review time before the introduction of new material.
- ◆ Showers and warm towels are very important. Not only for you and your child but also to keep the facility clean.
- ◆ Be sure your child has gone to the restroom prior to class. Once class begins, parents will be responsible for taking their child to the restroom. Remember, this limits water time. Certain "accidents" require prolonged pool closures and program cancellations.
- ◆ Long hair should be tied back or placed in a swim cap so it won't get in your child's face.
- ◆ Children not yet potty trained must wear a swim diaper with tight fitting legs and waist.
- ◆ Children are permitted to wear well fitting goggles. We will not allow them to wear swim masks, as their nose is blocked making it difficult to learn to breathe properly during swimming.

The Role of the Caregiver

The following list provides suggestions to help make your child's lesson experience the best for both of you. We ask caregivers to consider the following points:

- ◆ Observe all pool rules and regulations. Please familiarize yourself and your child with posted pool rules. For your convenience, rules are posted in each locker room, and on the pool deck in the seating area.
- ◆ Praise even the slightest progress.
- ◆ De-emphasize passing/failing of a level.
- ◆ Please avoid going to the pool edge to teach, talk to, or discipline your child during lessons. If you think your child is misbehaving let the instructor handle the situation. Do any disciplining you think is necessary after lessons, but if at all possible, go easy and be positive. Splashing water is not a major offense during swimming lessons.
- ◆ Your child is required to take a thorough shower before his/her lessons. (WAC 246-260-131) Eye irritation in the pool results when ammonia on the skin comes in contact with the chemicals we use to keep our pool clean and bacteria free. Showering helps reduce this reaction and prevents eye irritation.
- ◆ If your child becomes cold during lessons, a tight T-shirt (synthetic fiber or wool, not cotton) may help to keep him/her warm.
- ◆ We encourage you to take your child swimming outside of lesson time and practice the skills his/she is learning in lessons.
- ◆ Teach your children appropriate places to go potty and especially not to drink pool water.

Watching Your Child Learn

If a caregiver remains in the pool area, they must remain a respectable distance away from the class (at seating area or behind white line on deck). Distance from the classes is necessary for the classes to run smoothly and safely. Also, it may take the instructor several classes to obtain the trust and respect of the students. This is a good time for children to gain independence and experience in a class situation.



Practicing at Home

A great way to enhance your child's swim lesson experience is by practicing at home. *(You don't even need a pool to do this!)*

- ◆ If this is your child's first experience with swim lessons, talk about how fun lessons will be, how they will meet new friends, and about how important it is to be a good listener.
- ◆ After each lesson, ask your child about the skills they learned.
- ◆ For younger swimmers (Parent/Child (PC), Puddle Jumper (PJ), and Preschool (PS)), practice blowing bubbles in the bathtub, wash their face with a washcloth, or slowly pour water over their heads. These fun exercises aid in the development of being comfortable with getting water on the nose, eyes and ears, as well as future swimming experiences.
- ◆ Sing the songs learned in class during bath time or in the car on the way to lessons.
- ◆ Remind your child why learning how to swim is important.
- ◆ Playing at the pool on a weekly basis (outside of lessons) will have a tremendous impact on your child's skill improvement.

Permit to Register / Practice Pass

Permit to Register cards are handed out anywhere between the midway point of the session up to the second to last week of the session. They are designed to let you, the caregiver, know in advance what level your child should be placed in the next session, allowing you to register prior to the end of the session. To encourage skill development, each Permit to Register card has a practice pass attached good towards one free open swim admission for your child

Please Help Keep Our Pool Open!

Did you know that if the pool is contaminated with fecal matter, the pool could be closed for 24 hours? Please follow these safety precautions to help us ensure that your experience at the pool is both fun and safe for the entire community, and reduces the risk of pool closures.

- ◆ Do not change your child's diapers at the side of the pool. For your convenience, each restroom has a changing station. Please properly dispose of any soiled diapers.
- ◆ Have your child use the restroom and shower before entering the pool.
- ◆ Take young children to the bathroom often to minimize accidents.
- ◆ Do not rinse hands in the pool after making a trip to the bathroom or changing a child's diaper. Wash hands in the bathrooms at the areas provided.



Pool Rules

The following pool rules will be enforced at all times. Everyone is expected to behave accordingly in order to maintain a safe and enjoyable environment for all swimmers.

- ◆ All patrons must shower prior to entering the pool. (WAC 246-260-131)
- ◆ Swim diapers, with tight fitting legs and waist, are required for those not bathroom trained. A changing station is located in the locker rooms. (WAC 246-260-131)
- ◆ Appropriate, family-friendly swim attire is required.
- ◆ We are a family-friendly facility, foul language and inappropriate comments are not allowed.
- ◆ No Running. (WAC 246-260-131)
- ◆ All pools are shallow; diving is not allowed.
- ◆ The stairs are to be used for entry to or exit from the pool. Do not climb on or swim under them.
- ◆ Noodles are not to be used for hitting the water, other objects, or people.
- ◆ Basketball must be played from in the water. No hanging on the hoop.
- ◆ Swim Fins are for lap swim and swim lessons only. They are not to be used in the Recreation Pool. No walking on the pool deck with swim fins.
- ◆ No shoulder rides, dunking, horseplay, or fighting of any kind. (WAC 246-260-131)
- ◆ Food and beverage containers cannot be glass.
- ◆ We are an alcohol, smoking, drug, and weapon free facility.
- ◆ Patrons who are ill, have an eye infection or open wounds, OR has/had diarrhea and/or vomiting within the last 2 weeks, OR has other communicable diseases are prohibited from using the pool. (WAC 246-260-131)
- ◆ Patrons with seizure, heart, or circulatory problems should not swim alone. (WAC 246-260-131)

ALL LIFEGUARD DECISIONS ARE FINAL! ANYONE FAILING TO ADHERE TO THESE RULES IS SUBJECT TO REMOVAL FROM THE FACILITY!

Waivers and MIF's

Because we are a city run facility, we are required by our insurance carrier to have enrollment waivers signed for each participant. Every change in enrollment will require another signature. Medical Information Forms (MIF's) are completed every Fall, or when a new student is enrolled in our program.

Parent/Child and Puddle Jumpers

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. *Caregiver attendance is required.*



PC Goldfish: 6-18 months

Length: 25-30 minutes



PC Clownfish: 19-36 months

Length: 25-30 minutes

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. *Caregiver attendance is required.*



PJ Starfish: 2-3 years (Designed for children who are ready to transition to lessons with limited parental supervision. Must complete Tadpole skills and be ready for Turtle.)



PJ Seal: 3-4 years (Designed for the cautious child who needs the reassurance of the parent.)

Preschool, Kindergarten & Regular Swim Lesson



**Tadpole and
PS Tadpole -**
Introduction & Water
Adjustment
Instructor/Student
Ratio: 1:5

Length: PS Tadpole 25-35
minutes, Tadpole 35-45 min
This class is designed for the
child with little or no water
experience and limited comfort.

Also accommodates those students who will not get their face wet or have never been in a small group program. Students will work on: breath control, front and back floats, water comfort, and pool rules and safety.



PS Turtle and Turtle – Body Position

Instructor/Student Ratio: 1:5

Length: PS Turtle 25-35 minutes, Turtle 35-45 minutes

A beginning class in which students continue to gain comfort in the water while learning proper body position for future swimming and stroke work. Students will work on: front and back floats, front, back, left, and right streamline position, straight leg kicking, beginning alternate arms, rhythmic breathing, how to call 911, and lifejacket safety.



**PS Frog, K Frog and Frog – Mobility/Beginning
Endurance**

Instructor/Student Ratio: 1:5

Length: PS Frog 25 – 35 minutes, K Frog and Frog 35-45 minutes

Our middle level for beginner swimmers. Students are introduced to small distance endurance swimming while learning coordination and proper technique for front and back swimming. Students will work on: front and back crawl repetition, over-arm recovery, rhythmic breathing with front stroke, elementary backstroke arms with flutter kick, and safety.



PS Gator, K Gator, and Gator – Stroke Improvement

Instructor/Student Ratio: 1:6

Length: PS Gator 25-35 minutes, K Gator. Gator 35-45 minutes

A level where the students improve the strokes of front and back crawl. All skill components are emphasized (body position, arms, kicks, and breathing/timing). Endurance swimming is encouraged as swimmer's strength develops. Students will work on: over arm recovery for front and back crawl, rotary breathing, life jacket safety, and the combined stroke for front and back crawl.



Seahorse – Stroke Perfection

Instructor/Student Ratio: 1:6

Length: Seahorse 35-45 minutes

Building upon the endurance and skills learned in the previous levels, students will perfect the strokes of front and back crawl. Coordination of arms, legs, and breathing will be emphasized.

Students will work on: over arm recovery for front and back crawl, bilateral breathing, treading water, elementary backstroke (introduction) and master combined stroke for front and back crawl.



Trout – Advance Stroke Kicks

Instructor/Student Ratio: 1:6

Length: 45-55 minutes

A swim level dedicated to advanced stroke kicks. Students will utilize previous strokes for endurance and warm up. Students will work on: elementary back stroke, sidestroke, breaststroke and butterfly kicks, endurance swimming with front and back crawl, elementary backstroke coordination, left/right and forward/backwards differential for lower body, treading water, and what to do for an unconscious victim.



Salmon – Advanced Stroke Refinement

Instructor/Student Ratio: 1:8

Length: 45-55 minutes

Utilizing the kicks learned in the previous level, students will develop the entire stroke including arms, legs, body position, and breathing. Students will work on: front crawl and back crawl (100 yards), elementary backstroke (50 yards), breast stroke and side stroke coordination, introduction to butterfly, treading water using different kicks, and a review of all safety skills.





Swordfish-Competitive Stroke Introduction and Refinement

Instructor / Student Ratio: 1:8

Length: 45-55 minutes

The last level of swimming designed to build and promote a lifelong love of swimming. The Butterfly stroke will be reviewed and mastered. All other strokes will be refined. Students will work on: endurance swimming, breast stroke undulation, butterfly rhythm and stroke, lifeguard rescue techniques, introduce touch and flip turns, and treading water with the brick.



Dolphin-Pre competition

Length: 75-90 minutes

This is a non-level class emphasizing swim team preparation. Topics and skills to be covered are swim team 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.

Special Lessons

Adult/Teen Swim Lessons

Length: 30 minutes

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 skill level. Minimum age of 12 years. (30 minutes)

Adult/Youth Private/Semi-Private

Length 30-45 minutes

Does your child seem stuck at one level? Do they like a specific instructor? Would you like to see them progress through the skills at a faster pace? Do you have a busy schedule, but still want lessons? Our caring and compassionate instructor will assist you or your child in setting and meeting your personal swimming goals.

Private lesson instructors are endorsed by management as being “the best of the best.” In addition, they consistently receive excellent reviews from their group lesson participants and parents. Scheduled by appointment. See information desk or on-line at www.pullman-wa.gov/aquatics for questionnaire.



Home School PE Program

Length: 2 hours

We are proud to offer a program to fit the needs of home school children and their parents. This program will offer a swim lesson component as well as play time during mid-day. Students will be divided into appropriate swim levels on the first day. Supervision policy applies. All those participating in recreational swim (who are not enrolled in a program) must use their membership card or pay the daily admission fee.

Healthy Families

Length: 1.5 hours

Healthy families begin with healthy adults and 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. Caregivers must scan membership card or pay daily admission fee.



Registration Information

- ♦ Swim screenings are required for participants not currently enrolled in our program. All children must be screened prior to enrollment
- ♦ Registration from one session to the next is not automatic and openings in a particular class are not guaranteed.
- ♦ Enrollment in PAFC classes is offered on a first-come, first-served basis. Waitlists are established for all filled classes. Our goal is 100% accommodation of all waitlists. If openings develop, prior to program readjustments, they will be filled in order of position from the waitlists. Once readjustment periods begin, the waitlist becomes a general interest list only. As PAFC adds and readjusts sessions, 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 MW and TuTh programs are made after 3:00 pm on the Friday before the session begins. Accommodations and changes for Saturday programs are made after 3:00 pm the Thursday before the session begins.
- ♦ Instructor requests are considered but are not guaranteed (including gender).
- ♦ Students must be registered in the class level recommended by the instructor. The Head Guard for Lessons' approval is required to change levels.
- ♦ Classes will be prorated after the 2nd week of each session. Late enrollment will be accepted up to the middle of the session.
- ♦ Enroll early as PAFC management reserves the right to combine and adjust classes with low enrollment. 21



Frequently Asked Questions: Swim Lessons

Can I, as a caregiver, leave during lessons?

Caregivers are encouraged to do what they believe is best for their child. Many caregivers feel that their child will learn better when they are not present. You are welcome to exercise, run errands, or sit on deck. As a courtesy, if you are not in the pool area, please let the instructor know how to reach you.

Should I be concerned if my child needs to repeat the level they are enrolled in?

No, it is very common for children to repeat a level. Each child is unique and will complete the levels at his/her own pace. Repetition of a level allows for mastery of a skill, and is an important step before moving ahead. If a child was enrolled in our program for 1 class per week for a year, a reasonable expectation is that they would complete 1 level per year. Equally important is how often a child is able to play without the structure of a lesson.

My child was adjusted down a level – have they failed?

No, children cannot fail swim lessons, every child improves. As a child develops physically, they may need to “relearn” a skill as they “relearn” how their body moves in the water. Often, with a few classes the child has mastered the forgotten skill. If necessary, we can adjust the child’s level and enroll them in a more appropriate class. We offer free swim screenings to help caregivers appropriately place their child in a level. We recommend skill screenings whenever a child has been out of swim lessons for 2 months or longer. As with any other skill, mastery takes practice. At times, a child can master the skill, and a few months later they will need to review the skill.

How can I help my child progress through the levels?

PLAY, play, play. Children learn best through play, and play with a caregiver is very important. When a child is encouraged to have fun, lessons no longer seem like work. Your child's instructor will be offering feedback after every lesson. Please ask for specific things that your child can work on. Many of these simple "homework" assignments can be completed without water. For instance, stretching into streamline position, practicing breathing, and holding their breath. Others, such as blowing bubbles and kicking can be practiced in the bathtub or wading pool. Encouraging each little milestone will help your child reach the big milestones that will move them to the next level.

How we schedule our swim lessons?

We currently offer classes on Monday/Wednesday, Tuesday/Thursday and Saturday. Sessions are offered with various lengths, typically with 2 MW sessions per TuTh or Sat session. In general, we offer 1 winter session before spring break, two spring sessions before June, and one Fall session. Two summer sessions are offered in the evenings (MW or TuTh) or two week long sessions are offered for most of the weeks during the summer.

When can I enroll my child into the next session?

We accept ongoing enrollment for all sessions. The Parks & Recreation Program Guide will list the first day of enrollment for all published sessions. The Winter, Spring, and Fall sessions have similar class layouts. If you look in the current guide, you will have a general idea of when classes will be offered in the future. Summer evening lessons also follow a similar schedule. We also accept late enrollment through the mid point of each session, and will prorate enrollment fees after the second week.

What is the fee structure for lessons and why is it different every session?

All swim lessons are based on \$7.25/instruction hour. Preschool lessons are 25-35 minutes, beginning levels are 35-45 minutes, and advanced levels are 45-55 minutes. We do not charge for pre-determined canceled classes (swim meets or other rentals.) The session fee is calculated based on the amount of class meetings and the length of the lesson.

When can my child have a make-up lesson?

We reschedule lessons that have been canceled due to weather or facility problems. Instructors will notify you of the rescheduled classes. Typically, weekday classes are rescheduled for the Friday a week following the canceled lesson.

We do not offer make-up lessons for participants who have missed a lesson. Our instructors develop a lesson plan based on the individual needs of their students. In addition, we closely monitor our teacher to student ratio. Most of our classes are full, and the addition of students making-up a class would affect the entire class.

We do permit Parent/Child participants to attend additional classes or make-up missed classes when the classes are not full. Additional classes are charged a drop-in fee, and make-ups are offered only when space is available.

When are swim lessons cancelled?

All programs are cancelled when a Pullman High School swim meet is scheduled. By cancelling all classes on meet days, the schedule and price reflected in the Parks & Recreation brochure.

In addition, we may cancel due to weather conditions, such as thunder and lightning or other severe weather. In the event of thunder and lightning the pool will close for 30 minutes from the last flash of lightning or bang of thunder. Weather decisions are made for 2-4 hour time blocks, when possible our employees will notify you of unplanned program cancellations

To check program cancellation due to weather conditions, call the Parks & Recreation Rain-out line at 334-3131 or PAFC 338-3290, you may also check the City web site at www.pullman-wa.gov/recreation.



Frequently Asked Questions: Pool and Locker Room

Why do I need to shower before entering the pool?

Showers are required by state code to ensure the cleanliness of the bathers and the pool. In addition, when your skin and hair absorbs fresh water, it cannot absorb chlorinated water, thus ensuring that you keep your hair and skin in great shape.

I smell like the pool when I go home – how can I prevent this?

Start by taking a shower before entering the pool. Chlorine has 2 roles in a pool. The first is to disinfect, a job easily done by very little chlorine. Its second job is to oxidize “stuff” in the water. This stuff is anything added to the water such as sweat, deodorant, body lotion and dirt. If you have not showered and stuff is still on your body, chlorine is very effective at causing a chemical reaction on your skin, thus ensuring that the added stuff is removed. When chlorine does its job well, a compound called combined chlorine or chloramines results. When you “smell a pool” or “smell chlorine”, you’re actually smelling chlorine combined with ammonia. A perfectly maintained pool will have no smell at all.

Why are the locker rooms cold and how do I keep warm when changing?

When you are wet, your body is very sensitive to temperature. The pool area is kept at 85 degrees, slightly higher than the multipurpose pool. Our locker rooms are maintained at 78 degrees, typically warmer than your own home.

As an example, when you take a bath or shower at home, most people steam up the bathroom. When you first remove the shower curtain or open the shower door, you are met with a cool blast. After you’ve dried off, you open the bathroom door to

another cool blast. At each step our bodies need to readjust to the temperature. The environment at the pool is exactly the same. In order to keep you and your family warm we suggest the following:

- ◆ have plenty of towels for everyone – at least 1 between the locker room and pool and another to dry with before getting dressed
- ◆ wear shoes – the pool deck is cold concrete. Sandals, slippers or other shoes make walking more comfortable
- ◆ put hats on your heads—heat escapes very rapidly from our head. By covering the head with a hat while getting dressed, body warmth can start
- ◆ layer clothes – wear layers until your body is warm, hats and socks are very important

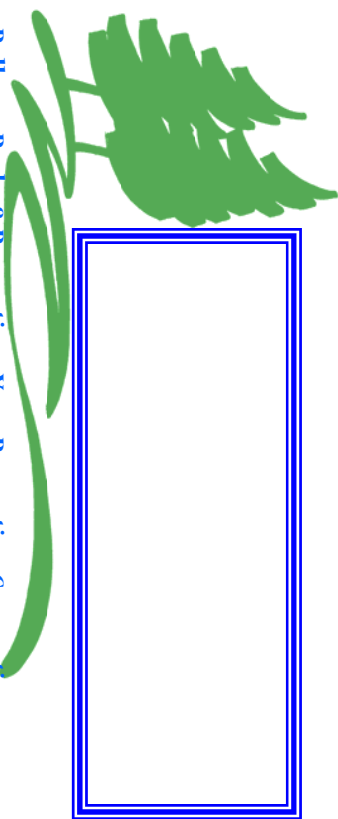
My swimsuit keeps wearing out, what can I do to prevent this?

Fabric wears when water “swooshes” in and out of the suit, so a tight suit is necessary. When absorbed with fresh water, the fabric will naturally repel chlorinated water, so showers are very important. The elasticity of the fabric will be preserved if a suit is not left in a wet ball, rolled into a wet towel or rung out to dry faster. Ideal maintenance of a suit consists of a tight fit, fresh water rinse before and after use and hanging to dry immediately.

Why is the pool closed during thunder and lightning?

Indoor pools and other structures are built to withstand sudden jolts of electricity, a process known as grounding. These incidental jolts of electricity are minor compared to the millions of volts that result when lightning strikes. We've always been told not to take a bath or shower, use the sink, or talk on the phone during an electrical storm. All of these have been documented ways that people have been struck by lightening. If lightning was to strike our building or anything connected to the building, the pool and locker rooms would become “one big bathroom”. As a precaution, we close the pools and locker rooms 30 minutes from the last flash of lightning or last bang of thunder.

Pullman Aquatic & Fitness Center
City of Pullman, Parks & Recreation
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Pullman Parks & Recreation...Your Recreation Connection