

Pullman Aquatic & Fitness Center

Thank You Pullman! Celebrating over 11 years of Making Family Fitness Fun! We've grown a faithful following of card carrying members over the last 11 years. Our Aquatic & Fitness Center features a 25-yard multipurpose pool and a 92-degree recreation pool with children's play area. In addition, we have a fitness room with elliptical machines, treadmills, recumbent bicycles, free weights, exercise and medicine balls, mats, and more. The pools at Reaney Park include diving boards, shallow children's area, and plenty of space to float and play. With an annual membership, you have full use of the Aquatic Center and Reaney Pool.

PAFC Memberships

- ☐ 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.
- ☐ Annual membership includes summer entrance to Reaney Pool.
- ☐ 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.
- ☐ Annual Members receive a 10% Discount on Yogatopia Fitness Programs when registered within the first two weeks of each session.

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 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.

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

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.

Monthly:	\$20
Quarterly:	\$44
Annual:	\$125

Fitness Room & Information Desk Hours

March 19-June 15

M-F 6:00am-9:00pm
SaSu 2:00-6:00pm

June 16-Aug 19

M-F 6:00am-12:00pm,
..... 5:15-9:00pm
SaSu Closed

Special Schedules at PAFC:

F April 6 Underwater Egg Hunt (Family Event)
Su April 8 CLOSED
W April 11 Tube Time 1:00-5:00pm
F April 20 open until 10pm
Sa April 21 April Pool's Day 3:00-6:00pm, no lap swim
W May 2 Tube Time 1:00-5:00pm
F May 4 open until 10pm
F May 18 open until 10pm
M May 28 CLOSED
F Jun 1 May 28 makeup lesson
F Jun 8 Open until 10:00pm*
F Jun 22 Open until 10:00pm*
W Jul 4 CLOSED
F Jul 6 Jul 4 makeup lesson
F Jul 13 Open until 10:00pm*
F Jul 20 Open until 10:00pm*
F Aug 3 Open until 10:00pm*
M-W Aug 20-22 CLOSED
M Sept 3 CLOSED
*Open Late for Special Event (Splash-'N-Dash)

May Membership Promotion!
20% off all Annual Memberships



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)
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 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.



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 is enrolled by Wednesday at 5:00pm. Pick-up when you sign your child into the program.

Fridays.....Apr 20, May 4, May 18, June 8, 22, July 13, 20, Aug 3, 24
6:00-10:00pm - \$15 ea

Min 3/Max 30

2.5 years 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.

April Pool's Day

Sat., April 21 - 3:00-6:00pm

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!

Wibit:

until June 14

The Wibit will be in the pool on Splash 'N' Dash nights and during Afternoon D-Lite! Special Event Supervision Policy Applies: see individual events for specific policies.

\$5 special event fee or membership passes accepted.

School's Out...Tubes In

Open recreation in both pools.

Tubes and boats will be available to float in.

W.....Apr 11.....1:00-5:00pm
W.....May 2.....1:00-5:00pm
Tu-Th.....Jun 12-14.....1:00-5:00pm
Membership/Free Passes accepted.
Supervision Policy applies.

PAFC and 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.
- ☐ 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.
- ☐ 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



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.

PAFC - Pool Schedule

Facility Closed to Public		June 15- August 19															
Closed for Lessons		Recreational Pool								Multi-Purpose Pool							
	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa			
6:00am	PAFC Available for Rental	OPEN - 6:00-9:00 Shared w/lessons - 8:00-9:00						PAFC Available for Rental	<div><div>WEX Shared 6:00-7:00</div><div>WEX Shared 6:00-7:00</div></div> LAP 6:00-8:00						PAFC Available for Rental		
6:30																	
7:00																	
7:30																	
8:00																	
8:30																	
9:00		LESSONS - M-F -9:00-12:00							LAP/WEX/LESSONS - 8:00-9:00								
9:30																	
10:00																	
10:30		ARTHRITIS - M-TH- 11:00-12:00							LAP/LESSONS - 9:00-12:00								
11:00																	
11:30																	
12:00pm		PAFC CLOSED - 12:00-5:15 PAFC Available for Rent							PAFC CLOSED - 12:00-5:15 PAFC Available for Rent								
12:30																	
1:00																	
1:30	<div><div>Fitness Room</div><div>Summer Hours</div><div>June 11-August 19</div><div>M-F morning - 6:00am-12:00pm</div><div>M-F evening - 5:15-9:00pm</div></div>						<div><div>Reaney Pool</div><div>Summer Hours</div><div>June 15-August 22</div><div>Open Daily: 1:00-7:00pm</div><div>Summer Fun Starts Here!</div></div>										
2:00																	
2:30																	
3:00																	
3:30																	
4:00																	
4:30																	
5:00	LESSONS - 5:15-7:00				OPEN 5:15-9:00		LAP 5:15-9:00	LAP 5:15-9:00	LAP 5:15-9:00	LAP 5:15-9:00	LAP/ OPEN 5:15-9:00						
5:30							LESSONS 5:15-9:00	LESSONS 5:15-9:00	LESSONS 5:15-9:00	LESSONS 5:15-9:00							
6:00							Team 7:00-8:30 (4 lanes)	Team 7:00-8:30 (4 lanes)	Team 7:00-8:30 (4 lanes)	Team 7:00-8:30 (4 lanes)							
6:30	OPEN - 7:00-9:00																
7:00																	
7:30																	
8:00																	
8:30																	
9:00																	



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.

Reaney Pool will be closed when the weather predicts or has two of the following:

- ⇒ Air temperature below 70 degrees
- ⇒ Winds greater than 10 mph
- ⇒ Precipitation of any kind

Decisions regarding Reaney operating hours are made at 12:00pm (for a 1:00pm opening) and 3:00pm (for a 4:00pm opening).

Important Information:

☐ Swim screenings are required for participants not currently enrolled in our program. Call 509-338-3290 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 8 wks.

☐ Summer sessions are MW or TuTh for 5 wks, and MTuWTh for 2 wks.

☐ 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. All persons participating in recreational swim must pay the daily admission fee or use their membership card before entering the pools. During summer, evening and weekend lessons there is no recreational swim, therefore no children are allowed in the pool without their instructor present.

How do I register my child?

☐ The questions on page 33 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 or evening programs.

Waitlist Information

☐ 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 MW or TuTh and MTuWTh programs are made after 3:00pm on the Fri before the session begins.

Swim Lessons

Teaching the Palouse how to swim and stay water safe for over 10 years! Swim lessons at the Pullman Aquatic & Fitness Center (PAFC) 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!

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

Sa Mar 24-May 12 ..10:00-10:30am ..\$36

M Mar 19-June 4 ...6:00-6:30pm.....\$54

F Mar 23-June 8 ...10:00-10:30am ..\$54

M Jun 11-Aug 13 ...6:00-6:30pm.....\$45

F Jun 15-Aug 17 ...10:00-10:30am ..\$45

PC Clownfish

19-36 mo, caregiver participation required

Drop-In \$6.75

Sa Mar 24-May 12 ..10:30-11:00am ..\$36

M Mar 19-June 4 ...6:30-7:00pm.....\$54

F Mar 23-June 8 ...10:30-11:00am ..\$54

M Jun 11-Aug 13 ...6:30-7:00pm.....\$45

F Jun 15-Aug 17 ...10:30-11:00am ..\$45

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 33)

Sa Mar 24-May 12 ..11:00-11:30am ..\$36

W Mar 21-Jun 66:00-6:30pm.....\$54

F Mar 23-Jun 89:30-10:00am\$54

W Jun 13-Aug 15 ...6:00-6:30pm.....\$45

F Jun 15-Aug 17 ...9:30-10:00am\$45

PJ Seal

3-4 yrs old, who needs the reassurance of an adult. Caregiver participation required (See PS Tadpole description on pg 33)

Sa Mar 24-May 12 . 11:30am-12:00pm. \$36

W Mar 21-Jun 6 6:30-7:00pm \$54

W Jun 13-Aug 15 .. 6:30-7:00pm \$45

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














With a PAFC Annual Membership, participants receive a 25% discount!

PAFC - Swim Lessons



How do I register my child?

The questions on page 31 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 or evening programs.

	MW 4 Wks-8 classes		TuTh 6 wks-12 classes		M-Th 2 Wks-8 classes		MW 5 wks-10 classes		TuTh 5 wks-10 classes	
	Apr 16-May 9 May 14-Jun 6		May 1-Jun 7		Jun 13-Jun 22 wk 1 W-F/wk 2 M-F Jun 25-Jul 6 No class: Jul 4, class Jul 6 July 9-Jul 19 Jul 23-Aug 2 Aug 6-Aug 16		Jun 11-Jul 11 No class: Jul 4, class Jul 6 Jul 16-Aug 15		Jun 12-Jul 12 Jul 17-Aug 16	
	Time	Fee	Time	Fee	Time	Fee	Time	Fee	Time	Fee
 PS Tadpole	9:00am 1:00pm 6:25pm	\$36	9:35am 1:35pm 5:15pm	\$54	9:00am	\$36	6:25pm	\$45	5:15pm	\$45
 PS Turtle	9:35am 1:35pm 5:50pm	\$36	9:00am 1:00pm 5:50pm	\$54	9:05am 9:35am 10:25am	\$36	5:50pm	\$45	5:50pm	\$45
 PS Frog/ PS Gator	10:10am 2:10pm 5:15pm	\$36	10:10am 2:10pm 6:25pm	\$54	10:10am	\$36	5:15pm	\$45	6:25pm	\$45
 Tadpole	5:15pm	\$48	6:00pm	\$71	9:10am	\$48	5:15pm	\$59	6:00pm	\$59
 Turtle	5:15pm	\$48	5:15pm	\$71	9:00am 9:45am 10:45am	\$48	5:15pm	\$59	5:15pm	\$59
 K Frog	9:45am 1:00pm	\$48	9:00am 1:45pm	\$71	-	-	-	-	-	-
 Frog	6:10pm	\$48	5:15pm 6:10pm	\$71	9:15am 10:30am	\$48	6:10pm	\$59	5:15pm 6:10pm	\$59
 K Gator	9:00am 1:45pm	\$48	9:45am 1:00pm	\$71	-	-	-	-	-	-
 Gator	6:00pm	\$48	5:15pm	\$71	9:20am 10:00am	\$48	6:00pm	\$59	5:15pm	\$59
 Seahorse	5:15pm	\$48	6:00pm	\$71	9:40am	\$48	5:15pm	\$59	6:00pm	\$59
 Trout	6:10pm	\$60	5:15pm	\$90	9:55am	\$60	6:00pm	\$59	5:15pm	\$59
 Salmon/ Swordfish	5:15pm	\$60	6:10pm	\$90	10:05am	\$60	5:15pm	\$75	6:00pm	\$75
 Dolphin	5:15pm	\$90	5:15pm	\$135	-	-	-	-	-	-

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

PS Tadpole-water adjustment

3-5 yrs

25-35 minutes

Min 3/Max 5

To register: My child has

- ☐ little or no water experience

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

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

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)

Tadpole-water adjustment

35-45 minutes

Min 3/Max 5

To register: My child has

- ☐ little or no water experience

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

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

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)

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

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

Salmon/Swordfish

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

45-55 minutes

Min 3/Max 8

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

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

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.

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

PAFC - Swim Lessons/Programs

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

M..... Mar 19-June 4 ...7:00-7:30pm.....\$54

M..... Jun 11-Aug 13...7:00-7:30pm.....\$45

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 minutes1 student\$25

.....2 students\$31

45 minutes1 student\$38

.....2 students\$47

*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 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 minutes1 student\$25

.....2 students\$31

45 minutes1 student\$38

.....2 students\$47

*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 509-338-3266, for instructor assignment, dates, and times.

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..12.50 per student/hr

*Please fill out a private lesson questionnaire, available at front desk, on-line at www.pullman-wa.gov/recreation_forms or call 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

Dates listed are start dates only

Each session has 4 classes

M..... Apr 16, May 14..9:30-11:00am....\$16

No program May 28 - make-up Friday, Jun 1

Tu..... Apr 17, May 15..9:30-11:00am....\$16

W..... Apr 18, May 16..9:30-11:00am....\$16

Th..... Apr 19, May 17..9:30-11:00am....\$16

Gold Medal Swim Club

Gold Medal Swim Club (GMSCL) was founded in 2002 by Tom Jager in Austin, Texas, and is now serving the Palouse region with a rich swimming heritage. GMSCL is a member of United States Swimming (USA-S), an age group program that is America's largest program of guided fitness activity for children, providing progressive levels of athletic competition. GMSCL is one of 25 teams in Inland Empire Swimming (IES) belonging to the Western Zone. MISSION: Living healthy lifestyles through the sport of competitive swimming. VALUES: Enjoyment, Commitment, Honesty, Trust, Respect, Punctuality, Act Noble and Gracious, Be Kind! OVERALL GOAL: To develop the character traits, technical skills and desire necessary for maximum realization of each individual's potential. To register: contact Dan Lawson, 208-885-0268 or via email at dlawson@uidaho.edu.

Locations: PAFC/UI Swim Center

PAFC M-Th..... 7:00-8:30pm

UI Swim Center: .. M-F4:30-6:00pm

Girls Greyhound Swim Team

Pullman High School Girls Swimming will begin August 20. The PHS swim team has exclusive use of the pool M-F from 3:00-5:15pm and Sa from 7:30-10:00am. On TuTh mornings the team will be using four lanes from 5:30-7:00am. Their practice schedule may adjust pool use at PAFC and Reaney.

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 5-Jun 162:00-8:00pm....\$200

No class: May 26

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.

PAFC

Su..... Apr 1, 22, May 6, 20.....

..... 6:30-8:30pm Free

Reaney

Su..... June 10, 24, July 8, 22, Aug 5, 26.....

..... 7:30-9:30pm Free

**Pioneer Center,
Pullman Aquatic & Fitness Center,
Senior Center will be CLOSED!**

**May 28 - Memorial Day
July 4 - Independence Day
September 3 - Labor Day**

Water Fitness Program

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 on a trial basis if the program session is not full (participant must sign a release before participating in class). Come try us out-you'll like what we have to offer.

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

Family & Friends Water Fitness

Gather six or more friends and enjoy the camaraderie of water fitness training with each other 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 Staff
Location: PAFC pools
30-60 minutes/4 classes min
Scheduled by appointment... \$4 per student/hr
*Please fill out a Family & Friends Lesson Questionnaire available at front desk, on-line at www.pullman-wa.gov/recreation_forms, or call 509-338-3266 for instructor assignment, dates and times.

Weekend Water Warrior

Kick off your week with an intense water workout. This cardio and strength focused class will be balanced with energetic music to help keep you motivated all week.

Instructor: Ky Kamolz
PAFC Multipurpose Pool
Su..... Mar 25-May 20 ..5:00-6:00pm.....\$32
No class: Apr 8
Reaney Pool
Su..... Jun 17-Aug 12...5:00-6:00pm.....\$36

Winding Down

End your day with an invigorating water workout. Various intensity levels will allow all participants to achieve fitness results. Join our fitness instructors in a combination class (shallow and deep water). Program will focus on strengthening the heart and lungs through interval, circuit, and general training.

Instructor: PAFC Staff
PAFC Multipurpose Pool
MW..... Apr 30-Jun 66:00-7:00pm.....\$44
No class: May 28
Reaney Pool
MW..... Jun 18-Aug 13...6:00-7:00pm.....\$36
No class: Jul 4

Early Bird Fitness

Getting off to a rough start in the morning? We can fix that! Join us for an invigorating water fitness program that targets all major muscle groups, cardio vascular health, and enhances your flexibility. Give it a try and start your day the water way! Class passes accepted when a minimum of six students are enrolled by program start date.

Instructor: Ky Kamolz
Location: PAFC pools
TuTh..... May 1-Jun 76:00-7:00am.....\$48
TuTh..... Jun 12-Aug 16...6:00-7:00am.....\$80

Admission to some of the below listed water fitness programs is with the pass system (see chart). Passes are good for six months from the day of purchase. Daily visits can be purchased at the information desk. All classes are ongoing and may be joined at any time. Participants receive a 25% discount on all PAFC programs when they possess an annual membership.

Water Exercise Program Pass Rates

Quantity	Total.....	Per Class
Drop-in		\$5.50
5 Class	\$23.00	\$4.60
10 Class	\$43.00	\$4.30
15 Class	\$60.00	\$4.00
20 Class	\$80.00	\$4.00
25 Class	\$92.50	\$3.70
30 Class	\$111.00	\$3.70
40 Class	\$136.00	\$3.40
50 Class	\$170.00	\$3.40
Card holders from other clubs drop in for \$3.40/class		

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.

Instructor: PAFC Staff
Location: Multipurpose Pool
M-Th ...Ongoing..... 8:00-9:00am.....chart
no class: May 28, Jul 4

Arthritis and 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.

Instructor: Andrea Plotner
Location: Recreation Pool
M-Th Ongoing..... 11:00am-12:00pm...chart
No class: May 28, Jul 4

Reaney Pool WEX Fitness

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. Class passes and drop-ins will be accepted when minimum enrollment meets 6 students.

Location: Reaney Pool
MW..... Jun 18-Aug 15...6:00-7:00pm.....\$68
No class: Jul 4
Su..... Jun 17-Aug 12...5:00-6:00pm.....\$36

PAFC - Fitness Room Training

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?

Let's start with the basics: A PT 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 PT 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 PT can also be someone who designs programs for you to complete on your own.

Aletha Lassiter is 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 Bellydance. (See pages 26) 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.

Trainer hours are personalized with your schedule in mind. Please schedule by appointment through www.schedulicity.com or call 208-310-1279 or e-mail alethalassiter@yahoo.com.

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. 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 be guide the services to be performed in the future. *Clients do not need to dress for exercise.

..... 30 minutes \$25*

*free with purchase or renewal of annual PAFC membership

Fitness Room Orientation

Meet with the trainer to learn how to use the cardio equipment and Tuff Stuff Circuit. Our trainer can answer your questions and help you set realistic fitness goals. *Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

..... 60 minutes..... \$50

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. *Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

..... 60 minutes..... \$50

Yoga Therapy Assessment

This includes 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.

*Clients need to dress in comfortable and breathable clothes.

..... 60 minutes..... \$50

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.

Individual program \$50

Personal Training Session

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

..... 60 minutes..... \$50

One-on-one with the Trainer:

All training sessions must be used within 6 months from purchase

1 session \$50/hr

2-5 sessions (10% discount) \$90-\$225

6-10 sessions (15% discount) \$255-\$425

11-15 sessions (20% discount) \$440-\$600

16-19 sessions (25% discount) \$600-\$713

20 sessions (30% discount) \$700

25 sessions (35% discount) \$813

30 session (40% discount)..... \$900

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.)