



New! Skateboard Clinics

Learn skateboarding basics including: equipment selection and upkeep, park etiquette, basic trick mechanics, and

terminology in a supervised setting. Helmets required, pads optional. Open to all ages! Weather permitting. Fee includes a camp tee-please give size at registration.

Instructor: Mike Kammeyer

Location: Spring Street Skate Park Min 3/Max 12 6+ yrs

Sa..Apr 21, May 5, 19.. 9:00-11:30am \$35

Best of both classes!

Home Alone & Safe Kids

This new program is a fun and entertaining way for your children to learn valuable skills about safety and increasing children's home alone safety awareness. The class will focus on preventing common household, playground, and traffic injuries. Your child will also learn how to stay safe: at home (appropriate telephone protocols, knowledge of first aid procedures, appropriate response to strangers, and in/or around the bathroom, kitchen, and poison); on the playground (safe play, equipment, and sharing); and travel (cars, walking, biking, and school bus) including going to the shopping mall and library.

Instructor: Judi Dunn Gray

Location: Pioneer Center Min 5/Max 20 9+ yrs

Th.....May 17..... 3:30-6:30pm..... \$25

Th.....Jun 14..... 9:00am-12:00pm... \$25

Th.....Aug 16..... 9:00am-12:00pm... \$25

Babysitting Basics

This course will emphasize emergency care and accident prevention. Particular attention will be given to the hazards that could occur at each stage of child development. Child and infant CPR will be taught. This course will include a pretest, final exam, course evaluation, and an entertainment box. Participants will also learn how to negotiate contracts and conduct themselves ethically, reliably, and responsibly. Upon conclusion of this course, participants will receive a certificate of completion. Course booklet and handouts are included. Please bring a snack. Pick-up a homework assignment at time of registration or on the website, www.pullman-wa.gov/recreation/forms. You will need to bring a box to class as part of the homework assignment.

Instructor: Judi Dunn Gray

Location: Pioneer Center Min 5/Max 20 11+ yrs

Sa.....May 19....8:30am-1:30pm.....\$35

Th.....July 12....9:00am-2:00pm.....\$35

New! Free! Cyberbullying

It may seem like cyberbullying is a trivial matter, but for many it's become a serious issue. Parents and kids can help stop cyberbullying by learning more about it. This class provides insight and guidelines to prevent yourself or your child from being victimized by or engaging in online harmful behavior. This class is open to middle school age students and parents.

Instructor: Jill Crump, Alternatives to Violence of the Palouse

Location: Pioneer Center Min 3

W.....May 23..... 5:30-6:30pm.....Free

New! Paintball Informational Meeting

So your child wants to play paintball? Paintball is becoming more popular every day. It is an extremely exciting sport! However, there is a lot of information about how it works and what all is involved. Unless you know somebody that has the knowledge, it can be overwhelming! Allow Mr. M to help you! Mr. M has been playing for over 10 years and wants to talk to parents and youth about the rules of paintball, the equipment, and safe places to play. The Paintball trips are open to youth ages 12-15. Recommended attendance if registering for the Nitehawk Paintball Trips.



Instructor: Mr M (Marlin Mangels)

Location: Pioneer Center

W May 16..... 6:00-7:30pm.....Free

W.....Jul 18 6:00-7:30pm.....Free

New! Nitehawk Paintball Trips

We will be heading out to Nitehawk Paintball in Reardan, Washington for big games (generally around 50 people per side). This is an all-day event. Bring snacks for on the way there/back, a change of clothes, a water bottle, and money for lunch and extra paint. The group will leave the Pioneer Center at 7:30am and return around 6:00pm. Fee includes: admission, escort (supervision), and transportation to Reardan. Parents/Caregivers must sign a participant waiver at time of registration. Highly recommended that you attend the informational meeting prior to the trip.

Instructor: Mr M (Marlin Mangels)

Location: Reardan, WA Min 7/ Max 12 12-15 yrs

Sa May 19..... 7:30am-6:00pm.....\$50

Sa Jul 21 7:30am-6:00pm.....\$50

Sa Aug 18..... 7:30am-6:00pm.....\$50

New! Free! Step Ahead

ProFormance Physical Therapy is offering a free Step Ahead youth clinic for ages 10-15. This will be a comprehensive clinic to include upper and lower extremity coordination, core strength, functional movement assessment, agility, conditioning, and proper warm up and cool down techniques. If you enjoy sports or just outdoor activities this could be the clinic for you! Let us teach you how to engage in fun fitness activities safely! Participants must complete a ProFormance Physical Therapy registration form prior to attending the clinic. For more information call 509-238-9204.

Instructors: Troy Vannucci, MPT/Chelsea Roden, Fitness Coordinator

Location: City Playfields Max 25 10-15 yrs

Sa Jun 1610:00am-12:00pmFree

Register EarlyTo Avoid Disappointment

Nothing cancels a great program quicker than everyone waiting until the last minute to register. Register TODAY!

Tween Scene

Youth Golf Lessons

The 2012 Junior Golf lessons will once again be held at the award winning Palouse Ridge Golf Club practice facility. Lessons will be taught by the professional golf staff at the course. Your child is sure to have FUN and learn all aspects of the game from putting through driving, course rules, and etiquette. Fee includes three days of instruction, snacks each day, and prizes for each participant. If needed, the Palouse Ridge Golf Club will provide golf clubs.

Instructor: Palouse Ridge Golf Club Staff
Location: Palouse Ridge Golf Club Min 4/Max 14
6-11 yrs

W-F..... Jun 13-1512:00-1:30pm....\$40
W-F..... Jun 13-151:30-3:00pm....\$40
Tu-Th Jun 26-2812:00-1:30pm....\$40

12-18 yrs
Tu-Th Jun 26-281:30-3:00pm....\$40
6-18 yrs

W-F..... Aug 1-38:30-10:00am....\$40

New! Free! Building Healthy Relationships

Knowing how to build and maintain healthy friendships and relationships is a lifelong skill that deserves a strong foundation. Along with building strong friendships and relationships, young people need to know how to recognize unhealthy or potentially abusive situations.

This course is divided into five sessions that are designed to raise tweens' awareness of what constitutes healthy and abusive friendships and dating relationships. By the end of the five sessions, participants will be equipped with skills to develop healthy relationships, including positive communication, anger management, and conflict resolution. Each session is facilitated by skilled advocate educators utilizing the theory-based, nationally-recognized Safe Dates abuse prevention curriculum.

Instructor: Alternatives to Violence of the Palouse Staff
Location: Pioneer Center Min 5
Boys/Girls 11-14 yrs
M-F Jun 18-22 10:00am-12:00pm ... Free

Advanced/Teen Tennis Lessons

Teen tennis lessons are offered for all levels of players. Participants must have their own racquets; tennis balls are provided. Fridays are reserved for make-ups due to inclement weather.

Instructor: Ed Anegon, PHS Girls Tennis Coach
Location: Military Hill Tennis Courts Min 5/Max 10
12-18 yrs
M-Th Jun 18-2112:00-1:00pm....\$25
M-Th Jul 9-1912:00-1:00pm....\$49
M-Th Jul 23-Aug 212:00-1:00pm....\$49

New! The Tour-Skate Park Style!

The Tour is a field-trip based camp that will give participants the opportunity to visit local skate parks in neighboring cities and learn a few tricks at each park utilizing their elements! We will start in Pullman at Spring Street Skate Park, then travel to Moscow to visit the Skate Park next to Eggen Youth Center, and last we will travel to Lewiston where we will eat lunch and then hit up the Mt Dew Skate Park operated by Lewiston Parks & Recreation. Skateboarders are required to bring a skateboard and helmet, other protective gear recommended. Bring money for lunch in Lewiston. Drop-off and pick up will be from Spring St Skate Park. Fee includes: escort (supervision), and transportation to Skate Parks.

Instructor: Pullman Parks & Rec Staff
Location: Pullman/Moscow/Lewiston Min 5/Max 13
8-14 yrs
Tu Jun 19 10:00am-4:00pm... \$25

Look for us on
facebook

Pullman Parks & Recreation is on facebook. Receive up to date information on classes, programs, and other events that are happening throughout our department. Be sure to sign-up and become a FAN!

3-on-3 Lentil Festival Hoop Classic

The Pullman Parks & Recreation 3-on-3 Lentil Festival Hoop Classic basketball tournament for boys and girls entering grades 3rd-8th will be held in Reaney Park on Saturday, August 18. Entry forms will be available at the Pioneer Center, 240 SE Dexter St. or online at [www.pullman-wa.gov/recreation, forms](http://www.pullman-wa.gov/recreation_forms) or www.lentilfest.com. **Registration deadline is Friday, August 10.**



14th Annual Lentil Festival Boards & Blades: Skate Competition Sat., August 18

Entry forms are available at:
Pioneer Center, 240 SE Dexter
or online at [www.pullman-wa.gov/recreation, forms](http://www.pullman-wa.gov/recreation_forms)
or www.lentilfest.com



Pullman Junior Golf Club

The Pullman Junior Golf Club provides instruction, rules, etiquette, and practice time on Tuesday mornings from 8:00-11:30am, June 19-August 7 at the Palouse Ridge Golf Club. Boys and girls, ages 8-17 (as of June 19, 2012) are welcome to join. Dues are \$50 and an additional \$5 fee will be paid every Tuesday for instruction and range balls. **Contact Al Sorensen at 334-4141 or 595-8999 for more information.**

Tween Breakaway

The Breakaway programs are the best of the best - our favorite programs from previous years and the programs students have requested again and again! These programs are designed so that you can gather a group of your friends together and head out on an adventure. The programs listed in the Breakaway section are open to "tweens" currently in grades 5th-8th. All activities require a Medical Release Form. Parent and/or guardian must sign one at time of registration. Our most popular activities fill up quickly, so register early!
Min 7/Max 13



Salmon River Rafting for Tweens

Parks & Recreation invites all tweens to join us for a day of whitewater excitement with Salmon River Experience. These specially priced adventures are designed with youth in mind (water toys, games, snacks, and playful guides). Whitewater is an excellent medium for increasing personal attributes of trust, confidence, responsibility and self-esteem. Bring snacks, a change of clothes, lots of sunscreen, and money for dinner. Complete recommended gear list will be provided at time of registration. The group will leave the Pioneer Center at 6:30am-return around 7:00pm. Registration closes one week prior and fees are non-refundable after that time.

Location: Riggins, ID
Th.....Jul 12..... 6:30am-7:00pm \$49

Silverwood & Boulder Beach Water Park

Whether you are lying on the beach at "Big Moose Bay", zipping down "Pioneer Plunge", or cruising down "Timber Terror", you are guaranteed to have FUN! Come with us for a great day at Silverwood Theme Park and Boulder Beach Water Park. Silverwood has over 65 rides and attractions, ranging from roller coasters with insane 65 mph drops to rides built just for the little ones. Don't forget your great attitude! Bring a change of clothes, lots of sunscreen, and money for lunch and dinner, games, and souvenirs. We will leave Pioneer Center at 9:00am-will return to Pullman around 8:00pm. Fee includes: admission, escort-supervision, and transportation to theme park.

Location: Athol, ID
TuJul 31 9:00am-8:00pm.....\$60

New! Raptor Reef Indoor Water Park & Triple Play Fun Park

Summer is right around the corner, are you ready? Maybe the weather isn't ready yet.....that's why we are going indoors! Raptor reef is always a balmy 85 degrees! This giant indoor water park is perfect for all ages and features three giant slides-Prehistoric Plunge, Velociraptor Vortex, and Lost Falls and a wave pool. When it's time to dry off, you'll enjoy bowling, go karts, two miniature golf courses, bumper boats, climbing wall, laser tag and arcade, and video game area. There is also a Pizzeria and Grill for lunch! Bring snacks for on the way/back, a change of clothes, and money for lunch/snacks, games and souvenirs. The group will leave the Pioneer Center at 9:00am-return around 6:00pm. Fee includes: admission, escort-supervision, and transportation to theme park.

Location: Hayden, ID
TuJun 26..... 10:00am-7:00pm... \$55

New! Jump Sky High-The Trampoline Place

Have you seen the commercials for Sky High? Sky High Sports is a unique trampoline fun center. This facility has been designed and created for one purpose: To have FUN! Whether you flip forward or flip backward, you will definitely flip out for Sky High Sports! You can free-bounce and do tricks all day, as long as you like to bounce, Sky High Sports is for you. Unlike home trampolines, this facility is specially designed, spring loaded frame, the landing here has more give. All frames and springs are covered by 2 inch thick safety pads. With 360 degrees of trampoline walls and court supervisors, there's no falling off this trampoline. There are also arcade/video games and you can purchase snacks from the Sky High Café. Bring money for lunch/snacks, games, and souvenirs. The group will leave the Pioneer Center at 10:00am-return around 5:00pm. Fee includes: admission, escort-supervision, and transportation to fun center.

Location: Spokane, WA
Tu Jul 17..... 10:00am-5:00pm... \$30

Splash Down Water Park

Summer is right around the corner, are you ready? Blast down a four story zoomin' flume with the "Cannon Bowl" or ride down the "Spokane Falls" four, 400 ft body slides. Try out the other attractions of "Fast Ball", "Big Squirt", the all new "Splashketball", "Water Wars", and more! Bring dry clothes, a water bottle, along with money for any other attractions, and snacks/meals at the Barefoot Grill and Petey's Surf & Sweet Shop, or bring your own lunch. We will leave Pullman at 10:00am-return to Pullman around 7:00pm. What a great way to end your summer vacation! Fee includes transportation, escort-supervision, and admission to the water park.

Location: Spokane Valley, WA
ThAug 9..... 10:00am-7:00pm... \$40