

General Recreation

New! Training & Nutrition For The Runner

Are you training for a race or want to achieve a faster time? This class is for you! Strategies about training plans, such as long runs, recovery days, tempos, and workouts, will be presented. Particular attention will be placed on injury prevention, including stretching, cross training, and stability shoes. Participants in the class will learn what to expect and how to prepare for their race day. This class will also discuss energy requirements for the active athlete and present strategies to fuel your workouts, including carbohydrate loading, protein intake, and fat requirements. Particular attention will be placed on ideas for eating before, during, and after your trainings and future events.

Instructor: Ashlee Eskelsen*

Location: Pioneer Center

12+ yrs

W..... Apr 11 7:00-9:00pm.....\$5

*The instructor, Ashlee Eskelsen, was a four year varsity cross country and track athlete from WSU. At peak volume, she has run 100 miles a week while attending school and staying healthy. Ashlee has a degree in human nutrition and is now competing in half and full marathons.

Free! Essential Oils

Essential oils are one of the richest sources of antioxidants on the earth. They are natural aromatic compounds found in the seeds, bark, peel, flowers, leaves, roots and other parts of the plant. doTERRA Essential Oils introduces a new standard of purity which enables these oils to be taken internally, applied topically or used aromatically. Come discover what the excitement is all about and learn how to improve and enhance your health with doTERRA essential oils!

Instructor: Angela Zavala

Location: Pioneer Center

Min 5/Max 20

A Mother's Touch

Th..... May 3 6:30-7:30pmFree

Emergency Preparedness for Summer

Th..... Jun 14 6:30-7:30pmFree

Back to School - Keeping Kids Healthy

Th..... Aug 9 6:30-7:30pmFree

Home Winemaking

Join this class and let Stuart Scott, a master winemaker take the mystery out of home winemaking. Upon signing up for the class, you will receive your own copy of a 16 page outline, 'Home Winemaking on a Shoe String'. This original monograph is a simple, clear explanation of winemaking. Emphasis is placed on how to adapt common household items to meet your equipment needs. The written text provided in advance to each student is supplemented by in-class samples/displays of all the equipment and chemicals mentioned in the outline. The class allows you to ask your own question and get answers that really work for you, about the text, equipment, or winemaking in general.

Stuart Scott converted his hobby into Camas Prairie Winery in 1983. Before retiring after 29 years of commercial wine making in 2011, he was Wine Press Northwest Magazines', Idaho Winery of the Year for 2007. Stuart won more than 50 national commercial awards for his wines between 1998 and 2010. He is also a former college and junior college instructor.

Instructor: Stuart Scott

Location: Pioneer Center

Max 15

21+ yrs

Th..... May 10 6:30-9:30pm\$33

Th..... Jun 7 6:30-9:30pm\$33

Free! Identity Theft Protection

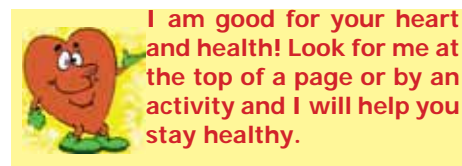
Attention Pullman residents! Identity theft and credit card fraud is an increasingly common crime. Fortunately, there are many preventative measures you can take to reduce the chance of becoming a victim. This course will give you the tools to protect yourself by highlighting the issues around identity theft. You won't want to miss this presentation! Protect yourself!

Instructor: Jill Crump, Alternatives to Violence on the Palouse

Location: Pioneer Center

Min 3

Tu May 22 5:30-6:30pmFree



Dog Obedience

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

Instructor: Denise Waiting

Location: Pioneer Center Min 7/Max 12

Puppy (3-5 months)

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

Tu May 1-Jun 5 6:00-7:00pm\$65

Tu Jun 19-Jul 24 6:00-7:00pm\$65

Basic (6 months+)

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

Tu May 1-Jun 5 7:00-8:00pm\$65

Tu Jun 19-Jul 24 7:00-8:00pm\$65

Advanced

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

Tu May 1-Jun 5 8:00-9:00pm\$65

Tu Jun 19-Jul 24 8:00-9:00pm\$65

General Recreation

New! Freel 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 Junior High 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

Country Western Swing Dancing

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

Instructor: Gabrielle Skeate

Location: Pioneer Center Min 8/Max 20
M..... Apr 30-Jun 11.. 7:00-8:30pm.....\$37
..... Couples.....\$60
No class: May 28

Gardening Fun: Splendid Summer-Long Containers!

Grab your favorite planter(s) and come on out for lots of creative fun and help putting together lovely containers that can look great all season in our unpredictable Palouse summers! The first hour will provide you with helpful tips and instruction on plant selection, planting, and maintenance of your container gardens for sun or shade. In the second hour you'll be free to pick out plants (accessories too, if you wish!) and put together your pot(s) with whatever assistance you need. Bring gloves if desired, and dress for sun or rain--we'll be outdoors part of the time. Hand tools provided. Soil, fertilizer and plants available for purchase at a 15% discount for participants!

Instructor: Monique Slipher

Location: Living in the Garden, 601 Reid Rd., Pullman (just past the 4-mile marker on Highway 27 heading toward Palouse, turn left/ west and go about 1/4 mile)
Min 5/Max 12
Sa..... May 26..... 10:00am-12:00pm. \$10

Palouse Rowing - Summer 2012

WSU Cougar Crew is hosting its seventh summer of Palouse Rowing. This includes programs for beginners as well as experienced rowers, which all meet three times each week. Practices are held two evenings during the week, plus a Saturday morning row. Our boathouse is located at Wawawai Landing on the Snake River. The Learn to Row class is a combination of juniors, age 12-18, and adults of all ages, male and female. The Learn To Row program is three weeks long and allows the beginner to be introduced to all of the basics of the sport, and begin to experience the thrill and challenge of rowing in an 8 person boat all pulling together. Masters Crew is an ongoing summer program for rowers that have various levels of previous experience. Team Camp is our five week program which combines members of Masters Crew with our new teammates from the Learn to Row program who want to keep rowing. Team Camp will offer a steady progression of skills (timing, balance, technique and teamwork) and training. The summer is capped off with our annual regatta between Palouse, Coeur d'Alene, and Spokane! For those who are small in size but would like to fill an important position on our team, coxswains learn to steer and direct their lineup, no experience necessary. Coach Arthur Ericsson directs this program with the support of WSU Men's Crew. Coach Ericsson has been the Head Coach of WSU Cougar Crew for eight years. Please visit www.COUGARCREW.COM for information.

Learn To Row (3 weeks/9 practices)

12+ yrs Min 18/Max 35
Sa..... Jun 9-28 9:15-11:15am
TuTh 5:45-7:45pm\$150
*Participants must pass a basic swim test before beginning the class.

Masters Crew (5 weeks/14 practices)

18+ yrs Min 10/Max 20
MW..... May 30-Jun 27 5:45-7:45pm
Sa 7:00-9:00am\$155
*Some experience required, please contact coach to discuss.

Team Camp (5 weeks/16 practices)

12+ yrs Min 10/Max 24
Sa..... Jul 7-Aug 11 7:00-9:00am
MW 5:45-7:45pm.....\$175
*Masters and Learn To Row participants may register with coach's approval.

Team Coxswain (10 weeks/30 practices)

18+ yrs
MW..... May 30-Aug 11..5:45-7:45pm
Sa 7:00-9:00am.....\$30
*Participants must pass a basic swim test before beginning the class.



Potential BMX Bike Dirt Track

Calling all boys, girls, adults, and groups interested

in developing a local track for bike skills development, recreation, exercise and FUN! Help the Parks & Recreation Department determine the local interest in this concept by completing a short survey. The link may be found on our website at www.pullman-wa.gov/recreation between May 1 -31. For additional information and to be added to an interested party list, contact organizer Scott McBeath at: scott.mcbeath@gmail.com!



National Bike Month Challenge!



May is National Bike Month, so the best way to celebrate is to get on a bike: ride to work, ride to school, ride to the grocery store, or just ride for the sheer joy of being outside.

This event is a fun, healthy, inexpensive and participation is simple. Just register with Pullman Parks & Recreation before April 30th and receive your calendar to track your miles. Throughout May, simply log the miles you ride and turn in your completed calendar by Friday, June 8th to be eligible for prizes and other random drawings!

Have some fun with this event and challenge a friend, challenge your workmates, or even challenge other local businesses, but most importantly get involved!

All ages welcome. To register or for more information call Pullman Parks & Recreation at 338-3227.

General Recreation

Early Childhood Provider & Parent Enrichment Workshops

The series of early childhood provider and parent enrichment workshops are for families and providers working with infants through middle school-age children. Each workshop will provide ideas and delightful activities to begin using with your family! Heather Havey holds a Master's of Education from Boise State University. She has over 20 years experience as a parent educator and is currently the Family Resource and Support Specialist for Gritman Medical Center. With her professional experience as a teacher, parent resource specialist, and child advocate, she has a wealth of information and ideas to share. Workshops are co-sponsored by Whitman/Asotin County Child Care Resource and Referral. STARS hours are provided for teacher and childcare providers.

Instructor: Heather Havey Location: Pioneer Center Min 5/Max 30
Open to parents, teachers, caregivers, and baby-sitters



New! Bullying in Early Childhood

This workshop will discuss effective strategies to help early childhood educators, parents and coaches be prepared with effective strategies when bullying behaviors arise. Successful bullying prevention includes education, preparation, and teamwork. The workshop will use the Eyes on Bullying Toolkit to provide specific insights, strategies, activities, and resources to address bullying. It is designed especially for caregivers, teachers, and parents of preschool and elementary age children. Participants will also receive a copy of "The Bully, The Bullied and The Bystander", by Barbara Coloroso. Strategies and ideas from this book will be presented in the workshop.

Tu Jun 19 6:00-8:00pm.....\$20
(includes book and resource kit)

New! Best For Babies:

Infant care providers this workshop is designed specifically for you! The focus will be on the birth to young two year old classrooms. A look at "best practices" and how to make them happen in your setting. Learn more techniques to enhance your environment, increase effective communication with parents and coworkers, as well as design and implement an amazing infant curriculum!

Tu Jul 17 6:00-8:00pm.....\$20

Happy "New Year":

As teachers and early childhood care providers know the "new year" begins in late August. This workshop is just in time to spark new ideas for setting up your learning environment. Ideas to increase literacy around the room, encourage positive interactions, decrease "runways", use of learning centers, create portfolios, enhance communication, and so much more.

Th Aug 2 6:00-8:00pm..... \$20

Events at the Museum of Art/WSU

Curator's Choice:

Patrick Siler Mural Exhibition

May 17-July 20

This year our summer exhibition will showcase Patrick Siler whose art creates a crossroad where dark and sinister intersects with cool and clever. Siler's recent mural holds a prominent position in downtown Pullman and he completes the third and final panel this summer. The Museum of Art/WSU has the unique opportunity to exhibit the extensive work that goes into the murals as Siler is creating them. Both the sketches and finished drawings will be hanging in the museum, offering students and visitors an insight into the creative process of the artist.

Fine Arts Faculty Focus:

Jo Hockenull

August 20-September 22

Reception: Tues, August 28, 6:00pm

Lecture: 7:00pm

The Museum of Art/WSU has a long-standing tradition of presenting work from the Department of Fine Arts faculty, and we place the exhibition at the beginning of the semester so incoming students are immediately exposed to the talents of the Fine Arts faculty artists. Since 2004, we have alternated large group shows with a bi-annual exhibit showcasing an individual faculty member recently retired. This year the Museum presents an insightful exhibition of talented artist Jo Hockenull.

New! Pullman Kenwa Kai Shito Ryu Summer Karate Camp 🥋

This week long camp will include: Kobudo-do (weapons) for bo (4 or 6 ft.) staff, and perhaps nunchaku (2 short sticks covered in foam material connected with cord); tournament-style sparring (protective equipment required); certain kata (traditional self defense sequence) and their bunkai (modern street technique) chosen by the instructor; and self-defense techniques. Students interested in bo, nunchaku, and sparring will need to provide their own equipment and should confer with instructor Pat Cruver, before ordering. **Please register by June 29** to allow time for ordering/shipping if needed.

Emphasis of the camp will be on fun, with plenty of games to stimulate spirit as well as learning. Students will be required to practice the manners, respect for others, and self-discipline that is always expected by the instructor in his Parks and Recreation classes. Karate uniforms are not required, but if a student has one he/she should wear it. Dress in light, loose-fitting clothing. We plan to will do some activities outdoors, so dress accordingly for the weather.

Location: Pioneer Center Instructor: Pat Cruver Ages: 6+ Min 10/Max 16
M-F July 16-20 1:00-5:00pm \$59

General Recreation

Restorative Yoga and Guided Relaxation

Come practice time-honored relaxation techniques at Summit Therapy & Health Services, in Pullman. You will learn ways to create ease in your mind and body, which can leave you with more energy for all the things you do during the day.

Instructor: Greg Larson, LMP

Location: Summit Therapy, 1620 SE Summit Ct
Min 5/Max 8

Th..... May 31-Jun 28. 5:30-6:15pm..... \$20

New! Free! A Parent's Guide to Teen Dating Safety

As a parent, having discussions with your teens about respect and safety can be difficult to navigate. The types of relationships your teen forms with his or her friends early on, often sets the stage for the types of friendships and dating relationships they will choose later on in life. Join us for a discussion about recognizing the signs of abusive teen relationships and how to help if you suspect a teen is being abused. This session is facilitated by skilled advocate educators utilizing the "Idaho Teen Dating Violence Awareness and Prevention Project Curriculum". Sessions are open to all parents, caregivers, and other adults interested in learning more about this topic.

Location: Pioneer Center

Min 5

Instructor: Alternatives to Violence of the Palouse Staff

Tu..... Jun 12 ...6:00-8:00pm.....Free

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

May 28 - Memorial Day

July 4 - Independence Day

September 3 - Labor Day

Basic Hunter Education

All first-time hunters born after January 1, 1972 are required to show proof that they have successfully completed basic hunter education training prior to purchasing a hunting license. A course will be taught this summer at the Colton Gun Club June 18-30. Classes will be held M-W-F evenings from 7:00-9:30pm along with a field evaluation and range day on Saturday, June 30 from 8:00am-1:30pm. There is no minimum age required to enroll in hunter education, but instructors may require a parent or guardian to attend all classes if students are under 12 years of age. For more information contact Jeremy Lessmann at jlessman@wsu.edu or 509-330-1822. Register online at: my.register-ed.com. Class size is limited to 25 students.

New! Free! In Their Shoes: Teens & Dating Violence

In Their Shoes: Teens and Dating Violence is a training exercise for any group of adults such as parents, teachers, counselors, youth group leaders, or law enforcement. Participants become one of six teen characters. They make choices about "their relationships" and move through the scenario by reading about interactions with their dating partner, family, friends, police, counselors, and others. The teen characters are based on the experiences of real teens and include scenarios of sexting, pregnancy, homophobia, and stalking. The goal of the training is to raise awareness as a community of the dynamics of teen dating violence and provide a community response to help end it on the Palouse.

Location: Pioneer Center

Min 8

Instructor: Alternatives to Violence of the Palouse Staff

W..... Jun 13 ...6:00-8:30pm.....Free

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

New AHA Guidelines: AHA First Aid & CPR Recertification

This class is for people that have the skills, but their certification is expired or near expiration. Classes are with an instructor that will maximize the learning potential of adult learners. Class will cover Basic Pediatric First Aid and Blood Borne Pathogens. Upon completion, each participant will receive an American Heart Association certification good for two years. Length of course depends on class size. All classes meet the standards of OSHA and WA State L&I. Classes are also available for Girl Scouts, Boy Scouts, and individual businesses. We can offer classes on your site or at the Pioneer Center.

Instructor: Judi Dunn Gray

Location: Pioneer Center

Min 3/Max 20

M..... Apr 95:30-8:30pm.....\$35

M..... May 14.....5:30-8:30pm.....\$35

M..... Jun 115:30-8:30pm.....\$35

M..... Jul 95:30-8:30pm.....\$35

M..... Aug 20.....5:30-8:30pm.....\$35

*For Initial Certification for First Aid/CPR, please call Parks & Recreation to set up appointment with instructor.

Rafting Trips

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

Instructor: Salmon River Experience Staff

Location: Meet at Lucille Recreation Site at

9:30am Pacific Daylight Time

Min 8/Max 30

Youth: 8-17 yrs

Su..... Jul 89:30am-4:00pm\$54

Sa..... Aug 4.....9:30am-4:00pm\$54

Adults:

Su..... Jul 89:30am-4:00pm\$65

Sa..... Aug 4.....9:30am-4:00pm\$65

General Recreation

Walk/Run a Marathon!

Do you think that walking/running a marathon is entirely out of your reach? Not with "Walk/Run a Marathon!" Over a period of one month, your cumulative mileage can add up quickly to 26.2 miles and earn you your very own Marathon T-Shirt! This event is a fun and healthy way to keep your summer fitness program going and enjoy the many trails and pathways of the Palouse. We will supply you with a calendar to keep track of your miles and maps of parks and other areas around the Palouse where you can collect your miles.

The Marathon will take place during the month of July. Register with the Parks & Recreation office before June 27th. Completed calendars must be turned in by Wednesday, August 1 in order to receive your T-shirt. Additional prizes will be given away for most logged miles and random drawings!

All ages welcome!

Families are encouraged to walk together

Cost: \$15 ea

Pullman Parks & Recreation
4th Annual

Care-to-Share Fun Run

Running, Jogging, Walking, Talking
Make it a Family Affair!

Saturday, October 6
9:30am

Race distance Options: 5K & 10K

Entry Fee:

Race with T-shirt \$20*

Race with No T-shirt \$10

*Register by Sept 21 to guarantee a shirt on race day
Call 509-338-3227 for the entry form or go to
www.pullman-wa.gov/recreation_forms
Register on-line at www.active.com

4th of July Celebration @ Sunnyside Park

**Join the community
Independence Day
Celebration for
Fireworks & Festivities
which includes a
Barbeque, Cotton Candy,
Sno Cones, Popcorn,
Homemade Pies,
Entertainment by
Professional & Local
Performers throughout
the evening!**

Sponsored by Pullman
Chamber of Commerce &
City of Pullman

NATIONAL LENTIL FESTIVAL AUGUST 17-18, 2012



Friday Night Street Fair
Lentil Pancake Breakfast
Grand Parade
Music & Entertainment
Legendary Lentil Cook-off
Farm Exhibit
Tour de Lentil
Lentil Lane Food Court
Lentil Land Children's Area
Tase T. Lentil 5K Fun Run/Walk
Lentil Festival Marketplace
3-on-3 Basketball Tournament
Boards & Blades Competition



Sponsored By:
Pullman Chamber of Commerce,
City of Pullman, & Washington State University



Scan code for
event info or visit
lentilfest.com