

### 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 6 .....6:00-6:30pm.....	\$54
F ..... Mar 23-Jun 8 .....9:30-10:00am ....	\$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	<del>6:10pm</del>	\$59	5:15pm <del>6:10pm</del>	\$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	<del>6:00pm</del>	<del>\$59</del>	5:15pm	\$59
 Salmon/ Swordfish	5:15pm	\$60	6:10pm	\$90	10:05am	\$60	5:15pm	\$75	<del>6:00pm</del>	\$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 minutes .....1 student .....\$25

.....2 students .....\$31

45 minutes .....1 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](http://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 minutes .....1 student .....\$25

.....2 students .....\$31

45 minutes .....1 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](http://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](http://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

### 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 16 ....2:00-8:00pm....\$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..... Free

#### Reaney

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

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

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

### Gold Medal Swim Club

Gold Medal Swim Club (GMSC) was founded in 2002 by Tom Jager in Austin, Texas, and is now serving the Palouse region with a rich swimming heritage. GMSC 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. GMSC 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](mailto:dlawson@uidaho.edu).

Locations: PAFC/UI Swim Center

PAFC ..... M-Th..... 7:00-8:30pm UI Swim Center: .. M-F .....4:30-6:00pm

### 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.