

**500 NW Larry Street** - ☎ **509-338-3290**



### **Daily Rates**

<b>Age</b>	<b>Rate</b>
0-3	Free
4-17	\$3.75
18-59	\$5.00
60+	\$3.75
Family	\$13.75

Must be 15 and older to be allowed in the Fitness Room.

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Children 7 yrs old and under are REQUIRED to be supervised by a responsible caregiver, 16 yrs old or older.

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We RECOMMEND that children age 8 to 12 years old be supervised by a responsible caregiver 16 yrs old or older.

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All non-swimmers, including those wearing floatation devices, must be supervised by a responsible caregiver.

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Children 7 years and under and/or all non-swimmers wearing floatation devices require 1 caregiver per 5 children.

Welcome to the Pullman Aquatic & Fitness Center! We offer something for everyone. This is the place for family fun and fitness. Our indoor Aquatic Center features a 25-yard multipurpose pool and a 92-degree therapy pool with children's play area. In addition, we have a fitness room with free weights, elliptical machines, treadmills, and recumbent bicycles. Come on in, the water's fine!

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

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

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

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

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

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