

Below you will find the information from our Parks & Recreation Brochure in a reading format. Please

Parks & Recreation Preschool 2012-2013

Preschool is designed for the pre-kindergarten student. Our program provides opportunities for young children to select, explore, and practice a variety of skills in a secure, creative, and stimulating environment. Teachers plan developmentally appropriate activities that promote social/emotional, physical, and cognitive growth. Our curriculum includes language, art, music, math, science, and movement activities implemented into monthly theme-based units. Children gain self-esteem and independence as they are treated with respect and encouraged individually.

Our preschool is open to children 3-5 years of age. We currently offer two classrooms. Student/teacher ratio is 1:10. The 3-4 year old program (younger 4 year olds) is in the morning from 9:00am-12:00pm with the option of attending MWF, TuTh, or M-F. The 4-5 year old (older 4 year olds/pre-K students) can either choose a session in the morning from 9:00am-12:00pm MWF or in the afternoon from 1:00-4:00pm MWF, TuTh, or M-F.

Registration Information:

NEW STUDENTS: registration begins Monday, June 11, at 8:00am for the 2012-2013 school year. Phone registrations will be accepted after 10:00am and mail-in registrations will not be processed until after June 11th. Ages listed will be strictly adhered to. Children must be potty trained by the start of class. Children must be able to separate from parents. You may obtain a Preschool Parent Manual/Brochure from the Pullman Parks & Recreation Department by calling 338-3227, or visit our website at www.pullman-wa.gov/recreation, preschool.

Meet our Instructors:

Jean Overstreet, (Ms Jean) our Preschool and Youth Programmer, serves as the Head Preschool Teacher. She has a B.S. in Child Development and Family Relations from the University of Idaho. After moving to Pullman, Jean served as director of a childcare center. She was hired by the City of Pullman in 1994 and for the past 18 years has been responsible for our program's content and growth.

Marlin Mangels, (Mr M) our Assistant Preschool Teacher, joined our program in 2008. Prior to working for Parks & Recreation, Mr. M taught English in Korea, earned a second degree in Elementary Education from WSU, worked with one year olds in the "PS, I Love You" program for five years, and spent time volunteering in Ms. Jean's room. He is excited to be working with you and your children.

September Preschool dates/fees are as follows:

Ms Jean's Room: Min 7/Max 16

3-4 yrs

MWF Aug 27-Sep 28 9:00am-12:00pm \$168

TuTh Aug 28-Sep 27 9:00am-12:00pm \$120

M-F Aug 27-Sep 28 9:00am-12:00pm \$288

4-5 yrs Min 7/Max 10

MWF Aug 27-Sep 28 1:00-4:00pm \$168

TuTh Aug 28-Sep 27 1:00-4:00pm \$120

M-F Aug 27-Sep 28 1:00-4:00pm \$288

*No class Sep 3

Mr Marlin's (Mr M) Room: Min 7/Max 10

4-5 yrs

MWF Aug 27-Sep 28 9:00am-12:00pm \$168

No class: Sep 3

Art Club

After school Art Club! Fun projects with your favorite mediums. All supplies included in fee.

Instructor: Kerri Kelly

Location: Pioneer Center Min 4/Max 10

K-5th gr

Tu Apr 10-May 15 3:30-5:00pm \$45

W Apr 11-May 16 3:30-5:00pm \$45

Kids in the Kitchen Cooking Series:**"Egg" Stravaganza**

Each month explore different recipes while practicing preparation skills, kitchen safety, and developing healthy habits. Together we will prepare, bake, and cook seasonally appropriate fare. We will sample our creations and send home nibblets for the family!

Instructor: Recreation Staff

Location: Pioneer Center Kitchen Min 6/Max 12

5-9 yrs

W Apr 11 1:00-4:00pm \$28

PSD Collaboration Day: Home Safety: 6-8 yrs old

What do I need to know when I am home? This three-hour program will help children who are home increase their safety awareness. Upon completion of this course, children will be able to identify at least three important points regarding home safety; appropriate telephone protocols, knowledge of first aid procedures, and be able to demonstrate the appropriate response to strangers.

Instructor: Judi Dunn Gray

Location: Pioneer Center Min 5/Max 20

6-8 yrs

W Apr 11 12:30-3:30pm \$25

New! Sign Language for Youth

A "hands on" approach to sign language. Enjoy a brief overview of uses of sign language followed by stations to learn simple signs for basic communication.

Instructor: Heather Havey

Location Pioneer Center Min 5/12

Kindergarten and older

Sa Apr 14 11:30am-12:30pm \$10

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 t-shirt, 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

New! Preschool & Kindergarten Spanish

Children will learn Spanish in a fun and enjoyable way! They will do different activities through use of games, songs, videos, and storytelling. Recent studies show that the longer the period of

exposure and interaction in a second language the greater the likelihood that the child will become fluent in the language.

Instructor: Jessica Suarez

Location: Gladish Community Center, Rm 201 Min 3/Max 22

Preschool-Kindergarten (4-5 yr olds)

MW May 2-30 3:40-4:30pm \$50

No class: May 28

MW Jun 4-27 3:40-4:30pm \$50

MW July 9-30 3:40-4:30pm \$45

Two month registration \$88

Three month registration \$132

*Must register for multi-month discount at the same time.

**If refunds are requested, full value of program applies to remaining months.

Home Alone & Safe Kids: Best of both classes!

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, pullman-wa.gov/recreation, forms and 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 Date! Last Day Hooray!

Blooms galore! We will meet at the Pioneer Center and decorate (decoupage) vases and then take a trip to Sunshine Flowers' U-Pick Garden to gather flowers to arrange into bouquets for our newly created containers.

Instructor: Recreation Staff

Location: Pioneer Center & Sunshine Flowers

Min 6/Max 15

6-10 yrs

Tu Jun 12 1:00-4:00pm \$25

New! Crocheting for Kids!

Mayalisa's Crochet Creations-Mayalisa Bordenkircher has been crocheting for 25 years, with an occasional side trip into knitting land. She recently began designing her own original items, and loves to crochet everything from blankets, sweaters, and children's toys to lace. She enjoys sharing her love of fiber arts with anyone who is interested in learning.

Instructor: Mayalisa Bordenkircher

Location: Pioneer Center Min 4/Max 8

8+ yrs

Beginning Crochet for Kids

Ever see a crocheted or knitted item and thought "wow! I wish I could do that"! Now is your chance to learn! In this class you will learn about choosing yarns and crochet hook sizes, basic stitches, and how to read a pattern. When we are finished, you will have a great pouch to hold your favorite electronic device.

Supplies needed: Size "G" or "H" crochet hook and a plastic yarn needle available at local stores. Yarn will be provided.

MW Jun 18-27 1:30-3:30pm \$29

Crochet for Kids 2: Beyond the Basics

Now that you've learned some basic stitches and how to read a pattern, it's time to learn about how those basic stitches can be mixed and matched to create an interesting fabric. You will also learn about different types of fibers and how they affect your end results. Experience crocheting required.

Supplies needed: Bring two balls of your favorite cotton yarn, along with your size "G" or "H" crochet hook. Supplies available at local stores. Go home with two washcloths or a bath mitt.

M Jul 16-23 1:30-3:30pm \$20

Crochet for Kids 3: Trash to Treasure

If you already know how to crochet, this is a great chance to work with some new materials. Bring a pair of sharp scissors and some scrap fabric* or some colorful plastic grocery bags and get ready to have fun learning how to make these items in a great accessory! We will cut strips and learn how to join them to create "yarn". You will go home with a pattern for a bag you can make from your recycled materials.

Supplies needed: *Total of 1 yard of fabric and can be different styles, it just has to be about 24 inch long minimum. Size "P" hook is also needed.

M Jul 30 1:00-3:30pm \$12

CAMP! Art Club

Come join Art Club Camp at Kruegel Park Art Studio! A week of afternoon art fun! Lots of

projects to choose from in many mediums. All supplies included in fee. Different projects will be discovered each week. Dress for a mess!

Instructor: Kerri Kelly

Location: Kruegel Park Art Studio Min 4/Max 10

5-12 yrs

M-F Jun 18-22 1:30-3:00pm \$42

M-F Jun 25-29 1:30-3:00pm \$42

New! CAMP! Spanish with Art

Children learn Spanish in a fun and enjoyable way. They will do different activities and will be exposed to several techniques such as games, songs, Spanish videos, storytelling, physical, oral and visual exercises to promote and develop listening and speaking skills. The sessions will be integrated with an art program where children will make arts and crafts and learn some dances from Latin America. Children will be in an immersion environment, where Spanish will be used most of the time. This will be combined with second language acquisition techniques. Children will need to bring a lunch for picnic outside (weather permitting).

Instructor: Jessica Suarez

Location: Gladish Community Center, Rm 201 Min 3/Max 22

5-8 yrs

M-Th Jun 18-21 9:00am-12:00pm \$80 M-Th Jun 25-28 9:00am-12:00pm \$80

M-Th Jul 30-Aug 2 9:00am-12:00pm \$80

9-11 yrs

M-Th Jul 9-12 9:00am-12:00pm \$80

M-Th Jul 16-19 9:00am-12:00pm \$80

M-Th Jul 23-26 9:00am-12:00pm \$80

Summer Adventure Camps: "Super Heroes"

Become a "Super Hero" this summer, strengthening your mind and body, as we enjoy eight fun fact-filled weeks! These week-long, half-day camps are designed for campers, ages 3-11 years, who would like to have group fun. The camps are 8:00am-12:00pm daily. Every day there will be a variety of age-appropriate activities including art, music, science, movement activities, and indoor/outdoor play time. There will be weekly visitors and/or field trips based around the theme of each week. A snack will be provided. Each day, campers need to arrive sun-screened, dressed weather appropriately and bring a water bottle labeled with their name. Adventurers: 3-6 yrs

Instructors: Jean Overstreet, Marlin Mangels, Staff

Location: Pioneer Center Min 10/Max 30

*Children must be potty trained and able to separate from a parent

Explorers: 7-11 yrs

Instructor: Summer Day Camp Staff

Location: Pioneer Center/Kruegel Park Art Studio Min 7/Max 18

Super Kids

Get ready for action as we run, jump, and play a variety of sports and games that will enhance our bodies and brains.

M-F Jun 18-22 8:00am-12:00pm \$69

Solar "Stars"

Set your sights high as we "soar" into outer space and spend our days together "star" gazing.

M-F Jun 25-29 8:00am-12:00pm \$69

America's Kids

Be an "American" hero learning about and caring for our natural resources. We will take trips to various gardens, parks, and farms throughout the Pullman area.

M-F Jul 9-13 8:00am-12:00pm \$69

Bat Kids

Go "Batty" this week as we learn about nocturnal animals and their "secret hideouts".

M-F Jul 16-20 8:00am-12:00pm \$69

Spider Kids

Let's "sling" a web of fun as we explore the "underground" world of creepy crawlies!

M-F Jul 23-27 8:00am-12:00pm \$69

Science Kids

Join us in our "Laboratory of Fun"! We will be conducting lots of interesting experiments and who knows what may happen...."Dr. Banner"?

M-F Jul 30-Aug 3 8:00am-12:00pm \$69

Aqua Kids

Make a splash this summer with water activities, games, and experiments. Come sun-screened and bring your suit each day as we will spend time outdoors with water.

M-F Aug 6-10 8:00am-12:00pm \$69

Everyday Heroes

Meet local "Super Heroes" who protect us and make our lives safer! We will learn from and about neighborhood police, firefighters, doctors, lifeguards, and more!

M-F Aug 13-17 8:00am-12:00pm \$69

Palouse Discovery Science Center Summer Camps

Pullman Parks & Recreation in partnership with Palouse Discovery Science Center presents a

variety of summer camps for children in grades 1st-6th. Please advise of any allergies or health concerns when registering. Members will be asked to provide their membership # at time of registration.

Location: Palouse Discovery Science Center, 950 NE Nelson Court, Pullman, WA
Min 4/Max 12

Kitchen Chemistry

Have you heard "Don't try this at home"? Well, you can try it at the PDSC! In this exciting, hands-on summer program, you will be able to solve mysteries, make magical materials and concoctions, and create dramatic chemical reactions—all with ingredients found in your kitchen cupboard at home!

Entering 1st-3rd gr

M-F Jun 18-22 10:00am-12:00pm

Member \$80

Non-member \$90

Jr Detective

Study the puzzling crime scene for evidence and other clues. Discover the power of forensics as you conduct DNA comparison, chromatography, and fingerprinting. Then analyze your results and try to solve the mystery! This thrilling, hands-on "whodunit" will keep all you super sleuths guessing!

Entering 2nd-4th gr

M-F Jul 9-13 10:00am-12:00pm

Member \$80

Non-member \$90

Just Grow It!

How does a seed become a plant? What are the roles of soil, sun, and water in agriculture. We'll investigate these questions and more in this hands-on camp. Campers will take tours of the nature walk, build soil dioramas, plant vegetables, test water for contaminants and cook a meal using local food crops.

Entering 3th-5th gr

M-F Jul 16-20 10:00am-12:00pm

Member \$80

Non-member \$90

Kids in Spaaace

Come join us for a week in space. We'll explore our solar system including the sun, planets, moon and "other" things that are out there in space! We will also learn what it's like to be an astronaut exploring the great beyond. The fun filled week will feature hands-on activities, demonstrations and planetarium experiences.

Entering 4th-6th gr

M-F Jul 23-27 10:00am-12:00pm

Member \$80

Non-member \$90

Robocamp

Your favorite robotic camp is back in action this year and is ready for input! Explore the world of robotics using LEGO Mindstorms and WeDo's. We'll learn how to program these machines so that they can accomplish challenging tasks. And, in the grand finale, we'll have your custom built robots "battle" each other for supremacy!

Entering 4th-6th gr

M-F Jul 30-Aug 3 10:00am-12:00pm

Member \$80

Non-member \$90

Entering 1st-3rd gr

M-F Aug 6-10 10:00am-12:00pm

Member \$80

Non-member \$90

Theatrix Improvisation

It's show time! Students create their own stories for performance. Class includes instruction in basic acting skills through improvisation workshops. Kids have fun incorporating their ideas. Experiences build self-esteem and cooperation skills. We create stories together, rehearse, and perform our shows. Participants should bring a sack lunch.

Instructor: Donna Gwinn

Location: Pioneer Center Min 6 6-15 yrs

The Basics

Learn basic acting improv games and create stories for performance. Students design, create, and perform stories, sets, make-up, and costumes. Audience members are invited to help students learn how to perform together following each workshop, with a final grand performance.

M-F Jun 18-22 10:00am-3:00pm \$65

New! Puppet Theatrix!

Create your characters as puppets and tell stories in a world you design with other students. We'll learn about performance and characterization through the art of puppetry.

M-F Jul 23-27 10:00am-3:00pm \$65

New! Notables Theatrix

Choose your favorite famous person and tell their story! We'll learn together about famous people and how they got to be notables, sharing our interpretations of their lives in our performance.

M-F Aug 13-17 10:00am-3:00pm \$65

"Theatrix' is a great place to get to know people and make new friends. It's probably the greatest place you can go for drama, acting and fun." Ona, age 9

"Theatrix' is about spontaneity. We learn how to accept, not reject ideas not our own and add to them on the spur of the moment. All the plays are entirely done by us-created, acted, all of it." Jonathan, age 15.

"It was awesome! This was just like a backstage pass to a movie set!" Collin, age 8

New! Creative Women & Their Mothers

Bring your mom and together learn about a few women who changed the art world with their work. Try your hand at your own art (like painting portraits of each other). All supplies (and a cup of tea!) provided.

Instructor: Holly Hein

Location: Kruegel Art Studio/Pioneer Center

Min 3 pairs/Max 5 pairs (10 total)

Girls: 9-12 yrs (other ages with instructor's permission)

M-F Jun 25-29 9:30-11:30am \$47/pair

Party in the Park

Join us for a day of picnic fun! Roast hotdogs and marshmallows, play outdoor games, make a craft project, and more! Meet at the Pioneer Center and we will travel together to the park. Drop off and pick up will be at the Pioneer Center

Instructor: Jean Overstreet/Marlin Mangels

Location: Pioneer Center Min 6/Max 16

5-9 yrs

M Jul 2 1:00-4:00pm \$25

CAMP! Hikes, Bikes, & Other Fun!

Join us for a week of outdoor adventures on the Palouse! We will be going on local hikes on Monday, Wednesday, Friday and bicycle rides on Tuesday and Thursday. Helmets are required and other safety gear recommended. Transportation by city staff provided most days. Tuesday drop off and pick up will be at Koppel Farm. Please bring bikes on Tuesday and Thursday and a water bottle each day.

Instructor: Marlin Mangels/Staff

Location: Pioneer Center, Palouse Area Min 6/Max 12

7-11 yrs

M-F Jul 9-13 1:00-4:00pm \$57 *Thur and Fri camp will run 1:00-5:00pm

M-F Jul 16-20 1:00-4:00pm \$57 *Thur and Fri camp will run 1:00-5:00pm

Back by Popular Demand!

CAMP! 5 Days of Fun

Swimming, bowling, ice cream, and much, much more! Sign up now for ultimate fun galore! Come explore Pullman and the surrounding areas together, enjoying a different adventure each

day! Feel free to sign up for one or both sessions! Different activities each week.

Instructor: Recreation Staff

Location: Pioneer Center Min 8/Max 13

7-11 yrs

M-F Jul 23-27 1:00-4:30pm \$60

M-F Aug 13-17 1:00-4:30pm \$60

New! Recycle Camp: Become a Recycling Deputy!

Learn about recycling and the environment through projects, activities, and fun! Create a different project everyday with recyclable materials. All supplies provided. At the completion of the camp, Recycling Deputies will receive a badge and certificate!

Instructor Judi Dunn Gray, Recycling & Waste Reduction Education Coordinator

Location: Pioneer Center Min 5/12

6-10 yrs

M-F Jul 23-27 9:00-11:00am \$25

CAMP! Art in the Park

Take home five new projects this week as we learn some new art techniques and enjoy the sunshine at Kruegel Park. Bring a snack and wear your paint clothes!

Instructor: Holly Hein

Location: Kruegel Park Art Studio Min 5/Max 10

6-10 yrs

M-F Jul 30-Aug 3 9:00-11:30am \$55

PSD Collaboration Days:Open Gym for Youth & Families at Sunnyside Gym

Participants must carry clean tennis shoes into the gym. Families are encouraged to attend and children eight and under must be accompanied by an adult. Basketballs will be provided. Gym will be supervised by Parks & Recreation staff.

April 11, May 2 1:00-3:00pm FREE!

Instructors Wanted!

**We need instructors for our Fall Brochure Season,
August-December!**

Fill out "Instructor Interest Form" found on our web site

www.pullman-wa.gov/recreation, forms, and return it to Parks & Recreation, 240 SE Dexter or call 509-338-3227.

Park & Recreation Fall Brochure will be available August 17th. Registration will begin on August 20th.

Register EarlyTo Avoid Disappointment

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

Register TODAY!

New! □ CAMP! Scott's Bike Camps!

Campers will need to bring a helmet, water bottle, sunscreen, hat, and walking shoes in a backpack with an extra change of clothes.

Instructor: Scott McBeath

Location: Pioneer Center/Reaney Park Min 5/Max 12

6+ yrs

Bike Camp 1

Learn how to tune your bike and learn/improve safe riding skills. Ride with friends and meet new ones with the common interest in the power of peddling. We will make shirts to express your love for bikes as you ride the trails of Pullman. You will need to provide white t-shirt and should have a bike and know how to ride.

M-F Jun 18-22 12:00-5:00pm \$85

Bike Camp 2

Ride from park to park and check out the hidden trails of Pullman. We will cover the back trails of Pullman and maybe make some new ones. Weather permitting, we will stop for cool downs at Reaney Park pool and beaches along the river.

M-F Jun 25-29 12:00-5:00pm \$85

Kids' Fish-In

Saturday, June 9 -Gilchrist Pond

\$10 per Kid - Ages: 5-14 Years Old

Pickup Registration Form up at:

* Pullman Parks and Recreation, 240 SE Dexter, Pullman, WA

or online at www.pullman-wa.gov/recreation, forms

* Call Janet Schmidt, WSU Extension/4-H, 509-397-6290

Send Registration to: WSU Extension/4-H, N.310 Main, Rm 209, Colfax WA 99111

"BUDDY" wants to Travel with YOU this Summer!

Buddy, the cougar cub, loves to travel, but needs your help! Take him with you on your next trip. Buddy 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. Come look over the journal to see where he has been and what he has been up to. When he returns add your pages, with your name and date of activity as well as a destination flag on his travel map. He would love to have a photo taken with you and/or a postcard from the trip destination included with his new page. Buddy may be reserved by calling the Parks & Recreation office Monday-Friday 8:00am-5:00pm, to arrange his next travel date. A \$35 refundable deposit is collected to ensure his safe and timely return.

"Let's Move" Pullman!

Let's Move! is a comprehensive initiative, launched by the First Lady Michelle Obama dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams.

National statistics have shown that nearly one-third of America's children are overweight or obese. They also show one-third of individuals born in the year 2000 or later will suffer from diabetes, while others will experience chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma. Obesity in America has grown from a personal health issue to a national epidemic, and we must take action at the local level.

Join Mayor Glenn Johnson, Pullman Parks & Recreation and other various organizations within Pullman as they combine resources in an effort to improve physical fitness and reduce obesity. Be on the lookout for some programs and activities that will be taking place in Pullman in the upcoming months to address this growing health epidemic. For more information, please call Pullman Parks & Recreation 338-3227.

Dance Dynamics Summer Workshops!

Energetic workshops filled with jazz, tap, hip hop, and more. Great workshops to sample a variety of new styles or brush up on previous dance skills. The programs are for girls and boys! Please wear comfortable clothes, P.E.-style soles (non-marking shoes), and bring a water bottle marked with participants name.

Instructor: Heather Havey

Location: Pioneer Center Min 4/Max 8

3-4 yrs

TuTh Jul 17-26 9:30-10:00am \$20

Preschool & Kindergarten

TuTh Jul 17-26 10:00-10:45am \$26

1st-3rd gr

TuTh Jul 17-26 11:00-11:45am \$26

2nd-4th gr

TuTh Jul 17-26 3:30-4:15pm \$26

4th-6th gr

TuTh Jul 17-26 4:15-5:00pm \$26

Family Fun Dance Series

Have fun moving and grooving with your child. The class will provide ideas you can do at home to include fitness and dance into your family routine.

Toddler Time

2-3 yrs with adult

M Jul 16-30 9:30-10:00am \$20

Baby & Me

Adult & baby: 9 mths-2 yrs

M Jul 16-30 10:30-11:00am \$20

Creative Movement & Dance

Family Style! Children: 4-6 yrs with adult

M Jul 16-30 4:30-5:00pm \$20

Note to Participants' Parents/Guardians:

Due to the limited amount of space in most of our teaching areas, siblings are not allowed to participate in programs unless they are enrolled. This will allow our instructors to continue to provide small student-to-teacher ratios, which make our programs great.

**All gymnastic programs are held at Palouse Empire Gymnastics,
810 N Almon, Moscow**

CAMP! Girls Gymnastics

For girls ages 6-12 yrs. All skill abilities welcome. Come enjoy getting fit while learning to flip! Campers will participate in all of the gymnastics events including vault, bars, beam, floor, and trampoline. Camp T-shirt, craft, and snack provided.

6-12 yrs

Tu-Th Jun 12-14 12:00-3:00pm \$73

Tu-Th Jul 10-12 12:00-3:00pm \$73

Tu-Th Jul 31-Aug 2 12:00-3:00pm \$73

CAMP! Tumbling & Trampoline

For boys and girls ages 6-17 yrs. All skill abilities welcome. Campers will learn flipping and non-flipping skills on Tumble Trak, Trampoline, Mini Tramp and Floor Exercise. A great supplement for cheerleaders, free runners, or martial arts athletes too. Camp T-shirt, craft, and snack provided.

6-17 yrs

Tu-Th Jun 19-21 12:00-3:00pm \$73

Tu-Th Jul 24-26 12:00-3:00pm \$73

Tu-Th Aug 7-9 12:00-3:00pm \$73

CAMP! Girls Rhythmic Gymnastics

For girls ages 6-12 yrs. Come experience the beautiful sport of Rhythmic Gymnastics. We will combine dance and gymnastics while using ball, hoops, ribbons, clubs, and rope. Camp T-shirt, craft, and snack provided.

6-12 yrs

Tu-Th Jun 26-28 12:00-3:00pm \$73

CAMP! Mini Cheer for Girls

For girls ages 5-8 yrs. Cheers, dance routines, stunts, and tumbling are all included in this exciting camp. Camp T-shirt, craft and snack provided. Cheerleaders participating in either session will be invited to march in the Lentil Festival Parade with PEG. Campers must have black workout shorts, white sneakers, and socks for the parade only.

5-8 yrs

Tu-Th Jul 10-12 12:00-3:00pm \$73

Tu-Th Aug 14-16 12:00-3:00pm \$73

Pitch, Hit, & Run! The Major League Baseball "Pitch, Hit, & Run" competition provides youngsters across the country an opportunity to participate in an exciting baseball skills program. This national initiative

gives boys and girls, ages 7-14, the chance to showcase their pitching, hitting, and running abilities. "Pitch, Hit, & Run" is intended to encourage youth participation and emphasize the "FUN" element of baseball. Since there is NO registration fee, everyone has the opportunity to participate. Please pre-register.

Pullman City Playfields.....7-14 yrs...Sat., May 5 at 11:00am

YMCA at WSU Adaptive Athletics for Youth Adaptive Athletics for Youth is a program just for youth in Whitman County with developmental delays.

Open to athletes between the ages of 6-17.

Program will meet Thursdays, March 8-April 26, from 5:30-6:30pm at Sunnyside Elementary School (425 SW Shirley St)

The goal of Youth Adaptive Recreation is to get exercise, make friends, and have fun!

Adaptive recreation differs from other athletic events because it is accessible to anyone, at any ability level. Contact the YMCA at WSU by phone at 509-332-3524 or by e-mail at wsuymca@wsu.edu to register and for more information. We look forward to meeting the athlete in your life!

Registrations will be accepted on a space-available basis. The registration deadline does not guarantee there will still be openings. Requests for placement with a specific coach or particular friend must be made in writing at time of registration and will be considered, but cannot be guaranteed. Participants in team sports (t-ball, rookie league, flag football, soccer, and volleyball) must wear a blue or white shirt for games. A blue/white reversible youth sport shirt may be purchased for \$18 at the Parks & Recreation office at 240 SE Dexter St.

T-ball

Boys and girls will be introduced to this variation of baseball. Instead of hitting a pitched ball, the batter hits the ball from an adjustable tee. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good sportsmanship. Participants should have their own baseball glove. Fee includes a hat.

Location: Lincoln Middle School Min 18/Max 72

Current Pre-K (5 yrs)-Kindergarten

MW May 7-Jun 20 6:00-7:00pm \$35

No practice or games: May 28

Rookie League

Boys and girls will be introduced to hitting from a coach-pitched ball. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good

sportsmanship. Participants should have their own baseball glove. Fee includes hat.

Location: Lincoln Middle School Min 18/Max 72

Current 1st-2nd gr

TuTh May 8-Jun 21 6:00-7:00pm \$35

No practice or games: May 29

Girls' Softball

Practices and games begin in late April/early May and the season ends with a tournament June 22-23. Participants will be contacted with the start date. Games are on weekday evenings and parents must help with out-of-town carpooling to games in Moscow, and towns in Latah and Whitman counties. Attention Parents! If you are interested in helping out with the girls' softball program, please call Kurt Dahmen at 338-3225 or e-mail to Kurt.Dahmen@Pullman-Wa.gov. Team t-shirt included in fee. Register taken until teams are filled.

Location: PHS Softball Field

Current 3rd-5th gr (Jr) (First Practice TBA)..\$55

Current 6th-8th gr (Sr) (First Practice TBA)..\$55

Start Smart Sports Development Program

Start Smart is an instructional program that prepares children for the world of organized sports without the threat of competition or the fear of getting hurt. Parents work one-on-one with their children in a supportive environment to learn all of the basic skills such as throwing, catching, kicking, and batting. Specialized Start Smart equipment (Koosh Ball products) will be provided. Please wear clothing and shoes appropriate for exercise. This is an activity for the beginner child with little or no sports experience.

Location: Sunnyside Elem Gym/Playfield

Min 7/Max 16

3-5 yrs, parent/guardian participation required

Th May 10-Jun 14 6:00-6:45pm \$25

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 13-15 12:00-1:30pm \$40

W-F Jun 13-15 1:30-3:00pm \$40 Tu-Th Jun 26-28 12:00-1:30pm \$40

12-18 yrs

Tu-Th Jun 26-28 1:30-3:00pm \$40

6-18 yrs

W-F Aug 1-3 8:30-10:00am \$40

CAMP!☐ Pee Wee Sports

An instructional sports program for young children. This is a camp emphasizing beginning skill instruction, teamwork, sportsmanship, and fun! Five different activities will be focused on during these two fun-filled weeks. Each participant will receive a camp t-shirt.

Schedule of activities:

Jun 18 Soccer at LMS

Jun 20 Basketball at Sunnyside Gym

Jun 22 Track & Field at LMS

Jun 25 Track & Field at Zeppoz

Jun 27 T-Ball at LMS

Jun 29 Sports Carnival at LMS

Min 15/Max 40

3-4.5 yrs*

MWF Jun 18-29 3:00-3:55pm \$28

4.5-7 yrs*

MWF Jun 18-29 4:05-5:00pm \$28

*Participants must be of age by the start date of camp. (6-7 yr olds will be grouped together)

CAMP!☐ Greyhound Girls Basketball

Hoop it up! Come learn from the Lady Greyhounds! Led by the Pullman High School girls basketball coaching staff and players, the camp will stress fundamentals, sportsmanship, individual, and team play. Each participant will receive a camp t-shirt.

Instructor: PHS Coaching Staff, Players Min 12/Max 40

Location: Franklin Gym

Entering 3rd-5th gr

ThF Jun 14-15 10:00am-12:00pm \$25

Location: LMS Gym

Entering 6th-8th gr

ThF Jun 14-15 1:00-3:00pm \$25

Youth Tennis Lessons

Tennis lessons for Beginner and Intermediate players. Participants should have their own racquets; 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

7-12 yrs

Beginner:

M-Th Jun 18-21 10:00-11:00am \$25

M-Th Jul 9-19 10:00-11:00am \$49

M-Th Jul 23-Aug 2 10:00-11:00am \$49

Intermediate:

M-Th Jun 18-21 11:00am-12:00pm \$25

M-Th Jul 9-19 11:00am-12:00pm \$49

M-Th Jul 23-Aug 2 11:00am-12:00pm \$49

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 18-21 12:00-1:00pm \$25

M-Th Jul 9-19 12:00-1:00pm \$49

M-Th Jul 23-Aug 2 12:00-1:00pm \$49

Pee Wee Tennis

Introduce a lifetime sport to your kids at a young age. Come learn the basic fundamentals of tennis in a fun environment. Drills and games galore. Participants should have their own racquets; 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 4/Max 6

4-6 yrs

M-Th Jul 9-19 9:00-9:30am \$29

M-Th Jul 9-19 9:30-10:00am \$29

M-Th Jul 23-Aug 2 9:00-9:30am \$29

M-Th Jul 23-Aug 2 9:30-10:00am \$29

CAMP! Greyhound Boys Basketball

Join Pullman High School Boys' Varsity Coach, Craig Brantner, as he shares with you his knowledge of basketball fundamentals. Skills covered will be dribbling, passing, shooting, rebounding, and other basic offensive and defensive skills. Each participant will receive a camp t-shirt.

Instructor: PHS Coaching Staff

Location: LMS Gym Min 12/Max 35

Entering 3rd-5th gr

M-W Jul 9-11 8:00-10:00am \$35

Entering 6th-9th gr

M-W Jul 9-11 10:00am-12:00pm \$35

Tiny Tykes T-ball

An instructional sports program for children not currently in the youth T-ball program. This program emphasizes skill instruction, teamwork, sportsmanship, and fun! Kids are introduced to the game of T-ball and will learn the basic fundamentals of throwing, hitting from a tee, and fielding. We will also have games throughout the four weeks. Fee includes a hat and a t-shirt.

Participants should have their own glove.

Location: LMS Min 20/Max 60

3-5 yrs (5 yrs old not going to Kindergarten)

MW Jul 9-Aug 1 6:00-7:00pm \$30

*Participants must be of age by the start date of the program

CAMP! 2012 WSU Volleyball Camp Information

Camp	Dates	Age	Cost
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Youth Camp	June 14-15	Grades 1-6	\$60
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All Skills Camp	July 8-11	Grades 7-12	Day \$295/Overnight \$350
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Team Camp	July 11-14	JV/Varsity	Team fee
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For more information and to register go to www.wsucougars.com or contact Jen Greeny at 509-335-4290 or email jen.greeny@wsu.edu

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 or www.lentilfest.com

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 or www.lentilfest.com. Registration deadline is Friday, August 10.

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.

Youth Athletic Coaches & Officials Needed!

Volunteers are needed to make the summer youth sport programs a success! The Parks & Recreation Dept is now recruiting coaches, assistant coaches, and officials. Coaches and officials will be certified through the "NYSCA". If you would like to assist in this year's programs, please call the Recreation office at 338-3227.

British Soccer Camp

The Largest and Most Popular Camp Program in the USA!

July 23-27

Ages: 8-16 yrs

9:00am-12:00pm - \$122

9:00am-3:00pm - \$178

Free: Game Jersey; Camp T-Shirt; Soccer Ball; Player evaluation; Giant Poster; On-line Instruction

Register on-line at www.challengersports.com or stop by the Parks & Recreation office and pick up the application form and mail a check.

July 30-August 3

11-13 yrs - 9:00am-12:00pm - \$148

14-18 yrs - 12:00-3:00pm - \$148

Free: Game Jersey; Camp T-Shirt; Soccer Ball; Player evaluation; Giant Poster; On-line Instruction

Register on-line at www.challengersports.com or stop by the Parks & Recreation office and pick up the application form and mail a check.

Register for fall sports through Friday, August 31. Registrations will be accepted on a space-available basis. The registration deadline does not guarantee there will still be openings. Requests for placement with a specific coach or particular friend must be made in writing at time of registration and will be considered, but cannot be guaranteed. Participants in team sports (flag football, soccer, and volleyball) must wear a blue or white shirt for games. A blue/white reversible youth sport shirt may be purchased for \$18 at the Parks & Recreation office at 240 SE Dexter St.

Youth Micro Soccer

Micro Soccer was developed to give players a game that guarantees fun, skills development, and a fundamental knowledge of soccer in such a way that a child can understand. The first week will begin with practices. Beginning the third week, there will be two games a week, one during the week and the other on Saturday mornings. K-1st and 2nd-3rd teams will have the option of playing MWSa or TuThSa. 4th-5th teams will play TuThSa.

Anticipated practice locations:

All K-1 and 2-3 Grades:

Jefferson @ Jefferson School

Franklin @ Kruegel Park

Sunnyside @ Sunnyside School

All 4th-5th Grades @ City Playfields

K-1st gr (each site)

MWSa Sep 10-Oct 27 4:15-5:15pm \$35

TuThSa Sep 11-Oct 27 4:15-5:15pm \$35

2nd-3rd gr (each site)

MWSa Sep 10-Oct 27 5:15-6:15pm \$35

TuThSa Sep 11-Oct 27 5:15-6:15pm \$35

4th-5th gr (City Playfield*)

TuThSa Sep 11-Oct 27 4:15-5:15pm \$35

TuThSa Sep 11-Oct 27 5:15-6:15pm \$35

*4th-5th grade teams practice together at one site: teams will be divided equally, not necessarily by school.

Flag Football

Flag Football offers instruction on the basics of football without tackling. Players will learn the

rules of the game, while working on team play, and sportsmanship. Teams practice on Monday and Wednesdays with games on Fridays. The first week of practices will start with skills analysis, which is used to equally balance the teams.

Location: City Playfields Min 20/Max 44

2nd-3rd gr

MWF Sep 10-Oct 26 3:30-4:30pm \$35

4th-5th gr

MWF Sep 10-Oct 26 4:30-5:30pm \$35

Youth Volleyball

Co-ed youth volleyball offers instruction in the basics of volleyball including serving, passing, setting, and hitting. This outstanding program is designed for beginner, intermediate, and advanced players. Participants will practice on Mondays and Wednesdays, with games on Fridays. The first week of practice starts with skills analysis to equally balance the teams. Games will begin the second week of practices.

Location: Sunnyside Elem Gym Min 14/Max 32

2nd-3rd gr

MWF Sep 10-Oct 26 3:30-4:30pm \$35

4th-5th gr

MWF Sep 10-Oct 26 4:35-5:35pm \$35

Pee Wee Soccer and Mini Hoops Basketball will be listed in our fall brochure.

Note to Our Participants' Parents/Guardians:

Due to the limited amount of space in most of our coaching/teaching areas, siblings are not allowed to participate in programs unless they are enrolled. This will allow our coaches/instructors to continue to provide small student-to-coach/teacher ratios, which make our programs great.

"Lystedt Law"

In 2009 Washington State Legislature enacted Engrossed House Bill 1824 (EHB 1824, also known as the "Lystedt Law"). The legislation requires school districts, in cooperation with the Washington Inter-Scholastic Activities Association (WIAA), to develop guidelines and information to inform and educate youth athletes, coaches, and parents about the nature and risks of concussions and head injuries. Pullman Parks & Recreation is taking action in regards to HB 1824 by providing the "Heads up Concussion in Youth Sports" handout from the U.S. DHHS Centers for Disease Control and Prevention to all parents and coaches.

Thank You!

Pullman School District!

Many of our activities are made possible because of cooperative use of School District facilities. We extend our thanks to the Pullman School District, board members, school staff, and administrative staff for their support of Pullman Parks & Recreation programs.

Be A Sport!

Our youth sports programs are developed and organized to enhance the social, emotional,

physical, and educational well-being of children. Parents/Guardians, please be a positive role model by exhibiting sportsman-like behavior at games, practices, and at home. Please give positive reinforcement to your child and support to your child's coaches.

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

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 13-15 12:00-1:30pm \$40

W-F Jun 13-15 1:30-3:00pm \$40 Tu-Th Jun 26-28 12:00-1:30pm \$40

12-18 yrs

Tu-Th Jun 26-28 1:30-3:00pm \$40

6-18 yrs

W-F Aug 1-3 8:30-10:00am \$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 18-21 12:00-1:00pm \$25

M-Th Jul 9-19 12:00-1:00pm \$49

M-Th Jul 23-Aug 2 12:00-1:00pm \$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 Eggan 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

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

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

Tu Jun 26 10:00am-7:00pm \$55

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

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

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

Tu Jul 31 9:00am-8:00pm \$60

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

Th Aug 9 10:00am-7:00pm \$40

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

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

Pioneer Center,

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

May 28 - Memorial Day

July 4 - Independence Day

September 3 - Labor Day

Register EarlyTo Avoid Disappointment

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

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

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 6:30-7:30pm Free

Emergency Preparedness for Summer

Th Jun 14 6:30-7:30pm Free

Back to School - Keeping Kids Healthy

Th Aug 9 6:30-7:30pm Free

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 5:30-6:30pm Free

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 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

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

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.

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

Location: City Playfields Max 25

10-15 yrs

Sa Jun 16 10:00am-12:00pm Free

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 9 5:30-8:30pm \$35

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

M Jun 11 5:30-8:30pm \$35

M Jul 9 5:30-8:30pm \$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 8 9:30am-4:00pm \$54

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

Adults:

Su Jul 8 9:30am-4:00pm \$65

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

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 co-workers, 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 Hockenhull

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 Hockenhull.

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.

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

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.

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

Cost of outdoor trips includes group gear, camping equipment, transportation, permits and leadership (unless indicated otherwise). Participants are responsible for personal gear and food. For the most up-to-date trip descriptions and trip ratings, and to register, please visit www.orc.wsu.edu. Must be 18 or older. Space is limited-please register early. Contact the ORC for more information at 335-1892. Reasonable accommodations are available with adequate prior notification. Call Joanne Greene or Jeff Elbracht at 335-9668 for accommodation information.

Cancellation Policies: In order to minimize our environmental impact, maintain facilitator-to-participant ratios, meet permit criteria, and transportation logistics, ORC trips are often programmed for small groups (typically up to 6 participants with 2 facilitators). Late cancellations can seriously impact our ability to accommodate others and recover costs. Refunds will be given for cancellations made up until 2 weeks prior to the registration deadline. A 50% refund will be given for cancellations made within 2 weeks prior to the registration deadline. No refunds are given past the registration deadline. If a medical concern arises before the start of the activity (this could include a medical concern after a pre-trip meeting prior to the activity) patrons may be eligible for a full refund.

Outdoor Recreation Center Equipment Rental Shop

Looking to get outside, but lack the gear? The ORC Rental Shop provides reliable outdoor or recreational sports equipment at a low cost. The Rental Shop is located in the Hollingbery Field House Annex, Room 101, Colorado Street. For questions regarding specific equipment or availability, please call 509-335-1892. The general public (18 or older) may rent equipment from the ORC. View rates and options online: www.orc.wsu.edu

Monday-Friday - 10:30am-6:00pm, The ORC is closed for all University Holidays.

Adult Golf Lessons

The 2012 adult instruction program will once again be hosted at the award winning Palouse Ridge Golf Club practice facility. The lessons will be taught by Head Golf Professional Jeremy Wexler. This five lesson series will cover all aspects of the game from putting through driving, rules of the game, and course etiquette. Participants will learn the basics in a FUN non-threatening atmosphere. Come and enjoy learning the game, and bring a friend or two to join you. If needed, the Palouse Ridge Golf Club will provide golf clubs.

Instructor: Jeremy Wexler

Location: Palouse Ridge Golf Club Min 4/Max 10

Tu May 1-29 5:30-6:30pm \$55

Tu May 1-29 6:30-7:30pm \$55

Adult Tennis Lessons

Learn basic technique, scoring, and strategy for both singles and doubles. There will be lots of drills and match play. Open to beginners and intermediate players alike. Great lifetime sport!

Instructor: Ed Anegon, PHS Girls Tennis Coach

Location: Military Hill Tennis Courts Min 5/Max 10

17+ yrs

TuTh Jul 10-19 6:00-8:00pm \$55

TuTh Jul 24-Aug 2 6:00-8:00pm \$55

Adult Co-Ed Soccer League

This 8-on-8 open soccer league will play games in Moscow and Pullman and be combined with teams that register through Moscow Parks & Recreation and WSU Intramurals. Games are 30 minute halves and will be officiated using qualified officials. Please attend the managers meeting at the Pioneer Center, 240 SE Dexter, Pullman on June 5th at 5:30pm for more information.

Registration packets will be available May 7.

Registration: June 4-8

Games: TuTh Jun 19-Aug 2 6:30-9:30pm \$350 Team Fee

* Teams consisting entirely of WSU Students and SRC Members, please register at www.imsports.wsu.edu

Co-Ed Church League Softball

Start getting your team together now to play in the Coed Church League Softball late this summer. The league will run from early August through mid-September. Team packets will be available beginning June 25th. League meetings and team registration will be held at the Pioneer Center (240 SE Dexter, Pullman). Call Pullman Parks & Recreation at 509-338-3227 for more information.

Registration will be accepted July 16-20, 8:00am-5:00pm.

Manager's meeting July 24, 6:00pm at Pioneer Center.

Jul 31-Sep 6.....TuTh 6:30-9:00pm \$475 Team Fee

5-on-5 Soccer League

WSU Intramurals is offering a men's, women's and coed 5-on-5 soccer league available in Competitive and Recreational divisions. Coed teams consist of two (2) women and three (3) men or vice versa. Teams are guaranteed eight games; number of games may vary due to entries, forfeits or weather. League rules and schedules will be available on the intramural website at www.imsports.wsu.edu. All games will be played at Valley Road Playfields and Grimes Playfield on the WSU campus. Must be at least 18 years old to register. Teams consisting entirely of WSU Students & SRC Members, please register at www.imsports.wsu.edu.

Community teams, please register at the Pullman Parks & Recreation Office.

Registration will be accepted April 23-May 9.

M-Th May 14-Jun 14 6:00-9:00pm \$200 Team Fee

Fitness classes are held at the Pioneer Center and Gladish Community Center. A physical is suggested before enrolling in a fitness class. New participants interested in enrolling in a fitness program are allowed to attend a fitness class one time on a trial basis if the program is not full (participant must sign a release form before participating in class). Minimum age is 12 yrs old. Optional hand weights are provided for all classes. Class fees will be prorated beginning the third week of class for late enrollment. Guests or one time attendees are welcome at the Pioneer Center only on a space available basis for \$7 per class.

Pilates

Pilates offers a functional approach to strength and flexibility training with exercises created to strengthen your core muscles. This program will increase overall body strength, endurance, balance, and coordination. Appropriate for all fitness levels. A yoga mat is required.

Instructor: Arden Gray

Location: Pioneer Center Min 12/Max 30

MW May 21-Aug 1 5:30-6:20pm \$62

No class: May 28, Jul 2, 4

Mindfulness Meditation

Guided by Buddhist teachings, a variety of objects of meditation are explored such as mindfulness of breathing, impermanence, the body, loving-kindness, our sense of self, etc. One works to develop calm and concentration as well as a deeper understanding of dhamma, the true nature of things. Short readings and discussion begin each session, followed by walking and sitting meditation. A sitting cushion is suggested.

Instructor: Arthur Ericsson

Location: Pioneer Center Min 5/Max 50

Su May 20-Aug 26 7:15-8:45am \$15

No class: May 27, Jul 1

Sunday Stretch

This 45 minute stretch class will teach you how to articulate your body in ways that elongate muscles from end to end. Increase your flexibility and improve body awareness through a special mind/muscle connection. Class will be slow paced, adjustable for all fitness levels and a great way to start the week. A yoga mat is required.

Instructor: Arden Gray

Location: Pioneer Center Min 10/Max 30

Su May 20-Jul 29 4:00-4:45pm \$39

No class: May 27, Jul 1

Zumba

Ditch the workout and join the party! Zumba is an exhilarating, effective, Latin-inspired, dance/fitness that makes exercise fun. You don't have to love exercise or know how to dance to Zumba! Zumba combines amazing, irresistible music with dynamic yet accessible exercise moves and interval cardio-training. The extraordinary Zumba workout is all about fun.

Underlying the fun, however, is a fundamental truth of fitness. The more muscles you move, the more calories you burn. Come and give it a try!

Instructor: Angela Harris

Location: Pioneer Center Min 8/Max 20

TuTh May 22-Jul 31 5:30-6:30pm \$65

No class: Jul 3, 5

Rise & Shine Workout!

Reap the benefits of your workout all day long with a boost to energy and metabolism first thing in the morning! This low impact workout will use music, the step, and handheld weights to improve muscle tone at the same time that you increase cardio fitness and endurance. Join us to get the most out of the first hour of your day!

Instructor: Cindy Zaring

Location: Pioneer Center Min 10/Max 30

MWF May 14-Jun 15 6:15-7:15am \$42

No class: May 28

MWF Jul 9-Aug 10 6:15-7:15am \$45

Sprout Wellbeing Pilates

Pilates is the ultimate fitness program for a stronger, leaner, and healthier body and is especially good for developing a strong, flat abdomen. This amazing exercise will transform how your body looks and feels whether you are a beginner exerciser, someone recovering from an injury, or a hard-core exerciser looking to challenge yourself, improve your race times, or balance your muscle development!

Instructor: Tessa Graham

Location: Pioneer Center Min 5/Max 16

Sa Apr 14-May 12 9:00-9:50am \$47

Sprout Fitness Program

Are you bored with your workout routine? Looking for a fun way to get a challenging workout that breaks through your plateau? Want to get your resistance training and aerobic workouts done at the same time? Come to Sprout Fitness! The Sprout Fitness Program will add variety and fun to your workout and push you to a new level of fitness using circuit training drills, body weight exercises, and functional fitness activities.

Sprout Fitness is taught by Tessa Graham, founder and health coach of Sprout Wellbeing: Holistic Health Coaching and Wellness Support Programs. She is also a personal trainer and Pilates instructor at Anytime Fitness and Moscow Mountain Sport and Physical Therapy.

Instructor: Tessa Graham

Location: Pioneer Center Min 5/Max 12

TuTh Apr 10-May 10 7:00-8:00am \$78

Sa Apr 14-May 12 8:00-8:50am \$47

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

Yogatopia Summer Class Punch Card

Your punch card is good for all the following classes offered at Yogatopia. Classes are located at the Gladish Community Center, 115 NW State Street. Register through Parks & Recreation, 240 SE Dexter or call 509-338-3227.

Classes run from June 4-August 17. Visit www.yogatopia.vpweb.com for a complete class schedule. Dates and times are subject to change.

Baby Yoga Baby Yoga >6 mo W 4:15-4:45pm

Yoga Sweat M 5:00-6:00pm

YogaFit Basics M 6:15-7:15pm

Spin Sprint MW 12:00-12:20pm

Yoga Core MW 12:25-1:00pm

Zumba MW 5:00-6:00pm

Belly Dance MW 7:30-8:30pm

Yoga Strength W 5:00-6:00pm

Restorative Yoga W 6:15-7:15pm

Zumbatomic Tu 4:15-5:00pm

Yoga Lean Tu 5:15-6:00pm

Zumba Toning TuTh 6:00-7:00pm

YogaFit Flex & Flow TuTh 7:15-8:30pm

Kids Yoga Th 4:15-4:45pm

Prenatal Yoga Th 5:00-6:00pm

Zumba Gold/Toning F 9:30-9:50am

Senior Yoga F 9:55-10:30am

Mom & Me Yoga F 11:00-11:30am

YogaButt F 12:00-1:00pm

1 punch card = 16 classes \$64

Unlimited classes \$128

Punch cards are non-refundable, non-transferable.

Aromatherapy

doTERRA's AromaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. Developed by Dr. Hill, a leading expert in integrative medicine and therapeutic applications of essential oils, the AromaTouch Technique improves wellbeing by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses doTERRA's CPTG (Certified Pure Therapeutic Grade) essential oils for an unparalleled grounding experience for recipients. Please schedule by appointment through www.schedulicity.com or call 208-310-1279 or e-mail alethalassiter@yahoo.com.

Sessions are 40 minutes \$38

Free! Essential Oil Classes

Learn how to use essential oils for both individual and family use. Essential oils have been used throughout recorded history for a wide variety of wellness applications. The modern use

of essential oils has continued to grow rapidly as health scientists and medical practitioners continue to research and validate the numerous health and wellness benefits of therapeutic-grade essential oil. doTERRA essential oils are Certified Pure Therapeutic Grade (CPTG). doTERRA, meaning "gift of the earth" represent the safest, purest, and most beneficial essential oils available today.

Instructor: Aletha Lassiter

Location: Room 112b

F Jun 22 6:30-7:30pm Free

F Jul 20 6:30-7:30pm Free

F Aug 17 6:30-7:30pm Free

Karate

Karate for Kids

Students are challenged to maintain or improve their manners, respect for themselves and others, and self-discipline. Flexibility and strengthening exercises are taught along with tumbling maneuvers. Learn self-defense tactics, awareness and avoidance of risky situations. Basic karate stances, blocks, punches, and kicks are also covered. Caregivers who wish to train with their child are welcome to register in this class.

Instructor: Pat Cruver

Location: Pioneer Center Min 10/Max 16

6-8 yrs

MW May 21-Jun 27 6:30-7:15pm \$32

No class: May 28

Shito-Ryu Karate: Beginning

Manners, respect, and self-discipline are emphasized in this traditional Japanese martial art class. Kata (forms), introductory tournament sparring, and basic self-defense techniques are covered. Each class includes 20-30 minutes of aerobic, flexibility, and strength-building exercises. Attire should be loose fitting and cool, as the class can be moderately strenuous for those not already in good physical condition. Advancement opportunities are available.

Instructor: Pat Cruver

Location: Pioneer Center Min 10/Max 16

9+ yrs

MW May 21-Jun 27 7:20-8:20pm \$42

No class: May 28

Shito-Ryu Karate: Intermediate

This class includes more advanced forms, kobudo, self-defense, and sparring techniques. Class is limited to those with abilities equivalent to Nihon Karate Do Kenwa Kai blue belt (8th kyu) and above.

Recreation Brochure

Last Updated Friday, 06 April 2012 13:54

Instructor: Pat Cruver

Location: Pioneer Center Min 10/Max 16

9+ yrs

MW May 21-Jun 27 8:20-9:00pm \$32

No class: May 28

See page 20 for Karate Camp