

Pullman Aquatic & Fitness Center

Membership Information Guide



...Making Family Fitness Fun!

A Letter From the Aquatics Program Coordinator

It's been 10 years since Edmund O. Schweitzer, III and Mary Schweitzer made their generous donation to Pullman School District. A unique share agreement was created with the Pullman School District (PSD), the owners of the pool, and Pullman Parks & Recreation (PPR), the operators of the facility. This agreement ensures many hours of public access, while permitting PSD to offer classes and programs for its students including a PHS PE class, a boys and girls swim team, and individualized programs for students with special needs. PPR has continued to expand its programs with swim lessons, water fitness classes, and personalized swim and fitness training. In addition, regular hours are available for individual and family recreation and fitness pursuits.

I have been fortunate to be a part of the PAFC growth. I started as a fitness and swim instructor and was promoted to facility director after the first year of operation. My previous employment with a public private partnership, non-profit, and municipal Park & Rec Department offered a unique background to managing PAFC. Being a steward of the taxpayers requires a frugal and responsible use of resources while maintaining guest satisfaction. Every day I challenge the employees and myself to continue to be good stewards for this city and its' residents.

My most important asset is the certified staff that make up the PAFC team. We pride ourselves on our ongoing commitment to public safety, guest services, program delivery, and facility cleanliness. If at any time you are not satisfied as a member or guest, please bring it to a team members' attention. This facility serves the community and its guests and we strive to keep everyone happy.

In addition to watching other families adapt the motto of "Making Family Fitness Fun!" I've been able to add my own family to the mix. I am the proud mother of Kurtis and Karli and wife of Kevin, who have the luxury of a family membership. The kids started as water babies and are quickly developing into swimmers who love to recreate at the pool. My family is proud to be card carrying members of PAFC. I welcome your family to join mine for family fitness and fun. Please contact me directly if there is anything I can do.

I look forward to meeting you and your family and welcoming you to the PAFC community.

Karen L Johnston

509-338-3237



What Makes Us Different

You may have heard about the “Pullman Aquatic Experience.” You don’t need to own a pool and have your own fitness center in your house. We want you to feel like you are a guest in our home. The same great feeling you would have if these facilities were in your backyard. We’re minutes away from any point in Pullman, giving you a complete fitness room and aquatic center in your neighborhood. Join us and see why our center is YOUR facility.

Table of Contents

Coordinator’s Letter.....	03
Membership Benefits.....	06
Membership Freeze / Medical Hold.....	07
Annual Maintenance Closure.....	07
Information Desk.....	07
Pools.....	08
Pool Rules.....	08
Reaney Park Pool.....	09
Aquatics Programs.....	10
Locker Room.....	12
Fitness Room.....	13
Personal Training.....	14
Frequently Asked Questions.....	16

Annual Membership

We Give You More BANG For Your Buck!



Our Annual Membership is the best deal in town. Below you will find a chart relating cost of membership in terms of a daily admission dollar value.

<u>Age</u>	<u>4-17</u>	<u>18-59</u>	<u>60 & Up</u>	<u>Family*</u>
<u>Annual</u>	\$120 (40 visits)	\$180 (45 visits)	\$120 (40 visits)	\$480 (44 visits)
<u>Promo</u> (Sept, Dec, May)	\$96 (32 visits)	\$144 (36 visits)	\$96 (32 visits)	\$384 (35 visits)

The Perks of Being a Member

- Did you know we offer a special promotional rate on our Annual memberships three times a year? It's true! Purchase your Annual membership in May, September, or December for 20% off its regular cost.
- Memberships are all inclusive, enjoy the pools and fitness room.
- Program participants receive a 20% discount on aquatic programs when they possess an Annual PAFC membership.
- Annual memberships include summer entrance to Reaney Park Pool.
- Children, 0-3 years old are admitted free with an adult member

*Family rates apply to all dependents declared for income tax purposes.

Want to Bring a Friend?

If you want to "try before you buy" or if you are already a member and have guests visiting or if you want to show off our facility to your friends, we have Daily Admission rates available for all ages!

Daily Admission Rates

<u>Age</u>	<u>3 & Under</u>	<u>4-17</u>	<u>18-59</u>	<u>60 & Up</u>	<u>Family</u>
	FREE	\$3	\$4	\$3	\$11

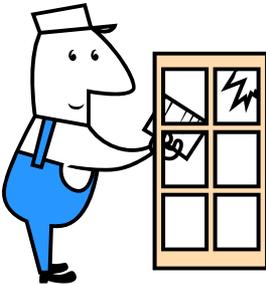
Information Desk

We are here to serve you! Guest Service is our #2 priority (Safety is always #1). If you need anything, please do not hesitate to visit the Information Desk for assistance. We gladly welcome any comments, questions, or concerns you may have. Please be aware that our staff rotates from the desk to the pool deck every half hour- so if you miss us, don't worry, we will be back soon.



Membership Freeze/Medical Hold

Memberships may be frozen for \$5 per month (min 30 days). If you are unable to use our facility for medical reasons, you may freeze your membership at no charge with a note that states a start and end date as prescribed by your physician. Please contact Aquatic Program Coordinator, Karen L Johnston, to freeze a membership or with questions at 509-338-3237.



Annual Maintenance Closure

PAFC closes each year for annual maintenance the week of WSU spring break. Annual maintenance gives the PAFC team, Building Maintenance and the Parks department an opportunity to replace and repair many things within the building. In addition to a deep clean of the facility, pumps and motors are repaired and paint is routinely applied. This annual week helps us keep our facility up and running for the rest of the year. While unforeseen circumstances may result in additional closures, this week assists us in preventive maintenance.

Pools

Our indoor Aquatic Center features a 6 lane, 25-yard Multipurpose Pool and a 92°F Recreation Pool with children's play area.

Supervision Policy

- Children 7 years and under are **REQUIRED** to be supervised by a responsible caregiver 16 years old or older within arms reach in the water.
- We **RECOMMEND** that children age 8-12 years old be supervised by a responsible caregiver 16 years old or older.
- All non-swimmers, including those wearing flotation devices, must be within arms reach of a responsible caregiver in the water 16 years old or older.

Pool Rules

- All guests must shower prior to entering the pool. (WAC 246-260-131)
- Swim diapers, with tight fitting legs and waist, are required for those not bathroom trained. Changing stations are located in all locker rooms. (WAC 246-260-131)
- Appropriate, family-friendly swim attire is required.
- We are a family-friendly facility, foul language and inappropriate comments are not allowed.
- No Running. (WAC 246-260-131)
- All pools are shallow; diving is not allowed.
- The stairs are to be used for entry to or exit from the pool. Do not climb on or swim under them.
- Noodles are not to be used for hitting the water, other objects, or people.
- Basketball must be played from in the water. No hanging on the hoop.
- Swim Fins are for lap swim and swim lessons only. They are not to be used in the Recreation Pool. No walking on the pool deck with swim fins.
- No shoulder rides, dunking, horseplay, or fighting of any kind. (WAC 246-260-131)
- Food and beverages containers cannot be glass.
- We are an alcohol, smoking, drug, and weapon free facility.
- Guests who are ill, have an eye infection or open wounds, OR has/had diarrhea and/or vomiting within the last 2 weeks, OR has other communicable diseases are prohibited from using the pool. (WAC 246-260-131)
- Guests with seizure, heart, or circulatory problems should not swim alone. (WAC 246-260-131)

Reaney Park Pool

As an annual member of the PAFC, you get FREE admission to Reaney Park Pool in the summer. Enjoy the use of Reaney Park Pool any day of the week, with open hours from 1:00-7:00pm.

At Reaney Park Pool, you will find an 8 lane Multipurpose Pool, with space to float on our tubes, and a 100 ft long Recreation Pool with a high dive and low dive.

Reaney Pool will be closed when the weather predicts or has two of the following:

- Air temperature below 70 degrees
- Precipitation of any kind
- Wind greater than 10 miles per hour
- Decisions regarding Reaney operating hours are made at 12:00pm (for a 1:00pm opening) and 3:00pm (for a 4:00pm opening).



Reaney Park Pool Admission Rates

Age	Daily	Season
0-3	FREE	FREE
4-17	\$2	\$35
18-59	\$3	\$55
60+	\$2	\$35
Family	\$8	\$115

- Prices are subject to change based upon City Council decision.
- Reaney Park Pool is an all-pay facility, those not wanting to pay the admission fee may observe outside the fence.

Aquatic Program Offerings

Participants receive a 20% discount on programs at Pullman Aquatic & Fitness Center when they possess an annual PAFC membership.

Swim Lessons

Swim lessons at the PAFC offer an essential life assurance for your family. We offer small student to teacher ratios, innovative teaching methods, and enthusiasm unmatched in the region. In addition, class lengths are adjusted based on skill and age. Session lengths are increased as children progress, allowing the teacher/student bond to develop and for student development to be uninterrupted. Our goal is to provide students with the skills necessary for a lifelong enjoyment of the water. For more information about our levels, please refer to our Caregiver Information Guide for swim lessons and the Pullman Parks & Recreation Brochure. Participants receive a 20% discount when they possess an annual PAFC membership.

Private / Semi-Private Lessons

Our caring and compassionate instructors will assist you in setting and meeting you and your child's personal swimming goals. Our certified lesson instructors are endorsed by management as being the "best of the best". These instructors consistently receive excellent reviews from their group lesson participants and parents. *Please fill out a Private Lesson Questionnaire (available at the PAFC front, desk or online at www.pullman-wa.gov/recreation) for instructor assignment, dates, and times. Please be aware that Private Lessons are accommodated after regularly offered group lessons on a first come, first serve basis.

Family & Friends

Gather three or more students of the same skill level and bring them in during off peak hours for a group swim program. This is designed to give the students a chance to swim and learn with family and friends and give you as parents added flexibility in instructor choice and lesson time. (Must sign up for a minimum of four lessons.)

*Please fill out a Family Lesson Questionnaire (available at the PAFC front, desk or online at www.pullman-wa.gov/recreation) for instructor assignment, dates, and times. Please be aware that Family Lessons are accommodated after regularly offered group lessons on a first come, first serve basis.

Home School

We are proud to offer a program to fit the needs of home school children and their parents. This program will offer a 30 minute swim lesson on up to 90 minutes of play time during mid-day. Students will be divided into appropriate levels on the first day.

* Supervision Policy Applies for recreational time.

Healthy Families

Healthy families begin with healthy adults and children. Mental and physical health is important for everyone, especially caregivers of young children. This program is designed similarly to drop-in child care at other fitness facilities. Take some much needed time for yourself and enjoy the PAFC facilities while we play with your children in the pool. Caregiver must remain on site. Pre-registration is required. Since this program is offered at cost, there is no membership discount for participants.

WEX (Water Exercise)

We offer a variety of water exercise classes geared towards all fitness levels and ages. Each instructor has knowledge in Anatomy, Physiology, Kinesiology and Exercise Design. Each instructor's unique style allows participants to follow the guided workout while customizing the



intensity to their own goals while recognizing individual limitations. While swimming is not required, comfort in shallow and deep water is recommended. New participants are invited to try a class for free. Admission to water fitness programs is with the class pass system, which can be found in the Pullman Parks & Recreation Program Guide.



Arthritis Foundation™

We are proud to offer Arthritis Foundation™ certified instructors to help improve your quality of living. Anyone is welcome to participate in this class designed to promote range of motion, create a social outlet and give the foundations of a healthy lifestyle. All exercises are low to no impact and our instructors are trained to help you customize activities to meet your individual needs or limitations.

Locker Rooms

For your convenience, lockers are available for FREE daily use (lock not included). For security reasons, free daily use does not extend to overnight use. However, if you wish to store your items on a long-term basis, you may rent a locker and supply your own lock. Rented lockers are identified by a "Rented" sign provided by the Information Desk staff. Locks left on lockers without a PAFC issued sign will be cut off and their contents removed and placed in Lost & Found. All locks and belongings must be removed during our annual maintenance week. Items are stored at owner's risk.

Locker Rental Fees

Monthly: \$15

Quarterly: \$35

Annual: \$100

Locker Room Policies & Etiquette

Locker Room Gender Policy

We RECOMMEND that children over the age of 5 use the gender appropriate locker room. Caregivers please monitor your children and encourage them to be respectful of the privacy of others. A family changing room is available on deck.



Showers Required

In accordance with Washington state law, all guests must take a cleansing shower before entering the pool. This helps keep our pools clean, helps keep your skin and hair healthier, and helps your swim suit last longer! For more information on this topic, see FAQ on page 15.

Shared Space

Please remember that the Locker Room is a shared space. Personal items should be stored in or on top of the lockers, and not left in changing stalls or locker room stalls.



Fitness Room

Our Fitness Room includes a complete weight room with cable and hand weights, medicine balls, exercise balls, exercise bands, stretching mats, treadmills, recumbent bicycles, and elliptical training machines!

Fitness Room Rules & Etiquette

All persons in the weight room must be **at least 15 years old**.

Athletic clothing must be worn (**no denim**).

Please wear clean and appropriate **athletic shoes**.

No food or gum is allowed in the fitness room.

Please **wipe down all equipment** after use.

Please limit time on cardio machines to **30 min**. Sign up on a clipboard if you are waiting to use a machine.

Please **place the weights in their proper rack** when finished with each set.

Clips must be used on all bars.

We permit children age **2.5 and younger** to accompany their caregiver **when properly contained** (carseat, stroller, etc).

Fitness Room Offerings

We offer a full menu of fitness training services. All training sessions are focused on your goals, and our trainer will work with your schedule. If you prefer, our trainer can write a program for you to use in the comfort of your own home. Annual members receive a 20% discount on training services. Call 509-338-3290 for an appointment.

Get Acquainted with the Trainer

FREE: 30 min fitness consultation with purchase of or renewal of a PAFC Annual Membership.

FREE: 30 min weight room orientation with purchase of a Quarterly Membership.

New Client Introductory Fitness Program

30 min Initial Fitness Consultation:	\$20
1 hr Fitness Assessment:	\$40
1 hr Training Session with Trainer:	\$50
Written Personalized Workout Program:	\$50
All Inclusive Value Package (all of the above):	\$115

Personal Fitness Training

What is a Personal Trainer (PT)?

Let's start with the basics: A PT can be a paid workout partner—someone who exercises alongside you. This could involve workouts you design yourself or those that the trainer designs for you. A PT can be a coach and cheerleader, standing by to correct your form, and help you believe you can do just a little bit more than you think you can. A PT can also be someone who designs workouts for you to complete on your own. This is the way most PAFC clients choose to use personal training.

What makes our PT program special?

Our PT has far more education than most. Our trainer has a Bachelor of Science degree in Kinesiology—the study of human movement with specializations in health promotion, personal training and sports science. Compare that to other PT's, who read a book and take a short test to achieve a certification.

Meet Our Fitness Trainer

PAFC is excited to welcome Fitness Trainer, Aletha Lassiter. She is a local Pullman resident, and shares her life with her two sons Kevin and Charlie and husband Rick. A graduate of Lewis Clark State College, with a B.S. Kinesiology, where she specialized in personal training, health promotion and sports science. In addition to her degree she carries a perinatal fitness certification through the Aviva Institute and doula training with DONA. Through her local studio she teaches Zumba®, YogaFit® and Belly-dance. She comes to PAFC with 12 years of modern dance experience and is a member of the LCSC modern dance company, Effusio Dance Theater. She has been a 4-H leader for 12 years and worked in local Montessori classrooms.



Her goal as a trainer is to help families and individuals develop a fun and active lifestyle. A lifestyle based on good choices and healthy behaviors maximizes the quality of life. It helps people avoid disease, remain strong and fit, and maintain their physical and mental health as long as they live. Her personalized training programs will help individuals identify wellness goals for permanent long-term health.

PT Programs

- ½ hour fitness consultation: Given away for free to members signing up for an annual membership, this is basically a goal setting meeting. The trainer and client talk about the client's current and past habits, current goals for exercise, time availability, preferences, etc. Depending on the needs of the client, we may address diet, motivation, injury prevention, exercise modifications, or anything else that factors in. During the free consultation, the trainer will try to give the client one or two ideas to get them started, such as a leg exercise that can be done at home, or a way to change up their cardio exercise routine. When the consultation is performed prior to training sessions or the creation of a written workout it is more for information gathering and will be used to guide the services to be performed in the future. Clients do not need to dress for exercise.
- 1 hour Fitness Room Orientation: Meet with the trainer to learn how to use the cardio equipment and Tuff Stuff Circuit. Our trainer can answer your questions and help you set realistic fitness goals. Clients need to dress for exercise—comfortable and breathable clothes with fitness sneakers.
- 1 hour fitness assessment: A fitness test battery, including tests for cardiovascular endurance, muscular endurance, flexibility, and several easy to measure data points that provide general information about overall health. This is strongly recommended to find your fitness level benchmark. As an exercise habit is developed the fitness assessment can be used regularly to keep track of improvements made and guide exercise programming. Clients need to dress for exercise (see above description).
- 1 hour training session: Just what it sounds like! An hour with the trainer, doing whatever the client prefers (see above information about what Personal Trainers do).
- Written program: Again, pretty self-explanatory. This is no simple program stating “use the cable weights and walk on the treadmill.” The client will receive a customized program, 10-20+ pages in length, tailored to their goals and needs. The program includes a personalized letter, basic information about exercise, and written descriptions of all exercises. Also included, if needed, are log sheets to track progress and weight progressions.



Frequently Asked Questions

Why is the pool so hot/cold?

The human body can detect the difference of a half of a degree when submersed in water. Each individual's body composition, intensity of activity, and personal health influence their interpretation of water temperature. The Multipurpose Pool is maintained at 83°F ensuring that those seeking a cardiovascular component to their exercise program will not over heat and those seeking recreational use will not be too cold. The Recreation Pool is maintained at 92°F ensuring the success of young swimmers and the comfort of all caregivers. This temperature is ideal for flexibility and strength training when used for exercise by active adults. While our goal is to consistently maintain the aforementioned temperatures, indoor and outdoor temperatures can effect the water temperature by a degree or two, causing the perception of “warmer” and “cooler”.

How is the pool cleaned?

Both pools are vacuumed regularly in a similar manner to how you would vacuum at your home using a specially designed water vacuum.

Why does the High School get so much pool time?

Pullman School District was the recipient of a very generous donation from Edmund O. Schweitzer, III and Mary Schweitzer. As a result of the unique partnership with the City of Pullman, Pullman School District has priority of use for the facility.

Why is diving not allowed?

Competitive swimming permits diving starts in water greater than 5 feet during a sanctioned practice or meet supervised by a nationally certified coach. Recreational diving from the side requires a minimum depth of 10 feet. Diving from a platform requires a depth of at least 12 feet. The multipurpose pool is 6 feet at its' maximum depth, therefore only sanctioned team practice participants will have diving privileges.

There is someone in the lap lane, where am I supposed to swim?

Our Lane Use Policy is as follows: 1-4 people per lane; if there are more than two swimmers, swimmers will need to circle swim. Due to limited space, you are not guaranteed a lane to yourself. 5-8 people will have the use of two lanes, when available. PAFC guarantees a minimum of 1 lane for lap swim during all recreational hours. Instructional Activities will be encouraged to have 4 or more participants per lane. The presence of a 5th participant will allow them to bump to an additional lane. Swim Lessons will ALWAYS have the right to exclusive use of one lane per instructor.

Why do I have to shower before getting in the pool?

Showers are required by state code to ensure the cleanliness of the bathers and the pool. In addition, when your skin and hair absorbs fresh water, it cannot absorb chlorinated water, thus ensuring that you keep your hair and skin in great shape.

I smell like the pool when I go home - how can I prevent this?

Start by taking a shower before entering the pool. Chlorine has 2 roles in a pool. The first is to disinfect, a job easily done by very little chlorine. Its second job is to oxidize "stuff" in the water. This stuff is anything added to the water such as sweat, deodorant, body lotion and dirt. If you have not showered and stuff is still on your body, chlorine is very effective at causing a chemical reaction on your skin, thus ensuring that the added stuff is removed. When chlorine does its job well, a compound called combined chlorine or chloramines results. When you "smell a pool" or "smell chlorine", you're actually smelling chlorine combined with ammonia. A perfectly maintained pool will have no smell at all.

Why is there not a shower on deck?

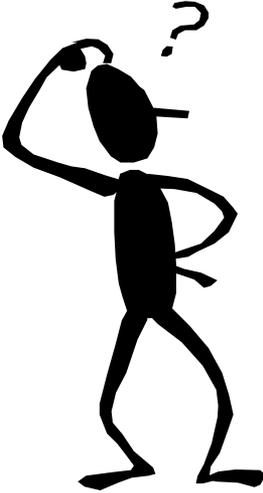
A shower on deck is a feature that we hope to have someday. However, to add a shower on deck is easier said than done. There are building and sanitation codes that must be followed, as well as some expensive construction that must be completed. Estimated cost of this project is \$5000. Until we can meet this cost, a deck shower will remain on our permanent wish list.

Why does the indoor pool close for lightning and why can't I get a refund?

Indoor pools and other structures are built to withstand sudden jolts of electricity, a process known as grounding. These incidental jolts of electricity are minor compared to the millions of volts that result when lightning strikes. We have always been told not to take a bath or shower, use the sink, or talk on the phone during an electrical storm. Documented accounts of people being struck by lightning in all of these situations exist - so we take them very seriously. If lightning was to strike our building or anything connected to the building, the pool and locker rooms would become "one big bathroom". As a precaution, we close the pools and locker rooms 30 minutes from the last flash of lightning or bang of thunder. We do not give refunds because of the unpredictability of acts of nature. In the event of inclement weather, we will always try our best to reschedule programs.

Frequently Asked Questions

Locker Rooms



Does the Locker Room get cleaned?

Although Pullman School District owns the facility, the City of Pullman oversees its maintenance and operation. A unique partnership exists where the City of Pullman's Building Maintenance Department provides custodial services, HVAC Maintenance, and general facility care.

Why is the Locker Room so hot?

Our locker rooms are maintained at 78°F, typically warmer than your own home. This temperature is set to make the transition from the pool deck to the Locker Room less drastic. When you take a bath or shower at home, most people steam up the bathroom. When you first remove the shower curtain or open the shower door, you are met with a cool blast. After you've dried off, you open the bathroom door to another cool blast. At each step our bodies need to readjust to the temperature. The environment at the pool is exactly the same.

Why are the showers too hot/cold?

All showers are set between 104°F and 107°F (maximum by law is 120°F). They are checked on a weekly basis, usually Sunday morning. Please keep in mind that fluctuating outdoor temperatures do affect the indoor temperature as well. Our water pipes run across the facility ceiling and will heat or cool depending upon the outside temperature.

Why are there not more adjustable dials in the showers?

There is one adjustable dial shower in each Locker Room. These are for guests who want to adjust water temperature or take a cold shower. Three showers in each Locker Room are modified with timers (instead of constant flow) for water conservation purposes.

Why can't there be a suit dryer?

Unfortunately, most suit dryers cost over \$1,000, which means we would need to spend at least \$2,000 to provide one for each Locker Room. While we do not foresee being able to purchase these in the near future, suit dryers are on our permanent wish list. Donations are always welcome!

Frequently Asked Questions

Fitness Room

How often is the Fitness Room sanitized?

The Fitness Room is cleaned and sanitized daily. Also, Virex is available to clean equipment after each use.

Why is the Fitness Room so hot?

We do our best to keep the Fitness Room at a controlled 73°F. However, when guests prop open the Locker Room doors, the change in temperature in the Locker Room causes the thermostat to turn on for the entire “dry” side of the building, causing the heat to increase in the Fitness Room. Fans are available in the Fitness Room to help control this issue. If you see the Locker Room doors propped open, please feel free to shut them. Our facility wish list includes an auxiliary air conditioner for the fitness room.

Can we get some window blinds?

A request for blinds has been added to the PAFC wish list. We hope to have blinds installed soon.



Pullman Aquatic & Fitness Center

500 NW Larry Street, Pullman, WA 99163

Phone: 509-338-3290 Fax: 509-334-6696

Parks & Recreation Office: 509-338-3227

Email: aquatic.center@pullman-wa.gov

Web: www.pullman-wa.gov/aquatics