

Parent & Child Program

Our parent and child program offers early exposure to the wonderful world of water. These classes are designed to help the child acclimate to the water while teaching the caregiver(s) basic techniques for early success. Caregivers learn how to positively promote their child's water experience. Children learn to enjoy the water through songs, games, and repetition. Children not yet potty trained must wear a swim diaper with tight fitting legs and waist. Disposable diapers are not permitted. Swim diapers are available at the front desk on request. All participants must be pre-registered

Puddle Jumpers

Designed for the young swimmer who is ready to transition to a lesson environment while limiting the caregiver's involvement. Parents will be in the water with the class until the child is ready to participate independently. Graduates who are 3 yrs old will be ready for PS (preschool) Tadpole class. Children not yet potty trained must wear a swim diaper with tight fitting legs and waist. Disposable diapers are not permitted. Swim diapers are available at the front desk upon request. All participants must be pre-registered.

"A La Carte" Swim Lesson Program

This is our newly re-designed private, semi-private, and Family & Friends swim lessons. We hope these guidelines will help you schedule your special private swim lessons. Private lessons will help perfect your strokes, or train for a triathlon, or swim event? Our caring and competent instructors will assist you in setting and meeting your personal swimming goals. We can help you conquer your fears, learn a new skill, or improve your training regimen.

- ◆ Only requests for designated pool space availability will be considered. (see times in [Parks & Recreation Brochure](#))
- ◆ The available times do not guarantee an instructor, only that pool space is available.
- ◆ "A La Carte" swim lessons will only be scheduled for the current month and the following month, and payment must be made at time of registration.
- ◆ Please fill out an "A La Carte" swim lesson form at PullmanParksandRec.com and return to the PAFC.
- ◆ Instructor requests are accepted but not guaranteed. Arrange with your instructor first, then submit an "A La Carte" request form for the quickest and easiest method for accommodation.
- ◆ "A La Carte" swim lesson requests without prior instructor arrangement will be open to all swim instructors.

Pullman Aquatic & Fitness Center
City of Pullman, Parks & Recreation
500 NW Larry Street
Pullman, WA 99163

Pullman Aquatic & Fitness Center

Swim Lessons



**Schedule a FREE
Swim Screening
before registering!**

500 NW Larry Street, Pullman, WA 99163

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

Parks & Recreation Office: 509-338-3227

Email: aquatic@pullman-wa.gov

Web: PullmanParksandRec.com

...Making Family Fitness Fun!

Important Information for Swim Lessons:

- ◆ Payment is required at time of enrollment.
- ◆ Swim screenings are required for participants who want to enroll in a level above Tadpole and are not currently enrolled in our program. Call 509-338-3290 for an appointment.
- ◆ Sessions are prorated beginning the 3rd week of a session.
- ◆ Late enrollment will be accepted up to midpoint of a session.
- ◆ Makeups are only scheduled when pool space is available to do so.
- ◆ Refunds will be guided by the Parks & Recreation Refund procedure
- ◆ Our goal is 100% accommodation of all wait lists.
- ◆ PAFC accepts requests for instructors. Request must be made at time of registration; however we cannot guarantee that instructor requests can be accommodated.
- ◆ The swim session registration fee does not cover recreational swim before and/or after class. As always, all persons participating in recreational swim must pay the daily admission fee or use their membership card before entering the pools.
- ◆ Participants in Parent/Child classes are now required to register for a class. Drop-ins are no longer available.
- ◆ One lap lane will be available for lap swim only.
- ◆ Supervision policy applies.
- ◆ Goggles, swim caps, water exercise gloves and anti-chlorine shampoo and conditioner are now available for purchase at the front desk.

PS Tadpole/ Tadpole	<i>Water Adjustment/Body Position</i>	<i>PS Tadpole: 25-35 min Tadpole: 35-45 min</i>	<i>Min 3/Max 5</i>
	My child	<ul style="list-style-type: none"> ◆ has little or no water experience ◆ can follow directions 	
PS Frog/ Frog	<i>Mobility/Beginning Endurance</i>	<i>PS Frog: 25-35 min Frog: 35-45 min</i>	<i>Min 3/Max 5</i>
	My child can	<ul style="list-style-type: none"> ◆ comfortably be in the water ◆ float and glide unassisted on front and back for 5 sec ◆ travel 15 feet using beginning paddling ◆ jump in and recover to a back float 	
PS Gator/ Gator	<i>Basic Stroke Improvement</i>	<i>PS Gator: 25-35 min K Gator/Gator: 35-45 min</i>	<i>Min 3/Max 6</i>
	My child can	<ul style="list-style-type: none"> ◆ jump into deep water and return to edge of lap pool ◆ float unassisted on front and back for 10 seconds ◆ swim length of pool using a combination of crawl stroke and elementary backstroke 	
K Expert	<i>Advanced Stroke Perfection</i>	<i>35-45 min</i>	<i>Min 3/Max 6</i>
	My child can	This class is for kids ages 4-6 years old that are ready for Youth Frog and above (Gator, Stingray, Seahorse, Trout)	

Stingray	<i>Basic Stroke Perfection</i>	<i>35-45 min</i>	<i>Min 3/Max 6</i>
	My child can	<ul style="list-style-type: none"> ◆ Swim 25 yards front crawl with over arm recovery ◆ Swim 25 yards backstroke ◆ Swim 25 yards elementary backstroke ◆ Tread water for 30 seconds 	
Seahorse	<i>Advanced Stroke Improvement</i>	<i>45-55 min</i>	<i>Min 3/Max 6</i>
	My child can	<ul style="list-style-type: none"> ◆ Swim 25 yards front crawl with over arm recovery ◆ Swim 25 yards backstroke ◆ Swim 25 yards elementary backstroke ◆ Tread water for 30 seconds 	
Trout	<i>Advanced Stroke Perfection</i>	<i>45-55 min</i>	<i>Min 3/Max 6</i>
	My child can swim	<ul style="list-style-type: none"> ◆ 100 yards of front crawl with complete coordination ◆ 100 yards of back stroke ◆ 25 yards breaststroke ◆ ½ length beginning butterfly 	
Sterlets	<i>Pre-Team</i>	<i>90 min</i>	<i>Min 3/Max 2</i>
		<ul style="list-style-type: none"> ◆ Sterlets is our swim training option for children wanting a more team oriented class. This class is to prepare your child for the challenges of physical conditioning through the sport of swimming. Participants must pass Trout or a swim screening to enter into the class. This program emphasizes swim team preparation. Topics and skills to be covered are swim etiquette, how to use a pace clock, fitness awareness in aquatics, flip turns, and safety techniques. Endurance swimming of all competitive strokes will be practiced daily. Participants are eligible to swim on the Barracudas summer swim team! The Sterlets practice 90 min. each day. 	
Adult/Teen	<i>Adult: 18+ yrs Teen: 12+ yrs</i>	<i>30 min</i>	<i>Min 3</i>
		Broaden your horizons and learn a new skill. Now is the time to learn to swim or perfect your strokes. Students will be divided into groups based on skill level.	