

# Party Packages/PAFC Fitness Training



## Party Packages at PAFC

At Pullman Aquatics, we have many party options. You can choose to do the work yourself or let us do all the work for you with one of our all-inclusive party packages! All-inclusive packages include cake, ice cream, juice, balloons, place settings, goodie bags, lifeguards, and pool space. Our unique Create-a-Party system is designed to help you create the perfect party for your child. Follow the easy steps below to determine what party package best serves your needs.

**Step One: Rental Type**

- ☆ Private
- ☆ Semi-Private: Includes one hour of swim time during regular recreational hours and one hour of private deck time.

**Step Two: Package Type**


- ☆ DIY (Do It Yourself)
- ☆ All-Inclusive (We do the work for you!)

**Step Three: Rental Date**

- ☆ Decide on a couple of dates that work best for your schedule.

**Step Four: Party Planner**

- ☆ Call Kaitlin, our Party Planner, at 509-338-3266 to ensure you have the best party possible. She will assist you in choosing from one of our party themes, food choices, and everything else needed to complete the reservation process.



Pullman Aquatic & Fitness Center offers a full menu of fitness training services. Personalized training is available in our fitness room, using our equipment. Or, if you prefer, our trainer can write a program for you to use in the comfort of your own home. We can help you meet your needs and goals. Looking for a way to add a new dimension to your workouts? Try water exercise with the guidance of a certified water fitness instructor. This training is not a swimming lesson. Rather, it is focused work on strength, flexibility, and cardiovascular fitness in the unique environment provided by our two, temperature-controlled pools. All training sessions are focused on your goals and our trainer will work with your schedule. Annual members receive a 20% discount on training services. Call 338-3290 for an appointment.



### Free Members: Meet the Trainer

Free ½ hr. fitness consultation with purchase of a new or renewal of a PAFC annual membership. Stop by the information desk or call 338-3290 to set up an appointment, to meet with our trainer, that fits your schedule.

### Fitness Room Orientation

Meet with the fitness 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. Scheduled by appointment.....\$40

### Youth Weight Training:

Youth (15-17 yrs) - Do you need a program for strengthening, flexibility, or a specific sport? The trainer will design a plan for the youth under the "Introductory Fitness Package". (Youth 14 and under are not permitted in the fitness room.)

### Aquatic Staff Training

The public can observe all PAFC and Reaney staff trainings. We pride ourselves on our ongoing commitment to public safety, guest service, program delivery and facility cleanliness. Topics to be determined.

#### PAFC

Su. Apr 18, 25, May 9, 23, Aug 29  
.....6:30-8:30pm

#### Reaney

Su. Jun 6, 20, Jul 11, 18, Aug 1, 15  
.....7:30-9:30pm

### Beginning & Intermediate Training:

Participants will learn basic exercise principles. Daily lessons may include utilizing your target heart rate for cardiovascular fitness, fitness room etiquette, and strength training do's and don'ts. Program can be repeated; new information will be offered each session. Program is scheduled at your convenience with a group of six or more participants.

8/60 minute sessions.....\$35 per person

### Client Introductory Fitness Package

1/2 hr 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

### One-on-one Appointments with the Trainer

1 session .....	\$50/hr
2-5 sessions (10% discount) .....	90-\$225
6-10 sessions (15% discount) .....	\$255-\$425
11-15 sessions (20% discount) .....	\$440-\$600
20 sessions (25% discount) .....	\$750
25 sessions (30% discount) .....	\$875
30 sessions (35% discount) .....	\$975

\*For each additional person in a group training package there is an additional 25% added to the overall charge.

### Pool Lane Rental

Want to rent pool space but don't need the whole pool? Does your scout troop, play group or sports team need pool space during operating hours? Our lanes can be rented by the 1/4 hour with a minimum of one hour. Advanced reservations required.  
.....\$4.30/hour/lane