

PAFC - Swim Lessons

Swim lessons at the Pullman Aquatic & Fitness Center (PAFC) offer an essential life assurance for your family. Our nationally certified instructors come with over 75 years of combined experience from aquatic facilities throughout the country. 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 improve, allowing the teacher/student bond to develop and for students' progress to be uninterrupted. Our goal is to provide students with the skills necessary for a life long enjoyment of the water. Our lessons are offered to all ages. You will be amazed at your child's improvement with consistent, year-round lessons. We truly do have something for everyone!

Important Information for Swim Lessons:

- Swim screenings are required for participants not currently enrolled in our program. Call 338-3290 for an appointment.
- Sessions are prorated beginning the 3rd week of the session.
- Late enrollment will be accepted up to the middle of a session.
- Enroll early, as PAFC management reserves the right to combine and adjust programs with low enrollment.
- Spring sessions are MW for 4 wks, TuTh for 6 wks, and Sa for 8 wks
- Summer evening sessions are MW or TuTh for 5 wks (10 classes).
- Summer morning sessions are MTuWTh for 2 wks (8 classes).
- PAFC accepts requests for instructors. Request must be made at time of registration; however we cannot guarantee that instructor requests (including gender) will be honored.
- 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 swipe their membership card before entering the pools. Be aware that during evening, weekend and summer lessons there is no recreational swim, therefore no children are allowed in the pool without their instructor present. Supervision policies apply, see page 34 for policy.
- No class: Mon, May 31 – lessons held on Fri, Jun 11.



How do I register my child?

The questions on page 31 will help you place your child in the proper program level. Free swim screenings are required for all students not currently enrolled in our program. If you answer "NO" to any question, place your child in the preceding level. If you answer "YES" to all questions, your child is placed in the appropriate level. Please note: all children aged 3 and 4 must be placed in the Preschool (PS) section of the appropriate level. 5 years olds may choose PS, K, or regular levels. Kindergarteners aged 5 and 6 may enroll in the K sections of the daytime Frog and Gator. We encourage 5 year olds to enroll in the regular levels for weekend, evening or summer programs.

Waitlist Information for Swim Lessons:

- Waitlists are established for all filled sessions.
- Our goal is 100% accommodation of waitlists.
- Enrollment in PAFC programs are offered on a first-come, first-serve basis. If openings develop prior to program readjustments, they will be filled in order of position from the waitlists. Once readjustment periods begin, the waitlist becomes a general interest list only. As PAFC adds and readjusts sessions, all waitlist participants will be called. If necessary a message will be left. Enrollment will now be done in order of responses. Payment is required at time of enrollment.
- All waitlist accommodations and session changes for MW/TuTh programs and summer programs are made after 3:00pm on the Fri before the session begins. Accommodations and changes for Sat programs are made after 3:00pm the Thurs before the session begins.

Parent Child (PC)

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.



30 min - 1x/week Min 5/Max 20

PC Goldfish

6-23 mo, caregiver participation required
 Drop-In\$5.50
 M.....Jun 14-Aug 16 6:00-6:30pm \$37
 F.....Jun 18-Aug 20 10:00-10:30am \$37

PC Clownfish

24-36 mo, caregiver participation required
 Drop-In\$5.50
 M.....Jun 14-Aug 16 6:30-7:00pm \$37
 F.....Jun 18-Aug 20 10:30-11:00am \$37

Puddle Jumper (PJ)

The Puddle Jumper program is designed for the young swimmer who is ready to transition to lessons with limited parental supervision. These classes are designed to help the child acclimate to the lesson environment while limiting the caregiver(s) involvement. Children will be introduced to the PAFC lesson program 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.

30 min - 1x/week Min 5/Max 20

PJ Starfish

2-3 yrs old, with beginning swim skills. Caregiver participation required (See PS Turtle description on pg 31)
 W.....Jun 16-Aug 18 6:00-6:30pm \$37
 F.....Jun 18-Aug 20 9:30-10:00am .. \$37

PJ Seal

3-4 yrs old, who needs the reassurance of their parent. Caregiver participation required (See PS Tadpole description on pg 31)
 W.....Jun 16-Aug 18 6:30-7:00pm \$37

PAFC - Swim Lessons



How do I register my child?

The questions on page 31 will help you place your child in the proper program level. Free swim screenings are required for all students not currently enrolled in our program. If you answer "NO" to any question, place your child in the preceding level. If you answer "YES" to all questions, your child is placed in the appropriate level. Please note: all children aged 3 and 4 must be placed in the Preschool (PS) section of the appropriate level. 5 years olds may choose PS, K, or regular levels. Kindergarteners aged 5 and 6 may enroll in the K sections of the daytime Frog and Gator. We encourage 5 year olds to enroll in the regular levels for weekend, evening, or summer programs.

| | MW 4 wks 8 classes | | TuTh 5 wks 12 classes | | M-Th 2 wks 8 classes | | MW 5 wks 10 classes | | TuTh 5 wks 10 classes | |
|----------------------|-------------------------------|-------|-----------------------------|-------|--|-------|--------------------------------|-------|--------------------------------|-------|
| | Apr 19-May 12 May 17-Jun 9 | | May 4-Jun 10 | | Jun 14-24 Jun 28-Jul 8 Jul 12-22 Jul 26-Aug 5 Aug 9-19 | | Jun 14-Jul 14 Jul 19-Aug 18 | | Jun 15-Jul 15 Jul 20-Aug 19 | |
| | Time | Price | Time | Price | Time | Price | Time | Price | Time | Price |
| PS Tadpole | 9:00am 1:00pm 6:25pm | \$29 | 9:35am 1:35pm 5:15pm | \$44 | 9:00am | \$29 | 6:25pm | \$37 | 5:15pm | \$37 |
| PS Turtle | 9:35am 1:35pm 5:50pm | \$29 | 9:00am 1:00pm 5:50pm | \$44 | 9:05am 9:35am 10:25am | \$29 | 5:50pm | \$37 | 5:50pm | \$37 |
| PS Frog/ PS Gator | 10:10am 2:10pm 5:15pm | \$29 | 10:10am 2:10pm 6:25pm | \$44 | 10:10am | \$29 | 5:15pm | \$37 | 6:25pm | \$37 |
| Tadpole | 5:15pm | \$39 | 6:00pm | \$58 | 9:10am | \$39 | 5:15pm | \$49 | 6:00pm | \$49 |
| Turtle | 5:15pm | \$39 | 5:15pm | \$58 | 9:00am 9:45am 10:45am | \$39 | 5:15pm | \$49 | 5:15pm | \$49 |
| K Frog | - | - | 9:00am 1:45pm | \$58 | - | - | - | - | - | - |
| Frog | 6:10pm | \$39 | 5:15pm 6:10pm | \$58 | 9:15am 10:30am | \$39 | 6:10pm | \$49 | 5:15pm 6:10pm | \$49 |
| K Gator | - | - | 9:45am 1:00pm | \$58 | - | - | - | - | - | - |
| Gator | 6:00pm | \$39 | 5:15pm | \$58 | 9:20am 10:00am | \$39 | 6:00pm | \$49 | 5:15pm | \$49 |
| Seahorse | 5:15pm | \$39 | 6:00pm | \$58 | 9:40am | \$39 | 5:15pm | \$49 | 6:00pm | \$49 |
| Trout | 6:00pm | \$48 | 5:15pm | \$72 | 9:55am | \$48 | 6:00pm | \$60 | 5:15pm | \$60 |
| Salmon/ Swordfish | 5:15pm | \$48 | 6:00pm | \$72 | 10:05am | \$48 | 5:15pm | \$60 | 6:00pm | \$60 |
| Dolphin | 5:15pm | \$72 | 5:15pm | \$109 | - | - | - | - | - | - |

Program participants receive a 20% discount when they possess an annual PAFC membership.

Swim screenings are required for all participants not currently enrolled in our program. Call 509-338-3290 to schedule an appointment.

PS Tadpole-water adjustment

Min 3/Max 5

3-5 yrs

25-35 minutes

To register: My child has

- little or no water experience

PS Turtle-body position

Min 3/Max 5

3-5 yrs

25-35 minutes

To register: My child can

- go underwater willingly with no hesitation
- float assisted on front and back
- follow directions
- jump in, go underwater, and be caught
- demonstrate comfort in the entire pool environment

PS Frog/PS Gator

Due to limited enrollment in both levels, these skills will be taught in a combination program.

Min 3/Max 5

3-5 yrs

25-35 minutes

PS Frog-mobility/beginning endurance

To register: My child can

- float and glide unassisted on front and back for 10 sec
- travel 15 feet using beginning paddling
- demonstrate a streamline kick on front and back for 15 feet
- jump in and recover to a back float

PS Gator-stroke improvement

To register: My child can combine the following skills

- jump into deep water
- float unassisted on back for 15 seconds
- travel ½ length of pool (streamline kick with sculling arms)
- roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick, and rhythmic breathing)

Tadpole-water adjustment

Min 3/Max 5

35-45 minutes

To register: My child has

- little or no water experience

Turtle-body position

Min 3/Max 5

35-45 minutes

To register: My child can

- go underwater willingly with no hesitation
- float assisted on front and back
- follow directions
- jump in, go underwater, and be caught
- demonstrate comfort in the entire pool environment

K/Frog-mobility/beginning endurance

Min 3/Max 5

35-45 minutes

To register: My child can

- float and glide unassisted on front and back for 10 sec
- travel 15 feet using beginning paddling
- demonstrate a streamline kick on front and back for 15 feet
- jump in and recover to a back float

K/Gator-stroke improvement

Min 3/Max 6

35-45 minutes

To register: My child can combine the following skills

- jump into deep water
- float unassisted on back for 15 seconds
- travel ½ length of pool (streamline kick with sculling arms)
- roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick, and rhythmic breathing)

Seahorse-stroke perfection

Min 3/Max 6

Length: 35-45 minutes

To register: My child can

- perform consistent bilateral or rotary breathing
- demonstrate over-arm recovery on the front and back
- tread water for two minutes using any arm and kick pattern

Trout-advanced stroke kicks

Min 3/Max 6

45-55 minutes

To register: My child can

- swim 25 yards of front crawl with complete coordination, using rotary breathing and over arm recovery every time
- swim 25 yards of back crawl including coordination and over arm recovery every time



Salmon/Swordfish

Due to limited enrollment in both levels these skills will be taught in a combination program.

Min 3/Max 8

45-55 minutes

Salmon-advanced stroke refinement

To register: My child can

- swim consistent and perfect elementary backstroke with coordination for 25 yards
- demonstrate dolphin kicks for 15 yards
- demonstrate breast stroke kicks for 15 yards
- demonstrate side stroke kicks for 15 yards
- swim front and back crawl for 50 yards each

Swordfish-competitive stroke intro

To register: My child can

- demonstrate consistent and perfect elementary backstroke, breast stroke, and side stroke for 25 yards
- swim front and back crawl for 100 yards each

Dolphin-pre-competition

Min 3

75-90 minutes

This is a non-level program emphasizing swim team preparation. Topics and skills to be covered are swim etiquette, how to use a pace clock, fitness awareness in aquatics, flip turns, nutrition, and safety techniques. Endurance swimming of all competitive strokes will be practiced daily. Participants must be a minimum of Trout level. Dry land training will be added as necessary.

PAFC - Aquatic Programs/Swim Lessons

Adult/Teen Lessons

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 age and skill level.

Adult: 15+ yrs

Teen: 12+ yrs

M.....Jun 14-Aug 16 7:00-7:30pm..... \$37

NEW! Adult/Teen Private Lessons

Do you want to learn to swim, perfect your strokes, or train for a triathlon or swim event? Our caring and compassionate 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. 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.

30 minutes 1 student \$20
..... 2 students..... \$25

45 minutes 1 student \$30
..... 2 students..... \$37.50

*Scheduled by appointment

*Please fill out a private lesson questionnaire (available at the PAFC front desk, on-line at www.pullman-wa.gov/aquatic or call Brady at 338-3266) for instructor assignment, dates, and times.

Youth Private/Semi-Private Lessons

Do your children seem stuck at one level? Do they like a specific instructor? Would you like to see them progress through the skills at a faster pace? Private lessons are the answer. 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.

30 minutes 1 student \$20
..... 2 students..... \$25

45 minutes 1 student \$30
..... 2 students..... \$37.50

*Scheduled by appointment

*Please fill out a private lesson questionnaire (available at the PAFC front desk, on-line at www.pullman-wa.gov/aquatic or call Brady at 338-3266) for instructor assignment, dates, and times.

Family & Friends Lessons

Gather three or more students of the same skill level and bring them in during off peak hours for a group swim program. We will provide a qualified swim instructor for your group.

30-60 minutes/4 classes min Min 3/Max 6
Scheduled by appointment.....\$8 per student/hr

*Please fill out a Family and Friends Lesson Questionnaire (available at the PAFC front desk, on-line at www.pullman-wa.gov/aquatic, or call Brady at 338-3266) for instructor assignment, dates and times.

Barracuda Saturday

The first Saturday of every month the Pullman Barracudas (Reaney Summer Swim Team) will be getting together to have some fun and stay connected with their swimmates throughout the school year. Swimmers are encouraged to bring a friend to get to know the team and coaches. While we cannot "practice" (in accordance with Whitman County Swim League) we can get together and play games, have relay races, and other fun water activities. New swimmers are always welcome.

Sa.....May 1, Jun 5.. 12:00-2:00pm.....\$4 ea

Rat Pack Program Club

Back By Popular Demand!

Our Junior Lifeguard Program offers instruction for building a foundation of knowledge, attitudes, and skills for future lifeguards. Successful completion of the club program will give youth free admission to Reaney for the summer and a t-shirt, hat, and water bottle from PAFC. Every week will focus on new lessons. Graduates of the program will be encouraged to volunteer at PAFC and Reaney special events. Participants may stay at Reaney until closing. Please pack a healthy snack, water bottle, and sunscreen each day.

Instructors: PAFC/Reaney Staff

Location: Reaney Pool Min 5/Max 25
10-14 yrs

TuThJun 15-Jul 15.....2:00-5:00pm \$65

NEW! Beginning Diving

Introduction to diving skill. Lessons will include sitting, kneeling and standing dives. Basic safety involved with diving and the use of the diving board. Students will practice and learn the diving approach. Participants must be a minimum of Frog level (please see Frog description on page 31)

Instructors: PAFC/Reaney Staff

Location: Reaney Pool Min 3/Max 8

TuWTh ..Jun 22-24 12:15-12:45pm.....\$11

TuWTh ..Jul 20-22 12:15-12:45pm.....\$11

TuWTh ..Aug 17-19 12:15-12:45pm.....\$11

American Red Cross:

Lifeguard Training

Lifeguarding lets you work as part of a team to help people safely enjoy the water. You could even save a life! Sharpen your leadership skills and show the world what you can do. Learning is fun and easy with the ARC certification course.

Instructor: Brady White, PAFC Head Lifeguard, ARC LGIT candidate

Location: PAFC and Reaney Min 6/Max 20
15+ yrs

Sa.....May 8-Jun 19 .. 2:00-8:00pm.....\$200

Gold Medal Swim Club

Gold Medal Swim Club (GMSC), was founded in 2002 by Tom Jager in Austin, Texas, and is now serving the Palouse region with a rich swimming heritage. GMSC, a member of United States Swimming (USA-S) age group program is America's largest program of guided fitness activity for children, providing progressive levels of athletic competition. GMSC is one of 25 teams in Inland Empire Swimming (IES) belonging to the Western Zone. MISSION: Living healthy lifestyles through the sport of competitive swimming. VALUES: Enjoyment, Commitment, Honesty, Trust, Respect, Punctuality, Act noble and gracious, Be Kind! OVERALL GOAL: To develop the character traits, technical skills and desire necessary for maximum realization of each individual's potential. Contact Dan Lawson, 208-885-0268, email at dlawson@uidaho.edu

Locations: PAFC/UI Swim Center

PAFC

MTuWTh..... 7:00-8:30pm

UI Swim Center

MTuWThF 4:30-6:00pm