

# Outdoor Recreation

## **NEW!** Basics of Disc Golf (Frisbee Golf)

Ever wonder what those metal baskets are for in Sunnyside Park? Disc golf is quickly gaining popularity around the country and is a great way to spend time outdoors with friends and family. If you are curious about what disc golf is, join us for the basics including rules, etiquette, disc selection, and throwing techniques. Class fee includes a disc, rule book, and membership information for the PDGA (Professional Disc Golf Association). If you already have discs, bring them along! Please wear comfortable close-toed shoes. Instructor Heather McGeachy is a member of the Professional Disc Golf Association and competes nationally. Children under 12 with parents are welcome.

Instructor: Heather McGeachy  
Location: Sunnyside Park                      Min 4/Max 12  
Sa .....Jun 5-12..... 10:00am-12:00pm. \$30

## Rafting Trips

Join us 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 3 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 11..... 9:30am-4:00pm .....\$54  
Sa .....Jul 31..... 9:30am-4:00pm .....\$54  
**Adults:**  
Su .....Jul 11..... 9:30am-4:00pm .....\$65  
Sa .....Jul 31..... 9:30am-4:00pm .....\$65



## **NEW!** Learn To Row Day

This is a brief overview for all of you who have always wanted to try rowing. Participants will review the basics and then row in boats seated alongside our experienced masters and collegiate rowers. This safe and inspiring learning environment is a once in a lifetime opportunity. Those that participate are encouraged to join the Learn To Row class. Please visit [www.row.wsu.edu](http://www.row.wsu.edu) for complete details and registration information. No experience required, but participants must have basic swim skills to participate.

Instructor: Coach Arthur Ericsson  
Location: WSU boathouse, Wawawai Landing, Snake River                      Min 4/Max 24  
12+ yrs  
W.....Jun 9 ..... 5:45-7:45pm .....Free

## Junior & Adult Learn to Row

WSU Men's Crew is sponsoring its fifth annual Learn To Row for teens (age 12+) and adults of all ages. Participants will learn sweep rowing (in which each rower has one oar) and row in eight and four person boats. At the coach's discretion, those that complete the Learn to Row are encouraged to continue into the Team Camp. Please visit [www.row.wsu.edu](http://www.row.wsu.edu) for complete details and registration information. No experience required, but participants must pass a basic swim test before beginning the class.

Instructor: Coach Arthur Ericsson  
Location: WSU boathouse, Wawawai Landing, Snake River                      Min 18/Max 35  
12+ yrs  
Sa .....Jun 12-30.....9:15-11:15am  
TuTh ..... 5:45-7:45pm ... \$150

## Masters Rowing

In rowing, masters just means you're an adult with some level of experience. This class will take a wide range of experience levels and ages to form a mixed masters crew. Sweep rowing is our focus but some sculling is introduced. Please visit [www.row.wsu.edu](http://www.row.wsu.edu) for complete details and registration information. Experience is required. Contact coach if you have questions.

Instructor: Coach Arthur Ericsson  
Location: WSU boathouse at Wawawai Landing, Snake River                      Min 10/Max 20  
18+ yrs  
Sa .....May 29-Jun 30 .... 7:00-9:00am  
MW ..... 5:45-7:45pm .. \$185

## Masters & Junior Team Rowing Camp

The skills continue to be developed and the workouts continue to be more demanding as the team refines its timing, balance and power. Masters or Learn To Row experienced is required. Palouse Rowing will host Coeur d'Alene for the annual end of the summer race on August 14.

Instructor: Coach Arthur Ericsson  
Location: WSU boathouse, Wawawai Landing, Snake River                      Min 10/Max 20  
12+ yrs  
Sa .....Jul 12-Aug 14 ..... 7:00-9:00am  
MW ..... 5:45-7:45pm .. \$160

## Masters Coxing

The coxswain is the member of the crew who is responsible for steering and coordinating the crew. A good cox will use their mind, their voice and their senses to help each rower, and the crew as a whole, row their best. A coxswain can be a motivating force, and in a sense, an onboard coach. Whether you have previous coxing experience or would like to learn from scratch, you will be an important member in the boat. Typically a cox will weigh less than 150#.

18+ yrs  
Sa .....May 29-Aug 14 ... 7:00-9:00am  
MW ..... 5:45-7:45pm .... \$20

# WSU Outdoor Recreation

WSU's Outdoor Recreation Center (ORC) offers many trips, programs, and clinics each summer to provide individuals with the opportunity to learn new skills or enhance his or her knowledge of the great outdoors. Classes are open to all WSU students, faculty, and staff as well as the general community. All non-WSU students must be 18+ years. No refunds are given after the pre-trip meeting or past the registration date. [www.orc.wsu.edu](http://www.orc.wsu.edu) this is where you'll find the latest details on upcoming WSU Outdoor Recreation trips and programs. **Please register for trips and classes online.** If you do not currently have a UREC account, you can create one at: <https://urec.wsu.edu/Register/MyAccount/AccountCreate.aspx>. A WSU ID is NOT required. **Have questions? Call the ORC at 509-335-1892.**

## Sunset Paddle

Only 40 minutes from WSU's campus, the Snake River is perhaps one of the most well known and scenic rivers in the United States. As the sun goes down, come enjoy this beautiful river. Participants will have the option to paddle either canoes or sea kayaks. No experience is necessary, and all essential equipment is provided. Paddling down the Snake River will surely put anyone in a calm and relaxed state of mind. This is one of our most popular, and well-liked, trips; so register early! We look forward to seeing you out on the water!

Location: Snake River, WA  
W.....May 26.....4:00-8:00pm .....  
Member: \$22 .....Non-Member: \$39  
W.....Jun 30.....4:00-8:00pm .....  
Member: \$22 .....Non-Member: \$39

## Full Moon Hike

Come join us on a late night hike through Moscow Mountain illuminated by the light of a full moon! This is a great way to enjoy the outdoors in a different medium. This trip includes transportation and access to the mountain, however, food and weather-appropriate clothing must be provided by the patron. We look forward to seeing you on this late-night adventure!

Location: Moscow Mountain, ID  
Th.....May 27.....7:30-11:30pm.....  
Member: \$20 .....Non-Member: \$30  
Su.....Jul 25.....7:30-11:30pm.....  
Member: \$20 .....Non-Member: \$30

## Hike and Yoga

Are summer classes or work already bogging you down? Take a break from early summer stresses by unwinding in a sunset hike & yoga session. The adventure will begin at nearby Klemgard Park where participants will engage in a short hike. After hiking a certified Yoga instructor will take you through a beginner's progression while ensuring the most relaxing environment. No experience is necessary for this trip. We will meet at the ORC and then drive to Klemgard County Park to enjoy the scenery as we just take a moment to breathe. **Registration Ends: May 31**

Location: Klemgard Park, WA  
W.....Jun 2.....4:00-8:00pm .....  
Member: \$19 .....Non-Member: \$29

## Palouse Falls Viewing and Palouse Falls Paddling

Did you know that one of the greatest waterfalls in the Northwest is less than 90 miles away from us? The Palouse River plummets 185 feet into the river's canyon. Several miles before the falls, the Palouse River meets the dammed Snake River which creates a lake of flat water for us to paddle on. We will paddle in either sea kayaks or canoes as close as possible to the falls. This paddle is extremely scenic and takes us away from roads and development. Once we come back from this paddle we will drive to the Palouse Falls and view it from the Palouse Falls County Park. No experience is necessary for this trip and we will provide all necessary paddling equipment besides appropriate clothing. **Registration Ends: May 31**

Location: Palouse Falls, WA  
Su.....Jun 6.....8:00am-5:00pm .....  
Member: \$40 .....Non-Member: \$55

## Granite Point Climbing

Have you ever wanted to experience what climbing was like outside, instead of on indoor walls? Well here's your chance! This exciting day full of rock climbing involves heading down to Granite Point on the Snake River. Here you will learn basic climbing technique and skills, all while being in a beautiful setting right on the river. The routes range from beginner 5.6 to advance 5.12. All rock climbing equipment that you will need will be provided. So if you're a beginner or advanced this trip has something to offer to you! **Registration Ends: Jun 7**

Location: Granite Point, WA  
Su.....Jun 13.....12:00-6:00pm.....  
Member: \$25 .....Non-Member: \$39

## Sunset Paddle and Yoga

Only 40 minutes from Pullman, the Snake River is perhaps one of the most well known and scenic rivers in the U.S. As the sun goes down, come enjoy this beautiful river. Participants will have the option to paddle either the canoes or sea kayaks. If paddling down the Snake River doesn't put your mind completely at ease, our riverside yoga class will. No experience is necessary. Price includes transportation, all essential equipment, leadership, and instruction. **Registration Ends: Jun 14**

Location: Snake River, WA  
W.....Jun 16.....4:00-9:00pm .....  
Member: \$25 .....Non-Member: \$42

## Liberty Lake Day Hike

Need some time to get out and enjoy the beautiful outdoors? Liberty Lake in Spokane County is a beautiful hike that meanders up Liberty creek and throughout the park. It's a cool quiet retreat through ponderosa pine, cedar and cottonwood while crossing a couple streams. At one point there is a crossing above a pounding waterfall in the spring. No previous hiking experience is required. **Registration Ends: Jun 14**

Location: Liberty Lake, WA  
Sa.....Jun 19.....8:00am-5:00pm .....  
Member: \$35 .....Non-Member: \$59

## WSU Outdoor Recreation/Special Events

### Salmon River Yoga, Camp, and Rafting

This summer, rejuvenate your mind, body, and spirit! This is the quintessential outdoor yoga experience coupled with world class white water rafting on Idaho's Salmon River. The price of this trip includes transportation, yoga instruction, raft guides, all necessary group camping gear, rafting equipment, and a gourmet lunch. The trip will involve traveling to the Salmon River Saturday evening and camping near the river. Lucile, Idaho is 136 miles away - a scenic drive that takes between two and a half and three hours. Friday night or Sunday morning, amidst the tranquility of the river, a certified Yoga instructor will take you through a beginner's progression while ensuring the most relaxing environment possible. Saturday, we will paddle Class II and III water and drive back to Pullman Saturday evening. **Registration Ends: Jun 28**

Location: Riggins, ID

SaSu .....Jul 10-11 ..... 10:00am-8:00pm .....

Member: \$69 ..... Non-Member: \$85

### Outdoor Recreation Center Equipment Rental Shop

Looking to rent outdoor gear this summer? The ORC Rental Shop is a great resource for students and community members who are looking to take a trip, but don't have the gear they need. All equipment is reliable and in great condition to allow users a fun outdoor experience at a very low cost. Choose from outdoor or recreational sports equipment as well as winter and water sports gear. Rentals are available at the Outdoor Recreation Center located in Hollingbery Field House Annex Room 101. For questions regarding specific equipment, call 335-1892.

#### Hours:

**Monday-Friday: 10:30am-6:00pm.**

\*The ORC is closed for all University holidays.

**Rental Shop Special Promotions:  
Memorial Day Weekend and  
July 4th Weekend:**

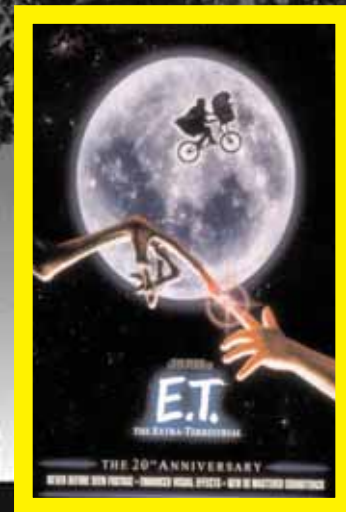
*3 days for the regular weekend rate!*

## "Movies in the Park" Reaney Park



**July 16th**  
**"Cloudy With a  
Chance of Meat Balls"**  
**@ 9:00pm**

**July 30th**  
**"E.T."**  
**@ 8:45pm**



**August 13th**  
**"Monsters vs Aliens"**  
**@ 8:30pm**