

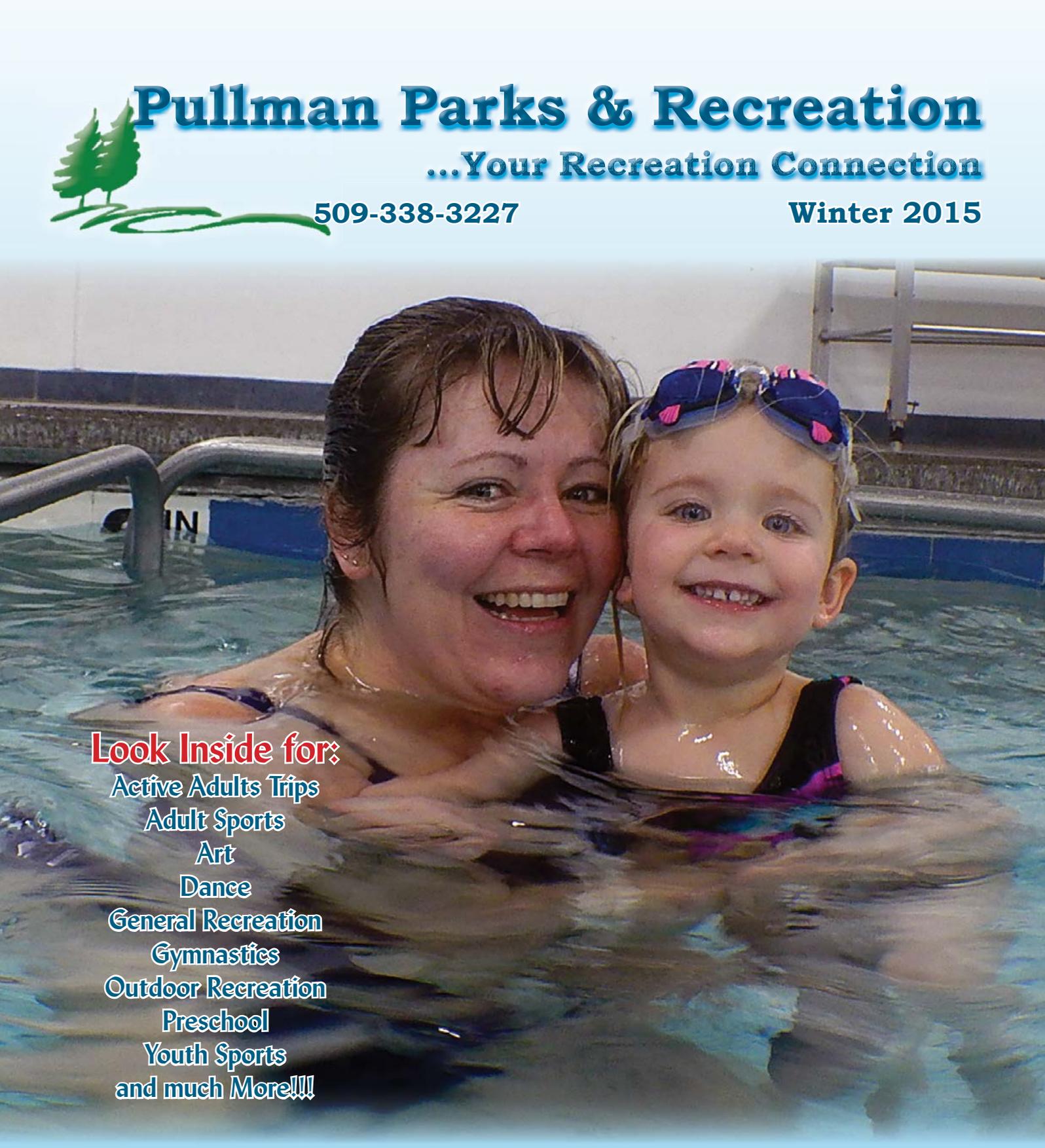


Pullman Parks & Recreation

...Your Recreation Connection

509-338-3227

Winter 2015



Look Inside for:

Active Adults Trips

Adult Sports

Art

Dance

General Recreation

Gymnastics

Outdoor Recreation

Preschool

Youth Sports

and much More!!!

Register Online at PullmanParksandRec.com

PULLMAN PARKS & RECREATION OFFERS...*SOMETHING FOR EVERYONE!*

THANK YOU SPONSORS AND VOLUNTEERS!

Pullman Parks & Recreation 2014 Sponsors and Volunteers!

Adopt a Park Volunteers
Arbor Day Participants
Avista Corp
Bill's Welding Shop
Banyans on the Ridge
Center for Civic Engagement, WSU
Chipman-Taylor Chevrolet
City of Pullman, Wellness Program
Crimson & Gray
Dairy Queen
Dissmore's IGA
Eagle Scouts
Emerging Green Builders
Engineers without Borders
Friend's of Itani Park
Grand Avenue Greenway Committee
Jess Ford of Pullman
KHTR-Hit Radio 104.3
Holiday Lighting Volunteers
HUB International

Kiwanis Club
LDS of the Palouse
Omega Electric
Palouse Conservation District,
Staff and Volunteers
Pickard Orthodontics
Pullman Chamber of Commerce
Pullman Child Welfare
Pullman Civic Trust
Pullman Disposal Service
Pullman Fire Department
Pullman Parks & Recreation,
Preschool Volunteers
Pullman Parks & Recreation,
Cemetery Committee
Pullman Parks & Recreation, Commission
Pullman Parks & Recreation,
Lawson Garden Committee

Pullman Parks & Recreation,
Youth Sports Coaches & Officials
Pullman Police Dept.
Pullman Senior Association, Members
Real Life Ministries
Resinate Church
RE/MAX
Schweitzer Engineering Laboratories
Snap Fitness
Tri-State Outfitters
Village Centre Theaters
Walmart
Women of Moose Lodge #943
WSECU
WSU Engineering Students
WSU Foundation
WSU Greeks
Wysup Motors
YMCA
Zeppo



Thank You!

Browse through our programs, either with this brochure or online at PullmanParksandRec.com

Get Connected: Registration Opens: Wednesday, December 17th.

Pioneer Center & Pullman Senior Center



Jan 1 - New Year's Day
Jan 19 - Martin Luther King Day
Feb 16 - President's Day
May 25 - Memorial Day

Important Recommendations

- Registration begins, Wednesday, December 17th.
- We recommend you sign up for programs as far in advance as possible to insure your spot and to prevent program cancellations.
- If the program you want is already full, you can select waitlist. If a spot opens up we will be happy to call you so that you can participate in our program.
- After a class has already started, please contact our office for late registration information.
- We start pro-rating for some classes the third week of a class.

Online:



Register and pay online (with Visa or MasterCard). Go to PullmanParksandRec.com, click on the yellow box titled Online Registration/Reservation/Donation and click the link.



By Phone:

We will be available for phone-in registration (with a Visa or MasterCard) beginning Wednesday, December 17th, 8:00am-5:00pm. We suggest on-line registration as the speediest registration tool, but we're happy to assist you by phone as well! We apologize that even though all of our phone lines will be open and staffed, you still may experience a wait as we assist each customer in the order the call is received.

Walk-In:

If you prefer an in-person experience, visit us at the Pioneer Center, 240 SE Dexter St, the Pullman Aquatic & Fitness Center, 500 NW Larry St, or Pullman Senior Center, 325 SE Paradise St during regular business hours. We accept cash, check, Visa, or MasterCard at these locations.



Resident Discount:

The City of Pullman recognizes that people living within Pullman's city limits support, through the Metropolitan Park District, the City's Parks & Recreation services. Because of this, the City offers its residents a discount on selected recreational programs.

Sales Tax: All fees listed in the Parks & Recreation Brochure have the applicable sales tax included.

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Please note that a few programs are not available for online registration. These are noted with this symbol.



I am good for your heart and health! Look for me at the top of a page or by an activity and I will help you stay healthy.



Instructors Wanted!

We need instructors for our Summer Brochure Season, May-August! Fill out "Instructor Interest Form" found on our website PullmanParksandRec.com. Department Forms, and return it to Parks & Recreation, 240 SE Dexter or call 509-338-3227.

WELCOME TO PARKS & RECREATION

Before we turn the page to 2015, we would first like to reflect back on 2014 and say Thank You to all those individuals and organizations that volunteered their services or served as a sponsor throughout this past year. Whether you volunteered as a youth sports coach, planted trees, helped cleanup a park or assisted with a community event, each and every one of you made a difference...*Thank You!*

As we move forward into 2015 there is ample anticipation and hopes of finally being able to construct a splash pad complete with a variety of water features and spray toys that are sure to be a hit with the younger kids. This project began as a grass roots effort by citizens of Pullman over 20 years ago, so it's a pleasure to see this project finally come to fruition. While it's still too early to know how construction will affect the summer swim season, the one thing for sure is the end project has been a long time in the making and we're hopeful you'll find the wait worthwhile.

However, before we get to summer, please take a moment and browse through our winter/spring brochure which has a full assortment of fun and healthy activities that will be sure to keep you or your family active throughout the winter. We're also here to help with all those New Year's resolutions and promises to be made. Checkout the full offering of exercise programs offered throughout the day and for all ability levels. You can also start the New Year off right by purchasing an annual membership to the Pullman Aquatic Center where you can take full advantage of the fitness room and all the pool offerings including water aerobics.

As always, we hope 2015 brings you a year of good health and the opportunities to participate in a wide variety of activities offered through Parks and Recreation. We look forward to serving everyone in the upcoming year and you can be assured you will receive a quality experience in any of our programs.

From your Parks & Recreation staff... Have a Happy & Safe New Year!

 Please note that a few programs are not available for online registration. These are noted with this symbol.

What's in it for You...

4 - Discovery Zone for Kids:

Preschool, Art, Dance, Gymnastics, and much more...



12 - Youth Sports:

Basketball, Soccer, Volleyball, Wrestling, and more...



20 - General Recreation:

Adult Sports, Art, Fitness, Outdoor Rec, and more...



30 - Aquatics:

Swim Lessons, Water Exercise, Fitness Room, and more...



39 - Active Adults:

Overnight Trips, Day Trips, Theater, and more....



19, 52 - Special Events:

Egg Hunt, Underwater Egg Hunt, and more...

...We are your Recreation Connection

DISCOVERY ZONE FOR KIDS: PRESCHOOL

Parks & Recreation Preschool 2014-2015

Preschool is designed for the pre-kindergarten student. Our program provides opportunities for young children to select, explore, and practice a variety of skills in a secure, creative, and stimulating environment. Teachers plan developmentally appropriate activities that promote social, emotional, physical, and cognitive growth. Our curriculum includes language, art, music, math, science, and movement activities implemented into monthly theme-based units. Children gain self-esteem and independence as they are treated with respect and encouraged individually. Our preschool is open to children 3-5 years of age. We currently offer two classrooms. Student/teacher ratio is 1:10. The 3-4 year old program (younger 4 year olds) is in the morning from 9:00am-12:00pm with the option of attending MWF, TuTh, or M-F. The 4-5 year old (older 4 year olds/pre-K students) can either choose a session in the morning from 9:00am-12:00pm MWF or in the afternoon from 1:00-4:00pm MWF, TuTh, or M-F.



Registration Information:

Ages listed will be strictly adhered to. Children must be potty trained by the start of class. Children must be able to separate from parents. You may obtain a Preschool Parent Manual/Brochure from the Pullman Parks & Recreation Department by calling 509-338-3227, or visit our website at PullmanParksandRec.com, department forms.

Meet our Instructors:



Jean Overstreet-Druffel, (Ms Jean) our Preschool and Youth Programmer, serves as the Head Preschool Teacher. She has a B.S. in Child

Development and Family Relations from the University of Idaho. After moving to Pullman, Jean served as director of a childcare center. She was hired by the City of Pullman in 1994 and for the past 20 years has been responsible for our program's content and growth.



Marlin Mangels, (Mr M) our Assistant Preschool Teacher, joined our program in 2008. Prior to working for Parks &

Recreation, Mr. M taught English in Korea, earned a second degree in Elementary Education from WSU, worked with one year olds in the "PS, I Love You" program for five years, and spent time volunteering in Ms. Jean's room prior to joining our staff.

January 2015:

Ms Jean's Room: Min 7/Max 16

3-4 yrs

MWFJan 5-30 9:00am-12:00pm*

Resident: \$143/N-Resident: \$145

TuThJan 6-29 9:00am-12:00pm

Resident: \$104/N-Resident: \$106

4-5 yrs

MWFJan 5-30 1:00-4:00pm*

Resident: \$143/N-Resident: \$145

TuThJan 6-29 1:00-4:00pm

Resident: \$104/N-Resident: \$106

Mr Marlin's (Mr M) Room: Min 7/Max 10

4-5 yrs

MWFJan 5-30 9:00am-12:00pm*

Resident: \$143/N-Resident: \$145

*No class: Jan 19

February

Ms Jean's Room: Min 7/Max 16

3-4 yrs

MWFFeb 2-27 9:00am-12:00pm*

Resident: \$143/N-Resident: \$145

TuThFeb 3-26 9:00am-12:00pm

Resident: \$104/N-Resident: \$106

4-5 yrs

MWFFeb 2-27 1:00-4:00pm*

Resident: \$143/N-Resident: \$145

TuThFeb 3-26 1:00-4:00pm

Resident: \$104/N-Resident: \$106

Mr Marlin's (Mr M) Room: Min 7/Max 10

4-5 yrs

MWFFeb 2-27 9:00am-12:00pm*

Resident: \$143/N-Resident: \$145

*No class: Feb 16

March

Ms Jean's Room: Min 7/Max 16

3-4 yrs

MWFMar 2-27 9:00am-12:00pm

Resident: \$156/N-Resident: \$158

TuThMar 3-26 9:00am-12:00pm

Resident: \$104/N-Resident: \$106

4-5 yrs

MWFMar 2-27 1:00-4:00pm

Resident: \$156/N-Resident: \$158

TuThMar 3-26 1:00-4:00pm

Resident: \$104/N-Resident: \$106

Mr Marlin's (Mr M) Room: Min 7/Max 10

4-5 yrs

MWFMar 2-27 9:00am-12:00pm

Resident: \$156/N-Resident: \$158

April

Ms Jean's Room: Min 7/Max 16

3-4 yrs

MWFMar 30-May 1 9:00am-12:00pm*

Resident: \$156/N-Resident: \$158

TuThMar 31-Apr 30 9:00am-12:00pm*

Resident: \$104/N-Resident: \$106

4-5 yrs

MWFMar 30-May 1 1:00-4:00pm*

Resident: \$156/N-Resident: \$158

TuThMar 31-Apr 30 1:00-4:00pm*

Resident: \$104/N-Resident: \$106

Mr Marlin's (Mr M) Room: Min 7/Max 10

4-5 yrs

MWFMar 30-May 1 9:00am-12:00pm*

Resident: \$156/N-Resident: \$158

*All sessions no class: Apr 6-10

May/June

Ms Jean's Room: Min 7/Max 16

3-4 yrs

MWFMay 4-Jun 5 9:00am-12:00pm*

Resident: \$182/N-Resident: \$184

TuThMay 5-Jun 4 9:00am-12:00pm

Resident: \$130/N-Resident: \$132

4-5 yrs

MWFMay 4-Jun 5 1:00-4:00pm*

Resident: \$182/N-Resident: \$184

TuThMay 5-Jun 4 1:00-4:00pm

Resident: \$130/N-Resident: \$132

Mr Marlin's (Mr M) Room: Min 7/Max 10

4-5 yrs

MWFMay 4-Jun 5 9:00am-12:00pm*

Resident: \$182/N-Resident: \$184

*All MWF sessions no class: May 25

2015-2016

Preschool

New Student Open Registration!

Registration Opens:

Monday, June 8, 2015 @ 8:00am!

More information will be in the Summer Brochure coming in April!

DISCOVERY ZONE FOR KIDS

NEW! First Steps in Music

Through singing, instrument exploration, dancing, and games children learn to listen, feel, and move to music of all kinds, particularly folk and classical music.

☞ Parental participation is required for the Infant/Toddler class and the Preschool class. Class fee includes work sheets and a CD with all of the songs you will learn in class.

Instructor: Elizabeth Lee

Location: Pioneer Center

Min 5/Max 10

Infant/Toddler Class (birth to 29 months)

Parents are taught how to play with their babies through a selection of bounces, wiggles, tickles, tapping, dancing, and lullabies. Toddlers love to bang and tap to their own beat while they enjoy exploring sound through various percussion instruments at the start of each class. Parents are taught how to encourage beat awareness while playing with their children, and they learn how to sing to their children and encourage musical playtime beyond the classroom. This energetic playtime is followed by a calming time of lullabies.

FJan 9-Mar 20 10:30-11:00am
Resident: \$60/N-Resident: \$62

Preschool Class (30 months- 5 years)

Children begin to share their musical development by moving to the beat and singing songs together with their parents. Children and their parents learn to vocalize with high and low sounds, they learn echo and call-and-response songs, movement, finger plays to rhymes, and steady beat activities with or without instruments. Singing, moving, creating, and playing instruments make this time a wonderful musical experience.

FJan 9-Mar 20 9:30-10:15am
Resident: \$70/N-Resident: \$72

Elementary (5-7 years)

Kids in this class learn to show their musical independence. They explore music through a variety of sounds, singing, instruments, and recordings. Children love to sing and dance together through folk songs, rhymes, circle games, and more! These youngsters begin to explore their own musical imagination as they create their own simple rhythms and melodies.

FJan 9-Mar 20 3:20-4:05pm
Resident: \$70/N-Resident: \$72

Spanish for Children

Children will learn Spanish in a fun and enjoyable way. They will do different activities and will be exposed to several techniques such as games, songs, Spanish videos, storytelling, and physical, oral, and visual exercises to promote and develop listening and speaking skills. Children will be in a half immersion environment where Spanish will be used most of the time to stimulate second language acquisition techniques. Please supply a folder with pockets and college rule lined paper.

Instructor: Jessica Suarez

Location: Gladish Community Center, NW 115

State St, Rm 201A

Min 4/Max 15

7-12 yrs

TuJan 13-Feb 24 3:30-4:15pm

Resident: \$80/N-Resident: \$82

Art Club

After school Art Club! Work with your favorite medium or try new ones. Sharpen your skills and learn new techniques. A variety of projects offered. Dress for mess. All supplies included in fee.

Instructor: Kerri Kelly

Location: Pioneer Center

Min 5/Max 10

K-5th gr

TuJan 13-Feb 17 4:00-6:00pm

TuFeb 24-Mar 31 4:00-6:00pm

TuApr 14-May 19 4:00-6:00pm

Resident: \$47/N-Resident: \$49

Art by Design: Homeschool Art

Balance, shape, line, color, texture, movement, form...each of these is a building block for art. This is a continuation of the fall class. We will build on the art principles we have been learning and work on some independent projects! Students will keep a notebook, so please bring a three-ring binder to the first class.

Instructor: Holly Hein

Location: Pioneer Center

Min 7/Max 13

7-14 yrs

WJan 14-Apr 22 1:00-3:00pm

No class: Jan 28, Feb 11, Apr 8

Resident: \$85/N-Resident: \$87

NEW!

Cougar Cub Cheer



The goal of this program is to provide a safe, fun, extracurricular cheerleading activity for boys and girls to freely express who they are and to develop a love and appreciation, as well as, a connection to the community. Each session the youth will learn basics of cheerleading and dance, as well as advanced moves. All classes will perform separate routines in March 2015 and May 2015. There will be other small recitals around the community to prepare for the performances that are TBD. Participants are encouraged to sign up for every cheer session, as we will be working and perfecting routines throughout the year. More information provided once registered. Participants will be required to pay affordable uniform fees and are the participants to keep. *Participants must meet the minimum age requirements before the first day of class. All participants must wear comfortable, easy to move in clothes.*

Instructor: Kimberly Bryant

Location: Bishop Place Senior Living, IL Social

Room

Min 10/Max 30

Cougar Cubs: (6-9 yrs)

TuThJan 20-Mar 19 6:30-7:30pm

TuThMar 24-May 28 6:30-7:30pm

Resident: \$88/N-Resident: \$90

Cougars: (10-13+ yrs)

TuThJan 20-Mar 19 7:30-8:30pm

TuThMar 24-May 28 7:30-8:30pm

Resident: \$88/N-Resident: \$90



- ☆ Need Information on a City Department?
- ☆ Want to know what is on the Council Agenda?
- ☆ Need to contact a Council Member or City Employee?

Go to: www.pullman-wa.gov

FREE! **Preschool Playtime/ Indoor Playgroup**

Winter blues getting you stir crazy? Are your kids tired of being inside without enough room to run around? Your children can meet other children and socialize through play. The gym in the Pioneer Center will be open one morning and one afternoon a week for preschool-aged children (1-5 yrs old). All children must be accompanied by an adult. Parks & Recreation does provide a minimal number of balls. Please bring any extra balls (soft) and toys from home and clean up after yourself. This activity is not Parks & Recreation staff supervised. Parent/Guardians must register just one time and then sign in each day!

Location: Pioneer Center

Tu Jan 13-Apr 7 1:00-2:00pm
 F Jan 16-Apr 10 9:00-10:00am



Chess.com University

NEW! Novice Chess Lessons

Join Kairav Joshi, President of Chess.com University, the world's leading online chess-teaching organization as he leads these lessons that are designed for novice players of all ages with knowledge of basic rules and how the pieces move. Students completely new to the game of chess are welcome to join, however it is suggested they read *The Complete Idiot's Guide to Chess* by Patrick Wolff prior to the first class. Weekly lessons will include one hour of instruction and 30 minutes of playing time where students can play each other in friendly training games and get tips and guidance as they're playing. Topics to be covered include: general principles and strategy; introduction to fundamental checkmates; tactics, tricks, and traps; and how to win at chess.

Instructor: Kairav Joshi
 Location: Pioneer Center Min 15/Max 30
 6+ yrs
 M Feb 2-23 4:00-5:30pm
 Resident: \$69/N-Resident \$71

PSD Collaboration Day Classes

Instructor: Holly Hein



NEW! Sno-Fun!

Put on your warm clothes and come do "art in the park" in the snow! We will heat the Kruegel Park Art Studio and sip on warm cocoa and do fun projects! We will be at the Kruegel Art Studio.

Location: Kruegel Park Art Studio
 Min 4/Max 10
 7-12 yrs

W Jan 28 1:00-3:00pm
 Resident: \$24/N-Resident: \$26

NEW! Paper Arts

Come learn two new techniques with paper-learn to make your own paper and paper marbling.

Location: Pioneer Center Min 4/Max 8
 8-12 yrs

W Mar 11 1:00-3:00pm
 Resident: \$24/N-Resident: \$26

Jump Rope for Kids!

Grab your jump rope and get ready for an exciting class! You will learn a variety of jump rope skills including single rope, double Dutch, and group routines. This program is intended for all skill levels, from beginners to advanced. So don't worry if you have never jumped before. As long as you are willing to try, this program is for you! Instructor Sarah Hartman has been jumping rope for over 12 years and has been coaching for six years to all different ages and skill levels! She has five world titles. She has been trained by the USA Jump Rope Federation.

Instructor: Sarah Hartman
 Location: Pioneer Center Min 5/Max 10
 K-6th gr

M Jan 26-Mar 9 3:30-4:30pm
 No class: Feb 16

M Mar 23-May 4 3:30-4:30pm
 No class: Apr 6

Resident: \$39*/N-Resident: \$41*
 *Ropes are included in program fee.

WEATHER/CANCELLATION

CALL: 509-334-3131

Weather cancellations are posted on our rainout line after a decision has been made for a program. If no update, programs are on as scheduled. We now also post to our weather cancellation page at PullmanParksandRec.com and on "Facebook", so "like" us!

Nerf Skirmish

The nights are long and the weather is foul. What are you and your children going to do? Pullman Parks & Recreation is bringing back Nerf Skirmish this winter and we are opening the game to the entire family. Our target range is still 7-11 years old but we have had plenty of fun with older siblings and parents. We will be offering Vortex Discs along with the Whistler and Clip System darts that were used previously, as well as eye protection, and a limited number of blasters. This is a great chance for your child to have some fun, run around, and learn about teamwork and sportsmanship in a less traditional arena.

Instructor: Marlin Mangels/Staff
 Location: Pioneer Center Min 6/Max 16
 Family Nights: 7-11 yrs & Adults
 F...Jan 9, 23, Feb 6, 20, Mar 6, 13. 6:00-8:00pm
 Resident: \$10/per person/night
 N-Resident: \$12/per person/night

DISCOVERY ZONE FOR KIDS

NEW RECIPES

Kids in the Kitchen: Cooking Series

Together we will explore different recipes while practicing preparation skills, kitchen safety, and developing healthy habits. Together we will prepare, bake, and cook seasonally appropriate fare. We will sample our creations and send home nibblets for the family!

Instructor: Recreation Staff
Location: Pioneer Center Kitchen Min 6/Max 8
5-8 yrs

NEW! Winter No-Bake Recipes

In this class, we will prepare all no-bake recipes. We will prepare s'more bars, snowball cookies, yogurt pie, cheesecake bars, and Oreo cake.

W.....Jan 28..... 1:00-4:00pm
Resident: \$30/N-Resident: \$32

NEW! Cooking for Critters:

Let's show our love for our pets by creating an assortment of animal treats. We will make dog biscuits, tuna treats, horses cookies and more! Whether you have a pet or not join the fun! We will donate the extras to local shelters and organizations.

W.....Mar 11..... 1:00-4:00pm
Resident: \$30/N-Resident: \$32

NEW TIMES! "Munchkin" Party & Other Games: PSD Collaboration Days

There are lots of games out there that youth want to play and parents might not know how to play! Mr M is the guy to help with this! We will play "Munchkin" by Steve Jackson Games and other games that everyone is interested in! Most games provided. Bring age appropriate games, a snack to share, and your favorite drink! Register for one or more days!

Instructor: Mr M (Marlin Mangels)
Location: Pioneer Center Min 4/Max 8
10-14 yrs
W.....Feb 11..... 1:00-4:00pm
W.....Apr 29..... 1:00-4:00pm
Resident: \$17/N-Resident: \$19

NEW! Share the Love

Join Alternatives to Violence of the Palouse in making Valentine's Day cards for your loved ones! Bring your children and friends during the afternoon of an early release day. As you cut, paste, and decorate, reflect on all the healthy relationships, friendships, and family in your life. All materials included. Refreshments will be provided.

Instructor: Alternatives to Violence of the Palouse
Location: Neill Public Library Min 5/Max 60
All ages
W.....Feb 11..... 1:00-4:00pm

NEW! Creating Compassionate Citizens

Join Alternatives to Violence of the Palouse with your elementary student to give back to our community! Spend an afternoon helping tie blankets and embroider pillow cases for our domestic violence shelter. Go home with a pillowcase of your own. This is a wonderful opportunity to introduce children to volunteering, a chance to bond, and a moment to shed light on community issues. All supplies included in fee.

Instructor: Alternatives to Violence of the Palouse
Location: Pioneer Center Min 5/Max 20
Parents/guardians and elementary students
K-5 gr
W.....Feb 25..... 1:00-4:00pm
Resident: \$5/N-Resident: \$7

Babysitting Basics

This course will emphasize emergency care and accident prevention. Particular attention will be given to the hazards that could occur at each stage of child development. Child and infant CPR will be taught. This course will include a pretest, final exam, course evaluation, and an entertainment box. Participants will also learn how to negotiate contracts and conduct themselves ethically, reliably, and responsibly. Upon conclusion of this course, participants will receive a certificate of completion. Course booklet and handouts are included. Please bring a snack. Pick-up a homework assignment at time of registration or at PullmanParksandRec.com, department forms, and bring a box to class as part of the homework assignment.

Instructor: Judi Dunn Gray
Location: Pioneer Center Min 5/Max 20
11+ yrs
W.....Feb 25..... 12:30-4:00pm
Sa.....May 9..... 9:00am-1:00pm
Resident: \$35/N-Resident: \$37



Horse Handling & Care 101

Spend some time at the barn on a Saturday morning with the horses and learn how to lead, handle, and groom a pony! We will spend time talking about safety around large animals and work on basic horsemanship. Please attend wearing heeled shoes (no tennis shoes) that cover your ankle and a bike helmet if you have one.

Instructor: Breezeway Stables Staff
Location: Breezeway Stables 19601 SR 195,
Pullman Min 3/Max 6
6+ yrs
Sa.....Mar 21..... 9:00-10:30am
Sa.....Apr 18..... 9:00-10:30am
Resident: \$25/N-Resident: \$27

Home Alone & Safe Kids

A fun and entertaining way for your children to learn valuable skills about safety and increasing children's home alone safety awareness. The class will focus on preventing common household, playground, and traffic injuries. Your child will also learn how to stay safe: at home (appropriate telephone protocols, knowledge of first aid procedures, appropriate response to strangers, and in/or around the bathroom, kitchen, and poison); on the playground (safe play, equipment, and sharing); and travel (cars, walking, biking, and school bus) including going to the shopping mall and library.

Instructor: Judi Dunn Gray
Location: Pioneer Center Min 5/Max 20
9+ yrs
F.....Apr 10..... 12:30-2:30pm
Resident: \$25/N-Resident: \$27

Pullman Parks & Recreation Department has everything you're looking for to keep your child active, involved, and entertained this summer. Looking for camps? You'll find options for pre-school age through teens in various topics and settings. Week-long day camp options are offered for preschool and elementary school age with weekly themes and adventures.

Weekly Day Camps for Youth

Preschool Age 3-5
Elementary School K-11 yrs
Mon-Fri, June 15-August 21
8:00am-12:00pm

Tween Breakaway Trips

Current 5th-8th grades
Incredible, fun-filled day trips with a new trip each week! Silverwood/Boulder Beach, White Water Rafting, Triple Play, and MORE!

Other Great Camps:

Sports Camps: Variety of sports camps including baseball, boys and girls basketball, soccer, flag football, tennis, volleyball, and multi-sport. Locations and hours will vary.
Dance, Gymnastics, Karate, Art, and More!

See our Summer Brochure available April 2015!

NEW! PSD SPRING BREAK CAMP! Spring Fling!

This camp is designed to intrigue, excite, and discover through crafts, games, activities, and more!
We will spend time indoors and outdoors. Snack is provided.

Instructor: Ms Jean/Recreation Staff
Location: Pioneer Center Min 7/Max 10
3-6 yrs
M-FApril 6-109:00am-12:00pm
Resident: \$75/N-Resident: \$77

NEW! Spring Break Woodworking For Kids

Looking to keep your kids busy over Spring Break? How about enrolling them in a woodworking class that will keep them active while learning to safely use a hammer, drill, and saw to creatively build a variety of wooden wonders. Kids could build such projects as bird houses, birdfeeders, toolboxes and much more. Instructor Carolyn Berman built her own house and has taught woodworking to all ages. All supplies included.

Instructor: Carolyn Berman
Location: Private Workshop, 1091 Youmans Lane, Moscow, Id Min 5/Max 8
K-5th Grade
M-FApr 6-1010:45am-12:00pm
Resident: \$50/N-Resident: \$52

PSD SPRING BREAK CAMP! Palouse Discovery Science Center: Robo Camp

Pullman Parks & Recreation in partnership with Palouse Discovery Science Center presents a Spring Break camp for children in grades 1st-6th. Explore the world of robotics using LEGO Mindstorms and WeDo's! Campers in grades 1-3 will learn how to build and program LEGO WeDo's. They will have the chance to design a robot for a final camp performance! Campers in grades 4-6 will learn how to program LEGO mindstorms. These campers will be putting the new skills they learn to the test in a robotics battle arena! Please advise of any allergies or health concerns when registering. Members will be asked to provide their membership number at time of registration. **Registration deadline is the Friday, April 3.**

Location: Palouse Discovery Science Center, 950 NE Nelson Court Min 4/Max 12
1st-3rd gr
M-FApr 6-1010:00am-12:00pm
4th-6th gr
M-FApr 6-101:00-3:00pm
Resident: Member: \$85/N-Member: \$95
N-Resident: Member: \$87/N-Member: \$97

Create your own account and register online at PullmanParksandRec.com



Please note that a few programs are not available for online registration. These are noted with this symbol.

Instructors Wanted!

We need instructors for our Summer Brochure Season, May-August! Fill out "Instructor Interest Form" found on our website PullmanParksandRec.com. Department Forms, and return it to Parks & Recreation, 240 SE Dexter or call 509-338-3227.

YOUTH DANCE



Welcome to Pullman Parks & Recreation Dance! Brooke Barner is our instructor and has lived in Pullman for the past seven years. She moved here from her home town, Spokane, WA, where she owned and operated her dance studio. In addition, she was head coach for the competitive dance team of Central Valley High School, choreographed for several other schools, and events in the area including the Spokane Lilac Parade. Brooke's 25 year background in dance has included dance conventions, involvement in competitions, judging, and educational courses. Brooke is thrilled to involve the community with a safe, fun, active, educational and affordable dance environment for both children and adults. Come join the dance fun!

☞ Participants must meet the minimum age requirements before the first day of the class. All dancers must wear dance or comfortable, easy to move in clothes. Tap and Ballet classes are required to have both tap shoes and ballet shoes. Hip Hop classes should wear sneakers or jazz shoes. Jazz dancers are required to wear jazz shoes.

☞ The Parks & Recreation dance program is run very similar to other dance studios. All dance classes will perform routines in a recital in June of 2015. Participants will also be required to pay affordable costume fees towards the beginning of 2015. Participants are encouraged to sign up for each dance session, as we will be working and perfecting routines throughout the school year. No recital fee required. There are a limited amount of dance shoes available for use.

☞ Note to Our Participants' Parents/Guardians: Parents are encouraged to sit out of the dance room while dancers practice. Watch days will be the last week of the dance sessions and parents will be notified of those days.

Instructor: Brooke Barner
Location: Pioneer Center Gym/Multipurpose Rm
Min 5/Max 6

Tap, Ballet & Tumbling Combo

3-4 yrs
M.....Jan 12-Apr 13 4:00-4:45pm
No class: Jan 19, Feb 16, Apr 6
Resident: \$72/N-Resident: \$74
M.....Apr 20-Jun 8 4:00-4:45pm
No class: May 25
Resident: \$46/N-Resident: \$48

Tap, Lyrical/Jazz & Tumbling Combo

5-6 yrs
M.....Jan 12-Apr 13 5:00-5:45pm
No class: No class: Jan 19, Feb 16, Apr 6
Resident: \$72/N-Resident: \$74
M.....Apr 20-Jun 8 5:00-5:45pm
No class: May 25
Resident: \$46/N-Resident: \$48

Hip Hop

5-8 yrs
M.....Jan 12-Apr 13 6:00-6:30pm
M.....Jan 12-Apr 13 6:45-7:15pm
No class: No class: Jan 19, Feb 16, Apr 6
Resident: \$54/N-Resident: \$56
M.....Apr 20-Jun 8 6:00-6:30pm
M.....Apr 20-Jun 8 6:45-7:15pm
No class: May 25
Resident: \$34/N-Resident: \$36

Tap, Ballet & Tumbling Combo

3-4 yrs
Tu.....Jan 13-Apr 14 4:00-4:45pm
No class: Apr 7
Resident: \$85/N-Resident: \$87
Tu.....Apr 21-Jun 9 4:00-4:45pm
Resident: \$52/N-Resident: \$54

Advanced Tap & Lyrical/Jazz Combo

7-10 yrs
Tu.....Jan 13-Apr 14 4:50-5:35pm
No class: Apr 7
Resident: \$85/N-Resident: \$87
Tu.....Apr 21-Jun 9 4:50-5:35pm
Resident: \$52/N-Resident: \$54

Tap, Ballet & Tumbling Combo

3-4 yrs
Th.....Jan 15-Apr 16 4:00-4:45pm
No class: Apr 9
Resident: \$85/N-Resident: \$87
Th.....Apr 23-Jun 11 4:00-4:45pm
Resident: \$52/N-Resident: \$54

Tap, Lyrical/Jazz & Tumbling Combo

5-6 yrs
Th.....Jan 15-Apr 16 4:50-5:35pm
No class: Apr 9
Resident: \$85/N-Resident: \$87
Th.....Apr 23-Jun 11 4:50-5:35pm
Resident: \$52/N-Resident: \$54

Tap & Lyrical/Jazz Combo

7-10 yrs
Th.....Jan 15-Apr 16 5:45-6:30pm
No class: Apr 9
Resident: \$85/N-Resident: \$87
Th.....Apr 23-Jun 11 5:45-6:30pm
Resident: \$52/N-Resident: \$54

Creative Movement

Children will explore the concepts of dance and music through a variety of creative activities. Activities include songs, game, and more!

☞ Participants must meet the minimum age requirements before the first day of the class. All dancers must wear comfortable, easy to move in clothes. Parents required to stay on the premise during class time.

2 yrs Min 3/Max 7
Tu.....Jan 13-Apr 14 10:00-10:45am
No class: Apr 7
Resident: \$85/N-Resident: \$87
Tu.....Apr 21-Jun 9 10:00-10:45am
Resident: \$52/N-Resident: \$54

NEW!

Cougar Cub Cheer

The goal of this program is to provide a safe, fun, extracurricular cheerleading activity for boys and girls to freely express who they are and to develop a love and appreciation, as well as, a connection to the community. Each session the youth will learn basics of cheerleading and dance, as well as advanced moves. All classes will perform separate routines in March 2015 and May 2015. There will be other small recitals around the community to prepare for the performances that are TBD. Participants are encouraged to sign up for every cheer session, as we will be working and perfecting routines throughout the year.

☞ More information provided once registered.
☞ Participants will be required to pay affordable uniform fees and are the participants to keep.
☞ Participants must meet the minimum age requirements before the first day of class. All participants must wear comfortable, easy to move in clothes.

Instructor: Kimberly Bryant
Location: Bishop Place Senior Living, IL Social Room
Min 10/Max 30

Cougar Cubs: (6-9 yrs)

TuTh.....Jan 20-Mar 19 6:30-7:30pm
TuTh.....Mar 24-May 28 6:30-7:30pm
Resident: \$88/N-Resident: \$90

Cougars: (10-13+ yrs)

TuTh.....Jan 20-Mar 19 7:30-8:30pm
TuTh.....Mar 24-May 28 7:30-8:30pm
Resident: \$88/N-Resident: \$90

Note to Our Participants' Parents/Guardians: Due to the limited amount of space in most of our coaching/teaching areas, siblings are not allowed to participate in programs unless they are enrolled. This will allow our coaches/instructors to continue to provide small student-to-coach/teacher ratios, which make our programs great.



I am good for your heart and health! Look for me at the top of a page or by an activity and I will help you stay healthy.



Palouse Empire Gymnastics,

Gymnastic programs are open to boys and girls and are held at **Palouse Empire Gymnastics**, 810 N Almon, Moscow.

Clip & Save

**Parks & Recreation
Rain-Out/Cancellation
509-334-3131**

Activity Locations

City Hall.....	325 SE Paradise St
City Playfields.....	Riverview & South
Franklin Elementary School.....	850 SE Klemgard St
Gladish Community Center.....	115 NW State St
Jefferson Elementary School.....	1150 NW Bryant St
Koppel Farm.....	Derby & Pro Mall Blvd
Kruegel Park.....	South St & Dilke St
Lincoln Middle School.....	315 SE Crestview St
Neill's Flowers & Gifts.....	234 E Main St
Neill Public Library.....	210 N Grand Ave
Military Hill Park.....	500 NW Larry St
Palouse Empire Gymnastics.....	810 N Almon, Moscow
Palouse Ice Rink.....	1021 Harold St, Moscow
Palouse Discovery Science Ctr.....	950 NE Nelson Crt
Palouse Ridge Golf Course.....	1260 NE Palouse Rdg Dr
Pioneer Center.....	240 SE Dexter St
Pullman Aquatic & Fitness Center.....	500 NW Larry St
Pullman High School.....	700 NW Greyhound Way
Pullman Regional Hospital.....	835 SE Bishop Blvd
Pullman Senior Center.....	325 SE Paradise St
Reaney Pool.....	690 Reaney Way
Spring St Skate Park.....	325 Spring St
Sunnyside Elementary.....	425 SW Shirley St
WSU Hollingberry Field Annex.....	1277 NE Colorado St
Yogatopia.....	115 NW State St
Zeppoz.....	780 SE Bishop Blvd

Youth Athletic Associations

Comets Track Club.....	509-332-1168
Gold Medal Swim Club.....	208-885-0268
Palouse Youth Hockey Assoc.....	208-882-2114
Pullman Junior Golf Club.....	509-595-8999
Pullman Soccer Club.....	pullmansoccerclub.org
Pullman Volleyball Club.....	pacvbclub@gmail.com
.....	palouseareacubvolleyball.com/
Pullman Youth Baseball Assoc.....	pullmanbaseball.com
Pullman Youth Tackle Football.....	pullmanyouthfootball.org

Parent/Child Introduction to Tumble Tykes

In addition to introducing movement challenges in the gymnastics setting, we will be developing the student/teacher relationship. Parents have three roles in this class. 1) help keep the child on task when they forget what to do or wander off 2) assist the child with skills as necessary and 3) encourage participation for the child that needs the reassurance of a parent nearby. Once a child shows they are ready to participate in class independently, they are ready for PreGym. Parents with children 18-30 months should contact PEG for class options.

Min 3/Max 6
2.5-3 yrs, parent participation is required
Su.....Feb 1-Mar 1.....4:15-4:45pm
No class: Feb 15
Resident: \$36/N-Resident: \$38

Introduction to PreGym

A typical class will include gross motor skills, circle time, obstacle courses to work on tumbling skill and coordination, skills on bars to work on upper body strength, and trampoline to work on body control. Eye-hand coordination and cooperative activities may also be included. Children must be able to participate in class independently. Parents will watch from the upper mezzanine. Children still needing help or reassurance from a parent should enroll in Tumble Tykes.

3-4.5 yrs
Min 3/Max 6
Su.....Feb 1-Mar 1.....3:35-4:15pm
No class: Feb 15
Resident: \$45/N-Resident: \$47

Introduction to KinderGym

Class follows the same structure of the PreGym class, with an introduction to cartwheels and handstands too. More physical challenges, such as strength skills, will also be included in class.

5 yrs-K
Min 3/Max 6
Su.....Feb 1-Mar 1.....3:35-4:15pm
No class: Feb 15
Resident: \$45/N-Resident: \$47

Introduction to Tumbling & Trampoline

Want to learn to flip? Take this introductory class to learn the basics of tumbling and trampoline first; then handstands, rolls, cartwheels, and more. Learn trampoline safety, how to control your bounce, and combination skills too.

1st-5th gr
Su.....Feb 1-Mar 1.....2:30-3:30pm
No class: Feb 15
Resident: \$48/N-Resident: \$50

Home School P.E. Gymnastics I

The focus of this program is to improve coordination and gross motor skills, while having fun in the gymnastics setting. A typical class will include a cardio warm-up, circle time, obstacle courses to work on tumbling skill and coordination, skills on bars to work on upper body strength, and trampoline to work on body control. Eye-hand coordination and cooperative activities may also be included. Groups may be combined depending upon enrollment.

3-4 yrs
W.....Feb 4-Mar 11.....2:30-3:15pm
Resident: \$64/N-Resident: \$66
5-7 yrs
W.....Feb 4-Mar 11.....2:30-3:15pm
Resident: \$64/N-Resident: \$66

Home School P.E. Gymnastics II

The focus of this program is to improve coordination, strength, flexibility all while having fun in the gymnastics setting. A typical class will include an aerobic warm-up and cooperative game, stretching, gross motor skills, and fitness activities. We will also use the trampolines and other gymnastics apparatus to keep our bodies active.

8-13 yrs
W.....Feb 4-Mar 11.....2:15-3:15pm
Resident: \$68/N-Resident: \$70

Pullman Hornets Youth Wrestling

Youth (boys and girls), ages 5-14, are encouraged to register for this exciting youth sport. Program offers instruction in basic and advanced wrestling techniques and an opportunity to compete for medals in organized tournaments. Tournaments are Saturdays starting in March from 7:00am-5:00pm at possible sites such as Pomeroy, Clarkston, Pullman, Spangle, Mead, and Cheney (EWU). Parents are responsible for providing transportation. Registration fee does not include tournament entry fees (typically \$5). Wrestling shoes are strongly recommended. A wrestling singlet and headgear are provided with a \$35 uniform deposit, required at registration, payable in a separate check or cash. This uniform deposit will be forfeited if the uniform and headgear are not returned at the end of the season. Fee includes insurance card. Parents welcome to help coach! Participants must be at least five years old as of Feb 1, 2014. Middle School students wanting to join must register by Jan 31, 2014 and fee will be prorated for joining late. Register by: Fri., Jan 31

Staff: Marcus Crossler/Brett Dahmen/Chris Peltier
 Location: Pioneer Center Min 10/Max 50
 5-8 yrs
 TuThJan 13-Apr 11 6:45-7:45pm
 Sa10:00am-2:00pm
 Resident: \$60/Non-Resident: \$62
 9-14 yrs
 TuThJan 13-Apr 11 6:45-8:30pm
 Sa10:00am-2:00pm
 Resident: \$60/Non-Resident: \$62

Register for winter sports through Monday, January 5, 2015. Registrations will be accepted on a space-available basis after the deadline and the deadline does not guarantee there will still be openings. Requests for placement with a specific coach or particular friend must be made in writing at time of registration and will be considered, but cannot be guaranteed. Participants in team sports must wear a blue or white shirt for games. A blue/white reversible youth sport shirt may be purchased for \$20 at the Parks & Recreation office at 240 SE Dexter St.

Currently accepting registrations for youth basketball!
Please do not wait until December 17 to register!

Boys & Girls Youth Basketball

2nd-5th grade girls and boys will learn the skills of dribbling, shooting, lay-ins, offensive and defensive skills plus play organized games. Players will learn the rules of the game, while working on team play, and positive sportsmanship. Girls' teams will practice MW and boys' teams practice TuTh. The first week of practice starts with skills analysis to equally balance the teams. Games will begin the second week of practices. Games are Saturday mornings at Sunnyside Elementary or Lincoln Middle School gym.

Resident: \$40/N-Resident: \$42



Girls 2nd-3rd gr Franklin**

Location: Franklin

*MWSa.....Jan 21-Mar 7 5:15-6:15pm

Girls 4th-5th gr Franklin**

Location: Franklin

MWSa*Jan 21-Mar 7 5:15-6:15pm

Girls 2nd-3rd gr Jefferson**

Location: Jefferson

MWSa*Jan 21-Mar 7 3:15-4:15pm**

Girls 4th-5th gr Jefferson

Location: Jefferson

MWSa*Jan 21-Mar 73:15-4:15pmGirls

2nd-3rd gr Sunnyside

Location: Sunnyside

MWSa*Jan 21-Mar 7 3:15-4:15pm

Girls 4th-5th gr Sunnyside

Location: Sunnyside

MWSa*Jan 21-Mar 7 4:15-5:15pm

Boys 2nd-3rd gr Franklin**

Location: Franklin

TuThSa.....Jan 20-Mar 7 5:15-6:15pm

Boys 2nd-3rd gr Jefferson**

Location: Jefferson

TuThSa.....Jan 20-Mar 7 3:15-4:15pm

Boys 2nd-3rd gr Sunnyside

Location: Sunnyside

TuThSa.....Jan 20-Mar 7 3:15-4:15pm

All Boys 4th-5th gr

Location: Sunnyside

TuThSa.....Jan 20-Mar 7 4:15-5:15pm

TuThSa.....Jan 20-Mar 7 5:15-6:15pm

*No practice/games for girls teams: Jan 19, Feb 16 instead practice will be Fri, Jan 23, Feb 20.

**Practice times subject to change based on facility availability.

Youth Athletic Coaches & Officials Needed!

Volunteers are needed to make the Winter/Spring youth sport programs a success! The Parks & Recreation Dept is now recruiting youth basketball, soccer, and volleyball coaches, assistant coaches, and officials. Coaches and officials will be certified through NYSCA. If you would like to assist in this year's programs, please call the Recreation office at 509-338-3227 today!

Free! WRPA HotSpot 2015 Basketball Competition



The HotSpot program is a basketball skills competition, which involves shooting from five "HotSpots" marked on one half of a basketball court. The competition tests the young athlete's all-around basketball skills within a series of one-minute periods. The youth with the highest accumulated number of points is declared the winner. All participants must pre-register with Pullman Parks & Recreation. If you advance to the State level, a birth certificate or baptismal certificate must accompany state registration.

Location: Sunnyside Elem Gym
 7-14 yrs, boys & girls
 Fri.....Feb 6.....3:30pm
 *Registration required



Thank you! To All of our 2014 Fall Sports Coaches for your hard work and for making our programs a success!

Skyhawks Sports: Futsal

Playing Futsal allows players to touch the ball nearly twelve times more than playing indoor soccer. Futsal is a great skill developer, demanding quick reflexes, fast thinking, and pinpoint passing. Brazil and Spain's best soccer players grew up playing Futsal. The sessions will be broken down into 35 min. of instruction and a 25 min of actual play.

Location: Sunnyside Elem Gym 10 Min/Max 15 7-11 yrs

Th.....Jan 22-Feb 26..... 6:30-7:30pm

Th.....Mar 5-Apr 16 6:30-7:30pm

No class: Apr 9

Resident: \$65/N-Resident: \$67

Start Smart Sports Development Program

Start Smart is an instructional program that prepares children for the world of organized sports without the threat of competition or the fear of getting hurt. Parents work one-on-one with their children in a supportive environment to learn all of the basic skills such as throwing, catching, kicking, and batting. Specialized Start Smart equipment (Koosh Ball products) will be provided. Please wear clothing and shoes appropriate for exercise. This is an activity for the beginner child with little or no sports experience.

Location: Sunnyside Elem Gym Min 7/Max 16 3-5 yrs, parent/guardian participation required
 Tu.....Jan 27-Mar 3 6:30-7:15pm
 Resident: \$25/N-Resident: \$27

Register for spring sports through Friday, March 6, 2015. Registrations will be accepted on a space-available basis after the deadline and the deadline does not guarantee there will still be openings. Requests for placement with a specific coach or particular friend must be made in writing at time of registration and will be considered, but cannot be guaranteed. Participants in team sports must wear a blue or white shirt for games. A blue/white reversible youth sport shirt may be purchased for \$20 at the Parks & Recreation office at 240 SE Dexter St.

Youth Micro Soccer

Micro Soccer was developed to give players a game that guarantees fun, skills development, and a fundamental knowledge of soccer in such a way that a child can understand.

- The first week will begin with practices only.
- Saturday morning games will start April 4. Game times will range from 8:30am-12:30pm. Beginning the third week, there will be two games a week, one during the week (W/Th) and the other on Saturday mornings.
- K-1st and 2nd-3rd teams will have the option of playing MWSa or TuThSa. 4th-5th teams will only play TuThSa.
- Participants in team sports must wear a blue or white shirt for games. A blue/white reversible youth sport shirt may be purchased for \$20 at the Parks & Recreation office at 240 SE Dexter St.
- Plastic molded cleats and shin guards recommended.
- There will be practices/games during PSD Spring Break April 6-10, 2015.
- Games will start late due to Egg Hunt Sat., Apr 4th.

Anticipated practice locations:

All K-1st* and 2nd-3rd:

Jefferson @ Jefferson School
 Franklin @ Kruegel Park
 Sunnyside @ Sunnyside School

*K-1st Saturday games @ City Playfields/
 Thatuna Field

All 4th-5th @ City Playfields

K-1st gr (each site)

MWSaMar 23-May 6 4:15-5:15pm

TuThSa.....Mar 24-May 7 4:15-5:15pm

2nd-3rd gr (each site)

MWSaMar 23-May 6 5:15-6:15pm

TuThSa.....Mar 24-May 7 5:15-6:15pm

4th-5th gr (City Playfield**)

TuThSa.....Mar 24-May 7 4:15-5:15pm

TuThSa.....Mar 24-May 7 5:15-6:15pm

**4th-5th grade teams practice together at one site: teams will be divided equally, not necessarily by school.

Resident: \$40/N-Resident: \$42



I am good for your heart and health! Look for me at the top of a page or by an activity and I will help you stay healthy.

Coed Middle School Soccer

This outstanding program is designed for beginner, intermediate, and advanced players. Teams will play 11v11. There will be two practices a week and the number of games is dependent upon the number of teams. Plastic molded cleats and shin guards required.

- ☆ There will be practices/games during PSD Spring Break Apr 4-10.
- ☆ Games are reserved for Fridays and Friday practice/game is 3:30-5:00pm, 5:00-6:30pm, dependent on number of teams.
- ☆ A soccer uniform top is provided with a \$35 uniform deposit, required at registration, payable in a separate check or cash. This uniform deposit fee must be paid prior to receiving a uniform. This uniform deposit will be forfeited if the uniform top is not returned at the end of the season.

Location: LMS Soccer Field
 6th-8th gr

MWMar 23-May 8 3:30-5:00pm

MWMar 23-May 8 5:00-6:30pm

Both times F 3:30-5:00pm, 5:00-6:30pm,
 dependent on number of teams

Resident: \$40/N-Resident: \$42

Youth Volleyball

Coed youth volleyball offers instruction in the basics of volleyball including serving, passing, setting, and hitting. This outstanding program is designed for beginner, intermediate, and advanced players. Participants will practice on Mondays and Wednesdays with games on Fridays. The first week of practice starts with skills analysis to balance the teams equally. Games will begin Fri, Apr 4.

Location: Sunnyside Elem Gym Min 14/Max 32

2nd-3rd gr

MWFMar 23-May 8 3:30-4:30pm

4th-5th gr

MWFMar 23-May 8 4:35-5:35pm

Resident: \$40/N-Resident: \$42

Pee Wee Soccer

Kids are introduced to the game of soccer and will learn the basic fundamentals of passing, dribbling, shooting, and defense. The importance of teamwork and good sportsmanship is also a strong part of the experience.

Location: Kruegel Park Min 10/Max 20
Rain-out location: Sunnyside Elem Gym

3-4.5 yrs

Sa.....Mar 28-May 2 10:00-10:30am

4.5-5 yrs, not yet in kindergarten

Sa.....Mar 28-May 2 10:45-11:15am

Mixed 3-5 yrs, not yet in kindergarten

Sa.....Mar 28-May 2 11:30am-12:00pm

*Late start on Sat, Apr 4 due to City Egg Hunt

Resident: \$25/N-Resident: \$27

Mini Hoops Basketball

Kids will learn the basic fundamentals of basketball in this six-week instructional basketball program. Children will participate in drills, specialized games, and scrimmages that will help to develop a general understanding and appreciation for basketball.

Location: Sunnyside Elem Gym Min 10/Max 28
3-4.5 yrs

Tu.....Mar 24-Apr 28..... 5:45-6:30pm

4.5-5 yrs

Tu.....Mar 24-Apr 28..... 6:45-7:30pm

Resident: \$25/N-Resident: \$27

Start Smart Football

Start Smart Football teaches young children the basic motor skills necessary to play organized flag football while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents skills in throwing, catching, kicking/punting, and running/agility without the threat of competition or the fear of getting hurt. Each week the exercises become increasingly more difficult as the class progresses. Each participant receives an individual participant kit (football, flag belt, cone, kicking tee, and manual) a \$25 value. **Register by: Mar 7 to insure proper equipment arrival.**

Location: Sunnyside Elem Gym Min 5/Max 16

5-7 yrs, parent/guardian participation required

Th.....Apr 23-May 28 6:30-7:30pm

Resident: \$45/N-Resident: \$47

T-ball

Boys and girls will be introduced to this variation of baseball. Instead of hitting a pitched ball, the batter hits the ball from an adjustable tee. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good sportsmanship. Participants should have their own baseball glove. Fee includes a hat.

Location: Lincoln Middle School Min 18/Max 72

Current ('14-'15) Pre-K (going into K)-

Kindergarten

MW.....May 11-Jun 24 6:00-7:00pm

No practice or games: May 25

Resident: \$40/N-Resident: \$42

Rookie League

Boys and girls will be introduced to hitting from a coach-pitched ball. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good sportsmanship. Participants should have their own baseball glove. Fee includes hat.

Location: Lincoln Middle School Min 18/Max 72

Current ('14-'15) 1st-2nd gr

TuTh.....May 12-Jun 25 6:00-7:00pm

No practice or games: May 26

Resident: \$40/N-Resident: \$42



Tiny Tykes T-ball & Pee Wee Sports Camp will be offered in the Summer brochure! Watch for the April release!

Girl's Softball

Register through April 3 or until teams are filled. Practices and games begin in late April/early May and the season ends with a tournament June 19-20. Participants will be contacted with the start date. Games are on weekday evenings and parents must help with out-of-town carpooling to games in Moscow, and towns in Latah and Whitman Counties. Attention Parents! If you are interested in helping out with the girls' softball program, please call Kurt Dahmen at 338-3225 or email to Kurt.Dahmen@Pullman-Wa.gov. Fee includes team t-shirt.

Location: PHS Softball Field

Current ('14-'15) 3rd-5th gr (Jr) TBA

Current ('14-'15) 6th-8th gr (Sr) TBA

Resident: \$60/N-Resident: \$62

Softball Open Gym

All softball players in grades 5th-12th are welcome to come and work on their softball skills to get ready for the upcoming season and beyond. Pullman Parks and Recreation volunteers will be there to supervise and/or coach. Come work on your offense and defense skills; pitchers strongly encouraged to attend! Indoor softballs will be provided but please arrange to bring other gear of your own to make good use of your time. Participants must register through Pullman Parks and Recreation. Start Now!

Instructor: Parks and Recreation Staff

Location: Sunnyside Elementary School Gym

Su.....Dec 14-Mar 1 1:00-2:00pm

Resident: \$10/N-Resident: \$12

Sports Equipment Swap!

**Pioneer Center, 240 SE Dexter
Thursday, March 26th
8:00am-7:00pm**

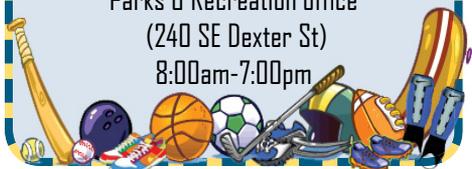
If you are in need of a pair of tennis shoes, cleats, shin guards, or have any shoes or shin guards to

donate to the Swap,

Please stop by the
Parks & Recreation office

(240 SE Dexter St)

8:00am-7:00pm



**Create your own
account and register
online at**

PullmanParksandRec.com

Pitch, Hit, & Run!

The Major League Baseball "Pitch Hit, & Run" competition provides youngsters across the country an opportunity to participate in an exciting baseball skills program. This national initiative gives boys and girls, ages 7-14, the chance to showcase their pitching, hitting, and running abilities. "Pitch Hit, & Run" is intended to encourage youth participation and emphasize the "FUN" element of baseball. Since there is NO registration fee, everyone has the opportunity to participate.

Location: Pullman City Playfields

Date and time TBA:

Check our website PullmanParksandRec.com

Registration required. You can register online or call 509-338-3227.

Pullman Youth Baseball Association Jr Roller Derby

(PYBA) offers competitive leagues for age appropriate players between the ages of 8-14. League fees include uniform jerseys, hats and 10 to 16 games with a post season tournament (weather permitting). Practices will start in April with games starting in May and continuing through the end of June. 8 year olds must come to an in person registration for a safety assessment. All players new to PYBA must bring a valid birth certificate to the in person registration.

➔ Player registration will be open online at pullmanbaseball.com Jan 1-Feb 27.

➔ IN PERSON registration for new players, uniform shirt sizes and 8 year old safety assessments will be Feb 25, 5:30-7:30pm at Lincoln Middle School Cafeteria, 315 E Crestview.

➔ For more information about PYBA, or if you are interested in coaching or volunteering please contact Mike Hayton at 509-432-5554 or email pullmanbaseball@gmail.com or check us out on Facebook by searching Pullman Youth Baseball.

➔ If you are interested in sponsoring a field sign please contact sandra_albers@live.com

Minors (ages 8-10) \$99

Majors (ages 11-12) \$99

Pony League (ages 13-14).....\$140

Want a fun and rewarding way to meet new friends, improve your endurance and learn a new sport? Try Junior Roller Derby! This is an eight-week course specifically designed for girls and boys ages 7-17 that have never played Roller Derby before. You don't even need to know how to skate-we'll teach you! We will start with positional game play and advance to full contact as we learn safe and proper ways to skate, fall, stop, block, and work together as a team. Join us on January 5th to learn more about this amazing coed sport, meet the coaches and veteran skaters, and try on gear. Roller Derby gear includes quad skates, elbow and kneepads, wrist guards, mouth guard and a helmet. If you have any of these items, please bring them. A limited amount of loaner gear is available, but you will need to provide your own mouth guard and helmet.

Join us Monday evenings Jan 12th-Mar 9th from 5:20-6:30 and be prepared to get hooked on Roller Derby! Cost is \$80 which includes tuition or rent for Gym and Insurance for the rest of the year. Also includes a t-shirt. Add an additional \$10 for custom back with the Derby Name and Number. For more information visit and register at www.wheatwhackers.com or Email: headcoach@wheatwhackers.com

Note to Our Participants' Parents/Guardians:

Due to the limited amount of space in most of our coaching/teaching areas, siblings are not allowed to participate in programs unless they are enrolled. This will allow our coaches/instructors to continue to provide small student-to-coach/teacher ratios, which make our programs great.

"Lystedt Law"

In 2009 Washington State Legislature enacted Engrossed House Bill 1824 (EHB 1824, also known as the "[Lystedt Law](#)"). The legislation requires school districts, in cooperation with the Washington Inter-Scholastic Activities Association (WIAA), to develop guidelines and information to inform and educate youth athletes, coaches, and parents about the nature and risks of concussions and head injuries. Pullman Parks & Recreation is taking action in regards to HB 1824 by providing the "Heads up Concussion in Youth Sports" handout from the U.S. DHHS Centers for Disease Control and Prevention to all parents and coaches.

Thank You! Pullman School District!

Many of our activities are made possible because of cooperative use of School District facilities. We extend our thanks to the Pullman School District, board members, school staff, and administrative staff for their support of Pullman Parks & Recreation programs.

Be A Sport!

Our youth sports programs are developed and organized to enhance the social, emotional, physical, and educational well-being of children. Parents/Guardians, please be a positive role model by exhibiting sportsman-like behavior at games, practices, and at home. Please give positive reinforcement to your child and support to your child's coaches.

WEATHER/CANCELLATION

CALL:

509-334-3131

Weather cancellations are posted on our rainout line after a decision has been made for a program. If no update, programs are on as scheduled. We also post to our weather cancellation page at PullmanParksandRec.com and on "[Facebook](#)", so "like" us!

TWEEN-TEEN SCENE

Nerf Skirmish

The nights are long and the weather is foul. What are you and your children going to do? Pullman Parks & Recreation is bringing back Nerf Skirmish this winter and we are opening the game to the entire family. Our target range is still 7-11 years old but we have had plenty of fun with older siblings and parents. We will be offering Vortex Discs along with the Whistler and Clip System darts that were used previously, as well as eye protection, and a limited number of blasters. This is a great chance for your child to have some fun, run around, and learn about teamwork and sportsmanship in a less traditional arena.

Instructor: Marlin Mangels/Staff
 Location: Pioneer Center Min 6/Max 16
 Family Nights: 7-11 yrs & Adults
 F...Jan 9, 23, Feb 6, 20, Mar 6, 13. 6:00-8:00pm
 Resident: \$10/per person/night
 N-Resident: \$12/per person/night

New! Cooking with Chocolate

Together, we will have fun and explore different recipes while cooking with chocolate. Who says you can't have chocolate for dinner? I don't mean devouring a dozen Twix bars and counting it as a meal! Instead let's use chocolate as an element in a savory dish. Yes, chocolate playing the role of something besides sweet. Chocolate has been, and can be, more than just candy or dessert. We will sample our creations and send home a nibble for the family to enjoy! All supplies included in the fee. Participants need to bring a storage container to take extra food home. Please advise of any allergies when registering.

Instructor: Shelley May
 Location: Pioneer Center Min 5/Max 8
 6-12th grades
 Sa.....Feb 7.....1:00-4:00pm
 Resident: \$35/N-Resident: \$37

New! Teen & Student Cyber Harassment

One of the most common issues faced by students today is persistent and pervasive bullying. While abuse between students and teens has been an issue for many years, the recent evolution of cyber bullying has brought with it a host of unique challenges to living in the social media age. Parents and students alike are invited to come to this informative lesson and Q&A session from the Crime Victim Service Center to learn about navigating and responding to online forms of harassment.

Instructor: Crime Victim Service Center
 Location: Pioneer Center Min 4/Max 18
 Teens and parents/guardians of school aged children
 W.....Feb 11.....6:00-7:30pm
 Resident: \$5/N-Resident: \$7; Family Resident: \$7/Family N-Resident: \$9

Babysitting Basics

This course will emphasize emergency care and accident prevention. Particular attention will be given to the hazards that could occur at each stage of child development. Child and infant CPR will be taught. This course will include a pretest, final exam, course evaluation, and an entertainment box. Participants will also learn how to negotiate contracts and conduct themselves ethically, reliably, and responsibly. Upon conclusion of this course, participants will receive a certificate of completion. Course booklet and handouts are included. Please bring a snack. Pick-up a homework assignment at time of registration or on the website, PullmanParksandRec.com, department forms and bring a box to class as part of the homework assignment.

Instructor: Judi Dunn Gray
 Location: Pioneer Center Min 5/Max 20
 11+ yrs
 W.....Feb 25.....12:30-4:00pm
 Sa.....May 9.....9:00am-1:00pm
 Resident: \$35/N-Resident: \$37

PSD SPRING BREAK CAMP!

Palouse Discovery Science Center:

Robo Camp

Pullman Parks & Recreation in partnership with Palouse Discovery Science Center presents a Spring Break camp for children in grades 1st-6th. Explore the world of robotics using LEGO Mindstorms and WeDo's! Campers in grades 1-3 will learn how to build and program LEGO WeDo's. They will have the chance to design a robot for a final camp performance! Campers in grades 4-6 will learn how to program LEGO mindstorms. These campers will be putting the new skills they learn to the test in a robotics battle arena! Please advise of any allergies or health concerns when registering. Members will be asked to provide their membership number at time of registration. **Registration deadline: Friday, April 3.**

Location: Palouse Discovery Science Center,
 950 NE Nelson Court Min 4/Max 12
1st-3rd gr
 M-F.....Apr 6-10.....10:00am-12:00pm
4th-6th gr
 M-F.....Apr 6-10.....1:00-3:00pm
 Resident: Member: \$85...../N-Member: \$95
 N-Resident: Member: \$87/N-Member: \$97

Home Alone & Safe Kids

A fun and entertaining way for your children to learn valuable skills about safety and increasing children's home alone safety awareness. The class will focus on preventing common household, playground, and traffic injuries. Your child will also learn how to stay safe: at home (appropriate telephone protocols, knowledge of first aid procedures, appropriate response to strangers, and in/or around the bathroom, kitchen, and poison); on the playground (safe play, equipment, and sharing); and travel (cars, walking, biking, and school bus) including going to the shopping mall and library.

Instructor: Judi Dunn Gray
 Location: Pioneer Center Min 5/Max 20
 9+ yrs
 F.....Apr 10.....12:30-2:30pm
 Resident: \$25/N-Resident: \$27

New! Free! PSD Spring Break Movie Night

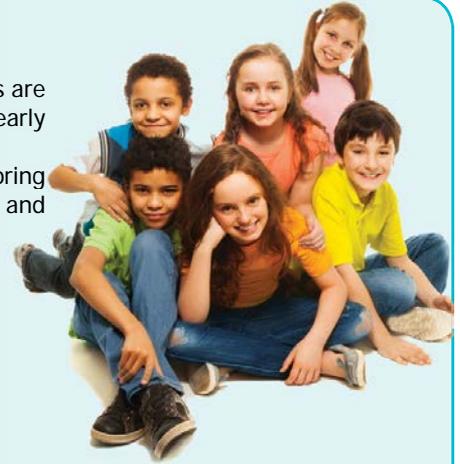
Alternatives to Violence of the Palouse will host a movie night for teens during spring break. The movie will be Divergent (PG-13). Pizza and a brief discussion on the importance of family, friendships, identity, and community will follow.

Instructor: Alternatives to Violence of the Palouse
 Location: Pioneer Center Min 5/Max 50
 13-18 yrs
 W.....Apr 8.....5:00-7:30pm.....Free



NEW!

Pullman Leader Program



PLP will offer 7 different classes/workshops for students in 6th-8th grades. The activities are designed to promote increased awareness of life skills and developing those skills at an early age helping them become life-long learners and succeed in pursuits later in life.

These classes/workshops are partnering with the YMCA at WSU LMS Academic Mentoring Program. Instructor Shelley May has extensive experience in youth development and leadership.

Instructor: Shelley May
 Location: Lincoln Middle School
 Min 5/Max 10
 Resident: \$10/ea class/N-Resident: \$12/ea class

Time Management

Time management skills are critical, especially for those who juggle school, extracurricular activities and jobs. Learning how to foster those skills helps prepare you for the time challenges faced after graduation. In this class you will learn how to become better equipped to manage your time in middle school and in the high school. You will also learn how to keep a time log. At the end of the class, you will reflect on whether or not your schedule was realistic and you will learn to edit your schedule based on those observations.

Tu..... Jan 20 3:00-5:00pm

Handling Stress & Goal Setting

Don't stress out about it! Learn about it! In this class you will learn that stress is associated with most everything we do, from taking tests in school to how we communicate in our relationships. You will learn how to handle the teenage years and combat the stressful issues of acceptance, self-esteem, body image, friendships, parental relationships, and the responsibility of becoming an adult. Take what you learn about handling stress and then learn to take the time to set priorities, goals, and personal desires. You will learn how the goal-setting process requires you to consider your life and what's important. You will also learn how goal-setting can provide meaning when life seems useless; and that it fuels dreams and ideals. When setting goals, you must take into consideration other people and how they might be affected, how the goal will be achieved and what kinds of resources are available to make it happen.

Tu..... Feb 3 3:00-5:00pm

Active Living

Active living is a lifestyle that encourages people to build physical activity into their daily choices. An active lifestyle includes day-to-day activities. Being active doesn't mean you have to run a marathon, play sports or climb a mountain; any moderate-paced activity counts. Active living helps build and maintain healthy bones, muscles, and joints. You will learn about the three types of physical exercises that a person can do to keep active: endurance, flexibility and strength activities. End the class with a brainstorming activity that identifies ways you can build activity into your day-to-day routine, and get moving today!

Tu.....Feb 17 3:00-5:00pm

Healthy Meal Planning

Meal planning assists with healthy eating even in the hustle and bustle of daily life. This class teaches you how to plan weekly meals that provide you with a full 7-day meal plan, create shopping list and tips to plan the perfectly balanced meal, learn to read nutrition labels and understand what is good and what is not good, learn to prepare, serve and avoid spoilage, learn to cook balanced meal, learn kitchen tools and what equipment is used for which tasks.

Tu.....Mar 24 3:00-5:00pm

Shopping Matters

Shopping and making healthy choices at the store on a limited budget. This class teaches you how to compare prices, read nutrition labels, purchase fruits and vegetables on a budget, compare food labels, and pick out whole grains. This class will help you learn how to make the best possible use of resources when shopping for food in this difficult economy. End the class with the \$10 Challenge, an activity where you use the skills that you learned to buy a healthy meal for a family of four, for under \$10.

M.....Apr 13 3:00-5:00pm

Cooking Matters

How to cook and eat healthy on a budget. Before chefs become chefs, they had to learn cooking basics: how to use a knife, how to cut up a vegetable, how to mind a kitchen, and how to use appliances. You, too, can master your kitchen—but first you have to master the basics. This class will teach you the right cooking times and temperatures for meat, poultry, and vegetables. You will learn the differences between sauté pans and quart pans (and everything in between), as well as explain the different features in ovens to help you make decisions that fit your needs. Don't miss learning skills such as zesting and peeling citrus, making broth, and pitting an avocado.

M.....Apr 27 3:00-5:00pm

ACTIVITIES FOR YOU AND YOUR FAMILY!

Walk/Run a Marathon!



Do you think that walking/running a marathon is entirely out of your reach? Not with "Walk/Run a Marathon!" Over a period of one month, your cumulative mileage can add up quickly to 26.2 miles and earn you your very own Marathon T-shirt! This event is a fun and healthy way to kick off your mid-winter and spring fitness program and enjoy the many trails and pathways of the Palouse.

We will supply you with a calendar to keep track of your miles and maps of parks and other areas around the Palouse where you can collect your miles.

We will offer two marathons this season-January/February and March. If you are interested in an Ultra Marathon (150 miles over a three month period), this will also be available to you. The Ultra Marathon will take place during the months of February, March, and April. Participants must complete 50 miles per month for the Ultra Marathon. Calendars must be turned in by the due date to receive a Finisher T-shirt.

All ages welcome!
Families are encouraged to walk together

Marathon:

Jan 19-Feb 20.....Completed Calendars due by Feb 27
Mar 2-Apr 1.....Completed Calendars due by Apr 6

Ultra Marathon:

Feb 2-Apr 30.....Completed Calendars due by May 8

Resident: \$15/N-Resident: \$17



Open Gym for Youth & Families

Sunnyside Gym will be open

December 23, 29, 30

1:00-5:00pm

Youth and families can burn off some of that holiday energy. Participants must carry clean tennis shoes into the gym. Families are encouraged to attend and children eight and under must be accompanied by an adult. Basketballs will be provided. Gym will be supervised by Parks & Recreation staff.

Pullman Swim Challenge!

The Pullman Swim Challenge is a fun and easy way to develop a new hobby or take your training to the next level. Anyone can complete this challenge, so whether you are new to swimming or a seasoned swimmer, this is the challenge for you!

Register with Pullman Parks & Recreation before January 31st and receive your calendar to track your miles. Throughout February, simply log the miles you swim during the month and turn in your completed calendar by Friday, March 6th in order to receive your t-shirt.

All ages welcome!

Feb 1-28

\$30 for PAFC entrance and t-shirt
\$15 for PAFC Annual Members to receive a t-shirt

Register at:

PullmanParksandRec.com

or for more information call
**Pullman Parks & Recreation at
509-338-3227.**

National Bike Month Challenge! May 2015

May is National Bike Month, so the best way to celebrate is to get on a bike: ride to work, ride to school, ride to the grocery store, or just ride for the sheer joy of being outside.

This event is fun, healthy, inexpensive and participation is simple. Just register with Pullman Parks & Recreation before April 30th and receive your calendar to track your miles. Throughout May, simply log the miles you ride and turn in your completed calendar by Friday, June 5th to be eligible for prizes and other random drawings! Have fun with this event and challenge a friend, challenge your work-mates, or even challenge other local businesses, but most importantly get involved!

All ages welcome!

Register at: PullmanParksandRec.com or for more information call
Pullman Parks & Recreation at
509-338-3227.



The City of Pullman Parks & Recreation
& Pullman Kiwanis Club

Invite you to the 54th Annual

Egg Hunt

Sat., April 4th

Kruegel Park, 705 NE Dilke St

10:00 am - 1-4 Years old →

10:10 am - 5-9 Years old →

Lots of Prizes
Over 7,000 Eggs
Special Guests

19th Annual Family Fair

Save the Date:

Saturday, April 25th

10:00am-2:00pm at

Lincoln Middle School, Pullman



Free! Fun Activities
for Families!

Sponsored by: Palouse Alliance for Healthy
Individuals, Families and Communities and the
YMCA at WSU's Healthy Kids Day.

Pullman Aquatic & Fitness Center

Under Water Egg Hunt

Come join the PAFC for our
annual underwater egg hunt!

April 3 - 6:00-9:00pm

\$5 Admission/per person

- ⊖ Free passes not accepted
- ⊖ Supervision Policy applies
- ⊖ This is an ALL PAY EVENT! (0-100 yrs)
- ⊖ Annual Membership receive a 25% Discount!

Arbor Day Celebration

J. Sterling Morgan proposed to the Nebraska Board of Agriculture in 1872 that a day be set aside for the planting of trees. The holiday was called Arbor Day and observed with the planting of 1 million trees. Today, Arbor Day is observed throughout the nation and the world. The City of Pullman and the Parks & Recreation Department invites you to celebrate this special day with us.

2015 Tree City, USA activities
will kick off in mid April, look
for a calendar of activities to
be announced in March.

GENERAL RECREATION

Essential Oils

New Year, New You:

Start the year off right! Speed up your weight loss, get to the root of health concerns and learn how to increase your energy level naturally.

Instructor: Angela Zavala
Location: Sweet Mutiny, 1195 SE Bishop Blvd
Min 5/Max 15
Th.....Jan 15..... 7:00-8:30pm
Resident/N-Resident: Free

Love the Skin Your In:

Join us for a fun evening learning how you can keep your skin feeling and looking young, healthy and vibrant. Take home recipes that you can make at home for a DIY spa treatment!

Instructor: Angela Zavala
Location: Sweet Mutiny, 1195 SE Bishop Blvd
Min 5/Max 15
Th.....Feb 12..... 7:00-8:30pm
Resident/N-Resident: Free

Essential Oils for Kids and Babies:

Want to know what to use at 2:00am (or anytime!) with your sick child? Learn techniques and oils to use for any health concern. This class will empower moms and dads in so many ways!

Instructor: Angela Zavala
Location: Sweet Mutiny, 1195 SE Bishop Blvd
Min 5/Max 15
Th.....Mar 12..... 7:00-8:30pm
Resident/N-Resident: Free

Intro to Essentials and Seasonal Allergies:

Learn the basics of oil use and how to use them to combat allergy symptoms before they get started!

Instructor: Angela Zavala
Location: Sweet Mutiny, 1195 SE Bishop Blvd
Min 5/Max 15
Th.....Apr 9..... 7:00-8:30pm
Resident/N-Resident: Free

**Create your own
account and
register online at
PullmanParksandRec.com**

Dine for Charity: Learn to Cook Indian Vegetarian Food

Dine for Charity offers easy vegetarian recipes from India. On the first and second Wednesdays of the month you will learn to make five dishes. Please bring your own vegetable for the class (indicated on the website). All other ingredients and cooking materials will be provided. Participants must come prepared to work in the kitchen and bring containers to take the food home. 100% of the cost received from the classes (after the administrative costs) will be donated to a free women and children's hospital in rural India. One person may register and pay for up to 4 people. One serving is good for one adult. Please indicate gluten-free choice when you sign up. Alternatives will be provided.

Visit website for details on menu: <https://sites.google.com/site/dineforcharity/home/spring-2015>. **Registration cutoff: Monday prior to class start date**

Instructor: Rani Iyer
Location: Pullman City Hall, Senior Center Kitchen
Min 2/Max 6
W.....Jan 7, 14..... 5:30-8:00pm
W.....Feb 4, 11..... 5:30-8:00pm
W.....Mar 4, 11..... 5:30-8:00pm
W.....Apr 1, 8..... 5:30-8:00pm
W.....May 6, 13..... 5:30-8:00pm
Resident: \$52/N-Resident: \$54

Nerf Skirmish

The nights are long and the weather is foul. What are you and your children going to do? Pullman Parks & Recreation is bringing back Nerf Skirmish this winter and we are opening the game to the entire family. Our target range is still 7-11 years old but we have had plenty of fun with older siblings and parents. We will be offering Vortex Discs along with the Whistler and Clip System darts that were used previously, as well as eye protection, and a limited number of blasters. This is a great chance for your child to have some fun, run around, and learn about teamwork and sportsmanship in a less traditional arena.

Instructor: Marlin Mangels/Staff
Location: Pioneer Center
Min 6/Max 16
Family Nights: 7-11 yrs & Adults
F....Jan 9, 23, Feb 6, 20, Mar 6, 13 6:00-8:00pm
Resident: \$10/per person/night
N-Resident: \$12/per person/night

Home Performance Workshop: Let your home take better care of you!

This free workshop is designed to instruct homeowners how to approach DIY (Do It Yourself) energy saving projects and basic weatherization tips for their home. The workshop teaches how the house works as a system and helps homeowners organize a direction of where to start putting their time and resources. **Participants must pre-register for this workshop.**

Instructor: Jason Dyke, Owner of Revival Energy
Location: Pioneer Center
Min 5/Max 20
Sa.....Jan 10..... 10:00am-12:00pm
Resident/N-Resident: Free

David Livingston's Acting Workshop

The acting workshop is a uniquely cathartic environment with built-in safe guards, which clear the way for permission—permission an actor gives himself—permission to be himself without having to worry that someone isn't going to let him.

To the novice, the workshop is a place to allow emotional colors for which he's usually unavailable, and in the process to gain new insight into self. To the young performer, the workshop gives important opportunity to the development of personality and communication skills, which can only be achieved through doing.

The Pullman workshops will also cover all facets of the professional actor's agenda: exploring and expanding the range of the acting instrument (the body, voice and emotional life), improvisation, auditioning, cold-reading, script analysis, scene and character work, memorization, acting for movies and television, career management, etc. For more information, please visit: theactingworkshop.com. There will be an informational meeting on Sunday, Jan. 4th, 6:00pm at the Pioneer Center. The workshops are free to audit. To schedule an audit, contact info@theactingworkshop.com

Instructor: David Livingston*
Location: Pioneer Center
16+ yrs
Su.....Jan 11-Mar 29..... 6:00-9:00pm
Resident: \$100/N-Resident: \$102

**David is an accomplished actor and Emmy nominated director/producer who has risen to prominence in the realm of acting coach. He has been coaching for film and television and conducting acting workshops in Hollywood and Beverly Hills for over a quarter century.*

Dog Obedience



Handlers are asked to bring soft treats, a non-metal leash, and provide proof of all current vaccinations at first class including Bordatella (kennel

cough). Minimum age for handlers is 12 years old, unless accompanied by an adult.

Instructor: Denise Waiting
Location: Pioneer Center Min 7/Max 12

Puppy (3-5 months)

Kindergarten for your puppy! This program will expose your puppy to other dogs while you learn the importance of socialization, reassurance, building hierarchy, and consistency when training. Prevention of digging, barking, and jumping will be discussed. Using a collar and leash your puppy will start to learn the "come" and "stay" commands.

Tu.....Jan 13-Feb 17..... 6:00-7:00pm
Tu.....Mar 3-Apr 7..... 6:00-7:00pm
Resident: \$65/N-Resident: \$67

Basic (6 months+)

Using the positive reinforcement approach (tone of voice, treats, toys, and pats), we will teach your dog to be a well-mannered companion in and out of your home. This program will cover the sit, come, down, stay, heel, and off commands. General information about dogs and their behaviors will also be discussed.

Tu.....Jan 13-Feb 17..... 7:00-8:00pm
Tu.....Mar 3-Apr 7..... 7:00-8:00pm
Resident: \$65/N-Resident: \$67

Advanced

This program is for dogs and handlers who have been through a previous dog obedience program. It is a continuation of basic command and socialization. The program will also involve training for a Canine Good Citizenship test to be given during the last week. It is also a great opportunity to continue training your dog to be well behaved.

Tu.....Jan 13-Feb 17..... 8:00-9:00pm
Tu.....Mar 3-Apr 7..... 8:00-9:00pm
Resident: \$65/N-Resident: \$67

Spanish Beginners for Adults

This course is very basic beginning Spanish. You will learn the essentials to travel abroad and/or to build a solid background for High School and at the same time set the foundation for future knowledge and conversation skills.

Instructor: Jessica Suarez Min 5/Max 15
Location: Gladish Community Center, Rm 201
(Entrance by the Gym)
TuTh.....Jan 13-Feb 26..... 4:20-5:10pm
TuTh.....Mar 3-May 28..... 4:20-5:10pm
Resident: \$129/N-Resident: \$131

Spanish Conversation Intermediate

Focusing on conversation, you will increase your skills and develop vocabulary and correct grammar. Pre-requisite: Have at least one or two years of Spanish courses.

Instructor: Jessica Suarez Min 4/Max 15
Location: Gladish Community Center, Rm 201
(Entrance by the Gym)
TuTh.....Jan 13-Feb 26..... 5:15-6:15pm
Resident: \$129/N-Resident: \$131

Beginning Capoeira

Capoeira, a Brazilian Martial Art, is an athletic fight-dance played to the rhythms of traditional instruments & song. With a 400yr cultural heritage, capoeiristas train to evade kicks rather than block, contact is minimized, which contributes to the beautiful and poetic flow of a good game. Heighten body awareness, improve balance, coordination, flexibility, strength, & agility. Enjoy a great workout and playful group camaraderie. All ability levels welcome, focus will be on developing a solid foundation of (ASCAB style) Capoeira basics.

Bring a water bottle, wear non-restrictive clothing, sweatpants/t-shirt, no shorts. Bare feet are typical, lightweight sneakers optional. Class is non-linear and encouraged to repeat.

Instructor: Dyonne Davidson
Location: Pioneer Center Min 5/Max 20
Th.....Jan 15-Mar 12..... 7:00-8:30pm
No class: Mar 5
Resident: \$32/N-Resident: \$34
Th.....Mar 26-Jun 4..... 7:00-8:30pm
No class: Apr 9
Resident: \$39/N-Resident: \$41

Learn To Skate

Whether you are a complete beginner or an experienced recreational skater, come improve your skills and fitness by joining in the wonderful sport of ice skating! Skating promotes health and physical fitness. The program provides a fun and safe skating experience for the beginner as well as the more advanced skater. Students are taught correct technique of the simple basic elements and the program enables all participants to achieve the skills necessary either to skate for fun the rest of their lives or to move competently into the U.S. Figure Skating advanced test and/or competitive structure or set the basis for Hockey. Classes are sorted by age and ability with class starting times at 12:00pm or 12:30pm depending upon level. Please arrive at least 15 minutes early to allow time for getting into skates. Adults are welcome and encouraged to participate! For more information call 208-882-3239.

Instructor: Joan Campbell, Skating Director,
Location: Palouse Ice Rink, Latah County
Fairgrounds, Moscow
5 yrs +
Sa.....Jan 17-Feb 14..... 12:00-1:15pm
Resident: \$78/N-Resident: \$80

AHA First Aid & CPR Recertification

This class is for people that have the skills, but their certification has expired or is near. Classes are with an instructor that will maximize the learning potential of adult. Class will include Blood Borne Pathogens. Upon completion, each participant will receive an American Heart Association certification good for two years. Length of course depends on class size. All classes meet the standards of OSHA and WISHA.

Instructor: Judi Dunn Gray
Location: Pioneer Center Min 3/Max 20
Tu.....Jan 20..... 5:30-8:30pm
Tu.....Mar 10..... 5:30-8:30pm
Tu.....May 12..... 5:30-8:30pm
Resident: \$35/N-Resident: \$37

**For Initial Certification for First Aid/CPR, please call Parks & Recreation, 509-338-3227 to set up appointment with instructor.*

GENERAL RECREATION

NEW! Understanding Climate Change: An Introduction

Concerns about human effects on the environment have been around for at least two centuries. Recent decades have seen those concerns increase. Because of the complexity of the subject, and for many other reasons, skeptics have questioned some of the science underlying those concerns. This class is designed to enable interested persons, through informed dialogue, to understand better the science supporting climate change as well as arguments and doubts questioning that science. The goal is to empower participants to decide for themselves how and what to believe, based on readings and class discussions of differing viewpoints.

Instructor: Peter Haug
Location: Pioneer Center Min 10/Max 15
Tu.....Jan 20-Feb 24.....6:30-8:00pm
Resident: \$10/N-Resident: \$12

NEW! Yeast Bread "101"

If you've never made yeast breads before, or have attempted it and haven't been happy with your results, this is the class for you! A fresh, warm loaf of homemade bread is hard to beat, and really quite easy to make, and a little knowledge goes a long way. In the class we will demonstrate both basic white and basic wheat breads at all stages of mixing, rising, proofing, and baking. We will discuss some of the basic science and methods behind a great, consistent, and reliable loaf of bread. We will answer your questions about "what went wrong?" There will be baked samples of each bread to try, and recipes and variations to take home. Instructor Mayalisa Bordenkircher began helping her grandmother bake bread when she was too short to see over the countertops, and enjoys making fresh bread for her family often. She loves to share her knowledge and skills, and firmly believes that bread making does not require any more than a little knowledge and confidence.

Instructor: Mayalisa Bordenkircher
Location: Pullman City Hall, Senior Center Kitchen
Min 4/Max 6
14+ yrs
Th.....Jan 22.....6:30-8:30pm
Sa.....Feb 7.....10:00am-12:00pm
Resident: \$15/N-Resident: \$17

Dancing like the Stars

Looking for an activity to stay busy this winter? Have a wedding to prepare for next summer? Then how about learning some new dance steps or refreshing those that maybe you haven't used in a while. Instructor Mike Bradley who has been teaching dance in the Moscow/Pullman area for many years, will lead a variety classes that are focused on learning social dance styles that are based on ballroom dancing. Each class will emphasize dance as movement so everyone will be able to learn the basics of these dances and build confidence quickly.

Instructor: Mike Bradley
Location: Pioneer Center Min 6 couples/Max 20
Beginning Latin, Cha Cha, & Salsa
M.....Jan 26-Mar 9.....7:00-8:15pm
Ballroom Waltz & Foxtrot
W.....Jan 28-Mar 11.....7:00-8:15pm
Intermediate Cha Cha & Salsa
M.....Mar 23-May 4.....7:00-8:15pm
Romantic Dance, Waltz, & Nightclub Two Step
W.....Mar 25-May 6.....7:00-8:15pm
Single-Resident: \$45/N-Resident: \$47
Couples-Resident: \$69/N-Resident: \$71

Home Winemaking

Join this class and let Stuart Scott, a master winemaker take the mystery out of home winemaking. Upon signing up for the class, you will receive your own copy of a 16 page outline, 'Home Winemaking on a Shoe String'. This original monograph is a simple, clear explanation of winemaking. Emphasis is placed on how to adapt common household items to meet your equipment needs. The written text provided in advance to each student is supplemented by in-class samples/displays of all the equipment and chemicals mentioned in the outline. The class allows you to ask your own question and get answers that really work for you, about the text, equipment, or winemaking in general. Stuart Scott converted his hobby into Camas Prairie Winery in 1983. Before retiring after 29 years of commercial wine making in 2011, he was Wine Press Northwest Magazines', Idaho Winery of the Year for 2007.

Instructor: Stuart Scott
Location: Pioneer Center Min 2/Max 10
21+ yrs
W.....Feb 4.....6:30-9:30pm
Resident: \$33/N-Resident: \$35
W.....Mar 11.....6:30-9:30pm
Resident: \$33/N-Resident: \$35

WSU MUSEUM EVENTS

Through the Lens: An American Century Corbis & Vivian Maier

January 12-April 3, 2015

Reception: 1/22, 6-8pm

MOA Gallery

We are proud to present two distinct exhibitions, Corbis & Vivian Maier, exploring the personal and public uses of photography featuring some of the most famous images in history and some of the most private. Dennis DeHart, WSU Assistant Professor of Photography, will provide a brief gallery talk as we explore, "What makes a lasting image?" Corbis images are from the Collection of Tony and Leslie Rojas.

Complementary Events Include:

Pre-Film Discussion: Finding Vivian

Maier Feb 12, 6:00pm, MOA Gallery
with Art Historian Marianne Kinkel

Film Screening: Finding Vivian Maier

Feb 12, 7:00pm, CUB Auditorium

Student Exhibition:

Hidden in Public View; Exploring Urban Photography and Social Realism,

Jan 12-April 3, Gallery

EXPOSURE

Saturday, April 4

MOA Gallery

Stay tuned to find out what event our student interns will create this year to raise awareness of the arts on campus.

Master of Fine Arts Thesis Exhibition

April 10-May 9

Reception: April 10, 6:00pm

MOA Gallery

This annual showcase represents the culmination of two or more years work by the Master of Fine Arts graduate candidates. This is the perfect exhibition for mom's weekend as it provides a wide range of stimulating experiences for faculty, students and local museum constituents.

NEW! "Cooking Matters"

Grocery Store Tours

Join us for a nutritional and shopping tour of a local grocery store. Participants will learn about purchasing nutritious and healthy foods, how to comparative shop, save money and time! All supplies and information provided by "Cooking Matters".

Instructor: Adrienne Maxwell, RD, CD
 Location: Safeway, 430 SE Bishop Blvd
 Min 4/Max 12
 Th.....Feb 5 6:45-7:45pm
 W.....Mar 11 10:00-11:00am
 W.....Apr 22 11:00am-12:00pm
 Resident: \$10/N-Resident: \$12

Beginning Guitar

Let us introduce you to one of the world's most popular instruments in (6) one-hour classes. Instructors will focus on the basics of tuning, maintenance, notes, chords, scales, rhythms, techniques and songs. Emphasis on getting comfortable with and enjoy playing your instrument. Students must provide their own instrument. Fee includes tuner and course materials.

Instructors: Vic Hudak/Gabrielle Schilling, Atom Heart Music
 Location: Pioneer Center Min 6/Max 12
 8+ yrs
 Tu.....Feb 3-Mar 10 7:30-8:30pm
 Resident: \$115/N-Resident: \$117

NEW! Beginning Ukulele

Find out why the Ukulele has made a major comeback and become one of the most beloved and popular instruments today! In (6) one-hour classes, instructors will focus on the basics of tuning, maintenance, notes, chords, scales, rhythms, techniques and songs. Emphasis on getting comfortable with and enjoy playing your instrument. Students must provide their own instrument. Fee includes tuner and course materials.

Instructors: Vic Hudak/Gabrielle Schilling, Atom Heart Music
 Location: Pioneer Center Min 6/Max 12
 8+ yrs
 Th.....Feb 5-Mar 12 7:30-8:30pm
 Resident: \$115/N-Resident: \$117

Pediatric First Aid/CPR

This class is specifically for those needing certification in CPR First Aid for childcare centers and staff. Classes are with an instructor that will maximize the learning potential of adult learners. Upon completion, each participant will receive an American Heart Association certification good for two years, which meets requirements for Idaho and Washington childcare providers.

Instructor: Judi Dunn Gray
 Location: Pioneer Center Min 5/Max 20
 Tu.....Feb 10 5:30-8:30pm
 Tu.....Apr 14 5:30-8:30pm
 Resident: \$40/N-Resident: \$42
Classes are also available for Girl Scouts, Boy Scouts, and individual businesses. We can offer classes at your site or at the Pioneer Center, call 509-338-3227 to make arrangements.

NEW! FREE! Share the Love

Join Alternatives to Violence of the Palouse in making Valentine's Day cards for your loved ones! Bring your children and friends during the afternoon of an early release day. As you cut, paste, and decorate, reflect on all the healthy relationships, friendships, and family in your life. All materials included. Refreshments will be provided.

Instructor: Alternatives to Violence of the Palouse
 Location: Neill Public Library Min 5/Max 60
 All ages
 W.....Feb 11 1:00-4:00pm

2 Classes to choose from:

NEW! Financial Internet Safety for Seniors

As a population, seniors are frequently targeted for cyber scams and attacks. This online targeting can cause incredible financial and emotional harm to individuals and families who have fallen victim to such crime. Join the Crime Victim Service Center to find out the warning signs of these online crimes, and learn how to help protect yourself or your senior loved ones from cyber attack and fraud.

Instructor: Alternatives to Violence of the Palouse
Location: Pullman Senior Center, City Hall
 Min 4/Max 18
 Senior citizens and family members/caregivers
 F.....Jan 30 11:00-11:45am
 Free
Location: Pioneer Center Min 4/Max 18
 Senior citizens and family members/caregivers
 Tu.....Feb 17 6:00-7:30pm
 Resident: \$5/N-Resident: \$7;
 Family Resident: \$7/Family N-Resident: \$9

NEW! Creating Compassionate Citizens

Join Alternatives to Violence of the Palouse with your elementary student to give back to our community! Spend an afternoon helping tie blankets and embroider pillow cases for our domestic violence shelter. Go home with a pillowcase of your own. This is a wonderful opportunity to introduce children to volunteering, a chance to bond, and a moment to shed light on community issues. Cost covers materials.

Instructor: Alternatives to Violence of the Palouse
 Location: Pioneer Center Min 5/Max 20
 Parents/guardians/elementary students K-5 gr
 W.....Feb 25 1:00-4:00pm
 Resident: \$5/N-Resident: \$7

Introduction to Fly Fishing

Always wanted to fly fish but never known where to start? In this 4 hr. class, designed for those with little to no fly fishing experience, we will give you the fundamental knowledge necessary to begin a lifetime of fly fishing. The first class will cover all of the basics of fly fishing equipment, rigging, knot tying, streamside entomology, and local fly fishing opportunities. In the second class you will learn the basics of fly casting, with hands on instruction and time to practice.

Instructor: Zack Williams
 Location: Pioneer Center/Sunnyside Elem Gym
 Min 2/Max 10
 TuTh Mar 10, 12 7:00-9:00pm
 Resident: \$52/N-Resident: \$54

Horse Handling & Care 101

Spend some time at the barn on a Saturday morning with the horses and learn how to lead, handle, and groom a pony! We will spend time talking about safety around large animals and work on basic horsemanship. Please attend wearing heeled shoes (no tennis shoes) that cover your ankle and a bike helmet if you have one.

Instructor: Breezeway Stables Staff
 Location: Breezeway Stables 19601 SR 195,
 Pullman Min 3/Max 6
 6+ yrs
 Sa.....Mar 21 9:00-10:30am
 Sa.....Apr 18 9:00-10:30am
 Resident: \$25/N-Resident: \$27

GENERAL RECREATION

Myth Busting of Foster Care and Foster Parenting!

Come to an open forum and speak candidly with DSHS Supervisors and Fostering Together Staff to learn more about becoming a foster parent. We will discuss the who's, what's and why's of the process. The current need for foster care is at an all-time high in Whitman County and in State of Washington. Foster parents are needed to help keep kids in their local communities, reducing the amount of disruption for the children. If you have ever considered helping out your community, now is the time to learn how to help a child, through fostering or other avenues. Scheduled Dates are January 14th, February 12th and March 3rd from 6:30-8:00pm at the Pioneer Center. Light refreshments provided. For more information please contact Joey Charlton, DSHS Placement Supervisor at 509-363-3482, or Barb Sheffler at 509-397-5040 or Dena Drury at 509-288-2639, dena-drury@olivecrest.org.



YMCA at WSU

Young Athletes is an early Special Olympics program for children ages 2 to 7 with and without intellectual and physical disabilities. This program helps children to foster large motor skills development as well as cognitive and social skills through participation in developmentally appropriate and fun activities. Young Athletes provides many opportunities for families to share resources and support. Practices held bi-monthly, free for participants. Contact the Y at 509-332-3524 or email: wsuymcayoungathletes@gmail.com for more information.

YMCA at WSU Special Olympics: Activities such as bowling, basketball, track, and adaptive recreation provide social, physical, and emotional growth opportunities for community members with developmental disabilities ages 8 and up. These programs foster healthy living strategies, courage, joy, and lifelong friendships.

The Special Olympics seasons are as follows:

September-November: Bowling

December-January: Basketball

March-May: Track & Field

Contact the Y at 509-332-3524 or

email: wsuymcayoungathletes@gmail.com for more information.

- ☆ Need Information on a City Department?
- ☆ Want to know what is on the Council Agenda?
- ☆ Need to Contact a Council Member or City Employee?



Go to www.pullman-wa.gov



19th Annual Family Fair

Save the Date:

Saturday, April 25th

10:00am-2:00pm at

Lincoln Middle School, Pullman

Free! Fun Activities for Families!

Sponsored by: Palouse Alliance for Healthy Individuals, Families and Communities and the YMCA at WSU's Healthy Kids Day.

Looking for that perfect party area?
Need a place for your meeting or event?

Pioneer Center has Room Rentals



- ☆ Barley Room
- ☆ Whitman Gym
- ☆ Multi Purpose Room
- ☆ Gym Kits
(for use at Pioneer Center only)



Call 338-3227 or visit PullmanParksandRec.com to make your reservation.
Pullman Parks & Recreation
Pioneer Center,
240 SE Dexter St., Pullman, WA



Beginning Capoeira

Capoeira, a Brazilian Martial Art, is an athletic fight-dance played to the rhythms of traditional instruments & song. With a 400yr cultural heritage, capoeiristas train to evade kicks rather than block, contact is minimized, which contributes to the beautiful and poetic flow of a good game. Heighten body awareness, improve balance, coordination, flexibility, strength, & agility. Enjoy a great workout and playful group camaraderie. All ability levels welcome, focus will be on developing a solid foundation of (ASCAB style) Capoeira basics.

Bring a water bottle, wear non-restrictive clothing, sweatpants/t-shirt, no shorts. Bare feet are typical, lightweight sneakers optional. Class is non-linear and encouraged to repeat.

Instructor: Dyonne Davidson
Location: Pioneer Center Min 5/Max 20
Th.....Jan 15-Mar 12..... 7:00-8:30pm
No class: Mar 5
Resident: \$32/N-Resident: \$34
Th.....Mar 26-Jun 4 7:00-8:30pm
No class: Apr 9
Resident: \$39/N-Resident: \$41

Pullman Parks & Recreation
is on
facebook
Receive up to date
information on classes,
programs, and other events
that are happening
throughout our department.
Search for us and "like" us!

Shito-Ryu Karate

Karate for Kids

Students are challenged to maintain or improve their manners, respect for themselves and others, and self-discipline. Flexibility and strengthening exercises are taught along with tumbling maneuvers. Learn self-defense tactics, awareness, and avoidance of risky situations. Basic karate stances, blocks, punches, and kicks are also covered. Caregivers who wish to train with their child are welcome to register in this class.

Instructor: Pat Cruver/Mike Stack
Location: Pioneer Center Min 12/Max 16
6-8 yrs
MWJan 12-Apr 29 6:45-7:30pm
No class: Jan 19, 21, Feb 16, Apr 6, 8
Resident: \$79/N-Resident: \$81

Beginning

Manners, respect, and self-discipline are emphasized in this traditional Japanese martial art program. Kata (forms), introductory tournament sparring, and basic self-defense techniques are covered. Each class includes 20-30 minutes of aerobic, flexibility, and strength-building exercises. Attire should be loose fitting and cool, as the class can be moderately strenuous for those not already in good physical condition. Advancement opportunities are available.

Instructor: Pat Cruver/Mike Stack
Location: Pioneer Center Min 12/Max 16
9+ yrs
MWJan 12-Apr 29 7:35-8:35pm
No class: Jan 19, 21, Feb 16, Apr 6, 8
Resident: \$105/N-Resident: \$107

Intermediate

This class includes more advanced forms, kobudo, self-defense, and sparring techniques. Class is limited to those with abilities equivalent to Nihon Karate Do Kenwa Kai blue belt (8th kyu) and above.

Instructor: Pat Cruver/Mike Stack
Location: Pioneer Center Min 12/Max 16
9+ yrs
MWJan 12-Apr 29 8:40-9:30pm
No class: Jan 19, 21, Feb 16, Apr 6, 8
Resident: \$79/N-Resident: \$81

Buddhist Meditation

Meditation practice offers mental training for inner peace and outer harmony by developing present moment awareness, concentration and stillness. Breath meditation acts as an ideal object of attention, uniting mind and body. In addition to sitting meditation, sessions usually include Dhamma readings inspired by the Thai Forest Tradition (or recorded teachings) and walking meditation. No experience necessary.

Instructor: Arthur Ericsson/Patrick Freeze
 Location: Pioneer Center Min 5/Max 30
 Su.....Jan 4-May 3..... 6:15-7:45pm*
 Resident: \$20/N-Resident: \$22

*A sitting cushion is suggested; chairs and mats available.

Rise & Shine Workout!

Reap the benefits of your workout all day long with a boost to energy and metabolism first thing in the morning! This low impact workout will use music, the step, and handheld weights to improve muscle tone at the same time that you increase cardio fitness and endurance. Join us to get the most out of the first hour of your day!

Instructor: Cindy Zaring
 Location: Pioneer Center Min 8/Max 30
 MWF.....Jan 5-Mar 13..... 6:15-7:15am
 No class: Jan 19, Feb 16
 Resident: \$84/N-Resident: \$86
 MWF.....Mar 23-May 8..... 6:15-7:15am
 Resident: \$63/N-Resident: \$65

Walk/Run a Marathon!

Do you think that walking/running a marathon is entirely out of your reach? Not with "Walk/Run a Marathon!" Over a period of one month, your cumulative mileage can add up quickly to 26.2 miles and earn you your very own Marathon T-shirt! This event is a fun and healthy way to kick off your mid-winter and spring fitness program and enjoy the many trails and pathways of the Palouse. **See page 18 for full details.**

All ages welcome!

Families are encouraged to walk together

Marathon:

Jan 19-Feb 20....Completed Calendars due by Feb 27
 Mar 2-Apr 1.....Completed Calendars due by Apr 6

Ultra Marathon:

Feb 2-Apr 30.....Completed Calendars due by May 8
 Resident: \$15/N-Resident: \$17

Pilates

Pilates offers a functional approach to strength and flexibility training with exercises created to strengthen your core muscles. This program will increase overall body strength, endurance, balance, and coordination. Appropriate for all fitness levels.

Instructor: Arden Gray
 Location: Pioneer Center Min 12/Max 30
 MW.....Jan 5-Mar 11..... 5:30-6:20pm*
 No class: Jan 19
 Resident: \$62/N-Resident: \$64
 MW.....Mar 23-May 13..... 5:30-6:20pm*
 Resident: \$52/N-Resident: \$54
 *A yoga mat is required.

NEW! Zumba Step

Looking to strengthen and tone your legs and glutes? Step right up! Zumba step combines the fitness moves of a step aerobics class with the fun dance party moves and music that are unique to Zumba! In this class we will do 45 minutes of cardio Step, followed by 10 minutes of core work on the floor, and 5 minutes of cool-down and stretching. Steps will be provided by the facility; please bring a yoga mat for floor work.

Instructor: Evelyn Moos
 Location: Pioneer Center Min 10/Max 20
 TuTh.....Jan 6-Mar 12..... 6:30-7:30am
 Resident: \$65/N-Resident: \$67
 TuTh.....Mar 17-May 7..... 6:30-7:30am
 Resident: \$52/N-Resident: \$54

Zumba

Ditch the workout and join the party! Zumba is an exhilarating, effective, Latin-inspired, dance/fitness that makes exercise fun. You don't have to love exercise or know how to dance to Zumba! Zumba combines amazing, irresistible music with dynamic yet accessible exercise moves and interval cardio-training. The extraordinary Zumba workout is all about fun. Underlying the fun, however, is a fundamental truth of fitness. The more muscles you move, the more calories you burn. Come and give it a try!

Instructor: Evelyn Moos
 Location: Pioneer Center Min 10/Max 20
 TuTh.....Jan 6-Mar 12..... 5:45-6:45pm
 Resident: \$65/N-Resident: \$67
 TuTh.....Mar 17-May 7..... 5:45-6:45pm
 Resident: \$52/N-Resident: \$54

Sunday Stretch

This 45 minute stretch class will teach you how to articulate your body in ways that elongate muscles from end to end. Increase your flexibility and improve body awareness through a special mind/muscle connection. Class will be slow paced, adjustable for all fitness levels and a great way to start the week. A yoga mat is required.

Instructor: Arden Gray
 Location: Pioneer Center Min 6/Max 30
 Su.....Jan 11-Mar 8..... 4:00-4:45pm
 Resident: \$54/N-Resident: \$56
 Su.....Mar 22-May 10..... 4:00-4:45pm
 No class: Apr 5
 Resident: \$42/N-Resident: \$44

Weight Training Class

Want to get fit? Discover how to maximize your time AND your results. Learn basic exercise guidelines for safe effective workouts to target your individual needs. Each class will include a short instruction, a guided warm-up and work out. Included in each session is a free fitness assessment to help track your progress. For more information, contact Aletha Lassiter by email at aletha.lassiter@pullman-wa.gov or call 509-338-3290. Fitness Punch Cards (Pg 37) may be used when minimum enrollment is met.

Location: PAFC Fitness Room Min 5/Max 10
 Instructor: Aletha Lassiter
 TuTh.....Jan 13-Mar 12..... 1:30-2:30pm
 No class: Feb 24, 26
 Resident: \$73/N-Resident: \$75
 MWTh.....Mar 24-May 21..... 1:30-2:30pm
 No class: Apr 7, 9
 Resident: \$73/N-Resident: \$75

Power Yoga

Power yoga offers a strength based approach to the traditional Vinyasa flow style. This hour long class is a great way to start your morning and will provide opportunities to grow in areas such as muscle strength, endurance, flexibility and mindfulness. All levels are welcome and no experience is necessary. A yoga mat is required.

Instructor: Carlie Ross certified through YogaFit
 Location: Summit Therapy & Health Services, 1620 SE Summit Ct Min 6/Max 20
 TuTh.....Jan 13-Feb 5..... 6:00-7:00am
 TuTh.....Feb 17-Mar 12..... 6:00-7:00am
 TuTh.....Mar 24-Apr 16..... 6:00-7:00am
 Resident: \$35/N-Resident: \$37



Qigong: One Thousand Hands Buddha

Based on the healing arts of traditional Chinese medicine, Qigong is a form of moving meditation exercise which engages the body, mind and spirit. In this seated Qigong method, emphasis is placed on the symbolic positioning of the hands, known as "mudras." It produces relaxation, peace and calmness in the body and is ideal for practicing any time of day to help with stress, anxiety and insomnia. Please register for only one class at a time.

Instructor: **Liz Lee, L.Ac. MS**

Location: Summit Therapy & Health Services,
1620 SE Summit C Min 6/Max 12
TuJan 13-Feb 1712:00-12:45pm*
TuMar 3-Apr 712:00-12:45pm*
ThMar 5-Apr 9 6:30-7:15pm*
ThApr 16-May 21 6:30-7:15pm*

*In line with the Generosity Inspires theme at Pullman Regional Hospital, the fee for the class is "pay-it-forward" donation to a recipient of your choice.

New! Morning Yoga

Morning yoga offers an invigorating style of yoga that links the breath with dynamic flowing movement. This hour long class is a great way to start your morning and will provide opportunities to grow in areas such as strength, endurance, flexibility and balance in your mind and body. All levels are welcome and no experience is necessary. A yoga mat is required.

Instructor: **Carlie Ross** certified through YogaFit
Location: Pioneer Center Min 6/Max 20
W.....Jan 14-Apr 15 9:30-10:30am
Resident: \$59/N-Resident: \$61

Yoga for Mindfulness and Relaxation

Come practice time-honored relaxation techniques at Summit Therapy & Health Services, in Pullman. You will learn ways to create ease in your mind and body, which can leave you with more energy for all the things you do during the day. Participants are encouraged to bring a pillow or soft bolster to class. Drop-ins may attend class with advanced permission from the instructor by contacting Greg Larson at 509-334-4081.

Instructor: **Greg Larson, LMP**
Location: Summit Therapy & Health Services,
1620 SE Summit C Min 5/Max 8
Th.....Jan 15-Feb 26 5:30-6:15pm
Resident: \$35*/N-Resident: \$37*

*Summit Therapy will donate all proceeds from this class to the Pullman Regional Hospital Foundation to support the highest needs of the hospital.

Tai Chi for Health

Tai Chi for Health is easy to learn, effective and safe. It gently exercises the entire body, increasing flexibility, muscle strength, and heart/lung activity. The practice of Tai Chi improves posture and balance, increases energy, and integrates the mind and body bringing a sense of well-being. Medical studies have shown that Tai Chi is effective in reducing many of the symptoms of arthritis including joint stiffness and pain. Seated adaptations are offered for people unable to stand to participate. Participants should wear loose comfortable clothing and flat, comfortable shoes – no flip-flops.

Instructor: **Frances Preston***

Location: Summit Therapy & Health Services,
1620 SE Summit Ct Min 4/Max 10
Th.....Jan 15-Mar 512:00-1:00pm**

*Instructor: **Frances Preston** has been an Occupational Therapist working in the Palouse region for 19 years. She is a Certified Instructor in Tai Chi for Arthritis, Tai Chi for Fall Prevention, and Tai Chi for Energy.

**In line with the Generosity Inspires theme at Pullman Regional Hospital, the fee for the class is "pay-it-forward" donation to a recipient of your choice.

YogaThai Therapy

Improve the quality of your life with more range of motion and less pain. You will be using yoga postures, Thai massage, and the AromaTouch technique. An individualized therapy program will be tailored to meet your needs and goals. These one-on-one sessions with the trainer, will ensure both safety and success. Feel the difference and start enjoying life! Consultations are free.

Instructor: **Aletha Lassiter**

Location: Yogatopia, Gladish Community Center
Number of Sessions.....RNR
1 session\$50\$52
2-5 sessions.....\$45\$47
6-10 sessions\$42.5044.50
11-15 sessions\$40\$42
16-19 sessions\$37.5039.50
20 sessions\$35\$37
25 sessions\$32.5034.50
30 session\$30\$32

*Fee listed is for each hour of one-on-one with the instructor

FREE! Belly Buddha Boogie Dance Club

This is a free club for anyone who enjoys belly dancing. All experience levels are welcome! Come hang out, socialize, and dance.

Gladish Community Center, Rm 112b
Th.....Jan 8-May 21 6:30-7:30pm



The purchase of a punch card is good for all the following classes offered

at Yogatopia. Classes are located at the Gladish Community Center, 115 NW State St, Rm 103 and 112b. Register and for class descriptions go to PullmanParksandRec.com, or Parks & Recreation, 240 SE Dexter St., or call 509-338-3227.

Jan 5-May 31

No class: Jan 19, 28, Feb 11, 16, 23-26, Mar 11, Apr 6-9, 29, May 25

16 class punch card \$112*
32 class punch card \$168*
Unlimited classes \$224*

*Punch cards are non-refundable/non-transferable

Monday

Yoga BasicRm 112B 7:00-8:00am
Zumba BasicRm 103 8:00-9:00am
Chair YogaRm 112B 4:30-5:30pm
Zumba ToningRm 103 5:30-6:30pm
Yoga Flex & FlowRm 112B 6:45-8:00pm

Tuesday

Yoga BasicRm 112B 7:00-8:00am
Spin SprintRm 103 12:00-12:20pm
YogaCoreRm 103 12:25-1:00pm
YogaSweatRm 112B 5:15-6:15pm
Zumba BasicRm 103 6:00-7:00pm
Yoga Shift & LiftRm 112B 6:30-7:30pm

Wednesday

Yoga BasicRm 112B 7:00-8:00am
Zumba BasicRm 103 8:00-9:00am
Zumba ToningRm 103 5:30-6:30pm
Yoga Flex & FlowRm 112B 6:45-8:00pm

Thursday

Yoga BasicRm 112B 7:00-8:00am
Spin SprintRm 103 12:00-12:20pm
YogaCoreRm 103 12:25-1:00pm
YogaEspañol.....Rm 112B 4:00-5:00pm
YogaSweatRm 112B 5:15-6:15pm
Zumba BasicRm 103 6:00-7:00pm

Friday

Yoga BasicRm 112B 7:00-8:00am
Zumba BasicRm 103 8:00-9:00am
Zumba StepRm 103 5:30-6:30pm

Saturday

Yoga BasicRm 112B 9:00-10:00am
Zumba BasicRm 103 10:15-11:15am

8 Week Health Challenge:

Jan 12-Mar 9 & Mar 30-May 26

Win a free 30 day membership to the Pullman Aquatic and Fitness Center! There are two ways to win--cumulative points or percent improvement on the fitness test. Win both categories and earn 4 sessions with our trainer Aletha.

This is a health challenge, not a weight loss challenge. There are no weekly weigh-ins! There will be a group fitness assessment at the beginning and at the end of the 8-weeks to measure improvement.

Experience the success of group support, accountability and healthy habits!!

Here's what you do:

- ⇒ Register for the challenge with Parks & Recreation for \$25.
- ⇒ Join our facebook group.
- ⇒ Mark your calendars for the before and after fitness assessments.
- ⇒ Print point tracker forms sent to you with your registration receipt.
- ⇒ Submit points by 7:00pm each Sunday night of challenge.
- ⇒ Weekly point results will be posted by noon Monday.

Fitness assessment dates at PAFC:

Session 1: Jan 9-Mar 7

Initial Fitness Assessment:

FJan 9.....6:00pm

SaJan 10.....9:00am

Final Assessment:

FMar 6.....6:00pm

SaMar 7.....9:00am

Session 2: March 27-May 22

Initial Fitness Assessment:

FMar 27.....6:00pm

SaMar 28.....9:00am

Final Assessment:

FMay 22.....6:00pm

SaMay 23.....9:00am

Residents: \$25/N-Resident: \$27

Create your own account and register online at PullmanParksandRec.com

Adult Volleyball League

Bump! Set! Spike! Get your team together and join this exciting coed league designed for all levels of play. Participants register as a team. Team manager packets will be available beginning January 12th. Registration will be accepted at the Pioneer Center February 9th-13th, from 8:00am to 5:00pm. All games will be played at Sunnyside Elementary School Gym on Monday and Wednesday evenings.

MW Mar 2-Apr 29....7:00-10:00pm\$250 Team Fee

ADULT SOFTBALL LEAGUES

Start getting your team together now to play in the Men's, Women's, and Coed Softball Leagues this spring and summer. All leagues run from early May through July. Team packets will be available beginning March 9th. Call Pullman Parks & Recreation at 338-3227 for more information.

ONE-DAY REGISTRATION

**All Leagues: Men's, Women's & Coed
April 13, 8:00am-7:00pm at Pioneer Center**

Softball Umpires

Strike three! You're out! How would you like to umpire softball this spring and summer? Pullman Parks & Recreation is looking for umpires for Men's, Women's and Coed slow-pitch softball and Girls' fast-pitch softball. Games are played on weekday evenings and Sunday afternoons. Training will be provided. For more information contact Kurt Dahmen at 509-338-3225.

New! Pullman Open Gym Volleyball

This open gym is free for anyone to participate. Come and play every-Friday-year-round from 6:30pm-8:45pm at Sunnyside Elementary. All skill levels and age groups are welcome to participate, high school aged and above is recommended. For more information, videos, and dates we will not be playing, please visit palousevolleyball.com.



To register for
WSU Outdoor Rec
programs visit
www.orec.wsu.edu.



Challenge Program:

Looking for a fun way to overcome challenges and grow as a team? Our program can help your group develop its teamwork and interpersonal skills in a variety of exciting ways. Your group may choose from workshops, portable and low elements, or high course activities. To learn more about the program and to see pictures of the different elements, visit our website at <http://urec.wsu.edu/challenge>.

Outdoor Recreation Center Gear Available

Want to get out and enjoy the winter months? We have the equipment you need to make your trip a great one. Come check out our downhill, telemark, and cross-country ski packages, snowboard packages, snowshoes, mountaineering gear and more. We offer 1-day, 2-day and 7-day rentals on all gear at very affordable prices. Come by the ORC to learn about local outdoor hot-spots, preparation tips, and learn what gear you can rent for your upcoming trips. For more information, location, and hours, please visit <http://urec.wsu.edu/outdoor-recreation/rental-shop> or call 335-1892.

WSU Outdoor Rec Winter/Spring Activities

Registration Information:

Cost of outdoor trips includes group gear, camping equipment, transportation, permits, and leadership (unless indicated otherwise). Participants are responsible for personal gear and food. Must be 18 or older. To register, view the most up-to-date trip descriptions, and learn about the cancellation policies, please visit urec.wsu.edu/outdoor-recreation. You can contact the ORC for more information at 509-335-1892. For reasonable accommodation information, call Joanne Green or Jeff Elbracht at 509-335-9668.

Activity	Date	Register by	Student	Non-Member
*Discounts for members who register 30 days prior to events marked with an asterisk. Please visit urec.wsu.edu/outdoor-recreation for more information.				
Banff Mountain Film Festival Preview Party	Jan 15	N/A	Free	Free
Winter Camping/Travel	Jan 16-19	Jan 11	\$95	\$155
Intro to Snow Safety & Avalanche Beacon Clinic	Jan 21	Jan 18	\$7	\$10
Banff Mountain Film Festival	Jan 22	N/A	Free	\$12
Ski Shuttle: Silver Mt. (Transportation only)	Jan 24	Jan 18	\$25	\$35
Cross-Country Ski the Palouse Divide	Jan 25	Jan 18	\$45	\$70
Avalanche Beacon Practice Clinic	Jan 28	Jan 25	\$5	\$5
Intro to Backcountry Skiing Hut Trip	Jan 30-Feb 1	Jan 25	\$185	\$225
Snowshoe at Moscow Mt.	Feb 7	Feb 1	\$35	\$55
Ski Shuttle: Lookout Mt. (Transportation only)	Feb 7	Feb 1	\$25	\$35
Women's Cross-Country Ski	Feb 8	Feb 1	\$45	\$65
Avalanche Beacon Practice Clinic	Feb 11	Feb 8	\$5	\$5
Ski Shuttle: Schweitzer Mt. (Transportation only)	Feb 14	Feb 8	\$29	\$39
Cross Country Ski the Palouse Divide	Feb 15	Feb 8	\$45	\$70
Women's Kayak Skills Clinic	Feb 17	Feb 15	\$7	\$10
Mountaineering Skills	Feb 21	Feb 15	\$35	\$60
Ski Shuttle: Silver Mt. (Transportation only)	Feb 28	Feb 22	\$25	\$35
Snowshoe at Moscow Mt.	Mar 1	Feb 22	\$35	\$55
DIY Bike Series Week 1: Shop Orientation	Mar 26	Mar 26	\$5	\$10
Wilderness First Aid Course*	Mar 28-29	Feb 25	\$200	\$235
Intro to Mountain Biking	Mar 28	Mar 22	\$35	\$60
Beginner Paddle on the Snake River	Mar 29	Mar 22	\$35	\$55
DIY Bike Series Week 2: Breaks & Headsets	Apr 2	Apr 2	\$5	\$10
Vantage Rock Climbing Trip	Apr 3-5	Mar 29	\$115	\$170
DIY Bike Series Week 3: Shifters & Derailleurs	Apr 9	Apr 9	\$5	\$10
Mom's Weekend Pullman Bike Ride	Apr 11	Apr 8	\$10	\$10
Mom's Weekend Canoe/Kayak Tour	Apr 12	Apr 5	\$25	\$25
Outdoor Photography Clinic	Apr 14	Apr 13	\$5	\$5
Sunset Paddle	Apr 15	Apr 12	\$25	\$40
DIY Bike Series Week 4: Bottom Brackets & Cranks	Apr 16	Apr 16	\$5	\$10
Women's Backpacking Trip	Apr 17-19	Apr 12	\$80	\$115
Palouse Falls Paddle	Apr 18	Apr 12	\$45	\$80
Earth Day Eco Adventure: Sunset Paddle & Clean-up	Apr 22	Apr 19	\$20	\$35
DIY Bike Series Week 5: Wheels	Apr 23	Apr 23	\$5	\$10
Overnight Kayaking Tour	Apr 24-26	Apr 19	\$70	\$115
Sunset Paddle & Yoga	Apr 29	Apr 26	\$35	\$50
DIY Bike Series Week 6: Fitting & Build	Apr 30	Apr 30	\$5	\$10
Eco Adventure: Hike & Clean-up Kamiak Butte	May 2	Apr 26	Free	Free
Eco Adventure: Clean-up & Climb at Granite Point	May 2	Apr 26	\$20	\$35
Thurs. Lunch Cross Country Ski (If snow)	Jan 15-Feb 26, Mar 12		Free	Free
Group Bike Rides	Apr 8, 15, 22, 29		Free	Free
Intro to Bike Maintenance	Mar 10, 31, Apr 7		Free	Free
Kayak Skills Clinic	Jan 20, Feb 3, Mar 3, 24, 31, Apr 14, 28	Sun	\$7	\$10

PULLMAN AQUATIC & FITNESS CENTER

Fitness Room & Information Desk Hours

Mon-Fri
5:00am-9:00pm
Sat
9:00am-6:00pm
Sun
2:00-6:00pm

Special Schedules at PAFC:

New Year's Day

Th Jan 1 CLOSED

PHS Swim Meet

Sa Jan 3 12:00-4:00pm

Swim Lessons: Winter Session 1

M Jan 5 Various Times

Splash-N-Dash/Wibit

F Jan 9 6:00-9:00pm

PHS Swim Meet

Sa Jan 17 12:00-4:00pm

Swim Lessons: Winter Session 2

M Jan 19 Various Times

Splash-N-Dash/Wibit

F Jan 23 6:00-9:00pm

Splash-N-Dash/Wibit

F Feb 13 6:00-9:00pm

Swim Lessons: Winter Session 3

M Feb 16 Various Times

Splash-N-Dash/Wibit

F Feb 27 6:00-9:00pm

SRS Swim Meet

Sa Mar 7 12:00-4:00pm

Splash-N-Dash/Wibit

F Mar 13 6:00-9:00pm

Annual Spring Maintenance Shutdown

Sa-Su Mar 14-22 CLOSED

Swim Lessons: Spring Session 1

M Mar 23 Various Times

Splash-N-Dash/Wibit

F Mar 27 6:00-9:00pm

Underwater Egg Hunt

F Apr 3 6:00-9:00pm

SRS Swim Meet

Sa Apr 11 12:00-4:00pm

Splash-N-Dash/Wibit

F Apr 24 6:00-9:00pm

Swim Lessons: Spring Session 2

M Apr 27 Various Times

Splash-N-Dash/Wibit

F May 8 6:00-9:00pm

SRS Swim Meet

Sa May 16 12:00-4:00pm

Splash-N-Dash/Wibit

F May 22 6:00-9:00pm

Memorial Day

M May 25 CLOSED

PAFC Memberships

- ⇒ Memberships can be purchased for daily, monthly, quarterly, or annual use.
- ⇒ If you have an annual membership you'll get a 25% discount on all PAFC programs and special events.
- ⇒ Annual Membership includes summer entrance to Reaney Pool.
- ⇒ NEW! Annual Memberships includes the WEX (Water Exercise Class, page 31)
- ⇒ Children 0-3 years old are free with a paying adult.
- ⇒ Family rates apply to all dependents declared for income tax purposes.
- ⇒ Annual members get a 10% discount on Yogatopia fitness programs when you register during the first two weeks of each session.
- ⇒ Memberships include both the pool and the fitness room.
- ⇒ Members must be 15 years or older to use the fitness room at PAFC.
- ⇒ Check our special schedules for holidays and summer schedules.
- ⇒ PAFC hours are subject to change due to unforeseeable circumstances.
- ⇒ PAFC closes for annual maintenance the week of WSU Spring Break, March 14-22.

Membership Prices

Age	Daily	Monthly	Quarterly	Annual
4-17	\$3.75	\$30	\$82	\$150
18-59	\$5.00	\$45	\$127	\$225
60+	\$3.75	\$30	\$82	\$150
Family	\$13.75	\$120	\$292	\$600

Members of other clubs or non-profit organizations with 6 or more individuals: \$2.50 per visit.

PAFC Family Fun Membership

Enjoy the Pullman Aquatic & Fitness Center and Reaney Pool every weekend with this limited admission pass for the whole family. This membership allows admission Friday after 3:00pm and all recreational hours on Saturday and Sunday.

Annual: \$300*

*Family Fun members only get 25% discount on weekend programs.

Membership Freeze

Going on vacation or working out of town long-term? Your PAFC memberships can be suspended for \$6, minimum 30 days. Contact Gordon Dowler, Aquatics Program Coordinator, to freeze a membership, or for questions at 509-338-3290.

Locker Rentals

If you want the same locker to store your belongings you can rent a locker long-term. Supply your own lock and store at your own risk. We'll pressure wash lockers for annual maintenance during WSU's Spring Break, March 14-22, so you'll want to remove your items then.

Monthly: \$20 **Quarterly:** \$44 **Annual:** \$125

With an Annual Membership you receive a 25% discount on all PAFC programs.

May Membership Sale:
Purchase any Annual Membership in May and receive 20% off the regular price.

NEW!



PAFC sells swim items

for your convenience:

Swim Caps

Latex.....	\$5.00
Silicon solid color	\$10.00
Silicon Jazzy color	\$11.00
Silicon Critter	\$12.00

Swim & Sport Shampoo/Conditioner . \$8.00

Water Exercise Gloves \$15.00

Goggles

Classic.....	\$5.00
Vision.....	\$8.00
Metallic Vision.....	\$12.00



Splash N' Dash

"Kids Night" at Pullman Aquatic & Fitness Center!

Enjoy a Friday evening while our Swim Instructors entertain and supervise your children!

F.....	Jan 9.....	6:00-9:00pm
F.....	Jan 23.....	6:00-9:00pm
F.....	Feb 13.....	6:00-9:00pm
F.....	Feb 27.....	6:00-9:00pm
F.....	Mar 13.....	6:00-9:00pm
F.....	Mar 27.....	6:00-9:00pm
F.....	Apr 24.....	6:00-9:00pm
F.....	May 8.....	6:00-9:00pm
F.....	May 22.....	6:00-9:00pm

Resident: \$20/N-Resident: \$22/ea date

Pre-registration required by 3:00pm the day of the event.

Min 3/Max 30

- ☞ Regular Open Swim Friday nights will run concurrently.
- ☞ The Wibit, our in-water obstacle course will be setup from 6:00-8:30pm.
- ☞ 2.5 yrs old and older are welcome.
- ☞ 7 and under must be enrolled in the program or PAFC regular Supervision Policy applies.
- ☞ Participants will be assigned a Swim Instructor.
- ☞ Participants please bring a healthy, prepackaged snack to share with other participants. (No Nuts Please!)
- ☞ Beverages provided to participants.
- ☞ Non-Swimmers will be required to wear life-jackets for activities.
- ☞ Annual members receive a 25% discount!

It's Wibit Time

Come join us for our in-water obstacle course! The Wibit will be in the pool during the following dates and times.

F.....	Jan 9.....	6:00-8:30pm
F.....	Jan 23.....	6:00-8:30pm
F.....	Feb 13.....	6:00-8:30pm
F.....	Feb 27.....	6:00-8:30pm
F.....	Mar 13.....	6:00-8:30pm
F.....	Mar 27.....	6:00-8:30pm
F.....	Apr 24.....	6:00-8:30pm
F.....	May 8.....	6:00-8:30pm
F.....	May 22.....	6:00-8:30pm

- ☞ Membership/Free passes accepted.
- ☞ Supervision Policy applies (see Splash 'n' Dash for children 8 to 12 yrs old).

Under Water Egg Hunt

Come join the PAFC for our annual underwater egg hunt!

April 3 - 6:00-9:00pm

\$5 Admission/per person

- ☞ Free passes not accepted
- ☞ Supervision Policy applies
- ☞ This is an ALL PAY EVENT! (0-100 yrs)
- ☞ Annual Membership receive a 25% Discount!

Family Fun Weekends!

Come join the party at the PAFC! Every weekend we will have tubes and boats, basketball and music playing! Grab your friends and come have a Family Fun Weekend.

Every Friday from 5:30-9:00pm and Saturday/Sunday from 2:00-6:00pm
Open recreation in both pools.

Daily rates apply.

- ☞ Family Fun Memberships, Aquatic Memberships, and free passes accepted.
- ☞ Supervision policy applies.

NEW RATES

PAFC Pool Rentals

You can have an unforgettable party at Pullman Aquatic & Fitness Center! Now you can pick if you want the Warm Pool, Lap Pool or Both! Then pick the day, time, and any add-on you want.

Available Party Hours:

Sunday: before 2:00pm or after 6:00pm
Saturday: 12:00-2:00pm or after 6:00pm

Warm Pool Only (30 max).....	\$50
Lap Pool Only (First 50 people).....	\$75
Lap and Warm Pool	\$105

Add-On Options:

Each 15 people beyond 50.....	\$25/hr
Tubes and Boats.....	\$20/hr
Party Player Lifeguard.....	\$25/hr
Gift Bags.....	\$5/bag
Wibit Setup/Takedown*.....	\$60*
Wibit*.....	\$30/hr

*Wibit is \$90 for the first hour; each additional hour is \$30/hr.

We will help you to make a fun party that everyone will enjoy! Contact our Head Lifeguard/Rental Coordinator by phone 509-338-3290 or by email at aquatic@pullman-wa.gov.

Pullman High School Swim Team Go Greyhounds!

Jan 1-Feb 27th

Pool Practice

M-F.....	3:00-5:30pm
TuTh.....	5:30-7:00am
Sa.....	6:00-9:00am

Hydro-Fit (Lap Pool)

MF.....	1:55-2:50pm
WTh.....	1:25-2:50pm

*See pg 30 for the schedule of swim meets.

School's Out... It's Tube Time!

M.....	Jan 19.....	12:00-3:00pm
W.....	Jan 28.....	12:00-3:00pm
W.....	Feb 11.....	12:00-3:00pm
M.....	Feb 16.....	12:00-3:00pm
W.....	Mar 11.....	12:00-3:00pm
W.....	Apr 29.....	12:00-3:00pm

- ☞ Open recreation in both pools.
- ☞ Come float on our inner tubes in the Lap Pool!
- ☞ Daily rates apply.
- ☞ Membership and Free Passes accepted.
- ☞ Supervision Policy applies.

Pool Schedule: January 1 - May 31

Key	Open Swim	Shared
	Program Only	Closed

FOR CLOSURE DATES SEE SPECIAL SCHEDULE ON PG 25 OF THIS BROCHURE OR ONLINE AT PULLMANPARKSANDREC.COM

WARM POOL							Time	LAP POOL											
Su	Mon	Tu	W	Th	F	Sa		Su	M	Tu	W	Th	F	Sa					
PAFC Available for Rental	OPEN 5:00-10:00	OPEN 5:00-9:00	OPEN 5:00-10:00	OPEN 5:00-9:00	OPEN 5:00-10:00	PHS Swim Team Closed Practice	5:00	PAFC Available for Rental	LAP	LAP	LAP	LAP	LAP	PAFC Available for Rental					
							RH Masters 5:00-7:00		PHS Swim Team 5:00-7:00	RH Masters 5:00-7:00	PHS Swim Team 5:00-7:00	RH Masters 5:00-7:00							
							OPEN/ LAP 7:00-8:00		OPEN/ LAP 7:00-8:00	OPEN/ LAP 7:00-8:00	OPEN/ LAP 7:00-8:00	OPEN/ LAP 7:00-8:00							
													OPEN/ LAP 8:00-9:00		OPEN/ LAP 8:00-9:00	OPEN/ LAP 7:00-10:00	OPEN/ LAP 7:00-10:00		
							HEALTHY FAMILIES 10:00-11:00		HEALTHY FAMILIES 10:00-11:00	HEALTHY FAMILIES 10:00-11:00	HEALTHY FAMILIES 10:00-11:00	HEALTHY FAMILIES 10:00-11:00						LESSONS 9:00-12:00	WEX/LAP 10:00-11:00
													WARM WATER WEX 11:00-12:00		WARM WATER WEX 11:00-12:00	WARM WATER WEX 11:00-12:00	WARM WATER WEX 11:00-12:00		
	OPEN 12:00-4:00	OPEN 11:30-4:00	OPEN 12:00-4:00	OPEN 11:30-4:00	OPEN 12:00-4:00	PAFC Available for Rental	OPEN/ LAP 11:00-2:00		OPEN/ LAP 11:30-3:00	OPEN/ LAP 11:30-3:00	OPEN/ LAP 11:30-2:00								
												OPEN 2:00-6:00	PHS Swim Team 3:00-5:30 Closed Practice --- Beginning March 2 - OPEN: 3:00-5:30 ---				OPEN 2:00-6:00	LAP/ LAP 2:00-3:00	PHS Swim Team 3:00-5:30 Closed Practice --- Beginning March 2 --- Closed for Snake River Sturgeons: 3:30-5:00 OPEN/ Lap: 3:00-3:30 & 5:00-5:30
	LESSONS 4:00-7:00	LESSONS 4:00-7:00	LESSONS 4:00-7:00	LESSONS 4:00-7:00	LESSONS 4:00-7:00	PAFC Available for Rental	LAP 5:30-7:00		LESSONS 5:30-7:00	LESSONS 5:30-7:00	LESSONS 5:30-7:00		STROKE CLINIC/ LAP 5:30-7:00						
	PAFC Available for Rental	OPEN 7:00-9:00	OPEN 7:00-9:00	OPEN 7:00-9:00	OPEN 7:00-9:00							OPEN 5:30-9:00			PAFC Available for Rental	LAP 7:00-8:30 After March OPEN 7:00-8:30	STURGEON 7:00-8:30 After March WEX 7:00-8:00	STURGEON 7:00-8:30 After March OPEN 7:00-8:30	STURGEON 7:00-8:30 After March WEX 7:00-8:00
						PAFC Available for Rental				PAFC Available for Rental									
									9:00										

We guarantee a minimum of 1 lap lane during all operating hours, except exclusive Swim Team use.
PAFC reserves the right to add program use as needed during operational hours.



PAFC Supervision Policy:

- ☛ Children 7 years and under are **REQUIRED** to be supervised by a responsible caregiver 16 years old or older within arm's reach in the water at all times.
- ☛ We **RECOMMEND** that children age 8 to 12 years old have passed the swim test and will be supervised by a responsible caregiver 16 years old or older.
- ☛ All non-swimmers, including those wearing flotation devices, must be within arm's reach of a responsible caregiver 16 years old or older in the water at all times.
- ☛ Children 7 years and under and/or non-swimmers wearing flotation devices, require 1 caregiver per 5 children in the water at all times.
- ☛ Children 7 years and under whom successfully demonstrate the Swim Test requirements (see below) may be exempt from arm's-length supervision policy. Caregivers of children who are exempt are **REQUIRED** to actively supervise their children.

Swim Test

To complete the Swim Test, a participant must:

- ☛ Swim first half length of lap pool on your back, any style, turn on to front, and swim remaining half length of the pool on front with face-in, with no goggles.
- ☛ Immediately upon completion of the length of pool, tread water 1 minute in deep end.

PAFC Inclement Weather Policy:

- ☛ In the event of thunder or lightning PAFC will close for 30 minutes, from the last flash of lightning or the last bang of thunder.
- ☛ Refunds will not be issued for drop-in customers. Inclement Weather one-time passes will be handed out instead.
- ☛ For your safety, we actively monitor internet and airport weather sites.
- ☛ Programs canceled due to weather are not guaranteed to be rescheduled or refunded.

We strive to keep our facility open and all programs running as scheduled, in the event of program cancellation, we will do our best to notify you.

I am good for your heart and health! Look for me at the top of a page or by an activity and I will help you stay healthy.



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 procedure on page 44.
- ☛ 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.

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. Swim diapers are available at the front desk on request. All participants must be pre-registered.

PC Goldfish

35 min Min 3/Max 12
 6-18 mo, caregiver participation required
 MWJan 19-Feb 11 6:25-7:00pm
 MWFeb 16-Mar 11 6:25-7:00pm
 Resident: \$48/N-Resident: \$50
 MWMar 23-Apr 22 6:25-7:00pm
 Resident: \$60/N-Resident: \$62
 MWApr 27-May 27 6:25-7:00pm
 Resident: \$54/N-Resident: \$56
 SaJan 17-Mar 7 9:55-10:30am
 SaOct 18-Nov 22 9:55-10:30am
 Resident: \$48/N-Resident: \$50

PC Clownfish

35 min Min 3/Max 12
 19-36 mo, caregiver participation required
 TuThJan 20-Feb 12 6:25-7:00pm
 TuThFeb 17-Mar 12 6:25-7:00pm
 Resident: \$48/N-Resident: \$50
 TuThMar 24-Apr 23 6:25-7:00pm
 TuThApr 28-May 28 6:25-7:00pm
 Resident: \$60/N-Resident: \$62
 SaJan 17-Mar 7 10:30-11:05am
 SaMar 28-May 16 10:30-11:05am
 Resident: \$48/N-Resident: \$50

Puddle Jumper (PJ)

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.

PJ Starfish

35 min Min 3/Max 12
 2-4 yrs old, with beginning swim skills. Caregiver participation required
 MWJan 19-Feb 11 5:50-6:25pm
 TuThJan 20-Feb 12 5:50-6:25pm
 MWFeb 16-Mar 11 5:50-6:25pm
 TuThFeb 17-Mar 12 5:50-6:25pm
 Resident: \$48/N-Resident: \$50
 MWMar 23-Apr 22 5:50-6:25pm
 TuThMar 24-Apr 23 5:50-6:25pm
 MWApr 27-May 27 5:50-6:25pm
 Resident: \$54/N-Resident: \$56
 TuThApr 28-May 28 5:50-6:25pm
 Resident: \$60/N-Resident: \$62
 SaJan 17-Mar 7 11:05-11:40am
 SaMar 28-May 16 11:05-11:40am
 Resident: \$48/N-Resident: \$50

Create your own account and register online at PullmanParksandRec.com

PAFC: SWIM LESSONS

How do I register my child?

Answer the questions on next page to help you place your child in the proper program level. Free swim screenings are required for all students not currently enrolled in our Preschool or Youth programs, with the exception of Tadpole classes. 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 through 5 must be placed in the Preschool (PS) section of the appropriate level. Ages 6 and older must enroll Youth (Y) levels. There are also (K) lessons for Kindergarten age children 5 and 6 years old.

	Session 1 M-Th Jan 5-15 8 lessons	Session 2 MW Jan 19-Feb 11 8 lessons	Session 2 TuTh Jan 20-Feb 12 8 lessons	Session 1 Sa Jan 17-Mar 7 8 lessons	Session 3 MW Feb 16-Mar 7 8 lessons	Session 3 TuTh Feb 17-Mar 12 8 lessons	Session 4 MW Mar 23-Apr 22 10 lessons	Session 4 TuTh Mar 24-Apr 23 10 lessons	Session 2 Sa Mar 28-May 16 10 lessons 8 lesson	Session 5 MW Apr 27-May 27 9 lessons No class: May 25	Session 5 TuTh Apr 28-May 28 10 lessons
PS Tadpole	9:00am 4:05pm 5:50pm	9:00am 4:05pm 5:50pm	9:00am 4:05pm 5:50pm	10:00am	9:00am 4:05pm 5:50pm	9:00am 4:05pm 5:50pm	9:00am 4:05pm 5:50pm	9:00am 4:05pm 5:50pm	10:00am	9:00am 4:05pm 5:50pm	9:00am 4:05pm 5:50pm
PS Frog	9:35am 4:40pm	9:35am 4:40pm	9:35am 4:40pm	10:35am	9:35am 4:40pm	9:35am 4:40pm	9:35am 4:40pm	9:35am 4:40pm	10:35am	9:35am 4:40pm	9:35am 4:40pm
PS Gator	10:10am 5:15pm	10:10am 5:15pm	10:10am 5:15pm	11:10am	10:10am 5:15pm	10:10am 5:15pm	10:10am 5:15pm	10:10am 5:15pm	11:10am	10:10am 5:15pm	10:10am 5:15pm
PS: 8 lessons: Resident: \$48/N-Resident: \$50 PS: 9 lessons: Resident: \$54/N-Resident: \$56 PS: 10 lessons: Residents: 60/N-Resident: \$62											
K Expert	--	--	10:45am	--	--	10:45am	--	10:45am	--	--	10:45am
Tadpole	5:30pm 6:15pm	5:30pm 6:15pm	5:30pm 6:15pm	9:00am 9:45am 10:30am 11:15am	5:30pm 6:15pm	5:30pm 6:15pm	5:30pm 6:15pm	5:30pm 6:15pm	9:00am 9:45am	5:30pm 6:15pm	5:30pm 6:15pm
Frog	5:30pm 6:15pm	5:30pm 6:15pm	5:30pm 6:15pm	9:00am 9:45am 10:30am 11:15am	5:30pm 6:15pm	5:30pm 6:15pm	5:30pm 6:15pm	5:30pm 6:15pm	10:30am 11:15am	5:30pm 6:15pm	5:30pm 6:15pm
Gator	6:15pm	6:15pm	6:15pm	9:00am 10:30am	6:15pm	6:15pm	6:15pm	6:15pm	9:00am 10:30am	6:15pm	6:15pm
Stingray	5:30pm	5:30pm	5:30pm	9:45am 11:15am	5:30pm	5:30pm	5:30pm	5:30pm	9:45am 11:15am	5:30pm	5:30pm
Seahorse	5:30pm	5:30pm	5:30pm	9:00am 10:30am	5:30pm	5:30pm	5:30pm	5:30pm	9:00am 10:30am	5:30pm	5:30pm
Trout	6:15pm	6:15pm	6:15pm	9:45am 11:15am	6:15pm	6:15pm	6:15pm	6:15pm	9:45am 11:15am	6:15pm	6:15pm
Sterlet	5:30pm	5:30pm	5:30pm	9:00am 10:30am	5:30pm	5:30pm	5:30pm	5:30pm	9:00am 10:30am	5:30pm	5:30pm
8 lessons: Resident: \$60/N-Resident: \$62 9 lessons: Resident: \$68/N-Resident: \$70 10 lessons: Residents: \$75/N-Resident: \$78											

Program participants receive a 25% discount when they possess an annual PAFC membership.
Buy Your Annual Membership in May for a 20% discount off the Regular Price!



NEW! 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 below)
- ☞ 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.
- ☞ April 30th will be the last day for registration for the Winter/Spring brochure period (January thru May.)
- ☞ 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.

Pool Space Availability Jan-May

M.....	8:00-10:00am
.....	12:00-2:00pm
Tu.....	8:00am-3:00pm
W.....	8:00-10:00am
.....	12:00-1:30pm
Th.....	8:00am-1:30pm
F.....	8:00-10:00am
.....	12:00-2:00pm
Sa.....	2:00-6:00pm
Su.....	2:00-6:00pm

Mar-May

- | | |
|------------|-------------|
| M-Th | 7:00-9:00pm |
|------------|-------------|
- Private:** 1 student.....\$25/30 min
Semi-private: 2 students \$15.50/ea/30 min
Family/Friends: 3-6 students. \$12.50/ea/30 min
- ☞ N-Residents: +\$2 registration fee
 - ☞ Scheduled by appointment
 - ☞ Lessons may be scheduled in 30 min, 45 min, or 1 hr increments.
 - ☞ Please fill out an "A La Carte Swim Lesson" form, available at front desk, or on-line at PullmanParksandRec.com. Forms must be turned in at the front desk at PAFC. If you have any questions call us at 509-338-3290 or email aquatic@pullman-wa.gov

Descriptions and Levels!

The progression through the swim program will result in your child being swim team ready. The Barracudas, Sturgeons, and PHS Greyhounds are all ways to take your swimming to the next level!



PS Tadpole/Tadpole

Water Adjustment/Body Position

PS Tadpole: 25-35 min

Tadpole: 35-45 min

Min 3/Max 5

Ratio 1:5

My child

- has little or no water experience
- can follow directions

PS Frog/Frog

Mobility/Beginning Endurance

PS Frog: 25-35 min

Frog: 35-45 min

Min 3/Max 5

Ratio 1:5

My child can

- 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

Basic Stroke Improvement

PS Gator 25-35 min

Gator: 35-45 min

Min 3/Max 6

Ratio 1:6

My child can

- 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

Advanced Stroke Perfection

35-45 min

Min 3/Max 6

Ratio 1:6

This class is for kids ages 4-6 years old that are ready for Youth Frog and above (Gator, Stingray, Seahorse, Trout.)

Stingray

Basic Stroke Perfection

35-45 min

Min 3/Max 6

Ratio 1:6

My child can

- Swim 25 yards front crawl with over arm recovery
- Swim 25 yards backstroke
- Swim 25 yards elementary backstroke
- tread water for 30 seconds

Seahorse

Advanced Stroke Improvement

35-45 min

Min 3/Max 6

Ratio 1:6

My child can swim

- 50 yards of front crawl with side breathing
- 50 yards of back stroke
- ½ length beginning breaststroke

Trout

Advanced Stroke Perfection

35-45 min

Min 3/Max 6

Ratio 1:6

My child can swim

- 100 yards of front crawl with complete coordination
- 100 yards of back stroke
- 25 yards breaststroke
- ½ length beginning butterfly

Sterlets

Pre-Team

90 min

Min 3/Max 12

Ratio 1:12

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 and are encouraged to try it out in Summer 2015! The Sterlets practice 90 min. each day. Sterlets are eligible to swim with the Sturgeons when they move to the 3:30 time in March. See Snake River Sturgeons pg 37.

**Create your own account
and register online at
PullmanParksandRec.com**



Adult 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 skill level.

Adult: 18+ yrs

Beginner

Sa.....Jan 17-Mar 7	9:00-9:45am
Sa.....Jan 17-Mar 7	10:30-11:15
Resident \$60/N-Resident \$62	
Mar 28-May 16.....	9:00-9:45am
Mar 28-May 16.....	10:30-11:15
Resident \$75/N-Resident \$77	

Intermediate

Sa.....Jan 17-Mar7	9:45-10:30am
Sa.....Jan 17-Mar7	11:15am-12:00pm
Resident \$60/N-Resident \$62	
Mar 28-May 16.....	9:45-10:30am
Sa.....Jan 17-Mar7	11:15am-12:00pm
Resident \$75/N-Resident \$77	

NEW! Healthy Families

Healthy families begin with healthy adults and children. Mental and physical health is important for everyone, especially caregivers of young children. Drop your child off for an hour of swimming playtime with one of our Swim Instructors. You can either swim laps, use the Fitness Room, or participate in Water Exercise Class (WEX) class. Caregivers and parents are required to purchase entry/class fees. The Water Exercise (WEX) class is included in an annual PAFC membership!

2.5-6 yrs old	Min 3/Max 8
MWF	10:00-11:00am
Member Drop-In	\$4.50 each child
Non-Member Drop-In	\$6.00 each child

Fitness Punch Card accepted (see page 38 for details.)

No class: Mar 14-20, May 25

- No pre-registration allowed. First-come-first-serve priority.
- Children over 7 years old may swim in the warm pool if they are capable of passing the Swim Test.

NEW! Gender Specific Swimming

Every other weekend, the PAFC will hold gender specific open/lap swimming from 6:00-8:00pm on Saturday nights. Both the warm pool and lap pool will be available. Our female Lifeguards will be on staff for Women's Night and our male Lifeguards will be available on Men's Night. Please let us know your thoughts and suggestions for this new program. We will be blocking windows to the pool area for ultimate privacy.

Women's Night

Sa.....Jan 10, Feb 7, Mar 7, Apr 11, May 9	6:00-8:00pm
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Men's Night

Sa.....Jan 24, Feb 21, Mar 28, Apr 25, May 23	6:00-8:00pm
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- The other gender's locker room will remain open, but will be closed to the pool area.
 - The lobby and fitness room will remain open to everyone.
 - If there are no participants in the pool by 6:30pm the entire PAFC will close for the rest of the evening.
- Drop-in rates apply. Memberships and free passes accepted.

Lifeguard Training

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies, provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical personnel take over. Participant will be required to meet a pre-session swim test on Friday, Jan 16 at 5:00-6:30pm at the PAFC. Annual members receive a 25% discount!

Instructor: Alicia Hughes/Daryl Epstein

Location: Pioneer Center/PAFC Min 4/Max 16

F.....Jan 16	5:00-6:30pm
SaSu.....Jan 17-Feb 1	1:00-9:00pm

Resident: \$220/N-Resident: \$222

➤ Contact PAFC for a full syllabus with all class times and dates at 509-338-3290 or email aquatic@pullman-wa.gov

➤ Participants not passing the skills screening will be allowed a full refund.



I am good for your heart and health!

Look for me at the top of a page or by an activity and I will help you stay healthy.

Swim Technique Clinics

Come join our fantastic staff on Fridays for two affordable and informative swim technique clinics! Participants must be Stingray or above (see pg 35). Each 45-minute clinic will focus on either starts and turns, or one of the four competitive strokes.

Min 3/Max 20

Starts:

F.....Jan 16	5:30-6:15pm
F.....Feb 20	5:30-6:15pm
F.....Apr 17	5:30-6:15pm
F.....May 29	5:30-6:15pm

Residents: \$6*/N-Residents: \$8*

Turns:

F.....Jan 16	6:15-7:00pm
F.....Feb 20	6:15-7:00pm
F.....Apr 17	6:15-7:00pm
F.....May 29	6:15-7:00pm

Residents: \$6*/N-Residents: \$8*

Butterfly:

F.....Jan 30	5:30-6:15pm
F.....Mar 6	5:30-6:15pm
F.....May 1	5:30-6:15pm

Residents: \$6*/N-Residents: \$8*

Breaststroke:

F.....Jan 30	6:15-7:00pm
F.....Mar 6	6:15-7:00pm
F.....May 1	6:15-7:00pm

Residents: \$6*/N-Residents: \$8*

Freestyle:

F.....Feb 6	5:30-6:15pm
F.....Apr 10	5:30-6:15pm
F.....May 15	5:30-6:15pm

Residents: \$6*/N-Residents: \$8*

Backstroke:

F.....Feb 6	6:15-7:00pm
F.....Apr 10	6:15-7:00pm
F.....May 15	6:15-7:00pm

Residents: \$6*/N-Residents: \$8*

*No refunds given day of program. (See pg 48 for refund policy)

Rolling Hills Masters

Rolling Hills Masters is a registered United States Swimming (USMS) club that provides swim training for adult swimmers ages 18 and over. Practice sessions are Monday, Wednesday, and Friday from 5:15-6:30am. All sessions have on-deck coaching with an emphasis on correct swimming technique and training methods. For more information and to register contact Wayne Gleason by email at wgleason@gmail.com or by phone at 512-922-4210.

Registration with USMS is required\$44 yearly Training fee.....\$35 monthly

- A free two-week trial is offered.
- Participants do not need a membership or to pay the daily entry fee to PAFC.

Snake River Sturgeons

The Snake River Sturgeons' mission is to promote personal wellness through the sport of swimming. Participants will strive to consistently improve their swimming, make regular exercise a lifestyle choice, and to promote sportsmanship and camaraderie in a team environment. Snake River Sturgeons practice 90 min. per day together as a group. Coaches will be on hand to help develop good technique.

Swimmers are encouraged to practice 4 days a week for best results. However, we understand your busy schedules and have a 2 or 3 day per week option. Participants are encouraged to join USA Swimming. Head Coach Gordon Dowler is a certified USA Swimming Coach. USA Swimming athletes will be able to compete and enter USA Swimming sanctioned meets. You do not have to join USA Swimming to be a Snake River Sturgeon; however, participating in USA Swimming will stop eligibility for official placing at Whitman County Swim League events (Barracuda swim meets). The Snake River Sturgeons practice January and February at 7:00-8:30pm and March thru May from 3:30-5:00pm. Participants from Lincoln Middle School can ride TLMS2!

10-18 yrs	Min 10/Max 30
Session 1...Jan 5-Jan 29	7:00-8:00pm 8:30
Session 2...Feb 2-Feb 26	7:00-8:00pm 8:30
10-18 yrs	Min 10/Max 50
Session 1...Mar 2-Apr 2	3:30-5:00pm
Session 2...Apr 6-Apr 30	3:30-5:00pm
Session 3...May 4-May 28	3:30-5:00pm
4x/week	Resident: \$90/N-Resident: \$92
3x/week	Resident: \$75/N-Resident: \$77
2x/week	Resident: \$60/N-Resident: \$62

➔ Participants must pass Sterlets or a swim screening to participate.

➔ Contact your USA Swimming certified Head Coach Gordon Dowler at 509-338-3290 or email aquatic@pullman-wa.gov for more information. Also visit USA Swimming's website at usaswimming.org and Inland Empire Swimming (local USA Swimming Division) at ieswim.org/.



Please note that a few programs are not available for online registration. These are noted with this symbol.

We strive to keep our facility open and all programs running as scheduled, in the event of program cancellation, we will do our best to notify you.

Swim Meets

Come join the Snake River Sturgeons at the Pullman Aquatic & Fitness Center for these fun swim meets! These are open swim meet for the public, so you do not have to be on the Snake River Sturgeons in order to participate! These are a great opportunity for participants in the swim lesson program to see if swim team conditioning is right for you. These events are for ages 5-18 with the only requirement being that you must be able to at least swim 25 yards (length of the pool) for ages 8 and under, and at least be able to swim 50 yards (twice the pool length) for ages 9-18.

Please print, complete, and return the Meet Entry Form to Head Coach Gordon ASAP after registration. The form will be attached to your email receipt. Registration requires the Swim Meet Entry Fee and Swim Meet Individual Event fee. Please select a quantity of up to 5 Individual events in your cart. We hope to see you there!

Events:

8 yrs and under (up to 5 events)

25 Freestyle	25 Butterfly
25 Backstroke	25 Breaststroke
50 Freestyle	

9-10 yrs (up to 5 events)

50 Freestyle	50 Butterfly
50 Backstroke	50 Breaststroke
100 Freestyle	100 Individual

Medley

11-12 yrs (up to 5 events)

50 Freestyle	100 Freestyle
100 Butterfly	100 Backstroke
100 Breaststroke	100 Individual

Medley

200 Freestyle	200 Individual
---------------	----------------

Medley

13 and over (up to 5 events)

50 Freestyle	100 Freestyle
200 Freestyle	500 Freestyle
100 Butterfly	100 Backstroke
100 Breaststroke	200 Individual

Medley

➔ Please make sure your swimmer can complete the event before entry.

Min 10/Max 50

SaMar 7	12:30-4:00pm
SaApr 11	12:30-4:00pm
SaMay 16	12:30-4:00pm

Swim Meet Entry Fee:

Resident: \$10/N-Resident: \$12

Swim Meet Individual Event Fee:

Resident/N-Resident: \$2

Aquatic Staff Training:

In-service

Our staff training is open to the public! Safety is our number one priority. All PAFC employees are required to attend four hours of training per month through our "In-service" trainings. We practice lifeguarding, swim lesson techniques, review pool rules, and plan our special events.

SuJan 11, 18, Feb 15, Mar 29, Apr 19, May 17	6:00-9:00pm
SatJan 17, Feb 21, Apr 4, Apr 25, May 23	12:00-3:00pm

NEW RATES

PAFC Pool Rentals

You can have an unforgettable party at Pullman Aquatic & Fitness Center! Now you can pick if you want the Warm Pool, Lap Pool or Both! Then pick the day, time, and any add-on you want.

Available Party Hours:

Sunday: before 2:00pm or after 6:00pm
Saturday: 12:00-2:00pm or after 6:00pm

Warm Pool Only (30 max)\$50
Lap Pool Only (First 50 people)\$75
Lap and Warm Pool\$105

Add-On Options:

Each 15 people beyond 50\$25/hr
Tubes and Boats\$20/hr
Party Player Lifeguard\$25/hr
Gift Bags\$5/bag
Wibit Setup/Takedown*\$60*
Wibit*\$30/hr

*Wibit is \$90 for the first hour; each additional hour is \$30/hr.

We will help you to make a fun party that everyone will enjoy!

Contact our Head Lifeguard/
 Rental Coordinator by phone
 509-338-3290
 or by email at
aquatic@pullman-wa.gov.



Water Exercise (WEX)

This Program is Included with Your Annual PAFC Membership!

Join us for our most popular water exercise aerobics class, free if you have an annual PAFC membership. This class runs at the same time as our Healthy Families class (pg 36). Drop your 2.5-6 yr olds into Healthy Families while you boost your metabolism and build overall fitness through a combination of shallow and deep water exercises using our flotation belts and equipment. Designed for all fitness levels, this low impact, high intensity class is for you!

Location: LAP Pool

MWFJan 5-May 29 10:00-11:00am

TuThJan 6-May 28 8:00-9:00am

➤ **NEW!**

TuThMar 3-May 28 7:00-8:00pm

Annual Members Free

Daily Drop-in..... \$6

Fitness Punch Card Accepted

Warm Water Fitness

Our warm water fitness class allows participants to work at their own pace to build core strength and stability in a fun, interactive atmosphere. This is a great opportunity to gently improve your overall fitness, flexibility, and sense of well-being. Enjoy the soothing effects of the 92° water, great for arthritis!

Instructor: Andrea Plotner

Location: Warm Pool

MWF11:00am-12:00pm

Drop-in Participants:

Member: \$4.50/class/Non-Member: \$6.00/class

Fitness Punch Card Accepted

➤ This class is not included with an Annual Membership

Fitness Punch Cards

This is your exercise passport! You get 10 Water Exercise (WEX), Warm Water Fitness, or Weight Training classes to be used interchangeably. Minimum participant requirements for each class still needs to be met and class needs to be running before Fitness Punch Cards can be used. Fitness Punch Cards do not guarantee the class will be available. Purchase is good for one year from date of purchase.

Resident: \$57/N-Resident: \$59

Fitness Room

Personal Training Sessions

Just what it sounds like! An hour of training with the PAFC personal trainer, focusing on whatever fitness development you desire. A fitness consultation and assessment is included on request.

60 minutes

Resident: \$50/N-Resident \$52

One-on-one with the Trainer

All training sessions must be used within six months from purchase.

Number of Sessions..... R NR

1 session \$50 \$52

2-5 sessions (10% discount) \$45 \$47

6-10 sessions (15% discount) \$42.50 \$44.50

11-15 sessions (20% discount) \$40 \$42

16-19 sessions (25% discount) \$37.50 \$39.50

20 sessions (30% discount) \$35 \$37

25 sessions (35% discount) \$32.50 \$34.50

30 session (40% discount) \$30 \$32

➤ Fee listed is for each hour of one-on-one training

➤ Fee listed is for each hour of one-on-one training

Weight Training Class

Want to get fit? Discover how to maximize your time AND your results. Learn basic exercise guidelines for safe effective workouts to target your individual needs. Each class will include a short instruction, a guided warm-up and work out. Included in each session is a free fitness assessment to help track your progress. For more information, contact Aletha Lassiter by email at aletha.lassiter@pullman-wa.gov or call 509-338-3290. Fitness Punch Cards may be used when minimum enrollment is met.

Location: PAFC Fitness Room Min 5/Max 10

Instructor: Aletha Lassiter

TuThJan 13-Mar 12 1:30-2:30pm

No class: Feb 24, 26

Resident: \$73/N-Resident: \$75

MW-TuThMar 24-May 14 1:30-2:30pm

No class: Apr 7, 9

Resident: \$73/N-Resident: \$75

➤ Fitness Punch Cards may be used when minimum enrollment is met.



8 Week Health Challenge:

Jan 12-Mar 9 & Mar 30-May 26

Win a free 30 day membership to the Pullman Aquatic and Fitness Center! There are two ways to win--cumulative points or percent improvement on the fitness test. Win both categories and earn 4 sessions with our trainer Aletha.

This is a health challenge, not a weight loss challenge. There are no weekly weigh-ins! There will be a group fitness assessment at the beginning and at the end of the 8-weeks to measure improvement.

Experience the success of group support, accountability and healthy habits!!

Here's what you do:

⇒ Register for the challenge with Parks & Recreation for \$25.

⇒ Join our facebook group.

⇒ Mark your calendars for the before and after fitness assessments.

⇒ Print point tracker forms sent to you with your registration receipt.

⇒ Submit points by 7:00pm each Sunday night of challenge.

⇒ Weekly point results will be posted by noon Monday.

Fitness assessment dates at PAFC:

Session 1: Jan 9-Mar 7

Initial Fitness Assessment:

F Jan 9 6:00pm

Sa Jan 10 9:00am

Final Assessment:

F Mar 6 6:00pm

Sa Mar 7 9:00am

Session 2: March 27-May 22

Initial Fitness Assessment:

F Mar 27 6:00pm

Sa Mar 28 9:00am

Final Assessment:

F May 22 6:00pm

Sa May 23 9:00am

Residents: \$25/N-Resident: \$27

**Create your own account
and register online at**

PullmanParksandRec.com

WSU Connor Museum & Lunch

Even though this museum is located right on the WSU campus, many locals have never been here. It houses more than 700 animals and birds of all kinds. It is one of the largest in the Pacific Northwest and has been here since the early 1900's. Lunch will follow at Tam's. Home pick-up begins 1-hr prior to scheduled event. Fee includes: admission and transportation. **Register by: Jan 19**

Location: Pullman Min 6/Max 18
 Th.....Jan 2210:00am-2:00pm
 Resident: \$3/N-Resident: \$5

Valentine's Dinner & Dance

Join your friends for this annual "Dressy" Affair! Enjoy a delicious catered meal by Wayback Café and listen to DJ Jerry Unruh playing the sweetest dance music. Hillyard Senior Center will be joining us for a packed evening that will provide loads of fun. See the Senior February Newsletter or call Steve for the catered dinner menu. Home pick-up begins 1-hr prior to scheduled event. Fee includes: meal and transportation. **Register by: Feb 6**

Location: Senior Center Min 15/Max 50
 W.....Feb 115:30-8:00pm
 Resident: \$17/N-Resident: \$19

2 Classes to choose from:

NEW! Financial Internet Safety for Seniors

As a population, seniors are frequently targeted for cyber scams and attacks. This online targeting can cause incredible financial and emotional harm to individuals and families who have fallen victim to such crime. Join the Crime Victim Service Center to find out the warning signs of these online crimes, and learn how to help protect yourself or your senior loved ones from cyber attack and fraud.

Instructor: Alternatives to Violence of the Palouse
Location: Pullman Senior Center, City Hall
 Min 4/Max 18

Senior citizens and family members/caregivers
 F.....Jan 30 11:00-11:45am
 Free

Instructor: Alternatives to Violence of the Palouse
Location: Pioneer Center Min 4/Max 18
 Senior citizens and family members/caregivers
 Tu.....Feb 17 6:00-7:30pm
 Resident: \$5/N-Resident: \$7;
 Family Resident: \$7/Family N-Resident: \$9

"Memphis" @ INB Theatre

This is where "rock & roll" was born! Don't miss this hot musical that bursts off the stage with explosive dancing, irresistible songs and a thrilling tale of fame and forbidden love. It will be an incredible journey that's filled with laughter and roof-raising rock and roll music. Before the show we will eat lunch at "The Onion". Home pick-up begins 1-hr prior to scheduled event. Fee includes: transportation, admission and escort. Meal cost not included. **Register by: Feb 9**

Location: Spokane, WA Min 8/Max 18
 Su.....Feb 22 9:30am-6:00pm
 Resident: \$60*/N-Resident: \$62*

**No refunds after Feb 9, as tickets are pre-purchased*

Northern Quest Casino

This is our "most popular" casino trip. As the largest casino in our area, it has 14 different restaurants and food vendors. AWE are not responsible for any losses incurred! Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost not included. **Register by: Feb 13**

Location: Airway Heights, WA Min 8/Max 31
 Tu.....Feb 24 9:00am-5:00pm
 Resident: \$12/N-Resident: \$14

Uniontown Sausage Feed & Church Tour

The ultimate old fashioned, German-style food event held in the Palouse for over 50 years! An "all you can eat" meal with: homemade sausage, sauerkraut, apple sauce, potatoes, corn, and your choice of pie for dessert. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: meal, escort, and transportation. **Register by: Feb 23**

Location: Uniontown, WA Min 8/Max 18
 Su.....Mar 1 9:00am-12:00pm
 Resident: \$12/N-Resident: \$14

Collette Vacation Personation

Enjoy this exciting preview of trips that are being planned in March. John Shaw will be here with his Powerpoint show that will describe all the beauty and fun you can have at these unique destinations that will include: America's Music City Trip in October and Spain and Costa Rica in 2016.

Location: Pullman Senior Center
 Check the Senior Newsletter or our website for date and time.

Collette/WSASC Trips:

Collette Vacations, Washington State Association of Senior Centers and Pullman Senior Center have combined efforts to offer our senior center members several opportunities to travel in the US and abroad. Contact Steve Bell at 509-338-3307 for flyers and more info.



America's Music Cities

(New Orleans, Memphis & Nashville)

You will visit New Orleans, Memphis, and Nashville on this exciting musical trip. Discover why New Orleans is known as the "Birthplace of Jazz" at a local jazz club. While in Memphis, visit Graceland, the palatial home and 14-acre estate of Elvis Presley. Travel to Nashville to see a show at the "Grand Ole Opry" in reserved seating. This fee includes: 11 meals, lodging, admissions, tours, and escort.

October 4-11 (8-days)

Single - \$3,449*
 Double - \$2,749*

***Register early and save a \$100. Deadline to receive the discount and for deposit your is April 1.** Travel insurance an additional fee and is non-refundable.



ACTIVE ADULTS



Spokane Shop-A-Lot Trip

A day of shopping in Spokane! First, we will stop the Spokane Valley Mall (2-hrs). Lunch will be at Maggie's South Hill Grill. Our next stop will then be at Trader Joes' at Lincoln Height's shopping center on the South Hill. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost not included. **Register by: Mar 2**

Location: Spokane, WA Min 8/Max 18
WMar 4 9:00am-5:30pm
Resident: \$12/N-Resident: \$14

Sons of Norway Norwegian Breakfast

This is always a real hit with our breakfast crowd. They offer a variety of Scandinavian dishes, and it's very good food. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: meal, escort, and transportation. **Register by: Mar 9**

Location: Clarkston, WA Min 8/Max 18
SaMar 14 9:30am-12:00pm
Resident: \$12/N-Resident: \$14

Senior Scholarship Program:

Financial assistance is available to local low income Pullman residents 60 years of age older, and disabled adults to assist them in participating in programs/activities offered by Pullman Parks & Recreation. Scholarships are available for 50% of an activity's cost, with a maximum of \$20 per activity; one activity enrollment is allowed per person per brochure. All information is confidential. If you are interested in participating in this program, or if you would like to be a donor, please contact Steve at the Pullman Senior Center for more information: 509-338-3307.

PSC Dining Clubs

Alternating each month we'll get together for a breakfast or a supper. Come along for a tasty meal and great socializing with your friends. Everyone must sign up at least one week prior to the event at the Pullman Senior Center. Pick-ups will be one-hour before leave time. Fee includes: transportation only, meal cost not included.

PSC Supper Clubs:

Limits: Min 8/Max 18 to ride bus; others are welcome to car pool – all attending must sign up and pay fee.

Th.....Feb 26.....Emperor of India, Lewiston... 5:00-8:00pm..... Resident: \$5/N-Resident: \$7
Th.....Apr 16.....Nectar, Moscow..... 5:00-7:30pm..... Resident: \$4/N-Resident: \$6

PSC Breakfast Clubs:

Limits: Min 8/Max 18 to ride bus; others are welcome to car pool – all attending must sign up and pay fee.

Th.....Jan 8.....Breakfast Club, Moscow..... 9:30-11:30am..... Resident: \$4/N-Resident: \$6
Tu.....Mar 31.....Waffle's N More, Lewiston..... 9:30am-12:00pm.. Resident: \$5/N-Resident: \$7
Th.....May 14.....Rusty's, Lewiston 9:30-11:30am..... Resident: \$5/N-Resident: \$7



"Nunsations" @ Civic Theatre

The Little Sisters of Hoboken are off to sing for cash in Sin City and "What happens in Vegas, stays in Vegas". What have these Nuns gotten themselves into? Spirits are bound to soar in this zany musical comedy that will keep you in stitches. Lunch at "The Old Spaghetti Factory" before the show. Home pick-up begins 1-hr prior to scheduled event. Fee includes: transportation, admission, and escort. Meal cost not included. **Register by: Mar 9**

Location: Spokane, WA Min 8/Max 18
SuMar 22 10:00am-7:00pm
Resident: \$39*/N-Resident: \$41*
**No refunds after Mar 9, as tickets are pre-purchased*

Sandhill Crane Tour

This will be our own "personal" tour near Othello to see the visiting cranes feeding in the local fields. Also, we will have our guide take us through Columbia National Wildlife Refuge and describe the local animals and birds that live in the area. Afterward we will have lunch at "Michael's on The Lake" in Moses Lake. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: tour, escort, and transportation. Meal cost not included. **Register by: Mar 20**

Location: Othello, WA Min 8/Max 18
TuMar 24 8:00am-5:00pm
Resident: \$20/N-Resident: \$22

Cat Tales Zoological Park

We will be headed to North Spokane to visit this very unique animal zoo. You can see all of the following: tigers-including White Bengal, lions, cougars, leopards, bears, lynx and more. Lunch at a German restaurant, "Das Stein Haus", before the tour. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: tour, escort, and transportation. Meal cost not included. **Register by: Mar 23**

Location: Spokane, WA Min 8/Max 18
ThuMar 26 10:00am-5:00pm
Resident: \$20/N-Resident: \$22

Rainbow Dance Theatre @ Beasley Coliseum

A Festival Dance show known for its athleticism, energy, humor, and technical wizardry. Rainbow Dance's name highlights its roots in Hawaii, the land of rainbows, as well as its diverse cultural influences in the choreography. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. **Register by: Apr 6**

Location: Pullman, WA Min 8/Max 18
FApr 17 6:30-10:00pm
Resident: \$22/N-Resident: \$24

**Create your own account
and register online at
PullmanParksandRec.com**



Historical Spokane Church Tour

We begin the tour at Westminster Congregational United Church of Christ, a 118 years old building, with its very unique craftsmanship throughout. We will continue on our tour by visiting the Cathedral of St. John the Evangelist, with its classic Gothic architecture, amazing carvings in wood and stone and beautiful stained glass figures. Lunch at "Laguna Cafe" restaurant on your own. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: tour, escort, and transportation. Meal cost not included. **Register by: Apr 10**

Location: Spokane, WA Min 8/Max 18
 TuApr 14 9:00am-5:30pm
 Resident: \$24/N-Resident: \$26

Whitworth University Tour

Since 1890, Whitworth University, a private college, has continued to improve its 200 acre campus, investing more than \$100 million in campus renovations. With a student enrollment of 3,000, it continues its guidance by Christian scholars and stays true to its mission. Lunch at "Tomato Street" after the tour. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: tour, escort and transportation. Meal cost not included. **Register by: Apr 17**

Location: Spokane, WA Min 8/Max 18
 W.....Apr 22 9:00am-4:00pm
 Resident: \$16/N-Resident: \$18

Senior Chore Services

Have you heard about the Senior Chore Services? This is a "new" organization sponsored by the Pullman Council on Aging that helps our local area senior citizens, when an extra helping hand is needed. This is a volunteer organization that can assist with chores around the home, and all services are free of charge. To find out more, please call Kristina Umbright, Coordinator, at 509-332-9627.

Guys & Dolls @ INB Theatre

Set in New York City, this oddball romantic comedy is considered by many to be a perfect show. Soaring with the spirit of Broadway, it's alive with vivid characters who have become legends in the canon. LOTS of humor and great singing provides a powerful package of entertainment. Lunch at "Anthony's" before the show. Home pick-up begins 1-hr prior to scheduled event. Fee includes: transportation, admission and escort. Meal cost is not included. **Register by: Apr 13**

Location: Spokane, WA Min 8/Max 18
 SuApr 26 9:30am-6:00pm
 Resident: \$60*/N-Resident: \$62*
**No refunds after Apr 13, as tickets are pre-purchased*

High Tea at Silver Spoon Tea House

Scrumptious food and uniquely special teas highlight our high tea experience at this beautiful Queen Anne home on the South Hill. We will dine in the French Patisserie room on petite sandwiches, salad, scones, confections and baked items. YUMEEE! Home pick-up begins 1-hr prior to scheduled departure. Fee includes: meal, escort, and transportation **Register by: Apr 17**

Location: Pullman, WA Min 8/Max 18
 TuApr 28 10:00am-4:00pm
 Resident: \$37/N-Resident: \$39

Steve's Mystery Trip

Join other members who like to be surprised. It's ALL Anticipation! Just be sure to sign up quickly, as this trip is our MOST POPULAR trip offered and you don't want to miss it. Home pickup begins 1-hr prior to scheduled departure. Fee includes: Tour, transportation and escort. Meal cost is not included. **Register by: Mar 30**

Location: Unknown? Min 8/Max 18
 Th Apr 30 8:00am-6:00pm
 Resident: \$30/N-Resident: \$32

Mariachi Divas @ Beasley Coliseum

Making BIG waves on the national and international music scene, this multicultural, all female ensemble also has won several Latin Grammy awards and nominations throughout the years. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation **Register by: Apr 24**

Location: Pullman Min 8/Max 18
 SaMay 2 6:30-10:00pm
 Resident: \$22/N-Resident: \$24

Staley Museum & Appaloosa Museum

Pullman's own historical museum that has been restored beautifully by the Staley family. Each room has its own treasure of antique furniture, family portraits, and personal family items. Our tour guide is a direct descendant, Molly Staley Benscoter, who will help to fill in the history of this unique home. Lunch will be at Applebees. Then, we will check out the Appaloosa Museum and Heritage center nearby, which illustrates the relationship of the Appaloosa horse and the Nez Perce Indians. Home pick-up begins 1-hr prior to scheduled event. Fee includes transportation and admission. Meal cost not included. **Register by: May 18**

Location: Pullman/Moscow Min 6/Max 18
 ThuMay 28 9:30am-4:00pm
 Resident: \$11/N-Resident: \$13

Overnight Trips:

All overnight trips will use our "new" van with: comfortable seats, foot rests, arm rests, ample leg room, individual overhead lighting, overhead bag storage, rear luggage compartment and tv's on each side for showing educational DVD's.

Whale Watch & Casino Trip

If you haven't been on a "whale watch tour", then you are missing out on an exciting sight. San Juan Cruises provides their expertise and one of the highest success rates for seeing the whales. You will also enjoy a salmon and home-style chicken lunch and spend time at Friday Harbor seeing the attractions or shopping. We will be staying at the Silver Reef Hotel & Casino, which provides our deluxe accommodations and meals while were there. Home pick-up begins 1-hr prior to scheduled trip. Fee includes transportation, escort, lodging, boat tour and most meals. **Register by: May 1**

Location: Bellingham area Min 10/Max 13
 Tu-ThJun 2-4 8:00am-7:00pm
 Double Rm: Resident: \$239/N-Resident: \$241
 Single Rm: Resident: \$319/N-Resident: \$321

PULLMAN SENIOR CENTER

Join Us at “The Pullman Senior Center” Today!

“Active Living for Active Adults”

325 SE Paradise St., City Hall, 1st Floor
Call: 509-338-3307 email: seniorcenter@pullman-wa.gov
Web: www.PullmanParksandRec.com



PSC Shopping at Palouse Mall

Each month we pick you up at home and take you shopping at the Palouse Mall, where you will find a nice variety of stores to choose from. Pick-ups will be one-hour before leave time. Fee includes: Transportation only. Meal cost not included.

Minimum of 6 needed

Shopping dates: Jan 13, Feb 10, Mar 12, Apr 14, May 12 10:00am-3:00pm
Residents: \$4

New Member Potluck

Meet the NEW members from 2014. Any seniors can come, but we will be recognizing those who have joined our center last year. The Senior Association will be providing the main entrée and members can sign-up and list what they will be bringing. The NEW members do not need to bring food, just bring your smile. Home pick-up begins 1-hr prior to scheduled departure. **Sign-up at Center by: Jan 5**

Location: Senior Center Min 15/Max 50
W.....Jan 14 11:30am-12:30pm
Members Free/spouse and friends \$5

Volunteer Recognition Party

Have you been volunteering at the Pullman Senior Center? You are cordially invited to attend the annual volunteer recognition party. We want to recognize you and your service for the past year. Enjoy a delicious meal and a big thank you. This is for regular volunteers who have documented 20 hrs or more of volunteer service. Home pick-up will be available. **Sign up at Center by: Jan 24**

Location: Senior Center
W.....Jan 28 11:30am-1:00pm
Members: Free/Spouses or friends: \$6.00

Wii Bowling Challenge at

Bishop Place

We will be visiting our friends at Bishop Place for another Wii Bowling event. Four Wii games will be set-up for our action-packed bowling event. Refreshments will be served afterwards. Great fun for all and spectators are encouraged to attend. **Sign-up at Center by: Feb 13**

Location: Bishop Place Min 8/Max 16
Th.....Feb 19 2:00-4:00pm
Free

Membership

You can become a member of the Pullman Senior Citizens Association by paying just \$15 for a single membership or \$25 per couple for annual dues. You will receive the monthly newsletter with your membership, which contains information about upcoming programs and trips. For more information, please call 509-338-3307, or stop by the Pullman Senior Center.

Education

Computer Classes
AARP Driver Courses
Creative Writing Groups
Informational Seminars
Library



Recreation/Special Interest

Bridge, Bingo, Dominos,
Scrabble, Cribbage, Wii Bowling



Travel/Tours

Day Trips
Overnight Excursions
National/International Tours



Health/Wellness

Fit & Fall Proof Exercises
Blood Pressure Clinics

Nutrition

Council on Aging Meals
Breakfast Club
Supper Clubs
Grocery Shopping



Special Events:

Holiday Bazaar Fund-raiser
Lentil Festival
Mystery Play & Luncheon

Volunteer Opportunities

Center Support
Fund-raising Activities
Leadership Positions



Wii Bowling Challenge with WSU Athletes

This will be the 3rd annual tournament with the WSU athletes. It is always loads of fun and it is hard to tell who get more excited. Spectators are encouraged to attend and refreshments will be served. **Sign-up by: Mar 24**

Location: Senior Center Min 8/Max 16
M.....Mar 30 3:00-5:00pm
Free

Egg Stuffing for the City Egg Hunt

Every year members of the Pullman Senior Center help make the annual City Egg Hunt a success! Join us at the Senior Center for a morning of teamwork and fun, as we stuff plastic eggs with candy and toys, as we stuff plastic eggs with candy and toys. Egg salad sandwiches and coffee will be served. **Sign-up at Center by: Mar 30**

Location: Senior Center Min 12/Max 20
Th.....Apr 2 9:30am

Pioneer Center & Pullman Senior Center



Jan 1 - New Year's Day
Jan 19 - Martin Luther King Day
Feb 16 - President's Day
May 25 - Memorial Day

Come join the Senior Association and participate in these ongoing Senior Center programs. It's a "Senior Friendly" atmosphere, where one can enjoy meeting new people and creating new friendships.

AARP Tax-Aide

Coming in 2015, this program provides help for seniors to prepare their income tax and get the deductions and credits they deserve. For more information contact Randy Baukol at 208-882-5406. Approximate dates for this FREE service: Feb 5-Apr 9 and it will be held on every Thursday from 9:30am-2:00pm at the senior center. Final dates for this program will be listed in the January Senior newsletter.

Blood Pressure Checks

Blood pressure checks for seniors are generally held every 3rd Monday. Roberta Rutherford is available from 11:15am-12:15pm to help keep our members aware of their blood pressure. Check the Senior newsletter for actual dates and times.

Council on Aging & Human Services (COA)

The Council on Aging and Human Services provides a delicious noon meal every Monday and Friday at the Pullman Senior Center (except holidays). Come join us for great food, fun, and friendship. Menus are in the Daily News and the Senior Newsletter.

Suggested donation for COA meals:.....
.....60 yrs old and older \$4
.....59 yrs and younger \$6

AARP Driver Program

This course covers state laws, driving conditions, and safety. Upon completion of this course, seniors qualify for the state mandated insurance premium reduction. Call Arnie Lee at 208-301-8844 for information on classes. All class dates will be listed in the Senior newsletter.



Birthday Party

Join us the first Friday of the month at the Council on Aging meal, as we celebrate our members' birthdays. Everyone is welcome to come for the fun! Please check the monthly Senior Newsletter for dates. A drawing for a free Day Trip is sponsored by Whitman Senior Living.

Suggested donation for the COA meals:.....
.....60 yrs and older \$4
.....59 yrs and younger \$6

Bridge

We would like more bridge players! Join us at the Pullman Senior Center on Mondays and Fridays, from 12:30-3:00pm. Everyone is welcome! Don't know how to play, that's ok, we can teach you.

Computer Access

Looking for a place to access a computer? We have three computers available for member use ONLY in the Senior Activity Room. You can check your emails or surf the net.

Computer Classes

Free computer classes, when instructors are available, for Senior members who would like to learn the basics of computer use, such as: writing a letter, email, Facebook, and web searching. Call for further information 509-338-3307.

PULLMAN SENIOR CENTER



Have you heard about the Senior Chore Services? This is a “new” organization sponsored by the Pullman Council on Aging that helps our local area senior citizens, when an extra helping hand is needed. This is a volunteer organization that can assist with chores around the home, and all services are free of charge. To find out more, please call Kristina Umbright, Coordinator, at 509-332-9627.

Fit and Fall Proof Exercises

Join your friends for gentle exercises before lunch in the activity room. Our instructor is Carole Johnson.

Location: Senior Activity Room

MF.....Jan-May11:00-11:30am.... Members only
 ➔ Consult your physician before signing up for any fitness program.

➔ Special Note: If you would like to lead a fitness class that you do not see offered (and have experience) please let us know. We are looking for instructors in: Tai Chi and Gentle Fitness Exercise!

Monthly Bingo

Join us at the Senior Center for a fun-filled afternoon of Bingo after the COA meal. Usually held on a Friday each month, dates can vary so please look for dates in the Senior Newsletter. Transportation will be prior to the COA meal and return transportation provided at the end of the activity. Prizes are sponsored by Bishop Place Senior Living.

Movie, Pop & Popcorn

Join other movie-goers every month for a popular movie or an oldie-but-goodie. They are usually held on the last Tuesday of the month at 1:30pm. Sign up at the center or call at 338-3307. Dates and movie titles will be included in the monthly newsletter. This is a FREE event for members.

Red Hats

Join the gaiety of this fun-loving group of women! Their flare for red hats and purple attire distinguishes them. They have unique and fun activities, go to nice lunches and volunteer in the community. Cost of meal are on your own. Meetings are at the Pullman Senior Center, usually on Thursdays at 10:30am. Meeting schedule is in the monthly newsletter.

Senior Chore Services

Trading Book Library

Like to read? Need something new? We have a library just for you! Trade in a good book and take some home. The library is for member use only and is located in the Senior Activity Room.

Wii Bowling

Come and play our Nintendo game of virtual bowling (Sep-Apr). We have started our practices which are on Mondays (twice a month). We will play in some area tournaments and will continue teaching members how to play. Please watch your newsletter for more information or call the center at 509-338-3307.

WSU Athletes Game Days

Each semester WSU athletes come once a week to the senior center to play games with our senior members. Usually held on Mondays from 12:30-1:30pm, they can participate in a variety of games such as: Dominoes; Cribbage; Scrabble, Parchesi, Checkers; Rummy; Aggravation and more. This is a great opportunity to meet the athletes up close and personal.

WSU Retirees

The WSU Retirees meet in City Hall at the Pullman Senior Center with an interesting speaker followed by a social. Meetings are on the fourth Thursday of each month at 1:30pm.

“Honorary Members”

Anytime a senior citizen becomes 90 years old, they become one of our “Honorary Members” and they no longer have to pay membership fees. The Pullman Senior Center Association really appreciates their continued involvement at the Pullman Senior Center and it’s an honor to serve them.

✂ ✂ ✂ ✂ ✂ ✂

Clip & Save

Parks & Recreation

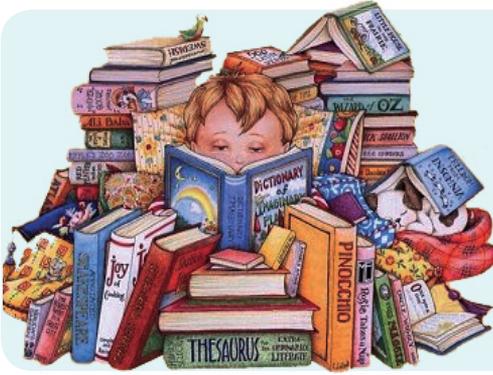
Rain-Out Line - 509-334-3131

Activity Locations

City Hall.....	325 SE Paradise St
City Playfields.....	Riverview & South Franklin Elementary School
Franklin Elementary School	850 SE Klemgard St
Gladish Community Center	115 NW State St
Jefferson Elementary School.....	1150 NW Bryant St
Koppel Farm.....	Derby & Pro Mall Blvd
Kruegel Park	South St & Dilke St
Lincoln Middle School.....	315 SE Crestview St
Neill's Flowers & Gifts	234 E Main St
Neill Public Library	210 N Grand Ave
Military Hill Park	500 NW Larry St
Palouse Empire Gymnastics.	810 N Almon, Moscow
Palouse Ice Rink.....	1021 Harold St, Moscow
Palouse Discovery Science Ctr	950 NE Nelson Cr
Palouse Ridge Golf Course.....	1260 NE Palouse Rdg Dr
Pioneer Center	240 SE Dexter St
Pullman Aquatic & Fitness Center ...	500 NW Larry St
Pullman High School.....	700 NW Greyhound Way
Pullman Regional Hospital	835 SE Bishop Blvd
Pullman Senior Center	325 SE Paradise St
Reaney Pool.....	690 Reaney Way
Spring St Skate Park	325 Spring St
Sunnyside Elementary.....	425 SW Shirley St
WSU Hollingberry Field Annex ..	1277 NE Colorado St
Yogatopia.....	115 NW State St
Zeppoz	780 SE Bishop Blvd

Youth Athletic Associations

Comets Track Club.....	509-332-1168
Gold Medal Swim Club	208-885-0268
Palouse Youth Hockey Assoc.....	208-882-2114
Pullman Junior Golf Club	509-595-8999
Pullman Soccer Club	pullmansoccerclub.org
Pullman Volleyball Club	pacvbclub@gmail.com
.....	palouseareacclubvolleyball.com/
Pullman Youth Baseball Assoc.
.....	pullmanbaseball.com
Pullman Youth Tackle Football.....
.....	pullmanyouthfootball.org



Need a place to warm up for a while, why not visit YOUR library?
Check out materials, download great books, attend wonderful programs and more!
There's always something for you and yours at Neill Public Library.

Come visit us soon!

Neill Public Library

210 N. Grand Avenue

www.neill-lib.org

(509) 334-3595

Programs for Adults

Career-Building Workshops: Kimberly Carper, HR Consulting

Job hunting? Join professional consultant Kimberly Carper for a series of three career-building power workshops. Workshops begin at 5:30pm in the Hecht Meeting Room.

Mar 10: Resume Writing Tips and Tricks

Mar 17: Linked-In: Making it Work for You

Mar 31: Interviewing and Salary Negotiations

Musical Presentation: Wilson Cramer's Civil War

Through songs from the civil war era, folksinger and storyteller Hank Cramer shares his great-grandfather's civil war experience. This program is a collaboration between Neill Public Library, Whitman County Library District, and Humanities of Washington.

March 25, 6:30pm, Hecht Meeting Room

Knit & Crochet

The Good Yarns Knitting and Crocheting Group meets every Friday at the library from 1:00-2:30pm in the Hecht Meeting Room. Join fellow fiber enthusiasts to work on your projects, share tips, and get new ideas. All skill levels are welcome. For more information contact Randi at 509-338-3259.



Grand Avenue Book Club

Grand Avenue Book Club meets the first Thursday of every month at 6:30pm in the Hecht Meeting Room. Stop by the library to discover the titles to be discussed. For more information contact Rezina or Michelle at 509-334-3595.

Sew Happy

The Sew Happy Hand and Machine Sewing Club meets every Tuesday, 10:00-11:30am in the Hecht Meeting Room. Come work on your sewing projects or learn how to sew. All skill levels are welcome. Some machines are available or bring your own. For more information contact Linhda at 509-332-5340 or linhdasagen@yahoo.com.

English Conversation Club

Conversation Club meets every Monday and Wednesday at the library. Join other adults to practice your English language skills through basic conversation. Mondays 5:00-6:00 in the Young Meeting Room. Wednesdays, 5:30-7:00pm in the Hecht Meeting Room. Contact Louise Davison at 208-310-0962 or lmdavison66@gmail.com for more information.

Programs for Children

Pre-registration is not required. Join us when you can! For more information contact Children's Librarian, Kathleen Ahern at 509-338-3258.

Mother Goose Time

Ages: 0-24 mths

Wed or Thurs, 9:30-10:00am

Lap-sit language enrichment program with rhymes, songs, movement activities and great books. Call Kathleen to confirm weekly schedule.

Time For Two's Storytime

Ages: 2-3 yrs

Wed, 10:30-11:00am

Join us every week for wonderful books, songs, rhymes, movement activities and more!

Preschool Storytime

Ages: 3-5 yrs

Thurs, 10:30-11:00am

Join us every week for great books, puppets, songs, rhymes, flannel stories, movement activities, and more!

Library Hours

Monday.....	1:00-7:00pm
Tuesday	10:00am-7:00pm
Wednesday	9:00am-6:00pm
Thursday	9:00am-6:00pm
Friday	1:00-5:00pm
Saturday	1:00-5:00pm



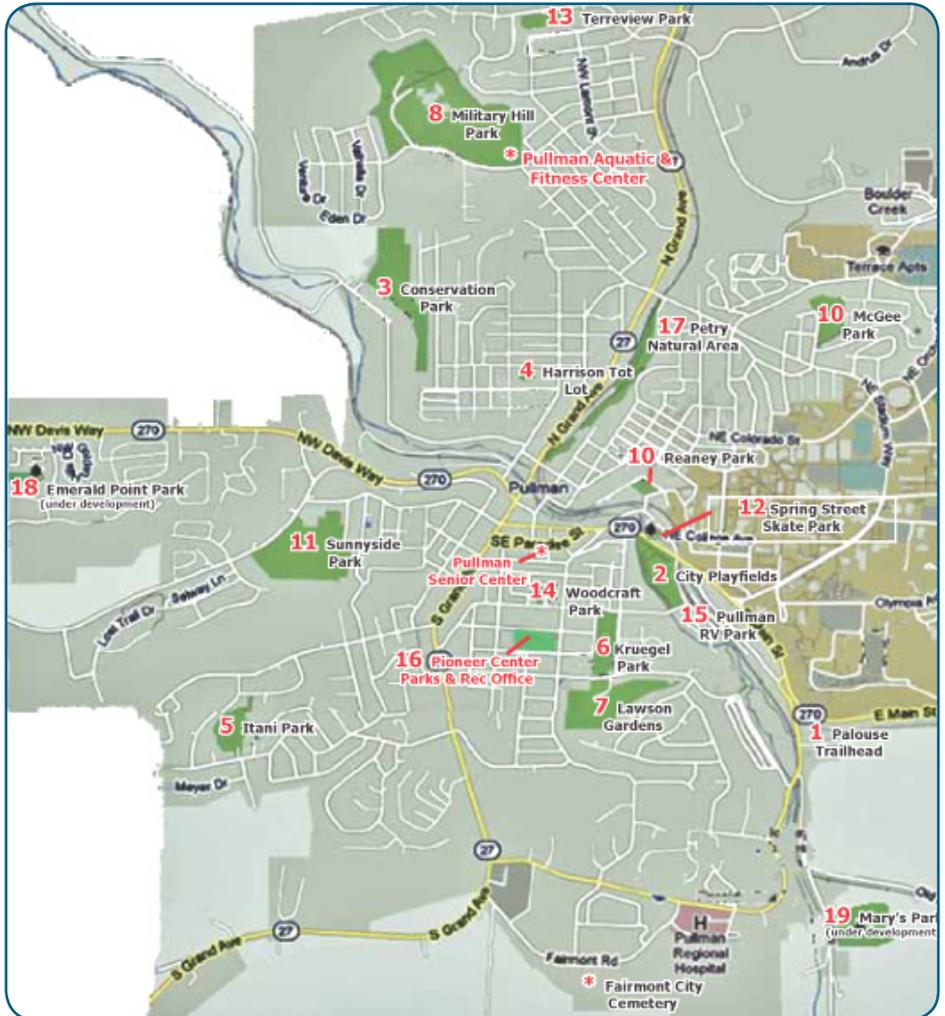
Park Shelter Rentals

The shelter and the surrounding area are rented in four hour time blocks for \$30.



The City of Pullman has five wonderful park shelters at Kruegel, McGee, Reaney, Sunnyside, and Terreview Parks available for your next outdoor gathering of family and friends.

Go online to PullmanParksandRec.com and book your date with our online reservation option or call 509-338-3227.




Make your
Park Reservations
online at
PullmanParksandRec.com
or call
509-338-3227

Locations		Basketball	BBQ Grills	Bicycling	Disc Golf	Formal Gardens	Hiking	Little League	Picnic Shelter	Play Apparatus	Pool	Recreation	Restrooms	Roller Skating	Skateboard	Soccer	Softball	Tennis	Volleyball	Wetland	
1	Bill Chipman/Palouse Trail 1450 SE Bishop Blvd																				
2	City Playfield 820 SE South Street																				
3	Conservation Park-1084 Guy St																				
4	Harrison Tot Lot 337 Harrison St																				
5	Itani Park 950 SW Crestview Dr																				
6	Kruegel Park 705 SE Dilke St																				
7	Lawson Gardens 705 SE Derby St																				
8	Military Hill Park/Pullman Aquatic & Fitness Center 500 NW Larry St																				
9	McGee Park 1220 Lybecker																				
10	Reaney Park 690 Reaney Way																				
11	Sunnyside Park 147 Cedar Street																				
12	Spring St. Skate Park 325 Spring St																				
13	Terreview Park 335 NW Terreview Dr																				
14	Woodcraft Park 370 SE Pine Street																				
15	Pullman RV Park 785 SE South St	Full hookup RV Sites for overnight rentals (19 sites, open Apr 1-Nov 30)																			
16	Pioneer Center 240 SE Dexter St																				
17	Petry Natural Area																				
17	Emerald Pointe Park (Under development)																				
18	Mary's Park (Under development)																				



Park Regulations

Park Hours: Dawn to Dusk

Property Damage: No person shall deface, disfigure, break, cut, tamper with, displace or remove from any park, park property, either permanent or temporary.

Dogs: Owners shall remove all waste deposited by his or her animal in all areas of the parks. No dogs allowed in Lawson Gardens, Harrison Tot Lot, and any City Cemetery. Per City Code 9.20.

Vehicles: Vehicle parking is only allowed in designated areas. No vehicles are allowed to park on any grass areas without written permission from the Parks & Recreation Dept.



Lawson Gardens

Book your 2015 wedding date
at Pullman's formal garden

\$250 per time slot
Mornings: 7:30-11:30am
Afternoons: 12:00-4:00pm
Evenings: 4:30-8:30pm

Call 509-338-3227
or go online at
PullmanParksandRec.com

REGISTRATION/REFUND INFORMATION/STAFF

Parks & Recreation Commission:

Kelly Forsyth, Zach Fredrickson, Carole Johnson, Timothy McAleer, Mick Nazerali-Chairman, Rod Schwartz, and Vacant.

Park & Rec Commission Meeting:

All commission meetings are open to the public and are held on the second Wednesday of each month at City Hall, Large Conference Room, 6:30pm. Public input is welcome. Please call 509-338-3227 for further information.

Facility Information:

Parks & Recreation, Pioneer Center
240 SE Dexter 509-338-3227
Rainout Line 509-334-3131
Fax 509-338-3313
E-mail recreation@pullman-wa.gov
Website PullmanParksandRec.com

Park Maintenance
775 SE South St. 509-338-3228
E-mail recreation@pullman-wa.gov
Website PullmanParksandRec.com

Pullman Aquatic & Fitness Center
500 NW Larry 509-338-3290
Fax 509-334-6696
E-mail aquatic@pullman-wa.gov
Website PullmanParksandRec.com

Reaney Pool (seasonal phone)
690 Reaney Way 509-338-3221

Pullman Senior Center, City Hall
325 SE Paradise 509-338-3307
E-mail seniorcenter@pullman-wa.gov
Website PullmanParksandRec.com

Parks & Recreation Staff:

Kurt Dahmen Recreation Manager
Alan Davis Park Manager
Steve Bell Senior Program Coordinator
Jon Booker Park Maintenance
Jean Druffel Preschool/Youth Programmer
Gordon Dowler Aquatic Program Coordinator
Guy Goedde Park Maintenance
Merlene Greenway Administrative Assistant
Barry Hart Park Maintenance
Kirk Koefod Lead Park Maintenance
Cathy McElderry Administrative Specialist
Fern McLeod Park Maintenance
Steve Murphy Community Improvement Rep
Dana Tompkins Park Maintenance
Megan Vining, CPRP, CYSA Rec Supervisor
Varnel Williams Horticulturist

Accommodations of Disabilities

The City of Pullman is committed to accommodating citizens with disabilities and special needs. Pullman Parks & Recreation will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our activities, please call our office at 509-338-3227.

Brochure

Parks & Recreation direct mails a copy of our brochure to selected Pullman residents. If you live outside the city limits check the City website at PullmanParksandRec.com, brochure for the current brochure in PDF format.

Disclaimer

Occasionally there may be an error in days, times, registration requirements, or fees in this guide. This schedule of programs is published for information purposes only. We strive to produce the most accurate brochure possible. However, some program information may change after this brochure has been published. We will make every effort to notify participants of the changes. Parks & Recreation reserves the right to cancel activities, substitute instructors, change dates, times, and/or locations as necessary without public notice. We apologize for any inconvenience.

Full or Cancelled Programs

All programs operate with minimum enrollment requirements and maximum enrollment capacities. Parks & Recreation reserves the right to cancel, change, or combine programs when minimum program enrollments have not been met.

Gender Equity Policy

The City of Pullman complies with the State of Washington's gender equity policy (Engrossed Substitute Senate Bill 5967) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments please contact Kurt Dahmen, Recreation Manager.

Photo Policy

On occasion, Parks & Recreation staff may take photos and videos of participants enrolled in recreation and aquatic programs, classes, events, or people on City property and/or program locations. Please be aware that these photos and videos are for City of Pullman use and may be used in future catalogs, brochures, flyers, and web pages.

Refunds Policy

When Parks & Recreation cancels a program:

- Participants will have four options:
- ⇒ 100% refund of program fee
 - ⇒ Transfer to another program
 - ⇒ Transfer fee to your customer account to be used at a later date.
 - ⇒ Donate the registration fee to the Care-to-Share scholarship program.

When a program participant cannot attend an activity or an RV permit holder wishes to cancel:

1. The Parks & Recreation office must be notified three business days (excluding holidays) Monday-Friday, 8:00am-5:00pm prior to the program/reservation start date; unless an earlier cutoff date is noted. (Example: if a program/reservation starts on a Monday, notification must be received the prior Wednesday no later than 5:00pm). You must talk to a Parks & Recreation employee; phone messages will not be accepted.
2. Program participants and RV permit holders will have four options:

- ⇒ Transfer to another program or date.
- ⇒ Receive a refund minus a \$10 administration fee per refund voucher.
- ⇒ Transfer fee to your customer account to be used at a later date.
- ⇒ Donate the registration fee to the Care-to-Share scholarship program.

3. Refunds for \$10.00 or less may only be applied to customer account or donated to the Care-to-Share scholarship program.

4. With less than three business days notice, but prior to the program/reservation start date, program participants and RV permit holders may receive a 50% refund minus a \$10 fee; credit or transfer full value to another program or reservation date less any costs already incurred by the department (at no fee). If at a later date a refund is requested from account, monies refunded will be at the 50% rate plus the \$10 processing fee. Should the requested cancellation reduce the program participation level below the required minimum, no refund will be given. No monetary refunds will be granted the day the program/reservation starts or after but participant/RV permit holders may transfer (prorated value) to another session/date or to customer account as long as class minimums are maintained.

5. If you are dissatisfied with the content of a program, you may receive a full refund if you notify the office prior to the second class of a program.

6. Refunds will only be issued to account holder.
7. Requests that do not meet the above requirements may be considered on a case-by-case basis by the Recreation or Parks Manager or their designee.

Waitlist

Once a program is filled, a waiting list will be created. You will be called if an opening becomes available or if additional classes are created. Note: if additional classes are created, they may not be at the same time or day as the original program. See page 29 for the Pullman Aquatic & Fitness Center waitlist procedure.

Weather Cancellation

If the Pullman School District cancels school for the day because of inclement weather, then all scheduled recreation classes and programs will not be held. To check program cancellations due to weather conditions, call Parks & Recreation's Rain-Out Line at 509-334-3131 or check the city web site Monday-Friday at PullmanParksandRec.com, recreation, weather cancellation or check our facebook page for updates.

CARE-TO-SHARE FORM

Financial assistance is available for youth through 17 years of age interested in participating in Parks & Recreation programs and who reside in the Pullman School District, Senior Adults 60 years of age and older and disabled adults who reside within the City of Pullman. Care-to-Share is based on a 50% match: one activity enrollment is allowed per person per brochure up to \$20 or 1/2 of the activity fee, whichever is less. To be eligible, you must be receiving assistance through one of the following programs: free school lunches, Food Stamps, Income Assistance AFDC/TANF, energy assistance, medicaid, or subsidized housing (verification needed for assistance to be granted). To apply: mail or bring this completed form with your verification to Pullman Parks & Recreation, 240 SE Dexter, Pullman, WA 99163. Care-to-Share cannot be processed at Pullman Aquatic & Fitness Center. We will notify you within one business day of the amount you are eligible to receive. No program space is guaranteed until actual enrollment into a program.

PAYOR INFORMATION: Fill form out completely (Please print clearly, using blue or black ink)

FIRST NAME:	LAST NAME:	HOME/CELL PHONE:
MAILING ADDRESS:		CELL/WORK PHONE:
CITY:	STATE:	ZIP:
		EMAIL:

PARTICIPANT INFORMATION: Fill form out completely (Please print clearly)

PARTICIPANT'S NAME:	BIRTHDAYS	GENDER	GRADE		LOCATION	START DATE	TIME	DAY OF WEEK	FEE	
JANE DOE (EXAMPLE)	1/25/09	M/F	2ND	SPORTS CAMP	CITY PLAYFIELD	JUNE 9	3:15PM	MWF	\$35	
PLEASE MAKE CHECKS OR MONEY ORDERS PAYABLE TO: CITY OF PULLMAN (Do NOT mail cash)							TOTAL		\$	

We are currently receiving one of the following forms of assistance and authorize Pullman Parks & Recreation to verify "Free School Lunch" or we will provide proof of our eligibility for the "Care-to-Share" program.

Parent/Guardian/Participant Signature _____

<input type="checkbox"/> FREE SCHOOL LUNCH	<input type="checkbox"/> INCOME ASSISTANCE AFDC/TANF	<input type="checkbox"/> FOOD STAMPS	<input type="checkbox"/> ENERGY ASSISTANCE	<input type="checkbox"/> MEDICAID	<input type="checkbox"/> SUBSIDIZED HOUSING
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FOR OFFICE USE ONLY

DATE:	AUTHORIZED BY:
LAST RECEIVED:	APPROVE AMOUNT:

Care-to-Share Check List

- Required:** Participant's Name
- Required:** Participant's Birth Date
- Required:** Participant's Gender
- Required:** Activity Name
- Required:** Start Date and Time
- Required:** Proof of Eligibility
- Required:** Signed Wavier Form (reverse side)

Your Donations are needed:

You can help a Pullman Youth or Sr. Adult who would like to participate in our recreation activities by donating to the "Care-to-Share" program for low income families. You may even have a child or Sr. Adult in mind and may want to designate your gift for that particular person. Your business, club, family, or neighborhood may want to use the "Care-to-Share" program as a project. All funds received will go directly to assist those who otherwise may not participate in a Parks & Recreation activity. **Donate online at our activity registration site found at PullmanParksandRec.com, or donate by sending a check to City of Pullman, Parks & Recreation, 240 SE Dexter, Pullman WA, 99163**

\$ _____ amount (specify that your donation is for "Care-to-Share").

- ___ I would like to sponsor a youth with this gift.
- ___ I would like to sponsor a Sr. Adult with this gift.
- ___ I would like to sponsor _____ with this gift.

Mail: Parks & Recreation, 240 SE Dexter, Pullman, WA 99163
E-mail: recreation@pullman-wa.gov
Fax: 509-338-3313

REGISTRATION FORM

Online at: PullmanParksandRec.com - 24 Hours a Day/7 Days a Week
Mail: Parks & Recreation, 240 SE Dexter, Pullman, WA 99163 - **E-mail:** recreation@pullman-wa.gov - **Fax:** 509-338-3313

PAYOR INFORMATION: FILL FORM OUT COMPLETELY (PLEASE PRINT CLEARLY, USING BLUE OR BLACK INK)			
FIRST NAME:	LAST NAME:		HOME/CELL PHONE:
MAILING ADDRESS:		CELL/WORK PHONE:	
CITY:	STATE:	ZIP:	E-MAIL:

PARTICIPANT INFORMATION: FILL FORM OUT COMPLETELY (PLEASE PRINT CLEARLY)									
PARTICIPANT'S NAME:	BIRTHDAYS	GENDER	GRADE		LOCATION	START DATE	TIME	DAY OF WEEK	FEE
JANE DOE (EXAMPLE)	1/25/09	M/F	2ND	SPORTS CAMP	CITY PLAYFIELD	JUNE 9	3:15PM	MWF	\$35
PLEASE MAKE CHECKS OR MONEY ORDERS PAYABLE TO: CITY OF PULLMAN (DO NOT MAIL CASH)						TOTAL	\$		

PAYMENT INFORMATION:											
CHECK: #	MAKE CHECK PAYABLE TO: CITY OF PULLMAN										
CREDIT CARD:	<input type="checkbox"/> VISA			<input type="checkbox"/> MASTERCARD							
CARD #				-					-		
EXPIRATION DATE:		/		SECURITY CODE (FOUND ON THE BACK OF YOUR CARD)							
CARD HOLDER NAME:											

Registration Check List

- Required:** Participant's Name
- Required:** Participant's Birth Date
- Required:** Participant's Gender
- Required:** Activity Name
- Required:** Start Date and Time
- Required:** Payment (Check or Credit Card)
- Required:** Sign Liability Waiver at the "X"

LIABILITY AND MEDICAL RELEASE AGREEMENT: I, the undersigned adult, on behalf of myself and my child(ren) assume all risks and hazards reasonably related to the conduct of the program, and/or rental or use of any City of Pullman facility. Further, I do hereby release and hold harmless the City of Pullman, its elected and appointed officials and employees, organizer, sponsor, supervisor, contracted facilitator, or any volunteer connected with a program, facility rental and/or use, from any and all claims, injuries, damages, losses and suits, including attorney fees, arising out of or in connection with the program or rental and/or use of a City of Pullman facility. I acknowledge that I have familiarized myself with the description of the activity(ies), rental or use of a facility, and understanding the hazards, myself and my child(ren)'s personal limitations, and knowingly assume all risks. In the event of a medical emergency, I authorize transportation to the nearest appropriate medical facility, and authorize emergency medical care if no one listed on the MIF (Medical Information Form) can be reached. If applicable, I authorize City of Pullman program facilitators, to administer medication to my child as outlined on the MIF form, and release from all liability said facilitators for any injury resulting from the administration of those medications, provided all medications are administered in accordance with the schedule and conditions. In the absence of a signature, payment of fee and participation in the program or use of a facility shall constitute acceptance of the conditions set forth in this release. **PHOTO:** I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for any City of Pullman informational or promotional use. **REFUNDS:** All refunds may be subject to a \$10 service fee. (See full refund policy on page 44) **CREDIT CARD/DEBIT CHARGES:** I agree to pay above total amount according to card issuer agreement. Signature (Participant or Parent/Guardian) X _____ Date _____

Park Shelter Rentals

The shelter and the surrounding area are rented in four hour time blocks for \$30.



The City of Pullman has five wonderful park shelters, located at Kruegel, McGee, Reaney, Sunnyside, and Terreview Parks. These shelters are reserveable for your next outdoor gathering of family and friends.

Go online to PullmanParksandRec.com and book your date with our online reservation option or call 509-338-3227.

Pioneer Center has Room Rentals!

- ☆ Looking for that perfect party area?
- ☆ Need a place for your meeting or event?



Call 338-3227 or visit PullmanParksandRec.com to make your reservation.

Pullman Parks & Recreation
Pioneer Center,
240 SE Dexter St., Pullman, WA

NEW RATES

PAFC Pool Rentals

You can have an unforgettable party at Pullman Aquatic & Fitness Center! Now you can pick if you want the Warm Pool, Lap Pool or Both! Then pick the day, time, and any add-on you want.

Available Party Hours:

Sunday: before 2:00pm or after 6:00pm
Saturday: 12:00-2:00pm or after 6:00pm

Warm Pool Only (30 max) \$50
Lap Pool Only (First 50 people) \$75
Lap and Warm Pool \$105

Add-On Options:

Each 15 people beyond 50 \$25/hr
Tubes and Boats \$20/hr
Party Player Lifeguard \$25/hr
Gift Bags \$5/bag
Wibit Setup/Takedown* \$60*
Wibit* \$30/hr

*Wibit is \$90 for the first hour; each additional hour is \$30/hr.

We will help you to make a fun party that everyone will enjoy! Contact our Head Lifeguard/Rental Coordinator by phone 509-338-3290 or by email at aquatic@pullman-wa.gov.

Pioneer Center & Pullman Senior Center



Jan 1 - New Year's Day
Jan 19 - Martin Luther King Day
Feb 16 - President's Day
May 25 - Memorial Day

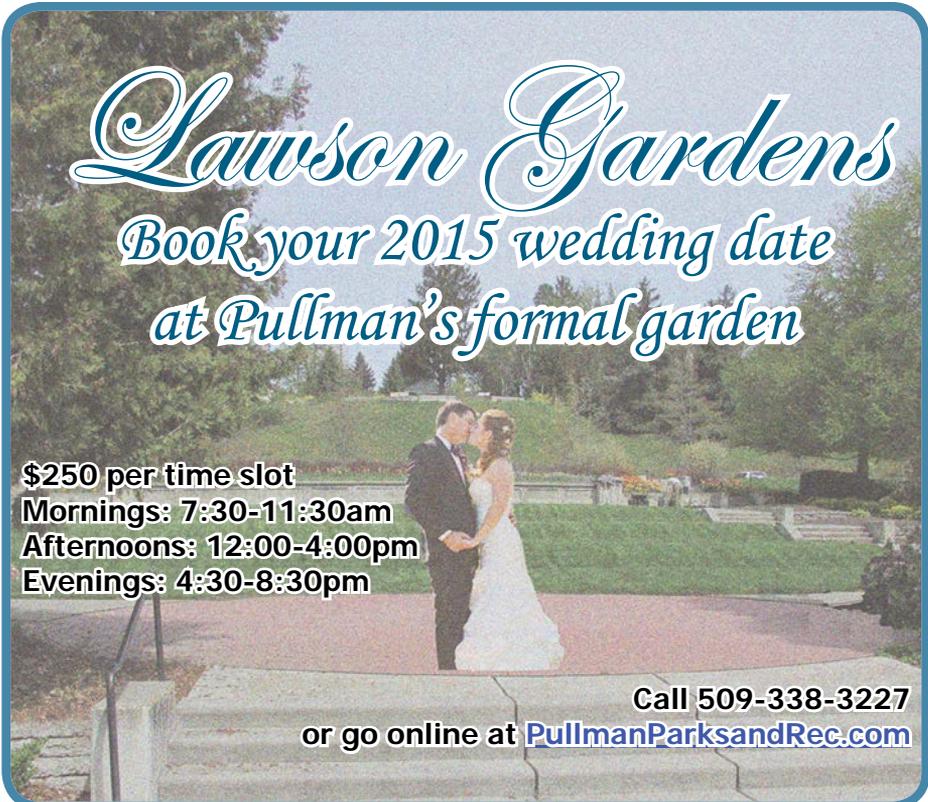
Instructors Wanted!

We need instructors for our Summer Brochure Season, May-August, 2015! Fill out "Instructor Interest Form" found on our web site PullmanParksandRec.com, department forms, and return it to Parks & Recreation, 240 SE Dexter or call 509-338-3227.

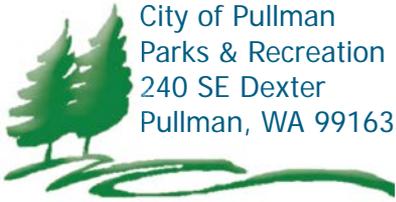
Lawson Gardens

Book your 2015 wedding date
at Pullman's formal garden

\$250 per time slot
Mornings: 7:30-11:30am
Afternoons: 12:00-4:00pm
Evenings: 4:30-8:30pm



Call 509-338-3227
or go online at PullmanParksandRec.com



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The City of Pullman Parks & Recreation
& Pullman Kiwanis Club

Invite you to the 54th Annual

Egg Hunt

Sat., April 4th

Kruegel Park, 705 NE Dilke St

10:00 am - 1-4 Years old

10:10 am - 5-9 Years old

Lots of Prizes
Over 7,000 Eggs
Special Guests