

We here at Parks, Facilities & Recreation miss interacting with our patrons and hope you all are taking care during this difficult time. Our offices remain closed and programs are cancelled pending the withdrawal of Governor Inslee's "Stay at Home" order. As soon as we are able to open up and resume programming, we look forward to seeing everyone and fulfilling all your recreational needs. In the meantime, we have compiled a few more recreation resources that may be of interest to you and your families.

Please know that our patrons and community are in our foremost thoughts and we are working diligently to provide a quality recreation experience from our new facility, the Pullman Recreation Center very soon. Look for more resources and programming updates on our website and social media! Keep active and we will see you soon!

Recreation Resources:

Skyhawks Sports

Are you looking for ways to keep your kids active and burn some energy at home? The @SkyhawksSports & @SuperTotsports family activity database is packed with activities to keep your kids active and engaged during school closures. Be sure to check back often, as new content will be added each week! You can find the database at www.skyhawks.com/familyresources

Pullman School District:

Scroll to the very bottom of the page to click on links for age ranges of activities:

https://www.pullmanschools.org/apps/pages/index.jsp?uREC_ID=1668785&type=d&pREC_ID=1859001

New Activity added! Stay active and healthy! Register now at www.pullmanparksandrec.com Walk/Run a Marathon for May-June!

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 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 a marathon this spring-May 11-June 7. Calendars must be turned in by the due date to receive a commemorative COVID-19 finisher t-shirt!!

All ages welcome! Families are encouraged to walk/run together!

Marathon: May-June

May 11-June 7

Completed calendars due by June 12

\$15/\$17

Future event-



Family Health & Fitness Day will be held on June 13, 2020. Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping

communities healthy. Keep looking for updates and more information on how Pullman Parks, Facilities & Recreation will be celebrating this special day! We look forward to serving all your recreation needs very soon.



Aquatic Resources:

Dryland Swimming Workouts:

<https://www.coachup.com/nation/articles/swimming-dryland-workouts>

How to Keep Moving during COVID-19 (at home workouts):

<https://www.acefitness.org/education-and-resources/lifestyle/blog/7499/how-to-keep-moving-during-covid-19/>

Family Fitness:

<https://www.acefitness.org/education-and-resources/lifestyle/blog/7538/family-fitness-during-covid-19/>

FREE Mental Health First Aid for COVID-19 Online Course (offered by the American Red Cross)

<https://rdcrss.org/2yGg7Op>

Water Safety Bingo:

Bingo Rules

<https://www.colinshope.org/wp-content/uploads/2020/03/2020-Water-Safety-Bingo-Instructions.pdf>

Bingo Cards

https://www.colinshope.org/wp-content/uploads/2016/02/water_safety_bingo.pdf

Refuse, Furniture and Recycling removal:

Contact the Pullman Police Department at 509-334-1914 to plan removal services.