We miss you!

This is your friendly City of Pullman Recreation staff! We are reaching out to let you know we are thinking about you, and hope you and your loved ones are staying safe and healthy. Be sure to follow the City of Pullman Parks, Facilities & Recreation on social media and visit our website www.pullmanparksandrec.com; where we will be sharing resources and links to many activities to help you and your family stay active and engaged!

Follow us on Facebook, Instagram, and Twitter!

Once it’s safe to do so, we are eager to resume providing quality in-person recreation opportunities for our community to enjoy. We are finalizing our summer activity guide (with flexible plans in place) so we can quickly mobilize to provide recreation opportunities when the time is right. Thank you for choosing us and supporting Pullman Parks, Facilities & Recreation. We will continue to do our best to support our patrons and provide quality programs to fulfill our community’s recreation needs.

Youth Sports Resources:

National Alliance Youth Sports Fun Family Fitness Activities
https://bit.ly/2x9NbO8

National Alliance Youth Sports Free Start Smart Youth Baseball for Families

Healthy at Home: Toolkit for Supporting Families Impacted by COVID-19
Dancing and Moving Activities

Learning Enrichment:

Steve Spangler: Experiments at Home
https://www.stevespanglerscience.com/lab/experiment-library/

Department of Energy (STEM at Home)
https://www.energy.gov/articles/stem-home
Fitness Resources:

**For adults: (Taken from ACE Certified)**

Get Moving: 15-Minute Cardio Workout  
https://www.youtube.com/watch?v=vWDXTCVDpCY

20-Minute Tabata Inspired Workout  
https://www.youtube.com/watch?v=pMOWDzHYWZM

Calorie-Burning Jump Rope Workout  
https://www.youtube.com/watch?v=b_NFY55Jicc

Lean Legs workout – 30 minutes of at home floor exercises  
https://www.youtube.com/watch?v=K9va0DwaB50

**For children: These are shorter but for kids and fun. (Taken from ACE Certified)**

For Kids: Indoor Activities  
https://www.youtube.com/watch?v=v9AAmD4gq1l

For Kids: Jump Rope Games  
https://www.youtube.com/watch?v=AF6tasHTW-8

**For seniors:**

Sit and Be Fit  
https://www.youtube.com/user/SitandBeFitTVSHOW/videos

Stay Active for Independent Life (SAIL)  
https://www.youtube.com/watch?v=V0ztwo3Q6BQ
Seated Cha-Cha

https://www.youtube.com/watch?v=-k0ASbF9BM0&t=28s

Virtual Zumba Gold Class

https://www.youtube.com/watch?v=f1592wNnx9A&t=153s