Parent & Child

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 .

Preschool Aquatics

American Red Cross Preschool Aquatics is designed to give young children a positive, developmentally appropriate aquatic learning experience. Preschool Aquatics skills will begin by orienting young children to the aquatic environment and then taking them through basic swimming propulsive skills. The goal is for the learner to be comfortable in and around water.

Learn-to-Swim

American Red Cross Learn-to-Swim teaches aquatic and personal water safety skills in a logical progression. Participants in Level 1 are oriented to the aquatic environment and learn basic skills. Participants will then build upon these skills to learn front crawl, back crawl, breaststroke, and butterfly. As the levels increase, participants will refine their strokes and build endurance.

A La Carte Swim Lessons

This is our private (1 participant), semi-private (2 participant), and Family & Friends (3+ participants) swim lessons. Private lessons will help perfect your strokes, 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 regiment. Details regarding scheduling private lessons can be found in the Parks and Recreation Brochure.

Pullman Aquatic & Fitness Center
City of Pullman, Parks, Facilities, & Recreation
500 NW Greyhound Way
Pullman, WA 99163

Swim Lessons at Pullman Aquatic & Fitness Center

500 NW Greyhound Way, Pullman, WA 99163
Phone: 509-338-3290 Fax: 509-334-6696

Parks, Facilities, & Recreation Office:
509-338-3227

Email: aquatics@pullman-wa.gov
www..pullmanparksandrec.com

Important Information for Swim Lessons:

1) Payment is required at time of enrollment.
2) Swim screenings are required for participants who want to enroll in a level above Preschool Aquatics and are not currently enrolled in our program. Call 509-338-3290 for an appointment.
3) Sessions are prorated beginning the 3rd week of a session.
4) Late enrollment will be accepted up to midpoint of a session.
5) Makeups are only scheduled when pool space is available to do so.
6) Refunds will be guided by the Parks & Recreation Refund procedure
7) Our goal is 100% accommodation of all wait lists.
8) PAFC accepts requests for instructors. Request must be made at time of registration; however we cannot guarantee that instructor requests can be accommodated.
9) 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.
10) Participants in Parent/Child classes are now required to register for a class. Drop-ins are no longer available.
11) One lap lane will be available for lap swim only.
12) Supervision policy applies.
13) Goggles, swim caps, water exercise gloves and anti-chlorine shampoo and conditioner are now available for purchase at the front desk.

American Red Cross Swimming

The purpose of American Red Cross Swimming is to teach people how to be safe in, on, or around water and to teach individuals of different ages and abilities how to swim. in an logical progression, the program covers the knowledge and skills needed for aquatic skill development. As participants develop these skills, they become safer and better swimmers.

PS Level 1	*Introduction to Water Skills*		*25-35 min*	*Min 3/Max 4*
	My child	♦ Has little or no water experience ♦ Can follow directions		
PS Level 2	*Fundamental Aquatic Skills*		*25-35 min*	*Min 3/Max 4*
	My child can	♦ Travel at least 5 yards ♦ Submerge to mouth and blow bubbles for at least 3 seconds ♦ Glide on front at least 2 body lengths ♦ Roll to back ♦ Float on back for 3 seconds and then recover to a vertical position		
PS Level 3	*Stroke Development*		*25-35 min*	*Min 3/Max 4*
	My child can	♦ Glide on front at least 2 body lengths, then roll to back, then float on back for at least 5 seconds. Repeat on back ♦ Swim using combined arm and leg actions on front for 3 lengths		

Learn to Swim Level 1	*Introduction to Water Skills*		*35-45 min*	*Min 3/Max 5*
	My child	♦ Has little or no water experience ♦ Can follow directions		
Learn to Swim Level 2	*Fundamental Aquatic Skills*		*35-45 min*	*Min 3/Max 5*
	My child	♦ Safely enter, travel 5 yards, and exit the water independently ♦ Perform 3 bobs ♦ Glide on front for at least 3 body lengths ♦ Roll to back float for 3 seconds		
Learn to Swim Level 3	*Stroke Development*		*35-45 min*	*Min 3/Max 6*
	My child	♦ Perform front float for 5 seconds ♦ Perform back float for 5 seconds then roll to vertical position ♦ Swim for 5 lengths		
Learn to Swim Level 4	*Stroke Improvement*		*35-45 min*	*Min 3/Max 6*
	My child can	♦ Swim front crawl for 15 yards ♦ Tread or float on water for 30 seconds ♦ Swim backstroke independently		
Learn to Swim Level 5	*Stroke Refinement*		*35-45 min*	*Min 3/Max 6*
	My child can	♦ Swim front crawl for 25 yards ♦ Swim elementary backstroke for 25 yards ♦ Swim back crawl for 16 yards ♦ Swim breaststroke for 15 yards		
Learn to Swim Level 6	*Swimming & Skill Proficiency*		*55 min - 1 hr*	*Min 3/Max 6*
	My child can	♦ Perform a shallow-angle dive into deep water ♦ Swim front crawl for 50 yards ♦ Swim breaststroke for 25 yards ♦ Swim back crawl for 25 yards		
Adult Lessons	*Adult 18+*		*45 min*	*Min 3/Max 6*
	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.			

Schedule a FREE Swim Screening before registering!