

# Activities

## Yankton Sumer Season Pool Pass

The City of Yankton will be offering a summer season pool pass that will include admission to both the SAC and Memorial Pools.

**Passes are valid from:**

**May 1-August 31.**

**Family - \$100**

**Individual - \$50**

**SAC Discount**

*(Only available for purchase at the SAC)*

**Family - \$80**

**Individual - \$40**

\*Passes will be available at Memorial Pool Bath House once it's open for the season on June 2.

\*Passes can only be used during regular open swims times.

## Lifeguard Training Classes

The SAC will be offering the second session of lifeguard training classes.

Please contact Brittany Orr at 668-5234 for additional information.

**April 7-9**

**Where:** Summit Activities Center

**Fee:** \$140 plus tax

**Register:** [www.cityofyankton.org](http://www.cityofyankton.org)

# Activities

## Adult Summer Recreation Leagues

Coed Softball

Coed & Women's Sand Volleyball

**Registration deadline—May 5.**

**Registration information is available at the SAC or online at [www.cityofyankton.org](http://www.cityofyankton.org).**

**FREE**

**Weight & Fitness Equipment Demonstration for any new or existing member.**

**Please contact Roy Reichle at 402-360-1823 to schedule your appointment.**

## **WATER SAFETY INSTRUCTOR**

Want to learn to teach swim lessons? Contact Brittany Orr at 668-5234 for more information!

**When:** May 23-25

**Fee:** \$150+tax

**Where:** Summit Activities Center

# Yankton Department of Parks and Recreation



## Summit Activities Center Hours

**Monday - Friday  
5:00am-10:00pm**

**Saturday**

**8:00am-8:00pm**

**Sunday**

**8:00am-8:00pm**

1801 Summit Street  
Yankton, SD 57078  
(605) 668-5234

# SAC Programs

## Open Swim Times

During these hours, lifeguards are on the deck for your safety. Swimmers under 18 years of age are required to swim during this time.

<b>Monday</b>	6:30-8:30 PM
<b>Wednesday</b>	6:30-8:30 PM
<b>Friday</b>	6:30-9:30 PM
<b>Saturday</b>	1:00-5:00 PM
<b>Sunday</b>	1:00-5:00 PM

## Lap Swimming

(18 years or older)

SAC Members - FREE

Non-Members - Must Purchase  
Day Pass

A lap swimming lane is available at all times for lap swimmers.

*Swimmers and lap swimmers under 18 must swim during regular open swim hours with a lifeguard present.*

## Water Aerobics

### **Water Aerobics**

Mon/Wed/Fri	8:30-9:30 AM
Mon/Wed	5:30-6:30 PM
Tue/Thu	8:30-9:30 AM
Saturday	9:15-10:15 AM

### **Water Exercise Plus**

Mon/Wed/Fri	9:30-10:30 AM
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# SAC Programs

## **Early Bird Boot Camp**

Enjoy a strenuous workout before your morning coffee!

**Monday-Wednesday-Friday**

**6:00-6:45 AM**



## **Prime Time for Seniors**

Join this exciting class that includes thera-bands, dumbbells & much more.

**Monday-Wednesday-Friday**

**9:00-9:45 AM**

## **Power Abs**

**Monday—Thursday**

**5:45 –6:00 PM**

## **Tabata**

**Monday & Wednesday**

**5:15-5:45 PM**

**6:00-6:30 PM**

## **TNT**

**Tuesday & Thursday**

**5:15-5:45 PM**

**6:00-6:30 PM**

# SAC Programs

## **Zumba**

**Join the Party....**

*Latin rhythm and dance moves for a one of a kind workout!*

**Tuesday & Thursday**

**6:30-7:15 PM**

## **Workout Express**

A combination of cardio & weight training to give you the variety you need to make exercising FUN.

**Monday—Thursday**

**12:15-12:45 PM**

## **YOGA**

**Yoga Lunch Break**

**Monday-Wednesday-Friday**

**12:10-12:45 PM**

**Slow Flow Yoga**

**Tuesday & Thursday**

**5:15-6:15 PM**

**Slow Flow Yoga Plus**

**2nd Saturday of Month**

**9:15-10:30 AM**