



## Summit Activities Center “Get Up & Play” Weekend February 13, 14, 15, 16, 17 2015

<http://cityofyankton.org>

668-5234

### Friday, February 13

- Summit Activities Center. Open 5:00am to 10:00pm. \$1 day passes apply to all classes and open swims.
- **HALF PRICE YANKTON SUMMER SEASON POOL PASSES THIS WEEKEND ONLY! Must purchase at the Summit Activities Center.**
  - FITNESS CLASSES: 6:00am            Boot Camp
  - 8:30am            Water Aerobics
  - 9:00am            Prime Time for Seniors
  - 9:30am            Water Exercise
  - 12:10pm          Yoga
  - OPEN SWIM:        6:30pm – 9:30pm.
- Yankton Library Healthy Display & materials to check-out. 515 Walnut Street. 668-5275.
  - 9:00am – 8:00pm. Display of exercise DVD’s and books related to healthy lifestyles.
  - 3:30pm – 4:30pm.            Wii sports games for all ages.

### Saturday, February 14

- Summit Activities Center. Open 8:00am to 8:00pm. \$1 day passes apply to all classes and open swims.
- **HALF PRICE YANKTON SUMMER SEASON POOL PASSES THIS WEEKEND ONLY! Must purchase at the Summit Activities Center.**
  - FITNESS CLASS:    9:15am            Water Aerobics
  - OPEN SWIM:        1:00 – 6:00pm.
  - Weight/Fitness Equipment Demonstration for members. In the SAC Strength Training Area. FREE
    - 11:00am. Check-in @ the SAC reception desk prior to 11:00am.
- Yankton Library Healthy Display & materials to check-out. 515 Walnut Street. 668-5275.
  - 9:00am – 5:00pm. Display of exercise DVD’s and books related to healthy lifestyles.
- Fox Run Golf Course. 600 West 27<sup>th</sup> Street. 668-5205.
  - 10:00am – 4:00pm. FREE Four-Hole Course (holes 1, 2, 8, 9). Walking only, no carts permitted. Call for tee-time.
  - If outdoor golf in February isn’t for you, try out the golf simulator in the club house!!! Call for tee-times. (fees apply for simulator golf). <http://www.cityofyankton.org/recreation/golf/simulator.php>
- Quick Start Tennis Program for Youth @ City Hall Gym. 416 Walnut. FREE Instruction, Drills, Games.
  - 1:00pm - 1:40pm.            Kindergarten-1<sup>st</sup> grade.
  - 1:45pm - 2:25pm.            2<sup>nd</sup> - 3<sup>rd</sup> grade.
  - 2:30pm - 3:10pm.            4<sup>th</sup> -5<sup>th</sup> grade.
  - 3:15pm - 3:55pm.            6<sup>th</sup> – 7<sup>th</sup> grades
- Kiwanis 4-H Ice Center. 709 Whiting Drive. 665-0229.
  - 3:00pm – 6:00pm. Open Skate. \$5 admission.

## Sunday, February 15

- Summit Activities Center. Open 8:00am to 8:00pm. \$1 day passes apply to all classes and open swims.
- **HALF PRICE YANKTON SUMMER SEASON POOL PASSES THIS WEEKEND ONLY! Must purchase at the Summit Activities Center.**
  - OPEN SWIM: 1:00pm – 6:00pm.
- Yankton Library Healthy Display & materials to check-out. 515 Walnut Street. 668-5275.
  - 1:00pm – 5:00pm. Display of exercise DVD's and books related to healthy lifestyles.
- Kiwanis 4-H Ice Center. 709 Whiting Drive. 665-0229.
  - 1:00pm – 4:00pm. Open Skate sponsored by Healthy Yankton. Admission only \$2.

## Monday, February 16 Presidents Day Holiday – No School

- Summit Activities Center. Open 5:00am to 10:00pm. \$1 day passes apply to all classes and open swims.
- **HALF PRICE YANKTON SUMMER SEASON POOL PASSES THIS WEEKEND ONLY! Must purchase at the Summit Activities Center.**
  - FITNESS CLASSES:

6:00am	Boot Camp
8:30am	Water Aerobics
9:30am	Water Exercise
12:10pm	Yoga
5:15pm	Workout Express
5:30pm	Water Aerobics
5:45pm	Power Abs
6:00pm	TNT "Tighten N Tone"
  - FREE Optimist Swim & Gym for youth 1:00pm – 4:00pm.
  - OPEN SWIM 6:30pm – 8:30pm.
- Kiwanis 4-H Ice Center. 709 Whiting Drive. 665-0229.
  - 1:00pm – 3:30pm. Open Skate. \$5 admission.

## Tuesday, February 17 No School

- Summit Activities Center. Open 5:00am to 10:00pm. \$1 day passes apply to all classes and open swims.
- **HALF PRICE YANKTON SUMMER SEASON POOL PASSES THIS WEEKEND ONLY! Must purchase at the Summit Activities Center.**
  - FITNESS CLASSES:

8:30am	Water Aerobics
12:15pm	Workout Express
5:15pm	Workout Express
5:15pm	Yoga
5:45pm	Power Abs
6:00pm	TNT "Tighten N Tone"
6:30pm	Zumba
  - No School Special 1:00pm – 4:00pm.
- Yankton Library Display & Materials to check-out. 515 Walnut Street. 668-5275.
  - 9:00am – 8:00pm. Display of exercise DVD's and books related to healthy lifestyles.
- Kiwanis 4-H Ice Center. 709 Whiting Drive. 665-0229.
  - 1:00pm – 3:30pm. Open Skate. \$5 admission.