

Activities

Winter Swim Lessons at the Summit Activities Center

Tuesday/Thursday Evenings
January 19-February 18

SAC Member Registration
January 4

Online Registration
January 5 11:00 AM
www.cityofyankton.org

Activities

Just for Fun

Basketball

For: Boys & Girls Grades
3rd-6th
When: Sunday's
February 14-March 6
Location: Summit Activities Center
Cost: \$20.00 plus tax

Online registration available at
www.cityofyankton.org or visit the
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

Kiwanis 4-H Ice Arena



Open Skate
Pick up schedule at the SAC.
(Admission—\$5)

January is Customer Appreciation Month at the Summit Activities Center

At the Summit Activities Center, we appreciate your business and commitment to a healthy lifestyle. Through the month of January, weekly prizes and a GRAND prize of an annual SAC membership will be given out.

Stop at the front desk for more details.

FREE

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

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

Tiny Tots Play Club

9:00-11:00 AM
Monday-Friday
(\$1—Child)

Access to the gym and toys.



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.

Monday	6:30-8:30 PM
Wednesday	6:30-8:30 PM
Friday	6:30-9:30 PM
Saturday	1:00-6:00 PM
Sunday	1:00-6:00 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—Thursday

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

5:15-5:45 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