

Summit Activities Center "Get Up & Play" Weekend February 12, 13, 14, 15, 16 2016

http://cityofyankton.org

Friday, February 12

• 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.

o 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.

o 9:00am – 8:00pm. Display of exercise DVD's and books related to healthy lifestyles.

o 3:30pm – 4:30pm. Wii sports games for all ages.

Saturday, February 13

• 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

9:15am Slow Flow Yoga Plus

OPEN SWIM: 1:00 – 6:00pm.

• Yankton Library Healthy Display & materials to check-out. 515 Walnut Street. 668-5275.

o 9:00am – 5:00pm. Display of exercise DVD's and books related to healthy lifestyles.

Sunday, 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.

o OPEN SWIM: 1:00pm – 6:00pm.

- Yankton Library Healthy Display & materials to check-out. 515 Walnut Street. 668-5275.
 - o 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.
 - o 1:00pm 3:45pm. Open Skate sponsored by Healthy Yankton. Admission only \$2.

Monday, February 15 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.

Heart Healthy Nutrition Class taught by Register Dietitian Nutritionists Kat Howard MS, RDN, LN and Kenny Tomek RDN, LN

7:00pm – Class will be in the Summit Activities Center meeting rooms

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 Tabata

○ No School Special 1:00pm - 4:00pm.
 ○ OPEN SWIM 6:30pm - 8:30pm.

- Kiwanis 4-H Ice Center. 709 Whiting Drive. 665-0229.
 - o 1:00pm 3:45pm. Open Skate. \$5 admission.

Tuesday, February 16 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
 <u>Center</u>.

O FITNESS CLASSES:

8:30am Water Aerobics

12:15pm Workout Express

5:15pm Slow Flow Yoga

5:45pm Power Abs

6:00pm Tabata

6:30pm Zumba

• FREE Optimist Swim & Gym for youth 1:00pm – 4:00pm.

- Yankton Library Display & Materials to check-out. 515 Walnut Street. 668-5275.
 - o 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.
 - o 1:00pm 3:45pm. Open Skate. \$5 admission.

Promoted by the Yankton Parks & Recreation Department, Summit Activities Center. 1800 Summit Street. 668-5234.