

# 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 **May 31**.

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

## **Summer Hours at the SAC:**

**(Begins Saturday, May 18)**

**Monday - Friday**

5:00 AM - 8:00 PM

**Saturday**

8:00 AM - 4:00 PM

**Sunday**

8:00 AM - 4:00 PM

## **SUMMER OPEN SWIM TIMES**

Monday, Wednesday & Friday  
6:30-7:45pm

# Activities

## Adult Summer Recreation Leagues

Coed Softball &  
Coed, Men's & Women's  
Sand Volleyball

**Registration deadline—May 3.**

**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.**

## Summer Programs

Visit [www.cityofyankton.org](http://www.cityofyankton.org) to register your child for a variety of summer programs or stop by the SAC front desk for more information!

# 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>	6:30-8:30 PM
<b>Saturday</b>	1:00-5:00 PM
<b>Sunday</b>	1:00-5:00 PM

**\*\*Open Swim Times change May 18  
when summer hours begin\*\***

## Lap Swimming

(18 years or older)

SAC Members - FREE

Non-Members - Must Purchase  
Day Pass

Lap swimming lanes are 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**

## **Tabata**

**Monday-Thursday**

**5:15-5:45pm**

## **Power Abs**

**Monday-Thursday**

**5:45-6:00 PM**

## **Workout Express**

**Monday-Thursday**

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

**\*Thursday 6PM class—Tabata**

# 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**

**3rd Saturday of the Month**

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

## **YOGA**

### Rest & Relax

Tuesday & Thursday 4:30-5:30 PM

Saturday's 10:30-11:45 AM

### Basics

Tuesday & Thursday 5:45-6:15 PM

### Focus

Saturday's 12:00-12:45 PM

*\*Yoga classes are for all fitness levels\**

## **Workout Express**

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

**Monday—Friday**

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