



Healthy Yankton

"Bridging the Way to a Healthy Future"

Healthy Yankton Winter Festival Summit Activity Center "Get Up & Play" Weekend February 17, 18, 19, 20, 2012

Friday, February 17

- Yankton Library Healthy Display & materials to check-out (515 Walnut Street)
 - Exercise videos & DVD's, outdoor activity books.
- Bede Art Gallery @ Marian Auditorium on Mt. Marty Campus, 668-2789.
 - 8:00am – 8:00pm. "What a Wonderful World" Photography Exhibit.
- Summit Activities Center- \$1 day passes to promote "Get Up & Play Weekend"
 - Fitness Classes: 6:00am Boot Camp, 8:30am Water Aerobics, 9:30am Water Exercise, 12:10pm Yoga, 12:15pm Water Aerobics, 5:30pm Water Aerobics. For more info 668-5234.
 - 6:30pm – 9:30pm. Open Swim.
- Avera Sacred Heart Wellness Center- \$1 day passes
 - Fitness Classes: 5:45am Boot Camp, 8:30am Senior Toning, 9:30am Water Aerobics, 11:15am Senior Toning, 12:15pm Power Toning, 1:00pm 15 Minute Abs. For more info 668-8357.
- First Fitness – \$1 day passes
 - Fitness Classes: 9:00am Step Aerobics, 5:15pm Body Sculpt. For more info 665-6643.
- The Center (900 Whiting Drive)
 - 9:00am – 1:00pm. AARP Safe Driving Class, \$15, pre-register by calling 665-4685.
 - 11:00am- FREE Toning Class.
 - 7:00pm – 9:00pm. Bingo, \$1/card.
- G.A.R. Hall Art Gallery @ 508 Douglas Ave. 665-9754.
 - 1:00pm – 5:00pm. Youth Art Show.
- Yankton High School Boys Basketball versus Pierre @ SAC Main Gym
 - JV @ 4:00pm, 10th grade @ 5:45pm, Varsity @ 7:30pm (admittance fee applies).
- NFAA Easton Yankton Archery Complex 3rd Annual Shoot From the Heart United Way Fund-Raiser. 800 Archery Lane.
 - 5:30pm – 8:00pm. Team Shooting Competition.
 - Silent Auction, refreshments & wild game appetizers. Call for more info 260-9279.
- Yankton Miracle Hockey versus Sioux Falls @ Kiwanis 4-H Ice Center
 - Boys JV @ 6:00pm, Boys Varsity @ 8:00pm (admittance fee applies).
- Lewis & Clark Theater production of "Leading Ladies." 328 Walnut St.
 - 7:30pm show time. 665-4711 to purchase tickets.

Saturday, February 18

- Lewis & Clark Runner's Club Fun Run/Walk
 - 8:30AM FREE, Start @ SAC parking lot (all ages). The distance will be a couple of miles.
- Yankton Library Healthy Display & materials to check-out (515 Walnut Street)
 - Exercise videos, exercise DVD's, & outdoor activity books.
- Summit Activities Center- \$1 day passes to promote "Get Up & Play Weekend"
 - Fitness Classes: 8:15am Deep Water Blast, 9:15am Water Aerobics Power Hour. For more info 668-5234.
 - 11:00am- FREE Adult Weight/Fitness Equipment Demonstration.
 - Check-in @ the SAC reception desk prior to 11:00am.
 - 1:00 – 5:00pm. Open Swim.
- Avera Sacred Heart Wellness Center- \$1 day passes.
 - Fitness Classes: 9:00am Extending Your Yoga Practice with Liz, 10:00am Zumba. For more info 668-8357.
- First Fitness – \$1 day passes
 - Fitness Class: 9:00am Hatha Yoga. For more info 665-6643.

- Health Information Booths @ Summit Activities Center Lobby Hallway
 - 9am-1pm
 - Summit Activities Center, First Fitness, Healthy Yankton/Community Garden "Swap Day," Integrated Healing, Mount Marty College- Ski Walking info & Type 2 Diabetes info & Blood pressure screenings, Weston A. Price Company, Yankton Area Mental Wellness, Yankton Youth Soccer Association, Yankton Youth Softball Association.
 - Yankton County 4-H - Jump Rope Making in the Commons.
 - Yankton Area Arts Association– Children's craft activities in the Commons.
 - Avera Sacred Heart Hospital
 - 9:00am – 11:00am Lab Tests. Requires participants to have fasted for 8 – 12 hours. Fees apply.
 - Lipid Panel \$10, Comprehensive Lab Profile \$12, CBC \$6, Thyroid Profile \$18, Hemoglobin A1C \$15.
 - 10:00am- Toddler Trot & Diaper Derby in SAC Auxiliary Gym
 - Yankton Area Master Gardeners
 - 9:00am – "Bugs in the Garden" presentation- Meeting Room B & C.
 - 10:00am – "Designing a Basic Garden & Seed Starting" presentation- Meeting Room B & C.
 - Hy-Vee & Avera Sacred Heart Hospital
 - 11:00am- "Healthy Snacks, Healthy Lunches" presentations- Meeting Room B & C.
 - Lewis & Clark Behavioral Health Services
 - 12:00pm "Substance NOT Meant for your Consumption"- Meeting Room B & C.
 - Great Plains Physical Therapy
 - 12:30pm "Adolescent Injury Prevention for Young Athletes"- Meeting Room B & C.

- Yankton Basketball Inc. Parent-Child Basketball Competition
 - 10:30am- FREE in SAC Auxiliary Gym.
- NFAA Easton Yankton Archery Complex. 800 Archery Lane. For more info 260-9279.
 - 11:00am - FREE Zumba class.
 - 1:00pm – 2:00pm. Boot Camp by Roy Reichle of Vertical Fitness.
 - 1:00pm – 5:00pm. FREE archery open shooting with FREE equipment rental.
- Kiwanis 4-H Ice Center. 709 Whiting Drive. 665-0229.
 - 1:00pm – 4:00pm. Open Skate. \$3 entry fee, \$2 skate rental fee.
- Quick Start Tennis Program @ City Hall Gym- FREE Instruction, Drills, Games.
 - 1:00pm - 1:40pm. Kindergarten-1st grade.
 - 1:45pm - 2:25pm. 2nd - 3rd grade.
 - 2:30pm - 3:10pm. 4th -5th grade.
 - 3:15pm - 3:55pm. 6th – 7th grades.
- G.A.R. Hall Art Gallery @ 508 Douglas Ave. 665-9754.
 - 1:00pm – 3:00pm. Youth Art Show.
- The Center (900 Whiting Drive)
 - 1:00pm – 4:00pm. Pinochle Card Party. \$1 entry, prizes, dessert & coffee. Pre-register by calling 665-4685.
- Lewis & Clark Theater production of "Leading Ladies." 328 Walnut St.
 - 7:30pm show time. 665-4711 to purchase tickets.

Sunday, February 19

- Yankton Library Healthy Display & materials to check-out (515 Walnut Street)
 - Exercise videos & DVD's, outdoor activity books.
- Yankton Miracle Hockey versus Sioux Falls @ the Kiwanis 4-H Ice Center
 - Girls JV @ 11:00am (admittance fee applies).
- Summit Activities Center- \$1 day passes to promote "Get Up & Play Weekend"
 - 1:00pm – 5:00pm & 6:30pm – 8:30pm. Open Swims.
- Avera Sacred Heart Wellness Center- \$1 day passes
- First Fitness – \$1 day passes
- Fox Run Golf Course. 600 West 27th Street. 668-5205
 - 1:00pm – 4:00pm. FREE "1" Club & A Putter Four-Hole Golf Course with FREE hot chocolate!
- Disc Golf- Memorial Park.
 - 3:00 – 5:00pm. Start at large shelter south side of park. Please bring own disc.
 - All participants get a FREE prize.
- Kiwanis 4-H Ice Center. 709 Whiting Drive. 665-0229.
 - 1:00pm – 4:00pm. Open Skate. SPECIAL \$1 entry fee, \$2 skate rental fee.
- Lewis & Clark Theater production of "Leading Ladies." 328 Walnut St.
 - 2:00pm show time. 665-4711 to purchase tickets.
- The Center (900 Whiting Drive) 665-4685
 - 2:00pm- FREE showing of the movie "The Help." Popcorn and drinks for sale.

Monday, February 20

Presidents Day Holiday – No School

- Yankton Library Display & Materials to check-out (515 Walnut Street)
 - Exercise videos, exercise DVD's, & outdoor activity books
- South Dakota Safety Council
 - 12:30pm – 3:30pm. Winter Driving Skills (for young drivers) @ the Yankton Library.
 - Pre-registration/pre-payment required / call (800) 952-5539.
- Bede Art Gallery @ Marian Auditorium on Mt. Marty Campus, 668-2789.
 - 8:00am – 8:00pm. "What a Wonderful World" Photography Exhibit.
- Summit Activities Center- \$1 day passes to promote "Get Up & Play Weekend"
 - Fitness Classes: 6:00am Boot Camp, 8:30am Water Aerobics, 9:30am Water Exercise, 12:10pm Yoga, 12:15pm Water Aerobics, 5:30pm Water Aerobics. For more info 668-5234.
 - 1:00pm – 4:00pm & 6:30 – 8:30pm. Open Swims.
 - 7:00pm- FREE Youth Weight/Fitness Equipment Demonstration.
 - Check-in @ the SAC reception desk prior to 7:00pm.
- Avera Sacred Heart Wellness Center \$1 day passes
 - Normal fitness classes & times (contact the Wellness center for more information, 668-8357)
- First Fitness – \$1 day passes
 - Fitness Classes: 6:00am Yoga/Pilates, 9:00am Step Aerobics, 12:15pm Body Sculpt, 5:15pm Body Sculpt, 6:30 Hatha Yoga.
- The Center (900 Whiting Drive) 665-4685
 - 9:15am- FREE Line Dancing
 - 11:00am- FREE Toning Class
- Kiwanis 4-H Ice Center. 709 Whiting Drive. 665-0229.
 - 1:00pm – 4:00pm. Open Skate. \$3 entry fee, \$2 skate rental fee.
- G.A.R. Hall Art Gallery @ 508 Douglas Ave. 665-9754.
 - 1:00pm – 5:00pm. Youth Art Show.

Promoted by Healthy Yankton, 1000 West 4th Street. 668-8590. Website: www.healthyyankton.org

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