



## Healthy Yankton Winter Festival 2011 February 18,19, 20, 21

### Friday, February 18

- Yankton Library Display and Materials to check-out (515 Walnut Street)
  - Exercise videos, exercise DVD's, and outdoor activity books
- First Fitness – \$1 day passes
  - Promotional Classes- 9:00am step aerobics and 5:15pm Body Sculpt
- Avera Sacred Heart Wellness Center \$1 day passes
  - Normal fitness classes and times (contact the Wellness center for more information)
- Summit Activities Center \$1 day passes to promote "Get Up and Play Weekend"
  - Normal fitness classes and times (contact SAC for more info on class offerings)
  - Optimist FREE Swim and Gym 1:00 – 4:00pm
  - \$1 Open Swim 6:30 – 9:30pm

### Saturday, February 19

- Yankton Library Display and Materials to check-out (515 Walnut Street)
  - Exercise videos, exercise DVD's, and outdoor activity books
- First Fitness – \$1 day passes
  - Promotional Classes- 10:00am Body Sculpt and 1:00pm Zumba
- Avera Sacred Heart Wellness Center \$1 day passes
  - Normal fitness classes and times (contact the Wellness center for more information)
- Summit Activities Center \$1 day passes to promote "Get Up and Play Weekend"
- Health Information Booths - Summit Activities Center Lobby, 9am-1pm
  - Healthy Yankton/Community Garden "Swap Day"
  - Avera Sacred Heart Hospital
  - Avera Sacred Heart Nutrition Services
  - Hebda Family Produce/Garrity's
  - First Fitness Center
  - Roy Reichle – Personal Trainer, 20 minute Boot Camp class also
  - Summit Activities Center
  - Yankton County Extension
  - Master Gardeners
    - Presentations led by the Master Gardeners (Summit Center Meeting Rooms)
    - 9:00am – Growing and Cooking with herbs with Cindy Nelson, Master Gardner
    - 10:00am – Growing Tomatoes with Cindy Bergman , Master Gardner
    - 11:00am – Missouri Valley Master Gardner Seminar
- Free Quick Start Tennis Program at City Hall- Instruction, Drills, Games.
  - 10:00 – 10:50am 2<sup>nd</sup> and 3<sup>rd</sup> graders
  - 10:50 – 11:40am 4<sup>th</sup> and 5<sup>th</sup> graders
  - 11:40 – 12:30pm Middle schoolers

### **Saturday, February 19 continued**

- Free Lewis and Clark Runner's Club Fun Run/Walk 10:15AM
  - Start at the SAC parking lot (all ages)
- Free Yankton Basketball Inc. Parent-Child Basketball Competition
  - 10:30am at the SAC
- Free "1" Club Three-Hole Golf Course 11:00am to 1:00pm
  - At Fox Run Golf Course and there will be FREE hot chocolate!!!
- Free Weight/Fitness Equipment Demonstration at the SAC 11:00am
  - Check-in at the SAC reception desk prior to 11:00am
- Boys and Girls Club Chili Cook-Off at The Center 11:00am – 2:00pm
  - \$5.00 entry fee for all the chili you can eat and to vote on Yankton's Best Chili
- Adult Co-ed Volleyball Tournament at the SAC gymnasium
  - Pre-registration required (contact the SAC for more information).
- Free Yankton Youth Soccer Clinics at the SAC gymnasiums:
  - Parent-Coaches Clinic 1:00 – 2:00pm
  - Player's Clinic 2:00 – 4:00pm open to all ages
  - Wear tennis shoes and bring a soccer ball
- \$1 Open Swims at the SAC 1:00 – 5:00pm and 6:30 – 8:30pm
- The Coalition for a Drug Free Yankton will be showing two family friendly movies from 7:00 to 10:00 PM at the Yankton Middle School Lecture Hall
  - This event is FREE and everyone is welcome. Free refreshments will be offered during the movies also!!

### **Sunday, February 20**

- Yankton Library Display and Materials to check-out (515 Walnut Street)
  - Exercise videos, exercise DVD's, and outdoor activity books
- First Fitness – \$1 day passes
- Avera Sacred Heart Wellness Center \$1 day passes
- Summit Activities Center \$1 day passes to promote "Get Up and Play Weekend"
- \$1 Open Swims at the SAC 1:00 – 5:00pm and 6:30 – 8:30pm
- NFAA Easton Yankton Archery Complex
  - FREE archery lessons and open shooting with FREE equipment rental 1:00 – 7:00pm
  - Must be 7 years of age or older (260-9279 for more information)
- Free Yankton Youth Soccer Clinics at the SAC gymnasiums:
  - Parent-Coaches Clinic 1:00 – 2:00pm
  - Player's Clinic 2:00 – 4:00pm open to all ages
  - Wear tennis shoes and bring a soccer ball

### **Monday, February 21**

- Presidents Day Holiday
- Yankton Library Display and Materials to check-out (515 Walnut Street)
  - Exercise videos, exercise DVD's, and outdoor activity books
- First Fitness – \$1 day passes
- Avera Sacred Heart Wellness Center \$1 day passes
  - Normal fitness classes and times (contact the Wellness center for more information)
- Summit Activities Center \$1 day passes to promote "Get Up and Play Weekend"
  - Normal fitness classes and times (contact SAC for more info on class offerings)
  - Open Swim 1:00 – 4:00pm
  - Open Swim 6:30 – 8:30pm
- Kiwanis Ice Arena
  - Open Skate 1:00 – 4:00pm

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For more information – Summit Activities Center, 668-5234, 1800 Summit Street  
Healthy Yankton and Avera Wellness Center, 668-8590 or 668-8357, 1000 West 4<sup>th</sup> Street  
NFAA Easton Yankton Archery Complex, 260-9279, 800 Archery Lane  
First Fitness, 665-6643, 2509 Fox Run Parkway  
Fox Run Golf Course, 668-5205, 600 West 27<sup>th</sup> Street

Activities promoted by Healthy Yankton and coordinated by the Yankton Parks and Recreation Department