



Healthy Yankton

"Bridging the Way to a Healthy Future"

Healthy Yankton Annual Winter Festival Summit Activities Center "Get Up & Play" Weekend February 15, 16, 17, 18, 2013

www.healthyyankton.org OR <http://cityofyankton.org>

Friday, February 15

- Avera Sacred Heart Wellness Center. \$1 day passes. For more info 668-8357.
 - FITNESS CLASSES: 5:45am Boot Camp
 - 8:30am Senior Toning
 - 9:30am Water Aerobics
 - 11:15am Senior Toning in the Benedictine Center
 - 12:15pm Power Toning with Laura
 - 1:00pm 15 Minute Abs with Laura
 - 5:15pm Body Sculpting with Leann
- Summit Activities Center. \$1 day passes to promote "Get Up & Play Weekend." For more info 668-5234.
 - FITNESS CLASSES: 6:00am Boot Camp
 - 8:30am Water Aerobics
 - 9:30am Water Exercise
 - 11:00am Prime Time for Seniors
 - 12:00pm Water Aerobics
 - 12:10pm Yoga
 - 5:30pm Water Aerobics
 - 6:30pm – 9:30pm. Open Swim. \$1 day pass applies.
- Yankton Library Healthy Display & materials to check-out. 515 Walnut Street. 668-5275.
 - 9:00am – 8:00pm. Display of exercise DVD's and books related to healthy lifestyles.
- The Center. 900 Whiting Drive. 665-4685.
 - 9:30am. FREE Line Dancing.
 - 11:00am. FREE Exercise Class.
 - 11:30am. Lunch. (fees apply).
 - 7:00pm – 9:00pm. Bingo. (fees apply).
- Anytime Fitness of Yankton. 2509 Fox Run Parkway. 260-0360.
 - 10:00am – 1:00pm. 20% off of any NEW gym membership from
- G.A.R. Hall Art Gallery. 508 Douglas Ave. 665-9754.
 - 1:00pm – 5:00pm. "Fibers & Feathers" Art Exhibit.
- Olympia Scott school presentation sponsored by Healthy Yankton.
 - 2:15pm speaking to Yankton Middle School students.
- Yankton Sertoma Club Ladies-Night-Out Community Fund-Raiser. Meal and entertainment.
 - 6:00pm @ Hillcrest Country Club. (ticket needed for admission)
- Olympia Scott public presentation sponsored by Healthy Yankton. FREE and open to the general public.
 - 7:00pm presentation @ the Cyber Café on Mount Marty Campus.
Olympia is a 2-Time WNBA Champion, US National Team Gold Medalist, President and CEO of Super Parenting LLC, Motivational Speaker, Published Author, Wife, & Proud Mother.

Saturday, February 16

- 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. 668-5275.
 - 9:00am – 5:00pm. Display of exercise DVD's and books related to healthy lifestyles.
- Avera Sacred Heart Wellness Center. \$1 day passes. For more info 668-8357.
 - FITNESS CLASSES:9:00am Urban Rebounders with Jessica
 - 9:00am Power Vinyasa Flow with Liz in the Benedictine Center.
 - 10:00am Zumba with Julia
- Anytime Fitness of Yankton. 2509 Fox Run Parkway. 260-0360.
 - 9:00am – 1:00pm. 20% off of any NEW gym membership.
 - FITNESS CLASSES:9:00am Bodyweight Boot Camp FREE
 - 10:00am Crunchless Core Class FREE
- Summit Activities Center. \$1 day passes to promote "Get Up & Play Weekend." For more info 668-5234.
 - Yankton Swim Team Meet "Tri-State Championship" at Summit Activities Pool. POOL CLOSED for the day.
- **Health Information Booths, Presentations, and Activities @ Summit Activities Center. 9:00AM – 1:00PM.**
 - BOOTHS: Healthy Yankton/Community Garden "Swap Day;" Summit Activities Center; Avera Sacred Heart Wellness Center; National Park Service; Pampered Chef; Mt. Marty College- Ski Walking; Yankton Area Mental Wellness; Yankton Youth Soccer Association 2013 Registration; Boys & Girls Club; Yankton County 4-H "Nutrition Jeopardy;" TOPS (Taking Off Pounds Sensibly); The Coalition for a Drug Free Yankton & the Tobacco Free Yankton Coalition; Consumer Credit Counseling Service/Lutheran Social Services; First Chiropractic Center- stretching & strengthening exercises dealing w/pain & discomfort; Healthy Snack Creations activity for kids by Laura; Yankton Area Arts Association– Kids Studio arts activities.
 - "Olympia Scott Basketball Clinics" sponsored by Healthy Yankton. In the SAC Auxiliary Gym. FREE.
 - 9:00am - 10:00am. 3rd and 4th Graders.
 - 10:00am - 11:00am. 5th and 6th Graders.
 - 11:00am - 12:00am. 7th and 8th Graders.
 - Yankton Area Master Gardeners presentations. In the High School Commons.
 - 9:00am. Cynthia Bergman. "Annuals: Instant Color."
 - 10:00am. Mary Klimczyk & Betts Pulkrabek. "Reading Labels for Healthy Eating."
 - Adult Weight/Fitness Equipment Demonstration. In the SAC Strength Training Area. FREE
 - 11:00am. Check-in @ the SAC reception desk prior to 11:00am.
 - Hy-Vee & Avera Sacred Heart Hospital presentation. In the High School Commons.
 - 11:00am. Staci Stengel. Hy-Vee Chef. "Healthy Snacks, Healthy Lunches."
 - Coalition for a Drug Free Yankton presentation. In the High School Commons.
 - 12:00pm. Jen Berg, Community Prevention Specialist for the Coalition. "Building the Bridge Between Communities and Alcohol/Drug Use."
- Fox Run Golf Course. 600 West 27th Street. 668-5205.
 - 10:00am – 4:00pm. FREE Four-Hole Course (holes 1, 2, 8, 9). Walking only, no carts permitted. Call for tee-time.
 - If outdoor golf in February isn't for you, try out the golf simulator in the club house!!! Call for tee-times. (fees apply for simulator golf). <http://www.cityofyankton.org/recreation/golf/simulator.php>
- NFAA Easton Yankton Archery Complex. 800 Archery Lane. 260-9279. www.yanktonarcherycomplex.org
 - 10:00am – Noon. JOAD (Junior Olympic Archer Development) Archery Tournament. Spectators welcome with FREE admission to the event.
 - Noon – 1:00pm FREE Zumba fitness class.
 - 1:30pm – 2:30pm. FREE Tae Kwon Do demonstration and class. Offered by Peck's Tae Kwon Do.

Saturday, February 16 continued

- 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. 416 Walnut. 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. “Fibers & Feathers” Art Exhibit.
- Mount Marty College Basketball versus Concordia College @ Cimpl Arena on the Mount Marty Campus.
 - Men @ 2:00pm. Women @ 4:00pm. (admittance fee applies)
- Yankton High School Boys Basketball versus Pierre @ SAC Main Gym
 - JV @ 4:00pm, 10th grade @ 5:45pm, Varsity @ 7:30pm (admittance fee applies).
- Lewis & Clark Theater Company Theatrical Gala. Fund-Raiser.
 - 6:00pm @ Minerva’s Convention Center. (ticket needed for admission)

Sunday, February 17

- Yankton Miracle Hockey versus Brookings @ the Kiwanis 4-H Ice Center.
 - Boys Bantam @ 9:00am. (admittance fee applies).
 - Boys JV @ 11:00am. (admittance fee applies).
- Avera Sacred Heart Wellness Center. \$1 day passes. For more info 668-8357.
 - FITNESS CLASS: 2:00pm Zumba with Cindy.
- Summit Activities Center- \$1 day passes to promote “Get Up & Play Weekend.” For more info 668-5234.
 - 1:00pm – 5:00pm. Open Swim.
 - 6:30pm – 8:30pm. Open Swim.
- Yankton Library Healthy Display & materials to check-out. 515 Walnut Street. 668-5275.
 - 1:00pm – 5:00pm. Display of exercise DVD’s and books related to healthy lifestyles.
- 5K Snow Scurry at Riverside Park shelter #3.
 - 2:00pm – 3:00pm. FREE 5K run or walk. The course will utilize the trail in Riverside Park and the Meridian Bridge.
- 18 hole Disc Golf. Memorial Park.
 - 3:00pm – 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.

Monday, February 18 Presidents Day Holiday – No School

- Avera Sacred Heart Wellness Center \$1 day passes. For more info 668-8357.
 - FITNESS CLASSES: 8:30am Senior Toning
 - 9:30am Water Aerobics
 - 11:15am Senior Toning in the Benedictine Center
 - 12:15pm Power Toning with Laura
 - 1:00pm 15 Minute Abs with Laura
 - 4:00pm Sculpt and Tone with Jessica
 - 5:10pm All Levels Yoga with Gloria in the Benedictine Center
 - 5:15pm Water Aerobics with Michelle
 - 5:15pm Body Sculpting with Leann
- Summit Activities Center- \$1 day passes to promote “Get Up & Play Weekend.” For more info 668-5234.
 - FITNESS CLASSES: 6:00am Boot Camp
 - 8:30am Water Aerobics
 - 9:30am Water Exercise
 - 11:00am Prime Time for Seniors
 - 12:00pm Water Aerobics
 - 12:10pm Yoga
 - 4:30pm Zumbatomic for 4-12 Year Olds
 - 5:15pm Workout Express
 - 5:30pm Water Aerobics
 - 6:00pm TNT “Tighten N Tone”
 - 6:45pm Zumba.
 - 1:00pm – 4:00pm. FREE Optimist Swim & Gym for youth.
 - 6:30pm – 8:30pm. Open Swim.
 - Youth Weight/Fitness Equipment Demonstration. In the SAC Strength Training Area. FREE.
7:00pm. Check-in @ the SAC reception desk prior to 7:00pm.
- Yankton Library Display & Materials to check-out. 515 Walnut Street. 668-5275.
 - 9:00am – 8:00pm. Display of exercise DVD’s and books related to healthy lifestyles.
 - 2:00pm – 4:00pm. Wii sports games for all ages.
- The Center. 900 Whiting Drive. 665-4685.
 - 9:30am. FREE Line Dancing.
 - 10:00am. – 3:00pm. Quilting.
 - 11:00am. FREE Exercise Class.
 - 11:30am. Lunch. (fee applies).
 - 12:45pm. Pinochle & Whist.
 - 1:00pm. Cribbage.
- NFAA Easton Yankton Archery Complex. 800 Archery Lane. For more info 260-9279. www.yanktonarcherycomplex.org
 - 10:00am – Noon. FREE archery lessons with equipment provided.
Lessons begin 10:00am, 10:30am, 11:00am, 11:30am.
 - 3:45pm – 4:30pm FREE Zumba Gold fitness class.
 - 5:30pm – 6:30pm. FREE Zumba fitness class.
- Yankton’s Woman of Distinction Luncheon. Chamber of Commerce community event. 665-3636.
 - 11:30am. Roncalli Center Dining Room @ Mount Marty Campus. (ticket needed for admission).
- Fox Run Golf Course Golf Simulator Promotion. 600 West 27th Street. 668-5205.
 - 9:00am – 5:00pm. Closest to the Pin Contest on the 7th hole at Pebble Beach.
\$1/shot, five shots for \$4, or ten shots for \$7. The three closes shots at the end of the day will win FREE simulator time. 1st place wins four hours. 2nd place wins three hours. 3rd place wins 1 hour. No one wins more than once.
Use your own clubs or the club house can provide clubs. Winners will be announced on the City’s Fox Run website on Tuesday, February 19. <http://www.cityofyankton.org/recreation/golf/simulator.php>
- 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. “Fibers & Feathers” Art Exhibit.