



## SUMMIT ACTIVITIES CENTER

The Summit Activities Center, located at 1801 Summit Street, is a facility featuring an indoor pool, water slide, two gymnasiums, three multi-purpose rooms, cardiovascular equipment, multi-station weights, free weights, and locker facilities. The facility also offers a complete schedule of fitness classes. Adult sports leagues include volleyball, co-ed dodgeball, basketball and co-ed softball. For detailed calendars of leagues, programs, and events, please visit the City website: [www.cityofyankton.org](http://www.cityofyankton.org).

## WEIGHT & FITNESS

Two lanes for walking, jogging, and running encompass our entire upstairs facility as you enjoy a climate controlled run or walk. Fourteen times around the track equals one mile. Visit our weight and fitness room and discover a large selection of cardiovascular equipment including; stepers, rowing machines, stationary bicycles, treadmills, elliptical machines, and Adaptive Motion Trainers (AMT). Choose from a complete inventory of free weights, dumbbells, exercise stations and selectorized weights to meet every fitness goal. Staff is available during evening hours and throughout the day on weekends for supervision and assistance with equipment.

## COURTS

Two gymnasiums are available at the Summit. The main gym has 3 courts and will seat 3,400 spectators for sporting events. The auxiliary gym also has 3 courts and is available for open gym or one of the many recreation leagues that the City provides.



## POOL

If it's water activities that you are interested in then plan to visit our zero-depth, 218,000 gallon, 7-lane pool with a 134 foot water slide and fountain. Open swim times are available along with water aerobics, Red Cross Swim Lessons and adult lap swimming. Whether taking a class, splashing around for fun, or swimming in the lap lanes, visitors will have a great time in our pool.

## FITNESS CLASSES

The Summit Activities Center offers a full schedule of fitness classes for SAC members and daily pass facility users of all ages. Fitness classes include Water Aerobics, Yoga, Workout Express, Early Bird Boot Camp, Zumba, Zumbatomic, T.N.T, Prime Time for Seniors, and more.

## ADULT AND YOUTH WEIGHT AND FITNESS EQUIPMENT DEMONSTRATIONS

The Summit Activities Center offers free, monthly demonstrations on all weight and fitness equipment. The demonstrations

will be conducted by weight and fitness staff and is open to all SAC members. Upon completion of the demonstration, youth members, age 12-14, will be allowed to use the weight and fitness area. For more information on the Summit Activities Center and rates visit, 1801 Summit Street, [www.cityofyankton.org](http://www.cityofyankton.org) or call 668-5234.

## HOURS OF OPERATION

### Summer Hours

(start May 18, 2013):

Monday-Friday	5:00 a.m. - 9:00 p.m.
Saturday	8:00 a.m. - 5:00 p.m.
Sunday	12:00 p.m. - 6:00 p.m.

### Fall & Winter Hours

(start September 3, 2013):

Monday-Friday	5:00 a.m. - 10:00 p.m.
Saturday	8:00 a.m. - 9:00 p.m.
Sunday	12:00 p.m. - 9:00 p.m.