

TRACK AND FIELD

This program is designed for boys and girls ages 7 and up who are interested in the sport of track and field. Participants will experience all events through various drills consisting of running, throwing, and jumping. Individuals that participate in the Hershey Track Meet are encouraged to sign up! In the case of inclement weather, class will be cancelled.

SESSION I (June 3-June 26)
DAY: Monday & Wednesday
LOCATION: Yankton High School Track
FEE: \$20.00 plus tax
TIME: 9:00-10:15 a.m. (1165)
AGES: 7-18 years old

YANKTON HERSHEY TRACK MEET

DATE: Friday, June 14, 2013
TIME: 10:00 a.m.
LOCATION: Yankton High School Track
Participants must register prior to the event. Registration forms will be available at the Summit Activities Center.
The State Hershey Games will be held on Saturday, June 22, 2013 in Spearfish, SD.

GYMNASTICS

This instructional gymnastics program is offered for both boys and girls. Participants may sign up for both sessions if there are openings. Instructors may move participants to different classes due to skill levels. Class size is limited to 12.

☼ Intermediate/Advanced Class - for individuals who have participated in gymnastics for a minimum of three years.

★ Advanced Beginners Class - for individuals who have participated in gymnastics for a minimum of two years.

⊕ Tumbling Tykes participants must be potty-trained.

SESSION I (June 4-June 27)
DAY: Tuesday & Thursday
LOCATION: Summit Activities Center (Gymnastics Area)
FEE: \$22.00 plus tax
TIME: 9:00 - 9:50 a.m. (1077)
Beginners, 8-10 years

10:00 -10:50 a.m. (1075)
Beginners, 5-7 years

11:00 - 11:50 p.m. (1074)
★ Advanced Beginners

1:00 - 1:50 p.m. (1078)
☼ Intermediate/Advanced

2:00 - 2:50 p.m. (1076)
Beginners, 5-7 years

3:00 - 3:40 p.m. (1079)
⊕ Tumbling Tykes, 3-4 years
3-18 years old

AGES:

SESSION II (July 9-August 1)
DAYS: Tuesday & Thursday
LOCATION: Summit Activities Center (Gymnastics Area)
FEE: \$22.00 plus tax
TIME: 9:00 - 9:40 a.m. (1202)
⊕ Tumbling Tykes, 3-4 years

10:00 -10:50 a.m. (1198)
Beginners, 5-7 years

11:00 -11:50 a.m. (1200)
Beginners, 8-10 years

1:00 - 1:50 p.m. (1201)
☼ Intermediate/Advanced

2:00 - 2:50 p.m. (1197)
★ Advanced Beginners

3:00 - 3:50 p.m. (1199)
Beginners, 5-7 years
AGES: 3-18 years old

GOLF

⊕ THE FIRST TEE PROGRAM: Pee Wees

Participants will learn course etiquette and rules, putting, chipping, pitching, full swing, tee shot, and other basic fundamentals of golf. All Pee Wee Golfers will receive a participant gift, \$1 range tokens during First Tee Program, and FREE golf on Monday's during First Tee Program (must tee off prior to 2:00 p.m.). Golfers are asked to bring their own clubs. However, clubs can be provided at no cost. Please make sure to note this request on the registration form. If registering online, please check "yes" or "no" to indicate if your golfer will bring his/her own clubs. Golfers bringing their own clubs are encouraged to label each club with a first and last name, so as to minimize lost and/or misplaced clubs. **The child must be accompanied on the course by an adult.**

DAY: Thursday
(June 6, 13, 20, 27)
TIMES: 10:00 - 11:00 a.m. (1260)
LOCATION: Fox Run Golf Course
FEE: \$32 plus tax
CLASS SIZE: 30 per session
AGES: 4 - 6 years old

THE FIRST TEE PROGRAM OVERVIEW

The First Tee of South Dakota improves the lives of young people by providing educational programs and learning environments that promote character development and positive values through the game of golf.

The First Tee Life Skills experience, teaches participants valuable lessons about the importance of maintaining a positive attitude; how to make decisions by thinking about the possible consequences and how to define and set goals from the golf course to everyday life. Participants learn about themselves and others through a range of experiences enhancing their golf skills as well as their fundamental values for life. As their opportunities on the golf course expand, so do the opportunities for their futures. All participants receive a t-shirt, yardage books & bag tags, \$1 range tokens for entire golf season, and FREE golf on Monday's during First Tee Program (must tee off prior to 2:00 p.m.). Their progress can be observed as they advance through The First Tee certification levels of Player, Par, Birdie, Eagle and Ace. At each certification level participants are introduced to new golf skills and life skills. Life skills such as: meet & greet, personal par, dreams, goals, building a go-to-team, and appreciating diversity.

The First Tee provides tremendous opportunities for young people to achieve success both in golf and in life, so we encourage all junior golfers to participate in the certification process. More information will be given to parents prior to the first class and you can learn more about The First Tee Life Skills Experience at www.thefirst-tee.org or our chapter website www.thefirst-teesouthdakota.org.

Golfers are asked to bring their own clubs. However, clubs can be provided at no cost. Please make sure to note this request on the registration form. If registering online, please check "yes" or "no" to indicate if your golfer will bring his/her own clubs. Golfers bringing their own clubs are encouraged to label each club with a first and last name, so as to minimize lost and/or misplaced clubs. Please provide t-shirt size and contact information when registering.

THE FIRST TEE PROGRAM: PLAYer Level

DAY: Wednesday
(June 5, 12, 19, 26,
(no session on July 3rd),
July 10, 17, 24)
TIME: 8:00-9:30 a.m. (1261)
9:45-11:15 a.m. (1262)
DAY: Thursday
June 6, 13, 20, 27,
(no session on July 4th),
July 11, 18, 25)
TIME: 11:45 a.m.-1:15 p.m. (1263)