

NOVEMBER NEWSLETTER

2016



www.siouxfalls.org/parks • 605-367-8222

Important Dates:

November 11—Community centers and Park Offices closed for Veterans' Day.

November 23—Community centers open 8 a.m.–5 p.m. Open gym 1–5 p.m. No evening open gym or leagues.

November 24—Community centers, Midco® Aquatic Center, and Park Offices closed for Thanksgiving.

November 25—Community centers open 8 a.m.–5 p.m. Open gym 1–5 p.m. No evening open gym or leagues.

December 19–23—Community centers open 8 a.m.–5 p.m. No weekday open gym/game room programs.

December 24—Midco® Aquatic Center closes at 12 noon.

December 24–26—Community centers and Park Offices closed for holiday break.

December 25—Midco® Aquatic Center closed.

December 27–30—Community centers open 8 a.m.–5 p.m. Open gym 1–5 p.m. No evening open gym or leagues.

January 1—Midco® Aquatic Center closed for New Year's Day.

January 1–2—Community centers and Park Offices closed for New Year's.

If an ADA accommodation is needed, please contact the Human Relations Office at 367-8745 or humanrelations@siouxfalls.org at least 5 business days before the event.



Flick and Float Events

Looking for a fun afternoon? Join us for a floating good time watching a movie in the 50 Meter Pool. There will be inflatables available for you to use while watching this flick! Whoever thought an afternoon watching a favorite movie could be so fun! No registration necessary.

Dates: Saturday, November 26 • Sunday, December 18

Time: 2 to 4 p.m.

Location: Midco® Aquatic Center

Fee: Active Swim Pass or Daily Admission

Reindeer Games

The weather outside may be frightful but our party will be so delightful! You're invited to the early holiday celebration! Come join us for some fun holiday games and win some prizes all while jamming to some of your favorite carols! No registration required.

Date: Saturday, December 10

Time: 2 to 4:30 p.m.

Location: Midco® Aquatic Center

Fee: Active Swim Pass or Daily Admission

Fun and Fit Day

Ride, run, jump, and jam! Toddlers participate in fitness-related activities, all while having fun! Children must be supervised by an individual 16 years of age or older at a ratio of no more than 5 children per 1 supervising adult. FREE. No registration required.

Date: Friday, December 2

Time: 10 a.m.–12 noon

Location: Morningside C.C.

SIOUX FALLS PARKS & RECREATION 100 East Sixth Street, Sioux Falls, SD 57104

Kenny Anderson Community Center: 978-6924 • 3701 East Third Street

Morningside Community Center: 978-6930 • 2400 South Bahnson Avenue

Kuehn Community Center: 978-6926 • 2801 South Valley View Road

Oyate Community Center: 978-6932 • 2421 West 15th Street

MariCar Community Center: 978-6928 • 400 North Valley View Road

Walking Program

Walking is one of the best ways to stay healthy! Pedometers are available for checkout so you can log your daily progress. We will help track your miles each week and award incentives when you reach the 100 and 200 mile markers! Walking has many benefits for your health, and we want to reward you for healthy behavior. FREE.

Dates: Monday–Friday, ongoing through December 16

Time: 8–10 a.m.

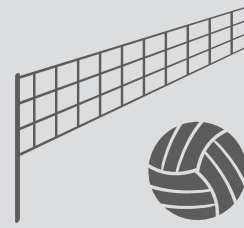
Location: Kenny Anderson C.C.
Kuehn C.C.
Morningside C.C.



Coming Soon:
**Ice Rinks
Opening**
Mid-December

Now Hiring Skate Guards

for our outdoor
skating rinks.
Apply today at
siouxfalls.org/parks



Upcoming Tournaments

To sign up for tournaments, visit register.siouxfallspark.org and search the title or stop in the Park Office at 100 East Sixth Street from 8 a.m.–5 p.m. Monday through Friday. Call 367-8222 with any questions.

Winter Adult Kickball

Join us for a weekend kickball tournament in the snow! A little cold weather won't ruin the fun. You will feel like a big leaguer as this tournament will be played in prime-time, under the lights. T-shirts will be awarded to the top two finishing teams.

Date: Saturday, November 19

Time: 3–7 p.m.

Location: Sherman Park

Fee: \$25 per team

Registration Deadline: Registration and payment due by 5 p.m. on Monday, November 14.

Early Bird 6-on-6 Volleyball Men's and Women's Tournament

This tournament is pool play with single elimination. Three divisions for men and women—Elite, A Power, and B Power. All teams can play 4-on-4 if desired, but 6-on-6 rules will apply. There must be at least four teams in each pool.

Date: Saturday, December 3

Time: 9 a.m.

Locations: MariCar C.C.
Morningside C.C.

Fee: \$60 per team

Registration/Payment Deadline: Deadline is 5 p.m., Friday, November 18.

Adult Frosty Frolics Coed Volleyball Tournament

Tourney has three 6-on-6 divisions—Elite, A Power, and B power. Pool play followed by a single elimination tournament.

Date: Saturday, January 21

Time: 9 a.m.

Locations: MariCar C.C. and/or
Morningside C.C.

Fee: \$60 per team

Registration/Payment Deadline: Deadline is 5 p.m., Friday, January 6.

Featured Adult Classes

To register and pay online, go to register.siouxfallspark.org and type in the activity number listed below the class title. Registration closes five business days in advance, unless otherwise noted.

Simple Cooking with Heart at MariCar C.C.

#210022

Cooking at home can be a daunting task, but a rewarding one for your diet and lifestyle (and your wallet). Making small changes in your diet is important to your heart health. If you're ready to start cooking at home, this 45-minute cooking demonstration from the American Heart Association will give you the basics you need to make low-cost, heart-healthy meals. Each session will feature a different set of affordable and healthy recipes to give you the basic skills and techniques to get started and inspired, and to have fun! FREE. Registration required.

Date: Wednesday, November 16

Time: 6:30–7:30 p.m.

Cardio Burst at Midco® Aquatic Center

#920022

50 Meter Pool

This unique class is designed for lunch-hour workouts. This is a high-intensity aerobic workout that will utilize the 50 Meter Pool. The 45 minutes of instruction will vary with the purpose of keeping you on your toes and focused on the 45 minutes of cardio burn!

Dates: Mondays, Wednesdays, Fridays
November 28–December 19

Time: 12 noon–12:45 p.m.

Fee: \$45 for series

Stay Strong: Functional Fitness at Midco® Aquatic Center

#920020

This 60-minute Warm Water Pool class is designed to assist you in improving your strength and cardiovascular health. This light-to-moderate intensity class format combines body resistance and water exercise equipment with light-to-moderate aerobic exercise. During the 60 minutes of instruction, class participants will strengthen their major muscle groups and improve cardiovascular function.

Dates: Mondays, Wednesdays, Fridays
November 28–December 19

Time: 10–11 a.m.

Fee: \$45 for series

Register now for Certification Course.

Lifeguard at the Midco® Aquatic Center or outdoor facilities.

MidcoAquaticCenter.org/Employment

Ladies Boot Camp at MariCar C.C.

#250005

Need an intense 60 minute workout to fit into your busy day? This is just the class for you, combining cardio, weights, and core strengthening. Please bring a water bottle and mat to class.

Dates: Tuesdays, November 29–December 20

Time: 6:45–7:45 p.m.

Fee: \$20 for series

Bean Bag Board Assembly at MariCar C.C.

#210028

What would make a better gift than a set of wooden bean-bag boards? If you are tired of playing on those cheap plastic sets that you find at the store, then join us as we put together your own set of bean bag boards. Bean bags not included. Class cost includes all supplies.

Date: Saturday, December 10

Time: 2–4 p.m.

Fee: \$35 per person



Give a Sioux Falls Parks and Recreation Gift Card!

Give the gift of fun! Sioux Falls Parks and Recreation gift cards are available for purchase in the amount of your choice (\$5 minimum) at the Parks and Recreation Office (100 East Sixth Street) Monday through Friday, 8 a.m. to 5 p.m.

Gift cards can be used to purchase a swim pass, registration for fitness classes, or choose from a wide array of fun activities offered through SFPR. For more information, call 367-8222.

Featured Classes

To register online, visit <http://register.siouxfallspark.org>. Search for the desired class by number/name or by scrolling through all of the Parks and Recreation listings. Once you find a class/program you wish to attend, click on the plus sign to the left of the class and then click "add to cart." Registration closes five business days in advance, unless otherwise noted.

TODDLERS

Holiday Hoopla

#231022

Get your little tikes in the holiday spirit with Holiday Hoopla. During these classes, your child will have the opportunity to partake in games and complete a holiday craft to take home to celebrate the seasons.

Dates: Thursday, November 17 or Thursday, December 15

Times: 10:30–11:30 a.m. or 6–7 p.m.

Location: Kuehn C.C. **Fee:** \$5 per person per class

PRESCHOOLERS

Animals Prepare for Winter

#272020

Do you know how many times a bear's heart will beat during winter hibernation? Come learn how bears and other animals prepare for the long winter days. Participants will make a bird-feeder craft and go for a short nature hike.

Date: Tuesday, November 15 **Time:** 10–10:45 a.m.

Location: MariCar C.C. **Fee:** \$5 per child

Ninjas in Training

#232026

Unleash your inner ninja during this high-activity class. Learn the tricks to being a stealthy ninja as you run, jump, and kick your way through this class.

Date: Saturday, November 19 **Time:** 1–2 p.m.

Location: Kuehn C.C. **Fee:** \$5 per person

EARLY GRADE SCHOOLERS

Fly Birds Fly!

#233023

The mean birds are back! We will create our very own game by building different levels to demolish, using teamwork and hand-eye coordination. Come with your best aim and make the birds fly!

Date: Wednesday, November 23 **Times:** 10–11 a.m. or 6–7 p.m.

Location: Oyate C.C. **Fee:** \$5 per person

Bridge-Building Competition

#233024

Put your child's engineering skills to the test. Participants will build their very own bridge and then put it to the test to see what conditions the bridge can handle.

Date: Saturday, December 10 **Time:** 1–3 p.m.

Location: Kuehn C.C. **Fee:** \$10 per person

FAMILIES

Snowshoe Stroll

#275024

Did you know that the first snowshoes were used over four thousand years ago? Today, snowshoeing is a great way to be active outdoors during the winter season. Join a knowledgeable instructor to learn snowshoeing fundamentals and partake in a guided snowshoe hike. Warm up with hot cocoa post-hike in the warming house. Participants should meet in the lower Tuthill parking lot. Equipment provided.

Date: Saturday, December 10 **Time:** 10 a.m.–12 noon

Location: Tuthill Park **Fee:** \$10 per family

Weekday Morning

Play Groups

Play Groups are specifically for kids and their caregivers. Gather your friends at our "house" to play and not get your house messy. Our play groups are open for kids from infant age to prekindergarten age. We will provide the equipment and toys. Parents/adults provide the supervision. Not intended for child care centers or in-home care providers. FREE.

Dates: Mondays, Wednesdays, Fridays—Ongoing through Dec. 16

Time: 10 a.m.–12 noon

Location: Morningside C.C.

Dates: Tuesdays, Thursdays—
Ongoing through Dec. 15

Time: 10 a.m.–12 noon

Location: Kuehn C.C.

Special Play Group

Activities

Playdough Fun Participants will have fun making and playing with Playdough. FREE.

Dates: Thursday, Nov. 17

Time: 10:30 a.m.

Location: Kuehn C.C.

Dates: Friday, Nov. 18

Time: 10:30 a.m.

Location: Morningside C.C.

Wintertime Story Participants will enjoy a wintertime story. FREE.

Dates: Tuesday, Dec. 13

Time: 10:30 a.m.

Location: Kuehn C.C.

Dates: Wednesday, Dec. 14

Time: 10:30 a.m.

Location: Morningside C.C.

Online Calendar

Did you know that Sioux Falls Parks and Recreation offers an online calendar? This is an easy way to keep up on what is happening throughout the park system year-round.

www.siouxfalls.org/parks-calendar.

If an ADA accommodation is needed, please contact the Human Relations Office at 605-367-8745 or humanrelations@siouxfalls.org at least 5 business days before the event.