MISSION VISION VALUES

**Mission:** To enhance the quality of life by providing safe and enjoyable experiences through people, programs, places, and partnerships.

**Vision:** To provide a comprehensive mix of high-quality parks and recreation programs, facilities, and services that contribute to a quality of life that is unparalleled in the region.

**Core Values:** Sioux Falls Parks & Recreation is committed to this set of Core Values. These are our highest priorities, deeply held beliefs, and core fundamental driving forces. Adopting these values guides us in sustaining a thriving parks and recreation system for our community.

- Engagement—We promote a culture of interactive participation and authentic, respectful communication.
- Collaboration—We believe in cultivating partnerships to maximize the quality of the parks and recreation system.
- Resilience—We accomplish our goals by developing a resilient, committed workforce that can adapt and thrive.
- Continuous Improvement—We focus on innovation to continuously improve our programs, facilities and services.
- Excellence—We are passionate about the delivery of exceptional experiences in every aspect of our work to fulfill our mission and vision.

CAPRA accreditation is a distinguished mark of excellence for park and recreation agencies and is a measure of an agency’s overall quality of operation, management, and service to the community. The National Recreation and Park Association research team estimates that there are approximately 14,000 parks and recreation agencies nationwide, of which 1 percent have earned national accreditation. Sioux Falls Parks and Recreation is proud to be one of these elite agencies since 2010.

MAYOR AND COUNCIL MEMBERS

Mayor Paul TenHaken
Janet Brekke
Christine M. Erickson
Alex Jensen
Rick Kiley
Greg Neitzert
Marshall Selberg
Curt Soehl
Pat Starr

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PARKS AND RECREATION ADMINISTRATION

Don Kearney, Director
Kelby Mieras, Operations Manager
Jackie Nelson, Administrative Manager
Tory Miedema, Park Development Specialist
Mike Patten, Park Development Specialist

Photos taken at classes and during programs may be used by Sioux Falls Parks and Recreation for promotional purposes.

We strive to produce the most accurate, up-to-date Fun Guide possible. However, some program information may have changed since this guide was posted. If an ADA accommodation is needed, please contact the Human Relations office at 605-367-8745 or humanrelations@siouxfalls.org at least five business days in advance of event.
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TO REGISTER FOR CLASSES AND ACTIVITIES, VISIT
http://register.siouxfallsparks.org
REGISTRATION CLOSES FIVE BUSINESS DAYS IN ADVANCE, UNLESS OTHERWISE NOTED.
SEASON PASSES AVAILABLE!

YEAR-ROUND ACTIVITIES
FITNESS CLASSES

SANFORD HEALTH 50 M POOL

WARM WATER POOL

RECREATION POOL

SPLASH PAD/OUTDOOR SUNDECK

CONCESSIONS: STENSLAND FAMILY FARMS

SPECIAL EVENTS
SWIM LESSONS

LOCKERS & CHANGING ROOMS

MEETING/PARTY ROOMS

MEZZANINE

1601 S Western Ave, Sioux Falls, SD 57105	/midco.aquatic	/@midcoaquatic	605-367-7665

www.siouxfalls.org/parks
PARKS & RECREATION OFFICE
231 NORTH DAKOTA AVENUE | 605-367-8222
WWW.SIOUXFALLS.ORG/PARKS

HOURS
Monday–Friday  8 a.m.–5 p.m.

COMMUNITY CENTERS
WWW.SIOUXFALLS.ORG/COMMUNITY-CENTERS

KENNY ANDERSON COMMUNITY CENTER | 605-978-6924
3701 East Third Street, Sioux Falls, SD 57103

KUEHN COMMUNITY CENTER | 605-978-6926
2801 South Valley View Road, Sioux Falls, SD 57106

MARICAR COMMUNITY CENTER | 605-978-6928
400 North Valley View Road, Sioux Falls, SD 57107

MORNINGSIDE COMMUNITY CENTER | 605-978-6930
2400 South Bahnson Avenue, Sioux Falls, SD 57103

OYATE COMMUNITY CENTER | 605-978-6932
2421 West 15th Street, Sioux Falls, SD 57104
Call specific center for meeting room reservations and/or court rentals.

MIDCO® AQUATIC CENTER
1601 SOUTH WESTERN AVENUE | 605-367-7665
WWW.MIDCOAQUATICCENTER.ORG

HOURS (MAY BE SUBJECT TO CHANGE)
Monday–Friday  5:30 a.m.–8 p.m.
Saturday      7 a.m.–6 p.m.
Sunday        12 noon–5 p.m.

DAILY ADMISSION RATES
Under 2      FREE
Ages 2–17    $5
Ages 18–54   $6
Ages 55+     $5

HIRING LIFEGUARDS
APPLY NOW AT SIOUXFALLS.ORG

- MUST BE AT LEAST 15 YEARS OLD TO APPLY
- FLEXIBLE SCHEDULING
- FUN & DYNAMIC WORK ENVIRONMENT
- WORK WHERE YOU PLAY AND JOIN US!
TODDLER/PRESCHOOLER
AGES 2–5

PLAYGROUP PROGRAM
#612000
AGES: 2–6
Gather your friends at our “house” to play, create, and socialize. Our playgroups are open for kids from infant age to prekindergarten age. We will provide the equipment and toys while parents and adults provide the supervision. Not intended for childcare centers or in-home care providers. A 5-to-1 ratio of children to adults must be observed. No registration required.
SEP 21–DEC 30 | MON, WED, FRI | 10 A.M.–12 NOON | MORNINGSIDE C.C. | FREE
SEP 22–DEC 31 | TUE, THU | 10 A.M.–12 NOON | KUEHN C.C. | FREE

CRAFT TIME AT PLAYGROUP
#612001
Once a month, we will be adding a little extra to our playgroup times. In addition to playing and burning some energy, your child will have the opportunity to put together a fun craft. The same craft will be made each month at Kuehn and Morningside Community Centers. Crafts are free while supplies last. No registration required.
OCTOBER—HALLOWEEN CRAFT
OCT 26 | MON | 10:30 A.M. | MORNINGSIDE C.C. | FREE
OCT 27 | TUE | 10:30 A.M. | KUEHN C.C. | FREE

NINJA WARRIORS TRAINING
KUEHN C.C. | #232026
AGES: 4–5
Unleash your inner ninja during this high-energy activity class. Learn the tricks to being a stealthy ninja as you run, jump, and kick your way through this class. Registration required.
SEP 10 | THU | 6–7 P.M. | $5 PER CHILD
OCT 15 | THU | 6–7 P.M. | $5 PER CHILD

MOM & ME FALL CANVAS PAINTING
MORNINGSIDE C.C. | #215006
AGES: 2–5
Using paints and a canvas, children will create a different piece of art each month that will look beautiful on your wall and will be a great piece of memorabilia for years to come. During this class, children will have the opportunity to increase their creativity and motor skills. Paint and other supplies will be used in this class, so dress for possible spills. Each month’s creation will be based on the season. Registration required.
SEP 19 | SAT | 10–11 A.M. | $5 PER CHILD
OCT 17 | SAT | 10–11 A.M. | $5 PER CHILD
NOV 21 | SAT | 10–11 A.M. | $5 PER CHILD

LOOKING TO MEET OTHER MOMS OR NEED A KIDS PLAY DATE?
www.siouxfalls.org/playgroup

LOOKING FOR A FUN BIRTHDAY PARTY IDEA?
FOR MORE INFORMATION ON PARTY PACKAGES AT THE MIDCO® AQUATIC CENTER, VISIT
www.midcoaquaticcenter.org/party-rental

www.siouxfalls.org/parks
TODDLER SPORTS
#231023 REGISTER
AGES: 2–3
Enjoy a fun-filled hour learning and playing basketball, soccer, and T-ball. Your little one will work on developing key motor and teamwork skills, while having fun! All supplies and equipment needed will be provided. Registration required.
SEP 29 | TUE | 6:30–7:30 P.M. | KENNY ANDERSON C.C. | $5 PER CHILD
OCT 6 | TUE | 6:30–7:30 P.M. | MARICAR C.C. | $5 PER CHILD

WILDLIFE WONDERS
ARROWHEAD PARK | #272047  REGISTER
AGES: 2–5
Variety is the spice of life in this fun-filled class for 2–5-year-olds and their parents. Wildlife-themed crafts, games, and painting will keep you and your child busy. Parents will help their child to develop social and motor skills while expressing their creative ability. Please dress in mess-friendly clothes. Parent participation required. Registration required.
OCT 11 | SUN | 1-2 P.M. | $5 PER CHILD
NOV 15 | SUN | 1-2 P.M. | $5 PER CHILD

TODDLER GYM
#291021  REGISTER
AGES: 2–3
These classes will introduce your child to basic movement skills and encourage them to work on hand-eye coordination and spatial awareness. Each session will focus on different skills using parachutes, balls, and riding toys encouraging your little one to engage with other participants of the same age. Registration required.
OCT 5 | MON | 6-7 P.M. | MORNINGSIDE C.C. | $5 PER CHILD
OCT 19 | MON | 6-7 P.M. | KUEHN C.C. | $5 PER CHILD
NOV 7 | SAT | 10-11 A.M. | KUEHN C.C. | $5 PER CHILD
NOV 14 | SAT | 10-11 A.M. | MORNINGSIDE C.C. | $5 PER CHILD

COLORS OF FALL
LEGACY PARK | #270002  REGISTER
AGES: 2–5
Take a hike on the trail at Legacy Park searching high and low for all the colors of nature this fall season. Little ones and their parents will learn about nature together through stories, a nature walk, and take home a fall-themed craft. Registration required.
OCT 17 | SAT | 10-11 A.M. | $5 PER PERSON

HALLOWEEN CREATURES CREATION
KUEHN C.C. | #211002  REGISTER
AGES: 2–3
Excited for Halloween? So are we! Join us at Kuehn Community Center for this fun afternoon of building a creature-filled poster to show off during Halloween. All the supplies will be provided. Just bring your energy and imagination, and see what Halloween creatures come home with you. Registration required.
OCT 27 | TUE | 6-7 P.M. | $5 PER CHILD

FUN AND FIT DAY
KUEHN C.C. | #211006  REGISTER
AGES: 2–6
Ride, run, jump, and jam! Join SFPR and participate in fitness-related activities, all while having fun! Children must be supervised by an individual 16 years of age or older. A 5-to-1 ratio of children to adults must be observed. No registration required.
NOV 14 | SAT | 10-12 NOON | FREE
YOUTH

AGES 6–12

KIDS’ CROSS-COUNTRY MEETS
MORNINGSIDE PARK | #163003
AGES: 4–14
The Sioux Falls Area Running Club and Runner’s Block, along with SFPR, are hosting three kids’ cross-country meets this fall. The three-race cross-country series is for children, kindergarten through 6th grade. Registration begins at 4 p.m. With races beginning at 4:30 p.m.

SEP 2 | WED | 4 P.M. | FREE
SEP 9 | WED | 4 P.M. | FREE
SEP 16 | WED | 4 P.M. | FREE

FLOOR HOCKEY
OYATE C.C. | #293002
AGES: 6–9
Floor hockey is played indoors using plastic sticks, a plastic puck, and tennis shoes. With no contact or ice, children will learn the basics of hockey wearing their own two shoes! Registration required.

SEP 15 | TUE | 6–7 P.M. | $5 PER CHILD

YOUTH KICKBALL
JEFFERSON PARK SOFTBALL DIAMOND | #294004
AGES: 6–12
Lace up your shoes one last time and head to the fields for this one-day pickup kickball game. You will have a ball as you kick for the fences! No team necessary, as Parks and Recreation Staff will place participants onto teams for this pickup game format! Participants must wear closed toed shoes, no cleats. Registration required.

OCT 3 | SAT | 10–11:30 A.M. | FREE

INDOOR ARCHERY
#275025
AGES: 6–12
Come join South Dakota Game, Fish and Parks and Sioux Falls Parks and Recreation as we learn all the basics of archery while using compound bows. From proper technique and stance, to fun shooting challenges, the whole family will enjoy a night of indoor shooting fun together! Registration required.

OCT 7 | WED | 6:30–7:30 P.M. | MORNINGSIDE C.C. | FREE
OCT 14 | WED | 6:30–7:30 P.M. | KUEHN C.C. | FREE

YOUTH FUTSAL
#294007
KENNY ANDERSON C.C.
AGES: 6–9
Futsal is a fast-paced version of soccer with a couple of twists. One of the major differences is that Futsal is played indoors. The game is played 5 vs. 5 rather than a traditional 11 vs. 11 soccer match, giving everyone plenty of playing time to make a difference! Futsal also utilizes a special weighted indoor ball to ensure maximum control. Join us for some fun! Do not worry about teams, Parks and Recreation staff will help build the teams.

OCT 17 | SAT | 10–11 A.M. | $5 PER CHILD

YOUTH WHIRLYBALL
KENNY ANDERSON C.C. | #294006
AGES: 6–9
Ever wonder what you get when you mix lacrosse with driveable scooters? Well, we have the modified version of it for you that will prove to be a blast! Parks and Recreation staff will divide participants up into two teams of up to five players. Players use scoops to try to toss a ball through elevated backboards at opposite ends of an enclosed court all while driving indoor scooters! Registration required.

OCT 8 | THU | 6:30–7:30 P.M. | $5 PER CHILD

PUMPKIN CARVING CLASS
#215446
LOVE CARVING PUMPKINS BUT NOT THE MESS? TRY ON YOUR COSTUME AND COME CARVE YOUR VERY OWN MASTERPIECE JUST IN TIME FOR HALLOWEEN! YOU WILL HAVE A SPOOKTACULAR TIME AS YOU CREATE THE BEST PUMPKIN THAT WILL HAVE ALL OF THE OTHER TRICK-OR-TREATERS TALKING. PUMPKINS WILL BE PROVIDED.

OCT 20 | TUE | 6:30–7:30 P.M. | KENNY ANDERSON C.C. | $10 PER PARTICIPANT
OCT 29 | THU | 6–7 P.M. | KUEHN C.C. | $10 PER PARTICIPANT

www.siouxfalls.org/parks
TO REGISTER FOR INDOOR SWIMMING LESSONS, VISIT register.siouxfallsparks.org

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**DOGGIE DIY**  
MORNINGSIDE C.C. | #218011  
AGES: 6–9  
Homemade dog treats are not only enjoyable, simple, and economical to make, they can be very beneficial to your beloved pet’s health. Unlike store-bought treats, you know exactly what your pet is eating when you make your own treats. Participants will create two different doggie treats as well as a dog-themed craft to take home. Registration required.

NOV 12 | THU | 6-7 P.M. | $8 PER PERSON

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**YOUTH PICKLEBALL**  
TERRY REDLIN ELEMENTARY | #294005  
AGES: 6–9  
Pickleball is a fun paddle sport, designed for all ages and skill levels. With simple rules and elements of tennis, badminton, and ping-pong, the game is easy for beginners but quick and competitive for more experienced players. Join us for a Saturday of Pickleball and put your skills to the test in this pickup game format! Registration required.

NOV 14 | SAT | 10-11 A.M. | FREE

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**MARSHMALLOW LAUNCHERS**  
KENNY ANDERSON C.C. | #233021  
AGES: 6–12  
Come and make your own marshmallow launcher and you will have endless fun knocking down turkeys and thanksgiving feasts! We will start by making and decorating a launcher and finish with using your launcher to make the marshmallows fly! Registration required.

NOV 17 | TUE | 6:30-7:30 P.M. | $10 PER CHILD
TEEN/TWEEN

AGES 10–17
MADDEN NFL TOURNAMENT
#223002  REGISTER
AGES: 10–17
Our Madden NFL Tournament is back for another year. Come battle for the title of best Madden NFL player in Sioux Falls and leave with no doubts you gave it all on the field. This tournament will consist of a double-elimination bracket that will crown the best of the best on one of the most popular sport video games of all time. Scheels gift card prize will be awarded to the champion. Registration required.

SEP 4 | FRI | 11 A.M.–1 P.M. | KUEHN C.C. | $5 PER PERSON
SEP 4 | FRI | 2–4 P.M. | OYATE C.C. | $5 PER PERSON

FLAG FOOTBALL
#293001  REGISTER
AGES: 10–14
Are you missing being out on the football field scoring touchdowns with your friends? If so, gather your teammates and come play some flag football! Do not have a team? No sweat; we will find a team for you to join for this “pickup game” format. All are welcome!

SEP 5 | SAT | 10–11 A.M. | MARION PARK | FREE
SEP 10 | THU | 6:30–7:30 P.M. | LINWOOD PARK | FREE

TEEN OPEN MIC NIGHT
MARICAR C.C. | #224001  REGISTER
AGES: 13–18
Calling on teens who sing, dance, rap, write poetry, or play an instrument. Are you in a band or have some other awesome stand-up talent? Here is your chance to showcase your talents. Doors open at 7 p.m., and the show begins at 7:30 p.m. Refreshments will be served. Free and open to the public. Registration required for those wishing to perform.

NOV 13 | FRI | 7–9 P.M. | FREE

TEEN/TWEEN PICKLEBALL
TERRY REDLIN ELEMENTARY | #294008  REGISTER
AGES: 10–17
Pickleball is a fun paddle sport, designed for all ages and skill levels. With simple rules and elements of tennis, badminton, and ping-pong, the game is easy for beginners but quick and competitive for more experienced players. Join us for a Saturday of Pickleball and put your skills to the test in this pickup game format!

NOV 14 | SAT | 11 A.M.–12 NOON | FREE

FOR INFORMATION ABOUT COURT RENTALS, VISIT
www.siouxfalls.org/community-centers

MADDEN NFL TOURNAMENT
SEPTEMBER 4
KUEHN COMMUNITY CENTER
OYATE COMMUNITY CENTER

Champion wins a SHEELS gift card!

Register today!

www.siouxfalls.org/parks
ZUMBA FITNESS
KUEHN C.C. | #250018
AGES: 18+
Zumba is a high-energy dance workout with a party-like atmosphere that does not disappoint. Zumba is proven to produce a large calorie burn without ever feeling like you are working out. Many different styles of music and dance are utilized. All skill levels are welcome. Each class is different. No equipment required, besides tennis shoes, so grab a friend and come join us! Registration required.
SEP 1–NOV 3 | TUE | 6–7 P.M. | $45 PER PERSON

BOGA FIT
MIDCO® AQUATIC CENTER | #960034
AGES: 18+
Float your fitness with the NEW water workout that will challenge core muscles and balance. This mat floats on top of the water and allows you to get a full body workout on an unstable surface. Active wear over your swimwear recommended. Be ready to get wet! Registration required.
SEP 8–OCT 27 | TUE | 5:45–6:30 P.M. | $35 PER SERIES
SEP 12–OCT 31 | SAT | 7:15–8 A.M. | $35 PER SERIES
SEP 13–NOV 1 | SUN | 12:15–1 P.M. | $35 PER SERIES

DEEP WATER AEROBICS
MIDCO® AQUATIC CENTER | #960029
AGES: 18+
Do you enjoy water aerobics? Let us challenge you a step further and take this fitness class into the deep water! This challenging session incorporates high-intensity, nonimpact strength and cardiovascular movements that provide one of the best forms of exercise. Also great on the bones and joints! Participants must be comfortable in deep water. Registration required.
SEP 8–OCT 1 | TUE, THU | 5:45–6:30 A.M. | $35 PER SERIES
OCT 6–OCT 29 | TUE, THU | 5:45–6:30 A.M. | $35 PER SERIES
NOV 3–DEC 1 | TUE, THU | 5:45–6:30 A.M. | $35 PER SERIES
*NO CLASS NOV 26

HYDRORIDERS
MIDCO® AQUATIC CENTER | #960026
AGES: 18+
Spin your wheels in the water! We are talking about cycling on a water bike. This music-driven cardio ride will be sure to challenge you as we incorporate upper body strength training for a total body workout. Water shoes or socks recommended. Registration required.
SEP 9–OCT 2 | WED, FRI | 5:45–6:30 A.M. | $35 PER SERIES
OCT 7–OCT 30 | WED, FRI | 5:45–6:30 A.M. | $35 PER SERIES
NOV 4–DEC 2 | WED, FRI | 5:45–6:30 A.M. | $35 PER SERIES
*NO CLASS NOV 11

BUNCO
MORNINGSIDE C.C. | #233008
AGES: 18+
Bunco is a parlor game played in teams with three dice. When you roll “three of a kind” of the number you are currently rolling, this is a Bunco. Come out and learn how to play this fast-paced dice game. Registration required.
SEP 9 | WED | 6–8 P.M. | FREE
OCT 14 | WED | 6–8 P.M. | FREE
NOV 18 | WED | 6–8 P.M. | FREE
DEC 9 | WED | 6–8 P.M. | FREE
AQUA KICK
MIDCO® AQUATIC CENTER | #960001
AGES: 18+
Submerge yourself into the new intensity of kickboxing in the water. This fun and unique workout combines a variety of kicks, jabs, core exercises, and more! You are sure to sweat, but you do not need to get your hair wet! Registration required.
SEP 11–OCT 30 | FRI | 12 NOON–12:45 P.M. | $35 PER SERIES

WATER AEROBICS
MIDCO® AQUATIC CENTER | #960030
AGES: 18+
Splash into your Monday with a combination of exercises that will work your entire body. Join us in the shallow end for this medium to high intensity workout. You are sure to sweat, but you do not need to get your hair wet! Registration required.
SEP 14–NOV 23 | MON | 5:45–6:30 A.M. | $45 PER SERIES
*NO CLASS OCT 12

AQUA BURST
MIDCO® AQUATIC CENTER | #960044
AGES: 18+
Join us over your lunch hour for this fast-paced cardio workout. We will get your heart rate up as we swim multiple laps with fins and utilize the kickboards for a variety of different exercises. You are sure to sweat, but you do not need to get your hair wet! Registration required.
SEP 16–NOV 4 | WED | 12 NOON–12:45 P.M. | $35 PER SERIES

STAY STRONG: FUNCTIONAL FITNESS
MIDCO® AQUATIC CENTER | #960020
AGES: 18+
This warm water class is designed to assist you in improving your strength and cardiovascular health. The class format combines body resistance and water exercise equipment with light-to-moderate aerobic exercise. During the 45 minutes of instruction, class participants will strengthen their major muscle groups, as well as improve range of motion of all muscles and joints. Improvement of flexibility, balance, and stamina can be expected. The movements of cardio activity are different for every class in order for your body to receive optimal benefit for your physical health! Registration required.
SEP 21–OCT 26 | MON, WED | 9–9:45 A.M. | $45 PER SERIES
*NO CLASS OCT 12
OCT 28–DEC 2 | MON, WED | 9–9:45 A.M. | $45 PER SERIES
*NO CLASS NOV 11

FRISBEE GOLF TOURNAMENT
SPENCER PARK | #290003
AGES: 16+
This invitation goes out to all Frisbee golf lovers, no matter what age and level, this is for everyone. Come test your Frisbee golf skills with us at Spencer Park 9-hole course. Weather dependent. Registration required.
SEP 19 | SAT | 11 A.M.–1 P.M. | FREE

WALKING PROGRAM
MORNINGSIDE C.C. | #610000
AGES: 18+
Morningside Community Center’s walking program is a great way to stay healthy and active in a climate-controlled environment. Lap counters are available so you can log your daily progress. Come for some exercise and socialize along the way! No registration required.
SEP 21–DEC 31 | MON–FRI | 8–10 A.M. | FREE

MOVE IT OR LOSE IT
MIDCO AQUATIC CENTER | #960031
AGES: 18+
This 45-minute warm water class will get you moving! This light-to-moderate intensity class will engage your entire body using the water and equipment for resistance. Registration required.
SEP 22–OCT 22 | TUE, THU | 9–9:45 A.M. | $45 PER SERIES
OCT 27–DEC 1 | TUE, THU | 9–9:45 A.M. | $45 PER SERIES
*NO CLASS NOV 26

TERRARIUM BUILDING
MARICAR C.C. | #214055
AGES: 18+
Back by popular demand, so register early! With long winter days around the corner, what better way to exercise your green thumb than to build a terrarium? Terrariums add green to an indoor space, have been shown to increase indoor air quality, reduce stress, and increase workplace productivity. All supplies will be provided. Registration required.
SEP 27 | SUN | 1–2 P.M. | $16 PER PERSON
HALLOWEEN GLASS DECORATION
MORNINGSIDE C.C. | #210036
AGES: 18+
If you enjoy decorating for Halloween, then this class is for you. Bring a little fun to your house with this cute little decoration. Join us for a great time of socialization, while learning a new craft. From start to finish, using a glass block, some vinyl, and some ribbon, you will put this cute project together. Registration required.
OCT 7 | WED | 6–8 P.M. | $16 PER PERSON

FALL DÉCOR DIY
MARICAR C.C. | #210037
AGES: 18+
Create your own fall décor with us! Using only mason jar lids, participants will create a pumpkin decoration to display and increase everyone's fall spirit. All supplies provided. Price includes cost of materials. Registration required.
NOV 17 | TUE | 6:30–7:30 P.M. | $15 PER PERSON

HEALTHY HABITS
KUEHN C.C. | #250027
AGES: 16+
Come and learn how to help support your immune system during this cold/flu season with powerful natural options. We will also share our favorite “treat” recipes that are refined sugar and guilt-free! Registration required.
OCT 1 | THU | 6-7 P.M. | FREE

HOLIDAY SURVIVAL GUIDE
OYATE C.C. | #250029
AGES: 16+
Holidays are supposed to be an enjoyable time of the year, but often times create additional stress in our lives. This class will demonstrate to participants how to support your emotions, get quality sleep, and help your stomach digest all that extra holiday food peacefully. Registration required.
NOV 19 | THU | 6-7 P.M. | FREE
SENIOR

AGES 55+

FALL SENIOR BIKE TRAIL TOUR
FALLS PARK, QUEEN BEE MILL | #246000
AGES: 55+
This experience is for those who are not able to explore our beautiful bike trail system on their own. Round-trip golf cart tours will allow you to experience stunning views of the river, parks, and wildlife. All tours will leave from the Queen Bee Mill at Falls Park. Participants must be able to transfer onto and off the golf carts independently. FREE. Preregister online for these limited space tours. For more information, please call 978-6930. Registration required.

SEP 10 | THU | 9 A.M. | FREE
SEP 10 | THU | 10 A.M. | FREE
SEP 10 | THU | 11 A.M. | FREE
SEP 10 | THU | 12 NOON | FREE

WALKING PROGRAM
MORNINGSIDE C.C. | #610000
AGES: 18+
Morningside Community Center’s walking program is a great way to stay healthy and active in a climate-controlled environment. Lap counters are available so you can log your daily progress. Come for some exercise and socialize along the way! No registration required.

SEP 21–DEC 31 | MON–FRI | 8–10 A.M. | FREE

SENIOR CARDS
KENNY ANDERSON C.C. | #616001
AGES: 55+
Join in on the fun through playing games, socializing, and laughing with both older and younger friends. At any age, playing games is healthy for the mind and body. Games can keep the brain active, involve social interaction, and are a good form of entertainment. Don’t forget a treat to share with the group. Join us for games such as pinochle, bridge, canasta, rummy, cribbage, backgammon, Scrabble, bingo, and pokeno—no need to play just one! No registration required.

SEP 21–DEC 28 | MON | 1–5 P.M. | FREE

SENIOR PINOCHLE
KENNY ANDERSON C.C. | #616002
AGES: 55+
Join in on the fun through playing games, socializing, and laughing with both older and younger friends. At any age, playing games is healthy for the mind and body. Games can keep the brain active, involve social interaction, and are a good form of entertainment. Tuesday’s cards feature the game pinochle, and it is sure to be a good time. Don’t forget a treat to share with the group! No registration required.

SEP 22–DEC 29 | TUE | 1–5 P.M. | FREE

EXPLORE SIOUX FALLS PARKS
SiouxFalls.org/Parks/Parks
GOLDEN AGE—RECREATIONAL DAY
KUEHN C.C. | #216003  
AGES: 55+
Join us at our community centers for a fun-filled morning of recreational activities. Air hockey, pool, ping pong, foosball, Wii, puzzles, and table games will all be available. We will brew the coffee, you bring the positive energy. Registration required.

SEP 24 | THU | 10 A.M.–12 NOON | FREE
OCT 22 | THU | 10 A.M–12 NOON | FREE

LIFE STORY—SCRAPBOOK CLASS
KUEHN C.C. | #216004  
AGES: 55+
There may be no activity for our golden age community that’s more meaningful than capturing their own unique life story, either in written form or by gathering their photos and mementos together in a scrapbook—not only do they preserve a slice of history, but they also get the chance to reflect on their own life experiences. Come enjoy some scrapbooking fun with us at Kuehn Community Center. Scrapbooks provided. Registration required.

NOV 3 | TUE | 10 A.M.–12 NOON | $16 PER PERSON
SPECIAL EVENTS

TRY IT DAY
MIDCO® AQUATIC CENTER
ALL AGES
Are you ready to dive into a workout routine? Whether you are new or just cannot get enough of the water, join us for a water workout frenzy. Classes will run for 20 minutes, allowing you to experience a few of our fun water workouts. We will feature some of our favorite classes including BOGA and Hydoriders.

SEP 12 | SAT | 8:30–10 A.M. | DAILY ADMISSION

DOG YOGA
FAMILY PARK | #250009
ALL AGES
We will be offering a nice and relaxing yoga session in partnership with Sanford Wellness, while our dogs choose to either participate or go play by themselves. This fun-filled class will focus on the basics of yoga while incorporating the outside environment at one of our many beautiful parks in town. This class will also be providing people pet bonding time and a chance for dogs to socialize. Bringing your dog is recommended but not mandatory to attend class! All ages/levels welcome. Registration required.

SEP 5 | SAT | 10-11 A.M. | FREE

ROAD RACES
SPENCER PARK | #290000
AGES: 6 +
Join the fun and competition of Monday night road races for all ages. Races will be 3,000 and 5,000 meters and will follow the Greenway recreation trail.

SEP 14–OCT 5 | MON | 6:30 P.M. | FREE

TOUCH-A-TRUCK
HARMODON PARK | #220000
ALL AGES
Touch-A-Truck gives your family an opportunity to explore various vehicles and talk to the people who operate them. Inflatables will be available as well. Fun for the entire family. No registration required.

SEP 11 | FRI | 6–8 P.M. | FREE

WIBIT® EVENTS
MIDCO® AQUATIC CENTER | #920098
ALL AGES
A Wibit® is an inflatable used in the water to create additional fun for all ages! Midco® Aquatic Center will host Wibit® events. Participants will need to have an active swim pass or pay daily admission rates. Lap lanes may not be available when the Action Tower is in use. No registration required.

SEP 13 | SUN | 12 NOON–5 P.M. | ACTION TOWER
OCT 11 | SUN | 12 NOON–5 P.M. | ACTION TOWER & WIGGLEBRIDGE
NOV 27–NOV 28 | FRI–SAT | ALL DAY | WIGGLEBRIDGE

LOOKING FOR THINGS TO DO? VISIT www.siouxfalls.org/parks
FLICK AND FLOAT EVENTS
MIDCO® AQUATIC CENTER | #920099
ALL AGES
Looking for a fun afternoon? Come join us at the Midco® Aquatic Center for a floating good time watching a movie. Whoever thought an afternoon watching a favorite movie could be so fun! Inner tubes will be provided. Participants will need to have an active swim pass or pay daily admission rates.

SEP 20 | SUN | 2 P.M. | SURF’S UP
OCT 25 | SUN | 2 P.M. | ONWARD
NOV 29 | SUN | 2 P.M. | FROZEN II

BEHIND THE SCENES
AT MIDCO® AQUATIC CENTER
MIDCO® AQUATIC CENTER | #926000
AGES: 18+
Have you ever been to Midco® Aquatic Center and wondered how and why things work? Would you like to know more about pool rules and recreational opportunities available at the aquatic center? This fall, Parks and Recreation is offering a chance to learn about these things as well as take a behind-the-scenes tour. You’ll find out about the chemicals and equipment we use to keep the pools clear and safe. Facility staff will introduce you to the systems that are used to keep the center’s amenities clean and comfortable for all users. We will discuss how staff keeps you safe at the facility as well as aquatic recreation and fitness offerings. Participants will need to have an active swim pass or pay daily admission rates. Registration required.

SEP 24 | THU | 10–11 A.M.

SUNSET FISHING
COVELL LAKE AT TERRACE PARK | #275019
ALL AGES
Whether you already enjoy fishing or would like to learn how to fish, this program is for you! Fishing is a great way to relieve stress while spending time outdoors. Sioux Falls Parks and Recreation will provide all of the necessary equipment for you and your family to have an enjoyable evening of fishing. Poles and bait will be available on a first-come, first-served basis. Individuals 16 years of age and older must have a valid South Dakota fishing license. No registration required.

OCT 13 | TUE | 5:30–6:30 P.M.
OCT 20 | TUE | 5:30–6:30 P.M

FLOATING PUMPKIN PATCH
MIDCO® AQUATIC CENTER | #925000
ALL AGES
Do not miss the coolest pumpkin patch in town! Jump in and pick your pumpkin! We will have fun carnival games and enter to win our BIG pumpkin. Participants will need to have an active swim pass or pay daily admission rates. Registration required.

OCT 17 | SAT | 2:30–4 P.M. | $10 PER PARTICIPANT

PAWS IN THE PARK
FAMILY DOG PARK | #415002
ALL AGES
Join us for our annual dog festival! Bring your furry friends and connect with dog enthusiasts from all over town! There will be an everyday dog show with contests, vendors, raffles, and more. If you are interested in becoming a vendor for this event, please call 605-367-3530.

OCT 3 | SAT | 1–3 P.M. | FREE
S’MORE FUN RUN
DUNHAM PARK | #275000
AGES: 10+
Work up a sweat, and earn a sweet treat in the process! Throughout the fun run, you will come to various stations and earn one essential component of a s’more! By the end of the fun run, you will come upon our bonfire where you can enjoy your tasty snack. Have a hankering for more? Take the run again to earn another!

NOV 7 | SAT | 6–7 P.M. | FREE

FAMILY MOVIE NIGHT
OYATE C.C. | #625000
AGES: All Ages
Join us for a family movie night at “our house” as we host free family movie nights. Enjoy some quality time with your family, while watching a great movie! You are welcome to bring chairs, blankets, or pillows to get comfortable watching a movie in the gymnasium. Do not forget to bring your favorite movie snacks! No registration required.

OCT 23 | FRI | 6:30 P.M. | FREE | DUMBO

GLOW HIKE
GREAT BEAR | #275018
AGES: 6+
Hiking in nature has been shown to be a powerful anxiety and stress reliever for people of all ages. This adventurous night hike is recommended for participants ages 6 and up that are able to hike at least one mile on sometimes uneven terrain. A registered adult must accompany children. Glow sticks will be provided, but a flashlight or headlamp is recommended. Please wear sturdy shoes and bring a water bottle. Registration required.

OCT 27 | TUE | 6–7 P.M. | FREE

TURKEY SWIM
MIDCO® AQUATIC CENTER | #920003
ALL AGES
Swim or water walk for a chance to take home a turkey or pie for Thanksgiving! The event will run for three days and each milestone you reach (500, 1,000, 1,500, and 2,000 yards) will earn you a prize and raffle ticket. You may swim/walk further than the 2,000 meters, but the prize and raffle tickets stop at this distance. Make it your goal to reach 2,000 so you can reach the maximum amount of four entries. Registration required.

NOV 16–18 | MON–WED | $10 PER PARTICIPANT

DEFRIGHTFUL FAMILY FUN
KUEHN C.C. | #220004
ALL AGES
Get an early start on your celebration by dressing up in your favorite costume for an afternoon of family fun. Let your ghouls and goblins participate in family-friendly games, win prizes, and much more. No registration required.

OCT 31 | SAT | 1–3 P.M. | FREE
FAMILY KARAOKE FUN
KUEHN C.C. | #225000  REGISTER
ALL AGES
Enjoy some family time at Kuehn Community Center this fall with our Family Karaoke Fun. As the name states, the whole family is invited for this Karaoke-filled night, where you can team up with a family member to sing a song or even challenge another family for a song battle. Registration required.

NOV 12 | THU | 6–8 P.M. | FREE

FAMILY NIGHT OUT
KENNY ANDERSON C.C. | #625001  REGISTER
ALL AGES
What better way to kick off the weekend than creating memories with your family! Gather the family and come have fun with our entertainment, carnival games, and more. An adult must accompany children. No registration required.

NOV 20 | FRI | 6:30–8:30 P.M. | FREE

WIBIT WATER VOLLEYBALL
MIDCO® AQUATIC CENTER | #920002  REGISTER
ALL AGES
Gather your friends for some spiking and splashing over Thanksgiving break! Whether you are looking for friendly competition or just a good workout, water volleyball is both fun and challenging. Players must be able to comfortably stand in 4 feet of water. Participants will need to have an active swim pass or pay daily admission rates.

NOV 27–NOV 28 | FRI–SAT | ALL DAY

FULL MOON HIKE
GREAT BEAR | #275445  REGISTER
AGES: 6+
Come out and see Great Bear under the full moon’s glow! Hiking not only provides the physical relief of other exercise choices, but hiking in nature has been shown to be a powerful anxiety and stress reliever for people of all ages. A registered adult must accompany children. Participants must be able to hike one mile on uneven terrain. Please wear sturdy shoes and bring a flashlight. Limited flashlights will be available to borrow. Registration required.

NOV 30 | MON | 6–7 P.M. | FREE
VOLLEYBALL

ADULT VOLLEYBALL LEAGUE
These adult leagues will begin play the last week of October and go through March for a 12-week season with a double-elimination tournament. Players must be at least 18 years old and out of high school. Limited number of teams will be accepted per night, per location. Leagues are broken down into east and west.

MEN’S LEAGUE PLAY: OCTOBER–MARCH
FEE: $120 PER TEAM
REGISTRATION AND PAYMENT DEADLINE: 5 P.M. ON FRIDAY, OCT 16
ORGANIZATIONAL MEETING: TUE, OCT 6, AT 6 P.M. AT MORNINGSIDE C.C.
OCT 26 | M–TH AND SUN | 6:30/7:30/8:30 P.M. | $120 PER TEAM

WOMEN’S LEAGUE PLAY: OCTOBER–MARCH
FEE: $120 PER TEAM
REGISTRATION AND PAYMENT DEADLINE: 5 P.M. ON FRIDAY, OCT 16
ORGANIZATIONAL MEETING: TUE, OCT 6, AT 6 P.M. AT MORNINGSIDE C.C.
OCT 26 | M–TH AND SUN | 6:30/7:30/8:30 P.M. | $120 PER TEAM

COED LEAGUE PLAY: OCTOBER–MARCH
FEE: $120 PER TEAM
REGISTRATION AND PAYMENT DEADLINE: 5 P.M. ON FRIDAY, OCT 16
ORGANIZATIONAL MEETING: TUE, OCT 6, AT 6 P.M. AT MORNINGSIDE C.C.
OCT 26 | M–TH AND SUN | 6:30/7:30/8:30 P.M. | $120 PER TEAM

SUNDAY COED LEAGUE PLAY: JANUARY–APRIL
FEE: $120 PER TEAM
REGISTRATION AND PAYMENT DEADLINE: 5 P.M. ON FRIDAY, DEC 11
ORGANIZATIONAL MEETING: TUE, OCT 6, AT 6 P.M. AT MORNINGSIDE C.C.
JAN 3 | SUN | 1/2/3/4 P.M. | $120 PER TEAM

EARLY BIRD 6-ON-6 VOLLEYBALL MEN’S AND WOMEN’S TOURNAMENT MARICAR AND/OR MORNINGSIDE C.C.
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.
REGISTRATION DEADLINE: NOVEMBER 22 BY 5 P.M.
DEC 5 | SAT | 9 A.M. | $60 PER TEAM

ADULT FROSTY FROLICS COED VOLLEYBALL TOURNAMENT MARICAR C.C.
Tourney has three 6-on-6 divisions—Elite, A Power, and B power. Pool play followed by a single-elimination tournament.
REGISTRATION DEADLINE: JANUARY 10 BY 5 P.M.
**BASKETBALL**

**ADULT BASKETBALL LEAGUE**

These adult leagues will begin play the first week of November and go through March for a ten-week season with a single-elimination tournament. Players must be at least 18 years old and out of high school. The first 13 teams will be accepted per night, per location. Leagues are broken down into east and west.

**MEN’S LEAGUE PLAY:** NOVEMBER THROUGH MARCH

**FEE:** $400 PER TEAM

**REGISTRATION AND PAYMENT DEADLINE:** [REGISTER]

5 P.M. ON FRIDAY, OCT 23

**ORGANIZATIONAL MEETING:** WED, OCT 11, AT 6 P.M. AT MORNINGSIDE C.C.

**NOV 2 | M–TH | 6:30/7:30/8:30 P.M. | $400**

**MEN’S CALL YOUR OWN LEAGUE PLAY:**

NOVEMBER THROUGH MARCH

**FEE:** $150 PER TEAM

**REGISTRATION AND PAYMENT DEADLINE:** [REGISTER]

5 P.M. ON FRIDAY, OCT 23

**ORGANIZATIONAL MEETING:** WED, OCT 11, AT 6 P.M. AT MORNINGSIDE C.C.

**NOV 2 | M–TH | 6:30/7:30/8:30 P.M. | $150**

**WOMEN’S LEAGUES PLAY:** NOVEMBER THROUGH MARCH.

**FEE:** $200 PER TEAM

**REGISTRATION AND PAYMENT DEADLINE:** [REGISTER]

5 P.M. ON FRIDAY, OCT 23

**ORGANIZATIONAL MEETING:** WED, OCT 11, AT 6 P.M. AT MORNINGSIDE C.C.

**NOV 2 | M–TH | 6:30/7:30/8:30 P.M. | $200**

**KICKBALL**

**WINTER KICKBALL TOURNAMENT**

SHERMAN PARK SOFTBALL DIAMONDS

Join us for a weekend kickball tournament in the snow! A little cold weather will not 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.

**REGISTRATION DEADLINE:** NOVEMBER 8 BY 5 P.M. [REGISTER]

**NOV 21 | SAT | 3 P.M. | $25 PER TEAM**

**League Division Definitions**

<table>
<thead>
<tr>
<th>Elite</th>
<th>Highly competitive; the top eight to ten teams in Parks and Recreation leagues, or team with players that have strong high school and college playing experience.</th>
</tr>
</thead>
<tbody>
<tr>
<td>B Power</td>
<td>New teams made of players having high school playing experience or teams that are moving up from recreational level and want to follow strict interpretation of the rules.</td>
</tr>
<tr>
<td>A Power</td>
<td>Teams that have very strong experience playing in leagues. Players have some college playing experience.</td>
</tr>
<tr>
<td>Recreation</td>
<td>Teams with players who have minimal competitive experience.</td>
</tr>
</tbody>
</table>
AQUATIC CERTIFICATION CLASSES

LIFEGUARD CLASSES
Calling all lifeguards!

Sioux Falls Parks and Recreation wants YOU to work as a certified lifeguard during our year-round swimming season. We're excited about building a great team of professional lifeguards and therefore reserve the right to hire only the most qualified applicants for all positions and do not guarantee employment based on training completion. All lifeguard candidates must be at least 15 years of age in order to qualify for employment with SFPR Aquatics. For more information on this program, contact the Midco® Aquatic Center at (605) 367-POOL.

Detailed course information available at www.midcoaquaticcenter.org/certifications

COURSE 1: SEP 11–13, FRI 5 P.M. TO 10 P.M. | SAT–SUN 8 A.M.–6 P.M. $185 PER PERSON | MIDCO® AQUATIC CENTER

COURSE 2: OCT 16–18, FRI 5 P.M. TO 10 P.M | SAT–SUN 8 A.M.–6 P.M. $185 PER PERSON | MIDCO® AQUATIC CENTER

INDOOR SWIMMING LESSON REGISTRATION
FALL SESSION | OCT 5–NOV 7
REGISTRATION IS OPEN 6 P.M., TUESDAY, SEP 22, THROUGH 6 P.M., TUESDAY, SEP 29. | MIDCO® AQUATIC CENTER

You also have the opportunity to sign up on the first day of swimming lessons if openings for lessons are still available.

For specifics on levels, schedules, etc., visit www.midcoaquaticcenter.org/swimming-lessons

REGISTRATION IS OPEN:
6PM, TUES, SEPT. 8 - 6PM, TUES, SEPT. 15
Sioux Falls Parks and Recreation is 1 of only 171 accredited park and recreation agencies in the U.S. out of 10,000 total agencies.

Through our Mission, Vision, & Values, we enhance the quality of life for our patrons, one memory at a time.

SiouxFalls.org/Parks