SUMMER 2025 ACTIVITES GUIDE



and Recreation month, help us celebrate 40 years!



THIS SUMMER

page 32-33



PARKS AND RECREATION OFFICE

231 NORTH DAKOTA AVENUE | 605-367-8222 SIOUXFALLS.GOV/PARKS

Hours: Monday-Friday | 8 A.M.-5 P.M.



MIDCO® AQUATIC CENTER

1601 SOUTH WESTERN AVENUE | 605-367-7665 SIOUXFALLS.GOV/MIDCO

Hours

Monday-Friday	5:30 A.M8 P.M.
Saturday	7 A.M6 P.M.
Sunday	12 NOON-5 P.M.

Daily Admission Rates

Ages 3 & Under	FREE
Ages 4-17	\$5
Ages 18-64	\$6
Ages 65+	\$5



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.



WESTSIDE RECREATION CENTER

8701 WEST 32ND STREET | 605-367-8222 EXT. 3 SIOUXFALLS.GOV/WESTSIDE

Hours

Sunday	10 A.M5 P.M.
Monday-Thursday	5 A.M9 P.M.
Friday	5 A.M8 P.M.
Saturday	7 A.M5 P.M.

Daily Admission Rates

Ages 3 & Under	FREE
Ages 4-17	\$6
Ages 18-64	\$8
Ages 65+	\$3

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 and 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.

ACTIVITIES GUIDE CONTENTS

MISSION, VISION, VALUES, AND LOCATIONS	2
YOUTH	5-7
ADULT	8
SENIOR	9-10
ALL AGES	11-12
LEAGUES/TOURNAMENTS	13
WESTSIDE RECREATION CENTER	16-18
JACOBSON PLAZA	20-21
AQUATICS	22-36
PERFORMANCES	37-38
PARK SYSTEM	40-43

RECREATION PROGRAM



Jackie Nelson Recreation Manager



Deena Rogers
Recreation Center
Coordinator



Scott Juhnke
Recreation Program
Coordinator



Adam Livermore
Recreation Program
Coordinator



Wendy Peterson
Recreation Program
Coordinator



Eric Saathoff
Recreation Program
Coordinator



Heather Taylor
Recreation Program
Coordinator



Cody Clausen Recreation Program Specialist



Oscar Gregorio
Recreation Program
Specialist



Grayson Lange Recreation Program Specialist



Jimmy McLain Recreation Program Specialist



Andrew Peitz
Recreation Program
Specialist



Lisa Sandoz Recreation Program Specialist



Ben Schmunk Recreation Program Specialist



Stan Wallace Recreation Program Specialist

REGISTER ONLINE!

recreation.siouxfalls.gov

EXPLORE

Go to recreation.siouxfalls.gov and view available programs.

CONNECT

Add your picks to your cart and checkout.

PLAY

Check your email for program details, and get ready for fun!



SUPER EASY SIGNUP!

Get started on your phone or computer.



HAVING TROUBLE LOGGING IN?

Call us at 605-367-8222 (MON-FRI, 8 A.M.-5 P.M.)

MAKE RESERVATIONS & REGISTER FOR CLASSES AND ACTIVITIES: recreation.siouxfalls.gov



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

If an ADA accommodation is needed, please contact the Human Relations office at 605-367-8745 or human.relations@siouxfalls.gov at least five business days in advance of event.

We strive to produce the most accurate, up-to-date Activities Guide possible. However, some program information may have changed since this guide was posted.



TRACK AND FIELD CLINICS

LINCOLN HIGH SCHOOL

AGES: 5-11

The clinics will specialize in sprints, starts, and jumps. You may participate for one day or all three days. This is a great way to sharpen your skills in track and field. No registration required.

JUN 4 | WED | 1:30-2:30 P.M. JUN 18 | WED | 1:30-2:30 P.M.

SUMMER DEVELOPMENT TRACK MEETS @

LINCOLN HIGH SCHOOL REGISTER

AGES: 5-17

Co-sponsored by First PREMIER Bank and BankCard. Children of all ages can participate in numerous track and field events. It's a fun way to participate with others and test out your track skills. Field events begin at 5:45 P.M. and running events begin at 6 P.M. Registration will begin on site at 5 P.M.

JUN 4 | WED | 5-8 P.M. JUN 18 | WED | 5-8 P.M. JUN 25 | WED | 5-8 P.M.

YOUTH FISHING

TERRACE PARK REGISTER

AGES: 6-9

Did you know a healthy dose of nature can benefit your health and well-being? Fishing is an excellent way to improve cognitive ability while positively affecting your mood and happiness! These qualities set children up for a life of success. Equipment provided. **Registration required.**

JUN 9 | MON | 10-11 A.M. | \$5 PER CHILD AUG 11 | MON | 10-11 A.M. | \$5 PER CHILD

TODDLER NATURE EXPLORERS

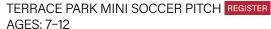
ARROWHEAD PARK REGISTER

AGES: 2-3

Nature provides many opportunities for discovery and creativity. Bring your toddler and explore nature with us! We will create a fun nature craft, go on an exploration walk, and read a children's wilderness story. Each date will have a different theme! Week One: Birds. Week Two: Music of Nature. Week Three: Pollinators. Parent participation and registration is required.

JUN 12 | THU | 3-4:30 P.M. JUN 19 | THU | 3-4:30 P.M. JUN 26 | THU | 3-4:30 P.M.

SOCCER SHOWDOWN





Join the fun at our Soccer Showdown, brought to you by Parks and Rec and led by the Dakota Alliance Soccer Club coaches! Whether new to soccer or looking to level up your game, this clinic is for YOU! We'll work on dribbling, passing, and shooting through fun drills and games while having a blast with friends! Make sure to register and wear tennis shoes! No cleats needed. **Registration required.**

JUN 21 | SAT | 10-12 NOON



STREAM STUDY

LEGACY NORTH SHELTER REGISTER

AGES: 6-9

Explore the wonders of Sioux Falls' streams! Learn how these waterways benefit us all and discover amazing microscopic creatures that tell us how healthy the stream is. Get ready for hands-on fun near the water (water shoes required). **Registration required.**

JUN 25 | WED | 10-11 A.M. | \$5 PER CHILD JUL 23 | WED | 10-11 A.M. | \$5 PER CHILD

STRIDER SPEEDWAY @

SPECIAL OLYMPICS OF SOUTH DAKOTA REGISTER AGES: 2-7

Join us for an exciting and inclusive Strider bike experience designed for all abilities! This class is specially crafted for children who may need adaptive support due to physical, developmental, or sensory challenges. Through fun, engaging activities and personalized instruction, participants can build balance, coordination, and confidence while enjoying the freedom of riding a Strider bike. **Registration required.**

JUL 1-AUG 5 | WED | 10-11 A.M.

SUMMER 2025 5





I CAN FISH!

TERRACE PARK WEST SHELTER REGISTER

AGES: 2-6

Fishing is a great way for a child to form a connection with nature while exercising essential motor skills. After reading a short fish story and crafting a unique fish bracelet, participants will learn how to fish at Covell Lake! All equipment will be provided. Parent participation and registration is required.

JUL 24 | THU | 6-7 P.M. | \$5 PER CHILD AUG 7 | THU | 6-7 P.M. | \$5 PER CHILD

YOUTH ARCHERY

GREAT BEAR RECREATION PARK ARCHERY RANGE REGISTER AGES: 6-10

Archery is a fun activity that teaches sportsmanship, patience, and self-confidence. Youth Archery will allow you to try out this sport or brush up on your archery skills! Equipment will be provided. Registration required.

AUG 9 | SAT | 11 A.M.-12 NOON | \$5 PER CHILD

TWEEN/TEEN ARCHERY

GREAT BEAR RECREATION PARK ARCHERY RANGE REGISTER AGES: 10-17

Archery helps teens increase their focus and determination while participating in a unique outdoor adventure sport. Try the sport for the first time or practice your skills at this teen archery program. Materials and instruction provided. Registration required.

AUG 9 | SAT | 1-2 P.M. | \$5 PER CHILD



Celebrate International Photography Day with us on August 19 in a fun and creative adaptive program! We'll explore nature, capture beautiful moments with cameras, and get crafty by making personalized frames to showcase our photos. Parents are welcome to join in the fun! Bring your instant camera if you have one or use our shared Polaroid. A perfect day for creativity and family bonding! Registration required.

AUG 19 | TUE | 1-3 P.M.

New for 2025! The Mobile Recreation Unit is now part of the Supervised Playground Program! Our playground staff will be stopping by parks throughout the city this summer bringing laughter and games to your neighborhood. Check out the schedule below! 2025 Playground Program Rotation 8:30-10 A.M. 10:30 A.M.-12 NOON 3-4:30 P.M. **Dates** 1-2:30 P.M. Prairie Hills West Jun 2-13 Bakker Galway Discovery Glenview Whispering Woods Jun 16-27 **Prairie Trail Lions Centennial** Willow Ridge Jun 30-Jul 11 Fred Dawley Morningside Jefferson Jul 14-25 Marion Thelen **Granite Valley** Lacey Jul 28-Aug 8 Southern Vistas Platinum Valley Dan Dugan **Emerson**



Sioux Falls Parks and Recreation's Mobile Recreation Unit provides free activities for the young and young at heart of Sioux Falls. Operating year round, teams of trained Sioux Falls Parks and Recreation staff travel throughout the City of Sioux Falls to provide structured activities for all ages.

The Mobile Recreation Unit is stocked with a variety of activities such as yard games, balls, crafts, a gaga pit, and more.



Mobile Recreation Unit Locations

Date	Time	Location	Address
Sunday, June 8	1-2:30 P.M.	Elmwood Park	1401 N. Kiwanis Ave.
Sunday, June 8	3-4:30 P.M.	Thelin Park	3700 N. Galaxy Ln.
Sunday, June 8	5:30-7 P.M.	Granite Valley Park	1601 E. 69th St. N.
Saturday, June 14	9-10:30 A.M.	Lacey Park	3212 N. 7th Ave.
Saturday, June 14	11 A.M12:30 P.M.	Whittier Park	1009 E. 3rd St.
Saturday, June 14	1:30-3 P.M.	Mansor Pioneer Park	1800 E. Walnut St.
Sunday, June 29	1-2:30 P.M.	Laurel Oak Park	3301 E. 49th St.
Sunday, June 29	3-4:30 P.M.	Morningside Park	2500 S. Bahnson Ave.
Sunday, June 29	5:30-7 P.M.	Lewis Park	1801 E. 54th St.
Saturday, July 12	9-10:30 A.M.	Frank Olson Park	4001 E. 16th St.
Saturday, July 12	11 A.M12:30 P.M.	Oak View Park	3700 E. 3rd St.
Saturday, July 12	1:30-3 P.M.	Meldrum Park	1720 E. 6th St.
Sunday, July 20	1-2:30 P.M.	Prairie Trail Park	5401 S. Tomar Rd.
Sunday, July 20	3-4:30 P.M.	Prairie Meadows Park	6805 S. Grange Ave.
Sunday, July 20	5:30-7 P.M.	Prairie Hills West Park	6601 S. Hemingstone Trail
Saturday, July 26	9-10:30 A.M.	Fred Dawley Park	5801 E. Red Oak Dr.
Saturday, July 26	11A.M12:30 P.M.	Majestic Meadows Park	3601 S. Sparta Ave.
Saturday, July 26	1:30-3 P.M.	Whispering Woods South Park	5820 S. Bahnson Ave.
Sunday, August 3	1-2:30 P.M.	Meldrum Park	1720 E. 6th St.
Sunday, August 3	3-4:30 P.M.	Linwood Park	4409 E. Walker Way
Sunday, August 3	5:30-7 P.M.	Granite Valley Park	1601 E. 69th St. N.
Sunday, August 10	1-2:30 P.M.	Galway Park	7420 W. 64th St.
Sunday, August 10	3-4:30 P.M.	Bakker Park	6201 W. 61st St.
Sunday, August 10	5:30-7 P.M.	Platinum Valley Park	7301 S. Hughes Ave.
Saturday, August 16	9-10:30 A.M.	Spellerberg Park	1601 S. Western Ave.
Saturday, August 16	11 A.M12:30 P.M.	Menlo Park	1200 S. Menlo Ave.
Saturday, August 16	1:30-3 P.M.	Lyon Park	600 S. Phillips Ave.
Saturday, August 23	9-10:30 A.M.	Memorial Park	7500 W. 26th St.
Saturday, August 23	11 A.M12:30 P.M.	Kuehn Park	2501 S. Kuehn Park Rd.
Saturday, August 23	1:30-3 P.M.	Southern Vistas Park	8000 W. 53rd St.



YARN & YAMMER @

MIDCO® AQUATIC CENTER LOBBY

AGES: 18+

Do you knit, crochet, embroider, needlepoint, or make fiber art? Come hang out with other crafters! Share what you are working on, get inspired, and chat while you work on your project. Coffee is \$2 with unlimited refills while you are here. The Midco® Café is open and serves breakfast, lunch, coffee, snacks and more! No outside food or beverage is allowed. No registration required.

JUN 2-AUG 25 | MON | 1-3 P.M.

COFFEE, CROSSWORDS & CONUNDRUMS @

MIDCO® AQUATIC CENTER LOBBY

AGES: 18+

Explore the delightful intersection of coffee and crosswords! Did you know you can improve your memory, cognitive function, critical thinking skills, and overall brain health by doing crosswords? Give your brain a workout! Join us for puzzles and fun as we sip and solve together. Crosswords provided or bring your own! Coffee is \$2 with unlimited refills while you are here. The Midco® Café is open and serves breakfast, lunch, coffee, snacks and more! No outside food or beverage is allowed. No registration required.

JUN 7-AUG 30 | SAT | 9-11 A.M.

SOCIAL CONNECTIONS

TUTHILL HOUSE

AGES: 18+

Welcome to Social Connections, a comfortable and supportive space designed for adults on the autism spectrum. This program is about creating a positive, low-pressure environment where you can relax, meet new people, and enjoy various activities at your own pace. Here, we'll solve puzzles/riddles, play games, or just hang out with a snack and a drink. You'll find a space that values connection, comfort, and fun. Staff will be on hand to support and encourage connections.

JUN 9 | MON | 6-8 P.M. JUL 7 | MON | 6-8 P.M. AUG 4 | MON | 6-8 P.M.



ADULT ARCHERY

GREAT BEAR RECREATION PARK ARCHERY RANGE REGISTER AGES: 18+

Learn the basics of archery while using compound bows. From proper technique and stance to shooting challenges, you are sure to enjoy an afternoon of outdoor fun! Our trained Recreation Program Specialist will teach you about this fun sport. **Registration required.**

AUG 9 | SAT | 2-3 P.M. | \$8 PER PARTICIPANT

For more adult programs:

Check out our offerings at:

- Westside Recreation Center: page 16–18
- Jacobson Plaza: page 20–21
- Midco® Aquatic Center: page 22–28







SENIOR RECREATION TRAIL TOURS

DUNHAM PARK REGISTER

AGES: 65+

This experience is for those unable 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. Participants must be able to transfer onto and off the golf carts independently. Tours leave on the hour, so please arrive early. **Registration required.**

JUN 11 | WED | 9-10 A.M., 10-11 A.M., OR 11 A.M.-12 NOON JUL 16 | WED | 9-10 A.M., 10-11 A.M., OR 11 A.M.-12 NOON





SENIOR ARCHERY

GREAT BEAR RECREATION PARK ARCHERY RANGE REGISTER

AGES: 65+

Learn the basics of archery while using compound bows. From proper technique and stance to shooting challenges, you are sure to enjoy an afternoon of outdoor fun! Our trained Recreation Program Specialist will teach you about this fun sport. **Registration required.**

AUG 9 | SAT | 10-11 A.M. | \$8 PER PARTICIPANT



FRIENDS

ON THE FRONT PORCH



TUTHILL HOUSE | AGES: 65+

The Front Porch is a perfect place to meet new people or gather with friends. The Front Porch will offer a variety of activities on a drop-in basis. No need to register unless specified. You may also bring along your own friends and games. Our activities will include crossword puzzles, card games, board games, and jigsaw puzzles. You can also join us for the activity of the day. Stop by the Front Porch at the Tuthill House and socialize a bit!

Date	Time	Activity Of The Day
Thursday, June 5	1-3 P.M.	Sequence
Wednesday, June 11	6-8 P.M.	Bunco register
Tuesday, June 17	1–3 P.M.	Sorry!
Friday, June 27	10 A.M12 NOON	Yahtzee
Monday, June 30	10 A.M12 NOON	Mahjong REGISTER
Wednesday, July 9	6-8 P.M.	Bunco register
Tuesday, July 15	1–3 P.M.	Card Games
Friday, July 25	10 A.M12 NOON	Cribbage
Thursday, July 31	1–3 P.M.	Mahjong REGISTER
Friday, August 8	10 A.M12 NOON	Scrabble
Wednesday, August 13	6-8 P.M.	Bunco REGISTER
Thursday, August 21	1-3 P.M.	Dominoes
Tuesday, August 26	1-3 P.M.	Mahjong REGISTER





RECREATION TRAIL RACES

SPENCER PARK

ALL AGES

Join the fun and competition of Monday night trail races for all ages. Race against a friend or against the clock in a 3K or 5K marked run. Stick around after your scenic run for the drawing of a one-of-a-kind Recreation Trail Races T-shirt! Must be present to win! No registration required.

JUN 2-30 | MON | 6:30 P.M.

ONE MILE, ONE FAMILY @

KUEHN PARK

ALL AGES

Lace up your sneakers and bring your family, friends, or favorite running buddy for One Mile, One Family—a fun, feel-good run/walk for all ages and abilities! Whether sprinting to the finish, jogging for fun, or looking for a good afternoon stroll, this event is about moving together and enjoying a post-run donut! We will also have chocolate milk, orange juice, and water. No matter your pace, you belong here! Register by June 1 to receive a One Mile, One Family T-shirt to bring home.

JUN 15 | SUN | 2-3 P.M.



PADDLING FAIR

FAMILY PARK

ALL AGES

Paddling is a great way to improve cardiovascular fitness while enjoying the beauty of the outdoors. Kayaks will be available on a first-come, first-served basis to those interested in trying out the sport of paddling. Boats, paddles, lifejackets, and on-water guidance provided by SD Canoe & Kayak Association, Nyberg's ACE, and Sioux Empire Paddlers. No registration required.

JUN 22 | SUN | 1-4 P.M.

INTRO TO ARCHERY

GREAT BEAR RECREATION PARK ARCHERY RANGE REGISTER ALL AGES

Interested in trying archery for the first time? Come out to the Great Bear Archery Range and give it a shot! Our trained Recreation Specialist will be present to help make this a great first-time experience for you. **Registration required.**

JUN 29 | SUN | 1-2 P.M. | \$5 PER PARTICIPANT JUL 20 | SUN | 1-2 P.M. | \$5 PER PARTICIPANT AUG 31 | SUN | 1-2 P.M. | \$5 PER PARTICIPANT



SUMMER 2025

AUG 15 | FRI | 6-8 P.M.



JUL 10 | MORNINGSIDE PARK

2500 S. BAHNSON AVE.

JUL 17 | PRAIRIE MEADOWS PARK

6805 S. GRANGE ST.

JUL 24 | GRANITE VALLEY PARK

1601 E. 69TH ST.

JUL 31 | WHISPERING WOODS SOUTH

5820 S. BAHNSON AVE.

AUG 7 | GALWAY PARK

7420 W. 64TH ST.

THURSDAYS FROM 1-3 P.M. | NO REGISTRATION REQUIRED | FREE

LEAGUES/ TOURNAMENTS



AGES: 18+

Our Kickball League is ready to kick off the 2025 season! The first pitches are set to roll out in mid-July. Join us at Dunham Park, as we have two different divisions to fit everyone's skill set. We offer a social and an experienced division, both playing on either Wednesday or Thursday nights. Game times will be played at 6:15 P.M. or 7:15 P.M. for an 8-week season. Following the regular season, all teams can compete in a Saturday, one-day season-ending tournament.

TENTATIVE LEAGUE PLAY START:

WED, JUL 16-SEP 3, 6:15 P.M., 7:15 P.M.

THU, JUL 17-SEP 4, 6:15 P.M., 7:15 P.M.

COST: \$75 PER TEAM

REGISTRATION AND PAYMENT DEADLINE:

FRI, JUL 4, 5 P.M.





Exercise, socialize, and delight your pup at Sioux Falls Dog Parks.

Scan the QR code to learn more!



WEST SIDE RECREATION CENTER

All classes are free with daily admission or to pass holders unless otherwise noted.

KIDS SUMMER BINGO CHALLENGE

AGES: 4-17

New this summer! We have twenty-five fun challenges for your child to complete over the summer season. Tasks range from fitness, to health, to family-oriented objectives. The challenge is the perfect opportunity for your child to feel accomplished and try new things. Complete all twenty-five challenges and return the BINGO sheet back to the front desk to be entered in a drawing to WIN prizes! Three drawings will be held on throughout the summer on July, August, and September 1st. Limit 1 BINGO sheet per child. No registration required.

JUN 1-AUG 31 | MON-SUN | FACILITY OPERATING HOURS

SUMMER FITNESS BINGO CHALLENGE

AGES: 18+

Challenge yourself by taking on twenty-five tasks themed around fitness, health, and wellbeing this summer season! Complete all twenty-five challenges and return the BINGO sheet back to the front desk to be entered in a drawing to WIN some PRIZES! Three drawing will be held throughout the summer on July, August, and September 1st. Limit 1 BINGO sheet per person. No registration required.

JUN 1-AUG 31 | MON-SUN | FACILITY OPERATING HOURS

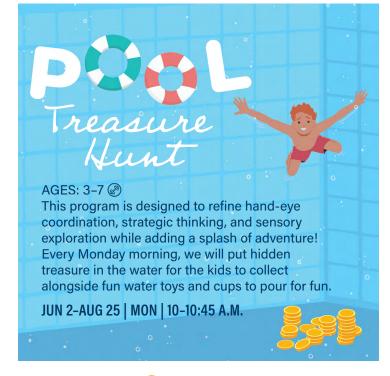
XPLOSION (2)

AGES: 12+

Xplosion is forty-five minutes of high intensity functional training. This class is completely different than what you are used to. Come shock your body and see the results. Please come early to get acquainted to the equipment.

JUN 2-AUG 27 | MON, WED | 6-6:45 P.M.





AQUA FITNESS

AGES: 12+

Join us at the Westside Recreation Center for an aquatic workout! These full body workouts will have you feeling energetic and refreshed after these 45-minute classes.

JUN 2-AUG 27 | MON, WED | 9:15-10 A.M.

GOLDEN FITNESS

AGES: 65+

This thirty minute class enables older adults to maintain an active and independent lifestyle with assisting in improving flexibility, balance, strength and the cardiovascular system.

JUN 3-AUG 28 | TUE, THU | 2:30-3 P.M.

CYCLING (8)

AGES: 65+

ROAD TRIP! Move those pedals and no coasting here! Join us for our motivating indoor cycling classes!

JUN 3-AUG 28 | TUE, THU | 5:30-6:15 A.M. JUN 7-AUG 30 | SAT | 10-10:45 A.M.



ART EXPLORATION

AGES: 3-7

Does your child love to explore their creative side? Do they like to try new things? In our Art Exploration series, your little one can do just that as they are guided through fun, hands-on activities designed to unleash their imagination and kickstart their artistic journey. This series is a creative playground for your child where each session will focus on experimenting with different kinds of art! Week one we will be learning how to use stencils to make fruits and shapes! Week two it's all about bright colors, we will go through the colors to make your art stand out and practice staying in the lines with markers and colored pencils. Week three we'll put pencil to paper and create simple pictures with land and sea animals like turtles and dogs, we'll also explore the art of doodling! Week four is all about getting creative, choose from different forms of art like clay and playdough to make your own or choose from one of our ideas with a theme! All materials needed will be provided.

JUN 4-AUG 29 | WED, FRI | 9-9:45 A.M.

*NO CLASS 7/4

CHAIR YOGA

AGES: 65+

A supportive and accessible yoga practice using a chair for stability. Improve flexibility, strength, and relaxation without getting on the floor. Ideal for seniors, those with limited mobility, or anyone wanting a gentle yet effective practice.

JUN 4-AUG 29 | WED, FRI | 11 A.M.-12 NOON

*NO CLASS 7/4



BEGINNER YOGA

AGES: 12+

A welcoming and gentle class designed for all levels. Learn foundational poses, breathing techniques, and mindful movement to build strength, flexibility, and balance. Perfect for those new to yoga or looking for a refreshing practice.

JUN 6-AUG 29 | FRI | 5:30-6:30 P.M.

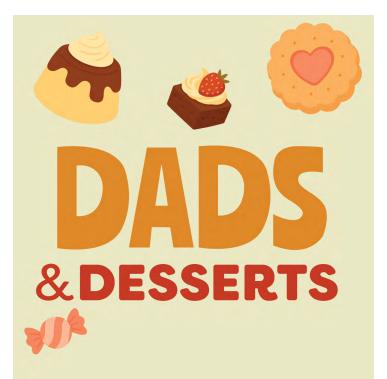
*NO CLASS 7/4

POWER YOGA

AGES: 12+

A dynamic, strength-building practice that energizes the body and mind. Flow through powerful movements. Perfect for those looking for a vigorous and empowering workout.

JUN 7-AUG 30 | SAT | 11 A.M.-12 NOON



ALL AGES

Dads and grandpas—celebrate an early Father's Day with your little ones! Bring them to a pajama story time to enjoy your special and sweet relationship. Eat some desserts afterward! Recommended for ages 4–10, but all ages are welcome!

JUN 13 | FRI | 6:30-7:30 P.M.



WESTSIDE REC CENTER

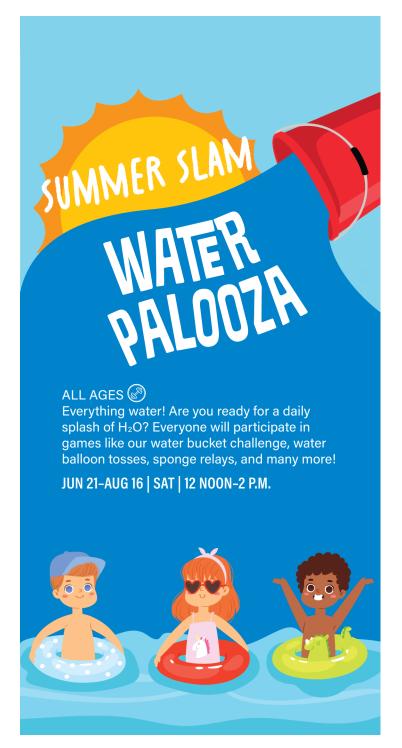
SWIM FIT CAMP

AGES: 10–14 REGISTER

Children will improve their swim stroke technique, be guided through plyometrics/ core strengthening exercises, learn basic water safety, and have fun playing aquatic games! This is not a learn to swim camp and children must know how to swim. Registration required.

JUN 20-AUG 15 | FRI | 11 A.M.-1 P.M.

*NO CLASS 7/4

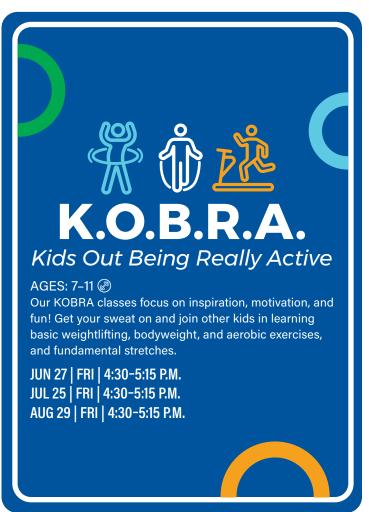


KARATE

AGES: 8+ REGISTER

An 8-week long class series where students will learn karate fundamentals and focus on building self-confidence, selfcontrol, and self-defense skills. Registration required.

JUN 24-AUG 14 | TUE, THU | 5:30-6:30 P.M. | \$80 PER PERSON



STAY ACTIVE AND INDEPENDENT FOR LIFE

(SAIL) REGISTER

AGES: 65+

SAIL is a 12-week strength, balance, and fitness program designed for adults 65+. Participants improve balance and mobility, reduce their risk of falls, and improve their quality of life while having fun meeting new people. Experienced and skillful instructors teach each class. Classes are tailored to active older adults who wish to maintain or increase their fitness level. Chairs will be available as needed. It is recommended that you attend two classes per week. Please bring a bottle of water along to class. Registration required.

JUL 8-SEP 25 | TUE, THU | 1-2 P.M.

Hey Sioux Falls . . .

Let's Get Outdoors!

Whether it's...Move-it Monday, Wind-down Wednesday or Fitness Friday, you choose the day! You pick the location! You pick the activity! We all celebrate health and wellness together!

JUNE 1-AUGUST 31, 2025

Check out free three-day State Park Passes at Siouxland Libraries!





Biking Opportunities

 Recreation Trail-19-mile paved trail wrapped throughout the city along the Big Sioux River greenway.



Swimming Opportunities

- Frank Olson Pool-4101 East 16th Street-8 lanes, 50-meter pool
- Lap swimming available Mon-Fri from 5-6:30 P.M.
- For additional swimming opportunities, see page 32 of the guide.



Hiking Opportunities

- Arrowhead Park-1710 S. River Bluff Road-Hiking Trail App (bit.ly/SF-Hiking)
- **Great Bear Recreation Park**–5901 E. Rice Street (greatbearpark.com/nature-trails/#hike)

Fitness Equipment—Outdoor

Rotary Park (East)-Fitness Station (2408 E. 26th St.)

- Pull-up bars
- Box jump
- Kettlebell
- Exercise bikes
- Elliptical
- Climbers/Monkey bars
- Speed Ladders
- Agility Stations



Running/Walking Opportunities

- Drake Springs Family Aquatic Center-301 South Fairfax
 Avenue-Lazy River Water Walking
- Galway Park-7420 W. 64th Street-Walking Loop
- Hayward Park-400 N. Valley View Road-Walking Loop
- Kuehn Park-2501 S. Kuehn Park Road-Walking Loop
- Marion Park-5330 W. 45th Street-¼ mile Walking Loop
- Recreation Trail-29-mile paved trail wrapped throughout the city along the Big Sioux River greenway.







STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL) REGISTER

AGES: 65+

SAIL is a 12-week strength, balance, and fitness program designed for adults 65+. Participants improve balance and mobility, reduce their risk of falls, and improve their quality of life while having fun meeting new people. Experienced and skillful instructors teach each class. Classes are tailored to active older adults who wish to maintain or increase their fitness level. Chairs will be available as needed. It is recommended that you attend two classes per week. Please bring a bottle of water along to class. **Registration required.**

JUN 3-AUG 21 | TUE, THU | 10-11 A.M.

*NO CLASS 6/19







PLAZA PLAYTIME

AGES: 2-5 **@**

Join us for Plaza Playtime, a fun-filled, drop-in program for toddlers and preschoolers! Jacobson Plaza is the perfect environment for toddlers to explore, learn, and grow. Participants can come and go as they please within the 1–2-hour window, making this program flexible for families with varying schedules. Each week, we'll explore a different theme—from nature exploration and creative arts to movement and sensory play—ensuring every visit is a new adventure. It's the ideal opportunity for toddlers to develop important social skills, engage in physical activity, and express their creativity in a supportive, inclusive community space. Children must be accompanied by an adult. No registration required.

JUL 9-AUG 27 | WED | 9-11 A.M.

JUL 9 | SPLISH, SPLASH, PLAY!

JUL 16 | BUG & BUTTERFLY BONANZA

JUL 23 | BUILDING BLOCKS & BIG IDEAS

JUL 30 | COLORS & SHAPES EVERYWHERE

AUG 6 | LET'S MOVE!

AUG 13 | ANIMAL FRIENDS & FAMILY

AUG 20 | STORYTIME & SONG

AUG 27 | NATURE & SENSORY



NEXTGEN MARKET REGISTER

AGES: 4-17 👜

Do you love to paint, draw, sculpt, bead, build, or craft unique creations?—this is your time to shine! This special event is for local artists ages 17 and under to display and even sell their handmade works. It's free for the public to attend and a fantastic way to share your talents with the community. Artists must bring their own display materials (table, chairs, props, etc.). **Registration required. The deadline to register for participation is July 24 at noon.**

JUL 26 | SAT | 10-12 NOON





JOIN PARKS AND RECREATION

SUNDAY

MUNICIPAL BAND

TERRACE PARK BANDSHELL

ALL AGES

Join us for a high-energy Fourth of July concert! Open to all—seating is first come, first served.

JUN 29 | 8 P.M.



PATRIOTIC KICK OFF

JACOBSON PLAZA

ALL AGES

Celebrate America at Falls Park with handprint flags, patriotic crafts, American History trivia, and more! Bring the whole family for a fun-filled day honoring traditions in the heart of your community!

JUN 30 | 6-8 P.M.

AMERICAN FIELD DAY

WESTSIDE RECREATION CENTER

ALL AGES

Step back in time with an All-American Field Day, featuring classic games and friendly competition. From races to ball tosses, it's a celebration of community, outdoor fun, and the spirit of America.

JUL 1 | 3-5 P.M.

JUL 1 | 6-8 P.M.

4TH OF JULY CELEBRATION CORNHOLE TOURNAMENT @

JACOBSON PLAZA REGISTER

AGES: 18+

Join the fun at our Independence Cornhole Tournament! Teams of two will compete in a laid-back, single-elimination event. No experience needed-just bring your competitive spirit, meet new people, and enjoy a great time! Team Requirement: Teams of two players only (no individual sign-ups). Registration is required prior to the event.

JUL 2 | 6 P.M.

PATRIOTIC BIKE PARADE @

JACOBSON PLAZA

AGES: 6+

Bring your bike or scooter and get creative with our decorating stations—we'll provide the materials to make your ride parade-perfect, including fun tie-dye and festive craft options! Once your bike or scooter looks its best, join us for the bike parade around the Jacobson Ribbon and show off your colorful creation. Registration is required

JUL 3 | 5:30 P.M.









OR A WEEK LONG CELEBRATION!

FRIDAY

11 AM

INDEPENDENCE DAY PICNIC

DOWNTOWN SIOUX FALLS

Lunch is served for the first 2000 attendees along Phillips Ave between 4th and 5th Street





*FREE FAMILY FRIDAY @

TERRACE PARK FAMILY AQUATIC CENTER ALL AGES

Join us for an unforgettable Independence Day at the pool! Enjoy Wibits, yard games, and more, all with a red, white, and blue twist. Best of all, admission is FREE! Don't miss out on the fun – it's going to be a splashing good time!

JUL 4 | 3:30-5 P.M.

* For more additional Free Family Friday dates go to page 26

SATURDAY



FAMILY PARK ALL AGES

Spending time in nature can reduce stress and improve your quality of life. Fishing is a great way to relax and connect with nature. Fishing poles and bait are available on a first-come, first-served basis. **No registration required.** This program is a partnership between SD Game Fish & Parks, The Outdoor Campus, and SFPR.

JUL 5 | 9-11 A.M.

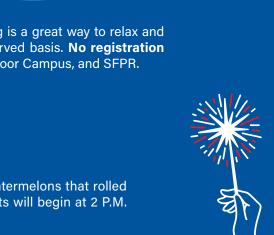
WATERMELON ROLL

TUTHILL PARK

ALL AGES

Bring your best watermelon out for a roll! Prizes will be awarded to the top 3 watermelons that rolled the farthest & shortest! Farthest contests will begin at 1:30 P.M. Shortest contests will begin at 2 P.M. Bring a blanket, enjoy a slice of watermelon, and let the good times roll.

JUL 5 | SAT | 1-3:30 P.M.





Denotes that activity is FREE with Daily Admission or Active Swim Pass. No additional fee required.



LAP SWIMMING OR WATER WALKING FOR TEENS AND ADULTS (2)

AGES: 18+

JUN 2-AUG 15 | MON-FRI | 11 A.M.-12:50 P.M. DRAKE SPRINGS FAMILY AQUATIC CENTER

*No lap swimming on Wednesdays during this time.

JUN 2-AUG 8 | MON-FRI | 5-6:30 P.M. FRANK OLSON POOL

*Family swim is held at the same time.

DEEP WATER AQUA FIT

MIDCO® AQUATIC CENTER REGISTER

AGES: 18+

This deep-water fitness class is meant to be high-intensity! Don't let the deep water be a fear—everyone will wear a flotation belt during class. This is a fun, challenging class that is full of cardio, muscular, and respiratory endurance. You may use flippers, kickboards, gloves, noodles, and other equipment during class. You are sure to sweat, but you don't need to get your hair wet! **Registration required.**

JUN 3-26 | TUE, THU | 5:45-6:30 A.M. | \$40 PER SERIES JUL 8-31 | TUE, THU | 5:45-6:30 A.M. | \$40 PER SERIES AUG 5-28 | TUE, THU | 5:45-6:30 A.M. | \$40 PER SERIES

WATER AEROBICS

MIDCO® AQUATIC CENTER REGISTER

AGES: 18+

Develop increased flexibility and range of motion through this water aerobics workout focusing on conditioning, strength, endurance, and stretching. The class takes place in the Sanford Health® 50 Meter Pool, with a cool-down session in our warm water pool. Equipment may be used. **Registration required.**

JUN 4-30 | MON, WED | 7-7:45 A.M. | \$40 PER SERIES JUL 2-28 | MON, WED | 7-7:45 A.M. | \$40 PER SERIES JUL 30- AUG 25 | MON, WED | 7-7:45 A.M. | \$40 PER SERIES

BOGA FIT

MIDCO® AQUATIC CENTER REGISTER

AGES: 18+

Float to fitness as your mat floats atop the water, offering a full-body workout on an unstable surface. This is a MUST-try class. Activewear over swimwear is recommended. Be ready to get wet! **Registration required.**

JUN 5-26 | THU | 5:45-6:30 P.M. | \$50 PER SERIES JUL 31-AUG 28 | THU | 5:45-6:30 P.M. | \$50 PER SERIES



HYDRORIDERS REGISTER

MIDCO® AQUATIC CENTER

AGES: 18+

Spin your wheels in the water! We're talking about cycling on a water bike. This music-driven cardio ride will challenge you as we incorporate upper-body strength training for a total-body workout. Water shoes or socks are recommended. **Registration required.**

JUN 6-JUL 2 | WED | 5:45-6:30 A.M. | \$40 PER SERIES JUN 24-JUL 17 | TUE, THU | 11-11:45 A.M. | \$40 PER SERIES JUL 9-AUG 1 | WED, FRI | 5:45-6:30 A.M. | \$40 PER SERIES JUL 22-AUG 14 | TUE, THU | 11-11:45 A.M. | \$40 PER SERIES AUG 6-29 | WED, FRI | 5:45-6:30 A.M. | \$40 PER SERIES

WATER POLO 101

MIDCO® AQUATIC CENTER REGISTER

AGES: 10-17

Learn the basics of water polo in this beginner-friendly class! Kids will explore rules, positions, and key skills like treading, dribbling, passing, and more. The class progresses from shallow to deep water. Participants must have passed Red Cross Level 4, be able to tread water for at least two minutes, or swim four pool lengths nonstop. **Registration required.**

JUN 6 | FRI | 8-9 A.M. | \$5 PER PARTICIPANT JUL 11 | FRI | 8-9 A.M. | \$5 PER PARTICIPANT





WARM WATER: AQUA FIT

MIDCO® AQUATIC CENTER REGISTER

AGES: 18+

This warm water fitness class is sure to keep you on your toes! We will engage your entire body using the water and equipment for resistance. This is YOUR workout, so it can be light- to high-intensity, depending on what you are looking for. The instructor is here to push and guide you, but YOU ultimately control your moves. We'll use noodles, fans, gloves, and other equipment to keep the class fun and engaging. **Registration required.**

JUN 9-JUL 2 | MON, WED | 9 A.M. | \$40 PER SERIES JUN 10-JUL 3 | TUE, THU | 9 A.M. OR 10 A.M. | \$40 PER SERIES JUL 7-30 | MON, WED | 9 A.M. | \$40 PER SERIES JUL 8-31 | TUE, THU | 9 A.M. OR 10 A.M. | \$40 PER SERIES AUG 4-27 | MON, WED | 9 A.M. | \$40 PER SERIES AUG 5-28 | TUE, THU | 9 A.M. OR 10 A.M. | \$40 PER SERIES

AQUA FITNESS

DRAKE SPRINGS FAMILY AQUATIC CENTER

AGES: 18+

Need a reason to get outside and exercise over the noon hour? This FREE, 30-minute, high-intensity workout is for you! Using a variety of water exercises, this power-packed class will be both fun and challenging. All levels welcome. No registration required.

JUN 11-JUL 23 | WED | 12:15-12:45 P.M.

WATER WALKING BOOK CLUB (29)

DRAKE SPRINGS FAMILY AQUATIC CENTER

AGES: 18+

Our book club on water is returning this summer. This fun activity combines the benefits of exercising with the opportunity to socialize and discuss your favorite book with others. The goal is to meet new people and introduce you to new books. This class is in collaboration with Siouxland Libraries. No registration required.

JUN 12 | THU | 12 NOON-12:45 P.M. JUL 10 | THU | 12 NOON-12:45 P.M. AUG 14 | THU | 12 NOON-12:45 P.M.



Looking for a challenge? Instead of hitting the trails for a 5K this summer, join Sioux Falls Parks and Recreation for one in the river! Not the Big Sioux River, but the lazy river at Drake Springs Family Aquatic Center. Enjoy the challenge of running a 5K against the current! Not interested in completing 44 laps on your own? No worries. Grab a friend and create a two-or four-person relay. Open to the first 100 registrants. **Registration required.**

JUN 14 | SAT | 7-9 P.M. | \$20 PER PARTICIPANT *REGISTER BY 5/31 TO RECEIVE A T-SHIRT.

JUL 12 | SAT | 7-9 P.M. | \$20 PER PARTICIPANT *REGISTER BY 6/28 TO RECEIVE A T-SHIRT.

AUG 2 | SAT | 7-9 P.M. | \$20 PER PARTICIPANT*REGISTER BY 7/19 TO RECEIVE A T-SHIRT.



PARTY RENTAL

AT MIDCO® AQUATIC CENTER



Looking for a way to celebrate an event? Take it easy—we've got this!

- Parties Social Gatherings Club Events Meetings
- 4 Rooms Various Sizes Up to 60 People
- \$50 per Room Includes Tables, Chairs, Large Screen TV
- The Midco° Café offers great food options

Work with our staff to create an extraordinary experience. Contact us at the Midco[®] Aquatic Center office at 605-367-7665 for room availability, reservations, food options, policies and facility guidelines.

No outside food or beverages are allowed in the Midco® Aquatic Center with the exception of special event cakes or cupcakes.

Scan to see menu offerings at the Midco® Café

MIDCO®
AQUATIC CENTER









GREAT CARDBOARD BOAT RACE

KUEHN PARK/POOL REGISTER

ALL AGES

Ahoy sailors! Our Great Cardboard Boat Race is coming back for the seventh summer. Join this fun race and display your "ferry" impressive creations to see if they stand the test of water! All boats will be judged on creativity, seaworthiness, and quickest to sink! Each boat will need up to two participants to commandeer the course. Boats must be made of corrugated cardboard and duct tape only—no wood, Styrofoam, fiberglass, paint, or plastic. Life jackets for this event will be provided and must be worn by contestants. Swimsuits and registration required.

JUN 15 | SUN | 9 A.M. CHECK IN | 10 A.M. RACE STARTS JUL 19 | SAT | 9 A.M. CHECK IN | 10 A.M. RACE STARTS



DIVE-IN MOVIE

LAUREL OAK AQUATIC CENTER

ALL AGES

Our outdoor "swimming cinema" returns! To watch from the water, bring an air mattress or inflatable device. (No inflatables with cutout centers.) There will also be seating on the deck. Games start at 8 P.M. with show time at approximately 9 P.M. No registration required.

JUNE 20 | FRI | 8-10:30 P.M. | SHARK TALE



LAUREL OAK AQUATIC CENTER | AGES: 7+ REGISTER
Crockie mate! Watch out—some (inflatable) crocodiles

crockie mate! Watch out—some (inflatable) crocodiles in the water! We don't want those crocs in there, so we need you to wrangle them up and get them out! When you're not wranglin', enjoy a scavenger hunt around the pool. Join us at Laurel Oaks Aquatics Center to wrangle these crocs—we will time everyone to see who can get the crocs out the fastest. Fastest wrangler gets a prize.

Register by June 8 to receive a t-shirt!

JUN 21 | SAT | 10:30 A.M.-12:30 P.M. | \$20 PER PARTICIPANT

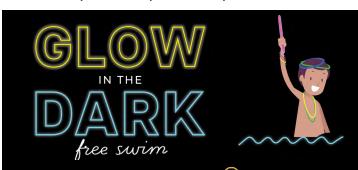
DIVING 101

MIDCO® AQUATIC CENTER REGISTER

AGES: 7-13

This class teaches beginners the basics of competitive diving. Kids practice approaches, jumps in various body positions, forward dives, and back dives. To participate in this class, swimmers must be comfortable swimming in deep water without help. **Registration required.**

JUN 23-JUL 9 | MON-WED | 8:15-9 A.M. | \$40 PER SERIES



FRANK OLSON PARK | ALL AGES 🚇

What's "glowing on" everyone? We're excited to announce our first glow-in-the-dark FREE swim. As the sun sets and the night comes in, we'll provide glow-in-the-dark bracelets and necklaces and let you "glow" haywire. Participants under 7 years of age must have an adult with them. This will be an event to remember! No registration required.

JUN 24 | TUE | 8-9 P.M. JUL 29 | TUE | 8-9 P.M.

SUMMER 2025 25



BASIC ARTHRITIS/LOW IMPACT AEROBICS

MIDCO® AQUATIC CENTER REGISTER

AGES: 65+

The basic program begins with exercises to improve range of motion, muscle strength, balance, and endurance. As participants' joint flexibility and pain improve, more functional activities are added. The class is held once a week in the warm water pool. If you've recently had a joint replacement or are planning to have one, this class is for you. Water shoes are recommended. **Registration is required and limited to 12 per class.**

JUN 25-JUL 18 | WED | 10-10:45 A.M. | \$40 PER SERIES JUN 23-AUG 15 | WED, FRI | 10-10:45 A.M. | \$40 PER SERIES



FREE FAMILY FRIDAYS

ALL AGES

Sioux Falls Parks and Recreation will host Free Family Fridays at all pools this summer in recognition of our July National Parks and Recreation month. We will extend our family swim time on these special evenings, so grab your parents and join us for these free-admission evenings. Enjoy Wibits, yard games, and so much more! This will also give you a chance to see how much fun our pools are and a chance to meet our friendly staff.

JUN 27 | FRI | 6:30-8 P.M. | KUEHN POOL

JUL 4 | FRI | 3:30-5 P.M. *

TERRACE PARK FAMILY AQUATIC CENTER

JUL 11 | FRI | 6:30-8 P.M. | FRANK OLSON POOL

JUL 18 | FRI | 6:30-8 P.M.

LAUREL OAK FAMILY AQUATIC CENTER

JUL 25 | FRI | 6:30-8 P.M.

DRAKE SPRINGS FAMILY AQUATIC CENTER

* For more Independence Day Celebration Events go to page 21





ATHLETIC FIELD PRACTICE LOCATIONS

The following are locations that can be utilized as practice locations:

EAST PRACTICE FIELDS

Morningside Park Lions Centennial Park Kenny Anderson Park Fred Dawley Park Bryant Park

WEST PRACTICE FIELDS

Hayward Park Memorial Park Bakker Park Kuehn Park

SOUTH PRACTICE FIELDS

Farm Field Park Platinum Valley Park Prairie Meadows Park

CENTRAL PRACTICE FIELDS

Dugan Park Terrace Park Sherman Park (Practice Field ONLY)

NO PRACTICES ALLOWED AT THE FOLLOWING SPORTS COMPLEXES:

Spencer Park

Tomar Park

Yankton Trail Park

Sanford Complex

SOFTBALL FIELDS

- Dunham Park
- Frank Olson Park
- Earl McCart Park
- Sherman Park
- Harmodon Park
- Kenny Anderson Park
- Kuehn Park
- Burnside Park
- Cherry Rock Park
- Morningside Park
- St. Lambert's Park
- Jefferson Park

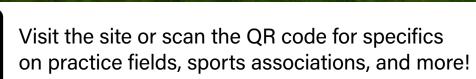
BACKSTOPS WITH NO INFIELD, NO FENCE

- Bakker Park
- Bryant Park
- Campus Park
- Dugan Park
- Dugairraik
- Harmodon Park
- Emerson Park
- Galway Park
- Granite Valley Park
- Lacey Park
- Laurel Oak Park
- Lewis Park
- Linwood Park

- Manson Pioneer Park
- McKennan Park
- Meldrum Park
- Platinum Valley Park
- Prairie Hills Park
- Riverside Park
- Sherman Park
- Southern Vistas Park
- Spellerberg Park
- Tower Park
- Tuthill Park

BASEBALL FIELDS

- Cherry Rock Park
- Elmwood Park
- Harmodon Park
- Pasley Park
- Terrace Park
- Kuehn Park



siouxfalls.gov/sports



SUMMER 2025 27





BUY A NEW SWIM PASS NOW AT THE MIDCO® AQUATIC CENTER

(During normal hours of operation.)

After May 30, you can buy passes at the Midco® Aquatic Center, Kuehn, Frank Olson, Terrace, Drake Springs, and Laurel Oak aquatic facilities when they open on May 30 (weather permitting).

- DID YOU HAVE A PASS LAST YEAR?
 Log in and Renew online at register.siouxfalls.gov. Your pass will activate
- DO YOU QUALIFY FOR A FREE OR REDUCED PRICE PASS?
 You will need to purchase it at the Midco® Aquatic Center in person annually.

For more information on pass purchasing/qualifications, call 605-367-8222 or visit siouxfalls.gov/swim-pass, or view page 36 of the guide.



ADULT WATER POLO

FRANK OLSON POOL

AGES: 18+

This is an open session to introduce or continue learning a fun Olympic sport. Learn the swimming, treading, passing, and shooting techniques through drills and instruction with other participants. Participants should be comfortable treading water for long periods of time, and be comfortable swimming 2 lengths of the 50m pool without stopping. No registration required.

JUL 26 | SAT | 9:30-11 A.M. | \$12 PER PARTICIPANT



YOUTH TRIATHLON TRAINING

KUEHN PARK/POOL REGISTER

This two-day clinic prepares you for the Youth Triathlon or teaches you the ropes of triathlons.

Day 1: Master the swim! Learn poolside tips and practice smooth swim-to-bike transitions. Don't forget your swimsuit and towel!

Day 2: Bike like a pro! Scheels will join us for free basic bike fits and safety checks. We'll also cover bike etiquette, navigate the actual race route, and finish with a run practice. Bring your bike, helmet, and running shoes. **Registration required.**

AUG 6-7 | WED- THU | 10-11 A.M. | \$20 PER PARTICIPANT | AGES: 6-9 AUG 6-7 | WED- THU | 11 A.M.-12 NOON | \$20 PER PARTICIPANT | AGES: 10-18







YOUTH TRIATHLON

KUEHN PARK/POOL REGISTER

AGES: 6-18

Calling young athletes (ages 6-18)! Join the fun at the Sioux Falls Youth Triathlon, co-sponsored by Wellmark. Race distances are designed for each age group! All levels are welcome; swimming is required. No lifejackets are allowed for the swim portion.

AUG 8 | FRI | 10 A.M. | AGES: 6-7 | CHECK IN AT 9 A.M. | \$20 PER PARTICIPANT

AUG 8 | FRI | 10:15 A.M. | AGES: 8-9 | CHECK IN AT 9 A.M. | \$20 PER PARTICIPANT

AUG 8 | FRI | 10:30 A.M. | AGES: 10-11 | CHECK IN AT 9:15 A.M. | \$20 PER PARTICIPANT

AUG 8 | FRI | 10:45 A.M. | AGES: 12-13 | CHECK IN AT 9:30 A.M. | \$20 PER PARTICIPANT

AUG 8 | FRI | 11 A.M. | AGES: 14-18 | CHECK IN AT 9:45 A.M. | \$20 PER PARTICIPANT

Registration Required: The event starts at 10 A.M. Please call 605-367-7665 if you have any questions.

Please bring: Bike, helmet, swimsuit, towel, socks, running shoes.

Vehicle parking and access: Kuehn Pool lot (drop-off only), LifeChange Church lot, or Kuehn Community Center lot. No parking at Kuehn Golf Course!







LIFEGUARD TRAINING

LIFEGUARD TRAINING

MIDCO® AQUATIC CENTER

AGES: 15+

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. This course is a blended learning course format (19.5 hours in person, 7.5 hours online). The prerequisites for this course include being 15 years of age and having passed the pre-course swimming skills test.

FEE PER COURSE: \$185 PER PARTICIPANT

COURSE 1: JUN 6-8 | FRI-SUN | 5 P.M. FRI | 8 A.M.-6 P.M. SAT AND SUN COURSE 2: AUG 15-17 | FRI-SUN | 5 P.M. FRI | 8 A.M.-6 P.M. SAT AND SUN COURSE 3: SEP 5-7 | FRI-SUN | 5 P.M. FRI | 8 A.M.-6 P.M. SAT AND SUN

LIFEGUARD RECERTIFICATION CLASS

MIDCO® AQUATIC CENTER

AGES: 15+

This course is best suited for those with current lifeguarding certification who need to renew, much like the full lifeguard training course. This review course is a blended learning format with online coursework and instructor-led instruction sessions.

JUL 13 | SUN | 8 A.M.-6 P.M. | \$125 PER PERSON AUG 17 | SUN | 8 A.M.-6 P.M. | \$125 PER PERSON SEP 14 | SUN | 8 A.M.-6 P.M. | \$125 PER PERSON

WATER SAFETY INSTRUCTOR COURSE

MIDCO® AOUATIC CENTER

AGES: 15+

Water Safety Instructor (WSI) training prepares you to teach children and adults water safety, survival, and swimming skills. Water Safety Instructors are in high demand, and teaching people to swim is a fun and rewarding part-time job for people of all ages. Upon completing the WSI course, participants will be certified to teach American Red Cross swimming lessons. This blended learning course includes an online portion (which must be completed before the first day of class) and an instructor-led classroom instruction skills session.

JUN 13-15 | SAT-SUN | 8 A.M.-8 P.M. START ON SAT AND SUN | \$255 PER PERSON AUG 9-10 | SAT-SUN | 8 A.M.-8 P.M. START ON SAT AND SUN | \$255 PER PERSON

FALL 2025 AGES 15+ INDOOR AQUATICS Lifeguard | \$17.06 hourly Head Lifeguard | \$18.12 hourly Water Safety Instructor | \$17.59 hourly Pool Manager | \$19.19 hourly Front Desk Staff | \$15.99 hourly + Earn Competitive Wages + Flexible Scheduling + Gain Valuable Skills

OAPPLY

For more information on Lifeguard opportunities at the Midco[®] Aquatic Center and Westside Recreation Center visit *siouxfalls.gov/midco*

Midco® Aquatic Center Café



Here's a taste of some of our offerings:



All-Day Breakfast

Egg White Veggie Frittata*

Sausage, Bacon or Ham Croissant

Sausage, Egg and Cheese Biscuit

Maple Waffle Stuffed with Sausage, Egg and Cheese

French Toast Sticks with Powdered Sugar & Syrup

Sausage Gravy, Ham and Bacon Breakfast Pizza

Assorted Muffins



Dollar Menu

Kraft Mac N' Cheese

Peanut Butter & Jelly Sandwich

Cup O' Noodles

Keebler Crackers

Cinnamon Apple Churro with

Caramel Sauce

GoGo Squeeze Applesauce Pouch

Sun Cup Juice Boxes



Daily Menu

Hot Turkey with Havarti Cheese*

Hot Ham with Swiss*

Hot Roast Beef & Provolone

Triple Cheese Grilled Cheese

1/4 lb Hamburger Cheeseburger

Daily Soup

Chicken Tenders

King Pretzel with Melty Cheese or Caramel Sauce

*Gluten-free options available.

Classic Cheese, Pepperoni, Sausage Pizza by the Slice or Whole Pie

Let us bake one for you to take home!

We also sell swim diapers and goggles!

MONDAY-FRIDAY 8 A.M.-7 P.M. **SATURDAY** 8 A.M.-5 P.M.

SUNDAY 12 NOON-4 P.M.



OUTDOOR POOLS OPENING DAY IS FRIDAY, MAY 30

weather permitting

Open Swim: Children 6 years and younger must be supervised by someone at least 16 years old. *The ratio of children 6 years and younger may not exceed five children per adult.*

HOURS: 1-5 P.M. and 6:30-8 P.M.

Family Swim: Youth under 18 are allowed only if accompanied by a parent or responsible adult.

HOURS: 5-6:30 P.M.



AQUATIC FACILITIES

DRAKE SPRINGS FAMILY AQUATIC CENTER

301 S. Fairfax Ave.

FRANK OLSON POOL

4101 E. 16th St.

KUEHN POOL

2309 Kuehn Park Rd.

LAUREL OAK FAMILY AQUATIC CENTER

3401 E. 49th St.

MIDCO® AQUATIC CENTER*

1601 S. Western Ave.

*Closed 7/4

TERRACE PARK FAMILY AQUATIC CENTER

1001 W. Madison Ave.

SPRAY PARKS

HOURS: 11 A.M.-8 P.M.



PIONEER SPRAY PARK 🕮

Pine St. and Jessica Ave.

Come to the big turtle shell for some prehistoric fun with our park's one-of-a-kinddinosaur design. Run through the water tunnel, shoot the dino cannons, and stand face-to-face with the dinosaur. With over 60 different spray nozzles shooting water, you're sure to get wet. The spray park is unsupervised.



MIDCO® AQUATIC CENTER SPLASH PAD ()

1601 S. Western Ave.

The splash pad and outdoor sundeck are on the south side of the center. The splash pad is fun for all ages and includes interactive play features and outdoor seating. Midco® Aquatic Center guests can access the splash pad from the Recreation Pool.



HAYWARD SPRAY PARK @

N. Valley View Rd. and W. Foxdale St.

Check out Sioux Falls Parks and Recreation's newest splash pad. While in the park, try out the new playground, walking trail, and dog park, too. The spray park is unsupervised.



Denotes that the Splash Pad is FREE with Daily Admission or Active Swim Pass.



INDOOR MIDCO MIDCO ADJATIC CENTER SWIMMING LESSONS

Midco Aquatic Center is a provider of American Red Cross Learn-to-Swim courses.

Swimming lessons will be available for all ages and abilities. Not only does learning to swim allow for you to be safe in and around the water, it also has many other added benefits. Learning to swim provides a lifelong skill that can provide fitness opportunities, improve your health, provide strength and coordination, and provide confidence in the water and motivation to continue to improve skill proficiencies. **Morning and Evening Lessons available.**

SESSION 1:

JUNE 9-19

- Registration opens: 6 P.M. on Tuesday, May 25
- Registration closes: 6 P.M. on Tuesday, June 3

SESSION 2: JULY 14–24

- Registration opens: 6 P.M. on Tuesday, July 1
- Registration closes: 6 P.M. on Tuesday, July 8

OUTDOOR SWIMMING LESSONS



- SESSION 1: JUNE 2-13
- **SESSION 2:** JUNE 16–27
- SESSION 3: JULY 7-18
- SESSION 4: JULY 21-AUG 1

Kuehn Pool and Laurel Oak Family Aquatic Center

- Registration opens: 6 P.M. on Tuesday, May 20
- Registration closes: 6 P.M. on Tuesday, May 27

Frank Olson Pool & Terrace Park Family Aquatic Center

- Registration opens: 6 P.M. on Tuesday, June 3
- Registration closes: 6 P.M. on Tuesday, June 10

Kuehn Pool and Laurel Oak Family Aquatic Center

- Registration opens: 6 P.M. on Tuesday, June 24
- Registration closes: 6 P.M. on Tuesday, July1

Frank Olson Pool & Terrace Park Family Aquatic Center

- Registration opens: 6 P.M. on Tuesday, July 8
- Registration closes: 6 P.M. on Tuesday, July 15



Visit the site or scan the QR code for specifics on levels, lesson schedules, and more!

siouxfalls.gov/swimming-lessons

2025 Swim Passes





INTERESTED IN PURCHASING A SWIM PASS?

- For first-time swim pass buyers and renewal of a non-full-priced swim pass, visit Midco® Aquatic Center (or during summer season at any outdoor aquatic facility with exception of McKennan wading pool).
- · If you do not already have an online account with Parks and Recreation, you can create a new online account by going to recreation.siouxfalls.gov.
- · All family members on the swim pass must have their photos taken.
- For details on swim pass rates, visit <u>siouxfalls.gov/swim-pass</u>.

	DAILY ONE DAY	SUMMER INDOOR & OUTDOOR	FALL/WINTER/ SPRING INDOOR ONLY	ANNUAL INDOOR & OUTDOOR
Child (Ages 4-17) Ages 3 and under free	\$5	\$30	\$70	\$80
Adult (Ages 18-64)	\$6	\$70	\$170	\$190
Senior (Ages 65+)	\$ 5	\$40	\$95	\$110
Veteran	Standard Rates Apply	\$40	\$95	\$110
Family Immediate family members living in the household, including step and foster children. This does not mean extended family such as grandparents, aunts, uncles, and children older than 18 years of age.	-	\$100	\$240	\$300

^{*}Rates will not be discounted for periodic shutdowns OR maintenance purposes.

The daily pass allows you access to the facility from the time of purchase to the end of the operation day.

Shall be effective May 1 through Labor Day, and include the Midco® Aquatic Center, outdoor aquatic centers, and outdoor swimming pools.

Shall be effective all operational days at the Midco® Aquatic Center beginning Labor Day and ending April 30 of the following year.

Shall be effective all operational days at the Midco® Aquatic Center, Outdoor aquatic centers, and outdoor swimming pools.

DISCOUNTED RATE DEFINITIONS

- Senior: An individual 65 years or olde
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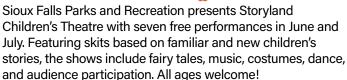
Armaniada os years or order.	
Yeteran: An individual who has or is currently serving in the United States military and must provide ocumentation of service such as a Military ID.	MIDCO
reduced-Income: Families/individuals who are residents of Sioux Falls and actively receive reduced or se school lunches, or who actively receive Medicaid benefits.	AQUATIC CENTE

	DAILY	SUMMER	FALL/WINTER/ SPRING	ANNUAL
Reduced-Income Adult For qualifying individuals	\$1 Fall/Winter/Spring only	\$40	\$95	\$110
Reduced-Income Family For qualifying individuals	\$1 per individual Fall/Winter/Spring only	\$50	\$120	\$155
Free Family/Adult/Senior Citizen Pass For qualifying individuals	-	FREE	-	-



STORYLAND CHILDREN'S THEATRE

MCKENNAN PARK BAND SHELL @



THE CURIOUS CASE OF THE VAMOOSED BOOKS

Original Script by Michael Smith, Produced by and special arrangement with Michael Smith.

JUN 17 | 10 A.M. & 7 P.M. JUN 18, 19 | 10 A.M.

SNOW WHITE AND THE 3 BEARS

Original Script by Michael Smith. Produced by and special arrangement with Michael Smith.

JUN 24 | 10 A.M. & 7 P.M. JUN 25, 26 | 10 A.M.

FARMER FRANK AND THE DO-NO-GOOD-DEER

Original Script by Michael Smith. Produced by and special arrangement with Michael Smith.

JUL 1 | 10 A.M. & 7 P.M. JUL 2, 3 | 10 A.M.

PAUL BUNYAN ATE MY HOMEWORK

Original Script by Michael Smith. Produced by and special arrangement with Michael Smith.

JUL 8 | 10 A.M. & 7 P.M. JUL 9, 10 | 10 A.M.

SLEEPING BILLY

Original Script by Michael Smith. Produced by and special arrangement with Michael Smith.

JUL 15 | 10 A.M. & 7 P.M. JUL 16, 17 | 10 A.M.

NINJA, NINJA, GOOSE

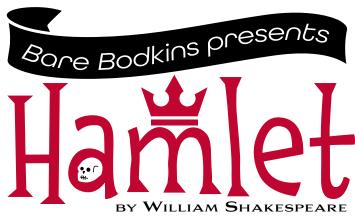
Original Script by Michael Smith. Produced by and special arrangement with Michael Smith.

JUL 22 | 10 A.M. & 7 P.M. JUL 23, 24 | 10 A.M.

CINDERELLA AT THE BALL(PARK)

Original Script by Michael Smith. Produced by and special arrangement with Michael Smith.

JUL 29 | 10 A.M. & 7 P.M. JUL 30, 31 | 10 A.M.



QUEEN BEE MILL AT FALLS PARK 📠



When the ghost of the King of Denmark appears and reveals that he was murdered, his son, Hamlet, embarks on a quest for revenge. Will Hamlet risk everything-love, family, and even his own life--to avenge his father's murder? The crowning achievement of Shakespeare's canon, Hamlet is packed with high stakes twists and turns, intense sword fighting, and unforgettable characters sure to please theatre goers of all ages! Join Bare Bodkins Theatre Company for their 28th season of Shakespeare in the Park as they breathe new life into this classic masterpiece using their signature bare-bones style.

Free tickets for all, available at the Mill gate 30 minutes before each show

The 90-minute performance will take place in the ruins of the Queen Bee Mill at Falls Park

> **Lawn chairs or blankets are recommended. Seating limited.

JUI 2 | WED | 7 P.M. JUI 3 | THU | 7 P.M. JUL 5 | SAT | 7 P.M. JUL 6 | SUN | 7 P.M. JUL 10 | THU | 7 P.M. JUL 11 | FRI | 7 P.M. JUL 12 | SAT | 7 P.M. JUL 13 | SUN | 7 P.M.



PERFORMANCES



MONDAYS AT MCKENNAN

MCKENNAN PARK BAND SHELL @

A summer favorite! Listening to music has proven medical benefits, so bring your favorite lawn chair or blanket and get a good spot. Concerts are free and held Mondays; July 7 through August 25 at 7 P.M. at the McKennan Park Band Shell.

JUL 7 | NEO JOHNSONS (CLASSIC ROCK)

JUL 14 | JUST WHISTLIN' DIXIE (JAZZ AND RYTHM)

JUL 21 | TOMAHAWK COUNTY (FOLK)

JUL 28 | MEN IN BLACK (JOHNNY CASH TRIBUTE)

AUG 4 | SURFIN SAFARI (50's AND 60's)

AUG 11 | MOGEN'S HEROES (VARIETY)

AUG 18 | FUNK-UH-FRIED (FUNK)

AUG 25 | LAST CALL (ROCK)



EPHEMERAL PRODUCTIONS PRESENTS BROAD WAY Beyond

MCKENNAN PARK BAND SHELL

Broadway and Beyond! returns in 2025 with "Seasons of Love," a fast-paced, family-friendly celebration of theatre and film's most iconic musical numbers. Featuring 30 songs in 75 minutes, this community production showcases local talent of all ages performing hits from Grease, Damn Yankees, Mamma Mia, Frozen, Les Misérables, and more. Join us for a joyful night of music, dance, and storytelling that celebrates the heart of our community!

AUG 7 | THU | 7 P.M. AUG 8 | FRI | 7 P.M. AUG 9 | SAT | 7 P.M. AUG 10 | SUN | 2 P.M.



MCKENNAN PARK BAND SHELL REGISTER

Experience the fun of performing children's theatre at the McKennan Park Band Shell! Join Michael and Jaren from Storyland Children's Theatre for this classic tale meets comedy version of The Odyssey. Bring your creativity and high-energy, as we rehearse all week for our final performance Thursday evening.

JUL 7-10 | MON-THU | 1-4:30 P.M. | \$70 PER PARTICIPANT (AGES: 11-14)

Join Michael and Jaren from Storyland Children's Theatre for this four-day camp! Learn fun theatre games, sing familiar Storyland songs, explore the art of improvisation, and unleash your creativity by designing costumes and props. You'll rehearse a script for a performance and showcase your talent Thursday evening on the McKennan Park Band Shell stage!

JUL 14-17 | MON-THU | 1-4 P.M. | \$60 PER PARTICIPANT (AGES: 8-11)



Summer Reading Program for All Ages

MAY 23-AUGUST 15, 2025

SUMMER READING KICK-OFF PARTY

Visit your local branch or our website to find information on one of our ten summer reading kickoff events happening May 23–June 7.

MAY 23 | 9:30-11:30 A.M. | CAILLE BRANCH MAY 28 | 4-5:30 P.M. | OAK VIEW BRANCH MAY 29 | 10 A.M.-12 NOON | PRAIRIE WEST BRANCH MAY 31 | 10 A.M.-12 NOON | CROOKS BRANCH JUN 3 | 10-11 A.M. | VALLEY SPRINGS BRANCH JUN 3 | 10 A.M.-12 NOON | RONNING BRANCH

JUN 3 | 4-6 P.M. | BRANDON COMMUNITY LIBRARY

JUN 4 | 10-11 A.M. | GARRETSON BRANCH

JUN 5 | 10-11 A.M. | BALTIC BRANCH JUN 7 | 2-4 P.M. | DOWNTOWN BRANCH AUG 12 | 6-8 P.M. | PRAIRIE WEST BRANCH

TEEN END OF SUMMER PARTY!

Celebrate the end of summer with inflatables, an ice cream sundae bar, crafts, oversized lawn games, and more! Open to all 6th–12th graders who participated in the Teen Summer Reading Program. Registration is encouraged.







Scan the QR code for more information!

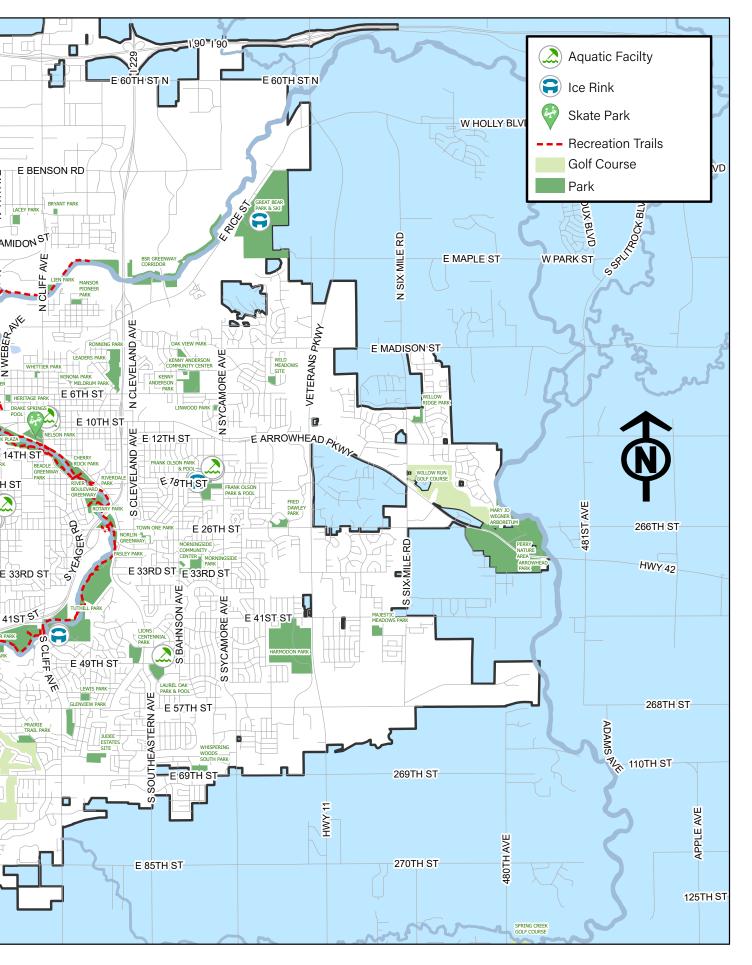












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