

**FALL 2025**

# ACTIVITIES GUIDE

SEPTEMBER-NOVEMBER

**NEW LEAGUE  
OPPORTUNITIES AT**



**WESTSIDE  
RECREATION CENTER**

See page 19-20  
for details.

**Explore! Connect! Play!**



**CITY OF  
SIOUX FALLS  
PARKS & RECREATION**



## PARKS AND RECREATION OFFICE

231 NORTH DAKOTA AVENUE | 605-367-8222

[SIUXFALLS.GOV/PARKS](http://SIUXFALLS.GOV/PARKS)

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



## MIDCO® AQUATIC CENTER

1601 SOUTH WESTERN AVENUE | 605-367-7665

[SIUXFALLS.GOV/MIDCO](http://SIUXFALLS.GOV/MIDCO)

### Hours

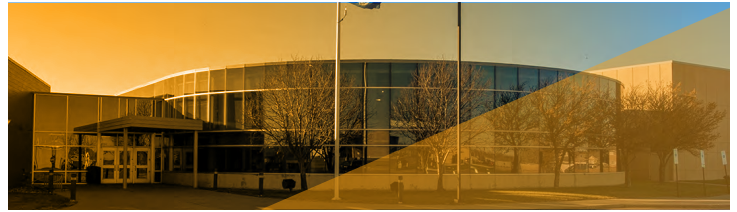
Monday-Friday	5:30 A.M.-8 P.M.
Saturday	7 A.M.-6 P.M.
Sunday	12 NOON-5 P.M.

### Daily Admission Rates

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

[SIUXFALLS.GOV/WESTSIDE](http://SIUXFALLS.GOV/WESTSIDE)

### Hours

Sunday	10 A.M.-5 P.M.
Monday-Thursday	5 A.M.-9 P.M.
Friday	5 A.M.-8 P.M.
Saturday	7 A.M.-5 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

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## RECREATION PROGRAM

# TEAM



**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



**Andrew Peitz**  
Recreation Program  
Specialist



**Lisa Sandoz**  
Recreation Program  
Specialist



**Ben Schmunk**  
Recreation Program  
Specialist



**Stan Wallace**  
Recreation Program  
Specialist



**Adrian Smith**  
Lead Building  
Maintenance



**Nathan Trolson**  
Building Maintenance

# FALL ACTIVITY GUIDE

# **REGISTER ONLINE!**

recreation.siouxfalls.gov

## ▶ **EXPLORE**

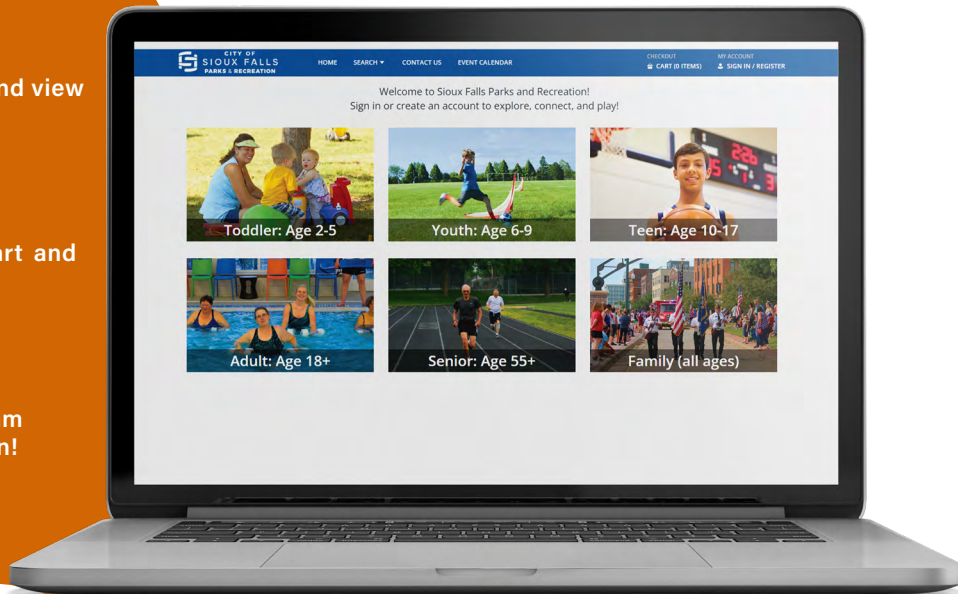
Go to [recreation.siouxfalls.gov](http://recreation.siouxfalls.gov) and view available programs.

## ▶ **CONNECT**

Add your picks to your cart and checkout.

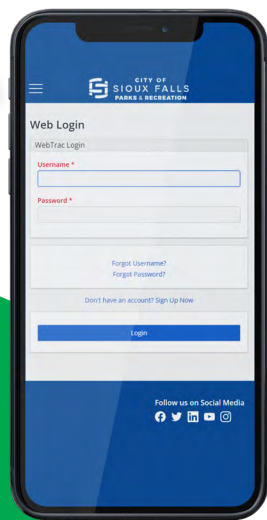
## ▶ **PLAY**

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](http://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](mailto: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.

# YOUTH

Ages 2-17



## KIDS CROSS-COUNTRY MEETS FREE

MORNINGSIDE PARK

AGES: 4-14

Sioux Falls Parks and Recreation, along with the Sioux Falls Area Running Club and 605 Running Co., is hosting three kids cross-country meets this fall. The three-race cross-country series is for ages kindergarten through 6th grade. It's a great opportunity to introduce your child to the joy of running; an activity for a lifetime. Registration begins at 4 P.M. with races beginning at 4:30 P.M.

SEP 3 | WED | 4-5 P.M.

SEP 10 | WED | 4-5 P.M.

SEP 17 | WED | 4-5 P.M.

## TWEEN/TEEN ARCHERY

GREAT BEAR ARCHERY RANGE REGISTER

AGES: 10-17

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

SEP 6 | SAT | 2-3 P.M. | \$5 PER PARTICIPANT

## FOOTBALL KICK-OFF FREE

HAYWARD PARK

AGES: 8-13

Get ready to run, catch, and score! This action-packed mini football camp is designed to introduce kids to the fundamentals of football in a fun and safe environment. Participants will go through a variety of drills focusing on teamwork and basic football skills. After drills, the group will put their new skills to the test in friendly games of flag football. Whether they're new to the game or already tossing touchdowns, this camp is perfect for young athletes looking to learn, play, and have fun!

SEP 6 | SAT | 10 A.M.-12 NOON

## YOUTH ARCHERY

GREAT BEAR ARCHERY RANGE REGISTER

AGES: 6-9

Archery is a fun activity that can help teach sportsmanship, patience, and self-confidence. Youth Archery will provide the opportunity to try out this sport or brush up on your archery skills! Equipment will be provided. **Registration required.**

SEP 6 | SAT | 11 A.M.-12 NOON | \$5 PER PARTICIPANT

## RIDE & RACE

ELMWOOD PARK

AGES: 6-9

Buckle your helmets, pump up those tires, and get ready to roll, because Ride and Race isn't just another day at the track. It's a two-wheeled thrill ride mixed with fast-paced games, and just the right amount of remote-controlled mayhem. Designed for kids who love to move, race, and occasionally pretend their bike is a rocket ship, this action-packed, two-hour program transforms the pump track into a playground of skill, safety, and speed.

SEP 27 | SAT | 12 NOON | \$10 PER PARTICIPANT



## TODDLER NATURE EXPLORERS

TUTHILL PARK REGISTER

AGES: 2-5

Take a walk along the wooded trails of Tuthill Park searching high and low for the colors of this fall season. 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: Fall Foliage. Week Two: Seasons. Week Three: Animal Homes. **Parent participation and registration is required.**

OCT 9 | THU | 3:30-5 P.M. | \$5 PER PARTICIPANT

OCT 16 | THU | 3:30-5 P.M. | \$5 PER PARTICIPANT

OCT 23 | THU | 3:30-5 P.M. | \$5 PER PARTICIPANT



# ADULT

Ages 18+

## YARN & YAMMER FREE

MIDCO® AQUATIC CENTER  
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 \$3 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.

SEP 1-NOV 24 | MON | 1-3 P.M.

## COFFEE, CROSSWORDS & CONUNDRUMS FREE

MIDCO® AQUATIC CENTER LOBBY  
AGES: 18+

Discover the perfect blend of coffee and crosswords! Boost your brain with fun puzzles while enjoying \$3 coffee with unlimited refills. Bring your own crossword or use one of ours. The Midco® Café offers breakfast, lunch, snacks, and more. No outside food or drink allowed.

SEP 6-NOV 29 | SAT | 9-10 A.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.**

SEP 6 | SAT | 3-4 P.M. | \$8 PER PARTICIPANT

## SOCIAL CONNECTIONS FREE

TUTHILL HOUSE  
AGES: 18+

Welcome to Social Connections—a relaxed, supportive space for adults on the autism spectrum. Enjoy puzzles, games, snacks, or just hanging out at your own pace. It's all about comfort, fun, and meaningful connections, with staff available to support you.

SEP 8 | MON | 6-8 P.M.

OCT 6 | MON | 6-8 P.M.

NOV 3 | MON | 6-8 P.M.

## HOW TO PACK IT FREE

GREAT BEAR RECREATION PARK  
AGES: 18+

Want to learn how to pack your bag without breaking your back? Then join us for an afternoon hike where you can learn the basics of how to properly pack your bag for medium-to-long duration hikes. Then afterwards we will try out our newfound skills on the trails in Great Bear. **Please bring your bag and supplies.**

SEP 21 | SUN | 3-5 P.M.

## DOGGIE DIY

TUTHILL PARK REGISTER  
AGES: 18+

Create unique interactive puzzle toys, DIY treats & more to help provide mental stimulation for your dog all winter long. November 20 will be a special DOGsgiving themed session! **Registration required.**

NOV 6 | THU | 6-7 P.M. | \$8 PER PARTICIPANT

NOV 13 | THU | 6-7 P.M. | \$8 PER PARTICIPANT

NOV 20 | THU | 6-7 P.M. | \$8 PER PARTICIPANT



ARROWHEAD PARK HOUSE FREE  
AGES: 18+ REGISTER

Get ready to laugh, play, and win at White Elephant Bingo! Bring a wrapped white elephant gift and play for a chance to win one of the mystery prizes. It's the perfect mix of surprises, laughter, and friendly competition. You might score big—or go home with the gift you brought! **Registration required.**

NOV 8 | SAT | 6-8 P.M.

# SENIORS

Ages 65+



## SENIOR RECREATION TRAIL TOURS FREE

PASLEY 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.**

SEP 3 | WED | 9-10 A.M., 10-11 A.M., OR 11 A.M.-12 NOON

SEP 4 | THU | 9-10 A.M., 10-11 A.M., OR 11 A.M.-12 NOON

OCT 2 | THU | 1-2 P.M., 2-3 P.M., OR 3-4 P.M.

OCT 3 | FRI | 1-2 P.M., 2-3 P.M., OR 3-4 P.M.

## STAY ACTIVE AND INDEPENDENT FOR LIFE

(SAIL) FREE

MIDCO® AQUATIC CENTER REGISTER

AGES: 65+

SAIL is a 10-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.**

SEP 15-NOV 26 | MON, WED | 9:30-10:30 A.M.

NOV 4-NOV 26 | TUE, THU | 9:30-10:30 A.M.



## 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.**

SEP 6 | SAT | 4-5 P.M. | \$8 PER PARTICIPANT

Park bathrooms and water fountains will close for the season starting early to mid-October.

Use the [Park Finder Map](#) for updates:

[siouxfalls.gov/parks-finder](https://siouxfalls.gov/parks-finder)

# ALL AGES

## SUNRISE FISHING FREE

FAMILY PARK  
ALL AGES

The initial hours of the day have been proven a prime time for fishing! Fish are just beginning their day with breakfast, so they are extremely active! Come out and join us for a morning of fishing. Whether you are brand new to fishing or an expert, this program is for you. All the necessary equipment will be provided for you to enjoy a morning of fishing. Poles and bait will be available on a first-come, first-served basis. Individuals 16 years of age or older must have a valid South Dakota fishing license.

SEP 6 | SAT | 7:30-9 A.M.

## RECREATION TRAIL RACES FREE

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 one mile, 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!

SEP 8 | MON | 6:30-8 P.M.

SEP 15 | MON | 6:30-8 P.M.



## POP-UP DISC GOLF FREE

ALL AGES

Have you tried all the disc golf options in town and are looking for something new? Well, this pop-up short course might be just the thing for you! The course is open to people of all ages. Try the course for a little fun and at the end see if you can take on the challenge of our trick shots!

SEP 14 | SUN | 2-4 P.M. | PRAIRIE TRAIL PARK

OCT 4 | SAT | 2-4 P.M. | CHERRY ROCK PARK

## SUNSET FISHING FREE

TERRACE PARK  
ALL AGES

Whether you 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 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 or older must have a valid South Dakota fishing license.

SEP 16 | TUE | 6-8 P.M.

SEP 23 | TUE | 6-8 P.M.

A stylized illustration of a yellow and orange truck. The word 'TOUCH' is written in large, bold, black letters above the truck's cab. A hand is shown reaching out to touch the steering wheel, with the letter 'A' inside the palm. The word 'TRUCK' is written in large, bold, white letters on the side of the truck's body. The truck has three large, black, treaded wheels. The background is a light blue gradient.

HARMODON PARK FREE  
ALL AGES  
Have you ever wondered what it is like to sit behind the steering wheel of a truck that you passed on the street? 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. No registration required.

SEP 19 | FRI | 6-8 P.M.

**PUPPY SOCCER** FREE

SPENCER DOG PARK  
ALL AGES

Join us for Puppy Soccer! We are so excited for this event with Dakota Alliance Soccer Club & Sioux Falls Parks and Recreation! While the pups play, explore different vendor booths for fun giveaways and purchasable dog items.

SEP 20 | SAT | 10 A.M.-1 P.M.



**NATIONAL FAMILY DAY** FREE

SERTOMA PARK  
ALL AGES

Come celebrate family and community at Sertoma Park with us! How you celebrate family is up to you! Whether you want to make a bracelet, play yard games, or just relax outside with your family, you can do all that and a little more on National Family Day.

SEP 22 | MON | 6:30-8 P.M.

**NATIONAL FAMILY HEALTH & WELLNESS DAY** FREE

ROTARY PARK  
ALL AGES

Bring the Family on out to Rotary Park for National Family Health and Fitness Day! Enjoy the benefits of an afternoon outside along the river. We will have games and a short race on the bike trail that is optional but fun for the whole family.

SEP 27 | SAT | 1-3 P.M.

For information about hosting a special event on City property, visit:

[siouxfalls.gov/specialevents](https://siouxfalls.gov/specialevents)



  
CITY OF  
SIOUX FALLS  
PARKS & RECREATION



ROTARY PARK FREE REGISTER

ALL AGES

Join our twice-weekly Run Club on a scenic trail loop, perfect for beginners and intermediate runners alike. Each week features a weekday technique run and a weekend endurance session on a flat, consistent route great for pacing and group support. You'll receive an email a week before the club starts with weekly locations and distances. Routes and starting points vary each week. Run solo or with friends—whatever works best for you! **Registration required.**

SEP 10-NOV 1 | VARIOUS | 5:30-6:30 P.M.



**NATIVE AMERICAN EXPERIENCE HIKE**

LEADERS PARK FREE REGISTER  
ALL AGES

Join us as we trek back through time to talk about what life was like before Lewis and Clark ventured up the Missouri River and talk about the life of the Native Americans that lived here before this was Sioux Falls. **Registration required.**

OCT 6 | MON | 6-7:30 P.M.

# URBAN FORESTRY

## Planning—Management—Conservation

Taking care of more than **54,000** trees across the city is no small task, but it's one we do with great care and pride. Trees clean our air and water, provide shade, and contribute to our community's health and well-being.

Here are some ways we're keeping the trees that line our streets, parks, and neighborhoods thriving:

- *Routinely inspecting and pruning trees on city property*
- *Planting new trees each year*
- *Project TRIM*
- *Annual Forest Health Survey*
- *Emerald Ash Borer response plan*
- *Issuing planting permits with cost-sharing opportunities*
- *Providing a list of licensed arborists*
- *Being on standby during storms to help with street cleanup*



## Ways YOU can help keep our urban forest thriving:

- ✔ Do not plant new trees too deep. Keep the roots at ground level.
- ✔ Water trees weekly after planting for at least two growing seasons.
- ✔ Mulch around your trees and avoid damaging tree roots.
- ✔ Plant trees that are unique to your neighborhood to increase diversity.
- ✔ Apply for a planting permit to take advantage of our cost share on new street trees.
- ✔ Prune your trees every 3-5 years to remove dead, dying and interfering branches.
- ✔ Hire a licensed arborist when you need assistance.



Learn more at [siouxfalls.gov/forestry](https://siouxfalls.gov/forestry)



**TRAIL & PAINT**

GREAT BEAR RECREATION PARK [REGISTER](#)

ALL AGES

Are you passionate about nature AND the joy of pumpkin decorating? We'll take a leisurely walk along the trails, seeking out the best pumpkins, and settle down for a relaxing painting session while listening to some fun Halloween tunes. Costumes encouraged but not required! **Registration required. Fee will include all event activities including one pumpkin and paint supplies.**

OCT 7 | TUE | 6-7 P.M. | \$5 PER PARTICIPANT



**INTRO TO PICKLEBALL** FREE

RIVERDALE PARK [REGISTER](#)

ALL AGES

Have you heard about the sports sensation that is sweeping the country? Pickleball is a fun sport that anyone can learn and if you have been wanting to give it a try but haven't found the right time, this could be it! You can bring your own paddle, but we have some for you. Come alone or bring a friend because we will also be talking about where you can meet people to play Pickleball after we are done. **Registration required.**

OCT 12 | SUN | 3-5 P.M.



# DIA DE LOS MUERTOS

## CELEBRATION

ARROWHEAD PARK [REGISTER](#)

ALL AGES

Join us for a colorful Día de los Muertos skull painting workshop! Celebrate this vibrant Mexican tradition by decorating your own sugar skull with paints and cultural embellishments. No art experience needed—just bring your creativity and a friend. All supplies provided. **Registration required.**

OCT 24 | FRI | 6-7 P.M. | \$5 PER PARTICIPANT





# THIRD ANNUAL THE GREAT PUMPKIN ROLL



TUTHILL PARK **FREE**  
ALL AGES

Leftover pumpkins from the Halloween holiday? Bring them out to our 3<sup>rd</sup> Annual Great Pumpkin Roll! We will take our pumpkins to the top of the hill at Tuthill Park and roll them down! Prizes will be awarded to the top 3 pumpkins that rolled the farthest & shortest! Farthest contests will begin at 2 P.M. Shortest contests will begin at 3 P.M. After we roll our pumpkins, stick around to snack on some pumpkin flavored snacks and apple cider, play some fun pumpkin related games and create pumpkin themed crafts. After all contests have ended we will read *It's the Great Pumpkin, Charlie Brown!* Bring your own pumpkins & a blanket.

NOV 8 | SAT | 1-4 P.M.

## VETERANS APPRECIATION CRAFT **FREE**

ARROWHEAD HOUSE **REGISTER**  
ALL AGES

Do you know someone who served or want to do something to show your appreciation? Join us at the Arrowhead House for a Veteran's Day themed craft that you can make to show your appreciation for a veteran you know or make one and leave it for us to donate to our local Disabled American Veterans chapter. **Registration required.**

NOV 10 | MON | 6:30-8 P.M.

# TURKEY TRAIL RUN 5K



PASLEY PARK **REGISTER**  
ALL AGES

Earn your upcoming Thanksgiving meal with an adventurous 5K! Run or walk through the wooded trails of Pasley park and earn your very own Turkey Trail Run t-shirt! A small rubber turkey will be hidden within the trails. If you spot it, you will be entered in a raffle to win a FREE turkey for your upcoming holiday meal. Sign-in begins at 12:30 P.M. Race begins at 1 P.M. sharp! **Registration required.**

NOV 22 | SAT | 1 P.M. | \$10 PER PARTICIPANT

\*REGISTER BY NOV 1 TO RECEIVE A T-SHIRT.




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

Scan the QR code to learn more!



# WESTSIDE RECREATION CENTER

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



## KARATE

AGES: 8+ [REGISTER](#)

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

AUG 19-OCT 9 | TUE, THU | 5:30-6:30 P.M. | \$80 PER PERSON

## AQUA FITNESS

AGES: 18+

Make a splash with our high-energy, full-body aquatic workouts! In just 45 minutes, you'll boost your endurance, burn calories, and leave the pool feeling refreshed, recharged, and unstoppable!

SEP 1-NOV 26 | MON, WED | 9:15-10 A.M.

## CHAKRA FLOW

AGES: 18+

We begin with breathwork and mudras while seated in a CHAIR. Participants are welcome to remain in the chair throughout the session if it is more comfortable. The movement is MORE EXPRESSIVE and OUTWARD FOCUSED compared to our Chair Yoga class (focusing on restraint and control).

SEP 1-NOV 24 | MON | 1-2 P.M.

## CIRCUIT STRENGTH

AGES: 18+

Work up a sweat with this circuit style exercise class! Learn full-body movements and use all sorts of equipment ranging from dumbbells to kettlebells to bands for this 45-minute morning workout class.

SEP 1-NOV 26 | MON, WED | 6-6:45 A.M.



## CYCLING

AGES: 18+

ROAD TRIP! Indoor cycling offers a great cardio workout. Riding to some booming beats, you'll experience high intensity intervals, long slow hills, soaring sprints, and more - with plenty of short breaks. Bring a hand towel and water bottle and prepare for time to fly (and your pedals, too!). First timers: please come early for a quick intro and bike fitting!

SEP 2-NOV 27 | TUE, THU, FRI | 5:30-6:15 A.M.

SEP 2-NOV 27 | TUE, THU | 5:45-6:15 P.M.

SEP 6-NOV 27 | SAT | 8:30-9:15 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!

SEP 3-NOV 26 | WED, FRI | 9-9:45 A.M.



Check out our new leagues at the Westside Recreation Center!

page: 19-20



**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.

SEP 3-NOV 29 | WED, FRI, SAT | 11 A.M.-12 NOON



**DRUM CORE** 

AGES: 12+

A high-energy workout that combines cardio, muscle conditioning, balance, and flexibility with all of the fun of drumming and zero intimidation factor. A workout truly designed for everyone!

SEP 4-NOV 27 | THU | 9:15-10 A.M.

**GOLDEN FITNESS** 

AGES: 65+

This 30 minute class enables older adults to maintain an active and independent lifestyle with assisting in improving flexibility, balance, strength and the cardiovascular system.

SEP 4-NOV 27 | THU | 10:15-10:45 A.M.

**PLAY ON** 

AGES: 7-13

This program gives kids/teens the opportunity to play a variety of recreational games such as capture the flag, relay races, line tag, noodle hockey, and much more!

SEP 4 | THU | 5-6 P.M.

SEP 19 | FRI | 5-6 P.M.

SEP 26 | FRI | 2-3 P.M.

OCT 2 | THU | 5-6 P.M.

OCT 10 | FRI | 2-3 P.M.

OCT 17 | FRI | 4-5 P.M.

OCT 25 | SAT | 3-4 P.M.

OCT 27 | MON | 4-5 P.M.

NOV 6 | THU | 5-6 P.M.

NOV 14 | FRI | 2-3 P.M.

NOV 21 | FRI | 4-5 P.M.

NOV 24 | MON | 4-5 P.M.



**SPLISH SPLASH STORY HOUR** 

AGES: 1-4 [REGISTER](#)

Splish Splash Story Hour is an engaging and educational program designed to combine the magic of storytelling with hands-on water-themed activities, specifically tailored for young children/infants. **Registration required.**

SEP 3 | WED | 12 NOON-12:30 P.M.

SEP 15 | MON | 12 NOON-12:30 P.M.

OCT 20 | MON | 12 NOON-12:30 P.M.

NOV 5 | WED | 12 NOON-12:30 P.M.



## ULTIMATE FRISBEE FRIDAY

AGES: 10-17

Join a thrilling, no-contact team sport that mixes football, basketball, and nonstop action—all with a frisbee. No refs, no registration—just show up and play!

SEP 5 | FRI | 4-5 P.M.

OCT 3 | FRI | 4-5 P.M.

NOV 7 | FRI | 4-5 P.M.

## YOGA

AGES: 18+

A Yoga class designed for all levels. These classes incorporate a mix of postures, breathing exercises, and relaxation techniques to promote physical and mental well-being.

SEP 5-NOV 28 | FRI | 5:30-6:30 P.M.

## INDOOR SOCCER

AGES: 8-12

Fast, Fierce, and Indoors! Indoor Soccer takes the world's favorite game to a whole new level—played on a fast-paced, enclosed field where the walls are always in play.

SEP 6 | SAT | 2-3 P.M.

SEP 20 | SAT | 3-4 P.M.

OCT 4 | SAT | 3-4 P.M.

OCT 11 | SAT | 3-4 P.M.

OCT 25 | SAT | 3-4 P.M.

NOV 8 | SAT | 3-4 P.M.

NOV 22 | SAT | 3-4 P.M.



## SPLASHBALL

AGES: 7-11 **REGISTER**

Splash ball is a modified version of water polo designed for young children to introduce them to the sport in a fun and safe environment. Must be able to stand/swim in a 4.5 ft deep pool with minimal effort. **Registration required.**

SEP 6 | SAT | 12 NOON-1 P.M.

OCT 18 | SAT | 12 NOON-1 P.M.

NOV 8 | SAT | 12 NOON-1 P.M.

## DODGEBALL

AGES: 10-16

Can you dodge? Step into the action at Westside Recreation Center and test your skills in our ultimate dodgeball showdown. Fast throws, quick moves, and non-stop fun—do you have what it takes to be the last one standing?

SEP 8 | MON | 5-6 P.M.

SEP 22 | MON | 5-6 P.M.

OCT 6 | MON | 5-6 P.M.

OCT 20 | MON | 5-6 P.M.

NOV 3 | MON | 5-6 P.M.

**POOL**  
Treasure Hunt

AGES: 3-7 

This program is designed to refine hand-eye coordination, strategic thinking, and sensory exploration while adding a splash of adventure! Every Monday morning, we will put hidden treasure in the water for the kids to collect alongside fun water toys and cups to pour for fun.

SEP 8-NOV 24 | MON | 10-10:45 A.M.  
\*NO PROGRAM 10/6

## DRAW WHAT YOU SAW!

AGES: 6-11 **REGISTER**

Draw What You Saw! is an enrichment program for children that specifies in observational drawing while taking a stroll outside of the Westside Recreation Centers' building to see all the animals, grass, and water and drawing whatever comes to mind from it! **Registration required.**

SEP 9 | TUE | 5-6 P.M.

SEP 17 | WED | 12 NOON-1 P.M.

OCT 7 | TUE | 5-6 P.M.

OCT 15 | WED | 12 NOON-1 P.M.

NOV 4 | TUE | 5-6 P.M.

NOV 12 | WED | 12 NOON-1 P.M.

# WESTSIDE RECREATION CENTER

## 2025 Pass & Pricing Structure



The Westside Recreation Center has flexible options for everyone. Based on City Council approval on August 13, 2024, the following rates will go into effect on January 1, 2025. Visit the Westside Recreation Center in-person to register for a pass.

	DAILY One Day	MONTHLY Renews every 30 days	ANNUAL Renews every 12 months
<b>Child (Ages 4-17)</b> <i>Ages 3 and under free</i>	\$6	\$25	\$240
<b>Adult (Ages 18-64)</b>	\$8	\$41	\$394
<b>Senior (Ages 65+)</b>	\$3	\$13	\$120
<b>Veteran</b>	\$3	\$13	\$120
<b>Couple</b> <i>Two individuals, one of whom is over the age of 18, who reside in the same household.</i>	\$15	\$54	\$518
<b>Family</b> <i>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.</i>	\$25	\$66	\$634

\*Rates will not be discounted for periodic shutdowns for maintenance purposes.

The daily pass allows you access to the facility from the time of purchase to the end of the operation day. Does not include Midco® Aquatic Center.

Shall be effective for 30 days from time of purchase, does not include Midco® Aquatic Center.

Shall be effective all operational days at the Westside Recreation Center. Does not include the Midco® Aquatic Center.

### DISCOUNTED RATE DEFINITIONS

- **Senior:** An individual 65 years or older.
- **Veteran:** An individual who has or is currently serving in the United States military and must provide documentation of service such as a Military ID.
- **Reduced-Income:** Families/individuals who are residents of Sioux Falls and actively receive reduced or free school lunches, or who actively receive Medicaid benefits.



	DAILY	MONTHLY	ANNUAL
<b>Reduced-Income Child</b> <i>For qualifying individuals</i>	\$3	\$13	\$120
<b>Reduced-Income Adult</b> <i>For qualifying individuals</i>	\$4	\$21	\$197
<b>Reduced-Income Couple</b> <i>For qualifying individuals</i>	\$8	\$27	\$259
<b>Reduced-Income Family</b> <i>For qualifying individuals</i>	\$13	\$33	\$317

Pricing is inclusive of all taxes and fees.

### TEEN KICKBALL NIGHT

AGES: 10-17

Looking for a fun way to spend a Tuesday night? Grab your friends and join us for Teen Kickball Night! Whether you're a kickball pro or just in it for laughter, this evening is all about friendly competition, and great vibes. We'll break into teams, go over the rules, and hit the field for some classic playground fun with a teen twist. No experience needed, just come ready to move and have a good time!

SEP 9 | TUE | 6-7 P.M.

SEP 23 | TUE | 6-7 P.M.

OCT 7 | TUE | 6-7 P.M.

OCT 21 | TUE | 6-7 P.M.

NOV 4 | TUE | 6-7 P.M.

NOV 18 | TUE | 6-7 P.M.



### WACKY WILD RUN

AGES: 5+ **REGISTER**

Wacky Wild Run is a program that involves fun crazy ways to race each other as well as traversing an obstacle course. Running in a zig zag, skipping for a lap, backwards running, and other crazy ways to have the whole family running! **Registration required.**

SEP 12 | FRI | 5-6 P.M.

OCT 10 | FRI | 5-6 P.M.

NOV 14 | FRI | 5-6 P.M.

### TRACK AND FIELD TRAINING DAY

AGES: 10-16 **REGISTER**

Track and Field Training Day is a program where kids/teens can improve overall fitness, athletic development, and speed through a series of events such as warm ups, acceleration drills, and jumps. **Registration required.**

SEP 13 | SAT | 10-11 A.M.

# SUPERHERO TRAINING DAY

AGES: 6-11 **REGISTER**

Superhero Training Day is a program for kids that involves various activities designed to build physical and mental skills while fostering teamwork and creativity. These programs often incorporate obstacle courses, strength training, agility exercises, and even creative badge-building and role-playing activities such as save the citizen, push ups, running, and jumping mimicking the speed and reflexes of superheroes. Be sure to bring a costume to protect your identity! **Registration required.**

SEP 27 | SAT | 12 NOON-1 P.M.



### SCIENCE SATURDAY

AGES: 8-15 **REGISTER**

Science Saturday is a fun hands on enrichment experience for the whole family to participate and enjoy in. **Registration required.**

SEP 20 | SAT | 1-2 P.M. | *EGGSCLELLANT EGG DROP*

OCT 11 | SAT | 1-2 P.M. | *PRETTY PENNY FLOAT*

NOV 15 | SAT | 1-2 P.M. | *RAINBOW SKITTLES*

### COLOR MY PUMPKIN: ADAPTIVE FALL FUN

WESTSIDE RECREATION CENTER **REGISTER**

AGES: 8-15

Join us for a fun, fall-themed art activity for individuals of all abilities! Decorate your own plastic pumpkin pail using adaptive supplies like markers, stickers, and paint. This relaxed, welcoming space encourages creative expression at your own pace. Staff will be available to support, and caregivers are welcome to join or assist. **Registration required.**

OCT 11 | SAT | 12 NOON-2 P.M. | \$5 PER PARTICIPANT



# PUMPKIN FLOAT

AGES: 5-12 **REGISTER** 

Pumpkin Float is a program where participants can choose their pumpkin and drop them in the pool to see if they will sink or float! Enjoy some time in the water with the floating pumpkins and then stick around for decorating afterwards. We will provide pumpkins based off of registration. **Please register by October 13.**

OCT 19 | SUN | 3-4 P.M.



## INTRO TO PICKLEBALL

ALL AGES **REGISTER**

Have you heard about the sports sensation that is sweeping the country? Pickleball is a fun sport that anyone can learn and if you have been wanting to give it a try but haven't found the right time, this could be it! You can bring your own paddle, but we have some for you. Come alone or bring a friend because we will also be talking about where you can meet people to play Pickleball after we are done.

**Registration required.**

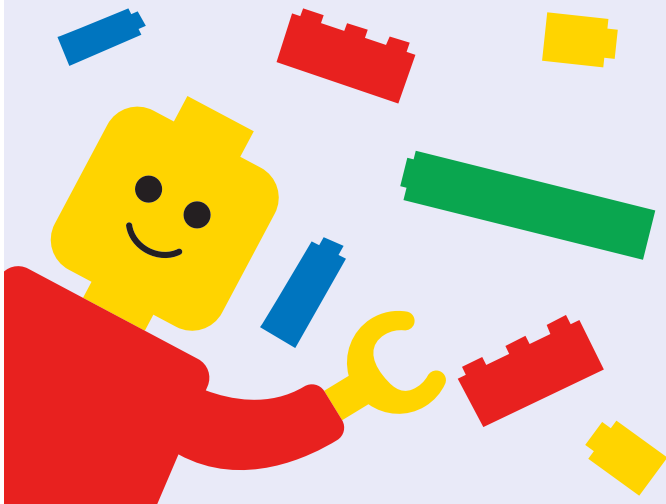
NOV 15 | SAT | 8-10 A.M.

## KIDS NIGHT OUT WITH LEGOS

AGES: 5-10 **REGISTER**

This program provides an evening of playful learning for the kids, while parents have a night out. Kids will have a chance to build friendships with our free-play lego bricks, and enjoy pizza, snacks and a drink. Can't beat a night out on the town while your kids are safe, supervised, and entertained! **Registration required.**

SEP 26 | FRI | 5:30-7:30 P.M. | \$10 PER PERSON



- Control your speed
- Be careful at crossings
- Look both ways
- Advise others when passing
- Groups of trail users should never occupy the full width of the recreation trail



For more information on the recreation trails, closures, and detours, visit: [siouxfalls.gov/bike-safety](http://siouxfalls.gov/bike-safety)



# LEAGUES/ TOURNAMENTS



## **VOLLEYBALL LEAGUE** REGISTER

AGES: ADULT

These adult leagues will begin the week of October 27 and go for a 10-week season with a single 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.

### **MEN'S/WOMENS/COED LEAGUE PLAY:**

OCTOBER THROUGH MARCH

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, OCT 17

**OCT 27 | MON-THU | 6:30/7:30/8:30 P.M. | \$120 PER TEAM**

### **COED WINTER PLAY:**

JANUARY THROUGH APRIL

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, DEC 19

**JAN 4 | SUN | 1 P.M./2 P.M./3 P.M. | \$120 PER TEAM**

## **NEW TO THE WESTSIDE RECREATION CENTER**

### **GIRLS YOUTH VOLLEYBALL(AGES: 12-15)**

OCTOBER THROUGH FEBRUARY

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, OCT 17

**OCT 27 | MON | 6:30/7:30 P.M. | \$120 PER TEAM**



## **BASKETBALL LEAGUE** REGISTER

AGES: ADULT

These adult leagues will begin the week of November 3 and go 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 12 teams will be accepted per night, per location.

### **MEN'S LEAGUE PLAY:** NOVEMBER THROUGH MARCH

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, OCT 24

**OCT 28 | MON, WED, THU | 6:30/7:30/8:30 P.M. | \$400 PER TEAM**

### **WOMEN'S LEAGUE PLAY:** NOVEMBER THROUGH MARCH

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, OCT 24

**NOV 3 | MON | 6:30/7:30/8:30 P.M. | \$200 PER TEAM**

## **NEW TO THE WESTSIDE RECREATION CENTER**

### **MEN'S CALL YOUR OWN LEAGUE PLAY:**

NOVEMBER THROUGH MARCH

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, OCT 24

**NOV 5 | THU | 6:30/7:30 P.M. | \$200 PER TEAM**



**PICKLEBALL LEAGUE** REGISTER

WESTSIDE RECREATION CENTER

AGES: ADULT

Grab your partner and get ready to rally! Our adult Pickleball League is open to players 18+ and features a fun, competitive mix of level 2 & 3 divisions. Including mixed doubles, men's doubles and women's double. Whether you're in it to win it or just looking for some active social fun, this league has a spot for you! All are welcomed- come out, play hard, and be part of the fastest growing sport around! Leagues are indoor at Westside Rec Center.

**COED LEAGUE PLAY:** NOVEMBER THROUGH JANUARY

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, OCT 31

**NOV 10 | MON, THU | 9:30/10:30 A.M. or 6:30/7:30 P.M. | \$80 PER TEAM**

**WOMEN'S LEAGUE PLAY:** NOVEMBER THROUGH JANUARY

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, OCT 31

**NOV 11 | TUE | 1:30/2:30 P.M. | \$80 PER TEAM**

**MEN'S LEAGUE PLAY:** NOVEMBER THROUGH JANUARY

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, OCT 31

**NOV 13 | THU | 1:30/2:30 P.M. | \$80 PER TEAM**



**DODGEBALL LEAGUE** REGISTER

WESTSIDE RECREATION CENTER

AGES: ADULT

Come Dodge, Duck, or Dip at the new Westside Rec Dodgeball League. Where you can show off your inner dodgeball skills. Whether you're a seasoned player or just for the vibes, grab your team and join us! We can see who takes all the glory after a 10-week season with a single elimination tournament at the end! With a chance to win an awesome t-shirt. Coed teams will consist of at least 6 players and up to 12. The number of females needs to be more than or equal to the number of males on the court at any time.

**COED LEAGUE PLAY:** NOVEMBER THROUGH JANUARY

**REGISTRATION AND PAYMENT DEADLINE:** 5 P.M. FRI, OCT 31

**NOV 11 | TUE | 6:30/7:30 P.M. | \$50 PER TEAM**

Follow us on  
**Social Media**

Sioux Falls Parks and Recreation @siouxfalls.parks



**MINI-PITCHES ARE HERE...**

Look for the mini-pitch at Nusier Salem Field.

**Location: 1099 N. Menlo Ave.**

# JACOBSON PLAZA

AT THE FALLS



## STAY ACTIVE AND INDEPENDENT FOR LIFE

**(SAIL)** FREE

AGES: 65+ REGISTER

SAIL is a 10-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.**

**AUG 26-NOV 13 | TUE, THU | 10-11 A.M.**

*\*NO CLASS 11/11*



# LLOYD LANDING

AT THE FALLS

This scenic riverwalk near the Steel District connects you to the Downtown River Greenway and recreation trail and is the perfect spot to pause, refuel, and enjoy the view.

**Located at: 201 E. 4<sup>th</sup> Pl.**

# JUNIOR PARK STEWARD

AGES: 6-10 REGISTER

Calling all young explorers! Join the Junior Park Steward Program this fall for weekly outdoor adventures in Sioux Falls. Kids will discover local wildlife, plants, and the environment through hands-on activities, guided nature walks, and fun crafts. Each week features a new nature theme like trees, animals, water, and conservation. Participants receive a booklet and badge to track progress—and graduate as proud Junior Park Stewards! Space is limited. We will begin each week at Jacobson Plaza and will explore areas around Falls Park, Jacobson Plaza, and Lloyd Landing. **Registration required.**

**SEP 2 | TUE | 6-7 P.M. | \$5 PER PERSON**

*WELCOME TO THE JUNIOR STEWARDS!*

**SEP 12 | FRI | 6-7 P.M. | \$5 PER PERSON**

*TREES & LEAVES ADVENTURE*

**SEP 16 | TUE | 6-7 P.M. | \$5 PER PERSON**

*BUGS & CRITTERS DISCOVERY*

**SEP 27 | SAT | 10-11 A.M. | \$5 PER PERSON**

*WATER WONDERS*

**OCT 3 | FRI | 6-7 P.M. | \$5 PER PERSON**

*BIRDS OF THE PARK*

**OCT 12 | SUN | 10-11 A.M. | \$5 PER PERSON**

*ANIMAL TRACKS & SIGNS*

**OCT 17 | FRI | 6-7 P.M. | \$5 PER PERSON**

*CONSERVATION & NATURE PROTECTION*

**OCT 21 | TUE | 6-7 P.M. | \$5 PER PERSON**

*JUNIOR PARK STEWARD GRADUATION DAY*



**PLAZA PLAY DAY** FREE

LLOYD LANDING

ALL AGES

Join us at Lloyd Landing for an afternoon of fun and friendly competition! Enjoy oversized versions of your favorite games like Jenga, Yardzee, and Checkers. Whether you're relaxing with family or challenging friends, this event is the perfect way to soak up the last bits of fall before winter hits. Bring your picnic blanket, and get ready to play, laugh, and make memories!

SEP 7 | SUN | 1-3 P.M.

OCT 12 | SUN | 1-3 P.M.

**WALK WITH EASE** FREE

AGES: 18+ REGISTER

The Arthritis Foundation's, "Walk With Ease" program, is an 18-session walking program that is designed to help adults living with arthritis better manage their pain, and for adults without arthritis who want to make walking a regular habit. Individuals will use the Walk With Ease workbook to do the program on their own with assistance from a leader. This program shows how to reduce pain, increase balance, and walk pace. Walk With Ease provides participants with the information and tools they need to develop a safe exercise routine that fits their unique needs and goals. Participant must be able to be on your feet for 10 minutes without increased pain or assistance from another participant.

**Registration is required prior to the first session.**

SEP 8-OCT 22 | MON, WED, FRI | 8:30-9:30 A.M.

*\*NO CLASS 9/19, 9/22, 10/13*

**SCIENCE IN THE PARK** FREE

JACOBSON PLAZA SKATE RIBBON REGISTER

AGES: 8-18

This interactive event invites tweens and teens to showcase their own science projects and rotate through fun hands-on stations. From messy experiments to cool discoveries, it's all about exploring science in a fun and creative way. Want to share your own experiment? Be sure to register your project in advance! Participants entered into the Science Fair are required to bring all their own materials. **Participants must register prior to September 10 at 5 P.M.**

SEP 14 | SUN | 1-3 P.M.

**CHALK THE WALK**

JACOBSON PLAZA SKATE RIBBON FREE

ALL AGES

Join us for a fun and creative afternoon at Jacobson Plaza! Chalk the Walk invites participants of all ages to come down and add their artistic touch to the ribbon with colorful chalk drawings. Whether you're sketching a masterpiece or doodling something fun, this event is a chance to express yourself while brightening up the plaza with vibrant designs. Grab a piece of chalk and let your imagination flow!

SEP 27 | SAT | 1-3 P.M.



**PUP-A-THON FUN RUN/WALK**

PAWSIBLE DOG PARK REGISTER

ALL AGES

Grab your leash and your sneakers for the Pup-a-thon Fun Walk/Run! Whether you're running, walking, or just enjoying a stroll with a furry friend, this event is fun for all ages and fitness levels. The walk/run begins promptly at 9 A.M. and check-in begins at 8:30 A.M. All dogs must be up to date on vaccinations and are required to be leashed outside of the dog park. Participants registered prior to **September 9 at 5 P.M. will receive a T-Shirt.**

SEP 28 | SUN | 8:30-10:30 A.M. | \$8 PER PARTICIPANT

**TAKE IT EASY WITH E-BIKES.  
THEY ACCELERATE FAST.**

Get smart before you start and learn the rules of the road and trails in Sioux Falls.

Visit: [siouxfalls.gov/bike-safety](http://siouxfalls.gov/bike-safety)



# JACOBSON PLAZA

AT THE FALLS



📍 Located at: 810 N. Phillips Ave.

Jacobson Plaza at the Falls will be a year-round destination for indoor and outdoor recreation. Amenities and features include:

## AMENITIES

- 14,000 square foot refrigerated skating ribbon
- All-inclusive playground
- The Lodge Gathering Hall with food and beverage provided by the Washington Pavilion and variety of TVs up to 75" to watch your favorite sports team
- Open-air shelter
- Pawsible Dog Park
- T. Denny Sanford Splash Pad
- Improved trail connections to downtown destinations and the greater recreation trail network

## SKATE RIBBON



The skate ribbon at Jacobson Plaza will operate from November–March with the following hours of operation:

### HOURS OF OPERATION

Monday–Friday	4–8 P.M.
Saturday	10 A.M.–10 P.M.
Sunday	1–8 P.M.

### RENTAL PRICING

Skate Rental	\$3 per person
Skate Ribbon Reservation	\$5 per person for 45 minutes

Scan for information on future programming and events at Jacobson Plaza:





# NOT-SO-SCARY Trail or Treat

JACOBSON PLAZA **FREE**

AGES: 6+

Put on your best costume and come out to our treat trail through the ice ribbon at Jacobson Plaza! Visit local businesses along the path for treats, games, a photo shoot, and crafts while listening to Halloween music. Dress up your furry friends and visit the separate Woof or Treat trail, with treats and goodies, just for them at Pawsible Dog Park. Sip on free apple cider and hot cocoa once you complete the trail!

OCT 11 | SAT | 5:30-8:30 P.M.

## PLAZA PUMPKIN TROT

LLOYD LANDING **REGISTER**

ALL AGES

Get ready to trot with a twist! Start your spooky adventure at Lloyd Land where you will run/walk to Jacobson Plaza pumpkin patch, pick out your pumpkin then run/walk back to Lloyd Landing where you can carve or paint your pumpkin. First-time carvers and seasoned pumpkin pros are all welcome. Want to show off your masterpiece? Leave your pumpkin with us for the Pumpkin Glow Walk on October 25 evening, when we'll light up the trail between Lloyd Landing and Jacobson Plaza with your glowing creations! **Registration prior to October 20, 5 P.M. required.**

OCT 25 | SAT | 10 A.M.-12:30 P.M.

- AGES: 2-6 | RUN START AT 10 A.M. | \$5 PER PERSON
- AGES: 7-12 | RUN START AT 10:30 A.M. | \$5 PER PERSON
- AGES: 13-17 | RUN START AT 10:45 A.M. | \$5 PER PERSON
- AGES 18+ | RUN START AT 11 A.M. | \$5 PER PERSON



## PUMPKIN GLOW WALK

LLOYD LANDING **FREE**

ALL AGES

Celebrate the beauty of fall with a Pumpkin Glow Walk from Lloyd Landing to Jacobson Plaza. As the sun sets, stroll along a softly lit trail lined with carved pumpkins and glowing luminaria bags, capturing all the warmth and charm of the season. After your walk, gather at Lloyd Landing for an evening of fall fun. Carved Pumpkin Donations welcome to help us light the path! If you carved a pumpkin during the Pumpkin Plaza Trot or want to contribute one just for the glow walk, we'd love to display your creation along the trail. **Donations accepted October 25 from 11 A.M.-5 P.M.**

OCT 26 | SUN | 5-8 P.M.



# AQUATICS



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



## HYDRIDERS [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.**

SEP 2-NOV 25 | TUE | 5:45-6:30 P.M. | \$50 PER SERIES

SEP 2-25 | TUE, THU | 2:15-3 P.M. | \$40 PER SERIES

SEP 30-OCT 28 | TUE, THU | 2:15-3 P.M. | \$40 PER SERIES

OCT 8-31 | WED, FRI | 5:45-6:30 A.M. | \$40 PER SERIES

NOV 5-DEC 5 | WED, FRI | 5:45-6:30 A.M. | \$40 PER SERIES

## 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.**

SEP 2-25 | TUE, THU | 9 A.M. OR 10 A.M. | \$40 PER SERIES

SEP 3-29 | MON, WED | 9 A.M. | \$40 PER SERIES

SEP 30-OCT 28 | TUE, THU | 9 A.M. OR 10 A.M. | \$40 PER SERIES

OCT 1-29 | MON, WED | 9 A.M. | \$40 PER SERIES

OCT 30-DEC 2 | TUE, THU | 9 A.M. OR 10 A.M. | \$40 PER SERIES

NOV 3-DEC 1 | MON, WED | 9 A.M. | \$40 PER SERIES

## BASIC ARTHRITIS AQUATICS

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.**

SEP 3-26 | WED, FRI | 10-10:45 A.M. | \$40 PER SERIES

OCT 1-24 | WED, FRI | 10-10:45 A.M. | \$40 PER SERIES

OCT 29-NOV 21 | WED, FRI | 10-10:45 A.M. | \$40 PER SERIES

## WATER AEROBICS

MIDCO® AQUATIC CENTER [REGISTER](#)

AGES: 18+

Develop increased flexibility and range of motion through this deep 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.**

SEP 3-29 | MON, WED | 7-7:45 A.M. | \$40 PER SERIES

OCT 1-27 | MON, WED | 7-7:45 A.M. | \$40 PER SERIES

OCT 29-NOV 24 | MON, WED | 7-7:45 A.M. | \$40 PER SERIES

## 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.**

SEP 9-OCT 2 | TUE, THU | 5:45-6:30 A.M. | \$40 PER SERIES

OCT 7-30 | TUE, THU | 5:45-6:30 A.M. | \$40 PER SERIES

NOV 4- DEC 4 | TUE, THU | 5:45-6:30 A.M. | \$40 PER SERIES

### WATER WALKING BOOK CLUB

MIDCO® AQUATIC CENTER

AGES: 18+

Our book club on water is returning this fall. 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.

SEP 11 | THU | 11 A.M.- 12 NOON

OCT 9 | THU | 11 A.M.- 12 NOON

NOV 13 | THU | 11 A.M.- 12 NOON

### 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.**

SEP 18-NOV 20 | THU | 5:45-6:30 P.M. | \$50 PER SERIES

### FLOATING PUMPKIN PATCH

MIDCO® AQUATIC CENTER [REGISTER](#)

ALL AGES

Take your fall fun to the pool! Dive into a unique autumn experience as we transform the water into a floating pumpkin patch. Kids can splash, swim, and pick their perfect pumpkin to decorate and take home. Enjoy seasonal games, crafts, and spooky tunes its the perfect mix of harvest vibes and aquatic adventure! **Registration required.**

NOV 1 | SAT | 1-2:30 P.M. | \$10 PER PERSON



### WIBIT® EVENTS ACTION TOWER

MIDCO® AQUATIC CENTER [REGISTER](#)

ALL AGES

NOV 7-10 | FRI-SUN | 12 NOON

LAP LANES MAY NOT BE AVAILABLE WHEN THE ACTION TOWER IS IN USE

## MARIO KART MADNESS

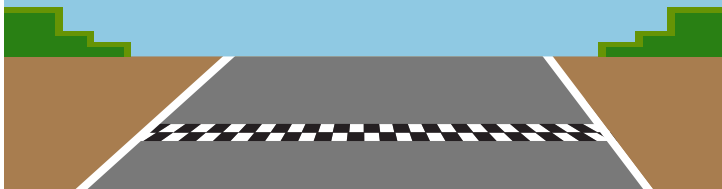
MIDCO® AQUATIC CENTER [REGISTER](#)

AGES: 10-17

Ever wanted to play a video game on the big video board at Midco® Aquatic Center? Well here is your chance! We'll be hosting a Mario Kart tournament of legendary proportions. Competitors will race in various grand prix races in our TVs in the meeting rooms to get warmed up and to determine our finalists. Then the last grand prix will be on the big screen in the competition pool. Small prizes will be given out to the top finishers. Come enjoy a fun filled day of Mario Kart! Open to kids 17 and under.

**Registration required.**

OCT 5 | SUN | 1-3 P.M. | \$10 PER PERSON



## Midco® Aquatic Center Café



Scan to see full menu



\*Gluten-free options available

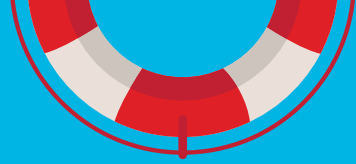
**Pizza, All-Day Breakfast, Snacks,  
Sandwiches, Soup & More!**

**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-5 P.M.



# CERTIFIED AND READY FOR DUTY.

## LIFEGUARD TRAINING

### LIFEGUARD CERTIFICATION COURSE

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 and therefore reserve the right to hire only the most qualified applicants for all positions and do not guarantee employment based on training completion. 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: SEP 12-14 | FRI-SUN | 5 P.M. START ON FRI | 8 A.M. START ON SAT AND SUN

COURSE 2: OCT 17-19 | FRI-SUN | 5 P.M. START ON FRI | 8 A.M. START ON SAT AND SUN

COURSE 3: NOV 28-30 | FRI-SUN | 5 P.M. START ON FRI | 8 A.M. START ON SAT AND SUN

### LIFEGUARD RECERTIFICATION COURSE

AGES: 15+

This course is best suited for those with current lifeguarding certification who simply need to renew. Much like the full lifeguard training course. This review course is a blended learning course format with online coursework in addition to instructor-led instruction session.

SEP 14 | SUN | 8 A.M.-6 P.M. | \$125 PER PARTICIPANT

OCT 19 | SUN | 8 A.M.-6 P.M. | \$125 PER PARTICIPANT

NOV 30 | SUN | 8 A.M.-6 P.M. | \$125 PER PARTICIPANT

### WATER SAFETY INSTRUCTOR COURSE

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 completion of 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), as well as an instructor-led classroom instruction skills session.

OCT 4-5 | SAT-SUN | 8 A.M.-8 P.M. | \$255 PER PARTICIPANT

NOV 28-29 | FRI-SAT | 8 A.M.-8 P.M. | \$255 PER PARTICIPANT

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

FALL SESSION

# INDOOR SWIMMING LESSONS



Midco® Aquatic Center is a Gold Level 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.

**OCTOBER 6– NOVEMBER 8, 2025**

Online registration for indoor swimming lessons opens at 6 p.m., Tuesday, September 16 and will close at 6 p.m. Tuesday, September 23.

▶ **ONLINE REGISTRATION**

Register for swimming lessons online at: [recreation.siouxfalls.gov](https://recreation.siouxfalls.gov)

Online registration for the fall session of swimming lessons opens at 6 P.M., Tuesday, September 16.

▶ **IN-PERSON REGISTRATION**

Date/Time: Tuesday, September 16 from 6–7:30 P.M.

Location: Midco® Aquatic Center, 1601 S. Western Avenue



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

[siouxfalls.gov/swimming-lessons](https://siouxfalls.gov/swimming-lessons)



**WESTSIDE RECREATION CENTER**

Westside Recreation Center will be offering Swimming Lessons this Fall! Lessons will be available for Parent/Child, Toddler, Preschool, and Levels 1&2.

**NOVEMBER 10–DECEMBER 1, 2025**

Online registration for indoor swimming lessons opens at 6 p.m., Monday, October 27 and will close at 6 p.m. Monday, November 3.

▶ **ONLINE REGISTRATION**

Register for swimming lessons online at: [recreation.siouxfalls.gov](https://recreation.siouxfalls.gov)

Online registration for the Fall session of swimming lessons opens at 6 P.M., Monday, October 27.

▶ **IN-PERSON REGISTRATION**

Date/Time: Monday, October 27 from 6–7:30 P.M.

Location: Westside Recreation Center, 8701 W. 32<sup>nd</sup> St.

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

- Classes are subject to change depending upon registration.
- No refunds after lessons begin.
- Each class must have four registered children to be held.



# PARTY RENTAL

AT MIDCO® AQUATIC CENTER



**DIVE INTO AN UNFORGETTABLE AND FUN PARTY EXPERIENCE!**

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



# MIDCO® AQUATIC CENTER

## 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](https://recreation.siouxfalls.gov).
- All family members on the swim pass must have their photos taken.
- For details on swim pass rates, visit [siouxfalls.gov/swim-pass](https://siouxfalls.gov/swim-pass).

	DAILY ONE DAY	SUMMER INDOOR & OUTDOOR	FALL/WINTER/ SPRING INDOOR ONLY	ANNUAL INDOOR & OUTDOOR
<b>Child (Ages 4-17)</b> <i>Ages 3 and under free</i>	\$5	\$30	\$70	\$80
<b>Adult (Ages 18-64)</b>	\$6	\$70	\$170	\$190
<b>Senior (Ages 65+)</b>	\$5	\$40	\$95	\$110
<b>Veteran</b>	Standard Rates Apply	\$40	\$95	\$110
<b>Family</b> <i>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.</i>	-	\$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 older.
- **Veteran:** An individual who has or is currently serving in the United States military and must provide documentation of service such as a Military ID.
- **Reduced-Income:** Families/individuals who are residents of Sioux Falls and actively receive reduced or free school lunches, or who actively receive Medicaid benefits.



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

# One Card 13 Locations Endless Possibilities!

**September is Library Card Signup Month.**  
You can visit any Siouxland Libraries branch or fill out a form online to get a new card or renew!

[siouxlandlib.org/online-signup](https://siouxlandlib.org/online-signup)



## RenOVation underway!

The Oak View Branch is temporarily closed for remodeling. While closed, we encourage you to visit nearby branches (Downtown Branch is closest) or access our digital services online. The branch anticipates re-opening in late December 2025.

## It's Happening Here!

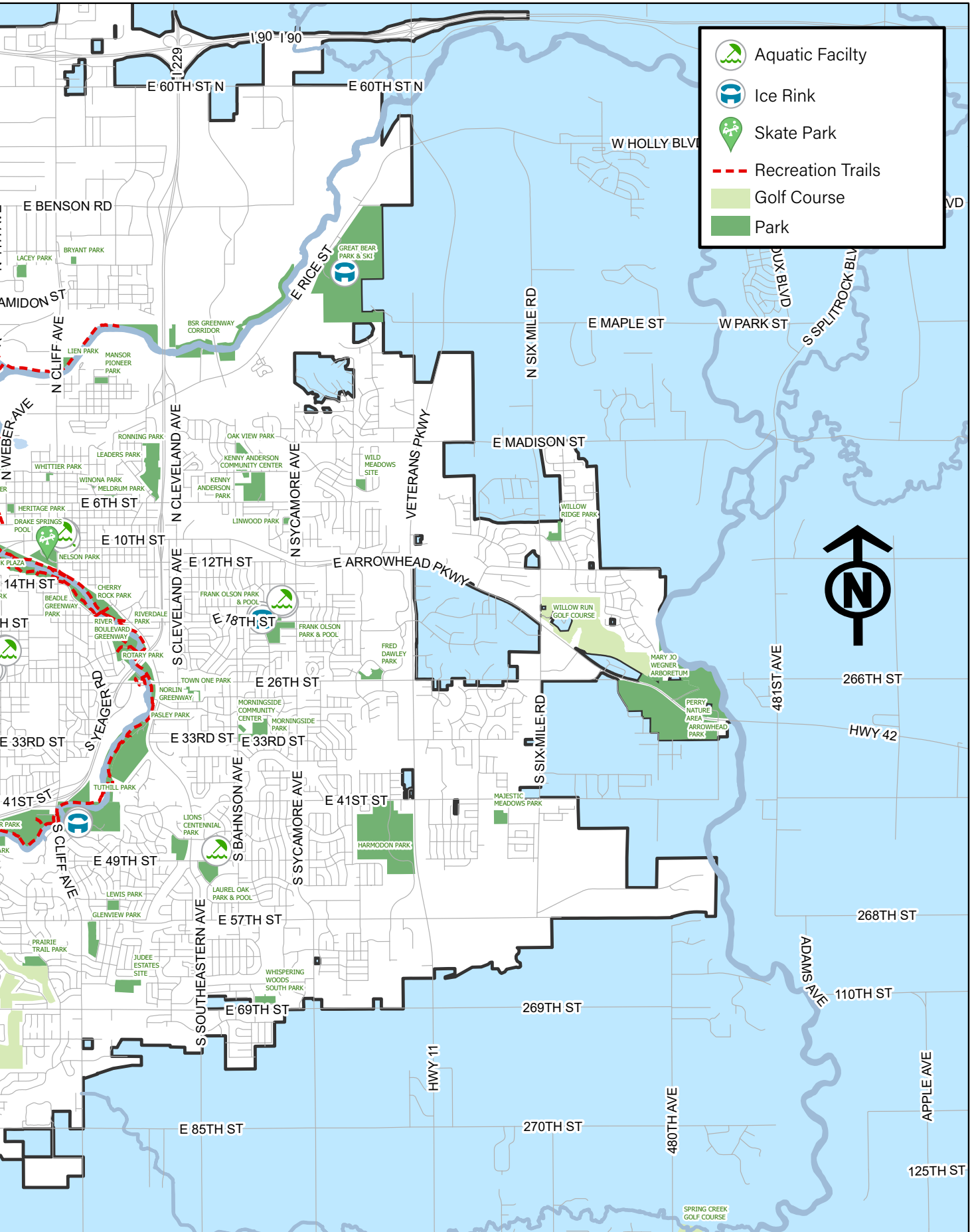
Siouxland Libraries has events, classes and programs for all ages. See our events at

[siouxlandlib.org/events](https://siouxlandlib.org/events)



# SIoux FALLS PARKS MAP





PARK MATRIX	Alcohol Permitted	No Alcohol	Bandshell	Baseball Fields	Basketball Courts	Canoe Access	Disc Golf	Dog Park	Drinking Fountains	Fishing Access	Football Fields	Goose Feeding	Mini-Pitch	Nature Hiking Trails	Pickle Ball	Picnic Shelters with electricity	Picnic Shelters	Ping Pong Table	Playground Structure	Restroom	Sand Volleyball Courts	Single Track Bike Trails	Skate Park	Soccer Fields	Soccer Practice Fields	Softball Fields	Tennis Courts	Trail Access	Wedding Locations
	Arrowhead		●							●			●		●						●								
Bakker	●				●				●								●		●						●				
Beadle Greenway		●			●											●			●									●	
Bryant	●				●											●			●										
Burnside	●								●							●										●			
Campus	●																		●	●									
Cherry Rock	●			●					●	●						●			●	●	●							●	
Dan Dugan	●				●											●									●				
Dunham	●			●	●				●							●			●	●	●	●				●		●	●
Earl McCart Fields	●								●										●	●						●			
Elmen Park Trailhead	●								●							●				●								●	
Elmwood	●			●					●							●			●	●	●							●	●
Emerson	●				●				●										●										
Falls		●							●							●			●	●								●	●
Family	●					●		●	●	●				●						●								●	●
Farm Field	●					●					●														●			●	●
Fawick		●																										●	●
Kirby Dog Park at Fort Sod		●						●	●																				
Frank Olson	●								●							●	●		●	●						●	●		
Fred Dawley	●				●				●							●			●					●					
Galway	●				●											●			●										
Glenview	●				●				●							●	●		●										
Granite Valley	●				●				●							●			●										
Great Bear Recreation	●													●															●
Harmodon	●			●					●							●	●			●						●			
Hayward	●				●			●	●							●			●	●					●				
Heritage		●			●														●										
Jacobson Plaza	●							●								●			●	●								●	
Jefferson	●								●							●			●						●				
Kenny Anderson		●							●							●			●						●	●			
Kuehn	●			●					●							●			●	●	●		●		●	●	●	●	
Lacey	●				●				●							●			●										
Laurel Oak	●				●				●						●	●			●	●							●		
Leaders	●																						●						
Legacy	●					●			●	●				●						●		●						●	
Lewis	●				●											●			●		●						●		
Levitt	●															●												●	
Lien	●							●																					
Linwood	●				●				●							●			●										

Available to Reserve Picnic Shelter

PARK MATRIX	Available to Reserve Picnic Shelter																													
	Alcohol Permitted	No Alcohol	Bandshell	Baseball Fields	Basketball Courts	Canoe Access	Disc Golf	Dog Park	Drinking Fountains	Fishing Access	Football Fields	Goose Feeding	Mini-Pitch	Nature Hiking Trails	Pickle Ball	Picnic Shelters with electricity	Picnic Shelters	Ping Pong Table	Playground Structure	Restroom	Sand Volleyball Courts	Single Track Bike Trails	Skate Park	Soccer Fields	Soccer Practice Fields	Softball Fields	Tennis Courts	Trail Access	Wedding Locations	
Lion's Centennial	●				●				●							●			●							●				
Lloyd Landing	●																			●										
Lyon		●					●									●			●											
Mansor-Pioneer	●				●				●							●				●							●			
Marion	●				●				●							●			●							●				
Mary Jo Wegner Arboretum	●					●			●	●				●		●	●		●										●	
Majestic Meadows	●																		●											
McKenan		●	●		●				●							●			●	●							●		●	
Meldrum	●				●				●							●			●											
Memorial	●								●							●			●	●						●				
Menlo	●				●				●								●		●								●			
Morningside	●				●				●								●		●						●	●				
Nelson	●																●						●							
Nusier Salem Field	●												●																	
Oak View	●													●																
Oxbow	●								●								●												●	
Pasley		●		●					●							●			●	●			●						●	
Platinum Valley	●								●							●			●											
Prairie Hills West	●								●							●			●											
Prairie Meadows	●								●										●											
Prairie Trail	●				●				●										●							●				
Riverdale	●				●				●	●					●	●		●	●	●	●	●							●	
Ronning	●																		●											
Rotary	●					●			●	●						●			●	●									●	
Sanford Sports Complex	●								●		●					●			●	●									●	
Sertoma	●													●		●			●	●									●	
Sherman	●								●							●			●	●						●	●		●	●
Southern Vistas	●								●							●			●											
Spellerberg	●				●				●							●			●	●								●		
Spencer	●					●	●	●	●	●						●						●	●		●				●	
Terrace	●		●	●	●				●	●						●			●	●						●			●	
Thelin	●				●				●							●			●											
Tomar		●			●		●		●							●			●	●				●			●	●		
Tower		●														●			●											
Town One	●				●											●			●											
Tuthill		●					●		●							●			●	●		●						●	●	
Van Eps		●							●							●			●											
Veterans' Memorial		●							●										●											
Whispering Woods South	●																		●						●					
Whittier		●			●				●							●			●											
Willow Ridge	●																		●						●					
Yankton Trail	●								●										●			●		●					●	

Available to Reserve Picnic Shelter



# WINTER WONDERLAND

at Falls Park

The dazzling lights will be on display nightly 5 P.M.–12 midnight  
Friday, November 21, 2025–Monday, January 5, 2026.

*Tune in your radio to FM 97.7 to listen to the  
festive music while you drive through the park.*

**THE SKATE RIBBON  
AT JACOBSON PLAZA  
COMING SOON!**

*See page 23 for more information.*



**CITY OF  
SIOUX FALLS  
PARKS & RECREATION**