

## Stay Active & Independent for Life (SAIL) Classes for 2025/All Locations

SAIL classes Spring/Summer		Days	Time	Cost	Registration
Active Gen Main	May 19 – August 20	Monday and Wednesdays	10:30 – 11:30 am	\$65 for non-AG Members \$10 for AG Members	605-336-6722
Midco Aquatic Center	August 5 – Oct. 23	Tuesday and Thursdays	9-10am (full) 10:30-11:30am OPEN	FREE	605-376-8222 <a href="#">Website Registration</a>
Jacobsen Center	June 3 - Sept. 9	Tuesday and Thursday	10-11 am (full)	FREE	605-376-8222 <a href="#">Website Registration</a>
Westside Recreation Center	July 8- Sept 25	Tuesdays and Thursdays	1-2 pm (full)	FREE – must register (FYI - Sr. membership for full facility \$13/mo or \$120/yr)	605-376-8222 <a href="#">Westside Registration</a>
Westside Recreation Center	July 9 -Sept 26	Wednesdays and Fridays	1-2 pm (full)	FREE – must register (FYI - Sr. membership for full facility \$13/mo or \$120/yr)	605-376-8222 <a href="#">Westside Registration</a>
Sanford Wellness Center on Oxbow	August 4 - Oct. 22	Mondays and Wednesdays	1-2 pm OPEN 2 -3 pm OPEN	First 12-week Session FREE (Temporary Membership) Subsequent classes for members	605-328-1600

Beresford Community Library	May 19 – Aug 8	Mondays and Fridays	9-10 am	FREE	605-763-2782
First Lutheran Church	August 4 -Nov. 12	Mondays and Wednesdays	9-10 am OPEN	FREE	605-336-3734
Our Savior's Lutheran Church	July 14 – October 6	Mondays and Thursdays	9-10 am (full)	FREE	605-339-7295
Hartford United Methodist Church	Sept. 15 – Dec. 10	Mondays and Wednesdays	9:30- 10:30 am May have openings	FREE	605-261-7488 registration opens soon
Gloria Dei Lutheran	Through mid-Oct.	Mondays and Thursdays	10:30-11:30 am (full)	FREE	605-371-3737
Our Redeemer Lutheran Sioux Falls	September-November	Mondays and Thursdays	1:30 – 2:30 pm OPEN	FREE	605-338-6957