



**Bill & Lillie Heinrich YMCA**  
 4141 Meadows Lane, Las Vegas, NV 89107

# Y KIDS Program (Ages 8-14)

**Who can attend? YMCA members with a family membership.** For youth ages 8-14, please visit the Y Kids classroom to sign each child in and out when they participate in our Y Kids Program. For ages 4-6 years, parents must take children to the Zumbatomic class and are responsible to drop off and pick up children at the end of class.

## **\*APRIL Y KIDS SCHEDULE\***

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>400pm-445pm</b>					<b>Water Polo</b> w/Lyndon(Indoor Pool)
<b>600pm-700pm</b>	<b>Kids BOOTCAMP with Shawna</b>	<b>CARDIO KIDS! with AJ</b>	<b>DODGEBALL with Devin</b>	<b>SWIMMING w/Jamie Indoor Training Pool</b>	
<b>700pm-8pm</b>	<b>Rockclimbing Wall</b>	<b>Games/Activties Y Kids Room</b>	<b>Rockclimbing Wall</b>	<b>Games/Activities Y Kids Room</b>	

**\*LOCATION: Y Kids Room** is next to Kid's Gym in Front Lobby\*



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Heinrich Y KIDS Program Guidelines

**Monday-Thursday 6 to 8 p.m.  
(Unless otherwise noted on schedule)**

## **Who can attend?**

YMCA members ages 8-14 with a family membership.

## **Parents, here are some friendly reminders!**

- You must sign children into Y Kids using the sign-in sheet in the Y Kids Room, located next to the front desk.
- You **must** remain in the building while your children are in Y Kids. You cannot exit to outdoor water park while your children are in Y Kids.
- Your kids can attend for the full two hours if you remain in building.
- If your child plans to climb the rock wall, please sign waiver. (Ask staff.)
- Closed-toe gym shoes and proper clothing are required.
- Review the schedule with your child and discuss the variety of options.  
*Children will move through the Y with staff to experience different activities.*
- Personal items and cell phones are not permitted in Y Kids.

**We look forward to having your child in our Y Kids Program!**

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4141 Meadows Lane  
Las Vegas, NV 89107  
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**Questions?** Please contact Maureen Sisto,  
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