



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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## **Y members invited to free Member Appreciation Day, Sat., Dec. 10** **The Y will waive joining fee, give free program to new members**

**Las Vegas (December 5, 2011)** – The YMCA of Southern Nevada invites Y members of every age to attend Member Appreciation Day on Saturday, December 10 from 8 a.m. to 4 p.m. at all locations: Heinrich YMCA, 4141 Meadows Lane; Durango Hills YMCA, 3521 N. Durango Drive; Centennial Hills YMCA, 6601 N. Buffalo Drive; and the SkyView YMCA, 3050 E. Centennial Parkway. Y members will receive a free logo bag and snacks, while supplies last. Y members can also have a chance to win an iPad2, gift cards, swim lessons, personal training sessions and more.

In celebration of the day, Y members can also bring friends and family members to workout for free on December 10.

To help people of every age and fitness level establish healthy habits before the holidays, the Y will waive its joining fee and give a free program to those who join December 10. This offer is valued over \$200; no coupon required.

“We applaud our valued members for making the effort to stay active at the Y, and this is our day to thank them for their patronage,” said Mike Lubbe, YMCA president and CEO. “With the holidays upon us, there’s no better time for people to establish a wellness routine. We want to do our part by making it even more affordable for people to join the Y and feel great about themselves heading into 2012.”

The Y’s state-of-the-art facilities include wellness centers with cardio equipment, circuit machines and dumbbells, indoor swimming pools with lap lanes and lesson areas, and child care rooms. Studios house classes, including yoga, Zumba, cycling, kickboxing, martial arts, pilates, aerobics and Y-Kids, which are the Y’s child-focused classes. Other amenities include locker rooms, vending areas and free Wi-Fi. Y membership provides access to all Valley locations.

Individuals of every age, fitness and income level can benefit from the Y’s programs in the areas of aquatics, wellness, sports, camps and family activities. The Y is a nonprofit organization, and no one is turned away because of an inability to pay. Financial assistance is available.

For more information, visit [www.lasvegasyymca.org](http://www.lasvegasyymca.org).

### **the Y**

The Y is one of the nation’s leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,687 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation’s health and well-being, and provide opportunities to give back and support neighbors. The YMCA of Southern Nevada, established in 1944, invites community members to stay active at the Bill & Lillie Heinrich YMCA, 4141 Meadows Lane; the City of Las Vegas’ Durango Hills Community Center, 3521 N. Durango Drive, and Centennial Hills Community Center, 6601 N. Buffalo Drive, both operated by the YMCA; and the City of North Las Vegas SkyView Multi-Generational Center, 3050 E. Centennial Parkway, operated by the YMCA. No one is turned away because of an inability to pay. For more information, visit [www.lasvegasyymca.org](http://www.lasvegasyymca.org).

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