

# FUN FOR ALL!



2024 | WINTER/SPRING

# There's Something for Everyone at the Y!

## PARENT/CHILD 3 mo-3 yrs

- ▼ KIDS GYM

## PRESCHOOL 3-5 years

- ▼ BASKETBALL ACADEMY (Interest List)
- ▼ KIDS GYM
- ▼ NEVADA READY! PRE-K
- ▼ PARENT'S NIGHT OUT
- ▼ SOCCER ACADEMY (Interest List)

## SCHOOL-AGE 5-12 years

- ▼ BASKETBALL ACADEMY (6-13 yrs)
- ▼ DREAMR LAB (10+ yrs)
- ▼ FLAG FOOTBALL (8+ yrs)
- ▼ GROUP FITNESS CLASSES (8+ yrs)
- ▼ HOLIDAY CAMP (5-12 yrs)
- ▼ KIDS GYM (Up to 7 yrs)
- ▼ MUSIC ACADEMY (7+ yrs)
- ▼ PARENTS NIGHT OUT
- ▼ ROCKWALL
- ▼ SOCCER ACADEMY (7-13 yrs)
- ▼ TAE KWON DO (8+ yrs)
- ▼ Y KIDS PLAY
- ▼ JIU JITSU (7+ yrs)

## TEENS 13-17 years

- ▼ DREAMR LAB WORKSHOPS
- ▼ GROUP FITNESS CLASSES
- ▼ HOLIDAY CAMP (12-15 yrs)
- ▼ TEEN TEAM TRAINING

## FAMILY FUN

- ▼ FITNESS EVENTS
- ▼ GROUP FITNESS CLASSES (8+ yrs)
- ▼ PARENTS' NIGHT OUT
- ▼ RENTALS & BIRTHDAY PARTIES
- ▼ TAKE A HIKE
- ▼ TOGETHERHOOD
- ▼ Y FAMILY CONNECT

## ADULTS 18+ years

- ▼ ASSISTED STRETCH
- ▼ BALLROOM DANCE
- ▼ BASKETBALL GAMES
- ▼ BLOOD PRESSURE SELF-MONITORING PROGRAM
- ▼ FITNESS EVENTS
- ▼ GROUP FITNESS CLASSES
- ▼ LIVESTRONG CANCER SURVIVOR PROGRAM
- ▼ PERSONAL TRAINING
- ▼ PICKLEBALL
- ▼ TEAM TRAINING

## AOAS 62+ years

- ▼ AOA STRONG
- ▼ ASSISTED STRETCH
- ▼ BALLROOM DANCE
- ▼ BINGO
- ▼ BLOOD PRESSURE SELF-MONITORING PROGRAM
- ▼ CROCHET CLUB
- ▼ DOC TALKS
- ▼ ENHANCE FITNESS
- ▼ FIELD TRIPS
- ▼ GROUP FITNESS CLASSES
- ▼ LIVESTRONG CANCER SURVIVOR PROGRAM
- ▼ MAHJONG CLUB
- ▼ PAINTING CLUB
- ▼ PERSONAL TRAINING
- ▼ PICKLEBALL
- ▼ SENIOR CONNECTIONS

## LEGEND

- ▼ YEAR ROUND
- ▼ SEASONAL



Scan here for  
more info on  
each program

# YOUTH & TEEN ACTIVITIES

## COX INNOVATION/DREAMR LAB

**DATES:** Mon-Thurs **TIMES:** 4-7pm

**AGES:** 10-18 yrs **COST:** Free

**DESCRIPTION:** Calling all future YouTubers, Recording Artists, Producers, Game Creators and more! The Cox Innovation/Dreamr Lab is open and is ready to help you pursue your dreams!

## CPR/AED COURSE/FIRST AID CERTIFICATION

**DATES:** Varies **TIMES:** Varies

**AGES:** 15+ yrs **COST:** \$79

**DESCRIPTION:** Learn American Red Cross First Aid/CPR/AED.

## HOLIDAY & ONE-DAY CAMP

**DATES:** Follows CCSD calendar

**TIMES:** 7am-6pm **AGES:** 5-15 yrs

**COST:** Drop in: \$40-\$45, 3 Day: \$99, Full week: \$145-\$165

**DESCRIPTION:** When school is out, Y Camp is in! The Y offers one-day, full-week, and daily drop-in camps when school is out. Your child will be energized with our fun activities that include sports, games, crafts, STEM projects, and more.

## KIDS GYM

**DATES:** Mon-Thurs (8am-12pm, 5-8pm),

Fri (8am-12pm, 5-7pm), Sat (8am-12pm)

**AGES:** 3 mo-7 yrs **COST:** Free

**DESCRIPTION:** Parents who are looking to work on their wellness goals, but have small children are absolutely raving about our Kids Gym. Why? Because, for up to two hours while you work out, your child has a safe place to play! Under trained supervision, your child can play with others while you use our facility.

## NEVADA READY! PRE-K

**DATES:** Mon-Fri **TIMES:** 8am-3pm

**AGES:** 4-5 yrs **COST:** Free

**DESCRIPTION:** Thanks to an exciting partnership with Nevada Ready! and United Way of Southern Nevada, our Bill & Lillie Heinrich YMCA offers the Nevada Ready! Pre-K Program, a full-day preschool offered at NO COST to families who qualify. This program is open to children 4-5 years old. Families must meet the requirements in order to qualify for enrollment.

## ROCK WALL

**DATES:** Mon-Thurs **TIMES:** 5-7pm

**AGES:** 6+ yrs **COST:** Free

**DESCRIPTION:** We invite you to come and check out our 34 foot indoor rock wall! Stop by the front desk to secure your spot today (also great for group outings or birthday parties!)

## TEEN TEAM TRAINING

**DATES:** Mon & Wed **TIMES:** 5-6pm

**AGES:** 12-17 yrs **COST:** \$65-\$80

**DESCRIPTION:** Designed for all levels of experience, these workouts are led by a certified personal trainer and they will educate teens on how to properly utilize a variety of equipment within a fitness center.

## VOLUNTEERING

**DATES:** Varies **TIMES:** Varies

**AGES:** 15+ yrs **COST:** Free

**DESCRIPTION:** Lend your time and talents so together we can strengthen Southern Nevada. We need ongoing volunteers, one-time special event volunteers and welcome young adults as volunteers as long as they're 15 years of age or older.

## YOUTH FITNESS ORIENTATION

**DATES:** By appointment

**AGES:** 8-17 yrs **COST:** \$45-\$60

**DESCRIPTION:** At the Y, we know it's important to start healthy habits at a young age and safety is a top priority. That's why, we welcome all members between 8-17 to utilize our strength and cardio equipment after they complete the Youth Wellness Orientation performed by YMCA staff.



ClassDojo



Stay connected! We use class dojo for our program communication. Scan the QR code to download the app and check your email for your specific program code.

Heinrich YMCA

4141 Meadows Ln, Las Vegas, NV  
702.877.9622 | LasVegasYMCA.org

# YOUTH & TEEN SPORTS

## ADVANCED TAE KWON DO

**DATES:** Tues & Thurs **TIMES:** 7-8:30pm

**AGES:** 8+ yrs **COST:** \$75-\$100

**DESCRIPTION:** Participants develop the spirit, mind and body through mainly kicking techniques that are both strong yet graceful.

## BALLET

**DATES:** Mon (4-6 yrs) & Wed (7-10 yrs)

**TIMES:** 4-5pm **AGES:** \$45-\$60

**DESCRIPTION:** In Dance Academy, your little one will enjoy learning the basics of both tap and ballet in this weekly combo class! Check your local Y or our website for upcoming sessions and to register in advance!

## BASKETBALL ACADEMY

**DATES:** Wed **COST:** \$45-\$60

### OFFERINGS:

Ages 3-5: 4-4:45pm (Interest List),

Ages 6-8: 5-5:50pm

Ages 9-13: 6-6:50pm

**DESCRIPTION:** Dribble! Shoot! Score!

Learning the sport of basketball is fun in this developmental skills program. Check your local Y or our website for upcoming sessions and to register in advance!

## JIU-JITSU

**DATES:** Mon & Fri **TIMES:** 5-5:50pm

**AGES:** 7-13 **COST:** \$75-100

**DESCRIPTION:** Martial art focusing largely on grappling and ground fighting, utilizing natural body leverage, proper technique, dominant control and much more.

## SOCCER ACADEMY

**DATES:** Tues

### OFFERINGS:

Ages 3-6: 3-4pm (Interest List)

Ages 7-13: 4-5pm

**COST:** \$41-\$55

**DESCRIPTION:** Soccer Academy is a developmental skills program for kids to learn the game of soccer in a fun and welcoming environment. All skills levels welcome! Check your local Y or our website for upcoming sessions and to register in advance!



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# FAMILY ACTIVITIES & EVENTS

## FAMILY FUN

**DATES:** 3rd Friday of the Month

**TIMES:** 5-7pm **AGES:** All

**COST:** On-site: FREE, Off-site: Varies

**LOCATION:** Varies

**DESCRIPTION:** Discover excitement every month with Family Fun and Family Outings! From in-branch adventures to exclusive discounts at local venues, we offer so many ways to bring families together. Enjoy family time and make memories with your Y community! Check our monthly newsletter and calendars for more information.

## PARENTS NIGHT OUT

**DATES:** 2nd and 4th Friday of the Month

**TIMES:** 5:30-8:30pm **AGES:** 3-12 yrs

**COST:** \$15

**DESCRIPTION:** Take a night off while your child has a blast at the Y! Participants will do arts and crafts and STEM projects, followed by a movie, dinner (pizza, juice and a Popsicle). Parents' Night Out is for children ages 3-12 (must be potty trained). Child must be a Family Member (non-Family Members are entitled to one trial session at the same cost). Cancellations must be made by the Thursday prior to the event. Refunds/transfers are not allowed after that date.

## RENTALS & BIRTHDAY PARTIES

**DATES:** Your choice **TIMES:** Your choice

**AGES:** All **COST:** Varies

**DESCRIPTION:** Rent a room... or a whole waterpark! Whether you need a quiet room for a support meeting, a classroom for training or an outdoor pool for your teen's graduation party, we offer affordable rentals to accommodate your needs! We also specialize in birthday parties, offering various themes like science parties, sports parties or pool parties! Check your local Y to explore your rental or party options, and let us handle the rest!

## TAKE A HIKE

**DATES:** 4th Saturday of the Month

**TIMES:** 12-2pm **AGES:** All **COST:** Free

**DESCRIPTION:** Nevada has many beautiful national parks and public lands to explore – join us for one of our family-friendly monthly hikes! Check your local Y or our website for upcoming hikes and to register in advance!

## TOGETHERHOOD

**DATES:** 2nd Tuesday of the Month

**TIMES:** 6pm **AGES:** All **COST:** Free

**LOCATION:** Heinrich YMCA

**DESCRIPTION:** Do you want to give back to your community while building lasting relationships with other Y families? Come and join Togetherhood! Togetherhood is a volunteer program where we come together and serve as a community! Anyone can join, neighbors, friends, or family (they do not have to be a Y member)! We have four service projects a year that are voted on at monthly meetings by the participants of Togetherhood.

## Y FAMILY CONNECT

**DATES:** Varies **TIMES:** Varies

**AGES:** Family **COST:** Free to

Family Members **LOCATION:** Varies

**DESCRIPTION:** We believe there is a place for the Y in every family! No matter your reason for coming to the Y, we have something for you and every member of the family. This complimentary appointment, specific to families, will introduce you to everything we have to offer; from social activities to educational workshops to unique programs offered. Our Family Engagement Director will help you recognize and visualize your needs and navigate through the many resources available to optimize your Y experience.



# FITNESS OFFERINGS

## ASSISTED STRETCH

**DATES:** Varies **TIMES:** Varies  
**AGES:** 18+ yrs **COST:** \$153-\$160  
**DESCRIPTION:** 30 minute personalized stretching with a certified coach to help release tightness and recover faster!

## FITNESS EVENTS

**DATES:** Varies **TIMES:** Varies  
**AGES:** 8+ yrs **COST:** Varies  
**DESCRIPTION:** Our Health & Wellness department hosts various fitness related events throughout the year, including group exercise class relaunches, fitness challenges, family fun runs and so much more! Check your local Y or our website for upcoming events and to register in advance!

## GROUP FITNESS CLASSES

**DATES:** Varies **TIMES:** Varies  
**AGES:** 8+ yrs **COST:** Free  
**DESCRIPTION:** From Zumba to Aqua Aerobics, Y Kids Play to Les Mills BODYPUMP, the Y offers a variety of group exercise classes for adults, seniors and even children in Las Vegas! Check your local Y or our app for class offerings!

## PERSONAL TRAINING

**DATES:** Varies **TIMES:** Varies  
**AGES:** 18+ yrs **COST:** Varies  
**DESCRIPTION:** At the Y, we offer one-on-one, small group and team training, as well as physical assessment and coaching sessions with trained personal trainers! 30 and 60 minute sessions are available. Check your local Y or our website for availability and to register in advance!

## TEAM TRAINING

**DATES:** Tues/Thur **TIMES:** 6-7pm  
**AGES:** 18+ yrs **COST:** \$61-\$65  
**DESCRIPTION:** This small group training teaches foundations of strength while working with a training of proper form.

## TEEN TEAM TRAINING

**DATES:** Mon & Wed **TIMES:** 5-6pm  
**AGES:** 12-17 yrs **COST:** \$65-\$80  
**DESCRIPTION:** Designed for all levels of experience, these workouts are led by a certified personal trainer and they will educate teens on how to properly utilize a variety of equipment within a fitness center.



# ADULT & SENIOR ACTIVITIES

## AOA STRONG

**DATES:** Mon/Wed **TIMES:** 10am  
**AGES:** 60+ yrs **COST:** \$65/mo  
**DESCRIPTION:** A program designed to acclimate the 60+ population to the weight room, while working with a Certified Personal Trainer in a small group setting.

## BALLROOM DANCE

**DATES:** Fri **TIMES:** 11:30am–12:30pm  
**AGES:** 18+ yrs **COST:** \$44–\$65  
**DESCRIPTION:** Learn proper dance names choreographed routines with costumes and lighting. You will work through styles like Tap, Ballet and Latin. This is a full performance style experience.

## BINGO

**DATES:** Varies **TIMES:** Varies  
**AGES:** 62+ yrs **COST:** Free  
**DESCRIPTION:** Our Active Older Adult programming at the Y is full of excitement! From Bingo to field trips to social events\*, there is something for everyone to enjoy! \*Some field trips and/or special events may have a cost associated with them.

## BLOOD PRESSURE SELF-MONITORING PROGRAM

**DATES:** Varies **TIMES:** Varies  
**AGES:** 18+ yrs **COST:** Free  
**DESCRIPTION:** The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

## CROCHET CLUB

**DATES:** Wed **TIMES:** 10:30am **COST:** Free  
**DESCRIPTION:** Volunteer led class where you will learn how to use various hooks to interlock yarn to make blankets, hats, scarves and more.

## DOC TALKS

**DATES:** Varies **TIMES:** Varies  
**AGES:** 62+ yrs **COST:** Free  
**DESCRIPTION:** The Y is honored to partner with local medical professionals to offer a variety of workshops and seminars on various topics concerning your health. Past topics include heart health, memory loss, fall prevention and much more.

## ENHANCE FITNESS

**DATES:** Varies **TIMES:** Varies  
**AGES:** 18+ yrs **COST:** Free for Y Members, Individual AOA PPI: \$70, Couple AOA PPF: \$85  
**DESCRIPTION:** Enhance Fitness is a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low-impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles.

## FIELD TRIPS

**DATES:** Varies **TIMES:** Varies  
**AGES:** 18+ yrs **COST:** Varies  
**DESCRIPTION:** Our AOAs love to have fun, so we hope you can join us on our next Field Trip! We plan fun social excursions, including trips to wineries, dinner shows, nature trails, holiday events...you name it, we'll take the bus there!

## LIVESTRONG CANCER SURVIVOR PROGRAM

**DATES:** Varies **TIMES:** Varies  
**AGES:** 18+ yrs **COST:** Free  
**DESCRIPTION:** LIVESTRONG at the Y focuses on you – the whole person – not the disease. The free, 12-week program meets twice a week for 90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight.

## MAHJONG

**DATES:** Mon **TIMES:** 11:30am  
**AGES:** 18+ yrs **COST:** Free  
**DESCRIPTION:** American mah-jong is a variant of Chinese mah-jongg. It is played with four players. The goal is to be the first player to match one styles to a specific hand from the American mah-jong card. It is achieved by picking and discarding tiles from the four racks of 144 tiles it is a game of strategy, playing defense and luck of the draw.

## PAINTING CLUB

**DATES:** Monthly **TIMES:** Varies  
**AGES:** 18+ yrs **COST:** \$15  
**DESCRIPTION:** You will learn to paint with acrylics, while blending colors and developing an understanding and appreciation for your artistic side.

## PICKLEBALL

**DATES:** Year Round **TIMES:** Tues, Thurs, Sat: 9am–12pm **AGES:** 12+ yrs  
**COST:** Free with membership  
**DESCRIPTION:** A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for experienced players. All are welcome. Schedule available in the Y app.

## SENIOR CONNECTIONS

**DATES:** Varies **TIMES:** Varies  
**AGES:** 62+ yrs **COST:** Free  
**DESCRIPTION:** If you're new to the Y, we invite you to get plugged in and join us for Senior Connections! This 30 minute monthly mingle will give you the opportunity to discover all of our senior programs, services and amenities we offer – all while meeting your Health & Wellness team and new Y friends!





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Membership Rates

## Changemaker Membership

Fam: \$80 | Ind: \$44  
Young Adult: \$32

Be a changemaker in your local community! This membership level grants you access to all that the Y has to offer, while also helping another family or individual access the Y's programs and services. Become a changemaker, for a better US.

## Strengthening Community Membership

Fam: \$62 | Ind: \$34  
Young Adult: \$22

We've taken the current financial landscape of Las Vegas into consideration with this membership level. As we navigate through this new normal, the Y is here to help strengthen our community and offer a discounted rate for those who may need it most.

## Y For All Membership

Family, Individual & Young Adult PLEASE SEE FRONT DESK

The Y truly is a place for ALL. If your financial situation doesn't allow for any of the other membership levels, let's talk. We will determine a rate that works best for you, because at the Y, everyone belongs.

## Military Membership

Fam: \$52 | Ind: \$29

The Y is committed to those who serve our country and we are honored to offer this special membership rate for any military members and veterans.

The YMCA of Southern Nevada is committed to continuing to serve our Las Vegas community, through membership rates that meet you exactly where you are. **The Y is for all.**

## 4 Locations. One Membership

Centennial Hills Y ▼ Durango Hills Y  
Heinrich Y ▼ SkyView Y