

# FUN FOR ALL!



2024-2025 | WINTER/SPRING

## There's Something for Everyone at the Y!



Scan here for more info on each program

### PARENT/CHILD 3 mo-3 yrs

- ▼ KIDS GYM

### PRESCHOOL 3-5 years

- ▼ BALLET & TAP COMBO
- ▼ KIDS GYM
- ▼ JIU JITSU (4+ yrs)
- ▼ PARENTS NIGHT OUT
- ▼ PRESCHOOL & NEVADA READY PRE-K

### SCHOOL-AGE 5-12 years

- ▼ BASKETBALL ACADEMY
- ▼ BALLET & TAP (3-6 yrs)
- ▼ CHEER
- ▼ DREAMR LAB
- ▼ GROUP FITNESS CLASSES (8+ yrs)
- ▼ HOLIDAY AND ONE-DAY CAMPS
- ▼ JIU-JITSU (4-9 yrs)
- ▼ KIDS GYM (Up to 7 yrs)
- ▼ NFL FLAG FOOTBALL LEAGUE
- ▼ PARENTS NIGHT OUT
- ▼ PRIVATE SPORTS LESSONS (BBall & Tumbling)
- ▼ SHOTOKAN KARATE
- ▼ SPORTS PORTRAITS
- ▼ YOUTH ENGAGEMENT CENTER (8-15 yrs)

### TEENS 12-17 years

- ▼ DREAMR LAB
- ▼ GROUP FITNESS CLASSES

- ▼ HERO PROGRAM
- ▼ SHOTOKAN KARATE
- ▼ TEEN EVENTS
- ▼ TUMBLING
- ▼ YOUTH ENGAGEMENT CENTER (8-15 yrs)

### FAMILY FUN

- ▼ CPR/AED/FIRST AID CERTIFICATION
- ▼ FAMILY EVENTS
- ▼ GROUP FITNESS CLASSES (8+)
- ▼ PARENTS' NIGHT OUT
- ▼ RENTALS & BIRTHDAY PARTIES
- ▼ TAKE A HIKE

### ADULTS 18+ years

- ▼ ADULTS AND CRAFTS
- ▼ ADULT BASKETBALL LEAGUE
- ▼ ADULT KARATE (16+)
- ▼ ADULT TAP
- ▼ BPSM (Blood Pressure Self-Monitoring)
- ▼ COFFEE & CANVAS
- ▼ ENHANCE FITNESS
- ▼ FITNESS EVENTS
- ▼ GROUP FITNESS CLASSES
- ▼ LIVESTRONG AT THE Y CANCER SURVIVOR PROGRAM
- ▼ MASSAGE THERAPY
- ▼ PERSONAL TRAINER SERIES WORKSHOPS & CLASSES
- ▼ PERSONAL TRAINING
- ▼ PICKLEBALL
- ▼ TEAM TRAINING

### AOAs 55+ years

- ▼ AOA BINGO
- ▼ AOA CIRCUIT
- ▼ AOA FIELD TRIPS
- ▼ AOA STRONG
- ▼ BLOOD PRESSURE SELF-MONITORING PROGRAM
- ▼ CANASTA CARD CLUB
- ▼ COFFEE & CANVAS
- ▼ DOC TALKS
- ▼ ENHANCE FITNESS
- ▼ GROUP FITNESS CLASSES
- ▼ LAUGHTER YOGA
- ▼ LINEDANCE SOCIAL
- ▼ LIVESTRONG CANCER SURVIVOR PROGRAM
- ▼ MASSAGE THERAPY
- ▼ PERSONAL TRAINING
- ▼ PICKLEBALL
- ▼ SENIOR CONNECTIONS
- ▼ SWIM LESSONS
- ▼ TRX TRAINING
- ▼ WALKING CLUB

# YOUTH & TEEN ACTIVITIES

## BALLET & TAP

**DATES:** Thur **TIMES:** 4-4:50pm  
**AGES:** 3-6 yrs **COST:** \$62/mo  
**DESCRIPTION:** Participants will learn dance fundamentals relative to tap and ballet. Dance recitals scheduled quarterly. Please make sure to bring ballet and tap shoes and wear dance attire (leotards and tights) to each of your lessons. Check your local Y or our website for upcoming sessions and register in advance!

## DREAMR LAB

**DATES:** Mon-Thur **TIMES:** 4-7pm  
**AGES:** 8-15 yrs **COST:** Free  
**DESCRIPTION:** With a youth or family membership, your kids can let their creativity flow in our state-of-the-art lab equipped with film stations, editing suites, a recording studio, and more! Join us to explore all that the Dreamr Creative Lab has to offer!

## FULL-DAY PRESCHOOL

**DATES:** Mon-Fri **TIMES:** See Description  
**AGES:** 3-5 yrs **COST:** \$195/wk  
**DESCRIPTION:** The YMCA's mission is to lay a foundation for ongoing achievement and success by addressing the holistic development of each child through quality interactions, involvement, and curriculum. Children are active learners, and active learners need opportunities to observe the world around them and develop their own ideas through intentional play. Y Preschool will increase the social and emotional development of each child through decision making, exploration, and positive social interactions. The Y has Full-Day Preschool, Mon-Fri from 8am-3pm, for \$165 per week. Wrap around care is available for an additional fee.

## HERO PROGRAM

**DATES:** Varies **TIMES:** Varies  
**AGES:** 12-15 yrs **COST:** Free  
**DESCRIPTION:** Interested in being a camp counselor one day? Our Hero program will teach you the skills required to join our team. You will shadow and assist the counselors for the 10 weeks of summer. Heroes will learn how to lead games and activities while being able to connect to the other campers.

## HOLIDAY & ONE-DAY CAMPS

**DATES:** Varies **TIMES:** 7am-6pm  
**AGES:** 5-15 yrs **COST:** \$55/day  
**DESCRIPTION:** 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/TIMES:** Mon-Sat: 8am-12pm, Mon-Thur: 4-7pm, Fri: 4-6pm  
**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 Durango Hills 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. Please see the front desk for an enrollment packet. NR!PK ECLIP program ages 3-4 before August 1st of that school year. NR!PK program ages 4-5 going to kindergarten the next year. Must be 4 before August 1st of that school year.

## Y CLUB

**DATES:** Mon-Thur **TIMES:** 4-6pm  
**AGES:** 5-13 yrs **COST:** \$25/wk  
**DESCRIPTION:** Ever wish your child's school hours lined up better with your work hours? Our afterschool care lets you stay flexible. In our programs, parents have peace of mind, knowing their child is in a supportive environment focused on developing their true potential. Services include homework assistance, math, and reading support, art, and a host of other resources students need to succeed!

## YOUTH ENGAGEMENT CENTER

**DATES:** Mon-Fri **TIMES:** 4-7pm  
**AGES:** 8-15 yrs **COST:** Free  
**DESCRIPTION:** Kids and Teens take over in a space built just for them. With movies, video games, arcade games, and a jam-packed library section. Come to play, meet friends, or just hang out!

## YOUTH FITNESS ORIENTATIONS

**DATES:** Varies **TIMES:** Varies  
**AGES:** Cardio Only: Ages 8-11, Cardio and Strength: Ages 12-14  
**DESCRIPTION:** Learn the fundamentals of cardio equipment and circuit machines with a certified personal trainer.



# YOUTH & TEEN SPORTS

## ADULT JIU JITSU INTEREST LIST

**DATES:** Tues/Thurs **TIMES:** 6:30-7:30pm  
**AGES:** 16+ yrs **COST:** \$93/mo  
**DESCRIPTION:** Martial art focusing largely on grappling and ground fighting, utilizing Natural Body leverage, proper technique, dominant control and much more. Uniforms can be purchased from the instructor on the first class or during registrations. Outside uniforms are not accepted

## ADULT BASKETBALL LEAGUE

**DATES:** Sun **TIMES:** 1-4pm **AGES:** 18+ yrs  
**COST:** \$400 per team (\$50 per person/season)  
**DESCRIPTION:** Adult league that plays every Sunday except Easter Sunday (April 20, 2025.) 5 players per team with 3 alternates. Season runs January 5-April 27, 2025. Come try this competitive and all inclusive tournament style program that will introduce you to other community members and fill that basketball jones!

## BASKETBALL ACADEMY

**DATES/TIMES/AGES:**  
**5-8 yrs:**  
Mon, 5-5:50pm  
**9-13 yrs:**  
Mon, 6-6:50pm  
**6-13 yrs:**  
Sat, 10-10:50am  
**COST:** \$62/mo  
**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!

## BALLET & TAP

**DATES:** Thurs **TIMES:** 5-5:50pm  
**AGES:** 3-6 yrs **COST:** \$62/mo  
**DESCRIPTION:** Participants will learn dance fundamentals relative to ballet/tap! Dance recitals scheduled quarterly. Please make sure to bring ballet and tap shoes and wear dance attire (leotards and tights) to each of your lessons.

## BEGINNER TUMBLING ACADEMY

**DATES:** Mon **TIMES:** 5-5:50pm  
**AGES:** 5-13 yrs **COST:** \$62/mo  
**DESCRIPTION:** This fun and energetic program is designed to build strength, flexibility, and coordination in kids while they learn exciting tumbling skills. Our expert instructors create a safe and supportive environment where young participants can flip, twist, and roll their way to newfound confidence and athleticism. Let your child discover the joy of tumbling with us!

## CHEER ACADEMY

**DATES:** Wed **TIMES:** 5-5:50pm  
**AGES:** 5-12 yrs **COST:** \$62/mo  
**DESCRIPTION:** Learn all the fundamentals of cheerleading. Cheers, motions, dance, jumps, kicks, voice projection and beginning tumbling. Check your local Y or the website for upcoming sessions or to register in advance!

## JIU JITSU

**DATES:** Tues/Thurs **TIMES:** 5:30-6:30pm  
**AGES:** 4-9 yrs **COST:** \$93/mo  
**DESCRIPTION:** Martial art focusing largely on grappling and ground fighting, utilizing natural body leverage, proper technique, dominant control and much more. Uniform can be purchased from the instructor on the first class or during registrations. Outside uniforms are not accepted.

## NFL FLAG FOOTBALL LEAGUE

**DATES:** Sat **TIMES:** 8am-2pm  
**AGES:** 8-12 yrs **COST:** \$135  
**DESCRIPTION:** Catch! Run! Touchdown! The YMCA is partnering with NFL Flag and Vegas Force, our local professional 7v7 football team, to start a Co-Ed Flag Football League! This includes 7 games + playoffs, coaching from professional athletes, NFL Flag jersey and shorts, NFL flag set, league dues for the season, and awards. Program runs at the Heinrich YMCA.

## SHOTOKAN KARATE

**DATES/TIMES:**  
**Beginner (6-15 yrs):**  
Mon/Wed, 4-4:50pm  
**Intermediate (6-15 yrs):**  
Mon/Wed, 5-5:50pm  
**Kata Focus (All Ages):**  
Mon/Wed, 6-6:30pm  
**Adult Shotokan Karate (16+ yrs):**  
Mon/Wed, 6:30-7:30pm  
**COST:** \$93/mo  
**DESCRIPTION:** Karate is a martial art of Japanese origin that deals with attacks through evasive body movements and/or blocking, and counter attacks using kicks, punches and strikes. Joint locks, restraints and takedowns are also used, but to a lesser extent. As a self-defense system, karate does not so much teach a set of standard responses to a set of limited scenarios, but rather teaches a set of principles that can be applied in any situation. As a method of keeping fit and healthy, it develops balance, coordination, aerobic fitness, strength and flexibility.

## PRIVATE SPORTS LESSONS

**DATES/TIMES:** By appointment  
**AGES:** 5-13 yrs  
**COST:**  
**3 - 30 min lessons:**  
\$115  
**6 - 30 min lessons:**  
\$200  
**DESCRIPTION:** Our private sports lessons build self-confidence & develop self-esteem in a fun environment. Our sports lessons are specifically tailored to the participant's age, ability, level of physical development and confidence. Our program uses skill-based instruction through activities that maximize physical activity, emphasize safety, all while engaging families. (Available for tumbling basketball and swim lessons)

## YOUTH SPORTS PORTRAITS

**DATES:** By appointment **TIMES:** By appointment  
**AGES:** 5-13 yrs **COST:** \$30  
**DESCRIPTION:** This add on to the youth sports programs at the Y is the perfect way to celebrate your child's participation and development as an athlete. You will receive a digital library of all the edited photos to share, print and cherish for years to come.



# FAMILY ACTIVITIES & EVENTS

## CPR/AED/FIRST AID CERTIFICATION

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

**AGES:** 16+ **COST:** \$79

**DESCRIPTION:** Whether you're interested in becoming a Lifeguard or just want to learn these important life-saving skills, our CPR/AED/First Aid Certification is offered during various times of the year and is accredited by The American Red Cross. Check your local Y or our website for upcoming sessions and to register in advance!

## FAMILY EVENTS

**DATES:** Varies

**TIMES:** Varies **AGES:** All

**COST:** Free

**DESCRIPTION:** Take a night off while your child has a blast at the Y! Each Parents' Night Out will consist of a new theme - featuring crafts, games, a movie, and dinner (pizza, juice, and a Popsicle). Children must be potty trained and be a Family Membership holder. Check your local Y or our website for upcoming sessions and to register in advance!

## LIFEGUARDING CERTIFICATION

**DATES:** Fri/Sat/Sun **TIMES:** Fri: 4-9PM

Sat/Sun: 8:30AM-5PM **AGES:** 3-12 yrs

**COST:** \$20 per session

**DESCRIPTION:** The American Red Cross lifeguarding courses are designed to teach you how to not only help others stay safe in, on, and around the water, but can help you learn the latest safety and rescue techniques, and deliver critical care, like CPR, first aid, and AED administration. Swim pre-test required to attend course. Certifies in Lifeguarding, CPR, AED, and First Aid. Training takes place at the SkyView Y. Must be 15 to register. YMCA hires at 15yrs old. Applications open Feb. 1 2025 for all locations.

## PARENTS' NIGHT OUT

**DATES:** 2nd and 4th Friday

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

**COST:** \$20 per session

**DESCRIPTION:** Take a night off while your child has a blast at the Y! Each Parents' Night Out will consist of a new theme - featuring crafts, games, a movie, and dinner (pizza, juice, and a Popsicle). Children must be potty trained and be a Family Membership holder. Check your local Y or our website for upcoming sessions and to register in advance!

## RENTALS & BIRTHDAY PARTIES

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

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

**DESCRIPTION:** Rent a room! Whether you need a quiet room for a support meeting, a classroom for training or a space 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!

## TRAIN TO WORK

**DATES:** Tues/Wed/Thurs **TIMES:** Tue: 4-9PM

Wed/Thu: 8:30AM-5PM **AGES:** All **COST:** Free

**DESCRIPTION:** This is our free Train to Work program for the Lifeguard course for those that qualify. Registration is only available after a swim test and in-house. Attendance to the Train to Work is mandatory in order to attend the certification course. The American Red Cross lifeguarding courses are designed to teach you how to not only help others stay safe in, on, and around the water, but can help you learn the latest safety and rescue techniques, and deliver critical care, like CPR, first aid, and AED administration. Swim pre-test required to attend course. Must be 15 to register. Applications open Feb. 1, 2025. YMCA hires at 15 yrs old.

## 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.

# FITNESS OFFERINGS

## AOA CIRCUIT

**DATES:** Tues/Thu **TIMES:** 9-9:50am  
**AGES:** 55+ **COST:** \$67/mo  
**DESCRIPTION:** AOA Circuit is moderate to higher style of workout where participants go through a series of five to 10 exercises with short breaks in between. These exercises target different muscle groups for an optimal workout. It incorporates senior-friendly machines and functional bodyweight exercises designed to help people improve endurance, strength and balance.

## AOA STRONG

**DATES:** Wed & Fri **TIMES:** 10-10:50am  
**AGES:** 55+ **COST:** \$67/mo  
**DESCRIPTION:** This small group program is geared toward our active older adult (AOA) population and covers the fundamentals of working out, warm-up, strength training and recovery. With the guidance of a personal trainer, this program will teach the skills and knowledge needed for AOA's to put together their own workouts so they can successfully workout on their own or continue to push themselves in this program. The program uses various types of equipment such as machines, barbells, dumbbells, kettlebells and more, along with various types of training appropriate for our AOA population.

## CHOOSE TO LOSE

**DATES:** Varies **TIMES:** Varies **AGES:** 18+ yrs  
**COST:** \$309 **DESCRIPTION:** You owe it to yourself to be healthy and happy! This 12-week weight loss program is led by a Certified Personal Trainer. You will participate in small group exercise 2x a week, get nutrition & lifestyle coaching, receive a participant manual & trainer support, and gain access to workouts and resources to help you track and reach your goals. Check your local Y or our website for details.

## FITNESS EVENTS

**DATES:** Varies **TIMES:** Varies **AGES:** 8+ yrs  
**COST:** Free **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!

## FITNESS ORIENTATIONS

**DATES:** Varies **TIMES:** Varies **AGES:** 8+ yrs  
**COST:** Free **DESCRIPTION:** At the Y, we offer one-on-one Fitness Orientations with a Personal Trainer to get you started on your fitness journey and introduce you to additional services and amenities that we offer specifically catering to you.

## 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 website for class offerings!

## PERSONAL TRAINING

**DATES:** Varies **TIMES:** Varies **AGES:** 8+ 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!

## TRX TEAM TRAINING

**DATES:** Varies **TIMES:** Varies **AGES:** 15+ yrs  
**COST:** \$67/mo **DESCRIPTION:** TRX Training will teach the fundamentals of bodyweight training with the TRX suspension system! Come join us for monthly series that focus on different functional muscle groups to unlock new levels of strength.



# ADULT & SENIOR ACTIVITIES

## ADULTS & CRAFTS WORKSHOP

**DATES:** Every 3rd Fri **TIMES:** 5:30-8:30pm  
**AGES:** 18+ yrs **COST:** \$50  
**DESCRIPTION:** Let's be creative! Join us for our monthly Adult Workshop focusing on a variety of different mediums. Whether you are a beginner or an experience crafter, these sessions are sure to help you create an at-home decoration or gift to display! All necessary instructions and equipment provided.

## AOA 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 Bus 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! Check your local Y or our website for the next upcoming Field Trip and get your name on the list!

## BLOOD PRESSURE SELF-MONITORING PROGRAM

**DATES:** Varies **TIMES:** Varies  
**AGES:** 18+ yrs **COST:** Free  
**DESCRIPTION:** Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

## COFFEE & CANVAS

**DATES:** Every 3rd Saturday  
**TIMES:** 11:30am-1:30pm  
**AGES:** 18+ yrs **COST:** \$20  
**DESCRIPTION:** Coffee, creamer, and creativity - what else do you need? Join us for a fun-filled step-by-step art class! A Y instructor will lead you as you create unique paintings. Bring a friend and get in touch with your artistic side!

## DOC TALKS

**DATES:** Varies **TIMES:** Varies  
**AGES:** 55+ 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. Enhance Fitness has been recognized by the CDC and other national organizations committed to improving the health of older adults.

## 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. Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended. Just as important, LIVESTRONG at the Y encourages a warm spirit of community - a safe, comfortable place for you to build companionship with others affected by cancer and share stories of inspiration.

## MASSAGE THERAPY

**DATES:** Tues between 4-7pm & Wed between 9am-11:30am **AGES:** 18+ yrs  
**COST:** \$67 (60 minutes) & \$98 (90 minutes)  
**DESCRIPTION:** Relax with a Swedish, Deep Tissue or Sports Massage from a certified massage therapist. Custom availability may be accommodated. By appointment only, please call or stop by the front desk to schedule.

## PICKLEBALL

**DATES:** Mon-Fri **TIMES:** 8am-12pm  
**AGES:** 18+ yrs **COST:** Free  
**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.  
 \*MUST BRING PADDLE & BALLS\*

## PICKLEBALL CLINICS

**DATES:** Tues **TIMES:** 12-1:30pm  
**AGES:** 15+ yrs **COST:** \$80, Drop Ins: \$21  
**DESCRIPTION:** Clinics are for all levels and will help improve and grow any player's skills. Clinics are for all levels and will help improve and grow any player skills. Clinics are available Tuesdays Feb to April and September to November.

## PICKLEBALL TOURNAMENTS

**DATES/TIMES:** Vary  
**AGES:** 18+ yrs **COST:** \$25  
**DESCRIPTION:** Round robin style game play with set-ups of 20 players per group. Prizes will be awarded after each group. Snacks and raffles included.

## SENIOR CONNECTIONS

**DATES:** Varies **TIMES:** Varies  
**AGES:** 55+ 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! Check your local Y or our website for upcoming sessions and to register in advance!

## TAP

**DATES:** Thurs **TIMES:** 4-4:50pm  
**AGES:** 18+ yrs + **COST:** \$62/mo  
**DESCRIPTION:** Participants will learn the fundamentals of tap! Dance recitals quarterly. Tap shoes required.

## WALKING CLUB

**DATES:** Mon & Wed **TIMES:** TBD  
**AGES:** 62 yrs + **COST:** Free  
**DESCRIPTION:** Join your friends for the Y Walking Club!



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Membership Rates



## Changemaker Membership

Fam: \$83 | Ind: \$46  
Young Adult: \$33

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: \$65 | Ind: \$36  
Young Adult: \$23

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: \$55 | Ind: \$31

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