



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Adult Sports & Recreation Programs

City of Las Vegas Centennial Hills Community Center, Operated by the YMCA

Register at the front desk of any YMCA location. Contact Daniel Horne at (702) 476-6750 or dhorne@lasvegasyymca.org for more information. The YMCA's four core values of caring, honesty, respect and responsibility are incorporated into every program.

Sport Class Trials – FREE!

If you're new to a sport, why not try it on for size to see if it's a fit for you? Enjoy one free sports class per month, for members only. For more details, visit the front desk.

Basketball

Open Basketball Gym

The monthly schedule is available at the front desk.

Non-members: Day pass \$5 under 21; \$10 adults; \$15 family (immediate family)

Gym rentals: Contact Daniel Horne, (702) 476-6750 or dhorne@lasvegasyymca.org

Martial Arts

Shotokan Karate (4 years+, adults and families welcome)

A Japanese traditional martial art, Shotokan Karate is not only one of the best self-defense methods, it's one of the best ways to learn foundational life skills such as confidence, focus, discipline, structure, accountability and memorization. With a growing number of children and adults suffering from obesity, ADHD and other challenges, Shotokan Karate provides an ideal, safe solution while combining visual, auditory, cognitive and experiential learning in every practice session.

Your instructor is Sensei "Nick" Catalin Neagu, a 5th degree black belt who has trained nationally and internationally for more than 30 years. Sensei "Nick" is the founder of Las Vegas Karate - Do. He has also been recognized many times as a gold medal winner of national and international competitions in KATA (forms) and KUMITE (sparring). He is a JKA chief instructor and JKA Romanian head coach. He specializes in combining the best of traditional Japanese karate with the principals of modern athletic training methods and nutrition. **FREE UNIFORM WHEN YOU SIGN UP!**

When: monthly sessions, meet twice weekly

Beginners: Wednesdays from 4-4:50 p.m.; Saturdays from 8-8:50 a.m.

Intermediate: Wednesdays from 5-5:50 p.m.; Saturdays from 9-9:50 a.m.

Cost: \$75 per month (two times per week for 50 minutes)

For more information, visit www.lvkaratedo.com or call (702) 944-4346.

Parent/guardian seating is available outside the studio. Only students are allowed inside the studio while the class is in session.

Tae Kwon Do (5 years+)

Learn Olympic style Tae Kwon Do techniques from Master Tony Dombrignes. Master Tony is a 4th Dan Black Belt, a USAT National Referee and brings over 14 years of experience to our Y. World Taekwondo Federation is the style of the Olympics and maintains a standard of excellence that supersedes any other Taekwondo federation in the US! Beginner classes are available.

Beginners: Monday, Tuesday and Thursday at 5 p.m.

Cost: \$95 (three times a week for 50 minutes)

For more information, call (702) 478-9622.