



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Adult Sports & Recreation Programs

Bill & Lillie Heinrich YMCA

Register at the front desk of any YMCA location. For more information, contact Jason Kibby at 702.877.7269 or e-mail at jkibby@lasvegasyymca.org. **Para Espanol**, llame a Lupe Sosa al 702.522-7422 | lsosa@lasvegasyymca.org (The YMCA's four core values of caring, honesty, respect and responsibility are incorporated into every program)

Sport Class Trial – 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 "one" class trial per month, for members and non-members (bring ID). Visit the front desk for your free pass!!

Open Basketball

The monthly schedule is available at the front desk.

Y members: Free

Non-members:

\$5 Youth (ages 8-20) | \$10 (ages 21-61) | \$5 Senior (over 62 years)

\$15 Family (immediate family)

Basketball Court Rentals

Book your next events, tournaments, and team gatherings with us!

Rock Wall

Monday - Thursday 4:00 p.m.-8 p.m. | Friday – Closed | Saturday - 9 a.m.-12 p.m. | Sunday- Closed

Y Member: Free

Non-Members:

\$5 Youth (ages 8-20) | \$10 (ages 21-61) | \$5 Senior (over 62 years)

\$15 Family (immediate family)

Outdoor Tennis

We offer beginners, intermediate and private lessons for all ages. Register today!

Shotokan Karate (6 years+, adults and families welcome)

Karate is primarily a striking art, with punching, kicking, knee/elbow strikes and open handed techniques. Students gain insight and learn techniques of this traditional Japanese martial art, including discipline, self-confidence, memory, strength and more.

Session: Ongoing monthly sessions, twice a week for one hour. **FREE UNIFORM WHEN YOU SIGN UP!**

Date and Time:

Mondays: 5:30-6:30 p.m. **AND** Wednesdays: 7:00 p.m.-8 p.m.

Cost: Y Members: \$54

Non-Members: \$71 + one time annual fee (individual = \$55 | 2 or more participants = \$ 60)

Tae Kwon Do (6 years+, adults and families welcome)

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

Session: Ongoing monthly sessions, twice a week for one hour.

Date: Tuesdays & Thursdays, 7-8:30 p.m.

Cost: Y Members: \$54

Non-Members: \$71 + one time annual fee (individual = \$55 | 2 or more participants = \$ 60)