



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sports & Recreation Programs

City of North Las Vegas SkyView Multi-Generational Center, Operated by the YMCA

Register at the front desk of any YMCA location. Contact Monica Gonzalez, (702) 998-9102 or mgonzalez@lasvegasyymca.org, for more information. The YMCA's four core values of caring, honesty, respect and responsibility are incorporated into every program.

Martial Arts

Shotokan Karate (4-18 years)

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.

When: Tuesdays 4-4:50 p.m. (Beginners) and 5-5:50 p.m. (Advanced)

When: Thursday 6-7 p.m. (Beginners and Advanced)

Cost: \$75 per month

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

YOGA

Yoga Kids (Ages 5-12)

Kids learn yoga poses, have fun and enter into the tranquil world of yoga.

When: Monday 6-7:00 p.m.

When: Thursday 6:7:00 p.m. (To begin June 2016)

Cost: Free

For more information, Contact Sandy at sdoherty@lasvegasyymca.org or call (702) 998-9107

WATER SPORTS

Y-Kids Water (Ages 5-12)

Kids have an opportunity to explore the exciting world of aquatics while building their cardiovascular system in the pool! Non-swimmers will be in a coastguard approved lifejacket. All children will be swim tested.

When: Friday 5- 6:00 p.m. (Ages 5-12)

Cost: Free

For more information, Contact Sandy at sdoherty@lasvegasyymca.org or call (702) 998-9107



C.A.T.C.H

Y-Kids Catch (Ages 5-12)

Coordinated Approach to Child Health is designed to promote physical activity through different sports activities and games by focusing on the Re-entry Program (non-competitive and all inclusive activity model).

When: Monday 5-6:00 p.m.

When: Tuesday 5-6:00 p.m.

When: Wednesday 6:7:00 p.m.

When: Thursday 5:6:00 p.m.

When: Friday 6:7:00 p.m.

Cost: Free

For more information, Contact Sandy at sdoherty@lasvegasyymca.org or call (702) 998-9107

Y Kids D-A-N-C-E

Y-Kids D-A-N-C-E (Ages 5-12)

Turn your kids loose in this upbeat class that will provide an outlet and promote fitness! This class will inspire your child to express themselves, get active and develop their dance skills. If your child loves to move, it's fun and easy to follow! All songs and dance moves are age appropriate.

When: Wednesday

Cost: Free

For more information, Contact Sandy at sdoherty@lasvegasyymca.org or call (702) 998-9107

Y-Kids Strength Training

Y-Kids Strength Training (Ages 5-12)

Come get your heart pumping in this fun-filled class of games, fitness, strength, and cardio exercise your kids are sure to love.

When: Monday 5-6:00 p.m.

When: Wednesday 5-6:00 pm

When: Thursday 5-6:00 pm

Cost: Free

For more information, Contact Sandy at sdoherty@lasvegasyymca.org or call (702) 998-9107

Y Kids Recess

Y-Kids Recess (Ages 5-12)

Old school recess in a fun way! Play 4 square, active movement board games, dodge ball, jump roping, and more all in a circuit training fashion. This is a non-competitive class.

When: Monday 6-7:00 p.m.

When: Thursday 6-7:00 p.m.

Cost: Free

For more information, Contact Sandy at sdoherty@lasvegasyymca.org or call (702) 998-9107