# There’s Something for Everyone at the Y!

### PARENT/CHILD
- **3 mo-3 yrs**
  - Kids Gym
  - Little Explorers
  - Parent/Child Swim Lessons

### PRESCHOOL
- **3-5 years**
  - Ballet
  - Ballet & Tap Combo
  - Baseball Academy
  - Basketball Academy
  - Group Swim Lessons
  - Gymnastics
  - Jiujitsu
  - Kids Gym
  - Little Explorers
  - Parents Night Out
  - Preschool
  - Private Swim Lessons
  - Soccer Academy
  - Summer Camp

### FAMILY FUN
- CPR/AED/First Aid Certification
- Family Night
- Flick & Float
- Group Fitness Classes (8+)
- Parents’ Night Out
- Rentals & Birthday Parties
- Take a hike

### SCHOOL-AGE
- **5-12 years**
  - Ballet
  - Ballet & Tap Combo
  - Basketball Academy
  - Circus Academy
  - Group Swim Lessons
  - Gymnastics
  - Hip Hop
  - Holiday Camp
  - Homeschool P.E.
  - Jr Lifeguarding
  - Kids Gym (Up to 8 yrs)
  - Parents Night Out
  - Private Swim Lessons
  - Soccer Academy
  - Splashball
  - Summer Camp
  - Swim Team
  - Tae Kwon Do
  - Volleyball Academy
  - Y Academy
  - Y Kids Play

### TEENS
- **12-17 years**
  - CPR/AED/First Aid Certification
  - Group Fitness Classes
  - Group Swim Lessons
  - Holiday Camp
  - Jr Lifeguarding
  - Private Swim Lessons
  - Summer Camp
  - Swim Team
  - Teen Night
  - Teen Team Training
  - Volleyball Academy
  - Y Academy

### ADULTS
- **18+ years**
  - Adult Sports
  - Group Swim Lessons
  - Blood Pressure Self-Monitoring Program
  - Fitness Events
  - Group Fitness Classes
  - Livestrong Cancer Survivor Program
  - Nutrition Group Discussions
  - Personal Training
  - Pickleball
  - Private Swim Lessons
  - Registered Dietician Sessions
  - Team Training
  - Volleyball
  - Walking Club

### AOs
- **62+ years**
  - Blood Pressure Self-Monitoring Program
  - Choose 2 Lose
  - Doc Talks
  - Enhance
  - Field Trips
  - Group Fitness Classes
  - Group Swim Lessons
  - Nutrition Group Discussions
  - Personal Training
  - Private Swim Lessons
  - Registered Dietician Sessions
  - Senior Connections
  - Walking Club

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**Centennial Hills YMCA**
6601 N Buffalo Dr, Las Vegas, NV
702.478.9622
YOUTH & TEEN ACTIVITIES

CPR/AED COURSE/FIRST AID CERTIFICATION

DATES: Varies TIMES: Varies AGE: 15+ yrs COST: TBD DESCRIPTION: Learn American Red Cross First Aid/CPR/AED. Check your local Y or our website for upcoming opportunities!

HOLIDAY & ONE-DAY CAMP

DATES: Varies TIMES: 7am-6pm AGE: 5-15 yrs COST: Varies 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. Check your local Y or our website for upcoming sessions and to register in advance!

HOMESCHOOL P.E.

DATES: Tues & Thurs TIMES: 1-3pm AGE: 5-12 yrs COST: $52/mo DESCRIPTION: Homeschool P.E. offers a way for your child to learn valuable physical and social skills that will last a lifetime. Whether your child is an athlete on a select sports team, or an artist that has never kicked a ball, Homeschool Y P.E. has something to offer. Check your local Y or our website for upcoming sessions and to register in advance!

JUNIOR LIFEGUARDING

DATES: Varies TIMES: Varies AGE: 11-14 yrs COST: $120 DESCRIPTION: The American Red Cross Junior Lifeguarding program is designed to guide youth to the American Red Cross Lifeguarding Course. This 2-week course introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, and First Aid/CPR/AED. Check your local Y or our website for upcoming sessions and to register in advance!

KIDS GYM

DATES: TBD TIMES: TBD AGE: 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. And even better, as a member of the Y, this service is provided free of charge to family membership holders!

LITTLE EXPLORERS

DATES: Fri TIMES: 10-10:50am AGE: 1-5 yrs COST: $25 per month DESCRIPTION: Join us for fun and engaging parent/child style classes with your littlest explorer! Topics include art, music & movement, STEM, literacy and more! Check your local Y or our website for upcoming sessions and to register in advance!

SWIM LESSONS

DATES: Varies TIMES: Varies AGE: 3+ yrs COST: $109 for 8 Sessions DESCRIPTION: Learning to swim offers much more than safety around the water. It builds self-confidence, develops self-esteem, and makes water a safe, fun environment for a lifetime! Our swim lessons are specifically tailored to the participant’s age, swimming ability, level of physical development and confidence in the water. Participants will progress to the next stage based on swim evaluations. Our program uses skill-based instruction through activities that maximize physical activity, emphasize safety, all while engaging families. Check your local Y or our website for upcoming sessions and to register in advance!

SMALL EXPLORERS

DATES: Sat TIMES: 2-5pm AGE: Grades 6+ COST: $20 for Teen Programs Day Pass DESCRIPTION: Connect with your potential! Connect with friends! Connect at the Y! Join us for tons of activities created by teens, for teens. Develop lifelong friendships as you strengthen your mind, body, & community. Participants will engage in a variety of social, service-learning, & life skill development activities. These range from helping foster youth, public speaking, & learning sign language. Check your local Y or our website for upcoming sessions and to register in advance!

TEEN NIGHT

DATES: Sat TIMES: 5-9pm AGE: Grades 6+ COST: $20 for Teen Programs Day Pass DESCRIPTION: Join your friends for a night to remember! Activities in the gym & park, video games, dinner, fun theme nights, & so much more await! Check your local Y or our website for upcoming sessions and to register in advance!

TEEN TEAM TRAINING

DATES: Tues & Thurs TIMES: 4:30-5:30pm AGE: 12-18 yrs COST: $50 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. Check your local Y or our website for upcoming sessions and to register in advance!

TEENS TOGETHER

DATES: Sat TIMES: 1-9pm AGE: 15-17 yrs COST: $20 for Teen Programs Day Pass DESCRIPTION: The Teens Together program offers all of the same great features as the other programs, just catered to 15-17 year olds! Check your local Y or our website for upcoming sessions and to register in advance!

VOLUNTEERING

DATES: Varies TIMES: Varies AGE: 15+ yrs COST: Free DESCRIPTION: Learn 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. Check your local Y or our website for upcoming opportunities!
YOUTH & TEEN SPORTS

BALLET

DATES: Wed TIMES: Ages 3-6 (4–5pm) & Ages 7+ (5–6pm) COST: $52/mo
DESCRIPTION: Students are introduced to ballet etiquette, basic ballet exercises, and technical elements such as turnout and posture. Check your local Y or our website for upcoming sessions and to register in advance!

BALLET & TAP

DATES: Mon TIMES: Ages 3-6 (4–5pm) & Ages 7+ (5–6pm)
AGES: 3-6 yrs COST: $52/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. Check your local Y or our website for upcoming sessions and to register in advance!

BASEBALL ACADEMY

DATES: Wed TIMES: Ages 3-6 (4–5pm) & Ages 7+ (5–6pm) COST: $52/mo
DESCRIPTION: A fun and exciting class. Please bring a check for $60 on your first day. Participants will learn the rules and develop skills in the areas of batting, fielding, catching, and more! Check your local Y or our website for upcoming sessions and to register in advance!

BASKETBALL ACADEMY

DATES: Mon & Wed TIMES: Ages 3–5 (4:15–4:45pm), Ages 7+ (5–6pm)
AGES: 6–13 yrs COST: $52/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!

CIRCUS ACADEMY

DATES: Fri TIMES: 4–5pm
AGES: 7+ yrs COST: $52/mo
DESCRIPTION: Professional circus performer Cornell Freeney will give your child(ren) a chance to experience a little taste of all things "circus." This amazing program will feature skills like tumbling, clowning, juggling, German wheel, spinning plates, balancing feathers, partner acrobatics, tight wire. Check your local Y or our website for upcoming sessions and to register in advance!

GYMNASTICS

DATES: Sat
OFFERINGS:
Ages 3 – 6: (Class 1) 9 AM – 9:45 AM
Ages 5 – 8: 10 AM – 10:45 AM
Ages 6 – 15: (Class 1) 11 AM – 11:45 AM
Ages 3 – 6: (Class 2) 12 PM – 12:45 PM
Ages 3 – 6: (Class 3) 1 PM – 1:45 PM
Ages 6 – 15: (Class 2) 2 PM – 2:45 PM
COST: $52/mo
DESCRIPTION: From learning to balance to tumbling – the Y has gymnastics offerings at every level! Check your local Y or our website for upcoming sessions and to register in advance!

HIP HOP

DATES: Wed TIMES: 7–7:55pm
AGES: 9–17 yrs COST: $52 per month
DESCRIPTION: This class consists of rap, hip hop and urban sounds focusing on musicality, rhythm, coordination and confidence. It is designed for you to let loose and dance! Check your local Y or our website for upcoming sessions and to register in advance!

JIU JITSU

DATES: Tues & Thurs TIMES: 4–5pm
AGES: 7+ yrs COST: $70–80 per month
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 day. Participants develop the spirit, mind and body through mainly kicking techniques that are both strong yet graceful. Check your local Y or our website for upcoming sessions and to register in advance!

SPLASHBALL

DATES: TBD TIMES: TBD
AGES: 6–10 yrs COST: $109/8 sessions
DESCRIPTION: Splashball is designed to introduce the sport of water polo to children ages 6–10. The intent is to provide basic skills and understanding of the sport in a fun, recreational format. Although water polo is known for its toughness and endurance, Splashball harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate kids to swim and stay fit. Check your local Y or your website for upcoming sessions and to register in advance!

SWIM TEAM

DATES: Varies TIMES: Varies
AGES: TBD COST: Varies
DESCRIPTION: Come be a part of a great aquatics experience! The Y Swim Team is a developmental swim program run by trained coaches to improve swimmers’ competitive skills and endurance through progression rather than intense competition. The Y swim team promotes healthy lifestyles while embracing the four core values of respect, responsibility, honesty and caring. Tryouts are required before registration. Check your local Y or our website for upcoming sessions and to register in advance!

Volleyball Academy

DATES: Tues & Thurs TIMES: 4–4:50pm & Ages 12–15 (5–6pm)
COST: $52 per month
DESCRIPTION: Serving up fun! Volleyball academy provides an introduction to the sport and progresses participants development in learning rules and developing skills in the areas of passing, setting and serving. This monthly program includes weekly skills class and a monthly scrimmage on the last Friday of each session. Check your local Y or our website for upcoming sessions and to register in advance!

TAE KWON DO

DATES: Tues & Thurs TIMES: 7–8:30pm
AGES: All COST: $86.50 per month
DESCRIPTION: Learn from Master Gary A. Bossee, USTF state director for Nevada and 7th degree black belt. Participants develop the spirit, mind and body through mainly kicking techniques that are both strong yet graceful. Check your local Y or our website for upcoming sessions and to register in advance!

Centennial Hills YMCA
6601 N Buffalo Dr, Las Vegas, NV
702.478.9622 | LasVegasYMCA.org
**FAMILY ACTIVITIES & EVENTS**

**CPR/AED/FIRST AID CERTIFICATION**

**DATES:** Varies  
**TIMES:** Varies  
**AGES:** 16+  
**COST:** $75  
**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 NIGHT**

**DATES:** 3rd Friday of the Month  
**TIMES:** 5-7pm  
**AGES:** All  
**COST:** Free  
**DESCRIPTION:** You bring the family, and the Y will provide the fun! Themes include holidays, crafts, games and much more! Feel free to invite your family, friends and neighbors. Check your local Y or our website for upcoming events and to register in advance!

**FLICK & FLOAT**

**DATES:** Varies  
**TIMES:** Varies  
**AGES:** All  
**COST:** Free  
**DESCRIPTION:** Come join us for a family friendly movie by the pool! Check your local Y or our website for upcoming offerings!

**PARENT/CHILD SWIM LESSONS**

**DATES:** Varies  
**TIMES:** Varies  
**AGES:** 6 mo+ (and parents)  
**COST:** $25/mo  
**DESCRIPTION:** The Y is excited to offer an amazing deal on our Parent/Child Swim Lessons! For just $25 per month, parents and their littles ones are invited to come enjoy this positive bonding experience in the water. This class is geared towards introducing ages 6 months to 3 years to the aquatic environment, focusing on water safety, positive interaction and more, while also having tons of fun! Check your local Y or our website for upcoming hikes and to register in advance!

**PARENTS’ NIGHT OUT**

**DATES:** 2nd & 4th Friday of the Month  
**TIMES:** 5:30-8:30pm  
**AGES:** 3-12 yrs  
**COST:** $10 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... 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!
FITNESS OFFERINGS

**CHOOSE TO LOSE**

**DATES:**Varies  **TIMES:**Varies  
**AGES:** 18+ yrs  **COST:** $250  
**DESCRIPTION:** You owe it to yourself to be healthy and happy! This 12 week weight loss program is led by a certified trainer. You will participate in small group exercise 2x per week, get nutrition & lifestyle coaching, receive a participant manual & trainer support, and gain access to workouts & resources to help you track and reach your goals. Check your local Y or our website for the next session!

**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!

**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:** 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:**Varies  **TIMES:**Varies  
**AGES:** 8+ yrs  **COST:** Varies  
**DESCRIPTION:** Fitness is more fun with friends! We offer a variety of Team Training opportunities, ranging anywhere from boot camp style classes like Y Tough, to buddy personal training packages. Check your local Y or our website for availability and to register!
**ADULT & SENIOR ACTIVITIES**

**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. 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. You do not have to be a Y member to participate. Check your local Y or our website for the next four-month session.

**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. Check your local Y or our website for the next session! To register in advance!

**ENHANCE**

**DATES:** Varies  
**TIMES:** Varies  
**AGES:** 18+ yrs  
**COST:** Free for Y Members, Individual AOA PPI: $50, Couple AOA PPF: $70  
**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. Of all the program’s multiple benefits though, the one that matters the most is that it’s a great time! Check your local Y or our website for the next 12-week session!

**FIELD TRIPS**

**DATES:** Varies  
**TIMES:** Varies  
**AGES:** 18+ yrs  
**COST:** Varies  
**DESCRIPTION:** Our AOA’s 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! Check your local Y or our website for the next upcoming Field Trip and get your name on the list!

**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. Check your local Y or our website for the next 12-week session!

**NUTRITION GROUP DISCUSSIONS**

**DATES:** Sat  
**TIMES:** 11am-12pm  
**AGES:** 18+ yrs  
**COST:** $10 Per Session  
**DESCRIPTION:** Meet our Registered Dietician, Lisa Tauli, to discuss the topic of the month and ask your questions to help you reach your nutrition goals. Check your local Y or our website for upcoming sessions and to register in advance!

**PICKLEBALL**

**DATES:** Fridays  
**TIMES:** 1-4pm  
**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* Check your local Y or our website for upcoming sessions and to register in advance!

**REGISTERED DIETICIAN SESSIONS**

**DATES:** Varies  
**TIMES:** Varies  
**AGES:** 18+ yrs  
**COST:** Varies  
**DESCRIPTION:** Meet with a Registered Dietician for counseling, meal planning, coaching etc. to meet your health and wellness needs and goals. Get three 30 minute sessions for $199; five 30 minute sessions for $315; or ten 30 minute sessions for $723. Check your local Y or our website for upcoming sessions and to register in advance!

**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! Check your local Y or our website for upcoming sessions and to register in advance!

**SWIM LESSONS**

**DATES:** Varies  
**TIMES:** Varies  
**AGES:** 3+ yrs  
**COST:** $109 for 8 Sessions  
**DESCRIPTION:** Learning to swim offers much more than safety around the water. It builds self-confidence, develops self-esteem, and makes water a safe, fun environment for a lifetime! Our swim lessons are specifically tailored to the participant’s age, swimming ability, level of physical development and confidence in the water. Participants will progress to the next stage based on swim evaluations. Our program uses skill-based instruction through activities that maximize physical activity, emphasize safety, all while engaging families. Check your local Y or our website for upcoming sessions and to register in advance!

**Volleyball Leagues**

**DATES:** Fri  
**TIMES:** 5:30-9pm  
**AGES:** 18+ yrs  
**COST:** Open is Free, League $30 Per Person/ $225 Per Team (8 Players)  
**DESCRIPTION:** Serving up fun! This 8 week recreational volleyball league if for adults ages 18+ and will be serving up fun. The league will include 6 weeks of pool play and 2 weeks of playoffs. Max 8 players per team. Check your local Y or our website for upcoming sessions and to register in advance!

**Walking Club**

**DATES:** Varies  
**TIMES:** Varies  
**AGES:** 62+ yrs  
**COST:** Free  
**DESCRIPTION:** Let’s keep moving! Check your local Y or our website for upcoming sessions and to register in advance!