There's Something for Everyone at the Y!

PARENT/CHILD 3 mo-3 yrs
- GYMNASTICS
- KIDS GYM
- LITTLE EXPLORERS
- PARENT/CHILD SWIM LESSONS
- STORY TIME (0-5 yrs)

PRESCHOOL 3-5 years
- BALLET/TAP
- GROUP SWIM LESSONS
- GYMNASTICS
- KIDS GYM
- LITTLE EXPLORERS (2-5 yrs)
- PARENTS NIGHT OUT
- PRESCHOOL
- PRIVATE SWIM LESSONS
- SOCCER ACADEMY
- STORY TIME
- Y PICASSO

SCHOOL-AGE 5-12 years
- BASKETBALL ACADEMY
- GROUP SWIM LESSONS
- GYMNASTICS
- HIP HOP (Ages 6+)
- HOLIDAY CAMP
- JR LIFEGUARDING
- KARATE
- KIDS GYM (Up to 8 yrs)
- PARENTS NIGHT OUT
- PRIVATE SWIM LESSONS
- SPLASHBALL
- SWIM TEAM
- Y ACADEMY
- Y KIDS PLAY

TEENS 12-17 years
- BABYSITTER TRAINING
- CPR/AED/FIRST AID CERTIFICATION
- GROUP SWIM LESSONS
- HOLIDAY CAMP
- JR LIFEGUARDING
- KARATE
- LIFEGUARD CERTIFICATION
- PRIVATE SWIM LESSONS
- SWIM TEAM
- TEEN NIGHT
- TEEN TEAM TRAINING

FAMILY FUN 18+ years
- CPR/AED/FIRST AID CERTIFICATION
- FAMILY NIGHT
- FLICK & FLOAT
- GROUP FITNESS CLASSES (8+)
- PARENTS' NIGHT OUT
- RENTALS & BIRTHDAY PARTIES
- STORY TIME AT THE Y
- TAKE A HIKE

ADULTS 18+ years
- BLOOD PRESSURE SELF-MONITORING PROGRAM
- CHOOSE 2 LOSE
- CPR/AED CERTIFICATION
- FITNESS EVENTS
- GROUP FITNESS CLASSES
- GROUP SWIM LESSONS
- LIFEGUARD CERTIFICATION
- PERSONAL TRAINING
- PRIVATE SWIM LESSONS
- TEEN/ADULT SWIM LESSONS

AOAs 62+ years
- BINGO/CRAFTS
- BLOOD PRESSURE SELF-MONITORING PROGRAM
- CARDS & COFFEE
- CHOOSE 2 LOSE
- DOC TALKS
- ENHANCE
- FIELD TRIPS
- GROUP FITNESS CLASSES
- GROUP SWIM LESSONS
- LIVESTRONG CANCER SURVIVOR PROGRAM
- PERSONAL TRAINING
- PRIVATE SWIM LESSONS
- SENIOR CONNECTIONS

For more info, please contact:
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SkyView YMCA
3050 E Centennial Pkwy, N. Las Vegas, NV | 702.522.7500

Lasvegasymca.org

Scan here for more info on each program
**YOUTH & TEEN ACTIVITIES**

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**BABYSITTING COURSE**

**DATES:** Fri & Sat  **TIMES:** Varies  
**AGES:** 11-15 yrs  **COST:** $80  
**DESCRIPTION:** The primary purpose of the American Red Cross Babysitter’s Training Course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business; keep themselves and others safe; help children behave; and learn about basic childcare and basic first aid. This training is designed for youth ages 11 to 15. Training takes place at the SkyView Y. Members from all locations are welcome to register for trainings! Space is limited to the first 10 participants.

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**LIFEGUARD CERTIFICATION**

**DATES:** Varies  **TIMES:** Varies  
**AGES:** 15+ yrs  **COST:** $171  
**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. This is a blended learning course that has online portions that must be completed in order to receive certification. Must pass all in-class skills and written tests with at least 80% to receive certification. Certifies in Lifeguarding, CPR, AED, and First Aid. Training takes place at the SkyView Y. Members from all locations are welcome to register for trainings! $25 non-refundable for registrations prior to pre-swim test. Check your local Y or our website to register in advance!

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**CPR/AED/FIRST AID CERTIFICATION**

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

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**HOLIDAY & ONE-DAY CAMP**

**DATES:** Varies  **TIMES:** 7am-6pm  
**AGES:** 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.

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**JUNIOR LIFEGUARDING**

**DATES:** Varies  **TIMES:** Varies  
**AGES:** 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.

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**KIDS GYM**

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

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**LITTLE EXPLORERS**

**DATES:** Mon-Tues  **TIMES:** 11-11:50am  
**AGES:** 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!

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**STORYTIME AT THE Y**

**DATES:** Mon-Thurs  **TIMES:** 9-10am  
**AGES:** 0-5 yrs  **COST:** Free  
**DESCRIPTION:** In collaboration with the Las Vegas-Clark County Library District, join us for an engaging story time at the Y! Participants will be pulled into the story world through a mix of songs, games and crafts. Adults are required to stay and attend this program. Check your local Y or our website for upcoming sessions and to register in advance!

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**SUMMER CAMP**

**DATES:** Mon-Fri (Summer Months Only)  **TIMES:** 7am-6pm  
**AGES:** 3-15 yrs (Leaders in Training TEEN Camp 12-15 yrs)  **COST:** Starts at $155 per week  
**DESCRIPTION:** Each year, campers embark on a fantastic summer journey with the Y! Themed daily activities, field trips and much more await your child, as they learn about the core values of honesty, caring, respect and responsibility. Financial assistance is available. Enrollment opens on April 1st. Check your local Y or our website for more info and to register once enrollment opens!

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**Y ACADEMY**

**DATES:** Mon-Thurs  **TIMES:** 4-7pm  
**AGES:** Grades K-8  **COST:** $25/wk  
**DESCRIPTION:** Y Academy will combine fun, character-building activities with an educational enrichment component. Participants will receive homework help, along with dedicated time to complete school assignments. Y trained staff will offer additional opportunities for participants interested in honing in on valuable math, reading, or science skills.

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**Y KIDS PLAY**

**DATES:** Mon-Thurs  **TIMES:** 5-7pm  
**AGES:** 5-12 yrs  **COST:** Free  
**DESCRIPTION:** Your child is invited to experience a variety of activities, including group exercise classes and sports! This program teaches the importance of staying active and healthy.

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**Y PICASSO**

**DATES:** Tues-Thurs  **TIMES:** 3-4pm  
**AGES:** 3-5 yrs  **COST:** $25/mo  
**DESCRIPTION:** Let your little one bring out their inner Picasso with our exciting art class! Our Y Picasso class will focus on various art styles to allow your child’s creativity to flow. Supplies included!
YOUTH & TEEN SPORTS

**Ballet & Tap**
- **Dates:** Wed
- **Times:** 3-4pm
- **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!

**Basketball Academy**
- **Dates:** Tues
- **Times:** 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!

**Gymnastics**
- **Dates:** Mon & Wed
  - **Monday Classes/Ages/Times:**
    - Parent-Toddler (12-18mo) 9-9:45am
    - Parent-Toddler (12-18mo) 10-10:45am
    - Tots (3-5yrs) 3-4pm
    - Beginner 1 (6-8yrs) 4-5pm
    - Beginner 2 (9-yrs) 5-6pm
    - Tumbling (6-yrs) 6-7pm
  - **Wednesday Classes/Ages/Times:**
    - Parent-Toddler (12-18mo) 9-9:45am
    - Parent-Toddler (12-18mo) 10-10:45am
    - Tots (3-5yrs) 3-4pm
    - Beginner 1 (6-8yrs) 4-5pm
    - Beginner 2 (9-yrs) 5-6pm
    - Tumbling (6-yrs) 6-7pm
- **Cost:** $52/mo
- **Description:** Little or no experience with gymnastics is required. Basic development in movement, shapes and positions. Participants will be introduced to various apparatuses, stretching techniques, inverted balancing, tumbling, and ballet for gymnastics. Check your local Y or our website for upcoming sessions and to register in advance!

**Shotokan Karate**
- **Dates:** Tues & Thurs
- **Times:** 5-6pm
- **Ages:** 5-12 yrs
- **Cost:** $80/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. People variously practice Karate as a form of self-defense, a way of keeping healthy and a sport. 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. In addition, it also challenges the brain and requires constant mental alertness and agility. Check your local Y or our website for upcoming sessions and to register in advance!

**Hip Hop**
- **Dates:** Thurs
- **Times:** 4-5pm
- **Ages:** 6+ yrs
- **Cost:** $52/mo
- **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!

**Splashball**
- **Dates:** TBD
- **Times:** TBD
- **Ages:** 10-12 yrs
- **Cost:** $55/mo
- **Description:** Splashball is designed to introduce the sport of water polo to children. 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 our website for upcoming sessions and to register in advance!

**Swim Team**
- **Dates:** Varies
- **Times:** Varies
- **Ages:** 5-17 yrs
- **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!
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!

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!

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!

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!

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 lessons and to register in advance!

TAKE A HIKE

DATES: 4th Sat of the Month  
TIMES: 10am-12pm  
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!

FAMILY NIGHT
**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:** 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!

**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

**BINGO & CRAFTS**

**DATES:** Varies  **TIMES:** Varies  
**AGES:** 62+ yrs  **COST:** Free  
**DESCRIPTION:** Our Active Older Adult programming at the Y is full of excitement! From Bingo to crafts; from field trips to social events* – there is something for everyone to enjoy! Check your local Y or our website for upcoming events and to register in advance! *Some field trips and/or special events may have a cost associated with them.

**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.

**CARDS & COFFEE**

**DATES:** Thurs  **TIMES:** 10am-12pm  
**AGES:** 62+ yrs  **COST:** Free  
**DESCRIPTION:** Bring a beverage: coffee, tea, or water (if you like) and join us for some cards and Mingle! No experience necessary. Check your local Y or our website for upcoming sessions and to register in advance!

**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 upcoming sessions and to register in advance!

**ENHANCE**

**DATES:** Varies  **TIMES:** Varies  
**AGES:** 18+ yrs  **COST:** Free for Y Members, Individual ADA PPI: $50, Couple ADA 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 16-week session!

**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 Field Trip! We plan fun social excursions, including trip 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!

**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:** 18+ 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!