

Activity Schedule

WINTER/SPRING 2012

The City of North Las Vegas Parks & Recreation Department

To enhance the quality of life of the citizens of North Las Vegas by providing a diversity of open spaces, parks and leisure opportunities.

CITY OF NORTH LAS VEGAS PARKS AND RECREATION DEPARTMENT

NEIGHBORHOOD RECREATION CENTER

1638 North Bruce Street
North Las Vegas, NV 89030
(702) 633-1600
Monday and Wednesday 9:00 a.m. – 6:00 p.m.
Tuesday and Thursday 9:00 a.m. – 8:00 p.m.
Closed Friday
Saturday 9:00 a.m. – 2:00 p.m.
Closed Sunday

SILVER MESA RECREATION CENTER

4025 Allen Lane
North Las Vegas, NV 89032
(702) 633-2550
Monday through Thursday 9:00 a.m. – 7:00 p.m.
Closed Friday
Saturday 9:00 a.m. – 2:00 p.m.
Closed Sunday

NEIGHBORHOOD RECREATION CENTER

REGISTRATION SCHEDULE – WINTER/SPRING 2012

Session I: 6 weeks
Online Registration: December 5 – December 11, 2011
Registration: December 12 - December 22, 2011
Classes: January 9 - February 18, 2012
Make-up Week: February 20 - February 25, 2012
Official Holidays: Monday, December 26, 2011
Monday, January 2, 2012 – New Years Day
Monday, January 16, 2012 - Martin Luther King Day
Monday, February 20, 2012 - President's Day



Your Community of Choice

Session II: 6 weeks
Online Registration: February 13 – February 18, 2012
Registration: February 20- February 25, 2012
Classes: March 5 - April 21, 2012
Make-up Week: April 23 - April 28, 2012
Official Holidays: None
~ No classes the week of Spring Break~

Session III: 6 weeks
Online Registration: April 16-22, 2012
Registration: April 23 - 28, 2012
Classes: May 7 – June 16, 2012
Make-up Week: June 18 - 23, 2012
Official Holidays: Monday, May 28, 2011 – Memorial Day

FITNESS FACILITY

The Neighborhood Recreation Center offers a variety of state of the art free weights, strength, and cardiovascular machines to help improve and maintain your overall fitness level. Participants must be 18 years of age or older and show a valid Nevada I.D. at time of registration. Lockers are provided onsite for bags and personal items.

Membership Fees:	\$2/day	\$7/month
Fitness Room Hours:	Mon	9:00am-5:45pm
	Tue	9:00am-7:45pm
	Wed	9:00am-5:45pm
	Thu	9:00am-7:45pm
	Fri	Closed
	Sat	9:00am-1:45pm

BODY FAT ANALYSIS TESTING

Are you interested in knowing what your body fat percentage is? If so, the Neighborhood Recreation Center offers free body fat testing once a month to track the results from your hard work and dedication in the fitness room (additional monthly testing's will be \$3). Please see instructor Janet Mantilla for assistance.

AGES	DAY	TIME	FEE
18+	First Tue	10:30am-11:00am	FREE

OPEN GYM HOURS

A Fun Zone I.D. or Adult Sports Zone I.D. is required for all participants.

AGES	DAYS	TIME	FEE
Adults / Basketball	Mon, Tue, Thu,	12:00pm-2:00pm	\$2/day, \$10/3months
Adults / Badminton	Wed	11:30am-2:00pm	\$1/day, \$5/3months
Children - 6-17 yrs	Tue, Thu	2:00pm-7:00pm	
Children - 6-17 yrs	Mon, Wed	2:00pm-5:45pm	
Adults w/ children 6-17 yrs	Sat	9:00am-1:45pm	

FUN ZONE DROP-IN PROGRAM (Game room / gymnasium)

Are you looking for fun and exciting activities for your children? Look no further. The Neighborhood Recreation Center is the place to be! We offer a variety of FREE programs such as: special events, on the spot games, tournaments, arts & crafts, and physical activities. The program goal is to provide a safe, fun, and supervised alternative for youth. IMPORTANT! This is a drop-in program. Youth come and go as they please.

FUN ZONE MEMBERSHIP - \$3.00 monthly

All youth must be registered by a parent or guardian. Children must have their membership cards in their possession to participate. If a participant's card is lost or stolen, a new card must be purchased. A \$3 replacement card fee applies.

AGES	DAYS	TIME
17 & Under	Tue, Thu	2:00pm-6:45pm
	Mon, Wed	2:00pm-5:45pm
	Sat	9:00am-1:45pm

PROJECT HOMEWORK HELP

Need assistance with a school project? The Fun Zone staff are available to help assist with your projects and homework assignments. Computers are available at this time for homework and research purposes only.

AGES	DAY	TIME	FEE
6-17	M/W	2:30pm-4:30pm	FREE

FUN ZONE SPECIAL EVENTS (Must have a Fun Zone card)

HAPPY NEW YEAR

Have you made your New Year's resolution? If not, here's the perfect opportunity to make it happen! It's time to start fresh and get rid of bad habits. Fun Zone participants will set New Year's resolutions and goals of how to complete them while celebrating with a craft and refreshments.

AGES	DAY/DATE	TIME	FEE
6-17	Tue, Jan 3	3:30pm-5:00pm	FREE

FUN ZONE WINTER OLYMPICS

Are you the superstar of sports? Now is your opportunity to go for the gold. The two week Winter Olympic games is filled with many different activities to be announced the first week of the games. Get in shape, and get ready the challenge is soon to begin. The awards ceremony, for those who participated in all events, will be on Jan 24th.

AGES	DAY/DATE	TIME	FEE
6-17	Jan 17, 18, 19 23, 24, 25, 26, 30 - Awards	3:30pm-5:00pm	FREE

A DAY FULL OF LOVE WITH YOUR VALENTINE

Cupid is coming to the recreation center to celebrate Valentine's Day with a special Valentine's craft, games/activities and a chance to decorate a yummy treat. Take time to enjoy your family and friends.

AGES	DAY/DATE	TIME	FEE
6-17	Tue, Feb 14	3:30pm-5:00pm	FREE

TEEN DINNER AND A MOVIE

Teens, it's your time to enjoy the recreation center without the younger kids. Join the Fun Zone staff as we enjoy an afternoon with dinner, a new release movie, and a Wii tournament. Bring a friend who's ready for an afternoon of fun, music, food and friends!

AGES	DAY/DATE	TIME	FEE
12-17	Sat, Feb 25	2:00pm-5:00pm	FREE

PARENTS NIGHT OUT

AGES	DAY/DATE	TIME	FEE
12-17	Sat, Feb 25	2:00pm-5:00pm	FREE

LUCKY LEPRECHAUN

St. Patrick's Day is coming, and the leprechaun has been hiding at the recreation center, hopefully the participants will find him on their treasure hunt. It will be a day of fun and festivities for all.

AGES	DAY/DATE	TIME	FEE
6-17	Thu, Mar 15	3:30pm-5:30pm	FREE

SPRING BLING FASHION SHOW

Do you have a skill for designing clothing or jewelry that you would like to share with the Fun Zone participants? Here is your opportunity to showcase your products. All submissions must be submitted to Brittany Willis by Mar 17th.

AGES	DAY/DATE	TIME	FEE
6-17	Thu, Mar 29	3:30pm-5:00pm	FREE

SPRING TIME CELEBRATION

Fun Zone participants will be showing how artistic they can be through coloring eggs, and decorating cookies in celebration of the Easter Holiday. Spend your day with your Fun Zone friends while enjoying festive Bunny treats.

AGES	DAY/DATE	TIME	FEE
6-17	Tue, Apr 17	3:30-5:00pm	FREE

CINCO DE MAYO CELEBRATION

It's time to salsa, a traditional dance that is known by many. An instructor will be here to teach you how to salsa, while our executive chef teaches the tricks to homemade chips and salsa. Come and enjoy an afternoon with crafts, games, music and a little taste of the Mexican culture, sure to be fun for all.

AGES	DAY/DATE	TIME	FEE
6-17	Thu, May 3	3:30pm – 5:00pm	FREE

MOTHER'S DAY APPRECIATION DAY

Life began with mom, take time out of your day to create a arts/craft that mom will never forget. She is sure to love her gift and be surprised.

AGES	DAY/DATE	TIME	FEE
6-17	Mon, May 7	3:30pm-5:00pm	FREE

MEMORIAL DAY BBQ

Come celebrate Memorial Day with an All American BBQ. We will research the meaning and culture behind the Memorial Day holiday. Participants will enjoy American theme crafts, music and food as a part of this fun celebration.

AGES	DAY/DATE	TIME	FEE
6-17	Wed, May 30	3:30pm-5:00pm	FREE

CLASSES

How To Register For Classes At The Neighborhood Recreation Center

Fill out a class household information card and pay the required fees at the center. You are not enrolled into the class until you have: 1) signed the waiver on the back of the household information card, 2) your fees have been paid, and 3) you have received your receipt. You may also register online starting the first day of registration! Look for the class registration link under Online Services on the City's web page www.cityofnorthlasvegas.com

Please Note: The City of North Las Vegas reserves the right to prorate class fees as necessary due to holidays, etc.

DANCE

A variety of fun classes for the whole family. Comfortable clothing and bottled water suggested for most classes. Ballet & Tap students must supply their own ballet and tap shoes; leotards are suggested.

BALLET/TAP/TUMBLING - Instructor: North Star Dance

Perfect for kids wanting to explore the world of ballet and tap. Students will learn the fundamentals of dance in a fun and creative setting. Class will end with tumbling exercises.

AGES	DAY	TIME	FEE
3-5	Wed	4:00pm-5:00pm	\$15
3-5	Sat	9:30am-10:30am	\$15

BALLET/TAP/TUMBLING II - Instructor: North Star Dance

This class is for participants with at least 3 sessions of experience. The class is an extension of level one, and will elaborate on dance routines learned in the beginning classes.

AGES	DAY	TIME	FEE
3-5	Wed	5:00pm-6:00pm	\$15
3-5	Sat	11:30am-12:30am	\$15

BALLET & TAP - Instructor: North Star Dance

Perfect for beginning dancers, students will learn the fundamentals of ballet and tap, in a fun and creative setting, while having a great time with friends.

AGES	DAY	TIME	FEE
6-10	Sat	10:30am-11:30am	\$15

INTERMEDIATE BALLET - Instructor: North Star Dance

This class is for participants with at one year prior experience in ballet and tap, children should be able to do the basics as requested by instructor.

AGES	DAY	TIME	FEE
6-8	Sat	12:30pm-1:30pm	\$15

FOLKLORIC DANCE - Instructor: Carissa Hernandez

This class offers the opportunity to learn a mix of popular cultural dances while enjoying great music and festive costumes. Sure to be a festive time!

AGES	DAY	TIME	FEE
6-10	Mon	4:00pm-5:00pm	\$15

HIP HOP DANCE - Instructor: North Star Dance

Students will learn the latest in Hip Hop moves, through fun and creative dances. Grab a friend and join this high energy class.

AGES	DAY	TIME	FEE
4-10	Tue	6:30pm-7:30pm	\$15

FITNESS/EXERCISE

The Neighborhood Recreation Center provides an excellent opportunity to increase the fitness level of the whole family. Comfortable clothing and bottled water suggested.

KARATE I - Instructor: Stephanie Gorden

This class offers a style of martial arts that is a combination of Goju-Shorei, Shoto-Kan, Tae Kwon Do, BKF Kenpo, and Jujitsu. During the training process students will learn self defense, self-discipline, and respect for others.

AGES	DAYS	TIME	FEE
6-Up	Tue/Thu	5:30pm-6:30pm	\$27

KARATE II - Instructor: Stephanie Gorden

This class offers an extension of Karate I - Instructors permission required to enroll. Karate II includes a style of martial arts that is a combination of Goju-Shorei, Shoto-Kan, Tae Kwon Do, BKF Kenpo, and Jujitsu. During the training process students will learn self defense, self-discipline, and respect for others. Must have an orange belt or higher.

AGES	DAYS	TIME	FEE
6-Up	Tue/Thu	6:30pm-7:30pm	\$27

CHEERLEADING 101 - Instructor: North Star Dance

Ever dreamed of being a cheerleader? Now is your opportunity to learn the basics of cheerleading: jumps, sidelines, cheers and dance moves.

AGES	DAY	TIME	FEE
3-8	Tue	5:30pm-6:30pm	\$15

PILATES - Instructor: Janet Mantilla

This is a great class if you would like to strengthen the abdominal areas with exercises, with a focus on posture and strong breathing that engages the abdominal wall.

AGES	DAY	TIME	FEE
17+	Sat	11:00am-11:50am	\$15

STEP AEROBICS - Instructor: Janet Mantilla

Classes performing moves on and off a step platform, great for tightening those glutes (your booty)! If you can't make it to a level 1 class be sure to be patient if you start with level 2 or try BodyStep to improve your cardio fitness first. Let your instructor know that you are new and just keep coming.

AGES	DAY	TIME	FEE
16+	Sat	12:00pm-12:50pm	\$15

ZUMBA - Instructor: Janet Mantilla

Let's face it, working out can be healthy, rewarding, beneficial... working out can be lots of things, but it's never been known to be much fun... until now... Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

AGES	DAY	TIME	FEE
16 +	Tue/Thu	11:00am-12:00pm	\$27
16 +	Tue	4:00pm-5:00pm	\$15
16 +	Thu	4:00pm-5:00pm	\$15
16+	Sat	1:00pm-1:50pm	\$15

BOOT CAMP AEROBICS - Instructor: Janet Mantilla

It's the ultimate circuit workout combining intervals of cardio drills and muscle conditioning drills. Enjoy the variety of classes that may use jump ropes, boxing drills, relay races and even a little healthy competition. These high-intensity classes will help you to burn between 400-600 calories. Suitable for all levels - but let your instructor know if this is your first time.

AGES	DAY	TIME	FEE
17 +	Tue	5:00pm-6:00pm	\$15
17 +	Thu	5:00pm-6:00pm	\$15

TOTAL BODY WORKOUT - Instructor: Janet Mantilla

This is a great class with all the components for a great workout: stretching, toning, cardio, core and strength training exercises.

AGES	DAY	TIME	FEE
17+	Sat	10:00am-10:50am	\$15

SPECIAL INTERESTS

COMPUTER BASICS - Instructor: Carlos Pavan

Beginning level, learn computers from scratch, no previous experience necessary, hands on basic course, you will learn the different computer parts and programs like word-processor, Windows Media Player, paint, Windows operating system, the keyboard and the mouse.

AGES	DAY	TIME	FEE
Adults (Beg)	Wed	4:00pm-5:00pm	\$15

COMPUTERS II - Instructor: Carlos Pavan

Intro to Internet access, email, attachments and copy/ paste, searching the Internet using Google, Yahoo, word-processing etc.

AGES	DAY	TIME	FEE
Adults (Int)	Wed	5:00pm-6:00pm	\$15

BASIC SPANISH LANGUAGE - Instructor: Carlos Pavon

If you are interested in learning the basics of the Spanish language or how to hold a general conversation in Spanish then this is the class for you. Participants will learn commonly used words and key phrases along with basic object names and descriptions.

AGES	DAY	TIME	FEE
17+	Mon	3:45pm-4:45pm	\$15

KIDDIE KOLLEGE EARLY CHILDHOOD EDUCATION - Instructor: Patricia Ramirez

A positive, recreational learning environment utilizing creative art, music and constructive play for young children. This is a 9-month class with a monthly fee. Must be of age by Sept. 1st.

AGES	DAYS	TIME	FEE
3	Tue/Thu	9:00am -11:00am	\$55
4/5	Mon/Wed	9:00am -11:15am	\$60

SOCIAL SENIORS

Join the Social Seniors, Monday through Thursday from 8:00am until 1:00pm for a variety of recreational and educational opportunities. Daily leisure activities, instructional classes, special events and excursions are offered to those age 55 and older. For more information, please call 633-1492 or 633-1610. **Social Senior Membership - \$3.00 annually**

NEIGHBORHOOD CAFÉ

Spend the morning at the Neighborhood Recreation Center participating in a class or workshop, and then join us for a hot lunch, served at 12:00 noon, Monday through Thursday. Cost of lunch is \$1.50 per person. Beginning January 1, 2012 the price of lunch will be \$3.00 per person.

SENIOR WELLNESS

SHEPHERD EYE CENTER

Have your eyes tested by staff from Shepherd Eye Center. By appointment only. Please call 702-633-1492 between 8:00am and 1:00pm, Monday – Thursday.

DATE(S)	TIME	FEE
Thursday, January 12	9:00am	Free
Thursday, March 8	9:00am	Free
Thursday, May 10	9:00am	Free

EDUCATION & INFORMATION

TOPIC	DATE	TIME	FEE
Heart Health - Caremore	Tuesday, January 10	10:00am	Free
TBA	Tuesday, February 14	10:00am	Free
Diabetes and You - Caremore	Tuesday, March 13	10:00am	Free
TBA	Tuesday, April 10	10:00am	Free
Allergies - Caremore	Tuesday, May 8	10:00am	Free
TBA	Tuesday, June 12	10:00am	Free

FITNESS, MOVEMENT & MORE

GYM WALKING

Don't let the weather dictate your fitness routine. Join your friends and walk in the gym. It's a great way to start your day.

DAY(S)	TIME	FEE
Monday -Thursday	8:00am-9:00am	Free

YOGA

Yoga helps improve circulation, ease muscle aches and pains, and improve overall wellness of your body and mind. Wear comfortable clothes.

DAY(S)	TIME	FEE
Monday & Wednesday	8:30am-9:30am	Free

BEGINNING FLAMENCO DANCE

Flamenco Dance is a highly expressive Spanish dance form characterized by hand clapping, percussive footwork, and hand, arm and body movements. Please wear hard-soled shoes.

DAY(S)	TIME	FEE
Thursday	11:00am-12:00pm	Free

LOW IMPACT AEROBICS

No experience necessary! You'll feel energized and refreshed after this low impact aerobics workout.

DAY(S)	TIME	FEE
Monday	10:00am-11:00am	Free
Wednesday	10:00am-11:00am	Free

FOLKLORICO DANCE

Folklorico Dance is a dynamic fusion of syncopated rhythms, fancy footwork and kaleidoscopic color. It's an energetic melding of Stomp and Riverdance with a unique Mexican flair. Please wear hard-soled shoes.

DAY(S)	TIME	FEE
Monday	10:30am-11:30am	Free

BEGINNER BOOT CAMP

Join us for the ultimate circuit work-out that is tailored to the needs of older adults.

DAY(S)	TIME	FEE
Tuesday & Thursday	8:30am-9:15am	Free

BASIC KEYBOARDING

Learn to play the piano with a step by step method. You'll be playing songs from the first lesson! Learn to recognize piano keys, notes, and rhythm. *Please call the NRC desk at 633-1600 to reserve your space.

DAY(S)	TIME	FEE
Tuesday	9:00am-10:00am	\$8.00 materials fee
	10:00am-11:00am	\$8.00 materials fee
	11:00am-12:00noon	\$8.00 materials fee

ZUMBA GOLD

ZUMBA Gold is a fitness program designed for the active older adult who grew up doing the Jitterbug, Swing, Cha Cha and Twist. Inspired by Latin music, this class will provide you with a safe, effective and fun total body workout!

DAY(S)	TIME	FEE
Tuesday	9:30am-10:30am	Free
Thursday	9:30am-10:30am	Free

BELLY DANCING BASICS

Learn the mysterious art of belly dancing. Tone muscles, burn calories and have fun all at the same time!

DAY(S)	TIME	FEE
Thursday	9:00am-10:00am	Free

TAP DANCE

Tap dancing is a great form of exercise, as it requires use of the entire body. Join the fun!

DAY(S)	TIME	FEE
Thursday	10:00am-11:00am	Free

CRAFT CLASSES

CERAMICS STUDIO

Clean, glaze and fire molded ceramic pieces. Limited instruction is available during studio time. Use of the potter's wheel requires either experience or attendance at the Potter's Wheel Workshop.

DAY(S)	TIME	FEE
Tuesday & Thursday	9:00am-12:00pm	Free

UKRAINIAN EGG ART

If you've ever admired Ukrainian Eggs and wondered how they are made, this class is for you! Learn the traditions behind the beautiful designs and create masterpieces to share with friends and family.

DAY	TIME	FEE
Thursday	9:00am-11:00am	Free

SILVER MESA RECREATION CENTER

4025 Allen Lane
North Las Vegas, NV 89032
PHONE: (702) 633-2550 FAX: (702) 636-5511

Hours: Monday through Thursday 9:00 a.m. – 7:00 p.m.
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REGISTRATION SCHEDULE - SUMMER 2011

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FUN ZONE DROP-IN PROGRAM

(Game room / gymnasium)

Are you looking for fun and exciting activities for your children? Look no further. The Silver Mesa Recreation Center is the place to be! We offer a variety of FREE programs such as: special events, on the spot games, tournaments, arts & crafts, and physical activities. The program goal is to provide a safe, fun, and supervised alternative for youth. IMPORTANT! This is a drop-in program. Youth come and go as they please.

FUN ZONE MEMBERSHIP - \$3.00 monthly

All youth must be registered by a parent or guardian. Children must have their membership cards in their possession to participate. If a participant's card is lost or stolen, a new card must be purchased. A \$3 replacement card fee applies.

AGES	DAYS	TIME
17 & Under	Mon-Thu	2:00pm-6:00pm
	Sat	9:00am-1:45pm

FITNESS FACILITY

Silver Mesa offers two fitness rooms. One with a variety of strength and resistance equipment, and a second room with the latest cardiovascular machines to help improve and maintain your overall fitness level. The cardio room is equipped with a state of the art cardio theater as well as a sound system to get you moving during your workout. So bring your headphones from home for use of the cardio machines and tune into our TV's! Users must be members. To qualify for a membership, the user must be 18 years of age or older and show a valid Nevada I.D. or Military I.D. at the time of registration.

Membership Fees:	\$5/day	\$24/month
Fitness Room Hours:	Mon-Thu	9:00am-6:45pm
	Sat	9:00am-1:45pm

ARTS & CRAFTS

CLASS	INSTRUCTOR	DAY	TIME	FEE
Intro to Drawing and Painting (ages 7 – 14)	Gilbert Pacheco	Mon	5:30pm-6:30pm	\$30
Kiddie Krafts (ages 4-6)	Gilbert Pacheco	Tue	5:15pm-6:15pm	\$30
Ceramics and Pottery (ages 9+)	Larry Rush	Tue	4:00pm-5:30pm	\$55
Ceramics and Pottery (ages 9+)	Larry Rush	Sat	11:30am-1:00pm	\$55

DANCE

CLASS	INSTRUCTOR	DAY	TIME	FEE
Ballet (ages 3-5)	North Star Dance	Mon	1:30pm-2:30pm	\$24
Ballet (ages 3-5)	North Star Dance	Wed	2:45pm-3:45pm	\$24
Ballet (ages 3-5)	North Star Dance	Thu	1:30pm-2:30pm	\$24
Ballet & Tap I (ages 3-5)	North Star Dance	Mon	2:45pm-3:45pm	\$24
Ballet & Tap I (ages 3-5)	North Star Dance	Mon	4:00pm-5:00pm	\$24
Ballet & Tap I (ages 6-9)	North Star Dance	Mon	5:00pm-6:00pm	\$24
Ballet & Tap I (ages 3-5)	North Star Dance	Wed	1:30pm-2:30pm	\$24
Ballet & Tap I (ages 6-9)	North Star Dance	Thu	5:00pm-6:00pm	\$24
Ballet & Tap I (ages 3-5)	North Star Dance	Sat	9:15pm-10:15am	\$24
Ballet & Tap I (ages 3-5)	North Star Dance	Sat	9:15pm-10:15am	\$24
Ballet & Tap I (ages 3-5)	North Star Dance	Sat	10:30am-11:30am	\$24
Ballet & Tap I (ages 6-9)	North Star Dance	Sat	10:30am-11:30am	\$24
Ballet & Tap I (ages 3-5)	North Star Dance	Sat	11:45am-12:45pm	\$24
Ballet & Tap I (ages 6-9)	North Star Dance	Sat	11:45am-12:45pm	\$24
Cheer for Tots (3-5)	Go For It USA	Tue	12:00pm-12:50pm	\$24
Cheer for Tots (3-5)	Go For It USA	Tue	1:10pm-2:00pm	\$24
Mommy & Me Dance (ages 1-3)	North Star Dance	Mon	12:00pm-12:45pm	\$24
Mommy & Me Dance (ages 1-3)	North Star Dance	Thu	12:00pm-12:45pm	\$24
Hip Hop Rocks! (ages 5-8)	North Star Dance	Wed	4:00pm-5:00pm	\$24
Hip Hop Rocks! (ages 9+)	North Star Dance	Wed	5:05pm-6:05pm	\$24

FITNESS/EXERCISE

CLASS	INSTRUCTOR	DAY	TIME	FEE
Yoga I (ages 18+)	Kathy Hartman	Wed	6:10pm-7:00pm	\$27
Body Sculpting (ages 18+)	Dena Martin	Thu	9:30am-10:30am	\$27
Cardio Plus (ages 18+)	Dena Martin	Mon	6:00pm-7:00pm	\$27
Cardio Plus (ages 18+)	Dena Martin	Tue	9:30am-10:30am	\$27
Total Body Conditioning (ages 18+)	Dena Martin	Tue,Thu	10:45am-11:45am	\$40
Total Body Conditioning (ages 18+)	Dena Martin	Tue,Thu	6:00pm-7:00pm	\$40
Zumba (ages 16+)	Carmen Santiago	Wed	10:30am-11:30am	\$27
Zumba (ages 16+)	Carmen Santiago	Sat	1:00pm-2:00pm	\$27

GYMNASTICS

CLASS	INSTRUCTOR	DAY	TIME	FEE
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Mon	9:15am-10:00am	\$22
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Mon	11:15am-12:00pm	\$22
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Mon	4:00pm-4:45pm	\$22
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Tue	10:15am-11:00am	\$22
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Wed	9:15am-10:00am	\$22
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Wed	12:15pm-1:00pm	\$22
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Wed	5:15pm-6:00pm	\$22
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Wed	6:15pm-7:00pm	\$22
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Thu	9:15am-10:00am	\$22
Parent/Tot Gymnastics (ages 1 ½ -2)	Go For It USA	Sat	9:15am-10:00am	\$22
Tot Gymnastics (ages 3)	Go For It USA	Mon	10:15am-11:00am	\$24
Tot Gymnastics (ages 3)	Go For It USA	Mon	12:15pm-1:00pm	\$24
Tot Gymnastics (ages 3)	Go For It USA	Tue	9:15am-10:00am	\$24
Tot Gymnastics (ages 3)	Go For It USA	Tue	11:15am-12:00pm	\$24
Tot Gymnastics (ages 3)	Go For It USA	Tue	2:00pm-2:45pm	\$24
Tot Gymnastics (ages 3)	Go For It USA	Wed	11:30am-12:15pm	\$24

Tot Gymnastics (ages 3)	Go For It USA	Wed	1:15pm-2:00pm	\$24
Tot Gymnastics (ages 3)	Go For It USA	Thu	11:15pm-12:00pm	\$24
Tot Gymnastics (ages 3)	Go For It USA	Sat	9:15am-10:00am	\$24
Tot Gymnastics (ages 3)	Go For It USA	Sat	11:30am-12:15pm	\$24
Tot Gymnastics (ages 3)	Go For It USA	Sat	12:45pm-1:30pm	\$24
Pre-School Gymnastics (ages 4-5)	Go For It USA	Mon	1:00pm-2:00pm	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Mon	6:00pm-7:00pm	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Tue	12:00pm-1:00pm	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Tue	1:00pm-2:00pm	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Tue	3:45pm-4:45pm	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Wed	10:15am-11:15am	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Thu	10:00am-11:00am	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Thu	12:00pm-1:00pm	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Thu	1:00pm-2:00pm	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Sat	10:15am-11:15am	\$30
Pre-School Gymnastics (ages 4-5)	Go For It USA	Sat	11:30am-12:30pm	\$30
Beginning Gymnastics (ages 6+)	Go For It USA	Tue	4:45pm-5:45pm	\$30
Beginning Gymnastics (ages 6+)	Go For It USA	Wed	4:00pm-5:00pm	\$30
Beginning Gymnastics (ages 6+)	Go For It USA	Thu	4:00pm-5:00pm	\$30
Beginning Gymnastics (ages 6+)	Go For It USA	Thu	6:00pm-7:00pm	\$30
Beginning Gymnastics (ages 6+)	Go For It USA	Sat	10:15am-11:15am	\$30
Beginning Gymnastics (ages 6+)	Go For It USA	Sat	12:45am-1:45pm	\$30
Intermediate Gymnastics (ages 6+)	Go For It USA	Mon	5:00pm-6:00pm	\$36
Intermediate Gymnastics (ages 6+)	Go For It USA	Tue	6:00pm-7:00pm	\$36
Intermediate Gymnastics (ages 6+)	Go For It USA	Thu	5:00pm-6:00pm	\$36

MARTIAL ARTS

CLASS	INSTRUCTOR	DAY	TIME	FEE
Ju-Jitsu Self Defense Advanced (ages 7+)	Fuji Ryu Ju-Jitsu	Mon	5:00pm-7:00pm	\$48
Ju-Jitsu Self Defense Advanced (ages 7+)	Fuji Ryu Ju-Jitsu	Wed	5:00pm-7:00pm	\$48
Ju-Jitsu Self Defense I (ages 7+)	Fuji Ryu Ju-Jitsu	Tue	5:30pm-6:30pm	\$24
Ju-Jitsu Self Defense I (ages 7+)	Fuji Ryu Ju-Jitsu	Thu	5:30pm-6:30pm	\$24
Ju-Jitsu Self Defense I (ages 7+)	Fuji Ryu Ju-Jitsu	Sat	9:30am-10:30am	\$24
Ju-Jitsu Self Defense I (ages 7+)	Fuji Ryu Ju-Jitsu	Sat	10:45am-11:45am	\$24
Ju-Jitsu Self Defense for Women (ages 16+)	Fuji Ryu Ju-Jitsu	Sat	12:00pm-1:00pm	\$24
Team Ninjas Beginner (ages 4-7)	Karen Miller	Mon	4:00pm-4:45pm	\$24
Team Ninjas Advance (ages 4-7)	Karen Miller	Wed	4:00pm-4:45pm	\$24
Team Ninjas Beginner (ages 4-7)	Karen Miller	Thu	3:00pm-3:45pm	\$24
Toddler Ninjas (ages 2-3)	Karen Miller	Mon	3:00pm-3:45pm	\$24
Toddler Ninjas (ages 2-3)	Karen Miller	Wed	3:00pm-3:45pm	\$24
Karate I (ages 5+)	Jerome Holiday	Wed	5:00pm-7:00pm	\$39
Karate II (ages 5+)	Jerome Holiday	Sat	12:00pm-2:00pm	\$42

MUSIC

GUITAR/PIANO PRIVATE LESSONS

Students are scheduled for private sessions in half-hour increments. A guitar is required for guitar class. The instructor will inform students of which book(s) to purchase.

AGE(S)	DAY(S)	TIME	FEE
8-Up	Mon	9:00am-12:00pm	\$60
	Mon	4:00pm-7:00pm	\$60
8 - Up	Tue	9:00am-12:00pm	\$60
	Tue	4:00pm-7:00pm	\$60
8 - Up	Wed	9:00am-12:00pm	\$60
	Wed	4:00pm-7:00pm	\$60

PIANO PRIVATE LESSONS

Students are scheduled for private sessions in half-hour increments. A keyboard will be provided. The instructor will inform students of which book(s) to purchase.

AGE(S)	DAY(S)	TIME	FEE
8-Up	Thu	9:00am-12:00pm	\$60
	Thu	4:00pm-7:00pm	\$60
8-Up	Tue	9:00am-12:00pm	\$60
	Tue	4:00pm-7:00pm	\$60

SPECIAL INTERESTS

CLASS	INSTRUCTOR	DAY	TIME	FEE
Kids Cooking (ages 7-12)	Chelea Johnson-Turner	Thu	5:30pm-7:00pm	\$45

KIDDIE KOLLEGE EARLY CHILDHOOD EDUCATION

Kiddie Kollege is a positive, recreational learning environment utilizing creative art, music, and constructive play for young children. This is a 9-month class with a monthly fee. Children must be of age by Sept. 1st.

AGES	DAYS	TIME	FEE
3	Tue/Thu	9:00am -10:30am	\$46.50/mo
4 / 5	Tue/Thu	11:00am-12:30pm	
4 / 5	Mon/Wed/Fri	9:00am -11:15am	\$87/mo
4 / 5	Mon/Wed/Fri	12:00pm-2:15pm	
4 / 5	Tue/Thu	1:00pm-3:00pm	\$70/mo

CITY OF NORTH LAS VEGAS SPORTS INFORMATION

1638 N. Bruce Street
North Las Vegas, NV 89030
PHONE: (702) 633-2558 FAX: (702) 399-6337

YOUTH RECREATIONAL SOCCER

The recreational league offers a chance for children ages 5 - 12 to learn and develop their skills for the exciting game of soccer. Teams are randomly created from individual registrations and volunteer coaches donate their time. Games are played on Saturdays and some weekdays, and practices are once a week on a day chosen by your coach. 5-6 age group play 5v5 short sided games, 7-9/10-12 age groups will play 7v7 games

Spring Season Registration: Online: February 6-March 1, 2012
Walk-in: February 27-March 1, 2012

Location: Tropical Breeze Park
Fee: \$50 (includes 8 game season, t-shirt, awards, referees)
Divisions: 5-6, 7-9, 10-12

Volunteer coaches are always needed, so please call the Sports Office if you're interested in volunteering

TENNIS

Mark Cohen is a certified instructor with the Professional Tennis Registry. Mark has resided in the Las Vegas Valley for the past 17 years and has been involved with the U.S.T.A for the last eight years. Mark has participated in the After School Program with the U.S.T.A and Mark has been doing clinics and private lessons for the past year. Mark is now offering his passion and knowledge to help start a youth and adult tennis program for City of North Las Vegas. Instructor can suggest which level will be appropriate for students.

Tennis Session 1 Registration: January 23-February 3, 2012
Classes Begin: February 6, 2012
Tennis Session 2 Registration: March 12-March 24, 2012
Classes Begin: March 26, 2012
Cost: \$45/session

Monday at Nature Discovery Park
Skill Level..... Class Times
Adv beginners..... 4:30pm
Intermediate..... 5:30 pm
Adults..... 6:30 pm

Tuesday at Desert Horizons Park
Skill Level..... Class Times
Tots 4-5 yrs.old..... 4:30 pm
Adv tots 6 yrs old..... 5:30 pm
Beginners..... 6:30 pm

Wednesday at Nature Discovery Park
Skill Level..... Class Times
Beginners..... 4:30 pm
Adv. Beginners..... 5:30 pm
Intermediate..... 6:30 pm
Adult..... 7:30 pm

Thursday at Desert Horizons Park
Skill Level..... Class Times
Tots 4-5 yrs. old..... 4:30 pm
Adv. tots 6 yrs. old..... 5:30 pm
Adv. Beginners..... 6:30 pm
Adults..... 7:30 pm

Saturday at Cram Middle School
Skill Level..... Class Times
Tots 4-5 yrs. old..... 8:30 am
Adv. tots..... 9:30 am
Beginners..... 10:30 am
Adv. Beginners..... 11:30 am
Intermediate..... 12:30 pm

Times subject to change per instructor's discretion, please consult online registration page for accurate class times.

YOUTH RECREATIONAL BASKETBALL

We are pleased to be able to bring back the Youth Recreational Basketball program for ages 5-9. This recreational league allows the kids to learn and develop their skills. Teams are randomly created from individual registrations and volunteer coaches donate their time. Games will be played on Saturdays, and practices will be once a week on a day chosen by your coach.

Winter Season Registration: Online: December 5-22, 2011
Walk-in: December 19-22, 2011

Location: Silver Mesa Recreation Center

Fee: \$65 (includes 8 game season, t-shirt, awards and referees)

Divisions: 5-6, 7-9

Volunteer coaches are always needed, so please call the Sports Office if you're interested in volunteering.

ADULT SOFTBALL

We are pleased to announce that we are bringing back the adult Softball Leagues. We have the most affordable leagues and a softball complex that is second to none. Leagues include 14 games (7 doubleheaders), and a post season single elimination tournament. League champions receive individual awards, and tournament winners receive team awards.

Spring Season Registration: February 13-March 1, 2012

Fee: \$400 + Umpire Fees

Tuesday, Wednesday, Thursday & Friday Leagues

ADULT SOCCER

6V6 SOCCER – This is one of the most competitive leagues in Southern Nevada. Teams compete for league titles every season. Games are played on a 60 yard x 40 yard pitch, with 6 players per side. Each team is guaranteed 10 games and a spot in the post-season single elimination tournament. League champions receive individual awards, and tournament winners receive team awards.

Spring Season Registration: February 13-March 1, 2012

Fee: \$275 + Referee fees

Monday Division: Men

Friday Division: Co-ed

ADULT BASKETBALL 3V3 TOURNAMENT

The Sports Office is pleased to present the 1st annual "Kings Court" 3V3 Basketball Tournament. The tournament will be double elimination and consist of 10 teams of 4 players per team. For more tournament information, please call the Sports Office at 633-2558.

Tournament Date: February 11, 2012

Tournament Registration: January 9-28, 2012

Fee: \$35 (includes t-shirts, awards, referees)

Location: Neighborhood Recreation Center

FIELD RESERVATIONS

Fall Field Allocations: Field allocation periods are from March - June and August - November. Please contact the Sports Office for meeting dates and paperwork deadlines.

Tournament Reservations: The City of North Las Vegas is able to help you with your tournament needs. All of our park facilities are available for rentals for tournaments. Call the Sports office for more information and availability.

Sports Field Reservations: The City's fields may be rented, based on availability, on a nightly or weekly basis for team practices and functions. Fees must be paid one week in advance, and only during office hours. Please call for field rental availability and locations.

Fee: \$8 per hour Unlighted Use, \$13 per hour Lighted Use

MUNICIPAL PAR 3 "LIGHTED" GOLF COURSE

324 E. Brooks Ave.
North Las Vegas, NV 89030
(702) 633-1833 office (702) 633-7138 fax

Hours of operation:

6:00 a.m. or Dawn (later time applies) to Dusk*
Lighted/Evening Tee times available during Summer Season

***CLOSING HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE DUE TO WEATHER CONDITIONS,
LACK OF GOLFERS ETC.**

Tee Time Reservations: (702) 633-1833
Tee Time Reservations can be made 7 days in advance.

The City of North Las Vegas operates a 9-hole, par three golf course seven days a week, that offers the best golf value in the Las Vegas area. Open year round, the course can be enjoyed by golfers of all ages and abilities. It is especially user friendly for seniors and beginners. The length is not intimidating, there are no artificial hazards, and the small greens present a challenge to the more accomplished players. The course is well maintained and offers gently rolling terrain with many mature trees and a great view of the Las Vegas Valley. The course was the first lighted course in Nevada and golfers can tee off as late as 8:00 p.m. during Summer Season. There is a small coffee shop and pro shop located in the clubhouse, featuring top of the line products.

LEAGUES: The Par 3 golf course offers both men's and women's leagues that meet once a week. The women's league plays Wednesday mornings and the men's league plays Thursday evenings. Golfers of all ages and abilities are welcomed to join. Both leagues are operated by an outside association.

STICKS FOR KIDS: Golf is an excellent forum to introduce youth to physical activity, to increase youth's environmental awareness and to provide an opportunity to learn a lifetime sport. The Sticks for Kids program provides as many children as possible with a set of clubs to use while learning to play the game of golf. The Par 3 golf course is proud to offer the Sticks for Kids clubs and are available for use at no cost. See the pro shop staff for more information.

ANNUAL PLAYER PASS: The Annual player Pass is offered to our customers at a great value. Each pass provides the purchaser with 50 rounds of golf during regular business hours. The pass is non transferrable but may be used by the pass holder to cover the cost of more than one player per round.

LESSONS: The City of North Las Vegas is proud to offer golf lessons for beginner to intermediate golfers. Classes are held once a week, for 6 weeks. Beginner classes are \$50.00 and meet for 60 minutes and intermediate classes are \$60.00 and meet for 90 minutes. Clubs are available at no additional charge for participant use during lesson time.

GOLF SESSION 2 REGISTRATION:

Online..... Feb 20- Mar 3, 2012
Walk In Feb 27- Mar 3, 2012
Classes Begin..... Week of Mar 12, 2012
Children Beginners Saturdays 8:00 a.m.
Adult Beginners Saturdays..... 9:00 a.m.
Adult Intermediate Saturdays 10:00 a.m.
No classes (Spring Break) Apr 2-7
Make up classes..... Apr 30- May 5
**Times subject to change per instructor's discretion.*

GOLF SESSION 3 REGISTRATION:

Online..... Apr 23- May 5, 2012
Walk In Apr 30- May 5, 2012
Classes Begin..... Week of May 14, 2012
Children Beginners Saturdays 8:00 a.m.
Adult Beginners Saturdays..... 9:00 a.m.
Adult Intermediate Saturdays 10:00 a.m.
No classes (Memorial Day) May 28
Make up classes..... Jun 25- 30
**Times subject to change per instructor's discretion.*

GOLF FEES

NON-PRIME TIME (Monday-Friday) **PRIME-TIME** (Weekends & Holidays)

	9-Holes	9-Holes
Adults 18-59 yrs old	\$8.00	\$10.00
Seniors 60+ /Students	\$7.00	\$9.00
Non-Golfers (walkers)	\$7.00	\$7.00

NOTE: \$2.00 discount offered on 2nd Round

RENTAL FEES

Pull Carts.....\$2.00
Clubs with Cart\$10.00
Annual Player Pass.....\$300.00

*** Student pricing applies to youth 18 years of age and under, through high school with a valid school I.D.**

For more information on these and other golf activities contact one of the friendly staff members at (702) 633-1833

ALIANTE GOLF CLUB

3100 W. Elkhorn
North Las Vegas, NV 89030
(702) 399-4888
Hours of Operation
Dawn to Dusk

Aliante Golf Club is owned and operated by the City of North Las Vegas. Preferred rates are offered to North Las Vegas residents. Proof of North Las Vegas residency is required.

Other amenities at Aliante Golf Club include the Aliante Bar and Grill. The Grille boasts spectacular mountain views and offers an event pavilion that is perfect for special occasions, birthdays, anniversaries, and weddings.

The Golf Shoppe offers a full line of apparel and great selection of golf equipment.

The Practice Facility has a natural grass hitting area, large putting green, and short game area, complete with practice bunker. Proper golf attire is required throughout the facility.

Aliante Golf Club is located at 3100 W. Elkhorn, just east of Aliante Parkway.

9 Hole Offering

Not enough time for 18? Check out our 9 Hole Special for North Las Vegas Residents, just \$22! Nine hole special includes green fee and golf cart rental for North Las Vegas residents.

Valid any day on a standby, space available basis, through 9/5/2011. Call the Golf Shoppe for details at (702) 399-4888.

Visit us at www.aliantegolf.com.

GOLF FEES

18 Hole North Las Vegas Resident* (Cart Included)

Monday - Thursday..... \$37

Friday - Sunday & Holidays..... \$42

18 Hole Nevada Residents (Cart Included)

Monday - Thursday..... \$47

Friday - Sunday & Holidays..... \$52

18 Hole Non-Nevada Residents (Cart Included)

Monday - Thursday..... \$57

Friday - Sunday & Holidays..... \$62

*Preferred North Las Vegas resident rates are offered to North Las Vegas residents at Aliante Golf Club. Proof of North Las Vegas residency required to receive card (driver's license and/or current utility bill required)

Practice Balls: \$3 (small) \$8 (large) \$10(jumbo)

Practice punch cards are also available

Golf Instruction: \$40 (half hour) \$70 (per hour)

\$100 (series of three half hours)

Discounted junior rates are available. Inquire in the Pro Shoppe.

Discounts for practice balls, golf instruction, and summer camps are offered to juniors. Summer Camp begins in June.

Course over seed is scheduled for September 6 through September 20. Course closed.