

# Clark County Parks & Recreation

## Parkdale Activity Guide

**January 1, 2015 – April 11, 2015**

### Parkdale Recreation Center

3200 Ferndale Street  
Las Vegas, NV 89121  
(702)455-7517  
www.ClarkCountyNV.gov

Hours of Operation:  
Monday– Friday  
8:00 a.m.– 6:00 p.m.

### Parkdale Senior Center

3200 Ferndale Street  
Las Vegas, NV 89121  
(702)455-8502  
Fax: 702-455-8741  
www.ClarkCountyNV.gov

Hours of Operation:  
Monday– Friday  
8:00 a.m.– 3:00 p.m.

Clark County offers three forms of registration; mail-in, internet and walk-in. Please see registration dates below. Send mail-in registrations to: Parkdale Recreation Center, 3200 Ferndale Street, Las Vegas, NV 89121.

\*Mail-in registration does not guarantee a position in the program. Internet registration allows participants to secure a position in the programs with immediate availability. <http://www.clarkcountynv.gov/parksregistration>

SESSION 1: January 5, 2015 – February 21, 2015

Mail-in (post marked beginning): December 4, 2014

Internet: December 6, 2014

Walk-in: December 8, 2014

SESSION 2: February 23, 2015 – April 11, 2015

Mail-in (post marked beginning): February 5, 2015

Internet: February 7, 2015

Walk-in: February 9, 2015

SPRING BREAK: March 30, 2015 – April 4, 2015

Mail-in (post marked beginning): March 5, 2015

Walk-in: March 9, 2015

### FACILITY CLOSURES:

Thursday, January 1, 2015    New Year's Day    Monday, January 19, 2015    Family Day  
Monday, February 16, 2015    President's Day

## FACILITY RESERVATIONS

Parkdale is perfect for parties & meetings (i.e. showers, anniversaries, graduation parties, holiday parties, etc.). Parkdale offers rental spaces in both the Senior and Recreation facilities for your next special occasion. Contact us at 455-7517 for availability and rates!

### Facility Restrictions:

Food & Beverage: Food and beverages are permitted in rooms except the Gymnasium.

Equipment: Tables and chairs are assigned to each room and must be replaced the way you find them.

No Smoking or Alcoholic Beverages: Smoking and consumption of alcoholic beverages are not permitted anywhere within Parkdale Recreation & Senior Center.

Setup and Cleanup: Setup and cleanup are the responsibility of the renter and are required to be conducted during reservation times the renter has paid for.

# SENIOR CENTER PROGRAMMING (50+)

## Arts & Crafts

### BLUEBIRDS QUILT CIRCLE

2nd Monday of Each Month 12:00 p.m.-2:30 p.m. FREE Membership Card Required  
Quilting circle meets monthly to socialize, learn new tips and tricks and have fun.

### CROCHET, KNIT, & QUILT CLUB

Tuesdays 10:30 a.m.-2:30 p.m. FREE Membership Card Required  
This club is for all levels of Crochet, Knit & Quilting. Come socialize while learning how to make beautiful crafts. (Club meets same day & time as the Snowbirds Quilting Group)

### PAINTING CLUB

Thursdays 11:00 a.m.-2:30 p.m. FREE Membership Card Required  
Abstract, Impressionism, Realism...no matter what style you prefer bring your own supplies and join our club. All levels welcome. Members share knowledge, tips, tricks and ideas.

### QUILTING CIRCLE

Fridays 10:00 a.m.-2:30 p.m. FREE Membership Card Required  
Quilting circle meets to sew and socialize. This group quilts and does a variety of other hand work. Participants supply their own materials and don't forget to bring your lunch.

### SNOWBIRDS QUILTING GROUP

Tuesdays 10:30 a.m.-2:30 p.m. FREE Membership Card Required  
Group donates booties, hats, scarves and blankets to various charities, teen shelters and cancer foundations. This is for all levels of Quilting. Come socialize while learning how to make beautiful quilts. (Group meets same day & time as the Crochet, Knit & Quilt Club)

### WOOD CARVING

Thursdays 9:00 a.m.-11:00 a.m. FREE Membership Card Required  
Carvers meet weekly to share techniques, create individual projects and socialize. Members are happy to share knowledge, information and tips of the trade. Each member brings his/her supplies and equipment.

## Computer Lab

The hours listed below are tentative as the lab is occasionally closed for classes or other Parks & Recreation activities. Each participant must obtain a Computer Lab Membership, available at the Front Desk. All computer users must complete a waiver, adhere to all lab rules and 30 minute time limit. Please bring a disk or flash drive to save your work. Printers are available to users however, paper will NOT be provided. **MEMBERSHIP CARD REQUIRED (FREE).**

### MONDAY - THURSDAY

8:00 a.m.-3:00 p.m. ADULT & SENIOR USE

### FRIDAY

8:00 a.m.-1:00 p.m. ADULT & SENIOR USE  
1:00 p.m. -3:00 p.m. CLOSED



# SENIOR CENTER PROGRAMMING (50+)

## Computer Classes

### COMPUTER 1 ON 1

Friday 1:00 p.m.-3:00 p.m. \$10 108840

Need private instruction on working your computer? This class is for you! 30 minute private instruction can help to conquer your computer fears.

## Exercise & Fitness

### SIT N' FIT

Monday—Wednesday 9:00 a.m.-10:00 a.m. FREE 108310.01

A class with a little bit of everything; cardiovascular, endurance, strength, balance and abdominal conditioning. Participants perform a variety of low impact exercises both standing and seated. **Class is held quarterly, January 1 – March 31. Participants can register at any time.**

### STRETCH & RELAX

Fridays January 9 – February 13 108330.01  
February 27 – April 3 208330.01  
9:30 a.m. -10:00 a.m. FREE

Focus on conscious breathing and light stretching to start your morning off on the right foot. Leave this class feeling refreshed, calm and relaxed. Please consult your physician prior to participating in any exercise program.

### SENIOR PICKLEBALL

Fridays 10:00 a.m.-12:00 p.m. FREE Membership Required

Join us at Parkdale for our new Pickleball group. Pickleball is played indoors in our gym. Paddles and balls are provided. However, feel free to bring your own. This game is the fastest growing sport among seniors in the United States! Come find out why.

## Field Trips

**All field trips include a trip to a restaurant for either lunch or dinner unless otherwise noted. Expenses occurred for meals are at your own expense.**

### RED ROCK CANYON

Wednesday January 21 10:00 a.m. – 3:00 p.m. At Your Own Expense  
108733.01

We will visit the Red Rock Interpretive Center and explore the many different displays exhibited. We will also walk a couple short hikes along the loop. Bring a lunch and enjoy the great outdoors.

# SENIOR CENTER PROGRAMMING (50+)

## Field Trips Continued

### **ELDORADO CANYON**

Wednesday January 28      10:00 a.m. – 3:30 p.m.      At Your Own Expense  
108743.01

Eldorado Canyon is the home of the largest operating Gold mine in Southern Nevada. The tour includes walking through the old mines. Tour is \$14, cash only please. Afterwards, we will have lunch in Boulder City.

### **SLOTZILLA AT FREMONT STREET EXPERIENCE**

Wednesday February 4      11:30 a.m. - 3:30 p.m.      At Your Own Expense  
108753.01

Slotzilla is a zipline ride down Fremont Street Experience. Afterwards, we will have lunch at one of Fremont's famous hotels. \$20 per rider for half sitting harness and \$40 for flying all the way down Fremont Street.

### **GUIDED WALK AT PAHRANAGAT WILDLIFE REFUGE AREA**

Wednesday February 25      9:00 a.m. – 2:00 p.m.      At Your Own Expense  
208713.01

A ranger will guide us on a educational tour on wildlife species and history of this special area. Bring a sack lunch. This is a 90 mile one way trip.

### **WINTER TRIP TO CAMP LEE**

Wednesday March 4      9:30 a.m. – 3:30 p.m.      Free  
208723.01

Join us as we go to Camp Lee and play games, cards, and even play in the snow. Don't worry a warm fire will be awaiting inside the dining hall. Bring your own lunch. Microwave is available at camp.

### **CONTAINER PARK TOUR**

Wednesday March 18      11:00 a.m. – 2:30 p.m.      At Your Own Expense  
208743.01

We will get a tour of this very unique area downtown. We will then enjoy lunch at one of the local restaurants inside the park. There will be time to browse the shops at the park which include many unique clothing, art, chocolates, and accessories.

### **WETLANDS PARK TOUR**

Wednesday March 25      10:00 a.m.– 2:30 p.m.      At Your Own Expense  
208763.01

We will visit the interpretive center and then take a hike through on of the trails at the park. We will get to see a unique landscape to the Las Vegas Valley.

# SENIOR CENTER PROGRAMMING (50+)

## Field Trips: Culinary Cruisers

### **HARRIE'S BAGELMANIA**

Wednesday January 14      10:30 a.m. – 2:00 p.m.      At Your Own Expense  
108723.01

This is a family-run bagel shop that also offers other breakfast fare, including omelets. Lunch includes soups and salads and deli sandwiches.

### **LAS CAZUELAS**

Wednesday February 11      10:30 a.m. – 2:00 p.m.      At Your Own Expense  
108763.01

Las Cazuelas name is inspired by the clay pots used by our Grandmothers to cook in the old days, making us enjoy flavorful and unforgettable food. Recreating the best of Puebla's (Mexico) cuisine recapturing the original flavors of Poblano's culinary art.

### **SONIOS CAFÉ**

Wednesday March 11      10:30 a.m. – 2:00 p.m.      At Your Own Expense  
208733.01

This small café offers unique rotisserie chicken recipes and favorites from Chicago. It is said that they have the best Italian beef in town!

### **ARIA BUFFETT**

Wednesday April 8      10:30 a.m. – 2:00 p.m.      At Your Own Expense  
208773.01

This buffet competes with another on the strip for the title of Best Buffett in town! Join us for the dining experience of the season. Lunch buffet is \$24.

## Movie Matinee

### **SENIOR MATINEE MOVIE**

2nd and 4th Friday      1:00-3:00 p.m.      FREE

Spend an afternoon with us viewing a movie and being treated to popcorn and drinks. Feel free to bring your lunch. Snacks are provided. Movie selection announced month of or call the Senior Center at 455-8502.

# SENIOR CENTER PROGRAMMING (50+)

## Monday Funday

### EXPLORE AMERICA

Join us for brunch and an informative, fun look at one of our 50 states. Pre-registration is required.

January 5	10:30-11:30 a.m.	\$3	108820.01
February 2	10:30-11:30 a.m.	\$3	108820.03
March 2	10:30-11:30 a.m.	\$3	208820.02
April 6	10:30-11:30 a.m.	\$3	208820.04

### MONDAY FUNDAY

Join us for brunch and an activity/craft. All supplies provided. Pre-registration is required.

January 26	10:30-11:30 a.m.	\$3	108820.02
February 23	10:30-11:30 a.m.	\$3	208820.01
March 16	10:30-11:30 a.m.	\$3	208820.03

## Open Games

<b>Wii BOWLING PRACTICE</b>	Mondays	11:30 a.m.-1:00 p.m.	FREE
<b>CRIBBAGE</b>	Tuesdays	10:30 a.m.-3:00 p.m.	FREE
<b>PINOCHLE</b>	Wednesdays	8:00 a.m.-3:00 p.m.	FREE
<b>Wii BOWLING LEAGUE</b>	Thursdays	9:30 a.m.-11:30 a.m.	FREE
<b>MANIPULATION</b>	Fridays	10:00 a.m.-1:00 p.m.	FREE

Membership Card (FREE) Required to Participate

## Parkdale Update Meetings

### PARKDALE PEOPLE MEET

Monday January 26	10:00-10:30 a.m.	FREE
Monday February 23	10:00-10:30 a.m.	FREE
Monday March 30	10:00-10:30 a.m.	FREE

These meetings are to keep participants informed about construction, programs, field trips, special events and workshops offered at the Center. No registration necessary.

## Special Events

### OSCAR PARTY

Sunday February 22	5:00-7:00 p.m.	FREE	108830.01
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Join Parkdale staff for hors d'oeuvres and mocktails while we watch the glamorous Hollywood stars during this award show. Come dressed to impress your other celebrity watchers. *(Please note: The Oscars begin at 5:30, and we will end the event before the conclusion of the award show.)*

### EGG\*CITING EASTER LUNCHEON

Wednesday April 1	11:00 a.m. – 1:00 p.m.	\$5	208830.01
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Join Parkdale as we celebrate with food and friends during our egg-citing luncheon. Lunch will be catered with traditional favorites.

# RECREATION CENTER PROGRAMMING

**January 1, 2015 – April 11, 2015**

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Monday, February 16, 2015    President's Day

## **Classes**

### **PIANO LESSONS**

Mondays    3:00-5:50pm    \$84    208600

Private 30-minute lessons. Due to Spring Break, no classes are offered the week of March 30<sup>th</sup>. Students must use the booklet recommended by the instructor. Booklet fees are an additional cost and can be found at local music stores.

# RECREATION CENTER PROGRAMMING

## Computer Lab

The hours listed below are tentative as the lab is occasionally closed for classes or other Parks & Recreation activities. Each participant must obtain a Computer Lab Membership, available at the Front Desk. All computer users must complete a waiver, adhere to all lab rules and 30 minute time limit. Please bring a disk or flash drive to save your work. Printers are available to users however, paper will NOT be provided. **MEMBERSHIP CARD REQUIRED (FREE).**



### **MONDAY - FRIDAY**

8:00 a.m.—2:00 p.m. 18+  
2:00 p.m. —5:45 p.m. Family Time\*

\*Family Time is a Parent/Guardian that accompanies a minor while using the Computer Lab. Clark County Parks & Recreation does not currently provide filtering software. Parent/Guardian is responsible for his/her minor child/ren's use of the Internet and computer software.

## Day Camp

Day Camp provides a variety of activity for participants. Activities include; arts & crafts, sports, games, field trips, free time in the gymnasium, movies, and FUN!! Some field trips require additional fees. **Pre-registration is strongly recommended;** as staffing ratios need to be maintained at all times. Registration dates are listed on the first page and is the only way to secure an available spot in camp.

### **SPRING BREAK DAY CAMP**

March 30 – April 3 7:00 a.m. – 6:00 p.m. 6-12 years \$15/day

## Fitness Center

Free weights, resistance equipment, cardio, stretching table and resistance bands. Youth under 13 are not allowed in the fitness room. **Youth 13-17 must be supervised by responsible adult.** Parkdale Fitness Room is part of the Fit For Life discount program.

Age	Daily Fee	Monthly Fee	Annual Fee	Day	Hours
Senior (55+)	\$3	\$15	\$105	M-F	8A-6P
Adult (18+)	\$4	\$16	\$115	M-F	8A-6P
Teen (13-17)	\$3	\$15	\$105	M-F	8A-6P

# RECREATION CENTER PROGRAMMING

## Fitness Classes

**FITNESS IN THE FIELD** This class is a moderate to high intensity interval program incorporating steps, weights, resistance bands, medicine and stability balls.

**TAP/JAZZ** Learn new steps in modern jazz and tap while learning dance routines. This class is designed for non-professional gals and guys who always dreamed of dancing, but never took the plunge. Come make your vaudeville debut!

### TEEN CONDITIONING

This program will be a boot camp style class. During this program we will perform activities such as running, push-ups, and pull-ups.

### YOGA

Yoga is a form of nonaerobic exercise that involves a program of precise posture, breathing exercises, and meditation.

Session	Class	Day	Time	Age	Fee	Activity #
Session 1	Fitness In The Field	Thursday	5:00-5:45P	18 +	\$18	108360.01
Session 2	Fitness In The Field	Thursday	5:00-5:45P	18 +	\$18	208360.01
Session 1	Tap/Jazz	Wednesday	10:00A-12:00P	18 +	Free	108340.01
Session 2	Tap/Jazz	Wednesday	10:00A-12:00P	18 +	Free	208340.01
Session 1	Teen Conditioning	Wednesday	4:00-4:45P	13 – 17	\$18	108370.01
Session 2	Teen Conditioning	Wednesday	4:00-4:45P	13 – 17	\$18	208370.02
Session 1	Yoga	Thursday	8:15-9:00A	18 +	\$18	108350.01
Session 2	Yoga	Thursday	8:15-9:00A	18 +	\$18	208350.01

## Leaders Of The Future (LOTF)

There are many benefits for youth ages 13-17 to join the Leaders of the Future program. Participants will learn skills needed to get into the work force, participate in leadership training activities, participate in community service and volunteer for various Parkdale programs and activities. An application must be completed and candidates will undergo an interview process.

# RECREATION CENTER PROGRAMMING

## Open Gym

Open Gym requires a monthly membership of \$10 or drop-in fee of \$2 daily. Times and days are subject to change without advanced notice. Open Gym activities for the winter season will begin on Monday January 5, 2015.

**\*PLEASE NOTE: ALL youth must have a waiver signed by parent/guardian BEFORE participating**

Activity	Day	Time	Age
Basketball	Tuesday & Thursday	10:00A-12:00P	18+ years
Basketball	Thursday	1:00-3:00P	13-17 years
Volleyball	Friday	1:30-3:30P	18+ years
Indoor Soccer	Monday	10:00A-12:00P	18+ years
Indoor Soccer	Monday	1:00-3:00P	13-17 years
Badminton	Wednesday	10:00A-12:00P	18+ years
Dodgeball	Wednesday	1:00-3:00P	13-17 years

## Open Recreation

### YOUTH OPEN RECREATION

Monday-Friday 2:30-5:30 p.m. 6-12 years FREE Membership Card Required  
Daily activities include; arts and crafts, games, sports, table tennis, video games, team challenges, movie days and free time. Special activities and events are offered.

### TEEN OPEN RECREATION

Monday-Friday 2:30-5:30 p.m. 13-17 years FREE Membership Card Required  
Daily activities include arts and crafts, games, sports, table tennis, video games, team challenges, movie days and free time. Special activities and events are offered.

# RECREATION CENTER PROGRAMMING

## Special Events

### FAMILY MOVIE NIGHT

Friday January 2                      6:15 – 8:00 p.m.                      FREE

Bring the family to Parkdale to enjoy a family friendly movie. Youth must be accompanied by an adult. *Movie title will be available announced by December 29.*

### BOYS NIGHT OUT

Friday February 13                      6:00 – 8:00 p.m.                      8-14 years      \$5                      108831.01

Join the men of Parkdale with an evening filled with video games, sports and pizza.

### GIRLS NIGHT OUT

Friday February 20                      6:00 – 8:00 p.m.                      6-12 years      \$5                      108832.01

Join the ladies of Parkdale with a spa evening. Homemade facials, manicures, hair styling and pizza.

## Sport Classes/Instruction

### BASKETBALL SKILLS

This program is focused on teaching the fundamentals of the game. Scrimmages will be played but the primary focus is on learning the game.

### BASEBALL SKILLS

Want to learn the basics of baseball? Come join us as we learn how to throw, hit, and run the bases.

### ITTY BITTY MOVEMENT

During this program we will work on hand eye coordination and agility.

Session	Class	Day	Time	Age	Fee	Activity #
Session 1	Basketball	Wednesday	5:00 – 5:45P	5-7 years	\$ 18	108411.01
Session 1	Itty Bitty Movement	Thursday	1:30 – 2:00P	3-5 years	\$ 14	108490.01
Session 2	Baseball	Wednesday	5:00 – 5:45P	5-7 years	\$ 18	208430.01
Session 2	Itty Bitty Movement	Thursday	1:30 – 2:00P	3-5 years	\$14	208490.01

# RECREATION CENTER PROGRAMMING

## Sport Leagues

### BLASTBALL

Blastball is an introductory t-ball game for 3-4 year olds. It helps develop t-ball skills such as hitting off a tee, running to first base, and fielding a soft ball. Everyone plays and it is a great family event!

### BASKETBALL

This neighborhood league is a great low-cost way to include children into a team sport. The league will concentrate upon skill development and is open to both boys and girls.

### BOCCE BALL

A game of skill and concentration, rather than physical stamina, Bocce is fun and easy to learn. It is played on a flat surface with the object to get game balls as close as possible to the target ball.

### LADDER TOSS

This game is a tailgate classic, with the object of the game being throwing the bolo and getting it to stay on the stand. This game takes accuracy not no physical strength.

Dates	League	Day	Time	Age	Fee	Activity #
Jan. 13 – Feb. 19	Basketball	Tues/Thurs	3:00–4:00P	8-10	\$15	108410.01
			4:00-5:00P	11-13	\$15	108410.02
Feb. 4 – Apr. 9	Blast Ball	Tues/Thurs	4:00-4:45P	3-4	\$25	108430.01
Jan. 7 – Feb. 11	Bocce Ball	Wednesday	8:00-8:45A	18 +	\$18	108420.01
Feb. 25 – Mar. 25	Ladder Toss	Wednesday	8:00-8:45A	18 +	\$18	208420.01

## REFUND POLICY

### CANCELLATIONS & REFUNDS

Refunds will be issued only after an effort is made to accommodate a user by transfer to similar program or facility. Refunds will be available on the criteria within this policy, specifically listed below.

**Classes & Programs:** If a class or program is cancelled by the department a full refund will be made. Class registration may be cancelled by and individual:

100% refund if cancellation is made prior to the close of the first day of class.

No refund may be made after the first day of class.

**Day Camp:** Registration cancelled by individual will be refunded 100% if notice is given by the Wednesday of the prior week.

**Memberships & Passes:** Monthly, quarterly or annual passes will be refunded on a prorated basis, based on time remaining on pass.

**Special Events, Field Trips:** Registration cancelled by an individual shall not be refunded for any ticketed events or activities which require Clark County to pre-purchase/pre-arrange costs. i.e. tickets, food, supplies and materials or vendor with a quantity based contract

\***Please note:** Refunds may take six (6) to eight (8) weeks to process.

DISCOVER



CCPR Website



CCPR Mailing List



CCPR Facebook Page



CCPR YouTube Channel

**Clark County Board of Commissioners**  
 STEVE SISOLAK, Chair • LARRY BROWN III, Vice-Chair  
 SUSAN BRAGER • TOM COLLINS • CHRIS GIUNCHIGLIANI  
 MARY BETH SCOW • LAWRENCE WEEKLY  
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 Clark County is an Equal Opportunity Employer