



PARADISE RECREATION CENTER

Monday thru Friday 8:00 AM-8:00 PM
4775 McLeod Dr. Las Vegas, NV 89121
702-455-7513
www.clarkcountynv.gov/parks

Session 2 Class Brochure

SESSION 2

FEB 20TH - APR 7TH
MARCH 26TH-30TH
(NO CLASS)

REGISTRATION DATES:

MAIL-IN JAN 31ST
ONLINE FEB 2ND
WALK-IN FEB 5TH

Remember to register early! Registering at the last minute may mean that the class has already been CANCELLED due to low enrollment.

SPRING BREAK DAY CAMP:

MAR 26TH - 30TH

Children will be able to participate in various recreational games and art activities. Groups are based on age and each group will participate in a wide variety of activities each day.

Classes for Ages 3 & up



Your child will experience an active learning environment where He/She will prepare for their next school year. Our daily schedule

will include music and movement, math, literacy, phonics, creative arts, social interaction, self-expression, and independent play. Your child will participate in age appropriate small-group interactions as well as large-group learning times.

Preschool Prep Skill Focus:

Tuesdays/Thursdays 8:30am-11:30am Ages 3-4 \$120
Tuesdays/Thursdays 12:30pm-3:30pm Ages 3-4 \$120

Preschool skills: focus on Letters & Sounds; Recognizing Rhyming Sounds, Writing Own Name, Counting 1-20, Recognizing Letters & Numbers, Recognizing Shapes & Colors, Following Directions.

Kindergarten Prep Skill Classes:

Monday/Wednesday/ Friday 8:30am-11:30am Ages 4-5 \$180
Monday/Wednesday/ Friday 12:30pm-3:30pm Ages 4-5 \$180

Kinder Prep Skills: focus on Letters & Sounds; Recognizing Rhyming Sounds, Writing Own Name, Counting 1-30, Recognizing Letters & Numbers, Writing Letters & Numbers, Recognizing Quantities, Recognizing Shapes & Colors, Sequencing & Patterns, Following Directions

5 Day option:

Monday thru Fri 8:30am-11:30am Ages 3-4 \$300
Monday thru Fri 12:30pm-3:30pm Ages 3-4 \$300

Children must be toilet trained (no pull-ups) and able to perform their own personal hygiene.

A completed registration packet must be completed (including copies of birth certificate and shot records & wellness verification) prior to child's first day of class.

A healthy breakfast & lunch will be provided (beginning June 6th) as part of the Summer Bridge Preschool Program. Parents/guardians are encouraged to send additional snacks/food if there are any dietary needs or food allergies.



Clark County Board of Commissioners
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After School "Open Rec Program"



Children Ages 6-12 -
Free!

Monday-Friday 3:00-6pm

Parent/Guardian must
complete and sign
waiver prior to child's
attendance.

OPEN GYM TIMES

Drop in for...

TEEN BASKETBALL -
Free

Wed/Fri 3:00pm-5:00pm
Ages 13-17

Teens MUST have
School ID!

ADULT BASKETBALL
- \$2

Tue/Thur 10:30am-
1:30pm



Ages 18 & up

If you have not filled
out a waiver yet,
please fill one out
when you pay for
adult open gym or
when you sign in.

Tiny Tot Children's Classes: Sports, Dance, Art

Tiny Tot Art/Sports

Monday	11:30am-12:30pm	3-5 years old	\$26
Tuesday	11:30am-12:30pm	3-5 years old	\$26
Wednesday	11:30am-12:30pm	3-5 years old	\$26
Thursday	11:30am-12:30pm	3-5 years old	\$26
Friday	11:30am-12:30pm	3-5 years old	\$26
M/W/F	3:30pm-4:00pm	3-5 years old	\$30

Tiny Tot Ballet

Wednesdays	11:30am--12:30pm	3-5 years old	\$26
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Tiny Tot Basketball

Tuesdays/Thursdays	3:30pm - 4:00 pm	3-5 years old	\$26
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Child/Teen Classes: Sports, Gymnastics, Dance, Martial Arts

Tumbling

Wednesdays	4:30pm-5:30pm	Instructor Approval	\$26
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Cheer

Wednesdays	5:30pm-6:30pm	6-14 years old	\$26
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Tap/Jazz

Wednesdays	6:45pm-7:345m	6 and up	\$26
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Hip Hop

Thursdays	5:00pm- 6:00pm	6-14 years old	\$26
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Classical Ballet **New**

The beauty and discipline of French Ballet techniques will be taught by Ms. Janine with French terminology. Pre-pointe level will be taught in progressive sessions. A chignon (ballerina bun) and leotard must be worn with no accessories. Performances will be open to participants who are preferably enrolled in 3 continuous sessions.

<u>Petites:</u> Mondays/Wednesdays	4:30pm- 5:30pm	6 and up	\$37
<u>Teens:</u> Mondays/Wednesdays	3:30pm- 4:30pm	13 and up	\$37

Basketball Skills

Participants will learn the basic skills and techniques of dribbling, shooting, and passing.

Tuesdays/Thursdays	4:00pm-5:00pm	6-12 years old	\$37
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Capoeira Kids

Capoeira is an Afro-Brazilian martial art that combines elements of dance, acrobatics and music. It is known for its quick and complex maneuvers, predominantly using power, speed, and leverage across a wide variety of kicks, spins and techniques.

Fridays	5:30pm-6:00pm	6-11 years old	\$14
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Tae Kwon Do

Students develop techniques of the Foot (Tae), Fist (Kwon), and the Way of Life (Do) of martial artists. Masters Amy and Allen Deitrick hold 5th degree black belts, National Referee certifications, and a combined 50+ years of Tae Kwon Do experience. The Masters develop students' forms and sparring techniques for self-defense and competition, and introduce a variety of martial arts weapons including Nunchaku and Bo Staff.

Uniforms, sparring gear and weapons are available for purchase directly from the Masters. Belt promotion tests are held at regular intervals for continuing students.

Tuesdays/Thursdays	6:00pm-7:30pm	8 & up	\$43
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Karate

American Isshinryu Bujutsu is derived from several older classical styles-it is summed up in its kata, and the specific techniques used to punch (vertical fist) and kick (snapping kicks). This introductory class will have minimal contact.

<u>Beginner:</u> Tuesdays/Thursdays	5:00pm-6:00pm	13 & up	\$37
<u>Advanced:</u> Tuesdays/Thursdays	6:00pm-7:30pm	13 & up	\$37

Leaders of the Future (LOTF Program)

The mission of the Clark County Parks and Recreation "Leaders of the Future Program" (LOTF) is to provide youth with the opportunity to gain valuable work experience, develop leadership skills and make a positive difference in their community. Teenagers age 13 to 17 are encouraged to apply. The program runs during School Break Periods. Applications can be picked up at Paradise Recreation Center. If you have questions, please call (702) 455-7513.



LOTF Programs are available during:

Summer Day Camp
Thanksgiving Break
Winter Day Camp

Adult Classes: Martial Arts, Fitness, Wellness & Dance

Capoeira

Capoeira is an Afro-Brazilian martial art that combines elements of dance, acrobatics and music. It is known for its quick and complex maneuvers, predominantly using power, speed, and leverage across a wide variety of kicks, spins and techniques.

Capoeira Beginners

Mon/Weds/Fri	5:30pm-6:30pm	7 & up	\$43
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Capoeira Intermediate/Advanced

Mon/Weds/Fri	6:30pm-7:30pm	11 & up	\$43
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Karate

American Isshinryu Bujutsu is derived from several older classical styles-it is summed up in its kata, and the specific techniques used to punch (vertical fist) and kick (snapping kicks). This introductory class will have minimal contact.

Fridays	6:00pm-7:30pm	13 & up	\$26
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Aikido

Very little physical strength is needed to perform this form of martial arts. Learn to blend the motion of the attacker to redirect the force of the attack through various throws or locks while developing muscle tone and flexibility. Practice simple breathing & relaxation techniques for a healthy mind and body.

Thursdays	6:30pm-7:30pm	16 & up	\$26
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QiGong

Qigong is practiced with a calm mind and relaxed body; coordinating slow flowing movement, deep rhythmic breathing, and visualization of guiding qi through the body.

Tuesdays/Fridays	8:30am - 9:30am	18+	\$37
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Silver Slippers

This Ballet based class will help participants focus on development of core strength and flexibility. We will use the barre and floor work to lengthen and stretch the main muscles in the body and improve balance.

Tuesdays/Thursdays	10:00am -11:00am	18+	\$3/month
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Strength & Grace

Get a full body workout through the combined techniques of Barre, Jazz, Yoga, Reiki Flow, and hand weights. Class will be low impact and challenging!!

Tuesday & Thursday	11:30am-12:30pm	18 +	\$37
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Vinyasa "EarthVibes" Yoga

This challenging full body workout focuses on combining movement with breath while flowing through yoga poses - The continual movements, from one pose to another gives you a cardiovascular benefit, which more traditional forms of yoga do not have. Regular practice of Vinyasa yoga can increase endurance, muscle strength and flexibility while reducing levels of stress..

Mondays	6:30pm-7:30pm	18+	\$26
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Music Classes

Music lessons including piano, voice and 37 additional instruments are available for students ages 3 and up. Students must provide their own instrument, except for piano and voice students. Lessons are available Monday through Friday. Please check with the front desk for availability and pricing.

Musical Instrument & Voice Lessons: 30 min private Classes

Instructor: Pat Loewy

Monday- Thursday 3pm-7:30pm 3 & up \$90 for six private lessons

Friday 3pm-6:00pm 3 & up \$90 for six private lessons

Band & Chorus

Tuesday 6:30-7:30pm 3 & up \$26 (Instructor Permission Required)

Senior Classes

New Senior Pass: \$40 a year includes all activities below

Seniorcize	Mons/Weds/Fri	10:00-11:00am	50 & up	\$3 /month
Silver Slippers	Tues/Thurs	10:00-11:00am	50 & up	\$3/month
Pickleball	Tue/Thurs	8:00am-10:00am	50 & up	\$2 per day
Pickleball	Fridays	11:00am-1:30pm	50 & up	\$2 per day
Line Dance	Fridays	10:30am-11:30am	50 & up	\$5/month
Scrabble	Tuesdays	9:00am-2:30pm	50 & up	FREE
Card Room	Mon/Wed/Fri	10:30am-5:00pm	50 & up	FREE

Be sure to pick up the bi-monthly "Senior Happenings"!

Rentals: Indoor and Outdoor

Paradise Recreation Center has several indoor spaces for rent; this includes rooms of various sizes and the gymnasium, suitable for social and professional events. Tables and chairs are available for use during rentals at no additional charge.

Outdoor space is available in Paradise Park for parties and events. Paradise Park has two large covered Pavillion areas (A & B) capable of accommodating up to 200 people. (There are also smaller picnic areas that may be rented for a minimal fee.)

Picnic areas 1 through 6 are suitable for groups of up to 20 people, and are available for free on a first come, first served basis.

