

**Parkdale Recreation & Senior Center**  
**3200 Ferndale Street Las Vegas NV 89121**  
**(702) 455-7517**

**GET OUT AND GET ACTIVE!** Our mission at Parkdale Recreation & Senior Center is to enrich the community through excellent parks, programs and services. Parkdale has a wide variety of recreation areas including; fitness room with cardio and strength equipment, gymnasium, transverse climbing wall, computer lab, game room with billiard, foosball and ping-pong, playground, and outdoor grass areas with picnic tables. A variety of programs are offered for all ages. Seniors can participate in exercise classes, field trips, cards, quilting, painting, wood carving and Wii bowling. Adults can participate in billiards, exercise classes, open gym and sports leagues. Youth can participate in after school recreation, music lessons, sports classes, sports leagues and much more. Stop by and check us out Monday through Friday from 8 a.m. to 6 p.m.

**Check out these upcoming classes and events!**

Baseball Skills: Class for youth ages 5-7 years to learn the basics of baseball. Join in the fun while learning to throw, hit, and run the bases. Class offered Wednesdays from 5 to 5:45 p.m. from February 25 through April 8 (no class April 1). Fee is \$18 per participant.

Boys Night Out: Join the men of Parkdale on Friday February 13 in an evening filled with video games, sports and pizza. Boys ages 6-14 years are welcome to attend. Fee is \$5 per participants. Event will be held from 6:00-8:00 p.m.

Girls Night Out: Join the ladies of Parkdale on Friday February 20 in a spa evening. The night will be filled with homemade facials, manicures, hair styling and pizza. Girls ages 6-14 years are welcome to attend. Fee is \$5 per participants. Event will be held from 6 to -8 p.m.

Open Gym for Adults & Teens: Bring your friends down to the Center to play some pick-up games. Activities include; badminton, basketball, dodgeball, indoor soccer, pickleball, and volleyball. Pay the drop-in fee of \$2 each visit or purchase a monthly pass for \$10. Please contact the Center at (702) 455-7517 for schedule information. Please note: During Adult times no youth are admitted to the gym. Participating youth must attend during designated times and must have a waiver signed by parent or guardian before participating.

Yoga: This exercise class teaches participants precise posture, breathing and meditation. Class is designed for adults (ages 16-17 may attend with a registered adult) and seniors. Offered on Thursdays from 8:15 to 9 a.m. from February 26 through April 9 (no class April). Fee is \$18 per participant.