



THERE'S A Y IN EVERY FAMILY



CENTENNIAL HILLS YMCA – FAMILY ENGAGEMENT

FAMILY TIME AT THE Y

Family time at the Centennial Hills Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community. This is accomplished through several programs, many of which are free or available at a nominal fee.

FAMILY NIGHT

EVERY FRIDAY, 6-8 PM

Family Night at the Y provides families with a time and place to come together for a good time through family-friendly activities such as game nights, sports, crafts, pool parties, fitness classes, field trips, and seasonal events. Share, communicate, and strengthen your relationships while meeting other families in your community. Every Friday is **Family Night** at the Y! Family Night is FREE and open to the public, but please register beforehand (in-person, online, or through our app). Check out the Family Spotlight for details!

PARENTS' NIGHT OUT

EVERY SATURDAY, 5:30-8:30 PM

Take time to unwind and rejuvenate after a tough week with a date night. **Parents' Night Out** isn't just good for you, it's good for the kiddos too! Regularly scheduled time apart teaches children a great deal about balance and well-being. Families balanced with socialization, time for self, time together, and a whole lot of fun are healthy families that are better equipped to tackle life's stressors. While you take a night off, your kiddo will enjoy games, crafts, a movie, and swimming (ages 5 and up on the last session of each month). \$5 per child; open to Family Members ages 3-12 (must be potty trained). Non-Family-Members are welcome to one trial session at the same cost. Dinner (pizza, juice, and a popsicle) is the perfect add-on to this super fun night (extra fee applies)!

FAMILY FUNDAY

EVERY SUNDAY, ALL DAY

We know weekdays are filled with routines and hectic schedules, which often result in families scattering - parents squeezing in a workout at the Y while the kiddos are in sports, attend Y Kids Fitness, or hang out with friends in Kids Gym or the Youth Engagement Center. But Sundays are **Family Fundays** at the Y. It's all about coming together and playing together. We encourage our members to take advantage of all our Y has to offer, such as sparkling pools, basketball gyms, family fitness classes, or a friendly game of ping-pong in the Game Center to get those competitive juices flowing.

PHunky FRIDAY

2nd & 4th FRIDAY OF EACH MONTH

Learning alongside your little one instills within them a sense of self-confidence and inspires them to become life-long learners. Through the **PHunky Friday** program, parents can positively engage with their 2-5 year old child(ren) by completing fun, family-friendly science and art projects. This program is offered on the second and fourth Friday of each month, from 12:15 to 12:45 PM, at a cost of \$5 per child.

TAKE A HIKE! – EXPLORE THE OUTDOORS

4TH SATURDAY OF EACH MONTH

Good things happen when we unplug and go outside to play together. Kids and adults benefit from contact with nature as well as unstructured play and exploration. Explore the great outdoors through our **Take A Hike!** program, which provides FREE, guided family-friendly hikes every month for members and non-members alike. Pack your sunscreen and water; we'll take care of the rest! Grab a flyer for details and sign up at the Welcome Desk!

TOGETHERHOOD - AMPLIFY YOUR IMPACT, VOLUNTEER TOGETHER!

VARIES

Volunteering as a family builds character and helps teach your kids the importance of thinking larger than themselves. **Togetherhood** is the Y's member-led volunteer service program. It activates Y members to work together to plan and lead service projects that respond to local community needs. Contact Family Engagement Coordinator, Alexis Morales, at amorales@lasvegasymca.org or (702) 476-6741 for details on how to get involved!

YOUTH & FAMILY WELLNESS

VARIES

Every family can be a healthy family! By focusing on healthy eating, physical activity, and quality time your family will soon be feeling stronger and living healthier. Check in-person, online, or on our app for a schedule of FREE Y **Kids Fitness classes** and **family-friendly group exercise classes** (Y membership required).

KIDS GYM (3MOS-7YRS)

PRIMETIMES

Parents rave about the Centennial Hills YMCA **Kids Gym**! Don't believe us? Ask around! Kids Gym Supervisors, Ms. Raquel (mornings) and Ms. Cathy (evenings & weekends), ensure your little one is well taken care of for up to 2 hours while you work on your wellness goals. No need to reserve a spot or pay extra, we've got you covered! Open M-F 8:30a-12:30p, M-TH 4-8p, F 4-6p, SAT 8:30a-2p, and SUN 12p-3p for Family Members.

YOUTH ENGAGEMENT CENTER (8-12 YRS.)

TUE, WED, THU, 4-7 PM

When your young person "ages out" of Kids Gym, they have lots of options to keep them engaged - Y Kids Fitness, family-friendly fitness classes, cardio equipment workouts, pool and gym play, and the Game Center loaded with ping-pong, billiards, foosball, and air hockey. We are now pleased to add to the mix the all new **Youth Engagement Center**! This free after-school room is the place to be, with light snacks, tons of games and activities, staff to help with homework, and a chill zone to read or just hang out with friends. This is a FREE Y Member benefit! Check out by an authorized adult is required.

FAMILY SPOTLIGHT

1ST OF EACH MONTH

Stay connected with all things family at the Y with the **Family Spotlight**, a concise publication that is emailed monthly to all Family Members who provide an email address on their account.