



**RECREATION AND PARKS DEPARTMENT**

100 W. Old Mill Road, Mesquite NV 89027 Phone: 702-346-8732 Fax: 702-346-8678

**2010 Fall/Winter Programs & Classes**

**YOUTH PROGRAMS/CLASSES** *(Drop-in classes: Free to Pass holder/\$5 per class for non-Pass holder)*

CLASS	BEGINS	DAY(S)	TIME	FEE	LOCATION	INSTRUCTOR
Beyond the Steps (3+)	<b>Cancelled</b>	Tuesdays	Visit Website	\$28-\$40	Rec. Center	Crystal Shammo
Cheer Class	Oct, 5	M/W	6 p.m.	\$35	Deuce	Rec. Staff
Sunshine Academy (3)	Sept.-May	T/TH	9:30 a.m.	\$40	Preschool	Debbie
Sunshine Academy (4-5)	Sept.-May	M/W/F	9:30 a.m.	\$60	Preschool	Debbie
Sunshine Academy (4-5)	Sept.-May	M/W/F	12:30 p.m.	\$60	Preschool	Debbie
DZ Gymnastics (2+)	Sept.-May	T/TH	5 & 6 p.m.	Visit Website	Deuce	Rec. Staff
Karate for Kids (3+)	Year-round	M/W/F	Visit Website	\$30/\$40	Rec. Center	Jamie Clark
Mesquite Taekwondo (4+)	Aug.-June	T/TH/Sat.	Visit Website	Free/\$4	Rec. Center	Bill O'Connell

**ADULT PROGRAMS** *(Drop-in classes: Free to Pass holder/\$5 per class for non-Pass holder)*

CLASS	BEGINS	DAY(S)	TIME	FEE	LOCATION	INSTRUCTOR
OMni Yoga	Ongoing	M-F	Visit Website	\$40	Deuce #7	Mandy Muir
Shape & Sculpt	Sept.-June	M/W/F	5:30 a.m.	\$35	Rec. Center	Margo Henrie
Zumba Fitness	cancel				Deuce #5	Susana Gonzales
Couples Boot Camp	September	M/W	7 p.m.	\$60 or \$25	Deuce #5	Ginger Slack
Water Aerobics (7am)	September	M/W/F	7 a.m.	\$2/\$5	Rec. Center	Maxine Shaw
Total Body Workout	Year-round	M/W/F	9 a.m.	\$30/40	Deuce #5	Allan Litman
Line Dancing	Monthly	Mondays	5:30 p.m.	\$30	Rec. Center	Ann Marie Isenburg
Drop-in Abs & Bun Burn	Sept.-May	M/W	5:30 p.m.	Free/\$5	Deuce #5	Laura Guimond
Drop-In Water Aerobics	Sept-May	T/TH	6:00 p.m.	Free/\$5	Rec. Center	Laura Guimond
Drop-in Line Dancing	Year-round	TH	1:30 p.m.	Free/\$1	Rec. Center	Ann Marie Isenburg
Jiu Jitsu	Ongoing	TH	6 p.m.	\$30 Month	Rec. Center	Ricardo Cavalcanti
The Pump Class	Sept-May	M/W/F	5 a.m.	\$35 month	Deuce #5	Christy Davis

**SPINNING CLASSES**

Early Spin	Year-round	T/TH	5 a.m.	\$35	Deuce #3	Charlie Proper
Spin Class	Year-round	M/W/F	5:30 a.m.	\$35	Deuce #3	Brett Griffith
Spinning	Year-round	M/W/F	7:45 a.m.	\$60	Deuce #3	Allan Litman
Evening Spin	Year-round	T/W/TH	6:30 p.m.	\$35	Deuce #3	Kelly Beeson
Drop-in Spin	Year-round	Sat.	8 a.m.	\$5	Deuce #3	Christy Davis/Ginger Slack

**SENIOR PROGRAMS (50+)** *(Drop-in classes: Free to Pass holder/\$5 per class for non-Pass holder)*

**Session I: September 13 thru December 17, 2010**

CLASS	BEGINS	DAY(S)	TIME	FEE	LOCATION	INSTRUCTOR
Walk for Health	Sept-Dec	M/W/F	8-9:30 a.m.	Free/ \$5	Rec. Center	Gymnasium
Energize with Exercise	Sept-Dec	T/W/TH	8-8:45 a.m.	Free/ \$5	Rec. Center	Nichole Burnside
Water Aerobics	Sept-Dec	M/W/F	9-9:45 a.m.	Free/ \$5	Rec. Center	Maxine Shaw
Exercise to Music	Sept-Dec	M/W/F	9-9:45 a.m.	Free/ \$5	Rec. Center	Betty King
Stretch Class	Sept-Dec	M-F	10-10:45 a.m.	Free/ \$5	Rec. Center	Betty King
Chair Class	Sept-Dec	M/W/F	11-11:45 a.m.	Free/ \$5	Rec. Center	Betty King
Line Dance I & II	Sept-Dec	M/W	9 & 10 a.m.	Free/ \$5	Rec. Center	Rebecca Hartley
Martial Arts (Balance/Flex)	Sept-Dec	Wednesday	9-9:45 a.m.	Free/\$5	Rec. Center	Master "O"

**AQUATIC PROGRAMS** *(Drop-in Programs: Free to Pass holder/\$5 per class for non-Pass holder)*

CLASS	BEGINS	DAY(S)	TIME	FEE	LOCATION	INSTRUCTOR

**PERSONAL TRAINING**

**CONTACT**

## ADULT SPORTS

LEAGUE	BEGINS	DEADLINE	DAY(S)	LOCATION	CONTACT
Flag Football	TBA				Chad Frei
Co-Ed Softball	August 24	August 14	Tues. Nights	Hunter Park	Chad Frei
Men's Softball	August 25	August 14	Wed. Nights	Hunter Park	Chad Frei
Men's Basketball	November 8	October 24	Monday Nights	Rec. Center	Chad Frei

## YOUTH SPORTS

VOLLEYBALL		BEGINS: September 20-October 28		DURATION: 6 weeks		DEADLINE: September 5	
Age Groups	FEE: members / non-members		TIME	DAY (S)	LOCATION	CONTACT	
9-10	\$35.00	\$45.00	TBA	TBA	Rec. Center	Chad Frei	
11-13	\$45.00	\$55.00	TBA	TBA	Rec. Center	Chad Frei	
BASKETBALL		BEGINS: November 29, 2010		DURATION: 6 weeks		DEADLINE: Nov. 13, 2010	
Age Groups	FEE: members / non-members		TIME	DAY (S)	LOCATION	CONTACT	
7-8	\$15.00	\$20.00	TBA	TBA	Rec. Center	Chad Frei	
9-10	\$20.00	\$25.00	TBA	TBA	Rec. Center	Chad Frei	
11-13	\$25.00	\$30.00	TBA	TBA	Rec. Center	Chad Frei	

### Punt, Pass & Kick

September 16, 2010 at 6:30 p.m. (Location: Hunter Park)

For more information on any of these programs please contact the Mesquite Recreation and Parks Department at 346-8732 or for on-line registration visit our website at: [www.mesquitenv.gov](http://www.mesquitenv.gov). The City of Mesquite is an equal opportunity employer.