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News Release

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For Immediate Release

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Southwest Center Offers Classes for All Ages Tots to Teens, Adults Find Inspiration at Helen Meyer Center

Boredom is not an option in southwest Las Vegas, where everyone from tots to adults can find something to pique their interest at Helen Meyer Community Center, 4525 New Forest Drive. The next six-week session begins Nov. 2. Early registration is encouraged in order to achieve the minimum number of students required to provide the class.

Children ages 3 to 5 can direct their energy into tumbling, running, throwing and jumping in ***Preschool Exercise*** from 9:30 to 10:30 a.m. Tuesdays and Thursdays. Cost per participant \$37. ***Friday Field Day***, from 9:30 to 11 a.m. on Fridays, is a great way to get children outside and burn energy as they traverse obstacle courses, practice long jumps, perform a kick ball strike and more. Cost per participant \$32.

Art can provide a great avenue for learning. Children will be taught letters and numbers through art when enrolled in ***ABCs and 123s*** from 10:30 to 11:30 a.m. Tuesdays and Thursdays, and they can create art from a selection of favorite children's stories in ***Story and Art*** from 9:30 to 10:30 a.m. Tuesdays and Thursdays. Cost per participant, per class is \$37. The center also offers ***Shapes and Colors*** from 11 a.m. to noon on Fridays. Cost per participant \$26.

Children can combine exercise and art in the ***Play n' Art Camps*** from 9:30 to 11:30 a.m. or 10:30 a.m. to 12:30 p.m. Mondays and Wednesdays. Cost per participant \$74.

Active children ages 6 to 12 can pick up the game of ***tennis*** during three classes on Saturdays beginning at 9 and 10 a.m. for beginners and 11:15 a.m. for intermediate students. Cost is \$26. Youth classes also are available for ***Binjinkan Ninjutsu***, which teaches self-defense tactics as well as the ability to avoid dangerous situations, from 8 to 9 a.m. on Saturdays. Adults can join in the action during a class designed for ages 16 and older from 9 to 11 a.m. also on Saturdays. The cost is \$26 for the youth class and \$37 for the adult class.

Music skills can be learned at any age, and Helen Meyer offers piano and guitar lessons designed for students ages 5 and older for piano and ages 6 and older for guitar. Private introductory lessons for all students are held on Mondays, Fridays or Saturdays for piano and Saturdays for guitar. Lesson times are scheduled at the time of registration. Cost per participant for six 30-minute sessions is \$84.

Additional classes and times can be found by calling the Helen Meyer Recreation Center at 455-7723 or visiting the Web site at www.accessclarkcounty.com/parks. Clark County Parks and Recreation events and

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activities also can be found on social networking sites such as Twitter and Facebook by visiting <http://tinyurl.com/l87c4l>.

News release also available on the Internet at www.accessclarkcounty.com

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