

Welcome

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Director's Note

Scott Morgan, Community Services / Parks & Recreation Director

Now More Than Ever - *A bit of fragrance always clings to the hand that gives the rose.*

Chinese Proverb.

Douglas County Parks & Recreation Department, like others across the state and nation, is struggling to balance its budget and continue to provide quality parks and recreation services in Douglas County. One thing that has always been consistent is our community's commitment to its parks system and its recreation programs. We have always had a strong volunteer network, through Young At Heart Senior Citizens Club, volunteer youth sport coaches and organizations and teen volunteers, just to mention a few. As a community we sometimes take for granted the hundreds of hours that our volunteer youth sport associations invest in our community and our youth. In order for us to continue to provide these services we will continue to rely on the charity and kindness of our volunteers. If you haven't volunteered in the past it's easy and very rewarding. In fact, many volunteers find they get as much out of volunteering as they give. There are many opportunities whether it's working with youth or improving a public facility. By volunteering you can meet and make new friends, increase your personal knowledge, provide and receive personal satisfaction, improve your job resume and teach others the life experiences and skills you have acquired. If you are interested in volunteering we have a job that will fit your desires and expertise. Please call us at 782-9828. It would be our privilege to have you on the team.

Mission Statement

To continue to create and preserve quality parks and recreation opportunities, serving people of all ages and interests, that positively affect the community and enrich life.

Park & Recreation Commission Meetings

Meetings are held the first Tuesday of every month.

Locations vary; call the Recreation Department at 782-9828 for meeting location.

Welcome!



July is Parks & Recreation Month

Recreation facilities and parks across the country annually use July to celebrate the kick off of summer programming as well as a time to pull their communities together to volunteer, get involved in great outdoor physical activities and advocate for parks and recreation. As part of this year's celebration, Douglas County Parks & Recreation Department is planning activities to keep the community active and involved this summer including the Wet & Wacky Preschool Camp, Summer Adventure Camp, Family Concert Series, Farmer's Market, and much more! Enjoy your summer by attending one of our exciting programs or relax in one of our many parks.

Staff Members

Parks & Recreation Director

Scott Morgan

Recreation Division

Brian Fitzgerald • Vicki Schussel • Sheryl Christian • Traci Dill
Pedro Kinner • Steve Rosenbloom • Andy Braun • Patti Gurule • Debbie Beam

Parks Division

Craig Burnside • Peter Knight • Gary Lind • Don Swan • Elizabeth Baumgartner
Albert Ancheta • Steve Fehsal • Larry Hughes • Jerry Harrison • James Howard

Special Thanks

The Parks & Recreation Department gratefully acknowledges the continuing support of the following:

County Commissioners

Greg Lynn • Doug Johnson • Michael Olson
Dave Brady • James Baushke • Nancy McDermid

Parks & Recreation Commission

David Craig • Charles Dane • Kelly Gardner
Celeste Perini • Elaine Flynn • Jacquie Manoukian • Thomas Moore

Douglas County School District

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For advertising in this publication please call **The Record-Courier** at (775) 782-5121

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PreKinder

The Discovery Center

Ages3 - 5

Director Cindy Webb: 783-6454

The Discovery Center is a parent participation preschool, which focuses on the developmental needs of all children, and structures its environment with respect to each child's particular learning style. The environment, inside and outside, is rich in the materials young children require in order to grow physically, intellectually and emotionally. Every day your child will have the opportunity to explore and discover all of the education disciplines through play in a structured environment. Parents will be able to assist in their one-day-per-month classroom participation. The staff has been trained to provide children with a positive, non-pressured, non-judgmental school atmosphere and is particularly fluent in Art, Science, Language, Play, Environments, Brain and Child Development. To reserve a space for your child, register at the Recreation Office located at 1327 Waterloo Lane or call for a free brochure and application.

Fees and Tuition starting 9/8/09

\$20 non-refundable Registration Fee.

\$135 Monthly Tuition 2 days

\$185 Monthly Tuition 3 days

\$295 Monthly Tuition 5 days

AM Session 8:30am - 12pm or PM Session 12:30 - 4pm, Monday - Friday.

(Families who need both AM & PM sessions need to bring a lunch with their child) Children must be potty trained. Call 782-9828. The Discovery Center is located in the Recreation Annex at 1327 Waterloo Lane in Gardnerville, across from Lampe Park.

Wet & Wacky Preschool Camp

Ages3 - 6 years*

Instructor Discovery Center Staff

The work of water is BUBBLES!

Day is the job of the sun.

*Green is the business of GARDENS,
and the duty of children is FUN!*

Come join Discovery Center to have water play with ice, sand, water, mud pies, bubbles, paints, science projects and more! Each day bring your lunch, a water bottle and towel and wear clothes and shoes that can get wet as well as a change of clothes.

Time: 9am - 2pm

Location: DC

(T/W/Th) 7/7 - 7/30 \$50/per weekly session

***Must be potty trained**

1002.201-204

Kindergarten & Preschool Open House

at The Discovery Center

Saturday, August 1st, 2009 10am - 2pm

Come see what's new and different with our preschool & kindergarten programs starting in the Fall. The early years are when children learn best from concrete, firsthand experiences. These firsthand experiences will help children with their ability to express their ideas through drawing, painting, and verbal and written descriptions. Come visit us and tour the school. Information on Nevada's Pre-Kindergarten Standards will be available as well as our curriculum outline. 1st day of school is after Labor Day starting September 8, 2009.

Kinder Fun Club at The Discovery Center

Grade..... Kindergarten

Instructor Discovery Center Staff

This after school program for kindergarteners at the Discovery Center offers a progressive curriculum including:

ART

A variety of mediums, including paints, clays, collages, crafts.

MUSIC

Rhythms, melodies, song & recycled music.

LANGUAGE

With cognitive concepts.

HOMEWORK HELP

If your child doesn't have any homework, we'll create hands on activities with math, language and science.

Popcorn and juice snack included.

Transportation provided from school at MES, GES, SES,

Time: 11:30am - 4pm

Location: DC

Tuition: 2 sessions per week \$135/month

3 sessions per week \$185/month

5 sessions per week \$295/month

A \$20 non-refundable registration fee is required at time of registration.

Story Time

Ages3 - 8

(Tu) 10:30 - 11:30am

DCL

Library Hours

Monday, Tuesday, Wednesday

10:00am to 7:00pm

Thursday & Friday

10:00am to 6:00pm

Saturdays

10:00am to 5:00pm

Closed on Sundays and Holidays

For more information call the Library at (775)782-9841



Youth

Valley

3

Sagebrush Kids Sewing Camps

Ages8 - 16
Instructor Paulette Gochie
In these sewing camps students will learn basic sewing techniques. Sewing machines and all supplies will be provided.

Beginning Sewing Camp

Learn about the sewing machine, parts and how they operate, practice straight lines, corners, and curves. Make a tote bag, quilt, teddy bear and design its outfit.

Time: 1 - 5pm **Location:** RA
(M - F) 8/3 - 8/7 \$150 1161.201

Advanced Sewing

Red, White and Blue Camp

Beginning sewing is required for this camp. We will sew a vest, hat, barrel bag, flag pillow and a halter top.

Time: 1 - 5pm **Location:** RA
(M - F) 8/10 - 8/14 \$150 1161.202



Kids Club

Kids Club is a before and after school recreational enrichment program that is held at all elementary schools. Recreational activities include arts & crafts, games, homework assistance and special events all based on a weekly theme. Daily snacks are provided.

What do my parents need to know about Kids Club? Kids Club operates Monday through Friday, 7 until 8:45am and 3 - 6pm at every elementary school while school is in session, holidays excluded. The fee is paid by the month for the morning program, the after school program or both. The fee is based on \$2.50 per day for the morning program and \$5.00 per day for the afternoon program. Enrollment is based on a first come, first served basis and we will be unable to accept any new enrollments at sites that are currently full. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. For more information call 782-9828.

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Ballet



For the serious minded about the performing art of

“Classical Ballet”

Great attention paid to Technique!

Ages 8 & up
 Instructor Joan Hansen
 Member, Royal Academy of Dance, London
 Are you serious about wanting to learn “Classical Ballet”? You will learn pointe work for ages 12 & over, or preparation for it for ages 8 to 11. You will learn proper classical techniques in a disciplined structured environment that requires a commitment to the program. Students need tights, leotard and ballet slippers. This is a year round course. To register call 782-9828.

3 days per week.

Time: (Sa) 2 - 3pm

(Sa) 3 - 4pm

(W) 6:30 - 7:30pm Location: WG

(Sa/Sa/W) 5/2 - 5/30* \$69 1148.233

(Sa/Sa/W) 6/3 - 6/27 \$69 1148.234

(Sa/Sa/W) 7/1 - 7/29* \$69 1148.235

(Sa/Sa/W) 8/1 - 8/29* \$69 1148.236

*No class 5/16, 7/15, 8/15

**A \$15 monthly facility rental fee per family is due at time of registration

Ballet

Ages 3 - up

Instructor Joan Hansen
 Member, Royal Academy of Dancing, London

The Royal Academy method of ballet teaches more than dancing. It enhances the pupils' general education by developing concentration, imagination, coordination, quick thinking, self-discipline and self-confidence. At the same time, the pupil learns the correct anatomical stance of the body which results in proper posture, graceful carriage and poise. Children respond remarkably to a well structured learning program and feel a real sense of accomplishment as they master each step along the way. Students need tights, leotard and ballet slippers. This is a year-round course. To register call 782-9828.

Ages: 3 - 7

Time: 1 - 2pm

(Sa) 5/2 - 5/30* \$48

(Sa) 6/6 - 6/27 \$48

(Sa) 7/4 - 7/25 \$48

(Sa) 8/1 - 8/29* \$48

*No class 5/16, 8/15

Ages 8 & Up

Time: 2 - 3pm

(Sa) 5/2 - 5/30* \$48

(Sa) 6/6 - 6/27 \$48

(Sa) 7/4 - 7/25 \$48

(Sa) 8/1 - 8/29* \$48

*No class 5/16, 8/15

Ages 8 & up (2/wk)

Time: (Sa) 2 - 3pm

(W) 6:30 - 7:30pm

(Sa/W) 5/2 - 5/30* \$59

(Sa/W) 6/6 - 6/27 \$59

(Sa/W) 7/4 - 7/25 \$59

(Sa/W) 8/1 - 8/29* \$59

*No class 5/16, 7/15, 8/15

**A \$15 monthly facility rental fee per family is due at time of registration

Exercise/Ballet Oriented For Adults and Teens

Ages 15 - up

Instructor Joan Hansen
 Member, Royal Academy of Dance London

Do you want to improve your body and physical well being? Then this class will help you. It follows the general principals of ballet, such as proper posture, graceful stance and poise, while gently building muscle tone and strengthening joints. You will also gain knowledge of ballet terms and techniques which are translated to less vigorous exercise, while retaining all the benefits. Students need to wear tights, leotard or similar nonrestrictive clothing and ballet slippers. This is a year round course. To register, call 782-9828.

Ages 15 & up

Time: 2 - 3pm

(Sa) 5/2 - 5/30* \$48

(Sa) 6/6 - 6/27 \$48

(Sa) 7/4 - 7/25 \$48

(Sa) 8/1 - 8/29* \$48

*No class 5/16, 8/15

Ages 15 & up (2/wk)

Time: (Sa) 2 - 3pm

(W) 6:30 - 7:30pm

(Sa/W) 5/2 - 5/30* \$59

(Sa/W) 6/6 - 6/27 \$59

(Sa/W) 7/4 - 7/29* \$59

(Sa/W) 8/1 - 8/29* \$59

*No class 5/16, 7/15, 8/15

**A \$15 monthly facility rental fee per family is due at time of registration

Sign Up Early

If you are interested in a class or program, register today! If a minimum enrollment is not met before its start date, a class or program may be canceled.



Teen/Adult

Teen Dance

Grades 6 - 8
Dances will include D.J. music, food and fun! Dances will be held at the Douglas County Fairgrounds. Students must arrange their own transportation ahead of time and need to be picked up promptly at 9:30pm. 7th & 8th Grade students must show their Student I.D. Card. All school rules will be applied including dress code.

Time: 7 - 9:30pm **Location:** DCFG
(F) 5/22 \$10* 1605.201
*includes a slice of pizza and a drink

Summer Teen Dance

Grades 6 - 8
Dances will include D.J. music, food and fun! Dances will be held at the Douglas County Fairgrounds. Students must arrange their own transportation ahead of time and need to be picked up promptly at 9:30pm. All school rules will be applied including dress code.

Time: 7 - 9:30pm **Location:** DCFG
(F) 7/24 \$10* 1605.202
*includes a slice of pizza and a drink

Ballroom Dancing 1

Ages Adults
Instructors Ron & Julie McCain
Have fun on Thursday nights. This is a chance to learn and practice the fundamentals of the Fox Trot, Swing, Waltz, and many Latin dances. This class is designed to provide dancers with confidence and knowledge for the dance floor. Following the session there will be a party to practice, socialize, and dance.

Time: 7 - 8pm **Location:** DWS
(Th) 7/9 - 7/23 \$70/couple 1735.201
(Th) 8/13 - 8/27 \$70/couple 1735.202

Dog Obedience

Ages 8 - up
Instructor Guy Yeaman
Have you and your canine companion been getting along lately? If you need help in establishing good conduct and curbing bad habits, this course is for you. Guy uses a light handed approach to help you teach your dog to obey the commands: heel, sit, stand, stay and recall. Each dog needs a choke chain, a fabric or leather lead. Dogs must be at least 4 months old.* Bring a copy of shot records the first day of class.

Time: 7 - 8pm **Locations:** CVMS
(W) 5/27- 7/15* \$80 1422.201
(W) 7/22 - 8/26 \$80 1422.203
*No class 6/24, 7/1

Beginning Sewing

Ages 16 - adults
Instructor Paulette Gochie
Students will learn basic sewing techniques. Learn about the sewing machine, parts and how they operate, practice straight lines, corners, and curves. Sewing machine and all supplies will be provided. Bring 1 yard of fabric.

Time: 6 - 8:30pm **Location:** RA
(T) 8/18 \$20 1161.203
(T) 8/25 \$20 1161.204

Sewing Alterations

Ages 16 - adults
Instructor Paulette Gochie
In this class students will learn basic sewing alterations including hemming, zippers, marking a garment to let out or take in, shoulders and many other tricks. Sewing machine and tools will be provided.

Time: 6 - 8:30pm **Location:** RA
(W) 8/19 \$20 1161.205
(W) 8/26 \$20 1161.206



Parenting From Your Heart

Ages 16 & up
Instructor Janien Patrick-Sullivan
Join this introduction to nonviolent communication to explore how to understand the needs behind you children's behavior. Learn to parent effectively without relying on threat of punishments or promise of rewards. Transform power struggles into opportunities for building connection and trust. Discover a quality of connection that will sustain your family through life's challenges.

Time: 8am - 12pm **Location:** RA
(Sa) 7/18 & 7/25 \$20 1716.201

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Adult

Practical Pistol Course

Ages 21 - up
Instructor Daniel Linn
 This one day course covers immediate action response drills, using active and moving targets. The class is centered on weapon presentation, reloading and jam-clearing techniques, concentrating on speed and accuracy. This class will improve your shooting ability! You will need one handgun, (semi-auto or revolver), a minimum of 300 rounds of Factory ammo, (no reloads) a safe belt holster, hearing and eye protection and a baseball style cap. Bring a lunch and you may want to bring a back up handgun and extra ammo to repeat some of the drills.

Time: 8am - 5pm **Location: DCSR**
(Sa) 5/30 **\$125**** **1745.204**
 **An additional \$10 insurance fee is payable to the instructor. Spouses are ½ price plus \$10 insurance fee payable to the instructor.

Concealed Weapon Certification

Ages 21 - up
Instructor Daniel Linn
 This course, which meets and exceeds the Nevada State CCW requirements, can be taken by CCW applicants or anyone wanting to learn to shoot handguns. Covered in the course will be; Firearms safety, handgun, ammo and holster selection, nomenclature and operation, stances, Nevada State Laws on firearms and the use of deadly force, how to shoot a handgun, and how to maintain and clean a handgun. The course will conclude with live-fire drills at the range, and certificates will be given to successful participants. Students will need: One to three handguns, 150 rounds of FACTORY ammo for the first handgun and 50 rounds for each additional handgun, hearing and eye protection and a baseball style hat for the range. Students will need to bring their own UNLOADED handguns to class.

Time: (W/F) 6 - 9:30pm **Location: RA**
(Sa) 8am - 12pm
(W/F) 5/13 & 5/15
(Sa) 5/16 **\$90**** **1745.201**
(W/F) 6/17 & 6/19
(Sa) 6/20 **\$90**** **1745.202**
(W/F) 7/15 & 7/17
(Sa) 7/18 **\$90**** **1745.203**
 **An additional \$10 insurance fee is payable to the instructor. Spouses are ½ price plus \$10 insurance payable to the instructor.

INSTRUCTORS WANTED!

Call us at 782-9828 if you have a specialty you want to share. We would like to work with you to develop new programs that will work into your schedule.

Beginning Painting

Ages Adults
Instructor Mark Tompkins
 Student may choose between 3 different mediums to work in, oil, watercolor, or acrylics. The instructor will individual assist each student with how to paint their own picture. Students will need to supply their own painting supplies and picture to paint.

Time: 9 - 12pm **Location: RA**
(W) 6/3 - 6/24 **\$100** **1759.201**
(W) 7/8 - 7/29 **\$100** **1759.202**
(W) 8/5 - 8/26 **\$100** **1759.203**



Home Decorating

Instructor Renae Rodriguez
 Learn the basics of home decoration in this fun & informative class. You will learn how to make informed color choices for your home and discover how proper lighting can enhance the interior of your home. You will also learn the fundamentals of furniture placement and how to create focal points within your home.

Time: 9 - 11am **Location: RA**
(Sa) 5/23 **\$75** **1742.202**

Scrap Booking All Day Crop

Instructor Jackie Gorton
 Bring plenty of photos for this un-interrupted day of scrap booking. Enjoy your own 6 foot table while you get "caught up" with all those photos. Instructor's tools (die cut machines, punches, etc.) are available for use. Snacks and water are provided.

Time: 10am - 5pm **Location: GES**
(Su) 5/17 **\$10** **1720.201**
(Sa) 6/13 **\$10** **1720.202**
(Sa) 8/15 **\$10** **1720.203**

De-clutter & Organize Your Closet

Instructor Renae Rodriguez
 Learn how to prioritize and de-clutter to create a functional, well-ordered closet. Learn how to develop an organizing system and organizing strategies you can apply to every room in your home.

Time: 10 - 11am **Location: RA**
(Sa) 5/16 **\$45** **1742.201**

Yoga

Instructor Bea McDonald
 The ancient life science of Hatha Yoga (physical Yoga) is the path to long life and happiness. It is ageless in concept. Yoga focuses on the whole person - body, mind and spirit. We work on concentration, control, stretching, breathing, perfecting the body, the mind and the spirit. We don't promise miracles with yoga, we accomplish them. Wear clothing that allows the body to move freely. Bring an exercise mat. Eat lightly at least 90 minutes before class. Come with an open mind and a positive attitude. See yah!

Time: 9:30 - 11am **Location: RA**
7 - 8:30pm
(M/Th) 5/4 - 5/28 **\$40** **1709.201/205**
(M/Th) 6/1 - 6/29 **\$40** **1709.202/206**
(M/Th) 7/2 - 7/30 **\$40** **1709.203/207**
(M/Th) 8/3 - 8/31 **\$40** **1709.204/208**

Beginner's Tai-Chi

Ages Adults
Instructor Earl Mussett
 Tai-Chi is a soft martial art, or exercise form, which originated in China thousands of years ago. In this class, we will warm up; do the five animal play series, then form (longevity) series, "Ba Duan Jin", Nine Temple exercises, eighteen movement, Tai Chi/Qi Gong and others. Each class session will conclude with one or two repetitions of the 24 movement Yang Short Form. Wear comfortable, loose fitting clothes and tennis shoes.

Time: 8 - 10am **Location: LP**
(Sa) 5/2 - 5/30* **\$5** **1710.201**
(Sa) 6/6 - 6/27** **\$5** **1710.202**
(Sa) 7/4 - 8/1* **\$5** **1710.203**
(Sa) 8/8 - 8/29 **\$5** **1710.204**
 *No class 5/9, 7/11
 **6/13 class to be held at James Lee Park



Active Adult

Douglas County Senior Services

2300 Meadow Lane, Gardnerville, 783-6455

The Douglas County Senior Services provides many activities, services and programs. The Center provides the senior community an opportunity to socialize, enjoy a nutritious meal and get involved in a number of different activities, special events and excursions.

Homemaker Assistance

If you are 60 years and older, do not have an able bodied adult living with you, and are unable to do daily household chores due to physical and/or mental illnesses, you can receive homemaker service. The service provides weekly or bi-weekly visits for basic cleaning, laundry, grocery shopping and limited personal care assistance. The suggested donation for service is \$2 an hour.

Senior Resistance Exercise

Join us each Monday, Wednesday and Friday from 10:30 - 11:15am for our Senior Resistance Exercise Class. Many of the infirmities contributed to aging are prevented or reduced by staying active. Resistance exercise is used to maintain and build strength, muscle mass, muscle tone and muscular endurance. The goal of Senior Resistance training is to increase your ability to produce and sustain muscular power.

Senior Center Volunteers

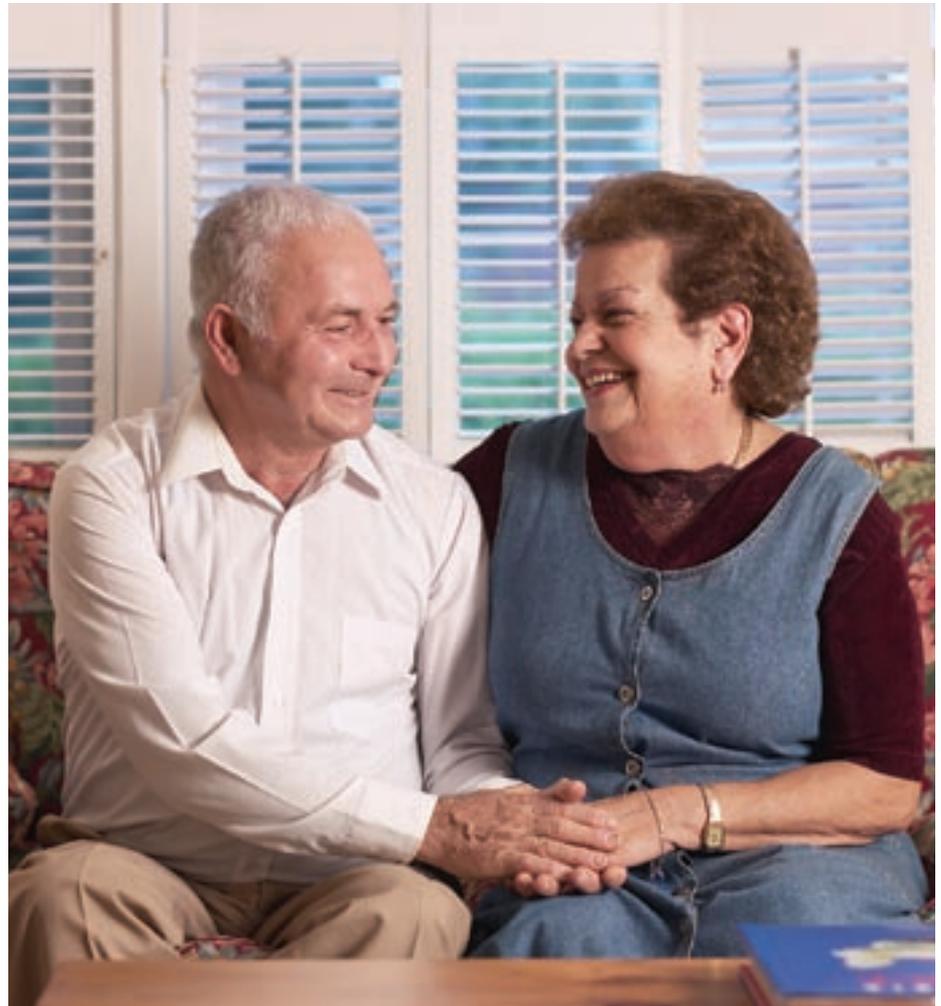
Senior Center dining operations could not be made possible without the assistance of DC Senior Center Volunteers. If you have an interest in becoming a volunteer for the senior community please call 783-6455.

Congregate Dining

The Douglas County Senior Center serves lunch Monday - Friday at 12pm at the Senior Center. Reservations are not required. The suggested donation for lunch is \$2 each day for Seniors 60 years and older and for those under 60 years, it is \$3.50.

Topaz Congregate Dining

Congregate Dining is provided each Monday, Tuesday and Thursday at 12:00 noon at the Topaz Ranch Estates Community Center located at 3939 Carter Way. The suggested donation for lunch is \$2 each day for Seniors 60 years and older and for those under 60 years, it is \$3.50.



Meals on Wheels

All Seniors 60 years and older who are physically, mentally incapacitated and/or unable to leave the house can receive weekly Meals on Wheels deliveries. Also, 14 frozen meals can be delivered bi-monthly to outlying areas that include Topaz Ranch Estates, Indian Hills, Johnson Lane and Stateline. The suggested donation is \$2 per meal.

Douglas County Dial-A-Ride Service

Dial-A-Ride offers a curb-to curb shared ride service to eligible passengers that operates Monday through Friday between the hours of 8am to 5pm in most areas of Douglas County. Dial-A-Ride offers two types of service: ADA (must be certified by a physician and scheduled at least 2 weeks in advance with service available on a prescheduled basis. Rides with less than 2 weeks

notice will be scheduled based on availability, including same day requests. This service is only open to residents of Douglas County. For more information call Dart at 783-6456.

Carson Valley Community Bingo

Come join us for a fun and exciting afternoon of community bingo on the third Sunday of each month at the Douglas County Senior Center. Doors open at noon with early bird games starting at 1pm and regular games beginning about 1:30pm. All proceeds go to benefit the Young at Heart Citizens Club, which supports activities and programs for the senior community. Even though games are played at the Senior Center, Bingo is open to everyone over 21 years of age. For more information contact the Senior Center at 783-6455.

Active Adult

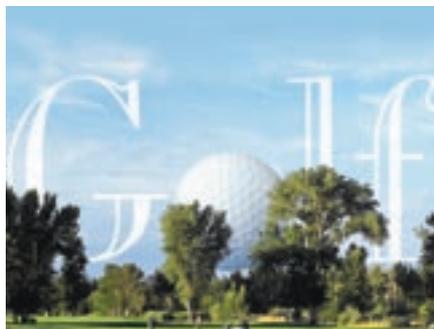
AARP Driver Safety Course

Instructor Dennis Hogan
This class is a refresher course with emphasis upon how age-related changes affect driving. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the class may be eligible for a discount on their auto insurance. Pre-registration is required by calling the Douglas County Senior Center, 783-6455. There is a \$14 fee for the class payable upon arriving at the class. AARP members, who bring their membership cards with them the day of the class, are eligible for a \$2 discount.

Time: 8:30am - 5:00pm **Location:** SC
(Sa) 6/13 \$14
(Sa) 9/12 \$14

Information about all classes listed in this guide can be found on the web at

www.douglascountynv.gov



*The family that plays together...
has more fun!*

\$10 Family Golf

After 5pm, 7 days, Price per person
Must include 1 Junior 5-17yrs
and 1 Adult over 21yrs
All players must have
clubs & play golf
Offer ends 10/5/2009



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Become a V.I.P!

Volunteer in Parks & Recreation

As a volunteer you can help fill a need, share a skill, and provide dedication, community involvement, and a fresh outlook on current programs. Call today to become a volunteer, 782-9828 or 586-7271.

Silver Yoga

Yoga for Seniors and those with Disabilities
Why Yoga? Because Yoga will improve mobility & muscular strength, advance flexibility and circulation, develop mental focus and sense of well being as well as deepening breathing. This ancient form of exercise benefits all ages and levels of fitness. This class meets "under the trees" next to the Senior Center parking lot on Tuesdays and Thursdays at 10am. This class is offered at a suggested donation of \$2 per class. For more information, please call instructor Chris, at 775-790-6373.

Summertime Barbecues

During the summer months the Douglas County Senior Center puts on three Bar-B-Q's at Lampe Park Pavilion. It is a fun-filled day of entertainment, food and games. All barbecues start at 11am and end at 2pm. It is a suggested donation of \$2 for those 60 years and older for lunch. For those that are 59 years and younger there is a \$3.50 charge for lunch.

(Tu) 6/16 Western Theme
(Th) 7/16 Red White and Blue
(Th) 8/20 Luau



- Weddings
- Special Events
- Corporate BBQs
- Family Reunions
- Group Tours
- Indoor Arena
- Surrey Tours

Harvest Festival Extraordinary All Weekends in October 2009

- Pig Races
- Pumpkin Patch
- Corn Maze
- Night Crawler Maze Event
- School Days/Educational Tours
- Private Groups
- Gourds, Squash
- Pony Rides
- Produce and much more!



**Order Your
Engraved
Pumpkins by
July 30th**

**Your Hosts:
Jon & Paula
Corley**

859 Hwy 395 S.
Gardnerville
775-265-3045
www.corleyranch.com

Active Adult

“Life Options Activities”

Creativity through Knitting & Crocheting

Come join instructor Linda Sawtelle each Monday at 9:00 am for “Creativity through Knitting and Crocheting.” Each month Linda will provide a different theme related project. Linda brings 48 years of knitting experience to the classroom and has been crocheting for the last 20 years. The class will be conducted from 9am - 12pm at the Douglas County Senior Center. (On the 2nd Monday of the month, the class meets at the Aspen Mobile Home Park Clubhouse.) There is “no fee” for the class, but classroom space is limited, so please call and confirm your interest. To reserve your spot, or for any additional information regarding the class, contact the Senior Center at 783-6455.

Ceramics

The Senior Center has a Ceramics room that is open to all seniors Tuesdays and Fridays from 9am to 3pm. Stop by and see Esther and Rita or call the center for more information.

Watercolor Classes

These classes are offered at the Senior Center on the 2nd and 4th Thursday of the month from 9am to noon. Cost is \$20 per class per person which includes all materials and a completed picture to take home. For more information call instructor Lada Trimble at 882-6061.



Investment Discussion Group

Meets every 1st Monday at 10am in the Ceramics Room. It’s an opportunity to discuss what’s going on in the markets and what’s good to invest in.

Green Thumb Garden Club

Meets every 4th Monday of the month at the Methodist Church. They discuss different topics each month regarding taking care of your gardens and yards, plus have guest speakers and scheduled bus trips.

A Day at the Movies

If you are homebound or just need a lift, you can once again enjoy the legends of the silver screen. Escape from the daily routine of life and allow the Douglas County Senior Center to escort you to a day out at the movies. Check at the Senior Center each for the movie title and date of the month. This trip is free and includes transportation to and from your home or the Senior Center, a movie, and a bag lunch. To make a reservation, please call us at the Senior Center at 783-6455.



World Gym

Ages 55 and over
Stay healthy and active with World Gym as part of the Senior Services “Life Options” program. If you are 55 and older, you can enjoy the benefits of feeling great and maintaining your health from our various fitness programs for just \$19 a month. We offer low impact aerobics, pilates, yoga, treadmills, elliptical machines, bikes, free weights, and selectorized machines. Relax in our dry sauna or finish your workout with a healthy drink. All new members will receive a consultation from a Personal Trainer to get you started on your way to a healthy lifestyle. Monthly dues are \$19, and for seniors there is \$0 Enrollment Fee and a one time \$29 Processing Fee. A six month contract is required. For more information contact World Gym at 782-2705 and ask for Kenny.
Time: Monday - Friday 4:30am - 10pm
Saturday & Sunday 7am - 7pm
885 Mahogany Drive, Minden, NV

Johnson Lane Fitness

Ages 60 and over
Instructor Jill Fujii
Johnson Lane Fitness, as part of the Senior Services “Life Options” program, will be offering membership to their Health and Fitness center at a total cost of \$17 a month for people over 60 years of age. There is an additional annual fee of just \$17. Johnson Lane Fitness is family owned and operated, and provides a clean, friendly, non-intimidating workout environment. The facility provides treadmills, ellipticals, circuit training, and free weights all under the guidance of experienced professional trainers. Check out the gym on their “Senior Sunday” when you can go in for free if you are age 60 or older. For more information call Jill Fujii at 267-0389 and mention the Senior Center.
Time: Monday - Friday 5am - 8pm
Saturday - Sunday 8am - 4pm
2528 Business Parkway, #A Minden

Gold’s Gym

Ages 60 and over
Gold’s Gym, as part of the Senior Services “Life Options” program, will be offering membership to their Health and Fitness Center at a total cost of \$20 a month for people 60 years and older. With no enrollment fee required! The facility provides treadmills and elliptical, circuit training and free weights. Personal Trainers are available as well as helpful friendly staff. For enrollment information please contact the Senior Center at 783-6455.
Time: Monday - Thursday 4:30am - 10pm
Friday 4:30am - 9pm
Saturday & Sunday 4:30am - 8pm
3790 Hwy 395, Ste 402, Carson City

REGISTER TODAY!

If a minimum enrollment is not met before its start date, a class or program may be canceled.



Special Events

20TH ANNUAL KIDS FISHING DERBY

Registration: April 1 - May 22 tickets are available at the Recreation Division.

May 25 - 30 tickets are available at the Chamber of Commerce.



Ages3 - 12
Kick off the fishing season, June 6 and June 7 at Lampe Park. Bring your pole and camera and experience the greatest fishing of the year. Family activities and concessions will also be present. You must pre-register for this event at the Recreation Office. Pre-register early to receive your free Fishing Derby entry ticket. Spaces are limited. Derby hats, pins, and t-shirts will be available for purchase. Prizes will be awarded after each time slot. All proceeds go directly back into the derby.



Mother's Day

Mother / Son Dance

Sponsored by Carson Valley FFA

Ages All
Little gentlemen this is your opportunity to show mom how much you appreciate her by taking her out for an evening of dancing and entertainment. This will be a semi-formal occasion. Corsages for mom and refreshments will be provided. Photos will be available to purchase.

Time: 6:30 - 9pm **Location:** DCFG
(Sa) 5/9 \$15/Couple* 1155.101
*\$7 per additional son



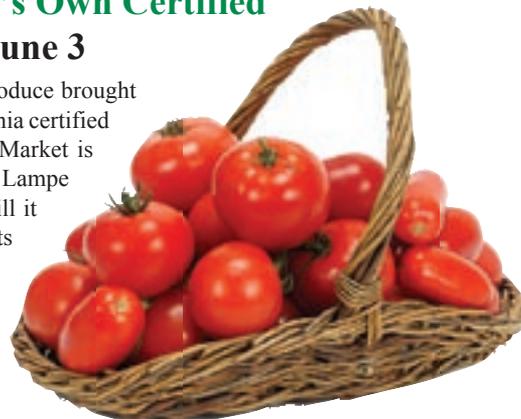
Big Mama's Show & Shine Classic Car Show

The Douglas County Senior Center will be conducting its 9th Annual BIG Mama's Show & Shine Car Show on Saturday, May 9th at Lampe Park Pavilion, 1325 Waterloo Lane, Gardnerville. The event is from 10am - 3pm. It will be a day of great looking classic vehicles, craft and business vendors, food and fun. There will be raffle prizes awarded throughout the day. Early car show registration is \$45 (post marked by May 4th, 2009) and late registration is \$50 (post marked after May 4th, 2009). Booth rental (10' X 10' space) for craft/vendor event is \$30. Pick up a registration form for the show & shine or the vendor/craft fair at the Douglas County Senior Center, 2300 Meadow Lane, Gardnerville or call 783-6455 to have one mailed or faxed to you. Sponsors and raffle prizes needed - please call for more information.

Farmers Market - Nevada's Own Certified Opening Day June 3

Find an abundance of fresh farm grown produce brought to you direct from local Nevada and California certified farms. Your weekly community Farmer's Market is open summer mornings from 8am - 1pm at Lampe Park in Gardnerville. Bring a basket and fill it with fruits, baked goodies, vegetables, plants and more. For directions, participation or information call the Recreation Division at 782-9828.

Time: 8am - 1pm **Location:** LP
Wednesdays Free



Community Services



Tours of Dangberg Home Ranch Historic Park

The Dangberg Home Ranch Historic Park is located just west of Minden on Highway 88. Consisting of an historic house and several other buildings built between 1857 and 1920, it was the home of Carson Valley pioneer H. F. Dangberg, Sr., and his descendants. The site was the central property of the Dangberg Land & Live Stock Co., at one time Carson Valley's largest ranch.

More than five acres of the ranch are now owned by Douglas County and managed by Nevada State Parks, which conducts public tours. Advance reservations are required and can be made by calling the park at (775) 783-9417 or e-mailing dangberg ranch@parks.nv.gov. Tour admission is \$3.00 for adults and free for children 12 and under.

Family Support Council

1255 Waterloo Lane, Gardnerville
782-8692

Office hours - 9am to 5pm

Parenting Wisely

Using a mixture of video vignettes, one-on-one conversation, text, and review quizzes, the material is presented in a more easily retained manner than typical parenting programs and provides participants with the opportunity to "practice" their skills in a safe environment before bringing them into their homes. (Call to make an individual appointment)

1,2,3,4, Parents!

1, 2, 3, 4 parents! Is a parenting education class specifically targeted to parents of children under the age of 5. Babysitting is available. Classes will be held on Wednesdays from 6 to 7:30pm on June 3, 10, 17 and on August 5, 12, 19. (Call for individual sessions)

Children in the Middle

Adult Version

"Children in the Middle", a co-parenting class to help strengthen families by providing adults the skills to maintain a more effective relationship that will provide a nurturing, non-threatening environment for their children. No Childcare Provided. Classes held at Trinity Lutheran Church.

Class Schedule

Thursdays: 6 - 8pm Saturdays: 9am - 3pm

May 7, 14, 21, 23

June 4, 11, 18, 20

July 2, 9, 16, 25

August 6, 13, 20, 29

G.A.P.

Grandparents (and other relatives) as Parents – called G.A.P. support group offers kinship caregivers a means to connect with others in similar circumstances. Strengthen their support networks, decrease social isolation, learn or renew learning about positive parenting techniques, and share resources. This program is free and babysitting is available.

Fridays from 10 to 11:30am

Date: 5/29, 6/26, 6/31, 8/28

Women's Support Group

The Women's Support Group is offered to help empower women to become more independent and self confident as they continue on their healing journey. This program is free and babysitting is available. Every Wednesday evening 6 - 7:30pm.

Hidden Victims

"Hidden Victims" is offered to show specifically how witnessing domestic violence affect children, how abuse and neglect change brain development, and how to help children overcome this trauma. (Call to make an individual appointment)

FACILITY RENTALS

Family Picnics * Reunions Receptions * Birthday Parties

Douglas County Parks & Recreation Department has many rental facilities that can accommodate your needs for any special occasion. Staff are available to help you identify which facility may best meet your needs.

**For more information and rates
to rent a facility please call**

782-9835 or go to

www.douglascountynv.gov



Youth/Teen Sports

Valley

13

Youth Soccer Camp

Age 4 - 18
Instructor Steve Maltase
 Steve Maltase is the JV & Varsity Soccer Coach at Whittell High School. Camps are designed to provide the camper with in-depth instruction and introduction of skills and games through the help of quality college and high school soccer players. Campers will learn team concepts and strategies as well as improve upon individual skills, through drills and scrimmages. Younger campers will be separated from the older campers. Pre-registration is required. Campers will receive a camp T-shirt. Bring a water bottle and sack lunch each day and wear shin guards and sunscreen.

Time: Ages 4 - 6 9am - 12pm
Ages 7 - 18 9am - 2pm

(M-Th) 6/22 - 6/25 **Location: SP**
Ages 4 - 6 \$95 5016.201
Ages 7 - 18 \$125 5016.202

Challenger British Soccer Camp

Ages 5 - 16
 Camps are designed to provide the camper with in-depth instruction and introduction of core values, skills, and tactics. Emphasis is placed on the development of the most important and commonly used skills at each age group and by breaking down the skills into technical components and then allowing the camper to practice and hone these techniques in an age appropriate, fun, educational and challenging format. Bring a water bottle, sack lunch, and wear shin guards and sunscreen. Price includes a soccer ball and t-shirt.

Half Day Camp (Ages 5 - 16)

Time: 9 - 12pm **Location: LP**
1 - 4pm
(M - F) 7/20 - 7/24 \$150 5019.201-202

Full Day Camp (Ages 8 - 16)

Time: 9 - 4pm **Location: LP**
(M - F) 7/20 - 7/24 \$220 5019.204
 \$10 late fee if payment is received after 7/10

Sign up on-line by June 5 for a FREE Soccer Jersey! www.challengersports.com

HOST A COACH

Make this experience even more special for your children by hosting one of our professional British coaches during your week of camp. Contact Andy Braun at 782-9828 for more information.

Thank you to the following businesses for sponsoring
 DCPRD Youth Sports Leagues 2009
NFL Flag Football * JR NBA/ JR WNBA Basketball * Volleyball
Jethro's Oven & Grill • Nevada Motel Partners • Accolade Trophies
Tahoe Fracture and Orthopedic • Carson Valley Accounting
Sierra Nevada 20/30 Club #730

If your business or organization is interested in becoming a sponsor please call the Recreation Department at 782-9828

Youth NFL Flag Football

Ages 5 - 14
 Flag football teaches boys and girls the fundamentals of football, good sportsmanship, and teamwork all in a fun, non-competitive way. Boys and girls play on the same teams. Players receive a reversible NFL Flag jersey, mouthpiece, and an individual trophy. All games will be played on Saturday's. Participants will be divided into four age groups, 5 - 6, 7 - 8, 9 - 11 and 12 - 14. Players must be 5 by September 1st, 2009 and cannot be 15 before September 1st, 2009. Teams will be formed through a draft system. Volunteer coaches are also needed. A background check is required for all volunteer coaches. Sign up fast, as space is limited.

Time: 9am - 4pm **Location: SP**
Registration: 5/26 - 8/28
Season: (Sa) 9/19 - 11/7
Cost: \$70 (Includes jersey, Awards,
Mouthpiece & Officials)

	Leagues	
5 - 6	coed	5041.201
7 - 8	coed	5041.202
9 - 11	coed	5041.203
12 - 14	coed	5041.204

*A parent permission slip & NFL registration slip must be completed at time of registration.

Youth Flag Football Coaches Clinic

There will be a required coach's clinic for all Youth Flag Football Coaches on Sunday September 6th from 9am to 12pm. Location TBA.



Youth NFL Flag Football Draft

Due to the increasing size of the Youth NFL Flag Football program, DCPR has adopted a draft system for player placement on teams. Coaches will be required to attend a paper draft to select teams on Saturday, September 5 at the Recreation Annex Building. PARENTS WILL NOT BE ABLE TO REQUEST A CERTAIN COACH OR THAT THEIR CHILD IS PLACED WITH ANOTHER CHILD, NO EXCEPTIONS. Only coaches are allowed to be present for the draft, no parents or participants are needed.

Date: (Sa) 9/5 **Location: RA**

Draft Times

5 - 6 years old coed	8 - 10am
7 - 8 years old coed	10am - 12pm
9 - 11 years old coed	12 - 2pm
12 - 14 years old coed	2 - 4pm

Youth Tennis Clinic

Grades 2 - 6
Instructor Michael Sorich
 This beginning tennis clinic will provide a great opportunity for kids to learn the basics of tennis including serve, footwork, volley and ground strokes. This clinic will also include many fun games to help learn to play tennis. Participants need to bring their own racquet.

Time: 10am - 12pm **Location: LP**
(M - F) 7/13 - 7/17 \$50 1151.201

Teen Tennis Clinic

Grades 7 - 12
Instructor Michael Sorich
 This beginner to advanced teen tennis clinic will provide a good opportunity for kids going into 7th - 9th grades to learn new tennis skills as well as brush up on their skills. This clinic will focus on the basics of tennis including serving, volley, ground strokes, as well as team play. Participants need to bring their own racquet.

Time: 2 - 4pm **Location: LP**
(M - F) 7/13 - 7/17 \$50 1151.202

Teen/Adult Sports

WANTED Volunteer Coaches & Team Sponsors

Our youth Sport leagues are in search of volunteer coaches. Without volunteer coaches these programs are not possible. If you are unable to coach but would like to help out with these programs, the Recreation Division is looking for team sponsors. If you are interested in helping out, please contact Andy Braun at the Recreation Department 782-9828.

Youth Sports Organization

The Douglas County Parks & Recreation Department prepares and maintains practice and competitive fields used by the Youth Sports Organizations. Questions regarding the sports sponsored by these organizations can be answered by calling the following:

AYSO Soccer

HOTLINE..... 783-4079
www.ayso318.org

Carson Valley Little League

Lisa Aiazza 781-0928

Carson Valley Girls' Softball League

Neil Hill 782-6800

Carson Valley Swim Team

Carson Valley Swim Center 782-8840
www.carsonvalleyswimcenter.com

Douglas Dolphins Swim Team

www.ddst.org

Douglas Ski Club

(Sa) Robert Pumphrey 782-3543
(Su) Sandy Cooke 841-3339
(Su) Tom Hickey 782-2164

Pop Warner

Jim Valentine 781-3704
www.douglaspopwarner.com

Youth Basketball Leagues

Andy Braun 782-9828
www.dcprrsports.com

Youth Flag Football Leagues

Andy Braun 782-9828
www.dcprrsports.com

Youth Volleyball Leagues

Andy Braun 782-9828
www.dcprrsports.com

Youth Wrestling

John Grant 720-2311

4th Annual White Lightning Wiffleball Tournament

Ages 13+
Entry fee is due at time of registration. The tournament will be a pool play format with a 4 game guarantee with single elimination tournament following pool play. Teams will consist of 4-on-4 team play with up to 6 players on each team. Sponsors are needed and will be allowed to be present at the event for advertisement. Please contact Douglas County Parks & Recreation for more information 1327 Waterloo Lane, Gardnerville, NV 89410, J.P. Albert, 790-1894 .

(Sa & Su) 7/25 & 7/26 **Location: SP**
\$150 **5051.201**

Registration Deadline: (W) 7/22
Team Meeting

There will be a mandatory team meeting a 8:30am on Saturday 7/25 prior to tournament play. Schedules will be available at that time.



2nd Annual Mud Volleyball Tournament

DHS Volleyball program is holding their 2nd Annual Mud Volleyball Tournament - Mud Fest 09; Saturday, August 8th, 2009 starting at 9am at Herbig Park. Sign-up as soon as possible, the tournament is limited to 20 teams! \$200 entry fee for Corporate/Adult teams and \$20 per player for student teams with a valid school ID and a minimum of 6 players per team. Teams will receive tournament T-shirts. A release of Liability waiver must be signed and returned on every player at the time of registration. Please mail registration form, fees and waivers to: Linda White, 1201 Waterloo Lane, Gardnerville, NV 89460. Any questions, please call DHS at 782-5136 or email at mudfest@yahoo.com. Forms are available on our website at dcsl.k12.nv.us/dhs. Go to Athletics tab and click on volleyball.

Adult Soccer Leagues

Ages 18+
Entry fee is due at time of registration. 11 players allowed on the field at once. 20 players will be allowed per team. Each team will play a minimum of 7 regular season games and participate in the post-season single elimination tournament. Awards for 1st and 2nd place in the tournament only. All games played on Sundays. Game times will vary. All teams are required to submit a complete team roster prior to league play. Must be at least 18 years old to participate.

Time: 9am - 4pm **Location: GES**
League: (Su) 9/13 - 11/1 **\$550**
Registration 8/10 - 9/4

Leagues Offered

Open **Maximum 8 teams** **5042.201**
Co-ed **Maximum 6 teams** **5042.202**

Manager's Meeting

A mandatory managers meeting will be on Wednesday, September 9th at 6pm at the Recreation Annex Building located at 1327 Waterloo Lane.

CHECK OUT SPORTS ON THE WEB

WWW.DCPRSPORTS.COM

All leagues Sign up Information • Forms & Schedules • Rules
Championship Photos • Up to Date League Standings Brackets



Adult Sports

Adult Fall Volleyball Leagues

Ages 18+
 Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. Returning teams are not guaranteed a space. 12 players are allowed to a roster. Each team will play a minimum of 8 regular season games and participate in the post-season single elimination tournament. Awards for tournament play only. A gift certificate and T-shirts will be awarded for 1st place in the tournament. A gift certificate will be awarded for 2nd place. Game times will be between 7 - 9pm. Season runs approximately through November 15. Must be at least 18 years old to participate.

Time: 7 - 9pm **Location:** CVMS
(M - Th) 8/31 - 11/12 \$200
Registration: 7/27 - 8/21

Leagues Offered

- (M)** Women's (6 on 6) 5004.200
- (T)** Open "A" (4 on 4) 5004.202
- (W)** Coed "C" (6 on 6) 5004.201
- (Th)** Coed "B" (6 on 6) 5004.203

Managers Meeting

Wednesday, August 26th at 6pm at the Nevada Cooperative Extension, next to the Rec. Dept.

Thin Air Ultimate Frisbee

All levels are welcome to play casual pick-up games and occasional fun tournaments. Come on out and play with us if you are in the area! Pick-up games are played on Tuesdays at 5:30pm. For location or more information call Dirk at (630) 936-6056 or go to www.sports.groups.yahoo.com/group/SouthTahoe_Ultimate.

Introduction to Golf for Ladies

Ages 18+
 Taught by the professionals at the Carson Valley Golf Course, ladies can learn to play golf in a fun, relaxed environment. The clinics will cover all the basics including full swing, chipping, putting & etiquette. This clinic is open to all levels of players and beginners are very welcome. Sign up fast, as space is limited.

Times: 5:15 - 6:15pm **Location:** CVGC
(M & T) 5/4 & 5/5 \$30 5015.204



Fall Adult Softball Leagues

Ages 18+
 Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. Returning teams are not guaranteed a space. 20 players are allowed to a roster. Each team will play a minimum of 10 regular season games and participate in the post-season double elimination tournament. Awards will be given for league and tournament winners. 1st place - 3rd place in league will receive awards. Awards and t-shirts will be awarded for 1st place in the tournament. Awards will be awarded for 2nd place in the tournament. Game times will be between 6:30 - 9pm. League nights will vary. Regular season runs approximately through September. All teams are required to attend a mandatory manager's meeting. Must be at least 18 years old to participate.

Time: 6:30 - 9pm **Location:** LP
(M - W) 8/10 - 10/29 \$460
Registration

Returning Teams: 7/6 - 7/31
New Teams: 7/20 - 7/31

Leagues Offered

- (M)** Coed D 5000.201
- (T)** Men's Open 5000.202
- (W)** Coed Open 5000.203
- (Th)** Men's D 5000.204
- (Th)** Men's Over 40 5000.205

Managers Meeting

(W) 8/5 **6pm** **Location:** RA
 The meetings will be held at the Recreation Annex, 1327 Waterloo Lane. Completed rosters are due at time of meeting.

Co-ed Softball Tournament

Ages 18+
 This slow pitch tournament will be played in accordance with ASA regulations. All teams must pay a \$15 ASA fee in addition to the tournament fee. Tournament will be a 3 game guarantee tournament. 1st place - 2nd place will receive team awards. 1st place will receive individual awards. MVP awards may also be given. If there are any questions please call the Douglas County Parks & Recreation Department at 782-9828. All proceeds will go towards youth and teen sponsored recreation programs.

Time: 8am **Location:** LP
(Sa & Su) 8/1 & 8/2 \$225 5001.201

WANTED Officials & Referees

Douglas County Parks & Recreation is currently looking for qualified officials for Youth and Adult Sports. Officials must be willing to work nights and weekends and have a flexible schedule. Most games last approximately 1 hour. We will train and certify for all sports. Previous officiating is preferred. Willingness to be trained in multiple sports preferred. Please call Andy Braun at the Douglas County Parks & Recreation at (775) 782-9828 for more information.

Preschool



Roots & Wings Children's Center at Kahle Park

Accredited by the National Association for the Education of Young Children
 Director.....Shelly Martinez

We are delighted to offer a part-time developmental preschool program at Kahle Park. We endeavor to create an environment in which your children respect themselves and others, while inviting their young minds and bodies to think, create, explore, discover, and wonder! Our goal is to inspire a lifelong love of learning.

Age appropriate activities in the following curriculum areas will be offered daily: art, math, science, language, sensory, cognitive development, practical life, dramatic play, music, and fine and large muscle development.

Program hours for the 2009-2010 school year are 9am - 12pm Monday - Friday. We will offer a two-day (T/Th), a three day (M/W/F) and a five day (M-F) program. Tuition is \$17 per day, payable monthly thru June 2010. Roots and Wings is a licensed preschool designed for 3 to 5 years olds. (Children must be potty trained.)

For more information about this year, or to place your child on the waiting list for future school years, please call Kahle Community Center at (775)586-7271. A non-refundable registration fee of \$50 is required at time of enrollment. There is no fee to place your child on the waiting list.



Roots & Wings Open House

Everyone's Welcome

Tuesday, May 12th, 2009 5:30 - 7:30pm

Twosday Mornings

Ages Birth to Preschool

Instructor Shelly Martinez

Wanted: Parents, grandparents, and caregivers with young children who would like to spend one morning a week in the company of their peers enjoying structured and spontaneous playful experiences. Fee includes creative art, optional group circle time, and use of indoor playground.

Time: 9:30 - 11:15am Location: KCC

(T) 5/5 - 5/26 \$24 1048.202

Story Time

Ages 3 - 8

Library Service Coordinator, Carol Nageotte, will read stories on Friday, May 8th and June 5th. Youth Service Librarian, Kathy Echavaria, will read stories on Thursday, May 28th at Kahle Community Center - Preschool Room.

Time: 9 - 10am Cost: Free

Look for our Summer Reading Program

June 1st - August 8th

Featuring "The Bubble Lady" on June 26th

Zephyr Cove Library Hours

Wednesdays: 11am - 7pm

Thursday, Friday, Saturday: 9am - 5pm

For more information call the Library at (775) 588-6411.

Day of the Young Child

Saturday, June 20 10am to 2pm

Kahle Community Center will be sponsoring a booth at this free community event located at the Lake Tahoe Community College for families with young children.

Birthday Parties

Create a magical day when you celebrate your birthday at Kahle Community Center! Designed for children 10 years and younger, your child can have fun with their friends in our indoor playground! Parties are held on Saturdays 10am to 12pm or 2pm to 4pm. At least two weeks advance notice required. For more information call (775) 586-7271.

Did you know that all of the classes listed in this guide can be found online? Visit us at www.douglascountynv.gov

PreKinder/Youth

Lake

17

Kahle Play Camps

Ages3 - 6

Instructor Preschool & Recreation Staff

These themed camps are designed with the young camper in mind. They offer shorter hours, high teacher/child ratio and developmentally appropriate activities including art, games, nature walks and a field trip centered around a fun theme. Play campers will need to bring a back pack with towel, hat, sunglasses, sack lunch with drink, water bottle and sunscreen, all labeled with their name each day. On Tuesday and some field trip days, campers need to wear a swimsuit beneath their clothes or as part of their outfit. All camp days end with a popsicle.

Time: 9am - 1pm

Location: KCC

The Pirates of Kahle Park

(M - Th) 6/22 - 6/25 \$90 1004.201

Hooray for the Red, White, and Blue

(M - Th) 6/29 - 7/2 \$90 1004.202

Calling all Super Heroes

(M - Th) 7/6 - 7/9 \$90 1004.203

Scout About Nature Camp

(M - Th) 7/13 - 7/16 \$90 1004.204

Stop, Look and Listen

(M - Th) 7/20 - 7/23 \$90 1004.205

Forest Fairies

(M - Th) 7/27 - 7/30 \$90 1004.206



Mud Camp

Ages4 - 8

Instructor Recreation Staff

Ooey, Goopy Mud - the ultimate gift from nature to children. It's science, sensory, cause and effect and more, all in one squishy package. Plan on getting dirty. We will end the day with a run through the sprinklers. Please wear swimsuits, tennis shoes that can get dirty and wet and bring a towel.

Time: 2 - 4pm

Location: KCC

(M) 7/20 \$13 1118.221

(W) 7/22 \$13 1118.222

(Th) 7/23 \$13 1118.223



Kahle Community Center is a SAFE PLACE

In cooperation with Tahoe Youth and Family Services.

Train. Practice. Compete. Win. Repeat as necessary.

For some, sports provide a personal sense of achievement. For others, it's the thrill of competition. And for others, it's all about being part of the team. But no matter why you play sports, you don't just learn how to be a better athlete. You learn to be a better person. And as a network of agents dedicated to teamwork and taking care of people, we're proud to sponsor athletes of all ages - no matter what drives them to succeed.

WE BELIEVE IN THE POWER OF SPORT.

Mike Eddy Agency

Mike Eddy, LUTCF
1687 Hwy 395 Ste 4
Minden, NV 89423
(775) 783-9422

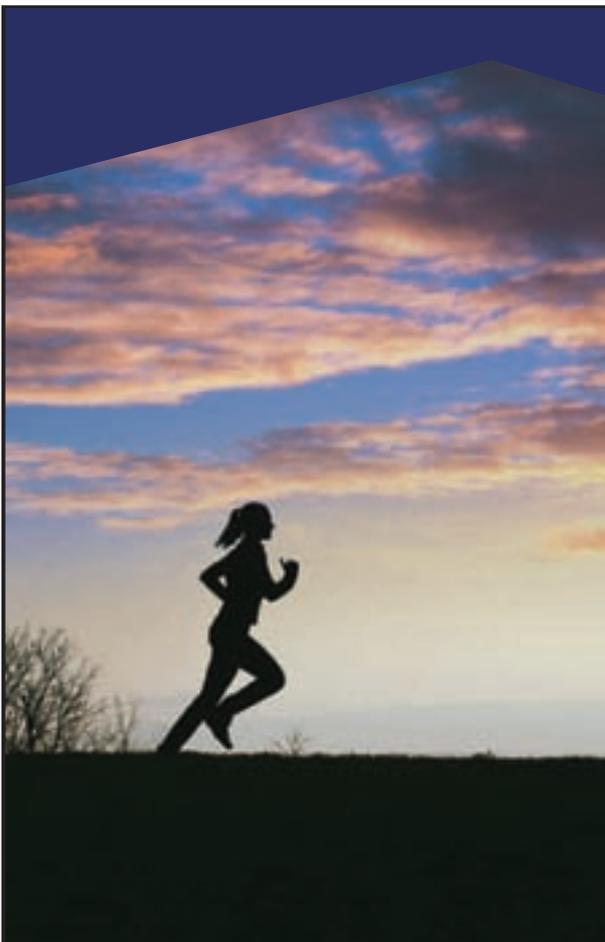


American Family Mutual Insurance Company and its Subsidiaries
Home Office - Madison, WI 53783
amfam.com

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All your protection under one roof®



Youth/Teen

July is Parks and Recreation Month

Celebrate at Kahle Community Center

R.A.D. Camp

Begins June 8

Grade.....1 - 6
Engaging your child in creative, fun and challenging activities is the goal of our Rad Camp leaders. Activities include cooperative games, creating unique crafts, imaginative dramatics, cooking, and fun filled trips. Fee includes transportation, admission costs, and daily snacks. First time to R.A.D. Camp? We can assign a buddy to help your child become comfortable with our daily activities and routines. Have you participated in R.A.D Camp before? Are you interested in becoming a summer time buddy? Talk to the staff during the first few days of camp and let them know that you're interest. Camp is held Monday through Friday, excluding holidays at Kahle Community Center from 7:30am to 6pm. Early registration is recommended.

Time: 7:30am - 6pm Location: KCC
(M - F) 6/8 - 8/14 \$22/day

Ice Cream Meet & Greet



Come in to meet the summer staff and other children participating in our R.A.D. Camp. Take a tour of the facility and check out the park and all the other activities we have to offer.

Time: 5 - 6:30pm
Location: ZCP
(F) TBA Free

Get in the Act

Grades.....1 - 3
Instructor.....Diane Handzel
Get in the Act! Camp Broadway is an actor training program for youth who love to perform. The camp uses performing arts skills such as creative movement/dance, music, and acting to get the child's creative engines roaring and advance their skills in the performing arts. This camp serves as a great foundation for further training and is suitable for the beginner and the returning student. The camp culminates with a Broadway Musical performance using lights, sets and costumes on the last day of camp for family and friends.

Time: 12 - 5pm Location: KCC
(M - F) 7/20 - 7/24 \$145 1024.201

Kid's Club Programs

Is your child looking for an after school adventure? If you are looking for after school care, we may have exactly what you need! Kids Club offers two programs for your child. Kinder Kids is offered from 11:30am -3pm for kindergartners. Fee is \$10 per day, payable monthly. Kid's Club is offered from 3:15 - 6pm and is designed to serve students ages 6 through 12. Kids Club and Kinder Kids are held at Zephyr Cove Elementary School. We provide a safe, enriching and exciting after school experience for your child. Trained and dedicated staff are on hand to offer crafts, group games, outdoors and gymnasium play, snacks and homework time. The focus of our program is to give children an environment to meet friends and have fun just being a kid! Children can attend Monday through Friday (except holidays and teacher workdays).

Child & Infant CPR & First Aid

Ages.....10 - 15
Instructors.....Kris Zehren & Vicki Schussel
Help to prevent and be prepared for emergencies. Receive certification in child and infant CPR and or First Aid by gaining the knowledge, skills and confidence to care for infants and children in emergency situations. Recognize emergencies and illnesses with first aid, rescue breathing and other appropriate care. Class combines video, hands-on practice, discussion and a multiple choice test for a complete learning experience. Great for babysitters and older siblings. Class will be held at Kahle Community Center.

10am - 2pm Location: KCC
(T) 6/23 \$15 1605.219

Babysitters Boot Camp

Ages.....10 - 13
Instructor..... Kris Zehren
Earn your own money and become a responsible babysitter! Practice good decision making and handling real life situations through role playing and hands on activities. Share ideas with other babysitters while you get information and training you need to handle the challenges of child care.

Time: 10am - 2pm Location: KCC
(W) 6/17 & 6/24 \$15 1605.220

Tae Kwon Do

Ages.....7 - 12
Instructors.....Chris and Rick Manglinong
Join the fastest growing, most exciting martial art in the world today-Tae Kwon Do! Tae Kwon Do is a centuries old Korean martial art. It emphasizes such fundamental values as courtesy, integrity, self-discipline, and a positive self-image. The powerful techniques taught in the Tae Kwon Do are exciting and a fun way to stay fit, as well as being an excellent form of self defense.

Time: 6 - 7:30pm Location: KCC
(W) 5/6 - 5/27 \$16 1409.204
(W) 6/3 - 7/1* \$20 1409.205
(W) 7/8 - 7/29 \$16 1409.206
Drop-in \$8 per class. *No class 6/17





Youth/Teen

Intro to Horses Class

Ages 5 - 15*
 Does your child talk about horses regularly? Have they seen every movie made about horses? Let them explore the possibilities. Instructors Heidi & Cindy will share their enthusiasm, knowledge, and horses with you and/or your child. Classes include: Getting to know about horses, grooming and equipment and ending with hands on horsemanship.

Time: 5:30 - 6:30pm **Location:** MVEC
 (T) 5/12 - 6/2 \$80 1190.201
 (T) 6/9 - 6/30 \$80 1190.202
 (T) 7/14 - 8/4 \$80 1190.203
 *8 years old and under must be accompanied by parent or guardian



Climbing Wall at KCC

Not ready to scale El Capitan? Kahle Community Center has a bouldering wall great for beginners. \$7 gains access to the wall as well as the rest of the facilities.



Leaders in Training

Ages 12 - 17
 Not old enough to get a real job yet? Are you looking for a way to make a difference and earn something for your efforts? Join this special program designed to compensate youth for volunteering valuable hours at KCC. Eligible teens can earn points for assisting Parks and Recreation staff at various events and programs. Points can be used towards entry into programs and facilities. To apply, pick up an application packet at KCC. Completed applications must be returned to Kahle Community Center by June 9.

Totally Active Teens

Friday Nights at Kahle Community Center Teen Scene

Grades 6 - 12
 Shoot hoops, play volleyball, arcade games, watch TV or play video games. This is the night for teens to enjoy the Community Center with their friends.
Time: 6:30 - 9pm **Location:** KCC
 (F) Continuous* Drop-in \$3**
 *Except holidays & special rental nights
 **Free to pass holder



Outdoor Pools Now Open



782-8840

1600 Hwy 88 • Minden, NV 89423 • Open 7 Days a Week • www.carsonvalleyswimcenter.com

- Four pools indoors (open year-round):**
- A 25-yard by 25-meter, L-shaped, six lane competition pool w/low & high dives in the deep end.
 - An activity pool for children, kept at 86°F with water toys.
 - A 92°F warm pool, fully accessible, w/ramp, pool lift & stairs for seniors, disabled & special programs.
 - Two waterslides empty into the slide pool. These fully enclosed slides are 20 feet high and 180 feet long creating a thrill ride for people of all ages. Minimum height to ride the slide is 48 inches.
- Two outdoor pools (open April-October):**
- A 25-yard competition pool in a spectacular setting with a view of Job's Peak and the Sierra Nevada.
 - A separate small pool ideal for younger children and families.
 - Newly expanded outdoor deck & lawn area. 3 sun canopies & 2 BBQ/Party areas available for rental by reservation.
 - Exercise Equipment: Two treadmills, lifecycle, life step, multi-station gym, free weights (3 - 40 lbs) & a PreCor EFX556 located in the multipurpose room. This equipment is available during regular center hours for adult (18+) patrons.

Adult

Family Special Events

Relay for Life

August 8 & 9 at Kahle Park

Be a part of a fun-filled event designed to celebrate survivorship and raise money for research, education, advocacy and service programs of the American Cancer Society. During this event, teams will gather at KAHLE PARK and take turns walking or running laps. For more information on how you can become a part of this event call Denese Dunt at 775-588-6455.



Movie in the Park

Enjoy a movie under the stars at Kahle Park. Bring a picnic, blanket and/or lawn chair, and relax, sit back and watch a movie on the big screen.

Time: 7 - 9:30pm **Location: KP**
(F) 7/31 **Free**

Family Sock Hop

Boogie and woogie over to Kahle Park for a sock hop. Come dressed in clothing from your favorite decade and be prepared to dance the night away. Refreshments will be available for sale.

Time: 6 - 8pm **Location: KCC**
(F) 6/26 **\$2 (under 3 free)** **1418.200**

**June 1-7 is
CPR & AED
Awareness Week**

Dog Obedience

Instructor **Guy Yeaman**
Have you and your canine companion been getting along lately? If you need help in establishing good conduct and curbing bad habits, this course is for you. Guy uses a light-handed approach to help your dog to obey commands: heel, sit, stand, stay and recall. Each dog needs a training collar and a fabric or leather lead. Dogs must be at least four months old. Bring a copy of shot records to the first class.

Time: 7 - 8pm **Location: KP**
(Th) 5/14 - 6/18 **\$80** **1422.202**
(Th) 7/9 - 8/13 **\$80** **1422.204**
(Th) 8/20 - 9/24 **\$80** **1422.206**

CPR

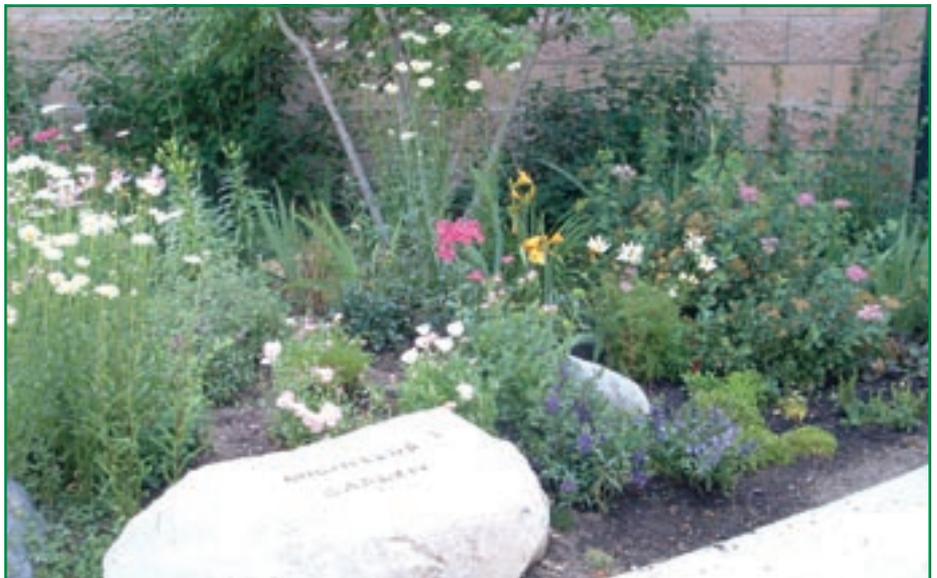
Instructors **Tahoe Douglas Firefighters**
You have just three minutes to save a life. Do you have the skills? An American Red Cross class for CPR and foreign body airway obstruction and prudent heart living. Emergency Medical System entry and the legalities of these procedures will be discussed.

Time: 6 - 9pm **Location: RHFD**
(T) 5/26 **\$30** **1715.202**
RHFS - Round Hill Fire Station, room #1



ATTENTION Program Instructors!

Are you interested in teaching a class or program, do you have a special skill to share with others. Make a few extra dollars teaching others your skills. Call KCC at 586-7271 or stop by. We are always here for our community.



Garden Party

Green thumbs wanted! Michelle's garden, dedicated in remembrance of Michelle Croke is located at the entrance of KCC. Would you like to volunteer to enhance and maintain this area? We will supply all tools and gardening supplies. Please call (775) 586-7271 or stop by the front counter.

Adult Fitness

Lake

21

Total Body Fitness

Ages 13 and up
Instructor Fran Gayer
Come spend a focused hour to improve your entire body strength, endurance, balance and flexibility. We will use light weights, stability balls and bands for our equipment. What's needed is an awesome attitude, water bottle and towel.
Time: 9 - 10:15am **Location:** KCC
(M/W) On-going \$10/class* 1757.201-204
***Punch cards:** 4 classes \$32, 8 classes \$56

Zumba

Instructor Arte Aronoff
Zumba fuses Latin flavor, hypnotic musical rhythms, and tantalizing moves to create a dynamic workout system designed to be fun and easy.
Time: (T) 9:30am
(Th) 6pm 1747.201-204
On-going \$10/class*
***Punch cards:** 4 classes \$32, 8 classes \$56

Personal Training

Being part of a personal training program can create lifelong healthy habits and improve your overall well being. Personal training is provided by training professionals. Personal trainers are available to design and supervise your exercise program. Prices vary, contact information is available at KCC front counter.

Pilates

Ages 13 and up
Instructor Rose Marie Ottman
Introduction to the mat series of exercises based on the teachings of Joseph Pilates. Gain strength, flexibility and improve your posture. Learn a special breathing technique to increase control of your abdominal muscles. Improve mobility in the spine and reduce back pain. Strengthen targeted muscle groups and improve athletic performance.
Time: 10:15 - 11:30am **Location:** KCC
(T/Sa) On-going \$11/class* 1728.201-204
***Punch cards:** 4 classes \$34, 8 classes \$62

Golf at Edgewood

Ages Adults
Instructor Ron Blum
Experience Lake Tahoe's premier golf course while you learn to play the game! Instructors will show you basic golf concepts including full swing, short games, putting and golf course rules and etiquette.
Time: 3 - 4:30pm **Location:** EGC
(T/Th) 5/12 - 5/21 \$75 1719.202

Hot Yoga Viniyasa

Ages 14 & up
Instructor Dana Drexler
Help open bodies, release toxins and reduce stress! This flowing yoga allows you to explore your flexibility and discover your mind, body connection. Must have a mat, large towel, water bottle and be ready to sweat! Room temperature is 90 - 100 degrees.
Time: 5:30 - 7pm **Location:** KCC
(M) Ongoing \$15/class 1731.201-204
Punch cards available

A time to invest in your health with...

comprehensive choices

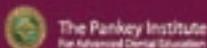
today's technology | a variety of treatment options | flexible financing



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1234 Waterloo Ln • Gardnerville www.dragondental.org

Adult Fitness

Spinning

Ages 12 and up
Instructor **Andrea King, John Wagnon, Andy Veris, Sue McCall**
 Would you like to improve mind and body awareness? Spinning is a stationary bicycle program paired with inspirational music. It is a low impact activity that allows the students to control their own exercise intensity. It is ideal for individuals of all fitness levels. The use of heart rate monitors keeps each individual within their optimum exertion range. Most importantly, it is incredibly fun!
(T/Th) 9am **Location: KCC**
(M/W/F) 6pm **Through May 1705.206-209**
Drop-in \$10 per class. Punch cards available

Yoga

Ages 12 & up
Instructor **Kris Zehren**
 Stretch yourself to a better night's sleep, a healthier heart, and a happier outlook! This one hour class will increase awareness of the mind and body. We will move the body in various postures; observe the breath, body alignment, concentration and meditation. All levels are welcome. Eat something light at least 1 hour before class.
Time: 12:30 - 1:30pm **Location: KCC**
(T/F) On-going \$10/class*
Punch cards - \$70 for 10 classes
***Payable to the instructor**

Jazzercise

Instructors **Shannon Shearer, Laura Forvilly, Sherry Baiocchi**
 When you love your workout, results come easy especially with Jazzercise. Each 60 minute class includes a warm-up, 30 minutes of aerobic segment, muscle toning and strengthening using weights and a full body stretch. With fresh choreography to music you love, this is a program that's anything but routine.
(M/W/F/Sa) 9am* **Location: KCC**
(T/Th) 7:30am & 5:30pm
On-going
Drop-in \$10 per class to instructor. Monthly passes available.
***Class will start at 8:30am starting 6/15**



Chisel'd

Ages **Adults**
Instructor **Frank D' Angelo**
 This class is an awesome strength training program utilizing light barbells and hand weights. This class improves muscular strength and endurance, fat burning metabolism and bone density. The movements are easy to follow and can be adapted for the novice to advanced participant. Great music and expert instruction make this class a must to add to your training regimen.
Time: 12:10 - 1pm **Location: KCC**
(T/Th) On-going \$10/class* 1783.201-204
***Punch cards: 4 classes \$36, 8 classes \$64**

Martial Arts Classes

Tae Kwon Do

Ages 13 to Adult
Instructors ...**Chris and Rick Manglinong**
 Join the fastest growing, most exciting martial art in the world today-Tae Kwon Do! Tae Kwon Do is a centuries old Korean martial art. It emphasizes such fundamental values as courtesy, integrity, self-discipline, and a positive self-image. The powerful techniques taught in the Tae Kwon Do are exciting and a fun way to stay fit, as well as being an excellent form of self defense.
Time: 6 - 7:30pm **Location: KCC**
(W) 5/6 - 5/27 \$24 1409.204
(W) 6/3 - 7/1* \$24 1409.205
(W) 7/8 - 7/29 \$24 1409.206
Drop-in \$10 per class. *No class 6/17

Philippine Stick Fighting Arnis

Ages 16 and over
Instructors ...**Chris and Rick Manglinong**
 Arnis is a blending of the countless styles of the related methods: Solo Baston (single stick). Sinawali (do weave) which uses two sticks twirled in a weaving fashion, and Espada Y Daga (sword and dagger) which uses a long and short stick. Arnis is simple to learn and requires no special conditioning or raw physical strength. It is particularly well suited for senior citizens or a person who is only interested in self-defense.
Time: 7:30 - 8:30pm **Location: KCC**
(W) 5/6 - 5/27 \$24 1707.202
(W) 6/3 - 7/1 \$24 1707.203
(W) 7/8 - 7/29 \$24 1707.204
Drop-in \$10 per class. *No class 6/17

Mixed Martial Arts Beginner Boot Camp

Ages 13 & up
Instructors **Chris Markoulis**
 This class will focus on basic strength and conditioning, kickboxing, wrestling and submission. Students will need to furnish a mouthpiece.
Time: 7 - 8pm **Location: KCC**
(T/Th) On-going \$10/class 1409.207-210

Self-Defense

Instructors **Chris Markoulis**
 This group workshop focuses on training fundamentals, self-defense technique and application.
Time: 8 - 9pm **Location: KCC**
(T) On-going \$10/class 1707.205-208
***\$36 for 4 classes, \$68 for 8 classes**

Tahoe-Douglas Senior Center (TDSC)

TDSC serves Douglas County's senior population residing inside the Tahoe Basin. The Center is located at 885 Hwy 50, next to the fire station on the corner of Warrior Way and US 50, telephone: (775) 588-5140. It is unique among Nevada's senior centers in that it is currently **operated solely by volunteers**, for which reason it is not open every day. Among the many services and activities TDSC offers are:

- Twice-weekly (Tuesdays and Saturdays) member **socializing and handicraft activities** plus afternoon **BINGO** sessions beginning at 1 p.m.
- A monthly **membership luncheon** with speaker program (2nd Wednesday of each month)
- Four **casino/musical outings** to Carson City each year, plus various other group activities such as visits to **Apple Hill** and to other points of interest such as **Thunderbird Lodge**, cruising Lake Tahoe aboard the **MS Dixie**, etc., etc.
- Monday **shopping trips** and transport to medical/ dental appointments for members aboard one of TDSC's two vans operated by volunteer member/drivers.
- Participation in an annual **canned food drive** for the needy.
- **Collection of "distressed" bakery items** from Round Hill Safeway for distribution to those in need thereof at the center on Saturday mornings.
- **Distribution of excess USDA food commodities** to those deemed eligible to receive same per USDA's family income criteria (3rd Thursday of every other month).

TDSC supports many worthy causes through monetary donations to organizations such as the **Women's Center, Christmas Cheer, Cancer League, and more**, made possible by the sale of TDSC Auxiliary's handicraft items. TDSC's annual membership fee is a nominal \$5 per person.

National Senior Health and Fitness Day

Wednesday, May 28

Come join us at KCC for a scenic walk, free fitness day pass and a motivational packet.



Trail Trekkers

Join us for a one hour walk around our park walking track. Increase your energy level, sleep better and decrease the risk of heart disease by engaging in a regular walking program. Bring comfortable shoes and carry water, join us whenever you can. Meet in the Lobby at Kahle Community Center Wednesdays at 9 am.

Become a V.I.P!

Volunteer in Parks & Recreation

As a volunteer you can help fill a need, share a skill, and provide dedication, community involvement, and a fresh outlook on current programs. Call today to become a volunteer, 782-9828 or 586-7271.

AARP Driver Safety Course

AARP's Driver Safety course (55 ALIVE) will be held from 8:30am to 5:30pm at Kahle Community Center. The class is a refresher course for drivers age 55 and older with emphasis upon how age-related changes affect driving. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the course may be eligible for a discount on their auto insurance. Pre-registration is required. There is a \$10 fee payable to the instructor at the class.

Time: 8:30am - 5:30pm	Location: KCC
(Sa) 5/23	\$10 1737.201
(Sa) 8/22	\$10 1737.202

Youth/Adult Sports

Maltase Youth Soccer Camp

Ages 4 - 16
Instructor Steve Maltase
 Whittell High School Varsity Coach
 Bring lunch, water bottle, snacks and shin guards. Cost includes a camp T-shirt.

Lil-Kicks (Ages 4 - 6)

Time: 10am - 1pm **Location: KP**
(M - F) 7/13 - 7/17 \$95 5016.204
(M - F) 8/3 - 8/7 \$95 5016.205

Ages 7 and up

Time: 10am - 3pm **Location: KP**
(M - F) 7/13 - 7/17 \$125 5016.206
(M - F) 8/3 - 8/7 \$125 5016.207

Baseball Camp

Ages 8 - 12 (coed)
Instructor Matt Tillson
 South Tahoe High School Varsity Coach
 This baseball camp is for all levels of baseball players. Camp will include quality instruction on the fundamentals of batting, throwing, catching, pitching, base running and fielding. Campers need to bring a lunch, water bottle, glove & bat each day. Each camper will receive quality instruction, camp T-shirt, new friends, fun and games.

Time: 9:30am - 2pm **Location: KP**
(M - F) 7/20 - 7/24* \$125 5017.201

*Registration deadline: Monday, July 13.
 (Please register by deadline date to ensure program taking place)

Youth Sports Organization

The Douglas County Parks & Recreation Department prepares and maintains practice and competitive fields used by the Youth Sports Organizations. Questions regarding the sports sponsored by these organizations can be answered by calling the following:

AYSO Soccer
www.aysotahoe.org

Pop Warner Football
www.southtahoepopwarner.com

Little League Baseball
www.tahoelittleleague.com

Youth Ice Hockey
www.staha.com

Thin Air Ultimate Frisbee

All levels are welcome to play casual pick-up games and occasional fun tournaments. Come on out and play with us if you are in the area! Pick-up games are played on Tuesdays at 5:30pm. For location or more information call Dirk at (630) 936-6056 or go to www.sports.groups.yahoo.com/group/SouthTahoe_Ultimate.



Youth Flag Football Camp

Ages 6 - 12 (coed)
Instructor Dave Atherton, Whittell Varsity Football coach & Varsity Players

This Football Camp will not only provide the basic football knowledge for our youth but most important overall health. Each youth will have the opportunity to enhance their athletic ability by learning techniques in all the positions of football. Campers will leave with higher self-esteem. Campers need to bring athletic shoes, lunch, water or Gatorade. Each camper will be given a T-shirt at the start of camp. Players from Division I colleges will be here to help instructors.

Time: 10am - 2pm **Location: KP**
(M - F) 7/6 - 7/10 \$100 5010.201

It's Your Turn to Play! Adult Sports

Ages 18 & up
 So your vertical isn't what it used to be? But you know you've still got the moves. Enjoy the game in an informal atmosphere. Players of various skill levels are welcome to join in. All participants must be a pass holder to the Community Center or pay the \$7 drop-in fee. Player's must rotate in if more than 2 teams are formed.

Basketball

Time: 12 - 1:30pm & 7 - 9:30pm
(T/Th) On-going **Location: KCC**
(Sa) 12 - 2pm (half court only)

Volleyball

Time: 7 - 9:30pm
(W) On-going **Location: KCC**
 Please check monthly schedule for any schedule change or planned programs.

Adult 6 - Man

Flag Football League

Registration: 5/13 - 5/28 (returning teams)
 5/29 - until full (new teams)
Entry Fee: \$250 per team 5037.201.202
 \$100/bond* 5037.203
Divisions: Monday nights
 Wednesday nights
Dates: Season Starts on 6/15 & 6/17
Location: ZCP

Maximum of 12 players per team. Completed rosters are due at the first game. No Exceptions.

Official's Fee: Each team will be required to pay \$27 cash on the field at the start of each game.

*Additional \$100 bond to be held by DCPRD for the season.

Zephyr Cove Tennis Club

South Lake's only fully functioning, all age tennis club with programs and events for all ability levels.

- Available for Adult and Jr. Lessons
- Tennis Racket Stringing

Check Out Sports on the Web

WWW.DCPRSPORTS.COM

Kahle Community Center

Lake

25

Indoor Playground and Games at Kahle Community Center

Air hockey, foosball, video games and more!

Children 9 years and under are free and must be accompanied by a paid parent or guardian.

Facility Rental

We invite you to take advantage of our great facilities for reasonable fees when you are looking for a place to have a reception, specials event, business or organization meeting or sporting events. All sites feature convenient locations and help from our friendly staff. For reservation information call Kahle Community Center at 586-7271

Whether you are in town for a day or a year-round resident, we welcome you to our first class community center. Gymnasium, Fitness Area, Indoor Walking/Jogging Track, Indoor Playground, Snack Bar, Classes, Facility Rentals



Kahle Community Center

“We’re not just a community center, we’re the center of the community.”

Various fees for Kids Club, drop-in classes, dance & exercise programs, contracted classes, sport leagues and other programmed activities in the facility.

Paid Daily Walk – Drop-in Guests and Pass holders are entitled to use of the gymnasium, weight room, jogging track and gym restrooms. Use of the gym, weight room, jogging track and rock wall is only available during normal hours of operation and when the designated areas are not being utilized for scheduled Department programs or reserved activities and events.

Annual Pass may be paid in full or by an Auto-Debit system. With the Auto-Debit system, the first quarter installment is paid at the facility when the pass is purchased, with the remaining balance automatically deducted from a checking account for the next consecutive 3 months. A \$1.50 charge will be added to each installment for annual pass holders utilizing the auto-debit system.

All pass holders are required to carry the Douglas County Parks & Recreation Department Photo Identification Card as the facility operates on a bar code system. There is no charge for the first card provided.

Recreation Center Hours

Monday - Friday 6am - 10pm
Saturday 8am - 8pm
Sunday..... 11am - 4pm

After May 3rd

Monday - Friday 6am - 9pm
Saturday 8am - 6pm
Sunday..... Closed

Kahle Community Center Seasonal Closures

During inclement weather, announcements about building closures, late openings or cancellation of leagues or classes will be made on KRLT (93.9FM) and KTHO (590 AM)

Holiday Closures

May 26 Memorial Day
July 4 Independence Day
August 27 - September 1 Annual Maintenance

We strive to keep closures to a minimum. Other closures may exist due to safety issues, building rentals and inclement weather.

General Information

Satisfaction Guarantee

The Douglas County Parks and Recreation Department is constantly striving to provide you with the highest quality recreation activities, events, and programs. We are confident that you will enjoy these programs, and we will back up commitment to provide high quality services.

Your suggestions, comments or ideas for improvements are appreciated. They will help us do the best job possible.

If you are not completely satisfied, tell us and we will arrange for you to:

1. Repeat the class at NO charge -or-
2. Receive full credit that can be applied to any other program -or-
3. Receive all of your money back.

Satisfaction guarantee requests may be made in person or by calling us at 782-9828. Requests should be made within 5 working days after the first class meeting. Refund checks will be mailed within two (2) weeks.

Please note that due to the nature of the activities, sports leagues, facility rentals, and Kahle Daily Walk-In fees, 30-Day Pass fees and 90-Day Pass fees are not eligible for these refund provisions.

Mission Statement

To continue to create and preserve quality parks and recreation opportunities, serving people of all ages and interests, that positively affect the community and enrich life.



Become a V.I.P.! Volunteer in Parks and Recreation

Did you know? In the early 1900's, most Parks and Recreation program planning and implementation were done solely by volunteers who were simply believers in the values of planned recreation. As a Volunteer you can help fill a need, share a skill and provide dedication, community involvement, a fresh outlook and new enthusiasm to Parks and Recreation programs. You'll serve as a special link between the community and the Recreation Department. Parks and Recreation depends on volunteers to support staff projects and provide improved county services to all citizens. If you would like more information on how you can help, call us at 782-9828 or 586-7271, or stop by our office.

Parks and Recreation Commission

The Parks & Recreation Commission serves as an advisory board for the Parks & Recreation Department. Monthly meetings are held, rotating between Lake and Valley locations. Meetings are held the first Tuesday of each month at 6:00pm.

Call the department at 782-9828 for more information or for a copy of the meeting agenda.

Together, we can build a better community!

Your friends and neighbors have generously donated monies, supplies and time to enhance our Parks & Recreation Services. Your donation can help provide the following items that we need:

- Sponsorship for Youths & Teens -
- Ribbons for Fun Runs - Sod for fields -
- Preschool supplies - Build Playgrounds -
- Park benches - Food & paper products for special events - Trees & shrubs -
- Field Lighting - Printing
- Roping chutes - Sports equipment

Photos

Douglas County Parks & Recreation may take photos of enrolled participants. These photos are for department use only and may be used in future brochures, the Douglas County website, Channel 19 public access bulletin board, flyers and displays. If you do not want yourself or your child photographed, please notify the administration office in writing.

FOR YOUR INFORMATION

AP.....	Aspen Park
CCMES.....	C.C. Meneley Elementary School
CVGC.....	Carson Valley Golf Course
CVMS.....	Carson Valley Middle School
DCFG.....	Douglas County Fairgrounds
DCSR.....	Douglas County Shooting Range
DSC.....	Douglas Senior Center
DWS.....	Dance Workshop
EGC.....	Edgewood Golf Course
EO.....	Extension Office
FP.....	Felix Pottery
GES.....	Gardnerville Elementary School
HDMA.....	High Desert Martial Arts
JVES.....	Jacks Valley Elementary School
KCC.....	Kahle Community Center
KP.....	Kahle Community Park
LP.....	Lampe Park
MES.....	Minden Elementary School
MP.....	Minden Park
MVEC.....	Mountain View Equestrian Center
PHES.....	Pinon Hills Elementary School
PWL.....	Pau Wa Lu Middle School
RA.....	Recreation Annex
RD.....	Recreation Department
RHFS.....	Round Hill Fire Station
SES.....	Scarselli Elementary School
SP.....	Stodick Park
TBA.....	To Be Announced
TDC.....	The Discovery Center
TRE.....	Topaz Ranch Estates
WG.....	World Gym
ZCES.....	Zephyr Cove Elementary School
ZCP.....	Zephyr Cove Park

Transportation

Lake

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BLUEGO

BlueGO is a service of the South Tahoe Area Transit Authority. Service is provided throughout the south shore, including Douglas County. The following routes serve Douglas County are listed below:

Ski Shuttle Green Route 12

Stateline Casino Circulator between the casinos and Stateline Transit Center (Winter Only)

Ski Shuttle Purple Route 14

Heavenly Boulder Lodge to The Ridge Resorts via Heavenly Stagecoach Lodge (Winter Only)

Ski Shuttle Blue Route 15

Stateline Transit Center to Heavenly Boulder & Stagecoach Lodges (Winter Only)

Express Route 20X

Stateline Transit Center to Gardnerville with one trip in the AM and PM connecting to Minden

Express Route 21X

Stateline Transit Center to Carson City via Round hill, Zephyr Cove and Spooner Summit

Neighborhood Shuttle Route 22

Stateline Transit Center to George Whittell High School via US Highway 50, Round Hill and Zephyr Cove

Neighborhood Route 23

Stateline Transit Center to The Ridge Resorts via upper Kingsbury and State Route 207

Express Route 41X

Meyers to Kingsbury Transit Center via Pioneer Trail

Route 50

South Y Transit Station to Kingsbury Transit Center via US Highway 50

Route 53

Lake Tahoe Community College to Kingsbury Transit Center via Pioneer Trail and Bijou

BlueGO OnCall

Call 60 minutes for a ride 24 hours per day, seven days a week

Buses generally operate between 5:45 am and 1:45 am, seven days a week every 20 to 60 minutes depending on the route. BlueGO On Call provides service in the Tahoe Basin area of Douglas County to the City of South Lake Tahoe and Tahoe Basin area of El Dorado County. For route, fares and schedule information, please call 530.541.7149 or visit www.bluego.org

Douglas Area Rural Transit
DART
Going The Extra Mile

Douglas County Dial-A-Ride Service

Dial-A-Ride offers a curb-to curb shared ride service to eligible passengers that operates Monday through Friday between the hours of 8am to 5pm in most areas of Douglas County. Dial-A-Ride offers two types of service: ADA (must be certified by a physician and scheduled at least 2 weeks in advance with service available on a prescheduled basis. Rides with less than 2 weeks notice will be scheduled based on availability, including same day requests. This service is only open to residents of Douglas County. For more information call Dart at 775-783-6456

Tahoe's Smooth Movin' Shuttle!



BLUEGO

Ride BlueGO to biking, skiing, hiking, swimming, gaming, shopping, walking, kayaking and sailing! We are your ride for getting around South Lake Tahoe, Camp Richardson, Meyers, Stateline, Zephyr Cove, Marla Bay, Round Hill & Upper Kingsbury!

Call 530-541-7149 or visit us online at www.bluego.org for more information!

How To Register

Enrollment is Easy!

Advance registration recommended.

Douglas County Parks & Recreation Department Customer Service Locations

Administration Office (Lampe Park Office)

1327 Waterloo Lane
Gardnerville, NV 89410
Phone - 782-9828 Fax - 782-9844

Kahle Community Center

236 Kingsbury Grade
Stateline, NV 89449
Phone - 586-7271 Fax - 586-7273



WALK-IN Registration

Lampe Park office
Registration accepted
Monday through Friday 8am to 5pm
or
Kahle Community Center
Monday through Friday 6am to 10pm,
Saturday 8am to 8pm or Sunday 11am to 4pm



MAIL-IN Registration

Douglas County Parks & Recreation Department
P.O. Box 218, Minden, NV 89423
or
Kahle Community Center
P.O. Box 5040, Stateline, NV 89449
*Make checks payable to (DCPRD) Douglas County
Parks & Recreation Department. Send payment
with name of enrollee, program title and code.*



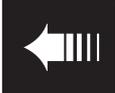
DROP-OFF

Payments can be dropped off
after hours at:
Lampe Park office
in the night drop box by the front door.



FAX OR PHONE Registration

Lampe Park office
Register by phone using a M/C or Visa by
calling **782-9828** or by fax at **782-9844**.
Kahle Community Center
Register by phone using a M/C or Visa by
calling **586-7271** or by fax at **586-7273**.



REFUND POLICY

Full credit will be given for
cancellation *prior* to the activity.
A \$5 processing fee will be charged if you request a
refund prior to the activity.
100% refund if the department cancels.
Refunds take approximately two weeks to receive.



GENERAL POLICY

- 1 Registration will not be accepted by instructors.
2. The Department has the right to cancel classes.
3. Classes may be cancelled if under minimum enrollment.
4. All Registrations are accepted on a first-come, first-serve basis.

Participation in Parks & Recreation Department Programs is at Your Own Risk
Space is limited in most programs • Registration is accepted on a first-come, first-serve basis.