

DOUGLAS COUNTY

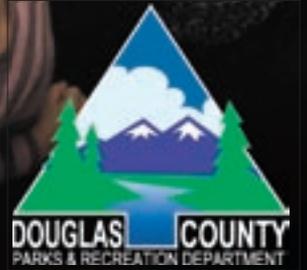
Parks & Recreation Department



Activity Guide

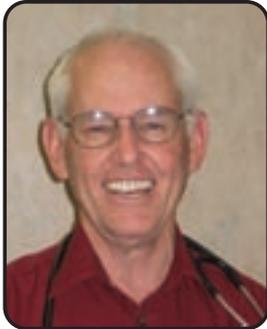
FALL 2010

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- ◆ Trained in Osteopathic Manipulative Therapy

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WELCOME



WHAT'S INSIDE

Director's Note

Scott Morgan

Community Services / Parks & Recreation Director

Protecting Valuable Assets

Douglas County Parks & Recreation maintains and manages over \$100 million dollars in County public owned Park & Recreation facilities. It has been a priority of the County Board of Commissioners to do what it can in these tough economic times to keep these important facilities from deteriorating beyond a state of reasonable disrepair. With the massive cuts suffered by the Parks Division over the last 3 years, and with over \$700,000 of a backlog in deferred maintenance, citizens have increased their responsibility and have lessened the impact.

For those that look closely, you will notice that the parks are no longer perfectly manicured or groomed. The tree pruning has been deferred and parking lot maintenance cut back. You will also see that equipment in the parks have been removed when broken rather than replaced. However we are still functioning at near 100% for our users.

We have our volunteers and non-profit organizations to thank for this soft landing. For example, our youth sports organizations over the years continue to take on more maintenance responsibilities for the fields that they impact. Our non-profit organizations that do events in the parks pay more and provide great services to the County.

Like everyone in the County we hope that this economy turns around and we're able to restore our parks facilities to the previous level of maintenance. But until then we will continue to rely on the resources in our own community to handle the challenges that occur on a daily basis.

I wish to extend my sincere thanks and appreciation to all those who have contributed and helped over the years.

VALLEY

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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.

Parks & Recreation Commission Meetings

Meetings are held the first Tuesday of every month. Locations vary; call the Recreation Department at 782-9828 for meeting location.

Staff Members

Parks & Recreation Director Scott Morgan **Recreation Division** Brian Fitzgerald • Vicki Schussel • Sheryl Christian Traci Dill • Steve Rosenbloom • Patti Gurule • Elizabeth Baumgartner **Parks Division** Craig Burnside • Peter Knight Don Swan • 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 • Nancy McDermid
Parks & Recreation Commission David Craig • Jacquie Manoukian • Kelly Gardner • Celeste Pierini • Elaine Flynn
 Britta Swanson • Thomas Moore **Douglas County School District**

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Advertising Opportunities please call The Record-Courier at (775) 782-5121

VALLEY

PRE-KINDER

Preschool Starts September 7

Open House * September 1 & 2 * 12:30 to 7:00pm

Discovery Center Preschool

A Place of Wonder – Discovery – Experience

Ages • 3 - 6

Director • Cindy Webb

The Discovery Center is a program 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. Students must be at least 3 years old and potty trained.

Information

The Discovery Center is located in the Recreation Annex at 1323 Waterloo Lane in Gardnerville, across from Lampe Park. For more information call:

Discovery Center	783-6454
Director, Cindy Webb	790-1235
Recreation Department	782-9828

Library Hours

Monday, Tuesday, Wednesday • 10am - 7pm
 Thursday & Friday • 10am - 6pm
 Saturdays • 10am - 5pm
 Closed on Sundays and Holidays
 For more information call 775-782-9841

Story Time

Ages • 3 - 8

Location • DCL

(Tu) 10:30 - 11:30am

Extended Day Kindergarten

at The Discovery Center

Grade • Kindergarten

Instructor • Discovery Center Staff

Transportation with the D.A.R.T. bus will be provided for kindergarten students with a teacher escort to pick up from school at 11:30am. They will be brought to the center to have lunch at 12 noon and then begin our curriculum including lessons in Phonics, Math, Science, Social Studies, Music, Creative Arts, Tumbling, Yoga, Drama and plenty of free choice fun. Transportation provided from school at MES, GES, SES, CCMES

Schedule

AM Session (3 & 4 year olds) • 8:30am - 12pm

PM Session (Pre-K & K) • 12:30 - 4pm

(Families who need both AM & PM sessions need to bring a lunch with their child)

Fees and Tuition

\$30 non-refundable Registration Fee.

Mondays & Wednesdays • \$140 Monthly

Tuesdays & Thursdays • \$140 Monthly

Fridays 3rd day option • add \$50/month

5 days a week • \$300 Monthly (a \$30 savings)



VALLEY CLASS LOCATION CODES

AP.....	Aspen Park	MES.....	Minden Elementary School
CCMES.....	C.C. Meneley Elementary School	MP.....	Minden Park
CVGC.....	Carson Valley Golf Course	MVEC.....	Mountain View Equestrian Center
CVMS.....	Carson Valley Middle School	PHES.....	Piñon Hills Elementary School
DC.....	Discovery Center	PWL.....	Pau Wa Lu Middle School
DCFG.....	Douglas County Fairgrounds	RA.....	Recreation Annex
DCL.....	Douglas County Library	RD.....	Recreation Department
DCSR.....	Douglas County Shooting Range	SC.....	Senior Center
DWS.....	Dance Workshop	SES.....	Scarselli Elementary School
GBHH.....	Great Basin Home Health	SP.....	Stodick Park
GES.....	Gardnerville Elementary School	SWFA.....	Sapphire Wizard Fired Arts
HV.....	Hope Valley	TBA.....	To Be Announced
JVES.....	Jacks Valley Elementary School	TRE.....	Topaz Ranch Estates
LP.....	Lampe Park		

Happy Notes Music Mommy & Me

Age • 2 - 5 **Instructor •** Maureen Conlin
Explore music and movement with your child as they sing, clap, wiggle and shake with instruments, body motions, parachute play, musical games and activities. Parent participation required.

Time • 9:15 - 10am **Location • RA**
4 - 4:45pm*
(T) 9/7 - 9/28 \$45 1044.301
(Th) 9/9 - 9/30* \$45 1044.302

Happy Notes Music Harvest the Music

Age • 2 - 5 **Instructor •** Maureen Conlin
This session includes songs, music activities and dances for the fall season. Instrument play, puppets and creative movement with a Autumn theme. Parent participation required.

Time • 9:15 - 10am **Location • RA**
4 - 4:45pm*
(T) 10/5 - 10/26 \$45 1044.303
(Th) 10/7 - 10/28* \$45 1044.304

Happy Notes Music Nature Notes

Age • 2 - 5 **Instructor •** Maureen Conlin
Children enjoy the music of nature as they explore and create with the music of winter animals, snow, turkey tunes and a cornucopia of percussion sounds. Parent participation required

Time • 9:15 - 10am **Location • RA**
(T) 11/2 - 11/23 \$45 1044.305

Happy Notes Music Jingle all the Way

Age • 2 - 5 **Instructor •** Maureen Conlin
Celebrate the season in song as children tap, sing and play along to winter tunes and holiday songs. Parent participation required.

Time • 9:15 - 10am **Location • RA**
4 - 4:45pm*
(W) 12/1 - 12/15 \$30 1044.306
(Th) 12/2 - 12/16* \$30 1044.307

YOUTH

Kids Club Grades • K - 6

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. Kids Club is offered Monday through Friday, 7 - 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.

Adventure Camp Days

Grades • K - 6
Camp will include a field trip, crafts, games, creative centers, and much more! Look for a flier to be sent home before each date. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.

Time • 7am - 6pm **Location • TBA**
(W) 9/22 \$22 4377.301/4388.301
(F) 10/1 \$22 4377.302/4388.302
(M) 11/1 \$22 4377.303/4388.303
(F) 12/3 \$22 4377.304/4388.304

Adventure Camp Winter Break

Grades • K - 6
Campers will enjoy a variety of activities each day all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Calendars are available at the Recreation Office. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.

Time • 7am - 6pm **Location • CCMES/PHES**
(M - F) 12/20 - 12/30* \$22/day
*No camp 12/24

Dragonfly Fingerprint Platter

Age • 7 - 12 **Instructor •** Mary Ann Crosby
Your child will create a unique ceramic platter with fingerprint "body" and gossamer wings, this adorable platter will fly into your heart and grace your table. Non toxic ceramic paints will be used.

Cost • \$25 **Location • SWFA**
(T) 9/14 3:30 - 5:30pm
(T) 9/21 4 - 4:30pm 1194.301

Ceramic Jack-O-Lantern

Age • 7 - 12 **Instructor •** Mary Ann Crosby
Decorate an everlasting ceramic pumpkin for the Halloween season using non-toxic paints. Studio staff will apply a food safe glaze and fire your pumpkin in the kiln. Project will be ready for pick-up one week later.

Cost • \$25 **Location • SWFA**
(Th) 9/30 3:30 - 5:30pm
(Th) 10/7 4 - 4:30pm 1194.302

Ever-Lasting Fish Aquarium

Age • 7 - 12 **Instructor •** Mary Ann Crosby
Students will create a fish aquarium with a ceramic plate and some add-ons using non-toxic paints. Studio staff will apply a food safe glaze and fire your aquarium in the kiln. Project will be ready for pick-up one week later.

Cost • \$25 **Location • SWFA**
(T) 10/5 3:30 - 5:30pm
(T) 10/12 4 - 4:30pm 1194.303

Introduction to the Violin

Grades • 3 - 6 **Instructor •** John O'Neill
This class offers students the opportunity to acquaint themselves with the violin and find out if this is the right instrument for them. Participants will learn the correct way to hold the violin and bow and will be able to play several easy melodies by the completion of the class. All materials and the use of a violin are included.

Time • 3:30 - 4:15pm **Location • PHES**
(W) 10/6 - 10/27 \$25 1158.301



YOUTH/TEEN

Ballroom Dancing

Age • 9 - 13 **Instructor •** Craig & Ann Peters
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. Couple only so bring your brother, sister or friend!

Time • 6:30 - 7:30pm		Location • DWS
(T) 9/14 - 10/5	\$80/couple	1735.310
(T) 10/12 - 11/2	\$80/couple	1735.311
(T) 11/9 - 11/30	\$80/couple	1735.312

Tap Class

Age • 9 - 13 **Instructor •** Ann Peters
Have fun, great exercise, learn basics of tap dancing and learn combinations that have been passed down through generations of tap dancers. Tap also helps with balance and coordination for all sports and other kinds of dance.

Time • 5:30 - 6:30pm		Location • DWS
(T) 9/14 - 10/5	\$45	1735.313
(T) 10/12 - 11/2	\$45	1735.314
(T) 11/9 - 11/30	\$45	1735.315

Teen Dance

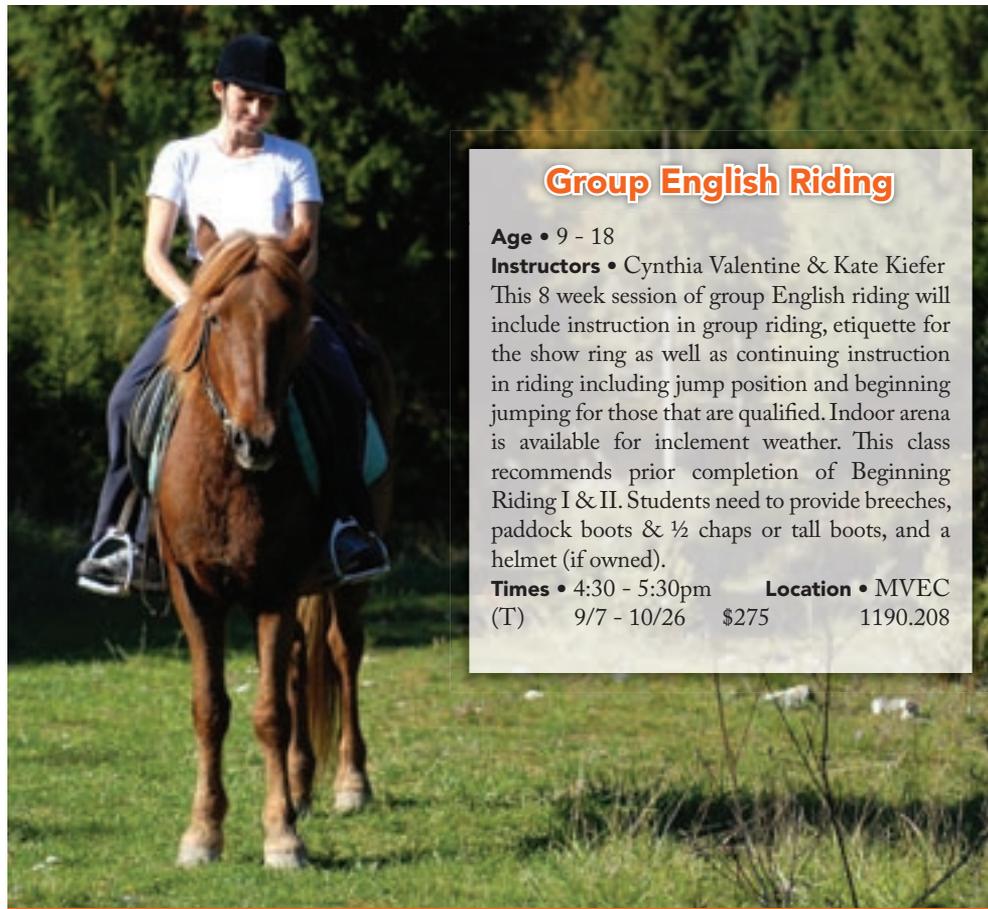
Dance Time 6:30 to 9pm

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 9pm. 7th & 8th Grade students must show their Student I.D. Card. All school rules will be applied including dress code.

Time • 6:30 - 9pm		Location • DCFG
(F) 9/17	\$10*	1605.301
(F) 11/19	\$10*	1605.302
(F) 1/21	\$10*	1605.303

*included a slice of pizza and a drink



Group English Riding

Age • 9 - 18
Instructors • Cynthia Valentine & Kate Kiefer
This 8 week session of group English riding will include instruction in group riding, etiquette for the show ring as well as continuing instruction in riding including jump position and beginning jumping for those that are qualified. Indoor arena is available for inclement weather. This class recommends prior completion of Beginning Riding I & II. Students need to provide breeches, paddock boots & ½ chaps or tall boots, and a helmet (if owned).

Times • 4:30 - 5:30pm		Location • MVEC
(T) 9/7 - 10/26	\$275	1190.208

Renaissance Swordsmanship

Age • 13 - up **Instructor •** Steven Klekar
Students will earn the basic techniques of renaissance swordsmanship and protégées fighting sticks. Fencing and safety equipment will be provided. Students must provide their own fencing gloves that cover the wrist. Wear tennis shoes and a long sleeve t-shirt.

Time • 7 - 8:30pm		Location • TBA
(W) 9/1 - 9/29	\$35	1638.301
(W) 10/6 - 10/27	\$30	1638.302
(W) 11/3 - 11/24	\$30	1638.303
(W) 12/1 - 12/15	\$25	1638.304

Clay Extruder Holiday Bowl

Age • 7 - up **Instructor •** Mary Ann Crosby
Whether filled with holiday decorations or holiday fruits & vegetables, this bowl will look great all year round. Using a hand held clay extruder to create spaghetti like strings of clay then pressing the clay into a mold the student will create a unique one of a kind bowl. Our second class time allows the student to glaze their creation. Projects will be complete and ready for pick-up one week later.

Cost • \$30		Location • SWFA
(Th) 10/21	3:30 - 5:30pm	
(Th) 10/28	3:30 - 4:30pm	
(Th) 11/4	4 - 4:30pm	1194.304

VOLUNTEERS WANTED

The volunteer program is designed to encourage community members to volunteer by assisting staff as team members. Volunteers can supplement present services; encourage civic pride and community involvement.

Through volunteer experiences you can join us in our mission to:

- * Provide Recreational Experiences
- * Strengthen Community Image
- * Strengthen Safety and Security
- * Promote Health and Wellness
- * Create Community
- * Foster Human Development
- * Increase Cultural Unity
- * Protect Environmental Resources

Benefits to our Volunteers

- * Gain valuable work experience
- * Learn new skills
- * Explore career possibilities
- * Receive personal satisfaction
- * Improve communication skills
- * Participate in community issues
- * Be a role model to youth
- * Share your talents
- * Secure job references
- * Make new friends
- * Make a positive difference
- * Demonstrate leadership
- * Receive personal pride and fulfillment

Become a Volunteer Today!

ADULTS

Infant, Child, Adult CPR And First Aid Certification

Instructor • David Coelho

This class will instruct and train individuals the importance of saving a loved ones life with CPR and First Aid. Real life situations and scenarios will be use to utilize the importance of CPR & First Aid training.

Time • 9 - 12pm		Location • GBHH
(Sa) 9/11	\$65	1799.301
(Sa) 10/2	\$65	1799.302
(Sa) 10/23	\$65	1799.303
(Sa) 11/13	\$65	1799.304
(Sa) 12/4	\$65	1799.305

Ballroom Dancing

Instructors • Craig & Ann Peters

Have fun on Friday 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 last session there will be a party so you will have 2 more hours to practice, socialize, and dance.

Time • 7:30 - 8:30pm		Location • DWS
(F) 9/10 - 10/1	\$80/couple	1735.301
(F) 10/8 - 10/29	\$80/couple	1735.302
(F) 11/5 - 12/3	\$80/couple	1735.303



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 training collar, 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		Location • CVMS
(W) 9/1 - 10/6	\$80	1422.301
(W) 11/3 - 12/8*	\$80	1422.303
(W) 12/29 - 2/2*	\$80	1422.305

*Class to be held at DCFG



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 (5 - 40 lbs) & a PreCor EFX556 located in the multipurpose room. This equipment is available during regular center hours for adult (18+) patrons.

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

Scrap Booking "Crotoberfest" Celebration

Sign up now, spaces are limited!

Instructor • Jackie Gorton
Autumn is the perfect time of year to get caught up with your album-making. This is your opportunity to gather with friends and enjoy hours of uninterrupted laughter, fun and album-making! New products will be introduced and available for purchase. Bring lots of photos along with your albums, adhesives, papers and pens and enjoy 12 hours of scrap booking with plenty of room and 6 foot table space all to yourself! A variety of tools are available for use (die cut machine, cutters, punches, templates, idea books.) Water, a snack and a goodie bag are included.

Time • 10am - 10pm **Location** • GES
(Sa) 10/16 \$20 1720.304

Scrap Booking All Day "Crop"

Instructor • Jackie Gorton
Bring your photos and supplies for this un-interrupted day of scrap booking. Enjoy your own 6 foot table space while you catch up on your memory preservation. Instructor's tools (die cut machines, shape cutter, punches, etc.) are available for use. Consumables such as adhesives and decorative materials are available to purchase at the crop. Snacks and water are provided.

Time • 10am - 5pm **Location** • GES
(Sa) 9/11 \$10 1720.301
(Sa) 11/20 \$10 1720.302
(Sa) 12/11 \$10 1720.303

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. Utah and Florida can be added for an additional fee.

Time • (W/F) 6 - 9:30pm **Location** • RA
(Sa) 8 - 11am
(W/F) 9/15 & 9/17
(Sa) 9/18 \$90* 1745.301
(W/F) 10/13 & 10/15
(Sa) 10/16 \$90* 1745.302
(W/F) 11/17 & 11/19
(Sa) 11/20 \$90* 1745.303
(W/F) 12/15 & 12/17
(Sa) 12/18 \$90* 1745.304

*An additional \$10 insurance fee is payable to the instructor. Spouses are 1/2 price plus \$10 insurance payable to the instructor.

Understanding your Digital Camera

Instructor • Doug Dill
Take the mystery out of your Digital Camera. Empower yourself by taking full advantage of what your camera can do beyond point-and-shoot. This class will help you understand and enjoy photography with your digital camera. Class includes instruction, demonstrations, critiques, tips, and follow-up.

Time • (Sa) 9am - 4pm **Location** • RA
(Th) 7 - 9pm
(Sa) 10/2 & (Th) 10/7 \$35 1714.302

Photographic Composition

Instructor • Doug Dill
Wow your friends with beautiful photographic images. Learn how to see great photographic design and composition and become skilled using lenses to accomplish the scene you want. Class includes instruction, critiques, tips, and evaluations. Digital and/or film cameras.

Time • 7 - 9pm **Location** • RA
(T) 9/21, 9/28, 10/5 \$35 1714.301

How to Start a Worm Bin

Ages • 18 - up **Instructor** • Patti Dombey
If it sounds too good to be true, it must involve Vermiculture! (the culture of worms). If you are really serious about growing wonderfully tasting vegetables and gorgeous flowering plants in a chemical free environment, you must come learn to start a composting worm bin. Learn about the magic worms work while they erase your family's carbon footprint, save irreplaceable space in our landfills, and naturally improve the health of your soil, plants, grass and trees. This is an excellent class for Home Schooling parents.

Times • 10 - 11:30am or **Location** • RA
7 - 8:30pm
(W) 10/20 \$30 1794.301/302
(W) 11/3 \$30 1794.303/304

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.



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, ten 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 **Locations** • GES/LP*
 (Sa) 9/4 & 9/25* \$5 1710.301
 (Sa) 10/2 - 10/30** \$5 1710.302
 (Sa) 11/6 & 11/13 \$5 1710.303
 (Sa) 12/4 - 12/18** \$5 1710.304

**Class held at Sharkey's 10/16, 12/11

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
 (M/Th) 9/2 - 9/30 \$40 1709.301
 (M/Th) 10/4 - 10/2 \$40 1709.302
 (M/Th) 11/1 - 11/29* \$40 1709.303
 (M/Th) 12/2 - 12/30 \$40 1709.304
 *No class 11/25



“

The class exceeded my expectation, the instructor went above and beyond and out of her way to meet the needs of each student

”

Natural Health Approaches

Instructors • Beth Francis
 Learn natural ways to support and heal your body with foods, herbs, supplements, and therapies. Discover how to look at symptoms in a new and innovative way. Topics include building nutrition, cleansing your body, time importance of ph, evaluating your body, and natural supports for specific health scenarios.

Time • 1 - 2pm **Location** • RA
 (T) 9/7 - 9/28 \$40 1764.301
 (T) 10/5 - 10/26 \$40 1764.302
 (T) 11/2 - 11/30* (7 - 8pm) \$40 1764.303
 (T) 12/7 - 12/28 \$40 1764.304

*No class 11/23



Introduction to Avalanches

Instructors • David Beck
 This 12 hour certificate course will include 2 evening lectures and one field day. Lectures will include introduction to avalanche terminology, statistics and human factors, snow pack and weather factors, obvious clues, red flags, simple decision tools, travel protocols and companion recovery.

Field day will include examples and hands on training including avalanche terrain and terrain traps, basic route selection, snow pack layering, conditions and weather effects, companion recovery including probing, shoveling and beacon use.

Times • M/T 6 - 9pm **Locations** • RA/HV
 Sa 9am - 3pm
 (M/T) 12/13 & 12/14
 (Sa) 12/18 \$25 1754.301

Companion Rescue Clinic

Instructors • David Beck, Rick Newberry
 This 3 hour class will teach the basics on avalanche rescue and the basic of avalanche beacons. Class will include the importance of beacon skills including operation and search principles as well as rescue practice including group management, probing and shoveling.

Time • 1 - 4pm **Location** • HV
 (Sa) 1/9 \$10 1754.302

ACTIVE ADULTS

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. Check us out on the web at <http://www.douglascountynv.gov/sites/SrCntr/index.cfm>

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. For guests who are under 60 years of age, lunch is just \$3.50.

Meals on Wheels

All Seniors 60 years and older who do not have an able bodied adult living with them, are physically or mentally incapacitated and/or unable to leave the house can receive weekly or bi-monthly Meals on Wheels deliveries depending on your location. Deliveries are in town or to outlying areas including: TRE, Indian Hills, Johnson Lane and Stateline. The suggested donation is \$2 per meal.

Topaz Congregate Dining

Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the Topaz Ranch Estates Community Center located at 3939 Carter Way. The suggested donation for lunch is \$2.00 each day for Seniors 60 years and older. For guests who are under 60 years of age, lunch is just \$3.50.



Community Dances

The Senior Center is hosting Community Dances every other month. Come enjoy the music and dance the night away in a smoke free atmosphere. Singles and couples are welcome! Refreshments are available for a donation. 50/50 raffle and door prizes awarded at 9pm. Please call Amanda at 783-6455 for more info.

Time • 7 - 10pm
(Sa) 10/23, 12/4

Location • DCFG



YAH Gift Shop

Young at Heart sponsors a gift shop located in the Senior Center lobby. It is open from 11am - 12pm Monday through Friday. All items are hand made and range from jewelry to clothing to decorations. A portion of the proceeds benefit Young at Heart. To shop, or to sell your own items, come in to the Senior Center during Gift Shop hours and check us out. For more info, call 783-6455.

Douglas County Dial-A-Ride Service

To ensure that our senior citizens and general public who desire transportation assistance are able to reach their destinations in a timely and safe manner, Douglas County Senior Services offers transportation, to the senior center, hair, medical and dental appointments and much more. These rides are coordinated through the DART DIAL-A-RIDE office which can be reached at 783-6456. **There is a 5 business day advanced notice required in order to insure a ride.**

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 donations for service are \$3 an hour.

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.

USO/Veterans Day Celebration

Join us for the 10th Annual USO celebration on Wednesday, November 10, 2010 at the Senior Center. The festivities start at 10:30 am. We encourage all veterans to bring in their memorabilia to be displayed in the lobby starting on November 2nd. Live music and guest speakers will help us honor our veterans in style.

Time • 10:30am - 12pm **Location** • SC
(W) 11/10

Young At Heart Craft Fair

Start your holiday season off right with music, an all day raffle, snacks and gift ideas. Held on the Saturday before Thanksgiving from 8am - 3pm at the Senior Center, the YAH Craft Fair is a one stop spot for holiday cheer. For more information, or to become a vendor, please call Esther at 265-2312.

Time • 8am - 3pm **Location** • SC
(W) 11/20

Senior Christmas Party

This event is open to anyone age 60 and over. Join us for a meal, entertainment and holiday cheer. Bring a gift if you want to play in our pirate gift exchange. The gift should be \$5 or more and males bring a gift for a male, or female for female. Please call the Senior Center at 783-6455 for more information.

Time • 12- 5pm **Location** • SC
(Sa) 12/11

AARP Driver Safety Course

Instructor • Dennis Hogan

This class is a refresher course with emphasis upon how age-related changes affect driving. For drivers age 55 and older. 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 - 1pm **Location** • SC
(Sa) 11/13 \$14

12th Annual SENIOR HEALTH FAIR

Douglas County Senior Center will be hosting their 12th Annual Senior Health Fair on Wednesday, January 26th, 2011 at the Carson Valley Inn, Minden. The event will be held in the Shannon Ballroom from 9:00 a.m. - 1:00 p.m. Admission is free. All ages are welcome. There will be many information booths to include medical, legal, insurance, investment, residential care, chiropractic, vision, and many more. If you would like more information or to have a vendor registration packet mailed to you, please call Amanda at (775) 783-6455.

Time • 9am - 1pm **Location** • CVI
(W) 1/26 **Free**



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 Senior 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.

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. Information about all of the classes listed in this guide can be found on the web at www.douglascountynv.gov

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 782-9828 to become a volunteer.

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LIFE OPTIONS ACTIVITIES

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" in the Senior Center parking lot on Tuesdays and Thursdays at 10am (starting in October, we will meet at the United Methodist Church on Centerville Lane.) This class is offered for just \$2 per class. For more information, please call instructor Chris, at 790 - 6373.

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.

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 info or to sign up, please call instructor Lada Trimble at 882 - 6061.

Creativity through Knitting & Crocheting

Come join instructor Linda Sawtelle each Monday at 9am for "Creativity through Knitting and Crocheting." The group will meet 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 space is limited, so please call and confirm your interest. To reserve your spot or for additional information regarding the class, contact instructor Linda Sawtelle at 783-7278.

Green Thumb Garden Club

Meets the 4th Monday of the month at the Methodist Church from March through November. They discuss different topics each month regarding taking care of your gardens and yards, plus have guest speakers and scheduled bus trips. For more information contact Harriet Althouse at 775-265-9554.

Investment Discussion Group

Meets the 1st Monday of the month at 10am in the Meeting Room. It's an opportunity to discuss what's going on in the markets and what's good to invest in.

Ceramics

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





Johnson Lane Fitness

Ages • 60 and over **Instructor** • Jenny Passas
 Johnson Lane Fitness, along with 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 60 years and older. An annual \$17 enrollment fee is required. Johnson Lane Fitness is family owned and operated, and provides a clean, friendly, non-intimidating workout environment. The facility provides treadmills and elliptical, circuit training and free weights, all under the guidance of experienced professional trainers. They also offer “Senior Fit” classes by instructor Jenny Passas who specializes in senior fitness. For enrollment or more information, please contact owner Kelly Corley at 267-0389.

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 \$20.00 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 Josh at 267-1700.

Time • Monday - Thursday 4:30am - 10pm
 Friday 4:30am - 9pm
 Saturday - Sunday 4:30am - 8pm

3790 Hwy 395, Ste 402, Carson City

World Gym

Ages • 60 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 no Enrollment Fee with a one time \$29 Processing Fee. For more information contact World Gym at 782-2705 and ask about a senior membership.

Time • Monday - Thursday 4:30am - 10pm
 Saturday - Sunday 7am - 7pm

885 Mabogany Drive, Minden

Fall Festival

Ages • All

Pick a giant pumpkin at the 4-H Pumpkin Patch and enjoy a family style carnival event. Activities include a fun run relay race, food, raffle, car seat safety inspections, silent auction, face painting, petting zoo, cake walk, costume contest, pumpkin decorating and carnival games. Kids can enjoy a visit with Smokey Bear and learn about fire safety too! The kid's costume contest will be held at 12pm with cash prizes to be awarded. Prizes and pumpkins are generously sponsored by Joe Benigno's Tree Service.

Time • 10am - 2pm
(Sa) 10/2

Location • LP

Free Admission



Pumpkin Run

Grades • Preschool - 6th Grade

During the Fall Festival, Douglas County Parks & Recreation Department will be offering a fun run for children in preschool through 6th grade. Participants will be divided into groups based on grade and will be running a designated distance based on age. Pre-registration is recommended, but participants may register on site. Prizes will be awarded at the end of each race.

Time • 10 - 11:30am
(Sa) 10/2

Location • LP
1143.301

Race Times

Pre-School (boys & girls)	10am
Kindergarten (boys & girls)	10:15am
1st Grade (boys & girls)	10:30am
2nd Grade (boys & girls)	10:45am
3rd Grade (boys & girls)	11am
4th Grade (boys & girls)	11:15am
5th Grade (boys & girls)	11:30am

**Runners should plan to arrive at least 5-10 minutes prior to their scheduled race time.*

Farmers Market

Nevada's Own Certified

Open until September 15th

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
Wednesdays

Free

Location • Lampe Park

North Pole Calling

Thursday, December 9

Ages • 3 - 6

Watch your children's eyes light up when they receive a personal phone call from Santa!! Santa will call to spread the fun and magic of the holidays. We are helping Santa by passing out "Hotline" forms, which will be available after December 1st at the Douglas County Parks & Recreation Department. Santa will be calling Thursday, December 9th. If you would like to be a volunteer Santa, please call the Recreation Division at 782-9828.

Time • 4:30 - 6:30pm

Free



Carson Valley Arts Council's Gingerbread House Decorating Contest

This contest is open to individuals, families, organizations and clubs. Your exhibit can be a house, church, barn, historic building, castle or any other whimsical structure you choose. All entries must be brought to the Carson Valley Museum the week of November 29 through December 3 from 10am to 3:30pm. The exhibit will run from Saturday December 4 through the 18. The winners will be announced at the Artist's Reception scheduled for December 19. Please call Dennis Little, CVAC Gingerbread Contest Coordinator at 267-5634 or by e-mail at CVGingerbread@aol.com for contest rules, guidelines and an application form. Application forms are also available at Copeland Arts Center in Minden and the Carson Valley Museum in Gardnerville.

Stocking Stuffer

Father/Daughter Dance Tickets will be available December 14th. The dance will be held on February 4th & 5th at St. Gall Community Center in Gardnerville from 6 - 8:30pm.



Tours of Dangberg Home Ranch Historic Park

The Dangberg Home Ranch Historic Park is located just west of Minden on Highway 88. The historic house and several other buildings built between 1857 and 1920 were the beginning of the historic Dangberg Land & Live Stock Co. Pioneer H. F. Dangberg, Sr., and three generations of his descendants lived on the property, and their belongings help tell the story of Carson Valley's origins and growth.

The property is now owned by Douglas County and managed by Nevada State Parks. Tours are offered from April through December. Advance reservations are required and can be made by calling the park at (775) 783-9417. Admission is \$3 for adults and free for children 12 and under. Tour information and a calendar of exhibits and other events are available at parks.nv.gov/hr.htm.

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 rate on to rent a facility please call 782-9835 or go to www.douglascountynv.gov.

Family Support Council

1255 Waterloo Lane, Gardnerville
782-8692
Office hours - 9am to 5pm

A.V.I.D. (Active Volunteers In Douglas) is a non-profit group that promotes, maintains and supports volunteerism in Douglas County; and provides avenues for recognition and encouragement of volunteers. Any non-profit organization in Douglas County may be a part of A.V.I.D.

Nineteen organizations are currently active in A.V.I.D. Other organizations in the County also use volunteers, but do their own recruiting. A person seeking a volunteer position or wishing to change to a different volunteer position may call the organization directly, or coordinate through A.V.I.D. For more information, contact A.V.I.D. at 783-6450 or write: P.O. Box 1057, Minden NV 89423 or visit our website at www.douglasvolunteers.org



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WORLD GYM
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885 Mahogany Drive, Minden
775-782-2705

Mon-Fri: 4:30am-10:00pm • Sat-Sun: 7:00am-7:00pm

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HARVEST FESTIVAL

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ALL WEEKENDS IN OCTOBER 2010

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YOUTH/TEEN SPORTS

Youth & Teen Basketball

Grades • 3 - 12

The youth basketball league is offered for beginning to advanced players, emphasizing skill development and fun competition. Participants will be assigned to a team through a draft system (see below). Games will be on Saturday at Carson Valley Middle School with at least one planned practice each week at a school in the area.

Time • TBA

Location • CVMS

Registration • 10/18 - 11/24

Season • (Sa) 1/8 - 3/5

Cost • Grades 3rd - 6th \$70
 Grades 7th -12th* \$75

Includes 1 official, team t-shirt & awards

**Includes 2 officials, team t-shirt and awards.*

Leagues

3rd & 4th Grade (Coed)	5038.301
5th & 6th Grade (Coed)	5038.302
7th & 8th Grade (Coed)	5038.303
9th & 12th Grade (Coed)	5045.301

Please sign up early, as registration is limited. A parent permission slip, code of conduct and player registration must be completed at time of registration.

Youth & Teen Basketball Draft

In an attempt to balance the youth basketball teams, DCPR has adopted a draft system for player placement on teams. Coaches will be required to attend a paper draft to select teams. Only coaches are allowed to be present for the draft, no parents are allowed.

PARENTS WILL NOT BE ABLE TO REQUEST A CERTAIN COACH, TEAM OR FRIENDS, NO EXCEPTIONS!

Date • (Sa) 12/4

3 - 4 grade coed
 5 - 6 grade coed
 7 - 8 grade coed
 9 - 12 grade coed

Location • RA

8 - 10am
 10am - 12pm
 1 - 3pm
 3 - 5pm

Youth & Teen Basketball Coaches Clinic

There will be a required coach's clinic for all Youth Basketball Coaches on Sunday, December 5 from 9am to 12pm. Location CVMS.

Introduction to Junior Golf

Ages • 5 - 16

Juniors will learn the basics of golf including rules, etiquette, putting, chipping and full swing. Participants will be divided into groups based on age. Club rental and golf balls are included in the fee. Refreshments will be provided.

Times • 12 - 4:15pm

Location • CVGC

(Sa) 9/11

\$20

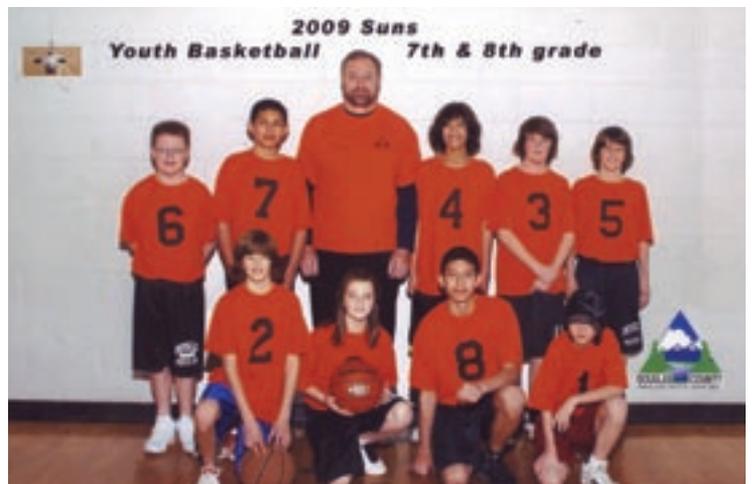
Golf Times

Ages 5 - 6	12 - 1:15pm	5015.301
Ages 7 - 8	1:30 - 2:45pm	5015.302
Ages 9 - 16	3 - 4:15pm	5015.303

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 the Recreation Department 782-9828.



**Thank you to the following businesses for sponsoring
DCPRD Youth Sports Leagues 2010**

Flag Football Leagues • Basketball Leagues • Volleyball Leagues

ASJ Small Engines, Etc. • Douglas Disposal • Carson Tahoe Regional Healthcare
Carson Valley Medical Center • Sorensen's Resort • Minden Rotary • Park Place AM/PM
Wells Fargo Advisors, LLC • Carson Valley Accounting

If your business or organization is interested in becoming a sponsor please call 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

www.ayso318.org

Carson Valley Little League

Debbie Jacobsen782-7303

Carson Valley Girls' Softball League

Neil Hill781-2193

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 Valentine782-8777
www.douglaspopwarner.com

Track and Field, Cross Country

Anthony Davis530-541-1873
www.adsportstahoe.com

Youth Basketball Leagues

Andy Braun782-9828
www.dcprrsports.com

Youth Flag Football Leagues

Andy Braun782-9828
www.dcprrsports.com

Youth Volleyball Leagues

Andy Braun782-9828
www.dcprrsports.com

Youth Wrestling

John Grant720-2311

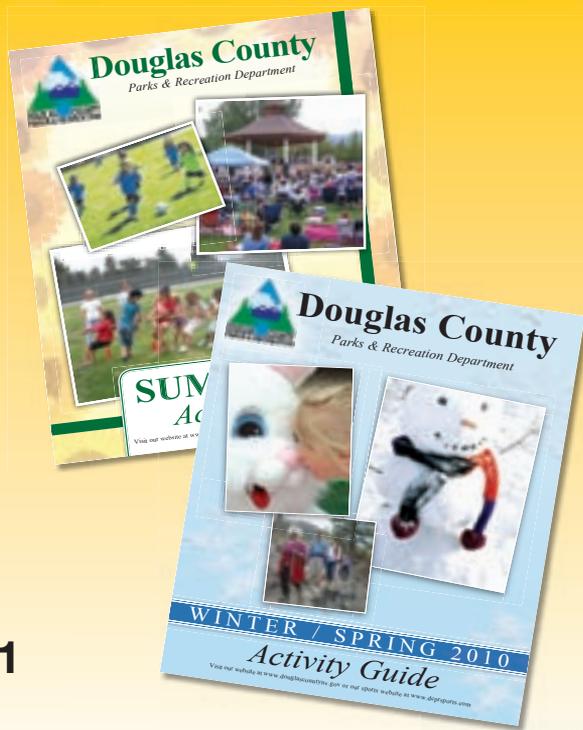
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Youth NFL Flag Football

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 1, 2010 and cannot be 15 before September 1, 2010. 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 • 5/17 - 9/3

Season • (Sa) 9/25 - 11/13

Cost • \$75 *Includes jersey, awards, mouthpiece & officials*

Leagues

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

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

NFL Punt, Pass & Kick

Ages • 8 - 15

The NFL Pepsi Punt, Pass, & Kick program is a free competition open to boys & girls. Participants compete against their peers in punting, passing, & place kicking skills. There is no registration fee or purchase required for any participant to enter. All contestants must fill out the Entry Form/Release of Liability Form obtained from DCPR on the day of the event. The competition is split into four age groups: 8/9, 10/11, 12/13, 14/15 (age is determined as of December 31 of the current year) with boys and girls competing separately. The top scorer in each age division will advance to a sectional competition with a chance to advance to the team championship. No football shoes are allowed, only tennis shoes are allowed for competition. For more information, please contact Douglas County Parks & Recreation Sports Coordinator at 782-9828.

Time • 9am - 12pm

Location • SP

Date • (Sa) 9/25

Free

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 11 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) 9/11

Location • RA

Draft Times

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

Youth Flag Football Coaches Clinic

There will be a required coach's clinic for all Youth Flag Football Coaches on Sunday, September 12, from 9am to 12pm at Stodick Park.



W K A L

KAHLE COMMUNITY CENTER

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, Climbing Wall, Snack Bar, Classes, Facility Rentals.



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

Facility Rentals

We invite you to take advantage of our great facilities at reasonable rates 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.

LAKE CLASS LOCATION CODES

- EGC..... Edgewood Golf Course
- KCC.....Kahle Community Center
- KCPKahle Community Park
- RHFSRound Hill Fire Station
- TBA To Be Announced
- ZCES..... Zephyr Cove Elementary School
- ZCP..... Zephyr Cove Park

Recreation Center Hours

Monday - Friday	6am - 9pm
Saturday	8am - 6pm
Sunday	Closed
After November 1st	
Monday - Friday	6am - 10pm
Saturday	8am - 8pm
Sunday	11am - 4pm

Facility Use Fees

Daily, Monthly, 3 Month and Annual passes are available

Holiday Closures

August 25- 29	Annual Maintenance
September 6	Labor Day
October 29	Nevada Day
November 11	Veterans Day
November 25-26	Thanksgiving
December 24-26	Christmas

Classes, sports leagues and special events are scheduled at the facility which may affect drop in and pass holder use at times. 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).

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 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 2010-2011 school year are 9am - 12pm Monday - Friday. Children may enroll 2 to 5 scheduled days per week. Tuition is \$18 per day through December 2010 and will increase to \$19 per day beginning January 2011. Roots and Wings is a licensed preschool designed for children 3 to 5 years old. (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 \$60 is required at time of enrollment. There is no fee to place your child on the waiting list.

Twosday Mornings

Ages • Birth to Preschool

Instructor • Roots & Wings Teachers

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) 10/5 - 10/26 \$24 1048.301

(T) 11/2 - 11/30 \$24 1048.301

(T) 12/7 - 12/14 \$12 1048.301

No class 11/23, 12/21, 12/28

Drop in participants are welcome. The fee is \$8 per class and additional children in the family are \$1 per child per time for the monthly fee and drop in rate.

Special Event Day -

Last Program Day of each Month

10/26 Costume Parade

11/30 Stroller Obstacle Course

12/14 Pictures with Santa

Breakfast with Santa

Sponsored by Mott Canyon

A memorable experience for each hungry child! Come join Santa for a delicious pancake breakfast and get your picture taken with him afterwards! Photo with Santa and breakfast with pancakes, OJ, hot chocolate and coffee included!

Time • 9 - 11am Location • KCC

(Sa) 12/11 \$2 1025.301

Zephyr Cove Ski Club Signups 9am - 11am

North Pole Calling

Ages • 3 - 6

Watch your children's eyes light up when they receive a personal phone call from Santa! Santa will call to spread the fun and magic of the holidays. We are helping Santa by passing out "Hotline" forms, which will be available after December 1st at Kahle Community Center. Santa will be calling Thursday, December 16.

Time • 4:30 - 6:30pm Location • KCC

(Th) 12/16 Free

Halloween Carnival Celebration

Sponsored by Kiwanis
of Lake Tahoe Sunrisers

Celebrate the spirit of make believe, a sense of community and "spooktacular" happenings, all under one roof at Kahle Community Center on Halloween. The festivities will include carnival games, a haunted hunt and lots of treats to guarantee a "bootiful" fun, safe and ghoulishly good time for all ages. Community groups invited to host or run a booth.

(Sun) 10/31 4 - 7pm

Location • KCC



PRE-KINDER/YOUTH

Story Time

Ages • 3-8

Library Services Coordinator, Carol Nageotte and Children's Librarian, Kathy Echavarria present theme based stories for children.

Time • 9-9:45 am

Location • KCC

Thursdays and Fridays 9/30

Zephyr Cove Library Hours

Hours • (W) 11-7 pm

(Th/F/Sa) 9-5 pm

Book drop at Kahle, Internet, Wireless, Inter-Library loan, E-books, Audios, DVDs, CDs, Newspapers. For more information call the Library at (775) 588-6411.

Birthday Parties

Let KCC help you plan, organize and make your child's birthday a special event. Complete our custom party package form and receive a custom quote. **At least two weeks advance notice required.** For more information call 586-7271.

YOUTH

Tae Kwon Do

Ages • 7 - 12 **Instructors** • Chris & 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 - 7pm		Location • KCC
(W) 9/15 - 9/29	\$12	1409.301
(W) 10/6 - 10/27	\$16	1409.302
(W) 11/3 - 11/17	\$12	1409.303
(W) 12/1 - 12/15	\$12	1409.304

Drop-in \$8 per class



Kid's Club Program

Is your child looking for an after school adventure? If you are looking for after school care, we may have exactly what you need! Kid's Club is offered from 3:15 - 6pm and is designed to serve students ages 6 through 12. Kids Club is 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). Fee is \$5.00 per day and must be prepaid by the month. Kids Club begins 8/18.

Kinder Kids, an additional program for kindergarteners, may be available starting this fall as well. Please call 586-7271 for more information.

Winter Break Adventure Days

Ages • 6 - 12
Enjoy your school break with us by going on field trips, playing games, crafts, and having fun! Fee includes admission, transportation & supervision. Bring a sack lunch and spending money each day. Watch for a flyer coming home from school with more information about activities and how you can sign up for Adventure Days.

Time • 7:30am - 6pm		Location • KCC
(M) 12/20	\$22	1123.321
(T) 12/21	\$22	1123.322
(W) 12/22	\$22	1123.323
(M) 12/27	\$22	1123.324
(T) 12/28	\$22	1123.325
(W) 12/29	\$22	1123.326
(Th) 12/30	\$22	1123.327

Kahle Community Center Is a SAFE PLACE

In cooperation with Tahoe Youth and Family Services.

TEEN

Totally Active Teens

Friday Nights at Kahle Community Center
Teen Scene

Grades • 6 - 12

Shoot hoops, play volleyball, climb the rock wall, and play arcade games or 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

Climbing Wall at KCC

Not ready to scale El Capitan? Kahle Community Center has a bouldering wall great for beginners. Drop-in fee gains access to the wall as well as the rest of the facilities.



ADULTS

“

You have just three minutes
to save a life.

Do you have the skills?

”

CPR

Instructors • Tahoe Douglas Firefighters
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.

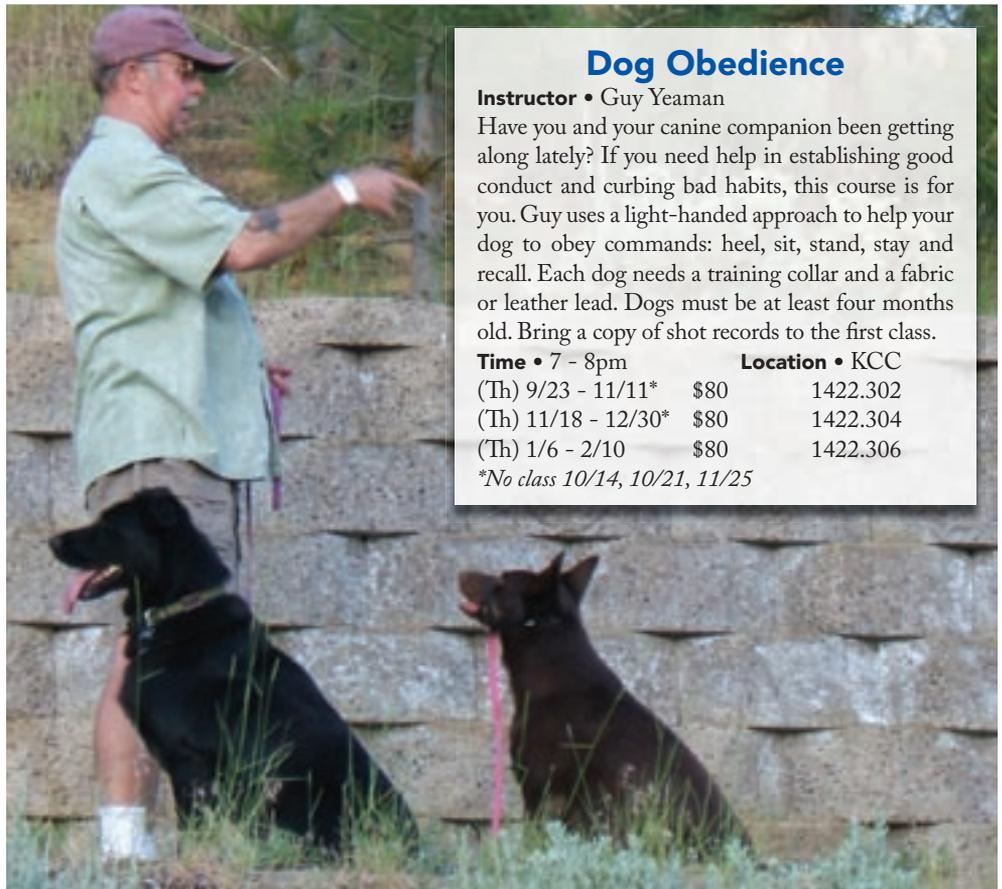
Time • 6 - 9pm
(Th) 10/7 \$40
(Th) 12/16 \$40

Location • RHFS
1715.301
1715.302

Minimum of 5 required for class to take place.

Anyone with special needs may call

Kelly at 775-230-6300 for other class availability.



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 • KCC

(Th) 9/23 - 11/11* \$80 1422.302

(Th) 11/18 - 12/30* \$80 1422.304

(Th) 1/6 - 2/10 \$80 1422.306

*No class 10/14, 10/21, 11/25

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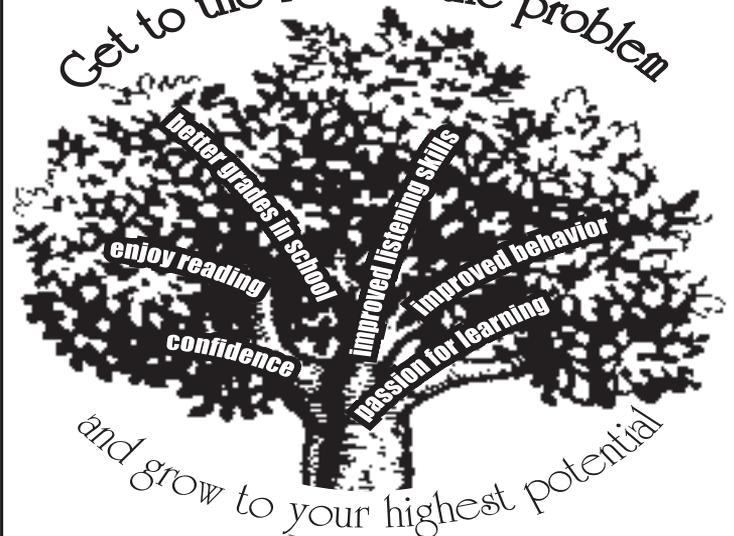
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ADULT FITNESS

Strength & Tone w/Frank

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) \$10/class* 1783.301-304
 *Punch cards: 4/\$35 & 8/\$62

Jazzercise

Instructors • Sherry Baiocchi, Shannon Shearer, Laura Forvilly
 Push your body, find your beat. Jazzercise delivers all the intensity without the monotony! 60 minutes with Real results to music you love. This is a program that's anything but routine! Each 60 minute class includes a warm-up, 30 minutes of aerobic segment, muscle toning and strengthening using weights and a full body stretch.

(M/W/F/Sa) 9am Begins 9/8 **Location** • KCC
 (Tu/Th) 5:30pm

Drop-in fee is \$10 per class to instructor. Monthly reduced fees are available.



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. Information is available at KCC front counter.



Pilates

Ages • 13 & up **Instructor** • Rose Marie Ottman
 Gain strength, flexibility and improve your posture with Pilates mat exercises. This method focuses on core strength to support the low back and improves body awareness, balance and coordination. Joseph Pilates' mindful technique of breathing and muscular control can be applied to sports and daily living. This is a multi-level class—modifications are provided to address individual body issues and abilities. Foam rollers are available for class use on the first Tuesday and Saturday of the month.

Time • 10:15 - 11:30am **Location** • KCC
 (T/Sa) Ongoing \$11/class 1728.301-304
 Punch cards: 4/\$35, 8/\$62

Spinning

Ages • 12 & up **Instructors** • 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 Begins Oct **Location** • KCC
 (M,W,F) 6pm 1705.301-304

Drop-in \$10 per class

Punch cards available: 4/\$32, 8/\$56, 20/\$120

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 focus on various poses, the benefits, stress and tension relievers, alignment, concentration and focus. All classes will end with a relaxation pose and mini meditation. All levels are welcome. Eat something light at least 1 hour before class.

Time • 12:30 - 1:30pm **Location** • KCC
 (F) Begins 10/15 \$10/class*

Punch cards: 5/\$40 & 10/\$70

**Payable to the instructor*

Yoga with Breath and Meditation

Ages • 13 & up **Instructor** • Serina Sullwold
 A traditional Hatha Yoga practice with a combination of Yin & Yang postures. Yin being more Gentle (cooling) and Yang being more Power Vinyasa (Fire) we will learn to deepen and expand our breath through Ujjayi and other yoga pranayamas, thus creating a transformational effect of releasing you physically, mentally and emotionally, building strength and flexibility & focus both internally and externally. While the Meditation brings an inner connection and peace which gives you the courage to meet and overcome challenges presented to you. Students need to bring a yoga mat, blanket, pillow, and water and Mala Beads.

Time • 8:30 - 9:45am **Location** • KCC
 (T/Th) Ongoing \$12/drop-in 1822.301-304

Punch cards: 4/\$40, 8/\$72

2 & 3 month punch cards also available

MARTIAL ARTS

Tae Kwon Do

Ages • 13 & up

Instructor • Chris & 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 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) 9/15 -9/29 \$18 1409.305

(W) 10/6 - 10/27 \$24 1409.306

(W) 11/3 - 11/17 \$18 1409.307

(W) 12/1 - 12/15 \$18 1409.308

Drop-in \$10 per class

Philippine Stick Fighting Arnis

Ages • 16 & up

Instructor • Chris & Rick Manglinong

Arnis is a blending of the countless styles of the related methods: Solo Baston (single stick). Sinawali (to 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) 9/15 -9/29 \$18 1707.301

(W) 10/6 - 10/27 \$24 1707.302

(W) 11/3 - 11/17 \$18 1707.303

(W) 12/1 - 12/15 \$18 1707.304

Drop-in \$10 per class

Mixed Martial Arts Beginner Boot Camp

Ages • 13 & up

Instructor • 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) On-going \$10/class 1409.309-312

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.



ACTIVE ADULTS

AARP Driver Safety Course

AARP's Driver Safety course (55 ALIVE) will be held from 8:30am to 5pm 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 \$14 fee payable to the instructor at the class. At this time there are no trainings scheduled at Kahle Park, but the one listed below is at the Valley Senior Center. Please call 775 783-6455 to sign up.

Time • 8:30am - 1pm **Location** • SC
(Sa) 11/13 \$14

Trail Trekkers

Join us for a one hour walk around our Indoor walking track or outside when the weather permits. 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.

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 **12 (Noon) to yellow sheet**. Weekly **Friday Texas Hold'Em Poker** sessions are at **9:30 SHARP**.
- Four **casino/musical and other outings** 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.
- A monthly **membership luncheon** with speaker program at Harrah's (2nd Wednesday of each month).
- Participation in an annual **canned food drive** for the needy.
- **Collection of "distressed" bakery items** from Round Hill Safeway for distribution to members at the center Saturday (AM).
- **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).
- Monday **shopping trips** and transport to medical/ dental appointments for members aboard one of TDSC's two vans operated by volunteer member/drivers (members only).

TDSC supports many worthy causes through monetary donations to organizations such as the **Women's Center, Christmas Cheer, Cancer League, and more**. TDSC's annual membership fee is a nominal \$10 per person.



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YOUTH SPORTS

Youth Basketball League

Grades • 3 - 6

Staff • Recreation Staff & Volunteer Coaches

This basketball league is offered for beginning to advanced players and will emphasize skill development and fun competition. All participants will be assigned to a team through a draft system. Games will be played Tuesday or Thursday evenings at Kahle Community Center. Teams will be practicing at least one time during the week throughout the league.

Dates • Mid-November (practice)

December - February (games)

Time • Game time between 5:30 & 7:30pm

Registration • Begins 9/15 until full

Leagues

(T) 3rd & 4th Grade 5020.301

Cost • \$65 (includes team t-shirt & awards)

(Th) 5th - 6th Grade 5020.302

Cost • \$75 (includes team t-shirt, awards & 2 officials)

Each division is limited to a certain number of participants. Register early to avoid division filling up. A parent permission slip needs to be filled out at time of registration. Requests for teams or coaches will not be granted.

Middle School Basketball League

Grades • 7 - 8

Staff • Recreation Staff & Volunteer Coaches

This basketball league is offered for beginning to advanced players and will emphasize skill development and fun competition. All participants will be assigned to a team through a draft system. Games will be played Wednesday evenings and maybe some Mondays at Kahle Community Center. Teams will be practicing at least one time during the week throughout the league.

Dates • Mid-December (practice) 5020.303

January - March (games)

Time • Game time between 5:30 & 7:30pm

(Wednesdays & possibly Mondays)

Registration • Begins 10/20 until full

Cost • \$75 (includes team t-shirt, awards & 2 officials)

This division is limited to a certain number of participants. Register early to avoid division filling up. A parent permission slip needs to be filled out at time of registration. Requests for teams or coaches will not be granted.

Youth Basketball Draft

Due to the increasing size of the Youth Basketball Programs for grades 3 to 8, DCPR has adopted a draft system for player placement on teams. Coaches will be required to attend a paper draft at a future date. Parents will not be able to request a coach or request that children be placed together on teams.

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.southtaoepopwarner.com

Little League Baseball

www.tahoelittleleague.com

Youth Ice Hockey

www.staha.com

Track & Field, Cross Country

Anthony Davis 530-541-1873

www.adsportstahoe.com

Zephyr Cove Ski Club

Bob Cook 588-2361, Sally O'Brien 588-7233



Volunteer Coaches & Team Sponsors

Our Girls Basketball, Youth Basketball and Middle School Basketball are in search of volunteer coaches. Without volunteer coaches this program is 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 Kahle Community Center at (775) 586-7271.



NEW THIS FALL



3 on 3 Girl's Basketball League

Grades • 3 - 6

Staff • Recreation Staff & Volunteer Coaches
Kahle Community Center would like to start a 3 on 3 girl's basketball league this coming basketball season if there is enough interest. If we don't get the minimum number of girls needed for this league, they will have the option of playing in the Youth Basketball League. All participants will be assigned to a team through a draft system. Games will be played at Kahle Community Center once a week in the evenings and teams usually practice at least once a week throughout the season.

Dates • Mid-November (practice)

December - February (games)

Time • Game times are between 5:30 & 7:30 pm

Registration • September 8 - October 1

Cost • \$80 (includes team T-shirt, award & 1 game official and scorekeeper)

Divisions

(T) 3rd & 4th Grade 5020.304

(Th)* 5th & 6th Grade 5020.305

**possibly Mondays*

Each division is limited to a certain number of participants. Please register early! Please remember if we don't get the minimum number of girls needed for this league, they will have the option of playing in the Youth Basketball League. A parent permission slip needs to be filled out at the time of registration. Requests for teams or coaches will not be granted.

3 on 3 Middle School Girl's Basketball League

Grades • 7 - 8

Staff • Recreation Staff & Volunteer Coaches
Kahle Community Center would like to start a 3 on 3 girl's basketball league this coming basketball season if there is enough interest. If we don't get the minimum number of girls needed for this league, they will have the option of playing in the Middle School Basketball League. All participants will be assigned to a team through a draft system. Games will be played at Kahle Community Center once a week in the evenings and teams usually practice at least once a week throughout the season.

Dates • Mid-December (practice) 5020.306

January - March (games)

Time • Game times are between 5:00 & 8:00 pm

Games • Wednesdays & possibly Mondays

Registration • October 13 - November 4

Cost • \$90 includes team T-shirt, award & 1 game official and scorekeeper

This division is limited to a certain number of participants. Please register early! Please remember if we don't get the minimum number of girls needed for this league, they will have the option of playing in the Middle School Basketball League. A parent permission slip needs to be filled out at the time of registration. Requests for teams or coaches will not be granted.

ADULT SPORTS

"30 & Over" Adult 5 on 5 Basketball League

Registration • Begins November 1st until Full
(Register early – Only taking 6 teams)
Entry Fee • \$570 per team **Location** • KCC
Dates • Season Starts on 12/6 5009.311
(M) 7 - 9pm
Minimum 10 games and season ending single elimination tournament. Completed rosters are due at the first game. No Exceptions.

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 Junior Lessons
- Tennis Racket stringing

For more information, contact Head Pro Robert Wheatley at 760-485-5454.

COMING THIS SPRING "Open" Adult 5 on 5 Basketball League

Registration • Begins February 3rd until Full
(Register early – Limited space available)
Entry Fee • \$450 per team **Location** • KCC
Dates • Tentative Starts on 3/22 5009.311
Games played between 5:30 - 8:30pm
Divisions Offered
Tuesday Night and Thursday night
Minimum 7 games and season ending single elimination tournament. Completed rosters are due at the first game. No Exceptions.

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

(M/W/Th) 12 - 3pm **Location** • KCC
(T) 1 - 3pm
(Sa) 12 - 3pm *(half court only)*

Volleyball

Time • 7 - 9:30pm **Location** • KCC
(W) Continuous

Please check weekly schedule for any schedule changes or planned programs.

\$\$ EARN EXTRA MONEY \$\$
(Season: December to May)

Basketball Referees Needed for Youth & Adult Basketball Leagues

Basketball Referee Training Clinic Youth & Adult League Referees

Ages • 16 & up
Instructor • Anthony Davis, NIAA
Northern Nevada Basketball Officials Association

Clinic Training

Cost • \$40

Time • 9am - 12pm **Location** • KCC
(Sa/Su) 11/13 & 11/14 5007.301
(Sa/Su) 11/20 & 11/21

Scrimmage Game Training

Time: 6- 8:pm **Location**: KCC
(Mo/Tu) 11/29 & 11/30

Must attend all training dates in order to be scheduled for season games.

For more information call 775-586-7271



"Share Because You Care" Gifts

Your donations help to provide:

- Sponsorship for Youth & Teens • Supplies for Recreation Programs & Special Events
- Equipment for Kahle Community Center-Sports Equipment
- Park Benches • Trees and Shrubs • Field Lighting • Sod for Fields
- Roping Chutes • Build Playgrounds

For more information on how you can help, call 775-782-9828 Carson Valley or 775-586-7271 Lake Tahoe.

Become a V.I.P.!

Volunteer in Parks and Recreation

As a volunteer, you can join us in our mission to provide recreational experiences, promote health and wellness and protect and maintain our parks. If you can fill a need or have a skill to share call 775-782-9828 Carson Valley or 775-586-7271 Lake Tahoe.

Scholarships Available!

We want every child to have the opportunity to participate in recreation activities. Financial assistance is available for many of our programs.

Feedback

How do you like the new look of the Douglas County Parks & Recreation Activity Guide? Is there anything you'd like to see that we've missed? We want your feedback! Email any thoughts or suggestions you have to pkinner@co.douglas.nv.us.

Transportation



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 the Minden and Gardnerville areas. For more information call Dart at 775-783-6456.



Tahoe's Smooth Movin' Shuttle

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 and Upper Kingsbury. Call 53-541-7149 or visit us online at www.bluego.org for more information.

PHOTOS

Douglas County Parks and Recreation may take photos of participants and facility users. The photos are for department use only and may be used in our Activity Guide and flyers. Please notify the office in writing if you do not wish you or your child to be photographed.



WALK-IN REGISTRATION

Registration accepted at Lampe Park office, 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

DROP-OFF REGISTRATION

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

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.

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.

Advance registration recommended.

POLICIES

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

Registration will not be accepted by instructors unless noted. The department has the right to cancel classes. Classes may be cancelled if under minimum enrollment. Space is limited in most programs. All registrations are accepted on a first-come, first-serve basis.

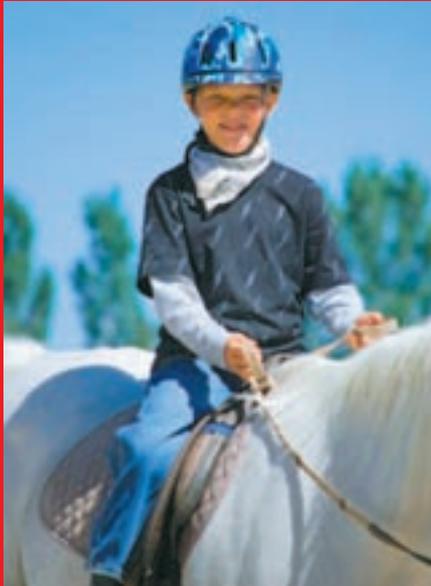
Douglas County Parks & Recreation Department Customer Service Locations

Administration Office (Lampe Park Office)
1327 Waterloo Lane
Gardnerville, NV 89410
Phone 782-9828 • Fax 782-9844

Participation in Parks & Recreation Department Programs is at Your Own Risk

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- * Week-long and Weekend Camps; Day Programs
- * Kids ages 6 and up, including teens



KinderPonyPlay

- * Children ages 4, 5, & 6 learn beginning horsemanship skills with parent/guardian



KinderRanch

- * Kids ages 4, 5 and 6 learn about life on a ranch
- * Goats, Chickens, Sheep, Pigs and Cows



Group and Private Lessons; Adult Programs; Special Interest Groups; Girls Scouts; Special Events; & Birthday Parties



Chappell Morgan Horses

- * Breeding & Sales - Foundation Lines
- * Standing Chappell's Blue Blood Boy



Contact: Kim Chappell 775-265-6483
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