

Douglas County

Parks & Recreation Department



SUMMER 2010

Activity Guide

Visit our website at www.douglascountynv.gov or our sports website at www.dcprsports.com



You might be surprised
at what you find behind our doors.

Expert care, ANY TIME . . . DAY OR NIGHT

Behind our doors, you will find Carson Valley's
only 24-Hour Emergency Room.

The Carson Valley Medical Center Emergency Room is
staffed by board-certified emergency medicine
physicians and a specially trained nursing team.

With our full-service hospital, surgery department,
CareFlight on site, and our capability to receive EKG
reports from the field, Carson Valley Medical Center is
here for you in a medical emergency.

Conveniently located at the south end of Gardnerville,
Carson Valley Medical Center is
YOUR COMMUNITY HOSPITAL.



1107 Highway 395 • Gardnerville, NV 89410 • (775) 782-1500
www.cvmchospital.org



Welcome

1

Director's Note

Scott Morgan, Community Services / Parks & Recreation Director

Rich in Assets

Many of you have been following the Douglas County budget process and are aware of the current state of our economy, but may not be aware of the significant cuts made to the Parks & Recreation Department over the last 5 years including an additional \$350,000 in reductions for the upcoming fiscal year. Personnel reductions have been the primary source of cuts which in turn affects service levels in programs and facilities. For next year there will be the elimination or under funding of 8 positions within the department, affecting mostly management level positions.

The Parks & Recreation department manages over \$100 million worth of fixed assets; operating some of the finest parks and recreation facilities and programs in Northern Nevada. Like other communities across the country, our budget cuts have been devastating but unlike other communities, the greatest asset in Douglas County is our people. The employees of the Parks & Recreation Department have managed to effectively and efficiently operate over the past 5 years with significant reductions in staff and resources. Our employees have taken on challenges, and have risen to the occasion providing excellent service and facilities to our residents.

We realize we could not do this on our own. Support from the Board of County Commissioners and the County Manager's office continues to allow the department to be creative. The department meets our past and current challenges with a great sense of pride even when faced with unfunded positions and voluntary reduction in pay classifications.

Our residents have truly stepped to the plate, absorbing several duties once performed by paid personnel. The volunteer youth associations, who provide invaluable services to our community, have willingly and gracefully assumed greater responsibility in assisting the county in managing and maintaining park facilities.

The generous contributions by Douglas County businesses to local organizations in a down economy exemplify the community spirit which exists here. The unselfish actions of both our employees and community volunteers are awe inspiring on a daily basis, truly making the people that live, work and recreate in Douglas County by far our greatest asset. With sincere thanks to all of their efforts, on behalf of the Board of County Commissioners we recognize and appreciate your significant contributions.

Welcome!



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.

Staff Members

Parks & Recreation Director
Scott Morgan

Recreation Division

Brian Fitzgerald • Vicki Schussel • Sheryl Christian • Traci Dill
Steve Rosenbloom • Andy Braun • 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 • Britta Swanson • Kelly Gardner
Celeste Pierini • 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

Index

Contents

| | Valley | Lake |
|------------------------|---------|---------|
| Welcome | 1 | |
| Pre Kinder | 2 - 3 | 16 - 17 |
| Youth | 3 - 4 | 17 - 18 |
| Teens | 4 - 6 | 18 - 19 |
| Ballet | 5 | |
| Adult | 6 - 7 | 20 - 22 |
| Active Adult | 8 - 9 | 23 |
| Special Events | 10 | |
| Community Services | 11 | |
| Youth Sports | 12 - 13 | 24 |
| Teen Sports | 12 - 14 | 24 - 25 |
| Adult Sports | 14 - 15 | 25 |
| Kahle Community Center | | 26 |
| General Information | | 27 |
| How to Register | | 28 |

Pre-Kinder

Preschool Starts September 7

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

Story Time

Ages3 - 8
(T) 10:30 - 11:30am DCL

Library Hours

Monday, Tuesday, Wednesday
10am to 7pm
Thursday & Friday • 10am to 6pm
Saturday • 10am to 5pm
Closed on Sundays and Holidays
For more information call the Library
at (775) 782-9841

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's & Kindergartener
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 (a \$30 savings) \$300 Monthly

Information

The Discovery Center is located in the Recreation Annex at 1327 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

Discovery Center Preschool

A Place of Wonder – Discovery – Experience

Ages3 - 6

DirectorCindy 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.

Mommy & Me Music and Movement

Age.....18 months - 2 ½

InstructorMaureen Conlin

This class is for two year olds to explore experience and create with music. Parent participation is required. Children will enjoy songs, dance, rhythm instruments, bubbles, balls and bean bags.

Time: 9 - 9:45am

Location: RA

(T) 6/8 - 6/29

\$45

1044.201

(T) 7/6 - 7/27

\$45

1044.202

Happy Notes Music

Age.....3 - 5

InstructorMaureen Conlin

Children explore, experience and create with music using rhythm instruments, puppets, songs, and dance. They learn while having fun.

Time: 10 - 10:45am

Location: RA

(W) 6/9 - 6/30

\$45

1044.207

(W) 7/7 - 7/28

\$45

1044.208

REGISTER TODAY!

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.



Pre-Kinder/Youth

Valley

5

Shake, Rattle and Roll

Age.....3 - 5

Instructor **Maureen Conlin**

Explore the world of music and creative movement with entertaining and energetic movement activities. Bean bags, balls, parachute, scarves, and other creative movement activities are all part of this class.

Time: 9 - 9:45am **Location: RA**

(W) 6/9 - 6/30 **\$45** **1044.205**

(W) 7/7 - 7/28 **\$45** **1044.206**

My Hands Keep the Beat

Age.....3 - 5

Instructor **Maureen Conlin**

This music class introduces young children to the world of percussion. Children tap and play hand drums, boom whackers, rhythm sticks with lots of fun songs, games and activities.

Time: 10 - 10:45am **Location: RA**

(T) 6/8 - 6/29 **\$45** **1044.203**

(T) 7/6 - 7/27 **\$45** **1044.204**

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.

Summer Adventure Camp

Grades.....1 - 6

(ages 5 - 12) **Age 5 must have already attended a year of Kindergarten.**

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: PHES/JVES**

Location: MES/CCMES

(M - F) 6/7 - 8/17* \$22/day *No camp 7/3

Adventure Camp Days

Grades.....K - 6

Camp will include arts & crafts, games, creative centers, snacks 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 **Locations: GES/JVES**

(W) 5/19 **\$22** **4377/4388.201**



Butterfly Wind Chime Pottery

Ages7 - 12

Instructor **Lorraine Felix**

Your child will create a Butterfly wind chime that will make memories for years. Each student will roll, coil, pinch and form clay to design the perfect Butterfly wind chime. Then we will paint the wind chime with Engobes (colored clay/slip). Our second class is the party, excited students show family and friends finished projects and enjoy a light refreshment.

Cost: \$32 **Location: RA**

(M) 5/3 **3:30 - 5pm**

(Th) 5/13 **3:30 - 5pm** **1126.201**

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

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. Volunteers must be 18 or older.

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
- * Participant in community issues
- * Be a role model to youth
- * Share of your talents
- * Secure job references
- * Make new friends
- * Make a positive difference
- * Demonstrate leadership
- * Receive personal pride and fulfillment

Become a Volunteer Today!

Youth/Teen



Dragonfly Finger print Platter

Ages 7 - 12
Instructor **Mary Ann Crosby**
 Your child will create a unique ceramic platter with finger prints “body” and gossamer wings. This adorable platter will fly into your heart and grace your table. Each student will use non-toxic ceramic paints to paint a food safe platter. Our second meeting is a party where student can enjoy their finish product.
Cost: \$25 **Location: SWFA**
(T) 5/11 3:30 - 5:30pm 1194.201
(M) 5/17 4 - 4:30pm 1194.202

Ever Lasting Fish Aquarium

Ages 7 - 12
Instructor **Mary Ann Crosby**
 Wouldn't it be great if you could finally get a fish that lived longer than a week, with a fish bowl you didn't have to clean? Create an aquarium with a ceramic plate and some add-ons using non toxic paints. Instructor will apply a food safe glaze and fire your piece in the kiln. Project is ready for pick up one week later.
Cost: \$25 **Location: SWFA**
(T) 6/8 3:30 - 5:30pm 1194.203
(M) 6/14 4 - 4:30pm 1194.204



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. Using material from the world famous, Suzuki Violin School, 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: 11:30am - 12:15pm Location: RA
(M - F) 7/19 - 7/23 \$35 1158.201

Introduction to Horses

Ages 6 - 18
Instructor **Cynthia Valentine**
 Mountain View Equestrian Center is offering basic instruction in all areas of horse management from horse etiquette to hands on grooming. Children under 9 years must have parental supervision. Students need to wear pants, sleeved shirt, and closed toe shoes.
Times 5:30 - 6:30pm Location: MVEC
(T) 5/11- 6/1 \$80* 1190.201
(T) 6/8 - 6/29 \$80* 1190.202
(T) 7/6 - 7/27 \$80* 1190.203
 *A \$15 material fee is payable to the instructor the first day of class.

Beginning Riding II & Horse Management Workshop

Ages 9 - 18
Instructors **Cynthia Valentine & Kate Kiefer**
 Week long lesson package with continuing riding instruction in basic English riding & horse management. While in the saddle, focus will be placed on basic balance position in the walk, trot, and canter. This class recommends prior completion of Beginning Riding I. Certificates will be awarded for mounted & unmounted achievements. Students need to wear pants, sleeved shirt, riding boots and bring a snack. T-shirt is included (must sign up 1 week in advance for t-shirt).
Times: 9am - 1pm Location: MVEC
(M - F) 6/21 - 6/25 \$250* 1190.206
(M - F) 7/26 - 7/30 \$250* 1190.207
 *A \$15 material fee is payable to the instructor the first day of class.

Beginning Riding I & Horse Management Workshop

Ages 9 - 18
Instructors **Cynthia Valentine & Kate Kiefer**
 Week long lesson package with instruction in basic English riding & horse management. Students will spend equal time in the saddle and learning horse management. This class recommends prior completion of Introduction to horses. Certificates will be awarded for mounted & unmounted achievements. Students need to wear pants, sleeved shirt, riding boots and bring a snack. T-shirt is included (must sign up 1 week in advance for t-shirt).
Times: 9am - 1pm Location: MVEC
(M - F) 6/7 - 6/11 \$275* 1190.204
(M - F) 7/12 - 7/16 \$275* 1190.205
 *A \$15 material fee is payable to the instructor the first day of class.

Group English Riding

Ages 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 & 1/2 chaps or tall boots, and a helmet (if owned).
Times: 4:30 - 5:30pm Location: MVEC
(T) 9/7 - 10/26 \$275 1190.208

Ballet

Valley

7



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 | Location: WG |
| (Sa) 3 - 4pm | |
| (W) 6:30 - 7:30pm | |
| (Sa/Sa/W) 5/1 - 5/29 | \$69 1148.233 |
| (Sa/Sa/W) 6/2 - 6/30* | \$69 1148.234 |
| (Sa/Sa/W) 7/3 - 7/31* | \$69 1148.235 |
| (Sa/Sa/W) 8/4 - 8/28 | \$69 1148.236 |

*No class 5/15, 6/16, 7/17

**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 4 & up

| | |
|----------------------|---------------------|
| Time: 1 - 2pm | Location: WG |
| (Sa) 5/1 - 5/29* | \$48 1148.201 |
| (Sa) 6/5 - 6/26 | \$48 1148.205 |
| (Sa) 7/3 - 7/31* | \$48 1148.209 |
| (Sa) 8/7 - 8/28 | \$48 1148.213 |

*No class 5/15, 7/17

Ages 8 & Up

| | |
|----------------------|---------------------|
| Time: 2 - 3pm | Location: WG |
| (Sa) 5/1 - 5/29* | \$48 1148.202 |
| (Sa) 6/5 - 6/26 | \$48 1148.206 |
| (Sa) 7/3 - 7/31* | \$48 1148.210 |
| (Sa) 8/7 - 8/28 | \$48 1148.214 |

*No class 5/15, 7/17

Ages 8 & Up (2/wk)

| | |
|---------------------------|---------------------|
| Time: (Sa) 2 - 3pm | Location: WG |
| (W) 6:30 - 7:30pm | |
| (Sa/W) 5/1 - 5/29* | \$59 1148.203 |
| (Sa/W) 6/5 - 6/26 | \$59 1148.207 |
| (Sa/W) 7/3 - 7/31* | \$59 1148.211 |
| (Sa/W) 8/7 - 8/28 | \$59 1148.215 |

*No class 5/15, 7/17

**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 | Location: WG |
| (Sa) 5/1 - 5/29* | \$48 1148.204 |
| (Sa) 6/5 - 6/26 | \$48 1148.208 |
| (Sa) 7/3 - 7/31* | \$48 1148.212 |
| (Sa) 8/7 - 8/28 | \$48 1148.216 |

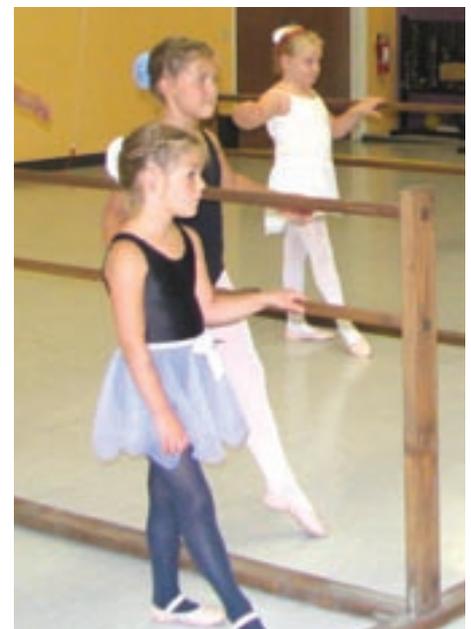
*No class 5/15, 7/17

Ages 15 & up (2/wk)

| | |
|---------------------------|---------------------|
| Time: (Sa) 2 - 3pm | Location: WG |
| (W) 6:30 - 7:30pm | |
| (Sa/W) 5/1 - 5/29* | \$59 1148.217 |
| (Sa/W) 6/2 - 6/30* | \$59 1148.218 |
| (Sa/W) 7/3 - 7/31* | \$59 1148.219 |
| (Sa/W) 8/7 - 8/28 | \$59 1148.220 |

*No class 5/15, 6/16, 7/17

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

www.douglascountynv.gov

Teen/Adult

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
(W) 5/26 - 6/30 \$80
(W) 7/21 - 8/25 \$80

Locations: CVMS
 1422.201
 1422.203

Air Brushing on Ceramics

Ages 13 & up
Instructor **Mary Ann Crosby**
 Students will airbrush 3 green ware pieces with non toxic ceramic under glaze paints. Each student will return the second meeting date to glaze their pieces. Our third meeting is a party for students to pick up their finished fired pieces.

Cost: \$80
(Sa) 7/31 9am - 5pm
(Sa) 8/7 9 - 10am
(Sa) 8/14 1:30 - 2pm 1194.205

Did you know that information about all of the classes listed in this guide can be found on the web at

www.douglascountynv.gov

Ballroom Dancing 1

Ages Adults
Instructors **Craig & Ann Peters**
 **& Julie McCain**
 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 - 8pm
(F) 5/14 - 6/11* \$80/couple 1735.201
 *No class 6/4

Location: DWS

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
(M/Th) 5/3 - 5/31 \$40 1709.201
(M/Th) 6/3 - 6/30 \$40 1709.202
(M/Th) 7/1 - 7/29 \$40 1709.203
(M/Th) 8/2 - 8/30 \$40 1709.204

Location: RA

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*
 7 - 8pm

Location: RA

(T) 5/4 - 5/25 \$40 1764.201
(T) 6/8 - 6/29* \$40 1764.202
(T) 7/6 - 7/27 \$40 1764.203
(T) 8/3 - 8/24* \$40 1764.204

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
(Sa) 5/1 - 5/23* \$5 1710.201
(Sa) 6/5 - 6/26** \$5 1710.202
(Sa) 7/10 - 7/31 \$5 1710.203
(Sa) 8/7 - 8/28 \$5 1710.204

*No class 5/8
 **Class held at James Lee Park on 6/12



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.

Senior Center Volunteers

Douglas County Senior Services is always looking for volunteers who would like to donate their time to one of our many programs. 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 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.

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.

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 the Senior Center at 783-6455 for more info and for the next dances date.

Time: 7 - 10pm

Location: DCFG

(Sa) TBA

Summertime Barbecues

Join the Douglas County Senior Center at our summer time Bar-B-Q's at the Lampe Park Pavilion (weather pending.) Each BBQ is a fun-filled day of entertainment, food and games. All barbecues start at 11am and end at 2pm. There is a suggested donation of \$2 for those 60 years and older for lunch. For those who are 59 years and younger there is a \$3.50 charge for lunch.

(Tu) 6/15

Western Theme

(W) 7/21

Red White and Blue

(Th) 8/19

Luuu

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.

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 (775)783-6456. 5 business day advanced notice is required in order to schedule a ride.

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 - 1pm

Location: SC

(Sa) 6/19

\$14

Big Mama's Show & Shine Classic Car Show

The Douglas County Senior Center will be conducting the 10th Annual BIG Mama's Show & Shine Car Show on Saturday, May 8th at Lampe Park Pavilion, 1325 Waterloo Lane, Gardnerville. The event is from 10am - 3pm. It will be a day of great looking vehicles, craft and business vendors, music, food and fun. There will be raffle prizes awarded throughout the day. Early car show registration is \$45 (post marked on or before April 30, 2010) and late registration is \$50. Sponsorship opportunities and craft booth spaces are available. Pick up a registration form for the BIG MAMA'S 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.





Active Adult

Life Options Activities

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.

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 at the United Methodist Church, Gardnerville on Tuesdays and Thursdays at 10am. This class is offered for \$2 per class. For more information, please call instructor Chris, at 775-790-6373.

Investment Discussion Group

Meets every 1st Monday 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.

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. The first meeting of the year will be held on Monday, March 22nd.

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 \$20.00 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 or Cecelia Lavelle at 782-4090.

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 Carolyn or call the center for more information.



Creativity through Knitting & Crocheting

Come join instructor Linda Sawtelle each Monday 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.



Johnson Lane Fitness

Ages 60 and over
Instructors 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 \$17.00 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

World Gym

Ages 65 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. 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

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 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

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.

Special Events

21st Annual Kids Fishing Derby

Ages 3 - 12
 Kick off the fishing season, June 5 and June 6 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.

Registration

Register Early, Tickets are limited
 Tickets are available at the Recreation Division April 1st through May 28th.
Last Chance Registration will be June 1, 2, 3 from 12 - 4pm at the Recreation Annex Building.

Fishing Derby Volunteers

Douglas Kids' Fishing Derby, Inc. is a non-profit organization and is dependent upon the generosity of volunteers. Volunteers are needed to help set up, tear down, registration, river help, fish cleaning and more. If you are interested in becoming a volunteer please pick up a volunteer form at the recreation department and return no later than June 2. All volunteers must attend one of the volunteer meetings.

Volunteer Meeting Dates (Lampe Park Pavilion)

Saturday May 22 9am
 Wednesday June 2 6pm

River Help Training Dates (Lampe Park Pavilion)

Saturday May 22 After volunteer meeting
 Saturday May 2 9am
 Wednesday June 2 After volunteer meeting



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.

Farmers Market Nevada's Own Certified Opening Day June 2

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



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- Retail
- Wholesale
- Industrial

**TWO
LOCATIONS**



Gardnerville
 1267 Hwy 395,
 Ste A
 (775) 782-5490

South Lake Tahoe
 2318 Hwy 50
 (530) 544-4388

Community Services

Valley

13

Family Support Council

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

Active Parenting Now

Parenting for families that have children ages 5 to 12. Childcare is provided.

Time: 6 - 7:30pm

(W) May 5, 12, 19, 26

Children in the Middle

This Co-parenting class is for parents who are separated. Childcare is provided.

Time: (W) 6 - 7:30pm (Sa) 9am - 12pm

(Sa) May 8 & 22

(W) June 2, 9, 16, 23

Hidden Victims

Hidden Victims is a parenting workshop for families to learn how exposure to domestic violence affects the child's developing brains. No childcare is provided.

Time: 9:30am - 12:30pm

(F) May 14

(F) June 11

Parenting in the context of Domestic Violence

This parenting class helps victims understand the effects of domestic violence on children, identify and address their children's needs and parent effectively as they deal with the domestic violence on their own lives. No child care provided.

Time 9:30am - 12:30pm

(F) May 21

(F) June 18

Surviving Your Teens

Parenting for families that have children ages 13 to 18. Child care is provided.

Time: 6 - 7:30pm

(W) June 2, 9, 16, 23

Other classes that can be schedule on an individual basis include Shaken Baby which is an interactive workshop that illustrates the damage of shaking baby. This workshop is part of the 1,2,3,4, parent class but can also be offered on a one on one basis. Call the Family Support Council for more information on this class.



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 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.

Carson Valley Trails Association "Hike for Health"

The Carson Valley Trails Association (CVTA) invites you to join the 2010 Hike for Health Trails Challenge, April 22 through May 23. Sign up and spend a month hiking, walking, jogging, running or riding. Do something healthy for yourself, learn about trails in the Carson Valley area and help raise funds for the 22-mile Genoa Foothill Trail System project. Guided hikes and other activities are planned for registered participants every Saturday during the Trails Challenge. The Trails Challenge registration packet and schedule of weekly guided hikes, walks and trail adventures are available online at www.carsonvalleytrails.org, or by calling 265-0766. CVTA is a 501(c)(3) nonprofit volunteer organization working with partners to provide access to public lands through a recreational trail system for present and future generations to enjoy.

Walk-Jog-Run For Prevention!

Ages All
YOU can kick off the 2010 Carson Valley Days Parade: grab your family and friends and joins us for the 3rd Annual Walk-Jog-Run for Prevention! 5k and 10k events start at Lampe Park, run through Gardnerville and Minden, finishing down Highway 395 on the parade route back to the Park. Post-race refreshments to all participants. Register online at www.active.com or for more information call 782-8611 or visit <http://www.partnership-resource.org>. All proceeds benefit The Partnership of Community Resources' substance abuse prevention/wellness education and STOP (Students Taking On Prevention).

Date: Saturday, June 12, 2010

Start time: 7:45am, Check-in 6:45am

Location: Lampe Park

Contact Information: The Partnership of Community Resources, 782-8611.



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

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.

Youth/Teen Sports

Thank you for 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**

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

HOTLINE..... 783-4079
www.evayso.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

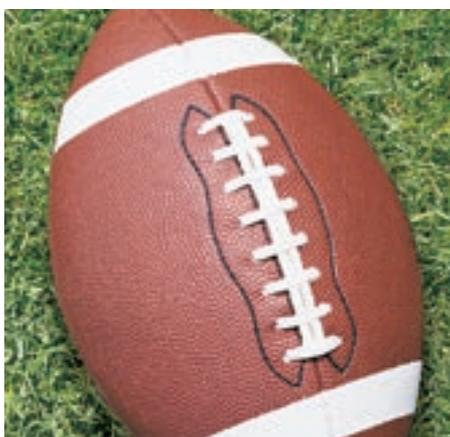
Andy Braun 782-9828
www.dcprrsports.com

Youth Volleyball Leagues

Andy Braun 782-9828
www.dcprrsports.com

Youth Wrestling

John Grant 720-2311



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, mouth-piece, 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, 2010 and cannot be 15 before September 1st, 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, Mouth-piece & 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 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

| | | |
|---------|------|-------------|
| 5 - 6 | coed | 8 - 10am |
| 7 - 8 | coed | 10am - 12pm |
| 9 - 11 | coed | 12 - 2pm |
| 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 12th from 9am to 12pm at Stodick Park.

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) 7/19 - 7/23 \$150 5019.201-202

Full Day Camp (Ages 8 - 16)

Time: 9 - 4pm **Location:** LP
(M - F) 7/19 - 7/23 \$220 5019.204

\$10 late fee if payment is received after 7/9
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 Sheryl Christian at 782-9828 for more information.

Youth/Teen Sports

Teen Tennis Clinic

Age..... 13 - 18

Instructors Robert Shawhan
Michael Sorich

This beginner to advanced teen tennis clinic will provide a great opportunity for students to learn new tennis skills as well as brush up on their skills. This clinic will focus on the basics of tennis including serving, ground strokes, volley, as well as team play. This clinic will also include many fun games to help learn to play tennis. Participants need to bring their own racquet and wear athletic clothing.

Time: 2 - 4pm

Location: DHS

6 - 8pm*

| | | |
|----------------------|-------|----------|
| (M - F) 6/7 - 6/11 | \$50 | 1193.207 |
| (M - F) 6/14 - 6/18 | \$50 | 1193.208 |
| (M - F) 7/5 - 7/9 | \$50 | 1193.209 |
| (M - F) 7/12 - 7/16* | \$50 | 1193.210 |
| (M - F) 7/19 - 7/23 | \$50* | 1151.202 |
| (M - F) 8/2 - 8/6 | \$50 | 1193.211 |
| (M - F) 8/9 - 8/13* | \$50 | 1193.212 |

*Instructor - Michael Sorich. Clinic held at Lampe Park tennis courts

Youth Tennis Clinic

Age..... 7 - 12

Instructors..... Robert Shawhan
Michael Sorich

This beginner to advanced tennis clinic will provide a great opportunity for students 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 and wear athletic clothing.

Time: 10am - 12pm

Location: DHS

| | | |
|----------------------|-------|----------|
| (M - F) 6/7 - 6/11 | \$50 | 1193.201 |
| (M - F) 6/14 - 6/18 | \$50 | 1193.202 |
| (M - F) 7/5 - 7/9 | \$50 | 1193.203 |
| (M - F) 7/12 - 7/16* | \$50 | 1193.204 |
| (M - F) 7/19 - 7/23 | \$50* | 1151.201 |
| (M - F) 8/2 - 8/6 | \$50 | 1193.205 |
| (M - F) 8/9 - 8/1 | \$50 | 1193.206 |

*Instructor - Michael Sorich. Clinic held at Lampe Park tennis courts

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.

Check out sports
on the web at
www.dcprrsports.com

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

Whatever your goal, we've got a program for YOU!



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Teen/Adult Sports

3rd Annual Mud

Volleyball Tournament

DHS Volleyball program is holding their 3rd Annual Mud Volleyball Tournament-Mud Fest 10', Saturday, August 7th, 2010 starting at 9am. It is located at Herbig Park. Sign-up as soon as possible, the tournament is limited to 24 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 by tournament day. 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 dcsd.k12.nv.us/dhs. Go to Athletics tab and click on volleyball.

Carson Valley Days

4 on 4 Grass

Volleyball Tournament

Ages 16+
 Sign up as an individual, pair, or team. Guarantee 3 games in pool pay plus elimination tournament. Games and times will be determined by the number of teams/divisions (Women's, Reverse Coed, and Open) that sign up. Games will be played at Lampe Park, Field 1 in Gardnerville. Sign in at 8am, games start at 9am.
 (Su) 6/13 \$15/person* 5003.201
Registration Deadline: (W) 6/9*
 *\$20 if after registration deadline.

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 8. Must be at least 18 years old to participate.

Time: 7 - 9pm Location: CVMS
 (M - Th) 9/6 - 11/8

Registration Begins July 19th
Registration: Early: \$200 By August 20
\$225 After August 20

Registration Deadline: August 27

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
 (W) 9/1 6pm Location: RA
Completed rosters are due at time of meeting.

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. 20 players maximum per roster. Each team will play a minimum of 10 regular season games and a double elimination tournament. Awards will be given for 1st place for each division winner in league and tournament play. Game times will vary from 6:30 - 9pm. League night will vary. Regular season runs 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 - Th) 8/9 - 10/29 \$475

Registration begins June 28th
Early registration: \$475 By July 23
\$500 After July 23

Registration Deadline: July 30

Leagues Offered
 (M/W) Coed B & D 5000.201
 (T) Men's Open 5000.202
 (Th) Men's "D" 5000.203
 (Th) Men's Over 40 5000.204

Managers Meeting
 (Th) 8/5 6pm Location: RA
Completed rosters are due at time of meeting.

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 the Douglas County Parks & Recreation at (775) 782-9828 for more information.

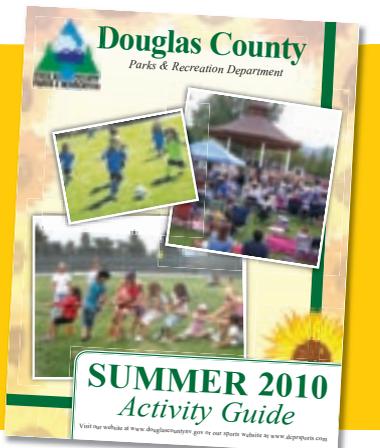
be part of the next issue of the

Douglas County Parks and Recreation Activity Guide

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The Record-Courier



Adult Sports



Adult Coed 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 in each division for 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) 9/12 - 11/14

Registration begins August 2nd

Early registration: \$600 **By August 27**
\$625 **After August 27**

Registration Deadline: **September 3**
Manager's Meeting

(W) 9/8 **6pm** **Location: RA**
Completed rosters are due at time of meeting.

Adult Tennis Clinic

Instructor Robert Shawhan
This beginner to intermediate tennis clinic will review the basics of tennis including serve, footwork, volley and ground strokes. Drills and games will be included. Students need to bring their own racquet.

Time: 10am - 12pm **Location:** DHS
6 - 8pm*

(M - F) 6/21 - 6/25 \$50 1793.201

(M - F) 6/28 - 7/2* \$50 1793.202

(M - F) 7/26 - 7/30 \$50 1793.203

Adult Advanced Tennis Clinic

Instructor Robert Shawhan
This tennis clinic is aimed at the adult recreational player with a USTA rating of 2.0 - 4.0. Clinic will include working on match play, game strategy, and further development of fundamentals. Students need to bring their own racquet.

Time: 2pm - 4pm **Location:** DHS
10am - 12pm*
6 - 8pm**

(M - F) 6/21 - 6/25 \$50 1193.204

(M - F) 6/28 - 7/2* \$50 1193.205

(M - F) 7/26 - 7/30** \$50 1193.206

Softball Tournaments

Ages 18+
Entry fee is due at time of registration. All tournaments are for adults only. These slow pitch tournaments will be played in accordance with ASA regulations. All teams must pay a \$16 ASA fee in addition to the tournament fee. Each 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. Please make checks payable to DCPR. If there are any questions please call the Douglas County Parks & Recreation Department, 782-9828. All proceeds will go towards youth and teen sponsored recreation programs.

Tournaments

Men's "E" Tournament

Time: 8am **Location:** LP
(Sa/Su) 5/1 & 5/2 \$275 5001.120

Women's Open Tournament

Time: 8am **Location:** LP
(Sa/Su) 5/1 & 5/2 \$275 5001.121

5th 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 at 782-9828 or J.P. Albert 790 -1894.

(Sa/Su) 7/31 & 8/1 \$150 5051.201

Registration Deadline: (W) 7/28

Team Meeting

(Sa) 7/31 **8:30am** **Location: RA**

Schedules will be available at that time.



CHECK OUT SPORTS ON THE WEB WWW.DCPRSPORTS.COM

Pre-Kinder

Roots & Wings Open House

Everyone's Welcome

Tuesday, May 11, 2010 • 5:30 - 7:30pm

Roots & Wings

Children's Center at Kahle Park

Accredited by the National Association for the Education of Young Children.

DirectorShelly 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 2010-2011 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 \$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.



Day of the Young Child

Saturday, June 19

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

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.

Twosday Mornings

AgesBirth to Pre-school
Instructors...Shelly Martinez, Vickie Cracchiolo

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) 5/4 - 5/25 \$24 1048.201

Story Time

Ages3 - 8

Community Program Director, Carol Rapacz and Kathy Echavarria presents theme based stories for children.

First Thursday and Second Friday each month.
9 - 9:45am Location: KCC

Zephyr Cove Library Hours

(W) 11 - 7pm
(Th/F/Sa) 9 - 5pm

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

Kahle Play Camps

Ages3 - 8

Instructor Pre-School & 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, hike to the beach 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. A detailed description of each play camp will be available June 1, 2010. Sign up early, spaces are limited.

Time: 9am - 1pm Location: KCC

The Pirates of Kahle Park

(M - Th) 7/5 - 7/8 \$90 1004.201

Under the Sea

(M - Th) 7/12 - 7/15 \$90 1004.202

Dinosaurs Galore

(M - Th) 7/19 - 7/22 \$90 1004.203

Forest Fairies

(M - Th) 7/26 - 7/29 \$90 1004.204

Going Buggy

(M - Th) 8/2 - 8/5 \$90 1004.205

Pre-Kinder/Youth

Lake

19

Mud Camp

Ages 4 - 8
Instructor Recreation Staff
 Ooey, Goey 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) 7/19 \$13 1118.221
 (T) 7/20 \$13 1118.222
 (W) 7/21 \$13 1118.223



Kahle Community Center is a SAFE PLACE



In cooperation with
 Tahoe Youth and Family
 Services.

EMERALD BAY CENTER FOR WOMEN'S HEALTH



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- ◆ Fibroids
- ◆ Gynecological surgeries
- ◆ Endometriosis Treatment

Two convenient locations to serve you:

1154 Emerald Bay Road, Bldg. A
 South Lake Tahoe, CA
 (530) 542-4961

Se habla español

1702 County Rd #A-4
 Minden, NV
 (775) 782-7300

HARVEST FESTIVAL EXTRAORDINARY

ALL WEEKENDS IN OCTOBER 2010

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

Pig Races • Pumpkin Patch
 Corn Maze • Pony Rides
 School Days/Educational Tours
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 Private Groups
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www.corleyranch.com



July is Parks and Recreation Month - Celebrate at Kahle Community Center



R.A.D. Camp

Grades 1 - 6
 Engaging your child in creative, fun and challenging activities is the goal of our Rad Camp leaders. Activities include cooperative games, create unique crafts activities, 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 interested. Camp is held Monday through Friday, excluding holidays at Kahle Community Center from 7:30am to 6pm. Early registration is recommended. Call Kahle at (775) 586-7271 for start date.
Time: 7:30am - 6pm **Location: KCC**
(M - F) TBA **\$22/day**

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. Kid's Club is offered from 3:15 - 6pm and is designed to serve students grades K through 6. 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. School starts August 18. Registration forms available at Kahle Community Center after August 1.

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

Babysitters Boot Camp

Ages 10 - 13
Instructor Kahle staff
 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) 6/16 **\$15** **1605.220**

Get in the Act! Camp Broadway

Grades 2 - 5
Instructor Diane Handzel
 Camp Broadway is a performing arts training program for youth who love to perform. The camp uses performing arts skills such as dance, singing, acting, and visual art to get the student'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.
Time: 12pm - 5pm **Location: KCC**
(M - F) 8/9 - 8/13 **\$155** **1024.201**

June 1-7 is CPR & AED Awareness Week

Child & Infant Babysitter First Aid

Ages 10 - 15
Instructors Kahle staff
 Help to prevent and be prepared for emergencies. Receive instruction 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.
Time: 10am - 2pm **Location: KCC**
(T) 6/22 **\$15** **1605.219**

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 in the community? Leaders in Training work under the guidance of Camp Leaders learning what it takes to be a successful leader. They also work with fellow volunteers and earn desirable community service hours. This program places volunteers in positions at various recreation sites including summer camp, preschool programs, and special events scheduled at Kahle Community Center as well as other activities and programs. To apply, pick up an application packet at KCC. Completed applications must be returned to Kahle Community Center by June 10, 2010.

Teen

Lake

21

Philippine Stick Fighting Arnis

Ages 16 - 18

InstructorsChris 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) 5/5 - 5/26 \$16 1707.201
 (W) 6/2 - 6/30* \$16 1707.202
 (W) 7/7 - 7/21 \$12 1707.203

*No class 6/23, no August classes
 Drop-in \$8 per class

Tae Kwon Do

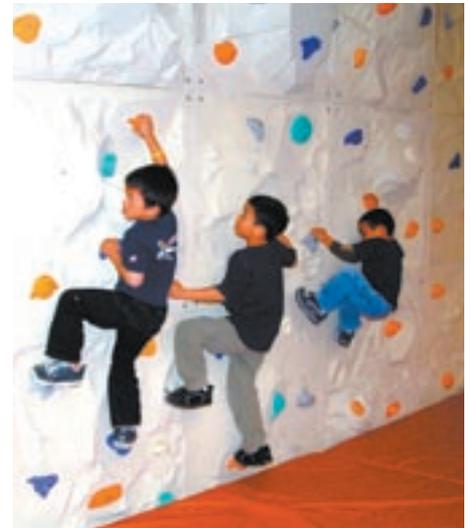
Ages 7 to 12

InstructorsChris 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) 5/5 - 5/26 \$16 1409.201
 (W) 6/2 - 6/30* \$16 1409.202
 (W) 7/7 - 7/21 \$12 1409.203

*No class 6/23, no August classes
 Drop-in \$8 per class



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.

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22

Adult

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) 5/6 - 6/10 \$80 1422.202
 (Th) 6/17 - 8/5* \$80 1422.204
 (Th) 8/12 - 9/16 \$80 1422.206
 *No class 7/8, 7/15

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.

Relay for Life at Kahle Park August 7 & 8

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 Kahle Community Center at 586-7271.

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) 5/4 \$40 1715.202
RHFS - Round Hill Fire Station, room #1



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 586-7271 or stop by the front counter.



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.

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

Adult Fitness

Step Aerobics

Instructor Christina Florence
This 1 hour class for novice to advanced participants involves stepping on, off, over and around a step platform during a fun choreographed exercise routine. This class also includes light weights and abdominal training.

Time: 10:45 - 11:40am **Location:** KCC
(F) Ongoing \$10/class* 1827.201-204
Punch cards: 4/\$32, 8/\$56

Yoga with Breath and Meditation

Ages 18 & 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.

(M) 4 - 5:30pm **Location:** KCC
(T/Th) 8:30 - 9:45am \$12/class

Ongoing
***Punch cards:** 4/\$40, 8/\$72 1822.201 - 204
2 & 3 month punch cards also 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 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. Tuesday class will be a intro to Vinyasa Flow, Friday class will be Breath and Alignment.

Time: 12:30 - 1:30pm **Location:** KCC
(W/F) Ongoing \$10/class* 1634.201-204
Punch cards: 10/\$70

***Payable to the instructor**

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 muscle and expert instruction make this class a must to add to your training regimen.

Time: 12:10 - 1pm
(T/Th) \$10/class* **Location:** KCC
***Punch cards:** 4/\$36 & 8/\$64 1783.201-204



Iron Yoga

Ages 12+
Instructors Kris Zehren
This class will include basic yoga using light weights to help increase upper body core. All levels are welcome.

Times: 1 - 2pm **Location:** KCC
(W) Ongoing \$12/class* 1433-201-204
***Punch card 8/\$72**

Last class will be August 4

InterSati

Ages 12+
Instructors Rhonda Beckham
Revolutionary high-energy cardio workout. This method of training is based on the teaching of mindfulness, positive psychology and the law of attraction. It combines aerobics, martial arts and endurance principles with positive affirmations.

Times: 9 - 10am **Location:** KCC
(T/Th) ongoing \$12/class* 1466.201-204
***Punch card 8/\$72**

Martial Arts

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) 5/5 - 5/26 \$24 1409.204
(W) 6/2 - 6/30* \$24 1409.205
(W) 7/7 - 7/21 \$18 1409.206

Drop-in \$10 per class. *No class 6/23 or during the month of August.

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) 5/5 - 5/26 \$24 1707.204
(W) 6/2 - 6/30* \$24 1707.205
(W) 7/7 - 7/21 \$18 1707.206

Drop-in \$10 per class. *No class 6/23 or during the month of August.

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.

Times: 7 - 8pm **Location:** KCC
(T) Ongoing \$10/class 1409.207-210

Active Adults

Lake

25

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 Barton Health & Kahle Community Center

Wednesday, May 26

Barton Health supports Senior Health and Fitness Day with a goodie bag full of outreach materials and gifts. Seniors use our facility for free all day!



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.

Time: 8:30am - 1pm
(Sa) 5/22 \$10*
(Sa) 8/21 \$10*
***Payable to the instructor.**

Location: KCC
1737.201
1737.202

Trail Trekkers

Join us for a one hour walk around our Indoor 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.

Youth Sports

Maltase Youth Soccer Camp

Ages 4 - 14
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: KCP |
| (M - F) 7/19 - 7/23 | \$105 | 5016.204 |
| (M - F) 8/2 - 8/6 | \$105 | 5016.205 |

Ages 7 and up

| | | |
|-------------------------|-------|----------------------|
| Time: 10am - 3pm | | Location: KCP |
| (M - F) 7/19 - 7/23 | \$125 | 5016.206 |
| (M - F) 8/2 - 8/6 | \$125 | 5016.207 |

Youth Flag Football Camp

Ages 6 - 12 (coed)
Instructor Dave Atherton, Former 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 instructions.

| | | |
|-------------------------|-------|----------------------|
| Time: 10am - 2pm | | Location: KCP |
| (M - F) 7/12 - 7/16 | \$100 | 5010.201 |

Baseball Camp

Ages 8 - 12 (coed)
Instructor Matt Tillson, Tsunami Baseball Coach and Former STHS Baseball 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: KCP |
| (M - F) 7/26 - 7/30* | \$125 | 5017.201 |

*Registration deadline: Monday, July 12
 (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

Get to the root of the problem

and grow to your highest potential

Come in this summer and get a head start for the school year.

| | | |
|-------------------------|------------------|----------------------|
| Reading | Writing | Comprehension |
| Spelling | Listening | Focus |
| All Ages Welcome | | |

Carson Valley Learning Center

Call in for your free consultation
 782-4256 • cvlearningcenter@yahoo.com
 1617 Water St., #F • Minden, NV 89423

Adult Sports

Lake

27

It's your turn to Play! Adult Sports

Ages18 & 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)
Continuous

Volleyball

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



Adult 6 - Man Flag Football League

Registration: 5/13 - 5/26 (returning teams)
5/27 - until full (new teams)
Entry Fee: \$250 per team **5037.201**
\$100/bond* **5037.203**

Division: Wednesday nights

Dates: Season Starts on 6/16 **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. Lesson
- Tennis Racket stringing

For more information call Robert Wheatley at (760) 485-5454

Douglas Area Rural Transit



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. **Five Days Advance Notice is Required.** 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!

Kahle Community Center

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 & fitness 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 rock wall. 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 - Friday6am - 9pm
 Saturday8am - 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 25 | Memorial Day |
| July 3 | Independence Day |
| August 25 - 28 | Annual Building Maintenance |
| September 7 | Labor Day |

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

General Information

Lake

29

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 6pm. 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 |
| DC..... | Discovery Center |
| DCFG..... | Douglas County Fairgrounds |
| DCL..... | Douglas County Library |
| DCSR..... | Douglas County Shooting Range |
| DHS..... | Douglas High School |
| DWS..... | Dance Workshop |
| FP..... | Felix Pottery |
| EGC..... | Edgewood Golf Course |
| GES..... | Gardnerville Elementary School |
| JVES..... | Jacks Valley Elementary School |
| KCC..... | Kahle Community Center |
| KCP..... | Kahle Community Park |
| LP..... | Lampe Park |
| MES..... | Minden Elementary School |
| MP..... | Minden Park |
| MVEC..... | Mountain View Equestrian Center |
| PHES..... | Piñon Hills Elementary School |
| PWL..... | Pau Wa Lu Middle School |
| RA..... | Recreation Annex |
| RD..... | Recreation Department |
| RHFS..... | Round Hill Fire Station |
| SC..... | Senior Center |
| SES..... | Scarselli Elementary School |
| SP..... | Stodick Park |
| SWFA..... | Sapphire Wizard Fired Arts |
| TBA..... | To Be Announced |
| TRE..... | Topaz Ranch Estates |
| WG..... | World Gym |
| ZCES..... | Zephyr Cove Elementary School |
| ZCP..... | Zephyr Cove Park |

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 and a
\$5 processing fee will be charged.
100% refund if the department cancels.
Refunds take approximately
two weeks to receive.



GENERAL POLICY

1. Registration will not be accepted by instructors unless noted.
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.

Douglas County Parks and Recreation Department's 2010 GE Energy Family Concert Series

Co-Sponsored by Carson Valley Inn

May 28

Shane Dwight

Co-Sponsor: **Dr. James the Dentist**

Shane Dwight is a charismatic and supremely talented guitarist, soulful vocalist, prolific songwriter and one of the brightest young up-and-coming stars on the rock/blues scene today. In the last two years, the Shane Dwight Band has been catapulted to the forefront of the West Coast Blues Scene. Shane Dwight has appeared at prestigious concerts such as the Monterey Blues Festival, Reno Blues & Brews Festival, Portland Oregon Waterfront Blues Festival and San Francisco Jazz Festival. These are just a few of the entities that recognize and appreciate the potential of Shane and his band and are expecting great things in their future. Shane and his band are getting rave reviews for every performance they play.



June 18

Beatles Tribute - Imagine

Co-Sponsor: **Dr. James the Dentist**

Remembering the Fab Four! That's what this Beatles tribute band is all about. The four lads joined in 1993 and have been performed more than 800 shows across the United States and abroad. Over the years the group has had the privilege of sharing the stage with such notable acts as the Beach Boys, Jay Leno, Chicago, Glen Campbell and more! Don't miss this wonderful performance. A evening with Imagine is truly an opportunity to "Come Together".



July 9

Trey Stone Band

Co-Sponsor: **Dr. James the Dentist**

Trey Stone was a key player in the 1970's era's Dance and Funk sound and has contributed his talents as a multi-instrumentalist and production to dozens of hit recordings including a Rose Royce's "Car Wash", "Smiling Faces", and many more. Trey also appeared at MTV's "Rock in Rio" sharing the stage with the likes of Prince, George Michaels, Run DMC and more. The Grammy nominated guitarist Trey Stone has written, produced and toured with George Clinton and the P-Funk all stars, Bootsy Collins, Blues Traveler, Galactic, Rose Royce, Undisputed Truth, Norman Whitfield, Dee-Lite and most recently toured with Tower of Power.



July 30

Mumbo Gumbo

Co-Sponsor: **Edgewood Tahoe Golf**

Mumbo Gumbo blends many genres, from rock to soul, from pop to lush ballad, zydeco to county, into a celebratory, danceable noise. Over nearly 20 years, on the septet's eight albums and during countless gigs around their native Northern California, Mumbo Gumbo has created something that is less a specific style than a particular feeling, the sound of sheer joy.



August 27

Big Bad Wolf

Co-Sponsor: **TBA**

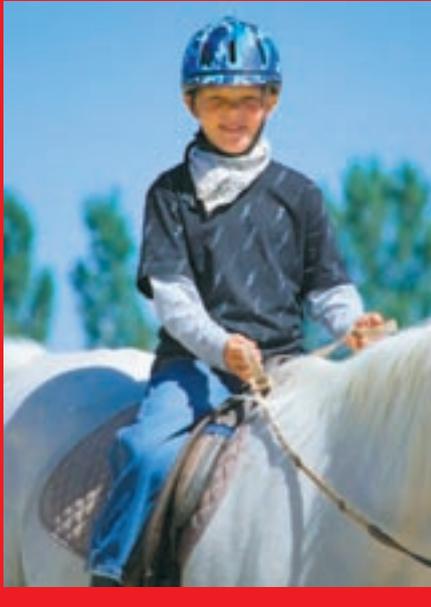
Local band Big Bad Wolf plays a wide mix of original music and rock, blues and county inspired covers. They are inspired by Lynyrd Skynyrd, Hendrix, Stevie Ray Vaughn, ZZ Top and anything from Reno's KTHX-FM. Big Bad Wolf is sure to deliver results of an energetic, crowd pleasing band. Don't miss this evening of local talent.



All concerts are from 6:30 to 8:30pm with the exception of August 27 which will be held from 6 to 8pm. All concerts are free of charge due to the generous contributions of local businesses and organization.

SPONSORS: AM/PM • Dr. James the Dentist • Carson Valley Inn • Nevada Johns Edgewood Tahoe Golf • GE Energy • Sullivan Law • Town of Minden • Wal-Mart
Food will be available to purchase by the Lion's Club

Home of:



CHAPPELL RANCH LLC

Safe, Fun, Educational Horsemanship



Wild Willy's Horse Camp

- * Year-round Programs
- * 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
www.chappellranchllc.com • kkc827@aol.com
531 Centerville Lane • Gardnerville, NV

