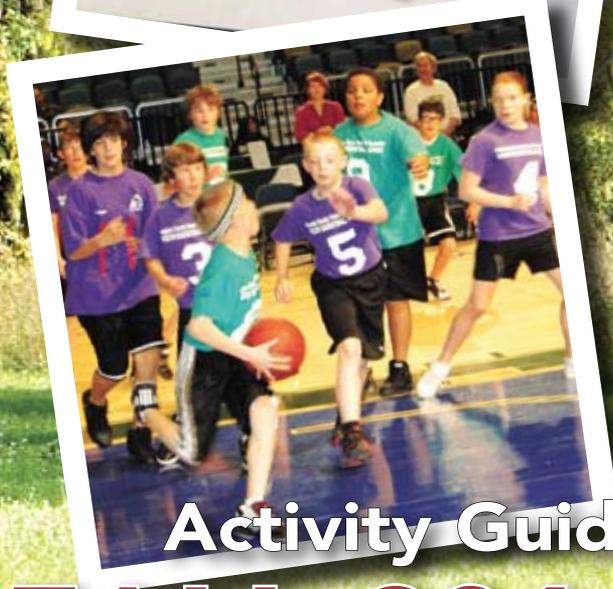


# Douglas County

Parks & Recreation  
Department



Activity Guide  
**FALL 2011**

Carson Valley & Lake Tahoe



When it comes to your  
family, you want their  
health in good hands.

Minden Family Medicine & Complete Care provides family medical care for *patients of all ages*  
with *same-day appointments* and *walk-ins welcome*.  
That's what we mean by **COMPLETE CARE**.



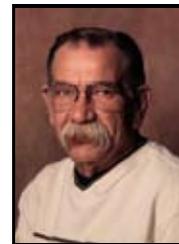
Colleen Aalbers, DO



Rose Paiva, MD



Tim O'Neill, PA



Jim Samuelson, PA

Open Monday - Friday 8:00 AM to 5:30 PM  
Caring for patients of all ages from birth to geriatric.  
Walk-ins welcome for urgent care services.

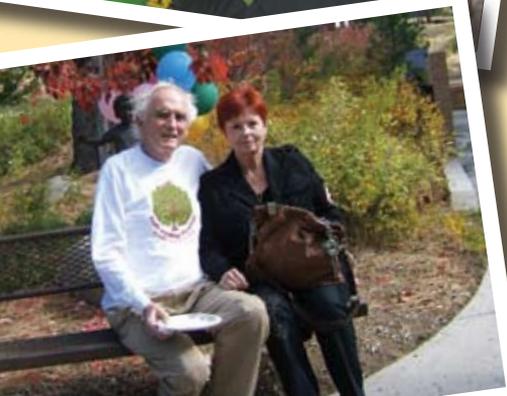
In Minden Village • 1649 Lucerne St. Minden NV 89423 • (775) 782-1603  
www.cvmchospital.org



# WELCOME



## WHAT'S INSIDE



### VALLEY

Pre Kinder	2
Youth	3 - 4
Teens	4 - 5
Adult	5 - 7
Active Adult	8 - 11
Special Events	12
Community Services	13
Youth/Teen Sports	14 - 16
Adult Sports	16 - 17

### LAKE

Kahle Community Center	18
Pre Kinder/Youth	19
Youth/Teen	20
Adult	21
Adult Fitness	22 - 23
Active Adult	24
Youth/Teen Sports	25 - 26
Adult Sports	27
General Information	28
How to Register	29



### Mission Statement

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

### Parks & Recreation Commission Meetings

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

### Staff Members

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

**Compiled by** G. Pedro Kinner    **Layout & Design** Deborah Brewington, Sierra Nevada Media Group  
**Advertising Opportunities** please call The Record-Courier at (775) 782-5121

# PRE-KINDER

## Preschool Starts September 6th

### Discovery Center Preschool

A Place of Wonder – Discovery – Experience

**Ages** • 3 - 6

**Director** • Cindy Webb

The Discovery Center is a program which focuses on the developmental needs of all children, and structures its environment with respect to each child's particular learning style. The environment, inside and outside, is rich in the materials young children require in order to grow physically, intellectually and emotionally. Every day your child will have the opportunity to explore and discover all of the education disciplines through play in a structured environment. Parents will be able to assist in their one-day-per-month classroom participation. The staff has been trained to provide children with a positive, non-pressured, non-judgmental school atmosphere and is particularly fluent in Art, Science, Language, Play, Environments, Brain and Child Development. To reserve a space for your child, register at the Recreation Office located at 1327 Waterloo Lane or call for a free brochure and application. Students must be at least 3 years old and potty trained.

### Library Hours

Monday, Tuesday, Wednesday • 10am - 7pm

Thursday & Friday • 10am - 6pm

Saturdays • 10am - 5pm

Closed on Sundays and Holidays

For more information call 775-782-9841

### Story Time

**Ages** • 3 - 8

**Location** • DCL

(Tu) 10:30 - 11:30am

### Extended Day Kindergarten

at The Discovery Center

**Grade** • Kindergarten

**Instructor** • Discovery Center Staff

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

#### Schedule

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

PM Session (Pre-K & K) • 12:30 - 4pm

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

#### Fees and Tuition

##### Part time rates

8:30am - 12pm, 2 days a week minimum

2 days a week - \$140 Monthly

3 days a week - \$190 Monthly

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

##### Full time rates

8:30am - 4pm, 2 days a week minimum

*based on \$22 a day*

2 days a week - \$176 Monthly

3 days a week - \$264 Monthly

5 days a week - \$440 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

## VALLEY CLASS LOCATION CODES

CCMES	..... C.C. Meneley Elementary School	LP	..... Lampe Park
CVGC	..... Carson Valley Golf Course	MES	..... Minden Elementary School
CVMS	..... Carson Valley Middle School	PHES	..... Piñon Hills Elementary School
DC	.....Discovery Center	RA	.....Recreation Annex
DCFG	..... Douglas County Fairgrounds	RD	.....Recreation Department
DCL	..... Douglas County Library	SC	.....Senior Center
DCSR	..... Douglas County Shooting Range	SES	..... Scarselli Elementary School
EXT	..... Nevada Co-op Extension	SP	.....Stodick Park
GES	.....Gardnerville Elementary School	TBA	.....To Be Announced
JVES	..... Jacks Valley Elementary School	WCMA	..... West Coast Martial Arts

# YOUTH

## Kids Club Grades • K - 6

Kids Club is a before and after school recreational enrichment program that is held at all elementary schools. Recreational activities include arts & crafts, games, homework assistance and special events all based on a weekly theme. Daily snacks are provided. Kids Club is offered Monday through Friday, 7 - 8:45am and 3 - 6pm at every elementary school while school is in session, holidays excluded. The fee is paid by the month for the morning program, the after school program or both. The fee is based on \$2.50 per day for the morning program and \$5.00 per day for the afternoon program. Enrollment is based on a first come, first served basis and we will be unable to accept any new enrollments at sites that are currently full. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. For more information call 782-9828.

## Adventure Camp Days

Grades • K - 6

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

Time • 7am - 6pm	Location • TBA
(W) 9/21 \$22 4377.301/4388.301	
(F) 10/7 \$22 4377.302/4388.302	
(M) 11/7 \$22 4377.303/4388.303	
(F) 12/2 \$22 4377.304/4388.304	

## Adventure Camp Winter Break

Grades • K - 6

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

Time • 7am - 6pm	Location • CCMES/PHE5
(M - F) 12/19 - 1/2*	\$22/day

\*No camp 12/26, 1/1

## Introduction to the Violin

Grades • 3 - 6 Instructor • John O'Neill

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

Time • 3:15 - 4:00pm	Location • GES
(W) 9/13 - 10/4	1158.301



## Kids Brazilian Jiu Jitsu

Grades • 5 - 11 Instructors • West Coast staff

Kids can learn the popular and challenging art of Brazilian Jiu Jitsu. All classes taught in controlled, professional and friendly environment with safety as number one consideration. Students will learn to focus and pay attention. Designed for kids of any experience level and any fitness level from inactive to athletic. One time insurance \$40, uniform and belt \$29 and up available to purchase at the class.

Times • 4:30 - 5:30pm	Location • WCMA
(F) 9/2 - 9/23 \$59 1141.308	
(F) 10/7 - 11/1 \$59 1141.309	
(W) 11/9 - 11/30 \$59 1141.310	
(F) 12/2 - 12/23 \$59 1141.311	

\*No class 10/14

## Beginning - Advanced Cheerleading Dynamics, Techniques and More!!

Age • 6 -12 Instructors • Sierra Adrenaline Cheer & Tumbling

This fun exciting high energy class will teach the basic fundamentals of Cheer movements, motions, kicks, jumps, stunting positions and more! This class is designed for all levels; learn the real meaning of being a cheerleader with hard work and dedication.

Time • 4 - 5pm	Location • WCMA
(M) 9/5 - 9/26 \$50 1140.301	
(M) 10/3 - 10/24 \$50 1140.302	
(M) 11/7 - 11/28 \$50 1140.303	
(M) 12/5 - 12/19 \$50 1140.304	

\*Students will need to purchase a training t-shirt at the class for \$20.

## Lil Ninjas

Ages • 4 - 9 Instructors • West Coast staff

This program is a fun, dynamic program for your child. Children learn in a disciplined but fun environment. Class will combine 5 different martial arts, performing arts, gymnastics, grappling and self defense so their skills, focus and athleticism are greatly enhanced. Motivation, goal setting and life skills are also a big part of this class. Improve school grades and focus energy more constructively. A one time insurance of \$40, Uniform, belt, and boxing gloves \$69 may be purchased at the class.

Times • (F) 3:45 - 4:30pm	Location • WCMA
(T) 9/6 - 9/27 \$59 1141.301	
(F) 9/2 - 9/23 \$59 1141.302	
(T) 10/4 - 10/25 \$59 1141.303	
(F) 10/7 - 11/1 \$59 1141.304	
(T) 11/4 - 11/22 \$59 1141.305	
(T) 11/29 - 12/20 \$59 1141.306	
(F) 12/2 - 12/23 \$59 1141.307	

\*No class 10/14

## Spanish for Youth

Ages • 9 - 13 Instructor • Yvonne Anfossi

This class will give students a jump start on the basics of Spanish language which include numbers, days of the week, greetings and important expressions, color, food, questions, time, weather and basic statements.

Time • 3:50 - 4:50pm	Location • RA
(T/Th) 9/6 - 10/27 \$100	1134.301



## Tumbling Flips and Trix

Age • 6 -12 Instructors • Sierra Adrenaline Cheer & Tumbling

This high paced and motivating class will teach any athlete tumbling skills focused on actually tumbling on the ground and not just a spring floor. Class will teach a range from beginning to advance tumbling skills and flips and will also focus on Freestyle tricking and flips.

Time • 4 - 5pm	Location • WCMA
(M) 9/5 - 9/26 \$50 1140.305	
(M) 10/3 - 10/24 \$50 1140.306	
(M) 11/7 - 11/28 \$50 1140.307	
(M) 12/5 - 12/19 \$50 1140.308	

\*Students will need to purchase a training t-shirt at the class for \$20.

# YOUTH/TEEN



## Cheer Dynamics Training and Techniques

**Age** • 12 - 18 **Instructor** • SACT  
 This class is designed for cheerleaders, or athletes that want to give it a try. Class will work on a range of skills including tumbling, jumps, motions, and some freestyle movements. This is a great class to prepare you for your upcoming season or to introduce you to Cheer and an All Star Cheer Group.

<b>Time</b> • 3:00 - 4:00pm	<b>Location</b> • WCMA
(M) 9/5 - 9/26 \$50	1140.309
(M) 10/3 - 10/24 \$50	1140.310
(M) 11/7 - 11/28 \$50	1140.311
(M) 12/5 - 12/19 \$40	1140.312

*\*Students will need to purchase a training t-shirt at the class for \$20.*



## VOLUNTEERS WANTED

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

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

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

### Benefits to our Volunteers

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

## Teen Dance

**Dance Time 6:30 to 9pm**

**Grades** • 6 - 8

Dances will include D.J. music, food and fun! Dances will be held at the Douglas County Fairgrounds. Students must arrange their own transportation ahead of time and need to be picked up promptly at 9pm. All students must show their Student I.D. Card or a copy of their most recent report card. All school rules will apply, including dress code.

**Time** • 6:30 - 9pm

**Location** • DCFG

(F) 10/21

\$10\*

*\*included a slice of pizza and a drink*

## Cheer Tumbling Flips and Trix

**Age** • 12 - 18 **Instructor** • SACT  
 This class is designed for cheerleaders or new athletes that want to try tumbling and not competitive gymnastics. Class will focus on beginning to advance tumbling skills as well as freestyle tricks and flips. This will add a twist to your qualifications or teams as you learn to throw tricks not seen from a regular cheer gym. This high energy class will take you to the next level in your skills and abilities.

<b>Time</b> • 3:00 - 4:00pm	<b>Location</b> • WCMA
(M) 9/5 - 9/26 \$50	1140.313
(M) 10/3 - 10/24 \$50	1140.314
(M) 11/7 - 11/28 \$50	1140.315
(M) 12/5 - 12/19 \$40	1140.316

*\*Students will need to purchase a training t-shirt at the class for \$20.*

## NFL Punt, Pass & Kick Competition

An opportunity to compare football skills with other kids of your own age and gender in punting, passing & place kicking skills.

**10 Divisions:** Boys 6-7, 8-9, 10-11, 12-13, 14-15.

Girls 6-7, 8-9, 10-11, 12-13, 14-15.

Fun and Free. Based on a players age as of Dec. 31, 2011. All participants must fill out the Entry Form/Release of liability available the day of the competition. All age eligible Participants are encouraged to give it a try. Winners of the local competition, Saturday Sept 17 or Oct 1, compete in the sectional competition Sunday Nov 6 at Stodick Park. Sectional winners compete and get to go on the field Sunday November 27 at the Raiders game vs the Da Bears.

**Time and Date:** 9:00 am till noon Saturday Sept. 17

**Time and Date:** 9:00 am till noon Saturday Oct. 1

**Cost:** FREE

**Location** • Lampe Park

**Location** • Stodick Park

For more information contact DCPR (Andy Braun): 775-782-9828



BECOME A VOLUNTEER TODAY!

# TEEN/ADULTS

## Family Fitness Hikes

**Ages** • 7 - up      **Instructor** • Ellen Lucas & Mary Weigel

Come discover nearby trails for fun and fitness. We plan to meet at DHS every other Sunday beginning September 11. We'll carpool to four different trails with lengths varying from 2.5 to 5 miles roundtrip. Participants should be able to endure the mileage. Wear comfortable hiking shoes, bring water and a snack.

**Time** • 10am - 2pm      **Location** • DHS  
 (Su) 9/11, 25, 10/9, 23    \$40/family 1117.301  
                                          \$20/individual 1117.302

## Ballroom Dancing 1

**Instructors** • Craig & Ann Peters  
 Have fun on Friday nights. This is a chance to learn and practice the fundamentals of the Fox Trot, Swing, Waltz, and many Latin dances. This class is designed to provide dancers with confidence and knowledge for the dance floor. Following the last session there will be a party so you will have 2 more hours to practice, socialize, and dance.

**Time** • 7:30 - 8:30pm      **Location** • DWS  
 (F) 9/9 - 9/30      \$80/couple      1135.301  
 (F) 10/7 - 10/28    \$80/couple      1135.302  
 (F) 11/4 - 12/9\*    \$80/couple      1135.303

\*no class 11/11, 11/25



## Dog Obedience

**Ages** • 8 - up

**Instructor** • Guy Yeaman

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

**Time** • 7 - 8pm      **Location** • DCFG  
 (W) 10/19 - 11/23    \$80      1422.301  
 (W) 11/30 - 1/18\*    \$80      1422.303

\*No class 12/14 & 12/21



782-8840

1600 Hwy 88 • Minden, NV 89423 • Open 7 Days a Week • [www.cvswim.com](http://www.cvswim.com)

### Four pools indoors (open year-round):

- A 25-yard by 25-meter, L-shaped, six lane competition pool w/low & high dives in the deep end.
- An activity pool for children, kept at 86°F with water toys.
- A 92°F warm pool, fully accessible, w/ramp, pool lift & stairs for seniors, disabled & special programs.
- Two waterslides empty into the slide pool. These fully enclosed slides are 20 feet high and 180 feet long creating a thrill ride for people of all ages. Minimum height to ride the slide is 48 inches.

### Two outdoor pools (open April-October):

- A 25-yard competition pool in a spectacular setting with a view of Job's Peak and the Sierra Nevada.
- A separate small pool ideal for younger children and families.
- Newly expanded outdoor deck & lawn area. 3 sun canopies & 2 BBQ/Party areas available for rental by reservation.
- Exercise Equipment: Two treadmills, lifecycle, life step, multi-station gym, free weights (3 - 40 lbs) & a PreCor EFX556 located in the multipurpose room. This equipment is available during regular center hours for adult (18+) patrons.

# ADULTS

## Concealed Weapon Certification

**Ages** • 21 - up **Instructor** • Daniel Linn

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

**Time** • (W/F) 6 - 9:30pm **Location** • RA  
 (Sa) 8 - 11am  
 (W/F) 9/21 & 9/23  
 (Sa) 9/24 \$90\*\* 1745.301  
 (W/F) 10/19 & 10/21  
 (Sa) 10/22 \$90\*\* 1745.302  
 (W/F) 11/16 & 11/18  
 (Sa) 11/19 \$90\*\* 1745.303  
 (W/F) 12/14 & 12/16  
 (Sa) 12/17 \$90\*\* 1745.304

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



### Beginner's Tai-Chi

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

**Time** • 8 - 10am **Locations** • LP/CVMS/Sha  
 (Sa) 9/3 - 9/24\* \$5 1710.301  
 (Sa) 10/15 - 10/29\*\* \$5 1710.302  
 (Sa) 11/5 - 11/19\*\*\* \$5 1710.303  
 (Sa) 12/3 - 12/17\*\*\* \$5 1710.304

*\*Lampe Park \*\* CVMS \*\*\* Sharkey's*



### Latin Dancing Lessons

**Ages** • Adults **Instructor** • Elizabeth Spurgeon Roberto Hernandez

All levels welcome in this fun and exciting Latin Dance class! Sign up as individual or a couple. Learn the basics of Latin movement, basic footwork, partnering techniques and musicality. Feel comfortable on the dance floor while having a great time. Leather or smooth plastic soles with straps are recommended.

Dance taught: September/Salsa, October/Bachata, November/Merengue, December/ Cumbia

**Time** • (M) 6:30 - 8pm **Locations** • RA  
 (Th) 5:30 - 7pm  
 (M) 9/12 - 10/3 1765.301  
 (Th) 9/8 - 9/29 1765.302  
 (M) 10/10 - 10/31 1765.303  
 (Th) 10/6 - 10/27 1765.304  
 (M) 11/7 - 11/28 1765.305  
 (Th) 11/3 - 12/21\* 1765.306  
 (M) 12/5 - 12/19\*\* 1765.307  
 (Th) 12/8 - 12/29 1765.308

*\*No class 11/24*

*\*\*\$75/couple \$40/individual*

### Financial Workshop

**Ages** • 18 - up **Instructor** • Janice Rice & James Berston

This workshop is your source for financial education and an easy way to learn how to save, invest and work toward your financial goals. Whether you are just starting out or want to learn something new, the workshop will give you real-world strategies that are easy to follow.

**Times** • 6:00 - 8:00pm **Location** • RA  
 (T) 9/20  
 (Th) 9/22 \$10 1791.301

### Instructors Wanted!

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

### Intermediate Conversational Spanish

**Ages** • 18 - up **Instructor** • Yvonne Anfossi

This course is designed to assist students in continuing to attain practical conversational skills in Spanish for travel and everyday situations. Students will continue to build their language skills through the introduction of new vocabulary as well as new elementary grammatical structures used in oral communication.

**Times** • 7:15 - 8:15pm **Location** • RA  
 10/4, 13, 20, 27 7:15 - 9:15pm  
 (T/Th) 9/6 - 10/27\* \$100 1134.302

*\*No class 10/6, 11, 18, 25*

### Occupational Spanish for the Medical Profession

**Ages** • 18 - up **Instructor** • Yvonne Anfossi

This basic course is designed to build oral communication skills in Spanish for those associated with a medical office. Doctors, dentists, nurses and professionals in the medical field will find this course helpful, especially for patient interaction.

**Times** • 5:30 - 7:30pm **Location** • RA  
 (W) 9/7 - 11/9\* \$100 1134.303

*\*No class 9/21, 10/19*

## How to Start a Worm Bin

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

**Times** • 6:30 - 8:00pm      **Location** • RA  
 (M) 10/10      \$25      1794.301  
 (Th) 11/10      \$25      1794.302

## Experimental Photography

**Instructor** • Doug Dill  
 Take the challenge of learning photographic tricks with your camera. Try long exposures, unusual subjects, playing with light, and more. The instructor will have suggestions for experiments, or try your own. This hands-on class is designed to help you understand the photographic process the fun way. Class open to advanced amateurs who understand basic photographic techniques.

**Time** • 7 - 9pm      **Location** • RA  
 (T) 11/1 - 11/15      \$35      1714.307



## Scrap Booking All Day "Crop"

**Instructor** • Jackie Gorton  
 With 9 uninterrupted hours and an entire six foot table to work on, you will need to bring plenty of photos to this workshop! Share ideas and inspiration with other scrap bookers while getting all of those photos out of shoeboxes and envelopes and organized into scrapbook style photo albums. Tools such as punches, a die cut machine, custom cutting system and many idea books are available for use while other supplies are available for purchase. Bring a dish to share with others for a potluck style lunch or bring a sack lunch for yourself! Water and a snack are included.

**Times** • 10am - 5:00pm      **Location** • SC  
 (Sa) 9/10      \$10      1720.301  
 (Su) 11/6      \$10      1720.302  
 (Sa) 12/17      \$10      1720.303

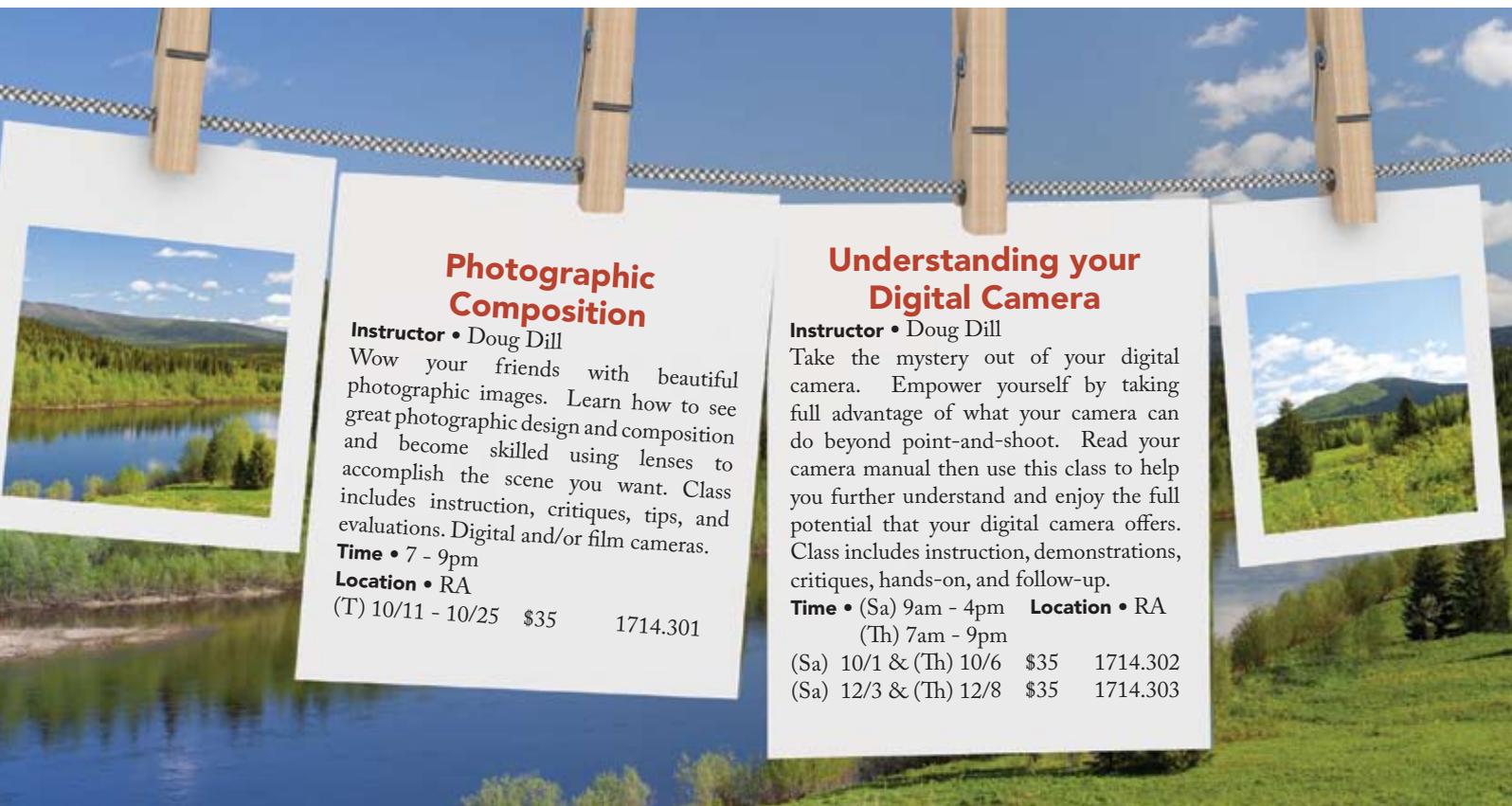
## Scrap Booking "Coptoberfest" Celebration

**Sign up now, spaces are limited!**

**Instructor** • Jackie Gorton  
 Autumn is the perfect time of year to get caught up with your album-making. It's your opportunity to gather with friends and enjoy hours of uninterrupted laughter, fun and album-making! Mark your calendar now. Space is limited. Bring lots of photos along with your albums, adhesives, papers and pens and enjoy 12 hours of scrapbooking with plenty of room... a six foot table space all to yourself! Tools (die cut machine, punches, cutting systems, idea books) are available for your use. Supplies are always available for purchase at the workshop. Water, a snack and a goodie bag are included. Contact the instructor regarding an optional potluck style lunch and dinner.

**Time** • 10am - 10pm      **Location** • SC  
 (Sa) 10/8      \$25\*      1720.304

\*\$5 material fee payable to the instructor



## Photographic Composition

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

**Time** • 7 - 9pm  
**Location** • RA  
 (T) 10/11 - 10/25      \$35      1714.301

## Understanding your Digital Camera

**Instructor** • Doug Dill  
 Take the mystery out of your digital camera. Empower yourself by taking full advantage of what your camera can do beyond point-and-shoot. Read your camera manual then use this class to help you further understand and enjoy the full potential that your digital camera offers. Class includes instruction, demonstrations, critiques, hands-on, and follow-up.

**Time** • (Sa) 9am - 4pm      **Location** • RA  
 (Th) 7am - 9pm  
 (Sa) 10/1 & (Th) 10/6      \$35      1714.302  
 (Sa) 12/3 & (Th) 12/8      \$35      1714.303

# ACTIVE ADULTS



## Douglas County Senior Services

2300 Meadow Lane, Gardnerville, 783-6455

Douglas County Senior Services provides many activities, services and programs. The Center provides the senior community an opportunity to socialize, enjoy a nutritious meal and get involved in a number of different activities, special events and excursions. Check us out on the web at <http://www.douglascountynv.gov/sites/SrCntr/index.cfm>

## Congregate Dining

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

## Meals on Wheels

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

## Topaz Congregate Dining

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

## Senior Center Volunteers

Many of the programs offered through the Douglas County Senior Center would not be possible without the assistance of DC Senior Center Volunteers. If you have an interest in becoming a volunteer for the senior community please call 783 - 6455.

## YAH Gift Shop

Young at Heart sponsors a gift shop located in the Senior Center lobby. It is open from 9:30 am-12pm Monday through Friday. All items are hand made and range from jewelry to clothing to decorations. A portion of the proceeds benefit Young at Heart. To shop, or to sell your own items, come in to the Senior Center during Gift Shop hours and check us out. For more info, call 783-6455.

## Community Dances

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

**Time** • 6:30 - 9:30pm  
(Sa) TBA

**Location** SC

## Carson Valley Community Bingo

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

## USO/Veterans Day Celebration

Join us for the 11th Annual USO celebration on Thursday, November 10, 2011 at the Senior Center. The festivities start at 10:30 am. We encourage all veterans to bring in their memorabilia to be displayed in the lobby starting on November 2nd. Live music and guest speakers will help us honor our veterans in style. This is a great way to celebrate our local Veterans. Please join us!

**Time** • 10:30am - 12pm  
(Th) 11/10

**Location** • SC



## Douglas County Dial-A-Ride Service

To ensure that our senior citizens and general public who desire transportation assistance are able to reach their destinations in a timely and safe manner, Douglas County Senior Services offers transportation, to the senior center, hair, medical and dental appointments and much more. These rides are coordinated through the DART DIAL-A-RIDE office which can be reached at 783 - 6456 or the Douglas County Senior Center at (775) 783-6455. Please allow one business day for your return call. **There is a 3 business day advanced notice required in order to insure a ride.**

### Homemaker Assistance

If you are 60 years and older, do not have an able bodied adult living with you, and are unable to do daily household chores due to physical and/or mental illnesses, you can receive homemaker service. The service provides weekly or bi-weekly visits for basic cleaning, laundry, grocery shopping and limited personal care assistance. The suggested donation for service is \$3 an hour.



### Senior Christmas Party

This event is open to anyone age 60 and over. Join us for a meal, entertainment and holiday cheer. Bring a gift if you want to play in our pirate gift exchange. The gift should be \$5.00 or more and males bring a gift for a male, or female for female. Please call the Senior Center at 783-6455 for more information.

**Time** • 12- 5pm  
(Sa) 12/10

**Location** • SC



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### Young At Heart Craft Fair

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

**Time** • 8am - 3pm  
(Sa) 11/19

**Location** • SC

### 13th Annual SENIOR HEALTH FAIR

Douglas County Senior Center will be hosting the 13th Annual Senior Health Fair on Wednesday, January 25th, 2012 at the Carson Valley Inn, Minden. The event will be held in the Shannon Ballroom from 9:00 a.m. – 1:00 p.m. Admission is free. All ages are welcome. There will be many informational booths to include medical, legal, insurance, investment, residential care, chiropractic, vision, and a whole lot more. If you would like more information or to have a vendor registration packet mailed to you, please call Amanda at (775) 783-6455.

**Time** • 9am - 1pm

**Location** • CVI

(W) 1/25/12

**Free**

### Watercolor Classes

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

### AARP Driver Safety Course

**Instructor** • Dennis Hogan

This class is a refresher course with emphasis upon how age-related changes affect driving. For drivers age 55 and older. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the class may be eligible for a discount on their auto insurance. Pre-registration is required by calling the Douglas County Senior Center at 783-6455. There is a \$14 fee for the class payable upon arriving at the class. AARP members, who bring their membership cards with them the day of the class, are eligible for a \$2 discount.

**Time** • 8:30am - 1pm

**Location** • SC

(Sa) 11/12 \$14



### Sign Up Early

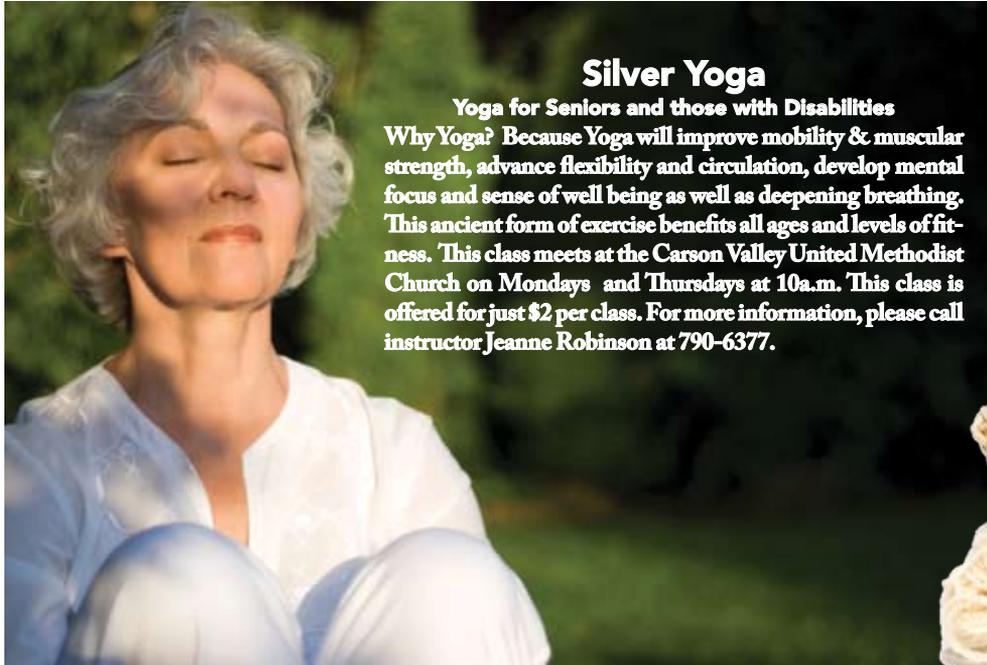
If you are interested in a class or program, register today! If a minimum enrollment is not met before its start date, a class or program may be canceled. Information about all of the classes listed in this guide can be found on the web at [www.douglascountynv.gov](http://www.douglascountynv.gov)

### Become a V.I.P.!

**Volunteer in Parks & Recreation**

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

# LIFE OPTIONS ACTIVITIES



## Silver Yoga

**Yoga for Seniors and those with Disabilities**

**Why Yoga? Because Yoga will improve mobility & muscular strength, advance flexibility and circulation, develop mental focus and sense of well being as well as deepening breathing. This ancient form of exercise benefits all ages and levels of fitness. This class meets at the Carson Valley United Methodist Church on Mondays and Thursdays at 10a.m. This class is offered for just \$2 per class. For more information, please call instructor Jeanne Robinson at 790-6377.**

## Creativity through Knitting & Crocheting

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



## 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.

## Pulse Fitness

**Ages • 60 and over**

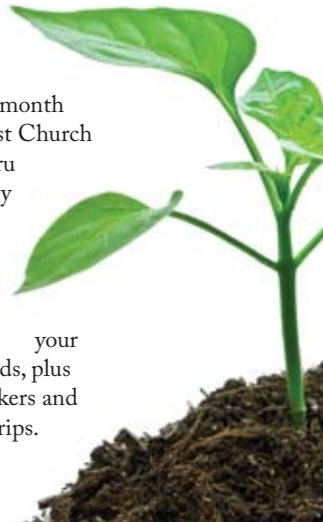
Stay healthy and active with World Gym as part of the Senior Services "Life Options" program. If you are 60 and older, you can enjoy the benefits of feeling great and maintaining your health from our various fitness programs for just \$19 a month. We offer low impact aerobics, pilates, yoga, treadmills, elliptical machines, bikes, free weights, and selectorized machines. Relax in our dry sauna or finish your workout with a healthy drink. All new members will receive a consultation from a Personal Trainer to get you started on your way to a healthy lifestyle. Monthly dues are \$19, and for seniors there is no Enrollment Fee and a one time \$29 Processing Fee. For more information contact World Gym at 782-2705 and ask about a senior membership.

**Time • Monday - Friday 4:30am - 10pm  
Saturday - Sunday 7:00am - 7pm**

885 Mahogany Drive, Minden  
www.PulseFitnessNV.com

## Green Thumb Garden Club

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



## Gold's Gym

**Ages • 60 and over**

Gold's Gym, as part of the Senior Services "Life Options" program, will be offering membership to their Health and Fitness Center at a total cost of \$20.00 a month for people 60 years and older with no enrollment fee required! The facility provides treadmills and elliptical, circuit training and free weights. Personal Trainers are available as well as helpful friendly staff. For enrollment information please contact Josh at 267-1700.

**Time • Monday - Friday 4:30am - 9pm  
Saturday - Sunday 6am - 8pm**

3790 Hwy 395, Ste 402, Carson City



## Ceramics

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

## Johnson Lane Fitness

**Ages • 60 and over Instructor • Jenny Passas**

Johnson Lane Fitness, along with the Senior Services "Life Options" program, will be offering membership to their Health and Fitness Center at a total cost of \$17 a month for people 60 years and older. An annual \$17 enrollment fee is required. Johnson Lane Fitness is family owned and operated, and provides a clean, friendly, non-intimidating workout environment. The facility provides treadmills and elliptical, circuit training and free weights, all under the guidance of experienced professional trainers. They also offer "Senior Fit" classes by instructor Jenny Passas who specializes in senior fitness. For enrollment or more information, please contact owner Kelly Corley at 267-0389.

**Time • Monday - Friday 5am - 8pm  
Saturday - Sunday 8am - 4pm**

2528 Business Parkway, #A, Minden



## Fall Festival

**Ages • All**

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

**Time • 10am - 2pm**  
(Sa) 10/1

**Free Admission**

**Location • LP**

## Stocking Stuffer

Father/Daughter Dance Tickets will be available starting December 12th. The dance will be held on February 3rd & 4th at St. Gall Community Center in Gardnerville from 6 - 8:30pm each night.

## Winter Wonderland

**Sponsored and staffed by the Sierra Nevada Active 20-30 Club #730**

**Ages • 3 - 6**

Winter Wonderland is a day full of arts, crafts, games, and movies for children in Kindergarten – 6th grade. This day provides parents/guardians a chance to go holiday shopping without their children. Children need to bring a sack lunch and list of food allergies; snacks will be provided.

**Time • 9am - 4pm**  
(Sa) 12/3

\$15

**Location • CVMS**

## North Pole Calling

**Thursday, December 8**

**Ages • 3 - 6**

Watch your children's eyes light up when they receive a personal phone call from Santa!! Santa will call to spread the fun and magic of the holidays. We are helping Santa by passing out "Hotline" forms, which will be available after November 18th at the Douglas County Parks & Recreation Department. Santa will be calling Thursday, December 8th. If you would like to be a volunteer Santa, please call the Recreation Division at 782-9828.

**Time • 4:30 - 6:30pm**

**Free**

## Carson Valley Arts Council's Gingerbread House Decorating Contest

This contest is open to individuals, families, organizations and clubs. Your exhibit can be a house, church, barn, historic building, castle or any other structure you choose. All entries must be brought to the Carson Valley Museum the week of November 28 through December 2 from 10am to 3:30pm. The exhibit will run from Saturday December 3 through the 24. The winners will be announced at the Artist's Reception scheduled for December 17. Please call Dennis Little, Gingerbread Contest Coordinator at 267 - 5634 for contest rules, guidelines and an application form. Application forms are also available at Copeland Cultural Arts Center in Minden.

## Farmers Market

**Nevada's Own Certified  
Open until September 14th**

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

**Time • 8am - 1pm**  
Wednesdays

**Location • LP**  
**Free**

## Pumpkin Run

**Grades • Preschool - 6th Grade**

During the Fall Festival, Douglas County Parks & Recreation Department will be offering a fun run for children in preschool through 5th grade. Participants will be divided into groups based on grade and will be running a designated distance based on age. Pre-registration is recommended, but participants may register on site. Prizes will be award at the end of each race.

**Time • 10 - 11:30am**  
(Sa) 10/1

\$3

**Location • LP**  
1143.301

**Race Times**

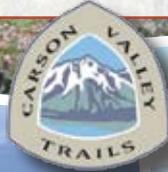
Pre-School (boys & girls)	10am
Kindergarten (boys & girls)	10:15am
1st Grade (boys & girls)	10:30am
2nd Grade (boys & girls)	10:45am
3rd Grade (boys & girls)	11am
4th Grade (boys & girls)	11:15am
5th Grade (boys & girls)	11:30am

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



## Hike for Health Trails Tour

The Carson Valley Trails Association (CVTA) is planning a Hike for Health Trails Tour on Saturday, September 17. This day-long, family-friendly trails tour will introduce participants to several local trails within the Carson Valley. The tour will begin with an early morning birding hike along the Carson River on the Bently-Kirman Tract Trail led by Jim Woods from Birding Under Nevada Skies. Later in the day, there will be a hike along the Genoa Loop Trail, a segment of the new Genoa Foothill Trail project, and a "Ranger Talk" and hike starting at the Fay-Luther trailhead. Participants are welcome to attend one or all of the tour events. The tour is free, however all participants will be required to complete a short, onsite registration form. For details about times and meeting places for the Hike for Health Trails Tour activities, visit [www.carsonvalleytrails.org](http://www.carsonvalleytrails.org), or call 775-265-0766. 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.  
(Sa) TBA 9am - 4pm



## 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](http://www.douglascountynv.gov).



### A.V.I.D.

#### Active Volunteers In Douglas

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](http://www.douglasvolunteers.org)



## Tours of Dangberg Home Ranch Historic Park

The Dangberg Home Ranch Historic Park is located just west of Minden at 1450 Highway 88. The site, which includes an historic ranch house and several other buildings built between 1857 and 1920, was the home of Carson Valley pioneer Heinrich F. Dangberg and his descendants. The site was the central property of the Dangberg Land & Live Stock Co., once one of Carson Valley's largest ranches. Guided tours take visitors through the main house and displays of historic artifacts, with a focus on family and local history. Advance reservations are required and can be made by calling the park at (775) 783-9417. The park is also available for weddings and other private events.

# YOUTH/TEEN SPORTS

## Youth & Teen Basketball Draft

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

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

**Date •** (Sa) 12/3  
9 - 12 grade coed

**Location •** RA  
3:30 - 5:30pm

## Youth & Teen Basketball

**Grades •** 3 - 12

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

**Time •** TBA

**Location •** CVMS

**Registration •** 10/17 - 11/23

**Season •** (Sa) 1/7 - 3/4

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

*Includes 1 official, team t-shirt & awards*

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

### Leagues

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

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



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**The Record-Courier**

## Thank you to the following businesses for sponsoring DCPRD Youth Sports Leagues 2011

**Flag Football Leagues • Basketball Leagues  
Volleyball Leagues**

**McDermid Management Co.**

**American International Tooling Co.**

**Carson Valley Accounting**

**Wells Fargo Advisors LLC**

**Tahoe Fracture & Orthopedic Medical Clinics**

**Carson Valley Inn**

**Park Place AM/PM**

**Jethros Oven & Grill**

**Sorensen's Resort**

**East Fork Professional Fire Fighters**

**Minden Rotary**

**G. E. Energy**

**Valley Eye Care**

*If your business or organization is interested in becoming a sponsor please call 782-9828.*

## Youth NFL Flag Football

**Ages • 5 - 14**

Flag football teaches boys and girls the fundamentals of football, good sportsmanship, and teamwork all in a fun, non-competitive way. Boys and girls play on the same teams. Players receive a reversible NFL Flag jersey, mouthpiece, and an individual trophy. All games will be played on Saturday's. Participants will be divided into four age groups, 5 - 6, 7 - 8, 9 - 11 and 12 - 14. Players must be 5 by September 1st, 2011 and cannot be 15 before September 1st, 2011. 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 • 5/16 - 9/2**

**Season • (Sa) 9/24 - 11/12**

**Cost • \$75 (Includes Jersey, Awards, Mouthpiece & Officials)**

### Leagues:

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

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

## Youth 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) 9/10**

**Location • RA**

### Draft Times •

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

## Wanted

### Volunteer Coaches & Team Sponsors

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

## Youth Flag Football Coaches Clinic

There will be a required coach's clinic for all Youth Flag Football Coaches on Sunday September 11th from 9am to 12pm at Stodick Park.



## Introduction to Junior Golf

**Ages • 5 - 16**

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

**Times • 12 - 4:15pm**

**Location • CVGC**

(Sa) 9/10 \$20

### Golf Times

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

## 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.cvayso.org

### Carson Valley Little League

Debbie Jacobsen .....782-7303

### Carson Valley Girls' Softball League

Neil Hill .....781-2193

### Carson Valley Swim Team

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

### Douglas Dolphins Swim Team

www.ddst.org

### Douglas Ski Club

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

### Pop Warner

Jim Valentine .....782-8777  
www.douglaspopwarner.com

### Track and Field, Cross Country

Anthony Davis .....530-541-1873  
www.adsportstahoe.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

# TEENS/ADULTS

## Teen Basketball League

**Grades** • 9 - 12

Does your teen want to continue playing basketball after youth league? No league to play in? Try the teen league. This basketball league is offered for beginning to advanced players who want to continue playing, emphasizing skill development and fun competition. Participants will be assigned to a team through a draft system (see below). Games will be on Saturdays at Carson Valley Middle School.

**Time** • TBA

**Location** • CVMS

**Registration** • 10/19 - 11/25

**Season** • (Sa) 1/9 - 3/6

**Cost** • \$75 Includes 2 officials and team t-shirt & awards

### Leagues

9th-12th Grade coed 5045.301

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



## Carson Valley Table Tennis Club

**Ages** • All ages

Located at Pulse Fitness Center. Come check it out. Great workout. Doubles and singles tournament. Improve your skills with the robot.

**Time** • (T) 7 - 10pm  
(Th) 7 - 10pm



**JOIN NOW \$0 OR BUY 1 YEAR AND GET 3 MONTHS FREE**

**ENROLLMENT**

and as low as \$19 per mo.

New clients only. Cannot be combined with other offers. See club for details.

Exp. 11/30/10



New clients only. Cannot be combined with other offers. See club for details.

Exp. 11/30/10

**WORLD GYM**  
FITNESS CENTERS

885 Mahogany Drive, Minden

**775-782-2705**

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

**COME IN AND TRY US OUT FOR ONE FREE WEEK!**

## Youth & Teen Basketball Coaches Clinic

There will be a required coach's clinic for all Youth Basketball Coaches on Sunday, December 4 from 9am to 12pm. Location CVMS.



**\$6/Child** **OPEN BOUNCE** **BOUNCE HOUSES** **BOUNCE RENTALS** **BIRTHDAY PARTIES** **GAMES**

**BOUNCE N PLAY**

Only Indoor Bounce House Facility in Douglas County

[www.bounceplaynv.com](http://www.bounceplaynv.com)

1224 Pep Circle Gardnerville

**783-8188**

Wii Room

Check website for Fall/Winter Hours

# ADULT SPORTS

## Adult Flag Football League

**Ages • 18+**

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 15 players are allowed to a roster. Each team will play a minimum of 10 regular season games and participate in the post-season single elimination tournament. Awards will be given for tournament play only. Game times will vary. Players must be at least 18 years old to participate.

**Time • 9am - 2pm**

**Location • LP**

(Su) 1/29 - 4/15

5002.301

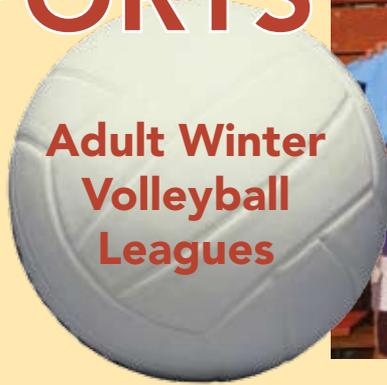
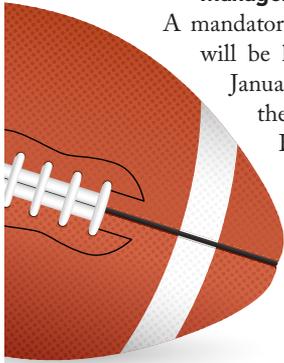
**Registration • \$450 12/12 - 1/13**

\$475 After 1/13

*Registration Deadline: January 20th*

### Managers Meeting

A mandatory managers meeting will be held on Wednesday, January 25th at 6pm at the Recreation Annex Building. Schedules will be available at the meeting.



## Adult Winter 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**

(M - Th) 11/28 - 2/23

*Registration Begins October 10*

**Registration • Early \$200**

\$225

*Registration Deadline: November 18*

(M) Women's (6 on 6)

(T) Open "A" (4 on 4)

(W) Coed "C" (6 on 6)

(Th) Coed "B" (6 on 6)

By November 10

After November 10

### Leagues Offered

5004.300

5004.302

5004.301

5004.303

**Location • CVMS**



## 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.

## CHECK OUT SPORTS ON THE WEB @ WWW.DCPRSPORTS.COM

All Leagues Sign up Information • Forms • Schedules

Rules • Up to Date League Standings Brackets • Championship Photos

## Therapy That Makes Sense

Lileo T. Sunderland, M.F.T.

- Marriage • Family
- Individual Counseling

*Licensed in Nevada and California*

**775-783-1136**

1191 - A High School Street

P.O. Box 2275

Gardnerville, NV 89410



Lileo Sunderland  
M.F.T.

## Dick's Fuller O'Brien Paints

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**Paint Sundries**

**Airless Spray**

**Open**  
Mon-Fri 7am-5pm  
Sat 8am-5pm

**• Retail**  
**• Wholesale**  
**• Industrial**

**TWO LOCATIONS**

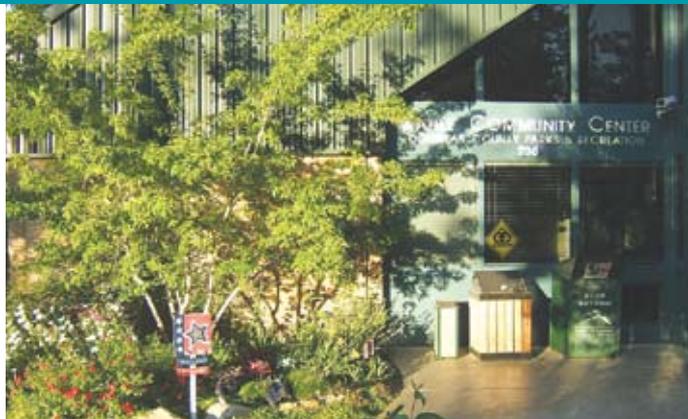
**Gardnerville**  
1267 Hwy 395,  
Ste A  
**(775) 782-5490**

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

# LAKE CLASS

# KAHLE COMMUNITY CENTER

Whether you are in town for a day or a year-round resident, we welcome you to our first class community center. Open to the public, our facility offers drop-in classes, preschool, camps and special events, fitness programs, Kids Club, contracted classes, sport leagues and other activities. Daily rates are available - stop by for more information 236 Kingsbury Grade.



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

## Facility Rentals

We invite you to take advantage of our great facilities at reasonable rates when you are looking for a place to have a reception, specials event, business or organization meeting or sporting events. All sites feature convenient locations and help from our friendly staff. For reservation information call Kahle Community Center at 775-586-7271.

## LAKE CLASS LOCATION CODES

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

## Recreation Center Hours

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

## Facility Use Fees

Daily, Monthly, 3 Month and Annual passes are available

## Holiday Closures

August 24- 28	Annual Maintenance
September 5	Labor Day
October 28	Nevada Day
November 11	Veterans Day
November 24-25	Thanksgiving
December 24-26	Christmas

*Classes, sports leagues and special events are scheduled at the facility which may affect drop in and pass holder use at times. During inclement weather announcements about building closures, late openings or cancellation of leagues or classes will be made on KRLT (93.9FM) and KTHO (590 AM).*

# PRESCHOOL



## Roots & Wings Children's Center at Kahle Park

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

Director • Shelly Martinez

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

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

Program hours for the 2010-2011 school year are 9am - 12pm Monday - Friday. Children may enroll 2 to 5 scheduled days per week. Tuition is \$19 per day through December 2011 and will increase to \$20 per day beginning January 2012. 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 \$100 is required at time of enrollment. There is no fee to place your child on the waiting list.

## Twosday Mornings

**Ages** • Birth to Preschool

**Instructor** • Roots & Wings Teachers

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

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

(T) 10/4 - 10/25 \$24 1048.301

(T) 11/1 - 11/29 \$30 1048.302

(T) 12/6 - 12/13 \$12 1048.303

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

**Special Event Day** –

**Last Program Day of each Month**

10/25 Costume Parade

11/29 Stroller Obstacle Course

12/13 Pictures with Santa



## Breakfast with Santa

**Sponsored by Mott Canyon**

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

**Time** • 9 - 11am **Location** • KCC

(Sa) 12/10 \$2 1025.301

*Zephyr Cove Ski Club Signups 9am - 11am*

## Roots and Wings Enrichment Program

This parent initiated and supported Enrichment Program is designed to provide the opportunity for children ages 4-6 to explore art, music, science, and Spanish in a nurturing, fun, hands on exploratory environment that aims to spark students imagination and creativity, foster scientific and critical thinking, develop natural interests and skills and instill an overall love of learning. Program begins 9/19/2011 \$24 per day payable monthly.

**Time** • 12:30 - 3:30pm **Location** • KCC  
(M & W) \$24

*\*Family involvement required in the form of monthly planning meetings and volunteer service hours.*

*\$50 non refundable registration fee due Wednesday September 7, 2011 to reserve space. Parent/family information meeting 9/7/2011 6:30 - 8:00pm*

## Halloween Carnival Celebration

**Sponsored by Kiwanis of Lake Tahoe Sunrisers**

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

(Monday) 10/31 4 - 7pm

**Location** • KCC

## North Pole Calling

**Ages** • 3 - 6

Watch your children's eyes light up when they receive a personal phone call from Santa! Santa will call to spread the fun and magic of the holidays. We are helping Santa by passing out “Hotline” forms, which will be available after December 1st at Kahle Community Center. Santa will be calling Thursday, December 15.

**Time** • 4:30 - 6:30pm **Location** • KCC

(Th) 12/15 **Free**

# PRE-KINDER/YOUTH

## Story Time

**Ages** • 3-8

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

**Time** • 9-9:45 am

**Location** • KCC

**Begins** • Thursdays and Fridays 9/30

## Zephyr Cove Library Hours

**Hours** • (W) 11-7 pm

(Th/F/Sa) 9-5 pm

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

## Birthday Parties

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

# YOUTH/TEEN



## Winter Break Adventure Days

**Ages • 6 - 12**

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

**Time • 7:30am - 6pm**

(M) 12/19	\$22
(T) 12/20	\$22
(W) 12/21	\$22
(M) 12/26	\$22
(T) 12/27	\$22
(W) 12/28	\$22
(Th) 12/29	\$22

**Location • KCC**

1123.321
1123.322
1123.323
1123.324
1123.325
1123.326
1123.327

## Tae Kwon Do

**Ages • 7 - 12**

**Instructors • Chris & Rick Manglinong**

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

**Time • 6 - 7pm**

**Location • KCC**

(W) 9/14 - 9/28	\$12	1409.301
(W) 10/5 - 10/26	\$16	1409.302
(W) 11/2 - 11/30*	\$12	1409.303
(W) 12/7 - 12/14	\$12	1409.304

*Drop-in \$8 per class*

*\*No class 11/23*

## Totally Active Teens

**Friday Nights at Kahle Community Center**

**Teen Scene**

**Grades • 6 - 12**

Shoot hoops, play volleyball, climb the rock wall, and play arcade games or video games. This is the night for teens to enjoy the Community Center with their friends.

**Time • 6:30 - 9pm**

**Location • KCC**

(F) Continuous\* Drop-in \$3\*\*

*\*Except holidays & special rental nights*

*\*\*Free to pass holder*



## THE ACTING STUDIO

**Grades • 2nd - 6th**

**Instructors • Diane Handzel**

Students explore acting technique focusing on learning the tools for creating realistic three dimensional characters for the stage. The class will focus on "Method Acting" techniques: actors use the 7 steps to building a character; learn to make choices, discover inner actions, physical actions, subtext, emotions, perceptions and motivations. Each session will culminate with a "Showcase" for family and friends using minimal props and costumes on the last day of program during regular program period. Students must memorize assigned lines by the fourth week of class.

**Students will learn:**

- Progress their performing arts skills
- Build self-confidence and self-esteem
- To interpret a script
- Use intuition to develop a believable character
- To work as a team player

**Time • 3 - 5pm**

**Location • KCC**

(F) 9/30 - 12/9\* \$160

**Performance Date • (F) 12/9**

*\*No Classes 10/28, 11/11, 11/25*

*Class Limited to 12 students*

## Kid's Club Programs Grades K - 6

**Registration Begins August 1st**

Kids Club Programs are designed to complement the school schedule by adding recreational activities in a safe and fun environment. Our dedicated staff are there to offer crafts, games, indoor and outdoor play, snacks and homework time.

**Early Birds 7 - 8:30am**

**Location • KCC**

*\$1 drop in per day, school bus pickup.*

**Kinder Kids** After Kindergarten - 3pm

**Location • ZCES**

*\$10 per day\* - Program operates on a minimum/maximum enrollment. Enroll Early*

**Kids Club 3 to 6pm**

**Location • ZCES**

*\$5 per day\**

*\*must be enrolled on a monthly basis per published rate schedule.*

## Family Health & Fitness Day USA

**Saturday, September 24, 2011**

**FREE DAY PASS AT KAHLE COMMUNITY CENTER**

The 15th annual Family Health & Fitness Day USA is a national health and fitness day for families, to promote family involvement in physical activity in our community. Check out our Park and our Recreation Center.

## Climbing Wall at KCC

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

## Kahle Community Center Is a SAFE PLACE

**In cooperation with Tahoe Youth and Family Services.**

# ADULTS

You have just three minutes to save a life. Do you have the skills?



## Understanding your Digital Camera

**Instructor** • Doug Dill  
 Take the mystery out of your digital camera. Empower yourself by taking full advantage of what your camera can do beyond point-and-shoot. Read your camera manual then use this class to help you further understand and enjoy the full potential that your digital camera offers. Class includes instruction, demonstrations, critiques, hands-on, and follow-up.  
**Time** • 9am - 4pm  
 (Sa) 9/17  
 (Sa) 9/24  
**Location** • KCC  
 \$35 1714.305  
 \$35 1714.306

## CPR

**Instructors** • Tahoe Douglas Firefighters  
 An American Red Cross class for CPR and foreign body airway obstruction and prudent heart living. Emergency Medical System entry and the legalities of these procedures will be discussed.  
**Time** • 6 - 9pm  
 (Th) 10/13  
**Location** • RHFS  
 \$40 1715.301  
*Minimum of 5 required for class to take place.  
 Anyone with special needs may call  
 Kelly at 775-230-6300 for other class availability.*

## Dog Obedience

**Instructor** • Guy Yeaman  
 Have you and your canine companion been getting along lately? If you need help in establishing good conduct and curbing bad habits, this course is for you. Guy uses a light-handed approach to help your dog to obey commands: heel, sit, stand, stay and recall. Each dog needs a training collar and a fabric or leather lead. Dogs must be at least four months old. Bring a copy of shot records to the first class.  
**Time** • 7 - 8pm  
 (Th) 9/1 - 10/20\*  
 (Th) 10/27 - 12/8\*  
 (Th) 12/15 - 1/19  
**Location** • KCC  
 \$80 1422.302  
 \$80 1422.304  
 \$80 1422.306  
 \*No class 10/6, 10/13, 11/24



Kahle Community Center Gym

Recognized in The Best of Tahoe Magazine 2011

# HARVEST FESTIVAL

## EXTRAORDINARY

ALL WEEKENDS IN OCTOBER 2011

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

Your Hosts: Jon & Paula Corley • Joni & John Raper

775-265-3045

www.corleyranch.com • 859 Hwy 395 S. • Gardnerville

# ADULT FITNESS

## Jazzercise

**Instructors** • Sherry Baiocchi, Shannon Shearer, Laura Forvilly  
 Push your body, find your beat. Jazzercise delivers all the intensity without the monotony! 60 minutes with Real results to music you love. This is a program that's anything but routine! Each 60 minute class includes a warm-up, 30 minutes of aerobic segment, muscle toning and strengthening using weights and a full body stretch.  
 (M/W/F/Sa) 9am Begins 9/10 **Location** • KCC (Tu/Th) 5:30pm  
*Drop-in fee is \$10 per class to instructor. Monthly reduced fees are available.*



## Personal Training

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

## Fitness Yoga

**Instructor** • Sherry B  
 One hour of Iyengar-inspired fitness yoga dynamic warm ups of sun salutations followed by mind-body standing warrior, balance and/or floor sequences. Anusara heart-opening principles and beliefs are included in all sessions. Open up to fitness from the inside out as you refresh your body, mind and spirit in our classes.  
**Time** • 12:30 - 1:30pm **Location** • KCC (M - F) 9/12 - 12/23\*  
*Punch cards: 5/\$40*  
*\*No class 11/25, 12/2*

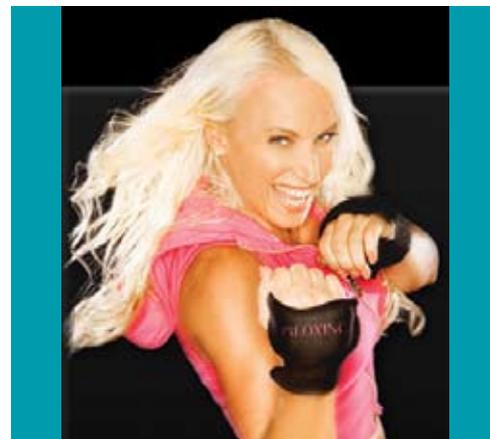


## Pilates

**Ages** • 13 & up **Instructor** • Rose Marie Ottman  
 Gain strength, flexibility and improve your posture with Pilates mat exercises. This method focuses on core strength to support the low back and improves body awareness, balance and coordination. Joseph Pilates' mindful technique of breathing and muscular control can be applied to sports and daily living. This is a multi-level class—modifications are provided to address individual body issues and abilities. Foam rollers are available for class use on the first Tuesday and Saturday of the month.  
**Time** • 10:15 - 11:30am **Location** • KCC (T/Sa) Ongoing \$11/class 1728.301-304  
*Punch cards: 4/\$35, 8/\$62*

## Zumba Fitness® Moving the World to a new beat

**Instructor** • Sherry B  
 Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. This 50-minute class starts with a dynamic warm up, leading to a dance fitness party. All classes end with cool down toning and stretching.  
**Time** • 11:30 - 12:30pm **Location** • KCC (F) 9/9 - 12/23  
*\*Punch cards: 5/\$40*  
*No class 11/23, 12/2*



## Piloxing

**Instructor** • Sherry B  
 Sleek, powerful, Piloxing. A high energy fusion of Pilates, boxing and dance - transform yourself into a tough boxer, gracious ballerina and a hip street dancer all in one class  
**Time** • 11:30 - 12:30pm **Location** • KCC (M) 9/12 - 12/19  
*Punch cards: 5/\$40*

# ADULT FITNESS

## MARTIAL ARTS CLASSES

### Tae Kwon Do

**Ages** • 13 & up

**Instructor** • Chris & Rick Manglinong

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

**Time** • 6 - 7:30pm

(W) 9/14 - 9/28

\$18

(W) 10/5 - 10/26

\$24

(W) 11/2 - 11/30\*

\$24

(W) 12/7 - 12/14

\$12

*No class 11/23*

**Location** • KCC

1409.305

1409.306

1409.307

1409.308

### Philippine Stick Fighting Arnis

**Ages** • 16 & up

**Instructor** • Chris & Rick Manglinong

Arnis is a blending of the countless styles of the related methods: Solo Baston (single stick). Sinawali (to weave) which uses two sticks twirled in a weaving fashion, and Espada Y Daga (sword and dagger) which uses a long and short stick. Arnis is simple to learn and requires no special conditioning or raw physical strength. It is particularly well suited for senior citizens or a person who is only interested in self-defense.

**Time** • 7:30 - 8:30pm

(W) 9/14 - 9/28

\$18

(W) 10/5 - 10/26

\$24

(W) 11/2 - 11/30\*

\$24

(W) 12/7 - 12/14

\$12

*No class 11/23*

**Location** • KCC

1707.301

1707.302

1707.303

1707.304



### 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.

**DOUGLAS COUNTY**  
Parks & Recreation Department

be part of the next issue of the

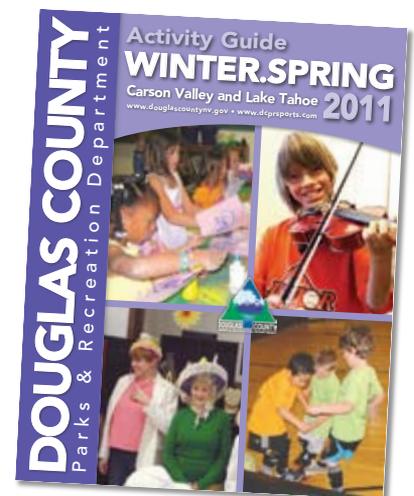
# Activity Guide

Be part of the next issue of the Douglas County Parks and Recreation Activity Guide! More than 72,000 copies are distributed in both The Record-Courier and Tahoe Daily Tribune, as well as target locations throughout Douglas County each year. Don't miss this opportunity to be a part of this publication! Call your Account Manager today.

**782-5121**

**The Record-Courier**

The Record-Courier · 1503 Hwy 395 N., Suite G Gardnerville · [www.recordcourier.com](http://www.recordcourier.com)



# ACTIVE ADULTS

## AARP Driver Safety Course

AARP's Driver Safety course (55 ALIVE) will be held from 8:30am to 1pm at Kahle Community Center. The class is a refresher course for drivers age 55 and older with emphasis upon how age-related changes affect driving. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the course may be eligible for a discount on their auto insurance. Pre-registration is required. There is a \$14 fee payable to the instructor at the class. At this time there are no trainings scheduled at Kahle Park, but the one listed below is at the Valley Senior Center. Please call 775 783-6455 to sign up.

**Time** • 8:30am - 1pm                      **Location** • SC  
 (Sa) 11/12                      \$12    AARP members  
                                          \$14    non members

## Trail Trekkers

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

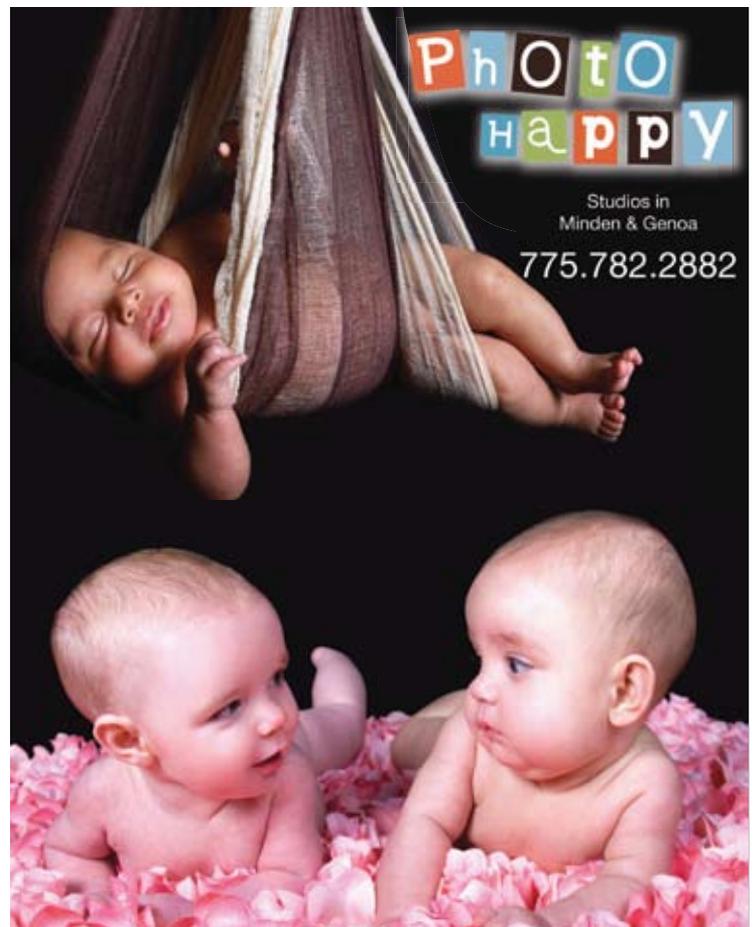


## Tahoe-Douglas Senior Center (TDSC)

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

- Twice-weekly (Tuesdays and Saturdays) member **socializing** and **handicraft activities** plus afternoon **BINGO** sessions beginning at **12 (Noon)**. Weekly **Friday Texas Hold'Em Poker** sessions are at **9:30 SHARP**.
- Four **casino/musical and other outings** each year, plus various other group activities such as visits to **Apple Hill** and to other points of interest such as **Thunderbird Lodge**, cruising Lake Tahoe aboard the **MS Dixie**, etc.
- A monthly **membership luncheon** with speaker program at Harrah's (2nd Wednesday of each month.)
- Participation in an annual **canned food drive** for the needy.
- **Collection of "distressed" bakery items** from Round Hill Safeway for distribution to members at the center Saturday (AM).
- **Distribution of excess USDA food commodities** to those deemed eligible to receive same per USDA's family income criteria (3rd Thursday of every other month).
- Monday **shopping trips** and transport to medical/ dental appointments for members aboard one of TDSC's two vans operated by volunteer member/drivers (members only).

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



# YOUTH SPORTS



## Youth Basketball League

**Grades** • 3 - 6  
**Staff** • Recreation Staff & Volunteer Coaches  
 This basketball league is offered for beginning to advanced players and will emphasize skill development and fun competition. All participants will be assigned to a team through a draft system. Games will be played Tuesday or Thursday evenings at Kahle Community Center. Teams will be practicing at least one time during the week throughout the league.  
**Dates** • Mid-November (practice)  
 December - February (games)  
**Time** • Game time between 5:30 & 7:30pm  
**Registration** • Begins 9/15 until full

### Leagues

(T) 3rd & 4th Grade 5020.301  
**Cost** • \$70 (includes team t-shirt & awards)  
 (Th) 5th - 6th Grade 5020.302  
**Cost** • \$80 (includes team t-shirt, awards & 2 officials)

## Middle School Basketball League

**Grades** • 7 - 8  
**Staff** • Recreation Staff & Volunteer Coaches  
 This basketball league is offered for beginning to advanced players and will emphasize skill development and fun competition. All participants will be assigned to a team through a draft system. Games will be played Wednesday evenings and maybe some Mondays at Kahle Community Center. Teams will be practicing at least one time during the week throughout the league.  
**Dates** • Mid-December (practice) 5020.303  
 January - March (games)  
**Time** • Game time between 5:30 & 7:30pm  
 (Wednesdays & possibly Mondays)  
**Registration** • Begins 9/15 until full  
**Cost** • \$80 (includes team t-shirt, awards & 2 officials)

## Basketball League Information

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

## Youth Basketball Draft

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

## Youth Sports Organization

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

**AYSO Soccer**  
[www.sltayso.com](http://www.sltayso.com)

**Pop Warner Football**  
[www.southtahoepopwarner.com](http://www.southtahoepopwarner.com)

**Little League Baseball**  
[www.tahoelittleleague.com](http://www.tahoelittleleague.com)

**Youth Ice Hockey**  
[www.staha.com](http://www.staha.com)

**Track & Field, Cross Country**  
 Anthony Davis 530-541-1873  
[www.adsportstahoe.com](http://www.adsportstahoe.com)

**Zephyr Cove Ski Club**  
 Bob Cook 588-2361, Sally O'Brien 588-7233  
[www.zephrcoveskiclub.com](http://www.zephrcoveskiclub.com)

## Volunteer Coaches & Team Sponsors

Our Girls Basketball, Youth Basketball and Middle School Basketball are in search of volunteer coaches. Without volunteer coaches this program is not possible. If you are unable to coach but would like to help out with these programs, the Recreation Division is looking for team sponsors. If you are interested in helping out, please contact Kahle Community Center at (775) 586-7271.



# THIS FALL

## 3 on 3 Girl's Basketball League

**Grades** • 3 - 5

**Staff** • Recreation Staff & Volunteer Coaches

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

**Dates** • Mid-November (practice)

December - February (games)

**Begins** • Game times are between 5:30 & 7:30 pm

**Registration** • 9/15 until full

**Cost** • \$85 (includes team T-shirt, award & 1 game official and score-keeper)

### Divisions

(T) 3rd - 5th Grade

5020.304

## 3 on 3 Middle School Girl's Basketball League

**Grades** • 6 - 8

**Staff** • Recreation Staff & Volunteer Coaches

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

**Dates** • Mid-December (practice)

5020.306

January - March (games)

**Begins** • Game times are between 5:00 & 8:00 pm

**Games** • Wednesdays & possibly Mondays

**Registration** • 9/15 until full

**Cost** • \$85 includes team T-shirt, award & 1 game official and score-keeper

### Girls Basketball League Information

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



# ADULT SPORTS

## "30 & Over" Adult 5 on 5 Basketball League

**Registration** • Begins November 1st until Full  
(Register early – Only taking 6 teams)  
**Entry Fee** • \$570 per team      **Location** • KCC  
**Dates** • Season Starts on 12/5      5009.311  
(M) 7 - 9pm  
Minimum 10 games and season ending single elimination tournament. Completed rosters are due at the first game. No Exceptions.

## Zephyr Cove Tennis Club

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

- Available for Adult and Junior Lessons
- Tennis Racket stringing

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

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

**Registration** • Begins February 6th until Full  
(Register early – Limited space available)  
**Entry Fee** • \$450 per team      **Location** • KCC  
**Dates** • Tentative Starts on 3/20      5009.311  
Games played between 5:30 - 8:30pm  
**Divisions Offered**  
**Tuesday Night and Thursday night**  
Minimum 7 games and season ending single elimination tournament. Completed rosters are due at the first game. No Exceptions.

## It's your turn to Play! Adult Sports

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

### Basketball

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

### Volleyball

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

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

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

# Basketball Referees Needed for Youth & Adult Basketball Leagues

## Basketball Referee Training Clinic Youth & Adult League Referees

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

### Clinic Training

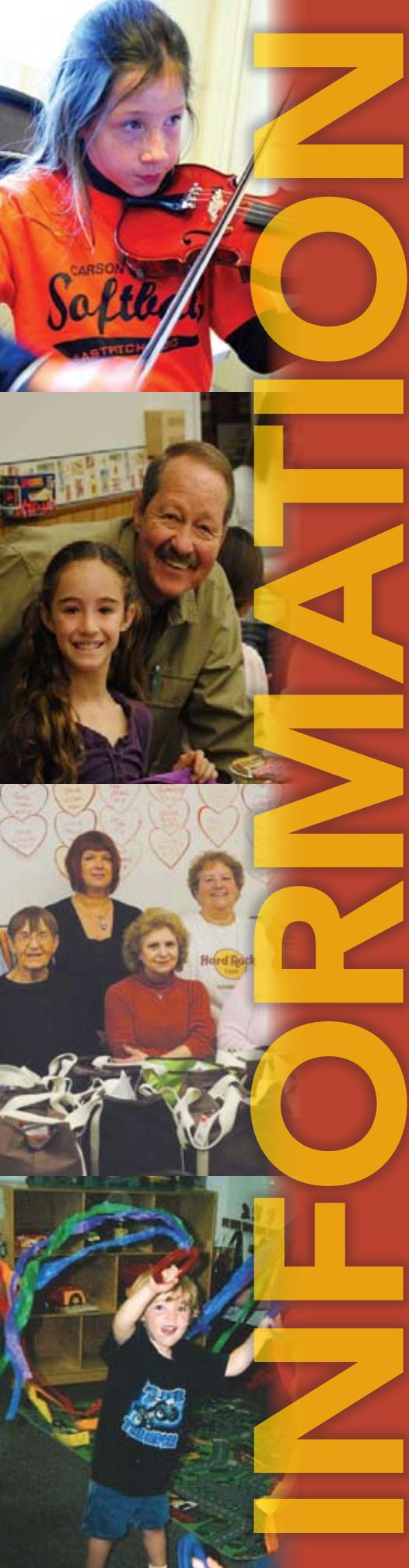
**Cost** • \$40 picture registration required  
**Time** • 9am - 12pm      **Location** • KCC  
(Sa/Su) 11/5 & 11/6      5007.301  
(Sa/Su) 11/12 & 11/13  
(Sa/Su) 11/19 & 11/20

### Scrimmage Game Training

**Time**: 5- 8 pm      **Location**: KCC  
(Mo/Tu) 11/28 & 11/29

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

For more information call 775-586-7271



## “Share Because You Care” Gifts

### Your donations help to provide:

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

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

## Become a V.I.P!

### Volunteer in Parks and Recreation

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

## Scholarships Available!

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

## Feedback

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

## wTransportation



### Douglas County Dial-A-Ride Service

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



### Tahoe's Smooth Movin' Shuttle

Ride BlueGO to biking, skiing, hiking, swimming, gaming, shopping, walking, kayaking and sailing! We are your ride for getting around South Lake Tahoe, Camp Richardson, Meyers, Stateline, Zephyr Cove, Marla Bay, Round Hill and Upper Kingsbury. Call 530-541-7149 or visit us online at [www.bluego.org](http://www.bluego.org) for more information.

## PHOTOS

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

# TO REGISTER



## WALK-IN REGISTRATION

Registration accepted at Lampe Park office, Monday through Friday 8am to 5pm  
Kahle Community Center, Monday through Friday 6am to 9pm, Saturday 8am to 6pm

## DROP-OFF REGISTRATION

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

## MAIL-IN REGISTRATION

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

## FAX OR PHONE REGISTRATION

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

Advance registration recommended.

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## 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

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## 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.

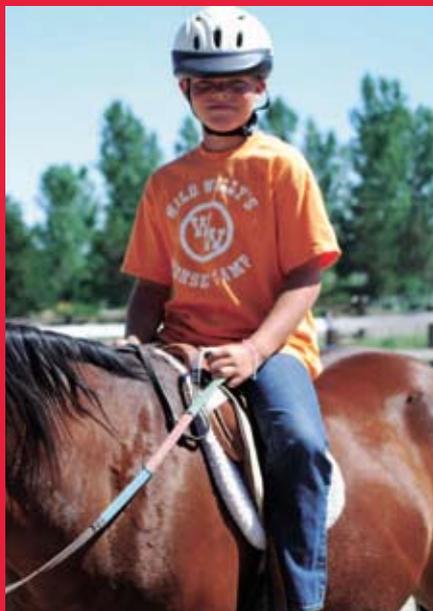
## POLICIES

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

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

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

*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**

 **Equine-Assisted Learning**

- \* Personal Growth Sessions for Kids and Adults with the help of the horse.

 **Chappell Morgan Horses**

**Contact: Kim Chappell 775-265-6483**  
**www.chappellranchllc.com • kkc827@aol.com**  
**531 Centerville Lane • Gardnerville, NV**

