

# DOUGLAS COUNTY

Parks & Recreation Department

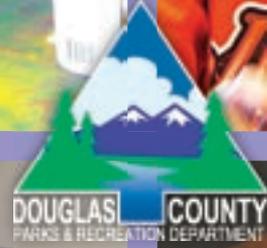
## Activity Guide

# WINTER.SPRING

Carson Valley and Lake Tahoe

[www.douglascountynv.gov](http://www.douglascountynv.gov) • [www.dcprrsports.com](http://www.dcprrsports.com)

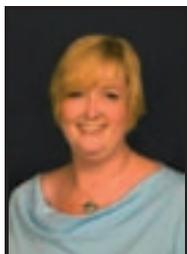
# 2011





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

On January 3rd, Job's Peak Family Medicine and CVMC Complete Care are combining to form Minden Family Medicine and Complete Care. Our team of experienced family medicine practitioners can provide complete family medical care to patients of all ages.



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  
w w w . c v m c h o s p i t a l . o r g



## Director's Note

### Scott Morgan

Community Services / Parks & Recreation Director

Since 1969, according to the Douglas County Planning Commission, a community center has been a priority in the Carson Valley. Douglas County built its first community center in 1995 at Stataline.

The Kahle Community Center, a 25,000 square foot facility with gymnasium, successfully serves residents of Douglas County and has had strong use and support since its opening. But lately, with the downturn in the economy, community centers across the country are reporting increased usage and demand for facilities. The National Parks & Recreation Association, through its state affiliates, can verify this trend.

The time for planning a Carson Valley community center is now so that when circumstances change and opportunities increase, critical first steps will have been completed to contemplate future facilities. Unfortunately as funding gets tight, Park and Recreation priorities become low. The Douglas County Parks & Recreation Department has been severely hit over the last 3 years and continues to strive for excellence and meet critical service needs within the community.

The County Board of Commissioners have recognized the need, and have set a priority through its economic vitality plan, identifying a community center as one of its 12 objectives. This plan is in its early stages, identifying needs and searching for facility locations.

Your support for the County Board of Commissioners efforts is critical at this time, in order to pave the way for a future facility, as Douglas County and the nation's economy recover. If you would like additional information regarding a future community center in the Carson Valley please feel free to contact myself at the Douglas County Parks & Recreation Department.

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## Mission Statement

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

## Parks & Recreation Commission Meetings

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

## Staff Members

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

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

# PRE-KINDER

## 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.

## Extended Day Kindergarten

at The Discovery Center

**Grade** • Kindergarten

**Instructor** • Discovery Center Staff

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

### Schedule

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

PM Session (Pre-K & K) • 12:30 - 4pm

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

### Fees and Tuition

\$30 non-refundable Registration Fee.

Mondays & Wednesdays • \$140 Monthly

Tuesdays & Thursdays • \$140 Monthly

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

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



## VALLEY CLASS LOCATION CODES

AP ..... Aspen Park  
 CCMES ..... C.C. Meneley Elementary School  
 CVGC ..... Carson Valley Golf Course  
 CVMS..... Carson Valley Middle School  
 DC .....Discovery Center  
 DCFG..... Douglas County Fairgrounds  
 DCL..... Douglas County Library  
 DCSR ..... Douglas County Shooting Range  
 DWS .....Dance Workshop  
 EXT .....Nevada Co-op Extension  
 GES.....Gardnerville Elementary School  
 HV.....Hope Valley  
 JVES ..... Jacks Valley Elementary School  
 LP..... Lampe Park  
 MES .....Minden Elementary School

MP .....Minden Park  
 PHES..... Piñon Hills Elementary School  
 PWL ..... Pau Wa Lu Middle School  
 RA.....Recreation Annex  
 RD.....Recreation Department  
 SC .....Senior Center  
 SES ..... Scarselli Elementary School  
 SDMA .....Sierra Dojo Martial Arts  
 SP .....Stodick Park  
 SWFA..... Sapphire Wizard Fired Arts  
 TBA.....To Be Announced  
 TRE ..... Topaz Ranch Estates  
 WCMA..... West Coast Martial Arts

## Information

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

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

## National Library Week April 10-16, 2011

### 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

## Hand Vase

**Ages •** 4 - 6 **Instructor •** Mary Ann Crosby  
 It's time to grab some clay and get your hands messy! This sculptural vase will provide fond memories of your child's hand and makes a great gift for dad or mom. Parent participation required.

**Cost •** \$18 **Location •** SWFA  
 (Th) 1/13 10am - 12pm 1194.101  
 (Th) 1/20 10 - 10:30am



## Happy Notes Music

### Marching into the New Year

**Age •** 2 - 5 **Instructor •** Maureen Conlin  
 Children put their feet into the beat as they explore rhythm, tempo and dynamics in music instruments, music activities, songs and more. Parent participation required.

**Time •** 9:15 - 10am **Location •** RA  
 (T) 1/4 - 1/25 \$45 1044.101

## Happy Notes Music

### My Hands Keep the Beat

**Age •** 2 - 5 **Instructor •** Maureen Conlin  
 Children explore music as they clap, tap, wiggle and sing. Class will include music activities, rhythm instruments, songs, body, percussion and more. Parent participation required.

**Time •** 9:15 - 10am **Location •** RA  
 (T) 2/1 - 2/22 \$45 1044.102

## Happy Notes Music

### Dancing into Spring Time

**Age •** 2 - 5 **Instructor •** Maureen Conlin  
 Children take off the winter chill as they sing, dance, wiggle and move into spring time with instruments, puppets, music, activities and more. Parent participation required.

**Time •** 9:15 - 10am **Location •** RA  
 (T) 3/1 - 3/29\* \$45 1044.103

\*No class 3/22

## Little Miss Douglas County Pageant

**Ages •** 0 - 17 **Instructor •** Ann Peters  
 Lisa Prosser

This will be a fun, positive activity for girls in Douglas County and a chance to show off their talent. There will be lots of winners, prizes, and each contestant will receive a gift. The Pageant will be held on Saturday, February 19 with a pre pageant meeting/rehearsal on Saturday, February 5. The competition will be judged by a professional panel of judges and will consist of interview and talent for ages 6 and up and modeling party dresses for all contestants. The winners will receive a banner and crown and will ride on the Little Miss Douglas County Float during the Carson Valley Days parade. Titles to be awarded are: Baby Miss, Wee Miss, Little Miss, Jr. Miss, and Teen Miss Douglas County.

### Pageant Times

10 - 11am (ages 0 - 9) 1666.101  
 11am - 12:30pm (ages 10 - 17) 1666.102  
 (Sa) 2/19 \$75\* **Location •** DWS

### Pre-Pageant Meeting

Pre-Pageant Meeting is scheduled for Saturday, February 5 from 10 to 11am for ages 0 to 9 and 11am to 12pm for ages 10 to 17.

\*Pageant admission fee is \$10



## Lil Tumblers

**Ages •** 3 - 5 **Instructors •** Sierra  
 Adrenaline Cheer & Tumbling  
 Students will learn many different skills in tumbling and jump progressions, beginner trampoline as well as conditioning drills while having fun. Students are required to wear an athletic fitting T-shirt and either shorts or athletic pants. www.sacheer.com

**Time •** 1 - 1:45pm **Location •** WCMA  
 (Sa) 1/8 - 1/29 \$35 1140.101  
 (Sa) 2/5 - 2/26 \$35 1140.102  
 (Sa) 3/5 - 3/26 \$35 1140.103

# YOUTH

## Kids Club

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

## Spring Break Adventure Camp

**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 **Locations •** MES/JVES  
(M - F) 4/18 - 4/22\* \$22/day

\*No Camp at MES 4/22

## 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  
(T) 1/18 \$22  
(T) 2/22 \$22  
(F) 3/25 \$22  
(W) 5/4 \$22  
(W) 5/18 \$22

## Jump Rope for Fun & Fitness

**Ages •** 8 - 13

**Instructor •** Ellen Lucas

Learn jump rope skills for fun and fitness. Skills for individuals, partners, and groups will be featured with long and short ropes, double dutch and routines to music. Opportunities for performance and competition are optional.

**Time •** 3:30 - 4:30pm **Location •** PHES/CCMES  
(M) CCMES 1/10 - 3/21\* \$50 1117.101  
(T) PHES 1/11 - 3/8 \$50 1117.102

\*No class 1/17, 2/21

## Beginning Cheers Dynamics & Skills

**Ages •** 6 - 11 **Instructors •** Sierra Adrenaline  
Cheer & Tumbling

This class including beginning tumbling drills, cheer motions, cheer jumps, and conditioning drills. This is a fast paced high energy class full of excitement and hard work. Led by our professional coaches, Students are required to purchase SACT training shirt for \$20. Students must wear either shorts or athletic pants. www.sacheer.com

**Time •** 4 - 5pm **Location •** WCMA  
(M) 1/3 - 1/31 \$45 1140.113  
(M) 2/7 - 2/28 \$45 1140.114  
(M) 3/7 - 3/28 \$45 1140.115

## Beginning Tumbling Tricks & Flips

**Ages •** 6 - 12 **Instructors •** Sierra Adrenaline  
Cheer & Tumbling

This class is fun and exciting led by professional coaches teaching the dynamics and drills needed to safely tumble and throw freestyle tricks. Students are required to purchase SACT training shirt for \$20. Students must wear either shorts or athletic pants. www.sacheer.com

**Time •** 4 - 5pm **Location •** WCMA  
(M) 1/3 - 1/31 \$45 1140.104  
(M) 2/7 - 2/28 \$45 1140.105  
(M) 3/7 - 3/28 \$45 1140.106

## Modern Art Face Mobile

**Ages •** 7 - 12 **Instructor •** Mary Ann Crosby  
Using slab clay design a neat face and display a piece of modern art! The first class students will manipulate the clay, cutout the face pieces and paint their clay pieces. The second class students will assemble their face pieces and take home their project.

**Cost •** \$18 **Location •** SWFA  
(W) 1/12 3:30 - 5:30pm 1194.102  
(W) 1/19 4 - 4:30pm

## Sunset March

**Ages •** 7 - 12 **Instructor •** Mary Ann Crosby  
Using ceramic paints students will decorate tiles with a lovely elephant herd marching across the wild at sunset. The first class students will paint their tiles and in the second class students will grout their tiles into a wooden tray.

**Cost •** \$25 **Location •** SWFA  
(T) 1/25 4 - 6pm 1194.103  
(T) 2/1 4 - 4:30pm

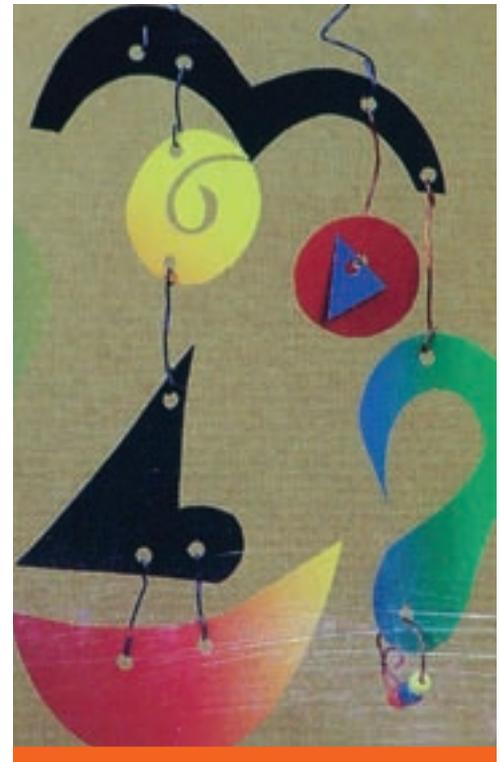
## Lil Ninjas

### Mixed Martial Arts & Tumbling

**Ages •** 4 - 9 **Instructor •** George Fujji

Children will learn in a disciplined but fun environment as we combine five different martial arts, performing arts, gymnastics, grappling and self defense so their skills, focus and athleticism are greatly enhanced. Class includes an in floor trampoline with safety and excitement as our professional staff's #1 goal. Motivation, goal setting and life skills are also a big part of this class. Improve school grades and focus energy more constructively. Bully proof your child! One time insurance \$40. Uniform, belt, and boxing gloves \$69, purchased at the class.

**Times •** (F) 3:30 - 4:30pm  
(T) 6 - 7pm **Location •** WCMA  
(T) 1/4 - 1/25 \$49 1141.101  
(F) 1/7 - 1/28 \$49 1141.103  
(T) 2/1 - 2/22 \$49 1141.105  
(F) 2/4 - 2/25 \$49 1141.107  
(T) 3/1 - 3/22 \$49 1141.109  
(F) 3/4 - 3/25 \$49 1141.111  
(T) 4/5 - 4/26 \$49 1141.113  
(F) 4/1 - 3/28 \$49 1141.115



# YOUTH/TEEN

## Teen Tumbling Tricks & Flips

**Ages** • 12 - 18 **Instructors** • Sierra Adrenaline Cheer & Tumbling

This class is high energy and hard working led by professional competitive coaches teaching the dynamics and drills needed to safely tumble and throw free-style tricks. Athletes will build confidence and learn to push their limits. Students are required to purchase SACT training shirt for \$20. Students must wear either shorts or athletic pants. [www.sacheer.com](http://www.sacheer.com)

**Time** • 3 - 4pm **Location** • WCMA  
 (M) 1/3 - 1/31 \$45 1140.107  
 (M) 2/7 - 2/28 \$45 1140.108  
 (M) 3/7 - 3/28 \$45 1140.109

## Beginning Cheer Dynamics & Skills

**Age** • 6 - 11 **Instructors** • Sierra Adrenaline Cheer & Tumbling

This class will include basic tumbling and drills, cheer motions, cheer jumps, and conditioning drills. Athletes will be pushed both physically and mentally as they learn a variety of basics needed to be a cheerleader in either school programs or competition squads. This is a fast paced high energy class full of excitement and hard work. Students are required to purchase SACT training shirt for \$20. Students must wear either shorts or athletic pants. [www.sacheer.com](http://www.sacheer.com)

**Time** • 4 - 5pm **Location** • WCMA  
 (M) 1/3 - 1/31 \$45 1140.110  
 (M) 2/7 - 2/28 \$45 1140.111  
 (M) 3/7 - 3/28 \$45 1140.111



## Hearts Around

**Ages** • 7 - 17 **Instructor** • Mary Ann Crosby

Whether a Valentines Day gift, a present for mom or a keepsake for your dresses, heart boxes are perfect. Students will choose from a variety of heart boxes and decorate with ceramic paints.

**Cost** • \$20 **Location** • SWFA  
 (Th) 2/3 3:30 - 5pm 1194.104  
 (Th) 2/10 4 - 4:30pm

## Boxes, Boxes & More Boxes

**Ages** • 7 - 17 **Instructor** • Mary Ann Crosby

Students can paint their own football, golf ball, baseball or soccer ball box for use in their room or to give as a gift. Not into sports? Come paint one of our many purse boxes. The selection is wide and varied.

**Cost** • \$18 **Location** • SWFA  
 (T) 2/22 1 - 3pm 1194.102  
 (T) 3/1 4:30 - 5:30pm

## Bunnies Abound

**Ages** • 7 - 17 **Instructor** • Mary Ann Crosby

Using crystal glazers, also known as "Ant in a Bottle," students will paint various bunnies for a fantastic Easter/Spring decoration. Students paint their creation at the first class, and pick up their project at the second class.

**Cost** • \$18 **Location** • SWFA  
 (Th) 4/7 3:30 - 5pm 1194.103  
 (Th) 4/14 4 - 4:30pm

## Fat Cat Serving Bowl/Plate

**Ages** • 7 - 17 **Instructor** • Mary Ann Crosby

Serve up a purr-fectly delicious dish in this Fat Cat serving bowl. This pawsitively delightful piece will get your creative appetite going. Students can create this piece as a serving bowl or a plate, either will look great on your dinner table.

**Cost** • \$25 **Location** • SWFA  
 (T) 3/8 3:30 - 5:30pm 1194.104  
 (T) 3/15 4 - 4:30pm



## Introduction to the Violin

**Grades** • 3 - 6 **Instructor** • John O'Neill

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

**Time** • 3:30 - 4:15pm **Location** • GES  
 (W) 2/2 - 2/23 \$25 1158.101

## Machado Brazilian Jiu Jitsu

**Ages** • 13 & up **Instructor** • George Fujji

Learn the popular and challenging art of Brazilian Jiu Jitsu and MMA submission grappling used by the top Mixed Martial Arts competitors. Most of are students are not interested in competing but want the best training and knowledge they can learn in Brazilian Jiu Jitsu. All classes taught in controlled, professional and friendly environment with safety as number one consideration. Designed for men, women and teens of any experience level, beginner to advanced and any fitness level from inactive to athletic. One time insurance \$40. Uniform and belt \$29 and up purchased at the class.

**Time** • 6:30 - 7:30pm **Location** • WCMA  
 (M) 1/3 - 1/24 \$49 1141.120  
 (M) 2/7 - 2/28 \$49 1141.121  
 (M) 3/7 - 3/28 \$49 1141.122  
 (M) 4/4 - 4/25 \$49 1141.123

## 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.

### Join us in our mission to:

- \* Provide recreational experiences
- \* Strengthen community image
- \* Strengthen safety and security
- \* Promote health and wellness
- \* Create community
- \* Foster human development
- \* Increase cultural unity
- \* Protect environmental resources

### Benefits to our Volunteers:

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

**Become a Volunteer Today!**

# TEEN/ADULTS

## Teen Dance

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

**Grades • 6 - 8**

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

**Time • 6:30 - 9pm**

(F) 1/21

(F) 3/18

\$10\*

\$10\*

**Location • DCFG**

1605.101

1605.102

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

## Dog Obedience

**Ages • 8 & up**

**Instructor • Guy Yeaman**

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

**Time • 7 - 8pm**

(W) 12/29 - 2/2

(W) 2/9 - 3/16

(W) 3/23 - 5/11\*

\$80

\$80

\$80

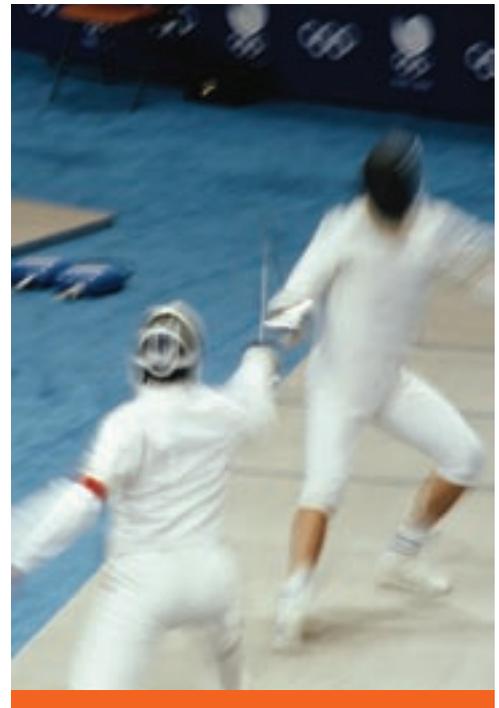
**Location • DCFG**

1422.101

1422.103

1422.105

*\*No class 4/6, 4/13. 4/20 class held at CVMS*



## Historical Fencing

**Ages • 13 & up**

**Instructor • Steven Klekar**

Would you like to learn to fence like 16th, 17th or 18th century swordsmen? Fencing provides a unique mix of physical, intellectual and emotional stimulation. It is a great way to stay fit and meet new people. Monday classes will focus on the Italian rapier style of swordsmanship while Wednesday classes will focus on the Spanish rapier and Epee Courte styles of swordsmanship. Students will need to bring leather gloves that cover their wrist and dress in black sweat pants, long sleeve t-shirt and athletic shoes. Each monthly session will end with a fencing tournament. All fencing and safety equipment will be provided. Personal fencing equipment must be approved by the instructor.

**Time • 7 - 8:30pm**

**Location • JVES/GES**

(M) JVES (W) GES

(M) 1/3 - 1/31\*

(W) 1/5 - 1/26

(M) 2/7 - 2/28\*

(W) 2/2 - 2/23

(M) 3/7 - 3/28

(W) 3/2 - 3/30

(M) 4/4 - 4/25\*

(W) 4/6 - 4/27\*

\$25

\$25

\$20

\$25

\$25

\$30

\$20

\$20

1638.101

1638.102

1638.103

1638.104

1638.105

1638.106

1638.107

1638.108

*\*No class 1/17, 2/21, 4/18, 4/20*

*\$10 discount if student signs up for both Monday & Wednesday classes*

## Butterfly Enchantment

**Ages • 13 & up**

**Instructor • Mary Ann Crosby**

Students will decorate an Art/Deco vase with a butterfly using crystal glazes and French dimensions. Each piece will be unique and lovely.

**Cost • \$25**

**Location • SWFA**

(T) 3/22

(T) 3/29

6 - 8pm

5:30 - 6pm

1194.104

## Practical Karate

**Ages • 13 & up**

**Instructor • Charles Duarte**

Traditional Okinawan karate techniques for street self defense will be taught including common attacks including strikes, kicks, and grabs, trapping and blocking techniques, hold escapes, submission and pain compliance techniques taught with a focus on practical self defense. This class is for beginners looking for basic self-defense techniques and those experienced in the fighting arts. Minors will require a parent/guardian to sign a waiver before the first class.

**Time • 6 - 7:30pm**

(Sa) 1/15 - 1/29

**Location • SDMA**

\$50

1440.101

## Women's Self Defense

**Ages • 13 & up**

**Instructors • Charles Duarte**

**& Diane Ortenzio-Cooling**

This class will focus on the basics of self-defense and awareness. Techniques can be learned by anyone and do not require conditioning or strength. This class is taught in a safe learning environment. Mothers are encouraged to take the with class with daughters 13 years and older. Keep in mind, adult topics may be discussed. Minors must be accompanied by parent/guardian for the first class to sign a waiver.

**Time • 6 - 7:30pm**

(Sa) 2/12 & 2/19

\$40

**Location • SDMA**

1440.102

## Jump Rope for Fun & Fitness

**Ages** • 14 & up **Instructor** • Ellen Lucas  
Learn jump rope skills for fun and fitness. Skills for individuals, partners, and groups will be featured with long and short ropes, double dutch and routines to music. Opportunities for performance and competition are optional.

**Time** • 5 - 6pm **Location** • CCMES  
(W) 1/12 - 3/9 \$50 1117.103

## Tumbling, Tricks and Conditioning

**Ages** • 16 - 40 **Instructors** • Sierra Adrenaline Cheer & Tumbling

This is a fast paced high energy class full of excitement and hard work. Students are required to Purchase SACT training shirt for \$20. Students must wear either shorts or athletic pants. www.sacheer.com

**Time** • 7 - 8:15pm **Location** • WCMA  
(T) 1/4 - 1/25 \$45 1140.113  
(T) 2/1 - 2/22 \$45 1140.114  
(T) 3/1 - 3/22 \$45 1140.115

## Moroccan Cooking

**Ages** • 18 & up **Instructor** • Touria  
Spice up your cooking experience with weekly Moroccan cooking classes like couscous and other tasty dishes. Each week will feature a new morocco meal that everyone will enjoy. Learn to make tea the Moroccan way, also tasty treats that you can have for breakfast or as a snack. Class will include cooking demonstration and tasting!

**Time** • 9 - 11:30am **Location** • EXT  
(Sa) 1/8 - 4/30\* \$20/per class  
*\*No class 2/26, 3/19, 4/9, 4/23*

## 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.

**Time** • 10 - 11:30am or **Location** • RA  
7 - 8:30pm\*  
(W) 1/19 \$30 1794.101  
(W) 2/9 \$30 1794.102  
(W) 3/9 \$30 1794.103  
(W) 4/13\* \$30 1794.104



## Understanding Your Digital Camera

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

**Time** • (Sa) 9am - 4pm **Location** • RA  
(Th) 7 - 9pm  
(Sa) 2/26 & (Th) 3/3 \$35 1714.101  
(Sa) 4/23 & (Th) 4/28 \$35 1714.102

## Fundamentals of Adobe Photoshop CS2

**Instructor** • Doug Dill  
Learn the basic tools built into Adobe Photoshop CS2 and later, designed to be used effectively to improve your digital photographic images. This is a hands-on class. Bring your laptop with Photoshop installed. You should already know how to download images from your digital camera and have practice photos available. Instruction includes sizing, contrast control, color options, sharpening, and more.

**Time** • 1 - 4pm **Location** • RA  
(Sa) 4/9 \$20 1714.103

## 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) 2/15 - 3/1 \$35 1714.104  
(T) 4/12 - 4/26 \$35 1714.105

## Fundamentals of Adobe Photoshop Elements Version 7 & later

**Instructor** • Doug Dill  
This class will include basic screen-set-up of Elements 7 and later. Hands-on practice using primary tools designed to improve digital photographic images. Bring your laptop with Photoshop Elements installed. You should already know how to download images from your digital camera and have practice photos available. Instruction includes sizing, contrast control, color options, sharpening, and more.

**Time** • 9am - 12pm **Location** • RA  
(Sa) 4/9 \$20 1714.106

## 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.



### Fly Fishing

**Ages • 18+ Instructors • Don & Liz Weirauch**  
 This 6 week class teaches the fundamental of a correct cast with tips to practice matching the hatch with local entomology and the use of different patterns. Students are exposed to the different equipment and lines. Knots, an important item to all fisherman, are taught and the importance of fish behavior and how to read the water in which they live. For more information call the Angler's Edge 782-4734.

**Time • 6 - 7pm Location • AE/DCFG**  
 (Th) 1/27 - 3/3 \$125 1798.101  
 (T) 3/8 - 4/19 \$125 1798.102

### Passive Solar Cold-Frame Workshop

**Instructor • Beth Francis**  
 Grow vegetables, herbs, and flowers all year long. Learn how to construct a passive solar cold-frame that can stand up to our freezing winters and voracious winds. Proper passive solar construction can collect heat during the day and protect plants throughout the coldest nights. Each can be designed according to your size and needs, using simple materials and techniques.

**Time • 1 - 3pm Location • RA**  
 10am - 12pm\*  
 (Sa) 3/12 \$30 1764.101  
 (Sa) 3/26 \$30 1764.102  
 (Sa) 4/9\* \$30 1764.103

### Companion Rescue Clinic

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

**Time • 1 - 4pm Location • HV**  
 (Sa) 1/8 \$10 1754.301

### Financial Workshop

**Instructors • 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.

**Time • 7 - 8:30pm Location • RA**  
 (T) 3/22 - 4/5 \$10 1791.101

### Scrap Booking All Day "Crop"

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

**Time • 10am - 5pm Location • GES**  
 (Sa) 1/8 \$10 1720.101  
 (Sa) 2/12 \$10 1720.102  
 (Sa) 3/12 \$10 1720.103  
 (Sa) 4/9 \$10 1720.104

### Natural Health Approaches

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

**Time • 1 - 2pm Location • RA**  
 7- 8pm\*  
 (T) 1/4 - 1/25\* \$40 1764.104  
 (T) 2/1 - 2/22 \$40 1764.105  
 (W) 3/2 - 3/30\* \$40 1764.106  
 (W) 4/6 - 4/27 \$40 1764.107  
 \*No class 3/16

### Yoga

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

**Time • 9:30 - 11am Location • RA**  
 (M/Th) 1/3 - 1/31\* \$40 1709.101  
 (M/Th) 2/3 - 2/28\* \$40 1709.102  
 (M/Th) 3/3 - 3/31 \$40 1709.103  
 (M/Th) 4/4 - 4/28 \$40 1709.104  
 \*No class 1/17, 2/21



## Ballroom Dancing

**Instructors** • Craig & Ann Peters

This is a chance to learn and practice the fundamentals of the Fox Trot, Swing, Waltz, and many Latin dances. This class is designed to provide dancers with confidence and knowledge for the dance floor. Following the last session there will be a party so you will have 2 more hours to practice, socialize, and dance.

<b>Time</b> • 7:30 - 8:30pm	<b>Location</b> • DWS
(F) 1/7 - 1/28	\$80/couple 1735.101
(F) 2/4 - 2/25	\$80/couple 1735.102
(F) 3/4 - 3/25	\$80/couple 1735.103
(F) 4/1 - 4/29*	\$80/couple 1735.104

\*No class 4/22

## Beginner's Tai-Chi

**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, 18 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.

<b>Time</b> • 8 - 10am	<b>Location</b> • GES
(Sa) 1/8 - 1/29*	\$5 1710.101
(Sa) 2/5 - 2/19*	\$5 1710.102
(Sa) 3/5 - 3/26*	\$5 1710.103
(Sa) 4/2 - 4/23*	\$5 1710.104

\*Class held at Sharkey's 1/8 & 2/12, 3/12, 4/9

## World Tai-Chi / Oi Gong Day

**Instructor** • Carson Valley Tai Chi Club

A gathering in the Minden Park of all persons interested in improving their health and well being through the practice of Tai Chi and Oi Gong movements. Boost your immune system, slow the aging process, lower blood pressure, and improve your balance and outlook on life.

<b>Time</b> • 8am - 12pm	<b>Location</b> • MP
(Sa) 4/30	Free



## Concealed Weapon Certification

**Ages** • 21 & up

**Instructor** • Daniel Linn

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

<b>Time</b> • (W/F) 6 - 9:30pm	<b>Location</b> • RA
(Sa) 8 - 11am	

(W/F) 1/19 & 1/21		
(Sa) 1/22	\$90*	1745.101
(W/F) 2/16 & 2/18		
(Sa) 2/19	\$90*	1745.102
(W/F) 3/16 & 3/18		
(Sa) 3/19	\$90*	1745.103
(W/F) 4/13 & 4/15		
(Sa) 4/16	\$90*	1745.104

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



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

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

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

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

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

# YOUTH/TEEN SPORTS

## Youth Volleyball Leagues

**Grades •** 5 - 8

These leagues are for beginner to advanced players, emphasizing skill development and fun competition. The leagues will divide into two divisions, 5th/6th grade & 7th/8th grade. Participants will be randomly assigned to a team through a draft system. All games will be played on Saturdays with at least one practice set aside each week. Practice sites will vary (If there are not enough participants for each league, both leagues will be combined.) Game times will be 9am - 2pm. Volunteer Coaches will be used.

**Time •** 9am - 2pm **Location •** CVMS  
(Sa) 4/2 - 5/28

**Registration •** 2/7 - 3/11

**Cost •** \$75 Includes t-shirt, awards & officials

### Leagues

5th/6th grade 5006.101  
7th/8th grade 5006.102

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

## Youth Volleyball Draft

DCPR has adopted a draft system for player placement on teams. Coaches will be required to attend a paper draft at the Recreation Annex to select teams. PARENTS WILL NOT BE ABLE TO REQUEST A CERTAIN COACH OR THAT THEIR CHILD BE PLACED WITH ANOTHER CHILD, NO EXCEPTIONS!

**Time •** Grades 5/6 9am **Location •** RA  
Grades 7/8 11am  
(Sa) 3/19

## Teen Volleyball Leagues

**Grades •** 9 - 12

These leagues are for beginner to advanced players, emphasizing skill development and fun competition. Participants will be randomly assigned to a team through a draft system. All games will be played on Saturdays with at least one practice set aside each week. Practice sites will vary. Game times will be 2 - 6pm. Volunteer Coaches will be used.

**Time •** 2 - 6pm **Location •** CVMS  
(Sa) 4/2 - 5/28 5006.104

**Registration •** 2/7 - 3/11

**Cost •** \$75 Includes t-shirt, awards & officials

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

## Teen Volleyball Draft

DCPR has adopted a draft system for player placement on teams. Coaches will be required to attend a paper draft at the Recreation Annex to select teams. PARENTS WILL NOT BE ABLE TO REQUEST A CERTAIN COACH OR THAT THEIR CHILD BE PLACED WITH ANOTHER CHILD, NO EXCEPTIONS!

**Time •** 1pm **Location •** RA  
(Sa) 3/19

Thank you for sponsoring Douglas County Parks & Recreation Department Youth Sports 2010



## Youth/Teen Volleyball Coaches Clinic

There will be a required coach's clinic for all Volleyball Coaches on Sunday, March 27 from 9am to 12pm at Carson Valley Middle School.

## 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) 4/16 \$20

	Golf Times	
Ages 5 - 6	12 - 1:15pm	5015.101
Ages 7 - 8	1:30 - 2:45pm	5015.102
Ages 9 - 16	3 - 4:15pm	5015.103

## 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 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:

<b>AYSO Soccer</b>	
Hotline .....	783-4079
	<a href="http://www.ayso318.org">www.ayso318.org</a>
<b>Carson Valley Little League</b>	
Debbie Jacobsen .....	782-7303
<b>Carson Valley Girls' Softball League</b>	
Neil Hill .....	781-2193
<b>Carson Valley Swim Team</b>	
Carson Valley Swim Center.....	782-8840
	<a href="http://www.carsonvalleyswimcenter.com">www.carsonvalleyswimcenter.com</a>
<b>Douglas Dolphins Swim Team.....</b>	<a href="http://www.ddst.org">www.ddst.org</a>
<b>Douglas Ski Club</b>	
(Sa) Robert Humphrey.....	782-3543
(Su) Sandy Cooke.....	841-3339
(Su) Tom Hickey.....	782-2164
<b>Pop Warner</b>	
Jim Valentine .....	782-8777
	<a href="http://www.douglaspopwarner.com">www.douglaspopwarner.com</a>
<b>Track and Field, Cross Country</b>	
Anthony Davis .....	530-541-1873
	<a href="http://www.adsportstahoe.com">www.adsportstahoe.com</a>
<b>Youth Basketball Leagues</b>	
Andy Braun.....	782-9828
	<a href="http://www.dcpssports.co">www.dcpssports.co</a>
<b>Youth Flag Football Leagues</b>	
Andy Braun.....	782-9828
	<a href="http://www.dcpssports.com">www.dcpssports.com</a>
<b>Youth Volleyball Leagues</b>	
Andy Braun.....	782-9828
	<a href="http://www.dcpssports.com">www.dcpssports.com</a>
<b>Youth Wrestling</b>	
John Grant .....	720-2311

# ADULT SPORTS

## Introduction to Golf for Ladies

**Ages • 18+**

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

**Time • 5:15 - 6:15pm**      **Location • CVGC**  
(M/T) 4/18 & 4/19      \$30      5015.105

## Introduction to Golf for Couples

**Ages • 18+**

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

**Time • 5:15 - 6:15pm**      **Location • CVGC**  
(M/T) 4/25 & 4/26      \$50/couple      5015.106

## Adult 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 7:30 - 9:30pm. Season runs approximately through November 8. Must be at least 18 years old to participate.

**Time • 7:30 - 9:30pm**      **Location • CVMS**  
(M - Th) 3/7 - 5/26

**Registration Begins 1/24**

**Registration • Early \$200**      By February 18  
\$225      After February 18

**Registration Deadline • February 25**

**Leagues Offered**

(M)	Women's (6 on 6)	5004.101
(T)	Open "A" (4 on 4)	5004.102
(W)	Coed "C" (6 on 6)	5004.103
(Th)	Coed "B" (6 on 6)	5004.104



## Adult Softball Leagues

**Ages • 18+**

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

**Time • 6:30 - 9pm**

(M - F) 4/25 - 7/27

**Location • LP**

\$650 (2 nights)

\$410 (1 night)

**Registration Begins 3/7**

**Registration • Early \$650/\$410**      By April 8  
\$700/\$460      After April 8

**Registration Deadline • 4/15**

**Leagues Offered**

(W)	Women's	5001.101
(T/Th)	Men's "B"	5001.102
(M/W)	Men's "C"	5001.103
(T)	Men's "D"	5001.104
(F)	Coed Open	5001.105

**Managers Meeting**

A mandatory managers meeting will be held on Wednesday, April 20 at 6pm at the Recreation Annex Building. Schedules will be available at the meeting.

## Wanted • Officials & Referees

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

# ACTIVE ADULTS

## 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 \$2.00 each day for Seniors 60 years and older and for those under 60 years, it is \$3.50

## Topaz Congregate Dining

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

## Meals on Wheels

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

## Douglas County Senior Services

2300 Meadow Lane, Gardnerville, 783-6455

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

## Homemaker Assistance

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

## Senior Center Volunteers

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

## 12th Annual SENIOR HEALTH FAIR

Douglas County Senior Center will be hosting their 12th Annual Senior Health Fair on Wednesday, January 26, 2011 at the Carson Valley Inn, Minden. The event will be held in the Shannon Ballroom from 9am - 2pm. Admission is FREE. All ages are welcome. There will be many informational booths to include medical, legal, insurance, investment, vision, residential care, chiropractic, home care options and many more. For more information or to have a vendor packet mailed to you, please call Amanda at 783-6455.

**Time** • 9am - 2pm

**Location** • CVI

(W) 1/26

## Douglas County Dial-A-Ride Service

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

## AARP Driver Safety Course

**Instructor** • Dennis Hogan

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

**Time** • 8:30am - 1pm

**Location** • SC

(Sa) TBA

## Ceramics

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



## 90+ & 100+ BIRTHDAY CELEBRATION PARTY

**Wednesday, February 23, 2011 • 11am - 1pm**

**FREE Event • at the Douglas County Senior Center**

On Wednesday, February 23, 2011, Douglas County Senior Services will be having their annual 90+ and 100+ Birthday Celebration at the Senior Center, 2300 Meadow Lane, Gardnerville from 11am to 1pm. This is the Senior Center's opportunity to honor those who have reached this lifetime milestone. We have a special presentation and lunch for our 90+ & 100+ seniors. Families are welcome to attend. This is a very important and impressive way to honor our seniors. For more information please contact the Senior Center at 783-6455.



### Easter Hat Parade

Join the Douglas County Senior Center for our annual Easter Hat Parade. Design your own Easter bonnet and come prepared to promenade around the dining room. If you need inspiration, check in with the Senior Center to find out when Esther will be hosting her Hat building Workshop. Prizes are awarded for the prettiest, funniest and most original hats. Open to ladies and gentlemen. For more information, call Amanda at 783-6455.

**Time** • 11:30am **Location** • SC (F) 4/2 Free

### Green Thumb Garden Club

Meets every 4th Monday of the month at the United Methodist Church in Gardnerville. They discuss different topics each month regarding taking care of your gardens and yards, plus have guest speakers and scheduled bus trips. The first meeting of the year will be held on Monday, March 22.

### Watercolor Classes

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

### 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.

# LIFE OPTIONS ACTIVITIES

## Senior Resistance Exercise

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

## Creativity through Knitting & Crocheting

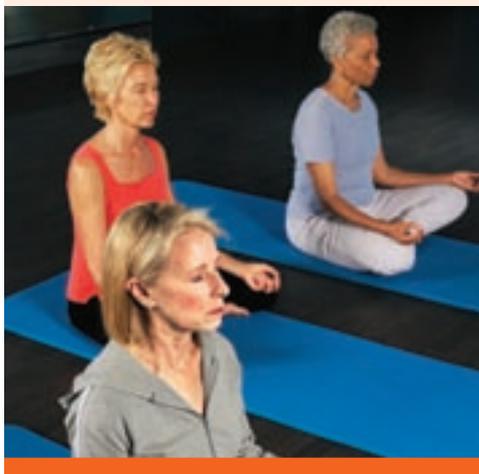
Come join instructor Linda Sawtelle each Monday at 9am for "Creativity through Knitting and Crocheting." Each month Linda will provide a different theme related project. Linda brings 48 years of knitting experience to the classroom and has been crocheting for the last 20 years. The class will be conducted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

## 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 Carson Valley United Methodist Church, located at 1375 Centerville Lane in Gardnerville on Tuesdays and Thursdays at 10am. This class is offered at a suggested donation of \$2 per class. For more information, please call instructor Chris at 775-790-6373.



## Pulse Fitness

### (Formerly World Gym)

**Ages** • 55 and over

Stay healthy and active with Pulse Fitness 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 Pulse Fitness at 782-2705 and ask about a senior membership.

**885 Mahogany Drive, Minden, NV**

**www.PulseFitnessNV.com**

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

## Gold's Gym

**Ages** • 60 and over

Gold's Gym, as part of the Senior Services "Life Options" program, will be offering membership to their Health and Fitness Center at a total cost of \$20 a month for people 60 years and older. With no enrollment fee required! The facility provides treadmills and elliptical, circuit training and free weights. Personal Trainers are available as well as helpful friendly staff. For enrollment information please contact Josh at 267-1700.

**3790 Hwy 395, Ste 402, Carson City**

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

## Johnson Lane Fitness

**Ages** • 60 and over

Johnson Lane Fitness, as part of the Senior Services "Life Options" program, will be offering membership to their Health and Fitness center at a total cost of \$25 a month for people over 60 years of age. No 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, ellipticals, circuit training, and free weights all under the guidance of experienced professional trainers. For more information, please contact owner Peter Price at 267-0389.

**2528 Business Parkway, #A, Minden**

**www.johnsonlanefitness.com**

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

# SPECIAL EVENTS

## 22nd Annual Kids Fishing Derby



**Ages •** 3-12

Kick off the fishing season, June 4 and June 5 at Lampe Park. Bring your pole and camera and experience the greatest fishing of the year. Family activities and concessions will also be present. You must pre-register for this event at the Recreation Office. Pre-register early to receive your free Fishing Derby entry ticket. Spaces are limited. Derby hats, pins, and t-shirts will be available for purchase. Prizes will be awarded after each time slot. All proceeds go directly back into the derby.

### Registration

Registration will not be held this year at the Douglas County Parks & Recreation Department. Registration dates and locations TBA.



## Valentine's Day Father/Daughter Sweetheart Dance

**Ages •** All

What better way for dad to celebrate Valentine's Day than with a night out with his favorite girl... his daughter. Come spend a very special evening on the town for fathers (or adult chaperone) and daughters. Couples will dance to DJ music reflecting all tastes and styles. Refreshments will be served and photo keepsakes of the evening will be available for an additional fee. Because of the popularity of this event, early registration is recommended and spaces are limited.

**Time •** 6 - 8:30pm **Location •** SGCC  
 (F) 2/4 \$20/couple\* 1113.101  
 (Sa) 2/5 \$20/couple\* 1113.102

\*\$8 per additional daughter

## Mother's Day Mother / Son Dance

**Sponsored by Carson Valley FFA**

**Ages •** All

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

**Time •** 6:30 - 9pm **Location •** DCFG  
 (F) 5/6 \$15/couple\* 1155.101

\*\$7 per additional son

**Douglas County  
Parks & Recreation Departments  
presents**

## 2011 GE Family Concert Series

**Co-sponsored by Carson Valley Inn**

If your business or organization is interested in becoming a co-sponsor or would like to place an ad in the concert program please call Sheryl Christian at 782-9828.

### DID YOU KNOW?

Information about all of the classes listed in this guide can be found on the web at [www.douglascountynv.gov](http://www.douglascountynv.gov)

### 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. Find more information 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.

**R&S OPTIMUM OFFSET** Phone 775.267.4553  
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County and surrounding areas.*

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## Eagles and Agriculture February, 25 – 27, 2011

A unique partnership of conservationist, ranchers and tourism officials have come together to create a stimulating wildlife experience demonstrating the importance of protecting our precious wildlife and agricultural resources.

A variety of activities are available during this exciting event.

\* A Friday night reception includes hors d'oeuvres and information about bald eagles and other birds of prey.

\*A Saturday morning group tour of area ranches with the opportunity to view and photograph eagles, hawks or owls followed by a buffet lunch and a chance to share experiences.

\*Other activities include an owl prowl tour, wildlife photo workshop, and a raft/canoe trip on the Carson River.

### Tours & Workshops

(F) 2/25 - Bird of Prey lecture & reception	\$35
(Sa) 2/26 - Raptor highway and byway tour	\$45
(Sa) 2/26 - Charted bus tour & buffet lunch	\$60
(Sa) 2/26 - Owl Prowl & live bird field demo	\$40
(Sa & Su) 2/26 & 27 - Photo workshop	\$60
(Su) 2/27 - Raft/canoe trip on Carson River	\$75
(Su) 2/27 - Raptor highway & byway tour	\$45

For more information, please call the Carson Valley Chamber of Commerce and Visitors Authority at 782-8144.

## Trails in the Carson Valley

The winter months are a great time to get out on the trails for some hiking, snowshoeing or cross-country skiing. The Carson Valley offers a number of trails for outdoor winter fun. The Fay-Luther and Jobs Peak Ranch Trails on the west side of the valley provide panoramic valley views. These trails are well-marked and the Fay-Luther Trail has several loop trails to explore. The Bently-Kirman Tract Trail on the east side of the valley has several loops and provides access to the Carson River. This is a natural surface trail that can be very muddy during wet weather. For more information about these and additional nearby trails, visit the Carson Valley Trails Association's website at [www.carsonvalleytrails.org](http://www.carsonvalleytrails.org).

## Facility Rentals

Family Picnics • Reunions

Receptions • Birthday Parties

Douglas County Parks & Recreation Department has many rental facilities that can accommodate your needs for any special occasion. Staff are available to help you identify which facility may best meet your needs. For more information and rates to rent a facility call (775) 782-9835 or go to [www.douglascountynv.gov](http://www.douglascountynv.gov).



## A.V.I.D.

### Active Volunteers In Douglas

A.V.I.D. 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. Consisting of an historic house and other buildings built between 1857 and 1920, it was the home of Carson Valley pioneer H. F. Dangberg, and three generations of his descendants. The site was the central property of the Dangberg Land & Live Stock Co., at one time one of Carson Valley's largest ranches. The site is now owned by Douglas County and managed by Nevada State Parks.

Tours of the Dangberg residence are conducted at 2pm on Saturdays and Sundays from January 15 through March 27 (conditions permitting). Advance tour reservations are required and can be made by calling the park at (775) 783-9417 or e-mailing [dangberggranch@parks.nv.gov](mailto:dangberggranch@parks.nv.gov). Tour admission is \$3.00 for adults and free for children 12 and under. An expanded tour schedule will begin April 1. Contact the park for additional information and to request alternate tour times for large groups.

## Archives Short Course

The park is offering a free training session on caring for historic documents. Participants will learn about storage techniques for documents and photographs, strategies for preparing inventories, and safe handling procedures. The training is ideal for anyone wanting to preserve historic family records. The instructor, Mark Jensen, is a Certified Archivist. Choose from two dates: February 12 from 1 - 4pm, or March 12 from 1 - 4pm. Please register in advance by calling the park at (775) 783-9417 (space is limited).

# W K A L

# KAHLE COMMUNITY CENTER

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



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

## Facility Rentals

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

## LAKE CLASS LOCATION CODES

EGC..... Edgewood Golf Course  
KCC.....Kahle Community Center  
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 - 10pm
Saturday	8am - 8pm
Sunday	11am - 4pm
<b>After May 1st</b>	
Monday - Friday	6am - 9pm
Saturday	8am - 6pm
Sunday	Closed

### Facility Use Fees

Daily, Monthly, 3 Month and Annual passes are available

### Holiday Closures

December 31	New Year's Eve
January 1	New Year's Day
January 17	Martin Luther King, Jr. Day
February 21	Presidents Day
April 24	Easter

*We strive to keep closures to a minimum. Other closures may exist due to safety issues, building rentals and inclement weather. 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 your children respect themselves and others, while inviting their young minds and bodies to think, create, explore, discover, and wonder! Our goal is to inspire a lifelong love of learning.

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

Program hours for the 2010-2011 school year are 9am - 12pm Monday - Friday. Children may enroll 2 to 5 scheduled days per week. Tuition is \$19 per day. Roots and Wings is a licensed preschool designed for children 3 to 5 years old (Children must be potty trained.) For more information about this year, or to place your child on the waiting list for future school years, please call Kahle Community Center at (775) 586-7271. A non-refundable registration fee of \$60 is required at time of enrollment. There is no fee to place your child on the waiting list.



## Twosday Mornings

Ages • Birth to Preschool Instructor • Roots & Wings Teachers

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

<b>Time •</b> 9:30 - 11:15am	<b>Location •</b> KCC
(T) 1/4 - 1/25 \$24 1048.101	
(T) 2/1 - 2/22 \$24 1048.102	
(T) 3/1 - 3/29 \$30 1048.103	
(T) 4/5 - 4/26 \$18 1048.104	

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.

## Story Time

Ages • 3-8  
Library Services Coordinator, Carol Nageotte and Children's Librarian, Kathy Echavarría present theme based stories for children.

Time • 9-9:45 am Location • KCC  
Thursdays and Fridays 9/30

## Zephyr Cove Library Hours

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

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.



# PRE-KINDER/YOUTH

## Tot Egg Hunt

Sponsored by the Tahoe Douglas Fire Fighters Association

Ages • 0 - 6  
An Eggstra special day for Family Fun! The Easter Bunny will be hiding eggs outside and you can climb on fire trucks. Come inside and enjoy our bounce house, indoor playground and refreshments. Bring a basket to collect eggs and a camera for an Eggsciting day!

Time • Hunt begins at 11am Location • KCP  
Gym open until 1pm  
(F) 4/22 FREE

## 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.

## Kiddie Kickers

### Indoor Soccer Program

Ages • 4\* - 5 Staff • Recreation Division & Volunteer Coaches

This introductory soccer program is for beginners. The league will emphasize basic soccer fundamentals, sportsmanship and most of all, having fun learning the game. Participants will be assigned to a team based on random selection. Practice and games will be played on Sunday afternoons at Kahle Community Center during the end of March through May. Volunteer coaches are needed.

Cost • \$45 includes team T-shirt & award

Registration • Begins 2/10 until full

Time • Games will be between 11am - 4pm  
(Su) 3/27 - 5/22 5011.101

\*Must be 4 years old by 4/3/2011. No games 4/24. A parent permission form needs to be filled out at time of registration.

# YOUTH/TEEN

## Kid's Club Programs

Is your child looking for an after school adventure? If you are looking for after school care, we may have exactly what you need! Kids Club offers two programs for your child. Kinder Kids is offered from 11:30am - 3pm for kindergartners. Fee is \$10 per day and must be prepaid by the month. Kid's Club is offered from 3:15 - 6pm and is designed to serve students ages 6 through 12. Kid's Club and Kinder Kids are held at Zephyr Cove Elementary School. We provide a safe, enriching and exciting after school experience for your child. Trained and dedicated staff are on hand to offer crafts, group games, outdoors and gymnasium play, snacks and homework time. The focus of our program is to give children an environment to meet friends and have fun just being a kid! Children can attend Monday through Friday (except holidays and teacher workdays.) Fee is \$5 per day and must be prepaid by the month.



## Hip Hop Till Ya Drop!

**Ages** • 7 - 13 **Instructor** • Jennifer Abrahams  
This is a funky fun, high energy dance class where girls and boys will learn innovative hip hop choreography, basic breaking, popping and tutting to the latest and greatest hip hop music. Movement is broken down in a positive, non-intimidating way so that kids of all levels are able to understand and be successful. Hip Hop will build strength, rhythm, coordination, and creativity in a safe environment. Loose athletic clothing and tennis shoes are recommended.

<b>Time</b> • 3:45 - 4:45pm	<b>Location</b> • KCC
(T) Age 7 - 10 \$32/month	1186.101
(Th) Age 10 - 13 \$32/month	1186.102

## Totally Active Teens

**Friday Nights at Kahle  
Community Center - Teen Scene**

**Grades** • 6 - 12  
Shoot hoops, play volleyball, arcade games, watch TV or play video games. This is the night for teens to enjoy the Community Center with their friends.

<b>Time</b> • 6:30 - 9pm	<b>Location</b> • KCC
(F) Continuous* Drop-in \$3**	

*\*Except holidays & special rental nights  
\*\*Free to pass holder*

## Tae Kwon Do

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

<b>Time</b> • 6 - 7:30pm	<b>Location</b> • KCC
(W) 1/5 - 1/26 \$16	1409.101
(W) 2/2 - 2/23* \$12	1409.102
(W) 3/2 - 3/30 \$20	1409.103
(W) 4/6 - 4/27* \$12	1409.104

*\*No Class 2/16, 4/13. Drop-in \$8 per class*

## Spring Break Adventure Days

**Grades** • 1 - 6  
Enjoy your school break with us by going on field trips, playing games, crafts, and having fun! Fee includes admission, transportation and 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.

<b>Time</b> • 7:30am - 6pm	<b>Location</b> • KCC
(M - F) 4/18 - 4/22 \$22/day	1123.102/106

## Father/Daughter Sweetheart Dance

**Sponsored by Harrah's/Harvey's Resort Hotel and Casino**

Be the coolest dad in town and dance the night away with your daughter! This is a very special evening for father (or adult chaperones and their daughters) to dance and visit with friends. Refreshments will be served and a photo keepsake is available for an addition fee. This event sells out each year. Tickets go on sale January 5.

<b>Time</b> • 7 - 9:30pm	<b>Location</b> • Harvey's Convention Center
(F) 2/11 \$20/couple*	1113.103

*\*\$8 per additional daughter*

## Climbing Wall at KCC

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

## Get in the Act! The Actor's Studio

**Grades** • 1 - 6 **Instructor** • Diane Handzel  
Students explore acting technique focusing on learning the tools for creating realistic three dimensional characters for the stage. Actors in this class study vocal, physical and emotional characterization. This class in on-going training and may be repeated. Each session will culminate with a Open House - "Showcase" for family and friends using minimal props and costumes on the last day of class during regular class period. Students will learn to: progress from basic to advanced actor training, build self-confidence and self-esteem, interpret a script, use intuition to develop a believable character, enjoy performing for self as well as for others, and develop self-discipline.

<b>Time</b> • 3:30 - 5:30pm	<b>Location</b> • KCC
<b>"The Wonderful Wizard of Oz"</b>	
(F) 1/14 - 3/4 \$155	1138.101
<b>Adaptation of "Harry Potter"</b>	
(F) 3/11 - 5/13 \$155	1138.102

*No Classes 3/25, 4/22*

## Nevada Wildlife Duck Stamp Contest

**Grades** • 1 - 5 **Instructor** • Suemi Atherton  
For the Nevada Duck Stamp design! Students will create subject artwork depicting N.A. ducks, geese and swans in their natural habitat. The Federal Junior Duck Stamp Conservation Program is designed to increase awareness among our nation's youth of the need to conserve N.A. Wetlands and water fowl through an educational curriculum which includes art.

<b>Time</b> • 3:30 - 5pm	<b>Location</b> • KCC
(Th) 3/3 & 3/10 \$14*	1129.103

*\*Additional \$10 supply fee payable to instructor at class*

## MMA 101

**Ages** • 8 - 16 **Instructor** • Leo Morales  
Three step program for mixed martial arts, first learning foot work and punching techniques. Next incorporating kickboxing (muay thai) adding the legs with proper movement. Finally we add wrestling and the art of ground fighting both offensive and defensive techniques. Youth program (no contact) after school from 4 - 5pm.

<b>Time</b> • 4 - 7pm	<b>Location</b> • KCC
(M/Tu) Ongoing	Free

# ADULT FITNESS



## MARTIAL ARTS CLASSES

### Tae Kwon Do

**Ages** • 13 & up **Instructors** • Chris and Rick Manglinong

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

<b>Time</b> • 6 - 7:30pm	<b>Location</b> • KCC
(W) 1/5 - 1/26 \$24	1409.105
(W) 2/2 - 2/23* \$18	1409.106
(W) 3/2 - 3/30 \$30	1409.107
(W) 4/6 - 4/27* \$18	1409.108

\*No class 2/16, 4/13  
Drop-in \$10 per class

### Philippine Stick Fighting Arnis

**Ages** • 16 & up **Instructors** • Chris and Rick Manglinong

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

<b>Time</b> • 7:30 - 8:30pm	<b>Location</b> • KCC
(W) 1/5 - 1/26 \$24	1707.101
(W) 2/2 - 2/23* \$18	1707.102
(W) 3/2 - 3/30 \$30	1707.103
(W) 4/6 - 4/27* \$18	1707.104

\*No class 2/16, 4/13  
Drop-in \$10 per class

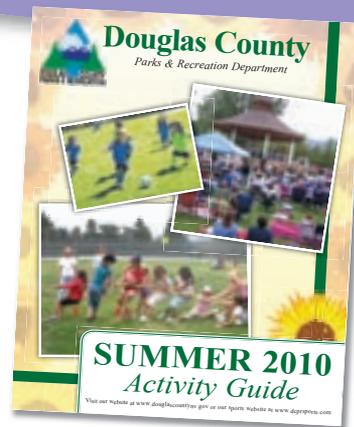
### Attention Program Instructors!

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.

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## 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.

### Jazzercise

**Instructors** • Sherry Baiocchi, Laura Forvilly, Shannon Shearer

Power and Cardio in one, FUN, effective 60 minutes total body workout. Jazzercise combines dance-based cardio with strength training and stretching to sculpt, tone and burn maximum fat. 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

**Location** • KCC

(T/Th) 5:30pm

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

### Spinning

**Ages** • 12 & up **Instructor** • Andrea King, John Wagnon, Andy Veris, Sue McCall

Would you like to improve mind and body awareness? Spinning is a stationary bicycle program paired with inspirational music. It is a low impact activity that allows the students to control their own exercise intensity. It is ideal for individuals of all fitness levels. The use of heart rate monitors keeps each individual within their optimum exertion range. Most importantly, it is incredibly fun!

(T/Th) 7:30am

**Location** • KCC

(M/W/F) 6pm

1705.301-304

*Drop-in \$10 per class*

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



### 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

1728.101-104

*Punch cards: 4/\$35, 8/\$62*

### Yoga

**Ages** • 12 & up **Instructor** • Kris Zehren

Stretch yourself to a better night's sleep, a healthier heart, and a happier outlook! This one hour class will focus on various poses, the benefits, stress and tension relievers, alignment, concentration and focus. All classes will end with a relaxation pose and mini meditation. All levels are welcome. Eat something light at least 1 hour before class.

**Time** • 12:30 - 1:30pm

**Location** • KCC

(F) On-going \$10/class\*

1634.102-105

*Punch cards: 5/\$40 or 10/\$70*

*\*Payable to the instructor*

### Yoga with Breath and Meditation

**Ages** • 18 & up **Instructor** • Serina Sullwold

A traditional Hatha yoga with a combination of Yin & Yang postures as well as breath and meditation practices. You will learn to deepen and expand your breath through Vjjayi and other yoga pranayamas which will calm the body, mind and emotions preparing you for meditation. Students need to bring a yoga mat, blanket, pillow and water.

**Cost** • \$12

**Location** • KCC

(T) 9 - 10am

1822.101-104

(F) 5:30 - 6:30pm

*Punch cards: 4/\$40 or 8/\$72*

### Middle Eastern Dance

**Ages** • 12 & up **Instructor** • Ramak Rahmani

Are you ready to improve your body's flexibility, stamina, gain a toned body and learn dancing techniques all at the same time? If your answer is yes, then you are at the right place! These dance classes offer an unbelievable workout, the beat of the music is contagious and the atmosphere is relaxed.

**Time** • 6:45 - 8pm

**Location** • KCC

(M/F) Begins 12/3 \$10/class 1732.101-105

*Punch cards: 4/\$32 or 8/\$56*

### Strengthen & Tone w/Frank

**Instructor** • Frank D' Angelo

This class is an awesome strength training program utilizing light barbells and hand weights. This class improves muscular strength and endurance, fat burning metabolism and bone density. The movements are easy to follow and can be adapted for the novice to advanced participant. Great muscle and expert instruction make this class a must to add to your training regimen.

**Time** • 12:10 - 1pm

**Location** • KCC

(T/Th) \$10/class\* 1783.101-104

*\*Punch cards: 4/\$36 or 8/\$64*



# ADULTS

## CPR

**Instructors** • Tahoe Douglas Firefighters

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

**Time** • 6 - 9pm  
 (Th) 2/10 \$30 1715.101  
 (Th) 4/28 \$30 1715.102

**Location** • RHFD  
 1715.101  
 1715.102

*Anyone with special needs may call Kelly at 775-230-6300 for other class availability*

## Pilates w/Rhonda

**Centering, Control, Flow, Breath, Precision, and Concentration**

**Ages** • 18 & up **Instructor** • Rhonda Beckham  
 The Pilates method has always emphasized quality over quantity and you will find that, unlike many systems of exercise, Pilates exercises do not include a lot of repetitions for each move. Instead, doing each exercise fully, with precision, yields significant results in a shorter time than one would ever imagine.

**Time** • 10:15 - 11:30am **Location** • KCC  
 (Th) Ongoing \$11/class 1466.101-105  
*Punch cards: 4/\$35 or 8/\$62*

## IntenSati: High-Energy Cardio Workout

**Ages** • 18 & up **Instructor** • Rhonda Beckham  
 This training is based on the teachings of mindfulness, positive psychology and the law of attraction. It combines aerobics, martial arts and endurance principles with positive affirmations. The result is an unprecedented practice which empowering physically and mentally.

**Time** • 9 - 10am **Location** • KCC  
 (Th) \$11 1466.101-105  
*Punch cards: 4/\$35 or 8/\$62*



## Dog Obedience

**Instructor** • Guy Yeaman

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

**Time** • 7 - 8pm **Location** • KCC  
 (Th) 1/6 - 2/10 \$80 1422.102  
 (Th) 2/17 - 3/24 \$80 1422.104  
 (Th) 3/31 - 5/19 \$80 1422.106  
*\*No class 4/7, 4/14*

**Watch for Golf Conditioning Class with Rhonda sometime in March at Kahle Community Center**

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Lileo Sunderland  
 M.F.T.

# ACTIVE ADULTS

## AARP Driver Safety Course

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

**Time** • 12:30 - 4:30pm      **Location** • KCC  
(Sa) TBA      \$10      1737.101

## Trail Trekkers

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



## Tahoe-Douglas Senior Center (TDSC)

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

- Twice-weekly (Tuesdays and Saturdays) member socializing and handicraft activities plus afternoon BINGO sessions beginning at 12 (Noon) to yellow sheet. Weekly Friday Texas Hold'Em Poker sessions are at 9:30 SHARP.
- A monthly membership luncheon with speaker program at Harrah's. (2nd Wednesday of each month)
- Four casino/musical and other outings to Carson City each year, plus various other group activities such as visits to Apple Hill and to other points of interest such as Thunderbird Lodge, cruising Lake Tahoe aboard the MS Dixie, etc.
- 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).
- 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).

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

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# SPORTS YOUTH

## Kiddie Kickers Indoor Soccer Program

**Ages** • 4\* - 5      **Staff** • Recreation Division & Volunteer Coaches

This introductory soccer program is for beginners. The league will emphasize basic soccer fundamentals, sportsmanship and most of all, having fun learning the game. Participants will be assigned to a team based on random selection. Practice and games will be played on Sunday afternoons at Kahle Community Center during the end of April through May. Volunteer coaches are needed.

**Cost** • \$45 includes team T-shirt & award

**Registration** • Begins 2/10 until full

**Time** • Games will be between 11am - 4pm  
(Su) 3/27 - 5/22      5011.101

*\*Must be 4 years old by 4/3/2011. No games 4/24. A parent permission form needs to be filled out at time of registration.*

## Volunteer Coaches & Team Sponsors

Our Kiddie Kickers Soccer Program is 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.



## Youth Sports Organization

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

**AYSO Soccer**  
www.aysotahoe.org

**Pop Warner Football**  
www.southtahoepopwarner.com

**Little League Baseball**  
www.tahoelittleleague.com

**Youth Ice Hockey**  
www.staha.com

**Track & Field, Cross Country**  
Anthony Davis 530-541-1873  
www.adsportstahoe.com

**Zephyr Cove Ski Club**  
Bob Cook 588-2361, Sally O'Brien 588-7233

# ADULT



## It's Your Turn to Play! Adult Sports

**Age** • 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. Players must rotate in if more than two teams are formed.

### Basketball

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

### Volleyball

**Time** • 8 - 9:30pm      **Location** • KCC  
(W)  
*Please check monthly schedule for any schedule change or planned programs.*

## "Open" Adult 5 on 5 Basketball League

**Registration** • Returning teams 2/3 - 2/16  
New teams 2/17 until full

*Register early - limited space available)*

**Entry Fee** • \$450 per team      **Location** • KCC

**Dates** • Tentative starts on 3/22      5009.101

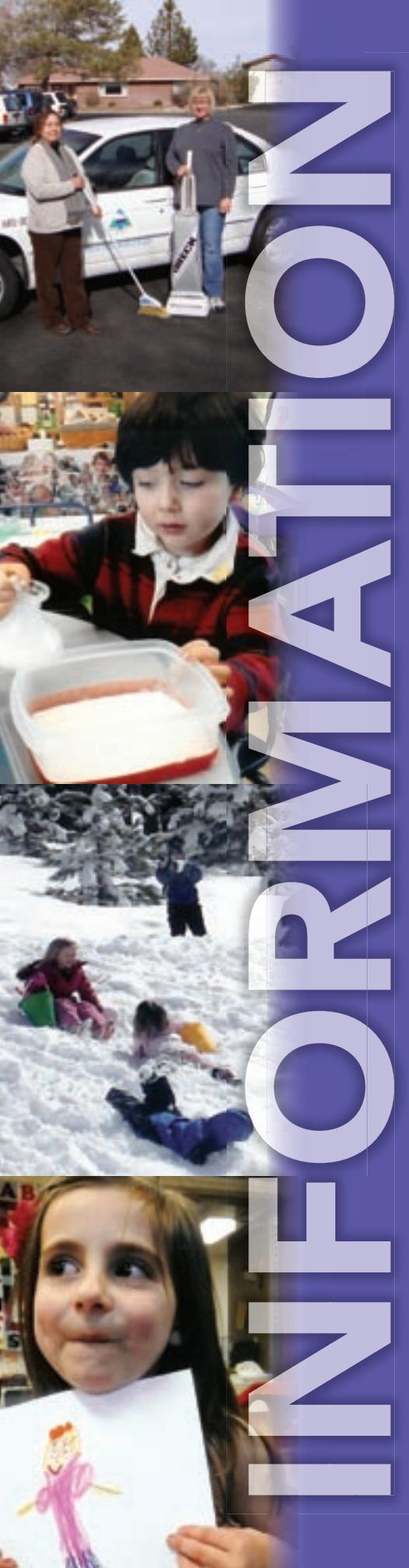
**Time** • Games played between 5:30 - 8:30pm

### Divisions Offered

Tuesday night      5009.101  
Thursday night      5009.102  
*Minimum 7 games and season ending single elimination tournament. Completed rosters are due at the first game. No exceptions.*

## LEARN MORE

Learn more about sports with the Douglas County Parks & Recreation Department at  
**www.dcprrsports.com**



# INFORMATION

## “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 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).

## Transportation

### Douglas County Dial-A-Ride Service

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

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

**Ski Shuttle Green Route 12** – Stateline Casino Circulator between the casinos and Stateline Transit Center (Winter Only)

**Ski Shuttle Purple Route 14** – Heavenly Boulder Lodge to The Ridge Resorts via Heavenly Stagecoach Lodge (Winter Only)

**Ski Shuttle Blue Route 15** – Stateline Transit Center to Heavenly Boulder & Stagecoach Lodges (Winter Only)

**Ski Shuttle Violet Route 18X** – The Ridge Resorts to Heavenly Stagecoach Lodge (Winter Only)

**Express Route 20X** – Stateline Transit Center to Gardnerville with one trip in the AM and PM connecting to Minden

**Express Route 21X** – Stateline Transit Center to Carson City via Round hill, Zephyr Cove and Spooner Summit

**BlueGO OnCall** – call 60 minutes for a ride 24 hours per day, seven days a week

**Neighborhood Shuttle Route 22** – Stateline Transit Center to George Whittell High School via US Highway 50, Round Hill and Zephyr Cove

**Neighborhood Route 23** – Stateline Transit Center to The Ridge Resorts via upper Kingsbury and State Route 207

**Express Route 24X** – Kingsbury Transit Center to Grace Christian Academy and Minden-Tahoe Airport (Monday-Friday Only during school days).

**Route 50** – South Y Transit Station to Kingsbury Transit Center via US Highway 50

**Neighborhood Shuttle Route 53** – Lake Tahoe Community College to Kingsbury Transit Center via Pioneer Trail and Bijou

**Night Neighborhood Shuttle Route 54** – South Y Transit Station to Kingsbury Transit Center via US Highway 50 and Pioneer Trail daily at night between 11:15 pm and 1:13 am

Buses generally operate between 5:45am and 1:15am, seven days a week every 30 to 60 minutes depending on the route. BlueGO On Call provides service in the Tahoe Basin area of Douglas County to the City of South Lake Tahoe and Tahoe Basin area of El Dorado County. For route, fares and schedule information, please call 530.541.7149 or visit [www.bluego.org](http://www.bluego.org)

## PHOTOS

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



## WALK-IN REGISTRATION

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

## DROP-OFF REGISTRATION

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

## MAIL-IN REGISTRATION

Douglas County Parks & Recreation Department, P.O. Box 218, Minden, NV 89423  
or Kahle Community Center, P.O. Box 5040, Stateline, NV 89449

Make checks payable to (DCPRD) Douglas County Parks & Recreation Department. Send payment with name of enrollee, program title and code.

## FAX OR PHONE REGISTRATION

Lampe Park office - Register by phone using a M/C or Visa by calling 782-9828 or by fax at 782-9844.

Kahle Community Center - Register by phone using a M/C or Visa by calling 586-7271 or by fax at 586-7273.

**Advance registration recommended.**

## POLICIES

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

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

### Douglas County Parks & Recreation Department Customer Service Locations

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

Kahle Community Center  
236 Kingsbury Grade  
Stateline, NV 89449  
Phone 586-7271 • Fax 586-7273

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

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