

Douglas County

Parks & Recreation Department



COMING SOON!



The NEW Carson Valley Community and Senior Center



www.dcprsports.com
www.douglascountynv.gov

Activity Guide
FALL 2012
Carson Valley & Lake Tahoe

cough - cold - aches - pains

CONVENIENT

sniffling - sneezing - sore throat

SAME-DAY

headache - injury - flu - fever nausea

APPOINTMENTS

allergies - vomiting - sprains - strains

pink eye - cuts - bruises - strep throat

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WELCOME

Director's Note

Scott Morgan

Community Services / Parks & Recreation Director

Projects Get Support

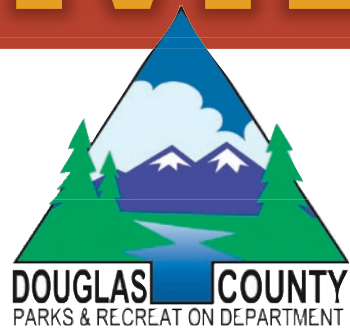
The Douglas County Board of Commissioners continues to support new recreational amenities for Douglas County residents and visitors. This season, several exciting projects are in different stages of development.

The Douglas County Community & Senior Center project construction bonds have been issued. The funding program uses an existing ad valorem tax rate to pay debt service on the construction of the center. Our Design Team will be spending this season reviewing the qualifications of contractors and moving the project forward with the selection of top candidates to submit complete plans and specifications. In the meantime, a ground breaking ceremony is scheduled for October as site work on Waterloo Lane commences.

The Genoa Vista Trail consists of just over 1.3 miles of paved multi-use trail along Foothill Road near the Town of Genoa. It will connect Walley's Hot Spring Resort with the Town of Genoa. Bids submittals were received on August 15. Approval of the selected contractor and contract is expected at the September 6, 2012 Douglas County Board of Commissioners meeting. Work will commence shortly thereafter with a break taken during the annual Candy Dance event.

The Stateline to Stateline multi-use trail at Lake Tahoe is well on its way of first phase construction. First phase development will consist of approximately one mile of pathway connecting Kahle Drive, through Rabe Meadow to Elks Point Rd. Contracts for the next phase, connecting Elks Point Rd. with Round Hill Pines Beach, another one mile stretch, are under review. The Stateline to Stateline trail project is made possible with partnerships and cooperation with the Nevada Department of Transportation, Tahoe Transportation District and the U.S. Forest Service. It should be noted that the planning and construction dollars for the project will come from grants and there is no obligation to utilize Douglas County funds.

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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 • Debra Lang • Kelly Gardner • Celeste Pierini • Elaine Flynn
 Britta Swanson • Thomas Moore **Douglas County School District**

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

PRE-KINDER

Preschool Starts September 4th

Discovery Center Preschool

A Place of Wonder – Discovery – Experience
Licensed Preschool for 30 Years

Ages • 3 - 5 **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. 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.

Baby Tunes

Ages • 2 - 3
Instructors • Vicki Brockhage & Tracey George
This introductory dance class will include ballet and creative movement. Young dancers will learn the basic steps while learning how to follow direction and imitate movement in a positive environment. The use of props such as hula hoops, maracas, parachutes and balance beams enable to use their imagination, creativity and most of all, have fun! Wear ballet shoes and comfortable clothes.

Time •	(M) 5 - 5:30pm	Location • DWS	
	(T) 9:30 - 10am		
(M)	9/10 - 10/1	\$30	1037.301
(T)	9/4 - 9/25	\$30	1037.302
(M)	10/8 - 10/29	\$30	1037.303
(T)	10/2 - 10/23	\$30	1037.304

Kindergarten Discovery Program

Grade • Kindergarten
Instructor • Discovery Center Staff
Kindergarten students will be picked up from school and transported to the center for lunch and an afternoon of fun filled projects and dramatic play. Field trips will be scheduled throughout the school year (TBA). Children should come with a packed lunch and drink.
Time • 12 - 4pm **Location •** DC
(T/Th) 9/4 - 5/31 1158.301
\$18 per day drop-in
\$140 per month

Schedule

AM Session • 8:30am - 12pm
PM Session • 12:30 - 4pm
(Families who need both AM & PM sessions need to bring a lunch with their child)

Fees and Tuition

Part time rates

2 days a week minimum
2 days a week - \$140 Monthly
3 days a week - \$190 Monthly
5 days a week - \$300 Monthly (*a \$30 savings*)

Information

The Discovery Center is located in the Recreation Annex at 1327 Waterloo Lane in Gardnerville, across from Lampe Park. For more information call:

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

VALLEY CLASS LOCATION CODES

CCMES	C.C. Meneley Elementary School	LP.....	Lampe Park
CVMS.....	Carson Valley Middle School	MES	Minden Elementary School
DC	Discovery Center	PHES.....	Piñon Hills Elementary School
DCFG.....	Douglas County Fairgrounds	PWL	Pau-Wa-Lu
DCL.....	Douglas County Library	RA.....	Recreation Annex
DCSR	Douglas County Shooting Range	RD.....	Recreation Department
DWS	Dance Workshop	SC	Senior Center
ED.....	Edward Jones	SES	Scarselli Elementary School
GES.....	Gardnerville Elementary School	SP	Stodick Park
JVES	Jacks Valley Elementary School	TBA.....	To Be Announced

YOUTH

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

Adventure Camp Winter Break

Grades • K - 6
 Campers will enjoy a variety of activities each day all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Calendars are available at the Recreation Office. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.
Time • 7am - 6pm **Location • TBA**
 (M - F) 12/26 - 1/4* \$23/day
 *No camp 12/26, 1/1

Adventure Camp Days

Grades • K - 6
 Camp will include arts & crafts, games, creative centers, snacks and much more! Look for a flier to be sent home before each date. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.
Time • 7am - 6pm **Location • TBA**
 (F) 9/28 \$23
 (M) 10/1 \$23
 (F) 11/16 \$23
 (M) 1/7 \$23



Kids Club

Grades • K - 6
 Kids Club is a before and after school recreational enrichment program that is held at all elementary schools. Recreational activities include arts & crafts, games, homework assistance and special events all based on a weekly theme. Daily snacks are provided. Kids Club is offered Monday through Friday, 7am until 8:45am and 3 - 6pm at every elementary school while school is in session, holidays excluded. The fee is paid by the month for the morning program, the after school program or both. The fee is based on \$2.50 per day for the afternoon program and \$5.00 per day for the after-noon 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.

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) 9/12 - 10/3 \$25 1158.301

Improv Comedy

Age • 7 & up **Instructors • David Davidson**
 In this class we will perform some basic/intermediate Improv theater games and create a set of games to perform at a final performance for family and friends. We'll perform "one of a kind" versions of the fun classic Second City and IO theater style games. A performance will be held on Wednesday, November 28.
Time • 4 - 6:30pm **Location • RA**
 (M/T) 11/19 - 11/27 \$65 1108.302



Nevada Junior Cotillion (Dancing, Dining, Manners)

Grades • 5 - 9 **Instructor • Stephanie Kent**
 This traditional American program teaches students ballroom dancing (swing, salsa, foxtrot and waltz) along with correct dining and etiquette skills. Ten evening classes, in a party like setting, where students have fun practicing social skills that will help put them ahead in life (no previous dance skills necessary, dress code required).
Grades • 5 & 6 **Location • See below**
Time • 5:45 - 6:45pm 1115.301
Grades • 7, 8 & 9
Time • 7 - 8pm
 (M) 9/24 - 12/3* \$150 1115.302
 *No class 10/29 & 11/19
 Class held at Capital Christian Activity Center
 1600 Snyder Ave, Carson City

Draw! Comics and Manga

Age • 7 & up **Instructors • David Davidson**
 Learn to draw and illustrate your favorite characters from Spider Man and Batman to Mickey Mouse and Sponge Bob or request your own. Also, learn to make your own character using shape line, color and imagination. Take home your own character sheet and concept design like the pros at Disney/Pixar and Marvel. Bring paper and sketchbook, 1 piece of Canson paper to paint on that is at least 18" x 24". Additional paper and materials will be provided.
Time • 5:30 - 7:30pm **Location • RA**
 (M/T/W) 10/1 - 10/4* \$35 1108.301



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TEEN/ADULTS

Beginner's Tai-Chi

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

Time • 8 - 10am **Locations** • LP/CVMS
 (Sa) 9/1 - 9/22* \$5 1710.301
 (Sa) 10/13 - 11/10** \$5 1710.302
 (Sa) 11/17, 12/1 - 12/15* \$5 1710.303

*Class held at LP, ** Class held at CVMS

Intro to Agility Training

Instructor • Thomas B. Walker, Ph.D
 Not sure if agility training is for you? Find out at this introductory class for only \$5.

Time • 12 - 12:50pm **Location** • LP
 5:15 - 6:05pm
 (W) 9/5 \$5 1740.301

Agility Training

Instructor • Thomas B. Walker, Ph.D
 Train your body with agility exercises and re-awaken your athleticism. If you are already an athlete, improve your skills or simply stay in athletic shape between seasons. Class includes ladder and cone drills, dynamic exercises that improve your balance, reaction time, and dexterity as well as cardiovascular fitness

Time • 12 - 12:50pm **Location** • LP
 5:15 - 6:05pm
 (M/W) 9/10 - 10/10 \$75 1740.302

Ditch the Diet

Get body confidence now

Ages • 13 - adults
Instructor • Catherine Fuller, MSN, RN
 This fun and informative class is designed to teach teens and adults about the benefits of blood sugar stabilization and it's role in achieving lifelong weight management and optimal health. Practical tips. topics will be covered including: why dieting doesn't work, exercise, stress management, sleep, meal plans and more!

Time • 1 - 4pm **Location** • RA
 (Sa) 9/22 \$20 1732.301
Time • 9am - 12pm
 (Sa) 10/13 \$20 1732.302
 (Sa) 11/17 \$20 1732.303

Teen Dance

Dance Time 6:30 to 9pm

Grades • 6 - 8
 Dances will include D.J. music, food and fun! Dances will be held at the Douglas County Fairgrounds. Students must arrange their own transportation ahead of time and need to be picked up promptly at 9pm. All students must show their Student I.D. Card or a copy of their most recent report card. All school rules will apply, including dress code.

Time • 6:30 - 9pm **Location** • DCFG
 (F) 11/2 \$10*

*Includes a slice of pizza and a drink



Historical Fencing

Ages • 13 and up **Instructor** • Steven Klekar
 Fencing provides a unique mix of physical, intellectual and emotional stimulation as well as staying fit and meet new people. Class will primary focus on the Italian rapier style of swordsmanship. Students need to bring leather gloves that cover the wrist and wear black sweat pants, long sleeve t-shirt and athletic shoes. All equipment will be provided.

Time • 7 - 9pm **Location** • TBA
 (W) 9/4 - 9/25 \$20 1638.301
 (W) 10/7 - 10/24 \$20 1638.302
 (W) 11/7 - 11/26 \$15 1638.303
 (W) 12/5 - 12/19 \$15 1638.304



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 **Location** • DCFG
 (W) 9/26 - 10/31* \$80 1422.301
 (W) 11/7 - 12/12 \$80 1422.303
 *10/31 location TBA

VOLUNTEERS WANTED

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

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

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

Benefits to our Volunteers

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

**BECOME A
 VOLUNTEER TODAY!**

ADULTS

Concealed Weapon Certification

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

Time • (W/F) 6 - 9:30pm (Sa) 8 - 11am	Location • RA
(W/F) 9/12 & 9/14	
(Sa) 9/15	\$90* 1745.301
(W/F) 10/17 & 10/19	
(Sa) 10/20	\$90* 1745.302
(W/F) 11/14 & 11/16	
(Sa) 11/17	\$90* 1745.303
(W/F) 12/12 & 12/14	
(Sa) 12/15	\$90* 1745.304

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



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.

All Day Scrapbooking Workshops

Instructor • Jackie Gorton
 This is the perfect opportunity for family photo historians to start a book or get a project finished. With an entire day and an eight foot table to work at, you can share ideas with others. Tools such as punches, a die cut machine, custom cutting system and many idea books are available for use while other supplies are available for purchase. Bring a dish to share with others for a potluck style lunch or bring a sack lunch for yourself. Water and a snack are included.

Time • 10am - 10pm	Location • SC
(Sa) 9/8	\$25* 1720.301
(Su) 11/11	\$25* 1720.302

**\$5 material fee payable to the instructor*

Improv Comedy

Age • Adults **Instructors** • David Davidson
 Have fun while learning theater games and improvised scenes. We'll end class with beginner/intermediate level performance with "one of a kind" versions of the fun classic Second City and IO theater style games. Individual attention will be given to each student's skill level, and family and friends can see your timing, dialogue and movement.

Time • 6 - 8:30pm	Location • RA
(T/Th) 11/6 - 11/15	\$65 1108.303

The Happiest Baby on the Block

Instructor • Catherine Fuller, MSN, RN
 Are you ready to be a parent? Learn an extraordinary approach to keeping your baby happy. This class will teach you step-by-step how to help your baby sleep better and how to soothe even the fussiest baby in minutes. This class is based on the highly effective approach to babies pioneered by Dr Harvey Karp in his best-selling book and DVD, "The Happiest Baby on the Block."

Times • 9:00am - 12:00pm	Location • RA
(Sa) 9/22	\$30 1732.304
(Sa) 10/20	\$30 1732.305
(Sa) 11/10	\$30 1732.306

Making Sense of Retirement

Ages • 18+ **Instructors** • James Berston & Tim Cleveland
 How well you retire depends on how well you plan today. Join us for our educational seminar Making Sense of Retirement. Together, we'll explore practical steps to help you get and stay on track regardless of your current situation.

Cost • \$10	Location • EJ
(T) 10/2	1:30 - 3:30pm 1791.301
(W) 10/10	4:30 - 6:30pm 1791.302
(Th) 10/18	5:30 - 7:30pm 1791.303

Beginners Ballroom Dancing

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

Time • 7:30 - 8:30pm	Location • DWS
(F) 9/7 - 9/28	\$80/couple 1735.301
	\$45/single
(F) 10/5 - 10/26	\$80/couple 1735.302
	\$45/single
(F) 11/2 - 11/30*	\$80/couple 1735.303
	\$45/single

**No Class 11/23*



How to Start a Worm Bin

Ages • 18 - up **Instructor** • Patti Dombey
 Learn how to set up a composting worm bin from a professional worm farmer. Composting worms are easily raised inside or out if you do it correctly. Vermicompost, or worm composted organic matter, is an all natural and scientifically proven way to help all aspects of your lawn, plants, vegetable garden and grounds.

Times • 6:30 - 8pm	Location • RA
(M) 9/10	\$25 1794.301

Occupational Spanish for the Medical Profession

Ages • 18 - up **Instructor** • Yvonne Anfossi
 This basic course is designed to build oral communication skills in Spanish for those associated with a medical office. Doctors, dentists, nurses and professionals in the medical field will find this course helpful, especially for patient interaction.

Times • 5:30 - 7:30pm	Location • RA
(W) 9/12 - 11/31	\$100 1134.303

ACTIVE ADULTS

Douglas County Senior Services

2300 Meadow Lane, Gardnerville, 783-6455

Douglas County Senior Services provides many activities, services and programs. The Center provides the senior community an opportunity to socialize, enjoy a nutritious meal and get involved in a number of different activities, special events and excursions. Check us out on the web at www.douglascountynv.gov/index.aspx?nid=97.

Congregate Dining

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

Meals on Wheels

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

Senior Center Volunteers

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

Topaz Congregate Dining

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



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 anyone age 21 and older. For more information contact the Senior Center at 783 - 6455.

USO/Veterans Day Celebration

Join us for the 12th Annual USO celebration on Friday, November 9, 2012 at the Senior Center. The festivities start at 10am. We encourage all Veterans to bring in their memorabilia to be displayed in the lobby starting on Monday, November 5th. Live music and guest speakers will help us honor our veterans in style. This is a great way to celebrate our local Veterans. Please join us!

Time • 10am - 12pm **Location** • SC (F) 11/9

Douglas County Dial-A-Ride Service

To ensure that our senior citizens and ADA Riders who desire transportation assistance are able to reach their destinations in a timely and safe manner, Douglas County Senior Services offers transportation to the senior center, hair, medical and dental appointments and much more. These rides are coordinated through the DART DIAL-A-RIDE office which can be reached at (775) 783-6455. Please allow one business day for your return call. **We request at least 3 business days notice to schedule a ride.**



Community Dances

The Senior Center is hosting Community Dances the first Thursday of the month. Come enjoy the music and dance the night away in a smoke free atmosphere. Singles and couples are welcome! Refreshments are available for a donation. 50/50 raffle is awarded at 8pm. Please call Amanda at 783-6455 for more info.

Time • 6 - 9pm

Location • SC

(Th) 9/6, 10/4, 11/1, 12/6

YAH Gift Shop

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

Senior Companion Program

Senior Companions are volunteers who may drive you to an appointment, keep you company during the day or help out in other ways. The suggested donation for this service is \$3 per hour. Call 783-6455 for a list of volunteers and their phone numbers.

Homemaker Assistance

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

Sight Impaired Support Group

Meets the 1st Thursday of the month at 10:30am in the Senior Center Ceramics Room. They offer information and support to those with vision challenges, discuss topics of interest and devices that are available to assist those with sight impairment and blindness. For more information, please call the Douglas County Senior Center at 783-6455.



Senior Christmas Party

This event is open to anyone age 60 and over. Join us for a meal, entertainment and holiday cheer. Please call the Senior Center at 783-6455 for more information.

Time • 12- 5pm

Location • SC

(Sa) 12/8

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Young At Heart Craft Fair

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

AARP Driver Safety Course

Instructor • Dennis Hogan

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

Time • 8:30am - 1pm
 (Sa) 11/10 \$14

Location • SC



14th Annual SENIOR HEALTH FAIR

Douglas County Senior Center will be hosting the 14th Annual Senior Health Fair on Wednesday, January 23, 2013 at the Carson Valley Inn, Minden. The event will be held in the Valley Ballroom from 8am-12pm. Admission is free. All ages are welcome. There will be many informational booths to include medical, legal, insurance, investment, residential care, chiropractic, vision, and a whole lot more. All day raffle benefits Meals on Wheels. If you would like more information or to have a vendor registration packet mailed to you, please call Amanda at (775) 783-6455

Time • 8am - 12pm **Location • CVI**
 (W) 1/23 **Free**

Watercolor Classes

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

Sign Up Early

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

Become a V.I.P.!

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

LIFE OPTIONS ACTIVITIES

Anytime Fitness 24/7 Fitness Club!

Ages • 60 and over

Anytime Fitness is Minden/Gardnerville's only fitness club open 24 hours a day and 365 days a year with access to 1500 clubs across all 50 states, so we are a great option if you travel! Our entire staff is certified in health & fitness and will be able to assist you to meet your goals! Our Facility offers treadmills, cross trainers, recumbent bikes, and strength circuit machines. We also have a group fitness studio and offer Yoga, free senior stretch & senior strength classes! Anytime Fitness offers seniors a discounted membership rate, No Enrollment fees, 3 free training sessions & your first month free when you mention Senior Services "LIFE OPTIONS PROGRAM"! For more information about Senior Membership, please contact Jessie or Allen at (775) 783-5130.

Time • Mon - Sun, Open 24 hours!

1352 HWY 395 Suite 101-104,
Gardnerville

www.anytimegville.com

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. This class is FREE.

Time • 10:30 - 11:15am

Location • SC

(M,W,F)

Free



Pulse Fitness

Ages • 60 and over

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

Time • M - F 4:30am - 10pm

Sat - Sun 7:00am - 7pm

885 Mahogany Drive, Minden

www.PulseFitnessNV.com

Creativity through Knitting & Crocheting

Do you enjoy knitting, crocheting and/or needlepoint? Come join the group and get tips and support for your projects. The group meets on Mondays from 9am - 12pm at the Douglas County Senior Center. (On the 2nd Monday of the month, they meet at the Aspen Mobile Home Park Clubhouse.) There is "no fee" to attend, but seats are limited, so please call and confirm your interest. To reserve a spot or for more information contact Linda Sawtelle at 783-7278.

Time • 9am - 12pm **Location** • SC (M)

Ceramics

The Senior Center has a Ceramics room that is open to all seniors Tuesdays and Fridays from 9 am to 3pm. You choose a piece to paint, we fire it, and you take it home, all for a small fee and donation for the paints and glazes. Stop by to see Esther and Carolyn or call the center for more information.

Time • 9am - 3pm **Location** • SC (T & F)



Green Thumb Garden Club

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



Ages • All
 Pick a giant pumpkin at the 4-H Pumpkin Patch and enjoy a family style carnival event. Activities include a fun run relay race, food, raffle, silent auction, face painting, petting zoo, cake walk, costume contest, pumpkin decorating and carnival games. Kids can enjoy a visit with Smokey Bear and learn about fire safety too! The kid's costume contest will be held at 12pm with cash prizes to be awarded. Prizes and pumpkins are generously sponsored by Joe Benigno's Tree Service.
Time • 10am - 2pm **Location • LP**
 (Sa) 10/6 **Free Admission**

Ring in Kindness

Designed to lift the hearts of our community members through kindness and caring for each other. Everyone needs, at one time or another, a simple act of kindness in their lives and Ring in Kindness is a project to do exactly that. We are inviting the community to get involved in spreading kindness through handmade pieces of art. Each piece of hanging art will be touched by the hearts and hands of many and hung, anonymously throughout the community for others to find, keep, or pass on to someone who is in need of a simple act of kindness. You can get involved by volunteering your time to create the clay pieces, paint or assemble the bells. You need no artistic ability to be a part of this project. Another way to be involved is to make a cash donation to purchase supplies to perpetuate the community project. We meet the second Tuesday of each month at the Partnership of Community Resources located at 1615 Hwy 395, Suite C, in Minden. For Information call 782-8611 or 782-5434.



Grades • Preschool - 5th Grade
 During the Fall Festival, Douglas County Parks & Recreation Department will be offering a fun run for children in preschool through 5th grade. Participants will be divided into groups based on grade and will be running a designated distance based on age. Pre-registration is recommended, but participants may register on site. Prizes will be awarded at the end of each race.
Time • 10:00 - 11:30am **Location • LP**
 (Sa) 10/6 \$3 1143.301

Race Times

Pre-School	(boys & girls)	10:00am
Kindergarten	(boys & girls)	10:15am
1st Grade	(boys & girls)	10:30am
2nd Grade	(boys & girls)	10:45am
3rd Grade	(boys & girls)	11:00am
4th Grade	(boys & girls)	11:15am
5th Grade	(boys & girls)	11:30am

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

Carson Valley Arts Council's Gingerbread House Decorating Contest

This annual contest is open to all individuals, families, organizations and clubs. Entries can be a house, church, barn, historical building, castle or any whimsical structure you choose. The Gingerbread House Exhibit opens December 1 and runs through December 15. Winners will be announced at the Artisan's Reception held at the museum on December 15. Applications and complete rules are available at the Lampe Park Recreation Office, the Carson Valley Museum and at the Copeland Cultural Arts Center. For more information contact Dennis Little at 775-267-5634 or CVGingerbread@aol.com.

Stocking Stuffer

Father/Daughter Dance Tickets will be available December 17th. The dance will be held on February 1st & 2nd at St. Gall Community Center in Gardnerville from 6 - 8:30pm each night.

North Pole Calling

Thursday, December 3

Ages • 3 - 6

Watch your children's eyes light up when they receive a personal phone call from Santa!! Santa will call to spread the fun and magic of the holidays. We are helping Santa by passing out "Hotline" forms, which will be available after November 19th at the Douglas County Parks & Recreation Department. Santa will be calling Thursday, December 6th. If you would like to be a volunteer Santa, please call the Recreation Division at 782-9828.

Time • 4:30 - 6:30pm **Free**

Farmers Market

Nevada's Own Certified
 Open until September 12th

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

Time • 8am - 1pm
 Wednesdays

Location • LP
Free

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 • 6:00 - 8:30pm **Location • SGCC**
 (F) 2/1 \$20/Couple* 5038.301
 (Sa) 2/2 \$20/Couple* 5038.302

**\$8 per additional daughter.*





Hike for Health Trails Tour Saturday, Sept. 22

Save the date for the the Carson Valley Trails Association's annual Hike for Health Trails Tour on Saturday, September 22. This popular, family-friendly event will take place at the Fay-Luther Trailhead and will include hikes and trail activities for all ages. The tour is free, however all participants will be required to complete a short, onsite registration form. Participants age 17 or under must be accompanied by an adult. For detailed information about the hikes and trail activities, visit www.carsonvalleytrails.org, or call 775-265-0766. *CVTA is a 501(c)(3) nonprofit volunteer organization working with partners to provide access to public lands through a recreational trail system for present and future generations to enjoy.*



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 is available to help you identify which facility may best meet your needs. For more information and rate on to rent a facility please call 782-9835 or go to www.douglascountynv.gov.

2012 GREEN LIVING Sustainable Living & Renewable Energy FESTIVAL SEPTEMBER 15 • 9 a.m.-5:30 p.m.

**FREE
Admission & Parking**

**LAMPE PARK
in Gardnerville**

INFORMATION & FUN FOR ALL AGES

A.V.I.D.

Active Volunteers In Douglas

A.V.I.D. (Active Volunteers In Douglas) is a non-profit group that promotes, maintains and supports volunteerism in Douglas County; and provides avenues for recognition and encouragement of volunteers. Any non-profit organization in Douglas County may be a part of A.V.I.D. Nineteen organizations are currently active in A.V.I.D. Other organizations in the County also use volunteers, but do their own recruiting. A person seeking a volunteer position or wishing to change to a different volunteer position may call the organization directly, or coordinate through A.V.I.D. For more information, contact A.V.I.D. at 783-6450 or write: P.O. Box 1057, Minden NV 89423 or visit our website at www.douglasvolunteers.org



Tours of Dangberg Home Ranch Historic Park

The Dangberg Home Ranch Historic Park is the 2012 winner of the "Discover Your Nevada" contest at travelnevada.com. With eight historic structures built between 1857 and 1917, and a collection of 39,000 artifacts, documents and photographs, the park preserves a window into Carson Valley's past. The Dangberg Home Ranch was the founding property of the Dangberg Land & Live Stock Co., once one of Carson Valley's largest ranches and home to four generations of the family that founded Minden. Programs include tours, exhibits and other public events. The annual clothing exhibit takes place in mid-October, and the holiday toy exhibit is the first part of December. Reservations for on-going guided tours can be made by calling the park at 775-783-9417. Tour admission is \$8.00 for adults, free for children 16 and younger. Located just west of Minden at 1450 Highway 88, the park can be reserved for weddings, reunions and other events from April through October. Visit www.dangberghomeranch.org for more information on all park events and programs.

YOUTH/TEEN SPORTS

3 on 3

Girl's Basketball League

Grades • 3 - 6
Staff • Recreation Staff & Volunteer Coaches of Douglas County Parks & Recreation would like to start a 3 on 3 girl's basketball league this coming basketball season. If we don't get the minimum number of girls needed for this league, they will have the option of playing in the Youth Basketball League. All participants will be assigned to a team through a draft system. Games will be played at local middle school gyms once a week and teams usually practice at least once a week throughout the season.
Practice Dates • Mid December
Game Dates • January - March

Location • CVMS & PWL

Registration • 10/1 - until full
 (Please sign up early, as registration is limited)
Season • Game times TBA

Cost • \$85
Includes team T-shirt, award, 1 game official and score-keeper.

Divisions •
 3rd - 4th Grade 5038.304
 5th - 6th Grade 5038.305



Youth & Teen Basketball Draft

In an attempt to balance the youth basketball teams, DCPR has adopted a draft system for player placement on teams. Coaches will be required to attend a paper draft to select teams. Only coaches are allowed to be present for the draft, no parents are allowed. **PARENTS WILL NOT BE ABLE TO REQUEST A CERTAIN COACH, TEAM OR FRIENDS, NO EXCEPTIONS!**

Date • (Sa) 12/1
 3 - 4 Grade 8 - 10am
 5 - 6 Grade 10am - 12pm
 7 - 8 Grade 1 - 3pm
 9 - 12 Grade Coed 3 - 5pm

Location • RA
 8 - 10am
 10am - 12pm
 1 - 3pm
 3 - 5pm

3 on 3 Middle School Girl's Basketball League

Grades • 7 - 8
Staff • Recreation Staff & Volunteer Coaches of Douglas County Parks & Recreation would like to start a 3 on 3 girl's basketball league this coming basketball season. If we don't get the minimum number of girls needed for this league, they will have the option of playing in the Youth Basketball League. All participants will be assigned to a team through a draft system. Games will be played at local middle school gyms once a week and teams usually practice at least once a week throughout the season.

Practice Dates • Mid December
Game Dates • January - March

Location • CVMS & PWL

Registration • 10/1 - until full
Season • Game times TBA
Cost • \$85
Includes team T-shirt, award, 1 game official and score-keeper.

Divisions •
 7th - 8th Grade 5038.306

Youth & Teen Basketball

Grades • 3 - 12
 The youth/teen basketball league is offered for beginning to advanced players, emphasizing skill development and fun competition. Participants will be assigned to a team through a draft system (see below). Games will be on Saturday at Carson Valley and Pau-Wa-Lu Middle Schools with at least one planned practice each week at a school in the area.

Time • TBA
Location • CVMS & PWL
Registration • 10/1 - until full
 (Please sign up early, as registration is limited)
Season • (Sa) 1/12 - 3/16
Cost • Grades 3rd - 4th \$70
 Grades 5th - 12th* \$80

Includes 1 official, team t-shirt and awards
**Includes 2 officials, team t-shirt and awards.*

Leagues

3rd & 4th Grade 5038.301 @ CVMS
 5th & 6th Grade 5038.302 @ PWL
 7th & 8th Grade 5038.303 @ CVMS
 9th - 12th Grade Coed 5045.301 @ PWL

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

Girls Basketball League Information

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

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 contacting the following:

AYSO Soccer
www.cvayso.org

Carson Valley Little League
 Debbie Jacobsen782-7303

Carson Valley Girls' Softball League
 Neil Hill781-2193

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

Douglas Dolphins Swim Team
www.ddst.org

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

Pop Warner
 Jim Valentine782-8777
www.douglaspopwarner.com

Track and Field, Cross Country
www.adsportstahoe.com

Youth Basketball Leagues
 Anthony Davis782-9828
www.dcprrsports.com

Youth Flag Football Leagues
 Anthony Davis782-9828
www.dcprrsports.com

Youth Volleyball Leagues
 Anthony Davis782-9828
www.dcprrsports.com

Youth Wrestling
 John Grant720-2311

Youth NFL Flag Football

Ages • 5 - 14

Flag Football teaches boys and girls the fundamentals of football, good sportsmanship, and teamwork all in a fun, non-competitive way. Boys and girls play on the same teams. Players receive a reversible NFL Flag jersey, mouthpiece, and an individual trophy. All games are played on Saturday's. Participants will be divided into four age groups, 5-6, 7-8, 9-11 and 12-14. Players must be 5yrs by September 1, 2012 and cannot be 15 before September 1, 2012. Teams will be formed through a draft system. Volunteer coaches are also needed. A background check is required for all volunteer coaches (**All Coaches must be background cleared by August 24, 2012**)

Sign up players fast, as space is limited.

Time • 9am - 4pm **Location • SP**

Registration • 5/14 - until full

Season • (Sa) 9/22 - 11/17

Cost • \$75 Includes Jersey, Awards, Mouthpiece and Officials

Leagues:

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

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

Season Starts with the *New* Player Skills Training at Lampe Park 5:30pm - 8:30pm.

Monday, September 10, for Division 3 & 4
Tuesday, September 11, for Division 1 & 2

Meet Your Coach and Teammates. Wear athletic shoes & clothing, water bottles, smiles. Learn Flag Football Language; know what your coach is talking about. Capture the Flag Madness!



Youth NFL Flag Football Draft

Due to the increasing size of the Youth NFL Flag Football program, DCPR has adopted a draft system for player placement on teams. Coaches will be required to attend a paper draft to select teams on Saturday, September 8 at the Recreation Annex Building. **PARENTS WILL NOT BE ABLE TO REQUEST A CERTAIN COACH OR THAT THEIR CHILD IS PLACED WITH ANOTHER CHILD, NO EXCEPTIONS.** Only coaches are allowed to be present for the draft, no parents or participants are allowed.

Date • (Sa) 9/8

Location • RA

Draft Times •

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

NFL Punt, Pass & Kick Competition

Ages • 6 - 15 girls & boys

Compare your football skills with other kids your own age and gender in punting, passing & place kicking skills.

Date • (Sa) 9/22

Location • SP

Time • 10am - 2pm **Cost • Fun and Free!**

Registration • All participants may register online www.nflppk.com or submit the signed parental Entry Form/Release of Liability on-site registration.

10 Divisions •

Based on players age as of Dec 31, 2012

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

1. The competition is open to all boys and girls ages 6 -15. Boys and girls compete separately. The five age classifications are based upon the child's age as of December 31st of the current year.
2. All participants must show proof of age at all levels of competition by birth certificate or religious document (such as a baptismal record)
3. No football shoes, turf shoes, cleats or bare feet are allowed. Only soft-sole gym shoes are permitted.
4. The top finisher in each of the boys' and girls' divisions each Local Competition will advance to the Sectional Round...with a chance to advance to the team championships on the field at a NFL game. At all levels of competition, only first-place winners will be considered for advancement to the next level.



Youth Flag Football Coaches Clinic

Join us at our new Coach Education Training clinic (CET) for Youth Volunteer Coaches on Sunday, September 9th from 9am-12pm at Lampe Park. Our new Coach Education Training (CET) will benefit the most experienced coach to the first year beginner coach. Let's share some skills and drills to build your teams level of play. Gain tips on playing strategies, productive practices, parent communication, team motivation, health, safety and why we value volunteer coaches in our community.

Date • (Su) 9/9

Time • 9am - 12pm

Location • TBA

5041.300

Cost • Includes BBQ lunch

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

Flag Football Leagues
Basketball Leagues
Volleyball Leagues

McDermid Management Co.

American International Tooling Co.

Carson Valley Accounting

Wells Fargo Advisors LLC

Tahoe Fracture & Orthopedic Medical Clinics

Carson Valley Inn

Park Place AM/PM

Jethros Oven & Grill

Sorensen's Resort

East Fork Professional Fire Fighters

Minden Rotary

G. E. Energy

Valley Eye Care

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

TEENS/ADULTS

Halloween Dodgeball Tournament Come in Costume

Grades • 7 - 12

Get your team together for this fun 6 on 6 double elimination dodgeball tournament. Prizes for first, second and third place teams, and for the best team costumes! A participant waiver must be signed by parents. Look for a flyer in September at school with more information.

Time • TBA **Location** • CVMS
(Sa) 10/27 \$30/team 5014.301

Halloween Dodgeball Tournament Come in Costume

Age • Adults

Get your team together for this fun 4 on 4 double elimination dodgeball tournament. Prizes for first, second and third place teams, and for the best team costumes. Don't miss the fun!

Time • TBA **Location** • CVMS
(Sa) 10/27 \$30/team 5014.302

Teen Basketball League

Grades • 9 - 12

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

Time • TBA **Location** • CVMS

Registration • 10/1 - Until full

Season • (Sa) 1/12 - 3/17

Cost • \$80 *Includes 2 officials, team t-shirt and awards*

Leagues

9th-12th Grade Coed 5045.301

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



RENO BIG HORNS
Douglas County
Fan Day!
More info coming soon.

Youth & Teen Basketball Coaches Clinic

Join us at our new Coach Education Training clinic (CET) for Youth Volunteer Coaches on Sunday, December 2 from 9am-12pm at Lampe Park. Our new Coach Education Training (CET) will benefit the most experienced coach to the first year beginner coach. Let's share some skills and drills to build your teams level of play. Gain tips on playing strategies, productive practices, parent communication, team motivation, health, safety and why we value volunteer coaches in our community.

Date • (Su) 12/2

Time • 9am - 12pm

Location • LP

Registration • 5041.301

Cost • Includes lunch

THE CORLEY RANCH
859 HIGHWAY 395

Pumpkin Patch & Harvest Festival
ALL WEEKENDS IN OCTOBER 2012
Buy your Pumpkins • Miniature Golf • Train Rides
any Day of the Week or at Events. Call for Hours
Weddings • Special Events • Group Tours
Corporate BBQs • Family Reunions • Indoor Arena

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

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RATE GUARANTEED FOR LIFE!

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- FREE Kids Club ~ ages 6 months to 12 years
- Tanning & Sauna Available
- Group Classes: Yoga, Zumba, Pilates, Spinning®, Ballet and More!

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Try us out for **FREE**
7 DAY VIP PASS

BUY ONE YEAR FREE
GET 3 MONTHS FREE

Offer Expires 12/31/12

PULSE FITNESS 885 Mahogany Dr • Minden
775-782-2705

With this coupon. See clubs for details

ADULT SPORTS

Adult Flag Football League

Ages • 18+

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

Time • 9am - 2pm

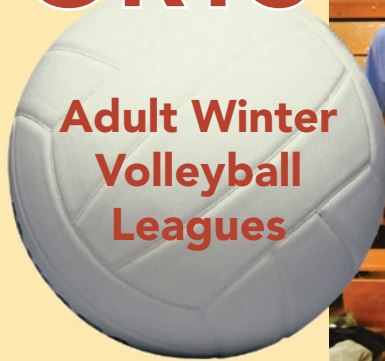
Location • LP

(Su) 1/27 - 4/14

5002.301

Registration • \$465 12/10 - 1/11
\$490 After 1/11

Registration Deadline: January 18.



Adult Winter Volleyball Leagues

Ages • 18+

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. Returning teams are not guaranteed a space. 12 players are allowed to a roster. Each team will play a minimum of 8 regular season games and participate in the post-season single elimination tournament. Awards for tournament play only. A gift certificate and T-shirts will be awarded for 1st place in the tournament. A gift certificate will be awarded for 2nd place. Game times will be between 7:30 - 9:30pm. Season runs approximately through February 21. Must be at least 18 years old to participate.

Time • 7:30 - 9:30pm

Location • CVMS

(M - Th) 11/26 - 2/21

Registration Begins October 8.

Registration • Early \$200
\$225

By November 9

After November 9

Registration Deadline: November 16.

Leagues Offered

(M)	Women's (6 on 6)	5004.300
(W)	Coed "C" (6 on 6)	5004.301
(Th)	Coed "B" (6 on 6)	5004.303



Managers Meeting
A mandatory managers meeting will be held on Wednesday, January 23rd at 6pm at the Recreation Annex Building. Schedules will be available at the meeting.

Recreation League Officials & Referees Needed!

\$\$ EARN EXTRA MONEY \$\$

The Douglas County Parks and Recreation Department is recruiting new officials and referees for their Youth Sports Programs in Flag Football, Basketball, and Volleyball. Officials must be 16yrs or older with a flexible schedule most Saturdays. Previous officiating is preferred but not necessary. We will train & certify for all sports. Get a front row seat of your favorite game..... Join our UIC (umpire in charge) at the next referee training camp.

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

DRUM | VOCAL | MUSICIANSHIP LESSONS



**ALL LEVELS
ALL STYLES**

35 Years Experience
Playing and Teaching

Eric Hellberg
530.541.0352



DCR - Douglas County Running
Douglas County's premier FREE social running group for beginners and veterans alike.

www.meetup.com/DouglasCountyRunning
Login, check the calendar, and RSVP for a run!

KAHLE COMMUNITY CENTER



- Full-size Hardwood Floor Basketball Court
- Suspended Indoor Track
- Big George's Fitness Area with cardio, free weights and machines
- Bouldering Wall for all ages
- Indoor Playground and Game Room

Located at:
236 Kingsbury Grade
Stateline, NV 89449

Recreation Center Hours

MAY - OCTOBER

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

NOVEMBER - APRIL

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

- Closed most holidays -

Facility Rentals

Looking for a location for an upcoming wedding, anniversary, birthday party, company picnic, baby or wedding shower, or meeting? Whatever your needs we have pavilions and indoor facilities available. For reservation information call Kahle Community Center at 586-7271.

Passes Available

Daily • Monthly • 3 Month • Annual

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

LAKE CLASS LOCATION CODES

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

PRESCHOOL

Roots & Wings Children's Center at Kahle Park

Accredited by the National Association for the Education of Young Children

Director • Shelly Martinez

We are delighted to offer a part-time developmental preschool program at Kahle Park. We endeavor to create an environment in which children respect themselves and others, while inviting their young minds and bodies to think, create, explore, discover, and wonder! Our goal is to inspire a lifelong love of learning. Age appropriate activities in the following curriculum areas will be offered daily: art, math, science, language, sensory, cognitive development, practical life, dramatic play, music, fine and large muscle development.

- **Licensed Pre-school designed for ages 3 - 5 (potty trained)**
- **Program Hours: 9am - 12pm Monday - Friday**
- **2 - 5 day programs: \$20 per day, \$21 per day (after Jan 2013)**
- **Non-refundable Registration Fee: \$100 new students, \$60 returning students**
- **Waiting list and info call (775) 586-7271**

Twosday Mornings

Ages • Birth to Preschool

Instructor • Roots & Wings Teachers

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

Time • 9:30 - 11:15am		Location • KCC
(T) 10/2 - 10/30	\$30	1048.301
(T) 11/13 - 11/27	\$18	1048.302
(T) 12/4 - 12/18	\$18	1048.303

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

Halloween Carnival Celebration

Sponsored by Kiwanis of Lake Tahoe Sunrisers

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



(W) 10/31 4 - 7pm



Breakfast with Santa

Sponsored by Mott Canyon

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

Time • 9 - 11am		Location • KCC
(Sa) 12/8	\$2	1025.301
<i>Zephyr Cove Ski Club Signups 9am - 11am</i>		

North Pole Calling

Ages • 3 - 6

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

Time • 4:30 - 6:30pm		Location • KCC
(Th) 12/13		Free

PRE-KINDER/YOUTH

Story Time

Ages • 3 - 8

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

Time • 9 - 9:45 am **Location** • KCC
Begins • Alternating Thursdays and Fridays 9/27

Zephyr Cove Library

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

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

Birthday Parties

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

YOUTH/TEEN



Winter Break Adventure Days

Grades • K - 6

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

Time • 7:30am - 6pm		Location • KCC
(W) 12/26	\$22	1123.321
(Th) 12/27	\$22	1123.322
(F) 12/28	\$22	1123.323
(W) 1/2	\$22	1123.324
(Th) 1/3	\$22	1123.325
(F) 1/4	\$22	1123.326
(M) 1/7	\$22	1123.327

Family Health & Fitness Day USA

Saturday, September 29, 2012
FREE DAY PASS

AT KAHLE COMMUNITY CENTER

The 16th annual Family Health & Fitness Day USA is a national health and fitness day for families, to promote family involvement in physical activity in our community. Check out our Park and our Recreation Center.

Kid's Club Programs Grades K - 6

Registration Begins August 1st

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

Kahle Community Center

Early Birds 7 - 8:30am
\$1 drop in per day, school bus pickup.

Zephyr Cove Elementary School

Kinder Kids After Kindergarten - 3pm
\$10 per day. Program operates on a minimum/maximum enrollment. Enroll early.

Kids Club 3 to 6pm
*\$5 per day**

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

Climbing Wall at KCC

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

Tae Kwon Do

Ages • 7 - 12 Instructors • Chris & Rick Manglinong
Emphasizes such fundamental values as courtesy, integrity, self-discipline, and a positive self-image. The powerful techniques taught in the Tae Kwon Do are exciting and a fun way to stay fit, as well as being an excellent form of self defense.

Time • 6 - 7:30pm		Location • KCC
(W) 9/12 - 9/26	\$12	1409.301
(W) 10/3 - 10/24	\$16	1409.302
(W) 11/7 - 11/28*	\$16	1409.303
(W) 12/5 - 12/19	\$12	1409.304

*Drop-in \$8 per class. *No class 10/31, 11/21, 12/26*

Kahle Community Center Is a SAFE PLACE

In cooperation with Tahoe Youth and Family Services

Teen Scene

Friday Nights at Kahle Community Center
Grades • 6 - 12

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

Time • 6:30 - 9pm
(F) Drop-in \$3*

**Free to pass holder*

YOUTH SPORTS

3 on 3 Girl's Basketball League

Grades • 3 - 5

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

Dates • Mid-November (practice)
December - February (games)

Time • Game times are 5:30 - 7:30pm

Registration • 9/12 until full

Cost • \$85 Includes team t-shirt, award, 1 game official and scorekeeper

(T) 3rd - 5th Grade 5020.304

3 on 3 Middle School Girl's Basketball League

Grades • 6 - 8

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

Dates • Mid-December (practice)
January - March (games)

Time • Game times are 5 - 8pm

Games • Wednesdays & possibly Mondays

Registration • 9/12 until full

Cost • \$85 Includes team t-shirt, award, 1 game official and scorekeeper

5020.306

Girls Basketball League Information

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

Youth Basketball League

Grades • 3 - 6

Staff • Recreation Staff & Volunteer Coaches

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

Dates • Mid-November (practice)
December - February (games)

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

Registration • Begins 9/12 until full

Leagues

(T) 3rd & 4th Grade 5020.301

Cost • \$70 Includes team t-shirt and awards

(Th) 5th - 6th Grade 5020.302

Cost • \$80 Includes team t-shirt, awards and 2 officials

Middle School Basketball League

Grades • 7 - 8

Staff • Recreation Staff & Volunteer Coaches

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

Dates • Mid-December (practice) 5020.303
January - March (games)

Time • Game times between 5:30 & 7:30pm
(Wednesdays & possibly Mondays)

Registration • Begins 9/12 until full

Cost • \$80 Includes team t-shirt, awards and 2 officials

Basketball League Information

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

Youth Basketball Draft

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

Youth Sports Organizations

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 contacting the following:

AYSO Soccer

www.sltayso.com

Pop Warner Football

www.southtahoepopwarner.com

Little League Baseball

www.tahoelittleleague.com

Youth Ice Hockey

tahoegrizzlies.com

Track & Field, Cross Country

www.adsportstahoe.com

Zephyr Cove Ski Club

www.zephyrcoveskiclub.com

Volunteer Coaches & Team Sponsors

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



ADULTS



2012 General Election

Kahle Community Center will be a polling location for the General Election on November 6, 2012 from 7am - 7pm. Early voting will be held at Kahle Community Center from 10am - 4pm on October 20 and 27, and from 2 - 6:30pm on October 30th, 2012. For further details, see the Douglas County Clerk-Treasurer's website at <http://cltr.co.douglas.nv.us>

Dates & Times •	Location • KCC
(Sa) 10/20	10am - 4pm
(Sa) 10/27	10am - 4pm
(Tu) 10/30	2 - 6:30pm
(Tu) 11/6	7am - 7pm

CPR

Instructors • Tahoe Douglas Firefighters
An American Red Cross class for CPR and foreign body airway obstruction and prudent heart living. Emergency Medical System entry and the legalities of these procedures will be discussed.

Time • 6 - 9pm **Location •** RHFS
(Th) 11/1 \$40 1715.301
Minimum of 5 required for class to take place. Anyone with special needs may call Kelly at 775-230-6300 for other class availability.

Dog Obedience

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

Time • 7 - 8pm **Location •** KCC
(Th) 9/27 - 11/1 \$80 1422.302
(Th) 11/8 - 12/20* \$80 1422.304
**No class 11/22*



How to Use a Fire Extinguisher

Instructor • Tahoe Douglas Fire Marshal, Eric Guevin
Knowing how to use a fire extinguisher properly can be a life and property saving tool. Training will include discussion on types of extinguishers and fires and hands-on use of an extinguisher to fight a small fire.

Time • 6 - 7:30pm **Location •** KCC
(Th) 9/27 FREE 1715.303
Time • 1 - 2:30pm **Location •** KCC
(Sa) 10/13 FREE 1715.304



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 Room:

- Exercise equipment includes:
- 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.



782-8840



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

ADULT FITNESS

Jazzercise

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

(M/W/F/Sa) 9am Begins 9/10 **Location** • KCC (Tu/Th) 5:30pm

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



Middle Eastern Dance

Ages • 18 & 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 • 5:30 - 6:30pm **Location** • KCC (Tu/Th) Begins 11/20* \$10/class 1732.301-302
Punch cards: 4/\$32 or 8/\$56.

**No class 11/22, 12/25, 12/27*

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.



MARTIAL ARTS CLASSES

Tae Kwon Do

Ages • 13 & up

Instructor • Chris & Rick Manglinong

Emphasizes such fundamental values as courtesy, integrity, self-discipline, and a positive self-image. The powerful techniques taught in the Tae Kwon Do are exciting and a fun way to stay fit, as well as being an excellent form of self defense.

Time • 6 - 7:30pm **Location** • KCC
(W) 9/12 - 9/26 \$18 1409.305
(W) 10/3 - 10/24 \$24 1409.306
(W) 11/7 - 11/28* \$24 1409.307
(W) 12/5 - 12/19 \$18 1409.308

**No Class 10/31, 11/21, 12/26.*

Drop-in \$10 per class

Philippine Stick Fighting Arnis

Ages • 16 & up

Instructor • Chris & Rick Manglinong

Arnis is a blending of the countless styles. Arnis is simple to learn and requires no special conditioning or raw physical strength.

Time • 7:30 - 8:30pm **Location** • KCC
(W) 9/12 - 9/26 \$18 1707.301
(W) 10/3 - 10/24 \$24 1707.302
(W) 11/7 - 11/28* \$24 1707.303
(W) 12/5 - 12/19 \$18 1707.304

**No Class 10/31, 11/21, 12/26.*

Drop-in \$10 per class

Pilates

Ages • 13 & up **Instructor** • Rose Marie Ottman

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

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



Deviana Yoga

Ages • Adults **Instructor** • Siobhan Curley

Deviana Yoga is a Tantric Hatha style yoga practice. This class focuses on the total relaxation of the body and mind through meditative flow. You will build your flexibility and muscle framework, while also leaving class feeling relaxed, rejuvenated, and connected with your sacred self. The class will consist of:

- 20 minute warm up: sun salutations and practice focusing on spinal alignment
- 1 Hour main series of Hatha style yoga: meditative flow poses
- 10 Minute cool down meditation

(M/W) 5:30 - 7pm **Location** • KCC (Th) 12:30 - 2pm \$10 1822.301-304
Punch card available: 4 classes \$35, 10 classes \$75.

Personal Training

Trainers can help meet your individual fitness needs and goals through a regular workout routine. They are also great motivators on those difficult days! A list of Certified Trainers is available at the KCC front counter.

ADULT SPORTS

"30 & Over" Adult 5 on 5 Basketball League

Registration • Begins November 1st until Full
(Register early – Only taking 6 teams)

Entry Fee • \$570 per team **Location** • KCC

Dates • Season begins 12/3 5009.311
(M) 7 - 9pm

Minimum 10 games and season ending single elimination tournament. Completed rosters are due at the first game. No Exceptions.

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

Registration • Begins February 6th until Full
(Register early – Limited space available)

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

Dates • Season begins 3/19 5009.310
Games played between 5:30 - 8:30pm

Divisions Offered

Tuesday Night and Thursday night

Minimum 7 games and season ending single elimination tournament. Completed rosters are due at the first game. No Exceptions.

Zephyr Cove Tennis Club

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

- Available for Adult and Junior Lessons
- Tennis Racket stringing

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



It's Your Turn to Play! Adult Sports

Ages • 18 & up

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

Basketball

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

Volleyball

Call 586-7271 to schedule

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



BASKETBALL REFEREES NEEDED for Youth & Adult Basketball Leagues

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

Basketball Referee Training Clinic Youth & Adult League Referees

Ages • 16 & up

Instructor • Anthony Davis, NIAA

Northern Nevada Basketball Officials Association

Clinic Training

Cost • \$20

Time • 9am - 12pm

(Sa/Su) 11/3 & 11/4

(Sa/Su) 11/17 & 11/18

Location • KCC

5007.301

Scrimmage Game Training

Time: 5 - 8 pm

(Mo/Tu) 11/26 & 11/27

Location: KCC

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

For more information call 775-586-7271.

ACTIVE ADULTS



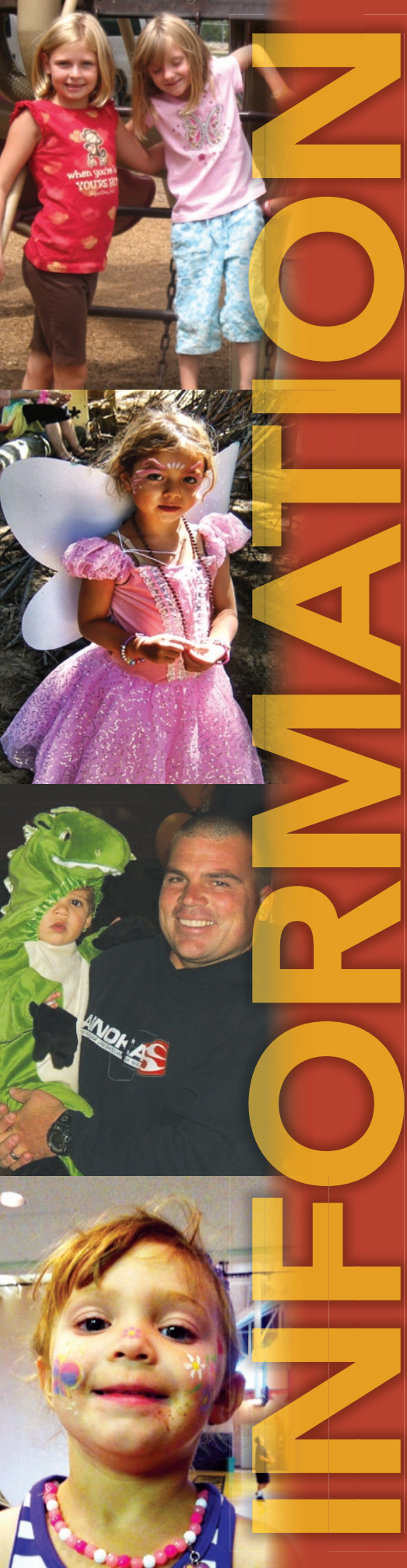
AARP Driver Safety Course

AARP's Driver Safety course (55 ALIVE) will be held from 8:30am to 1pm at Kahle Community Center. The class is a refresher course for drivers age 55 and older with emphasis upon how age-related changes affect driving. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the course may be eligible for a discount on their auto insurance. Pre-registration is required. There is a \$14 fee payable to the instructor at the class. At this time there are no trainings scheduled at Kahle Park until Spring of 2013.

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. We are unique among Nevada's senior centers, currently operated solely by volunteers. Call for operating hours. Among the many services and activities TDSC offers are:

- Twice-weekly (Tuesdays and Saturdays) member socializing activities plus afternoon BINGO sessions beginning at 1 PM. Weekly Tuesday/Friday Texas Hold'Em Poker sessions are at 9:30am SHARP, call 530-314-0048.
- Four casino/musical and other outings each year, plus various other group activities such as visits to Apple Hill and to other points of interest such as Thunderbird Lodge, etc.
- A monthly membership luncheon with speaker program at Harrah's (2nd Wednesday of each month.)
- Participation in an annual canned food drive for the needy.
- Collection of "distressed" bakery items from Round Hill Safeway for distribution to members at the center Saturday (AM).
- Distribution of USDA food commodities to those deemed eligible to receive same per USDA's family income criteria (4th Thursday of every other month).
- Monday shopping trips and transport to medical/ dental appointments for members aboard one of TDSC's two vans operated by volunteer member/drivers (members only). TDSC's annual membership fee is a nominal \$10 per person.



“Share Because You Care” Gifts

Your donations help to provide:

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

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

Become a V.I.P!

Volunteer in Parks and Recreation

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

Scholarships Available!

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

Transportation



Douglas County Dial-A-Ride Service

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

BLUEGO

Tahoe's Smooth Movin' Shuttle

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

PHOTOS

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

TO REGISTER



WALK-IN REGISTRATION

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

DROP-OFF REGISTRATION

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

MAIL-IN REGISTRATION

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

FAX OR PHONE REGISTRATION

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

Register Early! Great classes have been cancelled because of last minute registrations.

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

SATISFACTION GUARANTEE

The Douglas County Parks and Recreation Department is constantly striving to provide you with the highest quality recreation activities, events, and programs. We are confident that you will enjoy these programs, and we will back up commitment to provide high quality services. Your suggestions, comments or ideas for improvements are appreciated. They will help us do the best job possible.

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

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

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

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

POLICIES

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

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

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

Home of:



CHAPPELL RANCH LLC



Safe, Fun, Educational Horsemanship

 **Wild Willy's Horse Camp**

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

 **KinderPonyPlay**

- * Children ages 4, 5, & 6 learn beginning horsemanship and riding skills

 **KinderRanch**

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

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

 **Equine-Assisted Learning**

- * Life Coaching sessions for adults, groups, businesses, and kids with the help of the horse.

 **Chappell Morgan Horses**

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

