

DOUGLAS COUNTY

Parks & Recreation Department

ACTIVITY GUIDE

2012

Winter & Spring

Carson Valley & Lake Tahoe

www.douglascountynv.gov
www.dcprsports.com



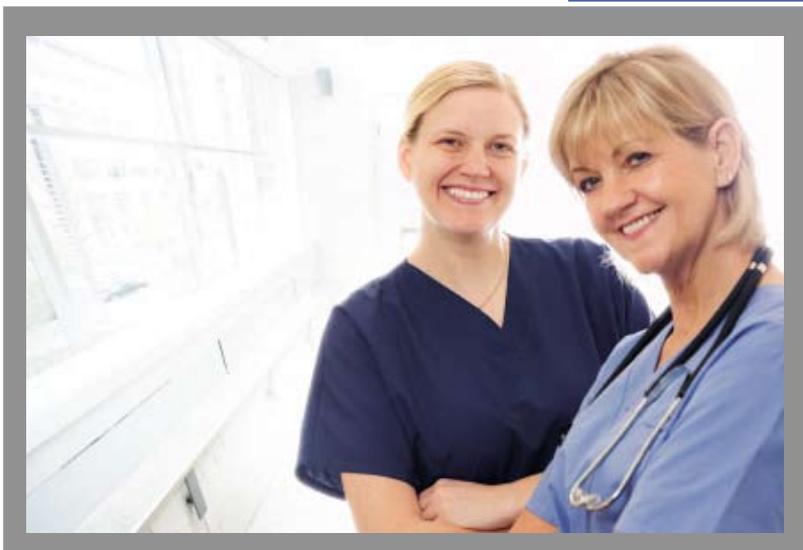
#1

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- Sleep diagnostics
- Speech therapy
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w w w . c v m c h o s p i t a l . o r g



WELCOME

Director's Note Scott Morgan

Community Services / Parks & Recreation Director

Community Center Becomes A Reality

For the second year in a row the Douglas County Board of Commissioners has made the Douglas County Community & Senior Center their number one priority. As a result of their direction the Douglas County Community Services Department has put into place a construction funding program using an existing ad valorem tax rate to pay debt service on the construction of the center, and has secured operating revenues to fund the annual operation and maintenance of the new building.

Douglas County Community Services Department has further formed an internal and external pool of experts which make up the Douglas County Community & Senior Center Design Team. This team will help move the project forward and insure its success. In the month of December the County plans to have a designer on board to assist with the plans and bid documents for a design build contract which is hoped to be awarded in the fall of 2012.

If things continue to progress as planned it is hoped that the residents of the Carson Valley will enjoy their first full service Community & Senior Center by the fall of 2015. The Community Services Department appreciates residents' patience and support in helping us get this project going and off the ground. If you have questions regarding this important construction project please feel free to contact myself Scott Morgan at 775-782-9828.



LAKE VALLEY

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Mission Statement

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

Parks & Recreation Commission Meetings

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

Staff Members

Parks & Recreation Director Scott Morgan **Recreation Division** Brian Fitzgerald • Vicki Schussel
Sheryl Christian • Traci Dill • Steve Rosenbloom • Patti Gurule • Elizabeth Baumgartner
Parks Division Craig Burnside • Peter Knight • Don Swan • Steve Fehsal • Jerry Harrison • James Howard

Special Thanks

The Parks & Recreation Department gratefully acknowledges the continuing support of the following:
County Commissioners Greg Lynn • Doug Johnson • Michael Olson • Lee Bonner • Nancy McDermid
Parks & Recreation Commission David Craig • Debra Lang • Kelly Gardner • Celeste Pierini • Elaine Flynn
Britta Swanson • Thomas Moore **Douglas County School District**

Compiled by G. Pedro Kinner **Layout & Design** Deborah Brewington, Sierra Nevada Media Group
Photos Doug Dill (cover photos)

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



Baby Tunes

Ages • 2 - 3 **Instructor • Vicki Brockhage**
 This introductory dance class will include ballet, tap 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 enables to use their imagination, creativity and most of all, have fun!

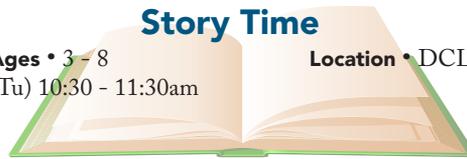
Time • (M)	5 - 5:30pm	Location • DWS
(T)	9:30 - 10am	
(M)	1/9 - 1/30	\$30 1037.101
(T)	1/10 - 1/31	\$30 1037.102
(M)	2/6 - 2/27	\$30 1037.103
(T)	2/7 - 2/28	\$30 1037.104
(M)	3/5 - 3/26	\$30 1037.105
(T)	3/6 - 3/27	\$30 1037.106

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



Mommy and Me Dance & Movement Class

Ages • 1 - 2 **Instructor • Vicki Brockhage**
 This introductory dance class will teach basic movements and skills with mommy's help. Social interaction is encouraged while little ones learn to follow direction and imitate movement. The use of props such as hula hoops, maracas, parachutes and balance beams enables to use their imagination, creativity and most of all, have fun!

Time • 9:30 - 10am	Location • DWS
(Th) 1/5 - 1/26	\$30 1038.101
(Th) 2/2 - 2/23	\$30 1038.102
(Th) 3/1 - 3/22	\$30 1038.103

Mommy and Me Fitness

Ages • 2 - 4 **Instructor • West Coast Staff**
 This class is a blend of fitness exercises, stretching, gymnastics tumbling drills and exercises and just plain fun! Class designed for Mommy to help prepare her little one for an active lifestyle. Get into a simple fitness routine and become interactive with your child. One time insurance \$20. Paid at WCMA.

Time • 1:00 - 1:30pm	Location • WCMA
(T) 1/10 - 1/31	\$49 1038.104
(T) 2/7 - 2/28	\$49 1038.105
(T) 3/6 - 3/27	\$49 1038.106
(T) 4/3 - 4/24	\$49 1038.107



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 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) 2/25	\$75* Location • DWS

Pre-Pageant Meeting

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



YOUTH

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
(M) 1/23	\$22
(T) 2/21	\$22
(F) 3/23	\$22
(W) 5/2	\$22
(W) 5/16	\$22



Jump Rope for Fun & Fitness

Ages • 7 - up

Instructor • Ellen Lucas

Class will focus on learning jump rope skills as individuals, partners and groups, including double dutch. Students will learn activities and routines for fun and/or competition. Come have fun while getting a good workout in the process!

Time • 3:30 - 4:30pm

Location • (M) CCMES (T) PHES

(M) 1/9 - 3/19*	\$50	1117.101
(T) 1/10 - 3/13**	\$50	1117.102

*No class 1/16, 2/20

** No class 2/21

Introduction to the Violin

Grades • 3 - 6

Instructor • John O'Neill

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

Time • 3:30 - 4:15pm

Location • PHES

(T) 1/17, 1/24, 2/7, 2/14 \$25 1158.101

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 • CCMES/PHES

(M - F) 4/2 - 4/6* \$22/day

"Lil Ninjas" Karate and Acrobatics

Ages • 4 - 9

Instructor • West Coast staff

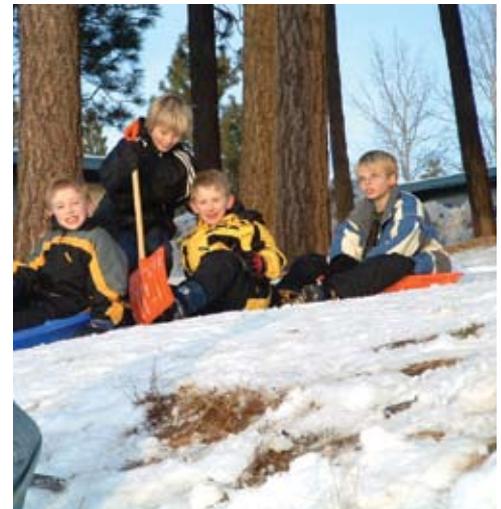
This is a fun, dynamic program combining martial arts and gymnastics. Children learn skills in a disciplined but fun environment. A one time insurance of \$30, Uniform, belt, and boxing gloves \$69 may be purchased at the class.

Time • 3:45 - 4:30pm

Location • WCMA

Tuesdays or Friday class available 1141.101-104

Introductory cost is \$49 month



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.



YOUTH/TEEN

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

Location • DCFG

(F) 2/24

**Includes a slice of pizza and a drink*

Air Tumble Trax for Flips and Trix

Ages • 6 - 17

Instructor • West Coast staff

Kids will love this awesome gymnastics tumbling class deigned using a giant Air filled Tumble Trax. Beginner thru intermediate tumbles welcome, class includes proper form, skills, flips, tricks, strength, and coordination.

Call for class times

Location • WCMA

Introductory cost is \$49 month

1191.101-104

Flips and Trix Tumbling

Ages • 6 - 17

This fast paced tumbling and acrobatics class is open to beginner to intermediate. Class is focused on proper form, floor skills, trampoline, flips, tricks, strength, coordination and fun!

A one-time insurance fee and team shirt \$49 may be purchased at the class.

Time • 4:30 - 5:30pm

Location • WCMA

Tuesdays or Thursday class available

Introductory cost is \$49 month

1192.101-104



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 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) 2/25 \$75* **Location • DWS**

Pre-Pageant Meeting

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



782-8840



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.cvs swim.com

TEEN/ADULTS



Agility Training

Ages • Adults

Instructor • Thomas B. Walker, Ph.D., CSCS

You don't have to run and/or walk in a straight line to exercise! Train your body with agility exercised and re-awaken the athleticism you once had. This class is for all levels. Class will include ladder drills, cone drills, and dynamic exercises that will improve your balance, reaction time and dexterity, as well as your cardiovascular fitness. Students over 50 years of age must furnish a note from their physician that declares them fit for physical exercise.

Time • Session A: 12 - 12:50pm

Session B: 5 - 5:50pm

Location • LP

(T/Th) 4/3 - 5/10

\$90

1740.101

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) 1/25 - 2/29 \$80 1422.101

(W) 3/7 - 4/25** \$80 1422.103

*No class 3/28, 4/4

** 4/11 class held at CVMS



Practical Self Defense

Ages • Adults

Instructor • Charles Duarte

This class will teach a practical approach to self defense for women and men and will include simple maneuvers to prevent attacks and defenses against common grabs, chokes and strikes.

Time • 6 - 7:30pm

Location • SDMA

(Sa) 2/4 - 2/18

\$50

1440.102

Historical Fencing

Ages • 13 & up

Instructor • Steven Klekar

Fencing provides a unique mix of physical, intellectual and emotional stimulation as well as staying fit and meeting new people. Class will primarily focus on the Italian rapier style of swordsmanship. Students need to bring leather gloves and wear black sweat pants, long sleeve t-shirt and athletic shoes. All equipment will be provided.

Time • 7 - 9pm

Location • JVES

(W) 1/6 - 1/27

\$20

1638.101

(W) 2/1 - 2/29

\$25

1638.102

(W) 3/7 - 3/28

\$20

1638.103

(W) 4/11 - 4/25

\$15

1638.104



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.

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!**

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



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 **Location** • RA
(Th) 1/26 \$30 1794.101
(Th) 2/23 \$30 1794.102
(Th) 3/29 \$30 1794.103



Digi Crop

Instructor • Deanna Lopes
Do your children know their family heritage? Do you have a box of old photos waiting for someday? Now is the time, if you don't preserve your life events who will? Bring 5 - 10 photos to scan and a laptop for these photo preservation and restoration workshops. For additional fees you can make hard and soft covered books, cards, invitations, calendars, scrapbooks, business products and much more.

Time • 7 - 8:30am **Location** • RA
(T) 1/3 \$15 1744.101
(T) 1/17 \$15 1744.102
(Th) 2/2 \$15 1744.103
(Th) 2/16 \$15 1744.104
(Sa) 3/3 \$15 1744.105
(Sa) 3/17 \$15 1744.106
(M) 4/2 \$15 1744.107
(M) 4/23 \$15 1744.108

Photographic Composition

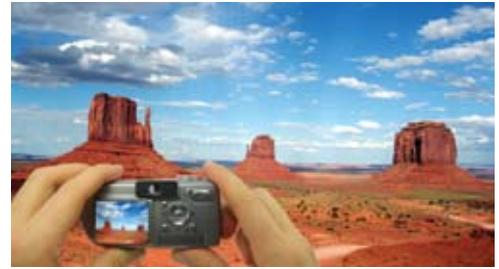
Instructor • Doug Dill
Wow your friends with beautiful photographic images. Learn how to see great photographic design and composition and become skilled using lenses to accomplish the scene you want. Class includes instruction, critiques, tips, and evaluations. Digital and/or film cameras.

Time • 7 - 9pm **Location** • RA
(T) 2/7 - 2/21 \$35 1714.104

Experimental Photography

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

Time • 7 - 9pm **Location** • RA
(M) 3/5 - 3/19 \$35 1714.105



Take Charge of your Digital Camera

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

Time • (Sa) 9am - 4pm **Location** • RA
(Th/F) 7 - 9pm
(Sa) 1/14 & (Th) 1/19 \$35 1714.106
(Sa) 3/24 & (F) 3/30 \$35 1714.107



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www.GreatBasinHomeHealth.com

Yoga

Ages • 18 & up **Instructor** • Kileen Vandervort

Relax your mind and body with this Sivanada style yoga class. Includes pranayama (breathing exercises), the 12 main asanas (poses) of the Sivananda sequence and deep relaxation. Leave class feeling energized, balanced and relaxed. Open to all levels.

Time • 9am - 10:30am

Location • RA
Class held on Tuesdays and Thursday \$40 per month



Introduction to Avalanches

Instructor • David Beck

This 12 hour certificate course will include 2 evening lectures and one field day. Lectures will include introduction to avalanche terminology, statistics and human factors, snow pack and weather factors, obvious clues, red flags, simple decision tools, travel protocols and companion recovery. Field day will include examples and hands on training including avalanche terrain and terrain traps, basic route selection, snow pack layering, conditions and weather effects, companion recovery including probing, shoveling and beacon use.

Time • (M/T) 6 - 9pm **Location** • RA/HV
(Sa) 9am - 3pm
(M/T) 1/23 & 1/24
(Sa) 1/28 \$25 1754.101



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 - 7:30pm **Location** • AE/CVMS
(T) 1/17 - 2/21 \$125 1798.101
(T) 2/28 - 4/3 \$125 1798.102

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) 1/14 \$10 1720.101
(Sa) 2/11 \$10 1720.102
(Sa) 3/10 \$10 1720.103
(Sa) 4/14 \$10 1720.104

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) 1/21 \$10 1754.301

Intermediate Conversational Spanish

Ages • 18+ **Instructor** • Yvonne Anfossi
This course is designed to assist students in continuing to attain practical conversational skills in Spanish for travel and everyday situations. Students will continue to build their language skills through the introduction of new vocabulary as well as new elementary grammatical structures used in oral communication.

Time • 7:15 - 8:15pm **Location** • RA
(T/Th) 3/13 - 5/3 \$100 1134.101

Occupational Spanish for the Medical Profession

Ages • 18+ **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.

Time • 5:30 - 7pm **Location** • RA
(W) 3/14 - 5/2 \$100 1134.102

Beginner's Tai-Chi

Instructor • Earl Musset

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.

Time • 8 - 10am **Location** • CVMS/Sh
(Sa) 1/7 - 1/28** \$5 1710.101
(Sa) 2/4 - 2/18** \$5 1710.102
(Sa) 3/3 - 3/24** \$5 1710.103
(Sa) 3/31 - 4/21* \$5 1710.104
*CVMS **Sbarkey's

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.

Time • 10am - 12pm **Location** • MP
(Sa) 4/28 Free

Beginning Ballroom Dancing

Instructors • Craig & Ann Peters

Ron & Julie McCain

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

Time • 7:30 - 8:30pm **Location** • DWS
(F) 1/6 - 1/27* \$80/couple 1735.101
\$45/single
(F) 2/3 - 3/2* \$80/couple 1735.102
\$45/single
(F) 3/9 - 3/30 \$80/couple 1735.103
\$45/single

*No class 2/24

Making Sense of Retirement

Ages • 18+ **Instructor** • Janice Rice & James Berston

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.

Location • EJ
(W) 1/18 • 4-6pm 1791.101
(W) 2/15 • 5:30 - 7:30pm 1791.102

Concealed Weapon Certification

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

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

Time • (W/F) 6 - 9:30pm **Location** • RA
(Sa) 8 - 11am
(W/F) 1/18 & 1/20
(Sa) 1/21 \$90* 1745.101
(W/F) 2/15 & 2/17
(Sa) 2/18 \$90* 1745.102
(W/F) 3/7 & 3/9
(Sa) 3/10 \$90* 1745.103
(W/F) 4/18 & 4/20
(Sa) 4/21 \$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.

ADULT SPORTS



Adult Spring 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) 3/5 - 5/24

Registration Begins 1/23

Registration • Early \$200 By February 17
\$225 After February 17

Registration Deadline • February 24

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) 4/23 - 7/26

\$700

Location • LP

(2 nights)

\$475

(1 night)

Registration Begins 3/5

Registration • Early \$700/\$475 By April 6
\$750/\$525 After April 6

Registration Deadline • 4/13



Leagues Offered

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

Managers Meeting

A mandatory managers meeting will be held on Monday April 16 at 6pm at the Recreation Annex Building. Schedules will be available at the meeting.

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) 4/16 & 4/17

\$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) 4/23 & 4/24

\$50/couple

5015.106



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

Wanted • Officials & Referees

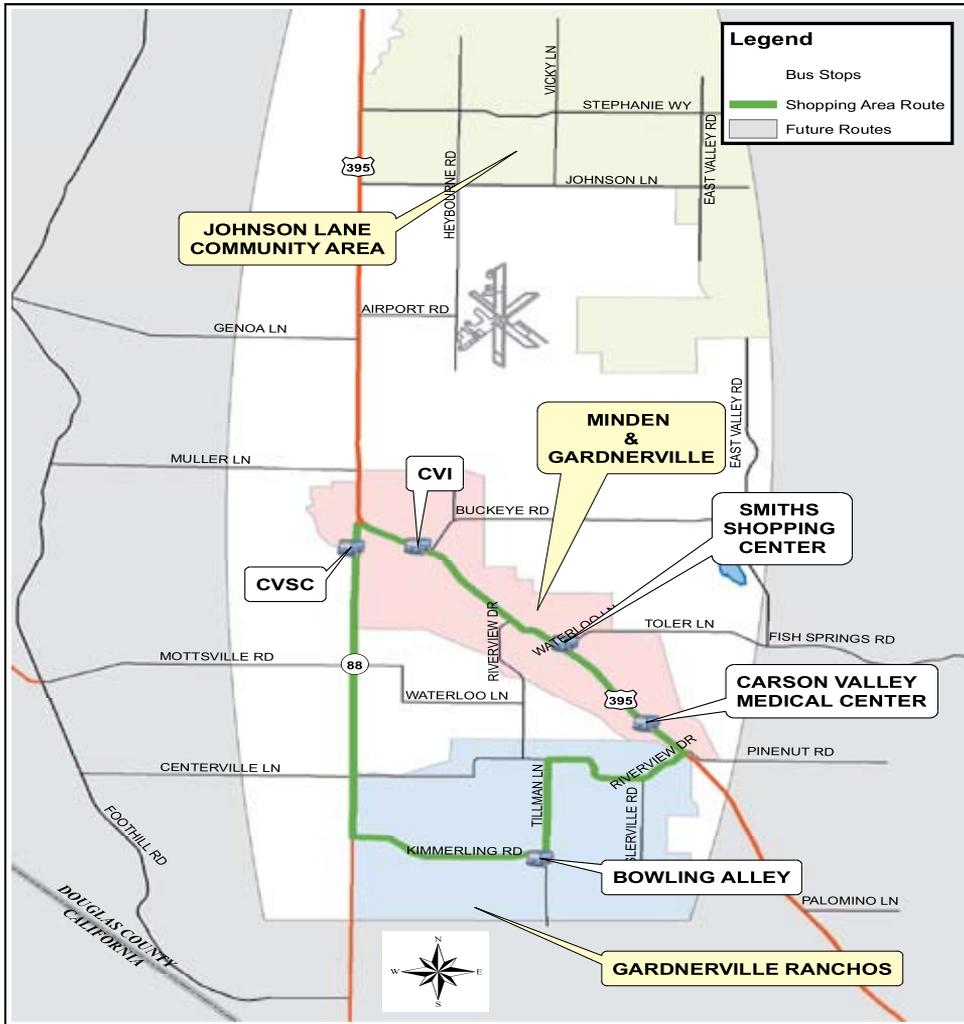
Douglas County Parks & Recreation is currently looking for qualified officials for Youth and Adult Sports. Officials must be willing to work nights and weekends and have a flexible schedule. Most games last approximately 1 hour. We will train and certify for all sports. Previous officiating is preferred. Willingness to be trained in multiple sports preferred. Please call the Douglas County Parks & Recreation at 782-9828 for more information.



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.

Dial-A-Ride Express



DART Express

DART Express is a public fixed route

The **DART Express** Route is specifically designed to transport the fast paced passenger who is seeking access to Minden , Gardnerville and the Gardnerville Ranchos. Specific transfer points have been built into the route, to be shared with Tahoe Transportation District for passengers seeking to ride North to Carson City (19X) or to South Lake Tahoe (20X).

For visitors and residents of Douglas County , the **DART Express** Route offers transportation to points of interest such as: Tillman Center (Bowling Alley), Carson Valley Medical Center , Shopping Centers (Smiths) located in Gardnerville, Herbig Park, Senior Center, Carson Valley Inn, Library and Carson Valley Swim Center.

All passengers wishing to utilize this service, please review the schedule and call dispatch at 783-6455 if you have any further questions concerning the DART Express Route .



2300 Meadow Lane
 Gardnerville, NV 89410
 775.783.6455 & 775.783.6456
 Email: dart@co.douglas.nv.us

Northbound - Dial-A-Ride Express

	TILLMAN CENTER (Bowling Alley)	CARSON VALLEY MEDICAL CENTER	HERBIG PARK	SHOPPING CENTER (SMITHS)	SENIOR CENTER	CARSON VALLEY INN	LIBRARY	CARSON VALLEY SWIM CENTER
Route # 1	7:15am	7:25am	7:30am	7:40am	7:45am	7:55am	----	8:05am
Route # 3	11:00am	11:15am	11:25am	11:30am	11:35am	11:45am	11:50am	12:00pm
Route # 5	4:00pm	4:15pm	4:20pm	4:25pm	----	4:35pm	4:40pm	4:45pm

Southbound - Dial-A-Ride Express

	CARSON VALLEY SWIM CENTER	LIBRARY	CARSON VALLEY INN	SENIOR CENTER	SHOPPING CENTER (SMITHS)	HERBIG PARK	CARSON VALLEY MEDICAL CENTER	TILLMAN CENTER (Bowling Alley)
Route # 2	8:05am	----	8:15am	8:25am	8:30am	8:35am	8:40am	9:05am
Route # 4	2:35pm	2:45pm	2:55pm	3:10pm	3:15pm	3:20pm	3:30pm	4:00pm
Route # 6	4:45pm	----	On Call	----	----	4:55pm	----	5:00pm

ACTIVE ADULTS

Douglas County Senior Services

2300 Meadow Lane, Gardnerville, 783-6455

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

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.

Congregate Dining

The Douglas County Senior Center serves lunch Monday - Friday at 12pm. 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, it is just \$3.50 for lunch.

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 each day for Seniors 60 years and older. For guests who are under 60 years of age, lunch is just \$3.50.

Meals on Wheels

All Seniors 60 years and older who do not have an able-bodied adult living with them, are physically or mentally incapacitated, and/or unable to leave the house can receive weekly or bi-monthly Meals on Wheels deliveries depending on your location. Deliveries are in town or to outlying areas including: TRE, Indian Hills, Johnson Lane and Stateline. The suggested donation is \$2 per meal or only \$14 per week.

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 services is \$3 per hour. Call 783-6455 for a list of volunteers and their phone numbers.

Douglas County Dial-A-Ride Service

To ensure that our senior citizens 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 Senior Center at (775) 783-6455.

Advance notice is appreciated.

13th Annual SENIOR HEALTH FAIR

Douglas County Senior Center will be hosting our 13th Annual Senior Health Fair on Wednesday, January 25, 2012 at the Carson Valley Inn, Minden. The event will be held in the Shannon Ballroom from 9am-1pm. 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 - 1pm
(W) 1/25

Location • CVI

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
(Sa) TBA

Location • SC



90+ & 100+ BIRTHDAY CELEBRATION PARTY

11am - 1pm

FREE Event • at the Douglas County Senior Center

On Wednesday, February 22, 2012, 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) 4/6 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 26.

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 each Monday at 9:00 am for "Creativity through Knitting, Crocheting & Needle Point." The group meets from 9am - 12pm at the Douglas County Senior Center. (On the 2nd Monday of the month, the class meets at the Aspen Mobile Home Park Clubhouse.) There is "no fee" to attend, but seats are limited, so please call and confirm your interest. To reserve your spot or for more information contact Linda Sawtelle at 783-7278.

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.

YAH Gift Shop

Young at Heart sponsors a gift shop located in the Senior Center lobby. It is open from 10am-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.

LIFE OPTIONS ACTIVITIES



Senior Resistance Exercise

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

Silver Yoga

Yoga for Seniors and those with Disabilities

Why Yoga? Because Yoga will improve mobility & muscular strength, advance flexibility and circulation, develop mental focus and sense of well being as well as deepening breathing. This ancient form of exercise benefits all ages and levels of fitness. This class meets at Carson Valley United Methodist Church, located at 1375 Centerville Lane in Gardnerville on Mondays and Thursdays at 10am. This class is offered for \$2 per class. For more information, please call instructor Jeanne at 775-790-6377.



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.

Pulse Fitness

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

Anytime Fitness 24/7 Fitness Club!

Ages • 60 and over

Anytime Fitness is Minden/Gardnerville's only fitness club open 24 hour 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, Allen or Karen at (775) 783-5130

Time • Monday - Sunday

Open 24 hours!

1352 HWY 395 Suite 101-104, Gardnerville

www.anytimegville.com

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.

SPECIAL EVENTS



Douglas County
Parks & Recreation Departments
presents
**2012 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.



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: www.carsonvalleytrails.org.

23rd 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) 2/3 \$20/couple* 1113.101

(Sa) 2/4 \$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

(Sa) 5/5 \$15/couple* 1155.101

*\$7 per additional son

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

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.

SAVE THE DATE

Cowboy Poetry & Music Festival

April 26 – 29, 2012



Eagles and Agriculture

February, 24 – 26, 2012

Eagles & Ag, celebrating its 10th year in 2012, provides a once a year opportunity to experience the influx of bald eagles and other birds of prey that come to the scenic Carson Valley during the winter calving season. This remarkable interaction between nature and agriculture attracts photographers, birders and nature-lovers of all kinds who come to closely observe bald and golden eagles, hawks, falcons, owls, and a variety of other bird and wildlife species.

The event includes:

The Friday night welcome dinner, with an always entertaining program including an appearance by a raptor (and its handler), starts the weekend off. Friday night is also a great chance to chat with Eagles & Ag supporting organizations at their event displays.

The Ranch & Eagle Tour, the centerpiece of the weekend. Attendees get access to 4 or 5 private ranch properties escorted by expert birders to have the best possible opportunity to view and photograph eagles and other wildlife.

The motor coach tour is followed by a luncheon and the incomparable wrap up and world famous mooing contest.

Other options include the Owl Prowl, Highways and Byways Raptor Tour, a two day photo workshop and a rafting/birding trip down the Carson River.

Tours & Workshops

Friday Night Welcome Dinner	\$ 35
Ranch & Eagle Tour	\$ 70
Highway & Byway Tour(s)	\$ 45
Owl Prowl	\$ 45
Rafting/Birding Trip	\$ 75

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



Dangberg Home Ranch Historic Park

The Dangberg Home Ranch Historic Park is located just west of Minden at 1450 Highway 88. The site includes eight historic structures built between 1857 and 1917, along with a collection of 39,000 artifacts, documents and photographs acquired and used by the Dangberg family. Programs include tours, exhibits and other public events. During the winter months, guided tours of the Dangberg residence are available by appointment. To make a tour reservation, contact the park at 775-783-9417. Tour admission is \$8.00 for adults, free for children 16 and younger. The park can also be reserved for weddings, reunions and other events from April through October.

Red Cross Family Caregiving Classes

**Red Cross Class Leader:
Rick Ackerson**

The American Red Cross Family Caregiving program is made up of nine modules that give participants the confidence to provide better care and gain an understanding of how to approach key concerns for their loved ones. Taking into account that more than 60 percent of family caregivers work outside of the home, each topic area is covered in one-hour presentations that offer not only an opportunity to gain some valuable information, but an environment of support and fellowship. For enrollment or more information contact Rick Ackerson at 392-2000.

Time • 2:30 3:30pm **Location • No Place Like Home Senior Care Office**

Cost • Free
1394 US Hwy 395 N, Gardnerville
www.NvNoPlaceLikeHome.com

(Th)	1/12	Assisting with Personal Care
(T)	1/24	Healthy Eating
(T)	2/7	Caring for the Caregiver
(Th)	2/23	Legal and Financial Issues
(Th)	3/8	Caring for a loved one with Alzheimer's or Dementia
(T)	3/20	Caring for a loved one with HIV/Aids
(Th)	4/5	Home Safety
(T)	4/17	General Caregiving skills
(M)	4/30	Positioning and helping your loved one move

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.



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

KAHLE COMMUNITY CENTER

Full size hardwood floor basketball court, suspended indoor track, fitness area with cardio, free weight and machines all with a view. Bouldering wall for all ages indoor playground and game room.

Passes Available

Daily, Monthly, 3 Month and Annual

Recreation Center Hours

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

May - November

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

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, special event, business or organization meeting or sporting events. All sites feature convenient locations and help from our friendly staff.

For reservation information call Kahle Community Center at 586-7271.



LAKE CLASS LOCATION CODES

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

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

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 2011-2012 school year are 9am - 12pm Monday - Friday. Children may enroll 2 to 5 scheduled days per week. Tuition is \$20 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.



Story Time

Theme based stories for children

Ages • 3-8

Library Services Coordinator, Carol Nageotte and Children's Librarian, Kathy Echavarria

Time • 9-9:45 am

Location • KCC

Alternating Thurs. and Fri. beginning 1/15

Zephyr Cove Library

(775) 588-6411

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

Book drop at Kahle, Internet, Wireless, Inter-Library loan, E-books, Audios, DVDs, CDs, Newspapers.

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) 1/3 - 1/31	\$30	1048.101
(T) 2/7 - 2/28	\$18	1048.102
(T) 3/6 - 3/27	\$24	1048.103
(T) 4/10 - 4/24	\$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.

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 Eggs-citing day!

Time • Hunt begins at 11am
Gym open until 1pm

Location • KCP

(F) 4/6 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. 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 2/11 until full

Time • Games will be between noon - 4pm
(Su) 3/25 - 5/20 5011.101

*Must be 4 years old by 4/1/2012.

No games 4/8. A parent permission form needs to be filled out at time of registration.





YOUTH/TEEN

MMA 101

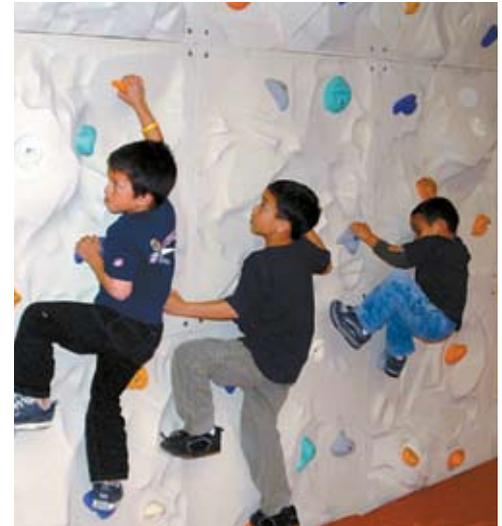
Ages • 8 - 16 **Instructor** • Leo Morales
 Three step program for mixed martial arts, first learning foot work and punching techniques. Next incorporating kickboxing (muay thai) adding the legs with proper movement. Finally we add wrestling and the art of ground fighting both offensive and defensive techniques. Youth program (no contact) after school from 4 - 5pm.
 Ongoing **Location** • KCC
 (M/Tu) 5 - 7pm Free

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.
Time • 3:30 - 5pm **Location** • KCC
 (Th) 3/3 & 3/10 \$14* 1129.103
**Additional \$10 supply fee payable to instructor at 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.
Time • 7:30am - 6pm **Location** • KCC
 (M - F) 4/2 - 4/6 \$22/day 1123.102/106



Climbing Wall at KCC

Not ready to scale El Capitan? Kahle Community Center has a bouldering wall great for beginners.

Kahle Community Center is a SAFE PLACE

In cooperation with Tahoe Youth and Family Services

Tae Kwon Do

Ages • 7 - 12 **Instructors** • Chris and 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) 1/11 - 1/25 \$12 1409.101
 (W) 2/1 - 2/29* \$16 1409.102
 (W) 3/7 - 3/28 \$16 1409.103
 (W) 4/4 - 4/25* \$12 1409.104
 (W) 5/2 - 5/30 \$20 1409.201
**No Class 2/22, 4/11. Drop-in \$8 per class*



Kid's Club Programs Grades K - 6

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.
Early Birds 7 - 8:30am **Location** • KCC
\$1 drop in per day, school bus pickup.
Kinder Kids After Kindergarten - 3pm **Location** • ZCES
\$10 per day - Program operates on a minimum/maximum enrollment. Enroll Early*
Kids Club 3 to 6pm **Location** • ZCES
*\$5 per day**
**must be enrolled on a monthly basis per published rate schedule.*

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.
Time • 6:30 - 10pm **Location** • KCC
 (F) Ongoing Drop-in \$3**

YOUTH/TEEN

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 additional fee. This event sells out each year. Tickets go on sale January 5.

Time • 7 - 9:30pm **Location** • Harvey's Convention Center
(F) 2/10 \$20/couple* 1113.103
*\$8 per additional daughter



ADULT FITNESS



Tae Kwon Do

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

Tae Kwon Do 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) 1/11 - 1/25	\$18	1409.105	
(W) 2/1 - 2/29*	\$24	1409.106	
(W) 3/7 - 3/28	\$24	1409.107	
(W) 4/4 - 4/25*	\$18	1409.108	
(W) 5/2 - 5/30	\$30	1409.205	

*No class 2/22, 4/11
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. Arnis is simple to learn and requires no special conditioning or raw physical strength.

Time	7:30 - 8:30pm	Location	KCC
(W) 1/11 - 1/25	\$18	1707.101	
(W) 2/1 - 2/29*	\$24	1707.102	
(W) 3/7 - 3/28	\$24	1707.103	
(W) 4/14 - 4/25*	\$18	1707.104	
(W) 5/2 - 5/30	\$30	1707.201	

*No class 2/22, 4/11
Drop-in \$10 per class

Do you have a hobby or special skill?

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.

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M.F.T.



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

Piloxing

Instructor • Sherry B

Sleek, powerful, Piloxing. A high energy fusion of Pilates, boxing and dance - transform yourself into a tough boxer, gracious ballerina and a hip street dancer all in one class

Time • 11:30 - 12:30pm

Location • KCC

(M) Jan – May

1824.101-104

Punch cards: 5/\$40

Xer Dance

Instructors • Carol Galbraith

Dance your way into 2012! Challenge your body and mind with this new concept in fun exercise. We start with warm-up stretches and learning various types of dance routines in ballet, soft shoe, country line, lyrical and other forms of dance.

Time • 9 -10am

Location • KCC

(T/Th) Jan - May \$10 1826.101-104

Punch cards 5/\$40 or 10/\$80 w/free punch

Fitness Yoga

Instructor • Sherry B

One hour of Iyengar-inspired fitness yoga dynamic warm ups of sun salutations followed by mind-body standing warrior, balance and/or floor sequences. Anusara heart-opening principles and beliefs are included in all sessions. Open up to fitness from the inside out as you refresh your body, mind and spirit in our classes.

Time • 12:30 - 1:30pm

Location • KCC

(M/F) Jan – May

1825.101-104

Punch cards: 5/\$40

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.



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.



Kahle Community Center Gym

Recognized in
The Best of Tahoe
Magazine 2011



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

Location • RHFSD

(Th) 2/9	\$30	1715.101
(Th) 4/26	\$30	1715.102

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) 12/15 - 1/19	\$80	1422.102
(Th) 1/26 - 3/1	\$80	1422.104
(Th) 3/8 - 4/26	\$80	1422.106

**No class 3/29, 4/5*



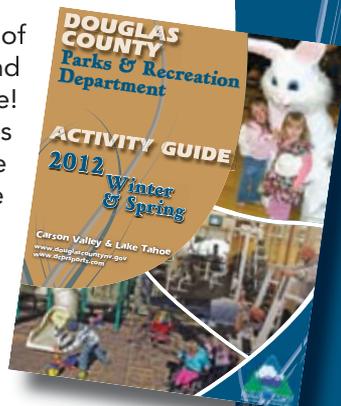
Watch for Golf Conditioning Class with Rhonda in March and Golf Classes at Edgewood in May



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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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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.

Time • 8:30am - 1pm **Location** • KCC
(Sa) 5/12 \$14 1738.201



Trail Trekkers

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

Tahoe-Douglas Senior Center (TDSC)

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

- Twice-weekly (Tuesdays and Saturdays) member **socializing activities** plus afternoon **BINGO** sessions beginning at **12 (Noon)**. Weekly **Friday (some Tuesdays) 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**, cruising Lake Tahoe aboard the **MS Dixie**, etc.
- A monthly **membership luncheon** with speaker program at Harrah's (2nd Wednesday of each month.)
- Participation in an annual **canned food drive** for the needy.
- **Collection of "distressed" bakery items** from Round Hill Safeway for distribution to members at the center Saturday (AM).
- **Distribution of 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.



Seniors gather at KCC

SPORTS YOUTH

LEARN MORE

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

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.



Kiddie Kickers Indoor Soccer Program

Ages • 4* - 5

Staff • Recreation Division & Volunteer Coaches

This introductory soccer program is for beginners. 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 2/11 until full

Time • Games will be between noon - 4pm

(Su) 3/25 - 5/20

5011.101

**Must be 4 years old by 4/1/2012. No games 4/8. A parent permission form needs to be complete at time of registration.*

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

www.zephyrcoveskiclub.com

ADULT

"Open" Adult 5 on 5 Basketball League

Registration • Returning teams 2/6 until full
Register early - limited space available)

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

Dates • Tentative starts on 3/20

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.

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

(T) 1 - 3pm

(Sa) 12 - 3pm *half court only*

Call for evening availability

Location • KCC





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

Become a V.I.P!

Volunteer in Parks and Recreation

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

Scholarships Available!

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

Feedback

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

Transportation



Douglas County Dial-A-Ride Service

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



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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



*Dangberg Home Ranch Historic Park
Page 15*

WALK-IN REGISTRATION

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

DROP-OFF REGISTRATION

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

MAIL-IN REGISTRATION

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

FAX OR PHONE REGISTRATION

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

Advance registration recommended.

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

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.

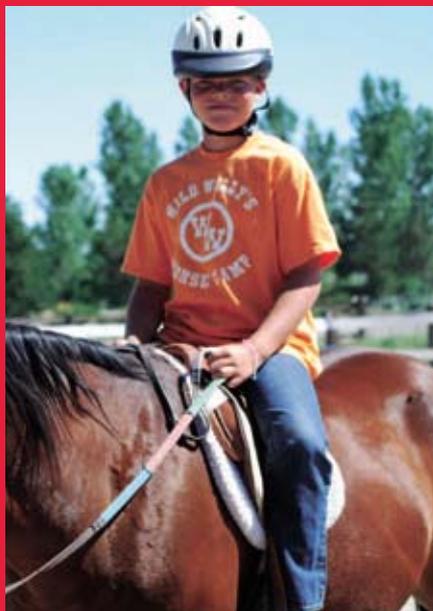
Please note that due to the nature of the activities, sports leagues, facility rentals, and Kahle Daily Walk-In fees, 30-Day Pass fees and 90-Day Pass fees are not eligible for these refund provisions.

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

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