

CARSON VALLEY & SOUTH SHORE

REGIONAL RECREATION & TRANSPORTATION GUIDE

FALL 2015

Brought to you by:

Douglas County Parks & Recreation Department

&

City of South Lake Tahoe Recreation Services





Health

It's What We Do.

- Full Service Hospital
- 24 Hour Emergency Room
- Advanced Diagnostic Imaging
- Infusion Treatment
- Lab
- Nutritional Counseling
- Physical | Occupational | Speech Therapy
- Respiratory Care
- Senior Mental Health & Wellness
- Sleep Lab
- Surgery
- Telemedicine
- Travel Health
- Wound Care
- Primary Care Offices**
- Urgent Care**




Carson Valley Medical Center
www.cvmchospital.org



WELCOME

Douglas County Parks & Recreation and The City of South Lake Tahoe have partnered together to create this "Regional Recreation and Transportation Guide". This guide seeks to connect the many wonderful facilities and programs offered within Douglas County and the City of South Lake Tahoe to better serve visitors and residents of all ages. Convenient public transportation provides additional connections for patrons to safely travel throughout the region and access recreation opportunities all year long.



WHAT'S INSIDE...

VALLEY

Douglas Community Center	5
Youth	6
Teen/Adults	7
Adults	8
Fitness	9
Youth Sports	10-11
Adult Sports	12
Valley Class Codes	12
Community	13
Special Events	14-15
Active Adults	15-16
Life Options Activities	17
Carson Valley Swim Center	18-19

LAKE

Kahle Community Center	21
Pre-Kinder/Youth	22
Youth/Teen/Adults	23
Adult Fitness/ Martial Arts	24
Youth Sports	25
Adult Sports	26
Active Adults	27
So. Lake Tahoe Rec. Services	28
SLT Fitness/Martial Arts	30
SLT Aquatic Center	31
Ice Arena/Explore Tahoe	32
Transportation	33
General Information	34





 Find us on
Facebook

"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 775-782-5500 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 775-782-5500 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.

The Foundation for Douglas County Recreation & Senior Centers

Commonly known as the Community Services Foundation

P.O. Box 838, Minden, NV 89423 • (775) 782-5500

Douglas County Parks & Recreation Department Customer Service Locations

Douglas County Community & Senior Center
1329 Waterloo Lane Gardnerville, NV 89410
Phone (775) 782-5500 • Fax (775) 782-9844

Kahle Community Center
236 Kingsbury Grade Stateline, NV 89449
Phone (775) 586-7271 • Fax (775) 586-7273

Douglas County Parks & Recreation Staff Members

Parks & Recreation Director Scott Morgan **Recreation Division** Brian Fitzgerald • Travis Lee • Sheryl Christian • Traci Dill
• Amanda Reid • Elizabeth Baumgartner • Jessica Moore • Tobias Donahue • Anthony Davis

Parks Division Craig Burnside • Peter Knight • Don Swan • Ryan Stanton • Jerry Harrison • James Howard

Senior Services and Transportation Divisions Travis Lee • Tammy McComb • Linda Skaggs • Sheri Karosich • Patti Gurule

Special Thanks

The Parks & Recreation Department gratefully acknowledges the continuing support of the following:

County Commissioners Greg Lynn • Doug Johnson • Barry Penzel • Steve Thaler • Nancy McDermid

Parks & Recreation Commission Cherise Smith • Debra Lang • Kelly Gardner • Celeste Pierini • Gary Dove

Britta Swanson • Thomas Moore **Douglas County School District**

Layout Ruth Zamarripa & Terri Thomas, Sierra Nevada Media Group

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

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 782-5500. 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 Community Center 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

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



**1329 Waterloo Lane
Gardnerville NV 89410
(775) 782-5500 ext. 1**

Passes Available

Daily • Monthly • 3 Month • Annual

Recreation Center Hours

Monday - Friday	6am - 9pm
Saturday	8am - 8pm
Sunday	10am - 3pm

- Closed Most Holidays -

Notice of Closures

The Douglas County Community & Senior Center will be re-finishing the floor during the following dates:

RE/MAX GRANDVIEW DINING ROOM

Closed: 2:00pm - Friday September 4, 2015
Open: 8:00am - Monday, September 14, 2015

COMMUNITY CENTER GYM FLOORS

Closed: 12:00pm - Saturday, September 5, 2015
Open: 6:00am - Monday, September 21, 2015

COMMUNITY CENTER FITNESS CENTER

Closed: 2:00pm - Saturday, September 5, 2015
Open: 6:00am - Monday, September 14, 2015

Director's Note

Scott Morgan

Community Services / Parks & Recreation Director

Welcome to the first Regional Recreation and Transportation Guide. Through the Community Services/Parks & Recreation Department, Douglas County has been working with regional recreation providers and transportation providers to consolidate information to a single source publication. This document represents a partnership with the City of South Lake Tahoe, Carson Valley Swimming Pool District, the Tahoe Douglas Transportation District, and the service providers in Douglas County.

We are very pleased to highlight our partnership through this brochure publication. In this document you can find information from swimming lessons to ice skating lessons and you can access public transportation from the Carson Valley to South Lake Tahoe and all the way in to Carson City. This partnership and resulting publication is an experiment and we are interested in hearing your feedback.

If you have an idea of a way to improve our information distribution or would like to critique this publication please contact us on our Douglas County Nevada Community & Senior Center Facebook page or by emailing smorgan@douglasnv.us.

Thank you for your time and participation.

- Two Regulation Basketball Courts
- Four Regulation Volleyball Courts
- Three Lane Indoor Jogging Track
- Two Racquetball Courts
- Cardio Equipment
- Free Weights & Weigh Machines
- Showers & Lockers
- Youth & Teen Game Area

**FREE Wi-Fi provided by
Frontier Communications**

Facility Rentals

Looking for a location for an upcoming wedding, anniversary, bridal or baby shower, meeting, fundraiser, holiday party, birthday party? For reservation information call the community center at 782-5500, ext. 1.

VA
L
L
E
E
Y

YOUTH

Stroller Time

Ages: Preschool

The track will be available for strollers every Monday & Wednesdays from 10 - 11am. Open to members or \$5/\$7 drop-in fee.

Winter 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: TBA

(M - F) 12/21 - 1/4*

\$23/day

*No camp on 12/24, 12/25, 1/1

Kids Club

Grades: K - 5

Kids Club is a before and after school recreational enrichment program that is held at all elementary schools. Recreational activities include arts & crafts, games, a quiet homework time and special events all based on a weekly theme. Daily snacks are provided in the afternoon. 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 afternoon program or both. The monthly fee is calculated by the number of school days in the month. Enrollment is filled on a first come, first served basis. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. Early enrollment discount is available on payments received on or before the 25th of the month prior. A current registration packet is required for all new and returning enrollees. Registration packet and payment schedule is available at the Douglas County Community and Senior Center located at 1329 Waterloo Lane in Gardnerville. For more information call 782-5500 ext 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.

Times: 7am - 6pm

Location: TBA

(F) 9/18

\$23

(M) 10/5

\$23

(F) 11/6

\$23

(M) 11/16

\$23

Parent's Day Out

Grades: K - 6

It's called Parent's Day Out, but let's be honest... it's really fun for the kids. Kids grades K-6 will have fun at the Community Center while parents run errands or just enjoy the day. Activities will be planned following a theme for each day and will include arts & crafts, games, sports, park play, movies and more. Bring a lunch, a water bottle, and a sweatshirt or jacket appropriate for outside play. An afternoon snack will be provided. A parent release form is required upon registration.

Times: 9am - 4pm

Location: DCCSC

(Sa) 9/26 Theme: "Drive In" (bring a large box for decorating) \$23

(Sa) 10/24 Theme: "Haunted Happenings" (Halloween Fun) \$23

(Sa) 11/21 Theme: "Minute to Win It" \$23

(Sa) 12/19 Theme: "Winter Wonderland" \$23

Twosday Mornings

Ages: Birth to Preschool

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 indoor play equipment, bounce house and use of indoor walking track with child in stroller, during class time.

Times: 9:30 - 11:00am

Location: DCCSC

\$5.00/child

Starts Oct. 6th

Every Tuesday

Tween Club

Grades: 6 - 8

Tween Club is an after school recreational enrichment program for middle school students that will meet at the Douglas County Community and Senior Center. Participants will catch a school bus from their school to the Center. Tween Club is offered Monday through Friday after school until 6:00pm on school days; holidays and non-student days excluded. Activities will include a quiet homework time, snack, sports, crafts, park play, relay races, community service and more. Themes will be decided by the group. Fees will be paid by the month and determined by the number of school days in that month. A registration packet is required prior to enrollment. Registration Packets and monthly payment schedules are available at the Douglas County Community and Senior Center located at 1329 Waterloo Lane in Gardnerville. For more information, please call 782-5500 ext. 1

Beginning Irish Dance

Age: 5 - 17

Instructor: Miriam Blanchette

This course will teach the basic techniques and steps of traditional Irish dance. Students will be taught two soft shoe dances, the Basic Reel and Light Jig, and will be invited to local community events such as parades. Students need to wear black shorts or skirt and soft shoes. Class t-shirts can be purchased at class for \$15. Shoes may be purchased from the instructor. Continuing students will be taught the Slip Jig and Single Jig, Two-Hand Reel, Walls of Limerick, and Hard Shoe Dances

Time: 6 - 7pm

Locations: DCCSC

(T) 9/1 - 9/29

\$55

(T) 10/6 - 10/27

\$55

(T) 11/3 - 11/24

\$55

(T) 12/1 - 12/15

\$55

*\$5 off sibling discount

Bounce House Hour

The bounce house will be open to ages up to 8 every Monday & Wednesday from 10 - 11am. Free for members or \$5/\$7 drop-in fee.

Birthday Parties

Have your child's next Birthday Party at the Community Center!

Party Rooms, Kitchen, Bounce House, Arcade and Gym available. Call 782-5500 ext. 1 for cost and more information.



TEEN/ADULTS

Teen Open Gym

Grades 6th - 12th

Teens come hang out with your friends at the community center on Saturday nights! Shoot hoops, play volleyball, ping-pong, racquetball, foosball, dodgeball, arcade games and tournaments.

Saturdays: 6 - 8pm

Cost: Free to members \$5/drop-in fee

30 hour Classroom Driving Education Training

Ages: 15 & up

Instructor: Chuck Ayers

This 30 hour Driver's Education class (NAC 389.568) satisfies the requirement for Nevada Drivers License. After completing the 30 hour class, the student will receive a certification of completion.

Times: 8:30am - 4:30pm

Location: DCCSC

(Sa) 10/10 - 11/7

\$50

*No class 10/31

Classical Fencing

Ages: 13 & up

Instructor: Steven Klekar

Fencing provides a unique mix of physical, intellectual and emotional stimulation and it's a great way to stay fit and meet people. Students will be introduced to the basic technical skills including the En Garde position, footwork skills, and blade work skills. Students will need to bring leather gloves that cover their wrist and dress in black sweat pants, long sleeve t-shirt and athletic shoes. All fencing and safety equipment will be provided

Times: 7 - 8:30pm

Location: DCCSC

(T) 9/1 - 9/29

\$32

(T) 10/6 - 10/27

\$40

(T) 11/3 - 11/24

\$32

(T) 12/1 - 12/29

\$32

Historical Spanish Fencing

Ages: 13 & up

Instructor: Steven Klekar

Would you like to learn to fence like 16th, - 18th Century Spanish swordsmen? Student will learn the basic technical skills of Spanish fencing using the rapier, including the En Garde position, footwork skills, and blade work skills. Students will need to bring leather gloves that cover their wrist and dress in black sweat pants, long sleeve t-shirt and athletic shoes. All fencing and safety equipment will be provided.

Times: 7 - 8:30pm

Location: DCCSC

(Th) 9/3 - 9/24

\$20

(Th) 10/1 - 10/29

\$25

(Th) 11/5 - 11/19

\$15

(Th) 12/3 - 12/17

\$15

Self-Defense for Woman

Ages: 14 & up

Instructor: Diane Ortenzio-Cooling

Sharpen your defensive skills and bump up your awareness level! Learn how to quickly defuse, short-circuit, or stop an aggressor and learn how to spot and prevent problems. Class includes striking, kicking, and ground defenses. Wear comfortable clothing

Times: 9:30 - 11am

Location: DCCSC

(Sa) 9/26 & 10/3

\$35

(Sa) 10/31 & 11/7

\$35

(Sa) 12/5 & 12/12

\$35

Dog Obedience

Ages: 8 and 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. www.dogmanguy.com

Time: 7 - 8pm

Location: DCFG

(W) 9/30 - 11/4

\$80

(W) 11/11 - 12/16

\$80

Isshin-Ryu Karate

Ages: 13 & up

Instructor: Charles Duarte

Isshin-ryu karate is one of the "original mixed martial arts." The curriculum includes strikes, kicks, throws, joint locks, pain submission techniques and ground fighting. Students learn the traditions and discipline of this martial art, as well as the fundamentals of self-defense. Teens are required to maintain good grades in school. Promotions are based on the student's ability to understand and demonstrate the required techniques, as well as an understanding of course materials.

Times: 7 - 8:30pm

Location: DCCSC

(M/Th) 9/3 - 9/28

\$60

(M/Th) 10/1 - 10/29

\$60

(M/Th) 11/2 - 11/30

\$60

(M/Th) 12/3 - 12/28

\$60



Filipino Arnis

Ages: 13 & up

Instructor: Diane Ortenzio-Cooling

Arnis is the martial art of the Philippines and emphasizes defenses with sticks, knives, and other improvised weapons, as well as empty hand applications. You do not need to be in great shape to start, and it is a great supplement to any other martial art in which you might train.

Times: 5:45 - 6:45pm

Location: DCCSC

(Th) 9/4 - 9/25

\$30

(Th) 10/1 - 10/29

\$30

(Th) 11/5 - 11/19

\$30

(Th) 12/3 - 12/17

\$30

\$15/Drop-in / Members of Isshin-Ryu Karate class - \$15 per month

Swordsmanship Free Play & Fencing Practice

Ages: 13 & up

Instructor: Steven Klekar

This class will allow you to continue to practice your swordsmanship and fencing skills. All students must have completed a prior DCPR fencing class or provide proof of prior fencing experience.

Times: 7 - 8:30p

Location: DCCSC

(Th) 9/3 - 9/24

\$20

(Th) 10/1 - 10/2

\$25

(Th) 11/5 - 11/19

\$15

(Th) 12/3 - 12/17

\$15

ADULTS

Principles of Nutrition

Ages: Adults

Instructor: Patrick Traynor, Ph.D.

This 4 hours class will help participants gain an understanding of how to align eating practices to desired outcomes such as decreasing body fat percentage or increasing or maintaining good health. Popular diets will be discussed as well as suggested diet to include recipes and ideas for various dishes

Time: 9 - 1pm

Location: DCCSC

(Sa) 9/25

\$45

Essential Oils 101

Ages: Adults

Instructors: Charlotte Weaver & Cathy Chapman

Essential oils can be an important part of a holistic anti-aging lifestyle. They can lift the mood, calm the senses and elicit powerful emotional responses. Class includes Living Magazine and a Wild Orange oil sample.

Cost: \$10.00/class

Location: DCCSC

(T) 9/15

6pm

(Sa) 10/3

11am

(T) 10/20

6pm

(Sa) 11/14

11am

(Th) 11/19

6pm

(Sa) 12/12

11am

Ballroom Dance

Ages: Adults

Instructor: Richard Girod

Beginning ballroom dance will include the Fox Trot, Waltz, Rhumba, Cha-Cha, Salza and Tango.

Times: 2 - 3pm

Location: DCCSC

(T/Th) 9/1 - 9/24

Cost: \$35/couple

(T/Th) 10/1 - 10/29

\$25/singles

(T/Th) 11/3 - 11/26

(T/Th) 12/1 - 12/22

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

Locations: DCCSC, DCSR

(Sa) 8 - 11am

(W/F) 9/16 & 9/18

(Sa) 9/19

\$90**

(W/F) 10/21 & 10/23

(Sa) 10/24

\$90**

(W/F) 11/18 & 11/20

(Sa) 11/21

\$90**

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

Beginner's Tai-Chi

Ages: Adults

Instructor: Earl 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, 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

Time: 8 - 10am

Location: LP/CVMS

(Sa) 9/5 - 9/26

\$5

(Sa) 10/12 - 11/7

\$5

(Sa) 11/14 - 11/28

\$5

(Sa) 12/5 - 12/19

\$5

November & December will be held at CVMS

Introduction to Ukulele

Instructor: Gary Boudreah

This beginner's class is for those who would like to learn to play the ukulele. Students will learn strumming techniques, how to finger left hand for various cords, and how to read ukulele tabs. Students will need to bring their own ukulele.

Time: 6 - 7:30pm

Location: DCCSC

(Th) 9/3 - 10/15

\$25

INSTRUCTORS WANTED

Do you have a special skill that you would like to share with others and are you interested in teaching a class or program? If so call 782-5500.

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!

FITNESS CLASSES

Fall Back to Fitness Challenge

September 1st – November 30th

Must be a member to participant. Sign-up at the front counter. Every day that you check in to work out during the challenge you will receive 1 point. One check-in per day. Points may be redeemed for some cool prizes!

Kaia Fit

Ages: 18 - up

Instructors: Kaia Fit Coaches

Kaia Fit is an all-inclusive lifestyle program composed of year-round group fitness and nutrition program designed for women by women. Kaia Fit provides a guided holistic approach to health focused on results, camaraderie and commitment. Call Kaia Fit Minden at 782-4486 or visit kaiafitminden.com

Time: 6am

Location: DCCSC

M - Sa classes (no class on Wednesdays)



Yoga

Ages: 18 - up

Instructors: Jill Hartman

Restore flow to increase strength, flexibility, and balance in this yoga class for all abilities. Basic Sun Salutations, light Vinyasa flow, poses/postures in standing, seated and lying down positions on a mat. Focus on relieving stress and tension in our bodies from our busy lifestyles. Classic relaxation music accompanies class to unplug and unwind. Bring a yoga mat.

Time: (T/Th) 12 - 1pm & 6:45 - 7:30pm

Location: DCCSC

\$40/10 punch card \$5/drop-in

Note: punch cards expire at the end of each month

Insanity Live

Ages: 18 - up

Instructor: Tessa LoPresto

This class will push you to new training heights resulting in more calories burned, faster results and more efficient metabolism. High intensity cardio class using your own body with for resistant. It's a total body conditioning program based on max interval training principle.

Time: (M) 6:45pm (W) 7:30am

\$15/4 class punch card \$5/drop-in

Note: punch cards expire at the end of each month

The New Jazzercise

Instructor: Helen Bartsch

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. With so many classes to choose from (10 per week, over 40 per month)—we will leave you breathless, toned and coming back for more. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise.

Time: Mondays - Saturdays: 9:00 - 10:00am

Location: DCCSC

Mondays - Thursdays: 5:30 - 6:30pm

Drop-in fee is \$12 per class to instructor.

You can also sign up for unlimited classes, see the instructor for details.

775-690-9998, jazzercisegardnerville@gmail.com

Personal Training

Personal training is available at the community center! Being part of a personal training program can create lifelong health habits and improve your overall well-being. Call today and we will get you in contract with one of our trainers. If you are interested in becoming a trainer call 782-5500, ext. 1

PiYo

Ages: 18 - up

Instructors: Tessa LoPresto

PiYo is a fun, functional flexibility class designed to help participants gain strength, core stability, PiYo uniquely blends the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. During a PiYo class, you will find yourself standing in a yoga pose one minute, and down on the floor in a Pilates pose the next! We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. You'll sweat, stretch and strengthen—all in one PiYo workout!

Times: Mondays, Tuesday, Thursdays

Location: DCCSC

(M) 5:30am

(T) 6am

(Th) 7am

Cost: \$15/4 class punch card \$5/drop-in

Note: punch cards expire at the end of each month

Zumba

Ages: 13 - up

Instructors: Anita Whiteley & Lyn Twitchell

Zumba Fitness is a cardio-dance workout that is set to high energy beats in a non-intimidating, non-judgmental fitness party atmosphere. No dance experience is necessary. People of all ages, size, nationalities and fitness levels are welcome and encouraged to attend classes. Come join one of the most fun and high energy workouts around. Ditch the workout, join the party!

Time: Mondays, Tuesday, Thursdays, Saturdays 9am

Wednesdays 7pm

Tuesdays & Thursdays 5:30pm

Location: DCCSC

\$40/10 class punch card \$5/drop-in

Note: punch cards expire 60 days from date of purchase.

Therapy That Makes Sense

Lileo T. Sunderland, M.F.T.

- Marriage • Family
- Individual Counseling

Licensed in Nevada and California

775-783-1136

1191 - A High School Street

P.O. Box 2275

Gardnerville, NV 89410



Lileo Sunderland
M.F.T.



*The premier printers of
Douglas County and surrounding areas.*

Call Steve or Jody for all your printing needs.

1166 Annie Court, Ste. D Minden, NV 89423	opoff@pyramid.net	p: 775.267.4553 f: 775.267.4984
--	-------------------	------------------------------------

YOUTH SPORTS

Youth Sports Organization

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

AYSO Soccer www.cvayso.org

Carson Valley Little League 782-7303

Carson Valley Fastpitch 265-6447

www.carsonvalleyfastpitch.com

Carson Valley Swim Center

Carson Valley Swim Center 782-8840

www.cvswwim.com

Douglas Pop Warner 782-8777

www.douglaspopwarner.com

Douglas Ski Club

Saturday 782-3543

Sunday 450-9077

Zephyr Cove Ski Club 901-0386

http://www.zephyrcoveskiclub.com/

Carson Valley Basketball http://cvba hoops.net

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. (Ages 16 and older) Please call the Douglas County Parks & Recreation at 775.782.5500 for more information.



MEFIYI Winter Sports Bash

Grades: 1st - 8th **Instructor:** JoJo Townsell
 Players will play games, at their grade-skill level to improve their play while being coached the basic skills and strategies of the game.

Indoor Tennis **Time:** 1 - 3pm
 Players will learn how to play singles, double and team tennis, while being coached the basic skills and strategies of tennis.

Speed Track
 8:30 - 9:45am Grades 6th - 8th
 3 - 5:14pm Grades 1st - 5th
 Players will learn how to improve their running, speed, agility and quickness associated with all sports.

Dates: Monday - Wednesday 12/28 - 12/30 **Location:** DCCSC
Clinic Fees: Each camp is \$75.00

MEFIYI Indoor Tennis

Grades: 1st - 8th
 Players will learn how to play singles, double and team tennis, while being coached the basic skills and strategies of tennis.

Grades: 1st - 5th **Time:** 4 - 5:15pm
 (M) 8/31 - 9/28 \$75
 (M) 10/5 - 10/26 \$75

Grades: 6th - 8th **Time:** 4 - 5:15pm
 (W) 9/2 - 9/30 \$75
 (W) 10/7 - 10/28 \$75

Junior Golf Academy

Age: 7 - 16 **Instructor:** Gary Louie, PGA,USGTF
 A fun three day golf clinic at Finish 3 Golf Academy at The Ranch Course at Genoa. Juniors will learn the fundamental mechanics of full swing, short game, putting, rules, etiquette and equipment.

Time: 5:30 - 7:30pm **Location:** RCG
 (T - Th) 9/8 - 9/10 \$60

Youth Volleyball Skills Clinic

Grades: 5 - 8
 This clinic is for those who wish to improve their volleyball skills. Class will concentrate on the fundamental skills of the sport including passing (finger & forearm), serving, setting, spiking, basic positioning, and movement. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play. Players interested in trying out for middle school teams and/or club teams will be taught the required skills. Student will need knee-pads, court shoes and water bottle.

Times: 6 - 9pm **Locations:** DCCSC/CVMS

Grades 7th & 8th
 (W) 9/2 & 9/9 (preview session) \$25
 (W) 9/16 - 9/30 \$45
 (W) 10/7 - 10/21 \$45
 (W) 10/28 - 12/9 \$75

Grades 5th & 6th
 (F) 9/4 & 9/11 (preview session) \$25
 (F) 9/18 - 10/2 \$45
 (F) 10/9 - 10/23 \$45
 (F) 11/7 - 12/11 \$75

No class 11/11, 11/25 & 11/27

Players who sign up for three or more sessions by August 28 will be given a class t-shirt

YOUTH SPORTS

Girls Youth Basketball League

Grades: 1 - 9th

This league is for beginner to advanced players, emphasizing skill development and fun competition. Participants will be randomly assigned to a team through a draft system. All games will be played on weeknights with at least one practice each week. Practice sites may vary with weeknight games.

Times: 5:30 - 8:30pm **Location:** DCCSC

Cost: Early Registration: 8/10 - 9/11 \$80
September 5 until full \$90

Games will start the week of Oct. 13

League Divisions offered:

- 3rd/4th grade girls
- 5th /6th grade girls
- 7th-9th grade girls

A parent permission form must be completed at time of registration

Volunteer Coaches Needed:

Coach application & background checks must be received by Friday, September 25. (Player enrollment based on number of coaches approved before draft can take place)
Draft TBA



Youth Boys Basketball Leagues

These Boys leagues are for beginner to advanced players, emphasizing skill development and fun competition. Participants will be randomly assigned to a team through a draft system. All games will be played on weeknights with at least one practice set aside each week. Practice sites may vary. Game are weeknights will be from 5:30pm to 7:30pm

Cost: Includes t-shirt, awards & officials
\$80 Early Registration: October 30
\$90 Regular Registration: until Full
(Enrollment based on number of head coaches)
Player Draft in December (TBA)

Location & Game Time:

5:30pm-6:30pm-7:30pm-8:30pm (weeknights)
All game played at Community Center
Games begin January 2016 - March

League Divisions offered:

- 3rd/4th grade boys
- 5th/6th grade boys
- 7th/8th grade boys
- (9th-12th) grade boys

A parent permission slip must be completed at time of registration.
Sign up players fast, as space is limited. (Max 10 players per team)

Volunteer Coaches Needed:

Coach Application & Background Checks must be received by Friday, November 27, 2015 (Player enrollment based on number of coaches approved before draft can take place) For information and coaching applications go to the www.dcpssports.com



NFL Punt, Pass & Kick Competition (Ages 6-15yrs Girls & Boys)

Compare your football skills with other kids your own age and gender in punting, passing & place kicking skills. **No football shoes or cleats of any form are allowed.** Only gym shoes (soft sole) are permitted. No bare feet allowed. Failure to wear gym shoes results in the disqualification of the participant.

Cost: Fun & Free!.

10 Divisions:

Based on a players age as of Dec. 31, 2015

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

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

Date: Sunday, September 27, 2015 from 10am

Location: Lampe Park, 1324 Waterloo Lane Gardnerville, NV 89410

Registration: Free! Online registration <http://www.nflppk.com/competitions/register/index/21139> By Wednesday, September 23th 10:00pm

Introduction to Junior Golf

Age: 5 - 16

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

Time: 12 - 4:15pm

Location: CVGC

(Sa) 9/12

\$20

Golf Times

Ages 5 - 6

12 - 1:15pm

Ages 7 - 8

1:30 - 2:45pm

Ages 9 - 16

3 - 4:15pm



Halloween Dodgeball Tournament

Ages: 12 & Up

Get your team together for this fun double elimination dodgeball tournament! Prizes for first, second and third place teams and prizes for the best costumes. Grades 7th - 12th must have a participant waiver release form completed by a parent. Pre-register at the Recreation Department.

Time: TBA

Location: DCCSC

(F) 10/24 - \$35 per team

6th - 8th grade (6 on 6)

9th - 12th grade (6 on 6)

Adults (6 on 6)

Masters (40 & over)

Family Sports Night

Bring your family to the community center for an evening of sports! Compete with other families in basketball, volleyball, racquetball, table tennis, pickleball and foosball.

Time: 6 - 8pm

Location: DCCSC

(F) Sept.-Dec.

Cost: Free to members

\$5/\$7 drop-in fees

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. Top 8 teams will advance to 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:** ARP

Registration: Early: \$480 11/2 - 12/18
\$530 after 12/18

Registration Deadline: January 8

Season: (Su) Starts January 24

Managers Meeting

A managers meeting will be held on Wednesday, January 13 at 6:30pm at the community center. Schedules will be available at the meeting.

Adult Winter Volleyball Leagues

Ages: 18+
Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. Returning teams are not guaranteed a space. 12 players are allowed to a roster. Each team will play a minimum of 8 regular season games and participate in the post-season single elimination tournament. Awards for tournament play only. A gift certificate and T-shirts will be awarded for 1st place in the tournament. A gift certificate will be awarded for 2nd place. Game times will start at 6:45pm with the last game at 8:45pm. Must be at least 18 years old to participate.

Time: 6:45 - 8:45pm **Location:** DCCSC

Registration: Early: \$200 10/5 - 11/6
\$250 after 11/6

Registration Deadline: November 20

Season: Starts December 7

Leagues Offered:

- (M) Women's (6 on 6)
- (T) Open (4 on 4)
- (W) Coed "C" (6 on 6)
- (Th) Coed "B" (6 on 6)



Ladies Golf Academy

Instructor: Gary Louie, PGA,USGTF

Geared for all levels, this Ladies three day golf clinic is designed for all abilities and is fun and stress free at Finish 3 Golf Academy at The Ranch Course at Genoa. Learn the fundamental or advance mechanics of full swing, short game, putting, rules, etiquette and equipment.

Times: 5:30 - 7:30pm **Location:** RCG
(T - Th) 9/15 - 9/17 \$85

Basketball & Volleyball Pick-up Games

Days & Time: Saturdays: 2 - 4pm **Location:** DCCSC
Sundays: 1 - 3pm

Open to members or \$5/\$7 drop-in fee.

Pickle Ball

Pickle ball is now available at the community center!
Open to members or \$5/\$7 drop-in fee.



Carson Valley Table Tennis Club

The CVTTC welcomes players of all ages and skill levels. Professional quality tables and training robot available. Table tennis increases concentration and alertness, stimulates brain function, develops tactical thinking skills, develop hand-eye coordination, provides aerobic exercise and social interaction.

Times:

Monday & Wednesdays: 7 - 9pm

Fridays: 6 - 9pm

Saturdays: 12:30 - 2:30pm

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

All Leagues Sign up Information
Forms * Schedules * Rules
Up-to-Date Leagues
Results Tournament 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 782-5500 for more information.

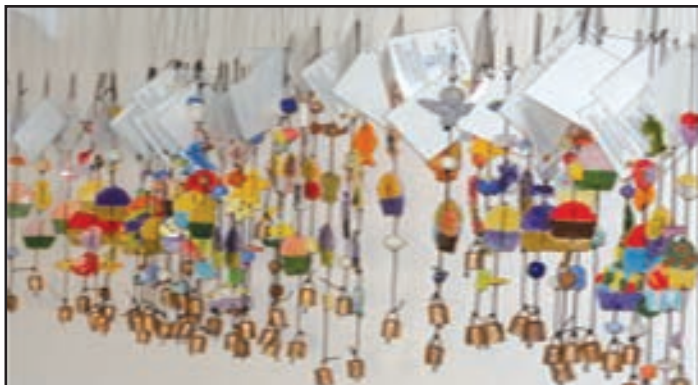
VALLEY CLASS LOCATION CODES

APP	Aspen Ranchos Park
CCMES	C.C. Meneley Elementary School
CVGC	Carson Valley Golf Course
CVMS	Carson Valley Middle School
DCCSC	DC Community & Senior Center
DCFG	Douglas County Fairgrounds
DCL	Douglas County Library
DCSR	Douglas County Shooting Range
GES	Gardnerville Elementary School
JVES	Jacks Valley Elementary School
LP	Lampe Park
MES	Minden Elementary School
PHES	Piñon Hills Elementary School
PWL	Pau-Wa-Lu
RCG	Ranch Course at Genoa
RD	Recreation Department
SES	Scarselli Elementary School
SP	Stodick Park
TBA	To Be Announced

COMMUNITY

Douglas County Adult Education

Interested in getting your High School Diploma or High School Certificate? We offer Adult Diplomas and High School Equivalency (formerly GED). Classes are offered Monday & Wednesday from 5 – 8pm at ASPIRE Academy High School/ WNC Douglas Campus, 1680 Bentley Parkway. For more information call 775-392-1475. www.douglasadulthood.weebly.com



Ring in Kindness

Join the fun, create kindness bells hung throughout Douglas County. Finders can keep it or share it with someone needing a special boost! Meets the 2nd Tuesday of each month 2:30 pm – 4:30 pm at the Partnership of Community Resources Office, 1517 Church Street, Gardnerville. Contact Lorraine Felix, Felix Pottery, 782-5434 to ask questions or plan a group activity on a different day!

Mental Health First Aid Course

Mental Health First Aid is a 8 hour class public education course training adult to respond and assist a person who has developed a mental health problem or experiencing a mental health crisis. For more information about taking a class call the Partnership of Community Resources at 782-8611.

Douglas County Community Health

Is now at the Community Center located at
1329 Waterloo Lane in Gardnerville

Hours - M-F 8:30 - 4:30

Services Offered

Vaccinations for all ages • TB testing • Family Planning
Women's health • Sexual health/STD testing

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 www.douglasvolunteers.org



Dangberg Home Ranch Historic Park

The Dangberg Home Ranch Historic Park preserves eight historic structures and a large collection of original artifacts, documents and photographs. Visitors can experience 150 years of Carson Valley history through the story of H. F. Dangberg and his descendants. The site was the central property of the Dangberg Land & Live Stock Co., once one of Carson Valley's largest ranches, and home to four generations of Dangbergs. Guided ranch house tours are available year-round. Reservations are required and can be made by calling 775-783-9417. The park can be reserved for weddings from April through October. 1450 Highway 88, www.dangberghomeranch.org.



Fall Colors on Carson Valley's Trails

Trails within the Carson Valley provide the perfect venue for hikers, runners, mountain bikers or equestrians to enjoy beautiful fall colors. The Fay-Luther/ Jobs Peak Ranch loop trail system on Foothill Road includes an educational interpretive loop. The 16-mile Genoa Trail System traverses foothills and canyons near the historic Town of Genoa. The 10.5-mile Clear Creek Trail off of Jacks Valley Road and the new 5.2-mile Pinyon Trail east of Gardnerville offer scenic views of the Carson Valley. For maps and detailed information about these trails, visit the Carson Valley Trails Association's website: www.carsonvalleytrails.org.

Main Library Story Time

Story time*: Toddler Story time, ages 18 mos. to 3 yrs, Tuesdays and Wednesdays at 10:30 a.m. in the Minden Library. Preschool Story time, Ages 3 to 5 years, Tuesdays at 11:15 a.m. in the Minden Library. *All Story time programs are seasonal; please contact the library for detailed information.

Library Hours

Monday, Tuesday, Wednesday
10:00am to 7:00pm

Thursday & Friday
10:00am to 6:00pm

Saturday
10:00am to 5:00pm

Closed on Sundays and holidays

For more information call the Library at (775)782-9841

SPECIAL EVENTS

Fall Family Costume Ball

Ages: All

Families can wear their favorite costumes and enjoy an evening of dancing and fall themed activities. This event is for the whole family and you need not be a 4-H member to attend! Admission includes dancing and fun contests with cash prizes. Contests are for all ages (youth and adults): costume contest, limbo contest and "Bring a Decorated Pumpkin" contest. Other activities available for additional purchase are: carnival games, a photo booth, a silent auction, raffle prizes and refreshments.

Time: 5:30 - 9pm **Location:** DCFG

(Sa) 10/24 \$5 per ticket
\$20/family of 5

Ages 4 and under free

All youth must be accompanied by an adult and may not attend unaccompanied. Event times are 5:30-6:30 pm carnival games and contests, 6:30 to 9:00 pm dancing, Saturday October 24, Douglas County Fairgrounds.



Lampe Park Farmers Market

Open until September 23rd

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 9am - 1pm at Lampe Park in Gardnerville. Bring a basket and fill it with fruits, baked goodies, vegetables, plants and more. For more information call the Recreation Division at 782-9828 or go to www.laketahoemarkets.com.

Time: 9am - 1pm **Location:** Community Center Parking Lot
Wednesdays 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 chaperon) 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. Tickets are only \$10 each. Because of the popularity of this event, early registration is strongly recommended.

Time: 6 - 8:30pm **Location:** DCCSC
(Sa) 2/6 \$10/ticket per person

Stocking Stuffer Idea

Father/Daughter Dance Tickets will be available beginning December 15th. The dance will be held on February 6th at the Douglas County Community & Senior Center from 6 - 8:30pm.



Family Roller Skating Night

Bring your family and friends for a night of roller skating fun! We will be opening up the basketball courts for a roller skating party. You must have your own skates and they can not be metal. DJ Music and Refreshments will be available for purchase.

Time: 6 - 9pm **Location:** DCCSC
(F) 9/4 FREE with membership or walk-in fee of \$5 or \$7

Family Movie Night

Bring the family out for a movie at the community center. Cost includes 1 slice of pizza, a drink and popcorn. Addition pizza slices may be purchase as well as other snacks. Ages 12 and under must be accompanied by an adult. Move TBA.

Time: 6 - 8:30pm **Location:** DCCSC
(F) 11/20 \$5 per person

North Pole Calling Thursday, December 3rd

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 16th at the Douglas County Parks & Recreation Department. Santa will be calling Thursday, December 3rd. If you would like to be a volunteer Santa, please call the Recreation Division at 775-782-5500.

Time: 4:30 - 6:30pm FREE
(TH) 12/3

Carson Valley Arts Council's Gingerbread House Decorating Contest

This annual contest held at the Carson Valley Museum & Cultural Center is open to individuals, families, organizations and clubs. New this year entries can be either a classical gingerbread house or made from unconventional media, Lego Blocks, crocheted, paintings, or any whimsical structure you choose. Exhibit opens December 5 and winners will be announced at the Artisan's Reception held at the museum on December 19. Applications and complete rules are available at the Community Center, 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.



Carson Valley Arts Council 2015-16 Concert Series

Tyler Matthew Smith • Friday, Oct. 9, 2015

at Douglas County Community Center,
Gardnerville

Advance tickets \$20 and \$25 at door
• Students \$5

Tyler Matthew Smith has created an inspiring blend of Folk, Soul, and World music. As a horn player turned troubadour, his songwriting comes from a unique perspective, with influences ranging from Steven Stills to Stevie Wonder, Bruce Hornsby to the Boss, and Jackson Browne to the Jackson Five. Hear their music at tylermatthewsmith.com



Martha Redbone Roots Project • Friday, Nov. 13, 2015
at CVIC Hall, Minden

Advance tickets \$24 and \$28 at door
• Students \$5

Miss Redbone's music flows equally from her own unique, award-winning blend of Native American elements with funk and her deep roots in Appalachian folk and Piedmont blues favored by the matriarchy that raised her on a rich sojourn from Clinch Mountain, Virginia to Harlan County, Kentucky and beyond to Brooklyn's Dodge City-esque mean streets www.martharedboneroots.com



To purchase individual tickets or packages: Call 775-782-8207 or online: www.cvartscouncil.com or at the CVAC office. Individual concert tickets are available during business hours at the Douglas County Community Center, 1329 Waterloo Lane, Gardnerville. Advance ticket prices are available till noon on concert date.

SEASON TICKETS

Friends \$75 General Public \$100 (\$115-137 value)

"PICK 3 PACK"

Friends \$50 General Public \$65 (\$70-84 value)

Christmas Mountain Faire

Don't miss the Second Annual 12 Days of Christmas Mountain Faire 9:00 a.m. to 4:00 p.m. Saturday, December 12, 2015, at the Douglas County Community Center. Pick up those last-minute gifts made by local artisans, sample yummy food and drink, and enjoy the holiday atmosphere!



ACTIVE ADULTS

Douglas County Senior Services

1329 Waterloo 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. Come check us out on the web by visiting the Douglas County website at www.douglascountynv.gov and selecting Senior Services from the Departments Tab.

North County Congregate Dining

Congregate Dining is provided each Wednesday, and Friday at 12pm at the James Lee Park GID located at 3394 James Lee Park, Carson City (Indian Hills). The suggested donation for lunch is \$3.00 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7.00 for lunch, with an exception for caregivers (\$5.00).

Congregate Dining

The Douglas County Senior Center serves lunch Monday - Friday at 12pm. Reservations are not required. The suggested donation for lunch is \$3.00 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7.00 for lunch, with an exception for caregivers (\$5.00).

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 \$3.00 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7.00 for lunch, with an exception for caregivers (\$5.00).

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-weekly 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 of \$3.00 per meal.

Homemaker Assistance

If you are 60 years and older, do not have an able bodied adult living with you, and are unable to do daily household chores due to physical and/or mental illnesses, you may be eligible to receive homemaker service. The service provides weekly or bi-weekly visits for basic cleaning, laundry, and grocery shopping. The suggested donation for service is \$4 an hour.

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.

ACTIVE ADULTS

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. There is a \$15 fee for AARP members and \$20.00 for non-members for the class, payable upon arriving at the class. AARP members, who bring their membership cards with them the day of the class to receive the discounted rate

Time: 8:30 a.m. to 1p.m. **Location:** SC

Dates for 2015: September 19th
November 17th



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 home 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 information, call 775-783-6455.



Carson Valley Community Bingo

Come join us for a fun and exciting afternoon of community bingo on the third and fifth Sunday of each month at the Douglas County Senior Center. Doors open at noon with early bird games starting at 1pm and regular games beginning about 1:30pm. All proceeds go to benefit the Young at Heart Citizens Club, which supports activities and programs for the senior community. Although 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 (775) 783-6455.

UP COMING EVENTS & TRIPS

(All of our Trips are Open to the Public). Contact the Senior Center (775) 783-6455 for pricing and/or further information.

Join us on our upcoming events & trips:

- 9/9 – BBQ at Morman Station (Genoa)
- 9/10 – Tallac Museum Trip (Lake Tahoe)
- 9/12 – V & T Melodrama Trip
- 9/18 – Lee Brice Concert
- 9/23 – BBQ at Sand Harbor
- 9/25 – Senior Dance
- 10/9 – Apple Hill Trip
- 10/10 – Annie Trip (Pioneer)
- 10/15 – Meadowood Mall Trip
- 10/16 – Senior Dance
- 10/19 – Senior Health Fair @ Tahoe Douglas Center
- 10/24 – Saltoriya Trip (El Dorado)
- 11/9 – USO Celebration
- 11/14 – River Dance Trip (Pioneer Theatre)
- 11/21 – Mary Poppins Trip (Carson City Theatre)
- 11/30 – Meadowood Mall Trip
- 12/11 – Senior Dance
- 12/12 – Ebenezer Musical Trip (El Dorado)
- 12/17 – Meadowood Mall Trip
- 12/4 – Polar Express Train Trip

Senior Center Volunteers

Many of the programs offered through the Douglas County Community and 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 NEW Senior & Community Centers please call (775) 783-6455.

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) 783-6456.

Tahoe-Douglas Senior Dial-A-Ride is available by calling 783-6456. Transportation from your home and back is available for medical/dental appointments, Senior Center activities, and shopping (up to 4 bags per rider). Pickup times will occur over a span of 15 minutes before, to 10 minutes after your reservation. Please notify DART as soon as possible if your reservation has to be cancelled.

3 day's advance notice is appreciated.

LIFE OPTIONS ACTIVITIES

Senior Walking Group & Open Court

Join us every Monday, Wednesday and Friday from 1:00pm-2:00pm and Tuesday and Thursday from 11:00-12:00pm for our walking group and "open court" All seniors are welcome to join either group during these times to walk our indoor walking track, play basketball, volleyball or pickle ball.

Ceramics

The Senior Center has a Ceramics room that is open to all seniors Tuesdays and Fridays from 9:00 a.m. to 3:00 p.m. Stop by to see Esther and Carolyn or call the center for more information

Senior Resistance Exercise

Join us each Monday, Wednesday and Friday from 10:30 - 11:30am 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 offered FREE of charge.

Sight Impaired Support Group

Meets every 1st Thursday of the month at 10:00am in the Douglas County Senior & Community Center in the Carson Valley Medical Resource Conference 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.

Dementia & Alzheimer's Support Group

This group meets every 3rd Wednesday from 9:30-10:30am at the Douglas County Senior Center in the conference room. Contact the Senior Center to find out when the next meeting is scheduled (775) 783-6455. The group will focus on helping caregivers of loved ones stricken with dementia address various issues associated with the progression of dementia and Alzheimer's and its affects.

"Coping with Change" a Senior Support Group

This group meets on the 2nd & 4th Wednesdays of each month from 9:30-10:30 am at the Douglas County Senior Center Conference Room. This group will focus on the process individuals go through as we adjust to the loss of anything important in our life. This group is geared toward helping you through the process of acceptance, regaining balance and eventually moving on with life.

Parkinson's Disease Support Group

The focus of this group is to talk, share experiences and learn how to live with this chronic condition and how to slow down its progression through exercise. We will discuss exercises that will help with rigidity and balance. This group will meet on the 3rd Wednesday of each month at 1:45pm. In the Carson Valley Medical Center Room. For more information, contact Imelda at (209) 918-3692

Green Thumb Garden Club

Meets at 10am on the 4th Monday of the month from March - November at the Douglas County Community and Senior Center. They discuss different topics each month regarding taking care of your gardens and yards, plus have guest speakers and scheduled bus trips.



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 per year with access to over 2,500 clubs across ALL 50 states, so we are a great option if you travel! Our facility offers treadmills, cross trainers, recumbent bikes and strength circuit machines. 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 us at (775)-783-5130.

Highway 395, Suite 101-105, Gardnerville, NV 89410
www.anytimeville.com

Pulse Fitness

Ages • 60 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 \$24 per month. 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 \$24, 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. A one year commitment is required.

Mon - Fri 4:30am - 10pm • Sat & Sun 7am - 7pm
885 Mahogany Drive, Minden, NV 89423
www.PulseFitnessNV.com

CARSON VALLEY SWIM CENTER



Located at 1600 Highway 88
 Next to Carson Valley High School near the roundabout.
 (775) 782-8841 / 8840

Open Daily
www.CVswim.com

Everyone must pay who enters the pool area. Fees are for a single admission only. A return entry after leaving in the same day requires another entry fee. There is no fee to use the mezzanine viewing area. Proper swim attire is required. Disabled attendants are free.

PRICING AND PASSES

PROGRAM	DAILY	15 SWIM		30 DAY		90 DAY		365 DAY	
		Resident	Non	Resident	Non	Resident	Non	Resident	Non
Public Swim									
Adult (18+ years)	\$3.50	\$42	\$52	\$35	\$42	\$88	\$105	\$290	\$333
Adult with Child (6 and under)		Daily fee is \$3.50. Up to two additional children (6 and under): \$1 each							
Seniors (55+ years)	\$1.75	\$21	\$25	\$17.50	\$21	\$44	\$53	\$145	\$167
Youth (7-17 years)	\$1.75	\$21	\$25	\$17.50	\$21	\$44	\$53	\$145	\$167
Disabled	\$1.75	\$21	\$25	\$17.50	\$21	\$44	\$53	\$145	\$167
Family	\$10	-	-	\$80	\$96	\$200	\$240	\$600	\$690

FAMILY FRIDAY NIGHTS 5:30 -8:30pm ONLY \$1/person –all ages!

Residents are Douglas County citizens excluding those who live in the Lake Tahoe area, starting at the top of Kingsbury Grade.

FUN FOR ALL AGES



Waterslides
 Climbing Wall
 BBQ areas
 Volleyball

Adult Lap Swim
 Lanes
 Swim Lessons
 for All Ages
 Exercise Room

Water Exercise
 Classes
 Party Rentals
 Available



Contact Us at: 775.782.8840

or for more information: www.cvswim.com

1600 Hwy 88, Minden, NV • Open 7 Days a Week



POOL SCHEDULE

Mon – Th open until 8:00pm

Adult Swim

Mon - Th 5:30am - 7:30pm
 Fri 5:30am - 8:30pm
 Sat, Sun 7:30am - 6:00pm

Public Swim

Mon - Th 9:00am - 7:30pm
 Fri 9:00am - 8:30pm
 Sat, Sun 11:00am - 6:00pm

Therapy Pool (Adults, Seniors, Disabled Only)

Daily Opening - 2:00pm
 (Youth 6 and under with adult in water)
 Daily 2:00pm - Close

Toys

Daily 11:00am - Close

Water Slides

Fri 5:30pm - 8:30pm
 Sat, Sun 11:00am - 6:00pm

Climbing Wall (Alternates with high diving board each half hour)

Fri 5:30pm - 8:30pm
 Sat, Sun 11:00am - 6:00pm (Other days and times available depending on program – please call ahead)

Exercise Room

Mon - Th 5:30am - 8:00pm
 Fri 5:30am - 8:30pm
 Sat, Sun 7:30am - 6:00pm

Playtime in Water Slide Pool

Mon - Fri 12:00pm - 4:00pm &
 5:30pm - close

CLASSES

Mon – Th open until 8:00pm

Youth Session Lessons (3+ years)

Tues, Wed, Thurs Afternoons (3 week sessions-10 lessons)

Group Lessons

\$35 Residents/\$43 Non-Residents

Sign up online www.cvswim.com or call 775.782.8840 or 8841.

Youth Drop In Lessons

Tues, Thurs, Sat \$5/Lesson

Call ahead each week beginning at 9:00am on Monday.

Adult Drop In Lessons

Sat 9:00am \$5/Lesson

Parent/Tot Lessons

Tues, Thurs 11:30 - Noon \$5/Lesson

(9 months to 3 years)

Sat 10:30 - 11:00 am \$5/Lesson

Water Exercise Classes

Mon - Sun (1 hour classes)

\$4 Per Class Adults

\$3 Per Class Seniors (passes available)

Pick-up flyer at front desk or www.cvswim.com



A Great Place to Dance and Make New Friends in a Colorful, Safe Environment!

Extensive
 Preschool
 Classes
 to fit your
 busy schedule

Tap • Jazz • Ballet • Hip Hop • Ballroom • Contemporary and MORE!

All Styles, All Levels
 All Ages 2-102!

First
 Class is
 FREE!



DANCE
 Workshop

Serving the Carson Valley for 36 Years!

1967 County Rd. | Minden, NV | 775.782.8717 | danceworkshoponline.com

BROOKDALE

*Whatever we can do to help,
we'll do it with care.*

At Brookdale your loved one is a member of our family. You'll find our care is delivered with an expert knowledge gained from serving families for generations. Join our community to discover how you or your family member will feel right at home.



BROOKDALE

— SENIOR LIVING SOLUTIONS —

ALL THE PLACES LIFE CAN GO™



Brookdale Gardnerville

Assisted Living • Alzheimers & Dementia Care
1565 Virginia Ranch Rd., Gardnerville, NV 89410
(775) 782-3100

KAHLE COMMUNITY CENTER

Passes Available

Daily • Monthly • 3 Month • Annual

- 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
- Preschool
- Special Events
- Programs & Leagues for all ages



ANNUAL KAHLE COMMUNITY CENTER CLEANING

The facility will be closed
September 2-7

Classrooms closed September 2-13
Gymnasium Floor closed September 2-13

Recreation Center Hours

NOVEMBER - APRIL

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

MAY - OCTOBER

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

- 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 (775) 586-7271.

WALK-IN REGISTRATION

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

MAIL-IN REGISTRATION

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 and program title.

FAX OR PHONE REGISTRATION

Register by phone using a M/C or Visa by calling (775)-586-7271 or by fax to (775)-586-7273.

PLEASE REGISTER EARLY! Great classes have been canceled because of last minute registrations.

Located at 236 Kingsbury Grade, Stateline, NV 89449
(775) 586-7271 • Fax (775) 586-7273

LAKE CLASS LOCATION CODES

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

LAKE CLASS



PRE-KINDER/YOUTH

Roots and Wings Children's Center at Kahle Community Center

Accredited by the National Association for the
Education of Young Children (NAEYC).

Highest Five Star Quality Rating by the State of Nevada

Director: Shelly Martinez

We are delighted to offer a part-time developmental preschool program at Kahle Community Center. 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
- Program Hours: 9am - 12 pm Monday - Friday
- 2 - 5 day programs: \$23 per day
- Non-refundable Registration Fee: \$100 new students, \$60 returning students
- Waiting list and info call (775) 586-7271

Twosday Mornings

Ages: Birth to Preschool

Instructors: 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, use of indoor playground and indoor walking track with child in stroller, during class time.

Time: 9:30 - 11:00am	Location: KCC
(T) 10/6 - 10/27	\$28
(T) 11/3 - 11/24	\$28
(T) 12/1 - 12/15	\$21

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. Drop-in scholarships available through grant provided by Soroptimist International of Tahoe Sierra. Please inquire at front desk.

Tahoe Douglas Christian Preschool

OPEN ENROLLMENT

Monday-Friday • Ages 18 mos-5 yrs
18 mo. - 2 yrs. need **NOT** be potty trained

Excellent Rates • Nevada State Licensed
Loving Teachers • Safe Environment

145 Daggett Way • Kingsbury Grade
(775) 588-7450

A Ministry of Tahoe Community Church



A Tree Party

Ages: 3 to 8

Instructors: Recreation Staff

Wear your play clothes and come ready to explore nature on a short hike that ends with activities, free play time, and a tree inspired lunch at the willow hut.

Time: 9:00am - 1:00pm

Location: KCC

(Sa) 9/19*

\$28

*Pre-registration required by 9/14/15

Zephyr Cove Library

(775) 588-6411

Hours: (W)

(Th/F/Sa)

11:00am - 7:00pm

9:00am - 5:00pm

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

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 2 weeks advance notice is required.** For more information call 775-586-7271.

SPECIAL EVENTS

Halloween Carnival Celebration

Sponsored by Kiwanis of Lake Tahoe Sunrisers

Celebrate the spirit of make believe, a sense of community and "spook-tacular" 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.

For more information please call 775-586-7271

Time: 4:00 - 6:30pm

Location: KCC

(Sa) 10/31

Breakfast with Santa

Sponsored by Mott Canyon

A memorable experience for each hungry child! Come join Santa for a delicious pancake breakfast with OJ, hot chocolate and coffee included! Photos with Santa available for additional cost.

Time: 9 - 11 am

Location: KCC

(Sa) 12/5

\$2

Zephyr Cove Ski Club Sign-ups 9:00 - 11:00am

Tahoe - Douglas Senior Health Fair

Monday, October 19, 2015

9:00am - 1:00pm

Kahle Community Center

FREE!

For more information or to sponsor a table at the Health Fair, please contact Sheri at 775-783-6455

YOUTH/TEEN

Kid's Club Program 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 is there to offer crafts, games, indoor and outdoor play, snacks and homework time.

Kahle Community Center

Early Birds: 7:00 - 8:30am
\$1 drop in per day, school bus pickup.

Zephyr Cove Elementary School

Kids Club: 3:00 - 6:00pm
\$5 per day*
*Must be enrolled on a monthly basis per published rate schedule.

School Out Fun Days

Grades: K - 6	
Time: 7:30am - 6:00pm	Location: KCC
(F) 9/18	\$23
(M) 10/5	\$23
(F) 11/6	\$23
(M) 11/16	\$23

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 snack lunch and spending money each day. Watch for flyers coming home from school with more information about activities and how you can sign up for Adventure Days.

Time: 7:30am - 6:00pm	Location: KCC
(M) 12/21	\$23
(Tu) 12/22	\$23
(W) 12/23	\$23
(M) 12/28	\$23
(Tu) 12/29	\$23
(W) 12/30	\$23

Booster or car seats required for all children under 8 years of age.

Teen Scene

Friday Nights at Kahle Community Center

Grades: 6 - 12
Shoot hoops, play volleyball, climb the rock wall, and play arcade or video games. This is the night for teens to enjoy the Community Center with their friends.

Time: 6:30 - 9:00pm
(F) Drop-in \$5*
**Free to pass holders*

Tae Kwon Do

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

Time: 6:00 - 7:30pm	Location: KCC
(W) 9/16 - 9/30	\$12
(W) 10/7 - 10/28	\$16
(W) 11/4 - 11/18	\$12
(W) 12/2 - 12/16	\$12

Drop-in \$8 per class.



Climbing Wall at KCC

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

Zephyr Cove Ski Sign-Ups

Time: 9:00 - 11:00am **Location:** KCC
(Sa) 12/5

ADULTS

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 you teach your dog to obey the commands: heel, sit, stand, stay and recall. Each dog needs a choke chain, and a fabric or leather lead. Dogs must be at least 4 months old. Bring a copy of your short records the first day of class. www.dogmanguy.com

Time: 7:00 - 8:00pm	Location: KCC
(Th) 9/24 - 10/29	\$80
(Th) 11/5 - 12/17*	\$80

**No class 11/26*

CPR & First Aid

Instructors: Tahoe Douglas Firefighters
Would you know what to do if someone suddenly became injured or sick? Everyday, there is a potential for an injury, illness or sudden health emergency to occur in the places where we live, work, learn and play. While many of these situations require no more than a Band-Aid, others may be life threatening. Please pre-register to ensure class will take place. If interested in obtaining a HCPBLS, the cost is an additional \$10 and it will take place after the class.

CPR	
Time: 9:00am - 12:00pm	Location: RHFS
(Sa) 10/10	\$40
FIRST AID	
Time: 1:00 - 5:00pm	Location: RHFS
(Sa) 10/10	\$40
CPR/First Aid Combo	\$80

ADULT FITNESS

Yoga for Everybody

Instructor: Susan Glasson

This class will be taught to all levels. Asana (postures) and Pranayama (breath) will be the main focus during the class time. Some beginning philosophy will be introduced in order for students to gain a deeper understanding of the practice of yoga. Students are strongly encouraged to stay for entire class. Instructor is RYT200 certified in the Raja-Hatha Yoga style. Students need to bring a mat to class.

(Scholarship may be available in case of financial hardship)

(T) 9/15 - 11/24

Location: KCC

Times: 6:30 - 7:30pm

Cost: \$5 drop in

*No Class 9/8

Pilates

Ages: 13 & up

Instructor: Rose Marie Ottman

This is a multi-level fitness class centered on the Pilates matwork exercises – Modifications are provided to address injuries and abilities.

- Increase core strength and body awareness
- Feel more flexible and improve your range of motion
- Strengthen targeted muscles groups and improve athletic performance
- Enhance spinal mobility and reduce back pain stiffness
- Practice balance and coordination related skills.
- Foam rollers used on the first Tuesday & Saturday of the month

Times: 10:15 - 11:30am

Location: KCC

(T, Sa) Ongoing

Cost: \$11/class

Punch cards: 4/\$35, 8/\$62 - Cards expires 4 weeks from date of purchase.

*No class 9/5, 9/8, 9/12

Zumba

Ages: 13 & up

Instructor: Nancy Taylor

Are you ready to dance yourself into shape with the nation's hottest fitness workout? Zumba® class is a fun, joyful dance fitness program that incorporates rhythms and dance moves from Latin music, belly dancing, hip hop and more. Zumba® will reduce stress, burn calories, and tone your body. It doesn't matter if you think you can't dance, if you are comfortable with your body, all are welcome and guaranteed a great workout! So join the party!

Location: KCC

Date & Times: (M)

10:15 am & 6:00pm

(T, Th)

9:00 - 10:00am

Cost: \$7/class

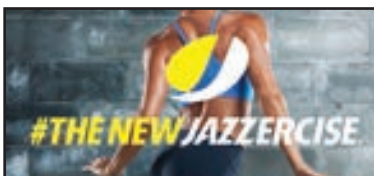
Punch card: Monthly \$50 - Cards expire at end of each month.

*No class 9/2-9/4, 9/7-9/11, 11/26

Jazzercise

Instructors: Sherry Baiocchi, Shannon Shearer

The NEW Jazzercise is a calorie burning, pulse-pounding, fun fitness program that will put your muscles to the test. We have hot playlists that will keep you rockin. Our format such as Fusion, Core, Dance Mixx and Strength will incinerate up to 600 calories per hour. Start working it with THE NEW JAZZERCISE!



Times: (M,W,F,Sa) 9:00am

Location: KCC

(T, Th) 5:30pm

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

*No class 9/2 - 9/5, 9/7 - 9/12, 11/26, 11/27, 12/24, 12/25, 12/31, 1/1



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 trained professionals. Personal trainers are available to design and supervise your exercise program. Prices vary. Information is available at KCC front counter. Stop by and meet Darla, Dave, Andy and Rod.

Community Yoga

Ages: 18 & up

Instructor: Stacy Kruger

This class is for all levels. All classes incorporate the fundamental Vinyasa Breathing and moving techniques. Each class is 45 minutes long beginning with a relaxing peaceful breathing exercise, followed by a dynamic flow of Vinyasa style poses and yoga postures. Instructor is RYT-200 Yoga Certified. Each student needs to bring a mat to class

Times: 8:15 - 9:00am

Location: KCC

(Sa) 9/19 - 11/28

Cost: \$5 drop in

MARTIAL ARTS

Tae Kwon Do

Ages: 13 & up

Instructors: Rick and Chris Manglinong

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

Times: 6:00 - 7:30pm

Location: KCC

(W) 9/16 - 9/30

\$18

(W) 10/7 - 10/28

\$20

(W) 11/4 - 11/18

\$18

(W) 12/2 - 12/16

\$18

Drop-in \$10 per class



Philippine Stick Fighting Arnis

Ages: 16 & up

Instructors: Rick and Chris Manglinong

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

Times: 6:00 - 7:30pm

Location: KCC

(W) 9/16 - 9/30

\$18

(W) 10/7 - 10/28

\$20

(W) 11/4 - 11/18

\$18

(W) 12/2 - 12/16

\$18

Drop-in \$10 per class

YOUTH SPORTS

3 on 3 Girls Basketball League

Grades: 3rd - 5th **Staff:** Recreation Staff & Volunteer Coaches
Kahle Community Center would like to continue it's 3 on 3 girls 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.

Time: 5:30 - 7:30pm **Location:** KCC

Mid-November (Practice)

December-February (Games)

(T) 3rd - 5th Grade

Registration: 9/21 until full **Cost:** \$85

Includes team t-shirt, award, 1 game official and scorekeeper.

3 on 3 Girls Middle School Basketball

Grades: 6th - 8th **Staff:** Recreation Staff & Volunteer Coaches
Kahle Community Center would like to continue it's 3 on 3 Middle School 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 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.

Time: 5:00 - 8:00pm **Location:** KCC

Mid-December (Practice)

January - March (Games)

Games: Wednesdays and Possibly Mondays

Registration: 9/21 until full **Cost:** \$85

Includes team t-shirt, award, 1 game official and scorekeeper.

Youth Basketball League

Grades: 3rd - 6th **Instructors:** 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 evening at Kahle Community Center. Teams will be practicing at least one time during the week throughout the season.

Time: 5:30 - 7:30pm **Location:** KCC

Mid-November (Practice)

December-February (Games)

Registration: 9/21 until full

Includes team t-shirt, awards and 2 officials.

Leagues

(T) 3rd - 4th **Cost:** \$70

Includes team t-shirt, awards, 1 official

(Th) 5th - 6th **Cost:** \$80

Includes team t-shirt, awards and 2 officials

Middle School Basketball League

Grades: 7th - 8th **Instructors:** 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 season.

Time: 5:00 - 8:00pm **Location:** KCC

Mid-December (Practice)

January - March (Games)

Games: Wednesdays and Possibly Mondays

Registration: 9/21 until full **Cost:** \$80

Includes team t-shirt, awards and 2 officials.

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.

Basketball League Information

Each division is limited to a certain number of participants. Register early to guarantee a spot in your division. A parent permission slip and registration form 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 Youth Basketball Programs for grades 3rd to 8th, DCPR has adopted a draft system for player placement on teams. Coaches will be required to attend a paper draft. Parents will not be able to request a coach or request the children be placed together on teams.

Volunteer Coaches & Team Sponsors

Our Girls Basketball, Youth Basketball and Middle School Programs are in search of volunteer coaches. Without volunteer coaches this program is impossible. If you are unable to coach but would like to help out with these programs, the Recreation Division is looking for team sponsors. If you are interested in helping out, please contact Kahle Community Center at (775) 586-7271.

Youth Sports 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 calling the following:

AYSO Soccer www.sltaiso.org

Pop Warner Football www.southtahoepopwarner.com

Little League Baseball www.tahoelittleleague.com

Youth Ice Hockey Tahoegrizzlies.com

Zephyr Cove Ski Club www.zephyrcoveskiclub.com

ADULT SPORTS

“30 & Over” Adult 5 on 5 Basketball League

Registration: Begins November 2nd until full

(Register early – Only taking 6 teams)

Entry Fee: \$570 per team

Location: KCC

Dates: Season begins 12/7

(M) 7 – 9pm

Minimum 10 games and season ending single elimination tournament.

Completed rosters are due at first game. No exceptions.

“Open” Adult 5 on 5 Basketball League

Registration: Begins January 27th until full

(Register early – Limited space available)

Divisions: Tuesday night, Thursday night

Entry Fee: \$450 per team

Dates: Season Begins 3/15 & or 3/17

Games played: KCC between 5:30 – 8:30pm

It’s Your Turn to Play! Adult Sports

Ages: 18 & Older

So your vertical isn’t what is 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

Days & Times: (M/W/Th)12–3pm **Location:** KCC

(T) 1 – 3pm

(Sa) 12 – 3pm *half court only*

VOLLEYBALL

Call (775) 586-7271 to schedule.

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

ZEPHYR COVE TENNIS CLUB

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

- Available for Adults and Junior Lessons

- Tennis Racket Stringing

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



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 (775) 586-7271 or stop by.



ACTIVE ADULT



TAHOE-DOUGLAS SENIOR CENTER (TDSC)
 (775) 588-5140 • Located at 885 Hwy 50
 Next to fire station on the corner of US 50 and Warrior Way

TDSC serves Douglas County's senior population residing in the Tahoe Basin. Located at 885 Hwy 50, next to the fire station on the corner of Warrior Way and Hwy 50. Currently operated solely by volunteers and thereby not open every day. Call for hours.

Services and activities include:

- A monthly membership luncheon is held each second Wednesday of the month at Harrah's.
- Weekly (Tuesdays and Saturdays) **socializing** activities plus BINGO sessions beginning at 12 (noon), **Texas Hold'em** Poker (Fridays) beginning at 9:30 am SHARP, call (530) 314-0048. Some Tuesday sessions and tournaments are scheduled as well. Thursdays are game days – **Mexican Train**, etc.
- Van trips are offered to Reno/Sparks, Carson City and Minden casinos and theatrical performances, **Lake Tahoe boat cruises, Apple Hill, Thunderbird Lodge** and other destinations.
- Distribution of "distressed" bakery items donated by the Roundhill Safeway on Saturdays at the center.
- USDA food commodities are distributed to eligible recipients on the 4th Thursday every other month. Our newsletter describes the USDA family income criteria.
- Van transportation is available for members' medical/dental appointments and shopping. Reservations are required in advance, and a transportation fee is collected.
- TDSC current annual memberships fee is \$10 per person per year. The TDSC bi-monthly newsletter with activity schedule is available by mail or online through the Douglas County website at www.douglascountynv.gov.



SOUTH LAKE TAHOE SENIOR CENTER
 3050 Lake Tahoe Blvd. South Lake Tahoe
 (530) 542-6094

The **South Lake Tahoe Senior Center** is an activity center with a fun and supportive atmosphere that brings social, recreational and educational opportunities to the senior population of South Lake Tahoe. The center has a lending library, computer lab and a nutrition program Monday through Friday at 12:00 noon. The calendar of monthly senior activities and lunch menu is available at the Senior Center or on-line at www.cityofslt.us/recreation.

AARP Driver Safety Course 55 Alive

You may be eligible for a discount on your auto insurance! This class is a refresher for drivers age 55 and older with emphasis upon how age-related changes affect driving and will help seniors continue to be safe drivers.

Time: 8:30am-4:30pm
 (Tues) 9/8

Location: SLT
 Senior Center

Time: 8:30am - 1:00pm
 (Sa) 11/14

Location: KCC

\$15 - AARP members
 \$20 - non-members

**Pre-registration is required by calling
 South Lake Tahoe Senior Center (530) 542-6094
 Kahle Community Center (775) 586-7271**

**Fee payable to instructor at class*



CITY OF SOUTH LAKE TAHOE RECREATION SERVICES

One Fee for Full Facility Access ALL DAY!

Adult	\$6.00
Senior/Disabled	\$5.00
Youth	\$4.00

Multi-Use Cards

These cards are a good value for the frequent user or large groups. The multi-use card offers full facility use, such as pool, weight room, basketball and ping pong. These passes are not valid for any classes or programs. The 20-Use punch card has no expiration date and should be protected just like cash. The 90-Day and Annual Family passes do expire. Family passes are good for immediate family only; parent(s) & children. This does not include extended family or roommates. See website for current rates.



CITY OF SOUTH LAKE TAHOE
Recreation Services

South Lake Tahoe
Recreation & Swim
Pool Complex

1180 Rufus Allen Blvd.
530-542-6056

[www.cityofslt.us/
recreation](http://www.cityofslt.us/recreation)

FREE WIFI
NOW AVAILABLE

Open 6 Days A Week



ONLINE RESERVATIONS NOW AVAILABLE!

The City Recreation Department is pleased to announce a streamlined reservation process through <https://cslt.sportsignup.com/>. Log on and create a user profile, add family members and select program options from the comfort of a home computer. A public computer is available at the Recreation Complex for staff to assist walk-in participants anytime. For assistance with the online system call or email recreationinfo@cityofslt.us

WALK IN REGISTRATION

Registration accepted at Recreation Complex, 1180 Rufus Allen Blvd. during business hours. Accepted forms of payment; cash, charge or check payable to "City of South Lake Tahoe". Phone in for more information at 530-542-6056.

SATISFACTION GUARANTEE

The Recreation Services Department is dedicated to maintaining the longstanding commitment to excellence that this department is known for. We are confident that you will enjoy the programs offered. Any suggestions, comments or ideas for improvements are appreciated. This will help us to achieve our best. Survey Cards are available.

If not completely satisfied, please let us know and we will arrange for you to:

1. Repeat the class at no charge.
2. Receive an account credit that may be applied to any other program.
3. Receive all of your money back.

Satisfaction guarantee requests may be made in person or by calling us at 530-542-6056. Request must be made within 5 working days after the first class meeting. Refund checks will be processed and sent to you within 3 weeks.

Please note that due to the nature of the activities, sports leagues, facility rentals, daily walk-in fees, 90-day pass and 20-day pass fees are not eligible for these refund provisions.

POLICIES

Full credit will be given for cancellation prior to the activity if a 24 hour notice is given. 100% refund if the department cancels. Refunds take approximately three weeks to receive.



The department has the right to cancel classes if under minimum enrollment. Space is limited in most programs. All registrations are accepted on a first come, first served basis.

Participation in Parks and Recreation Department programs is at Your Own Risk.

RECREATION AND SWIM COMPLEX

1180 Rufus Allen Blvd. 530-542-6056

Operating Hours:

Monday- Thursday 6:30 a.m. - 8:00 p.m.
 Friday 6:30 a.m. - 6:30 p.m.
 Saturday 9:00 a.m. - 6:30 p.m.

The Recreation and Swim Complex is a 39,00-square-foot multiuse facility providing amenities and programs for all ages, abilities, and interest. A single-day-use fee provides access to the entire facility, which includes:

- Twenty-five-yard indoor/outdoor swimming pool
- Men's and women's locker room equipped with showers
- Weight room Gymnasium
- Outdoor playground and picnic area
- Ping-Pong tables
- Public piano
- Traversing wall
- Meeting rooms
- Commercial kitchen
- Party and meeting rooms for rent



The Recreation and Swim Complex is the focal point of the majority of recreation programs, including, youth summer camps, swimming lessons, water exercise, and more. Program details including schedules, fees and registration are available at www.cityofslt.us/recreation or by calling 530-542-6056.



MANAGER'S MESSAGE

The City of South Lake Tahoe is thrilled to partner with Douglas County to produce the first ever "Regional Recreation and Transportation Guide". Connecting the Valley, the Mountains and the Lake occurs naturally in the geographic landscape. This new guide seeks to connect the many wonderful facilities and programs offered within that landscape to better serve visitors and residents. Convenient public transportation provides additional connections for patrons to safely travel throughout the region and access the desired recreation destination all year long.

As a result of agency collaboration, programming options, and facility amenities are now available through this "one stop shop" activity guide. If you are in search of dance classes, martial arts, ice skating, swimming, basketball, youth, teen or senior programs, look no further than this guide. For detailed program information offered by the City of South Lake Tahoe please visit www.cityofslt.us/recreation or contact the Recreation Services reception desk at (530) 542-6056.

The public is invited to attend the regular meeting of the City of South Lake Tahoe Parks and Recreation Commission. The Commission business is focused on the effort to move the South Lake Tahoe Parks, Trails and Recreation Master Plan forward and build collaborative partnerships. The City has begun construction of a new 4 acre bike park as part of the first year projects recommended in the plan. To learn more about the master plan visit www.cityofslt.us/recmasterplan. Commission meetings are held on the second Thursday of the month at 9 a.m. at the City Council Chambers located at 1901 Airport Rd. South Lake Tahoe, CA.

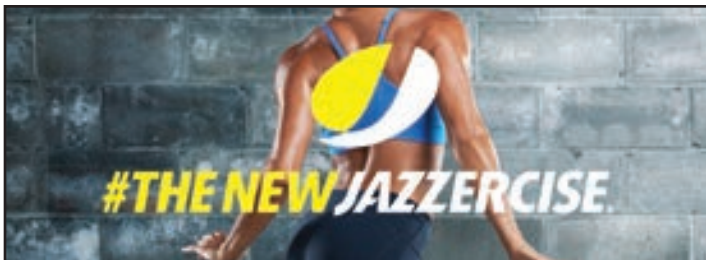
On behalf of the City of South Lake Tahoe, we thank our partners in Douglas County for joining forces to deliver quality recreation services designed to provide for health and wellbeing while creating lasting memories.

Sincerely,

Lauren Thomaselli

Lauren Thomaselli, Recreation Manager

FITNESS CLASSES



Jazzercise

Ages: All
Location: SLT Recreation Complex
 For days and times go to www.jazzercise.com

MARTIAL ARTS

Tae Kwon Do & Arnis

Location: South Lake Tahoe Senior Center
 3050 Lake Tahoe Blvd.
Instructors: Chris & Rick Manglinong
 For days and times go to christinamang@yahoo.com or call 530-721-0216



Blue Lake Aikido

Location: SLT Recreation Complex
 1180 Rufus Allen Blvd.
Instructors: Mark & Jen Dulyanai
 For Days and Times go to
www.bluelakeaikido.org
 or call 530-544-0202



Senior Fitness

Tuesdays & Fridays
 10:45 am -11:30 am
 at the Recreation
 Complex Gymnasium

Adult Water Exercise

ADULT - DROP-IN

No Swimming Ability Required
 If you want to increase your flexibility and circulation, feel more energized and meet some fun people, then this is the class for you! You can jog, do the class workout, or modify on your own. Bring your own water toys or use some of ours: noodles, kickboards, aqua belts and bells.
 Monday through Saturday
 9:00-10:00 am



10-Use Discount Pass:

Adult	\$50.00
Senior/Disabled	\$40.00
Drop-In Fee:	
Adult	\$7.00
Senior/Disabled	\$6.00

The Recreation Department and Epic Tahoe present "Tahoe's Seriously Fun Run Series" -5k race and Kids Fun Run!

SERIES ENTRY FEES

Run through the holiday series includes t-shirt for each race and series t-shirt.
 Kids -\$25 • 5k-\$40

INDIVIDUAL RACE FEES

Kids-\$10 • 5k-\$20
CONTACT INFO:
 Sean Sweeney at sean@epictahoe.com
 or City Recreation Department
 530-542-6056
 Location: TBD



TAHOE'S FREAKIN' FUN RUN

October 24 at 5pm
 Dress in your Halloween best and try not to miss a stride amongst the goblins, ghouls and zombies that may impede your path to the finish! Prizes for the Best Costume and Most Ridiculous Costume to Run In. Age group awards (5yr splits)

SOUTH TAHOE TURKEY TROT

November 21 at 10am
 Find your inner turkey and run like there's an oven warming up for you!!! Thanksgiving themed costumes are a must at this Turkey Trot! Prizes for Best Costume and Most Ridiculous Costume to Run In! Age group awards (5yr splits)

JINGLE JOG HOT CHOCOLATE RUN

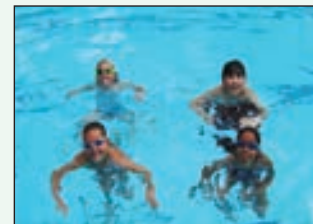
December 12 at 10am
 Calling all Santas, Elves and Reindeer- this race is for you!!! Show us your holiday spirit and jingle your way to the finish line! Prizes for Best Costume and Most Ridiculous Costume to Run In. Age group awards (5yr splits)

Recreation Complex Swimming Party

Call 530-542-6056 or drop in to schedule your party. Youth must meet minimum pool height requirement of 3'6" at the shoulder and/or be able to swim 45' to pass the swim test. Small children and non-swimmers must have parents in the water for the party. Rental includes swimming, and use of party room for two hours.

Cost: \$80.00 for 10 participants (children and adults)
 \$5.00 for each additional guest

Days: Saturdays Only
Swim Time: 1:30-4:30pm



Facility Room Rentals

Call (530)542-6091 or email facilityrental@cityofslt.us
 Rooms are available for meetings, parties and receptions; Multi-purpose gym, kitchen, meeting rooms, outdoor BBQ and volleyball court.

For a complete list of programs, special events, facilities & parks visit the website at...

www.cityofslt.us

and click on the RECREATION tab at the top.

AQUATIC CENTER — Information & Classes

Swimming Lessons

Course descriptions, purpose & entry requirements

6 MONTHS TO 3 YEARS — PARENT AND CHILD AQUATICS (PC 1, 2)

To familiarize young children (6 months to 3 years) to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-To-Swim Courses. Parent or other adult caregiver **MUST** accompany each child into the water and participate in EACH class. Swim diapers with plastic pants over the diapers are required for each child. Progression: Level 1, Level 2. Class size minimum of 3 - maximum of 10 participants.

4 YEARS AND 5 YEARS — PRESCHOOL AQUATICS (PRE 1, 2, 3)

To orient preschool-age children (4 years and 5 years) to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills. Progression: Level 1, level 2, level 3. Class size: minimum of 3 - maximum of 5 participants.

6 + AND ADULTS — LEARN-TO-SWIM LEVEL 1 (LTS-1):

INTRODUCTION TO WATER SKILLS

To begin developing positive attitudes, good swimming habits and safe practices in and around the water for children 6 years and up. **PREREQUISITES:** None. Classes arranged by age grouping and ability. Class size: minimum of 3- maximum of 6 participants

LEARN-TO-SWIM LEVEL 2 (LTS-2): FUNDAMENTAL AQUATIC SKILLS

To give participants success with fundamental skills, including learning how to float **WITHOUT** support and to recover to a vertical position. **PREREQUISITES:** Valid American Red Cross Learn-To-Swim Level 1 Certificate OR successful demonstration of all certification requirements from Level 1. Classes arranged by age grouping and ability. Class size: minimum of 3 - maximum of 6 participants

LEARN-TO-SWIM LEVEL 3 (LTS-3): STROKE DEVELOPMENT

To build on the skills in Level 2 by providing additional guided practice in deeper water. **PREREQUISITES:** Valid American Red Cross Learn-To-Swim level 2 Certificate OR successful demonstration of all certification requirements from Level 2. Classes arranged by age grouping and ability. Class size: minimum of 3 - maximum of 6 participants

LEARN-TO-SWIM LEVEL 4 (LTS-4): STROKE IMPROVEMENT

To develop participants confidence in the strokes learned in Level 3 and to improve other aquatic skills. **PREREQUISITES:** Valid American Red Cross Learn-To-Swim Level 3 Certificate OR successful demonstration of all completion requirements from Level 3. Classes arranged by age grouping and ability. Class size: minimum of 3 - maximum of 6 participants

LEARN-TO-SWIM LEVEL 5 (LTS-5): STROKE REFINEMENT

To further learn how to coordinate and refine strokes. **PREREQUISITES:** Valid American Red Cross Learn-to-Swim Level 4 Certificate OR successful demonstration of all completion requirements from Level 4. Class size: minimum of 3 - maximum of 7 participants

OPTION 1: PERSONAL WATER SAFETY (LIFEGUARDING PREPARATION)

OPTION 2: FITNESS SWIMMER (SWIM TEAM PREPARATION)

1 & 2: To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over distances.

1: To teach students how to prevent aquatic emergencies in various aquatic environments.

1: To introduce and practice self-rescue techniques.

PREREQUISITES: Valid American Red Cross Learn-To-Swim Level 5 Certificate OR successful demonstration of all certification requirements from level

5. Class size: minimum of 3 - maximum of 7 participants

Tahoe Swim Team

U.S.S. Affiliated Coach; Jerry Erickson

Year-round competitive swim program for youth 5-18 years old.

For more information, leave a message on the team's hotline at 530-541-7283 or check out www.tahoeswimclub.com



PRIVATE SWIM LESSONS

Private Swim Lessons offer quality individual instruction. Ideal for all ages, beginner through advance levels. Classes are scheduled by space availability at the front desk. Payment and advance reservation **REQUIRED**.

For more information and or reservations visit www.cityofslt.us/recreation

SOUTH LAKE TAHOE ICE ARENA



530-544-RINK (7465)

Location: 1176 Rufus Allen Blvd.

www.tahoearena.com

• Public Skating

• Skate School

* Ice Hockey

* Pickup Hockey

* Stick Time

* Freestyle

* Curling



EXPLORE TAHOE: An Urban Trailhead Visitor Center



Location: 4114 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-542-4637

Open: 7 days a week 9:00am-5:00pm

Explore Tahoe is an interagency visitor center located in the Heavenly Village. Funded through partnerships with the California Tahoe Conservancy, US Forest Service, Tahoe Regional Planning Agency and the City of South Lake Tahoe Parks and Recreation Department, the visitor center offers a state of the art experience with interpretive exhibits that guide the public on a tour of the natural and cultural history of the Tahoe Basin.

Explore Tahoe also serves as the Stateline Transit Center

Providing access to public transportation and complimentary ski shuttle services throughout South Lake Tahoe. Service to the Carson Valley and Minden/Gardnerville is also available. If you are traveling to or from the Carson Valley, Explore Tahoe is the location to make your valley connection. See Page 33 For transit routes and times. Amtrak serves as a link between Lake Tahoe and the Sacramento Valley daily.

www.bluego.org

TRANSPORTATION



Tahoe Transportation District

Tahoe Transportation District provided scheduled bus service for the South Shore of Lake Tahoe and the Carson Valley. Route 20X provides transportation to and from the Carson Valley and South Lake Tahoe. For more information call 530-541-7149 or visit the website at www.tahoetransportation.org.

VALLEY & LAKE EXPRESS FARES

Normal Fares	One Way	\$4.00
(Adults 18-59)	Day Pass	\$10.00
	*20-Ride Pass	\$60.00
	*Monthly Pass	\$120.00
Reduced Fares	One Way	\$4.00

* For more information on reduced fares please contact: info@transportation.org or call 775-589-5500.



Tahoe's Smooth Movin' Shuttle

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

Carson Valley Airporter

4 Daily Departures

Serving: Gardnerville*, Minden, Carson City & Reno

RESERVATIONS REQUIRED

For details or to book online visit www.carsonvalleyairporter.com or call 877-447-4446

* Douglas County Community Center in Gardnerville stop will begin Mid-December. Call for details.

WESTBOUND 20X - WEEKDAY EXPRESS

Herbig Park	Gilman/ US 395	Tilman Center	Foothill Park & Ride	Tamway/ Tina	The Ridge Resorts	Market Street (West)	Kingsbury Transit Center	Stateline Transit Center
5:25	5:27	5:35	5:48	6:03	*	6:10	6:12	6:30
6:20	6:22	6:30	6:43	6:58	*	7:05	7:07	7:25
7:00	7:02	7:10	7:23	7:38	**	7:45	7:47	8:05
4:08	4:10	4:20	4:33	4:48	**	4:55	4:57	5:05
5:43	5:45	5:55	6:08	6:23	**	6:30	6:32	6:40

EASTBOUND 20X - WEEKDAY EXPRESS

Stateline Transit Center	Kingsbury Transit Center	Market Street (East)	Tamway/ Tina	The Ridge Resorts	Foothill Park & Ride	Tilman Center	Herbig Park
5:15	5:18	5:25	5:32	*	5:42	5:55	6:20
8:35	8:38	8:45	8:52	*	9:02	9:15	9:40
3:40	3:43	3:50	3:57	*	4:07	4:20	4:45
4:10	4:13	4:16	4:23	4:35	4:55	5:10	5:20
5:35	5:38	5:45	5:52	*	6:02	6:15	6:40

WESTBOUND 20X - WEEKEND EXPRESS

Herbig Park	Gilman/ US 395	Tilman Center	Foothill Park & Ride	Tamway/ Tina	The Ridge Resorts	Market Street (West)	Kingsbury Transit Center	Stateline Transit Center
5:25	5:27	5:35	5:48	6:03	*	6:10	6:12	6:25
7:00	7:02	7:10	7:23	7:38	**	7:45	7:47	8:00
2:35	2:37	2:45	2:58	3:13	**	3:20	3:22	3:35
3:00	3:02	3:10	3:23	3:38	**	3:45	3:47	4:00
5:15	5:17	5:25	5:38	5:53	**	6:00	6:02	6:15

EASTBOUND 20X - WEEKEND EXPRESS

Stateline Transit Center	Kingsbury Transit Center	Market Street (East)	Tamway/ Tina	The Ridge Resorts	Foothill Park & Ride	Tilman Center	Herbig Park
6:30	6:33	6:38	6:45	*	6:57	7:10	7:30
8:00	8:03	8:08	8:15	*	8:27	8:40	9:00
3:40	3:43	3:48	3:55	*	4:07	4:20	4:40
4:10	4:13	4:18	4:25	4:33	4:55	5:08	5:20
6:30	6:33	6:38	6:45	*	6:57	7:10	7:30

*No service to this destination.
 **There is no direct service to The Ridge Resorts on Westbound 20x. Passengers traveling to The Ridge Resorts will need to disembark at Tamway/Tina and transfer to the Eastbound 23. The only guaranteed connection time with the Eastbound 23 will be at 7:40 at Tamway/Tina. Otherwise, connection times with the Eastbound 23 are not guaranteed.

Note: AM Times are shown in lightface type, PM Times are shown in boldface type.

20X Route 20X operates on the weekend schedule during the following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas.

Route 20X includes stops at Minden, Gardnerville, Kingsbury Grade, Kingsbury Transit Center and Stateline Transit Center. Go to www.tahoetransportation.org for more details.



Carson Valley Airporter

Recreation Areas, Facilities, Rental & General Information

DOUGLAS COUNTY

Douglas County Community & Senior Center

1329 Waterloo Lane, Gardnerville, NV
775-782-5500, ext 1

Carson Valley Swim Center

1600 Hwy 88, Minden, NV
775-782-8840

Kahle Community Center

236 Kingsbury Grade, Stateline, NV
775-586-7271

Tahoe-Douglas Senior Citizens Center

885 Hwy 50, Zephyr Cove, NV
775-588-5140

Zephyr Cove Tennis Club

837 Warrior Way, Zephyr Cove, NV
775-588-5533

CITY OF SOUTH LAKE TAHOE

Recreation & Swim Complex

1180 Rufus Allen Blvd.
530-542-6056 - General Information
530-542-6091 - Rentals

Pool, renovated weight room, multi-purpose gym, BBQ, outdoor playground, sand volleyball court, meeting and party room rentals.

Campground by the Lake

1150 Rufus Allen Blvd. (entrance ¼ mile off Hwy 50)
530-542-6096 - General Information & Reservations
Open April – October. Cabin, group sites, hook ups & weekly rates available. Dogs allowed on leash.

Lakeview Commons, Boat Ramp

1004 Lakeview Ave.
530-542-6056 - General Information
Concessionaire, picnic and BBQ areas, boat ramp availability depends on lake level.

Bonanza Park

1209 Bonanza Ave.
Picnic tables, playground, basketball court, and horseshoe pit

Bijou Municipal Golf Course

Located at 3464 Fairway Ave. & Johnson Blvd.
530-542-6097
Open May – October.
9-hole executive course with pro shop, practice net, putting green, snack bar and rentals.

Bijou Community Park

Located at 1201 AL Tahoe Blvd.
530-542-6091 - Gazebo Rentals
530-542-6056 - General Information
Group picnic shelters, gazebo/bandstand, playground, game court area, sand volleyball courts, horseshoe pits, 27 hole disc golf course, skateboard park (helmets and pads required) and a central concession/restroom building.

Ice Arena

1176 Rufus Allen Blvd.
530-544-7465 - General Information
NHL size ice surface with public & figure skating, hockey & classes, café, video arcade, party room rentals and pro shop. Operated by Tahoe Sports and Entertainment.

Public Beaches

3199 Sacramento Ave.
530-542-6091 - to reserve Regan Beach West
530-542-6056 - General Information

South Lake Tahoe Community Playfields

1300 AL Tahoe Blvd.
530-542-6058 - Rentals

South Lake Tahoe Senior Center

3050 Lake Tahoe Blvd.
530-542-6094 - General Information
530-542-6058 - Rentals
State-of-the-art facility with meeting rooms and programs. Get the monthly activity, program and lunch menu. Call or stop by for more information on referrals, activities and Rentals. Volunteers needed and drop-ins are welcome.

Explore Tahoe: An Urban Trailhead & Visitor Center

4114 Lake Tahoe Blvd.
530-542-4637

TRANSPORTATION

Tahoe Transportation District

www.tahoetransportation.org
530-541-7149

BlueGO

www.bluego.org
530-541-7149

Douglas County Dial-A-Ride Service

www.douglascountynv.gov/790/DART-Dial-A-Ride
775-783-6456

Carson Valley Airporter

www.carsonvalleyairporter.com
877-447-4446

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 for you or your child to be photographed.

Photos of South Lake Tahoe Event Participants

The City of South Lake Tahoe Community Services may take photos or videos of program participants. These are for department use only and may be used in our brochures, web site, print and TV ads, flyers and displays. If you do not want yourself or your child photographed, please notify our department at the Recreation & Swim Complex in writing.

Congratulations

to the

**Douglas County Parks &
Recreation Department**

and

**City of South Lake Tahoe
Community Services**

for working in cooperation on the
NEW

**Carson Valley & South Shore Regional
Recreation & Transportation Guide!**

We appreciate your dedication and
services you provide to our community.

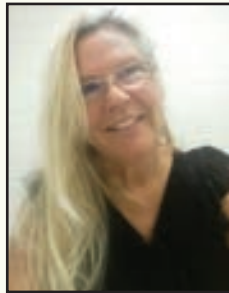
For information about advertising in your
community newspaper please contact ...



Tara Addeo

782-5121 x 22

taddeo@recordcourier.com



Michelle Caruso

782-5121 x 24

mcaruso@recordcourier.com

The Record-Courier

TAHOE DAILY
Tribune



***Love them and they will
grow up healthy, caring
and responsible.***

**Your love is the greatest power
to prevent early alcohol, marijuana,
tobacco and prescription drug abuse.**

Let's Connect For a Caring Community.



www.partnership-resource.org

facebook.com/pcrnv

(775) 782 8611

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

KinderProgram

- * Bringing ranch life into your child's life while they learn their ABC's and 1, 2, 3's for 3, 4, & 5 year olds.

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

Equine-Facilitate Life Coaching

- * 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

