

# Douglas County

## Parks & Recreation Department



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Carson Valley & Lake Tahoe **Activity Guide**  
**SUMMER 2015**



# WELCOME

## Director's Note

**Scott Morgan**

Community Services / Parks & Recreation Director

## Thanks for Your Support

On December 6, 2014 Douglas County opened the new Community & Senior Center in Gardnerville, Nevada. It was an incredible day filled with pomp and circumstance but since the opening of the facility the department has absolutely been amazed with the outpouring of support and use. As of the end of March 2015 we have exceeded all expectations with regard to the use that the building has received.

Senior Center participation is up almost 300%, exceeding our expectations by double. Use of the gymnasium and community rooms has also exceeded our expectations by almost double. The Douglas County Community Services Foundation has received over \$1.1 million in contributions to equip the facility, placing the facility almost one year ahead of schedule in its equipment planning.

Although we still have work to do and the facility has greater capacity, we are encouraged and amazed by the outpouring of support this new structure has generated. On behalf of the Douglas County Board of Commissioners and Board of Directors of the Douglas County Community Services Foundation, we would like to say thank you and encourage your continued support.

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## Mission Statement

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

## Parks & Recreation Commission Meetings

Meetings are held the first Tuesday of every month. Locations vary; call the Recreation Department at 782-5500 for meeting location.

## 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** Terri Thomas, Sierra Nevada Media Group

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



# DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



## Passes Available

Daily • Monthly • 3 Month • Annual

- 2 – Regulation Basketball Courts
- 4 – Regulation Volleyball Courts
- 3 – Lane Indoor Jogging Track
- 2 – Racquetball Courts
- Cardio Equipment
- Free Weights & Weigh Machines
- Showers & Lockers
- Youth & Teen Game Area

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

*New Hours Starting June 1*

## Recreation Center Hours

Monday - Thursday	6am - 9pm
Friday	6am - 10pm
Saturday	8am - 10pm
Sunday	11am - 4pm
- Closed Most Holidays -	

## 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.

## VALLEY CLASS LOCATION CODES

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  
 RD.....Recreation Department  
 SES ..... Scarselli Elementary School  
 SP ..... Stodick Park  
 TBA.....To Be Announced

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VALLEY

# YOUTH

## 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 based on a first come, first served basis. Enrollment for the 2015/2016 school year will begin on July 20th. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. A current registration packet is required for all new enrollees and an update form is required for returning students prior to attending Kids Club. 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.

### Mother Goose Story Time

**Ages:** Family **Instructor:** Maureen Conlin  
Rhythm and Rhyme with mother Goose and her musical story time. Visit with mother goose and enjoy ½ hour of stories, songs, rhythm and rhymes.  
**Times:** 10:30am - 11:30am **Location:** DCCSC (Th) 5/7 **Fee:** Free

### 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) 5/5 - 5/26 \$55  
(T) 6/2 - 6/23 \$55  
(T) 8/11 - 8/25 \$55  
*\*\$5 off sibling discount*

### Summer Adventure Camp

**Grades:** 1 - 6 (ages 5 - 12)  
**Age 5 must have already attended a year of Kindergarten.**  
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. Current registration packet must be completed and returned in order to pre-register at the Douglas County Community and Senior Center located at 1329 Waterloo Lane, Gardnerville, NV 89410 or call (775) 782-5500 ext 1 for more information.  
**Time:** 7am - 6pm **Locations:** TBA  
(M - F) 6/1 - 8/14\* \$23/day\*\*  
*\*No Camp Friday, 7/3*  
*\*\*Some trips cost more due to trip destination, check the Camp Calendar for trip & costs.*

### Cartooning Camp

**Ages:** 7 - 12 **Instructor:** Dana Childs  
Kids come and create funny and interesting cartoons in this fun and exciting class.  
**Times:** 3:00pm - 4:30pm **Location:** DCCSC  
(T-F) 7/14 - 7/17 \$45

# TEEN/ADULTS

### 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/DCCSC  
(W) 4/15 - 5/20 \$80  
(W) 6/17 - 7/22 \$80  
(W) 7/29 - 9/2 \$80

### Modern 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) 5/5 - 5/26 \$32  
(T) 6/2 - 6/30 \$40  
(T) 7/7 - 7/28 \$32  
(T) 8/4 - 8/25 \$32

### 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  
(M-Th) 6/8 - 6/11 \$50  
(M-Th) 7/6 - 7/9 \$50  
(M-Th) 8/3 - 8/6 \$50

### Historic Fencing

**Ages:** 13 & up **Instructor:** Steven Klekar  
Would you like to learn to fence like 16th, - 18th Century Spanish swordsman? 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  
(W) 5/6 - 5/27 \$32  
(W) 6/3 - 6/24 \$40  
(W) 7/1 - 7/29 \$32  
(W) 8/5 - 8/26 \$32

### Stroller Time

**Ages:** Preschool  
Get out of the heat this summer! The indoor track will be open for strollers every Monday & Wednesday from 10 - 11am  
Open to members or \$5/\$7 drop-in fee

### Bounce House Hour

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

### Birthday Parties

Have your child's birthday party at the community center! Rooms, kitchen, bounce house, arcade, gym available. Call 782-5500 ext. 1 for cost and more information

### 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) 5/4 - 5/28 \$60  
(M/Th) 6/1 - 6/29 \$60  
(M/Th) 7/2 - 7/30 \$60  
(M/Th) 8/3 - 8/27 \$60



# ADULTS

## 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 shoes.

**Time:** 8 - 10am

**Location:** LP

(Sa) 5/2 - 5/30

\$5

(Sa) 6/6 - 6/27

\$5

(Sa) 7/11 - 7/25

\$5

(Sa) 8/1 - 8/29

\$5

## National Scrapbook Day Celebration

**Instructor:** Jackie Gorton

Bring plenty of photos and or card making supplies to this 10 hour workshop! Includes door prizes and goodie bag plus the opportunity to try something new with several make & take projects. There will be a Cricut demonstration/lesson that you won't want to miss!. Bring a dish to share with others for a potluck style lunch or bring a sack lunch for yourself. Water and a snack are included. There is a \$5 per person material fee payable to the instructor.

**Time:** 8am - 8pm

**Location:** DCCSC

(Sa) 5/16

\$10

## All Day Scrapbooking & Stamping Workshop

**Instructor:** Jackie Gorton

This class will be for stampers & scrapbookers alike! The first hour will be spent creating a "Gate Fold" card using stamps, inks, paper. The remaining time is for you to work on your own scrapbook or card projects. Bring a dish to share with others for a potluck style lunch or bring a sack lunch for yourself! Water and a snack are included. (If min. class enrollment of 6 is not met by the Thursday before class, it will be canceled)

**Time:** 10:30am - 6:30pm

**Location:** DCCSC

(Sa) 8/15

\$10\*

\*\$5 per person materials fee payable to instructor.

## 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, ext. 1.

## 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

DCCSC

Sa) 8 - 11am

DCSR

(W/F) 5/20 & 5/22

(Sa) 5/23

\$90\*\*

(W/F) 6/17 & 6/19

(Sa) 6/20

\$90\*\*

(W/F) 7/15 & 7/17

(Sa) 7/18

\$90\*\*

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

## 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) 5/5 - 28

\$35/couple

\$25/singles

## Smarter Internet Searches

**Instructor:** Tim Gillespie - AKA FuzzyHead

In this class students will learn how to quickly find information on the internet as well as several different methods to use to find information on just about any imaginable subject.

**Time:** 1 - 3pm

**Location:** DCCSC

(Sa) 5/30

\$20

## Introduction to Ukulele

**Instructor:** Gary Boudreau

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 chords, 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

## Amazing Uses for the Camera in your IOS Device

**Instructor:** Tim Gillespie - AKA FuzzyHead

You will be astounded at how many uses there are for your camera! This class will be held over two Saturdays. The first class is an intro and all you can do with your IOS camera. The second class will be more advanced photography techniques and tools for getting the most from you IOS photos and videos for students who already know how to use the camera but wish to get into more advanced functions of what you can do with your camera and images.

**Time:** 1 - 3pm

**Location:** DCCSC

(Sa) 5/9

\$20

(Sa) 5/16

\$20

## ADULT 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!**

# YOUTH SPORTS

## Youth NFL Youth Flag Football Grades 1st-12th (Boys & Girls)

1st-2nd grade coed \$80  
 (Players will be assigned by school/area. **NO DRAFT!**)  
 3rd -4th grade coed \$80  
 5th- 6th grade coed \$80  
 7th- 8th grade coed \$80  
 9th - 12th grade coed \$80

**Registration Fee \$90 after Friday June 26, 2015**

Mom's Powder Puff \$15 per player  
 (\$200 business sponsor) max 6 teams  
 Sign up players fast, as space is limited.  
**Draft • TBA**

### Leagues Season • (Sa) Aug- Nov includes end of season tournament

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

**Register Today! Visit our web site**  
**www.dcprrsports.com or call**  
**DC Recreation Office 775-782-5500**

## Challenger British Soccer Camp (Ages 5-16yrs)

June 16-19, 2015

### Aspen Park in the Ranchos, Gardnerville, NV

Emphasis is placed on the development of the most important and commonly used skills at each age group by breaking down the skills into technical components and then applying them in practice, drills and a challenging format.

#### Time & Cost:

\$192 Half Day: (9am -12pm) ages 5-10yrs  
 \$192 Half Day: (1pm -4pm) ages 11-16yrs

Want to host a coach and receive \$80 discount.  
 Call Dannie White: 916-227-8440

**Register Today! <https://registration.challengersports.com/FindACamp> or Visit our web site**  
**www.dcprrsports.com DC Recreation Office**  
**775-782-5500**

## Girls Youth Basketball League

**Ages:** Grades 3rd - 12th  
 The youth girls' basketball league is offered for beginning to advanced players, emphasizing skill development and fun competition. Participants will be assigned to a team through a draft system (see below). Games will be held one day each week with at least one planned practice each week at a gym facility in the area.



**Location:** DCCSC

**League Play:** October - December (Mon-Fri) TBA  
**Game Time:** 5:30pm, 6:30pm, 7:30pm (subject to change)

**Cost** Includes t-shirt, awards & officials  
**Registration:** Begins August 10th 2015  
 Early - by September 25th \$80.00  
 After September 25th \$90.00

**New Fall Season!**

**Registration Deadline:** UNTIL FULL (enrollment based on number of coaches)

	Early Birds! by Sept 25th	Regular Registration after Sept 25th
3rd/4th grade	\$80.00	\$90.00
5th/6th grade	\$80.00	\$90.00
7th/8th grade	\$80.00	\$90.00

High School (9th-12th) grade \$80.00 \$90.00  
 \*A parent permission slip must be completed at time of registration.  
 Sign up players fast, as space is limited.  
 (Max 10 players per team)

## Teen Open Gym

Every Friday & Saturday Night  
 Basketball, Volleyball, Racquetball, Ping Pong, Foosball, and Dodgeball games & tournaments  
 Grades: 6th - 8th 6:00pm - 8:00pm  
 Grades: 9th - 12th 8:00pm - 10:00pm  
**Cost:** Free to members. \$5/\$7 drop-in fees

## 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.

**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:** Saturday, September 26 from 10am

**Location:** Stodick Park

**Registration:** All participants must register online [www.nflppk.com](http://www.nflppk.com) or submit the signed parental Entry Form/Release of Liability on-site registration

## Coaches sought for Youth NFL Flag Football Program

**Douglas County Recreation is looking for YOU! "COACH"**

### Share Because You Care! Become a part of the Community! Become a volunteer Coach!

Parent volunteer coaches are important. We will need 40 coaches to hold a successful Youth NFL Flag Football season. DCPR Coach Application & Background Checks are required for all coaches and must be received by Friday, July 31, 2015.

Looking for coaches in the following:

- 1st - 2nd grade Div-1 = 6 coaches needed  
*(No draft. Players placed by school)*
- 3rd - 4th grade Div-2 = 8 coaches needed
- 5th - 6th grade Div-3 = 10 coaches needed
- 7th - 8th grade Div-4 = 8 coaches needed
- 9th-12th grade Div-5 = 6 coaches needed

- This program is open to Girls & Boys
  - Games will begin on Saturdays in September-October-November
  - Player draft (TBA)
  - **Player Skills Training August 25-26 (TBA)**
- Visit our website [www.dcprrsports.com](http://www.dcprrsports.com) or contact Douglas County Parks & Recreation (775) 782-5500
- This is a courtesy reminder: DCPR Coach Application & Background Checks are required for all coaches and must be received by Friday, July 31, 2015 for Flag Football season.**

Your Health



Free Wellness Workshop Series | Call 775.782.1637 for class dates & registration

Men's Health | Osteoporosis Diagnosis & Treatment | Nutrition for Prevention & Management of Heart Disease  
 Rotator Cuff Injury & Rehabilitation | Women's Health & Pelvic Floor Rehabilitation | Caring for the Caregiver

# Having dog problems?

## We can help!

*Jumping up? Pulling? Running?*

We've got **more to offer** than  
any other dog trainers in town!

- Comprehensive training program that focuses on individual needs
- Our own youtube channel (as a learning resource)
- An e-book available at no charge to help reinforce training
- A newsletter, packed with useful Training info
- Incredible monthly specials

[www.reno.sitmeanssit.com](http://www.reno.sitmeanssit.com)

*Check out our reviews on Yelp!*



**Imagine** having a dog who listens quickly and happily to all of your commands. With **Sit Means Sit**, It's not just a possibility, **it's guaranteed!**

**CALL NOW!**

**775.721.3317**

**1180 ANGELA CT. MINDEN, NV**





# 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**
- Debbie Jacobsen ..... 782-7303
- Carson Valley Girls' Softball League**
- Joey McNich ..... 291-3137
- Carson Valley Swim Team**
- Carson Valley Swim Center..... 782-8840
- www.cvswwim.com
- Pop Warner**
- Jim Valentine ..... 782-8777
- www.douglaspopwarner.com
- Youth Basketball Leagues**
- Anthony Davis ..... 782-5500
- www.dcprrsports.com
- Youth Flag Football Leagues**
- Anthony Davis ..... 782-5500
- www.dcprrsports.com
- Youth Volleyball Leagues**
- Anthony Davis ..... 782-5500
- www.dcprrsports.com
- Youth Wrestling**
- John Grant ..... 720-2311
- Douglas Ski Club - Sundays**
- Pat Clark ..... 721-8623
- Jim Simpson..... 450-9077
- Zephyr Cove Ski Club**
- Bob Cook ..... 901-0386
- Sally O'Brien ..... 588-7233
- www.zephyrcoveskiclub.com

## 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.

## 7th Annual Carson Valley Days Grass Volleyball Tournament

Games will be played at Lampe Park, field 1 in Gardnerville. Sign in at 8am, games start at 9am - 6pm. Player should bring food, water, shelter, seating and volleyball. Space and team numbers permitting, some division may be voluntarily divided by skill levels.

<b>Divisions</b>		
Adult Open	(16 & older)	4 vs 4
Women's	(16 & older)	4 vs 4
Youth (Grades 5/6, 7/8 & High School)		6 vs 6
<b>(Su) 6/14 \$60/per adult team</b>		
<b>\$30/per youth team</b>		

## 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) 9/5      \$20

<b>Golf Times:</b>		
Ages 5 - 6		12 - 1:15pm
Ages 7 - 8		1:30 - 2:45pm
Ages 9 - 16		3 - 4:15pm

## MEFIYI Summer Sports Bash

**Ages:** 6 - 14  
MEFIYI (Me-for-Incredible-Youth, Inc.) Summer Sports Bash will provide an all day sports day for boys and girls. Camps will focus on the fundamentals associated with each sport. Our goal is to give athletes an opportunity to introduce and maintain their interest in sports. Athletes will be able to join two camps for the week. Athletes must bring a snack or sack lunch and water bottle. Camp Director is retired NFL Player JoJo Townsell and Douglas High School Varsity Volleyball coach Suzi Townsell. Guest instructors will include local Douglas High School coaches and players. Location for all camps is at the new Douglas County Community Center. To register, contact Douglas County Parks & Recreation, (775)-782-5500 or email jojotownsell83@gmail.com

**Camp Dates:** Monday -Thursday 6/1 - 7/30

**Location:** DCCSC

<b>Camps:</b>	
Basketball Camp:	10am - 12pm
Indoor Tennis Camp:	1 - 3pm
Speed Track Camp	3 - 5pm
Volleyball Camp - ages 8-14	3 - 5pm

**Camp Fees:**  
Each camp is \$75.00 per week



## Shorty Swatters

**Age:** 4 - 6

**Instructor:** Ginny Unger & Susan Cowan

This beginner class will let kids experience tennis with kid size rackets, nets, balls and activities. Class is geared to create love of the game early in life.

<b>Time:</b> 9:45 - 11:00am	<b>Location:</b> LP
(M/T/W) 6/1 - 6/3	\$70
(M/T/W) 6/22 - 6/24	\$70
(M/T/W) 6/29 - 7/1	\$70

## Youth Tennis Camp

**Age:** 7 - 12

**Instructor:** Ginny Unger & Susan Cowan

This beginner to advanced tennis clinic will provide students the opportunity to learn the fundamentals of tennis. Clinic will also include many fun games to help learn tennis. Participants need to bring their own racket, water and wear tennis shoes.

<b>Time:</b> 8:30 - 9:30am	<b>Location:</b> LP
(M/T/W) 6/1 - 6/3	\$70
(M/T/W) 6/22 - 6/24	\$70
(M/T/W) 6/29 - 7/1	\$70

## Supersized Tennis Camp

**Age:** 7 - 17

**Instructor:** Ginny Unger & Susan Cowan

This camp is designed for the junior player who is very enthusiastic about tennis. Camp will cover strategic play, fitness and fundamentals of the game. This will be high energy with lots of fun tennis games. Participants need to bring their own racket, water and wear tennis shoes.

<b>Time:</b> 8 - 9am	<b>Location:</b> LP
(M - Th) 7/13 - 7/16	\$125
(M - Th) 7/20 - 7/23	\$125

## Youth Volleyball Skills Clinic

**Age:** 5 - 8

**Instructor:** Dan Hannah

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 who pay for the clinic will be given a \$10 per session discount for the longer. More-intense VB Skills Class held in the Fall.

<b>Time:</b> 9am - 2pm	<b>Location:</b> TBA
(M - Th) TBA	\$100



# ADULT SPORTS

**New Fall Activity!**

## Fall Adult Softball League

**Leagues:** Men's Tuesday  
Coed Thursday

**Registration:** Early registration: Begins June 22nd  
Registration is based on first-come, first served

**Entry Fee:** \$380 if registered by July 24th  
\$430 if registered after July 24th  
Registration deadline is July 31st  
*(Includes 8 regular season games and single elimination tournament for the top 8 teams)*

**Awards:** Tournament: Trophy & T-shirts for 1st place, plaque for 2nd place

**Location:** Lampe Park (Fields #4, #5)

**Game Times:** 6:30, 7:45, 9:00pm  
\*\* (this league may have doubleheaders) \*\*

**Season starts:**  
Men's League - week of August 17th or 24th  
Coed League - week of August 17th or 24th

**Managers Meeting:**  
Wednesday, August 5th at 6 pm Douglas County Community & Senior Center

## Fall Adult Volleyball League

**Leagues:** Women's (6-on-6) Mondays  
Coed "C" (6-on-6) Wednesdays  
Coed "B" (6-on-6) Thursdays

**Registration:**  
Early registration, July 6th - August 7th \$200  
*(Minimum 8 regular season games & post season single elimination tournament)*  
\$250 if registered after August 7th  
Registration deadline August 21st

**Awards:** For Tournament play:  
1st Place - T-shirts & Gift Certificate  
2nd Place - Gift Certificate

**Location:** Carson Valley Middle School

**Season starts:**  
League will start the week of September 14th

## Women's Adult Basketball League

**Ages:** Must be at least 18 years old to participate

The women's basketball league is offered for beginning to advanced players, emphasizing skill development and fun competition. Participants will be assigned to a team through a draft system.. Games will be on one day each week with at least one planned practice each week at a gym facility in the area. **Location:** DCCSC

**League Play:** Season begins October 6  
October - December (Mon-Fri) TBA

**Game Times:** 6:30pm - 8:30 on Tuesdays  
Minimum 8 games and season ending single elimination tournament.

**Cost (TBA)** Team after September 11th  
Deadline September 25th, 2015

**Registration:** Begins August 10th 2015  
(Register early - Limited space available)  
Must be at least 18 years old participate.

## Basketball & Volleyball Pick-up Games

Pick-up games Sunday 2 - 4pm  
Tuesdays 7 - 9pm  
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.

**Managers Meeting:** A managers meeting will be held on Tuesday, September 29, 2015 at 6pm at the Community & Senior Center. Schedules will be available at the meeting.

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

**All Leagues Sign Up Information**

# FUN FOR ALL AGES



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Exercise Room

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**Contact Us at: 775.782.8840**

**or for more information: [www.cvs swim.com](http://www.cvs swim.com)**

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# 8th ANNUAL CARSON VALLEY DAYS WALK JOG RUN

## REGISTRATION NOW OPEN!



**JUNE 13, 2015**

**Lampe Park, Gardnerville, NV**

**Open to all ages. 5k timed run.**

**Awards given to multiple age groups.**

Walk, Jog, or Run with friends, strollers, and pets! The race precedes the parade as residents cheer for you on the sidewalk. Dress in your best orange and black outfit or Tiger persona (tiger pride!) to be automatically entered in our race day prizes!

**Details and registration:**

[www.partnership-resource.org/wjr](http://www.partnership-resource.org/wjr)

**Contact us:**

Tel: 775-782-8611

Email: [pcrinfo@partnership-resource.org](mailto:pcrinfo@partnership-resource.org)

scan QR code



### STUDENTS TAKING ON PREVENTION

We are youth advocates supporting health and wellness, positive decision making, leadership skills, and community action.

We invite DCSD youth who will be in 6th to 12th grade to join us in school year 2015-2016!

**Check us out:**

[facebook.com/pcrstop](https://www.facebook.com/pcrstop)  
[teenawareness.info](http://teenawareness.info)

Parents can also contact our coordinator Stacy at 775-782-8611 or [pcrmorgen@partnership-resource.org](mailto:pcrmorgen@partnership-resource.org) for more information.

**ADVOCATE**  
9TH-12TH  
DHS

**EMPOWER**  
6TH-8TH  
PWL, CVMS





# FITNESS CLASSES

## Kaia Fit



**Ages:** 18 - up

**Instructors:** Kaia Fit Coaches

We are a women only fitness program that specializes in delivering personal training in a group atmosphere. We will combined 7 minutes of warm up and cool down with a 45 minutes Super Fun functional strength training based on muscle confusion each workout. Kaia Fit is a program that can accommodate any woman, any age, and any fitness level. Our healthy approach to fitness and healthy living in a safe environment makes women leaner, stronger, more flexible, and gives them the energy they need to be more effective in their daily lives.

Call 782-4496 for cost and to register. For more information go to [www.kaiafit.com](http://www.kaiafit.com)



## 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 & Wednesday 12:00pm

Tuesday, Thursdays, Saturdays 9:00am

Tuesdays & Thursdays 5:30pm

**Location:** DCCSC

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

*Note: punch cards expire after 60 days*



## #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:** Monday thru Saturday: 9:00 - 10:00am

Monday thru Thursday: 5:30 - 6:30pm

**Location:** DCCSC

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, [jazzercise-gardnerville@gmail.com](mailto:jazzercise-gardnerville@gmail.com)

## Yoga

**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 \$20/5 punch card \$5/drop-in

*Note: punch cards expire at the end of each month*

## Insanity Live

**Instructor:** Nancy Sanchez

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 &W) 6:45 - 7:45pm **Location:** DCCSC  
\$25/5 class punch card \$7/drop-in

*Note: punch cards expire at the end of each month*

## PiYo

**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! Workout can be done with shoes or barefoot; if barefoot, a mat is recommended

**Time:** 6 - 7am

**Location:** DCCSC

(T/Th) January - February

Cost - 10 class Punch card \$40 \$5/drop-in

*Note: punch cards expire at the end of each month*

## Kickboxing Class

**NEW!** More information to come!

## 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

Join Now for \$0 Enrollment & only \$24/mo

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# Douglas County Parks and Recreation Department's Minden Park 2015 GE Family Concert Series

Co-sponsored by the Town of Minden & Carson Valley Inn

All Concerts are from 6:30 to 8:30pm with the exception of August 22nd which will be held from 6:00 to 8:00pm.  
All concerts are free of charge due to the generous contributions of local businesses and organizations.

May 29

## Garratt Wilkin & the Parrotheads

Co-sponsor: Starbucks Roasting Plant & Distribution Center

"Garratt Wilkin & the Parrotheads" are experiencing an expanding popularity while headlining fairs and festivals in not only his own hometown of Placerville, California, but throughout all of the Western United States, including Alaska and Hawaii, and as far away as Florida, Texas, Vermont, Delaware, Massachusetts, Connecticut and Nashville, Tennessee. Garratt and his band have been billed as the #1 Jimmy Buffett tribute band. Garratt says, "Traveling with 'The Parrotheads' is a great way to meet Jimmy Buffett fans and to make new 'Parrothead' friends. We get such a kick out of performing for fans that become just as much a part of the show as we are."



June 26

## Steelin' Dan: The Music of Steely Dan

Co-sponsor: Dr. James the Dentist

Dan is the recipient of Sacramento Magazine's 2008 Best of Sacramento Award: "Best Show Stealers." "Heads up, Steely Dan fans: Instead of waiting for their next tour, get your fix with local tribute band Steelin' Dan. From the straightforward pop/rock of Reelin' in the Years to the quirky, jazz-infected Green Earrings, even the most discriminating Dan fans will be hard-pressed to find flaws in Steelin' Dan's amazingly accurate arrangements and marksman like musicianship!" - Sacramento Magazine, November 2008 Steelin' Dan also won the 2011 Sacramento Area Music Award ("SAMMIE" Award) as "BEST COVER BAND", demonstrating once again the band's tremendous popularity. Steelin' Dan presents a memorable experience, one that continues to excite fans throughout California and the western states.



July 17

## Imagine (Beatles Tribute)

Co-sponsor: Edgewood Companies

Remembering the Fab Four! That's what this Beatles tribute band is all about. From their convincing accents and Beatles wit to their pointed boots and totally fab gear, what you'll experience during their show is pure magic! It's like seeing the Beatles in concert for the first time, only better. Their show starts with a Beatlemania set followed by a Sgt. Pepper and later era, and all performed with authentic instruments and costumes. The four lads joined in 1993 and have performed more than 800 shows across the U.S. and abroad. Over the years the group has had the privilege of sharing the stage with such notable acts as the Beach Boys, Jay Leno, Chicago, Glen Campbell and more! An evening with Imagine is truly an opportunity to "Come Together."



August 7

## Mumbo Gumbo

Co-sponsor: Bently Enterprises

Mumbo Gumbo blends many genres, from rock to soul, from pop to lush balladry, zydeco to country, into a celebratory, danceable noise. For over nearly 20 years, on the septet's eight albums and during countless gigs around their native Northern California, Mumbo Gumbo has created something that is less a specific style than a particular feeling, the sound of sheer joy. Mumbo Gumbo's music has been used in the hit TV show "Northern Exposure" and in director Charlie Matthau's 2005 movie "Her Minor Thing" in which the band appears on screen. Mumbo Gumbo is both an institution on the NorCal concert scene and an ever-evolving collective that can fill listeners with both joy and leave its audiences dancing their hearts out.



August 28

## Shane Dwight

Co-sponsor: Carson Tahoe Hospital

Shane Dwight is a charismatic and supremely talented guitarist, soulful vocalist, prolific songwriter and one of the brightest young up-and-coming stars on the rock/blues scene today. In the last two years, the Shane Dwight Band has been catapulted to the forefront of the West Coast Blues Scene. Shane Dwight has appeared at prestigious concerts such as the Monterey Blues Festival, Reno Blues & Brews Festival, Portland Oregon Waterfront Blues Festival and San Francisco Jazz Festival. These are just a few of the entities that recognize and appreciate the potential of Shane and his band and are expecting great things in their future. Shane and his band are getting rave reviews for every performance they play.



**THANKS TO OUR OTHER SPONSORS:** Elks Lodge 2670, Kiwanas of Carson Valley, I'd Eat There, Heinz Global Asset Management, Douglas Disposal, Battle Born Holsters, Carson Valley Chamber of Commerce, Greater Nevada Credit Union, Just Smiles Dental, Nu-Systems Inc., Sullivan Law Offices, Wells Fargo Advisors LLC., Heritage Law Group, B. Jane Lommel, CPA, Airport Road Self Storage.





# Kids' Fishing Derby

## 26th Annual Kids' Fishing Derby

**Ages:** 3 - 12

This year's Kids' Fishing Derby will be held on June 6th & 7th, 2015 at Lampe Park. For all kids ages 3 - 12. Tickets are free; however you must pre-register to receive a free session ticket. Derby hats, t-shirts and other resale items will be available for purchase. Raffle tickets are available for \$1 each or 6 for \$5.

**Registration begins April 1**

**Saturdays, 10:00am - 1:00pm at Walgreens in Gardnerville**

Registration will begin on April 1st and will continue daily through May. Registration will be on Saturdays from 10am to 1pm at Walgreens in Gardnerville. For further info, please contact Dwayne & Bobbie Folden 775-781-5325, dfolden@msn.com or Heather Gertsch, 775-684-9018, heather\_gertsch@yahoo.com or email KFDVVolunteers@aol.com

## Mother/Son Dance

**Ages:** All

What better way to show mom how much you care than to take her out for an evening of dancing with her favorite little gentleman...her son! Come spend a very special evening on the town for mothers (or adult chaperon) and sons. Couples will dance to DJ music reflecting all tastes and styles. Refreshments will be provided. Photos will be available to purchase.

**Time:** 6 - 8pm  
(Sa) 5/9

**Location:** DCCSC  
\$10/ticket

## Farmers Market

**Opening Day - May 20**

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 local organic produce, fruits, baked goodies, vegetables, plants and more. Library time will also be available during the market! For more information call the Recreation Division at 782-5500 Ex-1 or go to [www.laketahoemarkets.com](http://www.laketahoemarkets.com).

**Time:** 8am - 1pm  
Wednesdays Free

**Location:** LP  
No market on June 10



## Fishing Derby Volunteers

Douglas Kids' Fishing Derby, Inc. is a non-profit organization and is dependent upon the generosity of volunteers. Volunteers are needed to help with many non-fish related opportunities. If you are interested in becoming a volunteer, please pick up a volunteer form at the "Recreation Department" or request a form via e-mail at [KFDVVolunteers@AOL.com](mailto:KFDVVolunteers@AOL.com)

### Volunteer Meeting Dates

**Location:** LP Pavilion

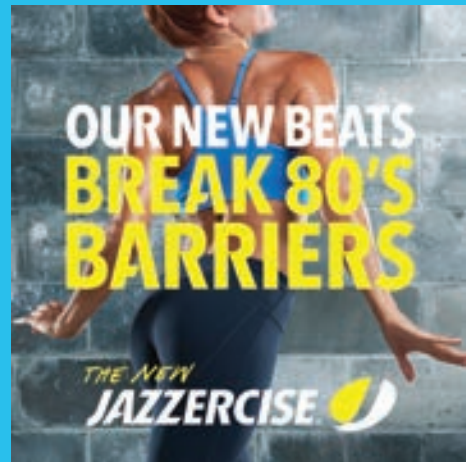
Saturday	May 16th	9am
Wednesday	May 20th	6pm
Wednesday	May 27th	6pm

### River Help Training Dates

**Location:** LP Pavilion

Saturday	May 16th	after volunteer meeting
Wednesday	May 20th	after volunteer meeting
Wednesday	May 27th	after volunteer meeting

*For information on sponsorship and/or fundraising please contact Steve Hamilton at (775) 782-0742 | [or sctarwhamilton@aol.com](mailto:or_sctarwhamilton@aol.com)*



**Jazzercise is a pulse-pounding, beat-pumping fitness program that gets results... fast!**

Incinerate **up to 800cph** (that's calories per hour) in one 60 min. class

Expect to **feel results** after 3 classes and expect to stick with it. (Why? **Because it works**)

10 classes per week to choose from, over 40 classes per month **designed to maximize your workout!**

**Go to [jazzercise.com](http://jazzercise.com) to learn more!**

**DOUGLAS COUNTY COMMUNITY CENTER 1329 WATERLOO LN, GARDNERVILLE  
775-690-9998 | (800) FIT-IS-IT | [JAZZERCISEGARDNERVILLE@GMAIL.COM](mailto:JAZZERCISEGARDNERVILLE@GMAIL.COM)**

# COMMUNITY

## Tours of 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.



### 2015 Concert Schedule

- June 11: Ciana
- June 21: The Nighthawks
- June 25: Country Valley Jug Stompers
- July 9: Jesse Kalin
- July 19: The Mark Sexton Band
- July 30: Monique de Haviland and Mark Cromer
- August 9: The Novelists
- August 27: The Mountain Girls

## There's a new trail in the Carson Valley for you to explore!

The Pinyon Trail, located about 6.7 miles east of Gardnerville on Pinenut Road. This 5-mile, non-motorized trail is open to hikers, equestrians and mountain bikers, and is a dog-friendly trail. Equestrian trailer parking is available at the trailhead. The trail is named after Nevada's state tree, the single-leaf pinyon pine. Elevation ranges from 5700 feet at the trailhead to about 6050 feet, and has a gentle grade of about 5%. For more details about the Pinyon Trail and additional valley trails, visit the Carson Valley Trails Association's website: www.carsonvalleytrails.org



## Facility Rentals

### Family Picnics • Reunions • Receptions • Birthday Parties

Douglas County Parks & Recreation Department has many rental facilities that can accommodate your needs for any special occasion. Staff 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 782-5500 or go to www.douglascountynv.gov.

## Douglas County Community Health

1538 Hwy 395  
(south of Wells Fargo 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



## Mental Health First Aid Course

Mental Health First Aid (MHFA). Sign up for an 8 hour class that helps lay people understand mental health. Find out about ALGEE, the Mental Health First Aid Plan. Sign up by calling the Partnership of Community Resources at 782-8611

## 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!



## 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



## July is Parks & Recreation Month

Recreation facilities and parks across the country annually use July to celebrate the kick off of summer programming as well as a time to pull their communities together to volunteer, get involved in great outdoor physical activities and advocate for parks and recreation.





# COMMUNITY LIBRARY PROGRAMS

## BrÜka Theatre for Children

**Ages:** Family  
Tuesday, June 9, 6:30 p.m.

### C.V.I.C. Hall

Kick off the Library's **Every Hero Has a Story** summer reading program at this special production. Families will enjoy an adaption of the tale "Mother Hulda, Grimm's household tales regarding kindness and honesty. An Ice Cream Social follows this event. No registration required. Free.

## Brick Building Club

**Ages:** 6 years and up.  
Meets every Tuesday, June 16 – July 21, 3 – 4 p.m.

### Minden Library

Children will learn Lego® tips and tricks to build things based upon a presented story theme. Legos are supplied by the library for program use only. No registration required. Free.

## Pre-School Brick Building Club

**Ages:** 6 years and up.  
Meets every Tuesday, June 16 – July 21, 3 – 4 p.m.

### Minden Library

Children will learn Lego® tips and tricks to build things based upon a presented story theme. Legos are supplied by the library for program use only. No registration required. Free.

## Brick Play!

**Ages:** 5 years and up.  
Meets every Tuesday, June 16 – July 21, 4 – 5 p.m.

### Minden

Children may use the library's large Lego® collection to unleash their imaginations and exchange ideas with other creative builders. Lego bricks are supplied by the library for program use only. No registration required. Free.

## Lampe Park Storytime

**Ages:** Family  
Meets every Wednesday, June 10 – July 22, 10:30 a.m. – 11:30 a.m.  
Children will listen to stories under the trees, and construct a craft. No registration required. Free.

## Summer Popcorn Blizzard

**Ages:** Family  
Thursday, June 25, 10:30 a.m. – 12 noon  
**The Dangberg Home Ranch Historic Park**  
Hold onto your hats, the forecast is popcorn! Have a jolly, magical time listening to out-door-sy Tall Tales, including Paul Bunyan's "Popcorn Blizzard." Then everyone is invited to our Popcorn Factory, to make their own edible popcorn treats. No registration required. Free.

## Magician Magic Dan

**Ages:** Family  
Thursday, July 16, 1:30 p.m.

### Zephyr Cove Library

Magic Dan is just like his name – MAGIC! He captivates children with his personality and amazes them with his tricks. Get ready for 40 minutes of straight happiness! No registration required. Free.

## Hero Puppet Show

**Ages:** Family  
Thursday, July 25, 10:30 a.m.

### Mormon Station State Historic Park

Did you know that there is a hero in every story? A super craft will follow this presentation. No registration required. Free.

## Fratello Marionettes

**Ages:** Family  
Tuesday, July 28, 6:30 p.m.

### C.V.I.C. Hall

The Fratello Marionettes present the story of Aladdin. The company has brought the ancient art of marionettes to people throughout the United States. The shows are filled with wonderful marionettes that range in size from one foot to three feet tall! No registration required. Free.

Come to the Minden or Zephyr Cove Library to register to receive free summer reading prizes June 1st through July 31st 2015. For more information, please call: 782-9841 or visit the Douglas County Public Library at: [www.douglas.lib.nv.us](http://www.douglas.lib.nv.us)

## Main Library Storytime

**Story time\*:** Toddler Story time, ages 18 mos. to 3 yrs, Tuesdays 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.

<b>Monday, Tuesday, Wednesday</b>	<b>Thursday &amp; Friday</b>	<b>Saturday</b>
<b>10 am to 7 pm</b>	<b>10 am to 6 pm</b>	<b>10 am to 5 pm</b>

## Library Hours

**Closed on Sundays and holidays**  
For more information call the Library at (775)782-5500



# Great Smiles Start Here

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775.782.3600  
[pariginiorthodontics.com](http://pariginiorthodontics.com)

*Voted Best Orthodontist  
6 years in a row!*




# ACTIVE ADULTS

## Douglas County Senior Services

1329 Waterloo Lane, Gardnerville, 782-5500

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](http://www.douglascountynv.gov) and selecting Senior Services from the Departments Tab.



### Up Coming Events & Trips

**(All of our Trips are Open to the Public). Contact the Senior Center (775) 782-5500 for pricing and/or further information.**

**Join us on our upcoming events & trips:**

May 1st – Merle Haggard Concert	\$65.00
May 3rd – Sleeping Beauty Ballet	\$60.00
May 9th - Big Mama’s Show & Shine	Free to Public
May 16th – The Music Man	\$58.00
May 31st – Aces Baseball Game	\$30.00
June 5th – Renaissance Festival Trip	\$30.00
June 18th – Meadowood Mall Trip	\$10.00
July 10th – Fairplay Wine Tasting Trip	\$40.00
July 12th – Aces Baseball Game	\$30.00
July 25th – The Marvelous Wonderette’s	\$60.00
July 31st – Romeo & Juliet	\$65.00
August 21st – The Fantastics	\$65.00
August 30th – Reno Aces Ballgame	\$30.00

### Congregation 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 Congregation 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. \$7.00 for lunch, with an exception for caregivers (\$5.00) for guests who are under 60 years of age.

### 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. \$7.00 for lunch for guests who are under 60 years of age, is, 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 \$3 an hour.



# ACTIVE ADULTS

**Free WiFi**  
By Frontier Communications

## 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 advance notice is appreciated.**



## Carson Valley Community Bingo

Come join us for a fun and exciting afternoon of community bingo on the third Sunday of each month at the Douglas County Senior Center. Doors open at noon with early bird games starting at 1pm and regular games beginning about 1:30pm. All proceeds go to benefit the Young at Heart 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 782-5500.

## 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, 782-5500. 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:** DCCSC **Dates:** 5/9, 7/18

## 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) 782 - 5500.

## 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 782-5500.



## 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



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M.F.T.

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Minden, NV 89423

opoff@pyramid.net

p: 775.267.4553  
f: 775.267.4984

# 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 on our indoor walking track, play basketball, volleyball or pickle ball in the gymnasium.



## 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.



## 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.

## 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.

## Watercolor Classes

These classes are offered at the Senior Center on the 2nd and 4th Thursday of the month from 9:00a.m. to noon. Cost is \$20.00 per class per person which includes all materials and a completed picture to take home. For more information call instructor Lada Trimble at 882-6061.

## "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.

## Become a V.I.P.!

### Volunteer in Parks & Recreation

As a volunteer you can help fill a need, share a skill, and provide dedication, community involvement, and a fresh outlook on current programs. Call 782-5500 to become a volunteer.

## Sign Up Early

If you are interested in a class or program, register today! If a minimum enrollment is not met before its start date, a class or program may be canceled. Find more information at:

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



# LIFE OPTIONS ACTIVITIES



## 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.

## Creativity through Knitting, Crocheting & Needle Point

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

## 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 4th Wednesday of each month at 1:45pm. In the Senior Center Conference Room. For more information, contact Imelda at (209) 918-3692

## 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.

## 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 2000 clubs across ALL 50 states, so we are a great option if you travel! Our entire staff is certified in health & fitness and will be able to assist you to meet your goals. Our facility offers treadmills, cross trainers, recumbent bikes and strength circuit machines. We also have a group fitness studio and offer **FREE HOT YOGA**, free senior stretch & senior strength classes!! Anytime fitness offers seniors a discounted membership rate, **NO** enrollment fees, 3 free training sessions, & your first month **FREE** when you mention Senior Services "LIFE OPTIONS PROGRAM"! For more information about senior membership, please contact Greg, Bonz, Lisa or Jessica at (775)-783-5130.

**Highway 395, Suite 101-105,  
Gardnerville, NV 89410  
[www.anytimegville.com](http://www.anytimegville.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 \$19 per month. We offer low impact aerobics, Pilates, yoga, treadmills, elliptical machines, bikes, free weights, and selectorized machines. Relax in our dry sauna or finish your workout with a healthy drink. All new members will receive a consultation from a Personal Trainer to get you started on your way to a healthy lifestyle. Monthly dues are \$19, and for seniors there is no Enrollment Fee and a one time \$29 Processing Fee. For more information contact Pulse Fitness at 782-2705 and ask about a senior membership. A one year commitment is required.

**Mon - Fri 4:30am - 10pm • Sat & Sun 7am - 7pm  
885 Mahogany Drive, Minden, NV 89423  
[www.PulseFitnessNV.com](http://www.PulseFitnessNV.com)**

## DID YOU KNOW?

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



# 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

## 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 -

## Annual Kahle Community Center Cleaning

Facility Closed	September 2-7
Classrooms Closed	September 2-13
Gymnasium Floor Closed	September 2-13

## Facility Rentals

Looking for a location for an upcoming wedding, anniversary, birthday party, company picnic, baby or wedding shower, or meeting? Whatever your needs we have pavilions and indoor facilities available.

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

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

**Located at: 236 Kingsbury Grade, Stateline, NV 89449  
(775) 586-7271**

## LAKE CLASS LOCATION CODES

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



# PRE-SCHOOL

## 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 life long 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**
- **Summer Popsicles in the Park Play Days 7/24/15, 8/14/15 from 10am-noon. Free-All are welcome**

### Twosday Mornings

**Ages:** Birth to Preschool

**Instructor:** Roots & Wings Teachers

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

**Time:** 9:30 - 11:00am **Location:** KCC (T) 5/5 - 5/12 \$14

*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 Soroptomist International of Tahoe Sierra. Please inquire at front desk.*

### Day of the Young Child

Visit the Roots and Wings booth at the Day of the Young Child. Free event for the whole family.

**Time:** 10:00am - 1:00pm (Sa) 6/6/15

**Location:** Lake Tahoe Community College

### Birthday Parties

Let KCC help you plan, organize and make your child's birthday a special event. Complete our party package form and receive a custom quote. **At least 2 weeks advance notice required.**

For more information call 775-586-7271.

### Zephyr Cove Library

(775) 588-6411

**Hours:** (W) 11:00am - 7:00pm  
(Th/F/Sa) 9:00am - 5:00pm

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

### LIBRARY SUMMER PROGRAMS

#### No registration required!

**Ages:** Family

Magic Dan is just like his name – MAGIC! He captivates children with his personality and amazes them with his tricks. Get ready for 40 minutes of straight happiness!

**Time:** 1:30 pm **Location:** ZCL (Th) 7/16/15 FREE

### The Wizard of Oz Interactive Movie Night

**Ages:** 4 & up

**Instructors:** KCC Recreation Staff

Dress up in Wizard of Oz inspired costumes or wear your pajamas to this "to-to"tally fun interactive movie night. Dinner and themed games, crafts, snacks, and supervision included.

**Time:** 5:30-8:30 pm **Location:** KCC (F) 7/24 \$23

### Mud Camp

**Ages:** 4 & up

**Instructors:** Kahle Staff

Ooey, Goey Mud – the ultimate gift from nature to children. It's science, sensory, cause and effect and more all in one squishy package. Plan on getting dirty. We will end the day with a run through the sprinklers. Please wear swimsuits, tennis shoes that can get dirty and wet and bring a towel.

*(Limit 12 children per camp)*

**Time:** 2:00 -4:00 pm **Location:** KCC (T) 7/21 \$15 (W) 7/22 \$15 (Th) 7/23 \$15

### Open House

Wednesday, May 6, 2015

5:00 - 8:00pm

## Kahle Play Camps

**Ages:** 3 & up

**Instructors:** Kahle Staff

These themed camps are designed with the young camper in mind. They offer shorter hours, high teacher/child ratio and developmentally appropriate activities including art, games, nature walks and a weekly beach trip to Sand Harbor State Park where there are lifeguards. Play campers will need to bring a back pack with towel, hat, sunglasses, sack lunch with drink, water bottle and sunscreen, all labeled with their name each day. On Beach Day, campers need to wear swimsuit beneath their clothes or as part of their outfit. All camp days end with a popsicle. Registration begins Monday 5/4/15 at 9:00am. Completed registration packet is required upon sign-up. Registration packets available 4/20/15. Time: 9:00am – 1:00pm

**Location:** KCC

#### Pirates of Kahle Park

(M-Th) 6/22-6/25 \$120

#### Red, White and Glue

(M-Th) 6/29-7/2 \$120

#### Ruff, Ruff and Tumble

(M-Th) 7/6-7/9 \$120

#### Forest Fairies

(M-Th) 7/13-7/16 \$120

#### Circus Parade

(M-Th) 7/20-7/23 \$120

#### "Heros and Sheros"

(M-Th) 7/27-7/30 \$120

*(Limit 15 children per camp)*

# YOUTH/TEEN

## Kid's Club Program Grades K - 6

Registration Begins August 3rd

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.

## Climbing Wall at KCC

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

## Tae Kwon Do

**Ages:** 7 - 12

**Instructors:** Chris & Rick Manglinong

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

**Time:** 6:00 - 7:30pm

(W) 5/6 - 5/27

(W) 6/3 - 6/24

\*No class 6/10

(W) 9/16 - 9/30

Drop-in \$8 per class.

**Location:** KCC

\$16

\$12

\$12

## Teen Scene

**Friday Nights at Kahle Comm. Center**

**Grades:** 6 - 12

Shoot hoops, play volleyball, climb the rock wall, and play arcade 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 holder

## R.A.D. Camp

Recreation Adventure Days

**Grades:** 1 - 6

Engaging your child in creative, fun and challenging activities is the goal of our R.A.D. Camp. Activities include cooperative games, unique crafts activities, imaginative play and fun field trips. Fee includes transportation, admission costs and daily snacks. Camp is held Monday thru Friday. Registration begins Wednesday 5/13/15 at 9 am. Completed registration packet is required at time of registration. Registration packet is available 5/6/15. (Limited enrollment)

**Time:** 7:30am - 6:00pm

**Location:** KCC

(M-F) 6/8 - 8/14\*

\$23.00

\*No camp 7/3

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

## Leaders in Training

**Ages:** 12 - 17

Not old enough to get a real job yet? Are you looking for a way to make a difference in the community? Leaders in Training work under the guidance of Recreation Staff learning what it takes to be a successful leader. This program places volunteers in positions at various recreation sites including summer camp, Preschool programs and special events being held at Kahle Community Center as well as other activities and programs. Pick up an application packet at KCC.

Return applications to Kahle Community Center by June 12th.

**Return applications to Kahle Community Center by June 12th.**



**SOUTH LAKE TAHOE  
Recreation Services**

**Recreation and Swim Complex**  
1180 Rufus Allen Boulevard  
530.542.6056

**Bijou Municipal Golf Course**  
3464 Fairway Avenue  
530.542.6097

**Campground by the Lake**  
1150 Rufus Allen Boulevard  
530.542.6096

**Explore Tahoe: An Urban Trailhead Visitor Center**  
4114 Lake Tahoe Boulevard  
530.542.4637

For more information visit our website at [cityofslt.us](http://cityofslt.us)

**Parks Make Life Better!**



# Creating Community through People, Parks and Programs



**Recreation and Swim Complex**  
25 yard heated swimming pool covered during the winter months.



**Bijou Municipal Golf Course**  
9 hole executive course.



**Campground by the Lake**  
Across from Lakeview Commons.



**Lakeview Commons**  
FREE summer concerts every Thursday at 4:30 p.m. through August.



**Explore Tahoe: An Urban Trailhead Visitor Center**  
A unique visitor experience located in the Heavenly Village next to Cecil's Fountain Plaza.



**South Tahoe Adventure Recreation Summer Youth Camp**

Featuring unique outdoor adventures June through August.  
[cityofslt.us/youthandteen](http://cityofslt.us/youthandteen)



## FITNESS FOR TEENS

Dance,  
Martial Arts,  
Jazzercise,  
Pilates,  
Zumba  
and  
Yoga  
classes  
available!



# ADULT FITNESS

## Pilates

**Ages:** 13 & up

**Instructor:** Rose Marie Ottman

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

**Times:** 10:15 - 11:30am **Location:** KCC (T, Sa) Ongoing \$11/class  
Punch cards: 4/\$35, 8/\$62 - Expires 4 weeks from date of purchase.

\*No class 7/4, 9/5, 9/8, 9/12

## Yoga for Everybody

**Instructors:** 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 level 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 the entire class. Instructor is RYT200 certified in the Raja-Hatha Yoga style. Students need to bring a mat to class.

(T) On Going **Location:** KCC  
**Times:** 6:30 - 7:30pm

**Cost:** \$5 drop in (scholarship may be available in case of financial hardship) \*No Class 9/8

## Golf at Edgewood

**Instructors:** Ron Blum & Chris Holmes

Experience Lake Tahoe's premier golf course while you learn to play the game! Instructors will show you basic golf concepts including full swing, short games, putting and golf course rules and etiquette.

**Times:** 3:00pm - 4:30pm **Location:** EGC (M,W) 5/11 - 5/20 \$75  
(Limit 16 people)

## 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 shot records the first day of class. [www.dogmanguy.com](http://www.dogmanguy.com)

**Time:** 7:00 - 8:00pm **Location:** KCC (Th) 6/18 - 7/23 \$80 (Th) 7/30 - 9/3 \$80

## Zumba

**Ages:** 13 & up

**Instructors:** 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 dance, if you are comfortable with your body, all are welcome and guaranteed a great workout! So join the party!

**Times:** (M, W, F) 6:00pm - 7:00pm (T, Th) 9:00am - 10:00am

**Location:** KCC \$7/class \$50/month

Monthly fee expires at the end of the month purchased. \*No class 7/3, 9/2-9/4, 9/7-9/11

## 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 new formats 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) 8:30am, 9:00am\* (T,Th) 5:30pm

**Location:** KCC

\*Class continues at 9am until 6/1. \*No class 7/3, 7/4, 9/2-9/5, 9/7-9/12  
Drop-in fee is \$10 per class to instructor.  
Monthly reduced fees are available.



## Relay for Life Kahle Park Saturday, August 8th

Be a part of a fun-filled event designed to celebrate survivorship and raise money for research, education, advocacy and service programs of the American Cancer Society. During this event, teams will gather at KAHLE PARK and take turns walking or running laps.

## 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, Fran, Andy, and Michelle.

## 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 the 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) 5/6 - 5/27 \$24 (W) 6/3 - 6/24 \$18

\*No class 6/10

(W) 9/16 - 9/30 \$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:** 7:30 - 8:30pm **Location:** KCC (W) 5/6 - 5/27 \$24 (W) 6/3 - 6/24 \$18

\*no class 6/10

(W) 9/16 - 9/30 \$18  
Drop-in \$10 per class

Get  
your  
skates  
on,  
SOUTH LAKE TAHOE!



Public Skating, Stick Time,  
Drop In Hockey, Curling, Broomball

1176 Rufus Allen Blvd., South Lake Tahoe, CA  
(530) 544-7465 | [www.TahoeArena.com](http://www.TahoeArena.com)



# YOUTH SPORTS

## Youth Sports Organizations

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

**AYSO Soccer**  
www.sltayso.com

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

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

**Youth Ice Hockey**  
tahoegrizzlies.com

**Zephyr Cove Ski Club**  
www.zephyrcoveskiclub.com



## Advantage Basketball Camp

**Ages:** 6-18 (co-ed)  
World-Renowned Advantage Basketball Camps and some of their top coaches will make their annual stop to Lake Tahoe. Camp is available in 3 or 5 day formats. Early bird discount is available as well as group and team discounts for 5 or more campers. **Register today at [www.advantagebasketball.com](http://www.advantagebasketball.com) or contact our national office at 425-670-8877.** Advantage Basketball Camps are nationally recognized as one of the top ball handling camps in the world. Advantage Basketball Camps were named by Sports Illustrated Kids as one of the top camps in the country. Your child will learn a work ethic and life lessons that they will carry with them for the rest of their life. Come meet one of the top coaching staffs in the world that will motivate and inspire your child.

**Time:** 9:00am – 3:00pm  
(M – F) 6/22 – 6/26

**Location:** KCC  
\$175 - \$245

**For more information,**  
email: [info@advantagebasketball.com](mailto:info@advantagebasketball.com)

## Maltase Youth Soccer Camp

**Ages:** 4-14 (co-ed)  
**Instructor:** Steve Maltase  
Bring lunch, water bottle, snacks and shin guards.  
Cost includes a camp T-shirt.

### Lil-Kicks (Ages 4 – 6)

**Time:** 10:00am – 1:00pm  
(M – Th) 7/6-7/9 \$135  
(M – Th) 7/27-7/30 \$135

### Ages 7 and up

**Time:** 10:00am – 3:00pm  
(M – Th) 7/6-7/9 \$150  
(M – Th) 7/27-7/30 \$150

## Peak Volleyball Camp

**Grades:** Girls entering 5-12th, Boys 6-9th  
The Peak Volleyball Camp has expert skills instruction and fun games to help players of all levels from 5th through 12th grade prepare for try outs and the season. We have a fun positive atmosphere and proven training curriculum. Based on the experience levels of participant groups, training is adjusted for appropriate level of challenge. Camp is taught by Mike Welch. He leads every session and works with all the players. His bio includes being a two-time Head Coach of the USA Youth National Team and 17 years as an NCAA Division I and Division II college head coach. As a college head coach, Mike has led teams to 6 nationally ranked seasons, 5 conference championships, and 4 NCAA Tournaments.

**Time:** 9:00am – 3:00pm  
(W-F) 6/17-6/19 \$230

**For more information and to register,**  
go to [PeakVolleyball.com](http://PeakVolleyball.com),  
email: [mike@PeakVolleyball.com](mailto:mike@PeakVolleyball.com) or  
call (530) 448-0519. Space is limited.

# ADULT SPORTS

## It's Your Turn to Play!

**Ages:** 18 & up

**Location:** KCC

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

(M/W/Th) 12:00pm – 3:00pm  
(T) 1:00pm – 3:00pm  
(Sa) 12:00pm – 3:00pm half court only

### Volleyball

**Call (775) 586-7271 to schedule**

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

## Adult 6-Man Flag Football League

**Registration:** Returning teams 5/7 -5/21

**New Teams:** 5/22 until full

**Entry Fee:** \$250 per team \$100 bond\*

**Dates:** Season starts on 6/10

**Division:** Wednesday Nights

**Location:** ZCP

Maximum of 12 players per team. Completed rosters are due at the first game. No exceptions. Official's Fee: Each team will be required to pay \$27 cash on the field at the start of each game.

\*Bond to be held by DCPRD for the season



## Zephyr Cove Tennis Club

South Lake's premier tennis club offering clinics, USTA leagues, tournaments, social events, lighted courts, and racket stringing, with a USPTA professional on staff, for all ages and ability levels (open to the public). 775-588-5533.

**Available for Adult and Jr. Lessons**

**Tennis Racket stringing**

**Location:** ZCP

## Farmers Market

Join us at the Farmers Market at Kahle Community Park every Wednesday evening 4:00pm – 7:00pm. May through September. Shop for local and regional farm-fresh organic and naturally-grown produce and a variety of hand-crafted products while enjoying the amazing views of Lake Tahoe at Kahle Community Park, located at 236 Kingsbury Grade, Stateline, NV. Visit [www.LakeTahoeMarkets.com](http://www.LakeTahoeMarkets.com) for more details.



# ACTIVE ADULT



## National Senior Health and Fitness Day

**WEDNESDAY,  
MAY 27<sup>TH</sup>**

In honor of Senior Health and Fitness Day enjoy a free workout day on us from 7:00am-3:00pm. Stop by the front desk to check in.

### 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:** 9am - 1:30pm

**Location:** KCC

(Sa) 5/9

(Sa) 8/8

(Sa) 11/14

\$15 - members

\$20 - non-members

**Pre-registration is required by calling (775) 586-7271.**

*\*Fee is paid to instructor at class*



**(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.
- Collection of "distressed" bakery items from Round Hill Safeway for distribution to members at the center on Saturday AM
- 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](http://www.douglascountynv.gov).



# INFORMATION

## "Share Because You Care" Gifts

### Your donations help to provide:

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

For more information on how you can help, call 775-782-5500 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

## Transportation



### Douglas County Dial-A-Ride Service

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

## Carson Valley Airporter

4 Daily Departures

Serving:

Gardnerville, Minden,

Carson City & Reno

### RESERVATIONS REQUIRED

Book online at

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

or call

877-447-4446



### Tahoe's Smooth Movin' Shuttle

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

## PHOTOS

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





## The NEW Carson Valley Community and Senior Center

### WALK-IN REGISTRATION

Registration accepted at Douglas County Community & Senior Center or Kahle Community Center, Monday through Friday 6am to 9pm, Saturday 8am to 6pm

### MAIL-IN REGISTRATION

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

### FAX OR PHONE REGISTRATION

Douglas County Community & Senior Center office - Register by phone using a M/C or Visa by calling (775)-782-5500 or by fax to (775)-782-9844. Kahle Community Center - Register by phone using a M/C or Visa by calling (775)-586-7271 or by fax to (775)-586-7273.

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

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### 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

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### SATISFACTION GUARANTEE

The Douglas County Parks and Recreation Department is constantly striving to provide you with the highest quality recreation activities, events, and programs. We are confident that you will enjoy these programs, and we will back up commitment to provide high quality services.

Your suggestions, comments or ideas for improvements are appreciated. They will help us do the best job possible.

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

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

Satisfaction guarantee requests may be made in person or by calling us at 782-5500. 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

TO REGISTER

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**

