

# Douglas County

## Parks & Recreation Department

Douglas County Community and Senior Center is now Open!



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Frontier Communications



Carson Valley & Lake Tahoe **Activity Guide**  
**WINTER/SPRING 2015**



# WELCOME

## Director's Note

**Scott Morgan**

Community Services / Parks & Recreation Director

### YOU ARE INVITED!

Please join Douglas County Community Services / Parks & Recreation in celebrating the opening of the new Douglas County Community & Senior Center.

Be prepared to see a truly unique multigenerational center. The activities that will be taking place in this facility are going to change our community for the better forever. Some of the things still to come in this building such as the Senior Day Care in conjunction with the Community Health

Nurse and interactive preschool are absolutely trendsetting and nationally unique to Douglas County.

I also invite you to see all the new activities in this brochure as they have been initiated as a result of this facility throughout the years.

It is with great pride and honor that we introduce this facility to the residents and guests of Douglas County.

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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

**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** Matt Moore, 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

## Recreation Center Hours

### NOVEMBER - APRIL

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

### MAY - OCTOBER

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

- Closed most holidays -

## Facility Rentals

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

**Located at 1329 Waterloo Lane, Gardnerville NV 89410  
(775) 782-5500**

## VALLEY CLASS LOCATION CODES

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

**FREE WiFi**  
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VALLEY CLASS

# PRE-KINDER / YOUTH

## Early Childhood Music and Movement

**Ages:** up to 6  
**Instructor:** Maureen Collins  
 Children will explore and experience music through creative activities using songs, rhythm instruments, dramatic play, puppets and creative movement.  
**Time:** 10 - 10:45pm  
**Location:** DCCSC  
 (Th) 1/15 - 3/5 \$45  
 (Th) 3/12 - 4/30 \$45

## Creative Dance

**Ages:** up to 6  
**Instructor:** Traci George  
 Dancers will learn the beginning basics while developing motor skills while having fun. Music, props, and imaginary play will be used to learn the joys of dance. Come ready to dance in dancewear and ballet shoes.  
**Time:** 10:15 - 11am  
**Location:** DCCSC  
 (W) 1/7 - 1/28 \$40  
 (W) 2/4 - 2/25 \$40  
 (W) 3/4 - 3/25 \$40

## Spring Break Adventure Camp

**Grades:** K - 6  
 Campers will enjoy a variety of activities each day all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Calendars are available at the Community Center. Enrollment Packet and pre-registration is required. Spaces are limited and are filled in a first-come first-served basis.  
**Time:** 7am - 6pm  
**Locations:** PHES/GES  
 (T - F) 4/7 - 4/10 \$23/day

## Hip Hop

**Ages:** 6-10  
**Instructor:** Michelle Lindsey  
 This is a great place to begin your dance career. This class consists of warm-up, tricks, free styling, and choreography. Have fun, gain confidence and get a great workout. All levels accommodated. Wear comfortable clothes you can move in and tennis shoes.  
**Times:** 4 - 5pm  
**Location:** DCCSC  
 (F) 1/9 - 1/30 \$55  
 (F) 2/6 - 2/27 \$55  
 (F) 3/6 - 3/27 \$55

## COMING SOON! Tumbleweeds Gymnastics Classes

**Ages:** up to 6  
**Instructors:** Tumbleweed Coaches  
 In our gymnastics classes we are building the foundation of your child's participation in sports while expanding their sensory and learning capabilities. We build upon activities that encourage cooperation and increase their motivation to accomplish new skills; this leads to healthy self-esteem and positive mentality.

**If interested place your child's name on the waiting list at the front counter.**



## Mother Goose Story Time

**Instructor:** Maureen Conlin  
 "Rhythm and Rhyme with Mother Goose and her musical story time" Children visit with Mother Goose and enjoy ½ hour of stories, songs, rhythm and rhymes.  
**Time:** 10:30 - 11:00am  
**Location:** DCCSC  
 (F) 1/23 \$5per child/ \$3 additional family member  
 (F) 2/20 \$5per child/ \$3 additional family member  
 (F) 3/20 \$5per child/ \$3 additional family member  
 (F) 4/17 \$5per child/ \$3 additional family member

## Jump Rope for Fun & Fitness

**Ages:** 8 - up  
**Instructor:** Ellen Lucas  
 Class will focus on learning jump rope skills as individuals, partners and groups, including double dutch. Students will learn activities and routines for fun and/or competition. Come have fun while getting a good workout in the process!  
**Times:** 3:30 - 4:30pm  
**Days & Locations:** (Tu) PHES (W) CCMES  
 (Tu) 1/13 - 2/3 \$35\*  
 (W) 1/14 - 2/4 \$35\*  
 \*\$5.00 material/equipment fee payable to the instructor

## Dance with Mommy

**Ages:** 18 months - 3  
**Instructor:** Traci George  
 Dancers will learn the beginning basics while developing motor skills while having fun. Music, props, and imaginary play will be used to learn the joys of dance. Come ready to dance in dancewear and ballet shoes.  
**Time:** 9:15 - 10am or 11:15 - 12pm  
**Location:** DCCSC  
 (W) 1/7 - 1/28 \$32  
 (W) 2/4 - 2/25 \$32  
 (W) 3/4 - 3/25 \$32

## Adventure Camp Days

**Grades:** K - 6  
 Camp will include arts & crafts, games, creative centers, snacks and much more! Look for a flier to be sent home before each date. Spaces are limited and pre-registration is required. Pre-register at the Community Center.  
**Time:** 7am - 6pm  
**Locations:**  
 (F) 1/2 \$23 JVES/MES  
 (M) 1/5 \$23 JVES/MES  
 (F) 2/27 \$23 PHES/CCMES

## Cartooning

**Ages:** 7-12  
**Instructor :** Dana Childs  
 Kids come and create funny and interesting cartoons in this exciting after-school class.  
**Times:** 3:45-4:45pm  
**Location:** DCCSC  
 (W) 1/14 - 2/4 \$35  
 (W) 3/25 - 4/15 \$35

## Kids Club

**Grades:** K - 6  
 Kids Club is a before and after school recreational enrichment program that is held at all elementary schools. Recreational activities include arts & crafts, games, quiet homework time and special events all based on a weekly theme. Daily snacks are provided. Kids Club is offered Monday through Friday, 7am until 8:45am and 3 - 6pm at every elementary school while school is in session, holidays and teacher work days excluded. The fee is paid by the month for the morning program, the after school program or both. Fees paid on or before 5 PM on the enrollment due date are eligible for an early bird discount. Registration packet and pre enrollment are required. Packet and fee schedule are available at the Douglas County Community and Senior Center. Enrollment is filled in a first come, first served basis and we will be unable to accept any new enrollments at sites that are currently full. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. For more information call 782-5500.



# PULSE

FITNESS



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45 AM CHISEL'D JAN		5:45-6:45 AM CHISEL'D JAN		5:45-6:45 AM CHISEL'D JAN		
7:00-7:50 AM BODY BLAST ROBIN		7:00-7:50 AM BODY BLAST ROBIN				
8:00-8:50 AM SENIOR STRENGTH ROBIN	8:00-8:50 AM LOW IMPACT DEANNA	8:00-8:50 AM ZUMBA MISTY	8:00-8:50 AM LOW IMPACT KATHRYN	8:00-8:55 AM ZUMBA JEFF		
9:00-10:00 AM ZUMBA AMANDA	9:00-10:00 AM RIPPED FRANK	9:00-10:00 AM STEP + CORE DEANNA	9:00-10:00 AM YOGALATES KATHRYN	9:00-10:00 AM ZUMBA JEFF	9:00-10:00 AM RIPPED FRANK	9:00-9:40 AM STEP II YVETTE
10:10-11:10 AM YOGA-LVL 1 CHRIS	10:10-11:10 AM CHISEL'D FRANK	10:10-11:10 AM PILATES MAT JAN	10:10-11:10 AM CHISEL'D KATHRYN	10:10-11:10 AM YOGA-LVL1 ANDREA	10:10-11:10 AM CHISEL'D FRANK	9:45-10:30 AM CHISEL'D YVETTE
NOON-1:00 PM CHISEL'D FRANK		NOON-1:00 PM CHISEL'D YVETTE				
	4:20-5:20 PM ZUMBA KATHRYN		4:20-5:10 PM ZUMBA JEFF			
5:30-6:30 PM RIPPED VALERIE	5:30-6:30 PM YOGA KATHRYN	5:30-6:30 PM CARDIO KICKBOXING VALERIE	5:30-6:30 PM CHISEL'D DEANNA	5:30-6:30 PM YOGA Intermediate SCOTT		
7:15-8:45 PM KARATE		6:45-8:15 PM KARATE				

### SPINNING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45 AM ANDREA		5:45 AM JAN			
9:00 AM DEANNA		9:00 AM JAN / FRANK		9:00 AM ANDREA		
4:20 PM ORLANDO		4:20 PM MICHELLE				
5:30 PM ORLANDO	5:30 PM DEANNA		5:30 PM JEFF			

**ALL CLASSES FREE TO MEMBERS**

*Drop-ins Welcome!*

885 Mahogany Dr. Minden

775-782-2705

# YOUTH/TEEN

## Theater Club

**Grades:** 7-12

**Instructor:** Dana Childs

Young actors will delight in a "Acting Out" and grabbing their share of the spotlight in this acting class. They will use scripts, props, even write or create their own impromptu skits.

**Times:** 3:45 - 5:15

**Location:** DCCSC

(Th) 1/29 - 2/26

\$65

## Introduction to the Violin

**Grades:** 3 -6

**Instructor:** John O'Neill

This class offers students the opportunity to discover the violin and find out if this is the right instrument for them to study. Participants will be instructed in the proper way to hold the instrument and bow and will learn to play one or two simple melodies. All materials and the use of a violin are included.

**Times:** 3:45 - 4:30pm

**Location:** DCCSC

(W) 2/4 - 2/25



## Pageant Class

**Ages:** 0 -17

**Instructor:** Lisa Prosser

Class will focus on basic interview and modeling skills used in the Little Miss Douglas County Pageant and other children's pageants. This class will help you to perfect your skills if you already love entering pageants or if you're a novice. Class is open to girls up to 17 years old and boys up to 5 years old. This class is perfect preparation for the Little Miss Douglas County Pageant to be held February 28th

**Location:** DWS

(Sa) 1/10 10 - 11am

\$14

(Sa) 1/17 10 - 11am

\$14

## Hip Hop

**Ages:** 11 - 18

**Instructor:** Shayla Pinther

This class consists of warm-up, tricks, free styling, and choreography. We will combine hip hop elements into sequences emphasize changing level and direction. Have fun, get exercise, improve balance and flexibility, and gain confidence. All levels accommodated. Wear comfortable clothes you can move in and tennis shoes.

**Times:** 3 - 4pm

**Location:** DCCSC

(W) 1/7 - 1/28

\$55

(W) 2/4 - 2/25

\$55

(W) 3/4 - 3/25

\$55

## 30 hour Classroom Driving Education Training

**Ages:** 13 & up

**Instructor:** Chuck Ayers

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

**Times:** 8:30am - 4:30pm

**Location:** DCCSC

(Sa) 1/17 - 2/7

\$50

## 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](http://www.dogmanguy.com)

**Time:** 7 - 8pm

**Location:** DCFG

(W) 1/7 - 2/11

\$80

(W) 3/4 - 5/20

\$80



## Beginning Irish Dance

**Ages:** 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:** 6:15 - 7:15pm

**Location:** DWS

(T) 1/6 - 1/27

\$55

(T) 2/3 - 2/24

\$55

(T) 3/3 - 3/31

\$55

(T) 4/14 - 4/28

\$55

\$5 off sibling discount \*No class 3/17



## Advanced Jump Rope

**Ages:** 8 & up

**Instructor:** Ellen Lucas

For those who would like to perform at events and learn/perform more difficult jump rope skills. Try outs for class/team are a prerequisite to being in the class.

**Try outs:** Monday, January 12 at the Community Center at 5:00 PM. Potential candidates must be good at learning new skills quickly and have good basic jump rope skills already. Any age can be considered as long as prerequisites are met. The team learns routines and skills to demonstrate at various schools and events and must have transportation to the events in order to participate.

**Times:** 4pm

**Location:** DCCSC

(M) 1/19 - 2/23

\$25.00

**Free WiFi**  
By Frontier Communications

# TEEN/ADULTS

## Group Drumming Lessons

**Ages:** 10 & up

**Instructor:** Jim McCall

Have fun learning the art and technique of drumming. Maximize your coordination, enhance memory skills and stimulate your creativity while learning the rhythms of the world. Drums will be provided. Sticks may be purchased through the instructor.

**Times:** 5 - 6pm

**Location:** DCCSC

Every Wednesday 1/7 - 4/29 \$20/per lesson

## MEFIYI Speed Camp

**Ages:** 8 -16

**Instructors:** JoJo & Suzi Townsell

MEFIYI Speed Camp will provide an students to learn proper running form, train to run faster and improve their athletic development associated with all sports. Athletes need to bring proper running shoes, a snack and water bottle.

**Times:** 4 - 5pm

**Location:** DCCSC

(T) 1/6-1/27, 2/3-2/24, 3/3-3/24 \$75/month

(Th) 1/8-1/29, 2/5-2/26, 3/5-3/26 \$75/month

## Novice Trick Dog

**Ages:** 8 and up

**Instructor:** Kim Adams

This class is not only fun but rewarding to do with your dog. Learn up to 17 tricks and receive a NTD Title Cortication at the conclusion of class. Flat collar is required.

**Time:** 1:30 - 2:30pm

**Location:** SMS

(Sa) 1/17 - 2/28

\$135

## Novice Rally

**Ages:** 8 and up

**Instructor:** Nancy Hurwitz

Rally is a new dog sport that is fun and energizing as well as a successful stepping stone to the word of obedience or agility. Flat collar is required.

**Time;** 12 - 1:30pm

**Location:** SMS

(Sa) 1/17 - 2/21

\$125

## Canine Good Citizen/ Therapy Dog

**Ages:** 8 and up

**Instructor:** Terri Dickenson

Whether you want your dog to be Therapy or Canine Good Citizen, the first 6 weeks of class covers the same material, at the end of the six weeks the two groups will be separated for testing and certification. Flat collar and leash is required.

**Time:** 7 - 8pm

**Location:** SMS

(Sa) 1/17 - 2/21

\$135

*Classes held at Sit Means Sit Dog*

*Training Center located at  
1180 Angela Court in Minden.*

*Children who sign up for classes  
must be accompanied by an adult.*

# FUN FOR ALL AGES



Waterslides

Climbing Wall

BBQ areas

Volleyball

Adult Lap Swim  
Lanes

Swim Lessons  
for All Ages

Exercise Room

Water Exercise  
Classes

Party Rentals  
Available

**Contact Us at: 775.782.8840**

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



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



# ADULTS

## Beginning Ballroom Dancing

**Age:** Adults

**Instructors** • Craig & Ann Peters

This is a great class if you want to be comfortable dancing at a wedding or on a cruise. We will focus on the basics of swing, waltz, rumba and foxtrot. Instructors will help you determine which dance is appropriate for which type of music.

**Time:** 7:45 - 8:45pm

**Location:** DWS

(T/F) 1/6, - 20 (F) 1/23

\$80/couple

(T/F) 2/3 - 27 & (F) 2/20

\$80/couple

## Practical Karate

**Ages:** 13-up

**Instructor:** Charles Duarte

This practical self defense class will include defense against common grabbing, striking and kicking attacks; trapping and blocking techniques and how to make them work; escapes and compliance techniques. Protective gear recommended. Ages under 18 must be accommodated by a adult.

**Time:** 9am - 12pm

**Location:** SD

(Sa) 2/1-2/15

\$20

## World Tai-Chi/ Qi Gong Day

**Instructor:** Carson Valley Tai Chi Club

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

**Time:** 10am - 12pm

**Location:** MP

4/25

Free

## Ballet Barre Exercise

**Instructors:** Dance Workshop staff

Barre fitness classes are simply ballet-inspired, incorporating Pilates, dance, yoga and functional training, choreographed to motivating music. In each energizing and targeted workout, you'll use the bare and small hand weights to sculpt, slim and stretch your entire body. After each workout you will feel stretched, strengthened and invigorated. Student will need to wear comfortable clothes and ballet shoes.

**Time:** (T) 9:15 - 10:15am or 7 - 8pm

(Th) 9:15 - 10:15am or 7 - 8pm

**Cost:** \$45/1 class per week per month

\$80/2 classes per week per month

**Location:** DWS

## 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:** DCCSC

(Sa) 1/3 - 1/24

\$5

(Sa) 1/31 - 2/21

\$5

(Sa) 2/28 - 3/21

\$5

(Sa) 3/28 - 4/18

\$5

## Using an IOS Device iPhone or iPad

**Instructor:** Tim Gillespie

Should you by an iPad or iPhone? What can you do with them? This class is designed to help students decide if one of these devices is right for them, and if you already own one, learn tips and tricks for getting the most out of these devices. Also learn how to make them fit your passions or hobbies. There is so much these can do that class will be structured to try and accommodate students needs, based on survey feed back of attendees. Complete slide-show outlining topics to be discussed at <http://fuzzyhead.info/using-ios-device/>

**Time:** 9am 12pm

**Location:** DCCSC

(Sa) 1/10

\$20

## Jump Rope for Fun & Fitness

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

**Time:** 5:15pm - 6:15pm

**Location:** DCCSC

(W) 1/14-2/4

\$35

## Designing your own Blog or Website

**Instructor:** Tim Gillespie

Design your own blog or website using popular open-source tool called WordPress. For students needing an eCommerce site we will cover WooCommerce.

**Time:** 9am - 12pm

**Location:** DCCSC

(Sa) 1/17

\$40

## Adult CPR-AED & First Aid

**Instructor:** Kelly Pettit

**Ages:** 13-up

Basic CPR, introduction to AED and Basic First Aid will be taught in this class.

**Time:** 4pm

**Location:** DCCSC

(Sa) 1/31 CPR - 9am - 12pm

\$40

(Sa) 1/31 First Aid - 1- 4pm

\$40

## Free WiFi

By Frontier Communications

## 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.





# ADULTS

## The Wonders of Watercolor and more

**Instructor:** Dana Childs

Let professional painter, Dana Childs be your wind beneath your artistic wings on a rewarding and successful journey towards your own creations using your choice of watercolor, graphic pen and ink, oil or acrylic paints. Students will need to bring their own supplies. Supply list available at time of registration.

**Time:** 6:30 - 8:30pm

**Location:** DCCSC

(M) 1/19 - 2/23

\$79

(M) 3/2 - 4/6

\$79



## All Day Scrapbooking Workshops

**Instructor:** Jackie Gorton

This class will be for stampers & scrapbookers alike! The first hour will be spent creating a rubber stamping card project using a unique fold or technique. All materials included. The remaining time is for you to work on your own scrapbook or card projects. You get an entire eight foot table to work on. Tools such as punches, custom cutting system and many idea books are available for use. 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 cancelled)

**Time:** 10am - 6pm

**Location:** DCCSC(Sa)

(Sa) 1/17 Gate Card

\$10\*

(Sa) 3/21 Pop-up Card

\$10\*

(Sa) 4/18 Brayer Technique

\$10\*

\*\$5 per person material fee payable to the instructor.

## Concealed Weapon Certification

**Ages:** 21 and 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.

(W, F) 6 - 9:30pm DCCSC

(Sa) 8 - 11am DCSR

(W/F) 1/14 & 1/16

(Sa) 1/17

\$90\*\*

(W/F) 2/18 & 2/20

(Sa) 2/21

\$90\*\*

(W/F) 3/18 & 3/20

(Sa) 3/21

\$90\*\*

(W/F) 4/15 & 4/17

(Sa) 4/18

\$90\*\*

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



## 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!**

# ADULT FITNESS

## Zumba

**Ages:** 13 - up

**Instructor:** 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!

**Times:**

Mondays & Wednesday  
12:00pm  
Tuesday, Thursdays, Saturdays 9:00am  
Tuesdays & Thursdays 5:30pm

**Location:** DCCSC

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



## PiYo

**Instructor:** 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

## Kaia Fit

**Ages:** 18 - up

**Instructors:** Kaia Fit Coaches

We are a woman 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.

**Times:** M/W/Th/F - 6:00am, 7:00am, 12:30pm  
Sa - 8:00am

**Location:** DCCSC

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



## Jazzercise

**Instructor:** Helen Laub

Jazzercise, the world's leading dance fitness program is here! Each class offers a fun and effective total body workout that includes a combination of dance, resistance training, Pilates, yoga, kickboxing and core work set to today's popular hit music. Come enjoy the welcoming and non-competitive environment of Jazzercise and burn up to 600 calories in one 6 -minute class! Bring a set of hand-held weights of choice, exercise mat and water bottle.

**Days & Times:**

Mondays - Saturdays: 9:00 - 10:00am  
Mondays - Thursdays: 5:30 - 6:30pm

**Cost:** Drop-in fee is \$12 per class to instructor. Monthly reduce fees are available.

Class is ongoing starting Monday, January 5th  
**Location:** DCCSC

## Jump Rope for Fun & Fitness

**Ages:** Adults

**Instructor:** Ellen Lucas

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

**Times:** 4pm  
(W) 1/14-2/4

**Location:** DCCSC  
\$35

## Fitness Foundation

**Instructor:** Verna Lewis

In this class, participants will learn firsthand how their lives will be enhanced by living a fit and healthy lifestyle. The class is designed to give participant with tools and information needed to make educated decisions concerning fitness, nutrition, and weigh control. Also covered will include principles of fitness, cardio-respiratory endurance, muscular strength and endurance, and personal nutrition.

**Times:** 10-11am  
(W & F) 1/14-2/20

**Location:** DCCSC  
\$150

### PulseFitnessFreebie.com

Join us for an alternating menu of fitness classes and lecture/demonstrations offered to the community for free. Pulse Fitness staff will cover many topics targeted for various fitness subsets from seniors to competitive cyclists. For the schedule, as well as to reserve a space, please go to [www.PulseFitnessFreebie.com](http://www.PulseFitnessFreebie.com) or consult the registration desk at the Douglas County Community Center.

**Free WiFi**  
By Frontier Communications

# SPECIAL EVENTS

## 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  
com/DouglasCountyNVKidsFishingDerby for up-to-date information.

### 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 Douglas County Community & Senior Center or request a form via e-mail at KFDVolunteers@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*

## Valentine's Day Father / Daughter Sweetheart Dance

**Ages:** All

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

**Time:** 6 - 8:30pm

(Sa) 2/7

**Location:** DCCSC

\$10/ticket

## Mother's Day Mother / Son Dance

**Ages:** All

What better way to show mom how much you care than to go 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 chaperone) and sons. Couples will dance to DJ music reflecting all tastes and styles. Refreshments will be served and photo keepsakes of the evening will be available for an additional fee. Spaces are limited; get your tickets for this fun annual event early.

**Time:** 6:00 - 8:30pm

(Sa) 5/9

**Location:** DCCSC

\$10/ Ticket

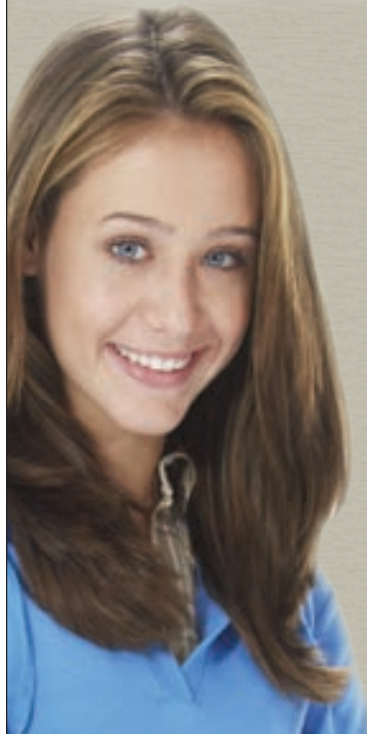
## Douglas County Parks & Recreation Departments presents

### 2015 GE Family Concert Series

at Minden park

If your business or organization is interested in becoming a co-sponsor or would like to place an ad in the concert program please call the recreation department at 782-5500.

## A great smile starts at Parigini Orthodontics!



Two locations to serve you!

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Minden, NV 89423  
775-782-3600

276 Kingsbury Grade  
Stateline, NV 89449  
775-588-3661



pariginiorthodontics.com

# 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
- Douglas Dolphins Swim Team**
- www.ddst.org
- Pop Warner**
- Jim Valentine ..... 782-8777
- www.douglaspopwarner.com
- Youth Basketball Leagues**
- Anthony Davis ..... 782-9828
- www.dcprrsports.com
- Youth Flag Football Leagues**
- Anthony Davis ..... 782-9828
- www.dcprrsports.com
- Youth Volleyball Leagues**
- Anthony Davis ..... 782-9828
- www.dcprrsports.com
- Youth Wrestling**
- John Grant ..... 720-2311
- DC-Ski Club Sat**
- Robert Pumphrey ..... 720-3543
- DC-Ski Club Sun**
- Jim Simpson ..... 450-9077

## 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.

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

**June 15-19, 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

\$278 Full Day: (9am -4pm) ages 8-16yrs

**Want to host a coach and receive \$80 discount.**

**Call Lee Dune: 916-596-1664**

**Register Today!**

<https://registration.challengersports.com/>

**FindACamp or Visit our web site**

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

**DC Recreation Office 775-782-5500**

## Youth NFL Youth Flag Football (Boys & Girls)

Sign up players fast, as space is limited.

**Grades:** 1st -12th

**Registration:** Begins April 2015

**Draft:** Mid-August 2015

**Location:** Stodick Park

**Leagues Season:** (Sat) August - November

**Registration:** Early: \$80.00 by June 26th

Regular: \$90.00 after June 26th

**Registration Deadline:** UNTIL FULL

(enrollment based on number of coaches)

(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 & online NFL registration slip must be completed at time of registration.*

Sign up players fast, as space is limited.

(Max 10 players per team)

## 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

(Sa) 4/18

**Location:** CVGC

\$20

**Golf Times:**

Ages 5 - 6

12 - 1:15pm

Ages 7 - 8

1:30 - 2:45pm

Ages 9 - 16

3 - 4:15pm

## MEFIYI

## Spring Break Sports Bash

**Ages:** 6 - 14

MEFIYI (Me-for-Incredible-Youth, Inc.) Spring Break 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](mailto:jojotownsell83@gmail.com) Monday -Thursday 4/6 - 4/9

**Location:** DCCSC

**Camps:**

Basket Camp: 10am - 12pm

Volleyball Camp 1 - 3pm

Track Camp 1 - 3pm

**Camp Fees:**

Each camp is \$75.00

## Youth & High School Coed Volleyball Leagues

These Leagues are for beginner to advanced players, emphasizing skill development and fun competition. There will be three four leagues: 3rd/4th, 5th/6th, 7th/8th and High School 9th-12th grade. Participants will be randomly assigned to a team through a draft system. All games will be played on weeknights with at least one practice set aside each week. Practice sites may vary. Game times will be from 5:30pm to 7:30pm Volunteer coaches will be used.

**Game Time:** 5:30pm-6:30pm-7:30pm

**Location:**TBA or (Gym & Fitness Center)

**Registration Begins January 20th**

**Registration:** Early: \$80.00 by February 13th

\$90 after February 13th

**Registration Deadline:** UNTIL FULL

(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

## Volunteer Coaches Needed

Coach Application & Background Checks must be received by Friday, January 30th 2015

(player enrollment based on number of coaches approved before draft can take place)

**For information and applications go to the**

**Website: [dcprrsports.com](http://dcprrsports.com)**

# ADULT SPORTS

## Adult Softball Leagues

**Ages:** 18+

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. Returning teams are not guaranteed a space. 20 players are allowed to a roster. Leagues will play a minimum of 10 regular season games with **Top 8 in a post-season Single Elimination Tourney**. A trophy and t-shirts will be awarded for 1st place in the single elimination tournament. A plaque will be awarded for 2nd place in the tournament. Game times will be between 6:30pm - 9:00pm. League nights will vary. All teams are required to attend a manager's meeting. Must be at least 18 years old to participate.

**Game Time:** 6:30 - 9pm **Location:** LP  
(M - Th) 4/21 - 7/10

**Registration Begins March 2**

**Registration:** Early: \$475 by April 3  
\$525 after April 3

**Registration Deadline:** April 10

**Leagues Offered:**

- (M) Men's "Open"
- (T) Men's "D"
- (W) Women's
- (W) Men's "Open"
- (Th) Coed Open

**Managers Meeting:**

A managers meeting will be held on Tuesday, April 15th at 6pm at the Recreation Annex Building. Schedules will be available at the meeting.

## Introduction to Foot Golf

**Ages:** ALL

Foot Golf is the fastest growing sport in the US. It combines the rules of golf with kicking a soccer ball. We have 18 foot golf holes situated on our back 9. The holes consist of par 3s, 4s and 5s which players kick a soccer ball toward and eventually into a 21 inch cup. It takes strategy and touch and can be learned and enjoyed by anyone that can kick a ball. Taught by the professionals at the Carson Valley Golf Course, players can learn the basics of Foot Golf including rules and etiquette and also 18 holes of Foot Golf to follow the clinic.

**Time:** 3pm **Location:** CVGC  
(Sa) 5/9 \$18/adults \$9/ages 17 & under

## Introduction to Golf for Ladies

**Ages:** 18+

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

**Time:** 5:15 - 6:15pm **Location:** CVGC  
(W & Th) 4/22 & 4/23 \$30

## Adult Spring Volleyball Leagues

**Ages:** 18+

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

**Time:** 7:30 - 9:30pm **Location:** CVMS  
(M - Th) 3/16 - 5/29

**Registration Begins January 20**

**Registration:** Early: \$200 by February 13  
Late: \$250 after February 13

**Registration Deadline:** February 20

**Leagues Offered:**

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

## 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.

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

**All Leagues  
Sign Up Information**

**Forms \* Schedules \* Rules  
Up to Date League Results  
Tournament Brackets \* Championship Photos**

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## Therapy That Makes Sense

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- Marriage • Family
- Individual Counseling

Licensed in Nevada and California

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1191 - A High School Street  
P.O. Box 2275  
Gardnerville, NV 89410

Lileo Sunderland  
M.F.T.

# COMMUNITY

## Tours of Dangberg Home Ranch Historic Park

The Dangberg Home Ranch Historic Park preserves an essential part of Carson Valley history. With eight historic structures and a large collection of original artifacts, documents and photographs, visitors can experience 150 years of ranching 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. Programs include tours, exhibits, school field trips, arts performances and more. Guided history tours are available year-round. Advance tour reservations are required and can be made by calling the park at 775-783-9417. Tour admission is \$8.00 for adults, free for children 16 and younger. The park, located just west of Minden at 1450 Highway 88, can be reserved for weddings, reunions and other events from April through October. Visit [www.dangberghomeranch.org](http://www.dangberghomeranch.org) for more information.



## Ring in Kindness

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



## Mental Health First Aid

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 Action Plan. Sign up by calling the Partnership of Community Resources at 782-8611

## Main Library Story time

**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.

## Library Hours

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

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

**Saturday**  
10:00am to 5:00pm

**Closed on Sundays and holidays**

For more information call the Library at (775)782-5500

## 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; provides avenues for recognition and encouragement volunteers. Any non-profit organization 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](http://www.douglasvolunteers.org)



## 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

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

# COMMUNITY

Carson Valley Arts Council Presents

## Youth Music Workshop

Saturday, January 17, 2015, 11 AM, LaVay Smith,  
Location TBA

Music Workshop \$10 for students and \$40 for adults.  
Registration includes a concert ticket. Grades 7-12

Lavay Smith is internationally recognized as The Queen Of Classic Jazz & Blues in the authentic style of the 1940's and 1950's. Lavay Smith and Chris Siebert present will a workshop on the great American musical traditions of blues and jazz. Focusing on the classic music of the 1920s, 30s, 40s and 50s, Lavay and Chris share the lessons that they learned from 20 years of performing around the world with a band of veteran American musicians. The importance of tone, groove, dynamics and story-telling through music are emphasized with references to some of the greatest recordings in American musical history.

Friday, April 17, 2015, 2 PM,  
Third Coast Percussion Location TBA

Hailed by The New Yorker as "vibrant" and "superb," Third Coast Percussion explores and expands the extraordinary sonic possibilities of the percussion repertoire, delivering exciting performances for audiences of all kinds. Since its formation in 2005 in Chicago, Third Coast Percussion has gained national attention with concerts and recordings that meld the energy of rock music with the precision and nuance of classical chamber works.

Call the Carson Valley Arts Council at 775-782-8207  
or email [info@cvtartscouncil.com](mailto:info@cvtartscouncil.com) for more details.



## Coming Soon Chautauqua - Grades 3 - 8

Sponsored by the Douglas County Historical Society

What is Chautauqua? A chance for you to slip into the shoes of an historical character of your choosing and present their life to your friends and the public the way you think they would have. Elements of public speaking, drama, costume design, and historical research will be incorporated into your program. If you are interested in any of these things, this may be just the program for you. By June you will have your program perfected ending in one grand performance on June 2nd. Along the way you will have the help and guidance of adults versed in Young Chautauqua including a retired teacher. For more fun bring your friends along to the initial meeting on February 3rd. For more information call 782-2555.

## Are DANCE LESSONS Right For YOU?

★ Students who dance do well in school.

A great alternative or in addition to team sports

Ages 2-18: Tap, Jazz, Ballet, Hip Hop & Contemporary

*We offer classes for all  
ages and skill levels!*

★ Adults who dance stay sharp  
mentally and physically.

Increases cognitive and acuity at all ages!

Tap, Ballet Barre Exercise, Hip Hop  
and Ballroom Dancing

# DANCEWORKSHOP

Go to [www.DanceWorkShopOnline.Com](http://www.DanceWorkShopOnline.Com) or call 775 782-8717 to learn more



# 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:

Mystic India:	1/3/15	\$58.00
“Rain”-A Beatles Tribute	1/24/15	\$65.00
Memphis the Musical	2/8/15	\$65.00
Guys & Dolls the Musica	3/7/15	\$65.00

## SENIOR CENTER VOLUNTEERS

Many of the programs offered through the Douglas County Senior Center would not be possible without the assistance of DC Senior Center Volunteers. If you have an interest in becoming a volunteer for the NEW Senior & Community Centers please call (775) 782 - 5500.

## 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.

## 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, it is \$5.00 for lunch.

## 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. For guests who are under 60 years of age, lunch is \$5.00.

## North County Congregate Dining

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

## YAH Gift Shop

Young at Heart sponsors a gift shop located in the Senior Center lobby. It is open from 10am-2pm 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.

## 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.

**Free WiFi**  
By Frontier Communications



# ACTIVE ADULTS

## 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. 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.**

## 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:** 3/21, 5/9, 7/18, 9/19, 11/7



## 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.



- Puppy socialization/playtime
- Puppy Safety & Tips
- Luring: By using current puppy food or treats.
- Lure: Come, Sit, Down, Heel; basics.
- Puppies can start at any age over 8 weeks. Once the puppy reaches 16 weeks old, their Luring Class is over.
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775.721.3317**

1180 ANGELA CT. MINDEN, NEVADA 89423

## Puppy Luring Class Saturdays 10-11a.m.

All puppies must show proof of up-to-date vaccinations.  
Bring puppy on short leash.  
Bring your puppies kibble in a baggy.

**\$50 PUPPY LURING CLASSES**  
for Puppies 8 to 16 weeks only  
**A Savings of \$85!**



# LIFE OPTIONS ACTIVITIES

## Sight Impaired Support Group

Meets every 1st Thursday of the month at 10:00am in the Senior Center 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 782-5500.

## Dementia & Alzheimer's Support Group

This group meets every other month, on the 3rd Wednesday from 9:30-10:30am at the Senior Center, in the ceramics room. Contact the Senior Center to find out when the next meeting is scheduled (775) 782-5500. 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.

## 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. The first meeting of the year will be held on Monday, March 23rd.



## 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.

## 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.

## 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.

## Senior Resistance Exercise

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

## 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

## Anytime Fitness

**Ages •** 60 and over

Anytime Fitness is Minden/Gardnerville's only fitness club open 24 hours a day and 365 days per year with access to over 2,500 clubs across ALL 50 states, so we are a great option if you travel! Our friendly staff is will be happy to help you meet your goals. Our facility offers treadmills, cross trainers, recumbent bikes, and strength circuit machines. We also have group fitness studios, offering Pilates, Zumba, and kettlebell classes. Anytime Fitness offers seniors a discounted membership rate, NO enrollment fees, 3 free training sessions and first month free when you mention Senior Services "LIFE OPTION PROGRAM"! For more information contact an H2i (hired to inspire) team member at 775-583-5130.

**Highway 395, Suite 101-105, Gardnerville, NV 89410**  
**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 \$24 a month. We offer low impact aerobics, pilates, yoga, treadmills, elliptical machines, bikes, free weights, and selectorized machines. Relax in our dry sauna or finish your workout with a healthy drink. All new members will receive a consultation from a Personal Trainer to get you started on your way to a healthy lifestyle. Monthly dues are \$24, and for seniors there is no Enrollment Fee and a one time \$29 Processing Fee. For more information contact Pulse Fitness at 782-2705 and ask about a senior membership. A one year commitment is required.

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

## W.A.V.E.

### (Welcome All Veterans Everywhere)

**Are you a Veteran? Do you have questions about your benefits or what services may be available to you.** Welcome All Veterans Everywhere ("WAVE") local organization along with a Multiple Discipline Claims Specialist are available to help at the Douglas County Senior Center. To schedule an appointment call Sheri Karosich at (775) 782-5500 at the Senior Center. Veterans are advised to bring their DD-214 Discharge document, VA card and current VA claim correspondence.

**Two hour appointments will be available from 9 am to 4 pm on the following dates. Emergency help and appointments are also available.**

January: Thurs. 1/8 & 1/22  
 February: Thurs. 2/12 & 2/26  
 March: Thurs. 3/5 & 3/19

## Grief and Loss Support Group

This new group meets on the 2nd & 4th Wednesday of each month from 9:30-10:30am at the Sr. Center, in the Conference Room. This group is sponsored by the Carson Valley Medical Center Vitality for Life. Grief is a process we go through as we adjust to the loss of anyone, or anything important in our life. Loss of a job, a move, divorce, declining health, or loss of a loved one, are just a few of the losses than can cause grief. The work of grieving is emotionally, mentally and physically exhausting. The time involved with adjusting to the loss depends on the type of loss, one's life experiences and support system. There is no right, or wrong way of grieving as long as one is not becoming self destructive. We don't get over the loss or recover from it. We get through it to acceptance, regain our balance, and eventually move on with our lives. This group is geared toward helping you through this process.

## 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

# PRESCHOOL

## Roots and Wings Children's Center at Kahle Community Center

Accredited by the National Association for the Education of Young Children  
and proud to be the first five star rated preschool in the state of Nevada.

**Director:** Shelly Martinez

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

- **Licensed Pre-school designed for ages 3 - 5 (child must be potty trained)**
- **Program Hours: 9am - 12pm 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**

### Zephyr Cove Library

(775) 588-6411

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

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

### Story Time

**Ages:** 3 - 8 **Time:** 9-9:30am  
Alternating Thursdays and Fridays at the Kahle Community Center Beginning 1/9.

### Interactive "FROZEN" Movie Night

**Ages:** 4 & up  
**Instructors:** KCC Recreation Staff  
Come in your pajamas if you want or dress in winter fairy tale attire, ready for a sandwich dinner, snowman craft, virtual ice skating and snow storm adventurers. Price includes movie, dinner, themed snacks, activities and close supervision.

**Time:** 5:30 - 8:30pm **Location:** KCC  
(F) 1/30 \$23

### Birth to Pre-School Programs

**Ages:** Birth to Pre-School

**Staff:** Roots and 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 arts, optional group circle time, use of indoor playground and indoor walking track with child in stroller during class time or immediately after class.

### Twosday Mornings

**Ages:** Birth to Pre-school

**Instructor:** Roots & Wings Teachers

<b>Time:</b> 9:30 - 11am	<b>Location:</b> KCC
(T) 1/6 - 1/27	\$28
(T) 2/3 - 2/24	\$21
*no class 2/17	
(T) 3/3 - 3/31	\$35
(T) 4/14 - 4/28	\$21
*no class 4/7	
(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.*

### Kiddie Kickers Indoor Soccer Program

**Ages:** 4\* - 5

**Instructor:** Recreation Leaders & Volunteer Coaches

This introductory soccer program is for beginners. Games will be played on Sunday afternoons at Kahle Community Center during the end of March through May. Volunteer coaches are needed.

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

**Registration:** Begins 2/5 until full

**Time:** Games will be between noon - 4 pm  
(Su) 3/22 - 5/17

\*Must be 4 years old by 4/1/2015

*A parent permission form needs to be completed at time of registration.*

### Birthday Parties

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

For more information call 775-586-7271.

### Open House

Tuesday March 3, 5-8pm

Wednesday May 6, 5-8pm

### Special Activities

#### Father/Daughter Sweetheart Dance

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

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

**Time:** 7 - 9:30pm

**Location:** Harrah's Convention Center  
(F) 2/6 \$10/ticket

#### Tot Egg Hunt

Sponsored by the Tahoe Douglas Firefighter's Association

**Ages:** 0 - 6

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

**Time:** 11am SHARP!

**Location:** KCC  
(F) 4/3 FREE  
Gym open until 1pm

# YOUTH/TEEN

## School out fun day

**Grades:** K - 6  
**Time:** 7:30am - 6pm  
**Location:** KCC  
 (F) 2/27 \$23

## Spring Break Adventure Days

**Grades:** 1-6  
 Enjoy your school break with us by going on field trips, playing games, crafts, and having fun! Fee includes admission, transportation and supervision. Bring a sack lunch and spending money each day. Watch for a flyer coming home from school with more information.  
**Time:** 7:30am - 6pm  
**Location:** KCC  
 (M - F) 4/6 - 10 \$ 23/day

## 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 Tae Kwon Do are exciting and a fun way to stay fit, as well as being an excellent form of self defense.  
**Time:** 6 - 7:30pm  
**Location:** KCC  
 (W) 1/7 - 1/28 \$16  
 (W) 2/4 - 2/25 \$12  
 \*no class 2/18  
 (W) 3/4 - 3/25 \$16  
 (W) 4/1 - 4/29 \$16  
 \*no class 4/8  
 Drop-in \$8 per class.

## Kid's Club Program Grades K - 6

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

## Zephyr Cove Elementary School

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

## Teen Scene

### Friday Nights at

**Kahle Community 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 - 9pm  
 (F) Drop-in \$3\*  
 \*Free to pass holder

## 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.

**Fitness for Teens**  
**Dance, Martial Arts,**  
**Jazzercise, Pilates,**  
**Zumba and Yoga**  
**available for teens!**

## Group Drumming Lessons

**Ages:** 13 & over  
**Instructors:** Jim McCall  
 Have fun learning the art and technique of drumming. Maximize your coordination, enhance memory skills and stimulate your creativity while learning the rhythms of the world. Drums will be provided. Sticks may be purchased through the instructor.  
 (T) 1/6 - on going  
**Time:** 5- 6pm  
**Cost:** \$20/class

## 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  
**Time:** 7 - 8pm  
**Location:** KCC  
 (W) 1/8 - 2/12 \$80  
 (W) 3/5 - 4/9 \$80  
 (W) 4/16 - 5/21 \$80  
 (W) 6/18 - 7/23 \$80

## 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)

# Tahoe Douglas Fire Department Programs

## CPR & First Aid

**Instructors:** Tahoe Douglas Firefighters  
 Would you know what to do if someone suddenly became injured or sick? Every day, there's the potential for an injury, illness, or sudden health emergency to occur in the places where we live, work, learn and play. While many of these situations require no more than a Band-Aid, others may be life-threatening. Please pre-register to ensure class will take place. This is a certification class

### CPR

**Time:** 9am - 12pm  
**Location:** RHFS  
 (S) 3/21 \$40

### First Aid

**Time:** 1 - 5pm  
**Location:** RHFS  
 (S) 3/21 \$40  
**CPR/First Aid Combo** \$80

## Fire Extinguisher Training

**Instructors:** Tahoe Douglas Firefighters  
 Learning how to respond could save your life or your property! Course offers training on procedures to take when a small fire breaks out by properly using a fire extinguisher.  
**Time:** 1:30 - 2:30pm  
**Location:** KCC  
 (M) 2/23 FREE

## Child Safety Seat Workshop

**Instructors:** Tahoe Douglas Firefighters  
 Car crashes are the leading cause of death for children and 4 out of 5 safety seats are installed or used wrong! This course offers training on selecting the right seat for your child and installing the seat properly into the vehicle. Learning how can save your child's life!  
**Time:** 11 - 12 noon  
**Location:** KCC  
 (W) 4/22 FREE  
 (TH) 4/30 FREE

# 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 - 11:30

**Location:** KCC

(T, Sa) Ongoing

\$11/class

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

## Jazzercise

**Ages:** 13 & up

**Instructors:** Sherry Baiocchi, Shannon Shearer

Power and Cardio in one, FUN, effective 60 minutes total body workout. Jazzercise combines dance-based cardio with strength training and stretching to sculpt, tone and burn maximum fat. Each 60 minute class includes a warm up, 30 minutes of aerobic segment, muscle toning and strengthening using weights and a full body stretch.

**Times:** (M, W, F, Sa) 9am • (T, Th) 5:30 pm

**Location:** KCC

Drop-in fee is \$10 per class to instructor

Monthly reduced fees are available

\*No class 1/19, 2/16

## Yoga for Everybody

**Instructors:** Yoga for Everybody

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.

(Tu) 1/6 On Going

**Times:** 6:30 - 7:30pm

**Location:** KCC

**Cost:** \$5 drop in (scholarship may be available in case of financial hardship)



## 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 - 7pm, (T, Th) 9 - 10am

**Location:** KCC

\$7/class

\$45/month

Punch cards: 20/\$80

\*No class 1/19, 2/16



## 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 Rod.

## 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) 1/7 - 1/28

\$24

(W) 2/4 - 2/25

\$18

\*no class 2/18

(W) 3/4 - 3/25

\$24

(W) 4/1 - 4/29

\$24

\*no class 4/8

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) 1/7 - 1/28

\$24

(W) 2/4 - 2/25

\$18

\*no class 2/18

(W) 3/4 - 3/25

\$24

(W) 4/1 - 4/29

\$24

\*no class 4/8

Drop-in \$10 per class



## Tahoe Douglas

### Christian Preschool

Some Spaces Still Available  
Full or Part-Time Available

Monday-Friday • Ages 18 mo - 5 yrs

18 month - 2 years need **NOT** be potty trained

Affordable Rates • Nevada State Licensed • Loving Teachers • Safe Environment

145 Daggett Way • Kingsbury Grade • 775.588.7450



# 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](http://www.sltayso.com)

**Pop Warner Football**

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

**Little League Baseball**

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

**Youth Ice Hockey**

[tahoegrizzlies.com](http://tahoegrizzlies.com)

**Zephyr Cove Ski Club**

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

## Kiddie Kickers Indoor Soccer Program

**Ages:** 4\* - 5

**Instructor:** Recreation Leaders & Volunteer Coaches

This introductory soccer program is for beginners. Games will be played on Sunday afternoons at Kahle Community Center during the end of March through May.

Volunteer coaches are needed.

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

**Registration:** Begins 2/5 until full

**Time:** Games will be between noon - 4 pm

(Su) 3/22 - 5/17

\*Must be 4 years old by 4/1/2015

A parent permission form needs to be completed at time of registration.

## VOLUNTEER COACHES & TEAM SPONSORS

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

### LEARN MORE

Learn more about sports with the Douglas County Parks & Recreation Department at [www.dcprrsports.com](http://www.dcprrsports.com)

# ADULT SPORTS

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

**Age:** 18 & up

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

### Basketball

(M/W/Th) 12 - 3pm

**Location:** KCC

(T) 1 - 3pm

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

### Volleyball

**Call 586-7271 to schedule**

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

## Adult Softball

**Coed League:** Tuesday Nights

**Registration Fee:** \$475 per team

**Registration Begins:** Wednesday, April 1

**League Begins:** Tuesday, May 5 (*weather and field dependent*)

**Games Played:** Zephyr Cove Park

For more information or to inquire about a Men's or Women's League, please contact Kahle Community Center, 775-586-7271

## "Open" Adult 5 on 5 Basketball League

**Divisions:** Tuesday night, Thursday night

**Registration Fee:** \$450 per team

**Registration begins:** Returning teams 2/5

New teams 2/19 until full

**League begins:** Tentative week of March 17

**Games played:** KCC between 5:30 - 8:30pm



**Try CrossFit Class For A Week FREE!**

- 📱 Crossfit Classes
- 📱 Personal Training
- 📱 Crossfit Teens / Kids
- 📱 Crossfit Bootcamp
- 📱 Athletic Strength & Conditioning

**CALL TODAY 775-782-0190**

Some restrictions apply. See Gym for details.

1291 Industrial Ct  
Gardnerville, NV  
[Crossfitcarsonvalley.com](http://Crossfitcarsonvalley.com)



# ACTIVE ADULT



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

## AARP Driver Safety Course

The class is a refresher course for drivers age 55 and older with emphasis upon how age-related changes affect driving. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the course may be eligible for a discount on their auto insurance. Pre-registration is required, call 775-586-7271.

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

**Location:** KCC

(Sa) 5/9

\$15 - members

\$20 - non-members

*\*Fee is paid to instructor at class*

TDSC serves Douglas County's senior population residing inside the Tahoe Basin. It is unique among Nevada's senior centers in that it is operated solely by volunteers. Hours vary daily. Annual membership fee is a nominal \$10.

### Services and activities include:

- Socializing activities and 1pm Bingo Tuesdays and Saturdays
- Texas Hold'em Poker sessions 9am Tuesdays and Fridays
- Monthly membership luncheon and speaker program at Harrah's 2nd Wednesday of each month
- Casinos, musical outings and group activities such as visits to Apple Hill, Thunderbird Lodge and other points of interest
- Participation in annual canned food drive for the needy



- Collection of "distressed" bakery items from Round Hill Safeway for distribution to members at the center on Saturday AM
- Distribution of USDA food commodities to those deemed eligible per USDA's family income criteria (4th Thursday of every other month)
- Shopping trips and transport to medical/dental appointments for members aboard a TDSC van operated by volunteer member/drivers

# 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.

**NOW OPEN!**



## 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

Lampe Park 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 782-9828. Requests should be made within 5 working days after the first class meeting. Refund checks will be mailed within two (2) weeks.

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

### POLICIES

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

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

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

**TO REGISTER**

*Home of:*



# CHAPPELL RANCH<sup>LLC</sup>



**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**

