

CARSON VALLEY & SOUTH SHORE
REGIONAL
RECREATION & TRANSPORTATION
GUIDE



FALL 2016

Brought to you by:

Douglas County Parks & Recreation Department
& City of South Lake Tahoe Recreation Services



BROOKDALE

— SENIOR LIVING SOLUTIONS —
ALL THE PLACES LIFE CAN GO™

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

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

Brookdale Gardnerville

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





WELCOME

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



WHAT'S INSIDE...

VALLEY

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

CITY

SLT Recreation Center	20
Facility Rental & Services	21
SLT Fitness/Pickle Ball/ Water Exercise	22
SLT Aquatic Center	23
Bijou Park /SLT Ice Arena/	
Bonanza Park	24
Lakeview Commons/Regan Beach	25
Explore Tahoe/Stateline Transit Center/ South Lake Tahoe Senior Center	26

LAKE

Kahle Community Center	27
Pre-Kinder/Youth	28
Special Events	28
Youth/Teen	29
Adult	29
Fitness	30
Martial Arts	30-31
Youth Sports	31
Adult Sports	32
Active Adults	32

Transportation	33-34
General Information	35





DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



"Share Because You Care" Gifts

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



Your donations help to provide:

- Sponsorship for Youth & Teens • Supplies for Recreation Programs & Special Events
- Equipment for Community Centers
- 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.

Douglas County Parks & Recreation Department Customer Service Locations

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

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

Douglas County Parks & Recreation Staff Members

Parks & Recreation Director Scott Morgan

Recreation Division Brian Fitzgerald • Travis Lee • Sheryl Christian • Traci Dill • Amanda Reid • Elizabeth Baumgartner • Jessica Moore Tobias Donahue • Scott Doerr

Parks Division Peter Knight • Nick Nalder • Ryan Stanton • Jerry Harrison • James Howard • Miguel Vazquez • Jorge Regalado • Marie Langtimmm

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

Meghan Kelly • Thomas Moore

Douglas County School District

Layout Ruth Zamarripa, Sierra Nevada Media Group

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

SATISFACTION GUARANTEE

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

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

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

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

Satisfaction guarantee requests may be made in person or by calling us at 782-5500. Requests should be made within 5 working days after the first class meeting. Refund checks will be mailed within two (2) weeks.

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

POLICIES

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

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

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

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



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

Passes Available

Daily • Monthly • 3 Month • Annual

Recreation Center Hours

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

- Closed Most Holidays -

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

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

Director's Note

Scott Morgan

Community Services/Parks & Recreation Director

Final Piece of the Puzzle

The Douglas County Community Services Department is pleased to announce the opening of Douglas County's first adult daycare coming this fall. The Carson Valley Adult Day Club is a full service 5 day a week adult daycare program to benefit families in Douglas County who choose to provide critical care to a loved one in their own home. This is a practice which Douglas County wishes to wholeheartedly support. In fact, the whole purpose of the Douglas County Senior Center is to keep people in their homes as long as possible with the hope that they can enjoy independent living with their family in their home throughout their golden years.

Most of you will never see or notice that your Community & Senior Center houses a full medical clinic and the adult daycare since its entrance is on the mountain side of the building. These functions for the most part will operate independently from the rest of the facility functions with the exception of the close relationship our part-time preschool will have in the operation of the daycare program. The construction plan of this new building has always had the priority of opening an adult daycare for the kind and humane reasons talked about above. But what most people do not understand is that by operating an adult daycare, Douglas County will save thousands of dollars annually by avoiding long term care costs to the taxpayers as required under state law.

The start of the adult daycare is the final piece of the puzzle, making your building the first true multigenerational facility on the West Coast. For questions regarding adult daycare or the programs at the Douglas County Community & Senior Center please feel free to contact Scott Morgan at 775-782-9829.

Facility Rentals

Looking for a location for an upcoming wedding, anniversary, bridal or baby shower, meeting, fundraiser, holiday party, or birthday party? For reservation information call the Community Center at 775-782-5500, ext. 1.

V
A
L
L
E
Y

PRESCHOOL / YOUTH

**Now Enrolling for
Fall Brighter Days Preschool**
Sign up for the 2016 – 2017 school year
Sign ups start September 1st

Ages: Preschool **Director:** Andrea Erickson
Brighter Days Preschool offers daily activities to benefit the child physically, mentally, socially, creatively, and intellectually. Our program includes daily activities such as calendar, songs, letters, numbers, shapes, colors, art, science, and free play.

Hours are 8am – 12:30pm, Monday – Friday

Many different programs are offered. Please call Andrea Erickson at (775) 783-6454 for more information.



Music and Movement for Young Children

Ages: Preschool **Instructor:** Maureen Conlin
Children explore, experience, and create using music, games, songs, rhythm instruments, puppets, movement activities and more.

Time: 11am - 11:30am	Location: DCCC
(Th) 9/8 - 9/29	\$40
(Th) 10/6 - 10/27	\$40
(Th) 11/3 - 12/1*	\$40

*no class 11/24

Stroller Time

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

Birthday Parties

Have your child's next Birthday Party at the Community Center! Party Rooms, Kitchen, Bounce House, Arcade and Gym available. Call 782-5500 ext. 1 for cost and more information.

Toddler Time

Parents, grandparents, & caregivers with younger children, come join our play group Thursdays morning in the company of peers! Indoor play equipment, bounce house and arts & crafts.

Time: 9am - 11am	Locations: DCCC
Every Thursday	Cost: \$3.00/child

YOUTH

Adventure Camp Days

Grades: K - 6
Campers will enjoy a variety of activities each day, all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Calendars are available at the Recreation Office. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.

Time: 7am - 6pm	Locations: TBA
(M) 10/17	\$26/day*
(F) 11/18	\$26/day*
(F) 12/2	\$26/day*

* Sibling discount of \$3.00 per day

Fall Break Adventure Camp

Grades: K - 6
Campers will enjoy a variety of activities each day, all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Calendars are available at the Recreation Office. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.

Time: 7am - 6pm	Locations: TBA
(M - Th) 10/24 - 10/27	\$26/day*

No Camp 10/28

* Sibling discount of \$3.00 per day

Winter Break Adventure Camp

Grades: K - 6
Campers will enjoy a variety of activities each day, all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Calendars are available at the Recreation Office. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.

Time: 7am - 6pm	Locations: TBA
(M - F) 12/27 - 1/9	\$26/day*

No Camp 12/26 & 1/2

* Sibling discount of \$3.00 per day

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. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. Early enrollment discount is available on payments received on or before the 25th of the month prior. A current registration packet is required for all new 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.

PLEASE NOTE: There is no morning Kids Club once a month on Late Start Days. Please check out our Wacky Wednesday's program if you need care on the late start days!

YOUTH

Wacky Wednesday's

Grades: K - 5

What will your child do on the NEW late start days on the school calendar? How about a fun and safe program with supervised games and fun! Children enrolled into Wacky Wednesday's may be dropped off at one of the three district elementary schools and transported to their school by DCSD school buses. Spaces are limited and pre-registration is required. For information or a registration packet, please contact the Recreation Department at 782-5500 ext.1

Time: 7am - 10am

(W) 1 day/month Sept - April

9/14, 10/12, 11/9, 12/14, 1/18, 2/8, 3/8, 4/12

Location: TBA

Cost: \$10/day

Saturday Kid's Kamp

Grades: K - 6

This fun camp will offer activities including arts & crafts, movies, sports, snacks and lots of fun all in a safe and secure program based on a theme. Bring a lunch and water bottle. Snack provided.

Time: 10am - 4pm

(Sa) 10/22 Happy Fall Y'all

(Sa) 12/10 Holiday Happenings

Location: DCCSC

\$25

\$25



Introduction to the Violin

Grades : 3-8

Instructor: John O'Neill

Children will have the opportunity to find out if the violin is the right instrument for them. They will work on several easy, well known melodies and be instructed in the proper way to hold and take care of the instrument. Private lessons will be offered to those wishing to continue at the conclusion of the class.

Time: 3:45pm - 4:30pm

(Th) 9/15, 9/22, 9/29, 10/9

Location: DCCSC

\$25 includes all materials and the use of a violin outfit

TEENS/ADULTS

30 hour Classroom Driving Education Training

Ages: 15 & up

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.

Time: 8:30am - 4:30pm

(M - Th) 10/24 - 10/27

Instructor: Chuck Ayers

Location: DCCSC

\$50

Watercolor/Drawing Workshops

Ages: 9 & up

Learn the basics of composition, drawing, use of the watercolor brushes, sprays; salt alcohol, color theory and mixing to get vibrant color varied hues and values. Weather permitting, we may work from the beautiful views from the window/patios of the center or bring your own photographs for inspiration. Supply list available at time of registration.

Time: 10am - 2pm

(Sa) 9/24

(Sa) 10/22

(Sa) 11/12

Instructor: Irene Taylor

Location: DCCSC

\$40

\$40

\$40



Fencing/Free Play Practice Sessions

Ages: 13 & up

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

Time: 7pm - 8:30pm

(Th) 9/1 - 12/29

Instructor: Steven Klekar

Locations: DCCSC

Drop-in rate \$5.00/class

Foil and Epee Fencing

Ages: 13 & up

Student will be introduced to the basic technical skills of modern fencing using the foil or epee, 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.

Time: 7pm - 8:30pm

(T) 9/6 - 9/27

(T) 10/4 - 10/25

(T) 11/1 - 11/29

(T) 12/6 - 12/27

Locations: DCCSC

\$32

\$32

\$40

\$32

*\$8.00 drop-in

Foil and Epee Fencing Tournaments

Ages: 7 - 18

Here is your opportunity to compete in a foil or epee fencing tournament. Competitors will use their basic learned technical skills of modern fencing using the foil or epee. All fencing and safety equipment will be provided.

Time: 10am - 5pm

(Sa) 9/24

(Sa) 12/3

Instructor: Steven Klekar

Locations: DCCSC

\$20

\$20

TEENS/ADULTS

Dog Obedience

Ages: 8 - up **Instructor:** Guy Yeaman
 Have you and your canine companion been getting along lately? If you need help in establishing good conduct and curbing bad habits, this course is for you. Guy uses a light handed approach to help you teach your dog to obey the commands: heel, sit, stand, stay and recall. Each dog needs a choke chain, a fabric or leather lead. Dogs must be at least 4 months old.* Bring a copy of shot records the first day of class. www.dogmanguy.com

Time: 7pm - 8pm **Locations:** DCFG
 (W) 9/28 - 11/2 \$80
 (W) 11/9 - 12/14 \$80

Filipino Arnis

Ages: 14 & up **Instructor:** Diane Ortenzio-Cooling
 Arnis is the martial art of the Philippines, it emphasizes defenses with sticks, knives, and other improvised weapons, as well as empty hand applications. You do not need to be in great shape to start, and it is a great supplement to any other martial art in which you might train.

Time: 6pm - 7pm **Locations:** DCCSC
 (Th) 9/1 - 9/15 \$24
 (Th) 10/13 - 10/27 \$24
 (Th) 11/3 - 11/17 \$24
 (Th) 12/1 - 12/15 \$24

\$10/Drop-in

Self-Defense for Women

Ages: 14 & up **Instructor:** Diane Ortenzio-Cooling
 Sharpen your defensive skills and bump up your awareness level! Learn how to quickly defuse, short-circuit, or stop an aggressor and learn how to spot and prevent problems. Class includes striking, kicking, and ground defenses. Wear comfortable clothing.

Time: 6:30pm - 8pm **Locations:** DCCSC
 (M) 9/12 & 19 \$25
 (T) 10/18 & 25 \$25

Instructors Wanted!

Do you have a special skill that you would like to share with others and are you interested in teaching a class or program? If so call 782-9828.

VALLEY CLASS LOCATION CODES

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

ADULTS

Beginner's Tai-Chi

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

Time: 10:30am - 12pm **Location:** DCCSC
 (Sa) 9/3 - 10/1 \$5
 (Sa) 10/8 - 10/29 \$5
 (Sa) 11/5 - 11/26 \$5
 (Sa) 12/3 - 12/17 \$5

Ballroom Dance

Ages: Adults **Instructor:** Richard Girod
 Beginning ballroom dance will include the Fox Trot, Waltz, Tango, Rhumba, Cha Cha, Samba and West Coast Swing.

Time: 6pm - 7pm **Location:** DCCSC
 (M/F) 9/2 - 9/30* **Cost:** \$35/couple
 (M/F) 10/3 - 10/31* \$25/singles
 (M/F) 11/4 - 11/28*
 (M/F) 12/2 - 12/30

* No class 9/5, 10/28, 11/18

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, and Nevada State Laws on firearms. The course will conclude with live-fire drills at the range, and certificates will be given to successful participants. Students will need: One handgun, 100 rounds of FACTORY ammo, 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) 5:30pm - 9pm **Location:** DCCSC
 (Sa) 8am - 11am **Location:** DCSR
 (W/F) 10/19 & 10/21 (Sa) 10/28
 (W/F) 11/16 & 11/18 (Sa) 11/19
 (W/F) 12/14 & 12/16 (Sa) 12/17

Cost: \$90 Spouses are 1/2 price

**An additional \$10 insurance fee is payable to the instructor.

All Day Scrapbooking

Ages: Adults **Instructor:** Lori Kutsch
 Come and spend the day working on your album projects. We will make a small project as well. Bring your **Cricut and laptop** and I can help you with cricut craft room or design space.

Time: 10am - 6pm **Location:** DCCSC
 (Sa) 9/10 \$10
 (Sa) 10/29 \$10
 (Sa) 11/19 \$10

Essential Oils Healing for Brain Health

Ages: Adults **Instructor:** Charlotte Weaver
 Powerful message for anyone concerned about Dementia or Alzheimer's. Discover how to prevent, slow down and even reverse the symptoms. Best ways to use essential oils plus do it yourself

Time: 1pm **Location:** DCCSC
 (T) 9/6 \$10
 (M) 10/3 \$10
 (Th) 11/3 \$10
 (F) 12/2 \$10

FITNESS CLASSES

Gym & Fitness Center

Daily, 30 day, 90 day and annual passes available

Membership includes use of

- (2) Regulation Basketball Courts and (4) Regulation Volleyball
- (3) Lane Indoor Jogging Track
- (2) Racquetball Courts
- Cardio Equipment, Free Weights & Weight Machines
- Showers & Lockers
- Arcade area

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 contact with one of our trainers. If you are interested in becoming a trainer call 782-5500, ext. 1

Family Walking Track Time

Families are welcome to use the indoor walking track every Saturday and Sunday from 10am to 2pm. Free to members or \$5/\$7 drop-in fee



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.

Days/Time: Mondays - Saturdays: 9:00am - 10:00am **Location:** DCCSC
Mondays - Thursdays: 5:30pm - 6:30pm

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

You can also sign up for unlimited classes, see the instructor for details. 775-690-9998, jazzercisegardnerville@gmail.com

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, Tuesdays, Thursdays, Saturdays 9am
Wednesdays 7pm
Tuesdays & Thursdays 5:30pm

Location: DCCSC

Cost: \$40 unlimited \$20/5 classes \$5/drop-in

Note: punch cards expire at the end of each month

Country Heat Live

Country Heat Live is an easy-to-follow cardio dance workout set to the hottest country music hits. No complicated moves! You'll have so much fun moving, stepping, clapping, stomping, and laughing, you'll forget you're burning mega calories and toning your body from head to toe! No equipment necessary.

Days/Time: Monday 6:30pm **Location:** DCCSC
Wednesday 9:00 am
Friday noon

Cost: \$20/5 classes \$5/drop-in

Silver Yoga

Ages: 55 & up

Instructor: Jessica Moore

This beginner to intermediate yoga class focuses on proper alignment while building strength and increasing balance and flexibility. Class cost of \$3 goes 100% to the donation for the daily senior hot soup program. Bring a yoga mat.

Time: (T/Th) 10:30am - 11:30am

Location: DCCSC

PiYo

Ages: 13 & up

Instructor: Tessa LoPresto

PiYo blends the muscle-sculpting, core-firming benefits of Pilates with the strength, flexibility and balance of flowing yoga movements. Set to fun music, PiYo is designed to help participants gain flexibility, strength and core stability. Workout can be done without or without shoes; mat recommended. While drop-ins are permitted, day and hours subject to change. Please contact DCCSC or instructor to confirm prior to dropping in for the first time.

Days/Time: Mondays 5:30pm
Wednesdays 10:00 am

Cost: \$20/5 classes \$5/drop-in

Kettlebell Conditioning

Ages: 13 & up

Instructor: Lisa Wright

This class will give you a full body workout while strengthening your core, increasing strength, stability, balance and general toning. You will also get some cardio. Bring a yoga mat and be ready for something different each and every workout.

Days/Time: (W & F) 5:30pm **Location:** DCCSC
(Sa) 8am

Cost: \$20/5 class punch card \$50/unlimited \$5/drop-in

Note: punch cards expire at the end of each month

Yoga

Ages: 18 & up

Instructor: Jill Hartman

This class is Yoga for all levels. Create mobility as you strengthen and lengthen. Foundation of poses, light vinyasa flow, and pranayama breathe work. Bring a yoga mat.

Time: (T/Th) 12pm & 6:45pm **Location:** DCCSC
(Sa) 10:30am 9/17, 10/1, 15 & 29, 11/5, 12/3 & 17

Cost: \$40/monthly punch card \$5/drop-in

Note: punch cards expire at the end of each month

SPECIAL EVENTS

North Pole Calling Thursday, December 8th

Ages: 3 - 6

Watch your children's eyes light up when they receive a personal phone call from Santa!! Santa will call to spread the fun and magic of the holidays. We are helping Santa by passing out "Hotline" forms, which will be available after November 14th at the Douglas County Parks & Recreation Department. Santa will be calling Thursday, December 8th. If you would like to be a volunteer Santa, please call the Recreation Division at 782-5500.

Time: 4:30pm - 6:30pm
(TH) 12/8

Cost: FREE

Carson Valley Arts Council's Gingerbread House Decorating Contest

This annual contest held at the Carson Valley Museum & Cultural Center is open to individuals, families, organizations and clubs. New this year entries can be either a classical gingerbread house or made from unconventional media, Lego Blocks, crocheted, paintings, or any whimsical structure you choose.

Exhibit opens December 5 and winners will be announced at the Artisan's Reception held at the museum on December 19. Applications and complete rules are available at the Community Center, the Carson Valley Museum and at the Copeland Cultural Arts Center. For more information contact Dennis Little at 775-267-5634 or CVGingerbread@aol.com.



Family Roller Skating Night

Bring your family and friends for a night of roller skating fun! We will be opening up the basketball courts for a roller skating party complete with music and a disco ball! Pizza and refreshments will be available to purchase. Bring your own skates (no metal wheels) or rent a pair from us. Sizes are limited.

Time: 5pm - 8pm
(Sa) 9/17
(Sa) 10/22
(Sa) 12/17

Cost: \$5/adults
\$3/Seniors & under 12
Skate Rental: \$2.00

COMING SOON!!!

Archery Tag

Archery Tag® is played similar to dodgeball with bows and patented foam-tipped arrows. This exciting, action-packed game offers the ultimate family-friendly experience that engages everyone. Don't miss out on Tag... The game you never outgrow!

Family Movie Night Polar Express

Wednesday, December 21

Wear your pajamas, bring a blanket and pillow and join in on the holiday adventure! A special Santa surprise awaits you at the end of the movie.

Doors open at 5:30pm, movie starts at 6pm

Cost is \$5.00 per person

Includes a hot chocolate, cookie & souvenir for child

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. Tickets are only \$10 each. Because of the popularity of this event, early registration is strongly recommended and spaces are limited.

Time: 6pm - 8:30pm
(Sa) 2/4



Location: DCCSC
Cost: \$10/ticket

Stocking Stuffer Idea

Father/Daughter Dance Tickets will be available beginning December 10th. The dance will be held on February 4th at the Douglas County Community & Senior Center from 6 - 8:30pm.



Sierra Chef 2016 Farm to Fork Farmers Market

Open until September 21st

Each week will offer a variety of fresh fruits, vegetables, home & personal products, eggs meat, bakery items, flowers, garden supplies and other fabulous items. For a complete listing of vendors, charitable organizations and special events visit www.sierrachef.com.

Time: 9am - 1pm
Wednesdays

Location: LP
Cost: Free

YOUTH SPORTS

Girls Youth Basketball League

Grades: 3rd-12th **Location:** DCCSC
 The youth girls' basketball league is offer for beginning to advance players, emphasizing skill development and fun competition. Participants will be assigned to a team through a draft system. Games will be held one day each week with at least one planned practice each week. A parent permission form must be completed at the time of registration. Space is limited.

League Play: Starts the week of 10/10 - 1/16
Game times: 5:30, 6:30, 7:30pm
Cost: Includes t-shirt, awards and officials
Registration: Early Registration 8/15 – 9/15
 Regular Registration After 9/15

	Early	Reg.
Divisions: 3rd-4th Grade	\$80	\$90
5th-6th Grade	\$80	\$90
7th-8th Grade	\$80	\$90
High School	\$80	\$90



NEW! Coed Beginning Youth Basketball

Grades: 1st – 2nd **Location:** DCCSC
 This division is designed to introduce children to the sport of basketball playing on a 76 inch rim. Practices and “Scrimmages” games will be held two times a week for 1 hour and be grouped according to skill and level and knowledge. After a few group fundamental practice sessions, they will practice for the first half hour, and play games for the last half hour. Volunteers will officiate and coach. A parent permission form must be completed at the time of registration. Space is limited.

Season starts the week of 10/31 - 12/19
Days: T & Th
Time: 5:15pm - 6:15pm
Cost: \$55 - Includes t-shirt, awards, officials
Registration: Starts 8/15

Boys Youth Basketball League

Grades: 3rd-12th **Location:** DCCSC
 The youth boys' basketball league is offer for beginning to advance players, emphasizing skill development and fun competition. Participants will be assigned to a team through a draft system. Games will be held one day each week with at least one planned practice each week. A parent permission form must be completed at the time of registration. Space is limited.

League Play: Starts the week of 1/10 - 3/27
Game times: 5:30, 6:30, 7:30pm
Cost: Includes t-shirt, awards and officials
Registration: Early Registration 11/15 – 12/15
 Regular Registration After 12/15

	Early	Reg.
Divisions: 3rd-4th Grade	\$80	\$90
5th-6th Grade	\$80	\$90
7th-8th Grade	\$80	\$90
High School	\$80	\$90

Youth Sports Organization

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

- AYSO Soccer** www.cvayso.org
- Carson Valley Little League** 782-7303
- Carson Valley Fast pitch**..... 265-6447
- Carson Valley Swim Center**..... 782-8840
www.cvswim.com
- Pop Warner**..... 782-8777
www.douglaspopwarner.com
- Youth Basketball Leagues** 782-5500
www.dcpssports.com
- Youth Flag Football Leagues** 782-5500
www.dcpssports.com
- Youth Volleyball Leagues** 782-5500
www.dcpssports.com
- Carson Valley Basketball**..... www.cvbahoops.net
- Zephyr Cove Ski Club** 901-0386
www.zephyrcoveskiclub.com
- Douglas Ski Club**
- Saturday..... 782-3543
- Sunday..... 721-8623 or 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. (Ages 16 and older) Please call the Douglas County Parks & Recreation at 775-782-5500 for more information.

YOUTH SPORTS



Tahoe Douglas Elks Lodge No. 2670 Annual Soccer Shoot

Ages: 4 - 13 **Location:** LP
 Youth soccer players will compete in two different contests that test soccer skills. The contests are open to all boys and girls age 13 and under (age brackets). Call 782-5500 Ext.1 for any questions.
Date: 9/10
Time: 9am -1:30pm **Cost:** Free

NFL Punt, Pass and Kick

Ages: 6 - 15 **Location:** SP
 Girls and boys in five separate age division will compete against each other in punting, passing and place kicking in a fun and engaging forum.
Date: 9/24
Time: Starts at 9am
Cost: Free



Introduction to Junior Golf

Ages: 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: 12pm - 4:15pm **Location:** CVGC
 (Sa) 9/10 \$20
Golf Times: Ages 5 - 6 12 - 1:15pm
 Ages 7 - 8 1:30 - 2:45pm
 Ages 9 - 16 3 - 4:15pm

Therapy That Makes Sense

Lileo T. Sunderland, M.F.T.
 • Marriage • Family
 • Individual Counseling

Licensed in Nevada and California

775-783-1136
 1191 - A High School Street
 P.O. Box 2275
 Gardnerville, NV 89410



Lileo Sunderland
 M.F.T.

Volleyball Beginner Skills Classes

Grades: 3 - 5 **Instructor:** Dan Hannah
 For boys and girls who wish to learn basic volleyball skills. Class will concentrate on the fundamental skills of the sport including passing (finger & forearm), serving, setting, basic positioning, basic rules and movements. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play.
Time: 5pm - 6:30pm **Location:** DCCSC

Session 1 (W) 8/31 - 9/21 \$50
Session 2 (W) 9/28 - 10/19 \$50
Session 3 (W) 10/26 - 11/16 \$50

Volleyball Intermediate Skills Classes

Grades: 5 - 7 **Instructor:** Dan Hannah
 For boys and girls who wish to improve their volleyball skills. Class will concentrate on the fundamental skills of the sport including passing (finger & forearm), serving (underhand and overhand), setting, hitting, positioning, rules and movements. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play.
Times: 5:00pm - 6:30pm **Location:** DCCSC

Session 1 (F) 9/2 - 9/23 \$50
Session 2 (F) 9/30 - 10/21 \$50
Session 3 (F) 10/28 - 11/18 \$50



Volleyball Advanced Skills Classes

Grades: 6 - 8 **Instructor:** Dan Hannah
 For boys and girls who wish to improve their volleyball skills. Class will concentrate on the fundamental skills of the sport including passing (finger & forearm), serving, setting, spiking, advanced basic positioning/switching/rotations, rules and movements. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play.
Times: 7pm - 8:30pm **Location:** DCCSC

Session 1 (W & F) 8/31 - 9/23 \$100
Session 2 (W & F) 9/28 - 10/21 \$100
Session 3 (W & F) 10/26 - 11/18 \$100

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

All Leagues Sign up Information
 Forms * Schedules * Rules
 Up-to-Date League Results
 Tournament Brackets * Championship Photos

ADULT SPORTS

NEW! Adult "Over 30" Fall Basketball League

Ages: 30 & up

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 15 players are allowed to a roster. Each team will play 8 regular season games. Top 8 teams will advance to the post-season single elimination tournament. Awards will be given for tournament play only. Game times will vary.

Time: 5:45, 6:45, 7:45pm

Location: DCCSC

Registration: Early: \$550 7/15 - 8/15
\$600 after 8/15

Registration Deadline: 9/9

Season: (F) Starts Sept. 16th

Managers Meeting: A managers meeting will be held on Wednesday, Sept. 7th at 5:30pm at the community center. Schedules will be available at the meeting.

NEW!

Adult Pickle Ball Ladder League

This League is designed to accommodate all levels of play. This is an indoor league that is played at the Douglas County Community Center. Players are ranked and scored individually in a rotating doubles play-round robin format. Point totals are tallied each week, and rankings will be posted on the USAPA website.

Time: Games begin at 10am on Game days

Location: DCCSC

Leagues: A. Ladder 1 3.5 and above Players Games played Mondays

B. Ladder 2 2.5 to 3.5 Players Games played Tuesdays

C. Ladder 3 Beginners to 2.5 Players Games played Wednesdays

Registration: Early: \$50 by 10/1

Regular: \$65 by 10/10

Registration Deadline: 10/10

Season: 10/17 - 12/23

Instructional Meeting: 10/12 at 5:30pm at the DCCC

Adult Winter Volleyball Leagues

Ages: 18 & up

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

Time: 6:45pm - 8:45pm

Location: DCCSC

Registration: Early: \$250 8/2 - 9/9

Regular: \$300 9/10 - 9/15

Registration Deadline: 9/9

Season: the week of 9/12

Leagues: (M) Women's (6 on 6)

(Th) Coed "B" (6 on 6)

Badminton

Fun for everyone! This game is played on a rectangular court by two players or two pairs of players equipped with light rackets used to volley a shuttlecock over a high net. **Free to members or \$5/\$7 drop-in fee.**

Adult Flag Football League

Ages: 18 & up

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 15 players are allowed to a roster. Each team will play a minimum of 8 regular season games. Top 8 teams will advance to the post-season single elimination tournament. Awards will be given for tournament play only

Registration: Early: \$480 11/1 - 12/23

Regular: \$530 after 12/23

Registration Deadline: January 9

Season: (Su) Starts January 22

Managers Meeting: A managers meeting will be held on Wednesday, January 11 at 5:30pm at the community center. Schedules will be available at the meeting.

Shuffleboard

Fun for everyone! Floor shuffleboard, is a game in which players use cues to push weighted discs, sending them gliding down a narrow and elongated court, with the purpose of having them come to rest within a marked scoring area.

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

Pickle Ball

Pickle ball is a racquet sport that combines elements of badminton, tennis, and table tennis and can be played with 2 - 4 players using solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Pickle ball is popular among adults as a fun game for players of all levels. **Free to members or \$5/\$7 drop-in fee.**

CV Table Tennis Club

All players of all ages and skill level are welcome. Table tennis increase concentration and alertness, stimulates brain function, develops tactical thinking skills as well as provides exercise and social interaction.

Times: Monday 7pm - 9pm

Fridays: 6pm - 9pm Saturdays: 12:30pm - 2:30pm

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.

R&S OPTIMUM OFFSET
Your Printing & Graphics Specialists

20th 1996 • 2016 ANNIVERSARY

The premier printers serving Douglas County and surrounding areas for over 20 years!

Call Steve or Mike for all your printing and graphic needs.

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

COMMUNITY

Carson Valley Adult Day Club

Open House Thursday, September 15, 2016 at 10 am for all to come and see our program!

Carson Valley Adult Day Club will provide a safe, nurturing, and engaging care setting in which older adults who are living with either cognitive or physical disabilities, or both, will receive individualized social services for some part of their day. While providing these individualized services, we will simultaneously be providing a respite to those caregivers that spend their days caring endlessly for their loved ones.

Our program philosophy is to connect multiple generations to the care of an honored individual by providing a safe, nurturing, and engaging care setting. Our program utilizes the entire Douglas County Community and Senior Center to fulfill our mission.

The public can call (775) 782-5500 and select option 9. Emily is happy to discuss program details to see if it is a good fit for your loved one.

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!

Douglas County Adult Education

Interested in getting your High School Diploma? Or High School Certificate? We offer Adult Diplomas and High School Equivalency (formerly GED). Open enrollment starts August 22, 2016. We are located at ASPIRE Academy High School/WNC Douglas Campus, 1680 Bently Parkway S. For more information call 775-392-1475. You can also visit our website at douglasadulted.weebly.com/ Mon. and Wed. 5pm-8pm (when DCSD is in session)



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 is located at 1450 Highway 88, www.dangberghomeranch.org

Douglas County Community Health

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

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

Services Offered

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

Facility Rentals

**Family Picnics * Reunions Receptions
Birthday Party**

Douglas County Parks & Recreation Department has many rental facilities that can accommodate your needs for any special occasion. Staff is available to help you identify which facility may best meet your needs. For more information and rate on to rent a facility please call 782-9835 or go to www.douglascountynv.gov.

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



Douglas County Public Library's Giant Fall Book Sale

**Save the dates - November 11- 13
CVIC Hall, 1602 Esmeralda Avenue, Minden!**

Thousands of used books, audio books, children's books, DVDs and music CDs will be sold. Sale hours are: Friday, Nov. 11, 4 to 7 p.m. (Friends-only Preview); Saturday, Nov. 12, 9 a.m. to 5 p.m.; Sunday Nov. 13, 9 a.m. to 2 p.m. Proceeds from the sale benefit the Friends of the Douglas County Library and the Douglas County Library Foundation. More information: 782-9841 or douglas.lib.nv.us/.

Main Library Story Time

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

Library Hours

Monday, Tuesday, Wednesday

10:00am to 7:00pm

Thursday & Friday

10:00am to 6:00pm

Saturday

10:00am to 5:00pm

Closed on Sundays and holidays

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

ACTIVE ADULTS

Douglas County Senior Services

1329 Waterloo Lane, Gardnerville, 783-6455

Douglas County Senior Services provides many activities, services and programs. The Center provides the senior community an opportunity to socialize, enjoy a nutritious meal and get involved in a number of different activities, special events and excursions. Come check us out on the web by visiting the Douglas County website at www.douglascountynv.gov and selecting Senior Services from the Departments Tab.

Congregate Dining

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

Topaz Congregate Dining

Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the Topaz Ranch Estates Community Center located at 3939 Carter Way. The suggested donation for lunch is \$3.00 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7.00 for lunch, with an exception for caregivers (\$5.00).

North County Congregate Dining

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

Meals on Wheels

All Seniors 60 years and older who do not have an able-bodied adult living with them, are physically or mentally incapacitated, and/or unable to leave the house can receive weekly or bi-weekly Meals on Wheels deliveries depending on your location. Deliveries are in town or to outlying areas including: TRE, Indian Hills, Johnson Lane and Stateline. The suggested donation of \$3.00 per meal.

Homemaker Assistance

If you are 60 years and older, do not have an able bodied adult living with you, and are unable to do daily household chores due to physical and/or mental illnesses, you may be eligible to receive homemaker service. The service provides weekly or bi-weekly visits for basic cleaning, laundry, and grocery shopping. The suggested donation for service is \$4.00 an hour.

Senior Center Volunteers

Many of the programs offered through the Douglas County Community and Senior Center would not be possible without the assistance of DC Senior Center Volunteers. If you have an interest in becoming a volunteer for the NEW Senior & Community Centers please call (775) 783-6455.

Douglas County Dial-A-Ride Service

To ensure that our senior citizens who desire transportation assistance are able to reach their destinations in a timely and safe manner, Douglas County Senior Services offers transportation, to the senior center, hair, medical and dental appointments and much more. These rides are coordinated through the Senior Center at (775) 783-6456.

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

3 day's advance notice is appreciated.

Young at Heart 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 (775) 783-6455.

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 783-6455.

Upcoming Events & Trips

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

Join us on our upcoming events & trips:

- 9/8 – Van Gogh & Vino
- 9/13 – Folsom Outlets Trip
- 9/29 – Wine Tasting Trip
- 10/4 – Flu Clinic @ Community Center
- 10/5 – Flu Clinic @ Community Center
- 10/6 – Apple Hill Trip
- 10/12 – Flu Clinic @ James Lee Park GID
- 10/13 – Summit Mall Trip
- 10/14 – Senior Dance
- 10/19 – Tahoe Douglas Health Fair @ Kahle Rec Center
- 10/20 – Flu Clinic @ TRE
- 11/6 – Little Mermaid Trip
- 11/9 – Veterans Day Celebration
- 11/17 – Van Gogh & Vino Trip
- 11/19 – “Once” Musical
- 11/23 – Thanksgiving Feast
- 11/28 – Meadowood Mall Trip
- 12/15 – Meadowood Mall
- 12/17 – Elf Musical

ACTIVE ADULTS

AARP Driver Safety Course

Instructor: Dennis Hogan

This class is a refresher course with emphasis upon how age-related changes affect driving. For drivers age 55 and older. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the class may be eligible for a discount on their auto insurance. Pre-registration is required by calling the Douglas County Senior Center, 783-6455. There is a \$15 fee for AARP members and \$20.00 for non-members for the class, payable upon arriving at the class. AARP members, who bring their membership cards with them the day of the class to receive the discounted rate.

Time: 8:30am to 1pm

Location: SC

Dates for 2016: 9/17 & 11/12

Young at Heart (YAH)

Young at Heart is a non-profit 5013c organization that has in service for forty years. Our membership has grown significantly over the years and is now over 700+ members. The Young at Heart is the fund raising arm for seniors in Douglas County. We support and fund many activities and clubs for all seniors in Douglas County. Our main goal is to fund the Hot Soup Program where this year 2014-2015 have served over 31,000 bowls of soup. In addition, we working to add more activities and fund raising event's next year. Our membership dues is only \$5.00 per calendar year and is open or all ages. We are always looking for volunteers to help us during the year and you do not need to be a senior to volunteer.

LIFE OPTIONS ACTIVITIES

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.

Senior Walking Group & Pickle Ball

Join us every Monday, Wednesday and Friday from 1:00pm-2:00pm and Tuesday and Thursday from 10:00-11:00am for our walking group and Pickle Ball. All seniors are welcome to join either group during these times to walk our indoor walking track, play basketball, volleyball or pickle ball during this time. **This does not include access to workout equipment.**

Diabetes Support Group

Meets in the Carson Valley Medical Resource Room in the Community Center on the 1st Wednesday each month from 9:30am-10:30am. The group will provide information on the latest diabetes care for those living with diabetes and their families.

LIFE OPTIONS ACTIVITIES

Sight Impaired Support Group

Meets every 1st Thursday of the month at 10:30am-11:30am in the Douglas County Senior & Community Center in the Carson Valley Medical Resource Conference Room. They offer information and support to those with vision challenges, discuss topics of interest and devices that are available to assist those with sight impairment and blindness. For more information, please call the Douglas County Senior Center at 783-6455.

Dementia & Alzheimer's Support Group

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

"Coping with Change" a Senior Support Group

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

Parkinson's Disease Support Group

The focus of this group is to talk, share experiences and learn how to live with this chronic condition and how to slow down its progression through exercise. We will discuss exercises that will help with rigidity and balance. This group will meet on the 3rd Wednesday of each month at 1:00pm. In the Carson Valley Medical Center Resource Room in the Community Center. For more information, contact Imelda at (209) 918-3692.

Parkinson's Boxing Classes

The focus of this class is to help people with Parkinson's disease enhance their daily quality of life and even build impressive power, strength, flexibility and speed! The coaches work with various techniques, focusing on balance, striking, and so much more. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. The classes will take place the 2nd & 4th Wednesday of each month, from 4-5pm in the Ranchview Room and is free of charge. For more information, contact Sheri at 783-6455.

LIFE OPTIONS ACTIVITIES

Green Thumb Garden Club

Meets at 10:30am 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.

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 Alice 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 9:00 a.m. to noon. Cost is \$25.00 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.

Senior Arts & Crafts

The Senior Center has a **free** senior crafting and art class every Wednesday from 9am-12pm, in the Senior Center Ceramics room. There are many arts and craft options to choose from and vary from projects you can finish in one day, or projects you can work on over time. You are also welcome to bring your own. All supplies are provided. Come join us! For more information, contact Sheri at 775-783-6455.

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.

Are you Question 2 Educated?

Knowing the facts is not a Bipartisan issue.

Read the Initiative. Ask Questions. Educate.



For more information and access to the Initiative,
visit partnership-resource.org

LIFE OPTIONS ACTIVITIES

Anytime Fitness 24/7 Fitness Club!

Ages: 60 & 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. For more information about senior membership, please contact 783-5130.

1352 HWY 395 Suite 101-105, Gardnerville, NV 89410
www.anytimegville.com

Pulse Fitness

Ages: 60 & over

Stay healthy and active with Pulse Fitness as part of the Senior Services "Life Options" program. If you are 60 and older, you can enjoy the benefits of feeling great and maintaining your health from our various fitness programs for just \$24 per month. 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. For more information contact Pulse Fitness at 782-2705 and ask about a senior membership.

885 Mahogany Drive, Minden, NV 89423
www.PulseFitnessNV.com

CrossFit Carson Valley Silver Group

Do you need a little Help getting started with your fitness goals? Are you rehabbing from an injury and are ready to start a fitness routine? Are you looking to get into shape and want to try something new? Do you want a supportive community of likeminded individuals that will cheer you along the way to meeting your goals? If you answered YES to any of these questions, Silvers IS the class for you! CrossFit Carson Valley SILVERS are our Masters community of athletes. This functional fitness program is a non-traditional way to get in shape through constantly varied LOW-impact higher intensity workouts, in a group setting, with a certified coach leading every workout, that can be scaled down or up to meet the athlete's mobility and fitness level.

Classes are Monday – Wednesday – Friday at 9:00am.
1291 Industrial Court, Ste. #B, Gardnerville, NV 89410
775-782-0109
info@crossfitcarsonvalley.com



GYM ORIENTATION AT DCCSC

First Friday of the month at 9:00am
FREE Gym Orientation

This is not a personal training session but an introduction to weight machines & cardio equipment, their uses & adjustments, to help you feel more comfortable using the Gym & Fitness Center on your own.



Douglas County Community Center offers Personal Trainers to help you reach your goals.

If you are looking for that extra guidance to achieving your health and fitness goals please contact one of the Personal Trainers below.

Each trainer is their own independent contractor and sets their own pricing and schedules.



Nick Lonnegren
Intl. Fitness Assoc. Certified Personal Trainer
Bachelors Degree: Kinesiology
Masters Degree: Sport Psychology & Exercise Adherence
Highly motivated fitness/health enthusiast working with any age & fitness level. Program specific phases for each individual directly related to their own goals, priorities & health/fitness needs. Strength training, functional training, body mechanics, Adult HIIT, and sport specific.
775-291-6208 • Lonnegren80@gmail.com



Lisa Wright
ACE Certified Personal Trainer
I was motivated to become a personal trainer after my own weight loss success with a trainer. Whatever your goals may be, weight loss, overall fitness, health improved strength or training for an upcoming event, I am motivated to assist you in reaching your personal goal.
775-450-9065 • dynagirl2011@hotmail.com



Jessica Fagundes
ACE Certified Personal Trainer
I love helping people get started on a healthy lifestyle journey! I specialize in beginners strength training for weight loss and senior fitness. Faith. Family. Fitness.
209-628-6565 • jfagundes12@yahoo.com

CARSON VALLEY SWIM CENTER

PRICING AND PASSES

PROGRAM	DAILY
Public Swim	
Adult (18+ years)	\$5.00
Adult with Child (6 and under)	
Seniors (55+ years)	\$3.00
Youth (7-17 years)	\$3.00
Disabled	\$3.00
Family	\$15.00

Passes Available

Daily • Monthly, • 3 Month • Annual

For our NEW and EXCITING Swim Lesson Program please visit www.cvswim.com

Everyone must pay who enters pool area. A return entry after leaving in the same day requires another entry fee. Proper swim attire is required.



POOL SCHEDULE

Adult Swim
 Mon - Th 5:30am - 7:30pm
 Fri 5:30am - 8:30pm
 Sat/Sun 7:30am - 6:00pm

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

Therapy Pool (Adults, Seniors, Disabled Only)
 Daily Opening - 2:00pm
 (Youth 6 and under with adult in water)
 Daily 2:00pm - Close

Toys
 Daily 11:00am - Close

Water Slides
 Fri 5:30pm - 8:30pm
 Sat/Sun 11:00am - 6:00pm

Climbing Wall (alternates with High Dive)
 Daily Afternoons

Exercise Room

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

Check website calendar for closures, holiday schedules, swim meets and program changes.

CLASSES

Youth Drop In Lessons

Sat \$7/Lesson
 Tues/Thur 4:00pm
 4:30pm
 5:00pm

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

Adult Drop In Lessons

Sat 10:00am \$7/Lesson

Parent/Child Lessons

(6 months to 3 years)
 Sat 10:30 - 11:00 am \$7/Lesson
 Tue/Thur 11:00am - 11:30am

Water Exercise Classes

Mon - Sun (1 hour classes)
 \$6 Per Class Adults
 \$5 Per Class Seniors (passes available)
 Pick-up flyer at front desk or www.cvswim.com



U.S.A Swimming Certified Coaches Head Coach: Kat Matheson
 We are Carson Valley's year around, competitive, multi-level swim club for youth 5-18. We swim at the Carson Valley Swim Center in Minden, Nevada. Please contact the parent liaison at 760-985-8096 or visit www.ddst.org



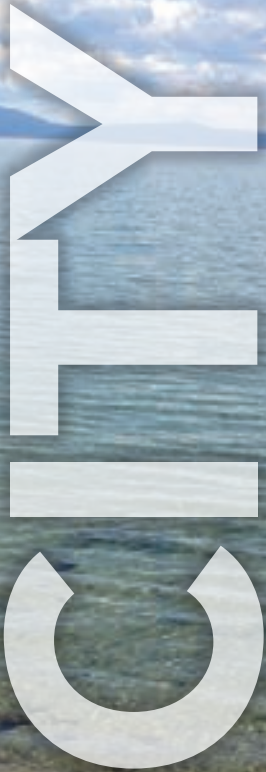
Family Friday Nights 5:30-8:30 PM - Only \$2 per person!
 Climbing Wall - Water Exercise Classes - Adult Lap Swim Lanes
 Therapy Pool - Swim Lessons for All Ages - Exercise Room
 Volleyball - Party Rentals Available

775.782.8840
www.cvswim.com
 1600 Hwy 88, Minden, NV
 Open 7 Days a Week



Voted #1 Best Place to Take Your Kids

CITY OF SOUTH LAKE TAHOE RECREATION SERVICES



**1180 Rufus Allen Blvd.
South Lake Tahoe, CA 96150
(530) 542-6056
Fax (530) 542-2981**

Value Passes Available

20-Use or 90 Day
Full Facility Access ALL DAY!

Recreation Center Hours

Open 6 Days a Week

Monday - Thursday 6:30am - 8pm

Friday 6:30am - 6:30pm

Saturday 9am - 6:30pm

www.cityofslt.us/recreation

Manager's Message

Lauren Thomaselli

Recreation Manager

Seasons come and seasons go! Here we are entering fall and soon winter in the Tahoe Region. One of our greatest assets as a recreation destination is the seasonality of the area. As seasons change so do recreation experiences in America's All Year Playground. In October, the South Lake Tahoe Recreation and Swim Complex is converted to an indoor pool facility allowing swimmers to continue to enjoy the pool during winter months. For those looking to stay active during inclement weather, the Recreation Complex offers indoor Pickleball, basketball and ping pong on a drop in basis.

New this fall is U.S. Masters Swimming Program offered on Tuesday and Thursday mornings from 6am to 7am (see page 23). Qualified coaches provide customized workouts to help participants reach swimming goals. The program aligns with the U.S. Masters Swimming organization and offers many benefits including fun, fitness, and reaching competitive goals. Although it is not required to join US Masters Swimming to participate in masters swim program, participants may elect to join the national organization. For the many benefits of membership go to www.usms.org to learn more.

The South Lake Tahoe Parks, Trails, and Recreation Master Plan continues to move forward with a tax measure on the ballot for November 2016. Should voters support the proposed measure funding will be dedicated to renovate and update the recreation and swim complex. Soon after the publication of this guide we will know what lies ahead for visitors and residents of South Lake Tahoe and the future of recreation facilities and services.

The Recreation Commission takes an active role in moving the master plan recommendations forward. The public is encouraged to attend the monthly meetings held on the second Thursday of the month at 9am at the recreation and swim complex located at 1180 Rufus Allen Blvd.

As the leaves turn and snow begins to fall be sure to get out and enjoy America's All Year Playground and when the weather turns inclement remember the many options for indoor recreation at the South Lake Tahoe Recreation and Swim Complex. Most importantly make a commitment to recreate every day for health, well-being and longevity.

Live to play and play to live!

Lauren Thomaselli



CITY OF SOUTH LAKE TAHOE
Recreation Services

RECREATION AND SWIM COMPLEX

**ONE FEE FOR
FULL FACILITY ACCESS ALL DAY!**

Adult \$6.00

Senior/Disabled \$5.00

Youth \$4.00



"I cannot say enough about how professional the Recreation leaders are and the front desk staff are always friendly and helpful."

Elizabeth, Parent

- Twenty five yard indoor/outdoor swimming pool
- Men's and women's locker room equipped with showers
- Weight Room
- Basketball Court
- Ping-Pong tables
- Pickle-Ball courts
- Traversing wall
- Public Piano
- Outdoor playground and picnic area
- Meeting rooms



WALK-IN REGISTRATION

Registration accepted at Recreation Complex during business hours.

Accepted forms of payment ; cash , charge

ONLINE REGISTRATION

<https://cslt.sportssignup.com>

Log on and create a user profile from the comfort of your home.

Please register early. Space is limited.

FACILITY RENTALS

Do you need an event space?

- Commercial kitchen
- Gymnasium
- Dance Room
- Meeting Rooms
- Outdoor Gazebos with BBQ located at Bijou Park
(May 14th - October 15th)
- Lake Front Wedding location at Regan Beach West
(May 14th - October 15th)

For information and reservations call 530-542-6058
or email facilityrental@cityofslt.us

FITNESS CLASSES



Jazzercise

Ages: All

Location: SLT Recreation Complex

For days and times go to www.jazzercise.com

New!! PICKLE BALL



Pickle ball is one of the fastest growing sports today. Indoor courts are now available at the Recreation and Swim Complex to enjoy on a drop in basis. The fee for the courts is included in the cost of a day use for the entire facility.

"We are enjoying your facility and friendly locals" Beth, visitor from Pittsburg.

MARTIAL ARTS

Tae Kwon Do & Arnis

Location: South Lake Tahoe Senior Center

3050 Lake Tahoe Blvd.

Instructors: Chris & Rick Manglinong

For days and times go to christinamang@yahoo.com or call 530-721-0216



SENIOR FITNESS

Tuesdays & Fridays

10:45 am - 11:30 am

at the Recreation Complex Gymnasium



ADULT WATER EXERCISE

ADULT - DROP-IN

No Swimming Ability Required

If you want to increase your flexibility and circulation, feel more energized and meet some fun people, then this is the class for you! You can jog, do the class workout, or modify on your own. Bring your own water toys or use some of ours: noodles, kickboards, aqua belts and bells.

Monday through Saturday
9:00-10:00 am

10-Use Discount Pass:

Adult \$50.00

Senior/Disabled \$40.00

Drop-In Fee:

Adult \$7.00

Senior/Disabled \$6.00



Blue Lake Aikido

Location: SLT Recreation Complex
1180 Rufus Allen Blvd.

Instructors: Mark & Jen Dulyanai
For Days and Times go to

www.bluelakeaikido.org
or call 530-544-0202



AQUATIC CENTER — Information & Classes

Swimming Lessons

Fees range from \$35 to \$45 for group lessons

All Classes arranged by age group and ability

Course descriptions, purpose and entry requirements

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

To familiarize young children to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn- to- Swim Courses. Parent or other adult caregiver MUST accompany each child into the water and participate in EACH class. Swim diapers with plastic pants over the diapers are required for each child.

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

To orient preschool age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills.

6+ — LEARN-TO-SWIM LEVEL 1 (LTS-1): INTRO TO WATER SKILLS

To begin developing positive attitudes, good swimming habits and safe practices in and around the water.

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

To build on skills developed in Level 1

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

To build on skills developed in Level 2

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

To build on skills developed in Level 3

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

To further learn how to coordinate and refine strokes

PRIVATE SWIM LESSONS

\$30 for private • \$40 for 2 students • \$50 for 3 students

Private Swim Lessons offer quality individual instruction. Ideal for all ages, beginner through advance levels. Classes are scheduled by space availability. Advance reservation REQUIRED. For more information and or reservations visit www.cityofslt.us/recreation.



"I am brand new to swimming and this amazing facility has helped and allowed me to introduce and familiarize myself to swimming." RJ, resident.



U.S. Masters Swimming

The City of South Lake Tahoe Aquatics Facility is a qualified provider under U.S. Masters Swimming (USMS) serving over 60,000 swimmers across the country. The local program is designed to provide structured swim workouts, instruction and feedback to participants. The program is tailored to those looking to improve fitness, work on swim technique, train for competitions, or simply meet like-minded swim enthusiasts. Participants are not required to become members of U.S. Masters Swimming to participate however member benefits include insurance, Swimmer Magazine subscription, sanctioned events and access to 1,500 Masters Swimming clubs around the country. To become a U.S. Masters Swimming Member visit www.usms.org

Masters Swimming Program

Days: Tuesday and Thursday 6am -7am

Cost: \$10 drop in

\$90 for 10 use punch card

(All fees include pool use fee and coaching)

Tahoe Swim Team

U.S.S. Affiliated Coach; Jerry Erickson

Year-round competitive swim program for youth 5-18 years old. For more information, leave a message on the team's hotline at 530-541-1046 or check out www.tahoeswimclub.com

HAVE YOUR CHILDS NEXT BIRTHDAY PARTY AT THE RECREATION AND SWIM COMPLEX!

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

Cost: \$80.00 for 10 participants (children and adults)

\$5.00 for each additional guest

Days: Saturdays Only

Swim Time: 1:30 - 4:30pm



NEW! BIJOU BIKE PARK



Location: 1201 Al Tahoe Boulevard

Gazebo Rentals: 530-542-6058

General Information: 530-542-6056

SOUTH LAKE TAHOE ICE ARENA



Location: 1176 Rufus Allen Blvd.

General Information:
530-544-RINK (7465)
www.tahoearena.com

When you are looking for something to do in Tahoe, enjoy a day of ice skating with family or friends at the South Lake Tahoe Ice Arena. The now privately operated, year-round indoor rink features a pristine NHL-size sheet of ice, snack bar, locker rooms, Pilate's studio, and party rooms. They offer daily "open skate" to the public and a variety of programs to participate in. From the smallest to the tallest you can have fun any time of the year!

Bijou Community Park is located in the hub of recreation in South Lake Tahoe and is home to a wide selection of recreation opportunities including:

- NEW bike park featuring over 4 acres of groomed dirt trails, jump features, pump track, strider bike course and competition size bmx track. Helmets required.
- Disc Golf Course
- Two covered gazebos with BBQ pits
- Playground and climbing wall
- Skateboard park
- Volleyball courts
- Basketball and sport court
- Dog Park
- Dog Agility Course

BONANZA PARK

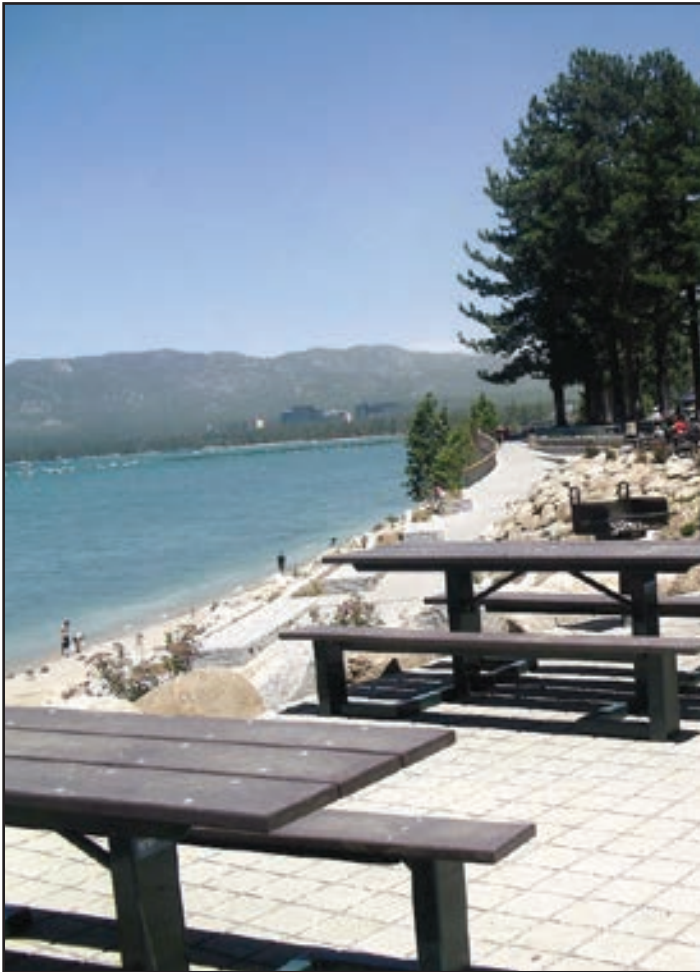


Location: 1209 Bonanza Avenue

General Information: 530-542-6056

This one-acre neighborhood park includes a multipurpose grassy area, children's play area with playground equipment, half basketball court, and horseshoe pit. The park amenities also include a multipurpose perimeter path, picnic tables, benches and seating walls, bicycle racks, and landscaping.

LAKEVIEW COMMONS



Location: El Dorado Beach
1004 Lakeview Avenue
General Information: 530-542-6056

Lakeview Commons at El Dorado Beach offers breathtaking views combined with a variety of modern park amenities. As visitors arrive in South Lake Tahoe and make their way through town, the “Jewel of the Sierra” suddenly appears at Lakeview Commons, compelling visitors to stop and capture their first glimpse of the iconic waters of Lake Tahoe. Those prepared for water sports can rent kayaks, paddleboards, or paddle boats. A full concession stand offers local Tahoe ice cream as well as hot and cold sandwiches and snacks. Also available are barbecue grills and picnic tables.

Lakeview Commons is home to Thursday night summer concert series. These weekly FREE concerts include beer garden and street vendors. For weekly schedule of performers visit www.liveatlakeview.com.



REGAN BEACH & REGAN BEACH WEST

Location: 3199 Sacramento Avenue
General Information: 530-542-6056
Reserve: 530-542-6058

One of the city’s hidden treasures, Regan Beach is located in a quaint neighborhood on the shores of Lake Tahoe. Regan Beach offers a tranquil setting with spectacular views any time of the year. A rentable space overlooking the lake provides an ideal wedding venue or private party space. Beach amenities include:

- Sand volleyball court
- Large grass area with picnic tables
- Playground
- Seasonal concession stand
- Restroom facilities
- Dog water park

EXPLORE TAHOE: Urban Trailhead Visitor Center



Location: 4114 Lake Tahoe Blvd.

General Information: 530-542-4637

Open: 7 days a week 9:00AM-5:00PM

Explore Tahoe is more than a visitor center; it is an experience. This unique visitor experience provides a self-guided tour of exhibits designed to tell the story of Lake Tahoe. Learn about the history, environment, geology, and wildlife of the area. Informed staff can provide free information on recreation opportunities, events and programs designed to create lasting memories.

Visitor Center highlights include:

- Children's art gallery
- Nature discovery table
- History and wildlife films daily
- Fun facts about the lake
- Unique gift store
- Public restrooms
- Transit information
- Year-round recreation information
- Wildlife exhibits



STATELINE TRANSIT CENTER

Location: 4114 Lake Tahoe Blvd.

General Information: 530-541-7149

www.tahoetransportation.org

Providing access to public transportation and complimentary ski shuttle services throughout South Lake Tahoe. Service to the Carson Valley and Minden/Gardnerville is also available. If you are traveling to or from the Carson Valley, Explore Tahoe is the location to make your valley connection. See Page 33-34 for transit routes and times. Amtrak serves as a link between Lake Tahoe and the Sacramento Valley daily.

"Very helpful, informative, and educational."

Derek, Portland, OR

SOUTH LAKE TAHOE SENIOR CENTER

Location: 3050 Lake Tahoe Blvd. South Lake Tahoe

General Information: (530) 542-6094

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



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

Facility Rentals

Looking for a location for an upcoming wedding, anniversary, birthday party, company picnic, baby or wedding shower, or meeting? Whatever your needs we have pavilions and indoor facilities available. For reservation information call Kahle Community Center at (775) 586-7271.



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

Facility Closed August 31- September 5
Classrooms Closed August 31- September 11
Gymnasium Floor Closed
August 31- September 11
- Closed Most Holidays -

WALK-IN REGISTRATION

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

MAIL-IN REGISTRATION

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

FAX OR PHONE REGISTRATION

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

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

**"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 • Fax (775) 586-7273**



KAHLE 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-KINDER/YOUTH

Roots and Wings Children's Center at Kahle Community Center

Accredited by the National Association for the Education of Young Children (NAEYC). Highest five star Quality Rating by the State of Nevada

Director: Shelly Martinez

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

- Licensed Pre-school designed for ages 30 Months until Kindergarten
- Program Hours: 9am – 12pm Monday-Friday
- 2 - 5 day programs: \$24 per day
- Non-refundable Registration Fee: \$100 new students, \$60 returning students
- Waiting list and info call (775) 586-7271

Twosday Mornings

Ages: Birth to Preschool

Instructors: Recreation Staff

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 class time.

Time: 9:30am - 11:30am

Location: KCC

(T) 10/4 – 10/25 \$12

(T) 11/1 – 11/29 \$12

*no class 11/8

(T) 12/6 – 12/20 \$9

Drop in participants are welcome. The fee is \$3 per class.

Wednesday Morning Club

Grades: K – 5

What will your child do on the NEW late start days on the school calendar? How about a fun and safe program with supervised games and fun! Child enrolled into Wednesday Morning Club need to be dropped off at Kahle Community Center and will be transported to ZCES by DCSD school bus. Spaces are limited and pre-registration is required. For information or a registration packet, please contact the Kahle Community Center at 775-586-7271.

Time: 7am – 10 am

Location: KCC

(W) 1 day/month Sept – April \$6/day

9/14, 10/12, 11/9, 12/14, 1/18, 2/8, 3/8, 4/12

Friday Night Movie Night

Grades: 5 & up

Movie night at the Community Center! Cost includes 1 slice of pizza, a drink and popcorn. Additional pizza slices may be purchased as well as other snacks.

Movie: "Angry Birds"

Time: 6pm-8:30pm

Location: KCC

(F) 10/14

Cost: \$15

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.

Family Roller Skating Night

Grades: 5 & up

Bring your family and friends for a night of roller skating fun! We will be opening up the basketball court for a roller skating party complete with music and a disco ball! Refreshments will be available to purchase. Bring your own skates (no metal wheels) or rent a pair from us. Sizes are limited.

Time: 6pm – 8pm

Location: KCC

(F) 9/23, 11/18

Cost: \$5/Adult, \$3 Children under 12/Seniors

Skate Rental: \$2

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.

SPECIAL EVENTS

Halloween Carnival Celebration

Sponsored by Kiwanis of Lake Tahoe

Celebrate the spirit of make believe, a sense of community and "spooktacular" happenings, all under one roof at Kahle Community Center on Halloween. The festivities will include carnival games, lots of treats to guarantee a "bootiful" fun, safe and ghoulishly good time for all ages. Community groups invited to host or run a booth. For more information please call 775-586-7271

Time: 4pm - 6:30pm

Location: KCC

(M) 10/31

Breakfast with Santa

Sponsored by Mott Canyon

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

Time: 9am – 11am

Location: KCC

(Sa) 12/10

\$3

Zephyr Cove Ski Club Signups 9am – 11am

Active Living Health Fair

Wednesday October 19th, 8am – Noon

Kahle Community Center

FREE

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

General Election Polling Location and Times

Kahle Community Center will be a polling location for the Election. Early voting will take place Saturday, October 22, 2016 10:00 am – 3:00 pm, Thursday, October 27, 2:00 pm – 6:00 pm, Wednesday November, 2, 2016 2:00 pm – 6:00 pm . Kahle Community Center will be a polling place Tuesday, November 8, 2016 7:00 am – 7:00 pm. For further details, see Douglas County Clerks Treasure's Website at <http://cltr.douglasnv.net>

YOUTH/TEEN

Kid's Club Programs Grades K-6

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

Kahle Community Center

Early birds: 7am – 8:30am

\$2 drop in per day, school bus pickup.

Zephyr Cove Elementary School

Kids Club: 3pm – 6pm

\$6 per day*

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

School Out Fun Days

Grades: K-6

Time: 7:30am – 6:00pm

Location: KCC

(F) 11/4	\$26
(F) 12/2	\$26
(F) 12/9	\$26

Fall Break Adventure Days

Grades: K-6

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

Time: 7:30am – 6 pm

Location: KCC

(M) 10/24	\$26
(T) 10/25	\$26
(W) 10/26	\$26
(Th) 10/27	\$26

Winter Break Adventure Days

Grades: K-6

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

Time: 7:30am – 6pm

Location: KCC

(T) 12/27	\$26
(W) 12/28	\$26
(Th) 12/29	\$26
(F) 12/30	\$26
(Tu) 1/3	\$26
(W) 1/4	\$26
(Th) 1/5	\$26
(F) 1/6	\$26

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

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.

Teen Scene Friday Nights at Kahle Community Center

Grades: 6 -12

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

Time: 6:30pm - 9pm

(F) Drop - in \$5*

*Free to pass holders

Tae Kwon Do

Ages: 7 -12

Instructor: 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.

Time: 6pm - 7:30pm

Location: KCC

(W) 9/14 – 9/28	\$12
(W) 10/5 – 10/26	\$16
(W) 11/2 – 11/30	\$16
*no class 11/23	
(W) 12/7 – 12/21	\$12
(W) 1/11 – 1/25	\$12

Drop-in \$8 per class.

Zephyr Cove Ski Signups

Time: 9am-noon

Location: KCC

(Sa) 12/10

*additional signup dates TBA

ADULT

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 training collar, 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: 7pm - 8pm

Location: KCC

(Th) 9/29 – 11/3	\$80
(Th) 11/10 – 12/22*	\$80
*No class 11/24	
(Th) 1/12 – 2/16	\$80

CPR & First Aid

Instructor: Tahoe Douglas Firefighters

Would you know what to do if someone suddenly became injured or sick? Everyday, there's 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.

CPR

Time: 9-12 pm

Location: RHFS

(Sa) 10/22 \$45

First Aid

Time: 1-5pm

Location: RHFS

(Sa) 10/22 \$45

CPR /First Aid Combo \$85

ADULT FITNESS



Pilates

Ages: 13 & up **Instructor:** Rose Marie Ottman
 This is a multi-level fitness class centered on the Pilates matwork exercises – modifications are provided to address injuries and abilities.

- Increase core strength and body awareness
- Feel more flexible and improve your range of motion
- Strengthen targeted muscles groups and improve athletic performance
- Enhance spinal mobility and reduce back pain stiffness
- Practice balance and coordination related skills

Time: 10:15am-11:30am **Location:** KCC
Dates: (T, Sa) Ongoing **Cost:** \$11/class
Punch cards: 4/\$35, 8/\$62 – cards expire 4 weeks from date of purchase
 • No class 11/8



Jazzercise

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

Date & Time: (M,W,F,Sa) 9am **Location:** KCC
 (T, Th) 5:30pm
Drop-in fee is \$10 per class to instructor Monthly reduced fees are available
 *No class 9/5, 10/28, 11/8, 11/11, 11/24, 11/25, 12/26, 1/2

Personal Training

Being part of a personal training program can create lifelong healthy habits and improve your overall well being. Personal training is provided by trained professionals. Personal trainers are available to design and supervise your exercise program. Prices vary. Information is available at KCC front counter. Stop by and meet Darla, Dave, Andy, and Michelle.

Attention Program Instructors!

Are you interested in teaching a class or program? Do you have a special skill to share with others? Make a few extra dollars teaching others your skills. Call KCC at (775)586-7271 or stop by.

Yoga for Everyone

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

Time: 6:45pm- 7:45pm **Location:** KCC
Dates: (T) 9/13 – 1/10 **Cost:** \$5 drop in
 *No class 9/6, 11/8, 12/27



Zumba

Ages: 13 & up **Instructor:** Nancy Taylor & Myee Avecilla
 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!

Date & Time: (M, W, F) 10:15am **Location:** KCC
 (T, Th) 9:00am **Cost:** \$10/class
Punch Cards: 4/\$30, 10/\$60, \$70 gets you unlimited classes for the month. Punch cards expires at the end of each month.
 *No class 8/31-9/2, 9/5-9/9, 10/28, 11/8, 11/11, 11/24, 11/25, 12/26, 1/2

MARTIAL ARTS

Tae Kwon Do

Ages: 13 & up **Instructors:** Rick and Chris Manglinong
 Tae Kwon Do emphasizes such fundamental values as courtesy, integrity, self-discipline, and a positive self-image. The powerful techniques taught in the Tae Kwon Do are exciting and a fun way to stay fit, as well as being an excellent form of self defense.

Time: 6pm - 7:30pm **Location:** KCC

(W) 9/14 – 9/28	\$18
(W) 10/5–10/26	\$24
(W) 11/2 – 11/30	\$24
*no class 11/23	
(W) 12/7 – 12/21	\$18
(W) 1/11 – 1/25	\$18

Drop-in \$10 per class

MARTIAL ARTS

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.

Time: 7:30pm – 8:30pm **Location:** KCC

(W) 9/14 – 9/28	\$18
(W) 10/5 – 10/26	\$24
(W) 11/2 – 11/30	\$24
*no class 11/23	
(W) 12/7 – 12/21	\$18
(W) 1/11 – 1/25	\$18

Drop-in \$10 per class

YOUTH SPORTS

3 on 3

Girls Basketball League

Grades: 3rd – 5th **Staff:** Recreation Staff & Volunteer Coaches
 Kahle Community Center would like to continue it's 3 on 3 girls basketball league this coming basketball season. If we don't get the minimum number of girls needed for this league, they will have the option of playing in the Youth Basketball League. All participants will be assigned to a team through a draft system. Games will be played at Kahle Community Center once a week in the evenings and teams usually practice at least once a week throughout the season.

Dates: Mid-November (Practice) • December–February (Games)

Time: Game times 5:30pm– 7:30 pm

Registration: 9/22 until full

(T) 3rd – 5th grade \$85

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

3 on 3 Middle School Girls Basketball

Grades: 6th – 8th **Staff:** Recreation Staff & Volunteer Coaches
 Kahle Community Center would like to continue it's 3 on 3 Middle School basketball league this coming basketball season. If we don't get the minimum number of girls needed for this league, they will have the option of playing in the Middle School Basketball League. All participants will be assigned to a team through a draft system. Games will be played at Kahle Community Center once a week in the evenings and teams usually practice at least once a week throughout the season.

Dates: Mid-December (Practice) • January – March (Games)

Time: Games times are 5pm – 8pm

Games: Wednesdays and possibly Mondays

Registration: 9/22 until full \$85

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

Girls Basketball League Information

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

Youth Basketball Draft

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

Youth Sports Organizations

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

AYSO Soccer.....	www.sltaiso.com
Pop Warner Football.....	www.southtahoepopwarner.com
Little League Baseball.....	www.tahoelittleleague.com
Youth Ice Hockey.....	www.tahoegrizzlies.com
Zephyr Cove Ski Club.....	www.zephyrcoveskiclub.com

Youth Basketball League

Grades: 3rd – 6th **Staff:** Recreation Staff & Volunteer Coaches

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

Dates: Mid-November (Practice) • December–February (Games)

Time: Game times 5:30pm – 7:30 pm

Registration: 9/22 until full

Leagues

(T) 3rd – 4th \$70

Includes team t-shirt, awards, 1 official

(Th) 5th – 6th \$80

Includes team t-shirt, awards and 2 officials

Middle School Basketball League

Grades: 7th – 8th **Staff:** Recreation Staff & Volunteer Coaches

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

Dates: Mid-December (Practice) • January – March (Games)

Time: Games times are 5pm – 8pm

Games: Wednesdays and possibly Mondays

Registration: 9/22 until full \$80

Leagues

Includes team t-shirt, awards and 2 officials

Basketball League Information

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

Volunteer Coaches & Team Sponsors

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

ADULT SPORTS

"30 & Over" Adult 5 on 5 Basketball League

Registration: Begins November 2nd until full (Register early – Only taking 6 teams)
Divisions: Monday night
Entry Fee: \$570
Location: KCC
Dates: Season begins 12/5 (M) 7pm– 9pm
 Minimum 10 games and season ending single elimination tournament. Completed rosters are due at first game. No exceptions.

Coming This Spring "Open" Adult 5 on 5 Basketball League

Registration: Begins January 27th until full (Register early – Limited space available)
Divisions: Tuesday night, Thursday night
Entry Fee: \$450 per team
Dates: Season Begins 3/14 & or 3/16
Games played: KCC between 5:30pm – 8:30pm

It's Your Turn to Play! Adult Sports

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

VOLLEYBALL: Call (775) 586-7271 to schedule
Please check weekly schedule for any schedule changes or planned programs.



Zephyr Cove Tennis Club

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

- Available for Adults and Junior Lessons
- Tennis Racket Stringing

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

ACTIVE ADULT

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) 11/12
 \$15 – member \$20 – non-members
Pre-registration is required by calling (775) 586-7271.
**Fee payable to instructor at class*



Tahoe-Douglas Senior Center (TDSC) (775) 588-5140

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.

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



TRANSPORTATION



WESTBOUND 20X - WEEKDAY EXPRESS

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

EASTBOUND 20X - WEEKDAY EXPRESS

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

WESTBOUND 20X - WEEKEND EXPRESS

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

EASTBOUND 20X - WEEKEND EXPRESS

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

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

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

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

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

Tahoe Transportation District

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

VALLEY & LAKE EXPRESS FARES

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

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



Tahoe's Smooth Movin' Shuttle

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



Douglas County Dial-A-Ride Service

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

Carson Valley Airporter

4 Daily Departures

Serving: Gardnerville*, Minden, Carson City & Reno

RESERVATIONS REQUIRED

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

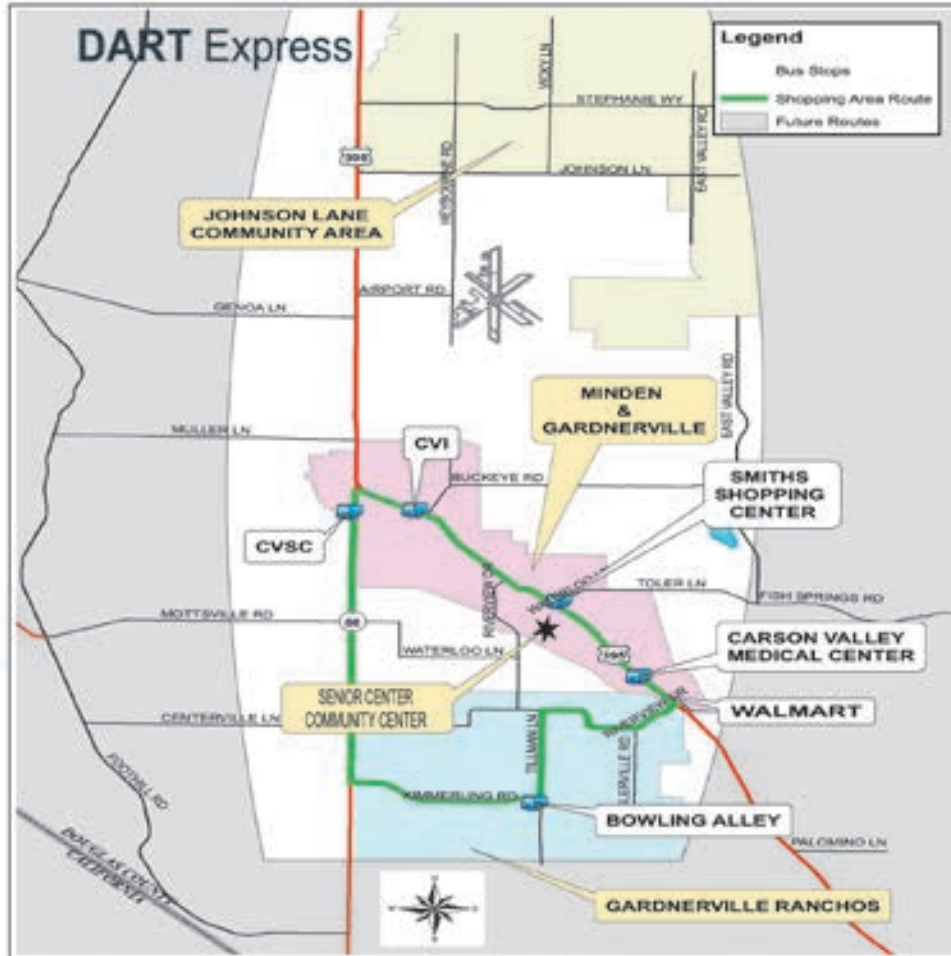
*Douglas County Community Center in Gardnerville stop will begin Mid-December. Call for details.



Carson Valley Airporter



775.783.6455



Northbound - DART Express

	TILLMAN CENTER (Bowling Alley)	CARSON VALLEY MEDICAL CENTER	WALMART	SENIOR CENTER COMMUNITY CENTER	SHOPPING CENTER (SMITHS)	CARSON VALLEY INN	LIBRARY	CARSON VALLEY SWIM CENTER	IRONWOOD CENTER
Route # 1	7:10am	7:20am	7:25am	7:35am	7:40am	7:55am	---	8:00am	8:05am
Route # 3	11:00am	11:10am	11:15am	11:25am	11:30am	11:45am	11:50am	11:55am	12:00pm
Route # 5	4:00pm	4:10pm	4:15pm	4:25pm	4:30pm	4:40pm	4:45pm	4:50pm	4:55pm

Southbound - DART Express

	IRONWOOD CENTER	CARSON VALLEY SWIM CENTER	LIBRARY	CARSON VALLEY INN	SHOPPING CENTER (SMITHS)	SENIOR CENTER COMMUNITY CENTER	WALMART	CARSON VALLEY MEDICAL CENTER	TILLMAN CENTER (Bowling Alley)
Route # 2	8:05am	8:10am	---	8:15am	8:30am	8:35am	8:45am	8:50am	9:00am
Route # 4	2:35pm	2:40pm	2:45pm	2:55pm	3:10pm	3:20pm	3:30pm	3:35pm	4:00pm
Route # 6	4:55pm	5:00pm	5:05pm	5:15pm	5:20pm	On Call	5:30pm	5:35pm	5:45pm

Recreation Areas, Facilities, Rental & General Information

DOUGLAS COUNTY

Douglas County Community & Senior Center

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

Carson Valley Swim Center

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

Kahle Community Center

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

Tahoe-Douglas Senior Citizens Center

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

Zephyr Cove Tennis Club

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

CITY OF SOUTH LAKE TAHOE

Recreation & Swim Complex

1180 Rufus Allen Blvd.
530-542-6056 - General Information
530-542-6058 - Rentals
Pool, renovated weight room, multi-purpose gym, BBQ, outdoor playground, sand volleyball court, meeting and party room rentals.

Campground by the Lake

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

Lakeview Commons, Boat Ramp

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

Bonanza Park

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

Bijou Municipal Golf Course

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

Bijou Community Park

Located at 1201 AL Tahoe Blvd.
530-542-6058 - Gazebo Rentals
530-542-6056 - General Information
Group picnic shelters, gazebo/bandstand, playground, game court area, sand volleyball courts, horseshoe pits, 27 hole disc golf course, skateboard park (helmets and pads required) and a central concession/restroom building.

Ice Arena

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

Regan Beach and Regan Beach West

3199 Sacramento Ave.
530-542-6058 - to reserve Regan Beach West
530-542-6056 - General Information
www.facilityrental@cityofslt.us

South Lake Tahoe Senior Center

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

Explore Tahoe: An Urban Trailhead & Visitor Center

4114 Lake Tahoe Blvd.
530-542-4637

TRANSPORTATION

Tahoe Transportation District

www.tahoetransportation.org
530-541-7149

BlueGO

www.bluego.org
530-541-7149

Douglas County Dial-A-Ride Service

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

Carson Valley Airporter

www.carsonvalleyairporter.com
877-447-4446

PHOTOS

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

Photos of South Lake Tahoe Event Participants

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

Why Carson Valley Medical Center?

Because your neighbor doesn't have insurance and needs a primary care doctor.



**Visit one of our clinics with a sliding fee scale, based on income.
Same day appointments available.**

Minden Family Medicine

1649 Lucerne St. | Minden NV 89423 | 775.782.1603

Topaz Ranch Medical Clinic

3919 Carter Dr. | Wellington, NV 89444 | 775.783.3096




Carson Valley Medical Center
1107 Highway 395 • Gardnerville, NV 89410
www.cvmchospital.org