

CARSON VALLEY & SOUTH SHORE  
**REGIONAL**  
RECREATION & TRANSPORTATION  
**GUIDE**



**SUMMER 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.



CITY OF SOUTH LAKE TAHOE  
Recreation Services



BLUEGO



## WHAT'S INSIDE...

### VALLEY

Douglas Community Center	5
Preschool/Youth	6
Teen/Adults	7-8
Adults	8
Fitness	9
Special Events	10-11
Youth Sports	12-13
Adult Sports	13-14
Community	14-15
Active Adults	15-16
Life Options Activities	16-17
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	24
Youth S.T.A.R Camp	25
Regan Beach/Lakeview Commons	26
Campground by the Lake/Bijou Golf Course	27
Bonanza Park/SLT Ice Arena	27
Explore Tahoe/Stateline Transit Center	28
S. Lake Tahoe Senior Center	35
<b>Kahle Community Center</b>	30
Pre-Kinder/Youth	31
Youth Sports	31-32
Youth/Teen	32
Adult	33
Adult Fitness	33-34
Martial Arts	34
Adult Sports	34
Active Adults	35
<b>Transportation</b>	36-37
<b>General Information</b>	38

### LAKE





## 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 Kahle Community Center-Sports Equipment
- Park Benches • Trees and Shrubs • Field Lighting • Sod for Fields
- Roping Chutes • Build Playgrounds

For more information on how you can help,  
call 775-782-5500 Carson Valley or 775-586-7271 Lake Tahoe.



### Become a V.I.P!

#### Volunteer in Parks and Recreation

As a volunteer, you can join us in our mission to provide recreational experiences, promote health and wellness and protect and maintain our parks. If you can fill a need or have a skill to share call 775-782-5500 Carson Valley or 775-586-7271 Lake Tahoe.

### Scholarships Available!

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

### 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

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

#### Special Thanks

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

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

**Parks & Recreation Commission** Cherise Smith • Debra Lang • Kelly Gardner • Celeste Pierini • Gary Dove  
Britta Swanson • Thomas Moore

**Douglas County School District**

**Layout** Ruth Zamarripa & Terri Thomas, Sierra Nevada Media Group

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

### SATISFACTION GUARANTEE

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

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

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

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

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

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

### POLICIES

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

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

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

# DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



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

## Passes Available

Daily • Monthly • 3 Month • Annual

## Recreation Center Hours

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

- Closed Most Holidays -

Gymnasium & Fitness Center  
Closed 7/5-7/12

- 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 Park and Recreation Director

### Changes coming to Johnson Lane Park

This summer the Douglas County Parks and Recreation Department will be focusing its energy on freshening up Johnson Lane Park. The park itself is located in North Douglas County and oddly enough is on Stephanie Way and serves the Johnson Lane community. Changes have already begun including the installation of a new playground system which was completed in the month of April. Other improvements will include a new restroom facility, new tennis courts with Pickleball overlay, an improve pathway system, basketball courts, new picnic pavilion, dog park and a disc golf course. The existing parking lot and softball field will remain in their current state.

The extent of these improvements were identified during a series of public workshops conducted in the neighborhood last year. The estimated construction cost of these improvements is \$750,000. Johnson Lane Park was initially constructed in 1996 and included the softball field and restroom facility. The new improvements will add additional recreational opportunities to this important community. If you have any questions about park facilities in Douglas County please feel free to give me a call 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.

VALLEY

# PRESCHOOL / YOUTH

## Brighter Days Preschool

**Ages:** Preschool **Director:** Andrea Erickson  
**Time:** 8am - 2pm **Cost:** \$125/week

Each week includes science, water play, special cooking projects, arts & crafts, field trips, and so much more!

### Weeks & Theme

- 6/6 - 10 Teddy Bear Picnic
- 6/13 - 17 Bugs, Bugs, Bugs
- 6/20 - 24 Butterflies, Worms
- 6/27 - 7/1 Independence Day
- 7/18 - 22 Ocean/Beach & Sand Fun
- 7/25 - 29 Crabs, Shells, Sharks & Turtles
- 8/1 - 5 Camping Fun
- 8/8 - 12 More Camping Fun
- 8/15 - 19 Farm, Out West, Cowboy
- 8/19 End of Summer Party!



## 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

**Ages:** Preschool  
 Parents, grandparents, & caregivers with younger children, come join our play group Thursday mornings in the company of peers! Indoor play equipment, bounce house and arts & crafts.

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

## Learn to Skate

**Ages:** 3 - 12 **Instructor:** Heather Keene  
 In this 4 week class you will be guided through a series of roller skating exercises while incorporating music, games, and other activities. Skates will be provided. Bring safety equipment.

**Time:** Ages 3 - 6 11:45am - 1:15pm **Location:** DCCSC  
 Ages 7 - 12 1:30 - 3:00pm  
 (Su) 5/8 - 5/29 \$45

## Little Tykes Indoor Soccer

**Ages:** 3 - 5 **Instructor:** Heather Keene  
 Parents, grandparents and caregivers bring your little ones to join the fun of learning the game of soccer and also join peers and learn balance, structure and agility. Wear tennis shoes and bring a water bottle.

**Time:** Ages 2 - 3 12 - 12:45pm **Location:** DCCSC  
 Ages 4 - 6 1 - 2pm  
 (Su) 7/17 - 8/14 \$60

## Mommy & Me Strength Training

This beginner's fitness class will allow moms and children to work out together. Bring your children & let them see the importance of staying healthy and how much fun being fit is! Bring yoga mat.

**Time:** 9:30 - 10:30am **Location:** DCCSC  
 Every Tuesday **Cost:** \$3.00/child  
*\*No class 5/31, 6/21, 7/5, 7/26*

## July is Parks & Recreation Month

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



## Summer Adventure Camp

**Grades:** 1 - 6 (ages 5 - 12)

**Age 5 must have already attended a year of Kindergarten.**

Campers will enjoy a variety of activities each day, all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Spaces are limited and pre-registration is required. Current registration packet must be completed and returned in order to pre-register at the Douglas County Community and Senior Center located at 1329 Waterloo Lane, Gardnerville, NV 89410 or call (775) 782-5500 ext 1 for more information.

**Time:** 7am - 6pm  
 (M - F) TBA

**Locations:** MES & PHES  
 \$26/day\*\* (Sibling discount available)

*\*No Camp 7/4*

*\*\* Some trips may cost more due to trip destination, check weekly schedule for trip & cost*

## Kids Club

**Grades:** K - 5

**2016/2017 school year registration begins 7/15.**

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. Registration packet and payment schedule are available at the Douglas County Community Center located at 1329 Waterloo Lane in Gardnerville. For more information call 782-5500 ext 1.

*\*Note: AM Kids Club will not be held on late school days*

## Get in the Act! Camp Broadway

**Grades:** 3 - 5

**Instructor:** Diane Handzel

Students are guided through dramatic activities that emphasize telling story, creating dialog, action and development of realistic characters each day. Students are encouraged to use their imaginations as we adapt the award winning baseball story "The Sandlot" into a theatricals production. Memorization of a short script is required and a performance will be held Friday at 11am.

**Time:** 9am - 12pm  
 (M - F) 6/27 - 7/1

**Location:** DCCSC  
 \$155

# TEENS/ADULTS

## 30-Hour Classroom Driving Education Training

**Ages:** 15 & up **Instructor:** Chuck Ayers  
 This 30 hour Driver's Education class (NAC 389.568) satisfies the requirement for Nevada Drivers License. After completing the 30 hour class, the student will receive a certification of completion.

**Time:** 8:30am - 4:30pm **Location:** DCCSC  
 (M - Th) 6/6 - 6/9 \$50  
 (M - Th) 7/18 - 7/21 \$50  
 (M - Th) 8/8 - 8/11 \$50

## Life Drawing

**Ages:** 13 & up **Instructor:** Irene Taylor  
 Drawing from a live model (clothed) using graphite, pen, charcoal & watercolor. Supply list available at front counter.

**Time:** (W) 10am-12pm (Th) 3:30 - 5:30pm  
**Location:** DCCSC  
 (W) 5/25 \$20  
 (Th) 5/26 \$20  
 (W) 7/27 \$20  
 (Th) 7/28 \$20

\*\$5 supply fee payable to the instructor

## 2 Day Watercolor Instruction & Guided Painting

**Ages:** 13 & up **Instructor:** Irene Taylor  
 Using your favorite photos, learn to simplify, compose and master watercolor skills to create a painting you will be proud of.

**Time:** 3:30 - 5:30pm **Location:** DCCSC  
 (W/Th) 6/29 & 30 \$35  
 (W/Th) 8/31 & 9/1 \$35

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

**Time:** 7 - 8pm **Locations:** DCCSC  
 (W) 6/15 - 7/20 \$80  
 (W) 7/27 - 8/31 \$80

## Swordsmanship Free Play & Fencing Practice

**Ages:** 13 & up **Instructor:** Steven Klekar  
 This class will allow you to continue to practice your swordsmanship and fencing skills. All students must have completed a prior DCPR fencing class or provide proof of prior fencing experience.

**Time:** 7 - 8:30pm **Location:** DCCSC  
 (Th) 5/5 - 8/25 Drop-in rate \$5.00  
 No class 7/7

## Beginner Foil Fencing Tournament

**Ages:** 13- 18 **Tournament Director:** Steven Klekar  
 This tournament will focus on the use of the foil in competitive fencing environment. Competitors will use their basic learned technical skills of modern fencing using the foil. All fencing and safety equipment will be provided. Personal fencing equipment must be approved by the tournament director.

**Time:** TBA **Locations:** DCCSC  
 (Sa) 5/14 \$20

## Sewing Classes

**Ages:** 13 & up **Instructor:** Sandra O'Hara

**Location:** DCCSC

Students are encouraged to bring their own sewing machine. Limited machines are available to rent from the instructor for \$10, payable to the instructor.

### Beginning Sewing

Learn how to use a sewing machine as well as feeding material through the machine properly.

(Sa) 5/7 9 - 11am \$25  
 (T) 5/10 3:30 - 5:30pm \$25  
 (T) 6/28 9 - 11am \$25  
 (Sa) 8/13 9 - 11am \$25

### Beginning Sewing Lounging Pants

Students will use basic sewing skills to cutout and sew lounging /pajama pants. Knowledge of using a sewing machine is required.

(Sa) 7/2 9 - 11:30am \$40  
 (Sa) 7/16 9 - 11:30am \$40

### Reversible Polar Fleece Blankets

Students will use basic sewing skills to cutout and sew fleece blanket. Knowledge of using a sewing machine is required.

(W) 6/15 3:30 - 5:30pm \$40  
 (Sa) 6/25 9:30 - 11:30am \$40

### Basic Quilting Skills 101

Students will learn basic quilting skills including measuring, cutting, using a rotary, cutter, half square triangles, and more.

(Th) 6/23 9:30 - 11:30am \$25  
 (T) 7/19 9:30 - 11:30am \$25  
 (Sa) 7/30 9:30 - 11:30am \$25

### Basic Quilting Skills 201

Students will make a crib size or a lap quilt using some basic quilting skills.

(T) 5/24 & 6/7 9:30 - 11:30am \$75  
 (Sa) 5/21 & 6/4 9:30 - 11:30am \$75  
 (W) 8/3 & 8/17 5 - 7pm \$75

## Classical Fencing

**Ages:** 13 & up **Instructor:** Steven Klekar  
 Fencing provides a unique mix of physical, intellectual and emotional stimulation and it's a great way to stay fit and meet people. Students will be introduced to the basic technical skills including the En Garde position, footwork skills, and blade work skills. Students will need to bring leather gloves that cover their wrist and dress in black sweat pants, long sleeve t-shirt and athletic shoes. All fencing and safety equipment will be provided.

**Time:** 7 - 8:30pm **Locations:** DCCSC  
 (T) 5/3 - 5/31 \$40  
 (T) 6/7 - 6/28 \$32  
 (T) 7/12 - 7/26 \$16  
 (T) 8/2 - 8/30 \$40

\*\$8.00 drop-in  
 No class 7/5

## Historical Spanish Fencing

**Ages:** 13 & up **Instructor:** Steven Klekar  
 Would you like to learn to fence like 16th, - 18th Century Spanish swordsman? Student will learn the basic technical skills of Spanish fencing using the rapier, including the En Garde position, footwork skills, and blade work skills. Students will need to bring leather gloves that cover their wrist and dress in black sweat pants, long sleeve t-shirt and athletic shoes. All fencing and safety equipment will be provided.

**Time:** 7 - 8:30pm **Locations:** DCCSC  
 (W) 5/4 - 5/25 \$28  
 (W) 6/1 - 6/29 \$40  
 (W) 7/13 - 7/27 \$16  
 (W) 8/3 - 8/31 \$40

\*\$8.00 drop-in  
 No class 7/5

# TEENS/ADULTS

## Self-Defense for Woman

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

**Time:** 6 - 8:30pm **Locations:** DCCSC  
(T) 6/7 \$25  
(T) 8/2 \$25

## Filipino Arnis

**Ages:** 13 & 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:** 5:45 - 6:45pm **Locations:** DCCSC  
(Th) 5/5 - 5/19 \$23\*  
(Th) 6/2 - 6/30 \$23\*

No Class 5/26, 6/16, 6/23

\*\$15 for Traditional Karate members  
\$10/Drop-in



## Traditional Karate

**Ages:** 13 & up **Instructor:** Diane Ortenzio-Cooling  
Isshin-ryu karate is one of the "original mixed martial arts." The curriculum includes strikes, kicks, throws, joint locks, pain submission techniques and ground fighting. Students learn the traditions and discipline of this martial art, as well as the fundamentals of self-defense. Benefits include self-discipline, balance, and practical physical and mental skills.

**Time:** (M) class starts at 7:15 **Locations:** DCCSC  
7 - 8:30pm

(M/Th) 5/2 - 5/26 \$45  
(M/Th) 6/2 - 6/30 \$45

No Class 5/23, 6/20, 6/27  
\$10/Drop-in

# ADULTS

## All Day Crop

**Ages:** Adults **Instructor:** Lori Kutsch  
Spend the day working on your album projects. Bring supplies that you will need to complete your current project. Bring a sack lunch and water. Snack are provided

**Time:** 10am - 6pm **Location:** DCCSC  
(Sa) 5/7 \$10  
(Sa) 7/2 \$10  
(Sa) 8/13 \$10

# ADULTS

## Beginner's Tai-Chi

**Ages:** 18 & up **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 - 12:30pm **Location:** DCCSC  
(Sa) 5/7 - 5/28 \$5  
(Sa) 6/4 - 6/25 \$5  
(Sa) 7/2 - 7/30 \$5  
(Sa) 8/6 - 8/27 \$5

## 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) 5:30 - 9pm **Location:** DCCSC  
(Sa) 8 - 11am **Location:** DCSR  
(W/F) 5/18 & 5/20 (Sa) 5/21  
(W/F) 6/15 & 6/17 (Sa) 6/18  
(W/F) 7/20 & 7/22 (Sa) 7/23  
(W/F) 8/17 & 8/19 (Sa) 8/20

**Cost:** \$90 Spouses are 1/2 price

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

## Ballroom Dance

**Ages:** 18 & up **Instructor:** Richard Girod  
Beginning ballroom dance will include the Fox Trot, Waltz, Tango, Rhumba, Cha Cha, Samba and West Coast Swing.

**Time:** 6 - 7pm **Location:** DCCSC  
(M/F) 5/2 - 5/27 **Cost:** \$35/couple  
(M/F) 6/3 - 6/27 \$25/singles  
(M/F) 7/1 - 7/29  
(M/F) 8/1 - 8/29  
No Class 7/4

## Essential Oils 101

**Ages:** 18 & up **Instructors:** Charlotte Weaver & Cathy Chapman  
Essential oils can be an important part of a holistic anti-aging lifestyle. They can lift the mood, calm the senses and elicit powerful emotional responses

**Time:** 6pm **Location:** DCCSC  
(W) 5/4 \$10  
(W) 5/18 \$10  
(Th) 6/2 \$10  
(T) 7/12 \$10  
(T) 8/2 \$10

## Instructors Wanted!

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

# 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.

## Beginning Belly Dance

**Ages:** 18 & up

**Instructors:** Jessica Svensson

This is a fun basic beginning belly dance class in the American tribal styled traditions. All shapes and sizes and older ages are encouraged.

**Time:** 2 - 3pm

**Location:** DCCSC

(Su) May - August

**Cost:** \$5/drop-in

## 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:** \$20/5 punch card \$40/unlimited \$5/drop-in

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

## PiYo

**Ages:** 18 & up

**Instructor:** Tessa LoPresto

PiYo is a fun, functional flexibility class designed to help participants gain strength, core stability, PiYo uniquely blends the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements.

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

**Days/Time:** Mondays 5:30pm

**Location:** DCCSC

Wednesdays 9am & 12pm

**Cost:** \$15/4 punch card Drop-in \$5

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

## Insanity Live

**Ages:** 18 & up

**Instructor:** Tessa LoPresto

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

**Days/Time:** Wednesdays 6am

**Location:** DCCSC

**Cost:** \$15/4 punch card Drop-in \$5

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

## The New Jazzercise

**Ages:** 18 & up

**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: 9:00 - 10:00am

**Location:** DCCSC

Mondays - Thursdays: 5:30 - 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

## Silver Yoga

**Ages:** 50 & up

**Instructors:** Jessica Moore

A beginner to intermediate yoga class that focuses on proper alignment, while building strength and increasing balance and flexibility. The \$3.00 donation goes 100% to the donation for the daily senior hot soup program. Bring a yoga mat.

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

**Location:** DCCSC

No Class 3rd Tuesday

## Yoga

**Ages:** 18 & up

**Instructor:** Jill Hartman

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

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

**Location:** DCCSC

(Sa) 10:30am 5/7, 5/21, 6/18, 7/2, 7/16 & 7/30

**Cost:** \$40/10 punch card \$5/drop-in

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

## 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.

# SPECIAL EVENTS

## 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 lights! Snacks and refreshments will be available to purchase. Bring your own skates (no metal wheels) or rent a pair from us. Sizes are limited.



**Cost:** \$5/adults  
\$3/Seniors & under 12  
**Time:** 6 - 9pm  
**Skate Rental:** \$2.00  
(Sa) 5/ 21  
(Sa) 6/18  
(Sa) 7/16  
(Sa) 8/20

## Summer Roller Skating

(M) 6/27 2 - 4pm  
(M) 7/25 2 - 4pm

## 27th Annual Kids' Fishing Derby

**Ages:** 3 - 12

This year's Kids' Fishing Derby will be held on June 4th & 5th, 2016 at Lampe Park. For all kids ages 3 - 12. Tickets are free; however you must pre-register to receive a free session ticket. Derby hats, t-shirts and other resale items will be available for purchase. Raffle tickets are available for \$1 each or 6 for \$5.

### Registration begins April 1

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

Registration will begin on April 1st and will continue daily through May. Registration will be on Saturdays from 10am to 1pm at Walgreens in Gardnerville. For further info, please contact Stu Hill at 690-9665 minden1@charter.net or Heather Gertsch, 775-684-9018, heather\_gertsch@yahoo.com or email KFDVolunteers@aol.com

### Fishing Derby Volunteers

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

### Volunteer Meeting Dates

#### Lampe Park Pavilion

(Lampe Park Pavilion)  
Saturday May 21 10am  
Wednesday May 25 6pm  
Wednesday June 1 6pm

### River Help Training Dates

(Lampe Park Pavilion)  
Saturday May 21 after volunteer meeting  
Wednesday May 25 after volunteer meeting  
Wednesday June 1 after volunteer meeting



For information on sponsorship and/or fundraising please contact Steve Hamilton at (775) 392-3579 or sctawhamilton@aol.com

# Farmer's Market



## LAMPE PARK

Every Wednesday from 9:00am - 1:00pm  
May 25th - September 21st

## Sierra Chef 2016 Farm to Fork Farmers Market

Opening Day - May 25

Each week will offer a variety of fresh fruits, vegetables, home & personal products, eggs, meat, bakery items, flowers, garden supplies and other fabulous items. Children's story book hour will be from 10:30 - 11:30am and breakfast, lunch and snack options will be available to purchase. Cooking demonstrations will be offered. For a complete listing of vendors, charitable organizations and special events visit [www.sierrachef.com](http://www.sierrachef.com).

**Time:** 9am - 1pm  
Wednesdays  
**Location:** LP  
Free

No market on June 10

### Wild Willy's Horse Camp

\* Year-round Programs  
\* Week-long and Weekend Camps

### KinderRanch and KinderPonyPlay

\* For 4, 5, & 6 year olds

**SUMMER CAMP REGISTRATION NOW OPEN!**



Safe, Fun, Educational Horsemanship



Contact: Kim Chappell 775-265-6483 • [kkc827@aol.com](mailto:kkc827@aol.com)  
[www.chappellranchllc.com](http://www.chappellranchllc.com) • 531 Centerville Lane, Gardnerville, NV

## Where does it hurt?

Now accepting new patients at:

### Minden Chiropractic

1698 County Road  
Mon, Tue, Thu, Fri 9-5  
Wed 9-Noon



**Chris Blaha, DC**  
775.782.5143

Focusing on Sports Injuries, TMJ Therapies, Spinal Alignment, Extremities & Neck Pain Relief  
Most insurances accepted including Medicare

# Douglas County Parks & Recreation Department's 2016 GE Family Concert Series

Co-sponsored by Town of Minden & Carson Valley Inn

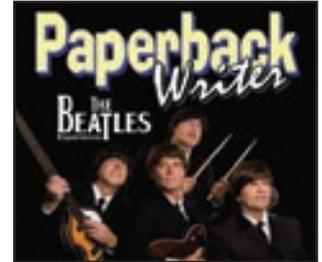
Concerts are held at Minden Park from 6:30 – 8:30 pm with the exception of August 26th from 6 – 8pm

May 27

## Paperback Writer (The Beatles Experience) →

Co-sponsored by: Starbucks, Carson Valley Roasting Plant & Distribution Center

Paperback Writer – The Beatles Experience will take its audience on a trip through the musical years of the world's most popular rock group of all time! Hear the hits from the Ed Sullivan Show through the colorful Sgt. Pepper's years and on to the roof tops of Let It Be performed with "spot on" vocal, look and sound alike ability. Don't miss Paperback Writer, the True Beatles Experience – A good time to be had by all!



June 17

## Nathan Owens Motown & Soul Review →

Co-sponsored by: Edgewood Companies

Nathan Owens Motown And Soul is high energy, spectacular show. It contains an 8 piece live band with a blazing horn section, beautiful costumes, not to mention a band that plays and dances with the best of them. The band plays songs from Motown and beyond, like Kool And The Gang, Earth Wind And Fire, Robin Thicke, Bruno Mars. Band members include: Drummer, Martin Benatar; Bass, Adrian Bates; Sax, Alfonso Gillory; Guitar, John Starnes; Percussion, Richard Owens; Lead Vocals, Ralph Owens; Lead Vocals, Jamie Lynn Palmer; and on Keyboards and Leader, Nathan Owens.



July 15

## Jelly Bread →

Co-sponsored by: Bentley Ranch

Over a few short years of touring, Jelly Bread has risen from Reno/Lake Tahoe area favorites into a powerhouse quintet with a high-energy calling card that delivers a high-energy, chameleonic playlist all over the United States. Jelly Bread's distinct style is identified by a blend of desert twang meeting the urban tones of funk and rock. Exceptional songwriting and storytelling interlaced with four part harmonies, intricate "in-the-pocket" drum and bass grooves, swampy lap steel guitar, dirt under the fingernails guitar licks, tasty talkbox, "take-'em-to-church" organ come together into a sound that is downright appetizing.



August 5

## Catch A Wave (A tribute to the Beach Boys) →

Co-sponsored by: Carson Tahoe Health

The sounds of surf, sun and classic cars set the backdrop for the legendary Beach Boys presented by world renowned show "Catch a Wave" (formerly The Beach Toys). "Catch A Wave" is the only true-to-form tribute of its kind. Featuring the well-recognized classic striped shirts, the audience will hear such harmonic greats as "I Get Around", "Surfer Girl", Surfin USA", "Help Me Rhonda," "Good Vibrations" and "California Girls" and many more with astounding authenticity. This act is also the only Beach Boys' show to have been personally selected to perform for The Beach Boys and their families and friends for the California Beach Boys state landmark dedication.



August 26

## Foreigner Unauthorized (A Salute to Foreigner) →

Co-sponsored by: Dr. James the Dentist

Foreigner Unauthorized was formed in early 2012 in Fresno California after a chance meeting between guitarist De Vivo (Moon Walker) and bassist Belt. Since its inception, the band quickly created a large, loyal, and growing fan base in the California music scene garnering buzz for their ability to reproduce to perfection the sounds of the phenomenal band Foreigner that helped shaped Rock music in the 70's, 80's and 90's with captivating high-energy live performances.



All concerts are free of charge due to the generous contributions of local businesses and organization.

THANKS TO OUR OTHER SPONSORS

Carson City Toyota, Capitol Ford, Campagni Auto Group, Nu Systems Inc., Silver State Building Materials, Sullivan Law Offices, Vital Signs Graphics & Marketing, Gardnerville Health and Rehabilitation Center, Guild Mortgage, Nancy McDermid, I'd Eat There, Mort's Auto Body and TruNorth Wealth Management LLC.

Food will be available to purchase by the Caron Valley Lion's Club and Kiwanis Club of Carson Valley



# YOUTH SPORTS

## Youth Beginner Volleyball Skills Clinic

**Ages:** 4 - 6 **Instructor:** Dan Hannah  
 This class is for students who have limited experience and wish to improve their volleyball skills. Class will emphasize fundamental skills of the sport including passing (finger & forearm), serving, setting, spiking, basic positioning, and movement. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play.

**Time:** 8 - 10am **Location:** DCCSC  
 (M - Th) 7/18 - 21 \$50  
 (M - Th) 8/1 - 4 \$50

## Competitive Volleyball Skills Clinic

**Ages:** 6 - 8 **Instructor:** Dan Hannah  
 This class will be focused on training for the Middle School girls' team try-outs in December. Class will emphasize fundamental skills of the sport including passing (finger & forearm), serving, setting, spiking, basic positioning, and movement. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play.

**Grades 6th & 7th**  
**Times:** 10:30am - 12:30pm **Location:** DCCSC  
 (M - Th) 7/18 - 21 \$75  
 (M - Th) 8/1 - 4 \$75

**Grades 8th**  
**Times:** 1 - 3pm **Location:** DCCSC  
 (M - Th) 7/18 - 21 \$75  
 (M - Th) 8/1 - 4 \$75

## NEW! 3 on 3 Summer Basketball Tournament Series

Each team must consist of a minimum of 3 players with a maximum of 5 players. Each team must submit payment, roster, and team name by registration due dates to be considered for that week's tournament. Divisions range from 8 years to a Senior 55+ division. Games will begin @ 8:00 am on Tournament days. Guaranteed 3 games. First 2 games will determine tournament seed, and then a single elimination tournament will follow. Teams are responsible for their own uniforms. Winners will receive medals.

**Divisions:** Girls Youth Division 8-13 (Half Court)  
 Boys Youth Division 8-13 (Half Court)  
 Girls High School Division 14-18 (Full Court Short Way)  
 Boys High School Division 14-18 (Full Court Short Way)  
 Ladies Adult 19-55 (Full Court Short Way)  
 Men's Adult 19-55 (Full Court Short Way)  
 Senior Men 55+ (Half Court)  
 Senior Women 55+ (Half Court)

**Cost:** \$60 per team **Location:** DCCSC  
**Tournament Date:** July 2 Registration Due 6/29  
 Aug 6 Registration Due 8/3  
 Sept 3 Registration Due 8/31

**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

## Girls Youth Basketball League

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

**League Play:** The week of October 10th - The week of December 19th  
**Game times:** 5:30, 6:30, 7:30  
**Cost:** Includes t-shirt, awards and officials  
**Registration:** Early Registration Aug. 15th- Sept. 15th  
 Regular Registration After Sept. 15th

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

A parent permission slip must be completed at the time of registration. Space is limited.

# ADULT SPORTS

## 8th Annual Carson Valley Days Grass Volleyball Tournament

**Ages:** 18+  
 Games will be played at Lampe Park Field 1 in Gardnerville. Sign in at 8am, games start at 9am - 6pm. Player should bring food, water, shelter, seating and volleyball. Space and team numbers permitting, some divisions may be voluntarily divided by skill levels.

**Divisions:** Adult Open (16 & older) 4 vs 4  
 Womens (16 & older) 4 vs 4  
 Youth (Grades 5/6, 7/8 & High School) 6 vs 6  
 (Su) 6/12 \$60/per adult team  
 \$30/per youth team

## 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.**

**R&S OPTIMUM OFFSET**  
 Your Printing Specialists

The premier printers of  
 Douglas County and surrounding areas.

Call Steve or Jody for all your printing needs.

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

# ADULT SPORTS

## NEW Adult "Open" Soccer League

**Ages:** 18+

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 20 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. Games will be on Sundays

**Time:** 9am - 2pm

**Location:** ARP

**Registration:** **Early:** \$550 7/15-8/15

**Regular:** \$600 after 8/15

**Registration Deadline:** 8/22/16

**Season:** (Su) Starts week of August 28th

**Managers Meeting:** 8/17 5:30

A managers meeting will be held on Wednesday, Sept. 14th at 5:30pm at the community center. Schedules will be available at the meeting.

## NEW Adult "Over 30" Fall Basketball League

**Ages:** 30+

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. Games held on Fridays, time will vary.

**Time:** 5:45pm - 7:45pm

**Location:** DCCSC

**Registration:** **Early:** \$550 7/15-8/15

**Regular:** \$600 after 8/15

**Registration Deadline:** 9/3/16

**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.

## Fall Adult Softball Leagues

**Ages:** 18+

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 20 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:** 6:30 - 7:45 - 9pm

**Location:** LP

**Registration:** **Early:** \$400 6/15- 7/15

**Regular:** \$450 after 7/15

**Leagues:** (T) Men's League (all levels)

(W) Men's League (all levels)

(W) Women's league

(Th) Coed League

**Registration Deadline:** 7/22/16

**Season:** Starts week of August 1st

**Managers Meeting:** A managers meeting will be held on Wednesday, July 27th at 5:30pm at the community center. Schedules will be available at the meeting.

## 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 7 - 9pm

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

## 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.**

## 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.

# COMMUNITY

## 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 rates on to rent a facility please call 782-5500 or go to [www.douglascountynv.gov](http://www.douglascountynv.gov).

## 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

## 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

# COMMUNITY

## 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

### 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!



## 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](http://www.dangberghomeranch.org).

## 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](http://www.douglasvolunteers.org)



# 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](http://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).

## 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:*

- 5/6 - Mother's Day Celebration
- 5/7 - 16th Annual Big Mama's Car Show and Shine
- 5/12 - Van Gogh & Vino Trip
- 5/15 - 42nd Street Trip
- 5/17 - Sparks Outlet Trip
- 5/26 - Wine Tasting Trip
- 6/5 - Aces Ballgame Trip
- 6/9 - Meadowood Mall Trip
- 6/10 - Senior Dance
- 6/14 - Carson City Museum Trip
- 6/17 - Father's Day Celebration
- 6/24 - V&T Railway Trip to Virginia City
- 6/28 - Reno Zoo Trip
- 7/19 - Summit Mall Trip
- 7/21 - Van Gogh & Vino Trip
- 7/28 - Bodie Trip
- 8/17 - Meadowood Mall Trip
- 8/19 - Senior Dance
- 8/21 - Aces Ballgame Trip
- 8/26 - Vikingholm & Thunderbird Lodge Trip

# ACTIVE ADULTS

## 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.

## AARP Driver Safety Course

**Instructor:** Dennis Hogan

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

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

**Location:** SC

**Dates for 2016:** May 21

July 16

## 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.**

## 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.

# LIFE OPTIONS ACTIVITIES

## 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

## Green Thumb Garden Club

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

## Watercolor Classes

These classes are offered at the Senior Center on the 2nd and 4th Thursday of the month from 9:00a.m. to noon. Cost is \$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.

## 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.

## 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.

## 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.

## 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

## Pulse Fitness

**Ages:** 65 and over

Stay healthy and active with Pulse Fitness as part of the Senior Services "Life Options" program. You can enjoy the benefits of feeling great and maintaining your health from our various fitness programs. All members will receive a consultation from the Personal Trainer to get you started on your way to a healthy lifestyle. We have over 45 group fitness classes that includes classes specifically for our seniors. For more information contact Pulse Fitness at 782-2705 and ask about a senior membership.

**Time:** Monday – Friday 4:30am – 10pm

Saturday & Sundays 7am – 7pm

**885 Mahogany Drive, Minden NV 89423**

**www.PulseFitnessNV.com**

## Anytime Fitness 24/7 Fitness Club!

**Ages:** 60 and over

Anytime Fitness is Minden/Gardnerville's only fitness club open 24 hours a day and 365 days per year with access to over 2000 clubs across ALL 50 states, so we are a great option if you travel! Our entire staff is certified in health & fitness and will be able to assist you to meet your goals. Our facility offers treadmills, cross trainers, recumbent bikes and strength circuit machines. For more information about senior membership, please contact 783-5130

**1352 HWY 395 Suite 101-105, Gardnerville, NV 89410**

**www.anytimeville.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.**

**775-782-0109 1291 Industrial Court, Ste. #B,**

**Gardnerville, NV 89410**

**info@crossfitcarsonvalley.com**

# GYM ORIENTATION AT DCCSC

First Friday of the month at 9:00am

## FREE Gym Orientation

This is not 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.*

**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

**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

**Elaine Correa**  
ACE Certified  
Personal Trainer



I am specialized in exercise program design for older adults; helping achieve the body that is functional to everyday living and that is free from aches and pains. I work with all fitness levels. I am a fun, energetic trainer who will get you motivated to move!

775-781-9471  
elainekaycorrea@gmail.com

PRE-REGISTER



[partnership-resource.org/walkjogrun](http://partnership-resource.org/walkjogrun)  
 Adults 18+ \$30 Youth \$10 \* (775) 782 8611

OPEN TO ALL AGES \* WALK, JOG OR RUN

9th Annual Carson Valley Days

# WALK JOG RUN

## 5K PIRATE THEME

### SATURDAY JUNE 11

HWY 395 S AND WATERLOO | GARDNERVILLE, NV 89410

# Rx Round Up

## April 30, 2016 10am-2pm

**SAFE DISPOSAL**  
Bring unused or expired prescription pills;  
over-the-counter pills; pet medications

**Walgreens** - 1342 N. Hwy 395, Gardnerville

**East Fork Fire Station #12**  
3620 North Sunridge Drive, Carson City

**Sheriff's Tillman Substation**  
1281 Kimmerling Rd., Gardnerville

**Topaz Ranch Estates Firehouse**  
1476 Albite Rd., Wellington

**Safeway**  
212 Elks Point Rd., Round Hill



**Partnership**  
of Community Resources

# 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](http://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	
Daily	Afternoons

Climbing Wall	
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 \$5/Lesson  
Call ahead each week beginning at 9:00am on Wednesday.

**Adult Drop In Lessons**  
Sat 10:00am \$5/Lesson

**Parent/Tot Lessons**  
(9 months to 3 years)  
Sat 10:30 - 11:00 am \$5/Lesson

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

## Manager's Message

**Lauren Thomaselli**  
Recreation Services Manager

There is no better season for recreation than summer in Lake Tahoe! The content of the Regional Recreation and Transportation Guide is a navigation tool designed to connect the Valley and the Lake to help recreation enthusiasts plan an unforgettable recreation experience

In South Lake Tahoe beach front parks provide quiet spaces to relax and cool off at Regan Beach or El Dorado Beach. For those who prefer a more social atmosphere with live music on the beach visit Lakeview Commons every Thursday night through the summer for FREE music at sunset including food vendors and a beer garden. For a listing of performances visit [www.liveatlakeview.com](http://www.liveatlakeview.com)

Kayaks, paddle boats, and standup paddle boards are available to rent at Lakeview Commons. Take a guided tour on the water or paddleboard lesson to further enhance your experience on the Lake. Looking to hike or bike? South Lake Tahoe is home to a growing network of trail systems. Plans for future connectivity and trail improvements continue to move forward. For the most up to date trail information and GPS navigation tools visit [www.biketahoe.org](http://www.biketahoe.org)

Our newest recreation amenity is Bijou Bike Park providing over 4 acres of roller coaster style trails, jumps, and pump tracks for all ages and abilities (page 24). The bike park is free and open to the public during regular park hours. The park is made possible through a partnership with Bijou Bike Park Association visit [www.bijoubikepark.org](http://www.bijoubikepark.org)

For youth ages 5- 12 years old check out our STAR Camps (page 25). STAR Camps are designed to incorporate authentic Tahoe recreation activities combined with an environmental element each day to create the most memorable outdoor experience. Drop-in's are welcome but reservations are recommended due to the popularity of STAR Camp programs.

Summer is full of adventure! Sign up for summer programs today, enjoy a summer concert, catch some mountain air at the bike park, or just relax with friends on the shores of the jewel of the sierra. Come out and play in South Lake Tahoe ~ America's All Year Playground!

See you on the playground,

*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 or local check ( with I.D.)  
payable to City of SLT

## ONLINE REGISTRATION

<https://slt.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](mailto:facilityrental@cityofslt.us)

## FITNESS CLASSES



### Jazzercise

**Ages:** All

**Location:** SLT Recreation Complex

For days and times go to [www.jazzercise.com](http://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](mailto: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:

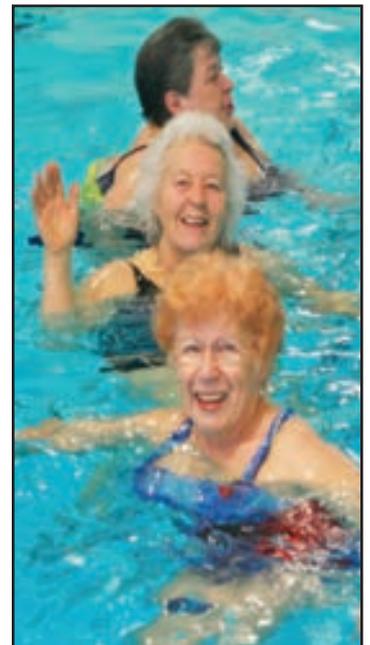
Adult \$50.00

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](http://www.bluelakeaikido.org)  
or call 530-544-0202



# AQUATIC CENTER — Information & Classes

## Swimming Lessons

**FEES range from \$35 to \$45 for group lessons**

### Course descriptions, purpose & entry requirements

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

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

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

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

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

##### INTRODUCTION TO WATER SKILLS

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

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

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

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

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

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

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

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

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

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

#### LEARN-TO-SWIM LEVEL 6 (LTS-6): (2 OPTIONS)

##### OPTION 1: PERSONAL WATER SAFETY (LIFEGUARDING PREPARATION)

##### OPTION 2: FITNESS SWIMMER (SWIM TEAM PREPARATION)

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

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

1: To introduce and practice self-rescue techniques.

**PREREQUISITES:** Valid American Red Cross Learn-To-Swim Level 5 Certificate OR successful demonstration of all certification requirements from Level 5. Class size: minimum of 3 - maximum of 7 participants

## Tahoe Swim Team

**U.S.S. Affiliated Coach;** Jerry Erickson

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

For more information, leave a message on the team's hotline at 530-541-1046 or check out [www.tahooswimclub.com](http://www.tahooswimclub.com)



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

## 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)

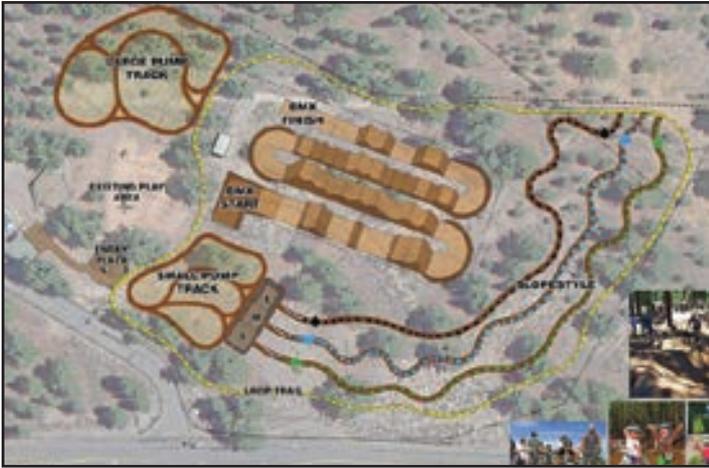
\$5.00 for each additional guest

**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

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



# NEW! NeXt GENERATION BICYCLE SKILLS CLINICS



Photo by David Clock

Take your riding to the next level or learn the basics of navigating Bijou Bike Park terrain features. Clinics are available to all ages and abilities and focus on skill development, park etiquette and safety. Cost is \$15 pre-registered or \$20 drop in fee for a 3 hour clinic. Clinics begin on Friday June 17 and will be held weekly throughout the summer.

# JUNIOR GIANTS PROGRAM



Junior Giants is a FREE non-competitive co-ed baseball league designed to teach character development through the game of baseball. The program is available to youth ages 5-12 years old. The program is eight weeks long beginning June 15th. To register or find out more information please contact Kelley Edwards, Recreation Supervisor 530-542-6059.

**Confidence ~ Integrity ~ Leadership ~ Teamwork**

# SOUTH LAKE TAHOE ICE ARENA



**Location:** 1176 Rufus Allen Blvd.  
**General Information:**  
 530-544-RINK (7465)  
[www.tahoearena.com](http://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!

# 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.

## Summer begins with Star Camp

- ★ South Tahoe Adventure Recreation Camps provide an active, healthy, and safe environment for youth to learn and play!
- ★ Ages K-5th grade
- ★ Monday through Friday 8:30am to 5:30pm (June through August)
- ★ Each themed week features an authentic Tahoe adventure
- ★ Drop in rates \$35 per day or \$150 per week
- ★ Reservations are highly recommended!  
 Visit [www.cityofslt.us/recreation](http://www.cityofslt.us/recreation) or call 530-542-6056

## Spring into Summer Kick Off Party!

**WHEN:** Saturday, June 4, 2016 from 10am to 2pm

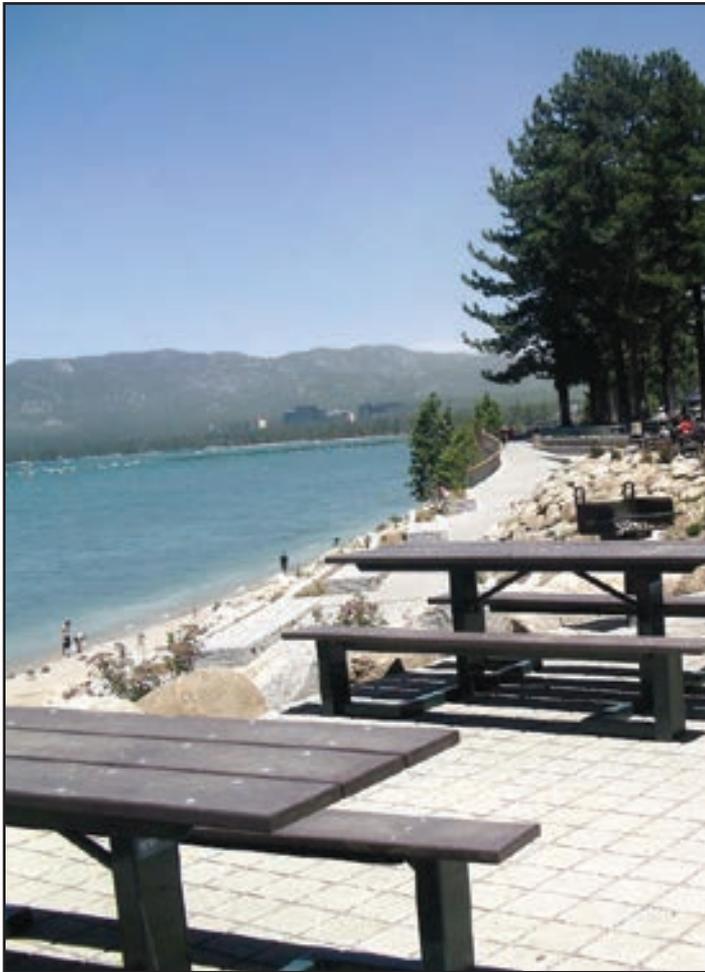
**WHAT:**

- ❖ Tour the Recreation and Swim Complex
- ❖ Meet Recreation Partners and sign up for programs
- ❖ Sign up for South Tahoe Adventure Recreation (STAR) Camps and meet camp leaders
- ❖ Sign up for swim lessons
- ❖ Enjoy refreshments

**WHERE:** Recreation and Swim Complex  
 1180 Rufus Allen Blvd.

**MORE INFO:** (530) 542-6056 or [www.cityofslt.us](http://www.cityofslt.us)

# 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](http://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

## BIJOU MUNICIPAL GOLF COURSE



**Location:** 3464 Fairway Avenue

**General Information:** 530-542-6997

Tahoe's oldest golf course, the Bijou is a nine-hole executive course with pro shop. The course features a convenient midtown location with practice net, putting green, pull carts, club rentals. The course is open from May through October, when season allows. Call for available tee times. Walk-on play is also available. Multi-use value passes and Senior discounts are available. Visit [www.cityofslt.us/recreation](http://www.cityofslt.us/recreation) for pricing details

## CAMPGROUND BY THE LAKE



**Location:** 1150 Rufus Allen Boulevard

**General Information:** 530-542-6096

The name says it all. Campground by the Lake is located in the middle of South Lake Tahoe, one-quarter mile off Highway 50 and directly across the street from Lake Tahoe. The campground is open from April through October. Cabin, group sites, hookups, and weekly rates are available. Dogs are allowed, but must be on a leash. For fees visit [www. Cityofslt.us/recreation](http://www.Cityofslt.us/recreation).



## 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](http://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 32 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

## ANNUAL EVENTS

### Live at Lakeview Summer Music Series

Every Thursday, 4pm-8pm • Lakeview Commons  
[www.liveatlakeview.com](http://www.liveatlakeview.com)

### Spring into Summer Celebration

First Saturday in June • Recreation Complex  
[www.cityofslt.us/recreation](http://www.cityofslt.us/recreation)

### Lights on the Lake Fireworks

July 4 • (Lakeview Commons is an ideal viewing area!)  
[www.tahoessouth.com](http://www.tahoessouth.com)

### Sample the Sierra

September • Bijou Community Park  
[www.samplethesierra.com](http://www.samplethesierra.com)

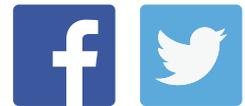
Purchase 3 months of

**ALL** *access*



**\$1885\***

AS LOW AS \$1.45 A WEEK



Receive a  
4th month **FREE**

Call 882-2515

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



\*New subscribers only

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Credit Card w/expiration date \_\_\_\_\_

Signature \_\_\_\_\_



# 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

**OPEN HOUSE - Wednesday, May 4, 2016 5:00-8:00pm**

**Director:** Shelly Martinez

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

- Licensed Pre-school designed for ages 3 - 5
- Program Hours: 9am – 12 pm Monday-Friday
- 2 - 5 day programs: \$24 per day
- Non-refundable Registration Fee: \$100 new students, \$60 returning students
- Waiting list and info call (775) 586-7271

**Summer Popsicles in the Park Play Days**  
 7/1/16, 8/5/16 from 10am-noon.  
 Free-All are welcome

## Day of the Young Child

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

(Sa) 6/4/16

**Location:** Lake Tahoe Community College

## Kahle Play Camps

**Ages:** 3 and up

**Instructors:** Kahle Staff

These themed camps are designed with the young camper in mind. They offer shorter hours, high teacher/child ratio and developmentally appropriate activities including art, games, nature walks and a weekly beach trip to Sand Harbor State Park where there are lifeguards. Play campers will need to bring a backpack with towel, hat, sunglasses, sack lunch with drink, water bottle and sunscreen, all labeled with their name each day. On Beach Day, campers need to wear swimsuit beneath their clothes or as part of their outfit. All camp days end with a popsicle. Registration begins Monday 5/9/16 at 9am. Completed registration packet is required upon sign-up. Registration packets available 5/3/16.

**Time:** 9:00am – 1:00pm

**Location:** KCC

**Scout About**

(M-Th) 6/13-6/16

\$120

**Mud Camp**

(M-Th) 6/20-6/23

\$120

**Block Party**

(M-Th) 6/27-6/30

\$120

**Forest Fairies**

(M-Th) 7/11-7/14

\$120

**Art Party**

(M-Th) 7/18-7/21

\$120

**Pirates of Kahle Park**

(M-Th) 7/25-7/28

\$120

*(Limit 15 children per camp)*

## Twosday Mornings

**Ages:** Birth to Preschool

**Instructors:** Roots and Wings Teachers

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

**Time:** 9:30 - 11:00am

**Location:** KCC

(T) 5/3 - 5/17

\$21

*Drop in participants are welcome. The fee is \$8 per class and additional children in the family are \$1 per child per time for the monthly fee and drop in rate. Drop-in scholarship available through grant provided by Soroptimist International of Tahoe Sierra. Please inquire at front desk.*

## 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.

## LIBRARY SUMMER PROGRAMS

**No registration required!**

**Ages:** Family

(Wed) 7/27/16

1:30 pm

**Location:** Zephyr Cove Library

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

## Zephyr Cove Library

(775) 588-6411

**Hours:** (W)

(Th/F/Sa)

11:00am - 7:00pm

9:00am - 5:00pm

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

# YOUTH SPORTS

## Maltase Youth Soccer Camp

**Ages:** 4 – 14 (co-ed)

**Instructors:** Steve Maltase

Bring lunch, water bottle, snacks and shin guards. Cost includes a camp T-shirt.

**Lil-Kicks (Ages 4 – 6)**

**Time:** 10:00am – 1:00pm

(M – Th) 8/1-8/4

**Location:** KCP

\$135

**Ages 7 and up**

**Time:** 10:00am – 3:00pm

(M – Th) 8/1-8/4

**Location:** KCP

\$150



# YOUTH SPORTS

## Game Time Basketball Camp With Coach Gil Liewellyn

**Ages:** 7-18, all ability levels (co-ed)  
Learn from a dynamic, inspiring, experienced and caring coaching team as they return to Tahoe as part of their summer camp tour! Get better, have so much fun while getting ready for game time. **Early bird specials: (available on 3 and 4 full days only) Save \$25 if you register by May 15. Save \$15 if you register by June 15.** Normal rates after June 15.  
To register or for questions, please contact Coach Gil at (805)729-5539 or at gametimebasketballcamps.com.

**Time:** 9:00am-3:30pm **Location:** KCC  
(M-Th) 7/25-7/28

**Cost:** 4 days: \$195, 3 days: \$150, 2 days: \$100,  
1 day: \$100, Half days: \$30

Little Ballers Session

**Ages:** 3-5 **Time:** 3:35-4:15pm **Cost:** \$7/day \$35/week

## Peak Volleyball Camp

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

**Time:** 9:00am-3:00pm **Location:** KCC  
(M-W) 6/27-6/29 **Cost:** \$250

**For more information and to register, go to PeakVolleyball.com, email: PeakVolleyball.com or call (530) 448-0519. Space is limited.**

### Youth Sports Organizations

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

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

# YOUTH/TEEN

## Leaders in Training

**Ages:** 12 - 17  
Not old enough to get a real job yet? Are you looking for a way to make a difference in the community? Leaders in Training work under the guidance of Recreation Staff learning what it takes to be a successful leader. This program places volunteers in positions at various recreation sites including summer camp, preschool programs and special events being held at Kahle Community Center as well as other activities and programs. Pick up an application packet at KCC. **Return applications to Kahle Community Center by June 13th.**

## R.A.D. Camp Recreation Adventure Days

**Grades:** 1 - 6  
Engaging your child in creative, fun and challenging activities is the goal of our R.A.D. Camp. Activities include cooperative games, unique crafts activities, imaginative play and fun field trips. Fee includes transportation, admission costs and daily snacks. Camp is held Monday thru Friday. Registration begins Wednesday 5/11/16 at 9:00am. Completed registration packet is required at time of registration.. (Limited enrollment)

**Time:** 7:30am - 6:00pm **Location:** KCC  
(M-F) 6/6 - 8/26\* **\$26/day** (Sibling discount available)

\*No camp 7/4

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

## Kid's Club Programs Grades K-6

**Registration Begins August 1st**

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

**Kahle Community Center**

**Early birds:** 7:00am - 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.

## Tae Kwon Do

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

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

(W) 5/4 - 5/25 **\$16**

(W) 6/1 - 6/22 **\$16**

(W) 9/14 - 9/28 **\$12**

Drop-in \$8 per class.

## Teen Scene

**Friday Night 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 - 9:00pm **Location:** KCC

(F) Continuous Drop-in \$5

\*Free to pass holders

## Climbing Wall at KCC

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

### Fitness for Teens

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

**SIGN UP EARLY!**

If you are interested in a class or program, register today! If a minimum enrollment is not met before its start date, a class or program may be canceled. Find more information at: [www.douglascountynv.gov](http://www.douglascountynv.gov)

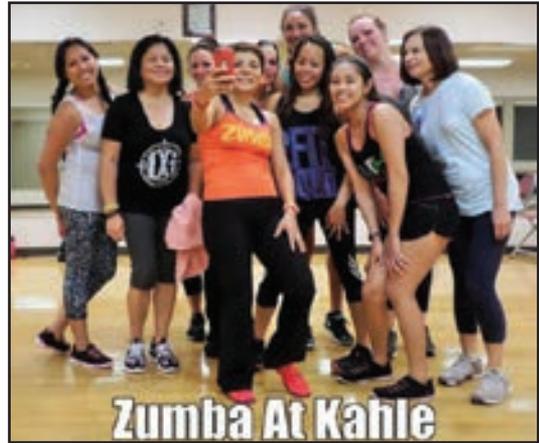
# ADULT

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

**Time:** 7:00 - 8:00pm      **Location:** KCC  
 (Th) 4/14 - 5/19      \$80  
 (Th) 6/16 - 7/21      \$80  
 (Th) 7/28 - 9/1      \$80



## Zumba

**Ages:** 13 & up

**Instructor:** Nancy Taylor

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

**Time:** (M, W) 10:15am      **Location:** KCC  
 (M, W) 6:00pm\*  
 (T, Th) 9:00am  
 \*(W) 6/29-8/24      **Cost:** \$10/class

*Punch cards: 10/\$60 Cards expire at the end of each month.  
 \*No class 5/30, 6/14, 7/4, 8/31-9/2, 9/5-9/9*

## PRIMARY ELECTION POLLING LOCATION

Kahle Community Center will be a polling location for the Primary Election. Early voting for the Primary will take place on **Saturday, June 4, 2016 from 10 am - 1 pm**. The Primary Election voting will be held on **Tuesday, June 14 from 7 am-7 pm** at the community center. For further details, see the Douglas County Clerk Treasurer's website at <http://cltr.douglasnv.net>

# 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 abilities and injuries.

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

Small equipment such as weights, toning rings, and resistance bands may also be utilized. Foam rollers (used on the first Tuesday and Saturday of the month) and mats are available from Kahle or bring your own.

**Time:** 10:15 - 11:30am      **Location:** KCC  
 (T, Sa) Ongoing      **Cost:** \$11/class

*Punch cards: 4/\$35, 8/\$62 - \*No class 6/14, 7/5, 9/3, 9/6, 9/10*

*\*Punch cards expire 4 weeks from date of purchase*



## Jazzercise

**Instructors:**

Sherry Baiocchi, Shannon Shearer

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

**Time:** (M, W, F, Sa) 8:30am, 9:00am\*      **Location:** KCC  
 (T, Th) 5:30pm

*\*Class continues at 9am until 6/1*

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

*\*No class 5/30, 7/4, 8/31-9/3, 9/5-9/10*

## 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.

# ADULT FITNESS

## Yoga for Everybody

**Instructor:** Susan Glasson

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

**Time:** (Tu) 6:30pm -7:30pm **Location:** KCC

**Dates:** Class through May 31st **Cost:** \$5 drop in scholarship may be available in case of financial hardship



## Yoga for Everybody on the Beach!

**Instructor:** Susan Glasson

Join us on the beach for an all levels yoga practice. This 12 session series will focus on pranayama (breath) and asana (postures) during each hour long class. Some basic yoga philosophy will be introduced in the sessions. These classes are suitable for both beginners and experienced practitioners. Bring a beach towel, water bottle and something warm to wear as the sun sets. **Practitioners must register at Kahle Community Center for the series.** There is a charge for parking, but free parking is available on the road for walk or bike entry.

**Time:** (Tu) 6:30pm -7:30pm **Location:** Nevada Beach

**Dates:** 6/7-8/30 **Cost:** \$60

\*No class 7/5

# 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:** 6:00pm - 7:30pm **Location:** KCC

(W) 5/4 - 5/25 \$24

(W) 6/1 - 6/22 \$24

(W) 9/14 - 9/28 \$18

Drop-in \$10 per class

## Philippine Stick Fighting Arnis

**Ages:** 16 & up

**Instructors:** Rick and Chris Manglinong

Arnis is a blending of the countless styles. Arnis is simple to learn and requires no special

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

(W) 5/4 - 5/25 \$24

(W) 6/1 - 6/22 \$24

(W) 9/14 - 9/28 \$18

Drop-in \$10 per class



# ADULT SPORTS

## Golf at Edgewood

**Instructors:** Ron Blum & Chris Holmes

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

**Time:** 3:00pm - 4:30pm **Location:** EGC

(T,Th) 5/10 - 5/19

**Cost:** \$75

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

**Ages:** 18 & up

**Location:** KCC

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

**BASKETBALL Days & Time:** (M/W/Th) 12:00pm - 3:00pm

(T) 1:00pm - 3:00pm

(Sa) 12:00pm - 3:00pm half court only

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

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

## Adult 6-Man Flag Football League

**Registration:** Returning teams 5/9-5/23

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

New Teams 5/24 until full

\$100 bond\*

**Dates:** Season starts on 6/15

**Divisions:** Wed. nights **Location:** ZCP

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

\*Bond to be held by DCPRD for the season

## Zephyr Cove Tennis Club

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

• Available for Adult and Jr. Lessons

• Tennis Racket stringing

**Location:** ZCP

# ACTIVE ADULT

## National Senior Health and Fitness Day

WEDNESDAY, May 25th

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



### Tahoe-Douglas Senior Center (TDSC)

(775) 588-5140 • Located at 885 Hwy 50

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

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



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

## AARP Driver Safety Course 55 Alive

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

**Time:** 9:00am-1:30pm **Location:** KCC

(Sa) 5/14

(Sa) 8/13

(Sa) 11/12

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

**Time:** 8:30am-1pm **Location:** SLT Senior Center

(Tuesdays) May 3rd & September 6th\*\*

\$15\* - AARP members

\$20\* - non-members

\*Fee payable to instructor at class

\*\*Pre-registration by calling (530) 542-6094.

# 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.

**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](http://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](http://www.tahoetransportation.org).

### VALLEY & LAKE EXPRESS FARES

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

\* For more information on reduced fares please contact: [info@transportation.org](mailto: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](http://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](http://www.carsonvalleyairporter.com) or call 877-447-4446

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



# 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

### 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](mailto: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

## 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.

## TRANSPORTATION

### Tahoe Transportation District

[www.tahoetransportation.org](http://www.tahoetransportation.org)  
530-541-7149

### BlueGO

[www.bluego.org](http://www.bluego.org)  
530-541-7149

### Douglas County Dial-A-Ride Service

[www.douglascountynv.gov/790/DART-Dial-A-Ride](http://www.douglascountynv.gov/790/DART-Dial-A-Ride)  
775-783-6456

### Carson Valley Airporter

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

Do you want  
**better  
results**  
from your advertising?

**Ask us about:**

- ▶ Targeted online display ads
- ▶ Social media campaigns
- ▶ Search engine marketing
- ▶ Reputation management
- ▶ Full color newspaper ads
- ▶ Preprinted inserts targeted by zip code
- ▶ Commercial printing
- ▶ Dynamic advertising design

**We  
can help  
you design ad  
campaigns that  
deliver customers  
from Carson Valley,  
Carson City, Lake  
Tahoe, Dayton,  
Reno and  
Fallon.**

**The Record-Courier**

**To find out how to make your  
advertising work for you,  
call 782-5121**

# Why Carson Valley Medical Center?

**Because your granddaughter plays hard. Sometimes too hard.**



When those unfortunate accidents happen, know that there is help nearby.

A team of healthcare professionals and advanced medical technology can get you on the road to recovery.

Carson Valley Medical Center is here to provide quality care for a healthier community. That means 24/7 access to healthcare and the convenience of being cared for close to home.

Next time somebody asks you who you trust for your healthcare, tell them

***Your Community Hospital.***



  
Carson Valley Medical Center  
1107 Highway 395 • Gardnerville, NV 89410  
[www.cvmchospital.org](http://www.cvmchospital.org)