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

Brought to you by: Douglas County Parks & Recreation Department & City of South Lake Tahoe Recreation Services

NNTER/SPRING 2016

BROOKDALE — SENIOR LIVING SOLUTIONS — ALL THE PLACES LIFE CAN GOTM

1565

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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









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Cover Photo

Photographer **Dwayne Hicks** captured this scenic view of the Carson Valley near the top of Kingsbury Grade on a snowy spring day. www.dwaynesworld.com



DOUGLAS COUNTY COMMUNITY **& SENIOR CENTER** Find us on

"Share Because You Care" Gifts

Facebook

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

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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 -		

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

FREE Wi-Fi provided by Frontier Communications

Director's Note

Scott Morgan Community Services / Parks & Recreation Director

One Year Anniversary

It is difficult to imagine that the new Community & Senior Center has been in operation for one year. Over that year the new facility has exceeded all expectations. Thanks to the generosity of our community and the hard work of the Community Services Foundation we have enjoyed over 1.8 million dollars in contributions which has nearly fully furnished the facility. From the Senior Center to the Gymnasium, participant use has more than doubled what staff had anticipated. The community has embraced their community center and made it their own.

Multi-generational use of the center is occurring naturally and family members of all ages have an opportunity to strengthen their family bonds through a facility that offers so many essential programs to the community. Although our revenues and facility use have exceeded our expectation there is still so much more to come. The facility recently opened a full service community health clinic, and by this spring anticipates the full operation of an adult daycare and a fully functioning preschool.

Staff of Douglas County Community Services and the County Board of Commissioners, including the Parks & Recreation Commission and Senior Advisory Council, wishes to thank the residents of Douglas County for their support and assistance in making this facility truly one of the best community & senior centers in the country. If you are interested in receiving additional information please follow us on Facebook: *Douglas County Community & Senior Center* or visit our website:

www.douglascountynv.gov.



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.

PRESCHOOL /YOUTH

Preschool Coming Soon!

The Recreation Department is proud to announce the opening of a new preschool program at the Douglas County Community & Senior Center. The program is expected to open in January, 2016. A variety of schedules and tuition programs will be available. For more information contact the department at 782-5500.

Stroller Time

Ages: Preschool

The track will be available every Monday & Friday 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.

Little Tykes Indoor Soccer

Ages: 4 - 6

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. Please wear tennis shoes, and bring a water bottle.

 Cost:
 \$65.00 per session
 Location: DCCSC

 (M)
 1/11 - 2/29
 Ages 2 & 3 9 -Ages 4 - 6 10

 Note:
 No class 1/18 & 2/15

 (Su)
 1/10 - 2/21
 Ages 2 & 3 12

Ages 2 & 3 12 – 12:45pm Ages 4 - 6 1 – 2pm

9 - 9:45am

10 - 11am

Note: No class 1/24

Strength Training Mommy & Me

Ages: up to 5

Instructor: Jessica Smith

This beginner's mommy & me strength and fitness class will allow mom's 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 a yoga mat. **Time:** 10am - 11am **Location:** DCCSC

(F) Every Friday

\$5/drop-in

Grades: K - 5

Kids Club

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. Afternoon snacks are provided daily. Kids Club is offered Monday through Friday, 7 - 8:45am and 3:10 - 6pm while school is in session, holidays and teacher work days excluded. The fee is paid by the month for the morning program, the afternoon program or both. Fees paid on or before 5pm on the enrollment due date are eligible for an early bird discount. Registration packet and pre-enrollment are required. Packet and fee schedule are available at the Douglas County Community and Senior Center. Enrollment is filled on a first come, first served basis. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. For more information call 775-782-5500.



Toddler Time

Parents, grandparents, & caregivers with younger children, come join our play group Thursdays morning in the company of peers! Indoor play equipment, bounce house, arts & crafts & use of indoor walking track with child in stroller. **Time:** 9am - 11am **Locations:** DCCC

\$3/child

Spring Break Adventure Camp

Grades: K - 6

Every Thursday

Campers will enjoy a variety of activities each day all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Calendars are available at the Recreation Office after Dec. 19. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.

Time: 7am - 6pm (T - F) 3/29 - 4/1 Locations: GES/JVES \$23/day

Adventure Camp Days

Grades: K - 6

Camp will include arts & crafts, games, creative centers, snacks and much more! Look for a flier to be sent home before each date. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.

Time	e: 7am -	6pm	Location:
(M)	1/4	\$23	MES/PHES
(F)	2/26	\$23	CCMES/PHES
(F)	4/22	\$23	GES/PHES

Jump Rope for Fun & Fitness

Ages: 8 & up

Instructor: Ellen Lucas

Class will focus on learning jump rope skills as individuals, partners and groups, including double dutch. Students will learn activities and routines for fun and/or competition. Come have fun while getting a good workout in the process!

 Time:
 3:30 - 4:30pm
 Locations:
 SES

 (W)
 1/20 - 2/17
 \$35*

 *\$5.00 material/equipment fee payable to the instructor

Advanced Jump Rope

Ages: 8 & up Instructor: Ellen Lucas For those who would like to perform at events and learn/perform more difficult jump rope skills.

 Time:
 4 - 5pm
 Location:
 DCCSC

 (T)
 1/19 - 2/9
 \$35*

 *\$5.00 material/equipment fee payable to the instructor

YOUTH **Parent's Day Out**

Grades: K - 6

Parent/caregivers can enjoy the day out while their children have fun in a safe and secure program. Activities will include arts & crafts, movies, sports, snacks and lots of fun!

Time: 9am - 4pm			Location: DCCSC
(Sa)	1/23	\$23	Drive in (bring a large box)
(Sa)	2/27	\$23	Love is in the Air
(Sa)	3/12	\$23	Minute to Win It
(Sa)	4/23	\$23	Spring has Sprung

Beginning Irish Dance

Ages: 5 - 17

Instructor: Miriam Blanchette

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

Time:	6 - 7pm	Locations: DCCSC
(T)	1/5 -1/26	\$55
(T)	2/2 - 2/23	\$55
(T)	3/1 - 3/22	\$55
(T)	4/5 - 4/26	\$55
*\$5 of	Fsibling discount	

TEEN/ADULTS Tween Club

Grades: 6th - 8th

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

Teen Open Gym

Grades: 6th - 12th

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

Saturdays: 6 - 8pm

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

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

(Sa) 1/9 - 1/30

\$50

Parent's Night Out

Grades: K - 6

Fun for the kids while parents/caregivers have an evening off. Crafts, sports, games and a movie await your K-6 grade child at the Community Center. Pizza with a drink will be served for dinner and popcorn will be provided during a movie. Parent release form is required upon registration.

Time:	5 - 9pm	Location: DCCSC
(F)	2/19	\$23
(F)	4/29	\$23

Learning About Art

Ages: 7 - 12 **Instructor:** Elizabeth Joseph In this class students will explore directed drawing, pointillism, collage, and mosaic creations using colored glass. Students will need to bring 1 pad of white drawing paper and 1 felt tip marker; all other supplies will be provided. 2.20 DCCSC

: 1 - 2:30pm	Locations:
1/23 & 1/30	
2/6 & 2/13	\$48
	1/23 & 1/30

Simply Art Creations

Ages: 7 - 12

Instructor: Elizabeth Joseph

Students will learn the basic elements of shape, dot, circles, and lines. Also straw blowing, folded prints, drawing shells and making heart butterflies. Students will need to bring 1 pad of white drawing paper and 1 felt tip marker; all other supplies will be provided.

Time: 1 - 2:30pm Locations: DCCSC (Sa) 3/5 - 3/26 \$48

"I can't draw!" -Yes you can!

Ages: 13 & up

Instructor: Irene Taylor Students will learn to draw with confidence by training the hand to see and the eye to focus. Some drawings will be quick studies and some will be deeper studies to guide confidence. Supply list available at time of registration.

Time: 2:30 - 5pm Location: DCCSC (W & Th) 1/27 & 1/28 \$25

Watercolor basics, tricks & color theory

Ages: 13 & up Instructor: Irene Taylor Using a primary palette of red, blue & yellow, learn color mixing, brushing techniques, layering and simple tricks. Emphasis also on composition and values. This class will build on skills learned in the January drawing class.

Supply list available at time of registration. Location: DCCSC **Time:** 2:30 - 5pm (W & Th) 2/24 & 2/25 \$25

Watercolor Classes

Ages: 13 & up **Instructor:** Irene Taylor Guided watercolor instruction using various exercises to emphasize color theory, composition, and techniques using photos and still life as reference.

Time: 3:30 - 5:30pm	
(W) 1/6 & 1/13	
(W) 2/10 & 2/17	
(W) 3/9 & 3/16	
(W) 4/13 & 4/20	

Location: DCCSC \$10/class \$10/class \$10/class \$10/class

Putting It All Together

Ages: 13 & up **Instructor:** Irene Taylor Using a floral still life & using own drawing and painting skills, putting it together for a final painting. Supply list available at time of registration.

Times: 2:3	30 - 5pm	L
(T & W)	3/22 & 3/23	\$

ocation: DCCSC 25

TEENS/ADULTS Isshin-Ryu 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. Teens are required to maintain good grades in school. Promotions are based on the student's ability to understand and demonstrate the required techniques, as well as an understanding of course materials.

Time:	7 - 8:30pm	Location: DCCSC			
(Th)	1/7 - 1/28	\$35			
(Th)	2/4 - 2/25	\$35			
(Th)	3/3 - 3/31	\$44			
(Th)	4/7 - 4/28	\$35			

Filipino Arnis

Ages: 13 & up Instructor: Diane Ortenzio-Cooling Arnis is the martial art of the Philippines and emphasizes defenses with sticks, knives, and other improvised weapons, as well as empty hand applications. You do not need to be in great shape to start, and it is a great supplement to any other martial art in which you might train. ation: DCCSC

Time	: 5:45 - 6:45pm	Loca	
(Th)	1/7 - 1/21	\$23	
(Th)	2/4 - 2/25	\$23	
(Th)	3/3 - 3/31	\$38	
('Th)	4/7 - 4/28	\$15	
No Class 2/18			

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.

1	1 1	0 1
Time:	7 - 8:30pm	Location: DCCSC
(Th)	1/7 - 1/28	\$20
(Th)	2/4 - 2/25	\$25
(Th)	3/3 - 3/31	\$15
(Th)	4/7 - 4/28	\$15

Self-Defense for Woman

Ages: 14 & up

Instructor: Diane Ortenzio-Cooling

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

Time:	9:30 – 11am	Location: DCCSC
(Sa)	2/27 & 3/5	\$35
(Sa)	3/19 & 3/26	\$35

Dog Obedience

Ages: 8 and up

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

uay of class. www.uoginaliguy.com		
Time:	7 - 8pm	Location: DCFG
(W)	1/6 - 2/10	\$80
(W)	3/2 - 4/6	\$80
(W)	4/13 - 5/18	\$80

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. ation: DCCSC

Time:	7 - 8:30pm	Loca
(W)	1/6 - 1/27	\$32
(W)	2/3 - 2/24	\$32
(W)	3/2 - 3/30	\$40
(W)	4/6 - 4/27	\$32
*\$8.00	drop-in	

Classical Fencing

Instructor: Steven Klekar

Ages: 13 & up 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		Location: DCCSC
(T)	1/5 - 1/26	\$32
(T)	2/9 - 2/23	\$24
(T)	3/1 - 3/29	\$40
(T)	4/5 - 4/26	\$32
*\$8.00 drop-in		

ADULTS **Beginner's Tai-Chi**

Ages: Adults

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

Time	: 10:30am - 12:30pm	Location: DCCSC
(Sa)	1/9 - 1/30	\$5
(Sa)	2/6 - 2/27	\$5
(Sa)	3/5 - 3/26	\$5
(Sa)	4/2 - 4/23	\$5

World Tai-Chi/ Qi Gong Day

Instructor: Carson Valley Tai Chi Club **Ages**: 18 & up A gathering in the Minden park of all persons interested in improving their health and well being through the practice of Tai Chi and Qi Gong movements. Boost your immune system, slow the aging process, lower blood pressure, and improve your balance and outlook on life.

Time:	10am - 12pm	Location: MP
(Sa)	4/30	Free

Adult CPR-AED & First Aid

Instructor: Kelly Petit Basic CPR and introduction to AED and Basic First Aid will be taught in this class. **Time:** CPR: 9am - 12pm Location: DCCSC First Aid 1 - 4pm \$45/each class \$85/both classes (Sa) 2/13



ADULTS

Concealed Weapon Certification Instructor: Daniel Linn

Ages: 21 & up

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 to three handguns, 150 rounds of FACTORY ammo for the first handgun and 50 rounds for each additional handgun, hearing and eye protection and a baseball style hat for the range. Students will need to bring their own UNLOADED handguns to class.

Time: (W/F) 6 - 9:30pm Locations: DCCSC, DCSR

(Sa) 8 - 11am

(W/F) 1/20 & 1/22 (Sa) 1/23

(W/F) 2/17 & 2/19 (Sa) 2/20

(W/F) 3/16 & 3/18 (Sa) 3/19

(W/F) 4/20 & 4/22 (Sa) 4/23

Cost: \$90 Spouses are 1/2 price

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

Introduction to Ukulele

Ages: 18 & up

Instructor: Gary Boudreah

This beginner's class is for those who would like to learn to play the ukulele. Students will learn strumming techniques, how to finger left hand for various cords, and how to read ukulele tabs. Students will need to bring their own ukulele. **Time:** 6 - 7:30pm Location: DCCSC

(Th) 1/14 - 2/18

Cost: \$30

Intermediate Ukulele

Ages: 18 & up

Instructor: Gary Boudreah

This intermediate class is for those who have already taking the Introduction to the ukulele class. Students will continue to learn strumming techniques, cords, and how to read ukulele tabs. Students will need to bring their own ukulele.

Time: 6 - 7:30pm (Th) 3/3 - 4/7

Location: DCCSC **Cost: \$**30

All Day Scrapbooking

Ages: 18 & up

Instructor: Lori Kutsch

In this class students will have the opportunity to work on projects. Idea books are available for use. Bring a sack lunch, water and a snack are provided.

Time:	10am - 6pm	Location: DCCS
(Sa)	1/16	\$10
(Sa)	3/26	\$10

Essential Oils 101

Instructors: Charlotte Weaver & Cathy Chapman Ages: 18 & up 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.

Cost: \$10.00/class (T) 1/12(Sa) 1/23 (T) 2/9 (Sa) 2/20 (T) 3/15 (T) 4/12

Location: DCCSC 6pm 11am 6pm 11am 6pm 6pm



Landscape/Nature Photography **Ages**: 13 & up

Instructor: Daniel Cutter

A non-technical class for everyone! This class will quickly improve your image making abilities using a slide show approach. Viewing and discussing landscape photographs with emphasis on philosophy and composition. 0.00 Location: DCCSC

l ime:	6:30 - 8:30pn	n
(W)	1/6	\$10
(W)	1/20	\$10
(W)	2/10	\$10
(W)	3/9	\$10



Ballroom Dance

Instructor: Richard Girod

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

Time: 2 - 3pm (T/Th) 1/5 - 1/28 (T/Th) 2/2 - 2/25 (T/Th) 3/1 - 3/31 (T/Th) 4/5 - 4/28

Ages: 18 & up

Location: DCCSC Cost: \$35/couple

\$25/singles

INSTRUCTORS WANTED

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

VOLUNTEERS WANTED

The volunteer program is designed to encourage community members to volunteer by assisting staff as team members. Volunteers can supplement present services; encourage civic pride and community involvement.

Through volunteer experiences you can join us

in our mission to ...

- Provide Recreational Experiences
- Create Community
- Foster Human Development

Increase Cultural Unity

Protect Environmental

Resources

- Strengthen Community Image
- · Strengthen Safety and Security
- · Promote Health and Wellness

Benefits to our Volunteers:

- Gain valuable work experience
- Learn new skills
- Explore career possibilities
- Receive personal satisfaction
- Improve communication skills
- Participant in community issues
- Be a role model to youth

- · Share of your talents Secure job references
- Make new friends
- Make a positive difference
- Demonstrate leadership
- · Receive personal pride and fulfillment

Become a Volunteer Today!

FITNESS CLASSES

Gym & Fitness Center

Daily, 30 day, 90 day and annual passes available

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

Friday Orientation Hour

As a new member to the Gym & Fitness Center at the Douglas County Community Center, please join us on Fridays at 9:00 am for a FREE Orientation Hour to help introduce you to the fitness equipment our facility offers.

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 a personal interested in training here call 782-5500.

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.

March Madness Fitness Challenge

Beginning Belly Dance

Ages: 18 & up

Instructors: Jessica Svensso 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 (Su) January - April

Instructors: Anita Whiteley & Lyn Twitchell

Zumba Fitness is a cardio-dance workout that is set to high energy beats in a nonintimidating, 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 Tuesdays & Thursdays

Location: DCCSC **Cost:** \$40/month \$20/5 card punch \$5/drop-in Note: punch cards expire at the end of each month

The New Jazzercise

Ages: 18 & up

Jazzercise is a pulse-pounding, beatpumping fitness program that gets you results...fast. It's a calorie-torching, hipswiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. With so

many classes to choose from (10 per week, over 40 per month)-we will leave you breathless, toned and coming back for more. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise.

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

PiYo

Instructor: Tessa LoPresto

Location: DCCSC

PiYo is a fun, functional flexibility class designed to help participants gain strength, flexibility, 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 9am & 5:30pm Time: Mondays

Wednesdays 9am

Ages: 18 & up

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

Note: punch cards expire at the end of each month . Schedule subject to change.

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

Yoga

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

(Sa) 10:30am 1/2 & 16, 2/6 & 20, 3/5 & 19

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

Note: punch cards expire at the end of each month

Silver Yoga

Instructor: Jessica Moore

A beginner to intermediate yoga class designed for ages 50 and older. Silver Yoga focuses on proper alignment, while building strength and increasing balance and flexibility. The \$3 class donation goes 100% to the donation fund for the daily senior hot soup program. Please bring a yoga mat. **Time:** (T/Th) 10:30 - 11:30am

Insanity Live

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 resistants. It's a total body conditioning program based on the max interval training principle.

Time: Wednesdays 6am Cost: 4/\$15 punch card Drop-in \$5 Note: punch cards expire at the end of each month



Instructor: Helen Bartsch

Ages: 50 & up

Instructor: Tessa LoPresto

Ages: 18 & up

7pm 5:30pm

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

Location: DCCSC

Ages: 13 & up





More information to come!

YOUTH SPORTS

Youth Sports Organization

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

AYSO Soccer
Carson Valley Little League
Carson Valley Fastpitch265-6447
Carson Valley Swim Center782-8840
www.cvswim.com
Douglas Dolfin Swim Team
www.ddst.org
Pop Warner
www.douglaspopwarner.com
Youth Basketball Leagues
www.dcprsports.com
Youth Flag Football Leagues
www.dcprsports.com
Youth Volleyball Leagues
www.dcprsports.com
Carson Valley Basketball
http://cvbahoops.net
Douglas Ski Club
Saturdays
Sundays
www.facebook.com/douglascountysundayskiclub
Zephyr Cove Ski Club901-0386

www.zephyrcoveskiclub.com

WANTED OFFICIALS & REFEREES

Douglas County Parks & Recreation is currently looking for qualified officials for Youth and Adult Sports. Officials must be willing to work nights and weekends and have a flexible schedule. Most games last approximately 1 hour. We will train and certify for all sports. Previous officiating is preferred. Willingness to be trained in multiple sports preferred. (Ages 16 and older) Please call the Douglas County Parks & Recreation at 775-782-5500 for more information.



MEFIYI Spring Sports Bash

Ages: 6 - 14 Instructor: JoJo & Suzi Townsell These camps are for boys and girls who enjoy or want to learn skills and drills. Camps will focus on the fundamentals associated with each sport. Athletes need to bring a snack or sack lunch and a water bottle.

Dates: Tuesday - Thursday 3/29 - 31 **Location:** DCCSC **Cost:** Each camp is \$75.00

<u>Camps</u>

Basketball	Time 8:30 - 10:30am
Volleyball	Time 10:30 - 12:30pm
Speed Track	Time 10:30am - 12pm
Indoor Tennis	Time 12:30 - 2:30pm

Triple Double Basketball Academy Basketball Clinic

Grades: 1 - 2

As a former college basketball player and coach, Coach Day will teach boys & girls in grade 1st & 2nd the fundamentals of basketball including footwork, ball handling, shooting, post moves, and offensive and defensive principles.

Time: 3:30 - 4:20pm (M & W) 1/6 - 1/27 2/1 - 2/22 *No clinic 1/18 & 2/15*

Location: DCCSC \$60 \$60



Instructor: M. Day

Youth Volleyball Leagues

These leagues are for beginner to advanced players, emphasizing skill development and fun competition. There will be: 3rd/4th, 5th/6th, 7th/8th and High School 9th-12th grade. Participants will be randomly assigned to a team through a draft system. All games will be played on weeknights with at least one practice set aside each week. Practice sites may vary with weeknight games (TBA) volunteer coaches will be used. Sign up players fast, as space is limited. (Max 10 players per team)

Cost: Includes t-shirt, awards & officials \$80 Early Registration: January 4 – February 5 \$90 Regular Registration: until Full Player Draft in March (TBA)

Location & Game Time: 5:30pm-6:30pm-730pm-8:30pm (weeknights) All game played at Community Center Games begin mid-March

League Divisions offered: 3rd/4th grade girls 5th/6th grade girls 7th/8th grade girls (9th-12th) grade girls



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

Coach Application & Background Checks must be received by Friday, February 19, 2016

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

For information and coaching applications go to the www.dcprsports.com

ADULT SPORTS

Adult "Open" Basketball League

Ages: 18+

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 15 players are allowed to a roster. Each team will play 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.

2/1 - 2/26

after 2/26

Time: TBA Location: DCCSC **Registration:** Early: \$575 Regular: \$625

Registration Deadline: March 11

Season: (Su) Starts March 20

Managers Meeting

A managers meeting will be held on Wednesday, March 16 at 6:30pm at the community center. Schedules will be available at the meeting.

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 10 regular season games. Top 8 teams will advance to the postseason single elimination tournament. Awards will be given for tournament play

only. Game times will vary.

Time: 6:30 - 7:45 - 9pm **Registration:** Early: Regular: Location: LP \$475 3/1 - 4/1 \$525 after 4/1

Leagues

(T) Men's League (all levels)

(W) Men's League (all levels)

- (W) Women's league
- (Th) Coed League

Registration Deadline: April 8 Season: Starts week of April 18 Managers Meeting

A managers meeting will be held on Wednesday, 4/13 at 6:30pm at the Community Center. Schedules will be available at the meeting.

NEW! 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.

Racquetball Clinic

Instructor: Ron Wilson

This clinic is intended for those that are new to the sport or are just trying to improve their game. The clinic will be focused on learning proper mechanics for forehand and backhand swings. It will also cover serves and ceiling shots. These fundamentals are essential for improving in the sport. Time will also be spent on court positioning and strategy. Must wear safety glasses.

Space is limited, pre-register by calling 782-5500 or stop by the front counter. Saturday, January 30th 10 - 11:30am Free to members or \$5/\$7 drop-in fee.

Racquetball Challenge Ladder

Find and meet other players who play at your skill level. Ask for a sign up form at the front counter.

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

Adult Spring Volleyball Leagues

Ages: 18+

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

Time: 6:45 & 7:45pm Location: DCCSC **Registration:** Early: \$200 Regular: \$250 **Registration Deadline: February 12** Season: Starts February 22 Leagues Offered

(M) Women's (6 on 6)

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

Pickle Ball

1/11

after 2/5

Pickle Ball is a racquet sport that combines elements of badminton, tennis, and

table tennis and can be played with 2 - 4 players using solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Pickle ball is popular among adults as a fun game for players of all levels.



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

CV Table Tennis Club

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

Times: Mondays & Thursdays: 7 - 9pm Location: DCCSC Saturdays: 12:30 - 2:30pm Cost: Free

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

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.



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

Times: 5:30-8p	m Location: DCCSC
Cost: \$5/adults	\$3.00/Seniors & under 12
Skate Rental:	\$2.00
(Sa) 1/ 23	Glow Party
(Sa) 2/20	Mardi Gras
(Sa) 3/19	Skate Rattle n' Roll
(Sa) 4/16	70's Flower Power



Family Movie Night

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

Time: 6 - 8:30pm (F) 3/25

Location: DCCSC Cost: \$5 per person

Valentine's Day Father / Daughter Sweetheart Dance

Ages: All

What better way for dad to celebrate Valentine's Day than with a night out with his favorite girl...his daughter. Come spend a very special evening on the town for fathers (or adult chaperon) and daughters. Couples will dance to DJ music reflecting all tastes and styles. Refreshments will be served and photo keepsakes of the evening will be available for an additional fee. Tickets are only \$10 each. Because of the popularity of this event, early registration is strongly recommended.

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

Location: DCCSC Cost: \$10/ticket per person

Mother's Day Mother / Son Dance

Ages: All

What better way to show mom how much you care than to go out for an evening of dancing with her favorite little gentleman... her son! Come spend a very special evening on the town for mothers (or adult chaperone) and sons. Couples will dance to DJ music reflecting all tastes and styles. Refreshments will be served and photo keepsakes of the evening will be available for an additional fee. Spaces are limited; get your tickets for this fun annual event early.

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

Location: DCCSC Cost: \$10/Ticket

Douglas County Parks & Recreation Departments presents 2016 GE Family Concert Series at Minden Park

If your business or organization is interested in becoming a co-sponsor or would like to place an ad in the concert program please call the recreation department at 782-5500 ext. 1.

Eggstravaganza!

A hopping good time for families with kids of all ages! Come join Recreation Department staff for spring crafts, egg decorating, fun and games. Photos with the Easter Bunny will be available for addition cost.

Time: 9 - 11am (Sa) 3/19 Location: DCCSC Cost: \$3/child



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 be begin on April 1st and will continue daily through May.
Registration will be on Saturdays from 10am to 1pm at Walgreens in Gardnerville.
Monday – Friday, 6am – 8pm, Saturdays, 8am – 8pm and Sundays
10am – 3pm at the Community Center. For further info, please
contact Stu Hill at 690-9665 minden1@charter.net or Heather Gertsch,
775-684-9018,heather_gertsch@vahoo.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 nonfish 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) 782-0742 or sctawhamilton@aol.com



Facility Rentals

Family Picnics • Reunions • Receptions • Birthday Parties

Douglas County Parks & Recreation Department has many rental facilities that can accommodate your needs for any special occasion. Staff is available to help you identify which facility may best meet your needs. For more information and rates to rent at the community center or to rent a park facility please call 782-9835, or call 775-782-5500, ext. 1.

COMMUNITY Douglas County Historical Society Young Chautauquans

Open enrollment in the Douglas County Historical Society's Young Chautauquans Program begins February 3. Designed for 3rd through 8th grade students the Young Chautauquans offers kids the opportunity to portray the life of historical characters through story and the spoken word. The program offers participants the chance to enhance their skills in public speaking, drama, costume design, and historical research. An introductory welcome meeting and practice session will be held on February 3, 2016, at 6:30 p.m. at the Carson Valley Museum & Cultural Center, 1477 US Highway 395 N, Garnerville then continues twice a month ending with a grand performance on June 2. Parties wishing more information about this free educational program should contact the historical society at (775) 782-2555 or visit www.HistoricNV.org



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!

VALLEY CLASS LOCATION CODES

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

A.V.I.D. - Active Volunteers In Douglas

A.V.I.D. (Active Volunteers In Douglas) is a nonprofit group that promotes, maintains and supports volunteerism in Douglas County; and provides avenues for recognition and encouragement of volunteers. Any non-profit organization in Douglas County may be a part of A.V.I.D. Nineteen organizations are currently active in A.V.I.D.



Other organizations in the County also use volunteers, but do their own recruiting. A person seeking a volunteer position or wishing to change to a different volunteer position may call the organization directly, or coordinate through A.V.I.D. For more information, contact A.V.I.D. at 783-6450 or write: P.O. Box 1057, Minden NV 89423 or visit www.douglasvolunteers.org



Dangberg Home Ranch Historic Park

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



Hit the Trails for Winter Fun!

The winter and early spring months are a great time to hit the trails for hiking, snowshoeing or cross-country skiing. The Carson Valley offers a number of trails for outdoor winter fun. The Fay-Luther, Jobs Peak Ranch, Eagle Ridge Loop, Genoa Loop and Clear Creek trails on the west side of the valley provide panoramic valley views. The Bently-Kirman Tract Trail on the northeast side of the valley has several loops and provides access to the Carson River. It is a natural surface trail that can be very muddy during wet weather. The new Pinyon Trail east of Gardnerville offers scenic Sierra views. For more information about these and other nearby trails, visit the Carson Valley Trails Association's website: www.carsonvalleytrails.org.

Photo: Sierra Canyon Trail (provided by Jeremy Vican)

COMMUNITY

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

Closed on Sundays and holidays

Saturday

10:00am to 5:00pm For more information call the Library at (775)782-9841

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

ACTIVE ADULTS

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).

Douglas County Senior Services

1329 Waterloo Lane, Gardnerville, 783-6455

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

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.



Carson Valley Arts Council presents the 2016 Concert Series

Annie Bosko Friday, Jan. 22, 2016 at CVIC Hall, Minden Advance tickets \$25 and \$28 at door • Students \$5



Dustbowl Revival Friday, Feb. 19, 2016 at CVIC Hall, Minden Advance tickets \$22 and \$28 at door • Students \$5



"Murder at the Tonylou Awards" – Murder Mystery Dinner This star-studded extravaganza features all the stars and studs in the theatre industry, as well as some big names in the movie business. The curtain rises on Friday, March 11, 2016 at the Carson Valley Inn. Proceeds from the dinner theatre event will benefit Carson Valley Arts Council. Tickets and more information available at 775-782-8207 or online: www.cvartscouncil.com or at the CVAC office.

Run Boy Run April 22, 2016 at CVIC Hall, Minden Advance tickets \$24 and \$28 at the door • Students \$5



Youth Education Annie Bosko Jan. 22, 2016

Time and place to be determined Country music is a tough business, but Annie Bosko will share insights and skills needed to be an up and coming singer in Nashville.**\$10 for middle and high school students and \$40 for Adults – includes workshop and concert ticket.**

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

Carson Valley Arts Council 1572 Hwy 395, Suite A, Minden NV 89423

ACTIVE ADULTS

North County Congregate Dining

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

Meals on Wheels

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

Homemaker Assistance

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

Young at Heart Bingo

Come join us for a fun and exciting afternoon of community bingo on the third and fifth Sunday of each month at the Douglas County Senior Center. Doors open at 11am, bingo starts at

1pm. Buy in for bingo is \$15. 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.



Young at Heart (YAH)

Young at Heart is a non-profit 5013c organization that has been in service for 40 years. Our membership has grown significantly over the years and is now over 700+ members. The Young at Heart is the fundraising 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. During 2014-2015 we have served over 31,000 bowls of soup. In addition, we're working to add more activities and fundraising events next year. Membership dues are only \$5 per calendar year and open to all ages. We are looking for volunteers to help us during the year. You do not need to be a senior to volunteer.

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 handmade and range from jewelry to clothing to home decorations. A portion of the proceeds benefit Young at Heart. To shop, or to sell your own items, come in to the Senior Center during Gift Shop hours and check us out. For more information, call 783-6455.

Upcoming Events & Trips

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

Please join us on our upcoming events & trips:

- 1/7 Vino & Van Gogh Trip
- 1/22 Senior Health Fair
- 1/27 Footloose Trip
- 2/11 Meadowood Mall Trip
- 2/12 Valentine's Day Celebration
- 2/13 Book of Mormon Trip
- 3/12 Ragtime Musical
- 3/25 Easter Feast
- 4/7 Meadowood Mall Trip
- 4/16 Joseph & the Amazing Technicolor Dream Coat Trip
- 4/30 Million Dollar Quartet Trip

... and there's more to come !

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. 1/16 & 3/19 Location: DCCSC

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 canceled.

3 day's advance notice is appreciated.

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.

LIFE OPTION ACTIVITIES

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 the workout equipment.

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.

Sight Impaired Support Group

Meets every 1st Thursday of the month at 10:00am in the Douglas County Senior & Community Center in the Carson Valley Medical Resource Conference Room. They offer information and support to those with vision challenges, discuss topics of interest and devices that are available to assist those with sight impairment and blindness. For more information, please call the Douglas County Senior Center at 783-6455.

Dementia & Alzheimer's Support Group

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

"Coping with Change" a Senior Support Group

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

Parkinson's Disease Support Group

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

Senior Arts & Crafts

The Senior Center has a FREE senior crafting and art class every Wednesday from 9am - 12 pm in the Senior Center ceramics room. There are many arts and crafts 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 project for help and support. All supplies are provided. Come join us! For more information, contact Sheri at 775-783-6455.

Ceramics

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

Watercolor Classes

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

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.



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.

LIFE OPTIONS ACTIVITIES



Anytime Fitness 24/7 Fitness Club!

Ages: 60 and over

Anytime Fitness is Minden/Gardnerville's only fitness club open24 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 call 783-5130.

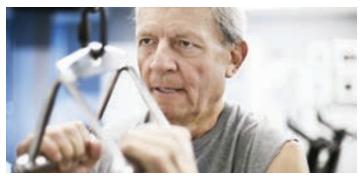
1352 HWY 395 Suite 101-105, Gardnerville, NV 89410 www.anytimegville.com

Ages: 60 and over

Stay healthy and active with Pulse Fitness as part of the Senior Services "Life Options" program. If you are 60 and older, you can enjoy the benefits of feeling great and maintaining your health from our various fitness programs for just \$24 per month. All new members will receive a consultation from a Personal Trainer to get you started on your way to a healthy lifestyle. Monthly dues are \$24, and for seniors there is no Enrollment Fee and a one-time \$29 Processing Fee. For more information contact Pulse Fitness at 782-2705 and ask about a senior membership. A one year commitment is required.

Pulse Fitness

Time: Monday - Friday 4:30am - 10pm Saturday & Sunday 7am – 7pm 885 Mahogany Drive, Minden, NV 89423 www.PulseFitnessNV.com



GYM ORIENTATION AT DCCSC

Every Friday at 9:00am you are welcome to join Gym Staff for a 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.



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



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



Kim Minder Ace Certified Personal Trainer



I've lived in Gardnerville for 25 years.

My goal is to help you achieve your fitness goals whatever they may be.

775-220-7379 kimfit89@gmail.com

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

CARSON VALLEY SWIM CENTER **POOL SCHEDULE**

PRICING AND PASSES DAILY

PROGRAM

Public Swim	
Adult (18+ years)	\$3.50
Adult with Child (6 and u	ınder)
Seniors (55+ years)	\$1.75
Youth (7-17 years)	\$1.75
Disabled	\$1.75
Family	\$10

Passes Available

Daily • Monthly, • 3 Month • Annual

For our NEW and EXCITING Swim Lesson Program please visit website or call.

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.

Fees subject to change.

Find us on Facebook

Sat. Sun

Adult Swim

Mon - Th

Fri

7:30am - 6:00pm **Public Swim** Mon - Th 9:00am - 7:30pm 9:00am - 8:30pm Fri Sat, Sun 11:00am - 6:00pm Therapy Pool (Adults, Seniors, Disabled Only) Daily Opening - 2:00pm (Youth 6 and under with adult in water) Daily 2:00pm - Close Toys Daily 11:00am - Close Water Slides Fri 5:30pm - 8:30pm Sat, Sun 11:00am - 6:00pm Climbing Wall (Alternates with high diving board each half hour) Fri 5:30pm - 8:30pm 11:00am - 6:00pm Sat, Sun (Other days and times available depending on program - please call ahead)

5:30am - 7:30pm

5:30am - 8:30pm



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

Exercise Room Mon - Th 5:30am - 7:30pm Fri 5:30am - 8:30pm Sat. Sun 7:30am - 6:00pm

Playtime in Water Slide Pool Mon - Fri 12:00pm - 4:00pm & 5:30pm - close Check calendar for closures.

CLASSES

Youth Drop In Lessons Tues, Thurs, Sat \$5/Lesson Call ahead each week beginning at 9:00am on Monday. Adult Drop In Lessons Sat 10:00am \$5/Lesson Parent/Tot Lessons Tues, Thurs 11:30 - Noon \$5/Lesson (9 months to 3 years) Sat 10:30 - 11:00 am \$5/Lesson Water Exercise Classes Mon - Sun (1 hour classes) \$4 Per Class Adults \$3 Per Class Seniors (passes available) Pick-up flyer at front desk or www.cvswim.com





Family Friday Nights 5:30-8:30 PM - Only \$1 per person! Climbing Wall - Water Exercise Classes - Adult Lap Swim Lanes Therapy Pool - Swim Lessons for All Ages - Exercise Room

Volleyball - Party Rentals Available

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

oted #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

> 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

FREE WI-FI

Manager's Message

Recreation Services Manager

The City of South Lake Tahoe would like to thank our neighbors in Douglas County for continuing to coordinate recreation and transit services by partnering to produce the Regional Recreation and Transportation Guide. It is more important than ever to collaborate as we implement our respective Parks and Recreation Master Plans.

The South Lake Tahoe Parks, Trails and Recreation Master Plan is aggressively moving forward (visit www.cityofslt.us/recmasterplan). Several "quick wins" identified in the plan have been implemented including: Construction of Bijou Bike Park; A preferred design plan for Regan Beach renovation; Plans to move forward with construction for new ball fields; And successful negotiations with land owners to build additional bike trails and improve the Recreation and Swim Complex. Throughout the winter and spring residents and visitors will have multiple opportunities to provide input on a new or renovated Community Center in South Lake Tahoe. It is critical for our plan to consider complementing the amenities and services provided by our neighbors in Douglas County and other nearby jurisdictions. The common goal is to promote recreation as the key economic driver providing quality of life for residents and memorable experiences for visitors to the Lake Tahoe Basin. Everyone's input is encouraged and valued in this process.

The Parks and Recreation Commissioners, Scott Valentine, Pete Fink, Rebecca Bryson, Bonnie Turnbull and Steve Noll are committed to leading the way for improved recreation. Regular meeting agendas include updates and progress related to the master plan recommendations. Meetings are held on the second Thursday of every month at 9am at the City Council Chambers located at 1901 Airport Road, South Lake Tahoe. Sign up for City Newsflash to receive notifications on upcoming meetings go to www.cityofslt.us.

Stay informed, stay engaged, and stay committed to a better future.

Thank You!

Lauren Chomaselli





RECREATION AND SWIM COMPLEX

ONE FEE FOR FULL FACILITY ACCESS ALL DAY!

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



CITY OF SOUTH LAKE TAHOE Recreation Services

- 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



FACILITY RENTALS

Do you need an event space?

- Commercial kitchen
- Gymnasium
- Dance Room
- Meeting Rooms
- Outdoor Gazebos with BBQ located at Bijou Park (April October)
- Lake Front Wedding location at Regan Beach (April October) For information and reservations call 530-542-6091

or email facilityrental@cityofslt.us

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://cslt.sportsignup.com

Log on and create a user profile from the comfort of your home. Please register early. Space is limited.

SCHOLARSHIPS ARE AVAILABLE THROUGH ATHLETES UNITED

A non-profit 501c3 organization with the mission to foster the participation and enjoyment of endurance sports so that children are engaged in a healthy active lifestyle.

Applications are available on line www.cityofslt.us/recreation or may be picked up at the South Lake Tahoe Recreation Complex.









FITNESS CLASSES



Jazzercise

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

PICKLE BALL





Fastest growing sport . Indoor court available for all weather conditions. Fun for all levels and abilities. Paddles and balls are available! This activity is included with our one low rate for entire facility use!

MARTIAL ARTS

Tae Kwon Do & Arnis

Location: South Lake Tahoe Senior Center 3050 Lake Tahoe Blvd.

Instructors: Chris & Rick Manglinong For days and times go to christinamang@yahoo.com or call 530-721-0216



Blue Lake Aikido

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



Senior Fitness

Tuesdays & Fridays 10:45 am -11:30 am at the Reacretion 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





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



AQUATIC CENTER — Information & Classes

Swimming Lessons

Course descriptions, purpose & entry requirements

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

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

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

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

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

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

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

To give participants success with fundamental skills, including learning how to float WITHOUT support and to recover to a vertical position. PREREQUI-SITES: 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 arranges 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

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

OPTION 1: PERSONAL WATER SAFETY (LIFEGUARDING PREPARATION) OPTION 2: FITNESS SWIMMER (SWIM TEAM PREPARATION)

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

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

1: To introduce and practice self-rescue techniques.

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

Tahoe Swim Team

U.S.S. Affiliated Coach; Jerry Erickson

Year-round competitive swim program for youth 5-18 years old. For more information, leave a message on the team's hotline at 530-541-7283 or check out **www.tahoeswimclub.com**



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



SOUTH LAKE TAHOE ICE ARENA

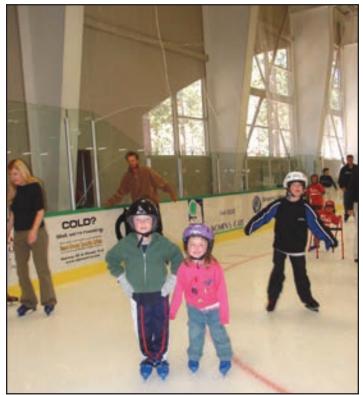


530-544-RINK (7465)

Location: 1176 Rufus Allen Blvd.

- www.tahoearena.com
- Public Skating
- Skate School
- * Ice Hockey

- * Pickup Hockey
- * Stick Time
- * Freestyle
- * Curling



EXPLORE TAHOE: An Urban Trailhead Visitor Center



Location: 4114 Lake Tahoe Blvd. South Lake Tahoe, CA 96150 530-542-4637

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

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

Explore Tahoe also serves as the Stateline Transit Center

Providing access to public transportation and complimentary ski shuttle services throughout South Lake Tahoe. Service to the Carson Valley and Minden/Gardnerville is also available. If you are traveling to or from the Carson Valley, Explore Tahoe is the location to make your valley connection. See Page 32 for transit routes and times. Amtrak serves as a link between Lake Tahoe and the Sacramento Valley daily. www.bluego.org

KAHLE COMMUNITY CENTER

Passes Available

Daily • Monthly • 3 Month • Annual

- Full-size Hardwood Floor Basketball Court
- Suspended Indoor Track
- Big George's Fitness Area with cardio, free weights and machines
- Bouldering Wall for all ages
- Indoor Playground and Game Room
- Preschool
- Special Events
- Programs & Leagues for all ages



Recreation Center Hours

NOVEMBER - APRIL		
Monday - Friday	6am - 10pm	
Saturday	8am - 8pm	
Sunday	11am - 4pm	
MAY - OCTOBER		
Monday - Friday	6am - 9pm	

Willing - Filday	0am - 7pm
Saturday	8am - 6pm
Sunday	Closed
- Closed Most	Holidays –

Facility Rentals

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

WALK-IN REGISTRATION

Registration accepted at Kahle Community Center Monday through Friday 6am to 10pm, Saturday 8am to 8pm, Sunday 11am to 4pm

MAIL-IN REGISTRATION

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

FAX OR PHONE REGISTRATION

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

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

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

KAHLE CLASS LOCATION CODES

EGC	Edgewood Golf Course
КСС	Kahle Community Center
КСР	Kahle Community Park
RHFS	Round Hill Fire Station
ТВА	To Be Announced
ZCES Zeph	yr Cove Elementary School
ZCL	Zephyr Cove Library
ZCP	Zephyr Cove Park

PRE-KINDER

Roots and Wings Pre-School 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 - Thursday, January 28, 5 - 8pm

Director: Shelly Martinez

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

- Licensed Pre-school designed for 30 months to ready for Kindergarten
- (child needs to be toilet learned)
- Program Hours: 9am 12 pm Monday Friday
- 2 5 day programs: \$24 per day effective January 1, 2016
- Non-refundable Registration Fee: \$100 new students, \$60 returning students
- Waiting list and info call (775) 586-7271

Twosday Mornings

Ages: Birth to Preschool

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

1 78
Location: KCC
\$24 *no class 12/22, 12/29
\$32
\$24 *no class 2/16
\$32 *no class 3/29
\$32
\$24

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

Tahoe Douglas Christian Preschool

OPEN ENROLLMENT

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

Excellent Rates • Nevada State Licensed Loving Teachers • Safe Environment

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



Story Time

Instructors: Douglas County Library Staff Ages: 3 to 8 Theme based stories for children. Time: 9:00 - 9:30am Location: KCC Alternating Thursdays and Fridays beginning 1/7/2016

Friday Night Movie Night

Ages: 5 & up

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

Time: 6 - 8:30pm	Location: KCC
(F) 1/22	Cost: \$15

Family Roller Skating Night

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

Time: 6 - 8pm Location: KCC (F) 4/29 Skate Rental: \$2

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

Zephyr Cove Library (775) 588-6411

• •	
Hours: (W)	11:00am - 7:00pm
(Th/F/Sa)	9:00am - 5:00pm
Book Drop at Kahle, Internet, Wireless, Inter-Library loa	ın, E-books, Audios,
DVDs, CDs, Newspapers.	

KINDER/YOUTH



Kiddie Kickers Indoor Soccer Program

Ages: 4* -5

Staff: Recreation Leaders & Volunteer Coaches

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

Location: KCC

Volunteer coaches are needed.

Times: Games will be between 12 noon - 4:00pm (Su) 3/20 - 5/15

Registration: Begins 2/3 until full

Cost: \$45 Includes team t-shirt and award *Must be 4 years old by 4/1/2016 A parent permission form needs to be completed at time of registration.

Birthday Parties

Let KCC help you plan, organize and make your child's birthday a special event. Complete our custom party package form and receive a custom quote. At least 2 weeks advance notice is required. For more information call 775-586-7271.

A Ministry of Tahoe Community Church

YOUTH/TEEN School Out Fun Days

Grades: K - 6

Time: 7:30am - 6:00pm	Location: KCC
((M) 1/4	\$23
(F) 2/26	\$23
(F) 4/22	\$23

Kid's Club Program Grades K - 6

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

Kahle Community Center

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

Zephyr Cove Elementary School

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

SPECIAL EVENTS

Father/Daughter Sweetheart Dance

Sponsored by Harrah's/Harvey's Resort Hotel & Casino Be the coolest dad in town and dance the night away with your daughter! This is a very special evening for daughters and their fathers (or adult male chaperones) to dance and visit with friends. Refreshments will be served and a photo keepsake is available for an additional fee. This event sells out each year. Tickets go on sale January 6th.

Time: 7 - 9:30pmLocation: Harvey's (Convention Center)(F)2/5\$10/per person

Tot Egg Hunt

Sponsored by the Tahoe Douglas Firefighter's Association

Ages: 0 - 6

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

Time: 11am SHARP! Location: KCC (F) 3/25 FREE Gym open until 1pm



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.



Spring Break Adventure Days

Grades: 1 - 6

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

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

 (M - F)
 3/28 - 4/1
 Cost:
 \$23/day

Teen Scene

Friday Nights at Kahle Community Center

Grades: 6 - 12

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

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

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

ADULTS Dog Obedience

Instructor: Guy Yeaman

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

Time: 7:00 - 8:00p	m Location: KCC
(Th) 1/7 – 2/11	Cost : \$80
(Th) 3/3 – 4/7	\$80
(Th) 4/14 – 5/19	\$80
(Th) 6/16 – 7/21	\$80

CPR & First Aid

Ages: 18 & up

Instructors: Tahoe Douglas Firefighters

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

CPR Time:9am - 12 noon ((S) 4/30 First Aid Time:1 - 5pm ((S) 4/30

Location: RHFS Cost: \$40

Location: RHFS Cost: \$40 CPR/First Aid Combo \$80

ADULT FITNESS

Ages: 13 & up

Ages: 13 & up

Pilates

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

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

Zumba

Instructor: Nancy Taylor

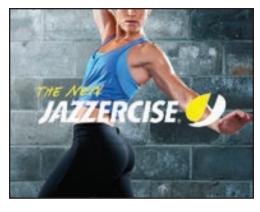
Are you ready to dance yourself into shape with the nation's hottest fitness workout? Zumba[®] class is a fun, joyful dance fitness program that incorporates rhythms and dance moves from Latin music, belly dancing, hip hop and more. Zumba[®] will reduce stress, burn calories, and tone your body. It doesn't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

party!	
Date & Times:	(M, W)
	(M)
	(T, Th)

9:00am Cost: \$10/class

Location: KCC 10:15am 6:00pm

Punch card: 10/\$60 Cards expire at the end of each month. *No class 1/18, 2/15



Jazzercise

Instructors: Sherry Baiocchi, Shannon Shearer The NEW Jazzercise is a calorie burning, pulse-pounding, fun fitness program that will put your muscles to the test. We have hot playlists that will keep you

rockin. Our format such as Fusion, Core, Dance Mixx and Strength will incinerate up to 600 calories per hour. Start working it with THE NEW JAZZERCISE!

Times: (M,W,F,Sa) 9:00am (T, Th) 5:30pm

Location: KCC

Drop-in fee is \$10 per class to instructor. Monthly reduced fees are available. *No class 1/18, 2/15

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.



Yoga for Everybody

Instructor: Susan Glasson

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

(Scholarship may be available in case of financial hardship) (T) 1/5 - on going Location: KCC Times: 6:30 -7:30pm Cost: \$5 drop in

MARTIAL ARTS

Tae Kwon Do

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

Times: 6:00 - 7:30pm	Location: KCC
(W) 1/6 – 1/27	\$24
(W) 2/3 – 2/24	\$18 *no class 2/17
(W) 3/2 – 3/30	\$30
(W) 4/6 - 4/27	\$18 * no class 4/13
(W) 5/4 – 5/25	\$24
Drop–in \$10 per class	

1/13



Philippine Stick Fighting Arnis

Instructors: Rick and Chris Manglinong Ages: 16 & up Arnis is a blending of the countless styles. Arnis is simple to learn and requires no special conditioning or raw physical strength.

Times: 7:30 - 8:30pm	Location: KCC
(W) 1/6 – 1/27	\$24
(W) 2/3 – 2/24	\$18 *no class 2/17
(W) 3/2 – 3/30	\$30
(W) 4/6 - 4/27	\$18 * no class 4/13
(W) 5/4 – 5/25	\$24
Drop–in \$10 per class	

YOUTH SPORTS

Youth Sports Organizations

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

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

Kiddie Kickers Indoor Soccer Program

Staff: Recreation Leaders & Volunteer Coaches **Ages:** 4* - 5 This introductory soccer program is for beginners. Games will be played on Sunday afternoons at Kahle Community Center during the end of March through May. Volunteer coaches are needed.

Cost: \$45 includes team T-shirt & award Location: KCC Registration: Begins 2/3 until full Time: Games will be between 12 noon – 4 pm (Su) 3/20 – 5/15 Parent permission forms need to be completed at time of registration. *Must be 4 years old by 4/1/2016

Volunteer Coaches & Team Sponsors

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







Ages: 7 - 12

Tae Kwon Do

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

Time: 6:00 - 7:00pm (W) 1/16 - 1/27 (W) 2/3 - 2/24 (W) 3/2 - 3/30(W) 4/6-4/27 (W) 5/4 – 5/25 Drop-in \$8 per class

Location: KCC \$16 \$12 *no class 2/17 \$20 \$12 *no class 4/13 \$16



ADULT SPORTS

"Open" Adult 5 on 5 Basketball League

Divisions: Tuesday night, Thursday night Registration Fee: \$450 per team Registration begins: Returning teams 2/3 New teams 2/17 until full League begins: Tentative week of March 14 Games played: KCC between 5:30 – 8:30pm

Adult Softball

Coed League: Tuesday Nights Registration Fee: \$475 per team Registration begins: Wednesday, April 6 League begins: Tuesday, May 10 (weather and field dependent) Games played: Zephyr Cove Park For more information or to inquire about a Men's or Women's League, please contact Kahle Community Center, (775) 586-7271



Attention Program Instructors!

Are you interested in teaching a class or program? Do you have a special skill to share with others?

Make a few extra dollars teaching others your skills. Call KCC at (775) 586-7271 or stop by.

It's Your Turn to Play! Adult Sports

Ages: 18 & up

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

BASKETBALL

Days & Times: $(M/W/Th)$	12–3pm Location: KCC
(T)	1 – 3pm
(Sa)	12 – 3pm <i>half court only</i>

VOLLEYBALL

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





Flat Track Roller Derby

Ages: 18 & up

Looking for something to do? A new sport to play? Team camaraderie? A fun way to get in shape? New friends? We've got what you're looking for! Tahoe Derby Dames, South Lake Tahoe's one and only flat track roller derby league is recruiting skaters, refs, and volunteers for the 2016 season! Loaner gear and skates available. No experience necessary.

Time: (Su) 8-10pm (Tu) 9-10pm Call us today! 530-318-5158 Visit www.tahoederbydames.com

Location: KCC

ACTIVE ADULT



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

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

Services and activities include:

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





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

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

AARP Driver Safety Course 55 Alive

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

Time:	8:30am - 4:30pm	Location: SLT	
TBD		Senior Center	

Time: 8am - 1pm (Sa) 5/14 & 8/13 Location: KCC

\$15* - AARP members

\$20* - non-members

Pre-registration is required by calling Kahle Community Center (775) 586-7271 SLT Senior Center (530) 542-6094

*Fee payable to instructor at class

TRANSPORTATION

Herbig Park	Gilman/ US-395	Tilman Centor	Foothill Park&Ride	Tansa/ Tru	The Ridge Reports	Market Street (West)	Kingsbury Transit Center	Stateline Transit Cente
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	1.00	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

Stateline Iransit Center	Kingsbury Transit Center	Market Street (East)	Tanua/ Tra	The Ridge Resorts	Footbill 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 305	Tilman Center	Foothill Park&Ride	Tina	The Ridge Reports	Shoet (West)	Travelt Centor	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	Shoet (East)	Tanway/ Tina	The Ridge Resorts	Footall Park & Pide	Center	Park	
6:30	6:33	6:38	6:45	0.00	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 disentaive at Transmy/Tina and transfer to the Eastbound 23. The only guaranteed connectiontime with the Eastbound 23 will be at 7-40 at Transmy/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 for more details.



Tahoe Transportation District

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

VALLEY & LAKE EXPRESS FARES

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

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



Tahoe's Smooth Movin' Shuttle

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



Douglas County Dial-A-Ride Service

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

Carson Valley Airporter

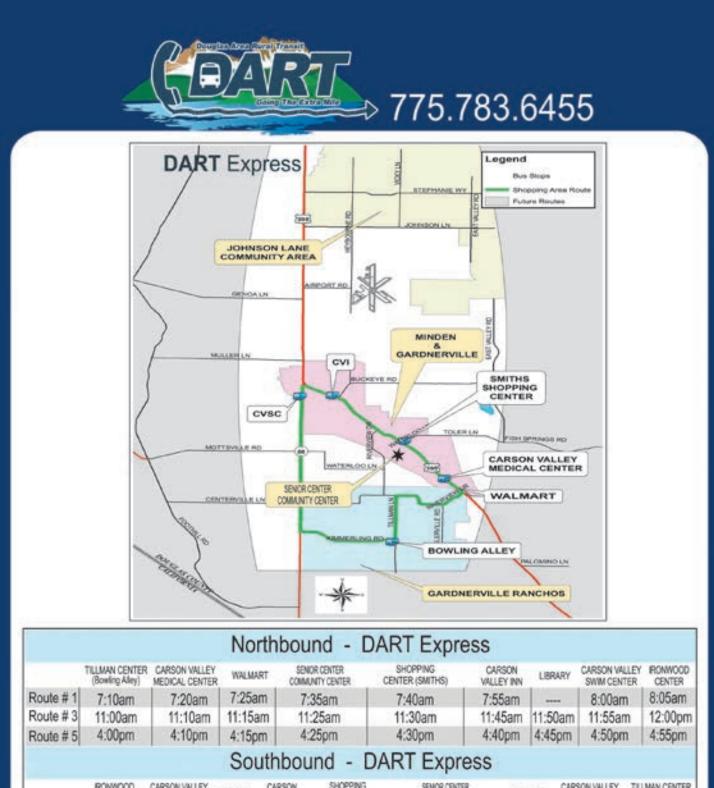
4 Daily Departures Serving: Gardnerville*, Minden, Carson City & Reno



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

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





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

Recreation Areas, Facilities, Rental & General Information

DOUGLAS COUNTY

Douglas County Community & Senior Center

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

Carson Valley Swim Center

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

Kahle Community Center

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

Tahoe-Douglas Senior Citizens Center 885 Hwy 50, Zephyr Cove, NV

775-588-5140

Zephyr Cove Tennis Club

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

CITY OF SOUTH LAKE TAHOE

Recreation & Swim Complex

1180 Rufus Allen Blvd. 530-542-6056 - General Information 530-542-6091 - Rentals Pool, renovated weight room, multi-purpose gym, BBQ, outdoor playground, sand volleyball court, meeting and party room rentals.

Campground by the Lake

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

Lakeview Commons, Boat Ramp

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

Bonanza Park

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

Bijou Municipal Golf Course

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

Bijou Community Park

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

Ice Arena

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

Public Beaches

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

South Lake Tahoe Community Playfields

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

South Lake Tahoe Senior Center

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

Explore Tahoe: An Urban Trailhead & Visitor Center 4114 Lake Tahoe Blvd.

530-542-4637

TRANSPORTATION

Tahoe Transportation District

www.tahoetransportation.org 530-541-7149

BlueGO

www.bluego.org 530-541-7149

Douglas County Dial-A-Ride Service

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

Carson Valley Airporter

www.carsonvalleyairporter.com 877-447-4446

PHOTOS

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

Photos of South Lake Tahoe Event Participants

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

Build your future

and leave a legacy.



MISSION STATEMENT To financially support and enhance Douglas County's recreation and senior centers, through the funding of capitol projects and equipment.

DONOR PROGRAM

The Douglas County Community Services Foundation was formed in 2011 to support community centers and senior centers in Douglas County, both in the Lake and the Valley. The main emphasis is to support construction of the new Carson Valley Community and Senior Center. The Foundation is a non-profit 501(C)(3) corporation intended to make improvements to the community and senior center as easy and efficiently as possible with the maximum amount of accountability.

LEARN MORE about the Douglas County Community Services Foundation at ... douglascountycommunityservicesfoundation.com





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Carson Valley Medical Center www.cvmchospital.org