

CARSON VALLEY & SOUTH SHORE  
**REGIONAL**

RECREATION & TRANSPORTATION  
**GUIDE**



**FALL 2017**

*Brought to you by:*

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



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# WELCOME

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



## WHAT'S INSIDE...

### VALLEY

<b>Douglas Community Center</b>	5
Preschool/Youth	6
Youth	6-7
Teen/Adults	7-8
Adults	8
Fitness	9
Special Events	10
Youth Sports	11-12
Adult Sports	12-13
Community	14
Active Adults	15-16
Active Adults: Classes & Groups	16-18
Carson Valley Swim Center	19
DCCSC Personal Trainers	20



### CITY

<b>SLT Recreation Center</b>	21
Facility Rental & Services	22
SLT Fitness/Pickle Ball/Martial Arts	23
SLT Aquatics and Water Exercise	24
Senior Center	25
Bijou Park/SLT Ice Arena	26
Bonanza Park	26
Lakeview Commons/Regan Beach	27
Campground by the Lake	28
Bijou Golf Course	28
Explore Tahoe/Stateline Transit Center	29

### LAKE

<b>Kahle Community Center</b>	30
Pre-Kinder/Youth	31
Special Events	31
Youth/Teen	31-32
Adult	32
Community	32
Fitness	33
Martial Arts	33
Youth Sports	34
Adult Sports	34-35
Active Adults	35
<b>Transportation</b>	36-38
<b>General Information</b>	39



## DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



### "Share Because You Care" Gifts

#### The Foundation for Douglas County Recreation & Senior Centers

Commonly known as the Community Services Foundation  
P.O. Box 838 • Minden, NV 89423 • (775) 782-5500



#### Your donations help to provide:

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

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



### Become a V.I.P!

#### Volunteer in Parks and Recreation

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

### Scholarships Available!

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

### Douglas County Parks & Recreation Department Customer Service Locations

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

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

### Douglas County Parks & Recreation Staff Members

**Parks & Recreation Director** Scott Morgan

**Recreation Division** Brian Fitzgerald • Travis Lee • Sheryl Christian • Traci Dill • Elizabeth Baumgartner • Amanda Reid • Tobias Donahue  
Scott Doerr • Brittnie Brown

**Parks Division** Peter Knight • Ryan Stanton • Jerry Harrison • James Howard • Miguel Vazquez • John Heldman • Jorge Regalado • MarieLangtimm

**Senior Services and Transportation Divisions** Travis Lee • Tammy McComb • Linda Skaggs • Georgianna Drees-Wasmer • Patti Gurule

#### Special Thanks

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

**County Commissioners** Barry Penzel • Steve Thaler • Nancy McDermid • Dave Nelson • Larry Walsh

**Parks & Recreation Commission** Kelly Gardner • Celeste Pierini • Gary Dove • Meghan Kelly • Thomas Moore • Brenda Roberson  
Adam Lewandowsky

**Douglas County School District**

**Layout** Ruth Zamarripa, Sierra Nevada Media Group

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

### SATISFACTION GUARANTEE

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

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

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

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

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

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

### POLICIES

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

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

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

# DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



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

## Passes Available

Daily • Monthly • 3 Month • Annual

## Recreation Center Hours

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

- Closed Most Holidays -

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

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

## Director's Note

**Scott Morgan**

Community Services/Parks & Recreation Director

### Essential Services

The newest addition to the Douglas County Community and Senior Center is an emergency power generator. The new generator makes the Community and Senior Center a vital facility during natural disasters. Most people do not realize that our facilities, both at the Lake and in the Valley, are critical evacuation centers that stand at the ready to serve our residents during times of need.

The new generator also helps us protect our costly vaccines stored in the medical clinic and the valuable food stored in the senior center from spoiling during power outages. Our stored food supplies can provide important nutrition to over 10,000 people during prolonged community isolation.

The generator purchase and installation was a project initiated through the Douglas County Community Services Foundation. The Foundation wishes to thank all those who donated, raising over \$50,000 towards the purchase and installation of this critical piece of equipment. The next projects for The Foundation are focusing funding efforts towards the completion of the Rock Climbing Wall and Feature Flagpole at the Community and Senior Center.

Anyone interested in supporting the Douglas County Community Services Foundation, please contact the Department at 775-782-9829.

## Facility Rentals

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

VALLEY

# PRESCHOOL / YOUTH

## Brighter Days Preschool

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

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

**Extended Hours 8am – 4pm, Monday, Wednesday, Friday**

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

## Little Hoops Basketball

**Ages:** 2-6 years **Instructor:** Heather Keene  
Children love to dribble a ball and learn to play with each other. Little Hoops is designed to develop basic skills and knowledge including dribbling, shooting and defense

**Day:** (Su) 10/1 - 10/29 **Locations:** DCCSC  
**Ages/Times:** 2-3 12:15 - 1pm \$65 per child  
4-6 1 - 2pm \$65 per child

## Little Tykes Soccer

**Ages:** 2-6 years **Instructor:** Heather Keene  
Little Tykes utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. Participants will enjoy fun games, songs and positive reinforcement.

**Day:** (Su) 10/1 - 10/29 **Locations:** DCCSC  
**Ages/Times:** 2-3 10:15 - 11am \$65 per child  
4-6 11am - Noon \$65 per child

## Stroller Time

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

## Toddler Time

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

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

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# YOUTH

## Learn to Skate

**Ages:** 6-11 years **Instructor:** Heather Keene  
Students will learn the basics of roller skating including skating forward, stopping and skate safety in this four week program for beginners.

**Time:** 2 - 3pm **Locations:** DCCSC  
(Su) 10/1 - 10/22 \$45

## Adventure Camp Days

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

**Time:** 7am - 6pm **Locations:** TBA  
(M) 9/25 \$26/day\*  
(M) 10/16 \$26/day\*  
(F) 11/17 \$26/day\*

\* Sibling discount \$3.00 per day

## Fall Break Adventure Camp

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

**Time:** 7am - 6pm **Locations:** TBA  
(M - Th) 10/23 - 10/26 \$26/day\*

\*No Camp 10/27

\*\* Sibling discount \$3.00 per day



## Winter Break Adventure Camp

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

**Time:** 7am - 6pm **Locations:** TBA  
(M - F) 12/26 - 1/8 \$26/day\*\*

\*No Camp 12/25 & 1/1

\*\* Sibling discount \$3.00 per day

# YOUTH

## Introduction to the Violin

**Grades:** 3-8 **Instructor:** John O'Neill  
 Children will have the opportunity to find out if the violin is the right instrument for them. They will work on several easy, well known melodies and be instructed in the proper way to hold and take care of the instrument. Private lessons will be offered to those wishing to continue at the conclusion of the class.

**Time:** 3:45 - 4:30pm **Locations:** DCCSC  
 (T) 9/19 - 10/10 \$25\*

\*Includes all materials and use of a violin outfit



Photo: Laci Kumagai, 4th grade student, Gardnerville

## Kids Club

**Grades:** K-5  
 Kids Club is a before and after school recreational enrichment program that is held at all DCSD valley elementary schools. Recreational activities include arts & crafts, games, a quiet homework time and special events all based on a weekly theme. Daily snacks are provided in the afternoon. Kids Club is offered Monday through Friday, 7 - 8:45am and 3 - 6pm 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. The monthly fee is calculated by the number of school days in the month. Enrollment is based on a first come, first served basis each month. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. A new registration packet is required prior to attending Kids Club Registration packet and payment schedule is available at the Douglas County Community and Senior Center located at 1329 Waterloo Lane in Gardnerville. For more information call 782-5500 ext 1.

## Wacky Wednesday's

**Grades:** K-5  
 What will your child do on the late start days on the school calendar? How about a fun and safe program with supervised games and fun! Children enrolled into Wacky Wednesday's may be dropped off at one of the three district elementary schools and transported to their school by DCSD school buses. Spaces are limited and pre-registration is required. For information or a registration packet, please contact the Recreation Department at 782-5500 ext.1

**Time:** 7 - 10am **Location:** TBA  
 (W) 1 day/month Sept - May  
 9/13, 10/11, 12/13 **Cost:** \$10/day

\*There is no late start in November

# TEENS/ADULTS

## Baton Twirling

**Ages:** 7-16 years **Instructor:** Sharie Jones  
 Baton Twirling is an artistic and aerobic sport that promotes physical fitness. Class begins with a basic dance warm up then focus on beginning twirling tricks and combinations of skills that will be combined over time into choreographed routines with music. Students will learn marching as well as dance and gymnastics movements. Let's twirl together!

**Ages/Times:** 7-11 4-5pm **Locations:** DCCSC  
 12-17 3-4pm **Cost:** \$50/month

**Days:** (Th) 9/7-9/26  
 (Th) 10/5-10/26  
 (Th) 11/2-11/30\*  
 (Th) 12/7-12/28

\*No class on 11/23

## Teen Nights at the Gym

**Grades:** 7-10  
 Spend the evening playing basketball, volleyball, ping pong or air hockey with your friends! Organized games and tournaments TBA, so check in to see what's being planned.

**Time:** (F) 6-9pm  
**Cost:** Members FREE or \$3/\$5 walk in fee

## 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 03 hour class, the student will receive a certification of completion.

**Time:** 8:30am - 4:30pm **Location:** DCCSC  
 (M - Th) 10/23 - 10/26 \$50

## Dog Obedience

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

**Time:** 7 - 8pm **Location:** DCFG  
 (W) 10/4 - 11/8 \$80  
 (W) 11/15 - 12/20

\*12/20 class will meet at DCCSC

## Cookie Decorating

**Ages:** 13 & up **Instructor:** Suzanne Piphon  
 This course is an introduction to decorating cookies. Topics include: tools (bags, tips, etc.) and the techniques necessary for using royal icing to decorate beautiful cookies; and, practice basic outlining, flooding and decorative piping. Students come away with a great skill, a booklet of instructions, recipes and their newly decorated cookies. All supplies provided.

**Time:** 10:00am - Noon **Location:** DCCSC  
 (Sa) 10/7 \$40

# TEENS/ADULTS

## Modern & Historical Fencing

**Ages:** 13 & up

**Instructor:** Steven Klekar

Students will be introduced to the basic technical skills of modern fencing including foil, epee and saber focusing on the use of foil, the En Garde position, footwork and blade work skills. The class is designed to emphasize basic guiding principles including safety, honor, Olympic Values and going for the gold in fencing and in life. Modern & Historical Free Play also available. 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 safety equipment will be provided.

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

**Locations:** DCCSC

(Th) 9/7 - 9/28

\$40

(Th) 10/5 - 10/26

\$40

(Th) 11/2 - 11/30\*

\$40

(Th) 12/7 - 12/28

\$40

\* No Class on 11/23

\$10 Drop-In Fee for qualified fencers with instructor approval

# 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:** 10am - 12pm

**Location:** DCCSC

(Sa) 9/9 - 9/30

\$5

(Sa) 10/7 - 10/28

\$5

(Sa) 11/4 - 11/25

\$5

(Sa) 12/2 - 12/23

\$5



## Pizza at Home

**Ages:** Adults

**Instructor:** Donnie Hopkins

Students learn how to create quality pizzeria-style pizza in their home oven. They will learn a recipe and the technique to create restaurant quality pizza dough and sauce, how to hand toss pizzas, how to prepare your home oven to mimic the ovens found in a pizzeria, techniques for thin, traditional and deep dish crusts, and many tips and tricks that will give you a great pizza! All supplies included.

**Time:** 6 - 8pm

**Location:** DCCSC

(W) 9/13, 10/11, 11/8 or 12/13

**Cost:** \$25/class

\$40/couple/class

## Ballroom Dance

**Ages:** Adults

**Instructor:** Richard Girod

Beginning ballroom dance will include the Fox Trot, Waltz, Tango, Rhumba, Cha Cha, Samba and West Coast Swing.

**Time:** 6 - 7pm

**Location:** DCCSC

(M/F) 9/1 - 9/29

**Cost:** \$35/couple

(M/F) 10/2 - 10/30\*

\$25/singles

(M/F) 12/1 - 12/29\*

\* No class on 9/4, 10/27 or 12/25

## Postural Alignment Exercise

**Ages:** Adults & Seniors

**Instructor:** Marta Olson

Students will learn how to promote better function through movement and exercises that promote proper postural alignment. Poor posture doesn't just look bad, it also relates to issues with respiration, digestion and musculoskeletal pain.

**Time:** (W) 9 - 10am

**Location:** DCCSC

\$15/month

\$5 Drop-in



## Animal Rehabilitation Basics

**Ages:** Adults

**Instructor:** Dawn Gleason

Learn how animal rehabilitation can benefit your beloved pets by helping to regain mobility, improve strength, prevent injury and improve quality of life. Class will include presentation of information, discussion of simple steps to improve pets lives and demonstration of several exercises you can do at home with your pets.

**Time:** (W) 5:30 - 7:30pm

**Location:** DCCSC

9/20, 10/18, 11/15 or 12/20

\$20/class

## Concealed Weapon Certification

**Ages:** 21 & up

**Instructor:** Daniel Linn

This course, which meets and exceeds the Nevada State CCW requirements, can be taken by CCW applicants or anyone wanting to learn to shoot handguns. Covered in the course will be; Firearms safety, handgun, ammo and holster selection, nomenclature and operation, stances, and Nevada State Laws on firearms. The course will conclude with live-fire drills at the range, and certificates will be given to successful participants. Students will need: One handgun, 100 rounds of FACTORY ammo, hearing and eye protection and a baseball style hat for the range. Students will need to bring their own UNLOADED handguns to class.

**Time:** (W/F) 5:30 - 9pm

**Location:** DCCSC

(Sa) 8 - 10am

**Location:** DCSR

9/13, 9/15 & 9/16

10/18, 10/20 & 10/21

11/15, 11/17 & 11/18

12/13, 12/15 & 12/16

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

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

## Instructors Wanted!

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

# FITNESS CLASSES

## Gym & Fitness Center

Daily, 30 day, 90 day and annual passes available

Membership includes use of

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

## Personal Training

Personal training is available at the community center. Being part of a personal training program can create lifelong health habits and improve your overall well-being. Call today and we will get you in contact with one of our trainers. If you are interested in becoming a trainer call 782-5500, ext. 1. For a list of trainers go to page 20.

## 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.

## Zumba

**Ages:** 13 & up

**Instructors:** Anita Whiteley & Lyn Twitchell

Zumba Fitness is a cardio-dance workout that is set to high energy beats in a non-intimidating, non-judgmental fitness party atmosphere. No dance experience is necessary. People of all ages 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:** (M)(T), (Th), (Sa) 9am  
(W) 7pm  
(T & Th) 5:30pm

**Location:** DCCSC

**Cost:** \$5/drop-in, \$20/5 class punch card\* or \$40/unlimited month\*

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

## Indoor Cycling

**Ages:** Adult

**Instructors:** Mary Merry & Lisa Wright

Get your heart pumping with group cycling classes where participants can modify the bikes resistance to meet their own personal workout/training needs. Bikes are available in a first-come first-served basis.

**Time:** (M-F) 6:15am  
(T & Th) 5:30pm

**Location:** DCCSC

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

*\*New times coming. Check with Community Center for details*

## Kettlebell Conditioning

**Ages:** Adult

**Instructor:** Lisa Wright

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

**Time:** (W & F) 5:30pm

**Location:** DCCSC

**Cost:** \$5/drop-in or \$20/5 class punch card\*

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

## PiYo

**Ages:** Adult

**Instructor:** Tessa LoPresto

PiYo is a fun, functional flexibility class designed to help participants gain strength, core stability, PiYo uniquely blends the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Workout can be done with shoes or barefoot; if barefoot, a mat is recommended

**Time:** (M) 5:30pm  
(W) 10am

**Location:** DCCSC

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

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

## Country Heat Live

**Ages:** Adult

**Instructor:** Tessa LoPresto

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

**Time:** (M) 6:30 pm  
(W) 9:00 am

**Location:** DCCSC

**Cost:** Drop-in \$5 or \$20/5 class punch card\*

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

## Yoga

**Ages:** Adult

**Instructor:** Jill Hartman

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

**Time:** (T/Th) 12pm & 6:45pm  
(Sa) 10:30am Dates TBA

**Location:** DCCSC

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

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

## The New Jazzercise

**Instructor:** Helen Bartsch

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip swiveling dance party with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. 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:** (M-Sa) 9:00am  
(T-Th) 5:30pm

**Location:** DCCSC

**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, jazzercise.gardnerville@gmail.com

## NEW! Chisel

**Ages:** Adult

**Instructor:** Orlando Sanchez

This popular class is designed for all fitness levels. Chisel is a strength training class to develop muscular strength, endurance, bone mass and fat burning metabolism. Novice through experienced levels of exercisers mix well in this self-paced workout. The focus is on proper technique and challenges the student's ability to reach beyond their conceived physical limits. Hour-long classes typically include a warm-up, a strength focused workout, a core segment and finally an essential class stretching segment. Movements are safe, fun and easy to follow.

**Time:** 6:45pm  
(T/Th) 9/5 - 9/28  
(T/Th) 10/2 - 10/31  
(T/Th) 11/2 - 11/30\*  
(T/Th) 12/5 - 12/28

**Location:** DCCSC

\$68

\$76.50

\$68

\$68

**Cost:** \$10/drop-in

**\*No class on 11/23**

# SPECIAL EVENTS

## Sierra Chef Farm to Fork Farmers Market Open until September 20

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

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

**Location:** LP  
**Cost:** Free

## Archery Tag

**Ages:** 6th grade - Adult  
Archery Tag is played similar to dodgeball with bows and patented foam-tipped arrows. This exciting, action-packed game offers the ultimate family-friendly experience that engages everyone. Don't miss out on Tag... The game you never outgrow!

**Time:** 6 - 8pm  
(Sa) 9/23  
(Sa) 10/21  
(Sa) 11/25  
(Sa) 12/16

**Cost:** \$7/adults  
\$5.00/Seniors & under 18

## 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. Food and 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  
(Sa) 9/9  
(Sa) 10/7  
(Sa) 11/18  
(Sa) 12/9

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



### Family Movie Night

**"The Santa Clause"**  
**Friday, December 22**  
Doors open at 5:30pm, movie starts at 6pm  
Cost is \$5.00 per person  
Includes popcorn, hot chocolate & a cookie.



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## Stocking Stuffer Idea

Father/Daughter Dance Tickets will be available beginning December 11th. The dance will be held on February 3 at the Douglas County Community & Senior Center from 6 - 8:30pm.

## Douglas County Public Library's Giant Fall Book Sale

**November 10, 11 & 12 at the C.V.I.C. Hall  
1602 Esmeralda Ave., Minden!**

Thousands of used books, audio books, children's books, DVDs and music CDs will be sold. Sale hours are: Friday, Nov. 10, 4 to 7 p.m. (Friends-only Preview); Saturday, Nov. 11, 9 a.m. to 5 p.m.; Sunday Nov. 12, 9 a.m. to 2 p.m. Proceeds will benefit the Friends of the Douglas County Library and the Douglas County Library Foundation. More information: 782-9841 [douglas.lib.nv.us/](http://douglas.lib.nv.us/).



Photo by Barb Wilson

## Carson Valley Arts Council's Gingerbread House Decorating Contest

This annual contest held at the Carson Valley Museum & Cultural Center is open to individuals, families, organizations and clubs. Entries can be either a classical gingerbread house or made from unconventional media, Lego Blocks, crocheted, paintings, or any whimsical structure you choose. Exhibit opens December 3rd and winners will be announced at the Artisan's Reception held at the museum on December 17th. Applications and complete rules are available at the Community Center, the Carson Valley Museum and at the Copeland Cultural Arts Center. For more information contact Dennis Little at 775-267-5634 or [CVGingerbread@aol.com](mailto:CVGingerbread@aol.com).

## Valentine's Day Father / Daughter Sweetheart Dance

**Ages:** All  
What better way for dad to celebrate Valentine's Day than with a night out with his favorite girl...his daughter. Come spend a very special evening on the town for fathers (or adult chaperone) and daughters. Couples will dance to DJ music reflecting all tastes and styles. Refreshments will be served and photo keepsakes of the evening will be available for an additional fee. Because of the popularity of this event, early registration is strongly recommended. Tickets available until sold out. **Tickets will not be sold at the door.**

**Time:** 6 - 8:30pm  
(Sa) 2/3

**Location:** DCCSC

Early Registration (12/11 - 1/12) \$10/ticket  
Regular Registration (1/20 - 2/2) \$15/ticket

## Birthday Party Packages

Plan your next family gathering or birthday party at the Community Center! NEW Party packages available. For more information or to reserve a party, call 782-5500 ext. 1

### PARTY PACKAGES

Make your party special...with a theme

**Toddler Party**- Includes toddler toys for 1 ½ hours, bounce house, party room, kitchen, tables & chairs \$150

**Roller Skate Party**- Includes skating for 1 ½ hours, skates, party room, kitchen, tables & chairs \$150

**Court Party**- Choose basketball, volleyball racquetball, pickle ball, badminton for 1 ½ hours, party room, kitchen, tables & chairs \$125

**Archery Tag Party - ages 12 & up**- Includes Archery Tag Equipment for 1 ½ hours, party room, kitchen, tables & chairs \$150

*A refundable \$200 deposit is required at time of reservation  
Ages 8 years & under only allowed in the bounce house*

# YOUTH SPORTS

## Girls Youth Basketball League

**Grades:** 3rd-8th

The Youth Girls' Basketball League is for Beginning to Advanced players, emphasizing skill development and fun competition. Participants will be assigned to a team through a draft system. Games are held one day each week with at least one planned practice each week at a gym facility in the area..

**League Play:** The week of October 10th – The week of December 19th

**Game times:** 5:30, 6:30, 7:30pm

**Cost:** Includes t-shirt, awards and officials

**Registration:** Early Registration 8/15 – 9/15  
Regular Registration After 9/15

Early Reg.

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

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

**NEW!**

## Coed Beginning Youth Basketball

**Grades:** 1st-2nd

**Location:** DCCSC

This Division is designed to introduce 1st and 2nd grade children to the sport of basketball. Practices and "scrimmage" games will be held two times a week for 1 hour. The kids will be grouped according to skill level and knowledge. After a few group fundamental practice sessions, they will practice for the first half hour, and play games for the last half hour. Volunteers will officiate and coach. Kids will play on 76 inch rims.

**Cost:** \$50 Includes t-shirt and awards

**Season Duration:** The week of October 30th to the week of November 20th

**Registration:** September 1st until full

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



## Boys Youth Basketball League

**Grades:** 3rd-12th

DCPR's Youth Basketball League is for Beginning to Advanced players, emphasizing skill development and fun competition. Participants will be assigned to a team through a draft system. Games will be held one day each week with at least one planned practice each week at a gym facility in the area.

**League Play:** The week of December 11th – The week of March 17th

**Game times:** 5:30, 6:30, 7:30pm

**Cost:** Includes t-shirt, awards and officials

**Registration:** Early Registration November 1st – December 1st  
Regular Registration after December 1st

Early Reg.

<b>Divisions:</b> 1st-2th Grade Coed	\$80	\$90
3rd-4th Grade	\$80	\$90
7th-8th Grade	\$80	\$90
High School Coed	\$80	\$90

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

## 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 contacting the following:

<b>AYSO Soccer</b> .....	www.cvaysso.org
<b>Carson Valley Basketball</b> .....	http://cvbahoops.net
<b>Carson Valley Fast pitch</b> .....	265-6447
<b>Carson Valley Little League</b> .....	782-7303
<b>Carson Valley Soccer Club</b> .....	www.carsonvalleysoccerclub.com
<b>Carson Valley Swim Center</b> .....	782-8840 www.cvswim.com
<b>Pop Warner</b> .....	782-8777 www.douglaspopwarner.com
<b>Youth Basketball Leagues</b> .....	782-5500 www.dcpssports.com
<b>Youth Flag Football Leagues</b> .....	782-5500 www.dcpssports.com
<b>Youth Volleyball Leagues</b> .....	782-5500 www.dcpssports.com

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# YOUTH SPORTS

## Volleyball Beginner Skills

**Grades:** 3-5 **Instructor:** Dan Hannah  
 Intended for players in 3rd - 5th grades, boys and girls, who wish to learn basic volleyball skills. Class will concentrate on the fundamental skills of the sport: passing (finger & forearm), serving, setting, basic positioning, basic rules and movement. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis and game play. Bring knee-pads, court shoes and water. Wear sport-appropriate clothes.

**Time:** 5-6:30pm **Location:** DCCSC  
**Session 1** (W) 8/30 - 9/20 \$60  
**Session 2** (W) 9/27 - 10/18 \$60



## Volleyball Intermediate Skills

**Grades:** 5-7 **Instructor:** Dan Hannah  
 Intended for players in 5th - 7th grades, boys and girls, who wish to improve their volleyball skills. Class will concentrate on the fundamental skills of the sport including: passing (finger & forearm), serving (underhand and overhand), setting, hitting, positioning, rules and movement. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play. Players interested in trying out for Middle School and/or Club teams will be taught the required skills. Bring knee-pads, court shoes and water. Wear sport-appropriate clothes.

**Times:** 5-6:30pm **Location:** DCCSC  
**Session 1** (F) 9/1 - 9/22 \$65  
**Session 2** (F) 9/29 - 10/20 \$65

## Volleyball Advanced Skills

**Grades:** 6-8 **Instructor:** Dan Hannah  
 Intended for players in 6th - 8th grades, boys and girls, who wish to improve their volleyball skills. Class will concentrate on the fundamental skills of the sport including passing (finger & forearm), serving (underhand and overhand), setting, hitting, positioning, rules and movement. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play. Players interested in trying out for Middle School and/or Club teams will be taught the required skills by Middle School and High School coaches. Bring knee-pads, court shoes and water. Wear sport-appropriate clothes.

**Times:** 7-8:30pm **Location:** DCCSC  
**Session 1** (W & F) 8/30 - 9/22 \$120  
**Session 2** (W & F) 9/27 - 10/20 \$120

## 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.



## Tahoe Douglas Elks Lodge No. 2670 Annual Soccer Shoot

**Ages:** 4-18 **Location:** Lampe Park  
 Youth soccer players ages 4-18 will compete in two different contests that test accuracy and distance. Participants do not need to be AYSO players. Medals will be awarded to the top three finishers in each division.  
**Date:** (S) September 9, 2017  
**Time:** 9am -1:00pm **Cost:** Free



## NFL Punt, Pass and Kick

**Ages:** 6-15 **Location:** Stodic Park  
 The NFL PUNT, PASS and KICK (PPK) program is a national skills competition for boys and girls between the ages of 6 and 15 to compete separately against their peers. Established in 1961, the PPK program is the oldest NFL Youth Football program.

Girls and boys compete against each other in five separate age divisions (6-7, 8-9, 10-11, 12-13 and 14-15) by showing their punting, passing and place kicking skills in this fun and engaging forum. The PPK program is free to every youngster who wants to participate!

With thousands of boys and girls from around the country taking part in PPK competitions every year from May through January, it is one of the world's largest youth sports participation programs.

**Date:** (S) September 23, 2017  
**Time:** 9am **Cost:** Free

# ADULT SPORTS

**NEW!**

## Adult "Over 30" Fall Basketball League

**Ages:** 30 & up  
 Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 15 players are allowed to a roster. Each team will play 8 regular season games. Top 8 teams will advance to the postseason single elimination tournament. Awards will be given for tournament play only. Games held on Fridays, time will vary.

**Time:** 5:45, 6:45 or 7:45pm **Location:** DCCSC  
**Registration:** Early: \$450 7/15 - 8/15  
 Regular: \$500 after 8/15

**Registration Deadline:** 9/6  
**Season:** (F) Starts 9/15  
**Managers Meeting:** Managers Meeting: A managers meeting will be held prior to the beginning of the season  
 Time and Date TBD

# ADULT SPORTS

## Adult Volleyball Leagues

**Ages:** 18 & up

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. Returning teams are not guaranteed a space. 12 players are allowed to a roster. Each team will play a minimum of 12 regular season games and participate in the post-season single elimination tournament. Awards for tournament play only. A gift certificate and T-shirts will be awarded for 1st place in the tournament. A gift certificate will be awarded for 2nd place. Game times will start at 6:45pm with the last game at 7:45pm. Players must be at least 18 years old to participate.

**Time:** 6:45, 7:45, or 8:45pm

**Registration:** Early: \$250 8/1 - 9/1

Regular: \$300 9/1- 9/15

**Registration Deadline:** 9/15

**Season:** Starts 9/18

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

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

## Adult Flag Football

**Ages:** 18 & up

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

**Registration:** Early: \$480 11/1 - 12/22

Regular: \$530 after 12/22

**Registration Deadline:** 1/6

**Season:** (Su) Starts 1/14

**Managers Meeting:** A managers meeting will be held prior to the beginning of the season. Date and Time TBD



## 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:** (M) 7 - 9pm

(F) 6 - 9pm

(Sa) 12:30 - 2:30pm

**Senior Table Tennis**

(T & Th) 12:30 - 2:30pm

## 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.

## 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.**

## Pickleball

Pickleball 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 whiffle ball, over a net. Pickleball is popular among adults as a fun game for players of all levels. **Free to members or \$5/\$7 drop-in fee.**

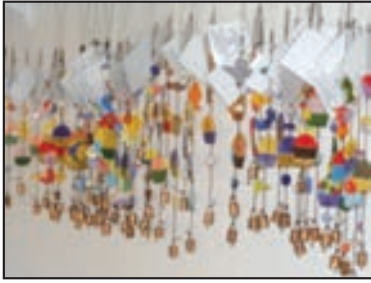
## Badminton

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

## VALLEY CLASS LOCATION CODES

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

# COMMUNITY



## Ring in Kindness

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

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

A.V.I.D. (Active Volunteers In Douglas) is a non-profit group that promotes, maintains and supports volunteerism in Douglas County; and provides avenues for recognition and encouragement of volunteers. Any non-profit organization in Douglas County may be a part of A.V.I.D. Nineteen organizations are currently active in A.V.I.D. Other organizations in the County also use volunteers, but do their own recruiting. A person seeking a volunteer position or wishing to change to a different volunteer position may call the organization directly, or coordinate through A.V.I.D. For more information, contact A.V.I.D. at 783-6450 or write: P.O. Box 1057, Minden NV 89423 or visit [www.douglasvolunteers.org](http://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](http://www.dangberghomeranch.org).

## Douglas County Adult Education

Interested in getting your High School Diploma? Or High School Equivalency Certificate? We offer Adult Diplomas and High School Equivalency (formerly GED). Open enrollment starts August 21, 2017. We are located at ASPIRE Academy High School/WNC Douglas Campus, 1680 Bently Parkway S. For more information call (775) 392-1475. You can also visit our website at [douglasadulthood.weebly.com/](http://douglasadulthood.weebly.com/) Mon. and Wed. 5pm-8pm

## Main Library Story Time

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

## Library Hours

**Monday, Tuesday, Wednesday** 10:00am to 7:00pm  
**Thursday & Friday** 10:00am to 6:00pm

**Saturday** 10:00am to 5:00pm  
*Closed on Sundays and holidays*

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

## Douglas County Community Health

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

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

Services Offered

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

## Facility Rentals

**Family Picnics • Reunions • Receptions  
 Birthday Party**

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

## Douglas County Flu Vaccinations

<b>Oct. 5 &amp; 6</b>	Douglas Co. Community & Senior Center CV Medical Ctr Resource Room <b>9:30 – 11:30am • Seniors</b>
<b>Oct. 7</b>	No. County Senior Center (James Lee Park GID) <b>10:00am – Noon • Seniors</b>  Douglas Co. Community & Senior Center CV Medical Ctr Resource Room <b>3:00 – 7:00pm • General Public</b>
<b>Oct. 8</b>	TRE Community Center (3900 Carter Drive) <b>11:00am – Noon • Seniors/General Public</b>
<b>Oct. 10</b>	Fire Station 6 Stephanie Way <b>9:00am – Noon • General Public</b>  Fire Station 23 – Tahoe Douglas County (Elks Point Road – Zephyr Cove) <b>1:30 – 4:30pm • General Public</b>
<b>Oct. 13</b>	Douglas Co. Community & Senior Center <b>9:00am – Noon</b>
<b>Oct. 20</b>	Fire Station 12 – No. Sunridge Drive <b>3:30 – 6:30pm • General Public</b>
<b>Oct 22</b>	Fire Station 7 – Ranchos <b>3:30 – 6:30pm • General Public</b>

*We bill Medicaid, Medicare & most private insurances or \$25! Please bring your insurance card. For more information about community outreach clinics, call 775-283-7906 or email: [cchbsinfo@carson.org](mailto:cchbsinfo@carson.org)*

# ACTIVE ADULTS

## Douglas County Senior Services

**1329 Waterloo Lane, Gardnerville, 782-5500 ext. 3**

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

## Carson Valley Adult Day Club

Great food, entertainment, friendships and activities to get your brain engaged. These are just a few things that our staff is here to help with. Caregivers, whether family or friend, need to care for themselves as well. The CV Adult Day Club provides that safe and nurturing environment to allow you to do just that. We will care for your loved one while you take a nap, read a book or go out to lunch with friends. Call 775-782-1329 today for a calendar of activities and an admission packet.



## Congregate Dining

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

## Topaz Congregate Dining

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

## North County Congregate Dining

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

## Meals on Wheels

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

## Homemaker Assistance

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

## 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) 782-5500 ext 3.

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

**3 day's advance notice is appreciated.**

## Senior Center Volunteers

Many of the programs offered through the Douglas County Community and Senior Center would not be possible without the assistance of DC Senior Center Volunteers. If you have an interest in becoming a volunteer for the NEW Senior & Community Centers please call (775) 782-5500 ext 3.

## Young at Heart (YAH)

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

## Upcoming Events & Trips

**All of our Trips are Open to the Public.  
Contact the Senior Center at (775) 782-5500 ext.3  
for upcoming trips and activities.**

# ACTIVE ADULTS

## FLU SHOTS

**Friday, October 13**

**9:00am - Noon**

### Douglas County Community & Senior Center

We bill Medicaid, Medicare and most insurances or \$25. Please bring your insurance card. For more information on clinics, please call 77-283-7906 or email [cchhsinfo@carson.org](mailto:cchhsinfo@carson.org). View list of insurances that we bill at [www.getthehealthycarsoncity.org](http://www.getthehealthycarsoncity.org)

## Young at Heart Bingo

Come join us for a fun and exciting afternoon of community bingo on the third Sunday of each month at the Douglas County Senior Center. Doors open at noon with early bird games starting at 1pm and regular games beginning about 1:30pm. All proceeds go to benefit the Young at Heart Citizens Club, which supports activities and programs for the senior community. Although games are played at the Senior Center, Bingo is open to everyone over 21 years of age. For more information contact the Senior Center at (775) 782-5500 ext 3.

## YAH Gift Shop

Young at Heart sponsors a gift shop located in the Senior Center lobby. It is open from 10am-2pm Monday through Friday. All items are hand made and range from jewelry and clothing to home decorations. A portion of the proceeds benefit Young at Heart. To shop, or to sell your own items, come in to the Senior Center during Gift Shop hours and check us out. For more information, call 782-5500 ext 3.

# ACTIVE ADULTS: CLASSES & GROUPS

## Postural Alignment Exercise

**Ages:** Adults & Seniors **Instructor:** Marta Olson  
Students will learn how to promote better function through movement and exercises that promote proper postural alignment. Poor posture doesn't just look bad, it also relates to issues with respiration, digestion and musculoskeletal pain.  
**Time:** (W) 9 - 10am **Location:** DCCSC  
\$15/month  
\$5 Drop-in

## Silver Yoga

**Ages:** 50 & up **Instructor:** Jill Hartman  
This beginner to intermediate yoga class focuses on proper alignment while building strength and increasing balance and flexibility. Bring a yoga mat.  
**Time:** 10:30 - 11:30am **Location:** DCCSC  
(T & Th) 9/5 - 9/28 \$24  
(T & Th) 10/3 - 10/31 \$27  
(T & Th) 11/2 - 11/30 \$24  
(T & Th) 12/5 - 12/28 \$24

\$5/ drop-in  
**\*No class 11/23**

## Senior Tap Class

**Ages:** 50 & up **Instructor:** Sharie Jones  
A fun beginning to intermediate level class for Seniors 50 and over, come join us to learn full tap routines to music you'll love! Bring your tap shoes and wear exercise or dancing clothes.  
**Time:** 1:30 - 2:30pm **Location:** DCCSC  
(Th) 9/7 - 9/28 \$40/month  
(Th) 10/5 - 10/26  
(Th) 11/2 - 11/30  
(Th) 12/7 - 12/28  
**\*No class 11/23**

## Broadway Jazz Dance Class for Seniors

**Ages:** 50 & up **Instructor:** Sharie Jones  
A beginning Broadway show style dance classes specifically for Seniors age 50 and over. Come join us for exercise and to learn basic jazz moves set to familiar Broadway show tunes. Bring your soft ballroom or jazz shoes or tennis shoes.  
**Time:** 10:30 - 11:30am **Location:** DCCSC  
(Th) 9/7 - 9/28 \$40/month  
(Th) 10/5 - 10/26  
(Th) 11/2 - 11/30  
(Th) 12/7 - 12/28  
**\*No class 11/23**

## Postural Alignment Exercise

**Ages:** Adults & Seniors **Instructor:** Marta Olson  
Students will learn how to promote better function through movement and exercises through proper postural alignment. Poor posture doesn't just look bad, it also relates to issues with respiration, digestion and musculoskeletal pain.  
**Time:** (W) 9 - 10am **Location:** DCCSC  
\$15/month  
\$5 Drop-in

## 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.

## AARP Driver Safety Course

**Instructor:** Dennis Hogan  
This class is a refresher course with emphasis upon how age-related changes affect driving. For drivers age 55 and older. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the class may be eligible for a discount on their auto insurance. Pre-registration is required by calling the Douglas County Senior Center, 782-5500 Ext 3. 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 will receive the discounted rate.  
**Time:** 8:30am to 1pm **Location:** SC  
**Dates:** (Sa) 9/16 & 11/18

# ACTIVE ADULTS CLASSES & GROUPS

## Senior Walking Group & Pickle Ball

Join us every Monday, Wednesday & Friday from 1:00pm-2:00pm and Tuesday & 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. **This does not include access to the workout equipment.**

## Sight Impaired Support Group

Meets the 1st Thursday of every month 10:30am-11:30am at the Douglas County Senior & Community Center in the Carson Valley Medical Resource Conference Room. This group offers information, support and discussions topics 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, address various issues associated with the progression of Dementia, Alzheimer's and their affects.

## "Coping with Change" a Senior Support Group

This group meets on the 2nd & 4th Wednesdays of each month from 9:30-10:30am 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.

## Diabetes Support Group

Meets in the Carson Valley Medical Resource Room in the Community Center on the 1st Wednesday and 3rd Thursday of each month from 9:30am-10:30am. The group will provide information on the latest diabetes care for those living with diabetes and their families.

## 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 Thursday of each month at 1:00pm, at the Community Center in the Carson Valley Medical Center Resource Room. For more information, contact the Senior Center.

See what current  
S.T.O.P. Students  
are saying about us:

"Students Taking on Prevention has  
given me a place to belong."

"To me, STOP is a way to help people.  
We can inform others to prevent  
them from making bad choices."

"I love STOP and I am so  
grateful to be a part of it."



Join today!

teenawareness.org  
partnership-resource.org / 775.782.8611

We are a local Teen Advocacy group working within and  
beyond our county for Prevention Awareness.

# ACTIVE ADULTS CLASSES & GROUPS



## Parkinson's Boxing Classes

The focus of this class is to help people with Parkinson's disease enhance their daily quality of life and even build impressive power, strength, flexibility and speed! The coaches work with various techniques, focusing on balance, striking, and so much more. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. The classes will take place the 2nd & 4th Wednesday of each month, from 4-5pm in the Ranchview Room and is free of charge. For more information, contact Georgianna at (775) 782-5500 ext. 3.

## Ceramics

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

## Creativity through Knitting, Crocheting & Needle Point

Do you enjoy knitting, crocheting and/or needlepoint? Come join the group to 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 your spot or for more information contact Linda Sawtelle at 783-7278.

## Senior Arts & Crafts

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

## Anytime Fitness 24/7 Fitness Club!

**Ages:** 60 & over

Anytime Fitness is Minden/Gardnerville's only fitness club open 24 hours a day and 365 days per year with access to over 2000 clubs across ALL 50 states, so we are a great option if you travel! Our entire staff is certified in health & fitness and will be able to assist you to meet your goals. Our facility offers treadmills, cross trainers, recumbent bikes and strength circuit machines. We also have a group fitness studio and offer **FREE HOT YOGA**, free senior stretch & senior strength classes!! Anytime fitness offers seniors a discounted membership rate, **NO** enrollment fees, 3 free training sessions, & your first month **FREE** when you mention Senior Services "LIFE OPTIONS PROGRAM"! For more information about senior membership, please contact Jen, Nicole or Marsha at (775)-783-5130.

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

**[www.anytimegville.com](http://www.anytimegville.com)**

## Pulse Fitness

**Ages:** 60 & over

Stay healthy and active with Pulse Fitness as part of the Senior Services "Life Options" program. If you are 60 and older, you can enjoy the benefits of feeling great and maintaining your health from our various fitness programs for just \$24 per month. We offer low impact aerobics, Pilates, yoga, treadmills, elliptical machines, bikes, free weights, and Selectorized machines. Relax in our dry sauna or finish your workout with a healthy drink. 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.

**Now Open 24 Hours**

**885 Mahogany Drive, Minden, NV 89423**

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

## CrossFit Carson Valley Silver Group

Do you need a little help getting started with your fitness goals? Are you rehabbing from an injury and are ready to start a fitness routine? Are you looking to get into shape and want to try something new? Do you want a supportive community of likeminded individuals that will cheer you along the way to meeting your goals? If you answered YES to any of these questions, Silvers is the class for you! CrossFit Carson Valley SILVERS are our Masters community of athletes. This functional fitness program is a non-traditional way to get in shape through constantly varied LOW-impact higher intensity workouts, in a group setting, with a certified coach leading every session. The workouts can be scaled down or up to meet the athlete's mobility and fitness level. Classes are Monday - Wednesday - Friday at 9:00am. **CALL TODAY TO TRY YOUR FIRST THREE CLASSES FREE!!!**

**1291 Industrial Court, Ste. #B, Gardnerville, NV 89410**

**775-782-0109**

**[info@crossfitcarsonvalley.com](mailto:info@crossfitcarsonvalley.com)**

# CARSON VALLEY SWIM CENTER

## PRICING AND PASSES

PROGRAM	DAILY
Public Swim	
Adult (18+ years)	\$5.00
Adult w/child 6 & under	\$3.00
Seniors (60+ yrs)	\$3.00
Youth (7-17 yrs)	\$3.00
Disabled	\$3.00
Family	\$15.00

### Multi-use Passes Available

Month • 3 Month • Annual

For our NEW and EXCITING Swim Lesson Program please visit [www.cvsim.com](http://www.cvsim.com)

Everyone must pay who enters pool area. A return entry after leaving in the same day requires another entry fee. **Proper swim attire is required. No cotton.**



## POOL SCHEDULE

ADULT SWIM	
Mon - Th	5:30am - 7:30pm
Fri	5:30am - 8:30pm
Sat/Sun	7:30am - 6:00pm
PUBLIC SWIM	
Mon - Th	9:00am - 7:30pm
Fri	9:00am - 8:30pm
Sat/Sun	11:00am - 6:00pm
THERAPY POOL	
(Adults, Seniors, Disabled Only)	
Daily	Opening - 2:00pm
(Youth 6 and under with adult in water)	
Daily	2:00pm - Close
TOYS	
Daily	11:00am - Close
WATER SLIDES	
Fri	5:30pm - 8:30pm
Sat/Sun	11:00am - 6:00pm
CLIMBING WALL (Alternates with High Dive)	
Daily	Afternoons

## EXERCISE ROOM

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

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

## CLASSES

### YOUTH DROP IN LESSONS

Sat \$7/  
Lesson 9:30, 10:00, 10:30 am  
Tues/Thur  
4:00, 4:30, 5:00 pm  
Call ahead each week beginning at 9:00am on Monday

### ADULT DROP IN LESSONS

Sat 10:00am \$7/Lesson

### PARENT/CHILD DROP IN LESSONS

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

### WATER EXERCISE CLASSES

Mon - Sun (1 hour classes)  
\$6 per class Adults  
\$5 per class Seniors  
(passes available)  
Pick-up flyer at front desk or [www.cvsim.com](http://www.cvsim.com)



U.S.A. Swimming Certified Coaches, Head Coach: Kat Matheson. We are Carson Valley's year-round, competitive, multi-level swim club for youth 5-18; and, we swim at the Carson Valley Swim Center in Minden, NV. Parent liaison line: 760-985-8096 or [www.ddst.org](http://www.ddst.org)

# Your Community Pool

## Family Friday Nights

5:30-8:30 PM  
Only \$2 per person!

- Climbing Wall
- Water Exercise Classes
- Adult Lap Swim Lanes
- Therapy Pool • Volleyball
- Swim Lessons for All Ages
- Exercise Room
- Party Rentals Available



775.782.8840 • [www.cvsim.com](http://www.cvsim.com)  
1600 Hwy 88, Minden, NV • Open 7 Days a Week

# MIXED MARTIAL ARTS • JIU-JITSU • FITNESS • GYMNASTICS

YOU'RE ONLY ONE  
**WORKOUT**  
AWAY FROM A  
**BETTER**  
**YOU.**



**\$100 OFF**  
ANY 6-MONTH PROGRAM  
(MENTION AD!)

**CLASSES FOR AGES 3 – 70 +**

**WEST COAST WORLD MARTIAL ARTS  
RCJ MACHADO JIU-JITSU**  
www.facebook.com/wcwma

**(775) 782-8343**

**Located on the corner of Hwy 395  
and Waterloo behind AM/PM**

# DCCSC PERSONAL TRAINERS

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

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

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



**Jessica Fagundes**  
**ACE Certified Personal Trainer**

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



**Nick Lonnegren**  
**Intl. Fitness Assoc.  
Certified Personal Trainer**

Bachelors Degree: Kinesiology  
Masters Degree: Sport Psychology & Exercise Adherence

Highly motivated fitness/health enthusiast working with any age & fitness level. Program specific phases for each individual directly related to their own goals, priorities & health/fitness needs. Strength training, functional training, body mechanics, Adult HIIT, and sport specific.

**775-291-6208 • Lonnegren80@gmail.com**



**Lisa Wright**  
**ACE Certified Personal Trainer**

I was motivated to become a personal trainer after my own weight loss success with a trainer. Whatever your goals may be, weight loss, overall fitness, health improved strength or training for an upcoming event, I am motivated to assist you in reaching your personal goal.

**775-450-9065 • dynagirl2011@hotmail.com**



**Bryan MacFarlane**  
**NFPT Certified Personal Trainer**

Every person is unique and I will tailor a fitness program specific to your need. I have over 25 years' experience in weight training and fitness and feel confident that together we can achieve your health and fitness goals. I work with all ages and fitness levels and really enjoy working with the senior clients

**775-450-4046 • bmac3250@yahoo.com**

# CITY OF SOUTH LAKE TAHOE RECREATION SERVICES



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

## Value Passes Available

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

## Recreation Center Hours

Open 6 Days a Week

Monday - Thursday 6:30am - 8pm

Friday 6:30am - 6:30pm

Saturday 9am - 6:30pm

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

## Superintendent Message

**Lauren Thomaselli**

Recreation Superintendent

The wheels are turning and momentum is building to improve recreation services in South Lake Tahoe. On November 8, 2016 voters approved Measure P for "Play"! Backed by the Lake Tahoe Lodging Association and Boys and Girls Club of South Lake Tahoe, 100% of the revenue generated by Measure P will be utilized for the special purpose of construction, operation and maintenance of a new Recreation and Swim Complex as set forth in the adopted Parks, Trails, and Recreation Master Plan. The current recreation complex was built in 1975 and is in substantial need of repair and modernization. This project will add significantly to the quality of life for residents and the overall experience for visitors. To view the design or learn more about how you can participate in the developing project visit our website [www.cityofslt.us/recmasterplan](http://www.cityofslt.us/recmasterplan)

Another exciting recreation project due for completion in Fall 2017 is construction of additional multi-sport fields located on Al Tahoe Blvd across from Bijou Park. The natural turf fields will be ideal for soccer, softball, baseball, lacrosse, and other field sports. The additional fields also fulfill a master plan recommendation to improve recreation amenities in South Lake Tahoe.

While these projects are underway residents and visitors are encouraged to explore the many existing recreation opportunities in and around the South Lake Tahoe area. The current recreation facility is in full operation. For a single day use fee patrons have access to the entire facility including the swimming pool, weight room, pickle ball, basketball, traversing wall, ping pong, showers and locker room facilities. The South Lake Tahoe Recreation Center is conveniently located adjacent to the South Tahoe Ice Arena. If you are looking to get out of the winter wind and play indoors come on down to 1180 Rufus Allen Blvd to skate, swim or play ball!

On behalf of the City of South Lake Tahoe Recreation Services Department we thank our neighbors in Douglas County for partnering with us to consolidate our vast array of recreation services in one comprehensive Regional Recreation and Transportation Guide.

Enjoy the year round playground!

*Lauren Thomaselli*



CITY OF SOUTH LAKE TAHOE  
Recreation Services

# RECREATION AND SWIM COMPLEX

1180 Rufus Allen Blvd.

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

**Adult \$6.00**

**Senior/Disabled \$5.00**

**Youth \$4.00**



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

*Elizabeth, Parent*

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



## WALK-IN REGISTRATION

Registration accepted at Recreation and Swim Complex during business hours.

Accepted forms of payment ; cash , charge

## ONLINE REGISTRATION

[www.cslt.siplay.com](http://www.cslt.siplay.com)

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

Please register early. Space is limited.

## FACILITY RENTALS

Do you need an event space?

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

For information and reservations call 530-542-6058  
or email [facilityrental@cityofslt.us](mailto:facilityrental@cityofslt.us)

## FITNESS CLASSES



### Jazzercise

**Ages:** All

**Location:** South Lake Tahoe Recreation and Swim Complex

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

7 Days per week \$10 per class

## PICKLE BALL



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

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

## MARTIAL ARTS

### Tae Kwon Do & Arnis

**Location:** South Lake Tahoe

Senior Center  
3050 Lake Tahoe Blvd.

**Instructors:** Chris & Rick  
Manglinong

For days and times go to  
[christinamang@yahoo.com](mailto:christinamang@yahoo.com) or  
call 530-721-0216

To register online:  
[www.cslt.siplay.com](http://www.cslt.siplay.com)



### Zumba

**Location:** South Lake Tahoe Recreation and Swim Complex/Cedar Room  
1180 Rufus Allen Blvd.

**Instructor:** Myee Avecilla

Who is ready to have some fun and dance the stress away? Zumba is the answer for you! Come and join us in the Latin-inspired fitness class that is dominating the world. Zumba is not just great for your body but also for the mind. It helps reduce stress levels, increase energy, and burn calories by combining all elements of fitness (cardio, muscle toning, flexibility, and positive energy). It's the perfect class for everybody and no dance experience is needed. So go with the flow and enjoy a Zumba Fitness-Party!

**Cost:** \$10.00 drop-in fee or 10 Use Punch card for \$60.00

To register online: [www.cslt.siplay.com](http://www.cslt.siplay.com)



### Blue Lake Aikido

**Location:** South Lake Tahoe Recreation and Swim Complex  
1180 Rufus Allen Blvd.

**Instructors:** Mark & Jen Dulyanai

For Days and Times go to [www.bluelakeaikido.org](http://www.bluelakeaikido.org)  
or call 530-544-0202

To register online: [www.cslt.siplay.com](http://www.cslt.siplay.com)

# AQUATICS — Information & Classes

## Swimming Lessons

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

All Classes arranged by age group and ability

### Course descriptions, purpose and entry requirements

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

To familiarize young children to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn- to- Swim Courses.

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

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

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

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

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

To build on skills developed in Level 1

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

To build on skills developed in Level 2

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

To build on skills developed in Level 3

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

To further learn how to coordinate and refine strokes



## U.S. Masters Swimming

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

To become a U.S. Masters Swimming Member visit [www.usms.org](http://www.usms.org)

### Masters Swimming Program

**Days:** Tuesday and Thursday 6am -7am

**Cost:** \$10 drop in

\$90 for 10 use punch card

*(All fees include pool use fee and coaching)*

## 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



## PRIVATE SWIM LESSONS

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

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

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

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

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

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

**Days:** Saturdays Only

**Swim Time:** 1:30 - 4:30pm

\$5.00 for each additional guest



# SENIOR CENTER, ACTIVITIES & SERVICES

**Location:** 3050 Lake Tahoe Blvd. South Lake Tahoe

**General Information:** (530) 542-6094

The **South Lake Tahoe Senior Center** is an activity center with a fun and supportive atmosphere that brings social, recreational and educational opportunities to the senior population of South Lake Tahoe. The center has a lending library, computer lab and T.V. room. El Dorado county nutrition program serves lunch Monday thru Friday at 12pm noon. The calendar of monthly senior activities and lunch menu is available at the Senior Center or on-line at [www.cityofslt.us/recreation](http://www.cityofslt.us/recreation).



## SENIOR FITNESS

Tuesdays & Fridays

10:45 am -11:30 am

at the Recreation and Swim Complex Gymnasium



## ONGOING ACTIVITIES

- **Big Band Dances 7:30pm-10pm**  
Last Friday of the Month  
Admission \$10.00 –All ages invited
- **Senior Lunch served Monday thru Friday 12pm noon**
- **Bingo**
- **Support Groups**
- **Arts and Crafts**
- **Various Bridge Groups**
- **Guest Speakers and Pot Luck events**
- **AARP Smart Driver Course**  
September 7, 2017 • 8:30am-4:30pm  
Call 530-542-6094 to register

## BIJOU BIKE PARK



**Location:** 1201 Al Tahoe Boulevard

**Gazebo Rentals:** 530-542-6058

**General Information:** 530-542-6056

## SOUTH LAKE TAHOE ICE ARENA



**Location:** 1176 Rufus Allen Blvd.

**General Information:**  
530-544-RINK (7465)  
[www.tahoearena.com](http://www.tahoearena.com)

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

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

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

## BONANZA PARK

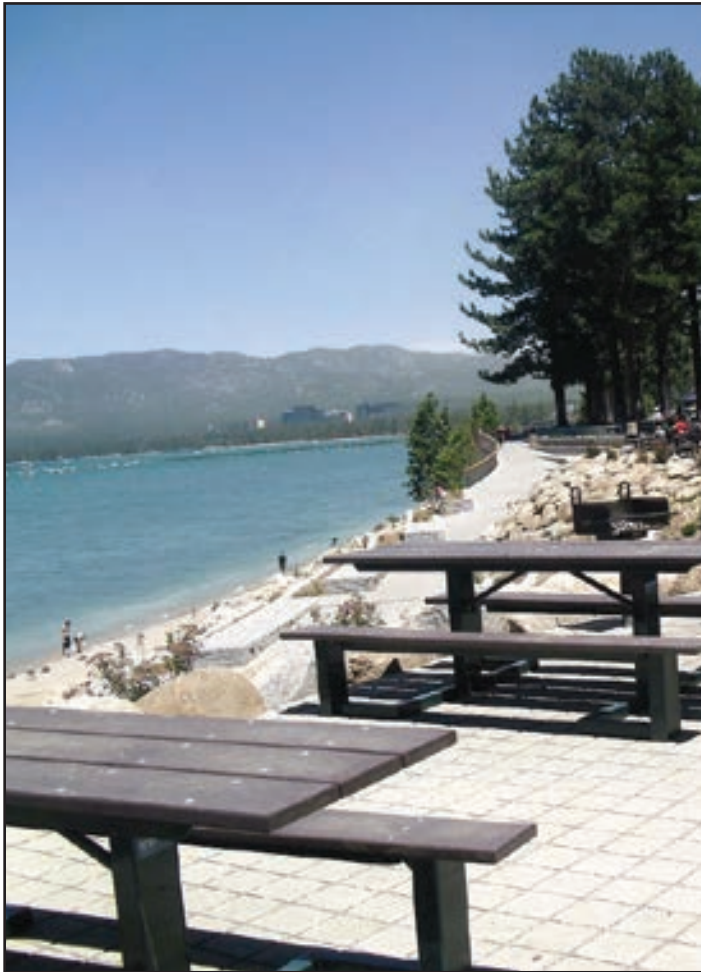


**Location:** 1209 Bonanza Avenue

**General Information:** 530-542-6056

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

# LAKEVIEW COMMONS



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

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

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



# REGAN BEACH & REGAN BEACH WEST

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

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

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

## BIJOU MUNICIPAL GOLF COURSE



**Location:** 3464 Fairway Avenue

**General Information:** 530-542-6097

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

## CAMPGROUND BY THE LAKE



**Location:** 1150 Rufus Allen Boulevard

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

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



## EXPLORE TAHOE: Urban Trailhead Visitor Center



**Location:** 4114 Lake Tahoe Blvd.

**General Information:** 530-542-4637

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

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

Visitor Center highlights include:

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

## STATELINE TRANSIT CENTER

**Location:** 4114 Lake Tahoe Blvd.

**General Information:** 530-541-7149

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

Providing access to public transportation and complimentary ski shuttle services throughout South Lake Tahoe. Service to the Carson Valley and Minden/Gardnerville is also available. If you are traveling to or from the Carson Valley, Explore Tahoe is the location to make your valley connection. See Pages 36 - 38 for transit routes and times. Amtrak serves as a link between Lake Tahoe and the Sacramento Valley daily.

*"Very helpful, informative, and educational."*

Derek, Portland, OR



## ANNUAL EVENTS

### Public Safety Appreciation Day

September 7 • 5-7pm

Lakeview Commons

### South Lake Tahoe Police Association

10th Annual K9 Trials

September 9

Lakeview Commons

### Sample the Sierra

September 16 • Bijou Park

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

### Light Up South Lake Tahoe

[www.cityofslt.us/lightupslt](http://www.cityofslt.us/lightupslt)

# KAHLE COMMUNITY CENTER

KAHLE

## Passes Available

Daily · 30 Day · 90 Day · Annual

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

## Facility Rentals

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



## Recreation Center Hours

### May - October 2017

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

### November 5, 2017 – April 2018

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

### Annual Maintenance Closure

Aug 30 – Sept 4	Building
Aug 30 – Sept 11	Classrooms & Gymnasium

### Holiday Closures

September 4 • October 27  
November 10, 23 & 24  
December 25 • January 1, 2018

## WALK-IN REGISTRATION

Registration is accepted at Kahle Community Center  
Monday thru Friday 6am – 10pm  
Saturday 8am – 8:00pm & Sunday 11am – 4pm

## MAIL-IN REGISTRATION

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

## FAX OR PHONE REGISTRATION

Register by phone using a MasterCard or Visa by calling 775-586-7271 or by FAX 775-586-7273.

## PLEASE REGISTER EARLY!

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

**"We're not just a community center,  
we're the center  
of the community"**

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

## KAHLE CLASS LOCATION CODES

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

# PRESCHOOL/ YOUTH

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

**Accredited by the National Association for the  
Education of Young Children (NAEYC).**

**Highest five star Quality Rating by the State of Nevada**

**Director:** Shelly Martinez

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

- **Licensed Pre-school designed for ages 3 - 5**
- **Program Hours: 9am – 12 pm Monday-Friday**
- **2 - 5 day programs: \$25 per day**
- **Non-refundable Registration Fee: \$100 new students, \$60 returning students**
- **Wait list and info call (775) 586-7271**

### Twosday Mornings

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

**Time:** 9:30 – 11:30am

**Location:** KCC

Tuesdays 10/3 – 12/19

**Cost:** \$3 per day

*\*No Class Oct 31*

### 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. **Minimum two weeks advance notice required.** For more information call (775) 586-7271.

### Zephyr Cove Library

**(775) 588-6411**

**Hours:** Wednesday 11am - 7pm  
Thu, Fri & Sat 9am - 5pm

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

### Family Roller Skating Night

**Friday, October 13**

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 are available to purchase. Bring your own skates (NO metal wheels) or rent a pair from us. Sizes are limited.

**Time:** 6-8pm

**Location:** KCC

**Cost:** \$5 12 years old – Adult

\$3 Seniors & Children under 12

**Skate Rental:** \$2

# SPECIAL EVENTS

## Halloween Carnival Celebration

**Tuesday, October 31**

**Sponsored by Kiwanis of Lake Tahoe**

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

**Time:** 4:00 – 6:30pm

**Location:** KCC

## Breakfast with Santa

**Saturday, December 9**

**Sponsored by: Mott Canyon**

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

**Time:** 9:00 – 11:00am

**Location:** KCC

**Cost:** \$3

## Zephyr Cove Ski Club Signups

**Saturday, December 9**

**9:00 – 11:00am**

**Kahle Community Center**

# YOUTH/TEEN

## Kid's Club Programs

**Registration Begins August 1st**

**Grades:** K-6

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

**Kahle Community Center**

**Early birds 7:00am – 8:30am**

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

**Zephyr Cove Elementary School**

**Kids Club 3pm – 6pm \$6 per day\***

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

## Wednesday Morning Club

**Grades:** K- 5

A supervised fun and safe program for kids on these school calendar late start days. Children need to be dropped off at Kahle Community Center and DCSD school buses will transport students to ZCES. Space is limited and pre-registration is required.

**Time:** 7-10am

**Location:** KCC

**Dates:** 9/13, 10/11, 12/13

**Cost:** \$6 per day

## Schools Out Fun Days

**Grades:** K- 6

Space is limited and pre-registration is required.

**Time:** 7:30am – 6pm

**Location:** KCC

**Dates:** 9/25, 11/3, 12/1

**Cost:** \$26 per day

## 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 facility.

# YOUTH/TEEN

## Fall Break Adventure Days

**Grades:** K-6

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

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

**Location:** KCC

**Dates:** (M-Th) 10/23 - 10/26

**Cost:** \$26 per day

## Winter Break Adventure Days

**Grades:** K-6

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

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

**Location:** KCC

**Dates:** (T-F) 12/26 - 12/29, 1/2 - 5

**Cost:** \$26 per day

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

## Teen Scene ~ Friday Nights at Kahle Community Center

**Grades:** 6 - 12

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

**Time:** 6:30pm - 9pm

(F) Continuous

**Location:** KCC

**Cost:** Drop-in \$5

\*Free to pass holders

## Tae Kwon Do

**Ages:** 7 - 12

**Instructors:** Chris and Rick Manglinong

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

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

**Location:** KCC

(W) 9/13 - 9/27

\$12

(W) 10/4 - 10/25

\$16

(W) 11/1 - 11/29

\$16 (no class 11/22)

(W) 12/6 - 12/20

\$12

(W) 1/10 - 1/31

\$16

Drop-in \$8 per class

## Fitness for Teens

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

# ADULT CLASSES

## Cookie Decorating

**Ages:** 13 - Adult

**Instructors:** Suzanne Piphoo

This course is an introduction to decorating cookies. Topics include: tools (bags, tips, etc.) and the techniques necessary for using royal icing to decorate beautiful cookies; and, practice basic outlining, flooding and decorative piping. Students come away with a great skill, a booklet of instructions, recipes and their newly decorated cookies.

**Time:** 10am - Noon

(S) Oct 14

(S) Nov 11

**Location:** KCC

\$40

\$40

## Dog Obedience

**Instructor:** Guy Yeaman

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

**Time:** 7 - 8pm

(Th) 8/3 - 9/7

(Th) 10/5 - 11/9

(Th) 11/16 - 12/28

**Location:** KCC

\$80

\$80

\$80

\*No class Nov 23

## CPR & First Aid

**Instructor:** Tahoe Douglas Firefighters

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

**CPR**

**Time:** 10am - 12:30pm

(S) 9/23

**Location:** RHFS

**Cost:** \$45

**First Aid**

**Time:** 12:30pm - 3pm

(S) 9/23

**Location:** RHFS

**Cost:** \$45

**CPR/ First Aid Combo**

**Cost:** \$85

## SIGN UP EARLY

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

# COMMUNITY

## Community Blood Drive

Date	Location	Time
Tuesday, Sept 12, 2017	TDFPD Station 23	Noon - 5:30pm
Tuesday, Nov 14, 2017	TDFPD Station 23	Noon - 5:30pm

To create an appointment, go online to [BloodHero.com](http://BloodHero.com) or call 775-588-3591

## General Election Polling Location and Times

Kahle Community Center will host a polling location for the Election. For more details go to Douglas County Clerks Treasurer's website at <http://cltr.douglasnv.net>

# ADULT FITNESS



## Zumba

**Ages:** 13 & up

**Instructor:** Nancy Taylor

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

**Date & Time:** Mon, Wed, Fri 10:15am **Location:** KCC  
Tues & Thur 9:00am **Cost:** \$10/class

*Punch cards: 4/\$30 and 6/\$42 Unlimited Monthly Classes/\$70.00*

*Cards expire at the end of each month*

*\*No class 8/30 – 9/11, 10/27, 11/10, 11/23 & 24, 12/25 & 1/1*



## Jazzercise

**Instructors:** Sherry Baiocchi, Shannon Shearer

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

**Date & Time:** Through September 9\*\* **Location:** KCC  
Mon, Wed, Fri, Sat 8:30am  
Tues & Thu 5:30 pm

*\*\*August 30 – September 11, all classes held in the gazebo*

**Date & Time:** Starting September 11

Mon, Wed, Fri, Sat 9am  
Tues & Thu 5:30pm

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

*\*No class 9/4, 10/27, 11/10, 11/23, 11/24, 12/25 and 1/1*

## Yoga for Everybody

**Instructor:** Susan Glasson

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

**Time:** (T) 6:30 – 7:30pm **Location:** KCC

**Dates:** 9/26 – 12/26 **Cost:** \$5 drop in

*\*No class 8/30 – 9/11*

*Scholarship may be available in case of financial hardship*



## Pilates

**Ages:** 13 & up

**Instructor:** Rose Marie Ottman

This is a multi-level fitness class centered on the Pilates matwork exercises—modifications are provided to address abilities and injuries.

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

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

**Time:** 10:15-11:30am **Location:** KCC

**Dates:** Tuesday & Saturdays (ongoing\*) **Cost:** \$11/class

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

*Cards expire 4 weeks from date of purchase*

*\*No class 8/30 – 9/11*

## 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 and Andy.

# MARTIAL ARTS

## Tae Kwon Do

**Ages:** 13 & up

**Instructors:** Rick and Chris Manglinong

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

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

(W) 9/13 – 9/27 \$18

(W) 10/4 – 10/25 \$24

(W) 11/1 – 11/29 \$24 (no class 11/22)

(W) 12/6 – 12/20 \$18

(W) 1/10 – 1/31 \$24

*Drop-in \$10 per class*

## Philippine Stick Fighting Arnis

**Ages:** 16 & up

**Instructors:** Rick and Chris Manglinong

Arnis is a blending of the countless styles, is simple to learn and requires no special conditioning or raw physical strength.

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

(W) 9/13 – 27 \$18

(W) 10/4 – 10/25 \$24

(W) 11/1 – 11/29 \$24 (no class 11/22)

(W) 12/6 – 12/20 \$18

(W) 1/10 – 1/31 \$24

*Drop-in \$10 per class*

# YOUTH SPORTS

## YOUTH SPORTS ORGANIZATIONS

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

**AYSO Soccer**.....www.sltayso.com

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

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

**Youth Ice Hockey**.....www.tahoegrizzlies.com

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

## Girls Basketball League Information

Each division is limited to a certain number of players. Please register early! If we don't get the minimum number of girls to sign-up for leagues, girls will then be able to play in the Youth Basketball League. A parent permission slip needs to be filled out at the time of registration. Requests for teams or coaches will not be granted.

### Girls Basketball League

**Grades:** 3 – 5 **Staff:** Recreation Staff & Volunteer Coaches

We're hoping to continue our girls' 3 on 3 basketball league this fall (if the minimum number of girls needed falls short, girls will be eligible for the Youth Basketball League). All players will be assigned to a team through a draft system. Games are played at Kahle Community Center once a week in the evenings. Teams usually practice at least once a week thru the season.

**Dates:** Mid November (practice)  
November – March (games)

**Game Times:** 5:30 – 7:30pm

**Registration:** September 20 until full

**Fee:** \$85 - Includes team t-shirt, award, one official and one scorekeeper

### Middle School Girls Basketball League

**Grades:** 6 – 8 **Staff:** Recreation Staff & Volunteer Coaches

We're hoping to continue our girls' 3 on 3 Middle School Basketball League this fall (if the minimum number of girls needed falls short, girls will be eligible for the Middle School Basketball League). All players will be assigned to a team through a draft system. Games are played at Kahle Community Center once a week in the evenings. Teams usually practice at least once a week throughout the season.

**Dates:** Mid November (practice)  
November – March (games)

**Game Times:** Wednesdays 5:00 – 8:00pm (and possibly Mondays)

**Registration:** September 20 until full

**Fee:** \$85 - Includes team t-shirt, award, one official and one scorekeeper

### Youth Basketball Draft

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

## Basketball League Information

Each division is limited to a certain number of players. Please register early as divisions fill up! A parent permission slip needs to be filled out at the time of registration. Requests for teams or coaches will not be granted.

### Youth Basketball League

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

This basketball league is offered for beginner to advanced players and will emphasize skill development and fun competition. All players will be assigned to a team through a draft system. Games are played at Kahle Community Center on Tuesday or Thursdays evenings. Teams usually practice at least once a week throughout the season.

**Dates:** Mid November (practice)  
November – March (games)

**Game Times:** 5:30 – 7:30pm

**Registration:** September 20 until full

**Leagues & Fee:** Tuesday 3 – 4 Graders \$70  
Thursday 5 – 6 Graders \$80

Includes team t-shirt, awards and 2 officials

### Youth Basketball League

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

This basketball league is offered for beginner to advanced players and will emphasize skill development and fun competition. All players will be assigned to a team through a draft system. Games are played at Kahle Community Center on Wednesdays evenings (and maybe some Mondays). Teams usually practice at least once a week throughout the season.

**Dates:** Mid December (practice)  
January - March (games)

**Game Times:** 5 – 8pm (and possibly Mondays)

**Registration:** September 20 until full

Includes team t-shirt, awards and 2 officials

## Volunteer Coaches & Team Sponsors

Our Girls, Youth and Middle School Basketball Programs are in search of volunteer coaches. Without volunteer coaches, these programs would not exist. If you are unable to coach, but would like to help out, consider becoming a team sponsor. Interested or for more information, please contact Kahle Community Center at 775-586-7271.

# ADULT SPORTS

## "30 & Over" Adult 5 on 5 Basketball League

**Registration:** Begins November - until full  
(sign up early – ONLY taking 6 teams)

Season begins early December

**Division:** Midday Night

**Time:** Monday, 7:00 – 9:00pm

**Entry Fee:** \$570

Minimum 10 games & season ending single elimination tournament. Completed rosters are due at the first game. No exceptions.

## "Open" Adult 5 on 5 Basketball League

**Registration:** Begins January - until full  
(sign up early – Space limited)

Season begins March

**Division:** Tuesday or Thursday Night

**Time:** Tuesday or Thursday, 5:30 – 8:30pm

**Entry Fee:** \$450

Completed rosters are due at the first game. No exceptions.

# ADULT SPORTS

**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 & Time:** Mon, Wed, Thu 12:00pm – 3:00pm **Location:** KCC  
 Tue 1:00pm – 3:00pm  
 Sat 12:00pm – 3:00pm

*Half court only*

**VOLLEYBALL:**

Call (775) 586-7271 to schedule

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



## Zephyr Cove Tennis Club

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

**Location:** ZCP

- Available for Adult and Jr. Lessons
- Tennis Racket stringing

## Douglas County Flu Vaccinations

<b>Oct. 5 &amp; 6</b>	Douglas Co. Community & Senior Center CV Medical Ctr Resource Room <b>9:30 – 11:30am • Seniors</b>
<b>Oct. 7</b>	No. County Senior Center (James Lee Park GID) <b>10:00am – Noon • Seniors</b>  Douglas Co. Community & Senior Center CV Medical Ctr Resource Room <b>3:00 – 7:00pm • General Public</b>
<b>Oct. 8</b>	TRE Community Center (3900 Carter Drive) <b>11:00am – Noon • Seniors/General Public</b>
<b>Oct. 10</b>	Fire Station 6 Stephanie Way <b>9:00am – Noon • General Public</b>  Fire Station 23 – Tahoe Douglas County (Elks Point Road – Zephyr Cove) <b>1:30 – 4:30pm • General Public</b>
<b>Oct. 13</b>	Douglas Co. Community & Senior Center <b>9:00am – Noon</b>
<b>Oct. 20</b>	Fire Station 12 – No. Sunridge Drive <b>3:30 – 6:30pm • General Public</b>
<b>Oct 22</b>	Fire Station 7 – Ranchos <b>3:30 – 6:30pm • General Public</b>

*We bill Medicaid, Medicare & most private insurances or \$25! Please bring your insurance card. For more information about community outreach clinics, call 775-283-7906 or email: ccbhsinfo@carson.org*

# ACTIVE ADULT

**AARP Smart Driver Class**

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

**Time:** 9am - 1:30pm  
 Saturday, November 4

**Location:** KCC  
**Cost:** \$15\* members  
 \$20\* non members

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

*\*Fee payable to instructor at class*



## Tahoe-Douglas Senior Center (TDSC)

(775) 588-5140

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

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



# TRANSPORTATION

**NOTICE: Effective October 2, 2016, route 21x will be suspended and routes 19x, 20x, and 23 will be modified to accommodate the greatest number of passengers. Some stops have been eliminated. The existing stops for routes 19x and 20x are listed next to the schedules. If you have questions, please call 530-541-7149.**

## ROUTE 20x - DAILY

### Eastbound

Stataline Transit Center	Kingsbury Transit Center	Foothill Park & Ride	Tillman Center	Douglas Co. Senior Center
5:30 AM	5:34 AM	5:55 AM	6:07 AM	6:30 AM
6:00 AM	6:04 AM	6:25 AM	6:37 AM	7:00 AM
8:00 AM	8:04 AM	8:25 AM	8:37 AM	9:00 AM
<b>1:15 PM</b>	<b>1:19 PM</b>	<b>1:40 PM</b>	<b>1:52 PM</b>	<b>2:15 PM</b>
<b>3:30 PM</b>	<b>3:34 PM</b>	<b>3:55 PM</b>	<b>4:07 PM</b>	<b>4:30 PM</b>
<b>4:30 PM</b>	<b>4:34 PM</b>	<b>4:55 PM</b>	<b>5:07 PM</b>	<b>5:30 PM</b>
<b>5:30 PM</b>	<b>5:34 PM</b>	<b>5:55 PM</b>	<b>6:07 PM</b>	<b>6:30 PM</b>

**Stops:**

- **Stataline Transit Center**
- US 50 and Montbleu
- **Kingsbury Transit Center**
- US 50 and Lakeside Inn
- SR 207 and Market St.
- Tina Ct. and Tramway Dr. (4:43 p.m. only)
- **Foothill Park and Ride**
- **Tillman Center**
- Tillman Lane and Manhattan Way
- Tillman Lane and Topaz Lane
- **Douglas Co. Community and Senior Center**

(Timed stops are bold)

### Westbound

Douglas Co. Senior Center	Tillman Center	Foothill Park & Ride	Kingsbury Transit Center	Stataline Transit Center
6:30 AM	6:40 AM	6:51 AM	7:10 AM	7:30 AM
7:00 AM	7:10 AM	7:21 AM	7:50 AM	8:00 AM
9:00 AM	9:10 AM	9:21 AM	9:40 AM	10:00 AM
10:30 AM	10:40 AM	10:51 AM	11:10 AM	11:30 AM
<b>3:45 PM</b>	<b>3:55 PM</b>	<b>4:06 PM</b>	<b>4:25 PM</b>	<b>4:45 PM</b>
<b>6:00 PM</b>	<b>6:10 PM</b>	<b>6:21 PM</b>	<b>6:40 PM</b>	<b>7:00 PM</b>
<b>7:00 PM</b>	<b>7:10 PM</b>	<b>7:21 PM</b>	<b>7:40 PM</b>	<b>8:00 PM</b>
<b>8:00 PM</b>	<b>8:10 PM</b>	<b>8:21 PM</b>	<b>8:40 PM</b>	<b>9:00 PM</b>

**Stops:**

- **Douglas Co. Community and Senior Center**
- Tillman Lane and Topaz Lane
- Tillman Lane and S. Riverview Dr.
- **Tillman Center**
- **Foothill Park and Ride**
- Tina Ct. and Tramway Dr. (7:38 a.m. only)
- SR 207 and Market St.
- SR 207 and Kahle Dr.
- **Kingsbury Transit Center**
- US 50 and Lakeside Inn
- US 50 and Hard Rock Hotel
- US 50 and Harvey's
- **Stataline Transit Center**

## ROUTE 19x - DAILY

### Northbound

Douglas Co. Senior Center	CVI	South Curry	Wash/ Plaza
5:00 AM	5:08 AM	5:26 AM	5:40 AM
6:30 AM	6:38 AM	6:56 AM	7:10 AM
9:00 AM	9:08 AM	9:26 AM	9:40 AM
<b>2:15 PM</b>	<b>2:23 PM</b>	<b>2:41 PM</b>	<b>2:55 PM</b>
<b>4:30 PM</b>	<b>4:38 PM</b>	<b>4:56 PM</b>	<b>5:10 PM</b>
<b>5:30 PM</b>	<b>5:38 PM</b>	<b>5:56 PM</b>	<b>6:10 PM</b>
<b>6:30 PM</b>	<b>6:38 PM</b>	<b>6:56 PM</b>	<b>7:10 PM</b>

**Stops:**

- **Douglas Co. Community and Senior Center**
- Eddy St. and US 395
- **Carson Valley Inn (CVI)**
- Ironwood Dr. and US 395
- Cochise St. and W. Overland Dr.
- **South Curry**
- Stewart St. and Wright Lane (NV DMV & NDOT)
- Stewart St. and 2nd/3rd St.
- **Washington and Plaza**

(Time Stops are bold)

### Southbound

Wash/ Plaza	Topsy Lane	CVI	Douglas Co. Senior Center
5:45 AM	5:55 AM	6:11 AM	6:30 AM
8:00 AM	8:10 AM	8:26 AM	8:45 AM
9:45 AM	9:55 AM	10:11 AM	10:30 AM
<b>3:00 PM</b>	<b>3:10 PM</b>	<b>3:26 PM</b>	<b>3:45 PM</b>
<b>5:15 PM</b>	<b>5:25 PM</b>	<b>5:41 PM</b>	<b>6:00 PM</b>
<b>6:15 PM</b>	<b>6:25 PM</b>	<b>6:41 PM</b>	<b>7:00 PM</b>
<b>7:15 PM</b>	<b>7:25 PM</b>	<b>7:41 PM</b>	<b>8:00 PM</b>

**Stops:**

- **Washington and Plaza**
- Stewart St. and 3rd St.
- Stewart St. and Wright Lane (NV DMV & NDOT)
- **Topsy Lane**
- Fuji Park
- Ironwood Dr. and US 395
- **Carson Valley Inn (CVI)**
- Gilman Dr./SR 756 and US 395
- **Douglas Co. Community and Senior Center**

**ROUTE 23 - DAILY**

**Westbound**

The Ridge Resorts	Tramway / Tina	Market St.	Kingsbury Transit Center	Stateline Transit Center
8:00 AM	8:06 AM	8:11 AM	8:15 AM	8:25 AM
9:00 AM	9:06 AM	9:11 AM	9:15 AM	9:25 AM
10:00 AM	10:06 AM	10:11 AM	10:15 AM	10:25 AM
11:00 AM	11:06 AM	11:11 AM	11:15 AM	11:25 AM
<b>12:00 PM</b>	<b>12:06 PM</b>	<b>12:11 PM</b>	<b>12:15 PM</b>	<b>12:25 PM</b>
<b>1:00 PM</b>	<b>1:06 PM</b>	<b>1:11 PM</b>	<b>1:15 PM</b>	<b>1:25 PM</b>
<b>2:00 PM</b>	<b>2:06 PM</b>	<b>2:11 PM</b>	<b>2:15 PM</b>	<b>2:25 PM</b>
<b>3:00 PM</b>	<b>3:06 PM</b>	<b>3:11 PM</b>	<b>3:15 PM</b>	<b>3:25 PM</b>
<b>4:30 PM</b>	<b>4:36 PM</b>	<b>4:41 PM</b>	<b>4:45 PM</b>	<b>4:55 PM</b>
5:00 PM	5:06 PM	5:11 PM	5:15 PM	5:25 PM
6:00 PM	6:06 PM	6:11 PM	6:15 PM	6:25 PM
7:00 PM	7:06 PM	7:11 PM	7:15 PM	7:25 PM
8:00 PM	8:06 PM	8:11 PM	8:15 PM	8:25 PM
9:00 PM	9:06 PM	9:11 PM	9:15 PM	9:25 PM
10:00 PM	10:06 PM	10:11 PM	10:15 PM	10:25 PM
11:00 PM	11:06 PM	11:11 PM	11:15 PM	11:25 PM
12:00 AM	12:06 AM	12:11 AM	12:15 AM	12:25 AM
1:00 AM	1:06 AM	1:11 AM	1:15 AM	1:25 AM

A minor change was also made to route 23 westbound, changing the 4:00 departure from The Ridge Resorts to 4:30.  
**No stop changes were made to this route.**



**Tahoe Transportation District**

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

**VALLEY & LAKE EXPRESS FARES**

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

\* For more information on reduced fares please contact: [info@transportation.org](mailto:info@transportation.org) or call 775-589-5500.



**Tahoe's Smooth Movin' Shuttle**

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



**Douglas County Dial-A-Ride Service**

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

**Carson Valley Airporter**

4 Daily Departures

Serving: Gardnerville\*, Minden, Carson City & Reno

**RESERVATIONS REQUIRED**

For details or to book online visit [www.carsonvalleyairporter.com](http://www.carsonvalleyairporter.com) or call **877-447-4446**

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

Call for details.

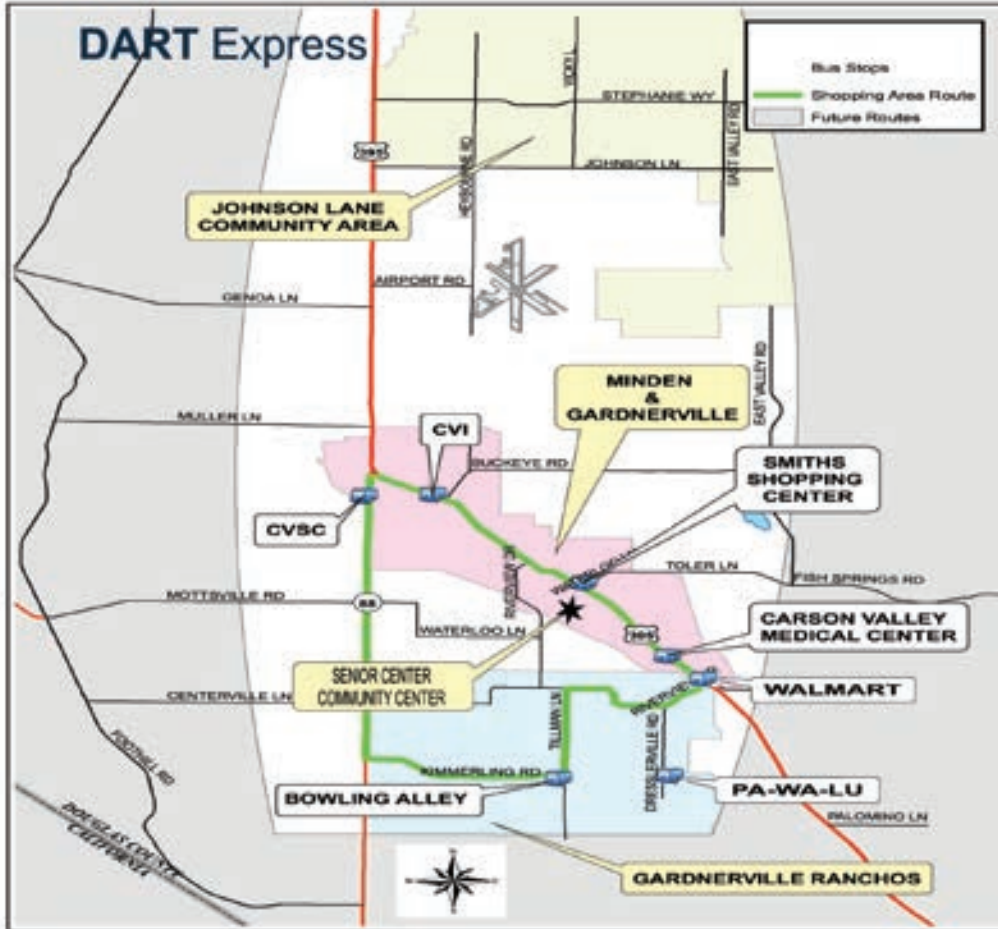


**Carson Valley Airporter**



775.783.6455

## DART Express



### Northbound - DART Express

	TILLMAN CENTER (Bowling Alley)	CARSON VALLEY MEDICAL CENTER	WALMART	SENIOR CENTER COMMUNITY CENTER	SHOPPING CENTER (SMITHS)	CARSON VALLEY INN	LIBRARY	CARSON VALLEY SWIM CENTER	RONWOOD CENTER
Route # 1	7:10am	7:20am	7:25am	7:35am	7:40am	7:55am	---	8:00am	8:05am
Route # 3	11:00am	11:10am	11:15am	11:25am	11:30am	11:45am	11:50am	11:55am	12:00pm
Route # 6	4:30pm	4:40pm	4:45pm	4:55pm	5:00pm	5:10pm	5:20pm	5:30pm	On-Call

### Northbound - DART Express

	PA-WA-LU	CARSON VALLEY MEDICAL CENTER	WALMART	SENIOR CENTER COMMUNITY CENTER	SHOPPING CENTER (SMITHS)	CARSON VALLEY INN	LIBRARY	CARSON VALLEY SWIM CENTER	RONWOOD CENTER
Route # 4	2:10pm	2:15pm	2:20pm	2:30pm	2:40pm	2:50pm	2:55pm	3:00pm	3:15pm

### Southbound - DART Express

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

# 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

[www.cityofslt.us](http://www.cityofslt.us)

### Recreation & Swim Complex

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

### Campground by the Lake

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

### Lakeview Commons, Boat Ramp

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

### Bonanza Park

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

### Bijou Municipal Golf Course

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

### Bijou Community Park

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

### Ice Arena

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

### Regan Beach and Regan Beach West

3199 Sacramento Ave.  
530-542-6058 - to reserve Regan Beach West  
530-542-6056 - General Information  
[www.facilityrental@cityofslt.us](mailto:www.facilityrental@cityofslt.us)

### South Lake Tahoe Senior Center

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

### Explore Tahoe: An Urban Trailhead & Visitor Center

4114 Lake Tahoe Blvd.  
530-542-4637

## TRANSPORTATION

### Tahoe Transportation District

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

### BlueGO

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

### Douglas County Dial-A-Ride Service

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

### Carson Valley Airporter

[www.carsonvalleyairporter.com](http://www.carsonvalleyairporter.com)  
877-447-4446

## PHOTOS

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

**The City of South Lake Tahoe Recreation 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.



# Health is what we do, *you* are why we do it.



Lori, RN,  
CVMC Infusion Center

Whether you need routine scheduled care, emergency surgery or treatment, or resources to keep you healthy all year long, you can count on Carson Valley Medical Center. Our trusted healthcare providers are located throughout the Carson Valley to give you and your family the best care, close to home.

## **CVMC - Your Community Hospital**

24-hour hospital, emergency room, surgery, and outpatient services.

1107 Hwy 395  
Gardnerville, NV 89410  
(775) 782-1500

## **CVMC Urgent Care**

Convenient care without an appointment. Consider urgent care for infections, respiratory illness, sprains, lacerations, and non-life threatening urgent medical needs.

**Kenneth Gibb, MD**  
897 Ironwood Drive  
Minden, NV 89423  
(775) 782-1610

## **CVMC Senior Care**

Specialized care for patients over 65.

**Evan Easley, MD**  
**Judith Rosso, DO**  
**Garrett Schwartz, MD**  
**Glenn Thorp, MD**  
**Leslie McGraw, APRN**  
1516 Virginia Ranch Road  
Gardnerville NV 89410  
(775) 783-4823

## **Alpine Medical**

Internal medicine, allergy testing and treatment, cosmetic treatments.

**Steven Brown, MD**  
1667 Lucerne St., Suite A  
Minden, NV 89423  
(775) 782-9118

## **Job's Peak General Surgery**

Advanced surgical services and wound care.

**Mark DeMar, MD, FACS**  
**Kraig Knoll, MD, FACS**  
1516 Virginia Ranch Road  
Gardnerville, NV 89410  
(775) 783-3020

## **Job's Peak Internal Medicine & Family Practice**

Comprehensive care for your family.

**Evan Easley, MD**  
**Judith Rosso, DO**  
**Garrett Schwartz, MD**  
**Glenn Thorp, MD**  
**Leslie McGraw, APRN**  
1520 Virginia Ranch Road  
Gardnerville, NV 89410  
(775) 782-1550

## **Ironwood Primary Care**

Comprehensive care for your family.

**Rose Paiva, MD**  
897 Ironwood Drive  
Minden, NV 89423  
(775) 782-1610

## **Minden Family Medicine & Complete Care**

Same-day appointments, scheduled visits. Walk-ins welcome on a limited basis. Discounted fees for service based on income.

**Colleen Kriss, DO**  
**Carrie Emory, PA-C**  
**Tim O'Neill, PA-C**  
**Debra Tomaszewski, PA-C**  
**Tilda Martin, FNP, BC**  
1649 Lucerne St.  
Minden, NV 89423  
(775) 782-1603

## **Topaz Ranch Medical Clinic**

Same-day appointments and scheduled visits available. Walk-ins welcome on a limited basis. Discounted fees for service based on income.

**Evan Rowley, PA-C**  
3919 Carter Drive  
Wellington, NV 89444  
(775) 783-3096