

CARSON VALLEY & SOUTH SHORE
REGIONAL

RECREATION & TRANSPORTATION
GUIDE



SUMMER 2017

Brought to you by:

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



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#1 in the Carson Valley!



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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.



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DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



Find us on
Facebook

"Share Because You Care" Gifts

The Foundation for Douglas County Recreation & Senior Centers

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



Your donations help to provide:

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

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



Become a V.I.P!

Volunteer in Parks and Recreation

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

Scholarships Available!

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

Douglas County Parks & Recreation Department Customer Service Locations

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

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

Douglas County Parks & Recreation Staff Members

Parks & Recreation Director Scott Morgan

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

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

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

Special Thanks

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

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

Parks & Recreation Commission Kelly Gardner • Celeste Pierini • Gary Dove • Meghan Kelly

Thomas Moore • Brenda Roberston • Adam Lewandowski

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 • 30 day • 90 day • Annual

Child Pass

5th grade & under - free
(must be with a paid adult)

All children 5th grade and under are free of charge however this does not include program registrants for Kids Club (during Club hours), drop-in classes, dance & exercise programs, contracted classes, sport leagues and other programmed activities in the facility

Youth Pass

Grades 6th - 7th grade *access for downstairs only
Walk-in \$3.00 • 30 day pass \$15.00
90 day pass \$29.00 • Annual Pass \$59.00

Teen Pass

Grades 8th - 12th grade Walk-in \$5.00
30 day pass \$19.00 • 90 day pass \$35.00
Annual Pass \$79.00

College Student Pass Ages 18 - 24 (with valid student ID)

Walk-in \$5.00 • 30 day pass \$35.00
90 day pass \$75.00 • Annual Pass \$189.00

Adult Pass Ages 18-59

Walk-in \$7.00 • 30 day pass \$45.00
90 day pass \$99.00 • Annual Pass \$219.00

Senior Pass Ages 60 & over

Walk-in \$5.00 • 30 day pass \$35.00
90 day pass \$75.00 • Annual Pass \$189.00

Disabled Veterans - Free

Director's Note

Scott Morgan

Community Services/Parks & Recreation Director

Incredible Kids

Over the winter the Incredible Kids Fund, a branch of the Community Services Foundation has issued over 600 annual pass scholarships to Douglas County Middle and High School students.

Their contributions have made the Douglas County Community Centers at the Lake and Valley the new hotspot for teens in Douglas County. The Incredible Kids Fund had an aggressive goal of generating over \$60,000 and making sure no teen was left out. They met their goal easily and the following businesses and organizations deserve our sincere thanks:

DART Transit Bus Service
Remax Realty
CORE Construction
Michael Hohl
Intero Real Estate
Heavenly Vail Resorts Epic Promise
Fore The Kids Golf Tournament
Douglas County School District
Pro Group Management
Starbucks Coffee
Carson Valley Accountants
Doug and Cindy Peterson
NV Energy
Ben Snow Foundation

The Douglas County Incredible Kids Scholarship Program is committed to the youth and teens of Douglas County. It is the purpose of this program to strengthen families, reduce juvenile delinquency and give students the best chance to succeed. If you're interested in making a difference by impacting the lives of teens in your community please contact the Douglas County Parks and Recreation Department at 775-782-9829

RECREATION CENTER HOURS

Monday - Friday 6am - 9pm

Saturday 8am - 8pm

Sunday 10am - 3pm

- Closed Most Holidays -

Gym & Courts closed
June 27 - July 4



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: 8am-12:30pm Monday - Friday

Extended Hours: 8am-4pm are available Monday, Wednesday and Friday

Please note: Brighter Days Preschool will be closed June 26 - July 7
Summer Weekly Programs are open to the public. Sign up for one week or all of them! \$100 per child per week. Please call Andrea at 775-783-6454 for more information.

*** Enrolling NOW for the 2017/2018 School Year.** Enrollment fee of \$40 reserves your spot for the 2017/2018 school year starting August 14th

Summer Weekly Program Themes:

- 6/12-6/16 "Teddy Bear Picnic"
- 6/19-6/23 "Turtles, Frogs & Ponds"
- 7/10-7/14 "Jungle Safari"
- 7/17-7/21 "Monkeys & Bananas"
- 7/24-7/28 "Ocean Fun"
- 7/31-8/4 "Sand, Bubbles & Beach"
- 8/7-8/11 "Camping Adventure"

Music & Movement

Ages: Preschool **Instructor:** Maureen Conlin
Enjoy creative musical, entertaining and interactive fun with Maureen Conlin during this 8 week session for children ages 2 to 5 as they explore song, dance, instruments, puppets and more

Time: 9-9:45am

Location: DCCSC

Dates: (F) 6/23 - 8/11

Cost: \$80

Stroller Time

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

Birthday Parties

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

Wild Willy's Horse Camp

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

KinderRanch and KinderPonyPlay

* For 4, 5, & 6 year olds

SUMMER CAMP REGISTRATION NOW OPEN!

CHAPPELL RANCH

Safe, Fun, Educational Horsemanship



Contact: Kim Chappell 775-265-6483 • kkc827@aol.com
www.chappellranchllc.com • 531 Centerville Lane, Gardnerville, NV

Toddler Time

Ages: 9 months - 5 years

Parents, grandparents, & caregivers with younger children, come join our play group Thursday mornings in the company of peers! Indoor play equipment, bounce house, arts & crafts & use of the indoor walking track with child in stroller.

Time: 9 - 11am (Th)

Location: DCCSC

Cost: \$3.00/child

No Toddler Time 6/1 - 8/3

YOUTH



Summer Adventure Camp

Grades: 1 - 6 (ages 5 - 12)

Age 5 must have already attended a year of Kindergarten.

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

Time: 7am - 6pm

Location: TBA

(M - F) 6/12 - 8/10

**\$26/day, Sibling discount \$3/day

No Camp Tuesday, 7/4

*** Some trips cost more due to trip destination, check weekly schedule for more information*

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. 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. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. A current 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. **2017/2018 school year registration will begin on Monday, July 17.**

TEEN/ADULTS

Teen Nights at the Gym

Grades: 7-10

Spend the evening playing basketball, volleyball, ping pong and 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 with consent form

30-Hour Classroom Driving Education Training

Ages: 15 & up

Instructor: Chuck Ayers

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

Time: 8:30am - 4:30pm

Location: DCCSC

(M - Th) 6/12 - 6/15

\$50

(M - Th) 7/17 - 7/20

\$50

(M - Th) 8/7 - 8/10

\$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

Time: 7 - 8pm

Location: DCFG

(W) 6/21 - 7/26

\$80

(W) 8/2 - 9/6

\$80

Filipino Arnis

Ages: 13 & up

Instructor: Diane Ortenzio-Cooling

Arnis is the martial art of the Philippines, it emphasizes defenses with sticks, knives, and other improvised weapons, as well as empty hand applications. You do not need to be in great shape to start, and it is a great supplement to any other martial art in which you might train.

Time: 6:45 - 7:45pm

Location: DCCSC

(Th) 5/4 - 5/25

\$36

(Th) 6/1 - 6/8

\$18

\$15/Drop-in



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

Location: DCCSC

(Th) 5/4 - 5/25

\$32

(Th) 6/1 - 6/29

\$40

(Th) 7/6 - 7/27

\$32

(Th) 8/3 - 8/31

\$40

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

Okinawan Weapons

Ages: 15 & up

Instructor: Diane Ortenzio-Cooling

We will be training and working with two of the traditional weapons of the Okinawan islands; the 6-foot staff (bo) and the pronged baton (sai). Beginning with the fundamentals, students will progress to the detailed movement patterns known as "kata" that define the underlying concepts of movement and defense. The concepts translate to the use of everyday household items for self-defense. After the first month, a class T-shirt is required (\$15) payable to the instructor.

Time: 7:45 - 8:45pm

Location: DCCSC

(Th) 5/4 - 5/25

\$36

(Th) 6/1 - 6/8

\$18

\$15/Drop-in

VALLEY CLASS LOCATION CODES

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

ADULTS

Beginner's Tai-Chi

Ages: Adults **Instructor:** Earl Mussett
 Tai-Chi is a soft martial art, or exercise form, which originated in China thousands of years ago. In this class, we will warm up; do the fiveanimal 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) 5/6 - 5/27 \$5
 (Sa) 6/3 - 6/24 \$5
 (Sa) 7/1 - 7/29 \$5
 (Sa) 8/5 - 8/26 \$5

L.E.A.N Start

Ages: Adults **Instructor:** Melissa Bisera
 Join us for this workshop geared for parents and caregivers of children ages 3-12. We will explore the four pillars of health including Lifestyle, Exercise, Attitude and Nutrition while uncovering simple ways of eating, how to set your child up for a successful day at school, fats you want your kids to eat, how food choices affect behavior and mood and more! Classes are interactive and include a workbook and snack.

Time: 6-Week Session **Location:** DCCSC
 (W) 5/24 - 6/28 6-7pm \$169
Time: 3-Week Session
 (Th) 8/2 - 8/16 6-8pm \$115

L.E.A.N Essentials

Ages: Adults **Instructor:** Melissa Bisera
 Not able to attend LEAN Start sessions? Join us for this consolidated two hour workshop that is a jump start for the LEAN Start program. We will explore the four pillars of health: Lifestyle, Exercise, Attitude and Nutrition and how each area contributes to optimal health for your family. This workshop is interactive and includes a workbook and snack.

Time: 6-8pm **Location:** DCCSC
 (T) 8/8



Essential Oils 101

Ages: Adults **Instructor:** Charlotte Weaver
 Essential Oils can be an important part of a holistic anti-aging lifestyle. This back to the future approach to health works with a proper diet, exercise and sleep habits. Class participants will receive a magazine full of important information.

Time: 1pm **Location:** DCCSC
 (T) 5/9 \$10
 (M) 6/5 \$10
 (T) 7/11 \$10
 (T) 8/8 \$10



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) 5/1 - 5/26 **Cost:** \$35/couple
 (M, F) 6/5 - 6/30 \$25/singles
 (M, F) 7/3 - 7/28
 (M, F) 8/4 - 8/28

Pizza at Home

Ages: Adults **Instructor:** Donnie Hopkins
 The student will learn how to create high quality pizza shop 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: (T) 1pm **Location:** DCCSC
 5/9, 6/13, 7/11, or 8/8 **Cost:** \$25/class
 (W) 6pm \$40/couple/class
 5/24, 6/21, 7/26 or 8/23

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: Firearms safety, handgun, ammo and holster selection, nomenclature and operation, stances, and Nevada State Laws on firearms. The course will conclude with live-fire drills at the range, and certificates will be given to successful participants. Students will need: One handgun, 100 rounds of FACTORY ammo, hearing and eye protection and a baseball style hat for the range. Students will need to bring their own UNLOADED handguns to class.

Time: (W/F) 5:30 - 9pm **Location:** DCCSC
 (Sa) 8 - 11am **Location:** DCSR
 (W/F) 6/21 & 6/23, (Sat) 6/24
 (W/F) 7/19 & 7/21, (Sat) 7/22
 (W/F) 8/16 & 8/18, (Sat) 8/19

Cost: \$90, spouses are ½ 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?
 Are you interested in teaching a class or program?
 If so call 775-782-5500 Ext. 1

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

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

Family Walking Track Time

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

Zumba

Ages: 13 & up **Instructors:** Anita Whiteley
 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!

Days/Times: (M) 9am **Location:** DCCSC
 (T) 9am & 5:30pm
 (W) 7pm
 (Th) 9am & 5:30pm
 (Sa) 9am

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

**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

Days/Time: (M) 5:30pm **Location:** DCCSC
 (W) 10am

Cost: \$5 Drop-In or \$30/8 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 form our busy lifestyles. Classic relaxation music accompanies class to unplug and unwind. Bring a yoga mat.

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

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

Note: punch cards expire at the end of each month

NEW Indoor Cycling Class

Ages: Adult **Instructors:** Mary Merry, Orlando Sanchez & 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.

Days/Time: (M, W, F) 6:15am **Location:** DCCSC
 (T, Th) 9am, 12 noon, 5:30pm **Cost:** \$5/drop-in
 (Sa) 9am



Kettlebell Conditioning

Ages: Adults **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.

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

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

**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!

Days/Time: (M) 6:30pm **Location:** DCCSC
 (W) 9am

Cost: Drop-in \$5 or \$20/5 class 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.

Days/Time: (M - Sa) 9:00am **Location:** DCCSC
 (T - Th) 5:30pm

Cost: Drop-in Fee is \$12 per class to instructor. You can also sign up for unlimited classes. See instructor for details. 775-690-9998, jazzercisegardnerville@gmail.com

YOUTH SPORTS

Youth Sports Organization

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

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

Youth NFL Flag Football

Grades: 1 -12

Registration: \$80 early (May 15th- July 10th)
\$90 regular (July 11th - Full)

Divisions: 1st-2nd grade Coed
3rd-4th grade Coed
5th-6th grade Coed
7th-8th grade Coed

League season: July 27th - October 21st

Includes end of the season tournament Teams selected through a draft format

**A parent permission slip & online NFL registration slip must be completed registration*

Coaches Sought for Youth NFL Flag Football Program

Our NFL flag football program will require 40 +. Volunteer coaches to make this program successful. DCPR Coach Application & Background checks are required for all coaches in the following

1st-2nd grade	Div-1 = 6-8 coaches
3rd-4th grade	Div-2 = 10-12 coaches
5th-6th grade	Div-3 = 8-10 coaches
7th-8th grade	Div-4 = 6-8 coaches

Important dates: July 27th and 28th Pre-draft preview
July 31st and Aug 1st Draft
Aug 19th Scrimmages
Aug 26th - Oct 12th Regular season
October 14th & 21st Playoffs

Volleyball Beginner Skills Classes

Grades: 3 - 6

Instructor: Dan Hannah

For players who have limited experience with volleyball and/or want to improve their volleyball skills. Class will concentrate on the fundamental skills of the sport including passing (finger & forearm), serving, setting, basic positioning, basic rules and movements. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play. Bring knee-pads, court shoes and wear sport-appropriate clothes.

Time: 8 - 10am

Location: DCCSC

(M - Th) 7/10 - 7/13

\$50

(M - Th) 7/31 - 8/3

\$50

Volleyball Intermediate Skills Classes

Grades: 6 - 7

Instructor: Dan Hannah

For players who wish to improve their volleyball skills. Class will concentrate on the fundamental skills of the sport including passing (finger & forearm), serving (underhand and overhand), setting, hitting, positioning, rules and movements. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play. Bring knee-pads, court shoes and wear sport-appropriate clothes.

Time: 10:30am - 12:30pm

Location: DCCSC

(M - Th) 7/10 - 7/13

\$80

(M - Th) 7/31 - 8/3

\$80

Volleyball Advanced Skills Classes

Grades: 7 - 8

Instructor: Dan Hannah

For players with previous competitive experience in volleyball (middle school or club) who wish play volleyball at an advance level. This class will be focused on training for Middle School girls' volleyball team try-outs in December. Class will concentrate on the fundamental skills of the sport including passing (finger & forearm), serving, setting, spiking, advanced basic positioning/switching/rotations, rules and movements. Training will include lecture, demonstration, hands-on practice with direction, some photographic analysis, and game play. Bring knee-pads, court shoes and wear sport-appropriate clothes.

Time: 1pm - 3pm

Location: DCCSC

(M - Th) 7/10 - 7/13

\$100

(M - Th) 7/31 - 8/3

\$100

All Skills Volleyball Clinic

Ages: 7 - 18

Instructors: NNJ Coaches

Great for players familiar with the game or just starting out, Northern Nevada Juniors' Skills Clinics offer instruction on the basics through advanced concepts of the game. NNJ's highly qualified club coaches and older NNJ players teach the skills of passing, setting, serving and hitting using technical skill progressions in a fun, yet disciplined atmosphere. Bring a water bottle, knee-pads, court shoes and wear sport-appropriate clothes.

Time: 4 - 5:30pm (ages 7 - 11)

Location: DCCSC

5:30 - 7pm (ages 12 - 18)

(M/W) 6/12 - 6/28

\$99

(M/W) 7/10 - 7/26

\$99

(M/W) 8/7 - 8/23

\$99

2 day Clinics

Time: 9 - 12 Noon (Ages 7 - 18)

Location: DCCSC

(M/W) 6/19 - 6/21

\$99

(M/W) 7/17 - 7/19

\$99

YOUTH SPORTS

Girls Youth Basketball League

Grades: 3 – 8

The youth girls' basketball league is offered for beginning to advanced players, emphasizing skill development and fun Competition. Participants will be assigned to a team through a draft system. Games will be held one day each week with at least one planned practice each week at a Gym facility in the area.

League Season: Sept 25th – The week of December 22nd

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

Cost: Includes t-shirt, awards and officials

Registration: Early Registration Aug 1st – Sept 4th
Regular Registration Sept 4th – Full

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

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

1st/2nd Grade Coed Introduction to Basketball

This camp is designed to introduce children to the sport of basketball, and prepare them for league play that will begin in December. Kids will be playing on 76 inch rims. Practices and scrimmages will be held two times a week from November 1 to November 21 (total of six practices) Kids will be grouped according to skill level, attitude and knowledge. Volunteers will assist as coaches and officials. We will practice fundamental basketball skills in a camp style format. Members will then be eligible to register for league play.

Registration: Begins September 1- -until full

Cost: \$50

MEFIYI Summer Sports Bash

Grades: 1 - 5

MEFIYI (Me-for-Incredible-Youth, Inc.) Summer Sports Bash will provide weekly clinics for 1st to 5th grader who enjoy or want to learn skills and drills in basketball, volleyball, speed-track, football, tennis, soccer. Camps will focus on the fundamentals associated with each sport. Our goal is to give athletes an opportunity to introduce and maintain their interest in sports. Athletes must bring a snack or sack lunch and water bottle. Camp Director is JoJo Townsell and local DHS coaches and players. To register, contact Douglas County Parks & Recreation, (775)-782-9828 or email mefyirewards@gmail.com

Time: 9 - 11am

Camp Dates: Tuesday & Thursday
Soccer 6/27 - 6/29
Football 7/11 - 7/20
Tennis 7/18 - 7/20
Basketball 7/25 - 7/27
Volleyball 8/1 - 8/3
Track 8/8 - 8/10

Location: DCCSC/LP

Cost: \$20/Camp
\$100/ 6 Camps
includes camp T-shirt

9th Annual Carson Valley Days Grass Volleyball Tournament

Games will be played at Lampe Park, field 1 in Gardnerville. Sign in at 8am, games go 9am - 6pm. Player should bring food, water, shelter, seating and volleyball. Space and team numbers permitting, some division may be voluntarily divided by skill levels.

Divisions: Adult Open (16 & older) 4 vs 4 **Location:** LP
Women's (16 & older) 4 vs 4
Youth (Grades 5/6, 7/8 & High School) 6 vs 6

Date: (Su) 6/11

Cost: \$60/per adult team
\$30/per youth team

ADULT SPORTS

Adult "Over 30" Fall Basketball League

Ages: 30+

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

Time: 9am - 3pm

Location: DCCSC

Registration: Early: \$550 7/14 - 8/15
\$600 after 8/15

Registration Deadline: 9/3

Season: (F) Starts Sept. 10th

Managers Meeting: A managers meeting will be held at the DCCC prior to the season. Manager's attendance is mandatory. Date TBA

Adult "Open" Soccer League

Ages: 18+

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 20 players are allowed to a roster. Each team will play 8 regular season games. Top 8 teams will advance to the post-season single elimination tournament. Awards will be given for tournament play only. Game times will vary. Games will be on Sundays

Time: 9am - 2pm

Location: ARP

Registration: Early: \$550 7/1-8/15
\$600 after 8/15

Registration Deadline: 8/25/17

Season: (Sun) Starts Sunday August 27th

Managers Meeting: A managers meeting will be held prior to the Season. Manager's attendance is mandatory Date: TBD

Adult Softball Leagues

Ages: 18+

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 20 players are allowed to a roster. Each team will play 8 regular season games. Top 8 teams will advance to the post-season single elimination tournament. Awards will be given for tournament play only. Game times will vary.

Time: 6:30 - 7:45 - 9pm

Location: LP

Registration: Early: \$475 6/1- 7/14
\$525 after 7/14

Leagues: (T) Men's League (all levels) Competitive
(W) Men's League (all levels) Recreational
(Th) Coed League (all levels) Open

Registration Deadline: 7/24/16

Season: Starts week of July 31st

Managers Meeting: A managers meeting will be held prior to the Season at the DCCC. Manager's attendance is mandatory. Date TBD

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

All leagues Sign up Information
Forms • Schedules • Rule
Up to Date League Results • Tournament Brackets
Championship Photos

ADULT SPORTS

CV Table Tennis Club

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

Times: Mondays: 7 - 9pm
 Fridays: 6 - 9pm
 Saturdays: 12:30 - 2:30pm

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.**

Pickle Ball

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

Shuffleboard

Fun for everyone! Floor shuffleboard, is a game in which players use cues to push weighted discs, sending them gliding down a narrow and elongated court, with the purpose of having them come to rest within a marked scoring area. **Free to members or \$5/\$7 drop-in fee.**

WANTED OFFICIALS & REFEREES

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

SPECIAL EVENTS

July is Parks & Recreation Month

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



Archery Tag

Grades: 6th - Adults

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) 5/20
 (Sa) 6/17
 (Sa) 7/22
 (Sa) 8/26

Location: DCCSC

Cost: \$7/adults
 \$5/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. Pizza and refreshments will be available to purchase. Bring your own skates (no metal wheels) or rent a pair from us. Sizes are limited.

Time: 6 - 8pm
 (Sa) 5/13
 (Sa) 6/3
 (Sa) 7/15
 (Sa) 8/12

Location: DCCSC

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

Summer Roller Skating & Archery Tag Days

Day sessions coming this summer! Dates and time will be posted on our Facebook page and flyers will be posted at the community center.

BIRTHDAY PARTIES

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 1½ hours, bounce house, party room, kitchen, tables & chairs \$150

Roller Skate Party- Includes skating for 1½ hours, skates, party room, kitchen, tables & chairs \$150

Court Party- Choose basketball, volleyball racquetball, pickle ball, badminton for 1½ hours, party room, kitchen, tables & chairs \$125

Archery Tag Party - ages 12 & up- Includes Archery Tag Equipment for 1½ 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

SPECIAL EVENTS



FARMERS MARKET May 17th – September 13th 9am - 1pm

Wednesdays

“The Sierra Chef Farmers Market runs May 17th through September 13th, every Wednesday from 9:00am to 1:00pm. We have over 35 vendors featuring fresh beef & fish, fruits & vegetables both standard and Organic, olive & other specialty oils, custom spices, fresh eggs, cheese, pastas, specialty food items, bakery items, gardening products, imported linens, fresh flowers, micro greens & herbs, handmade soap & personal products, fresh salsas, chips & dips, nuts & popcorn, local honey, cooking demonstrations and so much more! Please visit www.SierraChef.com



Location: LP

COMMUNITY

28th Annual Kids' Fishing Derby

Ages: 3 - 12

This year's Kids' Fishing Derby will be held on June 3rd & 4th, 2017 at Lampe Park. For all kids ages 3 - 12. Tickets are free; however you must pre-register to receive a free session ticket. Derby hats, t-shirts and other resale items will be available for purchase. Raffle tickets are available for \$1 each or 6 for \$5. Grand prizes this year include a Mad Dog scooter, a kid-size quad and a \$300.00 gift card from the Sportsmans Warehouse. Registration will begin on April 1st and will continue daily through May. Registration will be on Saturdays from 10am to 1pm at Walgreens in Gardnerville. Registration will also be available at Accolades Trophies 1532 Hwy 395 N #10 in Gardnerville beginning 1 April and during business hours.

Registration Forms will also be available at the Community Center:

Monday - Friday, 6am - 9pm
Saturdays, 8am - 8pm
Sundays 10am - 3pm

For more information, contact Heather Gertsch: 775-684-9018, heather_gertsch@yahoo.com, or email KFDVolunteers@aol.com.

Fishing Derby Volunteers

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

Volunteer Meeting Dates Lampe Park Pavilion

(Lampe Park Pavilion)		
Wednesday	May 24	6pm
Saturday	May 27	10am
Wednesday	May 31	6pm

River Help Training Dates

(Lampe Park Pavilion)		
Wednesday	May 24	after volunteer meeting
Saturday	May 27	after volunteer meeting
Wednesday	May 31	after volunteer meeting

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

COMMUNITY

3rd Annual Carson Valley Days 3 on 3 Basketball Tournament

3 on 3 Basketball Tournament for youth, adults, family and seniors. Tournament will feature female and male divisions. Players may register for more than one division. Participants under the age of 18 must have a parent complete a permission form.

- Divisions:** Adult - 18 years & older
High School - Grades 9th-12th grade
Middle School - 6th-8th grade
Youth - 1st-5th grade
Family Division - An opportunity to play with entire family.
Coed Division - Available for all groups (must have at least one female on team)
*Up to 4 players per team

Date: (Sa) 6/10 **Cost:** \$45/3 player team \$60/4 player team
Time: 1:30 pm - registration after (Carson Valley Days Parade)
2:00 pm tournament start

T-shirt included and must be ordered by May 25th to receive requested size

Location: DCCSC.

To register or for more information, contact Douglas County Parks & Recreation, (775)-782-5500 ext. 1

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



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.

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!



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.

Carson Valley Adult Day Club is OPEN!

Our trained staff are excited to be providing respite to those selfless caregivers who go out of their way each day for their loved ones. We are utilizing the Community and Senior Center for some of our everyday activities. Please pick up a calendar at the front counter for someone who just needs a little extra TLC. Then give us a call at 775-782-5500, option 9 to talk about setting up for your visit!

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

Douglas County Adult Education

Interested in getting your High School Diploma? Or High School Certificate? We offer Adult Diplomas and High School Equivalency (formerly GED). Open enrollment starts August 15, 2016. We are located as ASPIRE Academy High School/WNC Douglas Campus, 1680 Bently Parkway S. For more information call 775-392-1475. You can also visit our website at douglasadulted.weebly.com/ Mon. and Wed. 5pm-8pm (when DCSD is in session)



Main Library Story Time

Story times*: **Toddler Story time**, ages 18 mos. to 3 years

Tuesdays and Wednesdays at 10:30 a.m.

Preschool Story time, Ages 3 to 5 years

Tuesdays at 11:15 a.m.

*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

Carson Valley Arts Council Concert Series 2017



The Bills

May 5, 2017

CVIC Hall, Minden

Advance tickets \$24 and \$28 at door

Under age 18 FREE

Strings, bellows, keys, voices, skin and bows – these are the vehicles for The Bills' unique sonic approach. With individual band members sporting world-class credentials in folk/roots, jazz, classical and world music, The Bills truly are a Canadian acoustic music super-group, and their combined creative studio talent and explosive live shows have made them legendary folk/roots entertainers. Hear them online www.thebills.ca

Become a Friend of CVAC and SAVE!

Season tickets - Friends \$75 • General Public \$100 (\$110-135 value)

"Pick 3" Pack - Friends \$50 • General Public \$65 (\$70-84 value)

To purchase individual tickets or packages: Call 775-782-8207 or online: www.cvartscouncil.com or at the CVAC office.

Individual concert tickets are available during business hours at the Douglas County Community Center, 1329 Waterloo Lane, Gardnerville. Advance ticket prices are available till noon on concert date.

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

Douglas County Parks & Recreation Department's 2017 GE Family Concert Series

Co-sponsored by Town of Minden & Carson Valley Inn

Concert are held at Minden Park from 6:00 – 8:00 pm

May 26

Garratt Wilkin & the Parrotheads

Co-sponsored by: **Arrowhead Dental**

"Garratt Wilkin & the Parrotheads" are experiencing an expanding popularity while headlining fairs and festivals in not only his own hometown of Placerville, California, but throughout all of the Western United States, including Alaska and Hawaii, and as far away as Florida, Texas, Vermont, Delaware, Massachusetts, Connecticut and Nashville, Tennessee. Garratt and his band have been billed as the #1 Jimmy Buffett tribute band. Garratt says, "Traveling with 'The Parrotheads' is a great way to meet Jimmy Buffett fans and to make new 'Parrothead' friends. We get such a kick out of performing for fans that become just as much a part of the show as we are."



June 16

Hollywood Stones (A tribute to the Rolling Stones)

Co-sponsored by: **Carson Tahoe Health**

The ultra-cool Rolling Stones look & sound. The Hollywood Stones are a completely true live band. The same five piece line-up has worked closely together for over a dozen years at hundreds of gigs taking hardcore Rolling Stones fans by storm! Everyone raves about "That Killer Stones band from Hollywood!" Live shows are packed with street fighting stage attitude and full-tilt classic rock. The Hollywood Stones are a super-hot live band living all The Rolling Stones hits and cult favorites!



July 14

Peaceful Easy (A tribute to the Eagles)

Co-sponsored by: **AVK Company**

Chris Farmer has spent the last 7 years touring with Timothy B. Schmit, bass player and singer with the world famous Eagles band. Timothy and his group, with Farmer on board as keyboardist, bassist, tuba player, vocalist and assistant road manager, has toured America and Europe performing classic Eagles songs and supporting Schmit's latest solo CD. Before his current stint with Timothy, Farmer spent 12 years on the road with the Beach Boys, singing and playing their well-known vocal pop gems. An expert harmony singer and instrumentalist, Farmer knows how to accurately re-create these classic Eagles tunes. With his group, A Peaceful Easy Eagles Tribute, Eagles hits like "Hotel California", "Take it Easy", "Peaceful Easy Feeling", "Heartache Tonight", and "Desperado" are performed with the help of his list of first rate, top notch players and singers, many who have performed with famous music groups and national artists of the era.



August 4

Mumbo Gumbo

Co-sponsored by: **Starbucks Roasting Plant**

"Mumbo Gumbo blends many genres, from rock to soul, from pop to lush balladry, zydeco to country, into a celebratory, danceable noise. Over nearly 20 years, on the septet's eight albums and during countless gigs around their native Northern California, Mumbo Gumbo has created something that is less a specific style than a particular feeling, the sound of sheer joy."



August 25

Rad Moon Rising (A tribute to Creedence Clearwater Revival)

Co-sponsored by: **Rejuvenate Salon**

Rad Moon Rising has been performing the sight and sounds of Creedence Clearwater Revival for over 6 years. Our mission is to satisfy a thirst for the basic rock and roll needs that can't be filled by today's music. If we are in an intimate club of 100 or at a re-creation of the original Woodstock Festival from 1969 in front of a crowd of over 5,000 CCR fans, Rad Moon Rising delivers a show that brings you back to those days.



All Concerts are from 6:00 to 8:00pm. All concerts are free of charge due to the generous contributions of local businesses and organization.

THANKS TO OUR OTHER SPONSORS

GE Energy, Town of Minden, Carson Valley Inn & Casino, Arrowhead Dental Center, Carson Tahoe Health, AVK Company, Starbucks, Rejuvenate Salon, Town of Minden, Nu-Systems, Inc., Sierra NV Ear, Nose, Throat, Airport Road Storage, Gardnerville Health & Rehab, Grand Prix Express Car Wash, Guild Mortgage, Sullivan Law, Carson Valley Chamber of Commerce, Keigh Cox Design, and B. Jane Lommell, CPA

Food will be available to purchase by the Elk's Club #2670 and Kiwanis Club of Carson Valley

ACTIVE ADULTS

Douglas County Senior Services

1329 Waterloo Lane, Gardnerville, 783-6455

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

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 - 2pm	Location: DCCSC
(Th) 5/4 - 5/25	\$40
(Th) 6/1 - 6/29	\$40
(Th) 7/6 - 7/27	\$40
(Th) 8/3 - 8/31	\$40

Broadway Jazz Dance Class

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 - 11am	Location: DCCSC
(Th) 5/4 - 5/25	\$40
(Th) 6/1 - 6/29	\$40
(Th) 7/6 - 7/27	\$40
(Th) 8/3 - 8/31	\$40

Meals on Wheels

All Seniors 60 years & 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 is \$3.00 per meal.

UPCOMING EVENTS & TRIPS

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

Join us on our upcoming events & trips:

- 5/20 – Cinderella Trip
- 5/25 – Sparks Outlet Trip
- 6/15 – Summit Mall Trip
- 6/22 – Thunderbird Lodge Trip
- 7/13 – Meadow Wood Mall Trip
- 7/20 – Van Gogh & Vino Trip
- 8/10 – Folsom Outlet Trip

Douglas County Dial-A-Ride Service

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

Call the Tahoe-Douglas Senior Dial-A-Ride at 775-783-6456. 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.**

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 per hour.

Senior Center Volunteers

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

Congregate Dining

The Douglas County Senior Center serves lunch Monday – Friday at 12 Noon. 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, lunch is \$7.00, with the exception for caregivers (\$5.00).

Topaz Congregate Dining

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

North County Congregate Dining

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

AARP Driver Safety Course

Instructor: Dennis Hogan
This one day 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, 775-783-6455. The fee is \$15 for AARP members and \$20 for non-members, payable upon arriving at the class. To receive the discounted rate, AARP members must bring their membership cards with them on the day of the class.

Time: 8:30am to 1pm **Location:** SC
Date: May 20

ACTIVE ADULTS



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 support activities and programs for the senior community. Although games are played at the Senior Center, Bingo is open to everyone over 21 years of age. For more information contact the Senior Center at 775-783-6455.

Young at Heart (YAH)

Young at Heart is a non-profit 5013c organization that has been in service for forty years. Our membership has grown significantly over the years and in now over 700+ members. The Young at Heart is the fund raising arm for the 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 – the 2014-2015 year served over 31,000 bowls of soup. In addition, we work to add more activities and fundraising events each year. Our membership dues are \$5.00 per calendar year and are open to 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.

YAH Gift Shop

Young at Heart sponsors a gift shop located in the Senior Center lobby. It is open from 10am – 2pm Monday through Friday. All items are hand-made and range from jewelry to clothing to home decorations. A portion of the proceeds benefit Young at Heart. To shop or to sell your own items, come in to the Senior Center during Gift Shop hours and check us out. For more info, call 775-783-6455.

LIFE OPTIONS ACTIVITIES

“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 lives. This group is geared towards helping you through the process of acceptance, regaining balance and eventually moving on with life.

Senior Resistance Exercise

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

Senior Walking Group & Pickle Ball

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

Sight Impaired Support Group

Meets every 1st Thursday of the month, 10:30 – 11:30am at the Douglas County Senior & Community Center in the Carson Valley Medical Resource Conference Room. They offer information and support to those with vision challenges, discuss topics of interest and devices that are available to assist those with sight impairment and blindness. For more information, please call the Douglas County Senior Center at 775-783-6455.

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. The group will meet on the 3rd Thursday of each month at 1:00pm in the Ceramics Room at the Senior Center. For more information, contact Imelda at 209-918-3692.

Therapy That Makes Sense

Lileo T. Sunderland, M.F.T.

- Marriage • Family
- Individual Counseling

Licensed in Nevada and California

775-783-1136

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



Lileo Sunderland
M.F.T.

LIFE OPTIONS ACTIVITIES

Dementia & Alzheimer's Support Group

This group meets every 3rd Wednesday, 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 at 775-783-6455. The group will focus on helping caregivers of loved ones stricken with dementia and address various issues associated with the progression of dementia and Alzheimer's and it's affects.

Diabetes Support Group

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

Senior Arts and Crafts

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

Creativity through Knitting, Crocheting & Needle Point

Do you enjoy knitting, crocheting and/or needle point? Come join the group and get tips and support for our projects. The group meets 9:00am – 12 noon 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 775-783-7278.

Ceramics

The Senior Center has a Ceramics room that is open to all seniors Tuesday and Fridays from 9:00am – 3:00pm. Stop by to see Esther and Alice or call the center for more information: 775-783-6455.

Anytime Fitness 24/7 Fitness Club!

Ages: 60 & up

Anytime Fitness is Minden/Gardnerville's only fitness club open 24 hours a day and 365 days a 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, fitness studio and offer **FREE HOT YOGA**, free senior stretch & 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

Pulse Fitness

Ages: 60 & up

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 our health from our various fitness programs for just \$24.00 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, for seniors there is no Enrollment Fee and a one time \$29 Processing Fee. For more information contact Pulse Fitness at 775-782-2705 and ask about a senior membership. A one year commitment is required.

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

CrossFit Carson Valley Silver Group

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

Classes are Monday, Wednesday & Fridays at 9:00am.
CALL TODAY TO TRY YOUR FIRST THREE CLASSES FREE!
Industrial Court, Ste #B, Gardnerville, NV 89410
775-782-0109 • info@crossfitcarsonvalley.com

NEW & USED FURNITURE AND HOME DÉCOR

Artwork, Collectors Items & Antiques

Stop in often. New inventory almost daily.
We love browsers!

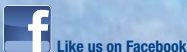


Penny Lane
Consignment
Furniture and Home Décor

1236 Baltic Avenue, Gardnerville
(on Hwy 395 between Walmart and Ahern)
www.pennylaneconsignmentnv.com

775.392.1222

Locally owned and operated



GYM ORIENTATION AT DCCSC



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

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

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

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

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



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

PROM SURVIVAL KIT

REMEMBER:

There are **NO** excuses for driving under the influence.

Drive Safe.

Designate a Driver.



#DidyouknowDD

#DidyouknowDUI

CARSON VALLEY SWIM CENTER

PRICING AND PASSES

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

Multi-use Passes Available

Month • 3 Month • Annual

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

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



POOL SCHEDULE

Adult Swim	
Mon - Th	5:30am - 7:30pm
Fri	5:30am - 8:30pm
Sat/Sun	7:30am - 6:00pm
Public Swim	
Mon - Th	9:00am - 7:30pm
Fri	9:00am - 8:30pm
Sat/Sun	11:00am - 6:00pm
Therapy Pool (Adults, Seniors, Disabled Only)	
Daily	Opening - 2:00pm
(Youth 6 and under with adult in water)	
Daily	2:00pm - Close
Toys	
Daily	11:00am - Close
Water Slides	
Mon - Th	11:30am - 4:00pm
Fri	11:30am - 3:30 pm / 5:30pm - 8:30pm
Sat/Sun	11:00am - 6:00pm
Playtime in Pool	
Fri	3:30pm - 5:30pm
Climbing Wall	
Daily	Afternoons

Exercise Room

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

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

CLASSES

Youth Drop In Lessons
(Time depends on level)
Sat \$7/Lesson 9:30, 10:00, 10:30 am
Tues/Thur 4:00pm
4:30pm
5:00pm

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

Adult Drop In Lessons

Sat 10:00am \$7/Lesson

Parent/Child Drop In Lessons

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

Water Exercise Classes

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



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

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.cvs swim.com
1600 Hwy 88, Minden, NV • Open 7 Days a Week

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

Superintendent Message

Lauren Thomaselli

Recreation Superintendent

"We will reflect the National Treasure in which we live" ~ This is the vision statement for the City of South Lake Tahoe as we improve the built environment to align with the beauty of one of the most pristine alpine lakes in the world ~ Lake Tahoe. This summer the public is invited to participate in the final design plans for the new recreation and swim complex. The complex is expected to reflect mountain architecture and make use of the most high tech systems available for energy conservation and sustainability. The new facility will house a competition lap pool and a recreational pool complete with play features and a lazy river. A multi-court gymnasium to host tournament play and private gatherings will provide a year round event venue for residents and visitors to South Lake Tahoe. Ground breaking is targeted for 2018 and completion in 2020/21. Pictures of the project will be on display at the current Recreation and Swim Complex as we progress to construction.

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 recreational opportunities in and around the South Lake Tahoe area. South Tahoe Adventure Recreation Camp (STAR Camp) is a great place to spend the day for youth between 6 and 12 years old. The camp motto is "no child left inside". Daily adventures include biking, hiking, swimming, and archery. Historical, cultural and environmental education elements are also incorporated into daily activities. The goal of camp is to instill a love of the outdoors and respect for the environment through authentic recreation experiences in Lake Tahoe. Sign up for STAR Camp by visiting our website or call the Recreation Services Department directly at 530-542-6056.

On behalf of the City of South Lake Tahoe Recreation Services Team we look forward to continuing to enhance the outdoor experience through unique programs and improve our facilities to reflect the National Treasure in which we live.

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

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

Please register early. Space is limited.

FACILITY RENTALS

Do you need an event space?

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

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

FITNESS CLASSES



Jazzercise

Ages: All

Location: South Lake Tahoe Recreation and Swim Complex

For days and times go to 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 or call 530-721-0216

To register online:
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

CLASSES IN YANG STYLE T'AI CHI CH'UAN



Training for all ages to improve strength, flexibility, mental concentration and awareness and physical relaxation. In this Beginning Level Class Students will learn a complete warm-up practice and a simplified (Introductory) practice of T'ai Chi Chuan.

Ages: The Art T'ai Chi Ch'uan may be practiced by students of all ages.

Time: Wednesday's Beginning April 19th from 5:00 - 6:30 pm

Location: Recreation & Swim Complex Aspen Room 1180 Rufus Allen Blvd.

Cost: \$80 for 8 week class

Registration: www.cslt.siplay.com or in person at the Recreation Complex.

About the Instructor: Gregory Hoffman, has been teaching T'ai Chi Ch'uan for over 30 years all around the world. To learn more contact Gregory 310-614-3835.



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

or call 530-544-0202
To register online:
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

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.

"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.



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 Driver Safety Program**
Thursdays 8:30am-4:30pm
May 11 - September 7

NEW! BIJOU BIKE PARK



Location: 1201 Al Tahoe Boulevard
Gazebo Rentals: 530-542-6058
General Information: 530-542-6056

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

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



NEW! NeXt GENERATION BICYCLE SKILLS CLINICS



Photo by David Clock

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

JUNIOR GIANTS PROGRAM



Junior Giants is a FREE non-competitive co-ed baseball league designed to teach character development through the game of baseball. This program is available to youth ages 5-12 years old. The program is eight weeks long beginning June 12th. Registration begins April 15. Register at JRGiants.org or to find out more information please contact 530-542-6056.

SOUTH LAKE TAHOE ICE ARENA



Location: 1176 Rufus Allen Blvd.
General Information:
 530-544-RINK (7465)
www.tahoearena.com

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

BONANZA PARK



Location: 1209 Bonanza Avenue
General Information: 530-542-6056

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

Summer begins with Star Camp

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

Spring into Summer Kick Off Party!

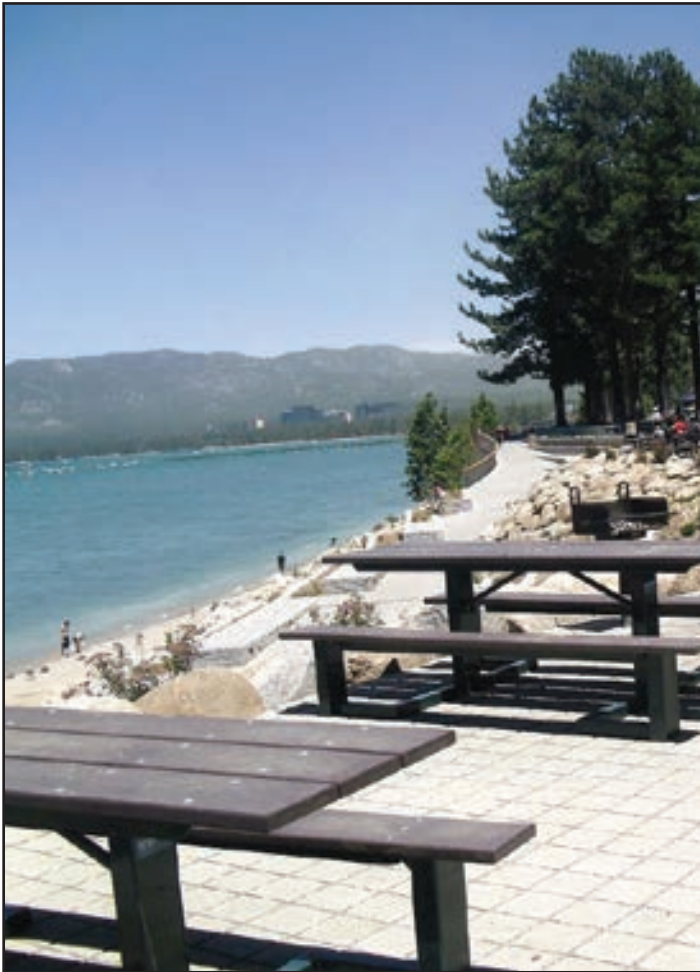
WHEN: Saturday, June 3, 2017 from 10am to 2pm

WHAT:

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

WHERE: Recreation and Swim Complex
 1180 Rufus Allen Blvd.

LAKEVIEW COMMONS



Location: El Dorado Beach
1004 Lakeview Avenue

General Information: 530-542-6056

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

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



REGAN BEACH & REGAN BEACH WEST

Location: 3199 Sacramento Avenue

General Information: 530-542-6056

Reserve: 530-542-6058

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

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

BIJOU MUNICIPAL GOLF COURSE



Location: 3464 Fairway Avenue
General Information: 530-542-6997

Tahoe's oldest golf course, the Bijou is a nine-hole executive course. 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 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.



EXPLORE TAHOE: Urban Trailhead Visitor Center



Location: 4114 Lake Tahoe Blvd.

General Information: 530-542-4637

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

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

Visitor Center highlights include:

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

STATELINE TRANSIT CENTER

Location: 4114 Lake Tahoe Blvd.

General Information: 530-541-7149

www.tahoetransportation.org

Providing access to public transportation and complimentary ski shuttle services throughout South Lake Tahoe. Service to the Carson Valley and Minden/Gardnerville is also available. If you are traveling to or from the Carson Valley, Explore Tahoe is the location to make your valley connection. See Pages 36 & 37 for transit routes and times. Amtrak serves as a link between Lake Tahoe and the Sacramento Valley daily.

“Very helpful, informative, and educational.”

Derek, Portland, OR



ANNUAL EVENTS

Live at Lakeview Summer Music Series

Every Thursday, 4pm-8pm • Lakeview Commons
www.liveatlakeview.com

Spring into Summer Celebration

First Saturday in June • Recreation and Swim Complex
www.cityofslt.us/recreation

Lights on the Lake Fireworks

July 4 • (Lakeview Commons is an ideal viewing area!)
www.tahoessouth.com

South Lake Tahoe City Parade

For information visit www.cityofslt.us/4thofjulyparade

Sample the Sierra

September 16 • Bijou Community Park
www.samplethesierra.com

KAHLE COMMUNITY CENTER

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 and 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, or meeting? Whatever your needs we have pavilions and indoor facilities available. For more information, call Kahle Community Center at 775-586-7271



Recreation Center Hours

NOVEMBER - APRIL

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

MAY - OCTOBER

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

- Closed Most Holidays -

May 29, July 4 & September 4

Annual Maintenance Closure

Aug 30 - Sept 4 Building

Aug 30 - Sept 11 Classrooms & Gymnasium

WALK-IN REGISTRATION

Registration is accepted at Kahle Community Center
Monday through Friday 6am to 9pm and Saturday 8am to 6pm

MAIL-IN REGISTRATION

Kahle Community Center, P.O. 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 to (775)-586-7273.

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

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

Located at 236 Kingsbury Grade, Stateline, NV 89449

(775) 586-7271 • Fax (775) 586-7273

KAHLE CLASS LOCATION CODES

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

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
OPEN HOUSES:

Monday, April 24 4:30 – 6:30pm

Thursday, May 11 5:00 – 7:30pm

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 30 mos - 5 years
- Program Hours: 9am – 12 pm Monday-Friday
- 2 - 5 day programs: \$24 per day
- Non-refundable Registration Fee: \$100 new students, \$60 returning students
- Wait list and info call (775) 586-7271
- Effective September 2017, \$25 per day

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 5/2 – 5/16 **Cost:** \$3 per day

Kahle Play Camps

Ages: 3 and up **Instructors:** Kahle Staff

These themed camps are designed with the young camper in mind. They offer shorter hours, high teacher/child ratio and developmentally appropriate activities including art, games, nature walks and a weekly beach trip to Sand Harbor State Park where there are lifeguards. Play campers will need to bring a backpack with towel, hat, sunglasses, sack lunch with drink, water bottle and sunscreen, all labeled with their name each day. On Beach Day, campers need to wear swimsuit beneath their clothes or as part of their outfit. All camp days end with a popsicle. Registration begins Monday 5/8/17 at 9am. Completed registration packet is required upon sign-up. Registration packets available 4/24/17.

Time: 9am – 1pm **Location:** KCC

Outdoor Explore I - Ages 3 & Up

Mon – Thu 6/26-6/29 \$120

Pirates of Kahle Park

Mon – Thu 7/10-7/13 \$120

Rad Scientists

Mon – Thu 7/17-7/20 \$120

Forest Fairies

Mon – Thu 7/24-7/27 \$120

Outdoor Explore II - Ages 5 & Up

Mon – Thu 7/31-8/3 \$120

(Limit 15 children per camp)

Kahle Play Camps - Registration begins Monday 5/8/17

Birthday Parties

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

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

Library Summer Program

No registration required!

Ages: Family **Location:** Zephyr Cove Library

Time: 4 pm Wed 7/12/17 **Cost:** Free

Conservation Ambassadors Inc. Learn about conservation, connect to the wild world of animals and saving our planet. For more information call Zephyr Cove Library, 775-588-6411.

YOUTH SPORTS ORGANIZATIONS

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

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

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

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

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

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

YOUTH/TEEN

Leaders in Training

Ages: 12 – 17

Not old enough to get a real job yet? Are you looking for a way to make a difference in the community? Leaders in Training work under the guidance of Recreation Staff learning what it takes to be a successful leader. This program places volunteers in positions at various recreation sites including summer camp, preschool programs and special events being held at Kahle Community Center as well as other activities and programs. Pick up an application packet at KCC. **Return applications to Kahle Community Center by June 26.**

Teen Scene

Friday Night at Kahle Community Center

Grades: 6 - 12

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

Time: 6:30 - 9pm

(F) Continuous

*Free to pass holders

Location KCC

Drop-in \$5

YOUTH/TEEN

Game Time Basketball Camp With Coach Gil Llewellyn

Ages: 7-18, all ability levels (co-ed)

Learn from a dynamic, inspiring, experienced and caring coaching team as they return to Tahoe as part of their summer camp tour! Get better, have so much fun while getting ready for game time. **Early bird specials: (available on 3 and 4 full days only) Save \$30 if you register by May 25. Save \$20 if you register by June 25. Normal rates after June 25.** To register or for questions, please contact Coach Gil at (805)729-5539 or at gametimebasketballcamps.com. Walk-ins welcome.

Time: 9am - 3:30pm **Location** KCC
Mon - Thu 7/24-7/27

Cost: 4 days: \$195, 3 days: \$150, 2 days: \$100, 1 day: \$50, Half days \$30.

R.A.D. Camp

Recreation Adventure Days

Grades: 1 - 6

Engaging your child in creative, fun and challenging activities is the goal of our R.A.D. Camp. Activities include cooperative games, unique crafts activities, imaginative play and fun field trips. Fee includes transportation, admission costs and daily snacks. Camp is held Monday thru Friday. Registration begins Wednesday 5/17/17 at 9:00am. Completed registration packet is required at time of registration. (Limited enrollment)

Time: 7am- 6pm **Location** KCC
Monday - Friday 6/26 - 8/25* \$26/day, sibling discount \$3/day

*No camp 7/4

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

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
Wed 5/3 - 5/31 \$20
Wed 6/7 - 6/14 \$8
Wed 9/13 - 9/27 \$12

Drop-in \$8 per class

All Skills Volleyball Clinic

Ages: 7 - 18 yrs

Instructors: NNJ Coaches

Beginning & Advanced Sessions. Great for players familiar with the game or just starting out, Northern Nevada Juniors' Skills Clinics offer instruction on the basics through advanced concepts of the game for girls and boys. NNJ staff have a wide background of playing and coaching histories: high school, club, college and professionally; and, have coached at every level from tots to college. Coaches' commonality: sharing a passion for the game, developing confidence, social skills, teamwork and physical and mental strength. Technical Director Nathan Hallett ensures that training is consistent across all levels and ages. Staff will work tirelessly to provide the best volleyball experience!

Time: 9 - 12 noon **Location** KCC
Mon & Wed June 26 & 28 \$99

Time: 4 - 5:30pm **Location** KCC
Tue & Thurs June 13 - 29 \$99
Tue & Thurs July 11 - 27 \$99
Tue & Thurs Aug 8 - 24 \$99

Questions: call 775-355-8600 or email info@nnjvball.com

Students need to furnish their own knee pads and athletic wear

Fitness for Teens

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

Kid's Club Programs

Grades: K-6

Registration Begins August 1st

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

Kahle Community Center

Early birds 7:00am - 8:30am

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

Zephyr Cove Elementary School

Kids Club 3pm - 6pm \$6 per day*

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

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

Wednesday Morning Club

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
9/13, 10/11, 12/13 \$6 per day

ADULT

Dog Obedience

Instructor: Guy Yeaman

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

Time: 7 - 8pm **Location:** KCC
Thu 4/20 - 5/25 \$80
Thu 6/22 - 7/27 \$80
Thu 8/3 - 9/7 \$80

COMMUNITY

Wednesday Evening Farmers Market

The Wednesday Evening Farmers Market is returning to Kahle Community Park this May. The Market will be open for the 2017 Farmers Market Season every Wednesday 4:00 pm to 7:00 pm commencing May 24th. The Market will include vendors selling local and regional produce, meats, eggs, baked goods, plants, arts and crafts, prepared food, cooking demonstrations and more. For more information contact Lake Tahoe Markets at (775) 390-1203.

Community Blood Drive 2017

Date	Location	Time
Tuesday, May 23, 2017	TDFPD Station 23	12:00 - 5:30pm
Tuesday, Sept 12, 2017	TDFPD Station 23	12:00 - 5:30pm
Tuesday, Nov 14, 2017	TDFPD Station 23	12:00 - 5:30pm

To create an appointment, go online to BloodHero.com or call 775-588-3591

ADULT FITNESS



Pilates

Ages: 13 & up

Instructor: Rose Marie Ottman

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

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

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

Time: 10:15-11:30am

Location: KCC

Dates: Tuesday & Saturdays (ongoing*)

Cost: \$11/class

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

**No class 7/4, 9/2, 9/5, 9/9*



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

Mon 5:30pm

Cost: \$10/class

Tues & Thur 9:00am

Punch cards: 4/\$30 and 10/\$60. Unlimited Monthly Classes/\$70.00. Cards expire at the end of each month

**No class 5/29, 7/4, 8/30 - 9/11*

Yoga for Everyone

Instructor: Susan Glasson

This class will be taught to all levels. Asana (postures) and Pranayama (breath) will be the main focus during the class time. Some beginning 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: Tues 6:30 - 7:30pm

Location: KCC

Dates: Class through May 30th

Cost: \$5 drop in

Scholarship may be available in case of financial hardship

Personal Training

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

Yoga for Everybody on the Beach!

Instructor: Susan Glasson

Join us on the beach for an all levels yoga practice. This 13 session series will focus on pranayama (breath) and asana (postures) during each hour long class. Some basic yoga philosophy will be introduced in the sessions. These classes are suitable for both beginners and experienced practitioners. Bring a beach towel, water bottle and something warm to wear as the sun sets. Participants must register at Kahle Community Center prior to each class by phone or walk-in. There is a charge for parking, but free parking is available on the road for walking or bike entry.

Time: Tues 6:30 - 7:30pm

Location: Nevada Beach

Dates: 6/6 - 8/29*

Cost: \$5 drop in

**No class 7/4*



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 May 30*

Location: KCC

Mon, Wed, Fri, Sat 9am

Tues & Thu 5:30 pm

**Classes continues at 9am until May 30*

Date & Time: May 31 - September 9**

Mon, Wed, Fri, Sat 8:30am

Tues & Thu 5:30pm

***August 30 - September 11,*

All classes held in the gazebo

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

**No class 5/29, 7/4, 9/4*

Classes will be held outside in Pavillion when building is closed for annual cleaning August 30-September 14.

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

Wed 5/3 - 5/31

\$30

Wed 6/7 - 6/14

\$12

Wed 9/13 - 9/27

\$18

Drop in \$10 per class

MARTIAL ARTS

Philippine Stick Fighting Arnis

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

Time: 7:30 – 8:30pm **Location:** KCC
Wed 5/3 – 5/31 \$30
Wed 6/7 – 6/14 \$12
Wed 9/13 – 9/27 \$18

Drop in \$10 per class

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.

Adult 6-Man Flag Football League

Registration: Returning teams 5/10-5/23 **Location:** ZCP
New Teams 5/24 until full
Entry fee: \$250 per team
\$100 bond*

Dates: Season starts on 6/14 **Division:** Wed. nights
Maximum of 12 players per team. Completed rosters are due at the first game. No exceptions. Official's Fee: Each team will be required to pay \$27 cash on the field at the start of each game.

**Bond to be held by DCPRD for the season*

Zephyr Cove Tennis Club

Lake Tahoe's premier public tennis club offers adult and kids' clinics, USTA leagues, tournaments, social events, lighted courts, and racket stringing, with a USPTA professional on staff.

837 Warrior Way, Zephyr Cove, NV 89448 (in Zephyr Cove Park)
www.zctennis.com • 775-588-5533



Golf at Edgewood

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

Time: 3 – 4:30pm **Location:** EGC
Mon & Wed **Cost:** \$75
May 15, 17, 22 and 24

ACTIVE ADULT

National Senior Health and Fitness Day

Wednesday, May 31st

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

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 **Location:** KCC
(Sa) 5/13 **Cost:** \$15* members
(Sa) 8/12 \$20* non members
(Sa) 11/14

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.



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
1:15 PM	1:19 PM	1:40 PM	1:52 PM	2:15 PM
3:30 PM	3:34 PM	3:55 PM	4:07 PM	4:30 PM
4:30 PM	4:34 PM	4:55 PM	5:07 PM	5:30 PM
5:30 PM	5:34 PM	5:55 PM	6:07 PM	6:30 PM

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
3:45 PM	3:55 PM	4:06 PM	4:25 PM	4:45 PM
6:00 PM	6:10 PM	6:21 PM	6:40 PM	7:00 PM
7:00 PM	7:10 PM	7:21 PM	7:40 PM	8:00 PM
8:00 PM	8:10 PM	8:21 PM	8:40 PM	9:00 PM

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
2:15 PM	2:23 PM	2:41 PM	2:55 PM
4:30 PM	4:38 PM	4:56 PM	5:10 PM
5:30 PM	5:38 PM	5:56 PM	6:10 PM
6:30 PM	6:38 PM	6:56 PM	7:10 PM

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
3:00 PM	3:10 PM	3:26 PM	3:45 PM
5:15 PM	5:25 PM	5:41 PM	6:00 PM
6:15 PM	6:25 PM	6:41 PM	7:00 PM
7:15 PM	7:25 PM	7:41 PM	8:00 PM

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
12:00 PM	12:06 PM	12:11 PM	12:15 PM	12:25 PM
1:00 PM	1:06 PM	1:11 PM	1:15 PM	1:25 PM
2:00 PM	2:06 PM	2:11 PM	2:15 PM	2:25 PM
3:00 PM	3:06 PM	3:11 PM	3:15 PM	3:25 PM
4:30 PM	4:36 PM	4:41 PM	4:45 PM	4:55 PM
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.

VALLEY & LAKE EXPRESS FARES

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

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



Tahoe's Smooth Movin' Shuttle

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



Douglas County Dial-A-Ride Service

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

Carson Valley Airporter

4 Daily Departures

Serving: Gardnerville*, Minden, Carson City & Reno

RESERVATIONS REQUIRED

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

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

Call for details.

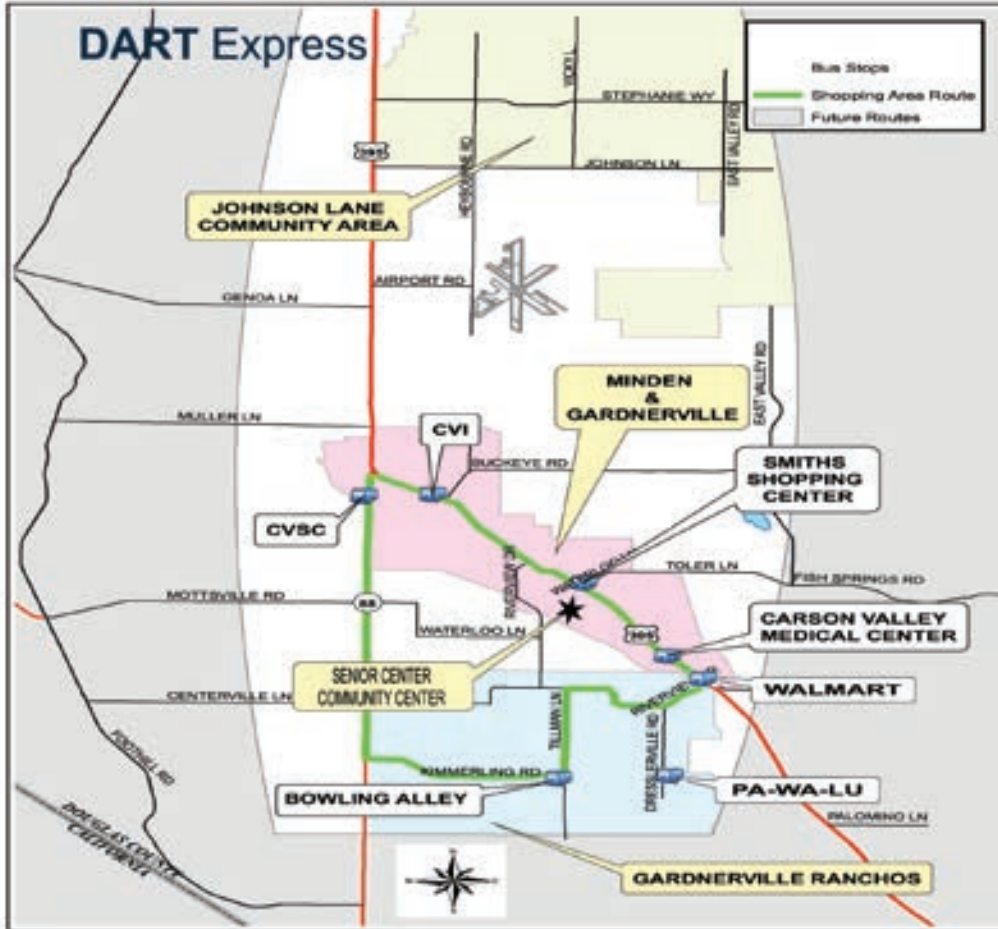


Carson Valley Airporter



775.783.6455

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

Recreation & Swim Complex

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

Campground by the Lake

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

Lakeview Commons, Boat Ramp

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

Bonanza Park

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

Bijou Municipal Golf Course

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

Bijou Community Park

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

Ice Arena

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

Regan Beach and Regan Beach West

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

South Lake Tahoe Senior Center

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

Explore Tahoe: An Urban Trailhead & Visitor Center

4114 Lake Tahoe Blvd.
530-542-4637

TRANSPORTATION

Tahoe Transportation District

www.tahoetransportation.org
530-541-7149

BlueGO

www.bluego.org
530-541-7149

Douglas County Dial-A-Ride Service

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

Carson Valley Airporter

www.carsonvalleyairporter.com
877-447-4446

PHOTOS

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

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.

And when you are recovering from an injury or illness, we know you want to get back to doing what you love - sooner rather than later.

Our rehabilitation team is passionate about getting you well, so that you can pursue *your* passions. We have highly-skilled therapists to treat patients of all age needing physical, occupational, and/or speech and language therapy.

Our team specializes in:

- Manual therapy (spine & extremities)
- Neurological rehabilitation (Stroke, Multiple Sclerosis, Parkinson's, etc.)
- Postoperative rehabilitation
- Athletic and work injury rehabilitation
- Speech and language therapy
- Swallowing disorders,
- and more.



Rick, PT Rehab Services Therapist
Rene, PT - Rehab Services
Manager



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



Follow us on Facebook for upcoming events and classes: Carson Valley Medical Center - Your Community Hospital