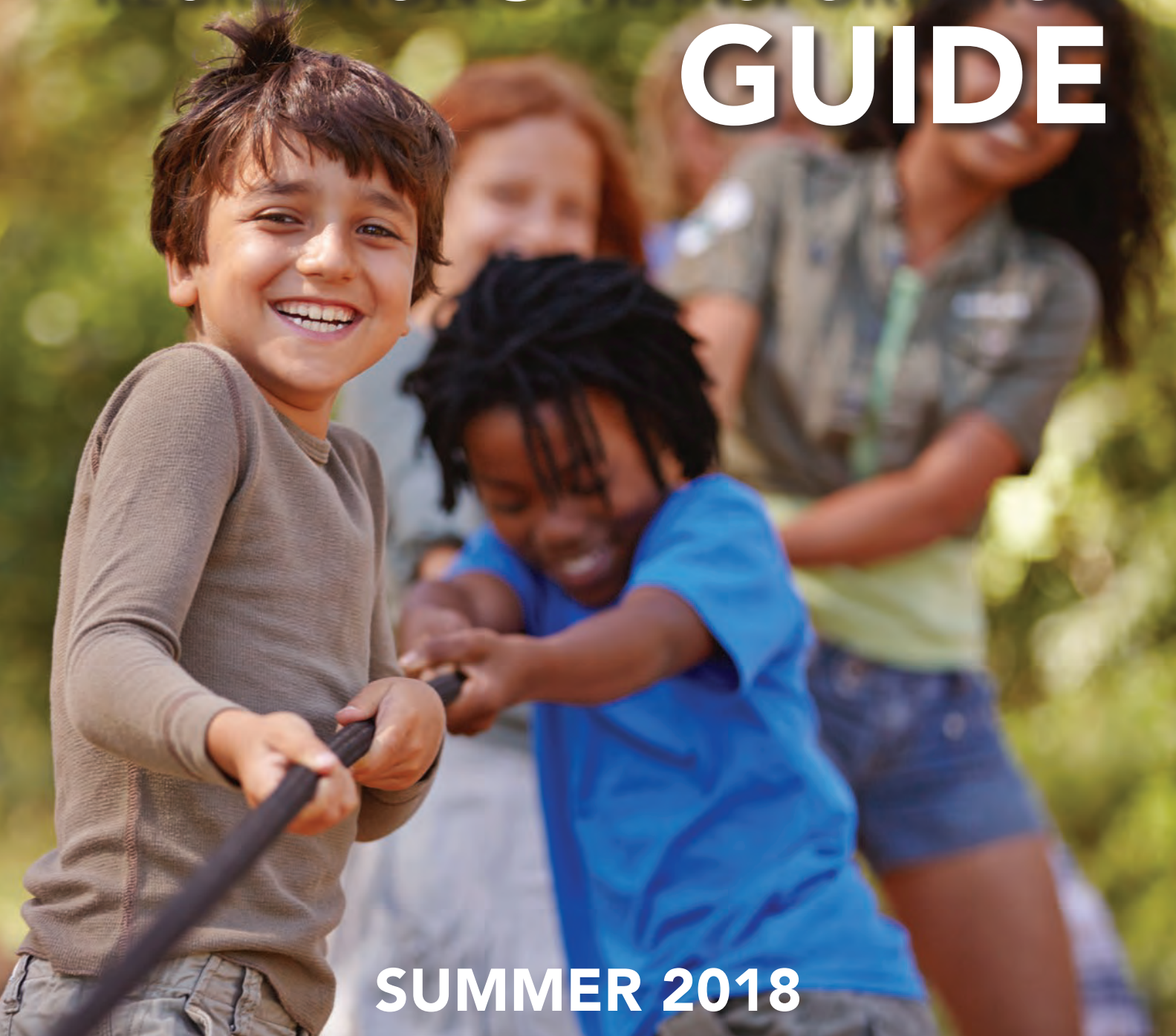


CARSON VALLEY & SOUTH SHORE  
**REGIONAL**

RECREATION & TRANSPORTATION  
**GUIDE**



**SUMMER 2018**

*Brought to you by:*

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



# The Team at Brookdale Sr. Living #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) 782-9829



#### Your donations help to provide:

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

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



### Become a V.I.P!

#### Volunteer in Parks and Recreation

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

### Scholarships Available!

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

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

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

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

#### Douglas County Parks & Recreation Staff Members

**Parks & Recreation Director** Scott Morgan

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

**Parks Division** Peter Knight • Ryan Stanton • Jerry Harrison • James Howard • Miguel Vazquez • John Heldman • Jorge Regalado • Marie Langtimm  
Ethan Gray • Michael Saylo • Matt Lamb

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

#### Special Thanks

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

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

**Parks & Recreation Commission** Gary Dove • Kelly Gardner • Thomas Moore • Brenda Robertson • Adam Lewandowski • Cherise Smith • Craig Burnside

#### Douglas County School District

**Layout** Alexandria Olivares-Wenzel, Sierra Nevada Media Group

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

### SATISFACTION GUARANTEE

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

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

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

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

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

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

### POLICIES

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

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

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

# DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



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

## Passes Available

Daily • Monthly • 3 Month • Annual

## Recreation Center Hours

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

- Closed Most Holidays -

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

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

## Director's Note

**Scott Morgan**

Community Services/Parks & Recreation Director

### CALLING ALL ROCK CLIMBERS

Douglas County is pleased to announce the addition of a new 30 foot tall rock-climbing wall to the Douglas County Community and Senior Center this fall. The rock wall will be constructed out of material to resemble a natural granite surface native to the Sierra Nevada Mountains.

The design is modeled after the rock-climbing natural structure called "Pie Shop" in South Lake Tahoe. The rock-climbing area will contain an auto-belay system for self-guided independent use and will be complemented by a challenging bouldering course for beginners or for those climbers who do not want to climb as high. This spectacular climbing structure is completely funded by private donations and will be ready for use later this fall.

Here are some rock-climbing benefits to get you excited about this future improvement:

Improves cardio and strength in one single workout.

- Strengthen and tones muscles.
- Increases flexibility.
- Builds mental strength.
- Reduces stress.
- Burns calories.
- Prevents chronic disease.
- Conquers fears.
- Creates a personal challenge.

Upon completion of the rock-climbing wall we look forward to the community coming to the Center to enjoy this incredibly awesome new feature to our facility.

## Facility Rentals

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



# PRESCHOOL YOUTH

## Brighter Days Preschool

**Ages:** Preschool **Director:** Andrea Erickson  
Enrolling NOW for the 2018/2019 School Year.

\$40 Enrollment Fee reserves your spot for the new school year starting on August 13. 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: (M - F) 8am - 12:30pm**

**Extended Hours: (M, W, F) 8am - 4pm**

**PLEASE NOTE: Brighter Days Preschool will be closed June 27 - July 4.**

Brighter Days Preschool will be offering weekly camps from 8am - 12:30pm Monday through Friday for children ages 3 - 6 for just \$125 per week. Each week will have a new fun theme! Summer weekly programs are open to the public. Sign up for one week or all of them!

**Summer Weekly Programs:**

(M-F) 7/9 - 7/13	\$125
(M-F) 7/16 - 7/20	\$125
(M-F) 7/23 - 7/27	\$125
(M-F) 7/30 - 8/3	\$125
(M-F) 8/6 - 8/10	\$125

Please call Andrea Erickson at (775) 783-6454 for more information.

## Stroller Time

**Ages:** Preschool  
The track is available for strollers every Monday - Friday, 11am - 1pm and 6pm - 8pm. Open to members or \$5/\$7 drop-in fee.

## Toddler Time

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

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

**No Toddler Time June 7 - July 26.**

## Learn to Sew

**Ages:** 6 - Adult **Instructor:** Shirley Rash  
Want to learn to sew or how to use your own sewing machine more efficiently? We have several classes designed for the beginner to intermediate sewer. Classes range from Hand Sewing Bootcamp to Hand Sewing Project Make & Take, to Sewing Machine 101 and more. Whether you want to learn to sew by hand or with your own sewing machine, we have a class for you! Please call the Community Center at 782-5500 for the most recent list of class descriptions, dates and times.

**Date/Time:** TBA **Location:** DCCSC



# YOUTH Kid Club

**Grades:** K - 5

**\* Enrollment for the 2018/2019 School Year starts July 16 \***

Kids Club is a before and after school recreational enrichment program that is held at all DCSD valley elementary schools. Recreational activities include arts & crafts, games, a quiet homework time and special events all based on a weekly theme. Daily snacks are provided in the afternoon. Kids Club is offered Monday through Friday, 7 - 8:45am and 3 - 6pm while school is in session; holidays and teacher work days excluded. The fee is paid by the month for the morning program, the afternoon program or both. The monthly fee is calculated by the number of school days in the month. Enrollment is based on a first come, first served basis. 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.

## Wacky Wednesday's

**Grades:** K - 5

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

**Time:** 7 - 10am **Locations:** TBA  
**(W)** 1 day/month Sept-May \$10/day  
9/12, 10/10, 12/12, 1/16, 2/13, 3/13, 4/10 & 5/8  
\*There is no Wacky Wednesday in November

## 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 **Locations:** PHES/GES/MES  
**(M - F) 6/11 - 8/2**

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

**\*No Camp Wednesday, 7/4 & Friday, 8/3**

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

# TEENS/ADULTS

## 30 Hour Classroom Driving Education Training

**Ages:** 15 & up

**Instructor:** Chuck Ayers

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

**Time:** 8:30am - 4:30pm **Location:** DCCSC  
(M - Th) 6/25 - 6/28 \$50  
7/16 - 7/19  
8/6 - 8/9

## 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) 6/13 - 7/25\* \$90  
 (W) 8/1 - 9/5

\*No class 7/4

## Learn to Sew

**Ages:** 6 - Adult **Instructor:** Shirley Rash  
 Want to learn to sew or how to use your own sewing machine more efficiently? We have several classes designed for the beginner to intermediate sewer. Classes range from Hand Sewing Bootcamp to Hand Sewing Project Make & Take, to Sewing Machine 101 and more. Whether you want to learn to sew by hand or with your own sewing machine, we have a class for you! Please call the Community Center at 782-5500 for the most recent list of class descriptions, dates and times.

**Date/Time:** TBA **Location:** DCCSC

# ADULTS

## Vision Boarding

**Ages:** Adults **Instructor:** DeeDee Metcalf  
 Vision Boarding is a way to sell your ideas to yourself to anchor dreams and to allow the magic of manifestation in your life. You will gain clarity on what you really want in life, space and time to map out your ideal outcomes, connection in the "now" with other likeminded people, a method to clear out the natural "gunk" that arises and your own vision board to take home to effortlessly attract your ideal outcomes. Bring an open mind and your own snacks and lunch and come create with us.

**Time:** 9am - 5pm **Location:** DCCSC  
 (Sa) 5/12 \$60  
 (Sa) 6/9 \$60  
 (Sa) 7/21 \$60

## Beginner's Tai-Chi

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

**Time:** 10:30am - 12pm **Location:** DCCSC  
 (Sa) 5/5 - 5/26 \$5  
 (Sa) 6/2 - 6/23\* \$5  
 (Sa) 7/7 - 7/28 \$5  
 (Sa) 8/4 - 8/25 \$5

\*No Class 6/30

## 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) 5/4 - 5/25\* **Cost:** \$35/couple  
 (M/F) 6/4 - 6/25\* \$25/singles  
 (M/F) 7/6 - 7/30\*  
 (M/F) 8/3 - 8/31

\*No Class 5/28, 6/1, 6/29 or 7/2.

## Reflexology & Essential Oils 101

**Ages:** Adults **Instructor:** Michele Nelson  
 Learn how Essential Oils can bring healing to the body's systems through reflexology. Essential oils are the life blood of a plant which initiates regeneration into the cells. Reflexology stimulates and balances your whole being. Bring your feet and partner with someone for these dynamic classes to learn and experience how to benefit your health and well-being in simple and effective ways. You will receive a foot chart and oil reference.

**Days/Times:** (W) 5/9 at 5:30 pm **Location:** DCCSC  
 (Th) 6/21 at 5:30 pm \$10/class  
 (W) 7/11 at 1 pm  
 (W) 8/22 at 5:30 pm

## Concealed Weapon Certification

**Ages:** 21 & up **Instructor:** Daniel Linn  
 This course, which meets and exceeds the Nevada State CCW requirements, can be taken by CCW applicants or anyone wanting to learn to shoot handguns. Covered in the course will be; Firearms safety, handgun, ammo and holster selection, nomenclature and operation, stances, and Nevada State Laws on firearms. The course will conclude with live-fire drills at the range, and certificates will be given to successful participants. Students will need: One handgun, 100 rounds of FACTORY ammo, hearing and eye protection and a baseball style hat for the range. Students will need to bring their own UNLOADED handguns to class.

**Time:** (W/F) 5:30 - 9pm **Location:** DCCSC  
 (Sa) 8 - 11am **Location:** DCSR  
 (W/F) 5/16 & 5/18 (Sa) 5/19  
 (W/F) 6/20 & 6/22 (Sa) 6/23  
 (W/F) 7/18 & 7/20 (Sa) 7/21  
 (W/F) 8/15 & 8/17 (Sa) 8/18

**Cost:** \$90 Spouses are ½ price

\*\*An additional \$10 insurance fee is payable to the instructor. No Class 6/30



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# FITNESS CLASSES

## 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 Amanda at 782-5500 ext 1.

## Gym & Fitness Center

Daily, 30 day, 90 day and annual passes available

Membership includes use of

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

### \*Floor Maintenance Closures

Gym Floor Closed 6/26 - 7/4

Upstairs Closed 6/28 - 7/4

## Teen Fitness Orientation

For the safety of our teen members, ALL TEENS in grade 8 - 12 are REQUIRED to attend a Gym/Fitness Equipment Orientation BEFORE using any Cardio or Strength Equipment in the Fitness Center. In this orientation teens will learn the proper use of cardio machines such as treadmills, bikes, rowers, and elliptical as well as proper use of strength machines, such as leg press, chest press machines and free weight use. All Teens membership cards will be punched to show completion of the orientation in order to use the gym equipment. For more information call 782-5500, ext. 1

## 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. See page 11 for info about each trainer. Call today and we will get you in contact with one of our trainers.

## 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.

## Somatics Awareness Movement Class

**Ages:** Adult/Senior

**Instructor:** Cheryl Cutler

Reawaken the minds control of movement, flexibility and health! Somatics is a safe and gentle approach to eliminating muscle discomforts through a process of "sensory-motor awareness." Deeply learned patterns of movement from injury, illness or trauma can be unlearned and reduced to improve balance, posture and flexibility while decreasing anxiety and fatigue.

**Thursday Time:** 10:30 - 11:30am

**Location:** DCCSC

(Th) 5/3 - 5/31

\$25

(Th) 6/7 - 6/21

\$20

(Th) 7/5 - 7/26

\$20

(Th) 8/2 - 8/30

\$25

**Monday Time:** 4:00 - 5:00 pm

(M) 5/7 - 5/21

\$15

(M) 6/4 - 6/25

\$20

(M) 7/9 - 7/30

\$20

(M) 8/6 - 8/27

\$20

**\$7 Drop-In**

## Kettlebell Conditioning

**Ages:** Adult

**Instructor:** Lisa Wright

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

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

**Location:** DCCSC

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

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

## Zumba

**Ages:** 13 & up

**Instructors:** Anita Whiteley & Lyn Twitchell

**ZUMBA FITNESS** is a cardio-dance class that is set to high energy International beats in a non-intimidating, non-judgmental dance party atmosphere. No dance experience is necessary, just a willingness to have fun. People of all ages and fitness levels are welcome and encouraged to attend classes. Come and join us! Ditch the workout, join the party! **ZUMBA TONING** is a body sculpting class which uses toning sticks for a calorie torching dance fitness party that focuses on working every muscle group.

**Days/Times:** Zumba Fitness

(M, T, Th & Sa) 9am

(T & Th) 5:30pm

(W) 7pm

Zumba Toning

(F) 9am

**Location:** DCCSC



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

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

## 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*

## 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) 6:30 pm

**Location:** DCCSC

(W) 9:00 am

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

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

## Yoga

**Ages:** Adult

**Instructor:** Jill Hartman

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

**Days/Time:** (T/Th) 12pm & 6:45pm

**Location:** DCCSC

(Sa) 10:30am

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

## Indoor Cycling

**Ages:** Adult **Instructor:** Lisa Wright  
 1 hour choreographed ride to music consisting primarily of intervals to increase cardiovascular and physical fitness.  
**Days/Times:** (M/W/F) 6:05am **Location:** DCCSC  
 (T/Th) 5:30pm  
**Cost:** \$5/drop-in or \$50/month  
*\*Must have at least 3 participants*

## Postural Alignment Exercise

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

## 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) 9-10am **Location:** DCCSC  
 (T/Th) 5:30-6:30pm  
**Cost:** Drop-in fee is \$12 per class to instructor.  
 You can also sign up for unlimited classes, see the instructor for details.  
 775-690-9998, jazzercisegardnerville@gmail.com

# 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.

## FARMERS MARKET

May 16th – September 12th • 9am - 1pm

"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](http://www.SierraChef.com)

Wednesdays 8am - 1pm

Location: LP

## Get out of the Heat

Visit Carson Valley's Biggest Indoor Playground  
 Host an event or birthday party too!



Fun for children 1 to 12 years old

(775) 392-0078  
 2589 Wildhorse Dr., Minden  
[runrattleroll.com](http://runrattleroll.com)



Tues – Fri: 10:00am to 6:30pm  
 Sat & Sun: 10:00am to 5:00pm  
 Monday: closed

# DCCSC PERSONAL TRAINERS

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

If you are looking for that extra guidance to achieving your health and fitness goals please contact one of the Personal Trainers below. *Each trainer is their own independent contractor and sets their own pricing and schedules.*



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

Every person is unique and I will tailor a fitness program specific to your need. I have over 25 years' experience in weight training and fitness and feel confident that together we can achieve your health and fitness goals. I work with all ages and fitness levels and really enjoy working with the senior clients  
**775-450-4046 • bmac3250@yahoo.com**



**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**



**Meike Bhariana**  
**NASM-CES, DPT**

Visualize & Achieve. Transforming your health and fitness takes on step at a time. I too have made the transformation from being an overweight and sedentary individual to one that strives for complete health and fitness. My aim is to help others visualize and achieve their health and fitness goals. No matter where you are in life, everyone has to start from somewhere. Now, it's your turn. I specialize in developing individual program involving corrective exercise, flexibility, strength and conditioning, and injury recovery.  
**831-915-9292 • Meike.b.fit@gmail.com**



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

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

## Gym Orientation

Offered the first Friday of each month at 9am with Personal Trainer Bryan MacFarlane

# Douglas County Parks & Recreation Department's 2018 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 25

## Journey Revisited

Co-sponsored by: **American AVK Company**

Established in 2011, Journey Revisited is an ensemble of top-tier professionals with the drive to deliver a faithful musical experience. Journey Revisited is dedicated to bringing the studio recordings of Journey to life on stage. With 2 lead vocalists, Frank House and Kevin Jachetta bring the classic Steve Perry- Gregg Rolie sound with their authentic re-creation of Journey's distinctive vocals. Journey Revisited is on point in recreating that classic Journey sound, you won't find a tighter sounding band around. The band has toured throughout the west coast, playing fairs, casinos, festivals, corporate events, and private parties. Journey Revisited is: Frank House- Lead Vocals; Kevin Jachetta - Keyboards, Vocals; Val Popovic - Guitar; Dave Sousa - Bass; David Hawkes - Drums



June 15

## Caravanserai (Tribute to Santana)

Co-sponsored by: **Rejuvenate Salon & Spa**

Conceived as a fantasy band by lead guitarist Leo Herrera and fueled into reality by the enthusiasm of friends and family members, Caravanserai is a project of love and devotion. Originally a replication of Rock and Roll Hall of Fame band, Santana's legendary early days, Caravanserai has grown to include material from all eras of Santana's nearly 50 year history. Caravanserai performs music to satisfy Santana fans young and old. Over the past years the Caravanserai experience has grown throughout the West Coast, we have had the privilege of performing at many wonderful venues. Band Members: Leo Herrera, Guitar, Band Leader, Vocals; Alfredo "Freddie" Lazo, Lead Vocals, percussion; Adrian Area, Timbales, percussion; Ray Uribes, Bass Guitar, vocals; Vernon Eakin, Drums, Vocals; Oscar Fernando Zavaleta, Congas, percussion, vocals; Bernie Bersamina, Keyboards, vocals



July 7

## Cripple Creek Band

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

The Cripple Creek Band brings a unique blend of country music and southern rock. Along with their original material they cover a wide range of music from all different eras, their foot stomping, rockin' country sound will leave you wanting more. Influenced by artists including, Lynyrd Skynyrd, Waylon Jennings, Alabama, Luke Bryan, Jason Aldean, Blackberry Smoke, Travis Tritt, Eric Church, Merle Haggard, and "The Band," the Cripple Creek Band plays great music appealing to every person in the audience. You will hear more than just top 40 country and will be pleasantly surprised by rare classics that bring back childhood memories and make even the most stubborn country/southern rock music enthusiast take note. The band includes Neal Morgan on lead vocals and acoustic guitar, Danny Ruple on lead guitar/vocals, Steven Mendiola on bass/vocals, Perry Clark on Piano/Guitar/Vocals and Travis Simas on drums/vocals.



August 3

## Nathan Owens Motown & Soul

Co-sponsored by: **Dr. James the Dentist**

Nathan Owens Motown And Soul is high energy, 8 member spectacular show. Playing the big hits by known groups like The Spinners, Four Tops, Sam and Dave and the great Temptations! The Nathan Owens Motown And Soul show, has been together over 15 years playing venues like casino cabarets, fairs, festivals, weddings, corporate events, etc. The band is a very high energy band, with lots of choreography, playing songs from Motown and beyond, like Kool And The Gang, Earth Wind And Fire, Robin Thicke, Bruno Mars. The band consist of 8 members: Drummer, Martin Benatar; Bass, Adrian Bates; Sax, Alfonso Gillory; Guitar, John Starnes; Percussion, Richard Owens; Lead Vocals, Ralph Owens; Lead Vocals, Jamie Lynn Palmer; and on Keyboards and Leader, Nathan Owens. We're looking forward to playing your event, and you surely don't wanna miss out on this highly entertaining band!



August 24

## Savannah Blue

Co-sponsored by: **Seyfried Dental Arts**

SAVANNAH BLUE has been a popular fixture on the Northern California music scene for many years, as well as more recent success, bringing A Southern Rock Revue to a growing number California and Nevada festivals. Since 1995, they have blazed a Southern Rock trail that fans love follow again and again. Not only do they play the music of Lynyrd Skynyrd or The Allman Brothers, SAVANNAH BLUE is presenting music from the entire genre. Hit after hit, SAVANNAH BLUE turns out ballads and rockers alike, faithfully reproducing the sound, the spirit and the intensity of the original artist's recordings. The band has shared concert stages with Joe Bonnamassa, Elvin Bishop, Jackie Green, Greg Allman, Joan Jett and Molly Hatchet and others. They have played many popular festivals across Northern California and Nevada, Northern California's better clubs, private and charity events.



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, Carson Valley Inn, Town of Minden, Carson Valley Chamber of Commerce, Sullivan LawNu Systems, Inc., Gardnerville Health & Rehabilitation Center, Building Concepts Inc., Re/Max Realty Affiliates, American International Tooling, Inc., Kiwanis Club of Carson Valley, Carson Valley Lions, Allied Sanitation, Keigh Cox Design, Airport Road Self Storage

## 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*

## 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.

## Mother/Son Fall Dance

**Ages:** All

Moms, join us for a night with your favorite boy! Our Mother/Son Fall Dance is a special evening just for moms (female chaperones) and sons. Dance the night away to DJ music reflecting all tastes and styles. Refreshments will be served and photo keepsakes of the evening will be available for an additional fee. Because of the popularity of this event, early registration is strongly recommended. Tickets will be sold at the Douglas County Community Center and are available until sold out. **Tickets will not be sold at the door.**

**Time:** (Sa) 10/13 6:00 - 8:30pm **Locations:** DCCSC

**Early Registration** (8/13 - 9/29) \$10/ticket

**Regular Registration** (9/30 - 10/13) \$15/ticket

**Big Mamas Show & Shine CAR SHOW**

**MAY 12TH 2018**  
**10 AM - 3 PM**  
**Lampe Park • Gardnerville NV**

~ CARS DJ FOOD RAFFLES ~

All Proceeds go to Meals for Homebound Seniors

For information about how you can be a sponsor, donate, or participate, contact Georgianna Drees-Wasmer at 775-782-5500 Ext. 3

# YOUTH SPORTS

## Beginners/Introductory to Competitive Volleyball Clinic

**Grades:** 4 - 6

**Instructor:** Dan Hannah

Intended for players who will be in the 4th thru 6th grades in the fall, these clinics are for players with little or no previous organized experience in volleyball. Players with no experience or up to 3 years of Rec volleyball will fit right in! Players enrolled into these clinics will be divided into two groups; the Beginner Group will focus on training players in the skills needed for deciding whether they are interested in pursuing the sport while the Intermediate Group is for players who are wish to try out for their middle school teams as a 6th grader and others with more experience. These clinics will emphasize the beginning skills of the sport; passing (finger/forearm), serving, setting, basic positioning, movement and court awareness through lecture, hands-on practice and game play. Clinics are offered in two sessions and designed so that players can benefit from one or both sessions. Players should bring knee pads, court shoes, sports appropriate dress and a water container each day.

**Time:** 8:30 - 9:30 am

**Location:** DCCSC

**Session 1:** (M - Th) 7/9 - 7/12

\$50

**Session 2:** (M - Th) 7/30 - 8/2

\$50



## Intermediate/Advanced Volleyball Clinic

**Grades:** 7 - 8

**Instructor:** Dan Hannah

Intended for players who will be in the 7th or 8th grades in the fall, these clinics are for players with previous competitive experience in volleyball (middle school or club) or other ball sports and who wish to play volleyball at an advanced level. Clinic sessions will focus on training players in the necessary skills for middle school team try-puts in December. These clinics will emphasize the fundamental skills of the sport; passing (finger/forearm), serving, setting, spiking, basic/advanced positioning, movement and court awareness through lecture, demonstration, hands-on practice, game play and some video/photographic analysis. Clinics are offered in two sessions and designed so that players can benefit from one or both sessions. Players should bring knee pads, court shoes, sports appropriate dress and a water container each day.

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

**Location:** DCCSC

**Session 1:** (M - Th) 7/9 - 7/12

\$125

**Session 2:** (M - Th) 7/30 - 8/2

\$125

## Therapy That Makes Sense

Lileo T. Sunderland, M.F.T.

- Marriage • Family
- Individual Counseling

*Licensed in Nevada and California*

**775-783-1136**

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



Lileo Sunderland  
 M.F.T.

# YOUTH SPORTS

## High School Prep Volleyball Clinic

**Grades:** 9 - 10 **Instructor:** Dan Hannah  
 These clinics are intended for players who will be in the 9th and 10th grades in the fall with significant experience in volleyball. Clinic sessions will focus on training players in the necessary skills needed for trying out for the DHS Volleyball program in late summer. These clinics will emphasize advanced skills of the sport; passing (finger/forearm), serving, setting, spiking, positioning, movement and court awareness through lecture, demonstration, hands-on practice with direction, video feedback, organized skill integration, and game play. Clinics are offered in two sessions and designed so that players can benefit from one or both sessions. Players should bring knee pads, court shoes, sports appropriate dress and a water container each day.

**Time:** 12:30 - 2:30 pm **Location:** DCCSC

**Session 1:** (M - Th) 7/9 - 7/12 \$150

**Session 2:** (M - Th) 7/30 - 8/2 \$150

## 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) 6/10 **Cost:** \$60/per adult team  
 \$30/per youth team

## NNJ All Skills Volleyball

**Ages:** 10 - 16 **Instructors:** Marie Foster & Suzie Townsell  
 Northern Nevada Juniors all skills volleyball clinics are a great way to start, continue or polish your child's volleyball skills. Coaches are all highly trained in foundational and the newest techniques of the sport and have prepared many kids to further their skills and potential in volleyball. Players will be grouped appropriately to receive as many positive repetitions as possible during the 3 week sessions to continue to grow and develop in a strong skill enforcing environment.

**Ages/Times:** **Location:** DCCSC

**Ages 14 - 16:** 3 - 4:30 pm

**Ages 10 - 13:** 4:30 - 6 pm

**Dates:** **Cost:** \$99 per session

**Session 1:** (T/Th) 6/12 - 6/28

**Session 2:** (T/Th) 7/10 - 7/26

## 4th Annual Carson Valley Days 3 on 3 Basketball Tournament

3 on 3 Basketball Tournament for youth, adults & families. Tournament will feature female, male and coed\* divisions. Players may register for more than one division. T-shirts included for teams who register by May 31st.

To register or for more information, contact Douglas County Parks & Recreation, (775)-782-5500, ext 1 or email mefiyi3on3@gmail.com

**Divisions:** Youth (grades 1 - 5) **Location:** DCCSC

Middle School (grades 6 - 8)

High School (grades 9 - 12)

Adult (18 + years)

Family Division

**Date:** (Su) 6/9 **Cost:** \$15/person (up to a 4-person team)

\*Coed Div must have at least one female per team.

## Youth NFL Flag Football

**Grades:** 1 - 8

**Registration - Early:** May 15th - July 10th **Regular:** July 11th - Full

1st-2nd grade Coed \$85 early \$95 regular

3rd-4th grade Coed \$85 early \$95 regular

5th-6th grade Coed \$85 early \$95 regular

7th-8th grade Coed \$85 early \$95 regular

**League Season:** July 26th - 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 at time of 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 26th and 27th Pre-draft preview

July 30th and July 31st Draft

Aug 18th Scrimmages

Aug 25th - Oct 6th Regular season

October 13th - 27th Playoffs

## Youth Basketball Leagues

**Grades:** Girls Grades 3-8, Coed Grades 1 & 2

The youth girls and beginning 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 18th - 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 7th

Regular Registration Sept 8th - Full

**Divisions:** Early Regular

3rd-4th Grade \$85 \$95

5th-6th Grade \$85 \$95

7th-8th Grade \$85 \$95

High School \$85 \$95

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

## "New" Introduction to Lacrosse

**Grades:** 3 - 8

The youth introduction to Lacrosse program is for beginning players. These Mini-Camps will emphasize skill development and fun. Participants will be grouped according to age and ability. We will practice fundamental skills in a camp style format. As players develop and understand the game, scrimmages will be integrated into the program. Camps will be held one day each week for 4 weeks. Volunteers will assist as coaches and officials.

**Camps will be held:** The week of June 4th - The week of June 25th

**Cost:** Includes T-shirt, Mouth Piece and a SofCross stick.

**Registration:** Registration April 1st - May 15th

Limited number of spots available

**Divisions:** 3rd-4th Grade \$55 Mondays 4:00 - 5:30

5th-6th Grade \$55 Tuesdays 4:00 - 5:30

7th-8th Grade \$55 Wednesdays 4:00 - 5:30

\*A parent permission slip must be completed at the time of registration.

## 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

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

## Wanted Officials & Referees

Douglas County Parks & Recreation is currently looking for qualified officials for Youth and Adult Sports. Officials must be willing to work nights and weekends and have a flexible schedule. Most games last approximately 1 hour. We will train and certify for all sports. Previous officiating is preferred. Willingness to be trained in multiple sports preferred. (Ages 16 and older) Please call the Douglas County Parks & Recreation at 775.782.5500 for more information.

# ADULT SPORTS

## "New" Pickleball and Racquetball Challenge Ladders

This ladder is designed for members who are interested in competing against other local Pickleball and racquetball players on a regular basis. All contests will be played at the Douglas County Community Center. Matches will be set up independently by the participants at a mutually agreed upon time. All games shall follow USRA and USAPA rules and will be self-officiated. Players may be required to play at least one (1) match per week. Players must agree to established ladder rules, regulations and etiquette procedures.

**Ages:** 18+      **Location:** DCCSC      **Season:** Year Round  
**Cost & Registration:** Ongoing/Open registration \$5.00  
**Times:** Challenge times based on gym availability  
**Divisions:** Open Singles      Men's Doubles      Women's Doubles  
 Mixed Doubles



## Adult "Open" Fall Basketball League

**Ages:** 40+

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:** (F) 5:30, 6:30 or 7:30

**Location:** DCCSC

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

**Registration Deadline:** 9/2

**Season:** (F) Starts Sept. 7th

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

## 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- 6/30  
 \$525 after 6/30

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

**Registration Deadline:** 7/16/18

**Season:** Starts week of July 23rd

**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

## WANTED OFFICIALS & REFEREES

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

## Shuffleboard

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

## Pickleball

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

## 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:** (M/W) 7 - 9pm  
(F) 6 - 9pm

**Senior Time:** (T/Th) 1 - 3 pm



## 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.**

# ACTIVE ADULTS

## Douglas County Senior Services

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

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

## Carson Valley Adult Day Club

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

## Congregate Dining

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

## Topaz Congregate Dining

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

## North County Congregate Dining

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

## Meals on Wheels

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

## Homemaker Assistance

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

## Douglas County Dial-A-Ride Service

To ensure that our senior citizens who desire transportation assistance are able to reach their destinations in a timely and safe manner, Douglas County Senior Services offers transportation, to the senior center, hair, medical and dental appointments and much more. These rides are coordinated through the Senior Center at 775-782-5500 ext. 3.

Tahoe-Douglas Senior Dial-A-Ride is available by calling 783-6456. Transportation from your home and back is available for medical/dental appointments, Senior Center activities, and shopping (up to 4 bags per rider). Pickup times will occur over a span of 15 minutes before, to 10 minutes after your reservation. Please notify DART as soon as possible if your reservation has to be cancelled. **3 day's advance notice is appreciated.**

## Senior Center Volunteers

Many of the programs offered through the Douglas County Community and Senior Center would not be possible without the assistance of DC Senior Center Volunteers. If you have an interest in becoming a volunteer for the Senior & Community Center, Preschool, or the Adult Day Club please call Georgianna at 775-782-5500 ext. 5245.

## UPCOMING EVENTS & TRIPS

**All of our trips are open to the public. Please contact the Senior Center at 775-782-5500 ext. 3 for an updated list. For a copy of the Senior Spirit Newsletter visit the Senior Center front desk, the Douglas County website under Senior Services Department or call to be added to the email list.**

## Young at Heart (YAH)

Young at Heart is a non-profit 5013c organization that has in service for forty years. Our membership has grown significantly over the years and is now over 700+ members. The Young at Heart is the fund raising arm for seniors in Douglas County. We support and fund many activities and clubs for all seniors in Douglas County. Our main goal is to fund the Hot Soup Program where this year 2015-2016 have served over 31,000 bowls of soup. In addition, we are working to add more activities and fund raising event's next year. Our membership dues is only \$5.00 per calendar year and is open or all ages. We are always looking for volunteers to help us during the year and you do not need to be a senior to volunteer.

## Young at Heart Bingo

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

## YAH Gift Shop

Young at Heart sponsors a gift shop located in the Senior Center lobby. It is open from 10am-2pm Monday through Friday. All items are hand made and range from jewelry to clothing to home decorations. A portion of the proceeds benefit Young at Heart. To shop, or to sell your own items, come in to the Senior Center during Gift Shop hours and check us out. For more information, call 775-782-5500 ext 3.

# ACTIVE ADULTS CLASSES & GROUPS

## Senior Resistance Exercise

Join us up to 3 times a week 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.

**Days/Times:** (M/W/F) 10:30 - 11:30am **Location:** DCCSC  
FREE

## Senior Line Dancing

**Ages:** 55 & up **Instructor:** Lorraine Twitchell  
Join Lorraine for this free senior class! You will learn different line dances to a variety of music all while having fun. No need to pre-register. Just sign in with the instructor at each class.

**Time:** (T) 10:30 - 11:00 am **Location:** DCCSC  
FREE

## Senior Walking Group & Pickleball

**Ages:** 60 & up  
Come in and enjoy our walking group and Pickleball time. All seniors are welcome to join either group during these times to walk our indoor walking track, play basketball, volleyball or pickleball for free entry. This does not include access to workout equipment.

**Days/Times:** (M/W/F) 1 - 2pm **Location:** DCCSC  
(T/TH) 10 - 11am FREE

## AARP Driver Safety Course

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

**Time:** 8:30 am - 12:30 pm **Location:** SC  
**Date:** May 20  
July 21  
Sept. 15  
Nov. 17

## AARP - Car Fit

**Ages:** 16 & up **Instructor:** Dennis Hogan  
AAA, AARP, and the American Occupational Therapy Association (AOTA) have developed a turnkey educational program, "CarFit" that offers drivers the opportunity to check out how well their cars "fit" them and to become aware of community-specific resources and activities that could make the fit better. Certified CarFit technicians will observe you in your vehicle and help make the adjustments to fit the car to your needs. Pre-registration is required. You can register at the Senior Center or call 775-782-5500 Ext. 3.

**Time:** 10:00 AM - 2:00 PM **Location:** SC  
**Date:** June 16th **Cost:** FREE

## Senior Arts and Crafts

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

## Postural Alignment Exercise

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

**Days/Time:** (W) 9 - 10 am **Location:** DCCSC  
**Cost:** \$15/month or \$5 Drop-In

Whatever your journey,  
**Suicide Prevention Network** is here to help

### Survivor Support Group

Survivors Loss Support (SLS)

Minden: 1st Thursday of the month, 6:00-7:00 pm

South Lake Tahoe: 4th Thursday of the month, 6:00-7:30 pm

### Teen Advocacy Group

Living Out Loud (LOL)

Contact office for location and times

### Suicide Prevention Hotlines:

800-273-TALK (8255)

En Espanol

888-628-9454

Crisis Text line Text "GO" to 741741



Our Mission:  
"Provide suicide prevention, intervention, education and support services free of charge"

Suicide Prevention Network  
1625 Hwy. 88, Suite 203  
Minden, NV 89423  
775-783-1510  
www.spnawareness.org  
TAX ID: 73-1646702

# ACTIVE ADULTS CLASSES & GROUPS

## Senior Beginning Tap Class

**Ages:** 50 & up **Instructor:** Sharie Jones  
Join us for a fun beginning level class for Seniors 50 and over, come join us to learn full tapp routines to music you'll love! Bring your tap shoes and wear exercise or dancing clothes.

<b>Time:</b> 1:30 - 2:30 pm	<b>Location:</b> DCCSC
(Th) 5/3 - 5/31	\$40
(Th) 6/7 - 6/28	\$40
(Th) 7/5 - 7/26	\$40
(Th) 8/2 - 8/30	\$40

Or \$12 Drop-In

## Senior Intermediate Tap Class

**Ages:** 50 & up **Instructor:** Sharie Jones  
A fun 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.

<b>Time:</b> 2:30 - 3:30 pm	<b>Location:</b> DCCSC
(Th) 5/3 - 5/31	\$40
(Th) 6/7 - 6/28	\$40
(Th) 7/5 - 7/26	\$40
(Th) 8/2 - 8/30	\$40

Or \$12 Drop-In

## Silver Yoga

**Ages:** Seniors **Instructor:** Jill Hartman  
This beginner to intermediate yoga class focuses on proper alignment while building strength and increasing balance and flexibility. Bring a yoga mat.

<b>Time:</b> 10:30 - 11:30 am	<b>Location:</b> DCCSC
(T/Th) 5/3 - 5/31	\$25
(T/Th) 6/7 - 6/28	\$20
(T/Th) 7/5 - 7/26	\$20
(T/Th) 8/2 - 8/30	\$25

## Somatics Awareness Movement Class

**Ages:** Adult/Senior **Instructor:** Cheryl Cutler  
Reawaken the minds control of movement, flexibility and health! Somatics is a safe and gentle approach to eliminating muscle discomforts through a process of "sensory-motor awareness." Deeply learned patterns of movement from injury, illness or trauma can be unlearned and reduced to improve balance, posture and flexibility while decreasing anxiety and fatigue.

<b>Time:</b> 10:30 - 11:30 am	<b>Location:</b> DCCSC
(Th) 5/3 - 5/31	\$25
(Th) 6/7 - 6/28	\$20
(Th) 7/5 - 7/26	\$20
(Th) 8/2 - 8/30	\$25

<b>Monday Times:</b> 4:00 - 5:00 pm	
(M) 5/7 - 5/21	\$15
(M) 6/4 - 6/25	\$20
(M) 7/9 - 7/30	\$20
(M) 8/6 - 8/27	\$20

\$7 Drop-In

## Ceramics

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

## Creativity through Knitting, Crocheting & Needle Point

Do you enjoy knitting, crocheting and/or needlepoint? Come join the group and get tips and support for your projects. The group meets from 9am - 11am at the Douglas County Senior Center. (On the 2nd Monday of the month, they meet at the Aspen Mobile Home Park Clubhouse.) There is no fee to attend, but seats are limited, so please call and confirm your interest. To reserve a spot or for more information contact Linda Sawtelle at 783-7278.

## Diabetes Support Group

This group meets in the Carson Valley Medical Center Room in the Community Center on the 1st Wednesday of each month from 9:30am - 10:30 am and on the 3rd Thursday of the month from 10:30am - 11:30am. The group will provide information on the latest diabetes care for those living with diabetes and their families.

## "Coping with Change" a Senior Support Group

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

## Movers & Shakers

## Parkinson's Disease Support Group

The focus of this group is to talk, share experiences and learn how to live with this chronic condition. We will also discuss exercises that will help with rigidity and balance. This group will meet on the 3rd Thursday of each month at 1:00pm. In the Ceramics Room at the Douglas County Community Center.

## Boxing for Parkinson's & Other Neurological Disorders

The focus of this class is to help people with Parkinson's disease or other neurological disorders enhance their daily quality of life and even build impressive power, strength, flexibility and speed! The coaches will teach various techniques, focusing on balance, striking, and so much more. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of their disorder, can actually lessen their symptoms and lead a healthier/happier life. The classes will take place on the 1st and 3rd Wednesdays of each month, from 4-5pm in the Ranch View Room and is free of charge.

## Genealogy Group

Have you ever wanted to create a family tree of find out family history? Come join this group and learn where to start your family search. This group will meet the 1st, 2nd and 3rd Thursday of each month from 1pm - 3pm and the in the Carson Valley Medical Center Room at the Douglas County Community Center. Laptops will be provided or you may bring your own.

## Blind/Low Vision Support Group

Group meets every 1st Thursday of the month at 10:30am-11:30am at the Douglas County Senior & Community Center in the Carson Valley Medical Center 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.

## Dementia & Alzheimer's Support Group

This group meets every 4th Wednesday of each month from 10:30-11:30am at the Douglas County Senior Center in the conference room. The group will focus on helping caregivers of loved ones stricken with dementia/Alzheimer's address various issues associated with the progression of dementia and Alzheimer's and its affects.

# 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!

## 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 2018. We are located at ASPIRE Academy High School/WNC Douglas Campus, 1680 Bently Parkway S. For more information call 775-392-1475. You can also visit our website at douglasadulthood.com/ Mon. and Wed. 5pm-8pm (when DCSD is in session)

## Douglas County Community Health

Located on the mountain side of the Community Center  
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



## 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.

THE MANUAL THE HOSPITAL FORGOT TO GIVE YOU

Your child is worth 24 hours.  
You have nothing to lose and everything to gain

Meal and Childcare provided free of charge

Parent Project Jr

# LOVING SOLUTIONS

A parent's guide to raising strong-willed children ages 5-10

Learn how to:

- Stop arguing with your child
- Improve school performance
- Stop unwanted behaviors
- Teach children how to make good decisions
- Help children with ADD and ADHD

For the next class dates and times call Social Services at (775) 782-9825



Learn how to develop better communication with your teen, improve school attendance and performance, and prevent and/or intervene in alcohol and drug use. Find the resources to help.

## THE PARENT PROJECT®

GIVE US 24 HOURS!  
IT WILL CHANGE YOUR LIFE

### WHEN FACING THE TOUGHEST ADOLESCENT BEHAVIORS, PARENTS NEED THREE THINGS:

Desire, Information, and Emotional Support. The Parent Project provides all three elements in an 12-week workshop that will build a foundation your child cannot shake!

For the next class dates and more information please contact Social Services at (775) 782-9825.



# COMMUNITY



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

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



An Aktion Club is an official Kiwanis International Sponsored Service Leadership program oriented to adult citizens who live with disabilities and who are interested in service to their communities and is sponsored by the Kiwanis Club of Carson Valley. This club is for adults 18 and older, living with either a physically or developmentally disability. The Club teaches the members leadership skills, the value of community service, and the importance of being engaged in their community. As most service clubs, they have elected officers and hold meetings at 5pm the 1st and 3rd Monday of each month at the Douglas County Community and Senior Center. Free to members and includes t-shirt, club lapel pin and handbook. For more information call (775) 339-8882

## Facility Rentals

### Family Picnics \* Reunions \* Receptions \* Birthday Party

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

## Main Library Story Time

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

# For the Smile of your Life ...visit D'Ascoli Orthodontics



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- Damon® Smile and Damon® Clear braces
- Sleep apnea and snoring dental devices
- TMJ therapy with T-SCAN Computerized Bite Analysis



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35 Years Experience | Visit our website at [www.dascoliortho.com](http://www.dascoliortho.com)

1485 Highway 395 North, Gardnerville | 775.782.3788

Offices also in Carson City, Fernley, Incline Village, Reno, and South Lake Tahoe





## 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

## Book Sale

Save the dates – May 18, 19 and 20 – for the Douglas County Public Library's Giant Spring Book Sale at the C.V.I.C. Hall, 1602 Esmeralda Ave., Minden! Thousands of used books, audio books, children's books, DVDs and music CDs will be sold at bargain prices. The sale hours are: 4 to 7 p.m. on Friday, May 18 (Friends-only Preview); 9 a.m. to 5 p.m. on Saturday, May 19; and 9 a.m. to 2 p.m. on Sunday May 20. Proceeds benefit the Friends of the Douglas County Library and the Douglas County Library Foundation. More information: 782-9841 douglas.lib.nv.us

## 29th Annual Kids' Fishing Derby

**Ages:** 3 - 12

**Registration begins April 1**

This year's Kids' Fishing Derby will be held on June 2nd & 3rd, 2018 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 tandem fishing kayak, one paddleboard and a \$300.00 Gift Certificate from Sportsmans Warehouse. Registration will begin on April 1st and will continue daily through May. Registration is available at Accolades Trophies at 1532 Hwy 395 in Gardnerville during normal business hours. Registration will also be held each Saturday in April and May from 10am to 1pm at Walgreens in Gardnerville. Registration forms are also available for mail in Monday – Friday, 6am – 8pm, Saturdays, 8am – 8pm and Sundays 10am – 3pm at the Community Center. For further info please contact Heather Gertsch at 775-684-9018 or 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 fish and 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

Wednesday	May 23	6pm
Saturday	May 26	10am
Wednesday	May 30	6pm

### River Help Training Dates

#### (Lampe Park Pavilion)

Wednesday	May 23	after volunteer meeting
Saturday	May 26	after volunteer meeting
Wednesday	May 30	after volunteer meeting

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



YOUNG THESPIANS

PLAYWRITING  
MASK MAKING  
IMPROV GAMES  
COSTUMES

Theatre  
CAMP

July 23rd-27th

9:00am-3:00pm

Dangberg Home Ranch

1450 State Route 88, Gardnerville, NV

Grades 2nd-10th

High School Juniors and Seniors may apply to be Junior Counselors

\$95 first child

\$80 second child

Additional family discounts upon request.

Scholarships also available.

Registration

May 12, 2018 11:00am-2:00pm

June 30, 2018 11:00am-2:00pm

The Annex

(next to Coffee on Main)

1572 Hwy 395, Minden, NV

Space is limited.

cvct.youngthespians@yahoo.com

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## 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!



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www.chappellranchllc.com • 531 Centerville Lane, Gardnerville, NV

# CARSON VALLEY SWIM CENTER

## PRICING AND PASSES

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

### Multi-use Passes Available

Month • 3 Month • Annual

For additional information, please visit [www.cvswim.com](http://www.cvswim.com)

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

## POOL SCHEDULE

### ADULT SWIM

Mon - Fri 5:30am - 7:30pm  
 Sat/Sun 7:30am - 6:00pm  
 (June - August 7:30 am - 8:00 pm)

### PUBLIC SWIM

Mon - Th 9:00am - 7:30pm  
 Sat/Sun 11:00am - 6:00pm  
 (June - August 11:00 am - 8:00 pm)

### THERAPY POOL

(Adults, Seniors, Disabled Only)  
 Daily Opening - 2:00pm  
 (6 and under w/adult in water)  
 Daily 2:00pm - Close

### TOYS

Daily 11:00am - Close

### WATER SLIDES

Mon - Thur 11:30am - 4:00pm  
 Fri 11:30am-3:30pm, 5:30-7:30pm  
 Sat/Sun 11:00am - Close

### CLIMBING WALL

Daily Afternoons

### EXERCISE ROOM

Mon - Fri 5:30am - 7:30pm  
 Sat/Sun 7:30am - Close

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

## CLASSES/LESSONS

**YOUTH DROP-IN LESSONS \$7.00**

**ADULT LEARN TO SWIM (ALTS) \$55.00**

**ADULT DROP-IN LESSONS \$7.00**

**PARENT/CHILD DROP IN LESSONS \$7.00**

**WATER EXERCISE CLASSES**

\$6.00 (Adults),  
 \$5.00 (Seniors)



Pick up flyers at the front desk for additional information or visit [www.cvsc.com](http://www.cvsc.com)



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

# Your Community Pool

## WATER EXERCISE CLASSES

NEW Deep Water and Aqua Zumba Classes

### SWIM LESSONS FOR ALL AGES—NEW

Adult Learn-To-Swim Classes

Adult Lap Swim Lanes • Therapy Pool

Climbing Wall • Dry Exercise Room

Party Rentals Available

### Family Friday Nights

5:30-7:30 PM Only \$2 per person!



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

# CITY OF SOUTH LAKE TAHOE RECREATION SERVICES



## Superintendent Message

**Lauren Thomaselli**  
Recreation Superintendent

South Lake Tahoe is America's all year playground. As we move into the "Sprinter" months and Mother Nature decides to provide winter and spring conditions all in the span of a few days, it is helpful to have as many recreation options available as possible. The City of South Lake Tahoe is proud to continue the partnership with Douglas County to produce the Regional Recreation and Transportation Guide to allow residents and visitors a one stop shop for recreation facilities and programs. Tahoe Transportation District provides bus routes throughout the region making access seamless and convenient for those seeking a variety of recreation opportunities.

In South Lake Tahoe during the Spring and Summer season recreation facilities and programs include indoor and outdoor options. The Recreation and Swim Complex provides a 25yd, 6 lane pool with a variety of swim programs to choose from such as drop in water exercise, lap swim and recreation swim. The center is also home to indoor basketball and pickle ball courts. For warm spring and summer days a large fenced picnic area and playground are available and free to the public any day of the week. The center also includes a fitness center, gymnasium and full locker room amenities. Just down the street on the lakefront is beautiful Lakeview Commons and El Dorado Beach. On the warmest of spring and summer days the commons is a great place to take in the breathtaking view and enjoy a picnic.

While visiting the facilities please take time to view photos and updates on an exciting new project being undertaken by the City of South Lake Tahoe. Plans are currently being developed to build a new and improved 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 2019 and completion in 2021/22. Pictures of the project will be on display at the current Recreation and Swim Complex as we progress to construction.

On behalf of the City of South Lake Tahoe Recreation Team we thank you for your patronage and encourage you to get out and enjoy the year round playground.

*Lauren Thomaselli*

### Recreation and Swim Complex

**1180 Rufus Allen Blvd.  
South Lake Tahoe, CA  
96150**

**(530) 542-6056**

**Fax ( 530) 542-2981**

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

### 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 - Saturday 9am - 6pm

### Welcome to South Lake Tahoe

Bijou Park/Bike Park	Page 26
SLT Ice Arena/Bonanza Park	Page 27
Summer Youth STAR Camp	Page 27



CITY OF SOUTH LAKE TAHOE  
Recreation Services



# FITNESS CLASSES



## Jazzercise

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

**Instructor:** Sherry Baiocchi

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.

**6 days a week- for times go to [www.jazzercise.com](http://www.jazzercise.com)**

*Drop-In fee is \$10 per class to instructor*

*Monthly reduced fees are available*

# PICKLEBALL



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

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

# MARTIAL ARTS

## Tae Kwon Do & Arnis

**Location:** South Lake Tahoe

Senior Center

3050 Lake Tahoe Blvd.

**Instructors:** Chris & Rick  
Manglinong

For days and times go to

[christinamang@yahoo.com](mailto:christinamang@yahoo.com) or  
call 530-721-0216

To register online:

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



## Zumba

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

**Instructor:** Myee Avecilla

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

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

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



## Blue Lake Aikido

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

**Instructors:** Mark & Jen Dulyanai

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

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

# AQUATICS — Information & Classes

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

## 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+ YEARS – LEARN-TO-SWIM LEVEL 1 (LTS-1): INTRO TO WATER SKILLS

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

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

To build on skills developed in Level 1

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

To build on skills developed in Level 2

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

To build on skills developed in Level 3

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

To further learn how to coordinate and refine strokes



## U.S. Masters Swimming

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

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

### Masters Swimming Program

Check website for up to date info

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 visit [www.cityofslt.us/recreation](http://www.cityofslt.us/recreation). Call for Reservations- (530)542-6056

## 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



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

# SENIOR CENTER, ACTIVITIES & SERVICES

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

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

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

## SENIOR FITNESS

Tuesdays & Fridays

10:45 am -11:30 am

at the Recreation and Swim Complex Gymnasium



## ONGOING ACTIVITIES

- **BIG BAND DANCES 7:30 PM-10 PM**  
Last Friday of Each Month  
Admission \$10- All ages invited
- **Senior Lunch, Monday - Friday at 12 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 3rd and September 6th

# 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



# 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 11th, 2018. Registration begins April 14, 2018. Register at [JRGiants.org](http://JRGiants.org) or to find out more information please contact 530-542-6056.



# Summer begins with Star Camp



Parks  
Make  
Life  
Better!

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.cslt.splay.com](http://www.cslt.splay.com) or call 530-542-6056

## 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.

## SOUTH LAKE TAHOE ICE ARENA



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

When you are looking for something to do in Tahoe, enjoy a day of ice skating with family or friends at the South Lake Tahoe Ice Arena. The now privately operated, year-round indoor rink features a pristine NHL-size sheet of ice, snack bar, locker rooms 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!

# LAKEVIEW COMMONS



**Location:** El Dorado Beach

1004 Lakeview Avenue

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

**Seasonal Availability**

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

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



# REGAN BEACH & REGAN BEACH WEST

**Location:** 3199 Sacramento Avenue

**Regan Beach West Reservation Requests:** [facilityrental@cityofslt.us](mailto:facilityrental@cityofslt.us) or (530)542-6058

**Seasonal Availability**

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
- Playground
- Restroom facilities
- Dog water park

## BIJOU MUNICIPAL GOLF COURSE



**Location:** 3464 Fairway Avenue

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

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

## CAMPGROUND BY THE LAKE



**Location:** 1150 Rufus Allen Boulevard

**For information and to book reservations visit:** [www.cityofslt.us/recreation](http://www.cityofslt.us/recreation)

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.



## EXPLORE TAHOE: Urban Trailhead Visitor Center



**Location:** 4114 Lake Tahoe Blvd.  
**General Information:** 530-542-4637  
**Open:** 9:00am-5:00pm

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

Visitor Center highlights include:

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



## STATELINE TRANSIT CENTER

**Location:** 4114 Lake Tahoe Blvd.  
**General Information:** 530-541-7149  
[www.tahoetransportation.org](http://www.tahoetransportation.org)

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

"Very helpful, informative, and educational."  
Derek, Portland, OR

## ANNUAL EVENTS

**Live at Lakeview Summer Music Series**  
Every Thursday, 4pm-8pm \* Lakeview Commons  
[www.liveatlakeview.com](http://www.liveatlakeview.com)

**Lights on the Lake Fireworks**  
July 4th \*(Lakeview Commons is an ideal viewing area)  
[www.tahoessouth.com](http://www.tahoessouth.com)

**South Lake Tahoe City Parade**  
For information visit [www.cityofslt.us/4thofjulyparade](http://www.cityofslt.us/4thofjulyparade)

**Sample the Sierra**  
September 15 \* Bijou Community Park  
[www.samplethesierra.com](http://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 & machines
- Bouldering/Traverse Wall for all ages
- Indoor Playground and Game Room
- Preschool
- Special Events
- Programs & Leagues for all ages

## Facility Rentals

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



## Recreation Center Hours

### May - October 2018

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

### November 2018 - April 2019

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

### Holiday Closures

May 28, July 4 & September 3

### Annual Maintenance Closure

Aug 29 - Sept 3	Building
Aug 29 - Sept 10	Classrooms & Gymnasium

## WALK-IN REGISTRATION

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

## MAIL-IN REGISTRATION

Kahle Community Center, PO Box 5040, Stateline, NV 89449

Make checks payable to:

(DCPRD) Douglas County Parks & Recreation Dept  
Send payment with name of enrollee and program title

## FAX OR PHONE REGISTRATION

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

**PLEASE REGISTER EARLY!**

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

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

**Located at 236 Kingsbury Grade, Stateline, NV 89449**

**775-586-7271 · FAX 775-586-7273**



## KAHLE CLASS LOCATION CODES

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

# PRESCHOOL/ YOUTH

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

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

Highest five star Quality Rating by the State of Nevada

Director: Shelly Martinez

Teachers: Carolin Hansa, Kay Summers, Rochell Miller, Silke Rover & Susan Dore Roots and Wings is an extraordinary community of learners devoted to cultivating curiosity, thoughtfulness, individuality and kindness. Here, synapsis spark, passions are provoked, nature and discovery are celebrated, and love and respect are tangible. We believe that knowledge and play are the yin and yang of education.

- Licensed Pre-school designed for 30 months thru 5 years
- 2 - 5 day programs
- \$100 per year for new students, \$50 returning students
- Effective September 2018 - \$26 per day
- Wait list and info call (775) 586-7271



### Birthday Parties

Let KCC help you plan, organize and make your child's birthday a special event. Complete our custom party package form and receive a custom quote.

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

### Zephyr Cove Library

(775) 588-6411

Hours: Wednesday 11:00am – 7:00am  
Thu, Fri & Sat 9:00am – 5:00pm

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

### LIBRARY SUMMER PROGRAMS No registration required!

**Ages:** Family **Location:** Zephyr Cove Library  
**Days:** Wed 6/13/18 4:00pm  
In-Tune Tales Musical Performer. Free.  
Wed 6/27/18 4:00pm

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

## Kahle Play Camps

**Ages:** 3 & 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, cooking, games, water and mud exploration, wheel days, treasure hunts and a nature hike to Nevada Beach each Thursday. Play campers will need to bring a backpack with towel, hat, sunglasses, sack lunch with drink, water bottle and sunscreen. 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 5/7/18 at 9am.** Completed registration packet is required upon sign-up. **Registration packets available 4/23/18.**

**Time:** 9 am – 1 pm

**Location:** KCC

**Days:** Mon – Thur

<b>Pirate of Kahle Park</b>	Week 1	6/18 – 6/21	\$120
<b>Play Camp Rocks!</b>	Week 2	6/25 – 6/28	\$120
<b>Outdoor Explore</b>	Week 3	7/9 – 7/12	\$120
<b>Forest Fairies</b>	Week 4	7/16 – 7/19	\$120
<b>Dog Days of Summer</b>	Week 5	7/23 – 7/26	\$120

(Limit 15 children per camp)

# YOUTH/TEEN

## 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 5/30/18 at 9:00am. Completed registration packet is required at time of registration. (Limited enrollment)

**Time:** 7:30am – 6pm

**Location:** KCC

Mon - Fri 6/25 - 8/24

**Cost:** \$26

\*No camp 7/4

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

## 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 July 5.**

## Kid's Club Programs

**Grades:** K-6

Registration Begins August 1

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

**Kahle Community Center**

**Early birds** 7:00am – 8:30am

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

**Zephyr Cove Elementary School**

**Kids Club** 3pm – 6pm \$6 per day\*

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

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

# YOUTH/TEEN

## Climbing Wall at KCC

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

## Teen Scene ~ Friday Nights at Kahle Community Center

**Grades:** 6-12

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

**Time:** 6:30pm – 8:00pm

(F) Continuous

**Location:** KCC

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

\*Free to pass holders

## FITNESS FOR TEENS

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

## 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

(W) 5/2 – 6/13

(W) 9/12 – 9/26

Drop-in \$8 per class

No classes during July & August

**Location:** KCC

\$28

\$12

## SIGN UP EARLY

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

# COMMUNITY CLASSES

## COMMUNITY BLOOD DRIVES 2018

Find the  
**hero**  
in you.

United Blood Services

**Tuesday, May 1, 2018**

**Tuesday, August 28, 2018**

**Tuesday, November 20, 2018**



at

**TDFPD – Station 23**

**11:30–5:30pm**



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

## Dog Obedience

**Instructor:** Guy Yeaman

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



**Time:** 7:00pm – 8:00pm

(Th) June 21 – July 26

(Th) Aug 2 – Sept 6

**Location:** KCC

\$90

\$90

## Voting Information

Early Voting and Election Day voting will take place at Kahle Community Center.

**Early Voting**

Tuesday, May 29 2 - 6 pm

Saturday, June 2 10 am - 2 pm

**Election Day**

Tuesday, June 12 7 am - 7 pm



CHILD ADVOCATES  
of  
EL DORADO COUNTY

New Advocate Training classes in South Lake Tahoe starting April 17, 2018

To find out more information, visit us at [www.casaeldorado.org](http://www.casaeldorado.org) or call Julia Johnsen at (530) 622-9882

# ADULT FITNESS

## 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 Andy, Darla, John, Ricardo, Kyle, Melanie and Jamison.

## Yoga for Everybody on the Beach!

**Instructor:** Susan Glasson

Join us on the beach for an all levels yoga practice. This 12 session series will focus on pranayama (breath) and asana (postures) during each hour long class. Some basic yoga philosophy will be introduced in the sessions. These classes are suitable for both beginners and experienced practitioners. Bring a beach towel, water bottle and something warm to wear as the sun sets. **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:** (T) 6:30 – 7:30pm

**Location:** Nevada Beach  
(South of pavillion)

**Cost:** \$5 drop in

**Dates:** May 29 – Aug. 28

*No class 7/3/18*



## 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:** (M - F) 9:00am  
(M) 5:30 pm

**Location:** KCC

**Cost:** \$10/class

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

*Cards expire at the end of each month. No class 5/28, 7/4 & 9/3*

*\*Check with instructor regarding classes during building closure Aug 29 – Sept 10*

## Pilates

**Ages:** 13 & up

**Instructor:** Rose Marie Ottman

This is a multi-level fitness class centered on the Pilates mat 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:** \$12/class

*Punch cards: 4/\$39, 8/\$80*

*Cards expire 4 weeks from date of purchase*

*\*Check with instructor regarding classes during building closure Aug 29 – Sept 10*

## Yoga for Everybody

**Instructor:** Susan Glasson

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

**Time:** (T) 6:30 – 7:30pm

**Location:** KCC

**Dates:** Jan 2 – May 22

**Cost:** \$5 drop in

*Scholarship may be available in case of financial hardship*



## Jazzercise

**Instructor:** Sherry Baiocchi

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:** (T & Th) 5:30 pm  
(S) 9:00 am

**Location:** KCC

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

*For more class info & specials offered go to [www.Jazzercise.com](http://www.Jazzercise.com) and use the 96150 zip code. \*Classes will be held outside in Pavilion during Annual building closure, Aug 29 – Sept 10*

# 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:** 6:00 – 7:30pm

**Location:** KCC

(W) 5/2 – 6/13

\$42

(W) 9/12 – 9/26

\$18

*Drop-in \$10 per class*

*No Classes during July & August*

## Philippine Stick Fighting Arnis

**Ages:** 16 & up

**Instructors:** Rick and Chris Manglinong

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

**Time:** 7:30 – 8:30pm

**Location:** KCC

(W) 5/2 – 6/13

\$42

(W) 9/12 – 9/26

\$18

*Drop-in \$10 per class*

*No Classes during July & August*

## Golf at Edgewood

**Instructors:** 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:** 3:00 – 4:30pm

**Location:** EGC

(M & W) 5/14, 16, 21, 23

**Cost:** \$75

# YOUTH SPORTS

## Game Time Basketball Camp With Coach Gil Llewellyn

**Ages:** 6-18, all ability levels (co-ed)  
Tailored instruction for: HIGH SCHOOL, Middle School and Elementary School. 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 \$35 if you register by May 15. Save \$20 if you register by June 15.** Normal rates after June 15.

**Time:** 9:00am-3:30pm **Location:** KCC

**Dates:** Mon – Thu 7/23 – 7/26

**Cost:** 4 days \$195 1 day \$55  
3 days \$150 Half day \$30  
2 days \$105

Contact, Information & Registration:  
Coach Gil at 805-729-5539 or at [www.gametimebasketballcamps.com](http://www.gametimebasketballcamps.com)  
Local Camp Ambassador:  
Stacy Noyes: 775-790-4696

### 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.sltaiso.com](http://www.sltaiso.com)
- Pop Warner Football**.....[www.southtahoepopwarner.com](http://www.southtahoepopwarner.com)
- Little League Baseball** ..... [www.tahoelittleleague.com](http://www.tahoelittleleague.com)
- Youth Ice Hockey** ..... [www.tahoegrizzlies.com](http://www.tahoegrizzlies.com)
- Zephyr Cove Ski Club**..... [www.zephyrcoveskiclub.com](http://www.zephyrcoveskiclub.com)

# ADULT SPORTS

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

**Ages:** 18 & up **Location:** KCC  
So your vertical isn't what is used to be? But you know you've still got the moves. Enjoy the game in an informal atmosphere. Players of various skill levels are welcome to join in. All participants must be a pass holder to the Community Center or pay the \$7 drop-in fee. Players must rotate in if more than two teams are formed.

### BASKETBALL

**Days & Time:** Mon, Wed, Thu 12:00pm – 3:00pm  
Tue 1:00pm – 3:00pm  
Sat 12:00pm – 3:00pm  
*Half court only*

### VOLLEYBALL:

Call (775) 586-7271 to schedule

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

### Zephyr Cove Tennis Club

South Lake's only functioning, all age tennis club with programs and events for all ability levels. Available for Adult and Jr. Lessons. Tennis Racket stringing. For more information, contact [zctennisclub@gmail.com](mailto:zctennisclub@gmail.com), call 775-588-5533 or visit [www.zctennis.com](http://www.zctennis.com)

**Location:** ZCP

## Adult 6-Man Flag Football League

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.

### Registration

Returning Teams: 5/9 - 5/23

New Teams: 5/24 until full

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

\$100 Bond\*

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

**Location:** ZCP

**Dates:** Season Starts June 13

**Divisions:** Wed Nights

# ACTIVE ADULT

## National Senior Health and Fitness Day

**WEDNESDAY, May 30, 2018**

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:** 9:00am – 2:00pm

**Location:** KCC

(S) 6/9, 8/11, 10/13

**Cost:** \$15\* members

\$20\* non members

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

*\*Fee payable to instructor at class*

## Tahoe-Douglas Senior Center (TDSC)

**(775) 588-5140**

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

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

# TRANSPORTATION

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

## ROUTE 20x - DAILY

### Eastbound

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

**Stops:**

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

(Timed stops are bold)

### Westbound

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

**Stops:**

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

## ROUTE 19x - DAILY

### Northbound

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

**Stops:**

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

(Time Stops are bold)

### Southbound

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

**Stops:**

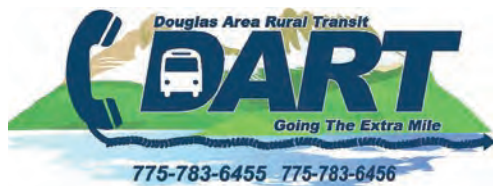
- **Washington and Plaza**
- Stewart St. and 3rd St.
- Stewart St. and Wright Lane (NV DMV & NDOT)
- **Topsy Lane**
- Fuji Park
- Ironwood Dr. and US 395
- **Carson Valley Inn (CVI)**
- Gilman Dr./SR 756 and US 395
- **Douglas Co. Community and Senior Center**

## ROUTE 23 - DAILY

### Westbound

The Ridge Resorts	Tramway / Tina	Market St.	Kingsbury Transit Center	Stateline Transit Center
8:00 AM	8:06 AM	8:11 AM	8:15 AM	8:25 AM
9:00 AM	9:06 AM	9:11 AM	9:15 AM	9:25 AM
10:00 AM	10:06 AM	10:11 AM	10:15 AM	10:25 AM
11:00 AM	11:06 AM	11:11 AM	11:15 AM	11:25 AM
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.



### 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.



### Tahoe Transportation District

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

### VALLEY & LAKE EXPRESS FARES

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

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



### Tahoe's Smooth Movin' Shuttle

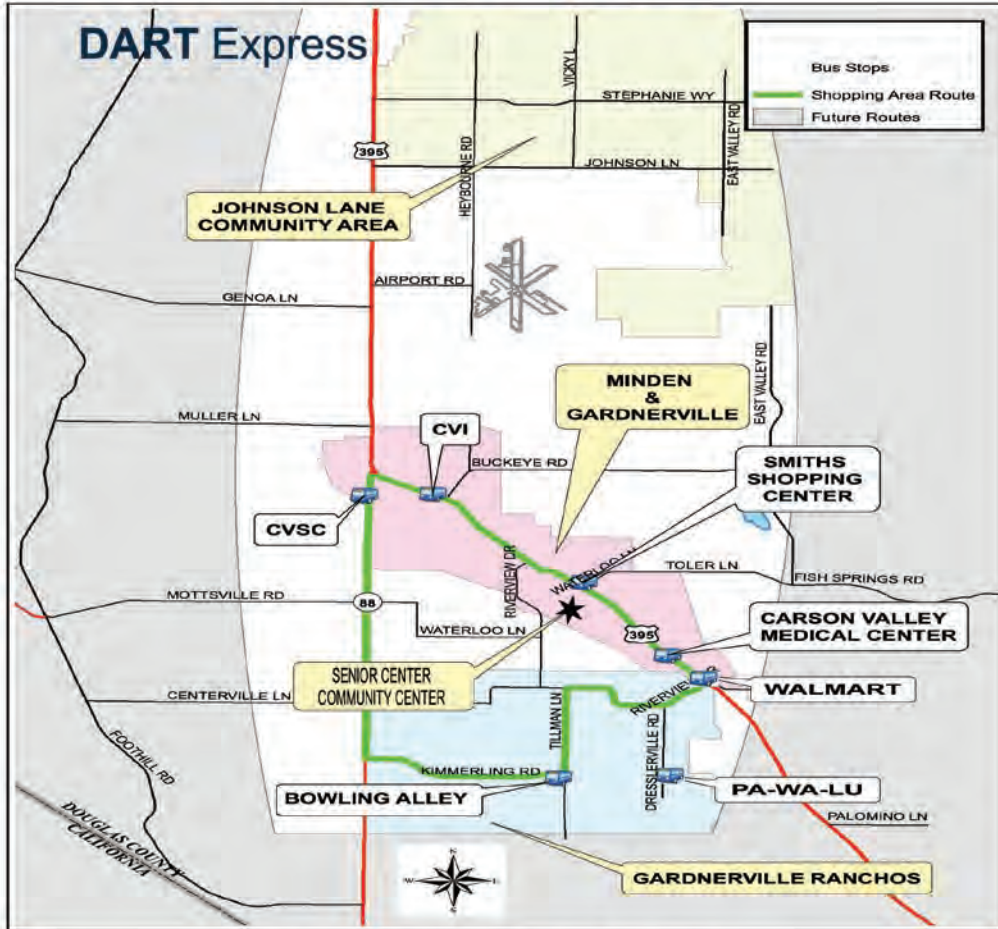
Ride BlueGO to biking, skiing, hiking, swimming, gaming, shopping, walking, kayaking and sailing! We are your ride for getting around South Lake Tahoe, Camp Richardson, Meyers, Stateline, Zephyr Cove, Marla Bay, Round Hill and Upper Kingsbury. Call 530-541-7149 or visit us online at [www.bluego.org](http://www.bluego.org)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





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

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

# Recreation Areas, Facilities, Rental & General Information

## DOUGLAS COUNTY

### Douglas County Community & Senior Center

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

### Carson Valley Swim Center

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

### Kahle Community Center

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

### Tahoe-Douglas Senior Citizens Center

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

### Zephyr Cove Tennis Club

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

## CITY OF SOUTH LAKE TAHOE

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

### Recreation & Swim Complex

1180 Rufus Allen Blvd.  
530-542-6056 - General Information  
530-542-6058 - Rentals

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

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)  
[www.cityofslt.com/recreation](http://www.cityofslt.com/recreation) - General Information & Reservations  
[campgroundbythelake@cityofslt.us](mailto:campgroundbythelake@cityofslt.us) - Contact  
Open April - October. Cabin, group sites, hook ups & weekly rates available. Dogs on leash allowed.

### 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.  
[www.cityofslt.com/recreation](http://www.cityofslt.com/recreation)  
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  
530-542-6056 - General Information  
530-542-6058 - Gazebo Rentals  
[www.facilityrental@cityofslt.us](http://www.facilityrental@cityofslt.us)

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 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](http://www.facilityrental@cityofslt.us)

### South Lake Tahoe Senior Center

3050 Lake Tahoe Blvd.  
530-542-6094 - General Information  
530-573-3130 - Nutrition Program  
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 and activities. Volunteers needed and drop-ins are welcome.

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

4114 Lake Tahoe Blvd.  
530-542-4637

## TRANSPORTATION

### Tahoe Transportation District

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

### BlueGO

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

### Douglas County Dial-A-Ride Service

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

### Carson Valley Airporter

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

## PHOTOS

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

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



## **and continuing to grow!**

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**Carson Valley Medical Center**

1107 Highway 395 N Gardnerville, NV 89410  
[www.cvmhospital.org](http://www.cvmhospital.org)



*CVMC's Acute Care Hospital, the heart of our community-wide network, is rated 4 stars: Survey Summary, Overall Patient Experience  
\*As reported by the Centers for Medicare & Medicaid Services*