

CARSON VALLEY & SOUTH SHORE
REGIONAL

RECREATION & TRANSPORTATION
GUIDE



WINTER/SPRING 2018

Brought to you by:

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



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WELCOME

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



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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 Kelly Gardner • Celeste Pierini • Gary Dove • Meghan Kelly • Thomas Moore • Brenda Robertson
Adam Lewandowski

Douglas County School District

Layout Ruth Zamarripa, Sierra Nevada Media Group

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

SATISFACTION GUARANTEE

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

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

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

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

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

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

POLICIES

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

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

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

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



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

Passes Available

Daily • Monthly • 3 Month • Annual

Recreation Center Hours

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

- Closed Most Holidays -

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

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

Director's Note

Scott Morgan

Community Services/Parks & Recreation Director

Time for the Flag

The grandest new building in Douglas County should have the grandest flag flying in front of it. Inside the building every room is adorned with our country's colors and our gymnasium flies a beautiful large 36 star American flag from 1864. This historic flag flew over our capital when Nevada became a state.

The flag of the United States of America is a symbol of freedom and liberty to which Americans pledge their allegiance by standing at attention and facing the flag with their right hand over their heart.

The United States flag consists of 13 alternating red and white stripes that represent the 13 original colonies and 50 white stars on a blue field with each star representing a state. The colors on the flag represent: red for valor and bravery, white for purity and innocence and blue for vigilance, perseverance and justice.

Our national symbol goes by the nicknames: 'The Starry Banner,' 'Old Glory' and 'The Star-Spangled Banner'. The American flag is one of the most highly recognizable symbols in the world today.

With all the issues going on in our country regarding the flag and our national anthem, We can't think of a more appropriate time to privately raise the money to place a lighted three pole system in front of the Community and Senior Center that can be seen from Highway 395. Let's show all those who enter our community that we are much more than your average patriotic community!

The Douglas County Community Services Foundation is currently raising money for a spectacularly large flagpole system. If you think it's time we flew a large American flag in Douglas County and are interested in contributing please contact Liz at 775-782-9829 or by email at lbaumgartner@douglasnv.us.

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.

W
A
N
T
E
R

PRESCHOOL / YOUTH

Brighter Days Preschool

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

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

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

Many different programs are offered. Please call (775) 783-6454 or email brighterdayspreschool@gmail.com for more information.

Little Hoops Basketball

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

Day: (Su) 4/8 - 5/6 **Locations:** DCCSC

Ages/Times: 2-3 12:30 - 1:15pm \$65 per child
4-6 1:30 - 2:30pm \$65 per child

Little Tykes Soccer

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

Session 1: (Su) 1/14 - 2/11 **Locations:** DCCSC

Session 2: (Su) 4/8 - 5/6

Ages/Times: 2-3 10:15 - 11am \$65 per child
4-6 11:15am - 12:15pm \$65 per child

Learn to Skate

Ages: 3-5 years **Instructor:** Heather Keene
Students will learn the basics of roller skating including skating forwards, stopping and safety in this four week program for beginners.

Day: (Su) 1/14 - 2/4 **Locations:** DCCSC

Ages/Times: 2-3 12:30 - 1:15pm \$50 per child
4-6 1:30 - 2:30pm

Stroller Time

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

Toddler Time

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

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

YOUTH



Introduction to the Violin

Grades: 3-6 **Instructor:** John O'Neill
Children will have the opportunity to find out if the violin is the right instrument for them. They will work on several easy, well known melodies and be instructed in the proper way to hold and take care of the instrument. Private lessons will be offered to those wishing to continue at the conclusion of the class.

Time: 3:45 - 4:30pm **Locations:** DCCSC
(Th) 1/18 - 2/8 \$25*

*Includes all materials and use of a violin outfit

School Break Adventure Camps

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

Time: 7am - 6pm **Locations:** TBA

Holiday Break \$26/child/day**

(M - F) 12/26 - 1/8 (No Camp 12/25 or 1/1)

Winter Break

(T - F) 2/20 - 2/23 (No Camp 2/19)

Spring Break

(T - F) 4/17 - 4/20 (No Camp 4/16)

** Sibling discount of \$3.00 per day

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 Jan - May \$10/day

1/17, 2/14, 3/14, 4/11 and 5/9

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.

YOUTH

Adventure Camp Days

Grades: K-6

Campers will enjoy a variety of activities each day, all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Trip destination for the March date will be to the Swim Center. Spaces are limited and pre-registration is required. Pre-register at the Community Center.

Time: 7am - 6pm
(M) 3/5

Locations: PHES/GES
\$26/day*

* Sibling discount of \$3.00 per day

Kids Club

Grades: K-5

Kids Club is a before and after school recreational enrichment program that is held at all DCSD valley elementary schools. Recreational activities include arts & crafts, games, a quiet homework time and special events all based on a weekly theme. Daily snacks are provided in the afternoon. Kids Club is offered Monday through Friday, 7 - 8:45am and 3 - 6pm while school is in session; holidays and teacher work days excluded. The fee is paid by the month for the morning program, the afternoon program or both. The monthly fee is calculated by the number of school days in the month. Enrollment is based on a first come, first served basis each month. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. A 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.

TEENS/ADULTS

Modern & Historical Fencing

Ages: 13 & up

Instructor: Steven Kleckar

Students will be introduced to the basic technical skills of modern fencing including foil, epee and saber focusing on the use of foil, the En Garde position, footwork and blade work skills. The class is designed to emphasize basic guiding principles including safety, honor, Olympic Values and going for the gold in fencing and in life. Modern & Historical Free Play also available. Students will need to bring leather gloves that cover their wrist and dress in black sweat pants, long sleeve t-shirt and athletic shoes. All safety equipment will be provided.

Time: 7 - 8:30pm
(Th) 1/4 - 1/25
(Th) 2/1 - 2/22
(Th) 3/1 - 3/29
(Th) 4/5 - 4/26

Location: DCCSC
\$32
\$32
\$40
\$32

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

30 Hour Classroom Driving Education Training

Ages: 15 & up

Instructor: Chuck Ayers

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

Time: 8:30am - 4:30pm
(T - F) 2/20 - 2/23
(M - Th) 4/16 - 4/19

Location: DCCSC
\$50
\$50

YOUTH/TEENS

Baton Twirling

Ages: 7-16 years

Instructor: Sharie Jones

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

Ages/Times: 7-11 4-5pm
12-17 3-4pm

Locations: DCCSC
Cost: \$50/month

Days: (Th) 1/4 - 1/25
(Th) 2/1 - 2/22
(Th) 3/1 - 3/22
(Th) 4/5 - 4/26

Intro to Junior Golf

Ages: 5 - 16 years

Instructor: Carson Valley Golf Course

Juniors will learn the basics of golf including rules, etiquette, putting, chipping and full swing. Club rental and golf balls are included in the fee. Refreshments will be provided.

Day: (Sa) 4/14

Locations: DCCSC

Ages/Times: 5 - 6 12 - 1:15pm
7 - 8 1:30 - 2:45pm
9 - 16 3 - 4:15pm

\$20 per child
\$20 per child
\$20 per child



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TEENS/ADULTS

Basics of Belly Dancing

Ages: 13 & up **Instructor:** Julia Howlind
 Belly dance is a great way to stay in shape and build strength while having fun. This class gives students an understanding of basic belly dance technique, form language and execution. The class is drop-in friendly but students will learn a choreographed dance with regular attendance. Come ready to shake your hips and have fun. No prior dance experience needed.

Time: 7 - 8:30pm **Location:** DCCSC
 (T/Th) 1/9 - 2/1 \$40
 (T/Th) 2/6 - 3/1 \$40
 (T/Th) 3/6 - 3/29 \$40

\$8 Drop-In Fee
 *No Class 2/22

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 and a fabric or leather lead. Dogs must be at least 4 months old. ***Bring a copy of current shot records the first day of class. For more information, email**

www.dogmanguy.com
Time: 7 - 8pm **Location:** DCFG
 (W) 1/10 - 2/14 \$90
 (W) 3/7 - 4/11 \$90
 (W) 4/18 - 5/23 \$90



Essential Oils 101

Ages: 13 & up **Instructor:** Charlotte Weaver
 Learn how essential oils can bring healing to the body's systems through reflexology. Bring your feet, or partner with someone, for these hands on 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: (T) 1/16 at 1pm **Location:** DCCSC
 (M) 2/5 at 5:30pm \$10/class
 (M) 3/5 at 1pm
 (W) 4/18 at 5:30pm

Kenpo for Fitness & Self Defense

Ages: 10 & up **Instructor:** Dave Hebler
 This class blends Kenpo Karate for Fitness and Self Defense. Easy to learn techniques to protect yourself from violence as well as key methods to recognize and prevent attacks BEFORE they happen. Classes are for beginners to advanced learners.

Time: 5:45 - 6:45pm **Location:** DCCSC
 (M/W) 1/3 - 1/31** \$80*
 (M/W) 2/5 - 2/28** \$80*
 (M/W) 3/5 - 3/28 \$80*
 (M/W) 4/2 - 4/30 \$80*

* Second family member is half price.
 ** No class 1/15, 2/19

ADULTS

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) 1/5 - 1/29* **Cost:** \$35/couple
 (M/F) 2/2 - 2/26* \$25/singles
 (M/F) 3/2 - 3/30
 (M/F) 4/2 - 4/30

* No class on 1/15 or 2/19

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) 1/6 - 1/27 \$5
 (Sa) 2/3 - 2/24 \$5
 (Sa) 3/3 - 3/24 \$5
 (Sa) 3/31 - 4/21 \$5

Concealed Weapon Certification

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

Time: (W/F) 5:30 - 9pm **Location:** DCCSC
 (Sa) 8 - 10am **Location:** DCSR
 (W/F) 1/17 & 1/19 (Sa) 1/20
 (W/F) 3/14 & 3/16 (Sa) 3/17
 (W/F) 4/18 & 4/20 (Sa) 4/21

Cost: \$90 Spouses are 1/2 price
 **An additional \$10 insurance fee is payable to the instructor.

World Tai-Chi Day

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

Time: 10am - 12pm **Location:** MP
 (Sa) 4/28 **FREE**

Postural Alignment Exercise

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

Time: (W) 9 - 10am **Location:** DCCSC
Cost: \$15/month or \$5 Drop-In
 * No class 2/28, 3/7

SPECIAL EVENTS

Archery Tag

Ages: 6th grade & up

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

Time: 6 - 8pm

(Sa) 1/27

(Sa) 2/24

(Sa) 3/24

(Sa) 4/28

Cost: \$7/adults

\$5/Seniors & under 18

Family Roller Skating Night

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

Time: 6 - 8pm

(Sa) 1/13

(Sa) 2/10

(Sa) 3/10

(Sa) 4/14

Cost: \$5/adults

\$3/Seniors & under 12

Skate Rental: \$2.00



Valentine's Day Father / Daughter Sweetheart Dance

Ages: All

What better way for Dad to celebrate Valentine's Day than with a night out with his favorite girl...his daughter! Come spend a very special evening made just for Dads (or adult male chaperone) and daughters. 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: 6 - 8:30pm

(Sa) 2/3

Early Registration (12/11 - 1/19)

Regular Registration (1/20 - 2/2)

Location: DCCSC

\$10/ticket

\$15/ticket

Birthday Party Packages

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

PARTY PACKAGES

Make your party special...with a theme

Toddler Party- Includes toddler toys for 1 hour, bounce house, party room for 2 hours, kitchen, tables & chairs. \$150

Roller Skate Party- Includes skating for 1 hour, skates, party room for 2 hours, kitchen, tables & chairs. \$150

Court Party- Choose basketball, volleyball racquetball, pickle ball, badminton for 1 hour, party room for 2 hours, kitchen, tables & chairs. \$125

Archery Tag Party - ages 12 & up- Includes Archery Tag Equipment for 1 hour, party room for 2 hours, kitchen, tables & chairs. \$150

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

Mother/Son Fall Dance

The Mother/Son Dance has been moved to the fall!

Join us in October for this special night just for Moms (or adult female chaperone) and sons. Look for more information and ticket release dates in the Summer Recreation Guide or call the Community Center at 782-5500 Ext 1.



Family Eggstravaganza

Ages: All

A hopping good time for families with children of all ages! Join the Recreation Department staff for spring crafts, fun & games. Enjoy a special visit from the Easter Bunny and take home a keepsake photo for an additional fee.

Registration required before March 20th. Register at the Douglas County Community Center or call 782-5500 Ext 1.

Time: 9 - 11am

(Sa) 3/24

Location: DCCSC

\$3/child

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FITNESS CLASSES

Gym & Fitness Center

Daily, 30 day, 90 day and annual passes available

Membership includes use of

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

Personal Training

Personal training is available at the community center. Being part of a personal training program can create lifelong health habits and improve your overall well-being. 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.

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

- (W) 5:30pm
- (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*

Indoor Cycling Class

Ages: Adult

Instructor: Lisa Wright

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

Days/Times: (M/W/F) 6:05am

(T/Th) 5:30pm

Location: DCCSC

Cost: \$5/drop-in or \$50/month

**Must have at least 3 participants*

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*

Teen Fitness Orientation

Starting January 2nd, 2018 all Teens in grade 8th - 12th are REQUIRED to attend a Gym/Fitness Equipment Orientation BEFORE using any Cardio or Strength Equipment in the Fitness Center.

For the safety of our teen members the Douglas County Community Center requires that all Teens must complete a Fitness Orientation to make sure that they can safely use the equipment and benefit from them properly. 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. Signup for an orientation at the front desk or for more information call 782-5500, ext.1

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 \$20/5 class punch card*

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

Country Heat Live

Ages: Adult

Instructor: Tessa LoPresto

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

Days/Time: (M) 6:30 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 punch card*

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

The New Jazzercise

Instructor: Helen Bartsch

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, dance party



with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. We will leave you breathless, toned and coming back for more. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise.

Days/Time: (M-Sa) 9-10am

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

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.

Gym Orientation

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



Jessica Fagundes
ACE Certified Personal Trainer

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



Nick Lonnegren
Intl. Fitness Assoc. Certified Personal Trainer
Bachelors Degree: Kinesiology
Masters Degree: Sport Psychology & Exercise Adherence

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

775-291-6208 • Lonnegren80@gmail.com



Lisa Wright
ACE Certified Personal Trainer

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

775-450-9065 • dynagirl2011@hotmail.com



Bryan MacFarlane
NFPT Certified Personal Trainer

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

775-450-4046 • bmac3250@yahoo.com

YOUTH/ADULT SPORTS

Youth Sports Organizations

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

- AYSO Soccer** www.cvayso.org
- Carson Valley Little League** 782-7303
- Carson Valley Fast Pitch** 265-6447
- Carson Valley Swim Center** 782-8840
www.cvswim.com
- Pop Warner** 782-8777
www.douglaspopwarner.com
- Youth Basketball Leagues** 782-5500
www.dcpssports.com
- Youth Flag Football Leagues** 782-5500
www.dcpssports.com
- Youth Volleyball Leagues** 782-5500
www.dcpssports.com
- Carson Valley Basketball** http://cvbahoops.net
- Zephyr Cove Ski Club** 901-0386
www.zephyrcoveskiclub.com
- Douglas Ski Club**
- Saturday 782-3543
- Sunday 721-8623 or 450-9077

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.

Therapy That Makes Sense

Lileo T. Sunderland, M.F.T.

- Marriage • Family
- Individual Counseling

Licensed in Nevada and California

775-783-1136

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



Lileo Sunderland
M.F.T.

YOUTH/ADULT SPORTS

Coed Youth Volleyball Leagues

These leagues are for beginner to advanced players, emphasizing skill development and fun competition. Participants will be assigned to a team via a draft system. All games will be played on weeknights with at least one practice set aside each week. Practice sites may vary with weeknight games (TBA) volunteer coaches will be used. (Enrollment based on number of head coaches) Sign up players fast, as space is limited. (Max 10 players per team)

Cost: Includes t-shirt, awards & officials
 \$80 Early Registration: January 2nd - February 15th
 \$90 Regular Registration: February 16th Until Full
(Enrollment based on number of head coaches)
Player Draft in March (TBA)

Location & Game Time:
 5:30pm-6:30pm-7:30pm-8:30pm (weeknights)
 All game played at Community Center
Season Begins mid-March

League Divisions offered:

- 3rd/4th grade Coed
- 5th/6th grade Coed
- 7th/8th grade Coed
- 9th-12th grade Coed

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

Volunteer Coaches Needed: Coach Application & Background Checks must be received by Friday, March 2, 2018. **For information and coaching applications go to the www.dcprrsports.com**



MEFIYI Holiday Break Sports Bash

Grades: 1- 8 **Instructor:** JoJo Townsell
 MEFIYI (Me-for-Incredible-Youth, Inc.) Holiday Break Sports Bash will provide 3 sports clinics for boys and girls who enjoy or want to learn skills and drills in basketball, volleyball and/or indoor tennis. Camps will focus on the fundamentals associated with each sport, including game strategy. Athletes must bring a snack and/or sack lunch and a water bottle.

Dates: (M-Th) 1/2 - 1/4	Location: DCCSC
Volleyball 9-11am	\$75 for one camp
Basketball 11am-1pm	\$130 for two camps
Indoor Tennis 1-3pm	\$160 for all three camps

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.**

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) 7 - 9pm
 (F) 6 - 9pm
 (Sa) 12:30 - 2:30pm



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

Badminton

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

ADULT SPORTS

Adult Open: Basketball League

Ages: 18 & up
 Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 15 players are allowed to a roster. Each team will play 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: 5:30-8:30pm **Location:** DCCSC
Registration: Early: \$550 2/5 - 3/5
 Regular: \$600 after 3/5

Registration Deadline: March 16

Season: (F) Starts late March

Managers Meeting: A managers meeting will be held prior to season. Time and location TBD. Schedules will be available at the meeting.

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

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

ADULT SPORTS

Adult Spring Volleyball Leagues

Ages: 18 & up

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

Time: 6:00, 7:00, 8:00pm

Location: DCCSC

Registration: Early: \$250 2/1 – 3/1
Regular: \$300 after 3/1

Registration Deadline: March 9

Season: Starts week of March 19

Leagues Offered: (M) Women's B (6 on 6)
(M) Women's C (6 on 6)
(Th) Coed "B" (6 on 6)



Adult Softball Leagues

Ages: 18 & up

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 20 players are allowed to a roster. Each team will play 8 regular season games. Top 8 teams will advance to the post-season double 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 3/5 - 4/3
Regular: \$525 after 4/3

Leagues: (T) Men's League (all levels)
(W) Men's League (all levels)
(W) Women's league
(Th) Coed League

Registration Deadline: April 13

Season: Starts week of April 23

Managers Meeting: A managers meeting will be held prior to season. Time and Location TBD. Schedules will be available at the meeting.

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 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.

ACTIVE ADULTS

UP COMING EVENTS & TRIPS

All of our trips are open to the public.

Please contact the Senior Center at 775-782-5500 ext. 3 for the 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.

ACTIVE ADULTS

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, 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.

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.



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.

Young at Heart (YAH)

Young at Heart is a non-profit 5013c organization that has been in service for forty years. Our membership has grown significantly over the years and is now over 700+ members. The Young at Heart is the fund raising arm for seniors in Douglas County. We support and fund many activities and clubs for all seniors in Douglas County. Our main goal is to fund the Hot Soup Program where this year 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 to all ages. We are always looking for volunteers to help us during the year and you do not need to be a senior to volunteer.

ACTIVE ADULTS: CLASSES & GROUPS

Senior Resistance Exercise

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

Silver Yoga

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

Time: 10:30 - 11:30am	Location: DCCSC
(T/Th) 1/2 - 1/30	\$27
(T/Th) 2/1 - 2/27	\$24
(T/Th) 3/1 - 3/29	\$27
(T/Th) 4/3 - 4/26	\$24
\$5/ drop-in	

Postural Alignment Exercise

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

Time: (W) 9 - 10am	Location: DCCSC
Cost: \$15/month or \$5 drop-in	
* No class 2/28, 3/7	

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 - 11:30am	Location: DCCSC
FREE	

ACTIVE ADULTS CLASSES & GROUPS

Senior Tap Class

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

Time: 1:30 - 2:30pm **Location:** DCCSC
(Th) 1/4 - 1/25 \$40
(Th) 2/1 - 2/22 \$40
(Th) 3/1 - 3/22* \$40
(Th) 4/5 - 4/26 \$40

*No class 3/29; date will be used as a makeup class if necessary.

Broadway Jazz Dance Class for Seniors

Ages: 50 & up **Instructor:** Sharie Jones
A beginning Broadway show style dance class specifically for Seniors age 50 and over. Come join us for exercise and to learn basic jazz moves set to familiar Broadway show tunes. Bring your soft ballroom or jazz shoes or tennis shoes.

Time: 10:30 - 11:30am **Location:** DCCSC
(Th) 1/4 - 1/25 \$40
(Th) 2/1 - 2/22 \$40
(Th) 3/1 - 3/22* \$40
(Th) 4/5 - 4/26 \$40

*No class 3/29; date will be used as a makeup class if necessary.

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: 8:30am - 12:30pm **Location:** SC
Dates: (Sa) 1/20
(Sa) 3/17

Senior Walking Group & Pickleball

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

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 and address various issues associated with the progression of dementia and Alzheimer's and its affects.

"Coping with Change" 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 Wednesday of each month at 1:00pm in the Carson Valley Medical Center Room at the Douglas County Community Center.

Diabetes Support Group

Group meets in the Carson Valley Medical Resource Room in the Community Center on the 1st Wednesday each month from 9:30am-10:30am in the Chris Bently Ceramics Room 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.

Whatever your journey, Suicide Prevention Network is here to help guide you ...

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

SURVIVOR SUPPORT GROUP

Survivors Loss Support (SLS)

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

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

TEEN ADVOCACY GROUP

Living Out Loud (LOL)

1st and 3rd Wednesday each month,

10:55 - 11:30 am Douglas High

Teens advocating for suicide prevention.



Suicide Prevention Network

1625 Hwy 88, Suite 203

Minden, NV 89423

775-783-1510 ~ www.spnawareness.org

TAX ID: 73-1646702

Suicide Prevention Hotlines:

800-273-TALK (8255) ~ En Espanol 888-628-9454

Crisis Text Line Text "GO" to 741741

ACTIVE ADULTS CLASSES & GROUPS

Parkinson's Boxing Classes

The focus of this class is to help people with Parkinson's disease enhance their daily quality of life and even build impressive power, strength, flexibility and speed! The coaches 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 Parkinson's, 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 or find out about your family history? Come join this group and learn where to start your family search. This group will meet the 1st and 3rd Thursday of each month from 1pm – 3pm in the North Room at the Douglas County Community Center. Laptops will be provided or you may bring your own.



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.

SENIOR HEALTH FAIR

Join us for our Annual Senior Health Fair on Friday, January 26th from 8am – 12pm at the Douglas County Community Center.

This event is FREE and open to the public! Visit with multiple vendors to receive information on health and wellness. There will also be limited health services for little to no cost.



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, to projects you can work on over time. You are also welcome to bring your own. All supplies are provided. Come join us!

VALLEY CLASS LOCATION CODES

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

COMMUNITY



Ring in Kindness

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



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

IMPACT WOMEN Huddles

Instructor: Impact Women Leader

We at Impact Women believe that every woman is capable of making an impact with her life regardless of her background, her job status, or her age. We want to huddle together to EQUIP, EMPOWER, and MOBILIZE YOU to step into your UNIQUE Design as you take the “field” that is your life, to make an impact! Our goal is to inspire you...your job is to show up... to do the work... and to take the tools onto the field. Every month we will tackle a new topic to dive into. Topics vary from but are not limited to, finding your “Why”, Killing the Quit, Fighting the Fear and so many more. Together, let’s spark a movement of women who CHOOSE today, and who take the inspiration and put it into action.

Time: 12-1pm

Location: DCCSC

Dates: (W) 1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 7/11, & 8/8

FACILITY RENTALS

Family Picnics • Reunions
Receptions • Birthday Party

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



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.

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



COMMUNITY



Main Library Story Time

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

Library Hours

Monday, Tuesday, Wednesday

10:00am to 7:00pm

Thursday & Friday

10:00am to 6:00pm

Saturday

10:00am to 5:00pm

Closed on Sundays and holidays

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



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

Douglas County Community Health

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

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

Services Offered

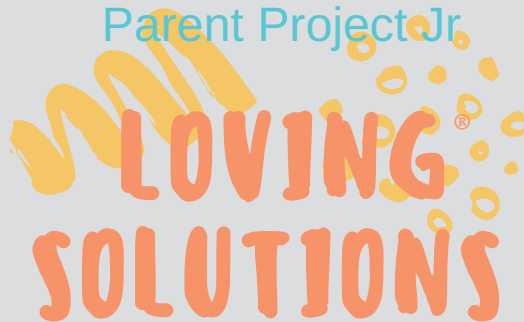
Vaccinations for all ages • TB testing • Family Planning
Women's health • Sexual health/STD testing

THE PARENT PROJECT®

GIVE US 24 HOURS!
IT WILL CHANGE YOUR LIFE

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.

Parent Project Jr.



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

- Stop arguing with your child
- Improve school performance
- Stop unwanted behaviors
- Teach good decision making
- Help children with ADD and ADHD

For more information and class times call Social Services at (775) 782-9825

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 our **NEW** and **EXCITING** Swim Lesson Program please visit 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 - Th	5:30am - 7:30pm
Fri	5:30am - 8:30pm
Sat/Sun	7:30am - 6:00pm

PUBLIC SWIM	
Mon - Th	9:00am - 7:30pm
Fri	9:00am - 8:30pm
Sat/Sun	11:00am - 6:00pm

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

TOYS	
Daily	11:00am - Close

WATER SLIDES	
Fri	5:30pm - 8:30pm
Sat/Sun	11:00am - 6:00pm

CLIMBING WALL (Alternates with High Dive)	
Daily	Afternoons

EXERCISE ROOM

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

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

CLASSES

YOUTH DROP IN LESSONS

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

ADULT DROP IN LESSONS

Sat 10:00am \$7/Lesson

PARENT/CHILD DROP IN LESSONS

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

WATER EXERCISE CLASSES

Mon - Sun (1 hour classes)
\$6 per class Adults
\$5 per class Seniors
(passes available)
Pick-up flyer at front desk or www.cvswim.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

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



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





VIDEO brings your business to **LIFE**

30 second videos starting at \$499

The Record-Courier

Tara Addeo | 782-5121 ext 22
taddeo@recordcourier.com

Jessica Rackley | 782-5121 ext 24
jrackley@recordcourier.com



Carson Valley Arts Council Concert Series 2017

Diego's Umbrella Friday, Feb. 9, 2018

CVIC Hall, Minden
Advance tickets \$22 and
\$26 at door

Under age 18 FREE

Diego's Umbrella's show is singular, ecstatic experience of Gypsy Rock with scales of klezmer, the strings of flamenco, and the energy of punk rock. www.diegosumbrella.com

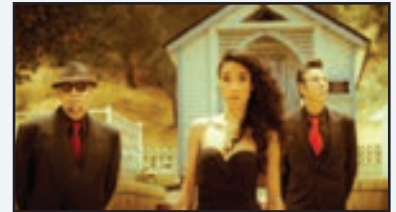


Little Faith March 9, 2018

CVIC Hall, Minden
Advance tickets \$24 and
\$28 at door

Under age 18 FREE

Jazz-informed, all-Gospel combo, Little Faith reaches back to American music's bedrock for a genuinely inspirational sound. www.littlefaithmusic.com



The Haunted Windchimes April 13, 2018

CVIC Hall, Minden
Advance tickets \$22 and
\$26 at door

Under age 18 FREE

Traditional folk and blues group bring songs of a vintage quality that have an amazing blend of harmonies with a wide range of instrumental mastery on fiddle, mandolin, guitar, concertina, ukulele and banjo. www.hauntedwindchimes.com



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Newspaper since 1880

The Record-Courier



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RecordCourier.com

Become a Friend of CVAC and SAVE!

Season tickets

Friends \$75 • General Public \$100 (\$108-134 value)

"Pick 3" Pack

Friends \$50 • General Public \$65 (\$70-84 value)

Purchase season tickets or individual tickets:

Call 775-782-8207 or www.cvartscouncil.com or CVAC office.

Individual concert tickets can be purchased at the Douglas Community Center on Waterloo, Gardnerville.

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

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 winter months recreation programs and facilities provide many options for residents and visitors to enjoy. The Recreation and Swim Complex pool is converted to an indoor facility with the installation of a dome. The pool features six lanes for lap swimming and a slide during recreation swim. The complex includes a fitness center, gymnasium and full locker room amenities. Have you tried pickleball yet? Two newly painted courts have been installed in the gymnasium and have proven to be one of the largest attractions during inclement weather. Pickleball equipment is available and included in the single day use fee for access to the entire facility (see page 22).

Adjacent to the pool is South Tahoe Ice Arena offering open public skate and exciting competitive hockey league play. The ice arena features a variety of programs and party options. Visit the South Tahoe Ice Arena website for details <http://www.tahoearena.co/> If you suffer from winter time blues come on down to the Recreation Swim Complex and Ice Arena to get back in the game of health, fitness and fun!

While visiting the facilities this winter 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.

Another exciting recreation project coming online in spring 2018 is additional multi-sport fields located on Al Tahoe Blvd across from Bijou Park. The natural turf fields will be ideal for soccer, softball, baseball, lacrosse, and other field sports. The project is made possible through a new partnership with Lake Tahoe Community College called Community Play Consortium. For information or to reserve field space visit: <http://www.ltcc.edu/campusresources/cpc.php>

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

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



CITY OF SOUTH LAKE TAHOE
Recreation Services

RECREATION AND SWIM COMPLEX

1180 Rufus Allen Blvd.

ONE FEE FOR FULL FACILITY ACCESS ALL DAY!

Adult \$6.00

Senior/Disabled \$5.00

Youth \$4.00



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

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



WALK-IN REGISTRATION

Registration accepted at Recreation and Swim Complex during business hours.

Accepted forms of payment; cash or charge

ONLINE REGISTRATION

www.cslt.siplay.com

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

FACILITY RENTALS

Do you need an event space?

- Commercial kitchen
- Gymnasium
- Dance Room
- Meeting Rooms
- Outdoor Gazebos with BBQ located at Bijou Park (May 12th – October 15th)
- Lake Front Wedding location at Regan Beach West (May 12th – October 15th)

For information www.cityofslt.us/recreation

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

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.

7 days a week- for times go to 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 or call 530-721-0216

To register online:
www.cslt.siplay.com



Zumba

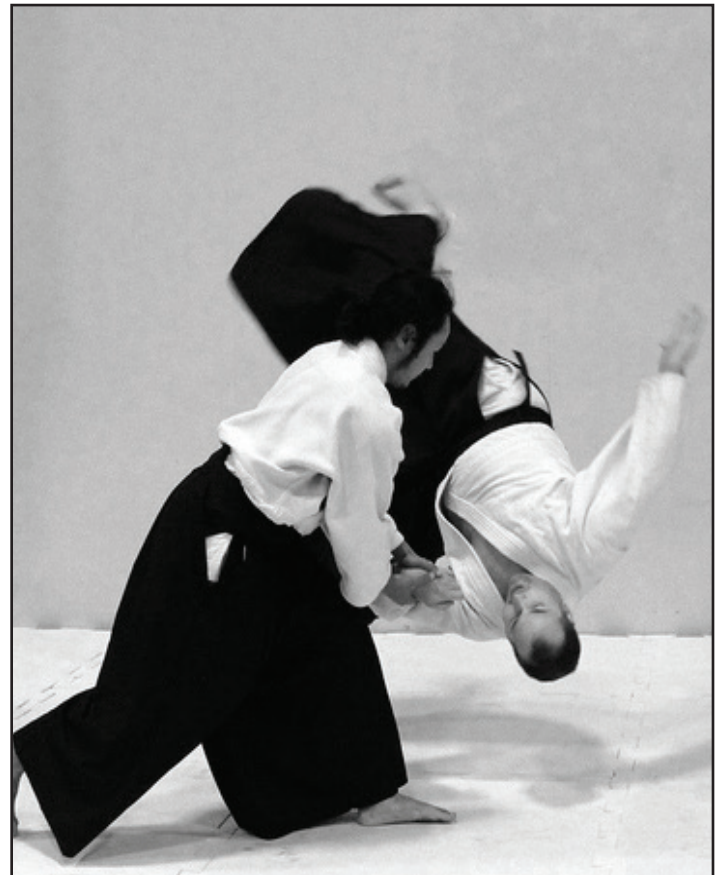
Location: South Lake Tahoe Recreation and Swim Complex/Cedar Room
1180 Rufus Allen Blvd.

Instructor: Myee Avecilla

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

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

To register online: www.cslt.siplay.com



Blue Lake Aikido

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

Instructors: Mark & Jen Dulyanai

For Days and Times go to www.bluelakeaikido.org or call 530-544-0202

To register online: www.cslt.siplay.com

AQUATICS — Information & Classes

Swimming Lessons

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

All Classes arranged by age group and ability

Course descriptions, purpose and entry requirements

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

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

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

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

6+ 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

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. Call for Reservations- (530)542-6056

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

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

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

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

Days: Saturdays Only

Swim Time: 1:30 - 4:30pm

\$5.00 for each additional guest



SENIOR CENTER, ACTIVITIES & SERVICES

Location: 3050 Lake Tahoe Blvd. South Lake Tahoe

General Information: (530) 542-6094

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



SENIOR FITNESS

Tuesdays & Fridays

10:45 am -11:30 am

at the Recreation and Swim Complex Gymnasium



ONGOING ACTIVITIES

- **BIG BAND DANCES 7:30 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**

BIJOU BIKE PARK



Location: 1201 Al Tahoe Boulevard

Gazebo Reservation Requests: facilityrental@cityofslt.us or call 530-542-6058

General Information: 530-542-6056

Seasonal Availability

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

SOUTH LAKE TAHOE ICE ARENA



Location: 1176 Rufus Allen Blvd.

General Information:
530-544-RINK (7465)
www.tahoearena.com

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

BONANZA PARK



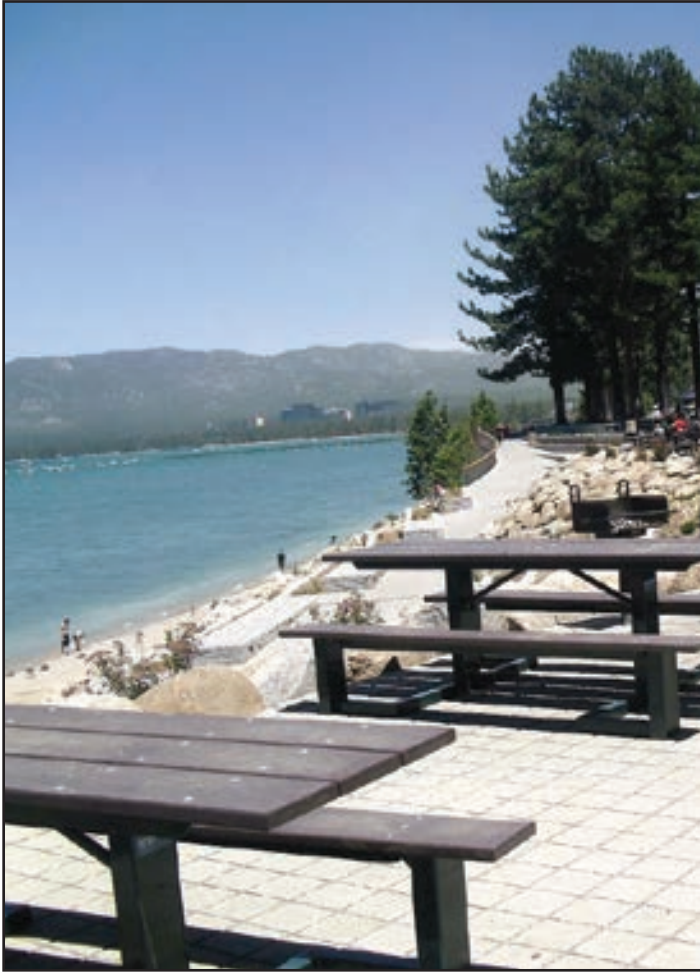
Location: 1209 Bonanza Avenue

General Information: 530-542-6056

Seasonal Availability

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

LAKEVIEW COMMONS



Location: El Dorado Beach
1004 Lakeview Avenue

General Information: 530-542-6056

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.



REGAN BEACH & REGAN BEACH WEST

Location: 3199 Sacramento Avenue

Regan Beach West Reservation Requests: 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 with picnic tables
- Playground
- Restroom facilities
- Dog water park

BIJOU MUNICIPAL GOLF COURSE



Location: 3464 Fairway Avenue
General Information: 530-542-6097

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

CAMPGROUND BY THE LAKE



Location: 1150 Rufus Allen Boulevard
For information and to book reservations visit: 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

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

SnowGlobe 2017
December 29 – 31, 2017
www.snowglobemusicfestival.com

Day of the Young Child
Saturday, March 24, 2018
10am-2pm
Recreation Complex
1180 Rufus Allen Blvd
South Lake Tahoe, CA

KAHLE COMMUNITY CENTER

WALK-IN

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

November 2017 – April 2018

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

May - October 2018

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

Holiday Closures

Christmas Day - Monday, December 25
New Year's Day - Monday, January 1
Martin Luther King Day - Monday, January 15
Presidents' Day - Monday, February 19
Memorial Day - Monday, May 28
Independence Day - Wednesday, July 4

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 775-586-7271**

KAHLE CLASS LOCATION CODES

EGCEdgewood Golf Course
KCCKahle Community Center
KCP.....Kahle Community Park
RHFS..... Round Hill Fire Station
TBA..... To Be Announced
ZCES.....Zephyr Cove Elementary School
ZCLZephyr Cove Library
ZCPZephyr Cove Park

PRESCHOOL/ YOUTH

Roots and Wings Children's Center at Kahle Community Center

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

Highest five star Quality Rating by the State of Nevada

Director: Shelly Martinez

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

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

Twosday Mornings

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

Time: 9:30 – 11:00am **Location:** KCC
Tuesdays 1/9 – 4/24 **Cost:** \$3 per day

*No Group on 12/26, 1/2, 2/20, 4/17

Birthday Parties

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

Family Roller Skating Night

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

Date: Friday, April 27 **Location:** KCC

Time: 6:00-8:00pm

Skate Rental: \$2

Cost: 12 years old – Adult \$5

Seniors & Children under 12 \$3

Kiddie Kickers Indoor Youth Soccer Program

Ages: 4-5 yrs **Staff:** Recreation Leaders and Volunteer Coaches

***Child must be 4 years old by 4/1/18*

A parent permission form needs to be completed at time of registration

This is an introductory soccer program for beginners. Games will be played on Sunday afternoons at Kahle Community Center from the end of March through May. Volunteer coaches are needed.

Cost: \$45 includes team T-shirt and award

Registration: Begins 2/1 until full

Day & Dates: Sundays, 3/18 – 5/13

Time: Games between 12 Noon – 4:00pm

SPECIAL EVENTS

Father/Daughter Sweetheart Dance

Friday, February 9th

Sponsored by

Douglas County Parks & Recreation
and Harrah's/Harveys Resort Hotel & Casino

Be the coolest dad in town and dance the night away with your daughter! This is a very special evening for daughters and their fathers (or adult male chaperones) to dance and visit with friends. Refreshments will be served and a photo keepsake is available for an additional fee. This event sells out each year. Tickets go on sale Wednesday, January 3rd

Cost: \$10 per person

Time: 7:00 – 9:30pm

Location: Harveys Convention Center



Tot Egg Hunt

Friday, March 30th

Sponsored by

Tahoe Douglas Fire Fighters' Association

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

Cost: FREE

Time: 11:00am SHARP!

Location: KCC



YOUTH/TEEN

Kid's Club Programs

Grades: K-6

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

Kahle Community Center

Early birds 7:00am – 8:30am

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

Zephyr Cove Elementary School

Kids Club 3pm – 6pm \$6 per day*

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

YOUTH/TEEN

Wednesday Morning Club

Grades: K-5

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

Time: 7:00-10:00am

Location: KCC

Dates: 1/17, 2/14, 3/14, 4/11, 5/9

Cost: \$6 per day

School's Out Fun Days

Grades: K-6

Space is limited and pre-registration is required.

Time: 7:30am - 6:00pm

Location: KCC

Dates: Mondays 1/29, 3/5

Cost: \$26 per day

President's Break

Grades: K-6

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

Time: 7:30am - 6:00pm

Location: KCC

Dates: Tue-Fri, 2/20 - 2/23

Cost: \$26 per day

Spring Break

Grades: K-6

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

Time: 7:30am - 6:00pm

Location: KCC

Dates: Mon-Fri, 4/16 - 4/20

Cost: \$26 per day

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

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 - 9:00pm

Location: KCC

(F) Continuous

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

Location: KCC

(W) 1/10 - 1/31

\$16

(W) 2/7 - 2/28

\$12 (no class 2-21)

(W) 3/7 - 3/28

\$16

(W) 4/4 - 4/25

\$12 (no class 4/11)

(W) 5/2 - 6/13

\$28

Drop-in \$8 per class

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

TEEN/ADULT



Dog Obedience

Instructor: Guy Yeaman

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

Time: 7:00pm - 8:00pm

Location: KCC

(Th) Jan 11 - Feb 15

\$90

(Th) Mar 8 - April 12

\$90

(Th) June 21 - July 26

\$90

(Th) Aug 2 - Sept 6

\$90

(Th) Oct 4 - Nov 8

\$90

(Th) Nov 15 - Dec 27*

\$90

*No class 11/22

COMMUNITY



CPR & First Aid

Instructor: Tahoe Douglas Firefighters

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

CPR **Location:** RHFS

Time: 10am - 12:30pm **Cost:** \$45

(S) 3/24

First Aid **Location:** RHFS

Time: 12:30pm - 3pm **Cost:** \$45

(S) 3/24

CPR/ First Aid Combo **Cost:** \$85

ADULT FITNESS



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: Saturday 9:00am **Location:** KCC

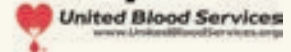
Tues & Thu 5:30pm

Drop-in fee is \$10 per class to instructor

Monthly reduced fees are available

COMMUNITY BLOOD DRIVES 2018

Find the **hero** in you.



Date

Tues, January 9, 2018

Tues, March 20, 2018

Tues, May 1, 2018

Tues, August 28, 2018

Tues, November 20, 2018

Location



TDFPD—Station 23
11:30—5:30 pm



GWHS—New Gym
8:30 am—2:00 pm



TDFPD—Station 23
11:30—5:30 pm



TDFPD—Station 23
11:30—5:30 pm



TDFPD—Station 23
11:30—5:30 pm



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

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 Dave, Andy, Darla, John, Ricardo and Kyle.



Zumba

Ages: 13 & up **Instructor:** Nancy Taylor
 Are you ready to dance yourself into shape with the nation's hottest fitness workout? Zumba® class is a fun, joyful dance fitness program that incorporates rhythms and dance moves from Latin music, belly dancing, hip hop and more. Zumba® will reduce stress, burn calories, and tone your body. It doesn't matter if you think you can dance, if you are comfortable with your body, all are welcome and guaranteed a great workout! So join the party!

Date & Time: Mon – Fr 9:00am **Location:** KCC
 Mon 5:30pm **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 12/25, 1/1, 1/15, 2/19, 5/28



Pilates

Ages: 13 & up **Instructor:** Rose Marie Ottman
 This is a multi-level fitness class centered on the Pilates matwork exercises—modifications are provided to address abilities and injuries.

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

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

Time: 10:15-11:30am **Location:** KCC
Dates: Tuesday & Saturdays (ongoing*) **Cost:** \$11/class

Punch cards: 4/\$35, 8/\$62
Cards expire 4 weeks from date of purchase
No class 12/23, 12/26, 12/30, 1/2/2018

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 29 **Cost:** \$5 drop in

Scholarship may be available in case of financial hardship

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) 1/10 – 1/31 \$24
 (W) 2/7 – 2/28 \$18 (no class 2-21)
 (W) 3/7 – 3/28 \$24
 (W) 4/4 – 4/25 \$18 (no class 4/11)
 (W) 5/2 – 6/13 \$42

Drop-in \$10 per class

Philippine Stick Fighting Arnis

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

Time: 7:30 – 8:30pm **Location:** KCC
 (W) 1/10 – 1/31 \$24
 (W) 2/7 – 2/28 \$18 (no class 2-21)
 (W) 3/7 – 3/28 \$24
 (W) 4/4 – 4/25 \$18 (no class 4/11)
 (W) 5/2 – 6/13 \$42

Drop-in \$10 per class

YOUTH SPORTS

YOUTH SPORTS ORGANIZATIONS

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

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

YOUTH SPORTS

Kiddie Kickers Indoor Youth Soccer Program

Ages: 4-5 yrs **Staff:** Recreation Leaders and Volunteer Coaches
***Child must be 4 years old by 4/1/18*

A parent permission form needs to be completed at time of registration
 This is an introductory soccer program for beginners. Games will be played on Sunday afternoons at Kahle Community Center from the end of March through May. Volunteer coaches are needed.

Cost: \$45 includes team T-shirt and award

Registration: Begins 2/1 until full

Day & Dates: Sundays, 3/18 – 5/13

Time: Games between 12 Noon – 4:00pm

Volunteer Coaches and Team Sponsors

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

ADULT SPORTS

“Open” Adult 5 on 5 Basketball League

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

Season begins March 20th & 22nd

Divisions: Tuesday or Thursday Night

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

Entry Fee: \$450

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

Adult Softball

Registration: Begins Wednesday April 4th (Sign up early – Space limited)

Coed League: Tuesday Nights

Entry Fee: \$475

League Begins: Tuesday, May 15th (weather and field dependent)

Games played at Zephyr Cove Park

For more info or to inquire about Men's or Women's Leagues, please contact Kahle Community Center, 775-586-7271

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.

ACTIVE ADULT

AARP Smart Driver Class

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

Time: 9:00am – 2:00pm

(S) 4/14, 6/9, 8/11, 10/13

Location: KCC

Cost: \$15* members

\$20* non members

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

**Fee payable to instructor at class*



Tahoe-Douglas Senior Center (TDSC)

(775) 588-5140

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

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



TRANSPORTATION

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

ROUTE 20x - DAILY

Eastbound

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

Stops:

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

(Timed stops are bold)

Westbound

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

Stops:

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

ROUTE 19x - DAILY

Northbound

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

Stops:

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

(Time Stops are bold)

Southbound

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

Stops:

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

ROUTE 23 - DAILY

Westbound

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

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



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.

VALLEY & LAKE EXPRESS FARES

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

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



Tahoe's Smooth Movin' Shuttle

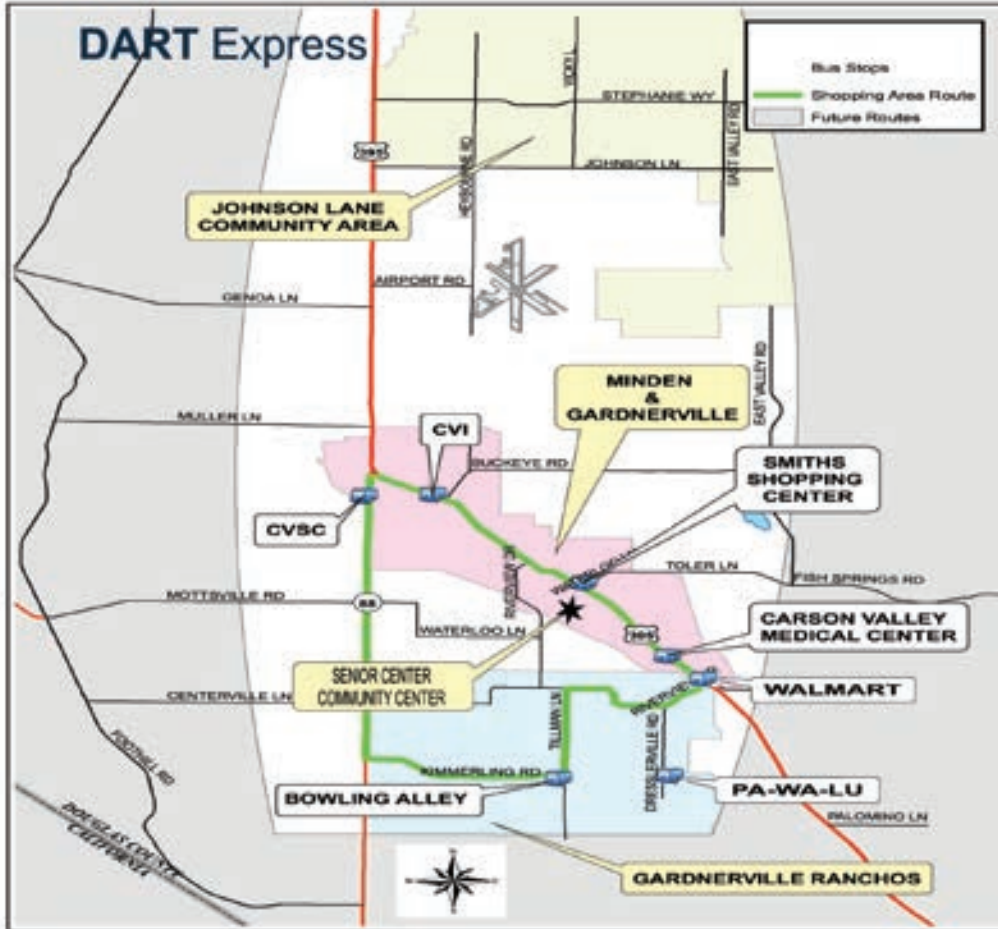
Ride BlueGO to biking, skiing, hiking, swimming, gaming, shopping, walking, kayaking and sailing! We are your ride for getting around South Lake Tahoe, Camp Richardson, Meyers, Stateline, Zephyr Cove, Marla Bay, Round Hill and Upper Kingsbury. Call 530-541-7149 or visit us online at www.bluego.org for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





775.783.6455

DART Express



Northbound - DART Express

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

Northbound - DART Express

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

Southbound - DART Express

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

Recreation Areas, Facilities, Rental & General Information

DOUGLAS COUNTY

Douglas County Community & Senior Center

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

Carson Valley Swim Center

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

Kahle Community Center

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

Tahoe-Douglas Senior Citizens Center

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

Zephyr Cove Tennis Club

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

CITY OF SOUTH LAKE TAHOE

www.cityofslt.us

Recreation & Swim Complex

1180 Rufus Allen Blvd.
530-542-6056 - General Information
530-542-6058 - Rentals
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)
530-542-6096 - General Information & Reservations
Open April – October. Cabin, group sites, hook ups & weekly rates available. Dogs allowed on leash.

Lakeview Commons, Boat Ramp

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

Bonanza Park

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

Bijou Municipal Golf Course

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

Bijou Community Park

Located at 1201 AL Tahoe Blvd
530-542-6056 - General Information
530-542-6058 - Gazebo Rentals
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

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
530-541-7149

BlueGO

www.bluego.org
530-541-7149

Douglas County Dial-A-Ride Service

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

Carson Valley Airporter

www.carsonvalleyairporter.com
877-447-4446

PHOTOS

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



Your Health. Our Focus.

Carson Valley Medical Center's primary care clinics now have additional physicians, physician assistants and nurse practitioners, as well as expanded hours to better serve the healthcare needs of the Carson Valley community.

We serve patients of all ages with personalized, relationship-driven care & accept most major insurances.

Let us help you find the perfect primary care fit

Call 775-782-1545 or complete our online form at cvmchospital.org/doc



Expanded Primary Care Options In Carson Valley & The Surrounding Area:

1. Job's Peak Internal Medicine & Family Practice

Comprehensive care for your family.
1520 Virginia Ranch Rd.
Gardnerville
775-782-1550

2. Minden Family Medicine

Comprehensive care for patients of all ages. Limited same-day appointments available. Medicaid accepted.
1649 Lucerne St.
Minden
775-782-1603

3. Ironwood Primary Care

Comprehensive care for your family.
897 Ironwood Drive
Minden
775-782-1610

4. Alpine Medical

Internal Medicine. Allergy testing & treatment.
1649 Lucerne St.
Minden
775-782-9118

5. CVMC Senior Care

Specialized care for patients over 65.
1516 Virginia Ranch Rd.
Gardnerville
775-783-4823

6. Topaz Ranch Medical Clinic

Comprehensive care for patients of all ages. Limited same-day appointments available. Medicaid accepted.
3919 Carter Dr.
Wellington
775-783-3096

