

CARSON VALLEY & SOUTH SHORE

REGIONAL GUIDE

RECREATION & TRANSPORTATION

**WINTER/SPRING
2020**

<https://communityservices.douglasnv.gov>

<https://www.cityofslt.us>





THE TEAM AT
**The Chateau
at Gardnerville**

#1 IN THE CARSON VALLEY!



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**Assisted Living
Alzheimers & Dementia Care**

1565 Virginia Ranch Rd.,
Gardnerville, NV 89410

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WELCOME

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



WHAT'S INSIDE

VALLEY

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

CITY

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

LAKE

- 30 Kahle Community Center
- 31 Preschool/Youth
- 31-32 Youth/Teen
- 33 Community
- 33-34 Adult Classes/Adult Fitness
- 34-35 Martial Arts/Youth Sports/ Adult Sports
- 35-36 Active Adults

- 37-38 Transportation
- 39 General Information

GENERAL INFORMATION

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER AND KAHLE COMMUNITY CENTER

Donations

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

Scholarships 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 & 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 | Sheryl Christian | Traci Dill | Amanda Reid | Elizabeth Baumgartner
Tobias Donahue | Scott Doerr | Dennis Hubbard | Brittne Brown

PARKS DIVISION Ryan Stanton | John Heldman | Miguel Vazquez | Jerry Harrison | Jorge Regalado | Rebecca Smith
Ethan Gray | Matt Lamb | Chris Kannan

SENIOR SERVICES & TRANSPORTATION DIVISIONS Sheryl Christian | 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 | Dave Nelson | Larry Walsh | John Engels | Wesley Rice

PARKS & RECREATION COMMISSION Gary Dove | Kelly Gardner | Thomas Moore | Brenda Robertson | Nanette Hansel
Cherise Smith | Craig Burnside

DOUGLAS COUNTY SCHOOL DISTRICT

LAYOUT Ruth Zamarripa, Nevada News Group

ADVERTISING POSSIBILITIES Please call The Record-Courier at (775) 782-5121

Satisfaction Guarantee

The Douglas County Parks & 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 participation in Parks & Recreation Department Programs is at your own risk.

VALLEY

DIRECTOR'S NOTE

Scott Morgan

COMMUNITY SERVICES/PARKS AND RECREATION DIRECTOR

TODAY'S SENIOR IS BECOMING MORE ACTIVE

Douglas County Senior Services is so much more than senior nutrition and bingo. This current year has seen an increase in a variety of Senior inspired recreational activities in the Douglas County Community & Senior Center and our Lake facility Kahle Community Center. With the incentive of a free senior walking program and a free senior pickleball program, we have seen large numbers of seniors actively walking the indoor track or playing pickleball on the gymnasium main floor. This is definitely a step in the right direction (no pun intended) to inspire seniors to improve their health and promote a healthy lifestyle.

A diverse offering of Recreation programs continues to attract new participants. Use of the outside patio at the Grandview Dining Room and the addition of a new Bocce Ball court have attracted a good number of participants. With the pleasant summer and fall weather that was had this year, it was refreshing to see the involvement of not just seniors but different age groups playing outside and enjoying themselves participating in Bocce Ball.

Credit must also be given to the very popular Senior Exercise class in the Douglas County Senior Center. These free classes are geared towards the mobility levels of the senior population. This program continues to attract large numbers of senior participants and has now expanded to using two classrooms!

Also showing increased enrollment are other Senior Recreation Programs such as Boxing for Life, a boxing and exercise program for those living with neurological disorders, and Senior Tap, which during special occasions will provide an entertainment program for the seniors in the Grandview Dining Room. And finally, take a look at the monthly Senior Spirit newsletter and look for Senior Field Trips, a great way to participate in a lot of fun outings with transportation provided.

To inquire about the complete list of all Senior Recreational programs, sports, activities, fitness classes, trips and events, please contact Georgianna, the Senior Recreation Coordinator at 775-782-5500 Ext. 1.

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

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

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



1329 Waterloo Lane, Gardnerville, NV 89410
775-782-5500 ext. 1

Passes available

Daily • 30 Day • 90 Day • Annual

RECREATION CENTER HOURS

Monday - Friday	6 am - 9 pm
Saturday	8 am - 8 pm
Sunday	10 am - 3 pm
<i>Closed Most Holidays</i>	

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

WALK-IN REGISTRATION

Registration is accepted at the Community & Senior Center Monday – Friday 6 am - 9 pm, Saturday 8 am - 8 pm and Sunday 10 am - 3 pm

MAIL-IN REGISTRATION

Douglas County Community & Senior Center
1329 Waterloo Lane, Gardnerville, NV, 89410

Make checks payable to:

(DCCSC) Douglas County Community & Senior Center

Send payment with name of enrollee and program title

PHONE OR FAX REGISTRATION

Register by phone using a MasterCard or Visa by calling 775-782-5500 ext. 1 or by fax 775-782-9844

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

PRESCHOOL

BRIGHTER DAYS PRESCHOOL

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. Please call Andrea Erickson at (775) 783-6450 for more information.

AGES Preschool
DIRECTOR Andrea Erickson
DAYS/TIME (M - F) 8 am - 12:30 pm
EXTENDED HOURS (M, W, F) 8 am - 4 pm

LITTLE TYKES SOCCER

Little Tikes utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. Participants will enjoy fun games, songs and positive reinforcement.

AGES 2-6 years
INSTRUCTOR Heather Keene
LOCATION DCCSC
DATES (SU) 1/12 - 2/9
AGES/TIMES
2-3 10:15 - 11 am \$65 per child
4-6 11:15 am - 12:15 pm \$65 per child

STROLLER TIME

The track will be available for Parents & Care Givers with children in strollers every Monday - Friday from 11 am - 1 pm and 6 - 8 pm. Open to members or \$5/\$7 drop-in fee

LITTLE HOOPS BASKETBALL

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.

AGES 2 - 6 years
INSTRUCTOR Heather Keene
LOCATION DCCSC
DATES (SU) 1/12 - 2/9
AGES/TIMES
2-3 1:40 - 2:25 pm \$65 per child
4-6 12:30 - 1:30 pm \$65 per child

TODDLER TIME

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

LOCATION DCCSC
DAY/TIME (TH) 9 am - 11 am
\$3/child

YOUTH

ADVENTURE CAMP DAYS

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

GRADES K - 6
LOCATIONS TBA
TIME 7 am - 6 pm
DATES 1/6, 2/7, 3/6
\$26/day*

*Sibling discount of \$3.00 per day

KIDS CLUB

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

GRADES K - 5

WINTER BREAK ADVENTURE CAMP

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

GRADES K - 6
LOCATIONS JVES & MES
TIME 7 am - 6 pm
DATES (T - F) 2/18 - 2/21
\$26/day

*Sibling discount of \$3.00 per day



**Healthy Smiles...
Always in Season!**



Valley Pediatric Dentistry
Specialized care for infants, children & young adults

Heather Parsons, DMD | Emily Whipple, DDS
1701 County Road, Suite I | Minden, NV 89423
775.782.8077 | ValleyPediatricDentist.com

YOUTH

LATE START FUN DAYS

(Formerly Known As Wacky Wednesday's)

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! Child enrolled into Late Start Fun Days may be dropped off at one of the three district elementary schools and transported to their school by DCSD school buses. Spaces are limited and pre-registration is required. For information or a registration packet, please contact the Recreation Department at 782-5500 ext.1

GRADES K - 5
LOCATIONS TBA
\$10/day

TIME 7 - 10 am
DATES (W) 1 day/month Jan - April
 1/15, 2/12, 3/11 & 4/8

SPRING BREAK ADVENTURE CAMP

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

GRADES K - 6
LOCATIONS GES & PHES
\$26/day

TIME 7 am - 6 pm
DATES (T - F) 4/14 - 4/17

*Sibling discount of \$3.00 per day

TEEN/ADULT

30 HOUR CLASSROOM DRIVING EDUCATION TRAINING

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

AGES 15+
INSTRUCTOR Chuck Ayers
LOCATION DCCSC

TIME 8:30 am - 4:30 pm
DATES (T - F) 2/18 - 2/21
\$50
 April Dates TBA **\$50**

CPR/AED/FIRST AID

Take this class to learn and be certified in CPR/AED and First Aid for Adults and Children. The CPR portion of class includes CPR certification, how to use a AED and how to help someone who is choking. The First Aid class includes handling medical problems such as heart attack, stroke, seizures diabetes, environmental conditions, burns, how to control bleeding, applying a splint, and more. Choose to take one or both classes. Bring water, lunch and/or a snack depending on what you sign up for.

AGES 13+
INSTRUCTOR Kelly Pettit
LOCATION DCCSC

DATE (SA) 2/22
CPR/AED 10 am - 12:30 pm **\$45**
First Aid 1 - 4 pm **\$45**
CPR/AED & First Aid 10 am - 4 pm **\$85**

SNOWSHOEING ADVENTURE

Strap on a pair of snowshoes and explore the winter landscape surrounding Lake Tahoe. Snowshoeing is the perfect way to spend a day and enjoy winter in a new and exciting way. There will be opportunities for snowball fights, build a snow shelter and more. We provide the snowshoes and hot chocolate, and you provide the muscle power. Snowshoe treks will be 2 miles in length with 2 -3 hours on the trail. These trips are perfect for beginners.

AGES 11-17
\$30

TIME 9 am - 4 pm
DATE (SA) 1/11

ADVENTURES IN FATHERHOOD - ICE FISHING

Here's one for the bucket list. Enjoy a day ice fishing on Caples Lake. This trip is an introduction to ice fishing and is open to fathers and sons or daughters 5th Grade and above. We'll provide the bait, instruction and equipment to drill the holes then it's up to you to put fish on the ice.

AGES Father with child 5th grade and above
TIME 9 am - 4 pm
DATE (SA) 2/22
COST \$70 for family of 2,
 \$35 for each additional child

DOG OBEDIENCE

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

AGES 8+
INSTRUCTOR Guy Yeaman
LOCATION DCFG
\$90

TIME 7 - 8 pm
DATES (W) 1/8 - 2/12
 (W) 3/4 - 4/8
 (W) 4/15 - 5/20

COUNTRY LINE & PARTNER DANCING

First Saturday of the month. Beginner line dance lesson at 5:45 pm.

AGES 12+
INSTRUCTOR Christina Long
\$3 Ages 12 - 17
\$5 Adult 18+

TIME 6 - 7:30 pm
DATES (SA) 1/4, 2/1, 3/7, 4/4, 5/1

VALLEY CLASS LOCATION CODES

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

TEEN/ADULT

TEEN PROGRAMMING SURVEY

The Douglas County Recreation Division is looking to expand its Teen Programs to ensure that future recreation activities and programs continue to align with community needs and priorities. We would appreciate your input to help in the process to assess how to enhance our offerings. Please complete our Teen Programming Survey at <https://www.surveymonkey.com/r/3RM5837>



WESTERN MARTIAL ARTS

Western Martial Arts refers to the study, recreation and preservation of combat skills developed in Europe or European colonies during the 14th through turn of the 20th centuries. Students will be introduced to the basic skills and techniques necessary for classical fencing and historical swordsmanship. The class' primary focus will be on the use of the foil in classical fencing. The classes teach the different guard positions, footwork skills, and blade work skills for classical fencing. Once the student has mastered the skills of classical fencing, they may progress to learn historical swordsmanship if they would like. All fencing and safety equipment will be provided by the instructor. Personal fencing equipment must be approved by the instructor.

AGES 13+	LOCATION DCCSC	
INSTRUCTOR Steven Klekar	DATES (T) 1/7 - 1/28	\$32
TIME 7 - 9 pm	(T) 2/4 - 2/25	\$32
\$10 Drop In with prior instructor approval	(T) 3/3 - 3/31	\$40
	(T) 4/7 - 4/28	\$32

ADULTS

BEGINNER'S TAI-CHI

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.

AGES Adults	TIME (SA) 10:30 am - 12 pm
LOCATION DCCSC	\$5 month

*No class 2/8

BALLROOM DANCE

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

AGES Adults	LOCATION DCCSC
INSTRUCTOR Richard Girod	TIME (M/F) 6 - 7 pm
\$35/couple/month, \$25/single/month	

*No class 1/20, 2/17 or 5/25

CONCEALED WEAPON CERTIFICATION

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.

AGES 21+	DAY/TIME (W/F) 5:30 - 9 pm, (SA) 8 - 11 am
INSTRUCTOR Daniel Linn	(W/F) 1/15 & 1/17 (SA) 1/18
LOCATION DCCSC/DCSR	(W/F) 2/19 & 2/21 (SA) 2/22
\$90/person**	(W/F) 3/18 & 3/20 (SA) 3/21
Spouses are 1/2 price	(W/F) 4/15 & 4/17 (SA) 4/18

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

COUNTRY WESTERN LINE DANCING

Learn how to line dance to country and some pop music. Have fun dancing while working on your balance, coordination and memory. A good fun, all round exercise, for both young and old.

AGES Adults	TIME (T/TH) 7 - 8 pm
INSTRUCTOR Christina Long	(T/TH) 1/2 - 1/30 \$27
LOCATION DCCSC	(T/TH) 2/4 - 2/27 \$24
\$5 Drop-in	(T/TH) 3/3 - 3/31 \$27
	(T/TH) 4/2 - 4/30 \$24

INSTRUCTORS WANTED!

Do you have a special skill that you would like to share with others and are you interested in teaching a class or program? If so call 782-5500 ext. 1.

MY THOUSAND WORDS BOOK SCULPTURE

Have you ever wanted to learn how to make a book come to life? Book artists and designers of the 2019 Artown poster have put together several classes to learn how to fold, twist, and manipulate the pages from a book and make it come to life to retell it's story. Sign up for one or more of the classes and make beautiful pieces of art for all to love. For most classes, all supplies are included; books, glue, paper, scissors, embellishments, etc. Classes include flower boutiques, book handbags, message holders and many more. There will be a \$30 supply fee.

INSTRUCTOR Debbie Lambin & Rachel Lambin
(SA) 2/8 1 - 3pm Valentine Hearts \$20

Carson Valley's

BIGGEST INDOOR PLAYGROUND

Host an event or birthday party too!



FUN FOR CHILDREN 1 TO 12 YEARS OLD

(775) 392-0078
2589 Wildhorse Dr., Minden
runrattleroll.com



Tues-Sat: 10:00am to 6:00pm
Sun: 10:00am to 5:00pm
Monday: closed

FITNESS CLASSES

GYM & FITNESS CENTER

Daily, 30 day, 90 day and annual passes available
Membership includes use of

- (2) Regulation Basketball Courts
- (4) Regulation Volleyball & Pickleball Courts
- (3) Lane Indoor Jogging Track
- (2) Racquetball Courts
- Cardio Equipment, Free Weights & Weight Machines
- Showers & Lockers
- Youth & Teen Game Area

PERSONAL TRAINING

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

TEEN FITNESS ORIENTATION

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

DATE/TIME TBA

FAMILY WALKING TRACK TIME

Families are welcome to use the indoor walking track every Saturday and Sunday from 10 am to 2 pm. Children must be under direct supervision of accompanying adult. Free to members or \$5/\$7 drop-in fee.

MEMBERSHIP PRICES

CHILD'S PASS (5th grade and under)
Free with a paid supervising adult

YOUTH PASS (6th - 7th grade)
Walk-in \$3 | 30 Day Pass \$15 | 90 Day Pass \$29 | Annual Pass \$59*

TEEN PASS (9th - 12th grade)
Walk-in \$5 | 30 Day Pass \$19 | 90 Day Pass \$35 | Annual Pass \$79*

COLLEGE STUDENT PASS (Ages 18 - 24 with valid ID)
Walk-in \$5 | 30 Day Pass \$35 | 90 Day Pass \$75 | Annual Pass \$189*

ADULT PASS (Ages 18 - 59)
Walk-in \$7 | 30 Day Pass \$45 | 90 Day Pass \$90 | Annual Pass \$219*

SENIOR PASS (Age 60 & over)
Walk-in \$5 | 30 Day Pass \$35 | 90 Day Pass \$75 | Annual Pass \$189*

DISABLED VETERAN
Free with valid ID.

*Installment plans available

BOXING FOR LIFE

Boxing and exercise for those living with neurological disorders

AGES Adult
INSTRUCTOR Jessica Fagundes
LOCATION DCCSC
DAY/TIME (M & TH) 1:30 - 2:30 pm
\$30/month or \$5 drop-in

*No class 1/20, 2/17 or 5/25

COUNTRY HEAT LIVE

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!

AGES Adult
INSTRUCTOR Tessa LoPresto
LOCATION DCCSC
DAYS/TIMES (M) 6:30 pm, (W) 9 am
Drop-in \$5 or \$20/5 class punch card*

*Note: punch cards expire at the end of each month
*No class 1/20, 2/17 or 5/25

INDOOR CYCLING

1 hour choreographed ride to music consisting primarily of intervals to increase cardiovascular and physical fitness.

AGES Adult
INSTRUCTOR Lisa Wright
LOCATION DCCSC
DAYS/TIMES (M/W/F) 6:05 am
(T/TH) 5:30 pm
\$5/drop-in or \$50/month

*Must have at least 3 participants
*No class 1/20, 2/17 or 5/25

TIME TO GET PUMPED!

Douglas County Community & Senior Center presents

FITNESS CHALLENGE 2020!*

January 2 - February 16, 2020

This challenge is a ticket based program.

Each time you **check in to the gym** or **attend a fitness class** you will earn **1 ticket** in to the drawing.

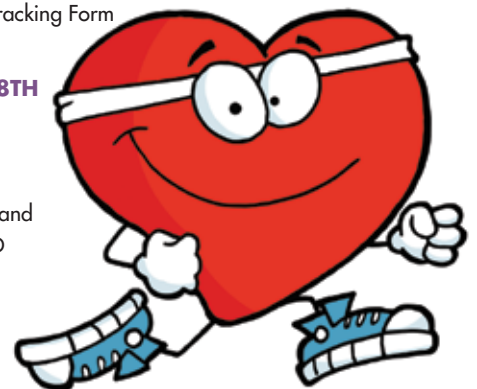
*Must be 18 years of age to participate.

WAYS TO EARN ADDITIONAL TICKETS:

- Attend Gym Orientation
- Complete a Workout Tracking Form

WINNERS WILL BE DRAWN ON FEB 18TH

- Prizes Include:
- Additional 30 day Membership,
 - Free Class Certificates and
 - Other Fitness Items TBD



FITNESS



JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. With so many classes to choose from (10 per week, over 40 per month)—we will leave you breathless, toned and coming back for more. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise.

INSTRUCTOR Hellen Bartsch **DAYS/TIMES** (M - SA) 9 - 10 am
LOCATION DCCSC (T & TH) 5:30 - 6:30 pm
\$12 drop-in*

*Paid to the instructor. You can also sign up for unlimited classes, see the instructor for details. 775-690-9998, jazzercisegardnerville@gmail.com
 *No class 1/20, 2/17 or 5/25

Bundle Up for savings



When you choose Allstate to protect what matters most, you get an expert agent who will make it easy for you to save. Like with bundling your insurance. It's the simplest way for you to save time and money, while getting protection for the things that matter most. Stop by or call today and let's get you bundled up.



Stacy Trivitt
 775-782-3511
 1466 Highway 395 N.
 Gardnerville, NV
 stacytrivitt@allstate.com

Personalized Service.
Trusted advice



Subject to terms, conditions & availability. Savings vary. Allstate Vehicle and Property Insurance Co. Allstate Fire and Casualty Insurance Co.
 ©2019 Allstate Insurance Co.

SAVE THE DATE!

iCan Bike Camp is coming to the Douglas County Community Center!

The **iCan Bike Camp** teaches individuals with disabilities to ride a conventional two-wheel bicycle using adapted bike equipment through its **iCan Bike program**. This five-day camp, requiring riders to attend only one 75-minute session per day, is taking place **June 8 - 12, 2020** at the Douglas County Community Center.



iCan Shine collaborates with local organizations to host five-day camps in their communities. This camp is being hosted by Douglas County and the Nevada Center for Excellence in Disabilities at the University of Nevada Reno.

iCan Shine uses customized adapted equipment, trained professionals and volunteers. With 75 minutes of instruction over five days, approximately 80% of riders learn to ride a conventional bicycle independently by the end of camp. The remaining 20% often make great progress towards that goal.

To be eligible to enroll, riders must: be at least eight years old; have a disability; be able to walk without an assistive device such as a walker or cane; be able to side-step quickly to both sides; have a minimum inseam measurement of 20 inches from the floor; and weigh no more than 220 pounds.

Cost of the camp is **\$50**.

FOR MORE INFORMATION, CONTACT: Diana Rovetti at rovetti@unr.edu or 775-233-9547

KETTLEBELL CONDITIONING

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.

AGES Adult
INSTRUCTOR Lisa Wright
LOCATION DCCSC

DAY/TIME (W) 5:30 pm
\$5/drop-in

PIYO

PiYo is a fun, functional flexibility class designed to help participants gain strength, core stabil, 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

AGES Adults
INSTRUCTOR Tessa LoPresto
LOCATION DCCSC

DAYS/TIMES (W) 10 am
\$5/drop-in

POSTURAL ALIGNMENT EXERCISE

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.

AGES Adults/Senior
INSTRUCTOR Marta Olson
LOCATION DCCSC

DAYS/TIMES (W) 9 - 10 am
\$15/month or \$5 drop-in

SILVER YOGA

This beginner to intermediate yoga class focuses on proper alignment while building strength and increasing balance and flexibility. Bring a yoga mat.

AGES 55+	TIMES 10:30 - 11:30 am
INSTRUCTOR Jill Hartman	(T/TH) 1/2 - 1/30 \$27
LOCATION DCCSC	(T/TH) 2/4 - 2/27 \$24
\$5 drop-in	(T/TH) 3/3 - 3/31 \$27
	(T/TH) 4/2 - 4/30 \$27

TRANSFORM LIVE

Transform Live is a 30 minute high-intensity cardio-conditioning class that has reinvented the use of the step platform for an effective, efficient total body conditioning workout with a combination of cardio and bodyweight strength training moves. The class is music driven with a progressive structure that allows the participant to steadily increase the intensity of their work out during each class. Focus is cardiovascular conditioning, balance, agility, strength and power. Equipment provided.

AGES Adult	DAY/TIME (TH) 6:30 - 7 am
INSTRUCTOR Tessa LoPresto	\$5/drop-in
LOCATION DCCSC	

YOGA

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.

AGES Adult	DAYS/TIMES (T/TH) 12 & 6:45 pm
INSTRUCTOR Jill Hartman	(SA) 10:30 am
LOCATION DCCSC	\$5 drop-in or \$40/month punch card*

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

YOGA SCULPT

This class combines classic Yoga with weights, both kettlebell and hand weights. Not included in the month pass.

AGES Adult	DAY/TIME (SU) 10:30 am
INSTRUCTOR Jill Hartman	\$5/drop-in
LOCATION DCCSC	

ZUMBA

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.

AGES 13 - up	DAYS/TIME Zumba Fitness
INSTRUCTORS Anita Whiteley & Lyn Twitchell	(M, T, TH & SA) 9 am
LOCATION DCCSC	(T & TH) 5:30 pm
\$5/drop-in, \$20/5 class punch card* or \$40/unlimited month*	(W) 7 pm
	Zumba Toning
	(F) 9 am

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

*No class 1/20, 2/17 or 5/25

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 achieve 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 9 am with Personal Trainer Bryan MacFarlane.

NICK LONNEGREN

INTL. FITNESS ASSOC. CERTIFIED PERSONAL TRAINER; BACHELORS DEGREE: KINESIOLOGY; MASTERS DEGREE: SPORTS 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

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831-915-9592 | meike.b.fit@gmail.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



P90X LIVE

A 60-minute full-body, strength-training group fitness class featuring four unique blocks of work: upper body, lower body, core and cardio. The class uses light to moderate dumbbells or resistance bands, which are provided. P90X LIVE is suitable for all fitness levels. It is designed to be challenging for beginners to advanced and everyone in between.

AGES Adults	DAYS/TIMES (M) 5:30 pm
INSTRUCTOR Tessa LoPresto	(TH) 7 - 8 am
LOCATION DCCSC	\$5/drop-in or \$20 Punch Card*

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

*No class 1/20, 2/17 or 5/25

SPECIAL EVENTS

FATHER/DAUGHTER DANCE

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

AGES All
LOCATION DCCSC
DAY/TIME (SA) 2/8

Early Registration
12/9 - 1/24 \$10/ticket
Regular Registration
1/25 - 2/8 \$15/ticket

ARCHERY TAG

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!

AGES 6th grade and up
\$7/Adults
\$5/Seniors & under 18

TIME 5:30 - 7:30 pm
DATES (SA) 1/4 (SA) 2/1
(SA) 3/7 (SA) 4/4

FAMILY SKATE 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.

\$5/Adults
\$3/Seniors & under 12

SKATE RENTAL \$2
TIME 5:30 - 7:30 pm

(SA) 1/18 Pajama Skate
(SA) 2/15 Sports Fan
(SA) 3/21 Favorite Decade
(SA) 4/18 Crazy Hat Skate

BIRTHDAY PARTY PACKAGES

Plan your next family gathering or birthday party at the Community Center! Party Packages available. All Party Packages receive 1 hour activity and 2 hour room rental. For more information or to reserve a party, call 782-5500 ext. 1



TODDLER PARTY — \$175

Includes toddler toys for 1 hour, bounce house, partyroom, kitchen, tables & chairs

ROLLER SKATE PARTY — \$175

Includes skating for 1 hour, skates, party room, kitchen, tables & chairs

COURT PARTY — \$150

Choose basketball, volleyball racquetball, pickle ball, badminton for 1 hour, party room, kitchen, tables & chairs

ARCHERY TAG PARTY (AGES 12 & UP) — \$175

Includes Archery Tag Equipment for 1 hour, party room, kitchen, tables & chairs

A refundable \$200 deposit is required at time of reservation. Only ages 8 years & under allowed in the bounce house.

Active Living Health Fair

JANUARY 25TH • 8 AM - 12 PM



DOUGLAS COUNTY COMMUNITY & SENIOR CENTER

1329 WATERLOO LANE
GARDNERVILLE, NV 89410

This Event is Free to the Public!

Come explore the latest in health and wellness!
Multiple vendors will be available to answer questions and provide limited health services for free or low cost.

For more information or if you would like to be a vendor
call 775-782-5500 Ext 3

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YOUTH SPORTS

YOUTH BASKETBALL LEAGUES

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

Boys 3rd - 6th grade; Coed 7th/8th Grade and High School

LEAGUE PLAY The week of January 6 – The week of March 23

GRADES 3rd - 12th

DIVISIONS

TIMES 5:30, 6:30, 7:30

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

REGISTRATION

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

Early Registration 11/1 - 12/1

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

Regular Registration after 12/1 - FULL

Coed High School \$85 \$95

Cost includes t-shirt, awards and officials. A parent permission slip must be completed at the time of registration. Space is limited.

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)

GRADES 3 - 12

GAME TIMES 5:30, 6:30, 7:30

REGISTRATION \$85 Early Registration January 2nd - February 15th
\$95 Regular Registration February 15th until full

Costs includes t-shirt, awards and officials

LOCATION

All games played at Community Center

Player Draft in March (TBA) • Season Begins mid-March

LEAGUE DIVISIONS	GRADE	
	3rd & 4th (COED)	games played on Tuesdays
	5th & 6th (COED)	games played on Fridays
	7th & 8th (COED)	games played on Wednesdays
	9th - 12th (COED)	games played on Wednesdays

A parent permission slip must be completed at the time of registration. Space is limited. Sign up players fast, as space is limited. (Max 10 players per team)

Volunteer coaches needed:

Coach Application & Background Checks must be received by Friday, February 21, 2020.

For more information and coaching applications go to www.dcpssports.com

WANTED OFFICIALS & REFEREES

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

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 Basketball		http://cvbahoops.net
Carson Valley Fast Pitch	265-6447	
Carson Valley Little Leagues	720-4817	
Carson Valley Patriots		www.douglasyfl.com
Carson Valley Swim Center	782-8840	www.cvswwim.com
Douglas Girls Lacrosse (U14-HS)	781-1178	
Douglas Pop Warner	790-1390	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

CHECK OUT SPORTS ON THE WEB @ WWW.DCPSSPORTS.COM

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

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ADULT SPORTS

PICKLEBALL AND RACQUETBALL CHALLENGE LADDERS

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

AGES 18+
LOCATION DCCSC
COST AND REGISTRATION Ongoing/Open registration \$5
TIMES Challenge times based on gym availability

SEASON Year Around
DIVISIONS Open singles, Men's Doubles, Woman's Doubles, Mixed Doubles

ADULT FLAG FOOTBALL LEAGUE

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 15 players are allowed to a roster. Each team will play a minimum of 8 regular season games. Top 8 teams will advance to the post-season single elimination tournament. Awards will be given for tournament play only. Game times will vary. Players must be at least 18 years old to participate.

LOCATION Lampe
TIMES 10 am - 3 pm
SEASON (SU) Starts 1/19

REGISTRATION Early \$480 11/1 - 12/20
 Regular \$530 after 12/20
REGISTRATION DEADLINE 1/10

ADULT "OPEN" BASKETBALL LEAGUE

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.

AGES 18+
LOCATION DCCSC
TIMES (F) 5:30 - 8:30 pm

REGISTRATION Early \$550 2/4 - 3/4
 \$600 after 3/4
REGISTRATION DEADLINE March 15
SEASON Starts late March

Managers Meeting

A managers meeting will be held prior to the Season. Time and location TBD. Schedules will be available at the meeting. Managers's attendance is mandatory.

WANTED OFFICIALS & REFEREES

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

ADULT SOFTBALL LEAGUES

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 20 players are allowed to a roster. Each team will play 10 regular season games. Top 8 teams will advance to the postseason double elimination tournament. Awards will be given for tournament play only. Game times will vary.

AGES 18+
LOCATION LP
TIME 6:30, 7:45, 9 pm
SEASON Starts week of 4/20

REGISTRATION Early \$475, 2/15 - 4/1
 \$525, after 4/1
REGISTRATION DEADLINE April 15

LEAGUES (T) Men's League
 (TH) Coed League

Managers Meeting

A managers meeting will be held prior to the Season. Time and Location TBD. Schedules will be available at the meeting. Manager's attendance is mandatory.

ADULT SPRING VOLLEYBALL LEAGUES

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first served 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 given 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.

AGES 18+
LOCATION DCCSC
TIME 5:45, 6:45, 7:45 pm
SEASON Starts week of 3/30

REGISTRATION Early \$250, 2/1 - 3/1
 \$300, after 3/1
REGISTRATION DEADLINE March 15

LEAGUES (M) Women's (6 on 6)
 (TH) Coed "B" (6 on 6)

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.

SHUFFLEBOARD

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

PICKLEBALL

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

CV TABLE TENNIS CLUB

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

TIME (M) 7 - 9 pm | (F) 6 - 9 pm | (SA) 12:30 - 2:30 pm

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 12 pm. Reservations are not required. The suggested donation for lunch is \$3 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7 for lunch, with an exception for caregivers (\$5).

TOPAZ CONGREGATE DINING

Congregate Dining is provided each Monday, Tuesday and Thursday at 12 pm at the Topaz Ranch Estates Community Center located at 3939 Carter Way. The suggested donation for lunch is \$3 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7 for lunch, with an exception for caregivers (\$5).

NORTH COUNTY CONGREGATE DINING

Congregate Dining is provided each Wednesday, and Friday at 12 pm at the James Lee Park GID located at 3394 James Lee Park, Carson City (Indian Hills). The suggested donation for lunch is \$3 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7 for lunch, with an exception for caregivers (\$5).

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.w

UPCOMING 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.

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 per meal.

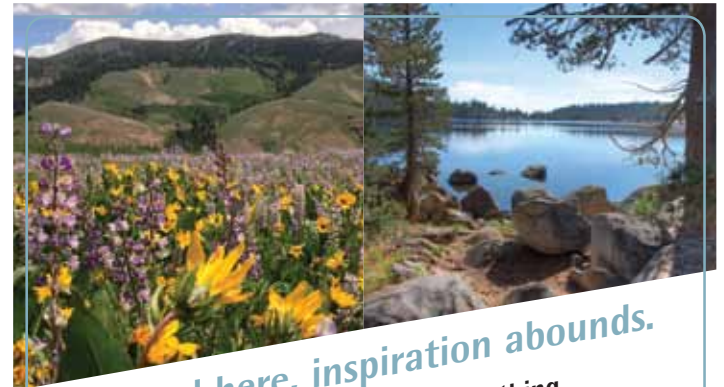
HOMEMAKER ASSISTANCE

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

DOUGLAS COUNTY DIAL-A-RIDE SERVICE

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

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



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ACTIVE ADULTS

YOUNG AT HEART (YAH)

Young at Heart is a non-profit 5013c organization that has in service for forty years. Our membership has grown significantly over the years and is now over 700+ members. The Young at Heart is the fund raising arm for seniors in Douglas County. We support and fund many activities and clubs for all seniors in Douglas County. Our main goal is to fund the Hot Soup Program. In 2018 over 31,000 bowls of soup were served. In addition, we are working to add more activities and fund raising events next year. Our membership dues are only \$5 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.

YOUNG AT HEART BINGO

Come join us for a fun and exciting afternoon of community bingo on the third and fifth Sunday of each month at the Douglas County Senior Center. Doors open at 11 am with early bird games starting at 1 pm and regular games beginning about 1:30 pm. All proceeds go to benefit the Young at Heart Citizens Club, which supports activities and programs for the senior community. Although games are played at the Senior Center, Bingo is open to everyone over 21 years of age. For more information contact the Senior Center at 775-782-5500 ext 3.

YAH GIFT SHOP

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

ACTIVE ADULT CLASSES & GROUPS

BOXING FOR LIFE

Boxing and exercise for those living with neurological disorders

AGES Adult
INSTRUCTOR Jessica Fagundes
LOCATION DCCSC

DAY/TIME (M & TH) 1:30 - 2:30 pm
\$30/month or \$5 drop-in

*No class 1/20, 2/17 or 5/25

POSTURAL ALIGNMENT EXERCISE

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.

AGES Adults/Senior
INSTRUCTOR Marta Olson
LOCATION DCCSC

DAYS/TIMES (W) 9 - 10 am
\$15/month or \$5 drop-in

SENIOR BEGINNING TAP CLASS

Join us for a fun beginning level tap class for Seniors 50 and over to learn basic tap movements and learn a routine to music you'll love! Bring your tap shoes and wear exercise or dance clothes.

AGES 50 & up
INSTRUCTOR Sharie Jones

LOCATION DCCSC
TIME 1:30 - 2:30 pm
(TH) TBA

SENIOR INTERMEDIATE TAP CLASS

Take a Step up to the intermediate level tap class specifically 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.

AGES 50 & up
INSTRUCTOR Sharie Jones

LOCATION DCCSC
TIME 2:30 - 3:30 pm
(TH) TBA

SILVER YOGA

This beginner to intermediate yoga class focuses on proper alignment while building strength and increasing balance and flexibility. Bring a yoga mat.

AGES 55+
INSTRUCTOR Jill Hartman
LOCATION DCCSC
\$5 drop-in

TIME 10:30 - 11:30 am
(T/TH) 1/2 - 1/30 \$27
(T/TH) 2/4 - 2/27 \$24
(T/TH) 3/3 - 3/31 \$27
(T/TH) 4/2 - 4/30 \$24



The 25th Annual Putnam County Spelling Bee

JOINTLY PRESENTED WITH DOUGLAS HIGH SCHOOL

Weekends - MARCH 15-29 at CVIC Hall





**Nunsense II -
The Second
Coming**

Weekends
JULY 12-AUG. 2
at CVIC Hall



**AT THE
ANNEX**

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For ongoing updates on all our shows and Annex Cabaret shows, please visit our website at CarsonValleyCommunityTheatre.org or join us on Facebook.

Tickets for our shows can be purchased on showtix4u.com or by calling 775-782-6622.

SENIOR RESISTANCE EXERCISE

Join us each Monday, Wednesday and Friday from 10:30 - 11:30 am 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, however donations are accepted for the Senior Soup Program.

SENIOR LINE DANCING

Join us 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.

AGES 55+
LOCATION DCCSC

DAY/TIME (T) 10:30 - 11:00 am
FREE

SENIOR WALKING & PICKLEBALL GROUPS

All seniors 60 and older are welcome to join either group during these times to walk our indoor track, play basketball, volleyball or Pickleball for free. This does not include access to the workout equipment.

AGES 60 & up

LOCATION DCCSC
FREE

SENIOR WALKING
(M-F) 10 - 11 am
(M-F) 12:30 - 2 pm

SENIOR PICKLEBALL
(M-F) 10 - 11 am
(M-F) 1 - 2 pm

AARP DRIVER SAFETY COURSE

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** 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.

AGES 55 & up
INSTRUCTOR Dennis Hogan

LOCATION DCCSC
TIME (SA) 8:30 am - 12:30 pm
1/18 & 3/14

BLIND/LOW VISION SUPPORT GROUP

Group meets every 1st Thursday of the month at 10 - 11:30 am at the Douglas County Senior & Community Center in the Senior Conference Room. They offer information and support to those with vision challenges, discuss topics of interest and devices that are available to assist those with sight impairment and blindness.

TECH TRAINING FOR BLIND/LOW VISION

This training is an extension of the blind/low vision group and offers assistance with smartphones and other electronic devices. This group meets ever 2nd and 4th Friday in the Senior Conference Room from 12:30 - 2:30 pm

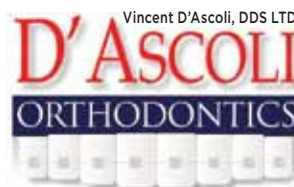
YOU DESERVE A CHOICE, Braces or Invisalign, same price...

Come visit
Dr. D'Ascoli.



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Orthodontist!**

- Only board certified top 1% Invisalign provider in Northern NV since 2000
- Invisalign – Faster, more comfortable and improved patient experience for complex cases and younger patients.
- Second opinions welcome



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Accepting
New Patients

38 Years
Experience

Visit our website at www.dascoliortho.com

1485 Highway 395 North, Gardnerville | 775.782.3788

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



ACTIVE ADULT CLASSES & GROUPS

DEMENTIA & ALZHEIMER'S SUPPORT GROUP

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

"COPING WITH CHANGE" SENIOR SUPPORT GROUP

This group meets on the 2nd & 4th Wednesdays of each month from 9:30 - 10:30 am at the Douglas County Senior Center in the CVMC 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 Tuesday of each month at 1 pm. In the CVMC Room at the Douglas County Community Center.

DIABETES SUPPORT GROUP

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

GENEALOGY GROUP

Have you ever wanted to create a family tree or find out 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 1 - 3 pm and the in the Carson Valley Medical Center Room at the Douglas County Community Center. Laptops will be provided or you may bring your own.

CERAMICS

The Senior Center has a Ceramics room that is open to all seniors Tuesdays and Fridays from 9 am to 3 pm. 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 9 - 11 am 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 ARTS AND CRAFTS

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

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 - 4:30 pm at the Partnership of Community Resources Office, 1517 Church Street, Gardnerville. Contact Lorraine Felix, Felix Pottery, 782-5434 to ask questions or plan a group activity on a different day!



DOUGLAS COUNTY ADULT EDUCATION

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

DOUGLAS COUNTY COMMUNITY HEALTH

LOCATION 1329 Waterloo Lane in Gardnerville
HOURS (M-F) 8:30 am - 4:30 pm

SERVICES OFFERED
Vaccinations for all ages
TB testing

Family Planning
Women's health
Sexual health/STD testing

DANGBERG HOME RANCH HISTORIC PARK

Kite Days ~ Concerts ~ Chautauqua ~ History

Dangberg.org
Call to schedule a guided tour of the Dangberg ranch house.
1450 Highway 88, Minden, NV ~ 775-783-9417

COMMUNITY

FACILITY RENTALS

Family Picnics • Reunions • Receptions • Birthday Party

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



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 5 pm 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.

DOUGLAS COUNTY LIBRARY

Monday, Tuesday, Wednesday	Thursday & Friday	Saturday
10:00 am to 7:00 pm	10:00 am to 6:00 pm	10:00 am to 5:00 pm

Closed on Sundays and holidays

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

MAIN LIBRARY STORY TIME

Story time* Toddler Story time, ages 18 mos. to 3 yrs, Tuesdays and Wednesdays at 10:30 am in the Minden Library. Preschool Story time, Ages 3 to 5 years, Tuesdays at 11:15 am in the Minden Library.

*All Story time programs are seasonal; please contact the library for detailed information.

CARSON VALLEY TRAILS ASSOCIATION



Carson Valley Trails Association The Carson Valley Trails Association is a nonprofit, volunteer-based organization working with partners to provide public access through a recreational trail system for present and future generations to enjoy. Hit the trails at <https://carsonvalleytrails.org>

BOOK SALE

SAVE THE DATES - MAY 8, 9, 10 for the Douglas County Public Library's Giant Spring Book Sale at the C.V.I.C. Hall, 1602 Esmeralda Ave., Minden!

Thousands of used books, audio books, children's books, DVDs and music CDs will be sold at bargain prices. The sale hours are: 4 to 7 p.m. on Friday, May 8 (Friends-only Preview); 9 a.m. to 4 p.m. on Saturday, May 9; and 10 a.m. to 2 p.m. on Sunday May 10. More information: 782-9841 douglas.lib.nv.us/.



Photo provided by Barb Wilson

CARSON VALLEY ARTS COUNCIL FOR DOUGLAS COUNTY

Performance groups will present assemblies at local schools. Call 775-782-8207 or www.cvaltscouncil.com or stop by the CVAC office, Carson Valley Arts Council, 1572 Hwy 395, Suite A, Minden NV or the Douglas County Community Center to purchase advance tickets before noon of a concert date.

ACHILLES WHEEL | FRIDAY, FEB. 7

Advance tickets \$22 and \$24 at door
Under age 18 FREE

Achilles Wheel, the Nevada City/Placerville band that wants you to dance to rock 'n' roll, roots and a global pallet of grooves." They combine a bit of Country and Bluegrass to the band's famously hard driving sound. <https://achilleswheel.com/duo/>



RENO JAZZ ORCHESTRA | FRIDAY, MAR. 13

Advance tickets \$22 and \$24 at door
Under age 18 FREE

RJO creates good music in the grand tradition of the jazz big band stage performance with the rush and wonder of playing 17 pieces to a packed house. <https://renojazzorchestra.org>



TILLER'S FOLLY | FRIDAY, APR. 17

Advance tickets \$22 and \$24 at door
Under age 18 FREE

Pacific Northwest's critically acclaimed, internationally travelled acoustic power trio, planted at the forefront of a bold new movement in progressive Acoustic Roots Music. <https://www.tillersfolly.com>



TOM RIGNEY & FLAMBEAU FRIDAY, MAY 15

Advance tickets \$23 and \$25 at door
Under age 18 FREE

Cajun fiddler and high energy Cajun and Blues music by amazing musicians. Their eclectic and sizzling music runs the gamut from gritty Zydeco and funky blues to New Orleans jazz and lyrical Cajun waltzes. <http://tomrigney.com/home/>



CARSON VALLEY SWIM CENTER

PRICING & PASSES

PROGRAM	DAILY
Public Swim	
Adult (18+)	\$5
Adult w/child 6 & under	\$5
Seniors (60+ yrs)	\$3
Youth (7-17 yrs)	\$3
Disabled	\$3
Family	\$15

MULTI-USE PASSES AVAILABLE

Month • 3 month • Annual

Please visit www.cvs swim.com for additional information. Check out our new events page.

Everyone must pay who enters pool area. A return entry after leaving in the same day requires another entry fee. Proper swim attire required. Cotton is not allowed in the pools.



POOL SCHEDULE

ADULT SWIM	
Mon-Fri	5:30 am - 7:30 pm
Sat/Sun	7:30 am - 6 pm
PUBLIC SWIM	
Mon-Fri	9 am - 7:30 pm
Sat/Sun	11 am - 6 pm
THERAPY POOL	
ADULTS, SENIORS, DISABLED ONLY	
Daily	Opening - 2 pm
(6 & UNDER W/ADULT IN THE WATER, ADULTS, SENIORS, DISABLED)	
Daily	2 pm - Close
TOYS	
Daily	11 am - Close
WATER SLIDES	
Fri	5:30 pm - 7:30 pm
Sat/Sun	11 am - 6 pm
CLIMBING WALL	
ALTERNATES W/HIGH DIVE BOARD	
Daily	Afternoons

EXERCISE ROOM

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

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

CLASSES/LESSONS

DROP-IN LESSONS \$7
Youth, Adult, Parent & Child

SESSION LESSONS

\$55 Resident, \$65 Non Resident
Youth, Adult, Parent & Child

WATER EXERCISE CLASSES

\$6 Adults, \$5 Seniors
7 Days a week (1 hour classes)

Pick up flyers at the front desk for additional information or visit www.cvs swim.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

CHECK OUT OUR **NEW** EVENTS PAGE
CVSWIM.COM



SWIM LESSONS FOR ALL AGES (SESSIONS & PRIVATE)

WATER AEROBICS CLASSES (DEEP WATER, TRADITIONAL & ZUMBA)

AMENITIES (ROCKWALL, WIBIT, SLIDES, DIVING BOARD, THERAPY POOL, PARTY RENTALS, DRY EXERCISE ROOM)



Sick of feeling cool...Come hang out at your local heated pool!



775.782.8840 • 1600 Hwy 88, Minden, NV • Open 7 Days a Week • Special Holidays Hours

CITY

SUPERINTENDENT'S MESSAGE

Lauren Thomaselli

RECREATION SUPERINTENDENT

South Lake Tahoe is America's all year playground. Winter offers many options for residents and visitors to enjoy a variety of recreation programs and facilities. 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, pickle ball, basketball, and full locker room amenities. Several new cardio machines have been added to the fitness room to add to the value of the all access facility pricing. New for 2019 is an annual pass product. For a one-time fee of \$225 patrons have access to the entire facility all day for an entire year from the time of purchase. No other public facility in the region offers a similar value. Day use and multi-use pass products are also available and include full facility access.

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. Pictures of the project will be on display at the current Recreation and Swim Complex as we progress from design to construction.

Another exciting recreation project recently completed includes two new restroom and shower buildings at Campground By The Lake. The 185 site campground is situated in the heart of South Lake Tahoe directly across from beautiful Lakeview Commons and El Dorado Beach and adjacent to the Recreation Complex and Ice Arena. The upgraded facilities greatly improve the camping experience. Reservations can be made up to one year in advance by visiting www.cityofslt.us/recreation.

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.

CITY OF SOUTH LAKE TAHOE RECREATION SERVICES



Recreation & 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 Punch Card · 90 Day Pass · Annual Passes

One-time daily fee for full facility access all day!

Adults	\$6
Senior/Disabled	\$5
Youth	\$4

RECREATION CENTER HOURS

Open 6 Days a Week

Monday - Thursday 6:30 am - 8 pm

Friday - Saturday 9 am - 6 pm



CITY OF SOUTH LAKE TAHOE
Recreation Services

RECREATION & SWIM COMPLEX

1180 Rufus Allen Blvd.



"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
- Free WiFi



WALK-IN REGISTRATION

Registration accepted at recreation and Swim Complex during business hours. Accepted forms of payment: cash or charge

ONLINE REGISTRATION

www.cslf.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 14 - Oct 15)
- Lake Front Wedding location at Regan Beach West (May 14 - Oct 15)

For information www.cityofslf.us/recreation
For reservations email: facilityrental@cityofslf.us
or call 530-542-6058

FITNESS CLASSES



JAZZERCISE

Jazzercise is a calorie burning, pulse-pounding, fun fitness program that will put your muscles to the test. We have the hottest playlist that will keep you Rockin' out. Our new formats such as Fusion, Core, Dance Mixx and Strength will incinerate up to 600 calories per class. Start workin' it with Jazzercise.... 6 days a week- for times go to www.jazzercise.com

INSTRUCTOR All Instructors are Professional, Motivating and FUN!
LOCATION South Lake Tahoe Recreation and Swim Complex

Drop-In fee \$15 per class to instructor
 \$45 Monthly unlimited classes (includes Nevada Classes)
 \$10 p/class Punch Card 5 minimum, no exceptions



ZUMBA

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!

INSTRUCTOR Myee Avecilla
LOCATION South Lake Tahoe Recreation and Swim Complex/Cedar Room
 1180 Rufus Allen Blvd.
\$10 drop-in fee or 10 Use Punch card for **\$60**

To Register Online: www.cslt.sisplay.com



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

INSTRUCTORS Chris & Rick Manglinong
LOCATION South Lake Tahoe Recreation & Swim Complex, 1180 Rufus Allen

Class info: christinamang@yahoo.com
 To register online: www.cslt.sisplay.com

AQUATICS – INFORMATION & CLASSES

www.cslt.siplay.com

SWIMMING LESSONS

Fees range from \$37 to \$47 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 how to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim Courses.

4 years to 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 information

2 classes per week/6weeks

\$10 per class/or drop-in fee, \$60 for 6 week session

(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 - 10 am

Annual Pass \$295

10-Use Discount Pass

Adult \$50

Senior/Disabled \$40

Drop-In Fee

Adult \$7

Senior/Disabled \$6



HAVE YOUR CHILD'S 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.

DAY Saturdays only **TIME** 1:30 - 4:30 pm

\$80 for 10 participants (children and adults)

\$5 for each additional guest



PRIVATE SWIM LESSONS

\$31 for private • \$42 for 2 students • \$52 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

SENIOR CENTER, ACTIVITIES & SERVICES

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 over 50 population of our community. The Center has almost two dozen activities on a weekly schedule that includes art, dance, games, and music.

El Dorado County Nutrition Program serves lunch Monday thru Friday at 12 noon. Menus and Activity Calendars are available at the Senior Center and online at www.cityofslt.us/recreation.

GENERAL INFORMATION 530-542-6094
NUTRITION INFORMATION 530-573-3130
LOCATION 3050 Lake Tahoe Blvd., South Lake Tahoe, CA



ONGOING ACTIVITIES

- Senior Fitness Classes
- Big Band Dances 7 pm - 9:30 pm
Last Friday of Each Month
Admission **\$15** OR Members **\$12**
- Fabrizio Dances
Second Saturday of Each Month
Admission **\$12** OR Members **\$10**
- Line Dances • Square Dances
- Bingo • Bunko
- Mexican Train Dominos • Mah Jongg
- Art Classes
Oil, Water color, Silk and Acrylic
- Various Bridge Groups
Duplicate | Co-ed | Social
- Quilting • Ukulele



BIJOU BIKE PARK

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

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



LOCATION 1201 Al Tahoe Blvd.
GAZEBO RENTAL facilityrental@cityofslt.us or 530-542-6058
GENERAL INFORMATION 530-542-6056



SOUTH LAKE TAHOE ICE ARENA

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!

GENERAL INFORMATION 530-544-RINK (7465)
LOCATION 1176 Rufus Allen Blvd.
www.tahoearena.co



BONANZA PARK

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 landscape.

GENERAL INFORMATION 530-542-6056
LOCATION 1209 Bonanza Avenue



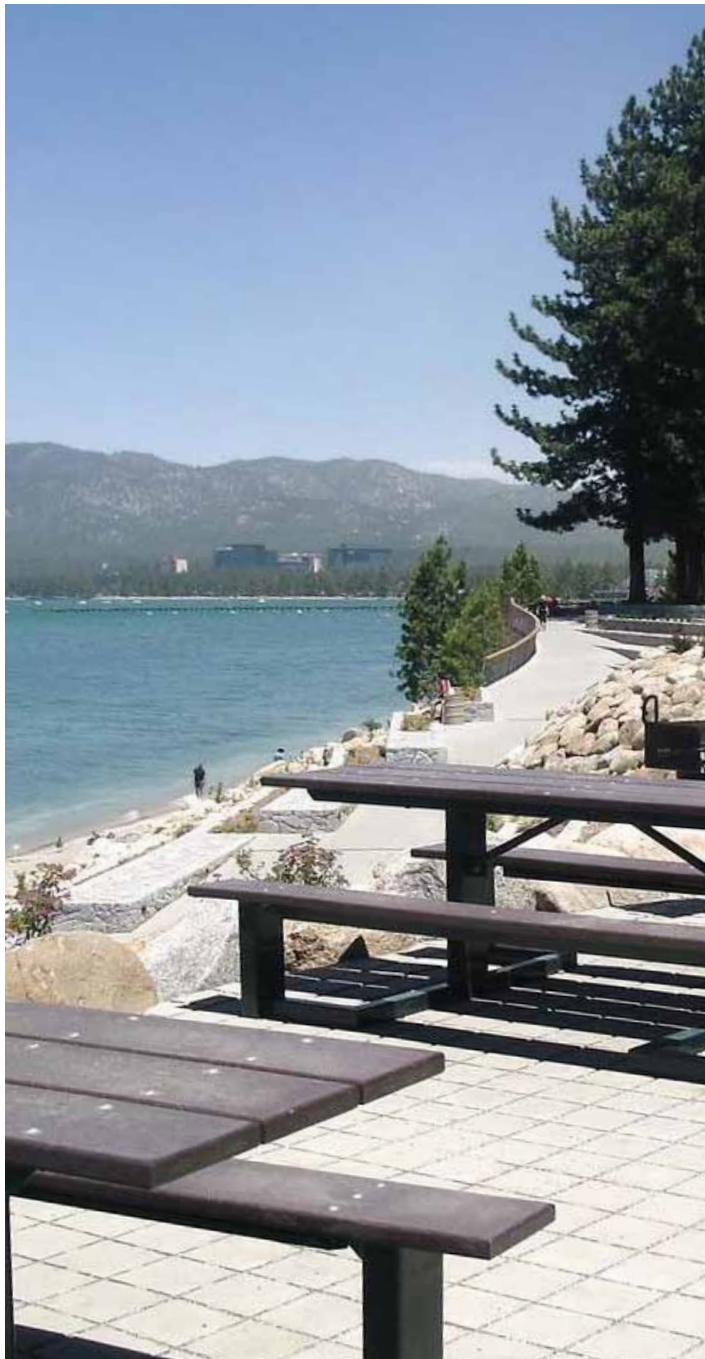
LAKEVIEW COMMONS

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

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

GENERAL INFORMATION 530-542-6056

LOCATION El Dorado Beach; 1004 Lakeview Avenue
Seasonal Availability



REGAN BEACH & REGAN BEACH WEST

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

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

RENTAL INFORMATION facilityrental@cityofslt.us or 530-542-6058

GENERAL INFORMATION 530-542-6056

LOCATION 3199 Sacramento Avenue
Rentals Available April 15 - October 15



BIJOU MUNICIPAL GOLF COURSE

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.

GENERAL INFORMATION www.cityofslt.us/recreation or 530-542-6097

LOCATION 3464 Fairway Avenue

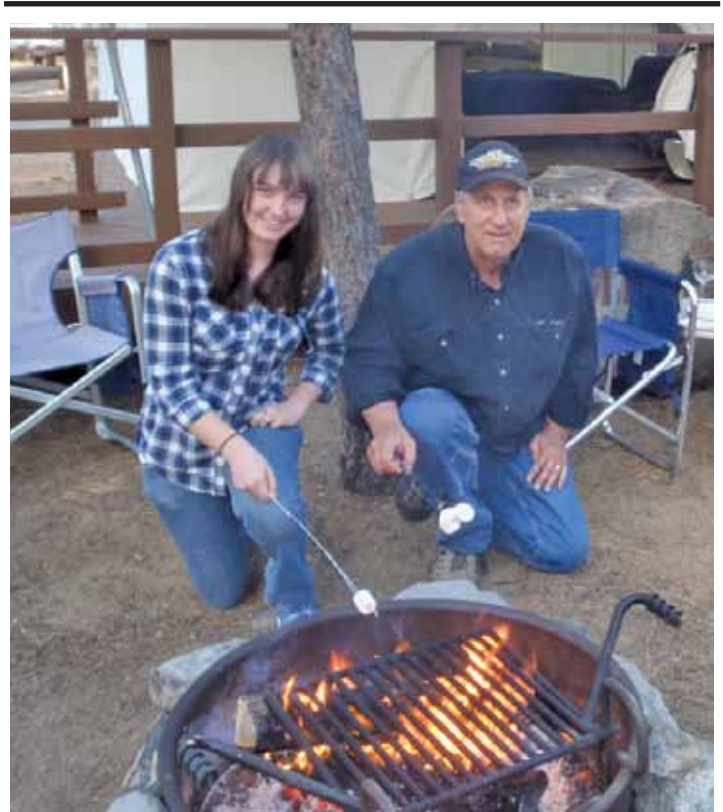


CAMPGROUND BY THE LAKE

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. Dogs are allowed, but must be on a leash.

GENERAL INFORMATION www.cityofslt.us/recreation

LOCATION 1150 Rufus Allen Blvd.



EXPLORE TAHOE: URBAN TRAILHEAD VISITOR CENTER

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

"Very helpful, informative, and educational."

— *Derek*, PORTLAND, OR

GENERAL INFORMATION 530-542-4637

LOCATION 4114 Lake Tahoe Blvd.

TIME Monday- Sunday 9 am - 5 pm

www.Tahoessouth.com



STATELINE TRANSIT CENTER

Providing access to public transportation 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 37-38 for transit routes and times. Amtrak serves as a link between Lake Tahoe and the Sacramento Valley daily.

LOCATION 4114 Lake Tahoe Blvd.

www.tahoetransportation.org

ANNUAL EVENTS

SNOWGLOBE

December 29 - 31, 2019

www.snowglobemusicfestival.com

DAY OF THE YOUNG CHILD

March 28, 2020 • 10 am - 2 pm

South Lake Tahoe Recreation & Swim Complex,
1180 Rufus Allen Blvd., South Lake Tahoe, CA

KAHLE

KAHLE COMMUNITY CENTER



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

236 Kingsbury Grade, Stateline, NV 89449
775-586-7271, Fax 775-586-7273

<http://CommunityServices.douglascountynv.gov>

Passes Available

Daily • 30 Day • 90 Day • Annual

RECREATION CENTER HOURS

November 3, 2019 – May 2, 2020

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

May 3 - October 31, 2020

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

Holiday Closures

Christmas Day	Wednesday, December 25
New Years' Day	Wednesday, January 1
Martin Luther King Day	Monday, January 20
President's Day	Monday, February 17
Memorial Day	Monday, May 25
Independence Day	Saturday, July 4

FACILITY AMENITIES

- Full-size Hardwood Floor Basketball Court
- Two Pickleball Courts
- 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

WALK-IN REGISTRATION

Registration is accepted at Kahle Community Center Monday thru Fridays 6 am - 10 pm, Saturdays 8 am - 8 pm, and Sundays 11 am - 4 pm

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

PHONE OR FAX 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.

KAHLE CLASS LOCATION CODES

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

PRESCHOOL/YOUTH

ROOTS AND WINGS CHILDREN'S CENTER AT KAHLE COMMUNITY CENTER

Accredited by the National Association for the Education of Young Children (NAEYC). Highest five star Quality Rating by the State of Nevada.

Roots and Wings is an extraordinary community of learners devoted to cultivating curiosity, thoughtfulness, individuality and kindness. Here, synapses spark, passions are provoked, nature and discovery are celebrated, and love and respect are tangible. We believe that knowledge and play are the yin and yang of education. Our goal is to inspire a lifelong love of learning.

DIRECTOR Shelly Martinez

ROOTS AND WINGS OPEN HOUSE

DATE Tuesday, March 10 **TIME** 4:30 - 7:30 pm
Enrollment process for the 2020-2021 School Year begins

- Licensed Pre-school designed for ages 30 months - 5 years
- Program Hours: 9 am - 12 Noon Monday-Friday
- 2 - 5 day programs: **\$27** per day
- Non-refundable Registration Fee: **\$100** new students, **\$50** returning students
- Wait list and info call (775) 586-7271



TWOSDAY MORNINGS

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.

AGES Birth to Preschool
INSTRUCTOR Roots and Wings Teachers

LOCATION KCC
TIME 9:30 - 11 am
DAY (T) 10/1/19 - 4/28/20

\$3 per day

* No class 12/24, 12/31, 2/18, 4/14

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

Wednesday 11 am - 7 pm

Thu, Fri & Sat 9 am - 5 pm

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 24

TIME 6 - 8 pm

LOCATION KCC

SKATE RENTAL \$2

12 years old - Adult

Seniors & Children under 12 **\$3**

SPECIAL EVENT

FATHER/DAUGHTER SWEETHEART DANCE

FRIDAY, FEBRUARY 7

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 MONDAY, JANUARY 6TH.

TIME 7 - 9:30 pm

LOCATION Harvey's Convention Center

\$10 per person

TOT EGG HUNT

FRIDAY, APRIL 10

Sponsored by
Tahoe Douglas Fire Fighter's 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!

TIME 11 am SHARP!

LOCATION KCC

FREE

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 - 8:30 am
\$2 drop-in per day, school bus pickup.

ZEPHYR COVE

ELEMENTARY SCHOOL KIDS CLUB 3 - 6 pm
\$6 per day*

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

YOUTH/TEEN

WEDNESDAY MORNING CLUB

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

GRADES K-5 **TIME** 7 - 10 am
LOCATION KCC **DATES** 1/15, 2/12, 3/11, 4/8
 \$6 per day

SCHOOLS OUT FUN DAYS

Space is limited and pre-registration is required.

GRADES K - 6 **TIME** 7:30 am - 6 pm
LOCATION KCC **DATES** (M) 1/27, (F) 2/7 & (F) 3/6
 \$26 per day

WINTER BREAK ADVENTURE DAYS

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.**

GRADES K - 6 **TIME** 7:30 am - 6 pm
LOCATION KCC **DATES** (M - F) 12/23 - 12/27, 12/31 - 1/3
 \$26 per day

No Program (W) 12/25 & 1/1

BOOSTER OR CAR SEATS REQUIRED FOR ALL CHILDREN UNDER 8 YEARS OF AGE.

PRESIDENT'S BREAK

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.**

GRADES K - 6 **TIME** 7:30 am - 6 pm
LOCATION KCC **DATES** (T - F) 2/18 - 2/21
 \$26 per day

SPRING BREAK

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.**

GRADES K - 6 **TIME** 7:30 am - 6 pm
LOCATION KCC **DATES** (M - F) 4/13 - 4/17
 \$26 per day

CLIMBING WALL AT KCC

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

TEEN SCENE - FRIDAY NIGHTS AT KAHLE COMMUNITY CENTER

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.

GRADES 6 - 12 **LOCATION** KCC
 \$5 drop-in* **TIME/DAY** 6:30 - 9 pm
 *FREE to pass holders (F) CONTINUOUS

FITNESS FOR TEENS

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



TAE KWON DO

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.

INSTRUCTORS Chris and Rick Manglinong **LOCATION** KCC
AGES 7 - 12 **DAY/TIME** (W) 6 - 7 pm
 \$8 drop in per class

(W) 1/8 - 1/29	\$16	(W) 4/1 - 4/25	\$16
(W) 2/5 - 2/26	\$12	(W) 5/6 - 6/10	\$24
(W) 3/4 - 3/25	\$16		

No Class 2/19, 4/8

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

COMMUNITY

COMMUNITY BLOOD DRIVES 2019

DATES & LOCATIONS

(T)	Jan 21	TDFPD Station 23	11 am - 5 pm
(TH)	March 19	GWHS	8:30 am - 2 pm
(T)	May 26	TDFPD Station 23	11 am - 5 pm
(T)	Sept 15	TDFPD Station 23	11 am - 5 pm
(T)	Nov 17	TDFPD Station 23	11 am - 5 pm



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



ADULT CLASSES

DOG OBEDIENCE

www.dogmanguy.com

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.



INSTRUCTOR	Guy Yeaman	DAY/TIME	(TH) 7 - 8 pm	
LOCATION	KCC		(TH) 1/9 - 2/13	\$90
			(TH) 3/5 - 4/19	\$90
			(TH) 4/16 - 5/21	\$90
			(TH) 6/18 - 7/23	\$90

CPR & FIRST AID HEART SAVER & BLS CPR CLASSES

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.



INSTRUCTOR Kelly Pettit **LOCATION** KCC

FIRST AID
DATE (SA) 3/7
TIME 9 am - 12:30 pm
\$45

CPR/AED
DATE (SA) 3/7
TIME 1 - 2:30 pm
\$45

BLS CPR*
DATE (SA) 3/7
TIME 2:30 - 3 pm
\$50

*BLS CPR must attend CPR/AED class

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

CONCEALED CARRY WEAPONS CLASS

This class will satisfy both the State of Nevada and California (El Dorado County residents only) 8 hour requirement for new applicants and the 4 hours for renewal. Students will receive basic firearms safety, proper firearm handling and sight pictures, basic Nevada and California laws, malfunctions, drills and how to choose the right handguns. Each student will need 100 rounds of the correct ammunition for their handgun.

INSTRUCTOR Boyd Dangtongdee **LOCATION** KCC
DAY/TIME TBA **\$80** New student, **\$40** Renewal

ADULT FITNESS

PERSONAL TRAINING

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

MOVEMENT MATTERS WORKSHOP: BULLETPROOFING SHOULDERS

From shoveling snow, to skiing, to snowshoeing, and everything in between, the winter season has a lot of great activities. However, one of the most common injuries I see is back injuries with snow, usually snow shoveling. During this workshop, we will discuss why these injuries occur, how to avoid them, and what to do if they happen. This will be a learning and interactive workshop, so come prepared for both.

INSTRUCTOR Darin Haworth
DC, MS, CCSP® **LOCATION** KCC
DATE (W) 1/15
TIME 6 pm
Free

www.summittoshore.com
<https://www.facebook.com/summittoshore/>



YOGA FOR EVERYBODY

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.



INSTRUCTOR Susan Glasson **DAY/TIME** (T) 6:30 - 7:30 pm
LOCATION KCC **1/8 - 5/20**
\$5 drop-in

Scholarship may be available in case of financial hardship

ADULT FITNESS



ZUMBA

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!

AGES 13 & up
INSTRUCTOR Nancy Taylor
LOCATION KCC
DAYS/TIME (M - F) 9 am
\$12/class

Punch cards: 3/\$27 and 6/\$50. Unlimited Monthly Classes/\$75. Cards expire at the end of each month.

**No class 12/25, 1/1, 1/20, 2/17, 5/25*



RELAXED ENERGY: QIGONG & TAI CHI

All levels and physical abilities welcome. Sessions focus on improving the general health and wellbeing of the practitioner using Tai Chi, Qigong, meditation, gentle rocking and stretching movements, and breathing exercises; enhancing participants' balance, coordination, flow and transition.

INSTRUCTOR Susan Stonestreet
LOCATION KCC
DAY/TIME (W) 4 - 5:15 pm (ongoing)
\$5 drop in

FUNCTIONAL TRAINING FOR FITNESS & DAILY ACTIVITIES

This class is for all adults and seniors seeking postural alignment, flexibility, strength and improved cardio. Each month, the first week of class will start at a mid-intensity level and progress to a higher intensity by the last week. Training methods utilized, HIIT, Tabatas, and different modalities, will help you reach your full body fitness goals. Bring a yoga mat and water bottle.

AGES Adults & Seniors
INSTRUCTOR Ricardo Ramirez
LOCATION KCC
DAY/TIME (M & TH) 6 - 7 pm
\$15 drop in
\$75/Month

**No Class 1/20, 2/17, 5/25*

PILATES

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.



AGES 13 & up
INSTRUCTOR Rose Marie Ottman
\$12/class
LOCATION KCC
DAYS/TIME (T & SA) (ongoing*)
 10:15 - 11:30 am

Punch cards: 4/\$39 and 8/\$70. Cards expire 4 weeks from date of purchase.



JAZZERCISE

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.

INSTRUCTOR Sherry Baiocchi
DAYS/TIME (SA) 9 am
 (T & TH) 5:30 pm
 (ongoing*)
LOCATION KCC
\$15 drop-in per class to instructor
 Introductory offer **\$66** for 2 months (ongoing*)

MARTIAL ARTS

TAE KWON DO

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.

AGES 13 & up
INSTRUCTORS Rick & Chris Manglinong
LOCATION KCC
DAY/TIME (W) 6 - 7:30 pm
 Drop-in **\$10** per class

(W) 1/8 - 1/29 **\$24**
 (W) 2/5 - 2/26 **\$18**
 (W) 3/4 - 3/25 **\$24**
 (W) 4/1 - 4/25 **\$24**
 (W) 5/6 - 6/10 **\$36**

**No classes 2/19, 4/8*

MARTIAL ARTS

PHILIPPINE STICK FIGHTING ARNIS

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

AGES 16 & up	LOCATION KCC
INSTRUCTORS Rick & Chris Manglinong	DAY/TIME (W) 7:30 - 8:30 pm
	Drop-in \$10 per class
(W) 1/8 - 1/29 \$24	(W) 4/1 - 4/25 \$24
(W) 2/5 - 2/26 \$18	(W) 5/6 - 6/10 \$36
(W) 3/4 - 3/25 \$24	

*No classes 2/19, 4/8

YOUTH SPORTS

YOUTH SPORT ORGANIZATIONS

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

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

KIDDIE KICKERS INDOOR YOUTH SOCCER PROGRAM

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.

AGES 4 - 5 yrs**	REGISTRATION Begins 2/5 until full
STAFF Recreation Leaders and Volunteer Coaches	\$45 includes team T-shirt and award
LOCATION KCC	DAY/DATES (SUN) 3/22 - 5/17
	GAME TIMES (T) Games between 12 Noon - 4:00 pm

**Child must be 4 years old by 4/1/20

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 8 until full
(Sign up early - Space limited)
Season begins March

DIVISIONS Tuesday or Thursday Night

TIME (T) or (TH) 5:30 - 8:30 pm

ENTRY FEE \$450

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

ADULT SOFTBALL

REGISTRATION Begins Wednesday, April 8
(Sign up early - Space limited)

COED LEAGUE Tuesday Nights **MEN'S LEAGUE** Thursday Nights

ENTRY FEE \$500

LEAGUE BEGINS 5/26/20 (weather and field dependent)

Games played at Zephyr Cove Park

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



IT'S YOUR TURN TO PLAY! ADULT SPORTS

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.

AGES 18 & up	LOCATION KCC
BASKETBALL	PICKLEBALL
M, W, TH 12 - 3 pm	M, W, F 9 - 11 am
T 1 - 3 pm	
SA 12 - 3 pm	
<i>Half court only</i>	<i>Please check weekly schedule for any schedule changes or planned programs.</i>

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 am - 2 pm	LOCATION KCC
(S) April 11	\$15 members, \$20 non members
(S) June 13	
(S) August 8	
(S) October 10	

Pre-registration is required by calling 775-586-7271. *Fee payable to instructor at class.

ACTIVE ADULT



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,
- 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.



VISIT OUR NEW WEBSITE
 AN ONLINE, COMMUNITY RESOURCE DIRECTORY
WWW.PDCNV.ORG

Partnership
Douglas County

RX DISPOSAL IN DOUGLAS COUNTY

DROP BOX LOCATIONS

Carson Valley Medical Center:
24 Hours

Douglas County Sheriff's Office:
8AM to 5PM M-F

Lake Tahoe Law Enforcement Building:
8AM to 5PM M-F

PRESCRIPTION DRUG ROUND-UPS

Occurs every April and October at locations across Douglas County. Dispose of unwanted, unused, or expired prescription medication.

ALTERNATIVE DISPOSAL METHODS

1. Place crushed medication in a sealed container.
2. Mix with an undesirable substance, such as kitty litter, coffee grounds, etc.
3. Seal container and throw into the trash.
4. Cross out all identifying information on prescription label.

FOR MORE DETAILED INFORMATION VISIT OUR WEBSITE AT PDCNV.ORG OR CALL (775) 782-8611

TRANSPORTATION



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 8 am to 5 pm 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. For more information call 530-541-7149 or visit the website at www.tahoetransportation.org.

VALLEY & LAKE EXPRESS FARES

Normal Fares (Ages 5-64)	One Way	\$4
	Day Pass	\$10
	*20-Ride Pass	\$60
	*Monthly Pass	\$120
Reduced Fares	One Way	\$2

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

Fares are subject to change. Please visit TTD's website for current information.



CHILD ADVOCATES
of
EL DORADO COUNTY

To find out more information, visit us at

www.casaeldorado.org

or call Julia Johnsen at (530) 622-9882

Therapy That Makes Sense

COUNSELING



- Marriage • Family
- Individual Counseling

Lileo T. Sunderland, M.F.T.

775-783-1136

Licensed in Nevada and California

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

Whatever your journey,
Suicide Prevention Network is here to help

Carson Valley Suicide Loss Support (SLS)
1st Thursday of the month • 6:00-7:30pm at SPN Office
1625 Hwy 88, Suite 203, Minden, NV

PTSD Support Group
2nd and 4th Tuesday of the month • 6:30-8:00pm at the Douglas County Community Center
1329 Waterloo Lane, Gardnerville, NV

South Lake Tahoe Suicide Loss Support (SLS)
4th Thursday of the month
6:00-7:30pm at Barton Public Relations
2092 South Lake Tahoe Blvd. #200,
South Lake Tahoe, CA

Suicide Prevention Hotlines:

800-273-TALK (8255)
En Espanol: 888-628-9454
Crisis Text line Text "GO" to 741741



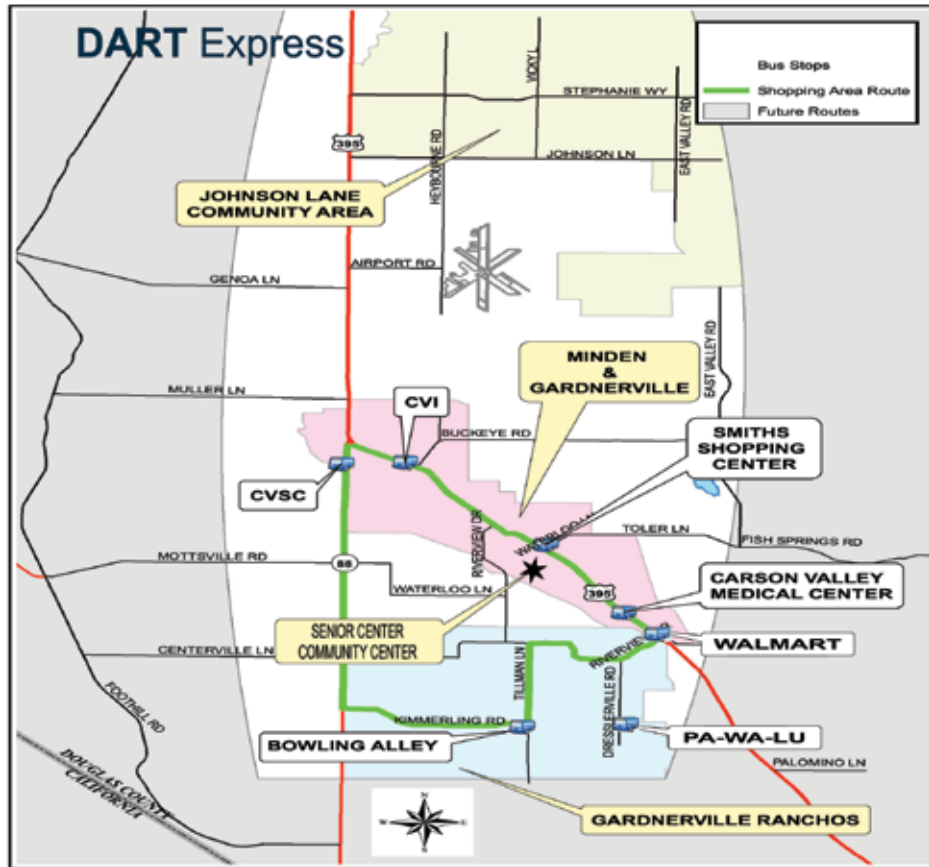
Our Mission:
"Provide suicide
prevention, intervention,
education and support
services free of charge"

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



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	IRONWOOD 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	IRONWOOD CENTER
Route # 4	2:10pm	2:15pm	2:20pm	2:30pm	2:40pm	2:50pm	2:55pm	3:00pm	3:15pm

Southbound - DART Express

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

RECREATION AREAS, FACILITIES, RENTAL & GENERAL INFORMATION

DOUGLAS COUNTY

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER

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

CARSON VALLEY SWIM CENTER

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

KAHLE COMMUNITY CENTER

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

TAHOE-DOUGLAS SENIOR CITIZENS CENTER

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

ZEPHYR COVE TENNIS CLUB

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

CITY OF SOUTH LAKE TAHOE

RECREATION & SWIM COMPLEX

1180 Rufus Allen Blvd.
www.cityofslt.us/recreation
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)
www.cityofslt.com/recreation - General Information & Reservations
campgroundbythelake@cityofslt.us - Contact
Open April - October. Dogs on leash allowed.

LAKEVIEW COMMONS, BOAT RAMP

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

BONANZA PARK

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

BIJOU MUNICIPAL GOLF COURSE

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

PHOTOS

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

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/stand, playground, game court area, sand volleyball courts, horseshoe pits, 27 hole disc golf course, skateboard park, bike 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

DOUGLAS COUNTY DIAL-A-RIDE SERVICE

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

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.



DIAGNOSTIC CARE

FAMILY CARE

PRIMARY CARE

SENIOR CARE

EMERGENCY CARE

INTENSIVE CARE

URGENT CARE

SURGICAL CARE

BEHAVIORAL CARE

SPECIALTY CARE

COMPLETE CARE

WE CARE FOR YOU

#HealthyCarsonValley

Do it for them.

A 3D Mammogram could be a lifesaving move that brings peace of mind to your loved ones.

Carson Valley Medical Center has a compassionate team skilled in the most advanced 3D Mammography technology to detect breast cancer more accurately.

Ask your healthcare provider or call 782-1533 to schedule your annual exam.



Carson Valley Medical Center

cvmchospital.org

