

CARSON VALLEY & SOUTH SHORE

# REGIONAL GUIDE

## RECREATION & TRANSPORTATION

**SPRING/SUMMER  
2020**

<https://communityservices.douglasnv.gov>  
<https://www.cityofslt.us>





THE TEAM AT  
**The Chateau  
at Gardnerville**  
**#1 IN THE CARSON VALLEY!**



**Assisted Living  
Alzheimers & Dementia Care**

1565 Virginia Ranch Rd.,  
Gardnerville, NV 89410  
**(775) 782-3100**





# WELCOME

**D**ouglas 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.



DOUGLAS COUNTY  
PARKS & RECREATION DEPARTMENT



CITY OF SOUTH LAKE TAHOE  
Recreation Services



Tahoe Transportation  
DISTRICT



Douglas Area Rural Transit  
DART  
Going The Extra Mile  
775-783-8455 775-783-8459

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# 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** Karen Beckerbauer | Sheryl Christian | Traci Dill | Amanda Reid | Elizabeth Baumgartner | Tobias Donahue  
Scott Doerr | Dennis Hubbard | Brittnie Brown

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

**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 | Debra Lang

**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

### Keeping Fit, Happy and Healthy During Times of Uncertainty

It is no accident that Douglas County is the healthiest County in the State of Nevada, with world-class resorts, indoor recreation, outdoor park facilities and access to thousands of acres of public land, our residents have adopted a lifestyle of fitness and health. Listed below are some obvious and simple ways for you to continue to lower stress levels and continue a healthy lifestyle even when some of your favorite private and public facilities are closed.

Here are the easy and obvious ones:

- Wash your hands for 20 seconds with hot water and soap.
- Use hand sanitizer.
- Eat a healthy diet.
- It is not too late to get the flu vaccine.
- Get enough sleep.
- Ensure a strong immune system by supplementing with Vitamin C, Zinc, Vitamin D and Iron.
- Breathe through your nose instead of your mouth as your nose is a natural filter.
- Stay physically fit and maintain a regular fitness routine.

Even though the County Gymnasium or your private club may be closed, keeping your body strong also keeps your immune system performing at its peak and lowers stress.

- Ways to stay fit at home.

Home isolation may be a grim fact of life for many of us at some point. During 2020, this is no excuse to start slacking off from exercise. Your body is all you need.

- A warning about outdoor recreation and extreme fitness.

The Douglas County Sheriff stated, "We understand that a lot of people are participating in outdoor recreation in response to this isolation period, and we encourage it, but ask you to do it safely," Sheriff Coverley said. "Many of our resources are being dedicated to the COVID-19 response and keeping people and businesses safe, now is not the time to travel off into a potentially unsafe area."

The Sheriff's Department advises the public please not participate in high risk situations that might lead one off the beaten path as their resources are being used to the maximum level.

I know we are all focused on our family, friends and work; however, I encourage you to keep active and know that together we will return to what we expect as normal.

### 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

*Closed Most Holidays*

**\*Annual closure for floor resurfacing and maintenance June/July 2020; Gym and Fitness Center CLOSED, some classes cancelled.**

**\*Please see posted schedule and check with staff in May regarding exact dates for annual closure.**

- 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  
Attention: Recreation PO Box 218, Minden, NV 89423

Make checks payable to:

(DCCSC) Douglas County Community & Senior Center

Send payment with name of enrollee, program title and date of program

### 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. Many different programs are offered. Please call Andrea Erickson at (775) 782-6454 for more information.

**AGES** Preschool  
**DIRECTOR** Andrea Erickson

**DAYS/TIME** (M - F) 8 am - 12:30 pm  
**EXTENDED HOURS AVAILABLE**  
(M - F) 8 am - 5:30 pm

## TODDLER TIME

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

**DATES** (TH) 5/2 - 5/28 and  
resuming 8/20  
**TIME** 9 - 11 am

**LOCATION** DCCSC  
\$3/child/day

\*No Toddler Time June 1 - Aug 15

## 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)** 4/19 - 5/10  
**AGES/TIMES**  
2-3 1:40 - 2:25 pm \$60 per child  
4-6 12:30 - 1:30 pm \$60 per child

## 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)** 4/19 - 5/10  
**AGES/TIMES**  
2-3 10:15 - 11 am \$60 per child  
4-6 11:15 am - 12:15 pm \$60 per child

# YOUTH

## KIDS CLUB

Kids Club is a before and after school recreational enrichment program that is held at the 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 - 8:45 am and 3 - 6 pm 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 filled in on a first come, first serve 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.

Enrollment for the 2020-2021 school year will begin 7/15/20.

**GRADES** K - 5



*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

## GET IN THE ACT! SUMMER THEATER CAMP

Students create dialog, action, and realistic characters for three hours each day as we adapt an award winning children's story into a theatrical production using sets, sounds, costumes and makeup. Our camps teach children to audition, rehearse and perform a play. Throughout the fun-filled week, campers will express their individuality and build self-confidence in addition they will learn stage make-up design, create art projects, make new friends, and have a blast! A final performance for family and friends culminates on Friday, the last day of camp. Production will be "The Sand Lot." Memorization of a short script will be required.

<b>GRADES</b> K - 5	<b>LOCATIONS</b> DCCSC
<b>INSTRUCTOR</b> Diane Handzel	<b>\$145/child</b>
<b>DATE/TIME</b>	
Grades K - 2 (M - F) 7/6 - 7/10	1 - 4 pm
Grades 3 - 7 (M - F) 7/13 - 7/17	

## SUMMER ADVENTURE CAMP

**Age 5 must have already attended a year of Kindergarten.** Campers will enjoy a variety of activities each day, all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Calendars are available at the Recreation Office. Spaces are limited and pre-registration is required. Current registration packet must be completed and returned in order to enroll at the Douglas County Community and Senior Center located at 1329 Waterloo Lane, Gardnerville, NV 89410 or call (775) 782-5500 ext. 1 for more information.

<b>GRADES</b> 1 - 6 (ages 5 - 12)	<b>LOCATIONS</b> GES 6/8 - 7/2
<b>TIME</b> 7 am - 6 pm	MES 7/6 - 8/6
<b>DATES</b> (M - F) 6/8 - 8/6	JVES 6/8 - 8/6
<b>\$26/day, Sibling discount \$3/day-</b>	

*No Camp Friday, 7/3 \*\* Some trips cost more due to trip destination, check weekly schedule for more information*

# 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.

<b>AGES</b> 15 & up	<b>TIME</b> 8:30 am - 4:30 pm	
<b>INSTRUCTOR</b> Chuck Ayers	<b>DATES</b> (M - TH) 6/15 - 6/18	<b>\$50</b>
<b>LOCATION</b> DCCSC	(M - TH) 7/6 - 7/9	<b>\$50</b>
	(M - TH) 8/3 - 8/6	<b>\$50</b>

## 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](http://www.dogmanguy.com)

<b>AGES</b> 8 - up	<b>TIME</b> 7 - 8 pm
<b>INSTRUCTOR</b> Guy Yeaman	<b>DATES</b> (W) 4/15 - 5/20
<b>LOCATION</b> DCFG	(W) 6/17 - 7/22
<b>\$90</b>	(W) 7/29 - 9/02

## TEEN PROGRAMS AND TRIPS

### SAND HARBOR

Spend a day at the beach swimming and enjoying the beauty of Sand Harbor and Lake Tahoe. Get out of the house and make some new friends.

<b>GRADES</b> 6 -12	<b>TIME</b> 9 am - 6 pm
<b>\$25</b>	<b>DATE</b> (F) 6/5

### DAY HIKE

Join us for a day hike from Big Meadows to Round Lake. The trailhead is at a elevation of 7,240' and rises to 8,040' at Round Lake. The hike is 6.55 miles round trip and it is a good beginner to intermediate hike. We will have lunch and spend the day at the lake.

<b>GRADES</b> 6 -12	<b>TIME</b> 7 am - 6 pm
<b>\$25</b>	<b>DATE</b> (TH) 7/2

### RENO ACES

Let's go out to the ball game as the Aces play the Albuquerque Isotopes. Enjoy a night game under the lights.

<b>GRADES</b> 6 -12	<b>TIME</b> 5 pm
<b>\$30</b>	<b>DATE</b> (F) 6/26

### WILD ISLAND

G-Force. Bahama Marna. Black Widow or the Dragons Tail. these are just some of the rides that await you at Wild Island. Grab your swim suit. sunscreen and lets head out for a fun day in the sun.

<b>GRADES</b> 6 -12	<b>TIME</b> 9 am - 5 pm
<b>\$50</b>	<b>DATE</b> (M) 7/20

## RECREATION AIDE TRAINEE PROGRAM

The Recreation Aide Trainee (RAT) Program is a 2-week training experience that fosters leadership development for youth ages 13 to 15. The program equips participants with the skills and qualities to be successful Recreation Aides. Our goal by the end of the program is for participants to have acquired vital skills, attributes and strategies that are important traits necessary for them to have the opportunity to volunteer with our Summer Adventure Camp Program. At the conclusion of the RAT program participants will have the opportunity to interview and if selected, they can volunteer for the remainder of the summer.

<b>GRADES</b> 7-9	<b>TIME</b> 10 am - 4 pm (M - F)
<b>\$205/session</b>	<b>DATE</b> Session #1 6/8 - 6/19
	Session #2 7/6 - 7/17

## WESTERN DANCE NIGHT

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

<b>AGES</b> 12+	<b>TIME</b> 6 - 7:30 pm
<b>INSTRUCTOR</b> Christina Long	<b>DATES</b> (SA)
<b>\$3</b> Ages 12 - 17	
<b>\$5</b> Adult 18+	

\*No Dance 7/4

## TEEN/ADULT

### 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) 7/18

**CPR/AED**  
**TIME** 10 am - 12:30 pm  
**\$50**

**FIRST AID**  
**TIME** 1 - 4 pm  
**\$45**

**CPR/AED & FIRST AID**  
**TIME** 10 am - 4 pm  
**\$90**

### 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+  
**INSTRUCTOR** Steven Klekar  
**TIME** 7 - 9 pm  
**\$10** Drop In with prior instructor approval

**LOCATION** DCCSC  
**DATES** (T) 5/5 - 5/26 **\$32**  
(T) 6/2 - 6/30 **\$40**  
(T) 7/7 - 7/28 **\$32**  
(T) 8/4 - 8/25 **\$32**

### WESTERN MARTIAL ARTS FREE PLAY PRACTICE SESSIONS

Would you like to be able to continue practicing your swordsmanship and fencing skills? These class sessions will allow you to do just that. In these sessions, students and fencers will be able to continue practicing their basic and advanced swordsmanship and fencing skills. For participants to take this class, they must have completed a prior Douglas County Parks & Recreation fencing class or provide a fencing resume

**AGES** 13+  
**INSTRUCTOR** Steven Klekar  
**LOCATION** DCCSC  
Drop-In **\$5/class**

**DAY/TIME** (TH) 7 - 8:30 pm  
**DATES**

### 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 your memory. A good, fun, all round exercise for both young and old.

**AGES** Adults  
**INSTRUCTOR** Christina Long  
**\$5** Drop In

**TIME** 7 - 8 pm  
**LOCATION** DCCSC  
(T/TH) 8/4 - 8/27 **\$24**  
(T/TH) 6/2 - 6/25 **\$24**  
(T/TH) 7/7 - 7/30 **\$24**  
(T/TH) 9/1 - 9/29 **\$27**

## ADULTS



### BALLROOM DANCE

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

**AGES** Adults  
**INSTRUCTOR** Richard Girod  
**\$35/couple \$25/singles**

**LOCATION** DCCSC  
**TIME** 6 - 7 pm

(M/F) 5/5 - 5/26\*  
(M/F) 6/7 - 6/23\*  
(M/F) 7/6 - 7/31\*

(M/F) 8/4 - 8/25  
(M/F) 9/1 - 9/29\*

\* No class 5/25, 6/25, 6/29, 7/3 or 9/7

### 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  
**LOCATION** DCCSC

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

(SA) 5/2 - 5/30 **\$5**  
(SA) 6/6 - 6/20\* **\$5**  
(SA) 7/11 - 7/25\* **\$5**

(SA) 8/1 - 8/29 **\$5**  
(SA) 9/5 - 9/26 **\$5**

\*No class on 6/27 or 7/4

### 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+  
**INSTRUCTOR** Daniel Linn  
**DAY/TIME** (W/F) 5:30 - 9 pm  
(SA) 8 - 11 am

**LOCATION** DCCSC/DCSR  
**\$90/person\*\***  
Spouses are 1/2 price

(W/F) 5/20, 5/22 & (SA) 5/23  
(W/F) 6/24, 6/26 & (SA) 6/28

July, August and September Dates TBA

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



# FITNESS CLASSES

## GYM & FITNESS CENTER

Gym and Fitness Center closed for floor maintenance in June/July.  
Check with staff for the schedule in May.

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
- Arcade area

## 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 and may not use equipment. Free to members or \$5/\$7 drop-in fee.

## MEMBERSHIP PRICES

**CHILD PASS** (5th grade and under)

Free with a paid adult

**YOUTH PASS** (6th - 7th grade)

Walk-in \$3 | 30 Day Pass \$15 | 90 Day Pass \$29 | Annual Pass \$59\*

**TEEN PASS** (8th - 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



## 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.

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

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

## SILVER YOGA

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

<b>AGES</b> 55+	<b>LOCATION</b> DCCSC
<b>INSTRUCTOR</b> Jill Hartman	<b>TIMES</b> 10:30 - 11:30 am
<b>\$5</b> drop-in	
(T/TH) 5/5 - 5/28 <b>\$24</b>	(T/TH) 8/4 - 8/27 <b>\$24</b>
(T/TH) 6/2 - 6/25 <b>\$24</b>	(T/TH) 9/1 - 9/29 <b>\$27</b>
(T/TH) 7/7 - 7/30 <b>\$24</b>	

## YOGA SCULPT

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

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

## 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.

<b>AGES</b> Adult	<b>DAY/TIME</b> (W) 5:30 pm
<b>INSTRUCTOR</b> Lisa Wright	<b>\$5/drop-in</b> or
<b>LOCATION</b> DCCSC	<b>\$20/5 class</b> punch card*

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

# FITNESS

## BOXING FOR LIFE

Boxing and exercise for those living with neurological disorders

**AGES** Adult  
**INSTRUCTOR** Jessica Fagundes  
**LOCATION** DCCSC

**DAYS/TIMES** (M & TH)  
 1:30 - 2:30 pm  
**\$30/month or \$5 drop-in**

No class 5/25, 6/25, 6/29, 7/2 or 9/7

## INDOOR CYCLING

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

**AGES** 13+  
**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, 5/29, 6/29 - 7/3, or 9/7



## 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  
**INSTRUCTORS** Anita Whiteley & Lyn Twitchell  
**LOCATION** DCCSC

**DAYS/TIME** Zumba Fitness  
 (M, T, TH & SA) 9 am  
 (T & TH) 5:30 pm  
 (W) 7 pm  
 Zumba Toning  
 (F) 9 am

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

\*Note: punch cards expire at the end of each month  
 No class, 5/25, 6/29 - 7/4, or 9/7

## SPECIAL MONTHLY PASS CLASSES

### TOTAL BODY STRENGTH & CONDITIONING (P90X)

Improve overall fitness, build muscle strength and endurance and improve cardiovascular conditioning with a variety of results-driven upper body, lower body and core exercises using bodyweight and dumbbells in a high-energy group environment with upbeat, even tempo music. Modifications and progressions provided to challenge all fitness levels.

**AGES** Adults  
**INSTRUCTOR** Tessa LoPresto  
**LOCATION** DCCSC

**DAYS/TIMES** (M)  
 5:30 - 6:30pm  
**\$20/month or \$6 Drop-In\***

### CARDIO ROUND UP

Monday night cardio party with a mix of easy-to-learn dance moves set to a variety of high-energy music including country, rock and pop designed to keep you moving for 45 minutes to improve cardiovascular fitness and burn calories. No equipment or dance skills required

**AGES** Adults  
**INSTRUCTOR** Tessa LoPresto  
**LOCATION** DCCSC

**DAYS/TIMES** (M) 6:45 - 7:30pm  
**\$20/month or \$6 Drop-In\***

### CARDIO CORE MASH UP

Designed to improve cardiovascular fitness, this class will rotate through a variety of music-driven, high-energy cardio group exercise formats including step, "kickdancing," HIIT, dance fitness and more. Cardio will be followed by a series of core strengthening and stabilizing exercises. No equipment required, but a mat is suggested for comfort during the core portion of the class.

**AGES** Adults  
**INSTRUCTOR** Tessa LoPresto  
**LOCATION** DCCSC

**DAYS/TIMES** (W) 9 - 9:50 am  
**\$20/month or \$6 Drop-In\***

### TOTAL BODY SCULPT (PIYO)

Improve balance, flexibility and mobility while strengthening muscles with an emphasis on the core. This low-impact, yet high-energy unique blend of moves from yoga, Pilates, barre, ballet and even martial arts is music-driven and dynamic. Suitable for most fitness levels. Mat is optional.

**AGES** Adults  
**INSTRUCTOR** Tessa LoPresto  
**LOCATION** DCCSC

**DAYS/TIMES** (W) 10 - 11 am  
**\$20/month or \$6 Drop-In\***

\*Instructor Tessa LoPresto Unlimited Classes. \$40/month

## 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

**TIME** 9 - 10 am  
**DATES** (W) 5/6 - 5/27  
(W) 9/2 - 9/30  
**\$15/month or \$5 drop-in**



## JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, dance party with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. We will leave you breathless, toned and coming back for more. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise.

**INSTRUCTOR** Hellen Bartsch  
**LOCATION** DCCSC  
**\$15 drop-in\***

**DAYS/TIMES** (M - SA) 9 - 10 am  
(T & TH) 5:30 - 6:30 pm

*\*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 5/25 or 9/7*

## VALLEY CLASS LOCATION CODES

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

## 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

### MEIKE BHARIANA



NASM-CES, CPT

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

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



# 2020 BENTLY FAMILY SUMMER CONCERT SERIES

Presented by Douglas County Recreation Department

\*All concerts are from 6 - 8 pm and are held at Minden Park



## DOUBLE TROUBLE: A SALUTE TO TOM PETTY & BOB SEGER • JUNE 19<sup>TH</sup>

Co-sponsored by Dr. James the Dentist

Michael Furlong performs his tribute to Tom Petty and Terry Jayo performs his tribute to Bob Seger all in one event! This is a great performance of all-American rock music packed with dozens of hit songs that you will recognize and enjoy and enjoy all evening long!



## TODD MORGAN & THE EMBLEMS • JULY 10<sup>TH</sup>

Co-sponsored by Starbucks Carson Valley Roasting Plant & Distribution Center

Exciting Rock & Roll/Pop oriented musical act, performing original works by Todd Morgan as well as arousing versions of a wide range of classics of Rock n' Roll from the 50's-80's, along with other influences such as Funk, Blues and Jazz. An exciting show for all audiences with feel-drenched piano, danceable guitar riffs, and Todd's own unique dance style, all backed by a solid pair of talented musicians.



## JELLY BREAD • AUGUST 7<sup>TH</sup>

Co-sponsored by Carson Tahoe Health

Jelly Bread has risen from Reno/Lake Tahoe area favorites into a nationally- touring, powerhouse quintet that delivers a high-energy, chameleonic playlist all over the United States. Jelly Bread's distinct style is identified by a blend of desert twang meeting the urban tones of funk and rock. Exceptional songwriting and storytelling interlaced with four part harmonies, intricate "in-the-pocket" drum and bass grooves, swampy lap steel guitar, dirt under the fingernails guitar licks, tasty talkbox, "take-em-to-church" organ come together into a sound that is downright appetizing.



## MUMBO GUMBO • AUGUST 28<sup>TH</sup>

Co-sponsored by Seyfried Dental Arts

Celebrating 30 years together, Mumbo Gumbo is one of Northern California's top musical groups, with their uniquely festive roots-music sound. Their "genre-bending Americana" musical stew is a combination of soul, zydeco, folk, blues, rock, Cajun, and country. They are an institution on the NorCal concert scene, having received numerous awards for their musical stew, and they always make sure to leave their audiences dancing their hearts out. Mumbo Gumbo has built a reputation not just for danceability, but for creative depth...releasing nine albums of original music and performing thousands of shows for devoted fans of all ages. From festivals to intimate settings, from park concerts to parties, this group of musicians creates community wherever they go.



## HOT BUTTERED RUM • SEPTEMBER 11<sup>TH</sup>

Co-sponsored by Building Concepts & Treehouse Design Group

Hot Buttered Rum, a souped-up, east coast string band is the brainchild of five uniquely gifted musicians who weave their love of bluegrass, folk, jazz and soul into a riveting strain of Americana. String bass and five-alarm fiddle merge with guitar, banjo, mandolin and drums to frame the voices of its two contrasting writers, fueling a dance party with roots in Appalachia and its branches in California. It's a sound that's as tough to describe as it is easy to love. Nearly twenty years into its journey HBR's music, dreamed up in the back country of the High Sierra and the basements of San Francisco has found its way into the hearts, minds and bodies of fans nationwide. The band continues to tour year-round in support of its many albums and social causes. Don't miss the chance to see them soon!

Douglas County Parks & Recreation would like to thank the following Sponsors: Bently Nevada (A Baker Hughes Business), Town of Minden, Carson Valley Inn, Young at Heart, Kiwanis Club of Carson Valley, Carson Valley Lions, Keigh Cox Design, R&S Offset, Allied Sanitation and Partnership Douglas County.

To learn more about becoming a sponsor of this fun, family friendly event contact Georgianna Drees-Wasmer at [greeswasmer@douglascountynv.us](mailto:greeswasmer@douglascountynv.us) or 775-782-5500 ext. 1.

Douglas County Senior Services Presents

# Big Mamas Shaw & Shine CAR SHOW



**June 20, 2020  
10am - 3pm**

**DJ \* FOOD \* RAFFLE**

**Registration Opens April 1st**

**Lampe Park Gardnerville NV**

To register or sponsor call: **Georgianna at 775-782-5500 Ext. 3**

# End of Summer Luau

**Friday, September 11th**

**Douglas County Community & Senior Center**

*Doors open @ 6pm*

**\$15 12 yrs & Under**

*Dinner - 6:15pm*

**\$25 over 12 years**

*Performance - 7:50pm*

Includes a Hawaiian buffet,  
tea/water & a flower lei.

**Live Music, Polynesian Dancing & More!**

Adult beverages & specialty drinks available for  
purchase from Young at Heart's Tiki Bar

Tickets available for purchase July 1st!!

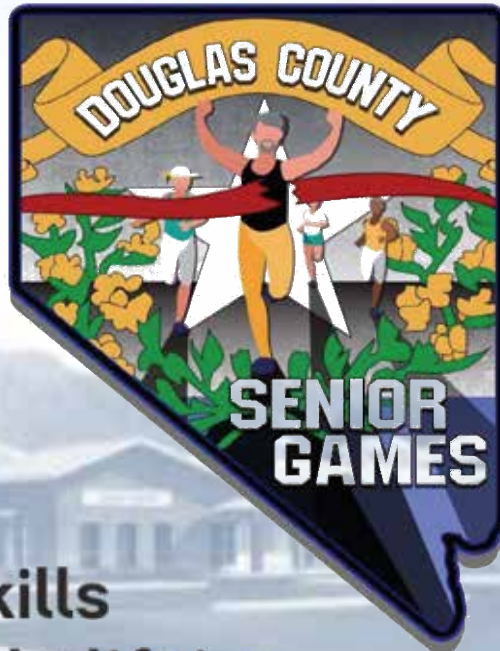
Douglas County Community Center

1329 Waterloo Ln. Gardnerville NV 89410

or 775-782-5500.

Will also be available at the door until sold out.

**Pickleball  
Corn Hole  
Swimming  
Table Tennis  
Track & Field  
Racquetball  
Shuffleboard  
Basketball Skills  
Fitness/Weightlifting & More!**



# Coming Fall 2020!

Visit the Douglas County Community  
and Senior Center

1329 Waterloo Ln. Gardnerville, NV.

775-782-5500





# SPECIAL EVENTS

## MOTHER/SON FALL DANCE

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

**AGES** All  
**LOCATION** DCCSC  
**DAY/TIME** (SA) 10/10  
6 - 8:30 pm

**EARLY REGISTRATION**  
\$10/ticket  
**REGULAR REGISTRATION**  
\$15/ticket

## FAMILY ROLLER SKATING NIGHT

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

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

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

(SA) 5/16 Hawaiian  
(SA) 9/19 School Spirit (wear your school colors)

## 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) 5/2 and 9/5

## SUMMER ROLLER SKATING & ARCHERY TAG DAYS

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

## JULY IS PARKS & RECREATION MONTH

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

## 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<sup>1/2</sup> hours, bounce house, partyroom, kitchen, tables & chairs

**ROLLER SKATE PARTY** — \$175  
Includes skating for 1<sup>1/2</sup> hours, skates, party room, kitchen, tables & chairs

**COURT PARTY** — \$150  
Choose basketball, volleyball racquetball, pickle ball, badminton for 1<sup>1/2</sup> hours, party room, kitchen, tables & chairs

**ARCHERY TAG PARTY (AGES 12 & UP)** — \$175  
Includes Archery Tag Equipment for 1<sup>1/2</sup> hours, party room, kitchen, tables & chairs

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

## 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





# YOUTH SPORTS

## 6TH ANNUAL CARSON VALLEY DAYS 3 ON 3 BASKETBALL TOURNAMENT

3 on 3 Basketball Tournament for youth, adults & families. Tournament will feature female, male and coed\* divisions. Players may register for more than one division. T-shirts included for teams who register by May 31st. To register or for more information, contact Douglas County Parks & Recreation, (775)-782-5500, ext. 1 or email mefiyi3on3@gmail.com

### DIVISIONS

Youth (grades 1 - 5)  
Middle School (grades 6 - 8)  
High School (grades 9 - 12)  
Adult (18 + years)  
Family Division

### LOCATION: DCCSC

**DATE** (SU) 6/14

**COST** \$15/person

(up to a 4-person team)

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

## 2020 SUMMER YOUTH VOLLEYBALL SKILLS CLINICS

These clinics are intended mainly for players who are in 3rd through 8th Grade, with various prior experience in or other ball sports and who wish to learn to play volleyball at an improved level. This class will be focused on training youth in the necessary skills needed to start or continue playing volleyball at various levels. The clinics will emphasize fundamental skills of the sport: passing (finger and forearm), serving, setting, spiking, basic/advanced positioning, movement, and court awareness. Training will include lecture, demonstration, hands-on practice with direction, some video/photographic analysis, and game play.

### AGES 7 - 17

**INSTRUCTOR** Dan Hannah

**LOCATION** DCCSC

**TIMES** Beginner: 9:00 - 10:00am

Intermediate: 10:15 - 11:45 am

Advanced: 12:00 - 1:30 pm

Session 1: (M - TH) June 15-18 Cost: Beg:\$50, Int:\$75, Adv:\$100

Session 2: (M - TH) July 13-16 Cost: Beg:\$50, Int:\$75, Adv:\$100

Session 3: (M - TH) Aug. 3-6 Cost: Beg:\$50, Int:\$75, Adv:\$100



## YOUTH NFL FLAG FOOTBALL

**GRADES** 1 - 8

**REGISTRATION** Early: May 15 - July 1 Regular: July 2 - Full

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

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

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

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

**LEAGUE SEASON** 7/23 - 10/24

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

\*A parent permission slip & online NFL registration slip must be completed at time of registration.

## 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.

### Coed 1st and 2nd Grade; Girls 3rd - 6th grade

**LEAGUE PLAY** The week of 10/12 - The week of 12/14

**GRADES** 1st - 6th

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

**REGISTRATION**

Early Registration 8/1 - 9/7

Regular Registration after 9/7

**DIVISIONS**

1st - 2nd Coed \$85 \$95

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

5th - 6th Girls \$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 7th/8th Grade and High School; Boys 3rd - 8th grade

**LEAGUE PLAY** The week of 1/4 - The week of 3/26

**GRADES** 3rd - 12th

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

**REGISTRATION**

Early Registration 11/1 - 12/1

Regular Registration after 12/1

**DIVISIONS**

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

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

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

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.



## SOFT STICK LACROSSE LEAGUE (OPEN TO BOYS AND GIRLS)

The youth Soft Stick Lacrosse program is for beginning players. This league will emphasize skill development and fun. This program is designed to introduce children to the emerging sport of lacrosse. Kids will be playing with Soft Sticks and will be required to wear a mouth guard (Provided) for protection. Practices and "Scrimmages" will be held one to two times a week. Volunteers will act as coaches. All games will be played on weeknights. Practice sites may vary (Enrollment based on number of head coaches, space is limited) Sign up players fast, as space is limited. (Max 10 players per team)

**GRADES** 1st - 8th

**DATES** 5/25 - 8/7

**LOCATION** All game played at Aspen Park

**GAME TIME** 5:30pm - 6:30pm -

7:30pm

**SEASON** Begins mid-May

### VOLUNTEER COACHES NEEDED

Coach Application & Background Checks must be received by 5/1/20. (Player enrollment based on number of coaches approved before draft can take place) For information and coaching applications go to the [www.dccprsports.com](http://www.dccprsports.com) Cost: Includes reversible jersey, Mouth Piece and use of a SofCross stick. Registration: 3/1 - 5/15 Limited number of spots available  
Coed League Divisions offered: 1st/2nd grade, 3rd/4th grade, 5th/6th grade & 7th/8th grade

# YOUTH SPORTS

## YOUTH SPORTS ORGANIZATIONS

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

<b>AYSO Soccer</b>		www.cvayso.org
<b>Carson Valley Little League</b>		Melanie.doyal@gmail.com
<b>Carson Valley Fast Pitch</b>	265-6447	
<b>Carson Valley Swim Center</b>	782-8840	www.cvswim.com
<b>Pop Warner</b>	782-8777	www.douglaspopwarner.com
<b>Youth Basketball Leagues</b>	782-5500	www.dcprsports.com
<b>Youth Flag Football Leagues</b>	782-5500	www.dcprsports.com
<b>Youth Volleyball Leagues</b>	782-5500	www.dcprsports.com
<b>Carson Valley Basketball</b>		http://cvbahoops.net

## COACHES SOUGHT FOR YOUTH NFL FLAG FOOTBALL PROGRAM

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

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

## WANTED OFFICIALS & REFEREES

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

# ADULT SPORTS

## 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.

<b>AGES</b> 18+	<b>SEASON</b> Year Around
<b>LOCATION</b> DCCSC	<b>DIVISIONS</b> Open singles, Men's Doubles, Women's Doubles, Mixed Doubles
<b>COST AND REGISTRATION</b> Ongoing/Open registration \$5	
<b>TIMES</b> Challenge times based on gym availability (M-F) 6:00 am - 12:00pm , 1:00 - 3:00 pm, 7:00 - 9:00 pm (SA) 8:00 am - 12:00pm , 1:00 - 3:00 pm (SU) 10:00 am - 3:00pm	

## ADULT FALL 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 10 teams will advance to the post-season double elimination tournament. Awards will be given for tournament play only. Game times will vary.

<b>AGES</b> 18+	<b>REGISTRATION</b>
<b>LOCATION</b> LP	Early \$475 6/1-7/10
<b>TIME</b> 6:30, 7:15, 8:30 pm	\$525 after 7/10
<b>SEASON</b> Starts week of 7/27	<b>REGISTRATION DEADLINE</b> 7/22

<b>LEAGUES</b>	(T) Men's League (all levels)
	(TH) Coed League (all levels)

### Managers Meeting

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

**Around here, inspiration abounds.**  
Adventure awaits and everything you come across is a sight to behold.

Discover the hidden gems, unparalleled beauty and endless adventure in Alpine County. Enjoy Camping, Dining, Fishing, History, Hot Springs, Lodging, Shopping, Special Events, and Explore the Great Outdoors.

Bear Valley | Hope Valley | Kirkwood | Lake Alpine | Markleeville | Woodfords

3 Webster St. | Markleeville, CA | 530.694.2475 | [alpinecounty.com](http://alpinecounty.com)

**ADULT 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**TIME** 5:30, 6:30, 7:30**SEASON** (F) Starts 9/11**REGISTRATION**

Early \$550 7/14 - 8/15

\$600 after 8/15

**REGISTRATION DEADLINE** 9/11

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

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

**WANTED OFFICIALS & REFEREES**

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

**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.

**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/W/F) 6:30 - 9 pm &  
(SA) 1 - 3 pm**SENIOR TIME** (T) 12:30 - 3 pm &  
(TH) 3 - 5pm**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.

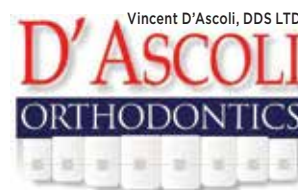
**PICKLEBALL**

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.

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# ACTIVE ADULTS

## DOUGLAS COUNTY SENIOR SERVICES

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

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

## CARSON VALLEY ADULT DAY CLUB

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

## CONGREGATE DINING

The Douglas County Senior Center serves lunch Monday - Friday at 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).

## 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 SENIOR GAMES

The Douglas County Community and Senior Center proudly welcomes the return of the Senior Games! This fall, athletes who are 50+ will have the ability to compete in several individual and team events for an opportunity to earn a Gold, Silver or Bronze medal. These games are dedicated to competition and fellowship, with the focus on fun and doing your best regardless of the outcome. These events will be organized by the recreation staff at the Community Center, but we cannot do it all by ourselves. We are currently seeking eager volunteers and corporate sponsors to help make this a successful inaugural event.

**EVENTS** Basketball Skills, Corn Hole, Fitness/Weightlifting, Swimming, Bowling, Pickleball, Racquetball, Shuffleboard, Table Tennis, Track & Field and Walk Race

**AGES** 50+

**COMPETITION** The week of September 21 - 25

**EVENT TIMES** Times will be during the day from 10 am - 4 pm

**REGISTRATION** Registration August 15 - October 4

**DIVISIONS** 50-75 Years young      **PRICE** \$10 Registration Fee/  
75+ Years old      Unlimited Events

Space is limited, sign up today!

For more information, call 775-782-5500 ext. 1 or email Georgianna Drees-Wasmer [gdreeswasmer@douglasnv.us](mailto:gdreeswasmer@douglasnv.us) or Scott Doerr [sdoerr@douglasnv.us](mailto:sdoerr@douglasnv.us). Join the fun as a Senior Athlete, Volunteer or Corporate Sponsor Today!

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## 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.

## DOUGLAS COUNTY DIAL-A-RIDE SERVICE

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

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

## SENIOR CENTER VOLUNTEERS

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



## 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 event's 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.

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

# 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 5/25, 6/25, 6/29, 7/2 or 9/7

## 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  
**TIMES** 9 - 10 am  
**DATES** (W) 5/6 - /26  
 (W) 9/2 - 9/30  
**\$15/month for AM or PM session 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  
**DAY/TIME** (TH) 1:30 - 2:30 pm  
**\$12 drop-in or \$40/month**

## 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  
**DAY/TIME** (TH) 1:30 - 2:30 pm  
**\$12 drop-in or \$40/month**

## 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  
**TIME** 10:30 - 11:30 am  
**\$5 drop-in**

(T/TH) 5/5 - 5/28 **\$24**  
 (T/TH) 6/2 - 6/25 **\$24**  
 (T/TH) 7/7 - 7/30 **\$24**  
 (T/TH) 8/4 - 8/27 **\$24**  
 (T/TH) 8/4 - 8/27 **\$27**

## 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 and up  
**LOCATION** DCCSC  
**DAY/TIME** (T) 10:30 - 11:30 am  
**FREE**

## FREE SENIOR WALKING TIMES

All seniors 60 and older are welcome to walk our indoor track for free during these times. This does not include access to the workout equipment.

**AGES** 60 & up  
**LOCATION** DCCSC  
**FREE**  
**DAYS/TIMES** (M-F) 10 - 11 am  
 (M-F) 12:30 - 2 pm

## AARP DRIVER SAFETY COURSE

This class is a refresher course with emphasis upon how age-related changes affect driving. 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. Prices increase on June 1st: **\$20** fee for members and **\$25** for non-members. 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** 8:30 am - 12:30 pm  
**DATES** (SA) 5/16, 7/18, 9/19, 11/7

## BLIND/LOW VISION SUPPORT GROUP

Group meets every 1st Thursday of the month at 10:30 am-11:30 am at the Douglas County Senior & Community Center in the Chris Bently Ceramics 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 1 - 3 pm.



## "COPING WITH CHANGE" SENIOR SUPPORT GROUP

This group meets on the 2nd & 4th Wednesdays of each month from 9:30-10:30 am in the Carson Valley Medical Center 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 1:00 pm in the Carson Valley Medical Center 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 am - 10:30 am and the 3rd Thursday of the month from 10:30 am - 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 pm - 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 9:00 a.m. to 3:00 p.m. Stop by to see Alice or call the center for more information.

## CREATIVITY THROUGH KNITTING, CROCHETING & NEEDLE POINT

Do you enjoy knitting, crocheting and/or needlepoint? Come join the group and get tips and support for your projects. The group meets from 9 am - 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 club 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.

## Feeling like you paid too much in taxes this year?

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# COMMUNITY

## 31ST KID'S FISHING DERBY

This year's Kids' Fishing Derby will be held on June 6 and 7, 2020 at Lampe Park. For all kids ages 3 - 12. Tickets are free; however, you must pre-register to receive a free session ticket. Volunteer and Kids Registration will be held every Saturday in April and May in front of Walgreens in Gardnerville from 10 am - 1 pm. Registration forms and raffle tickets will be available at Accolades Trophies at 1532 Hwy 395 in Gardnerville during normal business hours. Registration forms will also be available for mail in Monday - Friday, 6 am - 8 pm, Saturdays, 8 am - 8 pm and Sundays 10 am - 3 pm at the Community Center. Derby hats, t-shirts and other resale items will be available for purchase. Raffle tickets are available for \$1 each or 6 for \$5.

For further info please contact the appropriate Fishing Derby representative:  
 For Kid Registration, contact Heather Gertsch at 775- 684-9018  
 For Volunteer Registration, contact Laura Lonero at 775-430-0592  
 For Sponsorship, contact Tyler Creel at 775-230-2844  
 For Media, contact Lisa Shores at 775-230-6698  
 For basic info, email [KFDVolunteers@aol.com](mailto:KFDVolunteers@aol.com)



## 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

## 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 ARTS COUNCIL****TOM RIGNEY & FLAMBEAU  
FRIDAY, MAY 15, CVIC HALL IN MINDEN**

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/>

Call 775-782-8207 or [www.cvartsCouncil.com](http://www.cvartsCouncil.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 concert date.

**RING IN KINDNESS**

Join the fun; help create kindness bells, which will be hung throughout Douglas County to inspire kindness. Meets the 2nd Tuesday of each month 2:30 - 4:30pm at Partnership Douglas County, 1625 HWY 88, suite 104, Minden. Contact Lorraine Felix, Felix Pottery, 782-5434 to ask questions or plan a group activity on a different day!



An Aktion Club is an official Kiwanis International Sponsored Service Leadership program oriented to adult citizens who live with disabilities and who are interested in service to their communities and is sponsored by the Kiwanis Club of Carson Valley. This club is for adults 18 and older, living with either a physically or developmentally disability. The Club teaches the members leadership skills, the value of community service, and the importance of being engaged in their community. As most service clubs, they have elected officers and hold meetings at 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.

**Featured 2020 Events**

May 16-17 ~ "Something in the Wind" Kite Flying Weekend  
June 11 ~ The Bodie 601 Band: blue grass and Americana  
June 25 ~ BIG RED with Carolyn Dolan: rock-n-roll and R&B  
July 23 ~ Antsy McClain and the Trailer Park Troubadours: original country and rock-a-billy  
July 18 ~ A Western Jamboree, featuring The Old West Trio  
Sept. 12 ~ Celtic Faire, with Sierra Highlanders Pipe Band

Details and ticketing info at

**Dangberg.org**



Call to schedule a guided tour of the Dangberg ranch house.

1450 Highway 88, Minden, NV ~ 775-783-9417

**FACILITY RENTALS**

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

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

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

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

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

**Suicide Loss Support (SLS) — South Lake Tahoe**  
1st Tuesday of every month  
3:30-5:00pm at South Lake Tahoe Library  
100 Rufus Allen Blvd., South Lake Tahoe, CA

**Suicide Prevention Hotlines:**

1-800-273-TALK (8255)  
En Español: 888-628-9454  
Crisis Text Line: Text "GO" to 741741



**Our Mission:**  
*"Provide suicide prevention,  
intervention, education and  
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**Suicide Prevention Network**  
1625 Hwy. 88, Suite 203  
Minden, NV 89423  
775-783-1510  
[www.spnawareness.org](http://www.spnawareness.org)  
TAX ID: 73-1646702



# CARSON VALLEY SWIM CENTER

## PRICING & PASSES

PROGRAM	DAILY
Public Swim	
Adult (18+)	\$5.50
Adult w/child 6 & under	\$5
Seniors (60+ yrs)	\$3.50
Youth (7-17 yrs)	\$3
Disabled	\$3
Family	\$16

## MULTI-USE PASSES AVAILABLE

Month • 3 month • Annual

*Please visit [www.cvsim.com](http://www.cvsim.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

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

\$6.50 Adults, \$5.50 Seniors  
7 Days a week (1 hour classes)

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



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Minden, NV. Parent liaison line: 760-985-8096 or  
[www.ddst.org](http://www.ddst.org).



# Your Community Pool

CHECK OUT OUR **NEW** EVENTS PAGE  
[CVSWIM.COM](http://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)



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

# CITY

## SUPERINTENDENT'S MESSAGE

**Lauren Thomaselli**

RECREATION SUPERINTENDENT

As I compose this message, we are amid a global health crisis creating unprecedented impacts to our daily lives. How we respond to the challenges we have endured and those we have yet to experience will shape us as a community and society. By the time you read this we may still be managing the impacts of this crisis. No matter what the current status is of the global pandemic, the health, inspiration, and wellbeing of our citizens and visitors is and always has been a guiding tenant behind the recreation programs and services we provide. We remain committed to doing our part to see our community through this crisis and beyond.

The City of South Lake Tahoe is America's All Year Playground and there is no better time to remind patrons of the many self-guided outdoor activities available to enjoy. Some of our greatest assets are the parks, beaches, hiking trails, bike trails, and the lake itself! Treat yourself to a visit to one of our parks, enjoy a relaxing walk along the shores of Lake Tahoe, or bring a blanket and picnic when weather permits. The parks are also a great place for self-guided yoga or enjoying some time with your pet at the dog park. Feel the wind in your face by exploring miles of bike trail or kayaking on the Lake Tahoe Water Trail. Passive activities such as these are often overlooked as we hurry through our day or focus on pandemic pandemonium. The outcome of recent mandated facility closures and restrictions as a result of the pandemic just might be a better you and a stronger community. A community that is forced to slow down and enjoy the serenity of the outdoors, serenaded by the sounds of birds, wind in the trees, and gentle waves breaking on the shore. In the words one of the world's most famous naturalists, John Muir, "The Mountains Are Calling". Come to Lake Tahoe and experience an abundance of health, inspiration, and wellbeing any time of year.

To learn more about organized programs and operational hours please visit our website [www.cityofslt.us/recreation](http://www.cityofslt.us/recreation) or call us at 530-542-6056.

Enjoy the year round playground!

*Lauren Thomaselli*

## 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](http://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

Parks and Recreation Commission meets every 4th Wednesday of each month 8 am at the Recreation and Swim Complex

### Commission Members

Jerry Bindel  
Raina Blasser  
Taylor Currier  
Pete Fink  
David Gregorich  
Jennifer Lemming  
Steve Noll



## 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](http://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](http://www.cityofslf.us/recreation)  
For reservations email: [facilityrental@cityofslf.us](mailto: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](http://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.siplay.com](http://www.cslt.siplay.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](mailto:christinamang@yahoo.com)  
 To register online: [www.cslt.siplay.com](http://www.cslt.siplay.com)

# AQUATICS – INFORMATION & CLASSES

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

## SWIMMING LESSONS

**Fees range from \$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](http://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](http://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](http://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 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](mailto:facilityrental@cityofslt.us) or 530-542-6058

**GENERAL INFORMATION** 530-542-6056



## JUNIOR GIANT PROGRAM

Junior Giants is a **FREE** non-competitive co-ed baseball league designed to teach character development through the game of baseball. This program is available to youth ages 5-12 years old. The program is eight weeks long beginning Mid June. Register at [www.JRGiants.org](http://www.JRGiants.org) April 1st - June 2020, or to find out more information please call Lauren Thomaselli 530-542-6197 [lthomaselli@cityofslt.us](mailto:lthomaselli@cityofslt.us)





# Summer begins with **Star Camp**



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

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

**Parks  
Make  
Life  
Better!**

**STAR**  
CAMP



## **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



## **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, 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](http://www.tahoearena.co)



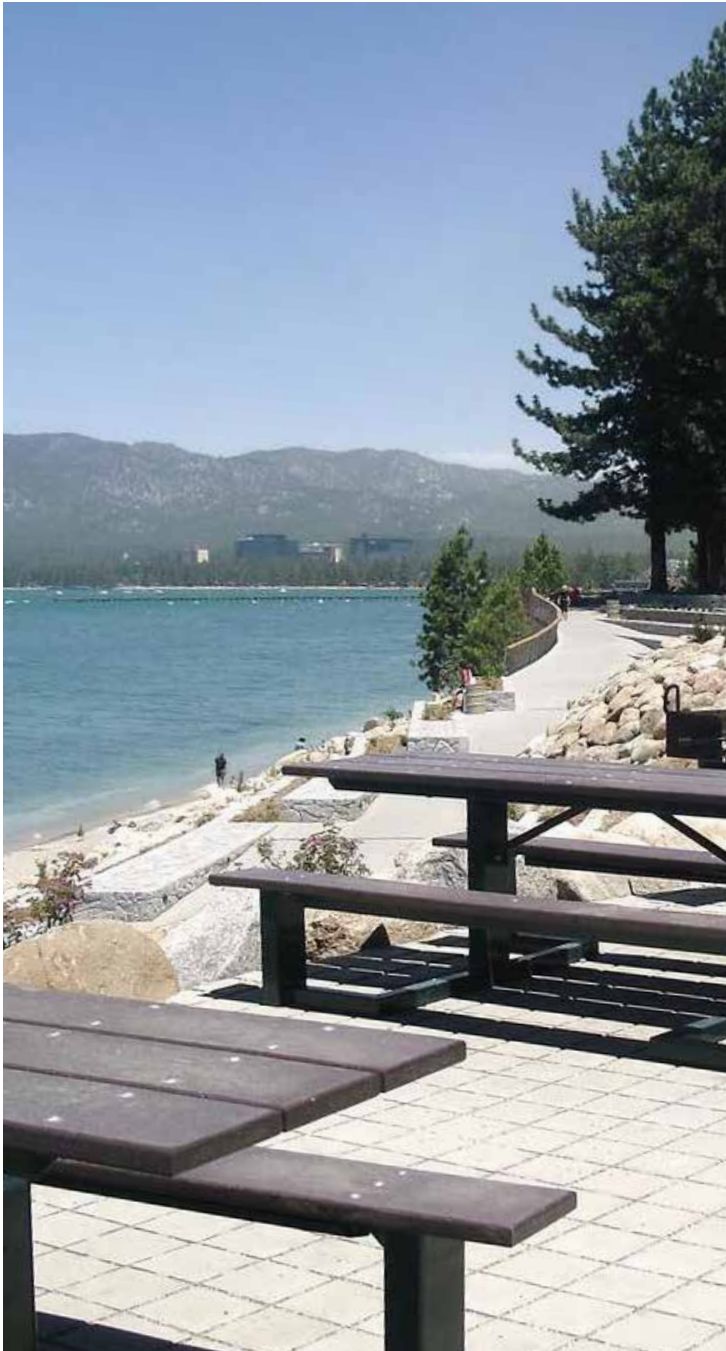
## LAKEVIEW COMMONS

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](http://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](mailto: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](http://www.cityofslt.us/recreation) for pricing details.

**GENERAL INFORMATION** [www.cityofslt.us/recreation](http://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](http://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.Tahoemouth.com](http://www.Tahoemouth.com)



## STATELINE TRANSIT CENTER

Providing access to public transportation and 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](http://www.tahoetransportation.org)

## ANNUAL EVENTS

### LIVE AT LAKEVIEW SUMMER MUSIC SERIES

Every Thursday, 4pm-8pm

Lakeview Commons

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

### LIGHTS ON THE LAKE FIREWORKS

July 4th

(Lakeview Commons is an ideal viewing area)

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

### SOUTH LAKE TAHOE CITY PARADE

For information visit [www.cityofslt.us/4thofjulyparade](http://www.cityofslt.us/4thofjulyparade)

### SAMPLE THE SIERRA

Saturday, September 12th

Bijou Community Park

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



# 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

#### May - October 2020\*

Monday - Fridays	6 am - 9 pm
Saturdays	8 am - 6 pm
Sundays	Closed

#### November 2020 – April 2021

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

#### Holiday Closures

Memorial Day	Monday, May 25
Independence Day	Friday, July 3 and Saturday, July 4
Labor Day	Monday, September 7

#### Annual Maintenance Closure\*

August 31 - September 13	Gymnasium Building, Classrooms & Fitness Areas
September 1 - September 7	

\*Please check with staff in August regarding exact dates for annual closure.

### 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 - 9 pm, Saturdays 8 am - 6 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

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 in the yin and yang of education. Our goal is to inspire lifelong love of learning.

**DIRECTOR** Shelly Martinez

- Licensed Pre-school designed for ages 30 months - 5 years
- Program Hours: 9 am - 12 pm 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



## ZEPHYR COVE LIBRARY

(775) 588-6411 • 233 Warrior Way  
Internet, Wireless, Inter-Library loan, COs, DVDs, E-books, Audios, Newspapers.  
Book Drop at Kahle Community Center.

**Wednesday** 11 am - 7 pm

**Thu, Fri & Sat** 9 am - 5 pm

## LIBRARY SUMMER PROGRAMS

**NO REGISTRATION REQUIRED!**

**AGES** Family

**LOCATION** Zephyr Cove Library

Summer Reading Program  
Call the Library at 775-588-6411 for Dates, Times & Themes

## 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.



# YOUTH/TEEN

## KID'S CLUB PROGRAMS

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.

**GRADES** K-6

**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.

## R.A.D. CAMP RECREATION ADVENTURE CAMP

Engaging your child in creative, fun and challenging activities is the goal of our R.A.D. Camp. Activities include cooperative games, unique crafts activities, imaginative play and fun field trips. Fee includes transportation, admission costs and daily snacks. Camp is held Monday thru Friday. **Registration begins Wednesday 5/20/20 at 9:00 am.** Completed registration packet is required at time of registration. (Limited enrollment)

**GRADES** 1-6  
**DATE** (M - F) 6/22 - 8/21  
**TIME** 7:30 am - 6 pm

**LOCATION** KCC  
**\$26**

\*No Camp 7/3

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

## LEADERS IN TRAINING

Not old enough to get a real job yet? Are you looking for a way to make a difference in the community? Leaders in Training work under the guidance of Recreation Staff learning what it takes to be a successful leader. This program places volunteers in positions at various recreation sites including summer camp, preschool programs and special events being held at Kahle Community Center as well as other activities and programs. Pick up an application packet at KCC. **Return applications to Kahle Community Center by June 18.**

**AGES** 12 - 17

## 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  
**TIME/DAY** 6:30 - 9 pm  
(F) Continuous

**LOCATION** KCC  
Drop-in \$5\*  
\*FREE to pass holders

## 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.

## FITNESS FOR TEENS

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.

**AGES** 7 - 12  
**INSTRUCTORS** Chris and Rick Manglinong  
**LOCATION** KCC  
Drop-in \$8 per class

**TIME** 6 - 7:30 pm  
(W) 5/6 - 6/10 \$24  
(W) 9/16 - 9/30 \$12

\*No classes July & August. Sessions will resume September 16

## 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:  
<http://CommunityServices.douglascountynv.gov>



# COMMUNITY

## COMMUNITY BLOOD DRIVES 2020

### DATES & LOCATIONS

(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](http://BloodHero.com) or call 775-588-3591.

## ZEPHYR COVE TENNIS CLUB

Lake Tahoe's premier tennis club open to the public, is run by the nonprofit 501(c)(3) Zephyr Cove Tennis Club Foundation and Douglas County Parks & Recreation Department. ZCTC offers six lighted tennis courts and is open to all ages and ability levels. A USPTA professional, on staff during summer months, offers clinics, private lessons, and racket stringing. The Foundations hosts USTA leagues, tournaments, and social events.



**LOCATION** 837 Warrior Way,  
Zephyr Cove, NV 89448 (in Zephyr Cove Park)  
**PHONE** 775-588-5533  
**WEBSITE** [www.zctennis.com](http://www.zctennis.com)  
**EMAIL** [zctennisclub@gmail.com](mailto:zctennisclub@gmail.com)



## FIRST AID, CPR & BLS 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.

<b>INSTRUCTOR</b> Kelly Pettit	<b>LOCATION</b> KCC
<b>FIRST AID</b> <b>DATE (SA)</b> 6/6 <b>TIME</b> 9 am - 12:30 pm <b>\$50</b>	<b>CPR/AED</b> <b>DATE (SA)</b> 6/6 <b>TIME</b> 1 - 2:30 pm <b>\$50</b>
	<b>BLS CPR*</b> <b>DATE (SA)</b> 6/6 <b>TIME</b> 2:30 - 3 pm <b>\$55</b>

First Aid/CPR Combo Class Cost **\$90**

**\*BLS CPR MUST attend CPR/AED class**

# ADULT CLASSES

## 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 training collar, a fabric or leather lead. Dogs must be at least 4 months old. Bring a copy of shot records the first day of class. [www.dogmanguy.com](http://www.dogmanguy.com)



**INSTRUCTOR** Guy Yeaman  
**LOCATION** KCC  
**TIME** 7 - 8 pm

(TH) 4/16 - 5/21	<b>\$90</b>	(TH) 10/1 - 11/5	<b>\$90</b>
(TH) 6/18 - 7/23	<b>\$90</b>	(TH) 11/12 - 12/24	<b>\$90</b>
(TH) 7/30 - 9/3	<b>\$90</b>		



## MEMBERSHIP PRICES

### CHILD PASS (5th grade and under)

Free with a paid adult

### YOUTH PASS (6th – 7th grade)

Walk-in \$3 | 30 Day Pass \$15 | 90 Day Pass \$29 | Annual Pass \$59\*

### TEEN PASS (8th – 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.

\*Installation plans available

# 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, Jeff and Victoria.

## “NEW” MINDFUL YOGA

New to Yoga, coming back after injury or just unsure if Yoga is for you? Our focus will be a gentle practice, honoring the body that you live in today. The instructor will guide students skillfully into gentle variation of the poses using tools for support. The practice will include Asana (poses) and Pranayama (breath). Some Yoga philosophy will be introduced. Students need to bring a mat.

**INSTRUCTOR** Susan Glasson

**DAY/TIME** (TH) 8 - 9 am

**LOCATION** KCC

**\$5 drop-in**

Scholarship may be available in case of financial hardship

## 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

**DAY/TIME** (W) 4 - 5:15 pm

**LOCATION** KCC

(ongoing)

**\$5 drop in**

\*No Class 6/24, 7/1

## MOVEMENT MATTERS WORKSHOP: PROPER LIFTING TECHNIQUES

This is a hands on experience to help you learn some proper lifting mechanics. For beginners to advanced lifters, the workshop will help make you stronger as well as help prevent possible future injuries. We will discuss various common lifts and exercises that people perform that cause injuries if done wrong, as well as improving movement patterns to move better. This is another free workshop, but space is limited. Come with questions and leave with knowledge and improved motion.

**INSTRUCTOR** Darin Haworth  
DC, MS, CCSP®

**LOCATION** KCC

**DATE** (T) 6/16

**TIME** 7 pm

**FREE**

www.summittoshore.com

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



## YOGA FOR EVERYONE

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

(ongoing thru June 2)

**\$5 drop-in**

Scholarship may be available in case of financial hardship



## YOGA FOR EVERYONE ON THE BEACH!

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

**INSTRUCTOR** Susan Glasson

**DAY/TIME** (T) 6:30 - 7:30 pm

**LOCATION** Nevada Beach

6/9 - 8/25

(south of the pavilion)

**\$5 drop-in**

# ADULT FITNESS



## 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

**LOCATION** KCC  
**\$15** drop-in per class to instructor  
 Introductory offer **\$66** for 2 months  
 (ongoing\*)

\*No class 7/4 \*\*Classes will be held outside in the Pavilion during Annual Building closure September 1-7.



## 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** Drop-in

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

No class 5/27, 9/7 \*Check with instructor regarding classes during building closure September 1-7.

## 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 9/7

## GOLF AT EDGEWOOD

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

**INSTRUCTOR** Ron Blum  
**LOCATION** EGC  
**\$75**

**DAY/TIME** (T & TH) 3 -4:30 pm  
 5/12, 14, 19 & 21



## 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.  
 \*Check with instructor regarding classes during building closure September 1-7  
 No Class 7/4



**LAKE TAHOE TAI CHI**

TAI CHI | QI GONG | MEDITATION | HEALTH AND WELLNESS

**“NEW” TAI CHI & QI GONG**

This is an introductory beginner Tai Chi & Qi Gong class for mind-body practice that involves a series of slow, flowing exercises that combine movement, meditation, and rhythmic breathing. It's commonly practiced as a form of "moving meditation." Many styles are practiced & taught all around the world. Tai chi is known for being an internal art style focused on health & longevity. Benefits include: Improved balance & cognition, better sleep, reduction in stress & depression, manage chronic pain and much more.

**INSTRUCTORS** Jon Verceles **DAY/TIME** (TH) 10:30 – 11:30 am  
**LOCATION** KCC **Starts May 7**  
**\$10** drop in

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

**AGES** 13 & up **TIME** 6 - 7:30 pm  
**INSTRUCTORS** Rick & Chris (W) 5/6 - 6/10 **\$36**  
 Manglinong (W) 9/16 - 9/30 **\$18**  
**LOCATION** KCC  
 Drop-in **\$10** per class

\*No classes July & August. Sessions will resume September 16

**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 **TIME** 7:30 - 8:30 pm  
**INSTRUCTORS** Rick & Chris (W) 5/6 - 6/10 **\$36**  
 Manglinong (W) 9/16 - 9/30 **\$18**  
**LOCATION** KCC  
 Drop-in **\$10** per class

\*No classes July & August. Sessions will resume September 16

**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	<a href="http://www.sltayso.com">www.sltayso.com</a>
Pop Warner Football	<a href="http://www.southtahoepopwarner.com">www.southtahoepopwarner.com</a>
Little League Baseball	<a href="http://www.tahoelittleleague.com">www.tahoelittleleague.com</a>
Youth Ice Hockey	<a href="http://www.tahoegrizzlies.com">www.tahoegrizzlies.com</a>
Zephyr Cove Ski Club	<a href="http://www.zephyrcoveskiclub.com">www.zephyrcoveskiclub.com</a>

**10<sup>TH</sup> ANNUAL GAME TIME BASKETBALL CAMP WITH COACH GIL LLEWELLYN**

Tailored instruction for: HIGH SCHOOL, Middle School and Elementary School. Learn from a dynamic, inspiring, experienced and caring coaching team as they return to Tahoe as part of their summer camp tour! Get better, have so much fun while getting ready for game time. **Early bird specials: (available on 3 and 4 full days only) Save \$35 if you register by May 15.** Save \$20 if you register by June 15. Normal rates after June 15.

**AGES** 6 - 18 **LOCATION** KCC  
 all ability levels (co-ed) **DATE/TIME** (M - TH) July 20 - 23  
 9 am – 3:30 pm  
 4 days **\$205** 1 day **\$55**  
 3 days **\$155** Half day **\$30**  
 2 days **\$105**

Contact, Information & Registration:  
 Coach Gil at 805-729-5539 or at [www.gametimebasketballcamps.com](http://www.gametimebasketballcamps.com)





# ADULT SPORTS



## 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  
**BASKETBALL**  
**DAYS/TIMES**  
**(M, W, TH)** 12 - 3 pm  
**(T)** 1 - 3 pm  
**(SA)** 12 - 3 pm  
*Half court only*

**LOCATION** KCC  
**PICKLEBALL**  
**(M, W, F)** 9 - 11 am  
*Please check weekly schedule for any schedule changes or planned programs.*

## ADULT 6-MAN FLAG FOOTBALL LEAGUE

Maximum of 12 players per team. Completed rosters are due at the first game. No exceptions. Official's Fee: Each team will be required to pay \$27 cash on the field at the start of each game.

**REGISTRATION**  
 Returning teams May 6 - 20  
 New Teams 5/21 until full  
**ENTRY FEE** \$250 per team  
 \$100 bond\*

**LOCATION** ZCP  
**DATES** Season starts on 6/10  
**DIVISION** Wed. nights

\*Bond to be held by DCPRD for the season



## ZEPHYR COVE TENNIS CLUB

Lake Tahoe's premier tennis club open to the public, is run by the nonprofit 501(c)(3) Zephyr Cove Tennis Club Foundation and Douglas County Parks & Recreation Department. ZCTC offers six lighted tennis courts and is open to all ages and ability levels. A USPTA professional, on staff during summer months, offers clinics, private lessons, and racket stringing. The Foundations hosts USTA leagues, tournaments, and social events.

**LOCATION** 837 Warrior Way,  
 Zephyr Cove, NV 89448 (in Zephyr Cove Park)  
**PHONE** 775-588-5533  
**WEBSITE** www.zctennis.com  
**EMAIL** zctennisclub@gmail.com



# 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.

<b>TIME</b>	9 am - 2 pm	<b>LOCATION</b>	KCC
	(S) June 13		\$15* members, \$20* non members
	(S) August 8		
	(S) October 10		

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



## TAHOE-DOUGLAS SENIOR CENTER (TDSC)

**(775) 588-5140**

**TDSC serves Douglas County's senior population residing in the Tahoe Basin.**

Located at 885 Hwy 50, and next to the fire station on the corner of Warrior Way and Hwy 50. Currently **operated solely by** volunteers and thereby not open every day. Call for hours.

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





# TRANSPORTATION



## DOUGLAS COUNTY DIAL-A-RIDE SERVICE

Dial-A-Ride offers a curbside-to-curbside 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](http://www.tahoetransportation.org).

### VALLEY & LAKE EXPRESS FARES

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

\*For more information on reduced fares please contact [info@transportation.org](mailto: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

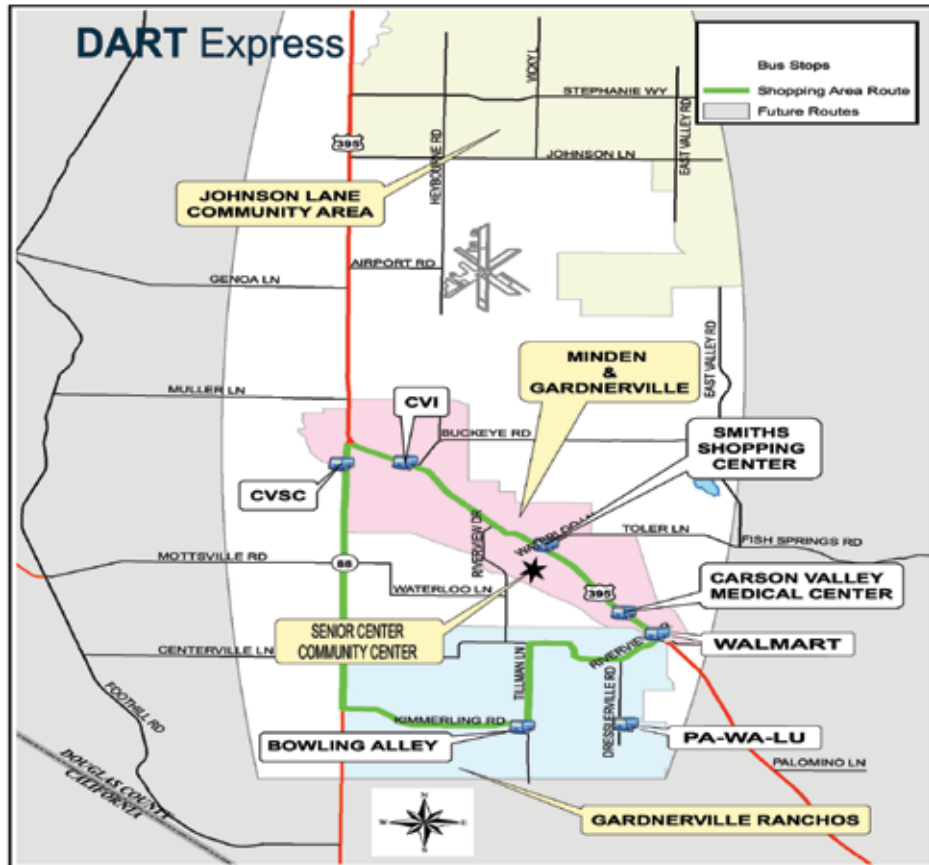
*To find out more information, visit us at  
[www.casaeldorado.org](http://www.casaeldorado.org)  
or call Julia Johnsen at (530) 622-9882*





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





# VISIT OUR WEBSITE

AN ONLINE, COMMUNITY RESOURCE DIRECTORY

[WWW.PDCNV.ORG](http://WWW.PDCNV.ORG)



## RX DISPOSAL IN DOUGLAS COUNTY

### 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.

## DROP BOX LOCATIONS

**Carson Valley Medical Center:** 24 Hours

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

**Lake Tahoe Law Enforcement Bldng:** 8AM to 5PM • M-F

FOR MORE DETAILED INFORMATION VISIT OUR WEBSITE AT [PDCNV.ORG](http://PDCNV.ORG) OR CALL (775) 782-8611

# 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](http://www.cityofslt.us/recreation)  
530-542-6056 - General Information  
530-542-6058 - Rentals  
[www.facilityrental@cityofslt.us](mailto:www.facilityrental@cityofslt.us)  
Pool, renovated weight room, multi-purpose gym, BBQ, outdoor playground, sand volleyball court, meeting and party room rentals.

### CAMPGROUND BY THE LAKE

1150 Rufus Allen Blvd. (entrance ¼ mile off Hwy 50)  
[www.cityofslt.com/recreation](http://www.cityofslt.com/recreation) - General Information & Reservations  
[campgroundbythelake@cityofslt.us](mailto:campgroundbythelake@cityofslt.us) - Contact  
Open April - October. Dogs on leash allowed.

### LAKEVIEW COMMONS, BOAT RAMP

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

### BONANZA PARK

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

### BIJOU MUNICIPAL GOLF COURSE

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

## 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](mailto: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](mailto:www.facilityrental@cityofslt.us)

### SOUTH LAKE TAHOE SENIOR CENTER

3050 Lake Tahoe Blvd.  
530-542-6094 - General Information  
530-573-3130 - Nutrition Program  
State-of-the-art facility with meeting rooms and programs. Get the monthly activity, program and lunch menu. Call or stop by for more information on referrals and activities. Volunteers needed and drop-ins are welcome.

### EXPLORE TAHOE: AN URBAN TRAILHEAD & VISITOR CENTER

4114 Lake Tahoe Blvd.  
530-542-4637

## TRANSPORTATION

### TAHOE TRANSPORTATION DISTRICT

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

### DOUGLAS COUNTY DIAL-A-RIDE SERVICE

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

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.





## **COMPLETE CARE**

PRIMARY CARE

SENIOR CARE

URGENT CARE

EMERGENCY CARE

INTENSIVE CARE

SURGICAL CARE

DIAGNOSTIC CARE

BEHAVIORAL CARE

SPECIALTY CARE

FAMILY CARE

**WE CARE FOR YOU**

## **Quality healthcare close to home.**

130-plus board-certified physicians.  
6 convenient locations.  
In-network with all major insurances.

Call **775-782-1550** or complete  
our quick & easy online form  
to get established with  
a Primary Care Provider.

  
Carson Valley Medical Center

[cvmchospital.org](http://cvmchospital.org)