

CARSON VALLEY & SOUTH SHORE

REGIONAL GUIDE

RECREATION & TRANSPORTATION

WINTER/SPRING
2019

<http://communityservices.douglascountynv.gov>



*Brought to you by Douglas County Parks & Recreation Department
& City of South Lake Tahoe Recreation Services*



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

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



PARKS & RECREATION DEPARTMENT



CITY OF SOUTH LAKE TAHOE
Recreation Services



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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

Sponsorships for youth & teens • Supplies for Recreation Programs & Special Events • Equipment for Community Centers
Park Benches • Trees and Shrubs • Field Lighting • Sod for Fields • Roping Chutes • Build Playgrounds

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

Become a V.I.P!

Volunteer in Parks & Recreation

As a volunteer, you can join us in our mission to provide recreational experiences, promote health and wellness and protect and maintain our parks.

If you can fill a need or have a skill to share, call 775-782-5500 Carson Valley or 775-586-7271 Lake Tahoe.

Scholarships Available!

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



DOUGLAS COUNTY PARKS & RECREATION DEPARTMENT CUSTOMER SERVICE LOCATIONS

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

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

Douglas County Parks & Recreation Staff Members

PARKS & RECREATION DIRECTOR Scott Morgan

RECREATION DIVISION Brian Fitzgerald | Sheryl Christian | Traci Dill | Elizabeth Baumgartner | Amanda Reid
Tobias Donahue | Scott Doerr | Brittnie Brown

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

SENIOR SERVICES & TRANSPORTATION DIVISIONS 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 | Adam Lewandowski
Cherise Smith | Craig Burnside

DOUGLAS COUNTY SCHOOL DISTRICT

LAYOUT Alexandria Olivares-Wenzel & Ruth Zamarripa, Sierra Nevada Media 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 & RECREATION DIRECTOR

Douglas County Trails and the Pony Express

Douglas County has recently completed in draft form, a conceptual plan for a portion of the Historic Pony Express Trail on the upper portion of the Old Kingsbury Grade Toll Road established in 1850. Douglas County, who was awarded a technical grant, is working with the National Park Service to explore the future development and operation of a multi-use equestrian, pedestrian and bike path on the upper portion of the old Toll Road.

Douglas County purchased this road in 1889 from Henry Van Sickle for \$1,000. From 1860 to 1861 this route was also used by the Pony Express. Today the paved road is in a deteriorated state awaiting a new purpose. Thanks to supporters like the Carson Valley Trails Association and many other trails enthusiasts, the path through this draft plan has a chance to be repurposed and be given a clear identity.

The historical and recreational importance of this future path will be significant. Even though the draft conceptual plan is an important first step the actual improvements are very costly and many years away. I like to compare it to the start of the Stateline to Stateline Bike Path. Many people thought it would be impossible to build a bike path around the Nevada side of Lake Tahoe, yet 10 years later we have completed over 8 miles including the new section from Incline to Sand Harbor.

The ultimate goal of the Historic Pony Express Trail is a path that runs from Genoa to the Van Sickle Bi-State Park. With support from Federal and State funding organizations, private property owners and an engaged community, we will see the development of portions, if not all of it in our lifetime. If you have questions about this plan or any other plan in the County please feel free to call me at 775-782-9829.

Facility Rentals

Looking for a location for an upcoming wedding, anniversary, bridal or baby shower, meeting, fundraiser, holiday party, or birthday party? For reservations 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	6am - 9pm
Saturday	8am - 8pm
Sunday	10am - 3pm

Closed Most Holidays

- 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

VALLEY CLASS LOCATION CODES

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

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) 783-6450 for more information.

AGES Preschool

DIRECTOR Andrea Erickson

HOURS (M - F) 8am - 12:30pm

EXTENDED HOURS AVAILABLE (M-F) 7-8am/8-5:30pm

STROLLER TIME

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

AGES Preschool

TODDLER TIME

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

TIME 9am - 11am

Every Thursday

LOCATION DCCSC

\$3.00/child

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

DATE (SU) 1/13 - 2/10

INSTRUCTOR Heather Keene

LOCATION DCCSC

AGES/TIMES

2 - 3 12:15 - 1pm \$65 per child

4 - 6 1 - 2pm \$65 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

DATE (SU) 1/13 - 2/10

INSTRUCTOR Heather Keene

LOCATION DCCSC

AGES/TIMES

2 - 3 10:15 - 11am \$65 per child

4 - 6 11am - 12pm \$65 per child



YOUTH

KIDS CLUB

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

GRADES K - 5

WACKY WEDNESDAYS

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

GRADES K - 5

DATE (W) 1 day/month Jan - May

LOCATION TBA

1/16, 2/13, 3/13, 4/10 & 5/8

TIME 7 - 10am

\$10/day

WINTER ADVENTURE CAMP (FEBRUARY BREAK)

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 at the Recreation Department. Pre-register at the Recreation Department.

GRADES K - 6

DAYS (T-F) 2/19 - 2/22

LOCATION JVES/MES

\$26/child/day, sibling discount \$3/day

TIME 7am - 6pm

ADVENTURE CAMP DAYS

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

GRADES K - 6

DAY (F) 2/1, 3/8

TIME 7am - 6pm

\$26/child/day, sibling discount \$3/day

LOCATION TBA

SPRING BREAK ADVENTURE CAMP

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

GRADES K - 6

DAY (T-F) 4/16 - 4/19

TIME 7am - 6pm

\$26/child/day, sibling discount \$3/day

LOCATION PHES/GES

TEEN/ADULT

30 HOUR CLASSROOM DRIVING EDUCATION TRAINING

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

AGES 15 & up **DATES** Session 1 (T-F) 2/19 - 2/22
INSTRUCTOR Chuck Ayers Session 2 (M-TH) 4/15 - 4/18
TIME 8:30am - 4:30pm **\$50/Session**
LOCATION DCCSC

TEEN CHALLENGES

Competitions and open play will be offered weekly for the following: Ping Pong, Foosball, Air Hockey, Basketball, Volleyball, Dodgeball, Pickleball, Racquetball, Badminton, Archery Tag, Roller skating, and much more! Sign-up sheet will be posted in the Game Area.

Free to members or **\$3** for grades 6th - 7th, **\$5** for grades 8th - 12th*.

GRADES 6 - 12

**Youth Drop-in Consent Form Required for Youth without a Membership.*

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+ **LOCATION** DCCSC
DATE (SA) 3/23 **INSTRUCTOR** Kelly Pettit
 CPR/AED 10am - 12:30pm **\$45**
 First Aid 1 - 4pm **\$45**
 CPR/AED &
 First Aid 10am - 4pm **\$85**

MODERN & HISTORICAL FENCING

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

AGES 13+ **LOCATION** DCCSC
TIME 7 - 9pm **INSTRUCTOR** Steven Klekar
 (T) 1/8 - 2/9 **\$32** **\$10 Drop-In Fee** for qualified
 (T) 2/5 - 2/26 **\$32** fencers with instructor approval
 (T) 3/5 - 3/26 **\$32**
 (T) 4/2 - 4/30 **\$40**

DOG OBEDIENCE

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

AGES 8 & up **DAY/DATES** (W) 1/9 - 2/13
INSTRUCTOR Guy Yeaman (W) 3/6 - 4/10
TIME 7 - 8pm **\$90/student**
LOCATION DCFG



**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

ADULTS

BALLROOM DANCE

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

AGES Adults	DATES 1/4 - 1/28*
INSTRUCTOR Richard Girod	2/1 - 2/25*
LOCATION DCCSC	3/1 - 3/29
\$35/couple, \$25/singles	4/1 - 4/29
DAY/TIME (M/F) 6 - 7pm	

*No class on 1/21 or 2/18



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	DATES 1/5 - 1/26
INSTRUCTOR Earl Mussett	2/2 - 2/23
LOCATION DCCSC	3/2 - 3/23
DAY/TIME (SA) 10:30am - 12pm	3/30 - 4/20
\$5/drop-in	

WORLD TAI-CHI DAY

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

AGES Adults	LOCATION MP
INSTRUCTOR Earl Mussett, Ginny Cardenas and others	TIME 10am - 12pm
	DAY (SA) 4/27
	FREE

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+	(W/F) 1/16, 1/18 & (SA) 1/19
INSTRUCTOR Daniel Linn	(W/F) 2/20, 2/22 & (SA) 2/23
LOCATIONS DCCSC, DCSR	(W/F) 3/13, 3/15 & (SA) 3/16
\$90, Spouses are 1/2 price	(W/F) 4/17, 4/19 & (SA) 4/20
HOURS (W/F) 5:30 - 9pm, (SA) 8 - 11am	

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

INSTRUCTORS WANTED!

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

THE WONDERS OF WATERCOLOR: LIVELY LANDSCAPES

Paint an amazing high Sierra landscape, complete with water, rocks, trees and mountains. Enjoy the wonders of watercolor as professional artist, Dana Childs, aka d'Lauren teaches you how to create impressionistic watercolor effects. All skill levels welcome.

AGES Adults	TIME TBA
INSTRUCTOR Dana Childs	DATE TBA
LOCATION DCCSC	\$45/class

TIME TO GET PUMPED!

Douglas County Community & Senior Center presents

FITNESS CHALLENGE 2019!

January 2nd, 2019 through February 16th, 2019

This challenge is a ticket based program.

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

*Must be 18 years of age to participate.

WAYS TO ADDITIONAL EARN TICKETS:

Attend Gym Orientation
Complete a Workout Tracking Form

WINNERS WILL BE DRAWN FEBRUARY 17TH, 2019.

Prizes Include: Additional 30 day Membership,



FITNESS CLASSES

GYM & FITNESS CENTER

Daily, 30 day, 90 day and annual passes available

Membership includes use of

(2) Regulation Basketball Courts

(4) Regulation Volleyball & Pickleball Courts

(3) Lane Indoor Jogging Track

(2) Racquetball Courts

Cardio Equipment, Free Weights & Weight Machines

Showers & Lockers

Arcade area

TEEN FITNESS ORIENTATION

For the safety of our teen members, ALL TEENS in grade 8 - 12 are REQUIRED to attend a Gym/Fitness Equipment Orientation BEFORE using any Cardio or Strength Equipment in the Fitness Center. In this orientation teens will learn the proper use of cardio machines such as treadmills, bikes, rowers, and elliptical as well as proper use of strength machines, such as leg press, chest press machines and free weight use. All Teen 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 10am to 2pm. Free to members or \$5/\$7 drop-in fee.

MEMBERSHIP PRICES

CHILD'S 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 (9th - 12th grade)

Walk-in \$5 | 30 Day Pass \$19 | 90 Day Pass \$35 | Annual Pass \$79*

COLLEGE STUDENT PASS (Ages 18 - 24 with valid ID)

Walk-in \$5 | 30 Day Pass \$35 | 90 Day Pass \$75 | Annual Pass \$189*

ADULT PASS (Ages 18 - 59)

Walk-in \$7 | 30 Day Pass \$45 | 90 Day Pass \$90 | Annual Pass \$219*

SENIOR PASS (Age 60 & over)

Walk-in \$5 | 30 Day Pass \$35 | 90 Day Pass \$75 | Annual Pass \$189*

DISABLED VETERAN

Free with valid ID.

*Installment plans available

KETTLEBELL CONDITIONING

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

AGES Adult **DATE/TIMES** (W) 5:30pm
INSTRUCTOR Lisa Wright \$5/drop-in
LOCATION DCCSC

*Must have at least 3 participantsw

ZUMBA

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



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

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

PIYO

PiYo is a fun, functional flexibility class designed to help participants gain strength, core stability, PiYo uniquely blends the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Workout can be done with shoes or barefoot; if barefoot, a mat is recommended.

AGES Adult **DATE/TIMES** (M) 5:30pm (W) 10am
INSTRUCTOR Tessa LoPresto \$5/drop-in OR \$20/5 class Punch Card*
LOCATION DCCSC

*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.

AGES 55+ **LOCATION** DCCSC
INSTRUCTOR Jill Hartman **TIMES** 10:30 - 11:30am
LOCATION DCCSC \$5 drop-in
DAYS (T/TH) 1/3 - 1/31 \$27 (T/TH) 3/5 - 3/28 \$24
 (T/TH) 2/5 - 2/28 \$24 (T/TH) 4/2 - 4/30 \$27

YOGA

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

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

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

COUNTRY HEAT LIVE

Country Heat is a 45-minute cardio exercise class where participants kick, shuffle, stomp, slide, slap and clap to country music as they burn calories. No dance background needed. This fun, low-impact, high-energy exercise class is appropriate for all fitness levels.

AGES Adult
INSTRUCTOR Tessa LoPresto
LOCATION DCCSC
DAYS/TIMES (M) 6:30pm, (W) 9am
\$5/drop-in OR \$20/5 class Punch Card*

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

POSTURAL ALIGNMENT EXERCISE

Better Posture = Less Pain

Pain is a signal from your body that there is something out of line. Stop ignoring pain and learn how to hear and see your body's cry for help! Postural Alignment exercises, if done daily, can change the way you walk, sit, stand, digest, breathe, and help you live with greater ease. Students are given detailed instruction on how to fix themselves and take control of their own body and health.

AGES Adult
INSTRUCTOR Marta Olson
LOCATION DCCSC
DAYS/TIMES (W) 9 - 10am
\$5 drop-in or \$15/month

SOMATICS AWARENESS MOVEMENT CLASS

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

AGES Adult/Senior
INSTRUCTOR Cheryl Cutler
LOCATION DCCSC
(M) 1/7 - 1/28* \$15
(M) 2/4 - 2/25* \$15
(M) 4 - 5pm
\$7 drop-in
(M) 3/4 - 3/25 \$20
(M) 4/1 - 4/29 \$25

*No class 1/21 or 2/18

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 Helen Bartsch
LOCATION DCCSC
\$15 drop-in*
DAYS/TIMES (M - SA) 9 - 10am,
 (T & TH) 5:30 - 6:30pm

*Paid to the instructor. You can also sign up for unlimited classes, see the instructor for details. 775-690-9998, jazzercisegardnerville@gmail.com.

INDOOR CYCLING

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

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

*Must have at least 3 participants

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.

JESSICA FAGUNDES

ACE CERTIFIED PERSONAL TRAINER

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



NICK LONNEGREN

INTL. FITNESS ASSOC. CERTIFIED PERSONAL TRAINER; BACHELORS DEGREE: KINESIOLOGY; MASTERS DEGREE: 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@uyahoo.com



SPECIAL EVENTS

FATHER/DAUGHTER DANCE

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

AGES All	Early Registration 12/10 - 1/18
LOCATION DCCSC	\$10/ticket
TIME (SA) 2/2; 6 - 8:30 pm	Regular Registration 1/19-2/1
	\$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/adult (12 & up)	TIME 5:30 - 7:30pm
\$3/Seniors & Youth (11 & under)	\$2/skate rental
(SA) 1/26 — Sports Skate Night	
(SA) 2/23 — Country Western Skate Night	
(SA) 3/23 — Mardi Gras Skate Night	
(SA) 4/27 — Favorite Decade Skate Night	

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	DAYS 1/12, 2/16, 3/9, 4/13
\$7/adult, \$5/Seniors & under 18	TIME (SA) 5:30 - 7:30pm

BIRTHDAY PARTY PACKAGES

Plan your next family gathering or birthday party at the Community Center! NEW 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 1½ hours, bounce house, partyroom, kitchen, tables & chairs

ROLLER SKATE PARTY — \$175

Includes skating for 1½ hours, skates, party room, kitchen, tables & chairs

COURT PARTY — \$150

Choose basketball, volleyball racquetball, pickle ball, badminton for 1½ hours, party room, kitchen, tables & chairs

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

Includes Archery Tag Equipment for 1½ hours, party room, kitchen, tables & chairs

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

Active Living Health Fair

JANUARY 25TH • 8 AM - 12 PM



DOUGLAS COUNTY COMMUNITY & SENIOR CENTER

1329 WATERLOO LANE
GARDNERVILLE, NV 89410

This Event is Free to the Public!

Come explore the latest in health and wellness!

Multiple vendors will be available to answer questions and provide limited health services for free or low cost.

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

Therapy That Makes Sense

Lileo T. Sunderland, M.F.T.

- Marriage • Family
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Licensed in Nevada and California

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P.O. Box 2275
Gardnerville, NV 89410



Lileo Sunderland
M.F.T.

YOUTH SPORTS

NNJ
VOLLEYBALL

NNJ ALL SKILLS VOLLEYBALL

Northern Nevada Juniors all skills volleyball clinics are a great way to start, continue or polish your child's volleyball skills. Coaches are all highly trained in foundational techniques of the sport and have prepared many kids to further their skills and potential in volleyball. Players will be grouped appropriately to continue to grow and develop in a strong skill enforcing environment.

AGES 7 - 14	DATES/TIME (T - TH) 2/19 - 2/21
INSTRUCTORS Marie Forster & Suzie Townsell	9am - 12pm
LOCATION DCCSC	\$99/person

COED YOUTH VOLLEYBALL LEAGUES

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

GRADES 3 - 12

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

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

Costs includes t-shirt, awards and officials

LOCATION

All games played at Community Center

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

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

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

Volunteer coaches needed:

Coach Application & Background Checks must be received by Friday, February 23rd, 2019.

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

"NEW" SOFT STICK LACROSSE

The youth introduction to 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). Volunteers will act as coaches.

All games will be played on weeknights. Practice sites may vary (Enrollment based on number of head coaches). Sign up players fast, as space is limited. (Max 10 players per team)

GRADES 3 - 8

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

REGISTRATION February 15th - May 1st

Costs includes reversible jersey, Mouth Piece and use of a SofCross stick.

LOCATION

All games played at Aspen Park • Season Begins mid-May

DIVISIONS	GRADE	
	3rd & 4th (COED)	*A parent permission slip must be completed at the time of registration.
	5th & 6th (COED)	
	7th & 8th (COED)	

Volunteer coaches needed:

Coach Application & Background Checks must be received by Friday, April 27th, 2018. (Player enrollment based on number of coaches approved before draft can take place)

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

2019 WINTER/SPRING VOLLEYBALL TEAM CLINICS 1 & 2

These teams are intended for players in the 6th thru 8th Grades who wish to play organize volleyball. Team 1 will be organized as a tournament team, preparing to play in the Far Western Qualifier tournament in early April. Team 2 will be organized as a travel team, preparing to play in the NCVA League in addition to the Far Western Tournament. A third team could be of either type.

Practices for both teams will emphasize fundamental skills of the sport: passing (finger and forearm), serving, setting, spiking, basic/advanced positioning, movement, and court awareness, plus advanced team organization and play. Training will include lecture, demonstration, hands-on practice with direction, some video and still-photography analysis, plus game play.

There will be one or more separate teams running simultaneously. Commitment will include regular practices as well as travel for scheduled events. Final schedule will be announced by Coach Hannah once determined. Please bring: Knee-pads, court shoes, sports-appropriate dress and water container.

GRADES 6 - 8

DAYS/TIMES

(SA/SU) 1 - 3pm & (F) TBA

1/5 - 1/27

2/2 - 2/24

3/2 - 3/31

4/6 - 5/5

LOCATION DCCSC

INSTRUCTOR Daniel Hannah

Clinic 1 - Single Tournament
\$150/student/month

Clinic 2 - League Play
\$250/student/month

YOUTH SPORTS ORGANIZATIONS

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

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

WANTED OFFICIALS & REFEREES

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

ADULT SPORTS

"NEW" PICKLEBALL AND RACQUETBALL CHALLENGE LADDERS

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

AGES All ages	SEASON Year round
LOCATION DCCSC	Ongoing/open registration one-time fee of \$5 /division
TIME based upon gym availability	
DIVISIONS Open singles, Men's Doubles, Woman's Doubles, Mixed Doubles	
(M-F) 6am - 12pm, 1 - 3pm, 7 - 9pm	
(SA) 8am - 12pm, 1 - 3pm	
(SU) 10am - 3pm	

ADULT "OPEN" BASKETBALL LEAGUE

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

AGES 18+	REGISTRATION Early \$550 , 2/4 - 3/4
LOCATION DCCSC	\$600 , after 3/4
TIME (F) 5:30 - 8:30pm	REGISTRATION DEADLINE March 15
SEASON Starts late March	

Managers Meeting

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

ADULT SOFTBALL LEAGUES

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

AGES 18+	REGISTRATION Early \$475 , 2/15 - 4/1
LOCATION LP	\$525 , after 4/1
TIME 6:30, 7:45, 9pm	REGISTRATION DEADLINE April 15
SEASON Starts week of 4/22	

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

Managers Meeting

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

ADULT SPRING VOLLEYBALL LEAGUES

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

AGES 18+	REGISTRATION Early \$250 , 2/1 - 3/1
LOCATION DCCSC	\$300 , after 3/1
TIME 5:45, 6:45, 7:45pm	REGISTRATION DEADLINE March 15
SEASON Starts week of 3/25	

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

SHUFFLEBOARD

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

PICKLEBALL

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

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



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

ACTIVE ADULTS

DOUGLAS COUNTY SENIOR SERVICES

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

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

CARSON VALLEY ADULT DAY CLUB

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

CONGREGATE DINING

The Douglas County Senior Center serves lunch Monday - Friday at 12pm. Reservations are not required. The suggested donation for lunch is \$3 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 12pm 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 12pm 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 DIAL-A-RIDE SERVICE

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

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

SENIOR CENTER VOLUNTEERS

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

UPCOMING EVENTS & TRIPS

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

YOUNG AT HEART (YAH)

Young at Heart is a non-profit 5013c organization that has been in service for forty years. Our membership has grown significantly over the years and is now over 700+ members. The Young at Heart is the fund raising arm for seniors in Douglas County. We support and fund many activities and clubs for all seniors in Douglas County. Our main goal is to fund the Hot Soup Program where during the years of 2017-2018, 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 Sunday of each month at the Douglas County Senior Center. Doors open at noon with early bird games starting at 1pm and regular games beginning about 1:30pm. All proceeds go to benefit the Young at Heart Citizens Club, which supports activities and programs for the senior community. Although games are played at the Senior Center, Bingo is open to everyone over 21 years of age. For more information contact the Senior Center at 775-782-5500 ext 3.

YAH GIFT SHOP

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

ACTIVE ADULT CLASSES & GROUPS

SENIOR RESISTANCE EXERCISE

Join us up to 3 times a week for our Senior Resistance Exercise Class. Many of the infirmities contributed to aging are prevented or reduced by staying active. Resistance exercise is used to maintain and build strength, muscle mass, muscle tone and muscular endurance. The goal of Senior Resistance training is to increase your ability to produce and sustain muscular power. This class is offered **FREE** of charge.

DATE/TIMES (M/W/F) 10:30 - 11:30am **LOCATION** DCCSC
Free

SENIOR LINE DANCING

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

AGES 55 & up **DATE/TIMES (T)** 10:30 - 11am
DIRECTOR Lorraine Twitchell **Free**
LOCATION DCCSC

SENIOR WALKING & PICKLEBALL GROUPS

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

AGES 60 & up	LOCATION DCCSC
	Free
SENIOR WALKING	SENIOR PICKLEBALL
(M-F) 10 - 11am	(M-F) 10 - 11am
(M-F) 12:30- 2pm	(M-F) 1 - 2pm

AARP DRIVER SAFETY COURSE

This class is a refresher course with emphasis upon how age-related changes affect driving. For drivers age 55 and older. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the class may be eligible for a discount on their auto insurance. Pre-registration is required by calling the Douglas County Senior Center, 783-6455. There is a \$15 fee for AARP members and \$20 for non-members for the class, payable upon arriving at the class. AARP members who bring their membership cards with them the day of the class will receive the discounted rate.

AGES 55 & up **TIME (SA)** 1/19, 3/16, 5/18, 7/20,
INSTRUCTOR Dennis Hogan 9/21, 11/16
LOCATION SC 8:30am - 12:30pm

POSTURAL ALIGNMENT EXERCISE

Better Posture = Less Pain

Pain is a signal from your body that there is something out of line. Stop ignoring pain and learn how to hear and see your body's cry for help! Postural Alignment exercises, if done daily, can change the way you walk, sit, stand, digest, breathe, and help you live with greater ease. Students are given detailed instruction on how to fix themselves and take control of their own body and health.

AGES Adults/Seniors **DAY/TIME (W)** 9 - 10am
INSTRUCTOR Martha Olson **\$15/month**
LOCATION DCCSC **\$5 drop-in**

SENIOR BEGINNING TAP CLASS

Join us for a fun beginning level class for Seniors 50 and over, come join us to learn full tap routines to music you'll love! Bring your tap shoes and wear exercise or dancing clothes.

AGES 50 & up	TIME 1:30 - 2:30pm
INSTRUCTOR Sharie Jones	\$12 Drop-In
LOCATION DCCSC	
(TH) 1/8 - 1/31 \$40	(TH) 3/7 - 3/28 \$40
(TH) 2/7 - 2/28 \$40	(TH) 4/4 - 4/25 \$40

SENIOR INTERMEDIATE TAP CLASS

A fun intermediate level class for Seniors 50 and over, come join us to learn full tap routines to music you'll love! Bring your tap shoes and wear exercise or dancing clothes.

AGES 50 & up	TIME 2:30 - 3:30pm
INSTRUCTOR Sharie Jones	\$12 Drop-In
LOCATION DCCSC	
(TH) 1/8 - 1/31 \$40	(TH) 3/7 - 3/28 \$40
(TH) 2/7 - 2/28 \$40	(TH) 4/4 - 4/25 \$40

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+	TIME 10:30 - 11:30am
INSTRUCTOR Jill Hartman	\$5 drop-in
LOCATION DCCSC	
(T/TH) 1/3 - 1/31 \$27	(T/TH) 3/5 - 3/28 \$24
(T/TH) 2/5 - 2/28 \$24	(T/TH) 4/2 - 4/30 \$27

SOMATICS AWARENESS MOVEMENT CLASS

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

AGES Adult/Senior	TIME (M) 4 - 5pm
INSTRUCTOR Cheryl Cutler	\$7 drop-in
LOCATION DCCSC	
(M) 1/7 - 1/28* \$15	(M) 3/4 - 3/25 \$20
(M) 2/4 - 2/25* \$15	(M) 4/1 - 4/29 \$25

*No class on 1/21 or 2/18

FREE WATERCOLOR DEMONSTRATION

Get inspired to create your own work of art as you watch instructor Dana Childs paint a lovely watercolor landscape. Enjoy the wonders of watercolor and mixed media while experiencing the instructors technique and style during this FREE demonstration.

AGES 60+ **DATE/TIME (TU)** 1/15 12:30pm
INSTRUCTOR Dana Childs **FREE**
LOCATION DCCSC

SENIOR ARTS & CRAFTS

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

CERAMICS

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

CREATIVITY THROUGH KNITTING, CROCHETING & NEEDLE POINT

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

BLIND/LOW VISION SUPPORT GROUP

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

TECH TRAINING FOR BLIND/LOW VISION

This training is an extension of the Blind/Low Vision Support Group and offers assistance with smartphones and other electronic devices. This group meets every 2nd and 4th Friday of the month in the Senior Conference Room from 12:30 - 2:30pm.

DIABETES SUPPORT GROUP

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

DEMENTIA & ALZHEIMER'S SUPPORT GROUP

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

MOVERS & SHAKERS PARKINSON'S DISEASE SUPPORT GROUP

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

BOXING FOR PARKINSON'S & OTHER NEUROLOGICAL DISORDERS

The focus of this class is to help people with Parkinson's disease or other neurological disorders enhance their daily quality of life and even build impressive power, strength, flexibility and speed! The coaches will teach various techniques, focusing on balance, striking, and so much more. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of their disorder, can actually lessen their symptoms and lead a healthier/happier life. The classes will take place on the 2nd and 4th Monday of each month, from 1-2pm in the Ranch View Room and is **FREE** of charge.

**This class is currently looking for a volunteer instructor*

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, 2nd and 3rd Thursday of each month from 1pm - 3pm and the in the Carson Valley Medical Center Room at the Douglas County Community Center. Laptops will be provided or you may bring your own.

"COPING WITH CHANGE" SENIOR SUPPORT GROUP

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

COMMUNITY

RING IN KINDNESS

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

DOUGLAS COUNTY ADULT EDUCATION

Interested in getting your High School Diploma or High School Certificate? We offer Adult Diplomas and High School Equivalency (formerly GED). Classes offered Monday & Wednesdays from 5-8pm at ASPIRE Academy High School/ WNC Douglas Campus, 1680 Bently Parkway. For more information call 775-392-1475. www.douglasadulted.weebly.com

DANGBERG HOME RANCH HISTORIC PARK

The Dangberg Home Ranch Historic Park preserves eight historic structures and a large collection of original artifacts, documents and photographs. Visitors can experience 150 years of Carson Valley history through the story of H. F. Dangberg and his descendants. The site was the central property of the Dangberg Land & Livestock Co., once one of Carson Valley's largest ranches, and home to four generations of Dangbergs. Guided ranch house tours are available year-round. Reservations are required and can be made by calling 775-783-9417. The park is located at 1450 Highway 88, www.dangberghomeranch.org.



THE PARENT PROJECT

GIVE US 24 HOURS!
IT WILL CHANGE YOUR LIFE

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

Parent Project Jr.

LOVING SOLUTIONS

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

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

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

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 or rates on how to rent a facility please call 782-9835 or go to www.douglascountynv.gov.

A.V.I.D. – ACTIVE VOLUNTEERS IN DOUGLAS

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



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 physical or developmental disability. The Club teaches the members leadership skills, the value of community service and the importance of being engaged in their community. As most service clubs, they have elected officers and hold meetings at 5pm the 1st and 3rd Monday of each month at the Douglas County Community and Senior Center. Free to members and includes t-shirt, club lapel pin and handbook. For more information call (775) 339-8882

NOW ENROLLING K-8th



Classical Christian Education

Competitive Tuition & Tuition Assistance

Low Student/Teacher Ratio

After School Care Available

New Administration

Gianna Grajeda – Principal

Judy Marsh – Office Administrator

Contact us for more information and schedule a school tour

775-782-7811 | www.gcanv.com

2320 Heybourne Rd | between Airport Rd & Johnson Lane

LIBRARY HOURS

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

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 a.m. in the Minden Library. Preschool Story time, Ages 3 to 5 years, Tuesdays at 11:15 a.m. in the Minden Library.

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



BOOK SALE

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



**Been told Invisalign won't work for you?
...Come visit Dr. D'Ascoli before you get braces**

- Only board certified top 1% Invisalign provider in Northern NV since 2000
- Invisalign First can now be used for Phase 1 early treatment
- Second opinions welcome

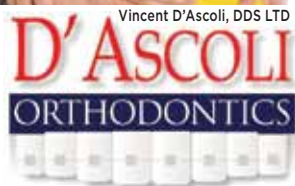


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1485 Highway 395 North, Gardnerville | 775.782.3788

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



CARSON VALLEY ARTS COUNCIL FOR DOUGLAS COUNTY

All four performance groups will present assemblies at local schools. Call 775-782-8207 or 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 a concert date.



Gator Nation Friday, Feb. 15, 2019

Advance tickets **\$22** and **\$26** at door
Under age 18 **FREE**

Gator Nation, the West Coast's premiere Cajun, Zydeco, and New Orleans R&B band, is a hand-clapping, foot-stomping, high energy concert and dance band!
www.gatornationband.com



Quebe Sisters Friday, March 15, 2019

Advance tickets **\$24** and **\$28** at door
Under age 18 **FREE**

Their close harmonies, western swing award-winning fiddlers and county music will blow you away.
www.quebesisters.com



Marley's Ghost Friday, April 5, 2019

Advance tickets **\$22** and **\$26** at door
Under age 18 **FREE**

With their trademark multi-part harmonies the band can sing and play anything with spot-on feel, from roots to rock, blues to bluegrass, gospel to stone country! www.marleysghost.com



Laurie Lewis and the Right Hands Friday, May 3, 2019

Advance tickets **\$22** and **\$26** at door
Under age 18 **FREE**

Grammy Award-winning musician Laurie Lewis is internationally renowned as a singer, songwriter, fiddler, bandleader, producer and educator. Widely regarded as preeminent bluegrass artists.
www.laurielewis.com

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30TH ANNUAL KIDS' FISHING DERBY

This year's Kids' Fishing Derby will be held on June 1st & 2nd 2019 at Lampe Park. Event is for all kids ages 3 – 12. Tickets are free; however you must pre-register to receive a free session ticket. Derby hats, t-shirts and other resale items will be available for purchase. Raffle tickets are available for \$1 each or 6 for \$5. In celebration of our 30th anniversary, this year's prizes and fish for the kids will be bigger than ever! Registration will be begin on April 1st and will continue daily through May. Registration will be on Saturdays in April and May from 10am to 1pm at Walgreens in Gardnerville. Registration will also be available at Accolades Trophies 1532 Hwy 395 N #10 in Gardnerville beginning 1 April and during business hours. **Registration Forms will also be available Monday – Friday, 6am – 8pm, Saturdays, 8am – 8pm and Sundays 10am – 3pm at the Community Center.** For further info, please contact Heather Gertsch, 775-684-9018, heather_gertsch@yahoo.com or email KFDVolunteers@aol.com.

AGES 3 - 12

REGISTRATION Begins April 1

Fishing Derby Volunteers

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

Volunteer Meeting Dates

Lampe Park Pavilion

Sat., May 18 10pm

Wed., May 22 6pm

Wed., May 29 6pm

River Help Training Dates

Lampe Park Pavilion

Sat., May 18 after volunteer meeting

Wed., May 22 after volunteer meeting

Wed., May 29 after volunteer meeting

For information on volunteering, please contact Laura Ramirez-Lonero at (775) 430-0592 or lauraln1@gmail.com

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

Carson Valley Community Theatre's Young Thespian Program provides workshops for students in grades 2 through high school in all areas of theatre arts including acting, set design, make-up, improvisation, vocal work and more. We offer week-end classes during the school year and a week-long summer camp. Classes during the school year are provided for free or at a low cost, and full scholarships are always available thanks to a grant from Douglas County.

MAKEUP • STAGE FIGHTING
IMPROV • COSTUMES • VOCAL WORK

For more information, please contact Young Thespians at cvcttheatre@gmail.com.

1572 HWY 395 Minden, NV 89423 | 775-292-0939
www.carsonvalleycommunitytheatre.org |

CARSON VALLEY SWIM CENTER

PRICING & PASSES

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

MULTI-USE PASSES AVAILABLE

Month • 3 month • Annual

Please visit www.cvswim.com for additional information.

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



POOL SCHEDULE

ADULT SWIM	
Mon-Fri	5:30am - 7:30pm
Sat/Sun	7:30am - 6pm

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

THERAPY POOL	
ADULTS, SENIORS, DISABLED ONLY	
Daily	Opening - 2pm
ADULTS, SENIORS & DISABLED AND 6 & UNDER W/ ADULT IN THE WATER	
Daily	2pm - Close

TOYS	
Daily	11am - Close

WATER SLIDES	
Fri	5:30pm - 7:30pm
Sat/Sun	11am - Close

CLIMBING WALL	
ALTERNATES W/ HIGH DIVE BOARD	
Daily	Afternoons

EXERCISE ROOM

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

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

CLASSES/LESSONS

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

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

WATER EXERCISE CLASSES
\$6 Adults, \$5 Seniors
7 Days a week (1 hour classes)
Pick up flyers at the front desk for additional information or visit www.cvsc.com



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

We are your winter fun...

Fun for All

Climbing Wall

Weekend Waterslides

Water Exercise Classes

Adult Lap Swim Lanes

Therapy Pool • Volleyball

Swim Lessons
for All Ages

Exercise Room

Party Rentals Available

Newly Remodeled
Locker Rooms



Your Community Pool

775.782.8840 • www.cvswim.com

1600 Hwy 88, Minden, NV • Open 7 Days a Week

CITY

SUPERINTENDENT'S MESSAGE

Lauren Thomaselli

RECREATION SUPERINTENDENT

We are pleased to announce the installation of a new canvas dome over the pool for the winter. The dome allows us to convert the pool from an outdoor environment in the summer to an indoor environment during winter months and provide for year round aquatics programs. The pool features six lanes for lap swimming and a slide during recreation swim. The complex includes a fitness center, full locker rooms, gymnasium with Pickleball and basketball courts. All amenities are included in a single day use fee of \$5/senior, \$4/youth, and \$6/adults. If you suffer from winter time blues come on down to the Recreation Swim Complex and get back in the game of health, fitness and fun!

Located adjacent to the Recreation and Swim Complex is the South Tahoe Ice Arena. The Ice Arena offers open public skate and exciting competitive hockey league play. The Ice Arena features a variety of programs and party options. Visit the South Tahoe Ice Arena website for details <http://www.tahoearena.co/>

While visiting the facilities this winter please take time to view photos and updates on an exciting new project being undertaken by the City of South Lake Tahoe. Plans are currently being developed to build a new and improved Recreation and Swim Complex. The new complex is expected to reflect mountain architecture and make use of the most high tech systems available for energy conservation and sustainability. The new facility will house a competition lap pool and a recreational pool complete with play features and a lazy river. A multi-court gymnasium to host tournament play and private gatherings will provide a year round event venue for residents and visitors to South Lake Tahoe. Pictures of the project will be on display at the current Recreation and Swim Complex as we progress to construction.

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

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

Value Passes Available

20-Use Punch Card • 90 Day Pass • Annual Pass

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	6:30am - 8pm
Friday - Saturday	9am - 6pm



CITY OF SOUTH LAKE TAHOE
Recreation Services

RECREATION & SWIM COMPLEX

1180 Rufus Allen Blvd.



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

—Elizabeth, PARENT

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



WALK-IN REGISTRATION

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

ONLINE REGISTRATION

www.cslf.siplay.com

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

FACILITY RENTALS

Do you need an event space?

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

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

FITNESS CLASSES

JAZZERCISE

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



INSTRUCTOR All Instructors are Professional, Motivating and FUN!

LOCATION South Lake Tahoe Recreation and Swim Complex

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

ZUMBA

Who is ready to have some fun and dance the stress away? Zumba is the answer for you! Come and join us in the Latin-inspired fitness class that is dominating the world.

Zumba is not just great for your body but also for the mind. It helps reduce stress levels, increase energy, and burn calories by combining all elements of fitness (cardio, muscle toning, flexibility, and positive energy). It's the perfect class for everybody and no dance experience is needed. So go with the flow and enjoy a Zumba Fitness-Party!



INSTRUCTOR Myee Avecilla

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

\$10 drop-in fee or 10 Use Punch card for **\$60**

To Register Online: www.cslt.splay.com

PICKLEBALL

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

"We are enjoying your facility and friendly locals"

—Beth, VISITOR FROM PITTSBURG



MARTIAL ARTS



TAE KWON DO & ARNIS

INSTRUCTORS Chris & Rick Manglinong

LOCATION South Lake Tahoe Recreation & Swim Complex, 1180 Rufus Allen

Class info: christinamang@yahoo.com

To register online: www.cslt.splay.com



BLUE LAKE AIKIDO

INSTRUCTORS Mark & Jen Dulyanai

LOCATION South Lake Tahoe Recreation and Swim Complex;
1180 Rufus Allen Blvd.

Class Information- www.bluelakeaikido.org or call 530-544-0202

Register: www.cslt.splay.com

AQUATICS — INFORMATION & CLASSES

www.cslt.siplay.com

SWIMMING LESSONS

Fees range from \$35 to \$45 for group lessons. All classes arranged by age group and ability

Course descriptions, purpose and entry requirements

6 months to 3 years—Parent and child aquatics (PC 1, 2)

To familiarize young children to the water and prepare them to learn 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



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 - 10am

10-Use Discount Pass

Adult	\$50
Senior/Disabled	\$40

Drop-In Fee

Adult	\$7
Senior/Disabled	\$6



U.S. MASTERS SWIMMING

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

Masters Swimming Program

Check website for up to date information

2 classes per week/6weeks

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

(All fees include pool use fee and coaching)

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 - 4:30pm

\$80 for 10 participants (children and adults)

\$5 for each additional guest



PRIVATE SWIM LESSONS

\$30 for private • \$40 for 2 students • \$50 for 3 students

Private Swim Lessons offer quality individual instruction. Ideal for all ages, beginner through advance levels. Classes are scheduled by space availability. Advance reservation REQUIRED. For more information, visit www.cityofslt.us/recreation. Call for reservations 530-542-6056

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

—RJ, RESIDENT

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 senior population of South Lake Tahoe. The center has a lending library, computer lab and TV room. El Dorado county nutrition program serves lunch Monday thru Friday at 12pm noon. The calendar of monthly senior activities and lunch menu is available at the Senior Center or on-line at www.cityofslt.us/recreation.

GENERAL INFORMATION 530-542-6094

LOCATION 3050 Lake Tahoe Blvd. South Lake Tahoe

SENIOR FITNESS

Tuesday & Fridays
10:45 - 11:30am
at the Recreation and Swim Complex Gymnasium



ONGOING ACTIVITIES

- Big Band Dances 7:30pm - 10pm
Last Friday of Each Month
Admission \$10 - All ages invited
- Senior Lunch, Monday - Friday at 12 noon
- Bingo
- Support Groups
- Arts and Crafts
- Various Bridge Groups
- Guest Speakers and Pot luck events

BIJOU PARK

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

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



LOCATION 1201 Al Tahoe Blvd.

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

GENERAL INFORMATION 530-542-6056



SOUTH LAKE TAHOE ICE ARENA

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

GENERAL INFORMATION 530-544-RINK (7465)

LOCATION 1176 Rufus Allen Blvd.

www.tahoearena.co



BONANZA PARK

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

GENERAL INFORMATION 530-542-6056

LOCATION 1209 Bonanza Avenue



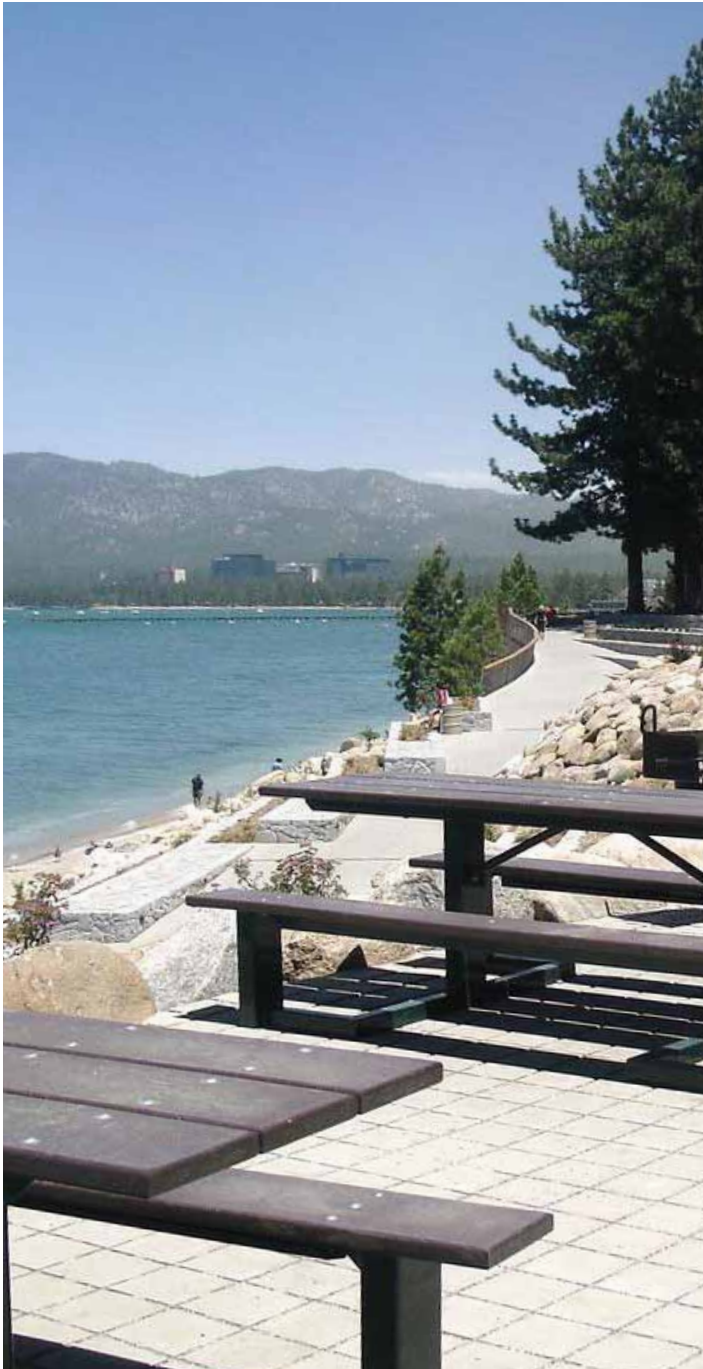
LAKEVIEW COMMONS

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

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

GENERAL INFORMATION 530-542-6056

LOCATION El Dorado Beach; 1004 Lakeview Avenue
Seasonal Availability



REGAN BEACH & REGAN BEACH WEST

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

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

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

GENERAL INFORMATION 530-542-6056

LOCATION 3199 Sacramento Avenue

Rentals Available April 15 - October 15



BIJOU MUNICIPAL GOLF COURSE

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

GENERAL INFORMATION 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

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 9am - 5pm



STATELINE TRANSIT CENTER

Providing access to public transportation ski shuttle services throughout South Lake Tahoe. Service to the Carson Valley and Minden/ Gardnerville is also available. If you are traveling to or from the Carson Valley, Explore Tahoe is the location to make your valley connection. See Pages 37-38 for transit routes and times. Amtrak serves as a link between Lake Tahoe and the Sacramento Valley daily.

LOCATION 4114 Lake Tahoe Blvd.

www.tahoetransportation.org

ANNUAL EVENTS

SNOWGLOBE

December 29-31, 2018

www.snowglobemusicfestival.com

DAY OF THE YOUNG CHILD

March 30, 2019 · 10am - 2pm

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



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

ANNUAL MAINTENANCE CLOSURE

August 28 - September 2
August 28 - September 9

Building
Classrooms & Building

RECREATION CENTER HOURS

November 4, 2018 – April 2019

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

May - October 2019

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

Holiday Closures

Christmas Day	Tuesday, December 25
New Years' Day	Tuesday, January 1
Martin Luther King Day	Monday, January 21
President's Day	Monday, February 18
Memorial Day	Monday, May 27
Independence Day	Thursday, July 4

FACILITY AMENITIES

- Full-size Hardwood Floor Basketball Court
- "New" Pickleball Court
- Suspended Indoor Track
- Big George's Fitness Area with Cardio, free weights & machines
- Bouldering/Traverse Wall for all ages
- Indoor Playground and Game Room
- Preschool
- Special Events
- Programs & Leagues for all ages

FACILITY RENTALS

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

WALK-IN REGISTRATION

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

MAIL-IN REGISTRATION

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

Make checks payable to:

(DCPRD) Douglas County Parks & Recreation Dept

Send payment with name of enrollee and program title

PHONE OR FAX REGISTRATION

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

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

KAHLE CLASS LOCATION CODES

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

PRESCHOOL/YOUTH

ROOTS AND WINGS CHILDREN'S CENTER AT KAHLE COMMUNITY CENTER

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

Roots and wings is an extraordinary community of learners devoted to cultivating curiosity, thoughtfulness, individuality and kindness. Here, synapses spark, passions are provoked, nature and discovery are celebrated, and love and respect are tangible. We believe that knowledge and play are 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: **\$26** per day
- Non-refundable Registration Fee: **\$100** new students, **\$50** returning students
- Wait list and info call (775) 586-7271

ROOTS AND WINGS OPEN HOUSE

DATE Thursday, March 22, 2019

TIME 4 - 7 pm

Enrollment process for the 2019-2020 School Year begins



TWOSDAY MORNINGS

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

AGES Birth to Preschool **DAY/TIME** (T) 1/8 - 4/23, 9:30 - 11 am
STAFF Roots and Wings Teachers
\$3/day
LOCATION KCC

*No Class 12/25, 1/1, 2/19 and 4/23

BIRTHDAY PARTIES

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

ZEPHYR COVE LIBRARY

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

Wednesday 11 am - 7 am
Thu, Fri & Sat 9 am - 5 pm

KIDDIE KICKERS INDOOR YOUTH SOCCER PROGRAM

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

AGES 4 - 5 years **LOCATION** KCC
DAYS & DATES (SU) 3/17 - 5/12 **STAFF** Recreation Staff & Volunteer Coaches
TIMES Games between 12 noon - 4 pm
\$45 Includes team T-shirt and award **REGISTRATION** Begins 2/1 until full

***Child must be 4 years old by 4/1/19*

FAMILY ROLLER SKATING NIGHT

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

DATE Friday, April 5 **LOCATION** KCC
TIME 6 - 8 pm **\$5** 12 years old - Adult
\$2 skate rental **\$3** Seniors & Children under 12

SPECIAL EVENTS

FATHER/DAUGHTER SWEETHEART DANCE

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

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

DATE Friday, February 8 **LOCATION** Harvey's Convention Center
TIME 7 - 9:30 pm **\$10/person**

TOT EGG HUNT

Sponsored by Tahoe Douglas Fire Fighters' Association

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

DATE Friday, April 19 **LOCATION** KCC
TIME 11 am SHARP! **Free**



YOUTH/TEEN

KID'S CLUB PROGRAM

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

Kahle Community Center	Zephyr Cove Elementary School
Early Birds 7 - 8:30 am	Kids Club 3 - 6 pm
\$2 drop-in/day, school bus pickup	\$6/day*

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

WEDNESDAY MORNING CLUB

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

GRADES K - 5	LOCATION KCC
TIME 7 - 10 am	DATES 1/16, 2/13, 3/13, 4/10, 5/8
\$6/day	

SCHOOLS OUT FUN DAYS

Space is limited and pre-registration is required.

GRADES K - 6	LOCATION KCC
TIME 7:30 am - 6 pm	DATES 1/28, 2/1, 3/8
\$6/day	

WINTER BREAK ADVENTURE DAYS

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

GRADES K - 6	LOCATION KCC
TIME 7:30 am - 6 pm	DATES 12/26 - 12/28, 1/2 - 1/4
\$26/day	

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

PRESIDENT'S BREAK

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

GRADES K - 6	LOCATION KCC
TIME 7:30 am - 6 pm	DATES (T - F) 2/19 - 2/22
\$26/day	

SPRING BREAK

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

GRADES K - 6	DATES (M - F) 4/15 - 4/19
LOCATION KCC	\$26/day
TIME 7:30 am - 6 pm	

CLIMBING WALL AT KCC

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

TEEN SCENE - FRIDAY NIGHTS AT KAHLE COMMUNITY CENTER

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

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

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.

INSTRUCTORS Chris and Rick Manglinong	LOCATION KCC
AGES 7 - 12	DAY/TIME (W) 6 - 7:30 pm
	\$8 drop-in per class
(W) 1/9 - 1/30 \$16	(W) 4/3 - 4/24* \$12
(W) 2/6 - 2/27* \$12	(W) 5/1 - 6/12 \$28
(W) 3/6 - 3/27 \$16	*no class 4/10
*no class 2/20	



SIGN UP EARLY

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

COMMUNITY

COMMUNITY BLOOD DRIVES

2019

Find the
hero
in you.

United Blood Services
www.UnitedBloodServices.org

Date

Location

Tues, Jan 22, 2019



TDFPD

Station 23

11:00 am—5:15 pm

Tues, Mar 19, 2019



GWHS—New Gym

8:30 am—2:00 pm

Tues, May 14, 2019



TDFPD

Station 23

11:00 am—5:15 pm



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

ADULT CLASSES

DOG OBEDIENCE

www.dogmanguy.com

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



INSTRUCTOR	Guy Yeaman	1/10 - 2/14	\$90
LOCATION	KCC	3/7 - 4/11	\$90
DAY/TIME	(TH) 7 - 8 pm	4/18 - 5/23	\$90

HEART SAVER & BLS CPR CLASSES

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



INSTRUCTOR	Kelly	LOCATION	KCC
HEART SAVER CPR		BLS CPR	
DAY (SA)	3/23	DAY (SA)	3/23
TIME	10 am - 1 pm	TIME	10 am - 1 pm
\$45		\$50	

CONCEALED CARRY WEAPONS CLASS

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

INSTRUCTOR Boyd Dangtongdee
DAY/TIME TBA

LOCATION KCC
\$80 New student, **\$40** Renewal

ADULT FITNESS

PERSONAL TRAINING

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



RELAXED ENERGY: QIGONG & TAI CHI

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

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

YOGA FOR EVERYBODY

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



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

*No class 12/25, 1/1. Scholarship may be available in case of financial hardship.

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.

INSTRUCTOR	Ricardo Ramirez	LOCATION	KCC
AGES	Adults & Seniors	DAY/TIME	(M & TH) 6 - 7 pm
\$15 drop-in		\$75 /Month	
Starts 1/7/19 ongoing		3/4 - 3/28	
1/7 - 1/31		4/1 - 4/25	
2/4 - 2/28		5/2 - 5/30	

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

*No class 12/25 and 1/1.

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.



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

Punch cards: 4/**\$39** and 8/**\$70**. Cards expire 4 weeks from date of purchase.
 *No class 12/25, 1/1.

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!

INSTRUCTOR Nancy Taylor **LOCATION** KCC
DAYS/TIME (M - F) 9 am, **AGES** 13 & up
 (ongoing*) **\$10** drop-in

Punch cards: 4/**\$30** and 6/**\$42**. Unlimited Monthly Classes/**\$70**. Cards expire at the end of each month. *No class 12/25, 1/1, 1/21, 2/18



MOVEMENT MATTERS WORKSHOP: GET MOVING AND STAY MOVING!

Want to improve your workouts and avoid common injuries? This workshop teaches you about common workout injuries, how to prevent them and use movement screens to find where you can improve your movements. This FREE workshop gives you the opportunity to spot areas for improvement, along some tools to keep you doing what you love to do. This is a learning and moving clinic, so be prepared to move and ask questions.
www.summittoshore.com

INSTRUCTOR Darin Haworth **LOCATION** KCC
 DC, MS, CCSP® **DATE** (W) 1/16
TIME 6 pm
 Free



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.

INSTRUCTORS Rick & Chris Manglinong **LOCATION** KCC
AGES 13 & up **DAYS/TIME** (W) 6 - 7:30 pm
 (W) 1/9 - 1/30 **\$24** **\$10/class** drop-in
 (W) 2/6 - 2/27* **\$18** (W) 4/3 - 4/24* **\$18**
 (W) 3/6 - 3/27 **\$24** (W) 5/1 - 6/12 **\$42**
 *no class 2/20 *no class 4/10

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

INSTRUCTORS Rick & Chris Manglinong **LOCATION** KCC
AGES 16 & up **DAYS/TIME** (W) 7:30 - 8:30 pm
 (W) 1/9 - 1/30 **\$24** **\$10/class** drop-in
 (W) 2/6 - 2/27* **\$18** (W) 4/3 - 4/24* **\$18**
 (W) 3/6 - 3/27 **\$24** (W) 5/1 - 6/12 **\$42**
 *no class 2/20 *no class 4/10

YOUTH SPORTS

YOUTH SPORT ORGANIZATIONS

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

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

KIDDIE KICKERS INDOOR YOUTH SOCCER PROGRAM

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

AGES 4 - 5 years	LOCATION KCC
DAYS & DATES (SU) 3/17 - 5/12	STAFF Recreation Staff & Volunteer Coaches
TIMES Games between 12 noon - 4 pm	REGISTRATION Begins 2/1 until full
\$45 Includes team T-shirt and award	

***Child must be 4 years old by 4/1/19*

VOLUNTEER COACHES & TEAM SPONSORS

Our Girls, Youth and Middle School Basketball Programs are in search of volunteer coaches. Without volunteer coaches, these programs would not exist. If you are unable to coach, but would like to help out, consider becoming a team sponsor. Interested or for more information, please contact Kahle Community Center at 775-586-7271

ADULT SPORTS

"OPEN" ADULT 5 ON 5 BASKETBALL LEAGUE

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

REGISTRATION Begins Jan until full (Sign up early – space limited)	TIME 5:30 - 8:30 pm \$450 fee
DIVISION Tuesday or Thursday night	Season begins March

ADULT SOFTBALL

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

REGISTRATION Begins Wed April 3 (Sign up early – space limited)	\$500 fee
COED LEAGUE Tuesday Nights	LEAGUES BEGIN Tues, May 14 & Thurs, May 16 (weather & field dependent)
MEN'S LEAGUE Thursday Nights	Games played at Zephyr Cove Park
TIME 5:30 - 8:30 pm	

IT'S YOUR TURN TO PLAY! ADULT SPORTS

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

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



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.

DAY/TIME (SA) 9 am - 2 pm 4/13, 6/8, 8/10, 10/12	LOCATION KCC \$15 members, \$20 non members
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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.



Investing in massage is an investment in your health

Bodywork Services include:

Trigger Point Therapy, Deep Tissue, Aromatherapy, Myofascial Release, Prenatal Massage, Foot Reflexology Hot Stone Therapy, and Swedish Massage

Spa Therapies include:

Hand and Foot Moisturizing Scrub Treatment and Hot Oil Scalp, Neck and Shoulder Massage

Gardnerville Massage



Amy Kramer, LMT

NVMT 8559

MS Kinesiology

Located in the Carson Valley

775.267.7490 | gardnerville-massage.massagetherapy.com
amykramer@massagetherapy.com | facebook.com/akramerlmt



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

Carson Valley Suicide Loss Support (SLS)

1st Thursday of the month • 6:00-7:30pm at SPN Office
1625 Hwy 88, Suite 203, Minden, NV

PTSD Support Group

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

South Lake Tahoe Suicide Loss Support (SLS)

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

Suicide Prevention Hotlines:

800-273-TALK (8255)

En Espanol: 888-628-9454

Crisis Text line Text "GO" to 741741



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

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

TRANSPORTATION



DOUGLAS COUNTY DIAL-A-RIDE SERVICE

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



TAHOE TRANSPORTATION DISTRICT

Tahoe Transportation District provided scheduled bus service for the South Shore of Lake Tahoe and the Carson Valley. For more information call 530-541-7149 or visit the website at www.tahoetransportation.org.

VALLEY & LAKE EXPRESS FARES

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

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

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



CHILD ADVOCATES
of
EL DORADO COUNTY

To find out more information, visit us at

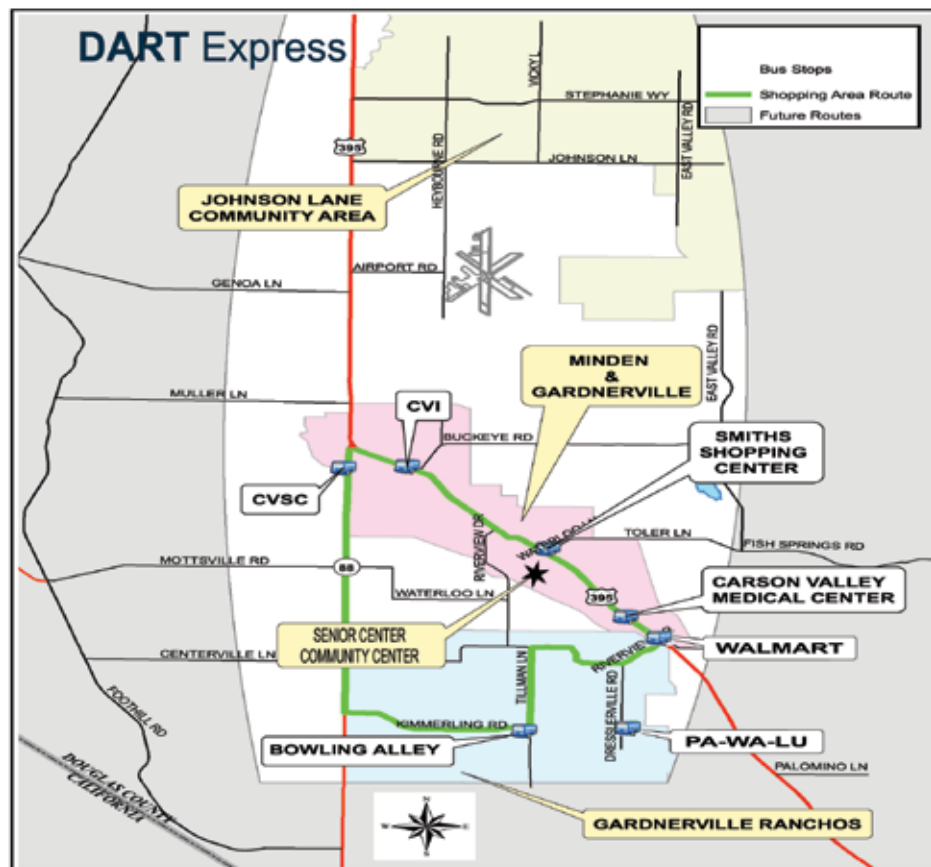
www.casaeldorado.org

or call Julia Johnsen at (530) 622-9882



775.783.6455

DART Express



Northbound - DART Express

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

Northbound - DART Express

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

Southbound - DART Express

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

RECREATION AREAS, FACILITIES, RENTAL & GENERAL INFORMATION

DOUGLAS COUNTY

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER

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

CARSON VALLEY SWIM CENTER

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

KAHLE COMMUNITY CENTER

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

TAHOE-DOUGLAS SENIOR CITIZENS CENTER

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

ZEPHYR COVE TENNIS CLUB

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

CITY OF SOUTH LAKE TAHOE

www.cityofslt.us

RECREATION & SWIM COMPLEX

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

CAMPGROUND BY THE LAKE

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

LAKEVIEW COMMONS, BOAT RAMP

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

BONANZA PARK

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

BIJOU MUNICIPAL GOLF COURSE

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

BIJOU COMMUNITY PARK

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

ICE ARENA

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

REGAN BEACH AND REGAN BEACH WEST

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

SOUTH LAKE TAHOE SENIOR CENTER

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

EXPLORE TAHOE: AN URBAN TRAILHEAD & VISITOR CENTER

4114 Lake Tahoe Blvd.
530-542-4637

TRANSPORTATION

TAHOE TRANSPORTATION DISTRICT

www.tahoetransportation.org
530-541-7149

DOUGLAS COUNTY DIAL-A-RIDE SERVICE

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

CARSON VALLEY AIRPORTER

www.carsonvalleyairporter.com
877-447-4446

PHOTOS

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

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



We can help get you back on your feet

A bad spill or an unwelcome fever doesn't have to wipe out your week. When you need to see a doctor right away, the CVMC Urgent Care is open so that you don't have to wait for an appointment.

For when it's not an emergency, but it can't wait:

Fractures | Cuts | Burns | Sprains | Fevers | Allergic Reactions | Animal or Insect Bites | Rashes



Open Mon.-Fri. 8 a.m.-7 p.m. & Sat. 9 a.m. to 5 p.m.