

CARSON VALLEY & SOUTH SHORE

# REGIONAL GUIDE

## RECREATION & TRANSPORTATION

SUMMER 2019

<https://communityservices.douglascountynv.us>







# THE TEAM AT The Chateau at Gardnerville

## #1 IN THE CARSON VALLEY!



Pegasus  
SENIOR LIVING™



**Assisted Living  
Alzheimers & Dementia Care**

1565 Virginia Ranch Rd.,  
Gardnerville, NV 89410

**(775) 782-3100**



# WELCOME

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



DOUGLAS COUNTY  
PARKS & RECREATION DEPARTMENT



CITY OF SOUTH LAKE TAHOE  
Recreation Services



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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 | Amanda Reid | Elizabeth Baumgartner  
Tobias Donahue | Scott Doerr | Dennis Hubbard | Brittanie Brown

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

**SENIOR SERVICES & TRANSPORTATION DIVISIONS** Sheryl Christian | Tammy McComb | Linda Skaggs | Georgianna Drees-Wasmer  
Patti Gurule

### Special Thanks

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

**COUNTY COMMISSIONERS** Barry Penzel | Dave Nelson | Larry Walsh | John Engels | Wesley Rice

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

**DOUGLAS COUNTY SCHOOL DISTRICT**

**LAYOUT** Ruth Zamarripa, 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

### Same Great Topaz But Even Better

**D**ouglas County has made a significant investment into the campground and park at Topaz Lake. The first noticeable change that you will see is the ability to reserve campsites online at <http://douglascountytent.maxgalaxy.net/Campground.aspx>. The online reservation system is fast, easy and very convenient for our residents and visitors alike, plus the online reservation system for camping is not the only technology you'll see when visiting Topaz Lake.

Douglas County has installed a self-pay kiosk so that staff does not have to be anchored to a pay booth to collect entrance fees when visitors arrive at the facility. With this new self-pay kiosk staff can focus their efforts more on security and maintaining the facility. The self-pay kiosk will only take credit cards and accepts payment for day use, boat launch or primitive camping.

One of the biggest changes you will notice at Topaz is the restroom facilities have been completely remodeled with the addition of four family restrooms and showers, for the convenience of our campground users. Douglas County has also added a number of day use covered picnic tables right along the lake, enhancing our visitors experience.

If you haven't been to the Topaz Lake Park and Campground in a while please join us for day use or a long weekend stay. Please feel free to contact the Douglas County Community Services/Parks Department with any comments you may have at 775-782-9835.

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

## PRESCHOOL

### BRIGHTER DAYS PRESCHOOL

Brighter Days Preschool offers daily activities to benefit the child physically, mentally, socially, creatively, and intellectually. Our program includes daily activities such as calendar, songs, letters, numbers, shapes, colors, art, science, and free play. Many different programs are offered. Please call Andrea Erickson at (775) 782-6454 for more information.

**AGES** Preschool

**DIRECTOR** Andrea Erickson

**DAYS/TIME (M - F)** 8am-12:30pm

**EXTENDED HOURS AVAILABLE (M - F)** 8-5:30pm



### TODDLER TIME

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

**DAY/TIME (TH)** 9am - 11am

**DATES** 5/2 - 5/30 and  
8/15 - 8/29

**LOCATION** DCCSC

**\$3/child/day**

\*No Toddler Time 6/6 - 8/8

### STROLLER TIME

The track will be available for Parents & Care Givers with children in strollers Monday - Friday from 11am - 1pm and 6 - 8pm.

## YOUTH

### KIDS CLUB

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

**GRADES** K - 5

Enrollment for the 2019-2020 school year will begin July 15, 2019.

### GET IN THE ACT! SUMMER THEATER CAMP

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

**AGES** K - 7

**INSTRUCTOR** Diane Handzel

**LOCATION** DCCSC

**TIME** 12:30 - 3:30pm

**DATES**

Grades K - 3 (M - F) 7/22 - 7/26

Grades 3 - 7 (M - F) 7/29 - 8/2

**\$145/child**

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

**GRADES** K - 5

**LOCATION** JVES/MES/SES

**TIME** 7 - 10am

**DATE (W)** 5/8

**\$10/day**

### SUMMER ADVENTURE CAMP

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

**GRADES** 1 - 6 (ages 5 - 12)

**LOCATIONS** TBA

**TIME** 7am - 6pm

**DATES (M - F)** TBA

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

\*No Camp Thursday, 7/4

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

## NOW ENROLLING K-8<sup>th</sup>



✎ **Classical Christian Education**

✎ **Competitive Tuition & Tuition Assistance**

✎ **Low Student/Teacher Ratio**

✎ **After School Care Available**

Contact us for more information and schedule a school tour

775-782-7811 | [www.gcanv.com](http://www.gcanv.com)

2320 Heybourne Rd | between Airport Rd & Johnson Lane

# 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  
**INSTRUCTOR** Chuck Ayers  
**LOCATION** DCCSC  
**TIME** 8:30 am - 4:30pm

**DATES** (M - TH) 6/24 - 6/27 \$50  
 (M - TH) 7/15 - 7/18 \$50

## 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  
**INSTRUCTOR** Guy Yeaman  
**TIME** 7 - 8pm  
 \$90/student

**LOCATION** DCFG  
**DATES** (W) 6/19 - 7/24  
 (W) 7/31 - 9/4

## 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+  
**INSTRUCTOR** Steven Klekar  
**LOCATION** DCCSC  
**TIME** 7 - 9pm

**DATES** (T) 5/7 - 5/28 \$32  
 (T) 6/4 - 6/25 \$32  
 (T) 7/9 - 7/30 \$32  
 (T) 8/6 - 8/27 \$32

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

# ADULTS

## BALLROOM DANCE

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

**AGES** Adults  
**INSTRUCTOR** Richard Girod  
**LOCATION** DCCSC  
**TIME** 6 - 7pm  
 \$35/couple, \$25/singles

**DATES** (M/F) 5/3 - 5/31\*  
 (M/F) 6/3 - 6/24\*  
 (M/F) 7/5 - 7/29  
 (M/F) 8/2 - 8/30

\* No Class 5/27, 6/28 or 7/1

## WANTED: CONTRACT INSTRUCTORS

Have a skill, talent or passion you'd like to share? Interested in teaching a class? Contact us to find out more about becoming a Contract Instructor at (775) 782-500 ext. 1.

## 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  
**INSTRUCTOR** Earl Mussett  
**LOCATION** DCCSC  
**TIME** 10:30am - 12pm

**DATES** (SA) 5/4 - 5/25 \$5  
 (SA) 6/1 - 6/22 \$5  
 (SA) 7/6 - 7/27 \$5  
 (SA) 8/3 - 8/24 \$5

## CONCEALED WEAPON CERTIFICATION

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

**AGES** 21+  
**INSTRUCTOR** Daniel Linn  
**LOCATION** DCCSC/DCSR  
 \$90/person  
 Spouses are 1/2 price

**DAY/TIME** (W/F) 5:30 - 9pm, (SA) 8 - 11am  
**DATES** (W/F) 5/15, 5/17 & (SA) 5/18  
 (W/F) 6/19, 6/21 & (SA) 6/22  
 (W/F) 7/17, 7/19 & (SA) 7/20  
 (W/F) 8/14, 8/16 & (SA) 8/17

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



## We Keep Kids Smiling!



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



# FITNESS CLASSES

## GYM & FITNESS CENTER

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

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

## 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. Children must be under direct supervision of accompanying adult. Free to members or \$5/\$7 drop-in fee.

## MEMBERSHIP PRICES

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

Free with a paid supervising adult

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

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

**TEEN PASS** (9th - 12th grade)

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

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

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

**ADULT PASS** (Ages 18 - 59)

Walk-in \$7 | 30 Day Pass \$45 | 90 Day Pass \$99 | 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, processing fees apply

## BOXING FOR LIFE

Boxing and exercise for those living with neurological disorders.

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

## ZUMBA

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



**AGES** 13 & up  
**INSTRUCTORS** Anita Whiteley & Lyn Twitchell  
**LOCATION** DCCSC  
**\$5/drop-in, \$20/5 class punch card\* or \$40/unlimited month\***

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

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

## INDOOR CYCLING

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

**AGES** Adults  
**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

## 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** Adults  
**INSTRUCTOR** Lisa Wright  
**LOCATION** DCCSC  
**DAY/TIME** (W) 5:30pm 5/1 - 5/29  
\$5/drop-in or \$20/5 class punch card\*

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

## POSTURAL ALIGNMENT EXERCISE

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

**AGES** Adults/Seniors  
**INSTRUCTOR** Marta Olson  
**LOCATION** DCCSC  
**DAY/TIME** (W) 9 - 10am 5/1 - 5/29  
\$15/month or \$5 drop-in

\*Class will resume in the fall

## SILVER YOGA

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

**AGES** 55+  
**INSTRUCTOR** Jill Hartman  
**LOCATION** DCCSC  
**TIMES** 10:30 - 11:30am  
\$5 drop-in

**DAYS** (T/TH) 5/2 - 5/30 \$27 (T/TH) 6/4 - 6/25 \$21 (T/TH) 7/9 - 7/30 \$21 (T/TH) 8/1 - 8/29 \$27



## COUNTRY HEAT LIVE

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

**AGES** Adult **DAYS/TIMES** (M) 6:45pm, (W) 9am  
**INSTRUCTOR** Tessa LoPresto **\$5/drop-in or \$20/5 class Punch Card\***  
**LOCATION** DCCSC

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

## 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 Dates TBA**  
**LOCATION** DCCSC **\$5 drop-in or \$40/month punch card\***

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

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

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

## 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 **DAYS/TIMES** (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*

## P90X LIVE

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

**AGES** Adult **DAYS/TIMES** (M) 5:30pm  
**INSTRUCTOR** Tessa LoPresto **\$5/drop-in/\$20 Punch Card\***  
**LOCATION** DCCSC

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

# 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

### SUMMER ROLLER SKATING & ARCHERY TAG DAYS

Day sessions coming this summer! Dates and times will be posted on our Facebook page and flyers will be posted at the community center. For more information, call 782-5500 ext. 1

### FARMERS MARKET

#### MAY – SEPTEMBER

"The Sierra Chef Farmers Market runs May 15th through September 11th, every Wednesday from 9:00am to 1:00pm. We have over 35 vendors featuring fresh beef & fish, fruits & vegetables both standard and Organic, olive & other specialty oils, custom spices, fresh eggs, cheese, pastas, specialty food items, bakery items, gardening products, imported linens, fresh flowers, micro greens & herbs, handmade soap & personal products, fresh salsas, chips & dips, nuts & popcorn, local honey, cooking demonstrations and so much more! Please visit [www.SierraChef.com](http://www.SierraChef.com)

DAY/TIME (W) 9am - 1pm

LOCATION LP

### JULY IS PARKS & RECREATION MONTH

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



Save  
the  
Date!

**The Great Race**  
Will be Joining  
**Big Mama's Show & Shine**  
Sunday, June 23rd, 2019

A day filled with fun, cars & car enthusiasts!

More information coming soon!

For more information call 775-782-9829



Douglas County Senior Services Presents

# Big Mama's Show & Shine

## CAR SHOW

**June 23, 2019**  
1pm – 6pm  
Great Race begins at 5pm  
DJ \* FOOD \* RAFFLE

OFFICIAL STOP OF THE

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

### BIRTHDAY PARTY PACKAGES

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



#### TODDLER PARTY — \$175

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

#### ROLLER SKATE PARTY — \$175

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

#### COURT PARTY — \$150

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

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

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

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



# 2019 BHGE FAMILY SUMMER CONCERT SERIES

Presented by Douglas County Recreation Department

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



## MUMBO GUMBO • MAY 24<sup>TH</sup>

Co-sponsored by Carson Tahoe Health

For over 25 years, Mumbo Gumbo has been one of N. California's top groups, releasing 9 original music cds and collecting numerous "Sammie" and "Best of Sacramento" awards. The 7-piece band tours the Western United States, bringing their "genre-bending Americana" music to their many fans. Their big musical stew contains elements of soul, zydeco, folk, blues, rock, cajun, Caribbean, and country all mixed into their uniquely festive roots-music sound.



## BEATLES FLASHBACK • JUNE 21<sup>ST</sup>

Co-sponsored by Rejuvenate Salon & Spa

Beatles Flashback is Northern Nevada's and Northern California's premier Beatles tribute band playing all of your favorite Fab Four tunes. There's nothing like that familiar Beatles guitar sound, and those distinct Beatles harmonies. Close your eyes and flashback to the 1960's as you sing-a-long, Twist and Shout and enjoy this high energy, fast and fun tribute to the Beatles. Expect a few surprises, humor, and audience participation, all wrapped around note for note renditions of the Beatles music you know and love.



## MAXX CABELLO, JR • JULY 5<sup>TH</sup>

Co-sponsored by Seyfried Dental Arts

The American music flame will never go out as long as young artists such as Maxx Cabello Jr. take the torch and keep it burning. This young amazing guitarist, soulful vocalist, and prolific songwriter, hails from the streets of the San Francisco Bay Area where he is turning heads and bending the ears of the most jaded veteran musicians and music aficionados. His shades of music are reminiscent of the most renowned guitarists of our time. In his work are the inspirations of Jimi Hendrix and Carlos Santana, but Maxx definitely adds his own artistry, showing only influences by the guitar legends. His singing is clear and strong as he expresses his music with sensitivity and honesty giving him a very recognizable voice.



## GARRATT WILKIN AND THE PARROTHEADS • AUGUST 2<sup>ND</sup>

Co-sponsored by Dr. James the Dentist

Beaches, boats, bars & tropical drinks with those little umbrellas. That is what you think of while watching and listening to "Garratt Wilkin & The Parrotheads" performing "A Celebration of Jimmy Buffett's Music." Garratt and his band have been billed as the #1 Jimmy Buffett tribute band in the nation. Garratt says, "Traveling with 'The Parrotheads' is a great way to meet Jimmy Buffett fans and to make new 'Parrothead' friends. We get such a kick performing for fans that become just as much a part of the show as we are." Garratt Wilkin & The Parrotheads have headlined fairs and festivals throughout Oregon, Washington, Nevada, Idaho, Arizona, Utah, Nashville (Tennessee) and as far away as Anchorage (Alaska), Maui (Hawaii), as well as the Eastern seaboard and as close as his home town of Placerville, CA. Their popularity is expanding throughout North America.



## CRIPPLE CREEK BAND • AUGUST 30<sup>TH</sup>

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

The Cripple Creek Band brings a unique blend of country music and southern rock. Along with their original material they cover a wide range of music from all different eras, their foot stomping, rockin' country sound will leave you wanting more. The Cripple Creek Band plays great music appealing to every person in the audience. You will hear more than just top 40 country and will be pleasantly surprised by rare classics that bring back childhood memories and make even the most stubborn country/southern rock music enthusiast take note.

All concerts are free of charge due to the generous contributions of local businesses and organizations:

BHGE Energy, Carson Valley Inn, Town of Minden, Carson Valley Chamber of Commerce, Nu Systems, Inc., Gardnerville Health & Rehabilitation Center, Silver State Building Material, Building Concepts Inc., Kiwanis Club of Carson Valley, Carson Valley Lions, Tahoe Douglas Elks, Allied Sanitation, Keigh Cox Design.

# YOUTH SPORTS

## 5TH ANNUAL CARSON VALLEY DAYS 3 ON 3 BASKETBALL TOURNAMENT

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

### DIVISIONS

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

### LOCATION

DCCSC  
**DAY (SA)** 6/8  
**\$15/person** (up to a 4-person team)

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

## YOUTH NFL FLAG FOOTBALL

### GRADES

1 - 8  
**REGISTRATION**  
Early: 5/15 - 7/1  
Regular: 7/2 - Full

### LEAGUE SEASON

7/26 - 10/ 21  
1st-2nd grade Coed **\$85** early **\$95** regular  
3rd-4th grade Coed **\$85** early **\$95** regular  
5th-6th grade Coed **\$85** early **\$95** regular  
7th-8th grade Coed **\$85** early **\$95** regular

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

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



## COACHES SOUGHT FOR YOUTH NFL FLAG FOOTBALL PROGRAM

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

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

## YOUTH BASKETBALL LEAGUES

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

### LEAGUE SEASON

9/16 – the week of 12/20  
**GRADES** Girls Grades 3 - 6  
Coed Grades 1 & 2  
**TIMES** 5:30, 6:30, 7:30  
**REGISTRATION**  
Early Registration 8/1 - 9/6  
Regular Registration 9/7 - Full

**DIVISIONS** Early Regular  
3rd-4th Grade **\$85** **\$95**  
5th-6th Grade **\$85** **\$95**  
Cost includes t-shirt, awards and officials

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

## YOUTH SPORTS ORGANIZATIONS

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

<b>AYSO Soccer</b>		<a href="http://www.cvayso.org">www.cvayso.org</a>
<b>Carson Valley Little Leagues</b>	720-4817	
<b>Carson Valley Fast Pitch</b>	265-6447	
<b>Carson Valley Swim Center</b>	782-8840	<a href="http://www.cvswwim.com">www.cvswwim.com</a>
<b>Douglas Pop Warner</b>	790-1390	<a href="http://www.douglaspopwarner.com">www.douglaspopwarner.com</a>
<b>Youth Basketball Leagues</b>	782-5500	<a href="http://www.dcprrsports.com">www.dcprrsports.com</a>
<b>Youth Flag Football Leagues</b>	782-5500	<a href="http://www.dcprrsports.com">www.dcprrsports.com</a>
<b>Youth Volleyball Leagues</b>	782-5500	<a href="http://www.dcprrsports.com">www.dcprrsports.com</a>
<b>Carson Valley Basketball</b>		<a href="https://cvba hoops.leagueapps.com">https://cvba hoops.leagueapps.com</a>

## WANTED OFFICIALS & REFEREES

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



# ADULT SPORTS

## PICKLEBALL AND RACQUETBALL CHALLENGE LADDERS

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

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

## ADULT BASKETBALL LEAGUE

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

**AGES** 18+ **REGISTRATION** Early \$550 7/14 - 8/15  
**LOCATION** DCCSC \$600 after 8/15  
**TIME** 5:30, 6:30, 7:30 **REGISTRATION DEADLINE** 9/2  
**SEASON** (F) Starts 9/13

### Managers Meeting

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

## ADULT FALL SOFTBALL LEAGUES

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

**AGES** 18+ **REGISTRATION** Early \$475 6/1 - 7/12  
**LOCATION** LP \$525 after 7/12  
**TIME** 6:30, 7:15, 8:30pm **REGISTRATION DEADLINE** 7/22  
**SEASON** Starts week of 7/29

**LEAGUES** (T) Men's League (all levels)  
 (TH) Coed League (all levels)

### Managers Meeting

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

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

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

## BADMINTON

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

## CV TABLE TENNIS CLUB

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

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

\*Some dates may be cancelled due to schedule conflict

## SHUFFLEBOARD

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

## PICKLEBALL

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

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# ACTIVE ADULTS

## DOUGLAS COUNTY SENIOR SERVICES

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

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

## CARSON VALLEY ADULT DAY CLUB

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

## CONGREGATE DINING

The Douglas County Senior Center serves lunch Monday - Friday at 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 the updated list. For a copy of the Senior Spirit Newsletter visit the Senior Center front desk, the Douglas County website under Senior Services Department or call to be added to the email list.

## YOUNG AT HEART (YAH)

Young at Heart is a non-profit 5013c organization that has in service for forty years. Our membership has grown significantly over the years and is now over 700+ members. The Young at Heart is the fund raising arm for seniors in Douglas County. We support and fund many activities and clubs for all seniors in Douglas County. Our main goal is to fund the Hot Soup Program. In 2018 over 31,000 bowls of soup were served. In addition, we are working to add more activities and fund raising event's next year. Our membership dues are only \$5 per calendar year and is open to all ages. We are always looking for volunteers to help us during the year and you do not need to be a senior to volunteer.

## YOUNG AT HEART BINGO

Come join us for a fun and exciting afternoon of community bingo on the third and fifth Sunday of each month at the Douglas County Senior Center. Doors open at 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

## BOXING FOR LIFE

Boxing and exercise for those living with neurological disorders.

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

## POSTURAL ALIGNMENT EXERCISE

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

**AGES** Adults/Seniors  
**INSTRUCTOR** Martha Olson  
**LOCATION** DCCSC  
**DAY/TIME** (W) 9 - 10am or 5/1 - 5/29  
**\$15/month or \$5 drop-in**

\*This class will resume in Fall

## SENIOR BEGINNING TAP CLASS

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

**AGES** 50 & up  
**INSTRUCTOR** Sharie Jones  
**LOCATION** DCCSC  
**TIME** 1:30 - 2:30pm  
(TH) 5/2 - 5/30 (TH) 7/11 - 8/1  
(TH) 6/6 - 6/27 (TH) 8/8 - 8/29

**\$40/month or \$7 drop-in**

## SENIOR INTERMEDIATE TAP CLASS

Take a Step up to the intermediate level tap class specifically for Seniors 50 and over. Come join us to learn full tap routines to music you'll love! Bring your tap shoes and wear exercise or dancing clothes.

**AGES** 50 & up  
**INSTRUCTOR** Sharie Jones  
**LOCATION** DCCSC  
**TIME** 2:30 - 3:30pm  
(TH) 5/2 - 5/30 (TH) 7/11 - 8/1  
(TH) 6/6 - 6/27 (TH) 8/8 - 8/29

**\$40/month or \$7 drop-in**

## SILVER YOGA

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

**AGES** 55+  
**INSTRUCTOR** Jill Hartman  
**LOCATION** DCCSC  
**TIME** 10:30 - 11:30am  
**\$5 drop-in**

(T/TH) 5/2 - 5/30 **\$27**  
(T/TH) 6/4 - 6/25 **\$21**  
(T/TH) 7/9 - 7/30 **\$21**  
(T/TH) 8/1 - 8/29 **\$27**



## SENIOR WALKING & PICKLEBALL GROUPS

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

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

## MINDEN & GARDNERVILLE SENIOR OLYMPICS

Coming soon: The Douglas County Community & Senior Center proudly welcomes the return of the Senior Olympic Games in the Fall of 2019! Competition will be open to those age 60 and older as individuals and teams in various sports including basketball, pickleball, weight lifting, track & field, shuffleboard and more. Look for more info in the Fall Activity Guide this September. We are currently seeking community sponsors to help bring this great event back to the valley. For more information on competition or sponsorship opportunities, please call the Center at 782-5500 ext. 1 and ask for Georgianna Drees-Wasmer or Scott Doerr.

## SENIOR RESISTANCE EXERCISE

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

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## 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 ext. 3. There is a \$15 fee for AARP members and \$20 for non-members for the class, payable upon arriving at the class. AARP members who bring their membership cards with them the day of the class will receive the discounted rate.

**AGES** 55 & up  
**INSTRUCTOR** Dennis Hogan  
**LOCATION** SC

**DATES/TIME** (SA) 5/18, 7/20, 9/21,  
 11/16  
 8:30am - 12:30pm

## 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 Chris Bently Ceramics Room. They offer information and support to those with vision challenges, discuss topics of interest and devices that are available to assist those with sight impairment and blindness.

## TECH TRAINING FOR BLIND/LOW VISION

This training is an extension of the blind/low vision group and offers assistance with smartphones and other electronic devices. This group meets ever 2nd and 4th Friday in the Senior Conference Room from 1 - 3 pm.

## DEMENTIA & ALZHEIMER'S SUPPORT GROUP

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

## "COPING WITH CHANGE" SENIOR SUPPORT GROUP

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

## MOVERS & SHAKERS PARKINSON'S DISEASE SUPPORT GROUP

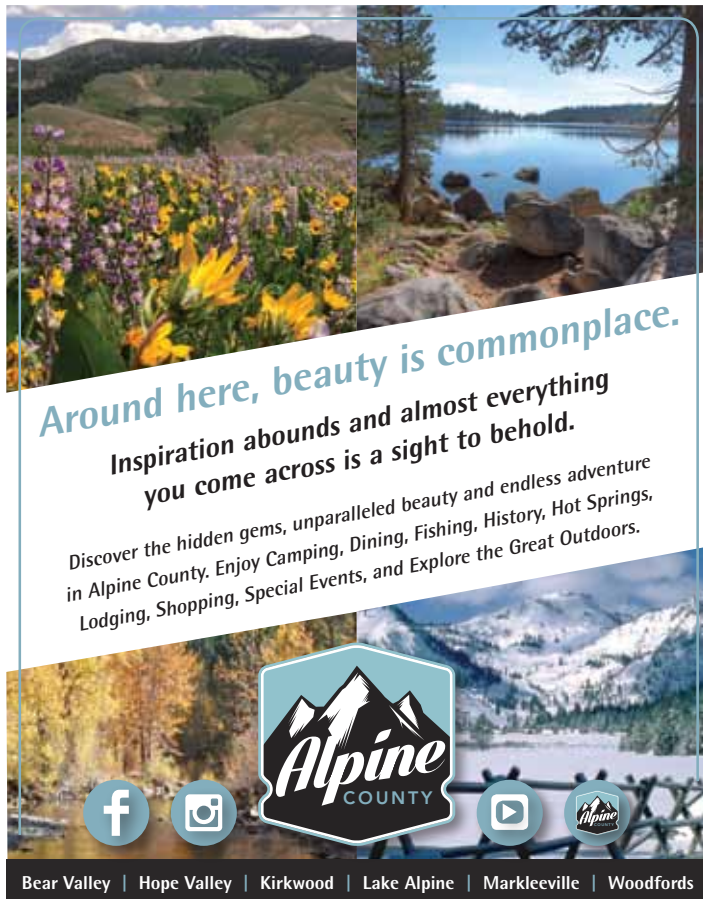
The focus of this group is to talk, share experiences and learn how to live with this chronic condition. We will also discuss exercises that will help with rigidity and balance. This group will meet on the 3rd Tuesday of each month at 1:00pm. In the Carson Valley Medical Center Room at the Douglas County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

## DIABETES SUPPORT GROUP

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

## 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.



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**R&S OPTIMUM OFFSET** Your Printing & Graphics Specialists

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 Minden, NV 89423 | mindenprinters.com | f: 775.267.4984

**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.

**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.

**COMMUNITY****30TH ANNUAL KIDS' FISHING DERBY****AGES** 3 - 12

This year's Kids' Fishing Derby will be held on **June 1st & 2nd 2019** at Lampe Park. For all kids ages 3 – 12. Tickets are free; however you must pre-register to receive a free session ticket. Derby hats, t-shirts and other resale items will be available for purchase. Raffle tickets are available for \$1 each or 6 for \$5. Registration will begin on April 1st and will continue daily through May. Registration will be on Saturdays 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.

**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 Community Center or request a form via e-mail at KFDVolunteers@AOL.com

**Volunteer Meeting Dates**

Lampe Park Pavillion  
Wed., May 22 6pm  
Sat., May 25 10am  
Wed., May 29 6pm

**River Help Training Dates**

Lampe Park Pavillion  
Wed., May 22 after volunteer meeting  
Sat., May 25 after volunteer meeting  
Wed., May 29 after volunteer meeting

For information on volunteering please contact Laura Ramirez-Lonero at (775) 430-0592 or lauralnr1@gmail.com. For information on sponsorship and/or fundraising please contact Steve Hamilton at (775) 392-3579 or sctawhamilton@aol.com.

**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!

**CARSON VALLEY TRAILS ASSOCIATION**

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

**DOUGLAS COUNTY COMMUNITY HEALTH**

**LOCATION** 1329 Waterloo Lane in Gardnerville

**HOURS (M-F)** 8:30am - 4:30pm

**SERVICES OFFERED**

Vaccinations for all ages  
TB testing

Family Planning

Women's health

Sexual health/STD testing

Carson Valley Community Theatre  
**CVCT**  
presents

**YOUNG THESPIANS**

**PLAYWRITING**  
**MASK MAKING**  
**IMPROV GAMES**  
**COSTUMES**

**Theatre**  
**CAMP**

**July 22nd-26th**  
**9:00am-3:00pm**  
**CVIC Hall in Minden**  
1604 Esmerelda Ave, Minden, NV

**Ages K-8**  
Grades 9-12 can apply as junior counselors

**Registration**  
May 25, 2019 11:00am-2:00pm  
June 22, 2019 11:00am-2:00pm  
The Annex  
(next to Coffee on Main)  
1572 Hwy 395, Minden, NV

**\$95 first child**  
**\$80 second child**  
Additional family discounts upon request.  
Scholarships also available.

Space is limited.  
**Email CVCTheatre@gmail.com**

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**DANGBERG HOME RANCH  
HISTORIC PARK  
Summer Festival**  
Music ~ History ~ Arts

May 18-19: Kite Flying  
June 6: Lacy J. Dalton  
June 13: The Old West Trio  
June 15: Neighbor Fair  
July 20: Western Jamboree

July 25: Todd Morgan & the Emblems  
August 1: The Millennium Bugs  
August 8: Mo'z Motley Blues  
September 14: Celtic Faire

More event info: [DangbergHomeRanch.org](http://DangbergHomeRanch.org)  
Call to schedule a guided tour of the Dangberg ranch house.  
1450 Highway 88, Minden, NV ~ 775-783-9417

## FACILITY RENTALS

### Family Picnics • Reunions • Receptions • Birthday Party

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

## ARE YOU PREPARED FOR AN EMERGENCY?

### DOUGLAS COUNTY IS ASKING YOU

Douglas County Emergency management has formed a staff and volunteers who may come to your home and ask how ready your household is for an emergency or disaster. **We will be surveying neighborhoods between: May 13th and May 17th.** For more information visit [www.douglascountynv.gov](http://www.douglascountynv.gov). Follow us on Facebook, Twitter or Nextdoor at @CountyofDouglas. Questions, comments, concerns? Contact Jessica at 775-283-7536 or [JRapp@Carson.org](mailto:JRapp@Carson.org)



## A.V.I.D. — ACTIVE VOLUNTEERS IN DOUGLAS

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



## 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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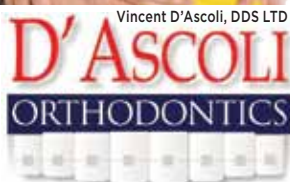
37 Years Experience



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Visit our website at

**[www.dascoliortho.com](http://www.dascoliortho.com)**



1485 Highway 395 North, Gardnerville | 775.782.3788

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





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

## DOUGLAS COUNTY LIBRARY

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 – MAY 10, 11, 12 – for the Douglas County Public Library's Giant Spring Book Sale at the C.V.I.C. Hall, 1602 Esmeralda Ave., Minden!**

Thousands of used books, audio books, children's books, DVDs and music CDs will be sold at bargain prices. The sale hours are: 4 to 7 p.m. on Friday, May 18 (Friends-only Preview); 9 a.m. to 4 p.m. on Saturday, May 19; and 10 a.m. to 2 p.m. on Sunday May 20. Proceeds benefit the Friends of the Douglas County Library and the Douglas County Library Foundation. More information: 782-9841 [douglas.lib.nv.us/](http://douglas.lib.nv.us/).



Photo provided by Barb Wilson

VISIT OUR NEW WEBSITE

AN ONLINE, COMMUNITY RESOURCE DIRECTORY

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



## RX DISPOSAL IN DOUGLAS COUNTY

### DROP BOX LOCATIONS

**Carson Valley Medical Center:**  
24 Hours

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

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

### PRESCRIPTION DRUG ROUND-UPS

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

### ALTERNATIVE DISPOSAL METHODS

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

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



# 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.cvsim.com](http://www.cvsim.com) for additional information. Check out our new events page.*

Everyone must pay who enters pool area. A return entry after leaving in the same day requires another entry fee. Proper swim attire required. 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

(6 & UNDER W/ADULT IN THE WATER, ADULTS, SENIORS, DISABLED)  
Daily 2pm - Close

**TOYS**  
Daily 11am - Close

**WATER SLIDES**  
Mon-Thur 11:30am - 4pm  
Fri 11:30am - 3:30pm  
Sat/Sun 5:30pm - 7:30pm  
11am - 6pm

**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](http://www.cvsc.com)



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

# Your Community Pool

CHECK OUT OUR **NEW** EVENTS PAGE

[CVSWIM.COM](http://CVSWIM.COM)

**SWIM LESSONS FOR ALL AGES**  
(SESSIONS & PRIVATE)

**WATER AEROBICS CLASSES**  
(DEEP WATER, TRADITIONAL & ZUMBA)

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



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



# CITY

## SUPERINTENDENT'S MESSAGE

**Lauren Thomaselli**  
RECREATION SUPERINTENDENT

The City of South Lake Tahoe Recreation Services Department is poised to deliver fun and memorable recreation experiences throughout the summer season. South Tahoe Adventure Recreation Camp (STAR Camp) is a great place to spend the day for youth between 6 and 12 years old. The camp motto is "no child left inside". Daily adventures include biking, hiking, swimming, archery and more. Historical, cultural and environmental education elements are also incorporated into daily activities. The goal of camp is to instill a love of the outdoors and respect for the environment through authentic recreation experiences in Lake Tahoe.

Also famously popular every summer is the Learn to Swim Programs (LTS). LTS is designed for all ages and abilities. Swim Instructors are certified by the American Red Cross and program content is consistent with the national program guidelines. For those interested in improving technique or training for competitive events the Masters Swim Program is for you. We are pleased to be offering two six week sessions of Masters Swim this summer to help you reach your swimming goals. The aquatics program menu also includes water exercise, lap swim, and recreational swim opportunities every day.

For most programs drop-ins are welcome, however due to the high demand advanced reservations are recommended. Please visit [www.cityofslt.us/recreation](http://www.cityofslt.us/recreation) or call us directly at 530-542-6056. Residents and visitors are encouraged to explore the many recreational opportunities in and around the South Lake Tahoe area including the Bijou Golf Course, Campground by the Lake, and South Tahoe Ice Arena as well as the many parks and beaches throughout the City.

The City Parks and Recreation Commission encourages public participation and welcomes suggestions and feedback on the recreation experience. The Commission meets on the second Wednesday of every month at 8am. Meetings are held at the Recreation and Swim Complex located at 1180 Rufus Allen Blvd.

On behalf of the City of South Lake Tahoe Recreation Services Team we look forward to continuing to enhance the recreation experience through quality programs to provide a safe, fun, and memorable experience to residents and visitors.

Enjoy the year round playground!

## CITY OF SOUTH LAKE TAHOE RECREATION SERVICES



**Recreation & Swim Complex**  
1180 Rufus Allen Blvd., South Lake Tahoe, CA 96150  
530-542-6056  
Fax 530-542-2981  
[www.cityofslt.us/recreation](http://www.cityofslt.us/recreation)

### Value Passes Available

20-Use Punch Card · 90 Day Pass · Annual Passes

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

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

### RECREATION CENTER HOURS

Open 6 Days a Week

Monday - Thursday	6:30am - 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](http://www.cslf.siplay.com)

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

### FACILITY RENTALS

**Do you need an event space?**

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

For information [www.cityofslf.us/recreation](http://www.cityofslf.us/recreation)

For reservations email: [facilityrental@cityofslf.us](mailto:facilityrental@cityofslf.us)

or call 530-542-6058



## FITNESS CLASSES

### JAZZERCISE

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



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

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

### ZUMBA

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



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

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

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

To Register Online: [www.cslt.splay.com](http://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](mailto:christinamang@yahoo.com)  
 To register online: [www.cslt.splay.com](http://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](http://www.bluelakeaikido.org) or call 530-544-0202  
 Register: [www.cslt.splay.com](http://www.cslt.splay.com)



# AQUATICS – INFORMATION & CLASSES

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

## SWIMMING LESSONS

**Fees range from \$37 to \$47 for group lessons. All classes arranged by age group and ability**

### Course descriptions, purpose and entry requirements

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

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

#### 4 years to 5 years—Preschool aquatics (Pre 1, 2, 3)

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

#### 6+ years—Learn-to-swim level 1 (LTS-1): Intro to water skills

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

#### Learn-to-Swim Level 2 (LTS-2): Fundamental Aquatic Skills

To build on skills developed in Level 1

#### Learn-to-Swim Level 3 (LTS-3):

Stroke Development

To build on skills developed in Level 2

#### Learn-to-Swim Level 4 (LTS-4):

Stroke Improvement

To build on skills developed in Level 3

#### Learn-to-Swim Level 5 (LTS-5):

Stroke Refinement

To further learn how to coordinate and refine strokes



## U.S. MASTERS SWIMMING

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

### Masters Swimming Program

Check website for up to date information

2 classes per week/6weeks

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

(All fees include pool use fee and coaching)

## ADULT WATER EXERCISE

### Adult – Drop-in

No swimming ability required. If you want to increase your flexibility and circulation, feel more energized and meet some fun people, then this is the class for you! You can jog, do the class workout, or modify on your own. Bring your own water toys or use some of ours: noodles, kickboards, aqua belts and bells. Monday through Saturday. 9 - 10am

**Annual Pass \$295**

### 10-Use Discount Pass

Adult **\$50**

Senior/Disabled **\$40**

### Drop-In Fee

Adult **\$7**

Senior/Disabled **\$6**



## HAVE YOUR CHILD'S NEXT BIRTHDAY PARTY AT THE RECREATION AND SWIM COMPLEX!

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

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

**\$80** for 10 participants (children and adults)

**\$5** for each additional guest



## PRIVATE SWIM LESSONS

**\$31 for private • \$42 for 2 students • \$52 for 3 students**

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

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

—RJ, RESIDENT

# SENIOR CENTER, ACTIVITIES & SERVICES

The **South Lake Tahoe Senior Center** is an activity center with a fun and supportive atmosphere that brings social, recreational and educational opportunities to the 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](http://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](mailto:facilityrental@cityofslt.us) or 530-542-6058

**GENERAL INFORMATION** 530-542-6056



## JUNIOR GIANT PROGRAM

Junior Giants is a **FREE** non-competitive co-ed baseball league designed to teach character development through the game of baseball. This program is available to youth ages 5-13 years old. The program is eight weeks long beginning Mid-June. **Register at [www.gojrgiants.org](http://www.gojrgiants.org) April 1st - June 1st 2019**, or to find out more call Lauren Thomaselli -530-542-6197 \* [lthomaselli@cityofslt.us](mailto:lthomaselli@cityofslt.us)





# Summer begins with **Star Camp**



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

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

**Parks  
Make  
Life  
Better!**

**STAR  
CAMPS**



## BONANZA PARK

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

**GENERAL INFORMATION** 530-542-6056

**LOCATION** 1209 Bonanza Avenue



## SOUTH LAKE TAHOE ICE ARENA

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

**GENERAL INFORMATION** 530-544-RINK (7465)

**LOCATION** 1176 Rufus Allen Blvd.

[www.tahoearena.co](http://www.tahoearena.co)



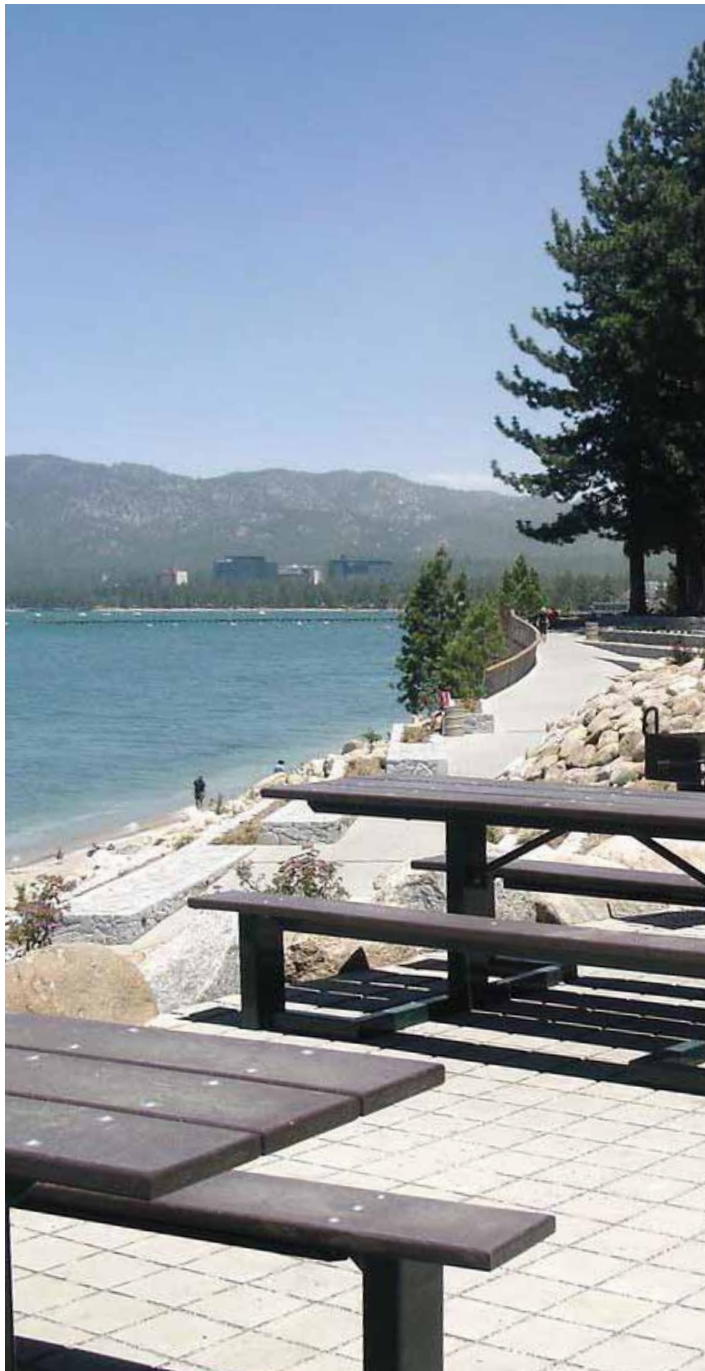
## LAKEVIEW COMMONS

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

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

**GENERAL INFORMATION** 530-542-6056

**LOCATION** El Dorado Beach; 1004 Lakeview Avenue  
Seasonal Availability



## REGAN BEACH & REGAN BEACH WEST

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

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

**RENTAL INFORMATION** [facilityrental@cityofslt.us](mailto:facilityrental@cityofslt.us) or 530-542-6058

**GENERAL INFORMATION** 530-542-6056

**LOCATION** 3199 Sacramento Avenue  
Rentals Available April 15 - October 15





## BIJOU MUNICIPAL GOLF COURSE

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

**GENERAL INFORMATION** [www.cityofslt.us/recreation](http://www.cityofslt.us/recreation) or 530-542-6097

**LOCATION** 3464 Fairway Avenue

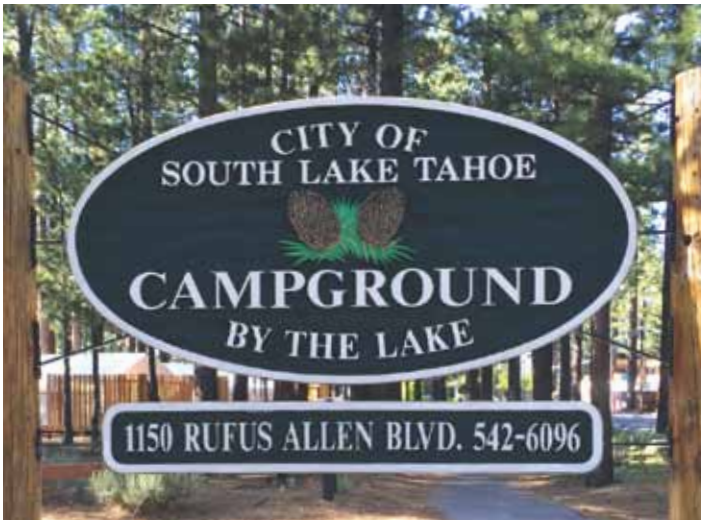


## CAMPGROUND BY THE LAKE

The name says it all. Campground by the Lake is located in the middle of South Lake Tahoe, one-quarter mile off Highway 50 and directly across the street from Lake Tahoe. The campground is open from April through October. Dogs are allowed, but must be on a leash.

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

**LOCATION** 1150 Rufus Allen Blvd.





## EXPLORE TAHOE: URBAN TRAILHEAD VISITOR CENTER

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

Visitor Center highlights include:

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

"Very helpful, informative, and educational."

— *Derek*, PORTLAND, OR

**GENERAL INFORMATION** 530-542-4637

**LOCATION** 4114 Lake Tahoe Blvd.

**TIME** 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](http://www.tahoetransportation.org)

## ANNUAL EVENTS

### LIVE AT LAKEVIEW SUMMER MUSIC SERIES

Every Thursday, 4pm-8pm • Lakeview Commons  
[www.liveatlakeview.com](http://www.liveatlakeview.com)

### LIGHTS ON THE LAKE FIREWORKS

July 4th\*(Lakeview Commons is an ideal viewing area)  
[www.tahoeshouth.com](http://www.tahoeshouth.com)

### SOUTH LAKE TAHOE CITY PARADE

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

### SAMPLE THE SIERRA

Saturday, September 14th • Bijou Community Park  
[www.samplethesierra.com](http://www.samplethesierra.com)

# KAHLE

## KAHLE COMMUNITY CENTER



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

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

<http://CommunityServices.douglascountynv.gov>

### Passes Available

Daily • 30 Day • 90 Day • Annual

## RECREATION CENTER HOURS

### May - October 2019

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

### November 2019 – April 2020

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

### Holiday Closures

Memorial Day Monday, May 27  
Independence Day Thursday, July 4  
Labor Day Monday, September 2

## ANNUAL MAINTENANCE CLOSURE & GYM RESURFACING

August 19 - September 8 Gymnasium & Fitness Area  
August 26 - September 2 Building & Classrooms

*\*Please check with staff regarding extended closures and exact dates due to gym floor sanding, resurfacing and painting*

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

## MAIL-IN REGISTRATION

Kahle Community Center, PO Box 5040, Stateline, NV 89449  
Make checks payable to:  
(DCPRD) Douglas County Parks & Recreation Dept  
Send payment with name of enrollee and program title

## PHONE OR FAX REGISTRATION

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

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

## KAHLE CLASS LOCATION CODES

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



# PRESCHOOL/YOUTH

## ROOTS AND WINGS CHILDREN'S CENTER AT KAHLE COMMUNITY CENTER

### HIGHEST FIVE STAR QUALITY RATING BY THE STATE OF NEVADA.

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

#### DIRECTOR Shelly Martinez

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



## KAHLE PLAY CAMPS

These themed camps are designed with the young camper in mind. They offer shorter hours, high teacher/child ratio and developmentally appropriate activities including art, cooking, games, water and mud exploration, wheel days, treasure hunts and a nature hike to Nevada Beach each Thursday. Play campers will need to bring a backpack with towel, hat, sunglasses, sack lunch with drink, water bottle and sunscreen. On Beach Day, campers need to wear swimsuit beneath their clothes or as part of their outfit. All camp days end with a Popsicle. **Registration begins Monday May 6 at 9 am.** Completed registration packet is required upon sign-up. **Registration packets available Tuesday, April 30.**

**AGES** 3 and up  
**INSTRUCTOR** Kahle Staff  
**LOCATION** KCC  
**DAYS/TIMES** (M - TH) 9 am - 1 pm

**TEDDY BEAR ADVENTURES** Week 1 6/17 - 6/20 **\$120**  
**SUN AND GAMES** Week 2 6/24 - 6/27 **\$120**

Limit 15 children per camp

## 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.

233 Warrior Way (775) 588-6411  
**Wednesday** 11 am - 7 pm  
**Thu, Fri & Sat** 9 am - 5 pm

## LIBRARY SUMMER PROGRAMS

### NO REGISTRATION REQUIRED!

**AGES** Family  
**LOCATION** ZCL  
**Summer Reading Program** "A Universe of Stories" June 5 - July 31  
**Science Wizards** FREE Wednesday, June 5 3 - 4 pm  
**Wild Things Wildlife Show** FREE Wednesday, June 26 3 - 4 pm

# YOUTH/TEEN

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

Engaging your child in creative, fun and challenging activities is the goal of our R.A.D. Camp. Activities include cooperative games, unique crafts activities, imaginative play and fun field trips. Fee includes transportation, admission costs and daily snacks. Camp is held Monday thru Friday. **Registration begins Wednesday 5/1/19 at 9:00 am.** Completed registration packet is required at time of registration. (Limited enrollment)

**GRADES** 1 - 6  
**TIME** 7:30 am - 6 pm  
**\$26**  
**LOCATION** KCC  
**DAYS** (M - F) 6/24 - 8/23\*

\*No camp 7/4

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

## LEADERS IN TRAINING

Not old enough to get a real job yet? Are you looking for a way to make a difference in the community? Leaders in Training work under the guidance of Recreation Staff learning what it takes to be a successful leader. This program places volunteers in positions at various recreation sites including summer camp, preschool programs and special events being held at Kahle Community Center as well as other activities and programs. Pick up an application packet at KCC. **Return applications to Kahle Community Center by July 5.**

**AGES** 12 - 17

## 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.

**GRADES** K - 6

**Kahle Community Center**  
**Early Birds** 7 - 8:30 am  
**\$2 drop-in/day, school bus pickup**

**Zephyr Cove Elementary School**  
**Kids Club** 3 - 6 pm  
**\$6/day\***

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

## 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  
**\$5** drop-in\*  
**\*FREE** to pass holders

**LOCATION** KCC  
**DAY/TIME** (F) CONTINUOUS  
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  
**DAY/TIME** (W) 6 - 7:30 pm  
5/1 - 6/12  
**AGES** 7 - 12  
**\$28** session/**\$8** drop in per class

No classes July & August. Sessions will resume September 18th.

## SIGN UP EARLY

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

# COMMUNITY

Find the  
**hero**  
in you.

United Blood Services  
[www.UnitedBloodServices.org](http://www.UnitedBloodServices.org)



United Blood Services  
Find the hero in you

**DAY/TIME** (T) May 14  
11:00 am - 5:15 pm

**LOCATION** TDFPD Station 23

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

# ADULT CLASSES

## DOG OBEDIENCE

[www.dogmanguy.com](http://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  
**LOCATION** KCC

**DAY/TIME** (TH) 7 - 8 pm  
6/20 - 8/1 **\$90**  
(No class 7/4)  
8/8 - 9/12 **\$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 Pettit  
**HEART SAVER CPR**  
**DAY** (SA) 6/8  
**TIME** Noon - 3 pm  
**\$45**

**LOCATION** KCC  
**BLS CPR**  
**DAY** (SA) 6/8  
**TIME** Noon - 3 pm  
**\$50**

## CONCEALED CARRY WEAPONS CLASS

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

**INSTRUCTOR** Boyd Dangtongdee  
**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 Andy, Kyle, Raye and Larry.



## RELAXED ENERGY: QIGONG & TAI CHI

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

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

\*No class 7/3, 7/10, 7/17, 8/28

## YOGA FOR EVERYBODY

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



**INSTRUCTOR** Susan Glasson **DAY/TIME** (T) 6:30 - 7:30 pm  
**LOCATION** KCC (ongoing thru May 28)  
**\$5** drop-in

Scholarship may be available in case of financial hardship.

## YOGA FOR EVERYBODY ON THE BEACH!

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



**Participants must register at Kahle Community Center prior to each class by phone or walk-in.** There is a charge for parking, but free parking is available on the road for walking or bike entry.

**INSTRUCTOR** Susan Glasson **DAY/TIME** (T) 6:30 - 7:30 pm  
**LOCATION** Nevada Beach (south of the pavilion) **\$5** drop-in  
6/4 - 8/27

\*No Class 7/2, 9/3

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

\*No Class 7/4, 8/29



## JAZZERCISE

The NEW Jazercise 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 7/4 \*\*Classes will be held outside in the Pavilion during Annual Building closure 8/26 - 9/2.

## 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 **DAY/TIME** (M - F) 9 am  
**LOCATION** KCC **\$12** drop-in  
**AGES** 13 & up

Punch cards: 3/\$27 and 6/\$50. Unlimited Monthly Classes/\$75.  
Cards expire at the end of each month. \*No class 5/27, 7/4, 9/2  
\*\*Check with instructor regarding classes during building closure 8/26 - 9/2.



## 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 **DAYS/TIME** (T & SA) (ongoing\*)  
**LOCATION** KCC **10:15 - 11:30 am**  
**\$12/class**

Punch cards: 4/**\$39** and 8/**\$70**. Cards expire 4 weeks from date of purchase.  
 \*Check with instructor regarding classes during building closure 8/28 – 9/9.

## MOVEMENT MATTERS WORKSHOP: BUILDING FROM THE GROUND UP!

Do you want to know how to build a strong base? Your feet and legs are a major support to your body and core. We will be learning about foot injuries including plantar fasciitis, metatarsalgia, bunions and other common foot problems. You will walk away knowing some new ways to help yourself stretch and strengthen the foot and leg to produce a more stable base for your running, workouts and just moving around. 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.

**INSTRUCTOR** Darin Haworth  
 DC, MS, CCSP® **LOCATION** KCC  
**DATE** (W) 5/15  
**TIME** 6 pm  
**Free**

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

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



## GOLF AT EDGEWOOD

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

**INSTRUCTOR** Ron Blum **DAYS/TIME** (M & W) 3 -4:30 pm  
**LOCATION** EGC **5/13, 5/15, 5/20 & 5/22**  
**\$75**

Registration begins Monday, April 29 at 9 am.

# 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 **DAY/TIME** (W) 6 - 7:30 pm  
 5/1 – 6/12  
**LOCATION** KCC **\$42 /\$10 drop-in**  
**AGES** 13 & up

\*No classes July & August. Sessions will resume 9/18.

## 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 **DAY/TIME** (W) 7:30 - 8:30 pm  
 5/1 – 6/12  
**LOCATION** KCC **\$42/\$10 per class drop-in**  
**AGES** 16 & up

\*No classes July & August. Sessions will resume 9/18.

# YOUTH SPORTS

## YOUTH SPORT ORGANIZATIONS

The Douglas County Parks & Recreation Department maintains practice and competitive fields used by the Youth Sports Organizations.

Questions regarding the sports sponsored by these organizations can be answered by contacting the following:

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

## 9TH ANNUAL GAME TIME BASKETBALL CAMP WITH COACH GIL LLEWELLYN

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

**AGES** 6-18, all ability levels (co-ed) **LOCATION** KCC  
**DAYS & DATES** (M - TH) 7/22 - 7/25 **TIME** 9:00 am - 3:30 pm  
 4 days **\$205** 1 days **\$55**  
 3 days **\$155** Half day **\$30**  
 2 days **\$105**

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



# ADULT SPORTS

## IT'S YOUR TURN TO PLAY! ADULT SPORTS

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

**AGES** 18 & up

**LOCATION** KCC

### BASKETBALL

**M, W, TH** 12 - 3 pm  
**T** 1 - 3 pm  
**SA** 12 - 3 pm  
Half court only

### PICKLEBALL

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

\*Gymnasium Closed August 19 – September 8 for Gym Resurfacing



## ADULT 6-MAN FLAG FOOTBALL LEAGUE

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

### REGISTRATION

**RETURNING TEAMS** 5/8 - 5/21

**NEW TEAMS** 5/22 until full

**DATES** Season starts on 6/12

**LOCATION** ZCP

**ENTRY FEE** \$250 per team  
\$100 bond\*

**DIVISION** (W) nights

\*Bond to be held by DCPRD for the season

## ZEPHYR COVE TENNIS CLUB

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



### CONTACT INFORMATION

**EMAIL** zctennisclub@gmail.com

**COURTS ARE LOCATED AT:**

837 Warrior Way, Zephyr Cove, NV 89448 (in Zephyr Cove Park)

**WEBSITE** www.zctennis.com

**PHONE** 775-588-5533



# ACTIVE ADULT

## NATIONAL SENIOR HEALTH & FITNESS DAY

**WEDNESDAY, MAY 29, 2019**

In honor of Senior Health and Fitness Day enjoy a free workout day on us from 7 am - 3 pm. Stop by the front desk to check in.

## AARP SMART DRIVER CLASS

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

**DAY/TIME** (SA) 9 am - 2 pm  
6/8, 8/10, 10/12

**LOCATION** KCC  
**\$15** members, **\$20** non members

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



## TAHOE-DOUGLAS SENIOR CENTER (TDSC)

(775) 588-5140

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

- A monthly membership luncheon is held each second Wednesday of the month at Harrah's.
- Weekly (Tuesdays and Saturdays) **socializing** activities plus BINGO sessions beginning at 12 (noon), **Texas Hold'em** Poker (Fridays) beginning at 9:30 am SHARP, call (530) 314-0048. Some Tuesday sessions and tournaments are scheduled as well. Thursdays are game days – **Mexican Train**, etc.
- Van trips are offered to Reno/Sparks, Carson City and Minden casinos and theatrical performances, **Lake Tahoe boat cruises**, **Apple Hill**, **Thunderbird Lodge** and other destinations.
- TDSC current annual memberships fee is **\$15** per person per year. The TDSC bi-monthly newsletter with activity schedule is available by mail or online through the Douglas County website at [www.douglascountynv.gov](http://www.douglascountynv.gov).



# TRANSPORTATION



## DOUGLAS COUNTY DIAL-A-RIDE SERVICE

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

### VALLEY & LAKE EXPRESS FARES

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

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

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



CHILD ADVOCATES  
*of*  
EL DORADO COUNTY

*To find out more information, visit us at*

*[www.casaeldorado.org](http://www.casaeldorado.org)*

*or call Julia Johnsen at (530) 622-9882*

*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](http://www.spnawareness.org)  
TAX ID: 73-1646702

## Wild Willy's Horse Camp

- \* Year-round Programs
- \* Week-long and Weekend Camps

## KinderRanch and KinderPonyPlay

- \* For 4, 5, & 6 year olds

**SUMMER  
CAMP  
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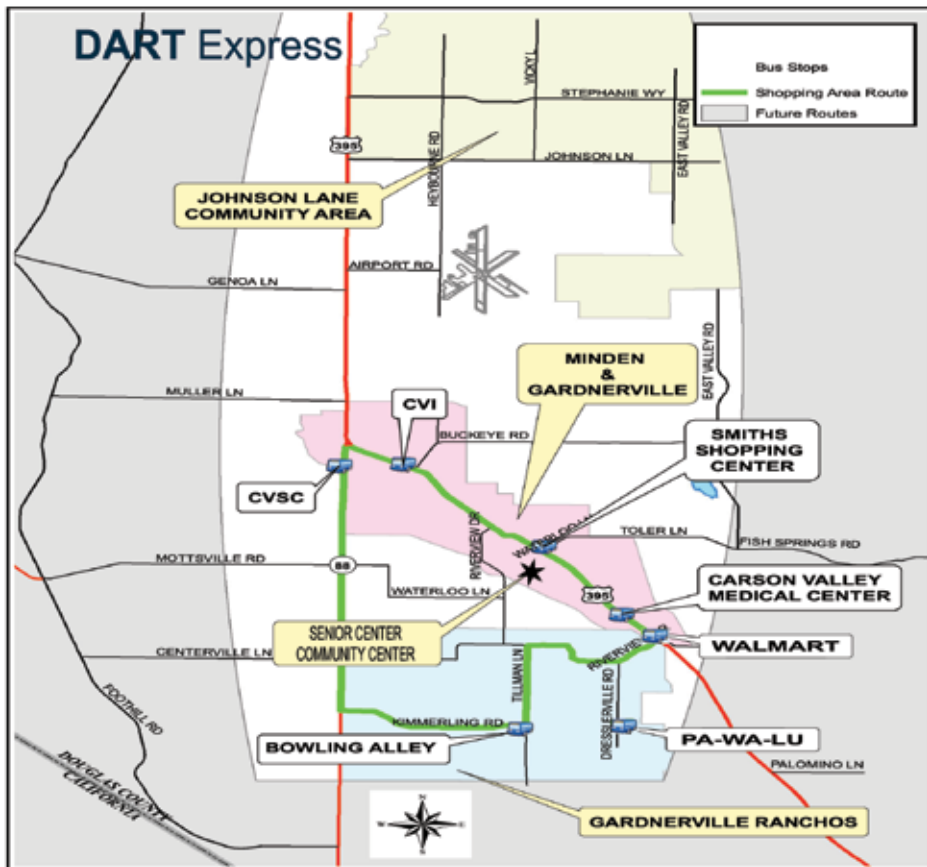
Contact: Kim Chappell 775-265-6483 • [kkc827@aol.com](mailto:kkc827@aol.com)  
[www.chappellranchllc.com](http://www.chappellranchllc.com) • 531 Centerville Lane, Gardnerville, NV





775.783.6455

## DART Express



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

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

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

# RECREATION AREAS, FACILITIES, RENTAL & GENERAL INFORMATION

## DOUGLAS COUNTY

### DOUGLAS COUNTY COMMUNITY & SENIOR CENTER

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

### CARSON VALLEY SWIM CENTER

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

### KAHLE COMMUNITY CENTER

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

### TAHOE-DOUGLAS SENIOR CITIZENS CENTER

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

### ZEPHYR COVE TENNIS CLUB

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

## CITY OF SOUTH LAKE TAHOE

### RECREATION & SWIM COMPLEX

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

### CAMPGROUND BY THE LAKE

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

### LAKEVIEW COMMONS, BOAT RAMP

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

### BONANZA PARK

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

### BIJOU MUNICIPAL GOLF COURSE

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

## PHOTOS

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

### BIJOU COMMUNITY PARK

Located at 1201 AL Tahoe Blvd  
530-542-6056 - General Information  
530-542-6058 - Gazebo Rentals  
[www.facilityrental@cityofslt.us](mailto:www.facilityrental@cityofslt.us)  
Group picnic shelters, gazebo/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](mailto:www.facilityrental@cityofslt.us)

### SOUTH LAKE TAHOE SENIOR CENTER

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

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

4114 Lake Tahoe Blvd.  
530-542-4637

## TRANSPORTATION

### TAHOE TRANSPORTATION DISTRICT

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

### DOUGLAS COUNTY DIAL-A-RIDE SERVICE

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

### CARSON VALLEY AIRPORTER

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

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.





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SENIOR CARE  
FAMILY CARE  
EMERGENCY CARE  
INTENSIVE CARE  
**URGENT CARE**  
DIAGNOSTIC CARE  
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SURGICAL CARE  
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& Sat. 9 a.m. to 5 p.m.



Carson Valley Medical Center  
**URGENT CARE**

897 Ironwood Drive, Minden • (775) 782-1610

#HealthyCarsonValley 