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

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GENERAL INFORMATION

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER AND KAHALE 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  |  Brittnie 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 our 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.
The Douglas County Community Services/Parks and Recreation Department has been on a mission to complete over 10 years of deferred maintenance which was a result of our most recent recession. Along with our country’s booming economy, Douglas County has seen growth in room tax revenues primarily by the gaming properties in Stateline/Lake Tahoe. Rather than put these revenues into ongoing operations, the County Board of Commissioners have supported infrastructure improvements recommended by the Parks and Recreation Commission to reduce the backlog of deferred maintenance projects within the county’s park system.

Recently the Community Services/Parks and Recreation Department has made facility improvements to the Topaz Ranch Estates building and renovated the showers and restroom facilities at Topaz Lake Campground in South County. In the Stateline portion of Douglas County we have replaced the roof and upgraded the parking lot lights at the Kahle Community Center, provided slurry seal coats to the Round Hill Bike Path and the Kahle Community Center parking lot. We have also completed a restroom addition on the popular North Kingsbury Trailhead.

The Department has made improvements to the Douglas County Fairgrounds event facility including a new sound system and arena improvements. Lampe Park received a parking lot seal, tennis court crack repair and color coat and the replacement of its decomposed granite pathway with aesthetically pleasing pavers. Douglas County was also pleased to provide its first ever military service appreciation monument, located in front of the Historic Courthouse, and the completion of the Grand Flagpole Project in front of the new Community and Senior Center.

This summer you’ll see us completing a Dog Park in the Johnson Lane area, adding new arena lights to the Douglas County Fairgrounds, continuing our parking lot pavement maintenance program throughout the County and the installation of a new rock climbing wall in the Douglas County Community and Senior Center. If you’d like more information about your Douglas County Parks and Recreation Services, please feel free to call the department at 775-782-9829.

Facility Rentals

Looking for a location for an upcoming wedding, anniversary, bridal or baby shower, meeting, fundraiser, holiday party, or birthday party? For reservation information call the Community Center at 775-782-5500, ext. 1

FREE Wi-Fi provided by Frontier Communications
PRESCHOOL

BRIGHTER DAYS PRESCHOOL

Brighter Days Preschool offers daily activities to benefit the child physically, mentally, socially, creatively, and intellectually. Our program includes daily activities such as calendar, songs, letters, numbers, shapes, colors, art, science, and free play. Many different programs are offered. Please call Andrea Erickson at (775) 783-6450 for more information.

AGES  Preschool
DIRECTOR  Andrea Erickson
DAYS/TIME  (M - F) 8 am - 12:30 pm
EXTENDED HOURS AVAILABLE  (M - F) 8 - 5:30 pm

STROLLERTIME

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

TOODLER TIME

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

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

LITTLE HOOPS BASKETBALL

Children love to dribble a ball and learn to play with each other. Little Hoops is designed to develop basic skills and knowledge including dribbling, shooting and defense.

AGES  2 - 6 years
INSTRUCTOR  Heather Keene
LOCATION  DCCSC
DAYS/TIME  (SU) 9/8 - 10/13
AGES/TIMES  2-3 12:15 - 1 pm  $65 per child
4-6 1 - 2 pm  $65 per child

Please note: No class 9/29

LITTLE TYKES SOCCER

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

AGES  2 - 6 years
INSTRUCTOR  Heather Keene
LOCATION  DCCSC
DAYS/TIME  (SU) 9/8 - 10/13
AGES/TIMES  2-3 10:15 - 11 am  $65 per child
4-6 11 am - Noon  $65 per child

Please note: No class 9/29

KIDS CLUB

Kids Club is a before and after school recreational enrichment program that is held at the DCSD valley elementary schools. Recreational activities include arts & crafts, games, a quiet homework time and special events all based on a weekly theme. Daily snacks are provided in the afternoon. Kids Club is offered Monday through Friday, 7 - 8:45 am and 3 - 6 pm while school is in session; holidays and teacher work days excluded. The fee is paid by the month for the morning program, the afternoon program or both. The monthly fee is calculated by the number of school days in the month. Enrollment is 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

ADVENTURE CAMP DAYS

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

GRADES  K - 6
LOCATIONS  TBA
TIME  7 am - 6 pm
DATES  9/27, 11/8, 11/18
$26/day

*Sibling discount of $3.00 per day

FALL BREAK & HOLIDAY BREAK ADVENTURE CAMPS

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. Enrollment will begin one month prior to the week of break. 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  7 am - 6 pm
DATES  10/21 - 10/24
$26/day**

*Please note there will be no Adventure Camp on 10/25, 12/24, 12/25 or 1/1. **$26/day, Sibling discount $3/day

TEEN/ADULT

CPR/AED/FIRST AID

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

AGES  13+
INSTRUCTOR  Kelly Pettit
LOCATION  DCCSC
DATE  (SA) 9/14
TIME  10 am - 12:30 pm  $45
First Aid  1 - 4 pm  $45
CPR/AED & First Aid  10 am - 4 pm  $85
TEEN PROGRAMMING SURVEY

The Douglas County Recreation Division is looking to expand its Teen Programs to ensure that future recreation activities and programs continue to align with community needs and priorities. We would appreciate your input to help in the process to assess how to enhance our offerings. Please complete our Teen Programming Survey at https://www.surveymonkey.com/r/7SHC7WY

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 - 4:30 pm
DATES (M - TH) 10/21 – 10/24
$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

WESTERN MARTIAL ARTS

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

AGES 13+
INSTRUCTOR Steven Klekar
LOCATION DCCSC
TIME 7 - 9 pm
DATES (f) 9/3 - 9/24
$32
TIME 10/1 - 10/29
$40
TIME 11/5 - 11/19
$32
TIME 12/3 - 12/31
$40

COUNTRY WESTERN LINE DANCING

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

AGES Adults
INSTRUCTOR Christina Long
LOCATION DCCSC
TIME TBA
DATES TBA
$5 Drop-in

BALLROOM DANCE

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

AGES Adults
INSTRUCTOR Richard Gird
LOCATION DCCSC
TIME 6 - 7 pm
DATES (M) 10/2 – 11/27
$35/couple, $25/singles

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
TIME 5:30 - 9 pm
DAYS (W/TH) 9/9/20, 9/23 & (SAT) 9/21
$90/person**
Spouses are 1/2 price
$40 (F) 10/16, 10/20 & (SAT) 10/19
$5 (F) 11/20, 11/22 & (SAT) 11/23
**An additional $10 insurance fee is payable to the instructor.

MY THOUSAND WORDS BOOK SCULPTURE

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

INSTRUCTOR Debbie Lambin & Rachel Lambin
DAYS (S) 9/7 11 am - 1 pm (basic folds/bird house)
(S) 9/7 1 - 3 pm (flowers)
(S) 10/12 11 am - 1 pm (holiday folds)
(S) 10/12 1 pm - 3 pm (holiday folds 2)
$30
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

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

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

AGES Adult
INSTRUCTOR Tessa LoPresto
LOCATION DCCSC
DAYS/TIMES (M) 6:45 pm, (W) 9 am
*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
LOCATION DCCSC
DAYS/TIMES (M - SA) 9 - 10 am, (T & TH) 5:30 - 6:30 pm
$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

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
INSTRUCTOR Tessa LoPresto
LOCATION DCCSC
DAYS/TIMES (M) 5:30 pm
$5/drop-in or $20/5 class punch card*

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

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

AGES Adult
INSTRUCTOR Tessa LoPresto
LOCATION DCCSC
DAYS/TIMES (W) 10 am
$5/drop-in or $20/5 class punch card*

*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 form our busy lifestyles. Classic relaxation music accompanies class to unplug and unwind. Bring a yoga mat.

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

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

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) 5:30 pm
$5/drop-in

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

SUPPLEMENTAL INFORMATION
Note: punch cards expire at the end of each month

Walk-in $5 | 30 Day Pass $15 | 90 Day Pass $29 | Annual Pass $59*

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

SUPPLEMENTAL INFORMATION
Note: punch cards expire at the end of each month

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

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

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

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

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

*Note: punch cards expire at the end of each month
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
*Must have at least 3 participants
*Note: punch cards expire at the end of each month

TRANSFORM LIVE

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

AGES Adult
INSTRUCTOR Tessa LoPresto
LOCATION DCCSC
$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 Adult/Senior
INSTRUCTOR Marta Olson
LOCATION DCCSC
$15/month or $5 drop-in

INDOOR CYCLING

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

INSTRUCTOR Lisa Wright
LOCATION DCCSC
$5/drop-in or $50/month

*Must have at least 3 participants

BOXING FOR LIFE

Boxing and exercise for those living with neurological disorders.

AGES Adult
INSTRUCTOR Jessica Fagundes
LOCATION DCCSC
$30/month or $5 drop-in

INSTRUCTORS WANTED!

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

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; BACHLORS 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 thrives 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 age & fitness levels and really enjoy working with the senior clients. 775-450-4046 | bmac3250@yahoo.com
SPECIAL EVENTS

FARMERS MARKET

SEPTEMBER 4 & 11TH
“The Sierra Chef Farmers Market runs through September 11th, every Wednesday from 9:00 am to 1:00 pm. 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

DAY/TIME (W) 9 am - 1 pm  LOCATION  LP

FAMILY SKATE NIGHT

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

$5/Adults  SKATE RENTAL  $2
$3/Seniors & under 12  TIME  5:30 - 7:30 pm
(SA) 9/21  Superhero Skate Night
(SA) 10/19  Halloween Costume Skate Night
(SA) 11/16  Neon Skate Night
(SA) 12/21  Winter Wonderland Skate Night

ARCHERY TAG

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

AGES 6th - Adults  TIME  5:30 - 7:30 pm
$7/Adults
$5/Seniors & under 18

MOTHER/SON FALL DANCE

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

AGES All  Early Registration
LOCATION DCCSC  2/9 - 1/17  $10/ticket
DAY/TIME (SA) 10/19  6 - 8:30 pm  Regular Registration
8/13 - 9/29  $10/ticket
9/30 - 10/12  9/30 - 10/12  $15/ticket

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER’S ANNUAL VETERAN’S DAY CELEBRATION

Join us for a day to honor those who served! Enjoy guest speakers, video presentations, musical performances, memorabilia, flag presentations & more! Come celebrate local Douglas County Veterans on November 6th from 10:30 am – 12 pm in the Grand View Dining Room. Veterans, don’t forget to add to the “Wall of Honor” in the dining room. Veteran forms are available at the Senior Center front desk.

STOCKING STUFFER IDEA

Father/Daughter Dance Tickets will be available beginning December 9th. The dance will be held on February 2, at the Douglas County Community & Senior Center from 6 – 8:30 pm.

FATHER/DAUGHTER DANCE

What better way for dad to celebrate Valentine’s Day than with a night out with his favorite girl…his daughter. Come spend a very special evening on the town for fathers (male chaperone) and daughters. Couples will dance to DJ music reflecting all tastes and styles. Refreshments will be served and photo keepsakes of the evening will be available for an additional fee. Because of the popularity of this event, early registration is strongly recommended and spaces are limited. Tickets will not be sold at the door.

AGES  All  Early Registration
LOCATION DCCSC  2/9 - 1/17  $10/ticket
DAY/TIME (SA) 2/8  6 - 8:30 pm  Regular Registration
1/18 - 2/8  $15/ticket

MINDEN/GARDNERVILLE SENIOR GAMES

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

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

AGES  50+
COMPetITION  The week of October 14 - October 18
EVENT TIMES  Times will be during the day from 10 am - 4 pm
REGISTRATION  Registration August 15 - October 4
DIVISIONS 50-75 Years young  PRICE  $15 Per Event
75+ Years old  $15 Per Event

Space is limited, sign up today!
For more information, call 775-782-5500 ext. 1 or email Georgianna Drees-Wasmer gdreeswasmer@doglasnv.us or Scott Doerr sdoerr@doglasnv.us.
Join the fun as a Senior Athlete, Volunteer or Corporate Sponsor Today!

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, party room, 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.
CARSON VALLEY ARTS COUNCIL FOR DOUGLAS COUNTY

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

DON GATO LATIN BAND • FRIDAY, OCT. 4

Advance tickets $20 and $24 at door
Under age 18 FREE

DJGL plays Sophisticated Latin Music
blended with, Cuban, Salsa and Smooth
Latin Jazz with a dash of a tropical feel,
including a tribute to the great Cuban
Buena Vista Social Club plus American
standards classics with a Latin beat.

https://www.dongatolatinband.com

HOT BUTTERED RUM • FRIDAY, NOV. 15

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

String bass and five-alarm
fiddle merge with guitar, banjo,
mandolin and drums to frame the
gifted musicians who weave their
love of bluegrass, folk, jazz and
soul into a riveting strain of Americana.

https://www.hotbutteredrum.net

Topaz Ranch Estates Senior Center
10/1/2019
10:00 a.m. 12:00 p.m.

Indian Hills Senior Center
10/2/2019
10:00 a.m. 1:00 p.m.

Douglas County Community & Senior Center
10/9/2019
9:00 a.m. 12:00 p.m.

Kahle Community Center
10/18/2019
10:00 a.m. 1:00 p.m.

IMPORTANT: Please bring all of your insurance cards

For more information about our community outreach clinics, please call (775) 782-9038 or email rrasner@douglasnv.us

DOUGLAS COUNTY PARKS & RECREATION FALL 2019 VALLEY 775-782-5500

End of Summer Luau

Friday, September 13th

Douglas County Community & Senior Center

Doors open @ 6pm.

$20 per person

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

Entertainment provided by Douglas Ukulele Group & Poly Nui,
performing dances from the islands of Hawaii, Tahiti & more!

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

Tickets available for purchase at
Douglas County Community Center
1329 Waterloo Ln. Gardnerville NV 89410
or 775-782-5500.

Will also be available at the door until sold out.

2019 Flu Vaccine Clinics

2019 Flu Vaccine Clinics

December 14th

Concert starts @ 7 pm (Doors open at 6pm)

Douglas County Community & Senior Center in the Grand View Dining Room

$25 - 13 & older ($30 at the door)

$15 - Children 12 & under ($20 at the door)

Concessions, Beer & Wine available for purchase

100% of the proceeds go to Young at Heart, a non-profit organization

supporting seniors of Douglas County.

Tickets can be purchased at the Douglas County Community & Senior Center
1329 Waterloo Ln. Gardnerville, NV 89410
Call 782-5500 for more information

SPONSORED BY:

David John and the Comstock Cowboys

Christmas In The Sierra

December 14th

Concert starts @ 7 pm (Doors open at 6pm)

Douglas County Community & Senior Center in the Grand View Dining Room

$25 - 13 & older ($30 at the door)

$15 - Children 12 & under ($20 at the door)

Concessions, Beer & Wine available for purchase

100% of the proceeds go to Young at Heart, a non-profit organization

supporting seniors of Douglas County.

Tickets can be purchased at the Douglas County Community & Senior Center
1329 Waterloo Ln. Gardnerville, NV 89410
Call 782-5500 for more information
SPECIAL EVENTS

Youth at Heart Annual Holiday Craft Fair

Friday, November 8th, 5-8pm and Saturday, November 9th, 9am-4pm

at the Douglas County Community Center
1329 Waterloo Lane
Gardnerville, NV. 89410

It’s the Biggest FREE indoor craft fair in the Valley!
Over 100 Vendors From Around the Region
Offering Top Quality Handmade Crafts
Just in Time to Fill Your Holiday Shopping Needs!

Plus Raffle Prizes and Yummy Eats too!

This is the Young at Heart fundraiser you’ve been waiting for. All proceeds go to support our local soup program and other services for Senior Citizens in Douglas County, NV.

No admission fees and no parking fees!

See what wonderful things your local artists are offering this holiday season!

Shop until your young heart is content.

YOUTH SPORTS

YOUTH SPORTS ORGANIZATIONS

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

AYSO Soccer www.cvayso.org
Carson Valley Little Leagues 720-4817
Carson Valley Fast Pitch 265-6447
Carson Valley Swim Center 782-8840 www.cvswim.com
Douglas Pop Warner 790-1390 www.douglaspopwarner.com
Youth Basketball Leagues 782-5500 www.dcprsports.com
Youth Flag Football Leagues 782-5500 www.dcprsports.com
Youth Volleyball Leagues 782-5500 www.dcprsports.com
Carson Valley Basketball http://cvbahoops.net
Carson Valley Patriots www.douglasyfl.com

YOUTH BASKETBALL LEAGUES

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

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

LEAGUE PLAY The week of October 14 – The week of December 16

GRADeS 1st - 6th

TImeS 5:30, 6:30, 7:30

REGISTRATION Early Registration 8/1 - 9/9

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

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

LEAGUE PLAY The week of January 9 – The week of March 12th

GRADeS 3rd - 12th

TImeS 5:30, 6:30, 7:30

REGISTRATION Early Registration 11/1 - 12/1

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

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+

LoCAtIoN DCCSC

COST AND REGISTRATION Ongoing/Open registration $5

TImeS Challenge times based on gym availability

FReE Indoor craft fair

DACoU NToY PARKS & RECREATION FALL 2019

ALL LEAGUES SIGN UP INFORMATION

FORMS • SCHEDULES • RULES

UP TO DATE LEAGUE RESULTS • TOURNAMENT BRACKETS

CHAMPIONSHIP PHOTOS

CHECK OUT SPORTS ON THE WEB @ www.dcprsports.com

All leagues Sign up Information

Forms • Schedules • Rules

Up To Date League Results • Tournament Brackets

Championship Photos
**ADULT FLAG FOOTBALL LEAGUE**

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

**LOCATION** Lampe  
**REGISTRATION** Early $480 11/1 - 12/20  
Regular $530 after 12/20  
**SEASON** (SU) Starts 1/19  
**REGISTRATION DEADLINE** 1/8

**Managers Meeting**

A managers meeting will be held prior to the beginning of the season. TBD

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**ADULT “OPEN” FALL BASKETBALL LEAGUE**

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

**AGES** 18+  
**LOCATION** DCCSC  
**TIMES** 5:45, 6:45, 7:45  
**REGISTRATION DEADLINE** 9/2  
**SEASON** (F) Starts 9/6 (Tentatively)

**Managers Meeting**

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

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**ADULT FALL VOLLEYBALL LEAGUES**

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. Returning teams are not guaranteed a space. 12 players are allowed to a roster. Each team will play a minimum of 12 regular season games and participate in the post-season single elimination tournament. Awards for tournament play only. A gift certificate and T-shirts will be awarded for 1st place in the tournament. A gift certificate will be awarded for 2nd place. Games may start at 5:45 pm with the last game at 7:45 pm. Must be at least 18 years old to participate.

**AGES** 18+  
**LOCATION** DCCSC  
**TIMES** 5:45, 6:45, 7:45  
**REGISTRATION DEADLINE** 9/9  
**SEASON** Starts 9/16

**LEAGUES**

(M) Women’s “Open” (6 on 6)  
(TH) Coed “Open” (6 on 6)  

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**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.

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**CV TABLE TENNIS CLUB**

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

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

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**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.

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**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.

---

**Carson Valley’s BIGGEST INDOOR PLAYGROUND**

Host an event or birthday party too!

**FUN FOR CHILDREN 1 TO 12 YEARS OLD**

(775) 392-0078  
2589 Wildhorse Dr., Minden  
runrattleroll.com  
Tues–Sat: 10:00am to 6:00pm  
Sun: 10:00am to 5:00pm  
Monday: closed

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**Specialized care for infants, children & young adults.**

Valley Pediatric Dentistry  
Heather Parsons, DMD | Emily Whipple, DDS  
775.782.8077  
ValleyPediatricDentist.com  
1701 County Road, Suite I • Minden, NV 89423
ACTIVE ADULTS

DOUGLAS COUNTY SENIOR SERVICES

1329 Waterloo Lane, Gardnerville, 782-5500 Ext. 3
Douglas County Senior Services provides many activities, services and programs. The Center provides the senior community an opportunity to socialize, enjoy a nutritious meal and get involved in a number of different activities, special events and excursions. Come check us out on the web by visiting the Douglas County website at www.douglascountynv.gov and selecting Senior Services from the Departments Tab.

CARSON VALLEY ADULT DAY CLUB

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

CONGREGATE DINING

The Douglas County Senior Center serves lunch Monday - Friday at 12 pm. Reservations are not required. The suggested donation for lunch is $3 each day for Seniors 60 years and older. For guests who are under 60 years of age, is $7 for lunch, with an exception for caregivers ($5).

TOPAZ CONGREGATE DINING

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

NORTH COUNTY CONGREGATE DINING

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

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 Recreation Presents

Senior Olympics

October 14th - 18th
Douglas County Community & Senior Center

Register at the Douglas County Community & Senior Center
1329 Waterloo Ln. Gardnerville, NV 89410
(775) 782-5500 ext. 1

Bear Valley | Hope Valley | Kirkwood | Lake Alpine | Markleeville | Woodfords
3 Webster St. | Markleeville, CA | 530.694.2475 | alpinecounty.com

Around here, beauty is commonplace.
Inspiration abounds and almost everything you come across is a sight to behold.

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

COU NTY
Bear Valley | Hope Valley | Kirkwood | Lake Alpine | Markleeville | Woodfords
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 1 pm and regular games beginning about 1:30 pm. All proceeds go to benefit the Young at Heart Citizens Club, which supports activities and programs for the senior community. Although games are played at the Senior Center, Bingo is open to everyone over 21 years of age. For more information contact the Senior Center at 775-782-5500 ext 3.

YAH GIFT SHOP

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

ACTIVE ADULT CLASSES & GROUPS

BOXING FOR LIFE

Boxing and exercise for those living with neurological disorders.

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<tr>
<th>AGES</th>
<th>Adult</th>
<th>LOCATION</th>
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<tr>
<td>INSTRUCTOR</td>
<td>Jessica Fagundes</td>
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<td>DAYS/TIME</td>
<td>(W) 9 - 10 am or (W) 5:30 - 6:30 pm</td>
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<tr>
<td>INSTRUCTOR</td>
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<td>LOCATION</td>
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<td>TIME</td>
<td>$15/month or $5 drop-in</td>
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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.

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<td>INSTRUCTOR</td>
<td>Marta Olson</td>
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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.

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<tr>
<td>INSTRUCTOR</td>
<td>Sharie Jones</td>
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<td>DAYS/TIMES</td>
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<td>DAYS/TIMES</td>
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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.

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SENIOR RESISTANCE EXERCISE

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

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<tr>
<th>AGES</th>
<th>Active Adult</th>
<th>LOCATION</th>
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<td>INSTRUCTOR</td>
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ACTIVE ADULT
CLASSES & GROUPS

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

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SENIOR LINE DANCING
This FREE class will teach you different line dances to a variety of music all while having fun. No need to pre-register. Just sign in with the instructor at each class.

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

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<td>Dennis Hogan</td>
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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.

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<td>Dennis Hogan</td>
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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 every 2nd and 4th Friday in the Senior Conference Room from 1 - 3 pm.

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DEMENTIA & ALZHEIMER’S SUPPORT GROUP
This group meets every 4th Wednesday of each month from 10:30 - 11:30 am 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.

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<td>55+</td>
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DIABETES SUPPORT GROUP
Group meets in the Carson Valley Medical Center Room in the Community Center on the 1st Wednesday each month from 9:30 am - 10:30 am and the 3rd Thursday of the month from 10:30 am - 11:30 am. The group will provide information on the latest diabetes care for those living with diabetes and their families.

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

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

Personalized Service.
Trusted advice

“COPING WITH CHANGE” SENIOR SUPPORT GROUP

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

MOVERS & SHAKERS PARKINSON’S DISEASE SUPPORT GROUP

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

CREATIVITY THROUGH KNITTING, CROCHETING & NEEDLE POINT

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

SENIOR ARTS AND CRAFTS

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

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.

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 1 pm - 3 pm and the in the Carson Valley Medical Center Room at the Douglas County Community Center. Laptops will be provided or you may bring your own.

RX DISPOSAL IN DOUGLAS COUNTY

DROP BOX LOCATIONS
Carson Valley Medical Center: 24 Hours
Douglas County Sheriff’s Office: 8AM to 5PM M-F
Lake Tahoe Law Enforcement Building: 8AM to 5PM M-F

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

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

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

RING IN KINDNESS

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

DOUGLAS COUNTY ADULT EDUCATION

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

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.

 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

Our OrthoBus ...bringing orthodontic care to schools near you

Visit our website at www.dascoliortho.com

Vincent D’Ascoli, DDS LTD

D’Ascoli Orthodontics

1485 Highway 395 North, Gardnerville | 775.782.3788
Offices also in South Lake Tahoe, Incline Village, Carson City, Reno and Fernley
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

Kiwanis
AKTION CLUB
CARSON VALLEY

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
10:00 am to 7:00 pm

Thursday & Friday
10:00 am to 6:00 pm

Saturday
10:00 am to 5:00 pm

CLOSING HOURS

Sunday/Closed
Holiday/Closed

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 – NOVEMBER 8, 9 & 10
for the Douglas County Public Library’s Giant Fall 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, Nov. 8 (Friends-only Preview); 9 a.m. to 4 p.m. on Saturday, Nov. 9; and 10 a.m. to 2 p.m. on Sunday, Nov. 10. Supports the Friends of the Douglas County Library and the Douglas County Library Foundation. More information: 782-9841 https://library.douglascountynv.gov/

Douglas County PARKS & RECREATION FALL 2019

VALLEY 775.782.5500
CARSON VALLEY SWIM CENTER

PRICING & PASSES

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

MULTI-USE PASSES AVAILABLE

- Month • 3 month • Annual

Please visit www.cvswim.com for additional information. 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.

Find us on
- Facebook
- Instagram

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**
  - Fri: 5:30pm – 7:30pm
  - Sat/Sun: 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.cvswim.com

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

Your Community Pool

Fun for All
- Climbing Wall
- Weekend Waterslides
- Water Exercise Classes
- Adult Lap Swim Lanes
- Therapy Pool
- Volleyball
- Swim Lessons for All Ages
- Exercise Room
- Party Rentals Available

775.782.8840 • www.cvswim.com
1600 Hwy 88, Minden, NV • Open 7 Days a Week
We are pleased to announce the City has generated nearly 8 million dollars in special revenue funds designated for the construction of a new recreation and swim center and other Recreation improvements identified in the Parks, Trails and Recreation Master Plan. The City plans to leverage existing funds to apply for a variety of grants toward the project. Design plans are in the process of refinement and once a final design is adopted the project will move to the next phase of construction bidding.

The new facility is expected to include the following amenities:

- Gymnasium with 4 courts, multi-sport capability, second floor running track, spectator stands, and equipment and storage areas.
- Competition Lap Pool
- Indoor leisure pool
- Aquatics Admin, equipment and storage areas
- Entry, reception, lobby and admin areas
- Multi-purpose rooms
- Mens and womens locker rooms and restrooms
- Boys and Girls Club Teen Center
- Fitness center including cardio, weights, and group exercise space

Additional improvements to recreation facilities are planned for the Campground by the Lake this fall. The campground has been in operation for over 40 years and is overdue for facility upgrades to meet the growing demand for camping in Lake Tahoe. Beginning immediately after Labor Day weekend the City will begin utility work to prepare for the installation of two pre-fabricated restroom and shower facilities. These new facilities are expected to significantly improve the camping experience for many years to come.

The public is encouraged to weigh in on the new Recreation and Swim Center project and other park and facility improvements at the monthly meeting of the Parks and Recreation Commission held on the second Wednesday of every month at 8am at 1180 Rufus Allen Blvd. Interested persons are also encouraged to sign up for City news at www.cityofslt.us select “notify me” and insert email address. City news will alert you of any upcoming public meetings on various recreation projects.

On behalf of the City of South Lake Tahoe Recreation Team we thank you for your patronage and encourage you to get out and enjoy the year-round playground.
"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.cslt.siplay.com](http://www.cslt.siplay.com)

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

**FACILITY RENTALS**

Do you need an event space?

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

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

For reservations email: facilityrental@cityofslt.us

or call 530-542-6058
FITNESS CLASSES

JAZZERCISE

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

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

JAZZERCISE

INSTRUCTOR Chris & Rick Manglinong
LOCATION South Lake Tahoe Recreation & Swim Complex, 1180 Rufus Allen Blvd.

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

ZUMBA

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

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

BLUE LAKE AIKIDO

INSTRUCTORS Mark & Jen Dulyanai
LOCATION South Lake Tahoe Recreation and Swim Complex; 1180 Rufus Allen Blvd.

TAE KWON DO & ARNIS

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

CLASS INFORMATION www.cslt.siplay.com
SWIMMING LESSONS

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

Course descriptions, purpose and entry requirements

6 months to 3 years—Parent and child aquatics (PC 1, 2)
To familiarize young children to the water and prepare them to learn how to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim Courses.

4 years to 5 years—Preschool aquatics (Pre 1, 2, 3)
To orient preschool age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills.

6+ years—Learn-to-swim level 1 (LTS-1): Intro to water skills
To begin developing positive attitudes, good swimming habits and safe practices in and around the water.

Learn-to-Swim Level 2 (LTS-2): Fundamental Aquatic Skills
To build on skills developed in Level 1

Learn-to-Swim Level 3 (LTS-3): Stroke Development
To build on skills developed in Level 2

Learn-to-Swim Level 4 (LTS-4): Stroke Improvement
To build on skills developed in Level 3

Learn-to-Swim Level 5 (LTS-5): Stroke Refinement
To further learn how to coordinate and refine strokes

U.S. MASTERS SWIMMING

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

Masters Swimming Program
Check website for up to date information
2 classes per week/6weeks
$10 per class/or drop-in fee, $60 for 6 week session
(All fees include pool use fee and coaching)

ADULT WATER EXERCISE

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

Annual Pass $295
10-Use Discount Pass
Adult $50
Senior/Disabled $40
Drop-In Fee
Adult $7
Senior/Disabled $6

PRIVATE SWIM LESSONS

$31 for private • $42 for 2 students • $52 for 3 students
Private Swim Lessons offer quality individual instruction. Ideal for all ages, beginner through advance levels. Classes are scheduled by space availability. Advance reservation REQUIRED. For more information, visit www.cityofslt.us/recreation. Call for reservations 530-542-6056

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

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

**GENERAL INFORMATION**  530-542-6094
**LOCATION**  3050 Lake Tahoe Blvd. South Lake Tahoe

---

### SENIOR FITNESS

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

### COMMUNITY FLU CLINICS

Thursdays, September 26th and October 10th, 2019  
10am - 12pm

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### 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**

- **Line Dancing classes**
BIJOU BIKE PARK

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

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

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

SOUTH LAKE TAHOE ICE ARENA

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

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

BONANZA PARK

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

GENERAL INFORMATION 530-542-6056
LOCATION 1209 Bonanza Avenue
LAKEVIEW COMMONS

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

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

REGAN BEACH & REGAN BEACH WEST

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

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

RENTAL INFORMATION facilityrental@cityofslt.us or 530-542-6058
GENERAL INFORMATION 530-542-6056
LOCATION 3199 Sacramento Avenue
Rentals Available April 15 - October 15
BIJOU MUNICIPAL GOLF COURSE

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

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 or 530-542-6097
LOCATION  3464 Fairway Avenue

GENERAL INFORMATION  www.cityofslt.us/recreation
LOCATION  1150 Rufus Allen Blvd.
EXPLORE TAHOE: URBAN TRAILHEAD VISITOR CENTER

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

Visitor Center highlights include:

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

“Very helpful, informative, and educational.” — Derek, Portland, OR

GENERAL INFORMATION 530-542-4637
LOCATION 4114 Lake Tahoe Blvd.
TIME 9am - 5pm

STATELINE TRANSIT CENTER

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

LOCATION 4114 Lake Tahoe Blvd.
www.tahoetransportation.org

ANNUAL EVENTS

SNOWGLOBE
December 29-31, 2019
www.snowglobemusicfestival.com

SAMPLE THE SIERRA
Saturday, September 14th
Bijou Community Park • www.samplethesierra.com

ANNUAL 5K TURKEY TROT AND FUN RUN

November 24th, 2019
Recreation and Swim Complex
located at 1180 Rufus Allen Blvd

ALL AGES! Youth under 10: FREE
11yrs to 17yrs: $15 • 18 and over: $20

More Info: 530-542-6056
All proceeds benefit the Tahoe Coalition for the Homeless
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

<table>
<thead>
<tr>
<th>May - October 2019</th>
<th>November 3, 2019 – April 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>Monday - Friday</td>
</tr>
<tr>
<td>6 am - 9 pm</td>
<td>6 am - 10 pm</td>
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<tr>
<td>Saturday</td>
<td>Saturday</td>
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<tr>
<td>8 am - 6 pm</td>
<td>8 am - 8 pm</td>
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<tr>
<td>Sunday</td>
<td>Sunday</td>
</tr>
<tr>
<td>Closed</td>
<td>11 am - 4 pm</td>
</tr>
</tbody>
</table>

Holiday Closures
- Labor Day
- Nevada Day
- Veterans’ Day
- Thanksgiving Day
- Family Day
- Christmas Day
- New Years’ Day

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>EGC</td>
<td>Edgewood Golf Course</td>
</tr>
<tr>
<td>KCC</td>
<td>Kahle Community Center</td>
</tr>
<tr>
<td>KCP</td>
<td>Kahle Community Park</td>
</tr>
<tr>
<td>RHFS</td>
<td>Round Hill Fire Station</td>
</tr>
<tr>
<td>TBA</td>
<td>To Be Announced</td>
</tr>
<tr>
<td>ZCES</td>
<td>Zephyr Cove Elementary School</td>
</tr>
<tr>
<td>ZCL</td>
<td>Zephyr Cove Library</td>
</tr>
<tr>
<td>ZCP</td>
<td>Zephyr Cove Park</td>
</tr>
</tbody>
</table>

Annual Maintenance Closure & Basketball Court Sanding and Resurfacing
- August 19 - September 8: Basketball Court
- August 19 - September 2: Fitness Area
- August 26 - September 2: Classrooms & Building

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

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

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
**PUBLIC NURSERY/TODDLERS’ CENTER AT KAHALE COMMUNITY CENTER**

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

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

**DIRECTOR** Shelly Martinez

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

**TWOSDAY MORNINGS**

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

**AGES** Birth to Preschool
**INSTRUCTOR** Roots and Wings
**LOCATION** KCC
**TIME** 9:30 - 11:00 am
**DAY** (T) 10/1/19 - 4/28/20

$3 per day

* No class 11/26, 12/24, 12/31, 2/18, 4/14

**BIRTHDAY PARTIES**

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

**ZEPHYR COVE LIBRARY**

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

233 Warrior Way
(775) 588-6411

**FAMILY ROLLER SKATING NIGHT**

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

**DATE** Friday, October 4
**TIME** 6:00 - 8:00 pm
**LOCATION** KCC

12 years old – Adult $5
Seniors & Children under 12 $3

**SPECIAL EVENT**

HALLOWEEN CARNIVAL CELEBRATION

Sponsored by Kiwanis of Lake Tahoe

Celebrate the spirit of make believe, a sense of community and “spooktacular” happenings, all under one roof at Kahle Community Center on Halloween. The festivities will include carnival games and lots of treats to guarantee a “boothful” fun, safe and ghoulishly good time for all ages. Community groups invited to host or run a booth. For more information please call 775-586-7271.

**DATE** Thursday, October 31
**TIME** 4:00 – 6:30 pm
**LOCATION** KCC

**YOUTH/TEEN**

**KID’S CLUB PROGRAMS GRADES K-6**

Registration Begins August 12th

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

**KAHLE COMMUNITY CENTER**

**EARLY BIRDS** 7:00 – 8:30 am $2 drop-in per day, school bus pickup.

**ZEPHYR COVE ELEMENTARY SCHOOL**

**KIDS CLUB** 3 pm – 6 pm $6 per day*

**WEDNESDAY MORNING CLUB**

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

**GRADES** K-5
**LOCATION** KCC
**TIME** 7:00 - 10:00 am
**DATES** 9/11, 10/9, 11/13, 12/11

$6 per day
YOUTH/TEEN

SCHOOLS OUT FUN DAYS

Space is limited and pre-registration is required.

<table>
<thead>
<tr>
<th>GRADES</th>
<th>LOCATION</th>
<th>TIME</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>K - 6</td>
<td>KCC</td>
<td>7:30 am – 6:00 pm</td>
<td>(F) 9/27, 11/22 &amp; 12/6</td>
</tr>
<tr>
<td>$26 per day</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

FALL BREAK ADVENTURE DAYS

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

<table>
<thead>
<tr>
<th>GRADES</th>
<th>LOCATION</th>
<th>TIME</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>K - 6</td>
<td>KCC</td>
<td>7:30 am – 6:00 pm</td>
<td>(M - TH) 10/21 – 10/24</td>
</tr>
<tr>
<td>$26 per day</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

WINTER BREAK ADVENTURE DAYS

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

<table>
<thead>
<tr>
<th>GRADES</th>
<th>LOCATION</th>
<th>TIME</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>K - 6</td>
<td>KCC</td>
<td>7:30 am – 6:00 pm</td>
<td>(M - F) 12/23 – 12/27</td>
</tr>
<tr>
<td>$26 per day</td>
<td></td>
<td></td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>GRADES</th>
<th>LOCATION</th>
<th>DAY/TIME</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>K - 6</td>
<td>KCC</td>
<td>(M - T)</td>
<td>12/5 – 1/3</td>
</tr>
</tbody>
</table>

No Program (W) 12/24, 12/25 & 1/1

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

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.

<table>
<thead>
<tr>
<th>GRADES</th>
<th>LOCATION</th>
<th>DAY/TIME</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 - 12</td>
<td>KCC</td>
<td>(F) CONTINUOUS</td>
<td>(F) 6:30 - 9 pm</td>
</tr>
</tbody>
</table>

$5 drop-in*  
*FREE to pass holders

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.

<table>
<thead>
<tr>
<th>AGES</th>
<th>INSTRUCTORS</th>
<th>LOCATION</th>
<th>DAY/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 - 12</td>
<td>Chris and Rick Manglinong</td>
<td>KCC</td>
<td>(W) 6 – 7 pm</td>
</tr>
</tbody>
</table>

$8 drop in per class

(W) 9/11 – 9/25  $12  
(W) 10/2 – 10/30  $20  
(W) 11/6 – 11/20  $12  
(W) 1/8 – 1/29  $16  
(W) 2/5 – 2/26  $12

No Class 11/27, 2/19

ZEPHYR COVE SKI SIGN UPS

<table>
<thead>
<tr>
<th>DAYS/TIMES</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>(TH) 12/5  5:30 – 7:30 pm</td>
<td>KCC</td>
</tr>
<tr>
<td>(SA) 12/7  9 am – 12 Noon</td>
<td></td>
</tr>
<tr>
<td>(Tu) 12/10  5:30 – 7:30 pm</td>
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</tr>
</tbody>
</table>

SIGN UP EARLY

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

DOUGLAS COUNTY FLU VACCINATIONS

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 1</td>
<td>Topaz Ranch Estates Senior Center</td>
<td>10:00 am – 12 Noon</td>
</tr>
<tr>
<td>Oct 2</td>
<td>Indian Hills Senior Center</td>
<td>10:00 am – 1:00 pm</td>
</tr>
<tr>
<td>Oct 9</td>
<td>Douglas Co. Community &amp; Senior Center</td>
<td>9:00 am – 12 Noon</td>
</tr>
<tr>
<td>Oct 18</td>
<td>Kahle Community Center</td>
<td>9:00 am – 12 Noon</td>
</tr>
</tbody>
</table>

We bill Medicaid, Medicare & most private insurances or $25! Important - bring your insurance card! All ages welcome. For more information about community outreach clinics, call 775-782-9038 or email: cchhsinfo@carson.org

FITNESS FOR TEENS

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

ADULT CLASSES

DOG OBEDIENCE

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

INSTRUCTOR Guy Yeaman
LOCATION KCC
DAY/TIME (TH) 7 - 8 pm
(TH) 8/8 - 9/12 $90
(TH) 10/3 - 11/7 $90
(TH) 11/14 - 12/26 $90

CPR & FIRST AID

HEART SAVER & BLS CPR CLASSES

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

INSTRUCTOR Kelly Pettit
LOCATION KCC
HEART SAVER CPR
DATE (SA) 9/28
(SA) 11/16
TIME 11 am
$45/class date
BLS CPR
DATE (SA) 9/28
(SA) 11/16
TIME 11 am
$50/class date
FIRST AID
DATE (SA) 9/28
(SA) 11/16
TIME 1 pm
$45/class date

YOGA FOR EVERYBODY

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

INSTRUCTOR Susan Glasson
LOCATION KCC
DAY/TIME (T) 6:30 - 7:30 pm
9/25 – 12/18
$5 drop-in

*No class 8/30 - 9/11, 12/24, 12/31
Scholarship may be available in case of financial hardship

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 Kerstin.

INSTRUCTOR Boyd Danjongzede
LOCATION KCC
$80 New student, $40 Renewal

ADULT FITNESS

MOVEMENT MATTERS WORKSHOP: BULLETPROOFING SHOULDERS

We use our shoulders and arms in so many different ways. With increasing strength, sometimes we lose the motion we want and need; and vise versa, when increasing motion we are more prone to injury without strengthening the area. This workshop will focus on the arms, shoulders and wrists. I’ll help your identify what you can do to improve your motion and arm health. Wearing a tank top is ideal for this workshop. All are welcome to attend and participate. This FREE workshop gives you the opportunity to spot areas for improvement, along with 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
LOCATION KCC
DATE (W) 9/18
TIME 6 pm
Free

United Blood Services

Find the hero in you.

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

CPR/First Aid Combo Cost $85
ADULT FITNESS

RELAXED ENERGY: QIGONG & TAI CHI
All levels and physical abilities welcome. Sessions focus on improving the general health and well-being 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

Check with instructor regarding class status during building closure 8/26 – 9/2
No class 12/25, 1/1

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

INSTRUCTOR  Nancy Taylor  DAY/TIME  (M - F) 9 am
LOCATION  KCC  $12/class

Cards expire at the end of each month.
Check with instructor regarding classes during the building closure 8/26 – 9/2.
*No class 9/2, 10/25, 11/28, 12/25 and 1/1

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 join.

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

*No Class 9/2, 9/9, 10/31, 11/11, 11/28
Check with instructor regarding classes during the 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  $12/class

*No class 9/2, 10/25, 11/11, 11/28
8/26-9/2 classes held outside at the Pavilion

JAZZERCISE
The NEW Jazzercise is a calorie burning, pulse-pounding, fun fitness program that will put your muscles to the test. We have hot playlists that will keep you rockin. Our new formats such as Fusion, Core, Dance Mixx and Strength will incinerate up to 600 calories per hour. Start working it with THE NEW JAZZERCISE.

INSTRUCTOR  Sherry Baiocchi  DAYS/TIME  (W) 6 - 7:30 pm
LOCATION  KCC  Drop-in fee is $15 per class to instructor
Monthly reduced fees are available
Two months for $66

*No class 9/2, 10/31, 11/11, 11/28
8/26-9/2 classes held outside at the Pavilion

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
LOCATION  KCC  Drop-in $10 per class

*No classes 11/27, 1/19

**New classes**

**RELAXED ENERGY: QIGONG & TAI CHI**

**FUNCTIONAL TRAINING FOR FITNESS & DAILY ACTIVITIES**

**PILATES**

**ZUMBA**

**JAZZERCISE**

**TAE KWON DO**
MARTIAL ARTS

PHILIPPINE STICK FIGHTING ARNIS

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

INSTRUCTORS: Rick & Chris Manglinong

DAY/TIME: (W) 7:30 - 8:30 pm

LOCATION: KCC

AGES: 16 & up

(9/11 - 9/25) $18

(10/2 - 10/30) $30

(11/6 - 11/20) $18

(12/4 - 12/18) $18

(1/8 - 1/29) $24

(2/5 - 2/26) $18

*No classes 11/27, 2/19

YOUTH SPORTS

YOUTH SPORT ORGANIZATIONS

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

AYSO Soccer www.sltayso.com

Pop Warner Football www.southtahoepopwarner.com

Little League Baseball www.tahoelittleleague.com

Youth Ice Hockey www.tahoegrizzlies.com

Zephyr Cove Ski Club www.zephyrcoveskiclub.com

GIRLS BASKETBALL LEAGUE

We’re hoping to continue our girls’ 3 on 3 basketball league this fall (if the minimum number of girls needed falls short, girls will be eligible for the Middle School Basketball League). All players will be assigned to a team through a draft system. Games are played at Kahle Community Center once a week in the evenings. Teams usually practice at least once a week throughout the season.

INSTRUCTORS: Rick & Chris Manglinong

DAY/TIME: (W) 7:30 - 8:30 pm

LOCATION: KCC

AGES: 16 & up

(9/11 - 9/25) $18

(10/2 - 10/30) $30

(11/6 - 11/20) $18

MIDDLE SCHOOL GIRLS BASKETBALL LEAGUE

We’re hoping to continue our girls’ 3 on 3 Middle School Basketball League this fall (if the minimum number of girls needed falls short, girls will be eligible for the Middle School Basketball League). All players will be assigned to a team through a draft system. Games are played at Kahle Community Center once a week in the evenings. Teams usually practice at least once a week throughout the season.

GIRLS BASKETBALL LEAGUE INFORMATION

Each division is limited to a certain number of players. Please register early! If we don’t get the minimum number of girls to sign-up for leagues, girls will then be able to play in the Youth Basketball League. A parent permission slip needs to be filled out at the time of registration. Requests for teams or coaches will not be granted.

MIDDLE SCHOOL GIRLS BASKETBALL LEAGUE

Grades: 6 - 8

Staff: Recreation Staff & Volunteer Coaches

Dates: Mid November (practice)

Registration: September 25 until full

Games: $85

Includes team t-shirt, award, one official and one scorekeeper

YOUTH BASKETBALL LEAGUE

This basketball league is offered for beginner to advanced players and will emphasize skill development and fun competition. All players will be assigned to a team through a draft system. Games are played at Kahle Community Center on Tuesday or Thursdays evenings. Teams usually practice at least once a week throughout the season.

Grades: 3 - 6

Staff: Recreation Staff & Volunteer Coaches

Dates: Mid November (practice)

Registration: September 25 until full

Games: $85

Includes team t-shirt, awards and two officials

BASKETBALL LEAGUE INFORMATION

Each division is limited to a certain number of players. Please register early! If divisions fill up, a parent permission slip needs to be filled out at the time of registration. Requests for teams or coaches will not be granted.

VOLUNTEER COACHES & TEAM SPONSORS

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

MIDDLE SCHOOL BASKETBALL LEAGUE
This basketball league is offered for beginner to advanced players and will emphasize skill development and fun competition. All players will be assigned to a team through a draft system. Games are played at Kahle Community Center on Wednesdays evenings (and maybe some Mondays). Teams usually practice at least once a week throughout the season.

**GRADES**  7 – 8  
**STAFF**  Recreation Staff & Volunteer Coaches  
**GAME TIMES**  (W) 5:30 – 7:30 pm  
**DATES**  Mid December (practice)  
January - March (games)

Includes team t-shirt, awards and 2 officials

ADULT SPORTS

“30 & OVER” ADULT
5 ON 5 BASKETBALL LEAGUE

**REGISTRATION**  Begins November 6 until full  
(sign up early – ONLY taking 6 teams)  
Season begins early December

**DIVISION**  Monday Night  
**TIME**  (M) 7 – 9 pm  
**ENTRY FEE**  $570
Minimum 10 games & season ending single elimination tournament. Completed rosters are due at the first game. No exceptions.

“OPEN” ADULT
5 ON 5 BASKETBALL LEAGUE

**REGISTRATION**  Begins January 8 until full  
(Sign up early – Space limited)  
Season begins March

**DIVISIONS**  Tuesday or Thursday Night  
**TIME**  (T) or (TH) 5:30 – 8:30 pm  
**ENTRY FEE**  $450
Completed rosters are due at the first game. No exceptions.

IT’S YOUR TURN TO PLAY! ADULT SPORTS

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

**AGES**  18 & up  
**BASKETBALL**  M, W, TH 12 - 3 pm  
**LOCATION**  KCC  
**PICKLEBALL**  M, W, F 9 - 11 am  
**TIME**  (T) 1 - 3 pm  
**SCHEDULE**  SA 12 - 3 pm  
Half court only

*Gymnasium Closed  
August 19 – September 8  
for Gym Resurfacing

ACTIVE ADULT

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

**DAY/TIME**  (SA) 10/12  
9 am – 2 pm

**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.

• Monthly membership luncheon is held each second Wednesday of the month at Harrah’s.

• Weekly (Tuesdays and Saturdays) socializing activities plus BINGO sessions beginning at 12 (noon), Texas Hold’em Poker (Fridays) beginning at 9:30 am SHARP, call (530) 314-0048. Some Tuesday sessions and tournaments are scheduled as well. Thursdays are game days – Mexican Train, etc.

• Van trips are offered to Reno/Sparks, Carson City and Minden casinos and theatrical performances, Lake Tahoe boat cruises, Apple Hill, Thunderbird Lodge and other destinations.

• Distribution of “distressed” bakery items donated by the Roundhill Safeway on Saturdays at the center.

• USDA food commodities are distributed to eligible recipients on the 4th Thursday every other month. Our newsletter describes the USDA family income criteria.

• Van transportation is available for members’ medical/dental appointments and shopping. Reservations are required in advance,

• TDSC current annual memberships fee is $10 per person per year. The TDSC bi-monthly newsletter with activity schedule is available by mail or online through the Douglas County website at www.douglascountynv.gov.
DOUGLAS COUNTY DIAL-A-RIDE SERVICE

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

TAHOE TRANSPORTATION DISTRICT

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

**VALLEY & LAKE EXPRESS FARES**

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

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

To find out more information, visit us at www.casaeldorado.org or call Julia Johnsen at (530) 622-9882

**Suicide Prevention Network**

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

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

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

**Suicide Loss Support (SLS) - South Lake Tahoe**
1st Tuesday of every month
3:30-5:00pm at South Lake Tahoe Library
1000 Rufus Allen Blvd., 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: “Provides suicide prevention, intervention, education and support services free of charge”

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

**Therapy That Makes Sense**

**COUNSELING**

- Marriage • Family
- Individual Counseling

Lileo T. Sunderland, M.F.T.  
775-783-1136

Licensed in Nevada and California

1191-B High School Street  
P.O. Box 2275, Gardnerville, NV 89410
RECREATION AREAS, FACILITIES, RENTAL & GENERAL INFORMATION

DOUGLAS COUNTY

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER
1329 Waterloo Lane, Gardnerville, NV
775-782-5500, ext 1

CARSON VALLEY SWIM CENTER
1600 Hwy 88, Minden, NV
775-782-8840

KAHLE COMMUNITY CENTER
236 Kingsbury Grade, Stateline, NV
775-586-7271

TAHOE-DOUGLAS SENIOR CITIZENS CENTER
885 Hwy 50, Zephyr Cove, NV
775-588-5140

ZEPHYR COVE TENNIS CLUB
837 Warrior Way, Zephyr Cove, NV
775-588-5533

CITY OF SOUTH LAKE TAHOE

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

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

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

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

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

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

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

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

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

EXPLORE TAHOE: AN URBAN TRAILHEAD & VISITOR CENTER
4114 Lake Tahoe Blvd.
530-542-4637

TRANSPORTATION

TAHOE TRANSPORTATION DISTRICT
www.tahoetransportation.org
530-541-7149

DOUGLAS COUNTY DIAL-A-RIDE SERVICE
www.douglascounty_nv.gov/790/DART-Dial-A-Ride
775-783-6456

CARSON VALLEY AIRPORTER
www.carsonvalleyairporter.com
877-447-4446

PHOTOS

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

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

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

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

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

Carson Valley Medical Center

cvmchospital.org