

CARSON VALLEY & SOUTH SHORE
REGIONAL 

**RECREATION & TRANSPORTATION
GUIDE**



WINTER/SPRING 2017

Brought to you by:

Douglas County Parks & Recreation Department
& City of South Lake Tahoe Recreation Services



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WELCOME

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



CITY OF SOUTH LAKE TAHOE
Recreation Services



BLUEGO



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DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



Find us on
Facebook

"Share Because You Care" Gifts

The Foundation for Douglas County Recreation & Senior Centers

Commonly known as the Community Services Foundation
P.O. Box 838 • Minden, NV 89423 • (775) 782-5500



Your donations help to provide:

- Sponsorship 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 and 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 • Travis Lee • Sheryl Christian • Traci Dill • Amanda Reid • Elizabeth Baumgartner • Jessica Moore
Tobias Donahue • Scott Doerr

Parks Division Peter Knight • Nick Nalder • Ryan Stanton • Jerry Harrison • James Howard • Miguel Vazquez • Jorge Regalado • Marie Langtimm

Senior Services and Transportation Divisions Travis Lee • Tammy McComb • Linda Skaggs • Sheri Karosich • Patti Gurule

Special Thanks

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

County Commissioners Barry Penzel • Steve Thaler • Nancy McDermid • Dave Nelson • Larry Walsh

Parks & Recreation Commission Cherise Smith • Debra Lang • Kelly Gardner • Celeste Pierini • Gary Dove
Meghan Kelly • Thomas Moore

Douglas County School District

Layout Ruth Zamarripa, Sierra Nevada Media Group

Advertising Opportunities please call The Record-Courier at (775) 782-5121

SATISFACTION GUARANTEE

The Douglas County Parks and Recreation Department is constantly striving to provide you with the highest quality recreation activities, events, and programs. We are confident that you will enjoy these programs, and we will back up commitment to provide high quality services.

Your suggestions, comments or ideas for improvements are appreciated. They will help us do the best job possible.

If you are not completely satisfied, tell us and we will arrange for you to:

1. Repeat the class at NO charge -or-
2. Receive full credit that can be applied to any other program -or-
3. Receive all of your money back.

Satisfaction guarantee requests may be made in person or by calling us at 782-5500. Requests should be made within 5 working days after the first class meeting. Refund checks will be mailed within two (2) weeks.

Please note that due to the nature of the activities, sports leagues, facility rentals, and Community Center Daily Walk-In fees, 30-Day Pass fees and 90-Day Pass fees are not eligible for these refund provisions.

POLICIES

Full credit will be given for cancellation prior to the activity and a \$5 processing fee will be charged. 100% refund if the department cancels. Refunds take approximately two weeks to receive.

Registration will not be accepted by instructors unless noted. The department has the right to cancel classes. Classes may be canceled if under minimum enrollment. Space is limited in most programs. All registrations are accepted on a first-come, first-serve basis.

Participation in Parks & Recreation Department Programs is at Your Own Risk

DOUGLAS COUNTY COMMUNITY & SENIOR CENTER



**1329 Waterloo Lane
Gardnerville NV 89410
(775) 782-5500 ext. 1**

Passes Available

Daily • 30 day • 90 day • Annual

Child Pass

5th grade & under - free
(must be with a paid adult)

All children 5th grade and under are free of charge however this does not include program registrants for Kids Club (during Club hours), drop-in classes, dance & exercise programs, contracted classes, sport leagues and other programmed activities in the facility

Youth Pass

Grades 6th - 7th grade *access for downstairs only
Walk-in \$3.00 • 30 day pass \$15.00
90 day pass \$29.00 • Annual Pass \$59.00

Teen Pass

Grades 8th - 12th grade Walk-in \$5.00
30 day pass \$19.00 • 90 day pass \$35.00
Annual Pass \$79.00

College Student Pass Ages 18 - 24 (with valid student ID)

Walk-in \$5.00 • 30 day pass \$35.00
90 day pass \$75.00 • Annual Pass \$189.00

Adult Pass Ages 18-59

Walk-in \$7.00 • 30 day pass \$45.00
90 day pass \$99.00 • Annual Pass \$219.00

Senior Pass Ages 60 & over

Walk-in \$5.00 • 30 day pass \$35.00
90 day pass \$75.00 • Annual Pass \$189.00

Disabled Veterans - Free

Director's Note

Scott Morgan

Community Services/Parks & Recreation Director

Volunteers the Lifeblood of Douglas County

Promise program which supplied Douglas County with 160 volunteers to clean up the Kahle Community Park in Stateline, NV. This was way more than a clean-up program. In the period of 1.5 days, these highly motivated, highly skilled employees completed a keystone block retaining wall and distributed over 1000 gallons of slurry seal to the pathway system inside that park. The volunteers also covered over an acre of exposed earth with groundcover, removed dangerous trees from under a power line and completed an entry beautification project. The savings to our taxpayers through these efforts is estimated at over \$50,000 for services.

The Vail Heavenly Corporation is one small example of all those who contribute so significantly to our community. Just recently the Intero Real Estate Company did a Chili Cook-off to benefit our community center. And the fund raising activities of the Young at Heart (YAH) Senior Citizens Club and Douglas County Community Services Foundation have literally equipped our new Community & Senior Center.

Douglas County has volunteerism woven into its every fabric. When we look at the hundreds of thousands of volunteer hours by individuals in our youth sports organizations and service clubs in our community, it is staggering to imagine what our community would look like without those family members who volunteer in Douglas County. Each one who serves strives to achieve a common goal of enhancing the quality of life for all of our residents

According to the Corporation for National and Community Service, volunteers have a more fulfilling life including lower rates of mortality, lower rates of depression and live healthier, longer lives. There are plenty of opportunities to volunteer within Douglas County, including assisting in the County's preschool and its new Adult Day Club program. If you are interested in volunteering please contact the Community Services Department at 775-783-6455.

Our community benefits and you will too. To all those who volunteer, Douglas County wishes to congratulate and thank you for making this not just a good place to live but a great place to live!

RECREATION CENTER HOURS

Monday - Friday 6am - 9pm

Saturday 8am - 8pm

Sunday 10am - 3pm

- Closed Most Holidays -

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PRESCHOOL / YOUTH



Brighter Days Preschool

Ages: Preschool **Director:** Andrea Erickson
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) 783-6454 for more information.

Time: 8am - 12:30pm **Location:** DCCSC
(M - F)
Cost: \$23/day, monthly commitment required

Little Tykes Soccer

Ages: 2 - 3 years **Instructor:** Heather Keene
Little Tykes 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.

Time: 12:15 - 1pm **Location:** DCCSC
(Su) 1/8 - 2/12 **\$65**

Stroller Time

Ages: Infant/Preschool
The track will be available for parents and caregivers to walk with young children in strollers every Monday & Friday.

Time: 10 - 11am **Location:** DCCSC
(M & F)
Cost: Open to members or \$5/\$7 drop-in fee.

Toddler Time

Ages: 9 months - 5 years
Parents, grandparents, & caregivers with younger children, come join our play group Thursday mornings in the company of peers! Indoor play equipment, bounce house, arts & crafts & use of the indoor walking track with child in stroller.

Time: 9 - 11am **Location:** DCCSC
(Th) **Cost:** \$3.00/child

YOUTH

Winter Break Adventure Camp

Grades: K - 6
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.

Time: 7am - 6pm **Locations:** MES/JVES
(T-F) 2/21 - 2/24
Cost: \$26/day, sibling discount of \$3/day

Spring Break Adventure Camp

Grades: K - 6
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.

Time: 7am - 6pm **Locations:** GES/PHES
(T - F) 4/18 - 4/21
Cost: \$26/day, sibling discount of \$3/day

Kids Club

Grades: K - 5
Kids Club is a before and after school recreational enrichment program that is held at all elementary schools. Recreational activities include arts & crafts, games, a quiet homework time and special events all based on a weekly theme. Daily snacks are provided in the afternoon. Kids Club is offered Monday through Friday, 7 - 8:45am and 3 - 6pm at every elementary school while school is in session; holidays and teacher work days excluded. The fee is paid by the month for the morning program, the afternoon program or both. The monthly fee is calculated by the number of school days in the month. Enrollment is filled 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. Early enrollment discount is available on payments received on or before the 25th of the month prior. A current registration packet is required for all new enrollees prior to attending Kids Club. Registration packet and payment schedule are available at the Douglas County Community and Senior Center located at 1329 Waterloo Lane in Gardnerville. For more information call 782-5500 ext 1.

PLEASE NOTE: Morning Kids Club is NOT offered once a month on Late Start Days. Please check out our Wacky Wednesday's program if you need care on the late start days!

Wacky Wednesday's

Grades: K - 5
What will your child do on the late start days on the school calendar? How about a fun and safe program with supervised games and fun! Children enrolled into Wacky Wednesday's may be dropped off at one of three district elementary schools and transported to their school by DCSD school buses. Spaces are limited and pre-registration is required. For information or a registration packet, please contact the Recreation Department at 782-5500 ext.1

Time: 7 - 10:05am **Locations:**
(W) 1/18 GES, PHES or SES
(W) 2/8 JVES, MES or SES
(W) 3/8 GES, PHES or SES
(W) 4/12 JVES, MES or SES
Cost: \$10/day

YOUTH

Saturday Kid's Kamp

Grades: K - 6

This fun camp will offer activities including arts & crafts, movies, sports, park play, snacks and lots of fun all in a safe and secure program.

Time: 10am - 4pm

Location: DCCSC

(Sa) 2/18 "Minute to Win It"

(Sa) 4/15 "Here comes Spring!"

Cost: \$25/child/day



Introduction to Junior Golf

Ages: 5 - 16

Instructor: Carson Valley Golf Course

Juniors will learn the basics of golf including rules, etiquette, putting, chipping, and full swing. Club rental and golf balls are included in the fee. Refreshments will be provided.

Date: (Sa) 4/9

Location: CVGC

Times: Ages 5-6	12-1:15pm	\$20
Ages 7-8	1:30-2:45pm	\$20
Ages 9-16	3-4:15pm	\$20



Little Miss Douglas County Pageant Preparation Class

Ages: 0 - 17

Instructor: Lisa Prosser

Class will focus on basic interview and modeling skill used in the Little Miss Douglas County Pageant and other children's pageants. We will also go over ideas for the Model Outfit-of-Choice competition. This class will help you to perfect your skills if you have entered pageants before or if you are a novice. This class is the perfect preparation for the Little Miss Douglas County Pageant to be held May 6, 2016.

Date/Times: (Sa) 4/1 10-11am
(Sa) 4/8 10-11am

Location: DW

Cost: \$15 per class

Little Tykes Soccer

Ages: 4 - 6

Instructor: Heather Keene

Little Tykes 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.

Time: 1:30 - 2:30pm
(Su) 1/8 - 2/12

Location: DCCSC
\$65

Learn to Skate

Ages: 5 - 12

Instructor: Heather Keene

Students will learn the basics of roller skating in this 4 week program. Beginners will learn how to skate forward, stop and skate safety. Skates will be provided for use during class.

Time: 10-11am
(Su) 1/8 - 1/29

Location: DCCSC
\$45

TEEN/ADULTS

30-Hour Classroom Driving Education Training

Ages: 15 & up

Instructor: Chuck Ayers

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

Time: 8:30am - 4:30pm
(T - F) 2/21 - 2/24
(T - F) 4/18 - 4/21

Location: DCCSC
\$50
\$50



Modern & Historical Fencing

Ages: 13 & up

Instructor: Steven Klekar

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

Time: 7 - 8:30pm
(Th) 1/5 - 1/26
(Th) 2/2 - 2/23
(Th) 3/2 - 3/30
(Th) 4/6 - 4/27

Location: DCCSC
\$32
\$32
\$40
\$32

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

TEENS/ADULTS

Beginning/Intermediate Watercolor/Drawing Workshops

Ages: 9 & up **Instructor:** Irene Taylor
 Learn the basics of composition, drawing without stress, use of watercolor brushes, sprays, salt, alcohol, color theory and mixing to get vibrant color, varied hues and values. Weather permitting, we may work from the beautiful views from the window/patios of the center or bring your own photographs for inspiration. November session may be work from a still life set-up including flowers. Bring your own lunch, snacks and drinks. Supply list available at time of registration.

Time: 10am - 2pm	Location: DCCSC
(Sa) 1/14	\$40
(Sa) 2/11	\$40
(Sa) 3/11	\$40
(Sa) 4/15	\$40

Dog Obedience

Ages: 8 - up **Instructor:** Guy Yeaman
 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 and a fabric or leather lead. Dogs must be at least 4 months old.* Bring a copy of shot records to the first day of class. www.dogmanguy.com

Time: 7 - 8pm	Location: DCFG
(W) 1/11 - 2/15	\$80
(W) 3/8 - 4/12	\$80
(W) 4/19 - 5/24	\$80

Filipino Arnis

Ages: 15 & up **Instructor:** Diane Ortenzio-Cooling
 Arnis is the martial art of the Philippines, it emphasizes defenses with sticks, knives, and other improvised weapons, as well as empty hand applications. You do not need to be in great shape to start, and it is a great supplement to any other martial art in which you might train. After the first month, a class T-shirt (\$15) is required and students must purchase their own sticks (approx. \$20)

Time: 6 - 7pm	Location: DCCSC
(Th) 1/5 - 1/26*	\$24/month
(Th) 2/2 - 2/23	\$32/month
(Th) 3/2 - 3/30*	\$24/month
(Th) 4/6 - 4/27	\$32/month

*No Class 1/19 or 3/23 \$10/Drop-in



Self-Defense for Women

Ages: 14 & up **Instructor:** Diane Ortenzio-Cooling
 Sharpen your defensive skills and bump up your awareness level! Learn how to quickly defuse, short-circuit, or stop an aggressor. Learn how to spot and prevent problems, and what to do if something physical occurs. Class includes striking, kicking, and ground defenses. Wear comfortable clothing.

Time: 6:30 - 8pm	Location: DCCSC
(T) 1/3 & 1/10	\$35
(M) 3/6 & 3/13	\$35



Okinawan Weapons

Ages: 15 & up **Instructor:** Diane Ortenzio-Cooling
 We will be training and working with two of the traditional weapons of the Okinawan islands; the 6-foot staff (bo) and the pronged baton (sai). Beginning with the fundamentals, students will progress to the detailed movement patterns known as "kata" that define the underlying concepts of movement and defense. The concepts translate to the use of everyday household items for self-defense. After the first month, a class T-shirt is required (\$15) payable to the instructor.

Time: 7:15 - 8:15pm	Location: DCCSC
(Th) 1/5 - 1/26*	\$24/month
(Th) 2/2 - 2/23	\$32/month
(Th) 3/2 - 3/30*	\$24/month
(Th) 4/6 - 4/27	\$32/month

*No Class 1/19 or 3/23 \$10/Drop-in

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 Minden, NV 89423 | f: 775.267.4984

ADULTS

Beginner's Tai-Chi

Ages: Adults

Instructor: Earl Musset

Tai-Chi is a soft martial art, or exercise form, which originated in China thousands of years ago. In this class, we will warm up; do the five animal play series, ten form (longevity) series, "Ba Duan Jin", Nine Temple exercises, eighteen movement, Tai Chi/Qi Gong and others. Each class session will conclude with one or two repetitions of the 24 movement Yang Short Form. Wear comfortable, loose fitting clothes and tennis shoes.

Time: 10:30am - 12pm

(Sa) 1/7 - 1/28

(Sa) 2/4 - 2/25

(Sa) 3/4 - 3/25

(Sa) 4/1 - 4/22

Location: DCCSC

\$5/month

\$5/month

\$5/month

\$5/month

World Tai-Chi Day

Ages: Adults

Instructor: Earl Musset/Ginny Cardenas

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

Time: 10am - 12pm

(Sa) 4/29

Location: MP

Free

Ballroom Dance

Ages: Adults

Instructor: Richard Girod

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

Time: 6 - 7pm

(M/F) 1/6 - 1/30

(M/F) 2/3 - 2/27

(M/F) 3/3 - 3/31

(M/F) 4/3 - 4/28

Location: DCCSC

Cost: \$35/couple/month

\$25/singles /month

The Cure is in the Kitchen

Ages: Adults

Instructor: Deborah Champlin

Learn about a variety of herbs found locally (even in your own backyard) that nourish and support the body. Learn which so called "weeds" can eliminate headaches, reduce allergies, and treat colds and flu naturally! Create quick, inexpensive and effective remedies with ingredients found in your own kitchen. Ingredients, samples and recipes will be provided. Please bring your best kitchen knife and a cutting board to class.

Time: 1 - 2pm

(T) 1/24

(T) 3/28

Time: 6 - 7pm

(T) 2/21

(T) 4/18

Location: DCCSC

\$45

\$45

\$45

\$45

Make your own Fire Cider

Ages: Adults

Instructor: Deborah Champlin

In this workshop we will be crafting a traditional remedy with deep roots in folk medicine. Fire Cider is a combination of raw apple cider vinegar and various herbs and spices that is chock full of vitamins and minerals. Useful when feeling "under the weather" or as a preventative tonic. Ingredients, recipes and fire cider will be provided. Please bring your best kitchen knife and a cutting board to class.

Time: 1 - 2pm

(T) 1/10

(T) 3/07

Time: 6 - 7pm

(T) 2/07

(T) 4/04

Location: DCCSC

\$45

\$45

\$45

\$45

NEW Pizza at Home

Ages: Adults

Instructor: Donnie Hopkins

The student will learn how to create high quality pizza shop style pizza in their home oven. They will learn a recipe and the technique to create restaurant quality pizza dough and sauce, how to hand toss pizzas, how to prepare your home oven to mimic the ovens found in a pizzeria, techniques of thin, traditional and deep dish crusts, and many tips and tricks that will give you a great pizza! All supplies included.

Time: (Sa) 12:30pm

1/21

2/4

2/25

3/11

4/1

4/29

Location: DCCSC

Cost: \$25/class

\$40/couple/class

(W) 6pm

1/18

2/15

3/15

4/12



Reflexology & Essential Oils 101

Ages: 13 & up

Instructor: Charlotte Weaver/Michele Nelson

Reflexology states the whole body is reflected in the feet and applying essential oils to them delivers the oils healing properties to all systems in as little as 20 seconds. Bring your feet or partner with someone for these hands on dynamic classes to learn and experience how to benefit your health and well-being in simple and effective ways. Have fun and learn how health can change and improve. You will receive a foot chat and oil reference and we will provide oils for use in class. Please bring a clean pair of socks.

Days/Times:

(M) 1/9 1pm

(W) 2/8 6pm

(M) 3/6 4pm

(M) 4/10 10am

Location: DCCSC

\$10

\$10

\$10

\$10

Concealed Weapon Certification

Ages: 21 & up

Instructor: Daniel Linn

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. Course will cover: 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.

Time: (W/F) 5:30 - 9pm

(Sa) 8 - 11am

(W/F) 1/18 & 1/20 (Sa) 1/21

(W/F) 2/15 & 2/17 (Sa) 2/18

(W/F) 3/15 & 3/17 (Sa) 3/18

(W/F) 4/19 & 4/21 (Sa) 4/22

Location: DCCSC

Location: DCSR

Cost: \$90, spouses are 1/2 price

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

FITNESS CLASSES

Gym & Fitness Center

Daily, 30 day, 90 day and annual passes available

Membership includes use of

(2) Regulation Basketball Courts and (4) Regulation Volleyball

(3) Lane Indoor Jogging Track

(2) Racquetball Courts

Cardio Equipment, Free Weights, Weight Machines,

Showers, Lockers & Arcade

Personal Training

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

Family Walking Track Time

Families are welcome to use the indoor walking track every Saturday and Sunday from 10am to 2pm. Free to members or \$3/\$5/\$7 drop-in fee.



Zumba

Ages: 13 & up

Instructors: Anita Whiteley & Lyn Twitchell

Zumba Fitness is a cardio-dance workout that is set to high energy beats in a non-intimidating, non-judgmental fitness party atmosphere. No dance experience is necessary. People of all ages, size and fitness levels are welcome and encouraged to attend classes. **Zumba Gold** is a new class that has been added for seniors and others who prefer a low-impact, slower paced class. Come join one of the most fun and high energy workouts around. Ditch the workout, join the party!

Days/Times: (M) 9am

Location: DCCSC

(T) 9am & 5:30pm

(W) 7pm

(Th) 9am & 5:30pm

(F) 9am (Gold)

(Sa) 9am

Cost: \$5 drop in fee, \$20/5 class

punch card* or \$40/unlimited month*

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

Country Heat Live

Ages: Adults

Instructor: Tessa LoPresto

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!

Days/Time: (M) 6:30pm

Location: DCCSC

(W) 9am

(F) 12pm

Cost: Drop-in \$5 or \$20/5 class punch card*

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



The New Jazzercise

Instructor: Helen Bartsch

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

Days/Time: (M - Sa) 9 am

Location: DCCSC

(M - Th) 5:30pm

Cost: Drop-in fee \$12/class payable to instructor. You can also sign up for unlimited classes, see the instructor for details. 775-690-9998, jazzercisegardnerville@gmail.com

PiYo

Ages: Adult

Instructor: Tessa LoPresto

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

Days/Time: (M) 5:30pm

Location: DCCSC

(W) 10am

Cost: Drop-in \$5 or \$20/5 class punch card

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

Kettlebell Conditioning

Ages: Adults

Instructor: Lisa Wright

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

Days/Time: (W & F) 5:30pm

Location: DCCSC

(Sa) 8am

Cost: \$5 drop-in fee, \$20/5 class punch card* or \$50/unlimited month*

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

Silver Yoga

Ages: 50+

Instructor: Jessica Moore

This beginner to intermediate yoga class focuses on proper alignment while building strength and increasing balance and flexibility. The \$3 donation goes 100% to the donation for the daily senior hot soup program. Bring a yoga mat.

Days/Time: (T/Th) 10:30 - 11:30am

Location: DCCSC

Yoga

Ages: Adults

Instructor: Jill Hartman

This class is Yoga for all levels. Create mobility as you strengthen and lengthen. Foundation of poses, light vinyasa flow, and pranayama breathe work. Bring a yoga mat.

Days/Time: (T/Th) 12pm & 6:45

Location: DCCSC

(Sa) 10:30am (Dates TBA)

Cost: \$5/drop-in fee or \$40/month punch card

Note: punch cards expire at the end of each month

SPECIAL EVENTS



Family Roller Skating Night

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

Time: 5 - 8pm
 (Sa) 1/7
 (Sa) 2/11
 (Sa) 3/4
 (Sa) 4/8

Location: DCCSC
Cost: \$5/adults
 \$3/Seniors & under 12
Skate Rental: \$2.00

Family Movie Night Movie: TBD

Wear your pajamas, bring a blanket and pillow and join the FUN!! Popcorn, candy and drinks available for purchase. Children under 12 must be accompanied by paid adult. Movie starts at 6pm.

Time: Doors open at 5:30pm
 (F) 3/17

Location: DCCSC
Cost: \$5.00 per person

Valentine's Day Father / Daughter Sweetheart Dance

Ages: All

What better way for dad to celebrate Valentine's Day than with a night out with his favorite girl...his daughter. Come spend a very special evening on the town for fathers (or adult chaperone) and daughters. Couples will dance to DJ music reflecting all tastes and styles. Refreshments will be served and photo keepsakes of the evening will be available for an additional fee. Tickets are only \$10 each. Because of the popularity of this event, early registration is strongly recommended as spaces are limited.

Time: 6 - 8:30pm
 (Sa) 2/4

Location: DCCSC
Cost: \$10/ticket

BIRTHDAY PARTIES

Plan your next family gathering or birthday party at the Community Center! NEW Party packages available. For more information or to reserve a party, call 782-5500 ext. 1

PARTY PACKAGES

Make your party special...with a theme

Skate Party- Includes skating for one hour, skates, party room, kitchen, tables & chairs \$150

Archery Party- For ages 12 & up - includes Archery Tag Equipment for one hour, party room, kitchen, tables & chairs \$150

Court Party- Choose basketball, volleyball, racquetball, pickle ball, badminton for one hour, party room, kitchen, tables & chairs \$125

Toddler Party- Includes toddler toys for one hour, bounce house (8 & under only), party room, kitchen, tables & chairs \$150

A \$200 refundable deposit is required at time of reservation. Prices are for a two hour rental. One hour of activity time occurs during two hour rental window

Archery Tag

Ages: 6th grade and up

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!

Time: 6 - 8pm
 (Sa) 1/21
 (Sa) 2/18
 (Sa) 3/18
 (Sa) 4/22

Location: DCCSC
Cost: \$7/adults
 \$5/Seniors & 6-12 grade

Eggstravaganza!

Ages: 3-10years old

A hopping good time for families with kids of all ages! Come join Recreation Department staff for spring crafts, fun and games. Photos with the Easter Bunny will be available for an addition cost.

Time: 10am - 12pm
 (Sa) 4/1

Location: DCCSC
Cost: \$5/child

Mother / Son Dance

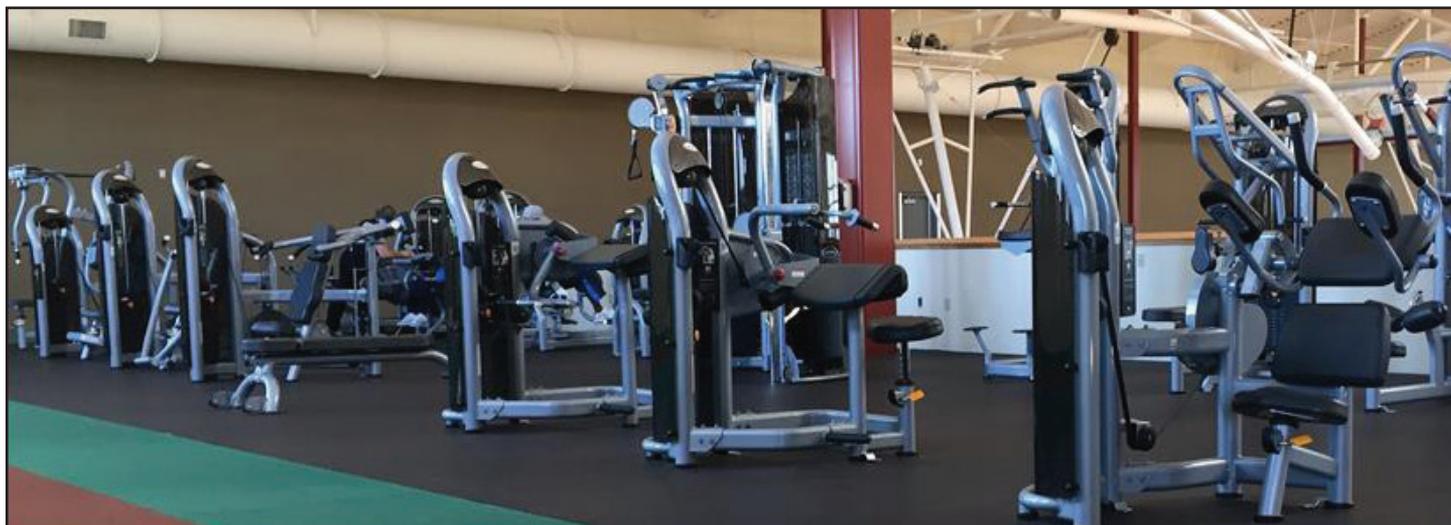
Ages: All

What better way to show mom how much you care than to go out for an evening of dancing with her favorite little gentleman... her son! Come spend a very special evening on the town for mothers (or adult chaperone) and sons. 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. Tickets will be available starting March 3rd. Spaces are limited; get your tickets early for this fun annual event!

Time: 6 - 8:30pm
 (Sa) 4/29

Location: DCCSC
Cost: \$10/ticket

GYM ORIENTATION AT DCCSC



First Friday of the month at 9:00am FREE Gym Orientation

This is not a personal training session but an introduction to weight machines & cardio equipment, their uses & adjustments, to help you feel more comfortable using the Gym & Fitness Center on your own.

Douglas County Community Center offers Personal Trainers to help you reach your goals.

If you are looking for that extra guidance to achieving 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.



Jessica Fagundes
ACE Certified Personal Trainer

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



Nick Lonnegren
Intl. Fitness Assoc. Certified Personal Trainer

Bachelors Degree: Kinesiology
Masters Degree: Sport 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



Lisa Wright
ACE Certified Personal Trainer

I was motivated to become a personal trainer after my own weight loss success with a trainer. Whatever your goals may be, weight loss, overall fitness, health improved strength or training for an upcoming event, I am motivated to assist you in reaching your personal goal.
775-450-9065 • dynagirl2011@hotmail.com



YOUTH SPORTS

Coed Youth Volleyball Leagues

These leagues are for beginner to advanced players, emphasizing skill development and fun competition. There will be: 3rd/4th, 5th/6th, 7th/8th and High School 9th-12th grade. Participants will be randomly assigned to a team through a draft system. All games will be played on weeknights with at least one practice set aside each week. Practice sites may vary with weeknight games (TBA) volunteer coaches will be used. (Enrollment based on number of head coaches) Sign up players fast, as space is limited. (Max 10 players per team)

Cost: Includes t-shirt, awards & officials

\$80 Early Registration: February 1st - March 6th

\$90 Regular Registration: March 7 until full

(Enrollment based on number of head coaches)

Player Draft in March (TBA)

Location & Game Time:

5:30pm-6:30pm-7:30pm-8:30pm (weeknights)

All game played at Community Center

Games begin mid-March

League Divisions offered:

3rd/4th grade Coed

5th/6th grade Coed

7th/8th grade Coed

(9th-12th) grade Coed

A parent permission slip must be completed at time of registration.

Sign up players fast, as space is limited. (Max 10 players per team)

Volunteer Coaches Needed:

Coach Application & Background Checks must be received by Friday, February 19, 2016 (Player enrollment based on number of coaches approved before draft can take place)

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

Youth Sports Organization

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.cvaysso.org
- Carson Valley Little League** 782-7303
- Carson Valley Fast pitch**..... 265-6447
- Carson Valley Swim Center**..... 782-8840
www.cvswwim.com
- Pop Warner**..... 782-8777
www.douglaspopwarner.com
- Youth Basketball Leagues** 782-5500
www.dcpssports.com
- Youth Flag Football Leagues** 782-5500
www.dcpssports.com
- Youth Volleyball Leagues** 782-5500
www.dcpssports.com
- Carson Valley Basketball**..... www.cvba hoops.net
- Zephyr Cove Ski Club**..... 901-0386
www.zephyrcoveskiclub.com
- Douglas Ski Club**
- Saturday..... 782-3543
- Sunday..... 721-8623 or 450-9077

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

Adult Open: Basketball League

Ages: 18+

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.

Time: 5:30pm-8:30pm

Location: DCCSC

Registration: Early: \$550 2/6 - 3/3
\$600 after 3/3

Registration Deadline: March 10

Season: (F) Starts March 24

Managers Meeting: A managers meeting will be held prior to season. Time and location TBD. Schedules will be available at the meeting.

Adult Softball Leagues

Ages: 18+

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

Time: 6:30 - 7:45 - 9pm

Location: DCCSC

Registration: Early: \$475 3/6 - 4/7
\$525 after 4/7

Leagues

- (T) Men's League (all levels)
- (W) Men's League (all levels)
- (W) Women's league
- (Th) Coed League

Registration Deadline: April 7

Season: Starts week of April 24

Managers Meeting: A managers meeting will be held Prior to season. Time and Location TBD. Schedules will be available at the meeting.

Pickle Ball

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 \$3/\$5/\$7 drop-in fee.**

ADULT SPORTS

Adult Spring Volleyball Leagues

Ages: 18+

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.

Time: 6:45 & 7:45pm

Location: DCCSC

Registration: Early: \$250 2/1 – 3/3
\$300 after 3/3

Registration Deadline: March 20th

Season: Starts March 27th

Leagues Offered: (M) Women's (6 on 6)
(Th) Coed "B" (6 on 6)

Shuffleboard

Fun for everyone! Floor shuffleboard, is a game in which players use cues to push weighted discs, sending them gliding down a narrow and elongated court, with the purpose of having them come to rest within a marked scoring area.

Free to members or \$3/\$5/\$7 drop-in fee.

CV Table Tennis Club

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

Days/Times:

Location: DCCSC

(M) 7 - 9pm

(F) 6 - 9pm

(Sa) 1 - 3pm

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 \$3/\$5/\$7 drop-in fee.**

VALLEY CLASS LOCATION CODES

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

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!



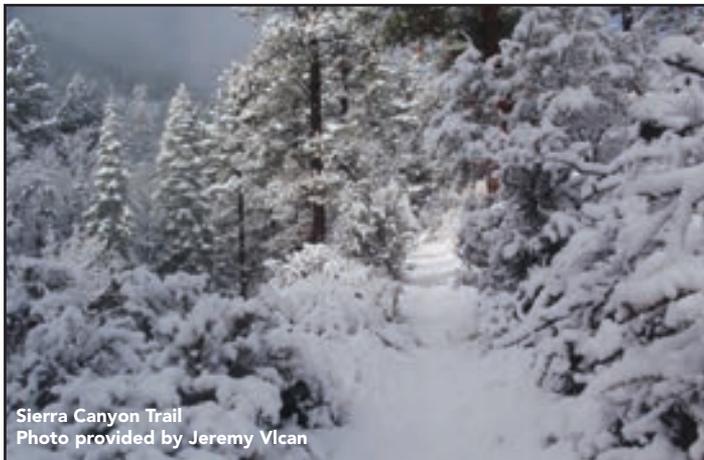
Dangberg Home Ranch Historic Park

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

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.

COMMUNITY



Sierra Canyon Trail
Photo provided by Jeremy Vican

Hit the Trails for Winter Fun!

Winter is a great time to hit the trails for hiking, snowshoeing or cross-country skiing. The Carson Valley offers a number of trails for outdoor winter fun. The Fay-Luther/Job's Peak Ranch, Genoa and Clear Creek trails on the west side of the valley provide panoramic valley views. The Bently Heritage trail on the northeast side of the valley has several loops and provides access to the Carson River. The Pinyon trail east of Gardnerville offers scenic Sierra views. For more information about these and other nearby trails, visit the Carson Valley Trails Association's website: www.carsonvalleytrails.org.

A.V.I.D. - Active Volunteers In Douglas

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



Carson Valley Adult Day Club is OPEN!

Our trained staff are excited to be providing respite to those selfless caregivers who go out of their way each day for their loved ones. We are utilizing the Community and Senior Center for some of our everyday activities. Please pick up a calendar at the front counter for someone who just needs a little extra TLC. Then give us a call at 775-782-5500, option 9 to talk about setting up for your visit!

Douglas County Community Health

Is now at the Community Center located at
1329 Waterloo Lane in Gardnerville

Hours - M-F 8:30 - 4:30

Services Offered

Vaccinations for all ages • TB testing • Family Planning
Women's health • Sexual health/STD testing

Main Library Story Time

Whether you want to come for story time, to borrow a good book or to do a little research, you can visit Douglas County's Minden Library at 1625 Library Lane, Minden. Story time is offered for children based on their age. Choose the time and day that works best for your family.

Toddler Story Time* (Ages 18 mos - 3 years)

Time: (T & W) 10:30am **Location:** ML

Preschool Story Time* (Ages 3 - 5 years)

Time: (W) 10:30am **Location:** ML

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

Library Hours

Monday, Tuesday, Wednesday

10:00am to 7:00pm

Thursday & Friday

10:00am to 6:00pm

Saturday

10:00am to 5:00pm

Closed on Sundays and holidays

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



ACTIVE ADULTS

Douglas County Senior Services

1329 Waterloo Lane, Gardnerville, 783-6455

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.

Congregate Dining

The Douglas County Senior Center serves lunch Monday - Friday at 12pm. Reservations are not required. The suggested donation for lunch is \$3.00 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7.00 for lunch, with an exception for caregivers (\$5.00).

Topaz Congregate Dining

Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the Topaz Ranch Estates Community Center located at 3939 Carter Way. The suggested donation for lunch is \$3.00 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7.00 for lunch, with an exception for caregivers (\$5.00).

ACTIVE ADULTS

North County Congregate Dining

Congregate Dining is provided each Wednesday, and Friday at 12pm at the James Lee Park GID located at 3394 James Lee Park, Carson City (Indian Hills). The suggested donation for lunch is \$3.00 each day for Seniors 60 years and older. For guests who are under 60 years of age, is \$7.00 for lunch, with an exception for caregivers (\$5.00).

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 of \$3.00 per meal.

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) 783-6456.

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.



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 \$4.00 an hour.

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 (775) 783-6455.

AARP Driver Safety Course

Instructor: Dennis Hogan

This class is a refresher course with emphasis upon how age-related changes affect driving. For drivers age 55 and older. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the class may be eligible for a discount on their auto insurance. Pre-registration is required by calling the Douglas County Senior Center, 783-6455. There is a \$15 fee for AARP members and \$20.00 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 to receive the discounted rate.

Time: 8:30am to 1pm

Location: SC

Dates for 2017: March 18

May 20

July 15

September 16

November 18

UPCOMING EVENTS & TRIPS

(All of our Trips are Open to the Public). Contact the Senior Center (775) 783-6455 for pricing and/or further information.

Join us on our upcoming events & trips:

January 12th – Van Gogh & Vino

January 27th – Senior Health Fair

January 28th – Motown

February 9th – Meadowood Mall Trip

February 10th – Senior Dance

February 14th – Valentine's Day Celebration

February 17th – 90+ Birthday Celebration

February 25th – Dirty Dancing Trip

March 9th – Van Gogh & Vino

March 17th – St. Patrick's Day Celebration

April 13th – Summit Mall Trip

April 14th – Easter Hat Parade and Celebration

April 27th – Senior Dance

April 29th – The Illusionists Trip

ACTIVE ADULTS



Young at Heart (YAH)

Young at Heart is a non-profit 5013c organization that has in service for forty years. Our membership has grown significantly over the years and is now over 700+ members. The Young at Heart is the fund raising arm for seniors in Douglas County. We support and fund many activities and clubs for all seniors in Douglas County. Our main goal is to fund the Hot Soup Program where this year 2015-2016 have served over 31,000 bowls of soup. In addition, we working to add more activities and fund raising event's next year. Our membership dues is only \$5.00 per calendar year and is open or all ages. We are always looking for volunteers to help us during the year and you do not need to be a senior to volunteer.

Young at Heart Bingo

Come join us for a fun and exciting afternoon of community bingo on the third Sunday of each month at the Douglas County Senior Center. Doors open at noon with early bird games starting at 1pm and regular games beginning about 1:30pm. All proceeds go to benefit the Young at Heart Citizens Club, which supports activities and programs for the senior community. Although games are played at the Senior Center, Bingo is open to everyone over 21 years of age. For more information contact the Senior Center at (775) 783-6455.

YAH Gift Shop

Young at Heart sponsors a gift shop located in the Senior Center lobby. It is open from 10am-2pm Monday through Friday. All items are hand made 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 783-6455.

LIFE OPTIONS ACTIVITIES

Dementia & Alzheimer's Support Group

This group meets every 4th Wednesday from 10:30-11:30am at the Douglas County Senior Center in the conference room. Contact the Senior Center to find out when the next meeting is scheduled (775) 783-6455. The group will focus on helping caregivers of loved ones stricken with dementia address various issues associated with the progression of dementia and Alzheimer's and its affects.

LIFE OPTIONS ACTIVITIES



Senior Resistance Exercise

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

Blind/Low Vision Support Group

Meets every 1st Thursday of the month at 10:30am-11:30am in the Douglas County Senior & Community Center in the Carson Valley Medical Resource Conference Room. They offer information and support to those with vision challenges, discuss topics of interest and devices that are available to assist those with sight impairment and blindness. For more information, please call the Douglas County Senior Center at 783-6455.

Senior Walking Group & Pickle Ball

Join us every Monday, Wednesday and Friday from 1:00pm-2:00pm and Tuesday and Thursday from 10:00-11:00am for our walking group and Pickle Ball. All seniors are welcome to join either group during these times to walk our indoor walking track, play basketball, volleyball or pickle ball during **This does not include access to workout equipment.**

Therapy That Makes Sense

Lileo T. Sunderland, M.F.T.

- Marriage • Family
- Individual Counseling

Licensed in Nevada and California

775-783-1136

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



Lileo Sunderland
M.F.T.

LIFE OPTIONS ACTIVITIES

"Coping with Change" a Senior Support Group

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

Diabetes Support Group

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

Parkinson's Disease Support Group

The focus of this group is to talk, share experiences and learn how to live with this chronic condition and how to slow down its progression through exercise. We will discuss exercises that will help with rigidity and balance. This group will meet on the 3rd Wednesday of each month at 1:00pm. In the Carson Valley Medical Center Resource Room in the Community Center. For more information, contact the Senior Center.

Parkinson's Boxing Classes

The focus of this class is to help people with Parkinson's disease enhance their daily quality of life and even build impressive power, strength, flexibility and speed! The coaches will work with various techniques, focusing on balance, striking, and so much more. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. The classes will take place scheduled Wednesdays of each month, from 4-5pm in the Ranchview Room and is free of charge. For more information and specific class dates, contact Sheri at 783-6455



**11th Annual
Little Miss Douglas County Pageant**

Pageant date:
Saturday, May 6, 2017

Pageant meeting:
*Saturday, April 15, 2017
10:00 AM*

For entry forms email: littlemissdouglascounty@yahoo.com
Facebook page/[littlemissdouglascounty](https://www.facebook.com/littlemissdouglascounty)
Pageant directors: Ann Peters & Lisa Prosser
Contact: 775-690-5358 • 1697 County Rd., Minden



Green Thumb Garden Club

Meets at 10am on the 4th Monday of the month from March - November at the Douglas County Community and Senior Center. They discuss different topics each month regarding taking care of your gardens and yards, plus have guest speakers and scheduled bus trips.

Creativity through Knitting, Crocheting & Needle Point

Do you enjoy knitting, crocheting and/or needlepoint? Come join the group and get tips and support for your projects. The group meets from 9am - 12pm 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 & Crafts

The Senior Center has a free senior crafting and art class every Wednesday from 9am-12pm, in the Senior Center Ceramics room. There are many arts and craft options to choose from and vary from projects you can finish in one day, or projects you can work on over time. You are also welcome to bring your own. All supplies are provided. Come join us! For more information, contact Sheri at 775-783-6455

Watercolor Classes

These classes are offered at the Senior Center on the 2nd and 4th Thursday of the month from 9:00a.m. to noon. Cost is \$25.00 per class per person which includes all materials and a completed picture to take home. For more information call instructor Lada Trimble at 882-6061.

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 Esther and Alice or call the center for more information.

LIFE OPTIONS ACTIVITIES



Anytime Fitness 24/7 Fitness Club!

Ages: 60 & over

Anytime Fitness is Minden/Gardnerville's only fitness club open 24 hours a day and 365 days per year with access to over 2000 clubs across ALL 50 states, so we are a great option if you travel! Our entire staff is certified in health & fitness and will be able to assist you to meet your goals. Our facility offers treadmills, cross trainers, recumbent bikes and strength circuit machines. We also have a group fitness studio and offer **FREE HOT YOGA**, free senior stretch & senior strength classes!! Anytime fitness offers seniors a discounted membership rate, **NO** enrollment fees, 3 free training sessions, & your first month **FREE** when you mention Senior Services "LIFE OPTIONS PROGRAM"! For more information about senior membership, please contact Greg, Bonz, Lisa or Jessica at (775)-783-5130.

1352 HWY 395 Suite 101-105, Gardnerville, NV 89410
www.anytimeville.com

Pulse Fitness

Ages: 60 & over

Stay healthy and active with Pulse Fitness as part of the Senior Services "Life Options" program. If you are 60 and older, you can enjoy the benefits of feeling great and maintaining your health from our various fitness programs for just \$24 per month. We offer low impact aerobics, Pilates, yoga, treadmills, elliptical machines, bikes, free weights, and selectorized machines. Relax in our dry sauna or finish your workout with a healthy drink. All new members will receive a consultation from a Personal Trainer to get you started on your way to a healthy lifestyle. Monthly dues are \$24, and for seniors there is no Enrollment Fee and a one time \$29 Processing Fee. For more information contact Pulse Fitness at 782-2705 and ask about a senior membership. A one year commitment is required.

Time: Monday - Friday 4:30am - 10pm
Saturday & Sunday 7am - 7pm
885 Mahogany Drive, Minden, NV 89423
www.PulseFitnessNV.com

CrossFit Carson Valley Silver Group

Do you need a little Help getting started with your fitness goals? Are you rehabbing from an injury and are ready to start a fitness routine? Are you looking to get into shape and want to try something new? Do you want a supportive community of likeminded individuals that will cheer you along the way to meeting your goals? If you answered YES to any of these questions, Silvers IS the class for you! CrossFit Carson Valley SILVERS are our Masters community of athletes. This functional fitness program is a non-traditional way to get in shape through constantly varied LOW-impact higher intensity workouts, in a group setting, with a certified coach leading every workout, that can be scaled down or up to meet the athlete's mobility and fitness level

Classes are Monday - Wednesday - Friday at 9:00am
CALL TODAY TO TRY YOUR FIRST THREE CLASSES FREE!!!
1291 Industrial Court, Ste. #B, Gardnerville, NV 89410
775-782-0109 • info@crossfitcarsonvalley.com





Will you be able to tell once it stops being **AN**
EXPERIMENT
and begins to be
your life.

Addiction has many faces
and many beginnings.



Get Prescription Drug educated at
partnership-resource.org.



Carson Valley Arts Council Concert Series 2017

Two on Tap Friday, Feb. 10, 2017

CVIC Hall, Minden
Advance tickets \$22 and \$26 at door
Under age 18 FREE



TWO ON TAP brings audiences back in time to an era when couples like Fred & Ginger and Mickey & Judy filled the silver screen with undeniable chemistry, effortless harmony, and precision tap dancing. Gorgeous vocals, exciting choreography, and unique musical arrangements all take center stage in three different two-act shows which have entertained tens of thousands worldwide! See and hear them www.two-on-tap.com

Young Irelanders April 7, 2017

CVIC Hall, Minden
Advance tickets \$24 and \$28 at door
Under age 18 FREE



Irish traditional music, song & dance runs through their veins. Although still in their 20's and 30's, these performers have achieved more than most people would aspire to in a lifetime. They have performed for many heads of state, Presidents of Ireland, US Presidents. Hear and see them at www.theyoungirelanders.com

The Bills May 5, 2017

CVIC Hall, Minden
Advance tickets \$24 and \$28 at door
Under age 18 FREE



Strings, bellows, keys, voices, skin and bows – these are the vehicles for The Bills' unique sonic approach. With individual band members sporting world-class credentials in folk/roots, jazz, classical and world music, The Bills truly are a Canadian acoustic music super-group, and their combined creative studio talent and explosive live shows have made them legendary folk/roots entertainers. Hear them online www.thebills.ca

Become a Friend of CVAC and SAVE!

- Season tickets
- Friends \$75 • General Public \$100 (\$110-135 value)
- "Pick 3" Pack
- Friends \$50 • General Public \$65 (\$70-84 value)

To purchase individual tickets or packages: Call 775-782-8207 or online: www.cvartscouncil.com or at the CVAC office. Individual concert tickets are available during business hours at the Douglas County Community Center, 1329 Waterloo Lane, Gardnerville. Advance ticket prices are available till noon on concert date.

Carson Valley Arts Council
1572 Hwy 395, Suite A, Minden NV 89423

CARSON VALLEY SWIM CENTER

PRICING AND PASSES

PROGRAM	DAILY
Public Swim	
Adult (18+ years)	\$5.00
Adult with Child (6 and under)	
Seniors (55+ years)	\$3.00
Youth (7-17 years)	\$3.00
Disabled	\$3.00
Family	\$15.00

Passes Available

Daily • Monthly, • 3 Month • Annual

For our NEW and EXCITING Swim Lesson Program please visit www.cvswim.com

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



POOL SCHEDULE

Adult Swim
 Mon - Th 5:30am - 7:30pm
 Fri 5:30am - 8:30pm
 Sat/Sun 7:30am - 6:00pm

Public Swim
 Mon - Th 9:00am - 7:30pm
 Fri 9:00am - 8:30pm
 Sat/Sun 11:00am - 6:00pm

Therapy Pool (Adults, Seniors, Disabled Only)
 Daily Opening - 2:00pm
 (Youth 6 and under with adult in water)
 Daily 2:00pm - Close

Toys
 Daily 11:00am - Close

Water Slides
 Fri 5:30pm - 8:30pm
 Sat/Sun 11:00am - 6:00pm

Climbing Wall (alternates with High Dive)
 Daily Afternoons

Exercise Room

Mon - Th 5:30am - 7:30pm
 Fri 5:30am - 8:30pm
 Sat/Sun 7:30am - 6:00pm
 Check website calendar for closures, holiday schedules, swim meets and program changes.

CLASSES

Youth Drop In Lessons
 (Time depends on level)
 Sat \$7/Lesson 9:30, 10:00, 10:30 am
 Tues/Thur 4:00pm
 4:30pm
 5:00pm

Call ahead each week beginning at 9:00am on Monday

Adult Drop In Lessons
 Sat 10:00am \$7/Lesson

Parent/Child Lessons
 (6 months to 3 years)
 Sat 10:30 - 11:00am \$7/Lesson
 Tue/Thur 11:00am - 11:30am

Water Exercise Classes
 Mon - Sun (1 hour classes)
 \$6 Per Class Adults
 \$5 Per Class Seniors (passes available)
 Pick-up flyer at front desk or www.cvswim.com



U.S.A Swimming Certified Coaches Head Coach: Kat Matheson
 We are Carson Valley's year around, competitive, multi-level swim club for youth 5-18. We swim at the Carson Valley Swim Center in Minden, Nevada. Please contact the parent liaison at 760-985-8096 or visit www.ddst.org

Your Community Pool



Family Friday Nights
 5:30-8:30 PM - Only \$2 per person!
 Climbing Wall - Water Exercise Classes
 Adult Lap Swim Lanes - Therapy Pool
 Swim Lessons for All Ages - Exercise Room
 Volleyball - Party Rentals Available



775.782.8840
www.cvswim.com
 1600 Hwy 88, Minden, NV
 Open 7 Days a Week



CITY OF SOUTH LAKE TAHOE RECREATION SERVICES



**1180 Rufus Allen Blvd.
South Lake Tahoe, CA 96150
(530) 542-6056
Fax (530) 542-2981**

Value Passes Available

20-Use or 90 Day
Full Facility Access ALL DAY!

Recreation Center Hours

Open 6 Days a Week

Monday - Thursday 6:30am - 8pm

Friday 6:30am - 6:30pm

Saturday 9am - 6:30pm

www.cityofslt.us/recreation

Superintendent Message

Lauren Thomaselli

Recreation Superintendent

The wheels are turning and momentum is building to improve recreation services in South Lake Tahoe. On November 8, 2016 voters approved Measure P for "Play"! Backed by the Lake Tahoe Lodging Association and Boys and Girls Club of South Lake Tahoe, 100% of the revenue generated by Measure P will be utilized for the special purpose of construction, operation and maintenance of a new Recreation and Swim Complex as set forth in the adopted Parks, Trails, and Recreation Master Plan. The current recreation complex was built in 1975 and is in substantial need of repair and modernization. This project will add significantly to the quality of life for residents and the overall experience for visitors. To view the design or learn more about how you can participate in the developing project visit our website www.cityofslt.us/recmasterplan

Another exciting recreation project due for completion in Fall 2017 is construction of additional multi-sport fields located on Al Tahoe Blvd across from Bijou Park. The natural turf fields will be ideal for soccer, softball, baseball, lacrosse, and other field sports. The additional fields also fulfill a master plan recommendation to improve recreation amenities in South Lake Tahoe.

While these projects are underway residents and visitors are encouraged to explore the many existing recreation opportunities in and around the South Lake Tahoe area. The current recreation facility is in full operation. For a single day use fee patrons have access to the entire facility including the swimming pool, weight room, pickle ball, basketball, traversing wall, ping pong, showers and locker room facilities. The South Lake Tahoe Recreation Center is conveniently located adjacent to the South Tahoe Ice Arena. If you are looking to get out of the winter wind and play indoors come on down to 1180 Rufus Allen Blvd to skate, swim or play ball!

On behalf of the City of South Lake Tahoe Recreation Services Department we thank our neighbors in Douglas County for partnering with us to consolidate our vast array of recreation services in one comprehensive Regional Recreation and Transportation Guide.

Enjoy the year round playground!

Lauren Thomaselli



CITY OF SOUTH LAKE TAHOE
Recreation Services

RECREATION AND SWIM COMPLEX

**ONE FEE FOR
FULL FACILITY ACCESS ALL DAY!**

Adult \$6.00

Senior/Disabled \$5.00

Youth \$4.00



*"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
- Pickle-Ball courts
- Traversing wall
- Public Piano
- Outdoor playground and picnic area
- Meeting rooms



WALK-IN REGISTRATION

Registration accepted at Recreation Complex during business hours.

Accepted forms of payment ; cash , charge

ONLINE REGISTRATION

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 14th - October 15th)
- Lake Front Wedding location at Regan Beach West
(May 14th - October 15th)

For information and reservations call 530-542-6058
or email facilityrental@cityofslt.us

FITNESS CLASSES



Jazzercise

Ages: All

Location: SLT Recreation Complex

For days and times go to www.jazzercise.com

New!! PICKLE BALL



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

"We are enjoying your facility and friendly locals" Beth, visitor from Pittsburg.

MARTIAL ARTS

Tae Kwon Do & Arnis

Location: South Lake Tahoe Senior Center

3050 Lake Tahoe Blvd.

Instructors: Chris & Rick Manglinong

For days and times go to christinamang@yahoo.com or call 530-721-0216



Zumba

Location: Recreation Complex/Cedar Room-1180 Rufus Allen Blvd.

Instructor: Myee Avecilla

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!

Cost: \$10.00 drop-in fee or 10 Use Punch card for \$60.00

To register online: www.cslt.siplay.com

CLASSES IN YANG STYLE T'AI CHI CH'UAN



Training for all ages to improve strength, flexibility, mental concentration and awareness and physical relaxation. In this Beginning Level Class Students will learn a complete warm-up practice and a simplified (Introductory) practice of T'ai Chi Chuan.

Ages: The Art T'ai Chi Ch'uan may be practiced by students of all ages.

Time: Wednesday's Beginning January 25th from 5:00 - 6:30 pm

Location: Recreation & Swim Complex Aspen Room 1180 Rufus Allen Blvd.

Cost: \$80 for 8 week class (break on Feb. 22)

Registration: www.cslt.siplay.com or in person at the Recreation Complex.

About the Instructor: Gregory Hoffman, has been teaching T'ai Chi Ch'uan for over 30 years all around the world. To learn more contact Gregory 310-614-3835.



Blue Lake Aikido

Location: SLT Recreation Complex 1180 Rufus Allen Blvd.

Instructors: Mark & Jen Dulyanai
For Days and Times go to

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

AQUATIC CENTER — Information & Classes

Swimming Lessons

Fees range from \$35 to \$45 for group lessons

All Classes arranged by age group and ability

Course descriptions, purpose and entry requirements

6 MONTHS TO 3 YEARS — PARENT AND CHILD AQUATICS (PC 1, 2)

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

4 YEARS AND 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+ — 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

Days: Tuesday and Thursday 6am -7am

Cost: \$10 drop in

\$90 for 10 use punch card

(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

9:00-10:00 am

10-Use Discount Pass:

Adult \$50.00

Senior/Disabled \$40.00

Drop-In Fee:

Adult \$7.00

Senior/Disabled \$6.00



PRIVATE SWIM LESSONS

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

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

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

HAVE YOUR CHILDS NEXT BIRTHDAY PARTY AT THE RECREATION AND SWIM COMPLEX!

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

Cost: \$80.00 for 10 participants

(children and adults)

\$5.00 for each additional guest

Days: Saturdays Only

Swim Time: 1:30 - 4:30pm



SENIOR CENTER, ACTIVITIES & SERVICES

Location: 3050 Lake Tahoe Blvd. South Lake Tahoe

General Information: (530) 542-6094

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 T.V. 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.



SENIOR FITNESS

Tuesdays & Fridays

10:45 am -11:30 am

at the Recreation Complex Gymnasium



ONGOING ACTIVITIES

- **Big Band Dances 7:30pm-10pm**
Last Friday of the Month
Admission \$10.00 –All ages invited
- **Senior Lunch served Monday thru Friday 12pm noon**
- **Bingo**
- **Support Groups**
- **Arts and Crafts**
- **Various Bridge Groups**
- **Guest Speakers and Pot Luck events**

SOUTH LAKE TAHOE ICE ARENA

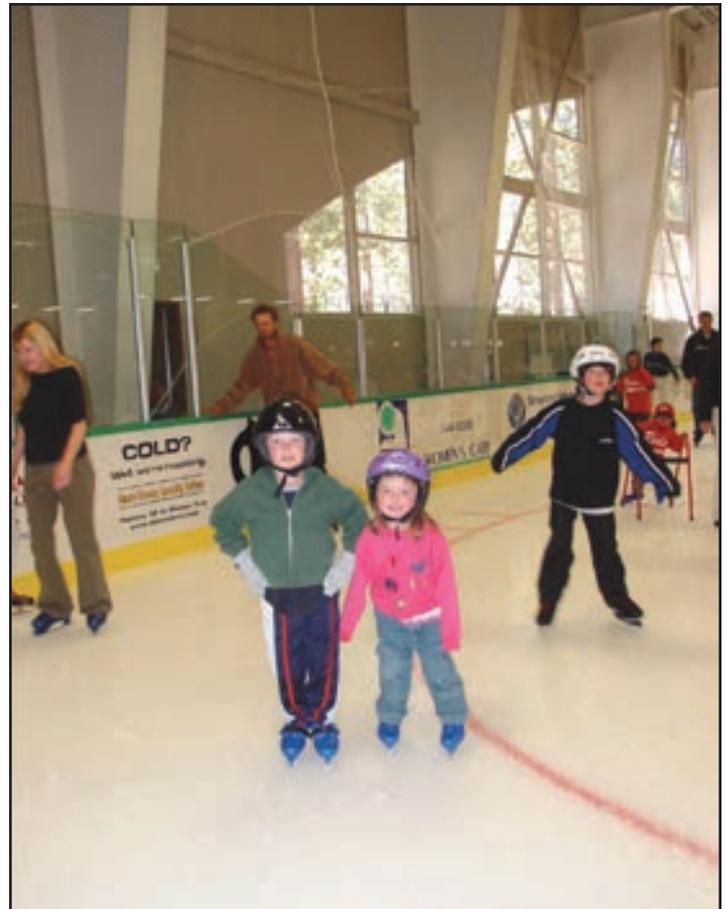
Location: 1176 Rufus Allen Blvd.

General Information:

530-544-RINK (7465)

www.tahoearena.com

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!



Choices for Children



Choices for Children & the City of South Lake Tahoe
Recreation Services Present

DAY OF THE YOUNG CHILD

A family day with **FREE** Early Childhood Activities

Booths and games throughout the Recreation Center
located at 1180 Rufus Allen Blvd.

Saturday, March 11, 2017

FREE

FOR MORE INFORMATION ON BECOMING A SPONSOR OR
PROVIDING A BOOTH ACTIVITY PLEASE CONTACT 530-541-5848



CITY OF SOUTH LAKE TAHOE
Recreation Services

EXPLORE TAHOE: Urban Trailhead Visitor Center

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



Location: 4114 Lake Tahoe Blvd.

General Information: 530-542-4637

Open: 7 days a week 9:00AM-5:00PM

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.

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



STATELINE TRANSIT CENTER

Location: 4114 Lake Tahoe Blvd.

General Information: 530-541-7149

www.tahoetransportation.org

Providing access to public transportation and complimentary 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 Page 36-38 for transit routes and times. Amtrak serves as a link between Lake Tahoe and the Sacramento Valley daily.

NATIONAL WINTER TRAILS DAY CELEBRATION!

Saturday, January 14, 2017

Celebrate Winter Trails by participating in a FREE guided snowshoe hike in Van Sickle Bi State Park. Participants will learn about Lake Tahoe's pristine environment while experiencing the enjoyment of snowshoeing.

Time: 10am – 1pm

Cost: FREE! Event open to first 20 people.

Register Register in advance by calling 530-541-6059 or email: kedwards@cityofslt.us

Location: Explore Tahoe, An Urban Trailhead Visitor Center located at 4114 Lake Tahoe Blvd.

What to Bring: Bring your own snowshoes, dress in layers, wear hat and gloves, and bring plenty of water. Enjoy hot cocoa and snacks following the hike at the visitor center.

KAHLE COMMUNITY CENTER

Passes Available

Daily • Monthly • 3 Month • Annual

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

Facility Rentals

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



Recreation Center Hours

NOVEMBER - APRIL

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

MAY - OCTOBER

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

- Closed Most Holidays -

12/24 at 5pm	1/16
12/25 & 12/26	2/20
12/31 at 5pm	4/16
1/1/ & 1/2	5/29

WALK-IN REGISTRATION

Registration accepted at Kahle Community Center Monday through Friday 6am to 10pm, Saturday 8am to 8pm, Sunday 11am to 4pm

MAIL-IN REGISTRATION

Kahle Community Center, P.O. Box 5040, Stateline, NV 89449

Make checks payable to (DCPRD) Douglas County Parks & Recreation Department.

Send payment with name of enrollee and program title.

FAX OR PHONE REGISTRATION

Register by phone using a M/C or Visa by calling (775)-586-7271 or by fax to (775)-586-7273.

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

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

Located at 236 Kingsbury Grade, Stateline, NV 89449

(775) 586-7271 • Fax (775) 586-7273

KAHLE CLASS LOCATION CODES

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

PRE-KINDER

Roots and Wings Preschool at Kahle Community Center

Accredited by the National Association for the Education of Young Children and proud to be the first *****five star rated preschool in the state of Nevada.

Director: Shelly Martinez

We are delighted to offer a part-time developmental preschool program at Kahle Community Center. We endeavor to create an environment in which children respect themselves and others, while inviting their young minds and bodies to think, create, explore, discover, and wonder! Our goal is to inspire a lifelong love of learning. Age appropriate activities in the following curriculum areas will be offered daily: art, math, science, language, sensory, cognitive development, practical life, dramatic play, music, fine and large muscle development.

- **Licensed Pre-school designed for 30 months to ready for Kindergarten (child need to be toilet learned)**
- **Program Hours: 9am – 12 pm Monday – Friday**
- **2 – 5 day programs: \$24 per day effective January 1st, 2017**
- **Non-refundable Registration Fee: \$100 new students, \$60 returning students**
- **Waiting list and info call (775) 586-7271**

Twosday Mornings

Ages: Birth to Preschool

Instructors: Recreation Staff

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 arts, optional group circle time and use of indoor playground during class time.

Time: 9:30am - 11:30am

Location: KCC

(T) 1/10 – 1/31

\$12

(T) 2/7 – 2/28

\$9

*no class 2/21

(T) 3/7 – 3/28

\$12

(T) 4/4 – 4/25

\$9

*no class 4/18

Drop in participants are welcome. The fee is \$3 per class.

Story Time

Theme based stories for children

Ages: 3 – 8

Time: 9 – 9:30am

Location: KCC

Alternating Thursday and Friday Beginning 1/7

Zephyr Cove Library

(775) 588-6411

Hours: (W)

11am – 7pm

(Th/F/Sa)

9am – 5pm

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

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 will be available to purchase. Bring your own skates (no metal wheels) or rent a pair from us. Sizes are limited.

Time: 6 – 8pm

Location: KCC

(F) 4/28

Cost: \$5/Adult, \$3 Children under 12/Seniors

Skate Rental: \$2

PRE-KINDER/YOUTH



Kiddie Kickers Indoor Soccer Program

Ages: 4* – 5

Staff: Recreation Leaders & Volunteer Coaches

This introductory soccer program is for beginners. Games will be played on Sunday afternoons at Kahle Community Center during the end of March through May. Volunteer coaches are needed.

Cost: \$45 includes team T-shirt & award

Registration: Begins 2/1 until full

Time: Games will be between noon – 4 pm

(Sun) 3/19 – 5/14

*Must be 4 years old by 4/1/2017

A parent permission form needs to be completed at time of registration.

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. **At least two weeks advance notice required.** For more information call (775) 586-7271.

SPECIAL EVENTS

Father/Daughter Sweetheart Dance

Sponsored by Harrah's/Harvey's
Resort Hotel and Casino

Be the coolest dad in town and dance the night away with your daughter! This is a very special evening for daughters and their fathers (or adult male chaperones) to dance and visit with friends. Refreshments will be served and a photo keepsake is available for an additional fee. This event sells out each year. Tickets go on sale Wednesday, January 4th.

Time: 7 – 9:30pm

Location: Harvey's (Convention Center)
(F) 2/10 \$10/per person



Tot Egg Hunt

Sponsored by the
Tahoe Douglas

Firefighter's Association

Ages: 0 – 6

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

Time: 11am SHARP!

(F) 4/14 FREE

Location: KCC
Gym open until 1pm

YOUTH/TEEN

School Out Fun Day

Grades: K-6th

Time: 7:30 am -6pm
(M) 1/30

Location: KCC
\$26

Presidents Break Adventure Days

Grades: 1st – 6th

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 sack lunch and spending money each day. Watch for a flyer coming home from school with more information.

Time: 7:30am – 6pm
(T – F) 2/21-2/24

Location: KCC
\$ 26/day

Fitness for Teens

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

Spring Break Adventure Days

Grades: 1st – 6th

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 sack lunch and spending money each day. Watch for a flyer coming home from school with more information.

Time: 7:30am – 6pm
(M – F) 4/17 -4/21

Location: KCC
\$ 26/day

Wednesday Morning Club

Grades: K – 5

What will your child do on the NEW late start days on the school calendar? How about a fun and safe program with supervised games and fun! Child enrolled into Wacky Wednesday's need to be dropped off at Kahle Community Center and will be transported to ZCES by DCSD school bus. Spaces are limited and pre-registration is required. For information or a registration packet, please contact the Kahle Community Center at 775-586-7271.

Time: 7 – 10 am
(W) 1 day/month Sept – April
1/18, 2/8, 3/8, 4/12

Location: KCC
\$6/day

Kid's Club Programs Grades K-6

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

Kahle Community Center

Early birds: 7 – 8:30am

\$2 drop in per day, school bus pickup.

Zephyr Cove Elementary School

Kids Club: 3 – 6 pm

*\$6 per day**

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

Teen Scene

Friday Nights at
Kahle Community Center

Grades: 6th – 12th

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

Time: 6:30 – 9pm
(F)

Location: KCC
\$5

*Free to pass holders

Climbing Wall at KCC

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

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

YOUTH/TEEN

Dog Obedience

Instructor: Guy Yeaman

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

Time: 7 - 8pm

(Th) 1/12 - 2/16

(Th) 3/9 - 4/13

(Th) 4/20 - 5/25

Location: KCC

\$80

\$80

\$80

CPR & First Aid

Instructors: Tahoe Douglas Firefighters

Would you know what to do if someone suddenly became injured or sick? Every day, there's the 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, other may be life-threatening. Please pre-register to ensure class will take place.

Time: 9am-4pm

Date: (S) 4/8

Cost: \$85



Zumba

Ages: 13 & up

Instructor: Nancy Taylor

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!

Date & Time: (M, W, F) 10:15am

(T, Th) 9:00am

Location: KCC

Cost: \$10/class

Punch Cards: 4/\$30, 10/\$60, \$70 gets you unlimited classes for the month. Punch cards expire at the end of each month.

**No class 12/26, 1/2, 1/16, 2/20*

ADULT FITNESS



Pilates

Ages: 13 & up

Instructor: Rose Marie Ottman

This is a multi-level fitness class centered on the Pilates mat 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 muscles groups and improve athletic performance
- Enhance spinal mobility and reduce back pain 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.

Time: 10:15-11:30am

Location: KCC

Dates: (T, Sa) Ongoing

Cost: \$11/class

Punch cards: 4/\$35, 8/\$62 – cards expire 4 weeks from date of purchase

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 Darla, Dave and Andy.



Jazzercise

Instructor: Sherry Baiocchi, Shannon Shearer

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 format such as Fusion, Core, Dance Mixx and Strength will incinerate up to 600 calories per hour. Start working it with THE NEW JAZZERCISE!

Date & Time: (M, W, F, Sa) 9am

(T, Th) 5:30pm

Location: KCC

Drop-in fee is \$10 per class to instructor

Monthly reduced fees are available

**No class 12/26, 1/2, 1/16, 2/20*

Yoga for Everyone

Instructor: Susan Glasson

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.

Time: 6:30-7:30pm

Location: KCC

Dates: (T) 1/3 - 4/25

Cost: \$5 drop in

(Scholarship may be available in case of financial hardship)

MARTIAL ARTS

Tae Kwon Do

Ages: 13 & up **Instructors:** Rick and Chris Manglinong
 Tae Kwon Do emphasizes such 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

Time: 6 – 7:30 PM	Location: KCC
(W) 1/11 – 1/25	\$18
(W) 2/1 – 2/15	\$18
*no class 2/22	
(W) 3/1 – 3/29	\$30
(W) 4/5 – 4/26	\$18
* no class 4/12	
(W) 5/3 – 5/31	\$30

Drop in \$10 per class

Philippine Stick Fighting Arnis

Ages: 16 & up **Instructors:** Rick and Chris Manglinong
 Arnis is a blending of the countless styles. Arnis is simple to learn and requires no special conditioning or raw physical strength.

Time: 7:30 – 8:30pm	Location: KCC
(W) 1/11 – 1/25	\$18
(W) 2/1 – 2/15	\$18
*no class 2/22	
(W) 3/1 – 3/29	\$30
(W) 4/5 – 4/26	\$18
* no class 4/12	
(W) 5/3 – 5/31	\$30

Drop in \$10 per class



Kiddie Kickers Indoor Soccer Program

Ages: 4* - 5 **Staff:** Recreation Staff & Volunteer Coaches
 This introductory soccer program is for beginners. Games will be played on Sunday afternoons at Kahle Community Center during the end of March through May. Volunteer coaches are needed.

Cost: \$45 includes team T-shirt & award

Registration: Begins 2/1 until full

Time: Games will be between noon – 4 pm
 (Sun) 3/19 – 5/14

*Must be 4 years old by 4/1/2017

A parent permission form needs to be completed at time of registration.

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.sltayso.org
- 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

Volunteer Coaches & Team Sponsors

Our Kiddie Kickers Soccer Program is in search of volunteer coaches. Without volunteer coaches this program is impossible. If you are unable to coach but would like to help out with these programs, the Recreation Division is looking for team sponsors. If you are interested in helping out, please contact Kahle Community Center at (775) 586-7271

Tae Kwon Do

Ages: 7 – 12 **Instructors:** Chris & Rick Manglinong
 Emphasizes such fundamental values as courtesy, integrity, self-discipline, and a positive self-image. The powerful techniques taught in Tae Kwon Do are exciting and a fun way to stay fit, as well as being an excellent form of self defense.

Time: 6 – 7:30 PM	Location: KCC
(W) 1/11 – 1/25	\$12
(W) 2/1 – 2/15	\$12
*no class 2/22	
(W) 3/1 – 3/29	\$20
(W) 4/5 – 4/26	\$12
* no class 4/12	
(W) 5/3 – 5/31	\$20

Drop in \$8 per class

ADULT SPORTS

"Open" Adult 5 on 5 Basketball League

Divisions: Tuesday night, Thursday night
Registration Fee: \$450 per team
Registration begins: Returning teams 2/1
 New teams 2/15 until full
League begins: Tentative week of March 13
Games played: KCC between 5:30 – 8:30pm

Flat Track Roller Derby

Ages: 18 & up
 Looking for something to do? A new sport to play? Team camaraderie? A fun way to get in shape? New friends? We've got what you're looking for! Tahoe Derby Dames, South Lake Tahoe's one and only flat track roller derby league is recruiting skaters, refs, and volunteers for the 2016 season! Loaner gear and skates available.
Time: TBA **Location:** KCC
Call us today! (530) 318-2357
 Visit www.tahoederbydames.com

Adult Softball

Coed League: Tuesday Nights
Registration Fee: \$475 per team
Registration begins: Wednesday, April 5
League begins: Tuesday, May 16 (weather and field dependent)
Games played: Zephyr Cove Park
For more information or to inquire about a Men's or Women's League, please contact Kable Community Center, (775) 586-7271

It's Your Turn to Play! Adult Sports

Ages: 18 & up
 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.

BASKETBALL

Days & Time: (M/W/Th) 12 – 3pm **Location:** KCC
 (T) 1 – 3pm
 (Sa) 12 – 3pm half court only

VOLLEYBALL:

Call (775) 586-7271 to schedule
Please check weekly schedule for any schedule changes or planned programs.

COMMUNITY BLOOD DRIVES 2017



Date

Location

Tues, January 17, 2017



TDFPD—Station 23
12:00—5:30 pm

Wed, March 22, 2017



GWHS—New Gym
8:30 am—2:00 pm

Tues, May 23, 2017



TDFPD—Station 23
12:00—5:30 pm

Tues, September 12, 2017



TDFPD—Station 23
12:00—5:30 pm

Tues, November 14, 2017



TDFPD—Station 23
12:00—5:30 pm



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

ACTIVE ADULT

AARP Driver Safety Course 55 Alive

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

Time: 9am-1pm
(Sa) 5/13

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

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

TRANSPORTATION

NOTICE: Effective October 2, 2016, route 21x will be suspended and routes 19x, 20x, and 23 will be modified to accommodate the greatest number of passengers. Some stops have been eliminated. The existing stops for routes 19x and 20x are listed next to the schedules. If you have questions, please call 530-541-7149.

ROUTE 20x - DAILY

Eastbound

Stataline Transit Center	Kingsbury Transit Center	Foothill Park & Ride	Tillman Center	Douglas Co. Senior Center
5:30 AM	5:34 AM	5:55 AM	6:07 AM	6:30 AM
6:00 AM	6:04 AM	6:25 AM	6:37 AM	7:00 AM
8:00 AM	8:04 AM	8:25 AM	8:37 AM	9:00 AM
1:15 PM	1:19 PM	1:40 PM	1:52 PM	2:15 PM
3:30 PM	3:34 PM	3:55 PM	4:07 PM	4:30 PM
4:30 PM	4:34 PM	4:55 PM	5:07 PM	5:30 PM
5:30 PM	5:34 PM	5:55 PM	6:07 PM	6:30 PM

Stops:

- **Stataline Transit Center**
- US 50 and Montbleu
- **Kingsbury Transit Center**
- US 50 and Lakeside Inn
- SR 207 and Market St.
- Tina Ct. and Tramway Dr. (4:43 p.m. only)
- **Foothill Park and Ride**
- **Tillman Center**
- Tillman Lane and Manhattan Way
- Tillman Lane and Topaz Lane
- **Douglas Co. Community and Senior Center**

(Timed stops are bold)

Westbound

Douglas Co. Senior Center	Tillman Center	Foothill Park & Ride	Kingsbury Transit Center	Stataline Transit Center
6:30 AM	6:40 AM	6:51 AM	7:10 AM	7:30 AM
7:00 AM	7:10 AM	7:21 AM	7:50 AM	8:00 AM
9:00 AM	9:10 AM	9:21 AM	9:40 AM	10:00 AM
10:30 AM	10:40 AM	10:51 AM	11:10 AM	11:30 AM
3:45 PM	3:55 PM	4:06 PM	4:25 PM	4:45 PM
6:00 PM	6:10 PM	6:21 PM	6:40 PM	7:00 PM
7:00 PM	7:10 PM	7:21 PM	7:40 PM	8:00 PM
8:00 PM	8:10 PM	8:21 PM	8:40 PM	9:00 PM

Stops:

- **Douglas Co. Community and Senior Center**
- Tillman Lane and Topaz Lane
- Tillman Lane and S. Riverview Dr.
- **Tillman Center**
- **Foothill Park and Ride**
- Tina Ct. and Tramway Dr. (7:38 a.m. only)
- SR 207 and Market St.
- SR 207 and Kahle Dr.
- **Kingsbury Transit Center**
- US 50 and Lakeside Inn
- US 50 and Hard Rock Hotel
- US 50 and Harvey's
- **Stataline Transit Center**

ROUTE 19x - DAILY

Northbound

Douglas Co. Senior Center	CVI	South Curry	Wash/ Plaza
5:00 AM	5:08 AM	5:26 AM	5:40 AM
6:30 AM	6:38 AM	6:56 AM	7:10 AM
9:00 AM	9:08 AM	9:26 AM	9:40 AM
2:15 PM	2:23 PM	2:41 PM	2:55 PM
4:30 PM	4:38 PM	4:56 PM	5:10 PM
5:30 PM	5:38 PM	5:56 PM	6:10 PM
6:30 PM	6:38 PM	6:56 PM	7:10 PM

Stops:

- **Douglas Co. Community and Senior Center**
- Eddy St. and US 395
- **Carson Valley Inn (CVI)**
- Ironwood Dr. and US 395
- Cochise St. and W. Overland Dr.
- **South Curry**
- Stewart St. and Wright Lane (NV DMV & NDOT)
- Stewart St. and 2nd/3rd St.
- **Washington and Plaza**

(Time Stops are bold)

Southbound

Wash/ Plaza	Topsy Lane	CVI	Douglas Co. Senior Center
5:45 AM	5:55 AM	6:11 AM	6:30 AM
8:00 AM	8:10 AM	8:26 AM	8:45 AM
9:45 AM	9:55 AM	10:11 AM	10:30 AM
3:00 PM	3:10 PM	3:26 PM	3:45 PM
5:15 PM	5:25 PM	5:41 PM	6:00 PM
6:15 PM	6:25 PM	6:41 PM	7:00 PM
7:15 PM	7:25 PM	7:41 PM	8:00 PM

Stops:

- **Washington and Plaza**
- Stewart St. and 3rd St.
- Stewart St. and Wright Lane (NV DMV & NDOT)
- **Topsy Lane**
- Fuji Park
- Ironwood Dr. and US 395
- **Carson Valley Inn (CVI)**
- Gilman Dr./SR 756 and US 395
- **Douglas Co. Community and Senior Center**

ROUTE 23 - DAILY

Westbound

The Ridge Resorts	Tramway / Tina	Market St.	Kingsbury Transit Center	Stateline Transit Center
8:00 AM	8:06 AM	8:11 AM	8:15 AM	8:25 AM
9:00 AM	9:06 AM	9:11 AM	9:15 AM	9:25 AM
10:00 AM	10:06 AM	10:11 AM	10:15 AM	10:25 AM
11:00 AM	11:06 AM	11:11 AM	11:15 AM	11:25 AM
12:00 PM	12:06 PM	12:11 PM	12:15 PM	12:25 PM
1:00 PM	1:06 PM	1:11 PM	1:15 PM	1:25 PM
2:00 PM	2:06 PM	2:11 PM	2:15 PM	2:25 PM
3:00 PM	3:06 PM	3:11 PM	3:15 PM	3:25 PM
4:30 PM	4:36 PM	4:41 PM	4:45 PM	4:55 PM
5:00 PM	5:06 PM	5:11 PM	5:15 PM	5:25 PM
6:00 PM	6:06 PM	6:11 PM	6:15 PM	6:25 PM
7:00 PM	7:06 PM	7:11 PM	7:15 PM	7:25 PM
8:00 PM	8:06 PM	8:11 PM	8:15 PM	8:25 PM
9:00 PM	9:06 PM	9:11 PM	9:15 PM	9:25 PM
10:00 PM	10:06 PM	10:11 PM	10:15 PM	10:25 PM
11:00 PM	11:06 PM	11:11 PM	11:15 PM	11:25 PM
12:00 AM	12:06 AM	12:11 AM	12:15 AM	12:25 AM
1:00 AM	1:06 AM	1:11 AM	1:15 AM	1:25 AM

A minor change was also made to route 23 westbound, changing the 4:00 departure from The Ridge Resorts to 4:30.
No stop changes were made to this route.



Tahoe Transportation District

Tahoe Transportation District provided scheduled bus service for the South Shore of Lake Tahoe and the Carson Valley. Route 20X provides transportation to and from the Carson Valley and South Lake Tahoe. For more information call **530-541-7149** or visit the website at www.tahoetransportation.org.

VALLEY & LAKE EXPRESS FARES

Normal Fares (Adults 18-59)	One Way	\$4.00
	Day Pass	\$10.00
	*20-Ride Pass	\$60.00
	*Monthly Pass	\$120.00
Reduced Fares	One Way	\$4.00

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



Tahoe's Smooth Movin' Shuttle

Ride BlueGO to biking, skiing, hiking, swimming, gaming, shopping, walking, kayaking and sailing! We are your ride for getting around South Lake Tahoe, Camp Richardson, Meyers, Stateline, Zephyr Cove, Marla Bay, Round Hill and Upper Kingsbury. Call **530-541-7149** or visit us online at www.bluego.org for more information.



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**.

Carson Valley Airporter

4 Daily Departures

Serving: Gardnerville*, Minden, Carson City & Reno

RESERVATIONS REQUIRED

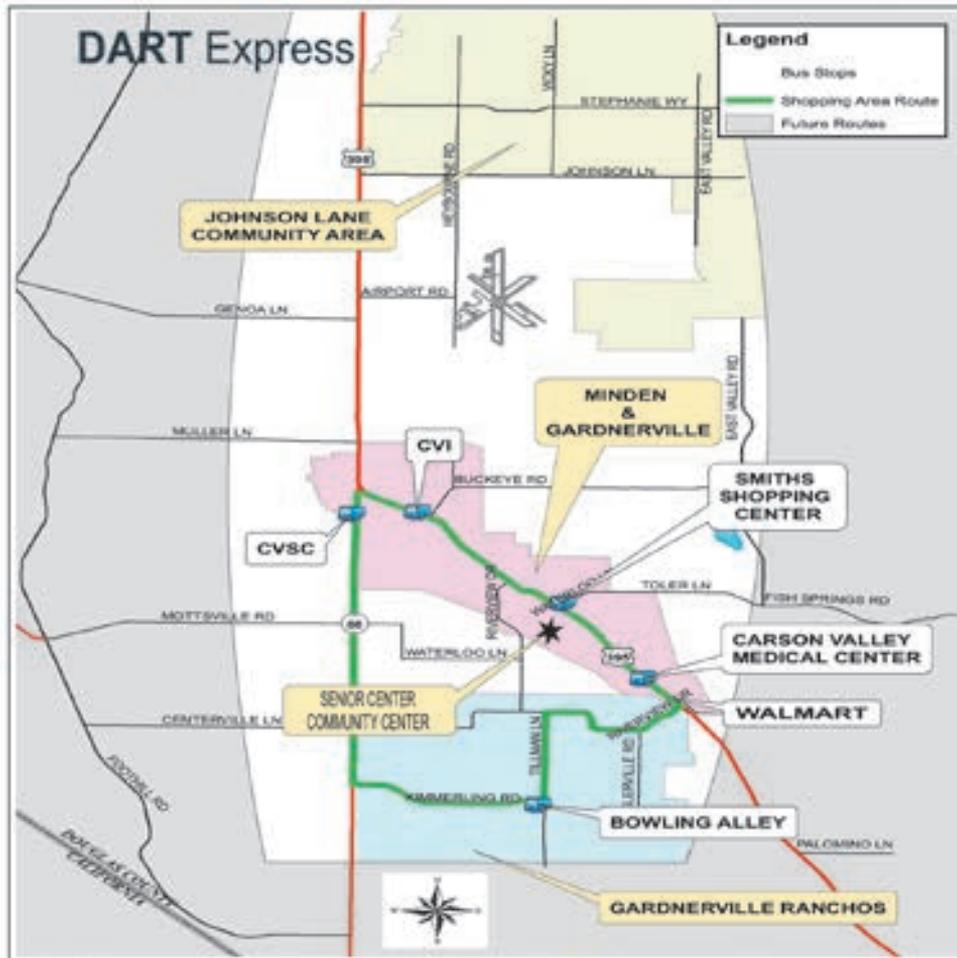
For details or to book online visit www.carsonvalleyairporter.com or call **877-447-4446**

*Douglas County Community Center in Gardnerville stop will begin Mid-December.
 Call for details.





775.783.6455



Northbound - DART Express

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

Southbound - DART Express

	IRONWOOD CENTER	CARSON VALLEY SWIM CENTER	LIBRARY	CARSON VALLEY INN	SHOPPING CENTER (SMITHS)	SENIOR CENTER COMMUNITY CENTER	WALMART	CARSON VALLEY MEDICAL CENTER	TILLMAN CENTER (Bowling Alley)
Route # 2	8:05am	8:10am	---	8:15am	8:30am	8:35am	8:45am	8:50am	9:00am
Route # 4	2:35pm	2:40pm	2:45pm	2:55pm	3:10pm	3:20pm	3:30pm	3:35pm	4:00pm
Route # 6	4:55pm	5:00pm	5:05pm	5:15pm	5:20pm	On Call	5:30pm	5:35pm	5:45pm

Recreation Areas, Facilities, Rental & General Information

DOUGLAS COUNTY

Douglas County Community & Senior Center

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

Carson Valley Swim Center

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

Kahle Community Center

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

Tahoe-Douglas Senior Citizens Center

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

Zephyr Cove Tennis Club

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

CITY OF SOUTH LAKE TAHOE

www.cityofslt.us

Recreation & Swim Complex

1180 Rufus Allen Blvd.
530-542-6056 - General Information
530-542-6058 - Rentals

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)
530-542-6096 - General Information & Reservations
Open April – October. Cabin, group sites, hook ups & weekly rates available. Dogs allowed on leash.

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.
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.
530-542-6058 - Gazebo Rentals
530-542-6056 - General Information
Group picnic shelters, gazebo/bandstand, playground, game court area, sand volleyball courts, horseshoe pits, 27 hole disc golf course, skateboard park (helmets and pads required) and a central concession/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
530-542-6058 - Rentals
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, activities and Rentals. 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

BlueGO

www.bluego.org
530-541-7149

Douglas County Dial-A-Ride Service

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

Carson Valley Airporter

www.carsonvalleyairporter.com
877-447-4446

PHOTOS

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

Photos of South Lake Tahoe Event Participants

The City of South Lake Tahoe Community 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.

Why Carson Valley Medical Center?

Because your neighbor doesn't have insurance and needs a primary care doctor.



**Visit one of our clinics with a sliding fee scale, based on income.
Same day appointments available.**

Minden Family Medicine

1649 Lucerne St. | Minden NV 89423 | 775.782.1603

Topaz Ranch Medical Clinic

3919 Carter Dr. | Wellington, NV 89444 | 775.783.3096



Carson Valley Medical Center
1107 Highway 395 • Gardnerville, NV 89410
www.cvmchospital.org