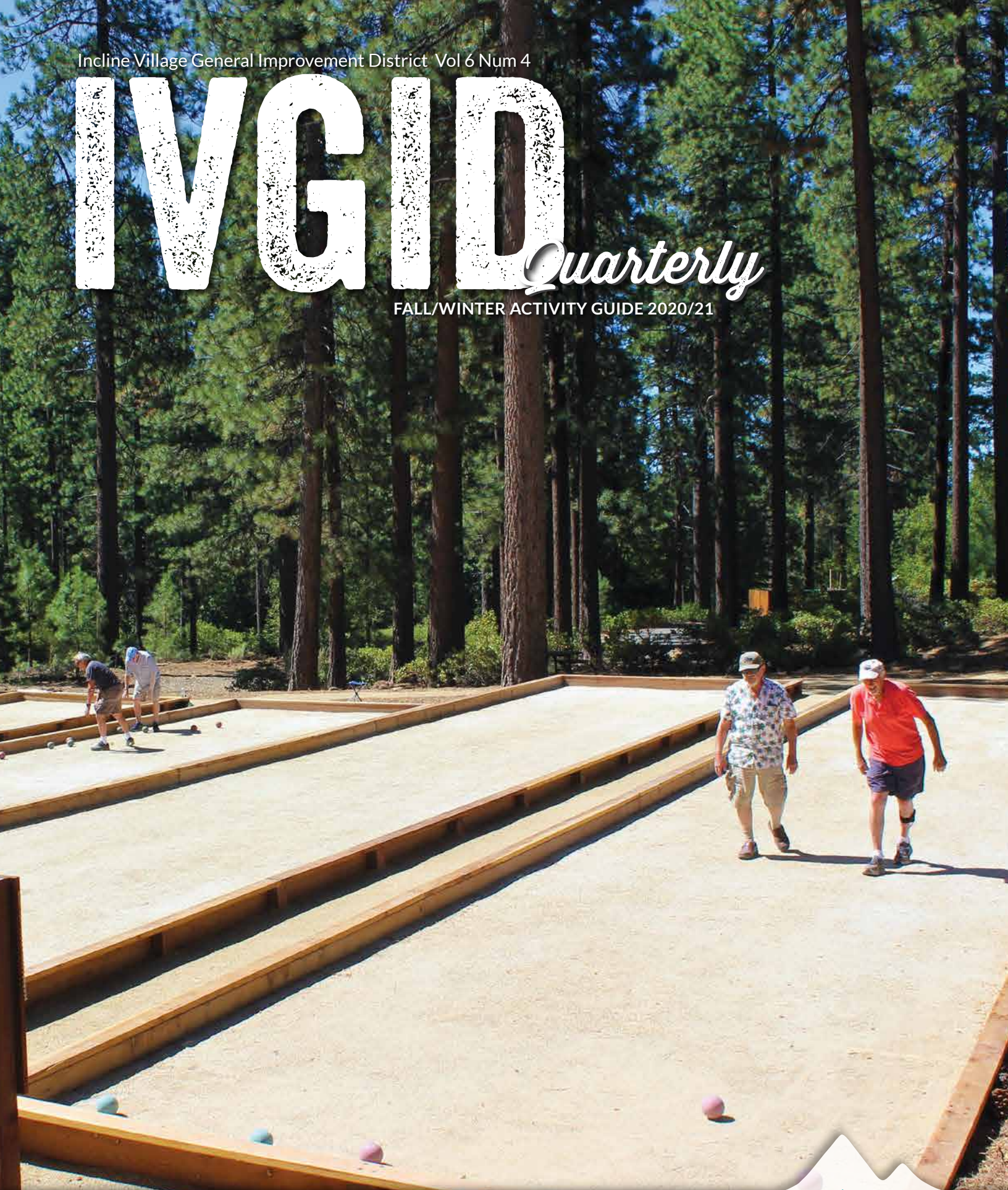


Incline Village General Improvement District Vol 6 Num 4

IVGID *Quarterly*

FALL/WINTER ACTIVITY GUIDE 2020/21



OPENING SAFELY *for our* COMMUNITY



From all of us at the Incline Village General Improvement District,
We hope you are staying healthy and that we get to see your smiling faces soon. Staff has been working tirelessly to implement and maintain measures at District venues to reduce touchpoints and adhere to COVID-19 guidelines. We appreciate your cooperation and patience as these rules and regulations may change often. Please visit the COVID-19 news pages on our website prior to planning your visit to any IVGID venue so we can continue to open and operate safely for our community. Thank you! [YourTahoePlace.com/News](https://www.yourtahoeplace.com/news)





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IVGID FACILITIES & COMMUNITY INFO

| | | |
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| Aspen Grove Community Center | 960 Lakeshore Blvd. | 775.832.1240 |
| Burnt Cedar Beach | 665 Lakeshore Blvd. | 775.832.1232 |
| Championship Golf Course | 955 Fairway Blvd. | 775.832.1146 |
| Diamond Peak Ski Resort | 1210 Ski Way | 775.832.1177 |
| Incline Beach | 967 Lakeshore Blvd. | 775.832.1233 |
| Incline Elementary School | 915 Northwood Blvd. | 775.832.4250 |
| Incline High School | 499 Village Blvd. | 775.832.4260 |
| Incline Middle School | 931 Southwood Blvd. | 775.832.4220 |
| Incline Park | 939 Southwood Blvd. | 775.832.1310 |
| Incline Skate Park | Tahoe Blvd. & Southwood | 775.832.1310 |
| IVGID Administration | 893 Southwood Blvd. | 775.832.1100 |
| Lake Tahoe School | 995 Tahoe Blvd. | 775.831.5828 |
| Mountain Golf Course | 690 Wilson Way | 775.832.1150 |
| Preston Field | 700 Tahoe Blvd. | 775.832.1310 |
| Public Works | 1220 Sweetwater Rd | 775.832.1203 |
| Recreation Center | 980 Incline Way | 775.832.1310 |
| Sierra Nevada University | 999 Tahoe Blvd. | 775.831.1314 |
| Ski Beach | 967 Lakeshore Blvd. | 775.832.1156 |
| Tennis Center | 964 Incline Way | 775.832.1235 |
| The Chateau at Incline Village™ | 955 Fairway Blvd. | 775.832.1240 |
| The Grille at the Chateau | 955 Fairway Blvd. | 775.832.1178 |
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2020 FALL RECREATION GUIDE

The Incline Village Parks & Recreation District is proud to present the 2020 Fall Recreation Guide edition of the IVGID Quarterly. This edition will highlight the many services, classes, programs and venues - modified with CDC, OSHA and county and state guidelines - that provide safe, enjoyable wellness and fitness opportunities for the community.

Most of 2020 has been spent adjusting to the “new normal” of COVID-19. Much attention was drawn to the fact that Parks & Recreation plays an essential role in the overall health and wellness of any community. All residents, young and old, have come to realize that staying connected, active, fit and healthy contributes to their overall mental and physical wellbeing.

The National Recreation and Parks Society (NRPS) has found that 83% of adults surveyed found exercising essential to maintaining mental and physical health during a pandemic, while 59% responded that they felt working out in green spaces relieves stress and improves their health.

This is not news to the dedicated IVGID Parks and Recreation professionals who create, implement and maintain the programs, events, services and venues that complement our active mountain lifestyle.

Listed below and throughout this guide you will find fitness, recreation, health and wellness opportunities designed to serve all members of our community. We hope you’ll find something that helps you thrive this fall and winter.

Safety Guidelines

With your safety at the forefront, rest assured that all of the necessary modifications have been made to help reduce the spread of COVID-19. All staff, community members, approved vendors and their patrons must adhere to the Nevada Emergency COVID-19 Mandates and Directives:

- If you are sick or have been exposed to someone who is sick, stay home.
- Wash hands frequently with soap and water for a minimum of 20 seconds.

- Follow 6 foot social distancing guidelines.
- Ensure that you understand that face coverings are mandated in the state of Nevada and are required at all IVGID beaches and venues for all IVGID employees, vendors, community members when:
 - o Interacting in-person with members of the public.
 - o Walking through or in any space visited by the general public, even if no one else is present.
 - o In restrooms, hallways, stairways, elevators, and parking facilities.
 - o In any space where food is prepared or packaged, for sale, or generally distributed to others.
 - o In any room or enclosed area where other people (except for members of the person’s own household or residence) are present when unable to physically distance.

Together, we can mask up and be heroes by making a difference in the health, wellness and happiness of our community amidst the adversity of pandemic.

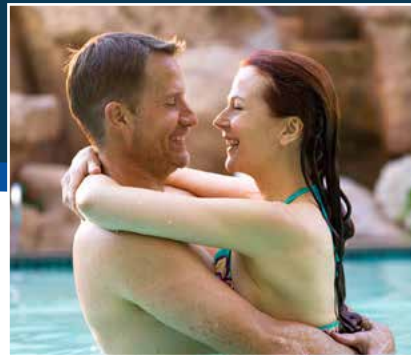
Shelia Leijon

Shelia Leijon,
Recreation Manager,
Fitness, Health & Wellness



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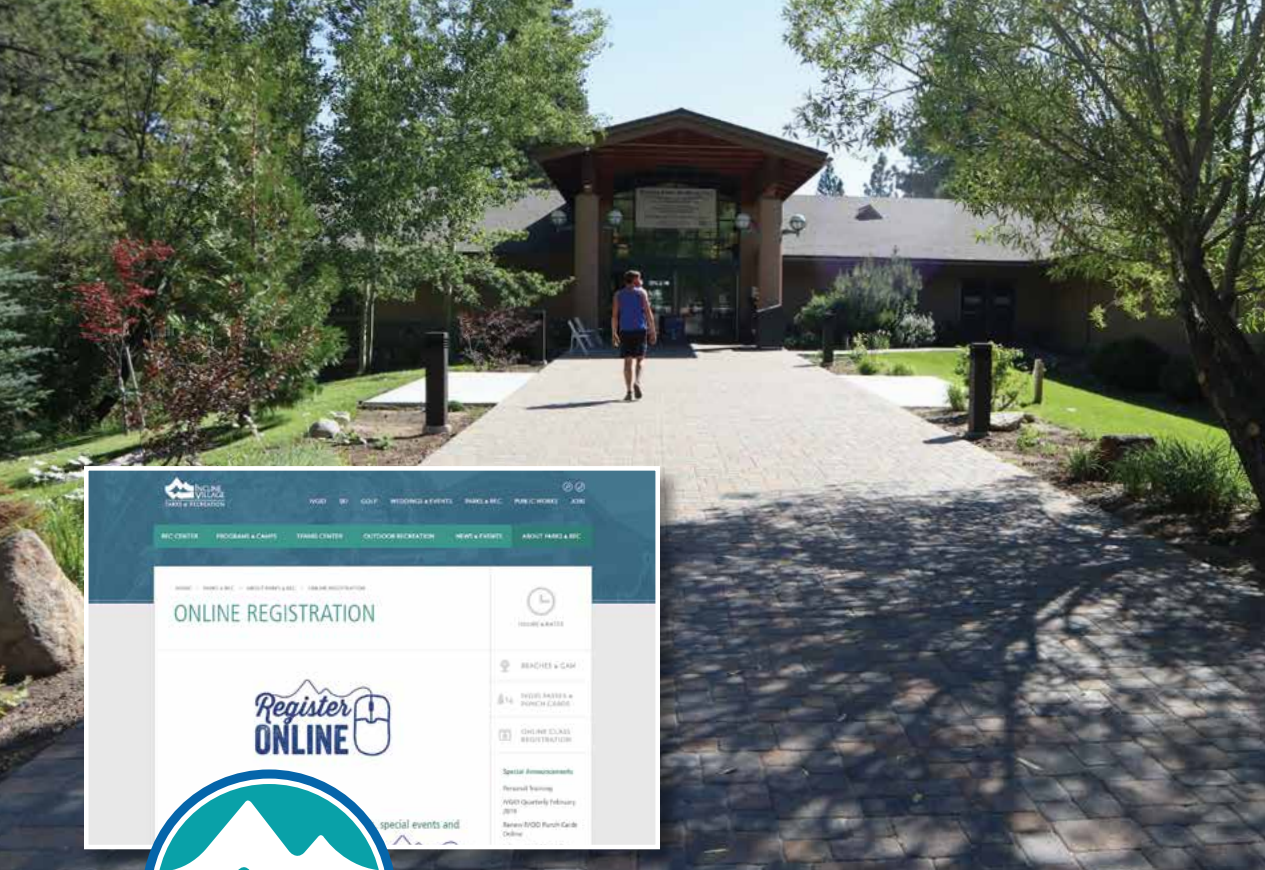


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Parks & Rec Counter Hours

9am - 4:45pm
7 days a week

Contact us for holiday hours
775.832.1310
775.832.1380 Fax
parksandrec@ivgid.org

Located inside the Rec Center 980 Incline Way.

Have you moved?
Update your contact information with us!



PARKS & RECREATION COUNTER

The Parks & Recreation Counter staff issues IVGID Picture Passes and Punch Cards, maintains kayak and paddleboard storage facilities, arranges group picnic rentals (select locations) and completes registrations for activities and programs. For information on Ordinance 7 and the Recreation Pass Policy, visit www.inclinerecreation.com/reccounter/id_cards

Program Registration

Walk-in, phone-in, and online registrations are available. Fees can be charged to your Visa, Mastercard, American Express and Discover. All applicable waivers, releases and/or forms must be completed prior to registration. Forms are available on our website (under Programs>Registration) or by fax and email. Programs will be canceled if minimum pre-registration numbers are not met.

Incline Village Parks & Rec Offers Online Registration! It's Quick, Safe & Easy!

Go to: register.yourtahoeplace.com

Complete the initial login and account creation by following these simple steps:

- 1 Enter the primary household member's email address on file. This email address will be both the username and password on the first login.
- 2 Once logged in, you will be prompted to change your username and password. The new password must be a minimum of 8 characters in length, contain a minimum of 1 numeric character, and a minimum of 1 special character.
- 3 Once this process has been completed, your account has been created, and you are free to register online.

Please contact the Parks & Recreation Counter at 775.832.1310 for any assistance. Don't wait in line! Take advantage of this convenient opportunity TODAY!



INCLINE VILLAGE REC CENTER

Lake Tahoe's finest fitness and recreation center for you and your family: a 37,000 square foot, first class complex offering activities for all ages. Check out the complete selection of activities, classes and equipment in the following pages. To comply with State of Nevada mandates during COVID-19 restrictions, the Recreation Center users are required to have a 3-month or longer memberships to access the Recreation Center at this time. Use of the pool, basketball courts, group and water fitness classes and cardio/strength conditioning room are by reservation only. Reservations for members can be made by calling 775.832.1344 or by emailing recreservations@ivgid.org

Welcome to Incline Village Recreation Center, the home base for Parks & Recreation services, classes and programs. The staff at the Rec Center appreciates your decision to use the facility and programs during the COVID-19 pandemic. We understand the challenges individuals face when committing to fitness regimes under normal circumstances, so we especially applaud you for your commitment and effort to stay fit during these times.

Our goal for the Recreation Center is to provide a welcoming atmosphere, modern equipment, a variety of engaging group fitness classes, and a fantastic experience. During these unprecedented times, we are also looking to provide some degree of normalcy by providing a safe-as-possible facility for fitness workouts and classes.

With your help, and adherence to the safety measures necessary for fitness centers to stay open, we will persevere and return to business as usual when it is safe!

Sincerely,

Pandora Bahlman

Pandora Bahlman,
Recreation Center Manager



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UPDATED SAFETY PROTOCOLS

Since reopening on June 16, the Recreation Center has implemented protocols to increase safe use of the facility, and adhere to the State of Nevada mandates. The protocols include:

1. The fitness areas are limited to 3 month or longer Rec Center members only. No drop-ins or temporary memberships will be allowed at this time.
2. Members must make a reservation to access all fitness areas.
3. A greeter at the front door ensures all who enter are wearing a face mask, and are prepared for their transactions or use of the facility.
4. Nightly cleaning by a professional cleaning service.
5. Major floor spaces are auto scrubbed with a bleach solution.
6. Equipment and air space are disinfected every 75 minutes and after every class.
7. Touchless hand sanitizer stations available.
8. Fitness areas and classes limited to 10 users.
9. Fitness classes of 10 or more are held in the gymnasium or outside.
10. Cardiovascular/Strength Conditioning rooms are operating at 50%.
11. Fitness Instructors clean equipment to reduce touch points.

12. Members must leave after their workout, no gathering.
13. The following of areas are closed: lobby, showers, locker rooms, and Kid Zone.
14. Members must social distance when their mask is off.
15. Staff are required to wear masks.
16. Plastic barriers have been installed at the Parks & Recreation Counter, Greeter Area, and Reservation Desk.
17. Hours of operation have been modified.

Although we have implemented many precautions to reduce the spread of COVID-19 in the Recreation Center, we need the help of every person (users and staff) to adhere to the following guidelines to keep the facility open:

- Do not use the facility if you are sick or suspect you have been exposed to COVID-19.
- Always wear a mask when you enter the building.
- Keep your mask on until you start your workout.
- Social distance 6 feet or more when working out.
- Wash your hands with soap and water for at least 20 seconds.

You make it possible to keep us safe and open. We ask that any member who does not feel comfortable indoors to place their membership on hold.



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WHAT THE REC CENTER HAS TO OFFER

Cardiovascular Room

We offer 30 industry recognized cardiovascular machines including: LifeFitness Powermill, cross-trainers and upright bikes, Precor elliptical cross-trainers, treadmills and recumbent bikes; StarTrac steppers and bikes, Cybex Arc Trainers, SciFit upper body ergometer and recumbent elliptical; and a Versaclimber and Concept II Rower. Most of the cardiovascular machines have personal televisions or are connected to the Broadcast Vision Group Cardio Theater System.

Strength Area

Includes a mixture of 12 individual circuit machines from Cybex Eagle Strength and Matrix, a LifeFitness Dual PulleySystem & Assisted Chin up/dip Machine, Cybex Modular Strength

System with six strength stations, Free Motion Squat Machine, dumbbells up to 100 pounds, several fixed barbells, and four flat bench stations. Fitness equipment is maintained and serviced regularly.

Group Fitness Classes

On June 16, Incline Village Recreation Center offered a modified Group Fitness schedule to members of the Rec Center. Fitness classes are on the go! You will find yoga happening outside on the lawn and the deck is great for an early morning spin class.

We now offer Cardio-Strength, HIIT, Zumba, 55+ Fitness and Flex-Core classes in the Group Fitness Room or Gym. To maintain COVID-19 mandates, the following guidelines are followed:



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Classes are by reservation only, and are limited to 10 participants or fewer.

- The Group-Fitness room is used for groups of 8 or fewer. If more than 8 participants register for the class it is relocated to the gymnasium.
- Social distancing markers (9 to 12 feet apart) have been placed on the group fitness room floor.
- Participants are asked to wear masks until class starts, and immediately after it ends.
- If a participant needs to move through the room, they are asked to wear a mask until they return to their designated spot.
- Equipment use is kept to a minimum.
- The room including all equipment is disinfected at the end of the class.

- Participants must bring their own water, as drinking fountains are closed.
- Yoga attendees are asked to bring their own mats, and social distance.
- The group fitness room floor is auto scrubbed once a week with bleach.

Corporate Membership Program

A Corporate Membership Program is available to keep your company's greatest assets happy and healthy. Research proves a healthy employee is a more productive employee. Check it out online at Inclinerecreation.com, stop by the Host Desk, or call 775.832.1300.

Snack Bar/ Pro Shop

Located in the main lobby, the Snack Bar and Pro Shop are your stops for disc golf sets, yoga mats, "Reach Your Peak" logo wear, seasonal clothing, headphones, swimwear, goggles, energy bars, nuts, sports drinks, on-the-go meals, coffee, soda, juices and other items.

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Recreation Center Memberships & Rates

The Incline Village Recreation Center offers memberships at affordable prices, with discounts offered for IVGID Picture Pass holders. You can pay annually or monthly to receive an additional discount. Rates for singles, couples, families, seniors and students (ages 6-23).

Please see www.yourtahoeplace.com/parks-recreation/rec-center/hours-rates for all rates and special offers.

Use of the pool, basketball courts, group and water fitness classes and cardio/strength conditioning room are by reservation only. Reservation can be made by calling 775.832.1344 or by emailing recreservations@ivgid.org.

All fees, times and dates are subject to change at the discretion of the Incline Village General Improvement District Board of Trustees and the Parks & Recreation Department.

Recreation Center Hours

6am- 7pm Monday - Friday
7am - 5:15pm Saturday and Sunday

Holiday hours vary.
Please call 775.832.1300



SPECIALTY WELLNESS SERVICES

The Incline Village Recreation Center offers a holistic approach to fitness, health & wellness so that you can reach your ultimate wellness destination. Complete wellness is more than counting calories, logging hours on the treadmill or monitoring daily steps. It

involves mindful activities and actions that provide the balance needed for you to prosper in every area of your life.

Through our Specialty Wellness Services we can create a plan to achieve your fitness, health & wellness goals.

Our qualified coaches and trainers will introduce you to healthy, informed lifestyle choices that support overall wellbeing. Up your fitness, health & wellness game and begin or continue to stay the course of a lifetime journey of personal wellness and prosperity.

Bio-Impedance Body Fat Testing

How much lean body mass do you carry? What is your body fat percentage? How do you know where you need to go, if you don't know where you are? The results of a comprehensive Bio-Impedance Body Fat Analysis will help you and your trainer set realistic, attainable, maintainable wellness goals by better understanding your body composition.

Continued on page 16



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Functional Movement Screening

Do you have areas of weakness, poor mobility, unstable joints or balance challenges? Schedule a Functional Movement Screen (FMS) to identify your limitations and asymmetries and receive a trainer-designed corrective exercise plan to clean up movement dysfunctions. The FMS screening tool measures seven fundamental movement patterns that are key to functional movement quality in individuals with no current pain or know musculoskeletal injury.

Personal Training

An investment in personal training is an investment in you. While today's fitness apps and videos can prove to be motivating, they are designed to train the masses and are, therefore, limited to a "one size fits all" approach to fitness. By engaging a personal trainer in your fitness journey, you will enjoy a workout plan tailored to your specific wellness needs. You can expect your workouts to be personal, safe, creative and focused, providing lasting maximum results.

Traditional Personal Training

Affordable, effective personal training is available at the Incline Village Rec Center. Our certified, trained professionals will evaluate your individual fitness needs, design a plan of action and motivate you to reach your

fitness goals. A personalized program emphasizes correct form, helps with recovery from injury, or enhances training for a specific sport or goal. Call 775.832.1330 for more information.

Small Group Personal Training

The Incline Village Recreation Center offers two cost effective options to traditional personal training: Online and small group personal training. Call 775.832.1330 for more information.

- Small group personal training provides an affordable alternative to traditional personal training sessions. Working in a small group of 4 to 6 people provides comradery, accountability and motivation!
- TRX Suspension Small Group Training: Private or Small Group TRX Suspension Training builds total body strength, balance, flexibility, and core stability for people of all fitness levels. TRX training will develop a leaner, more athletic body, improve your balance and flexibility, and reduce overuse injuries. Ask about our General Goal online TRX program.

Aqua Fitness Personal Training

Training in the water provides a three dimensional variable resistance environment to strengthen the body and can accommodate any fitness level and most injury limitations. Strength,

muscle endurance, cardiovascular endurance, range of motion and fat-burning elements of fitness can be achieved simultaneously in the water with very little impact. Call 775.832.1330 for more information.

Registered Dietitian Nutrition Counseling

Between what you see and hear on TV and read in the news, eating right can seem like a challenge but it doesn't have to be. Add a comprehensive nutrition plan to your wellness journey by scheduling counseling sessions with our on-staff Registered Dietitian (RD). Develop mindful eating habits and a safe and realistic eating plan to address your specific wellness needs.

Wellness Coaching

Become more self-aware, empowered, confident, and accountable. Facilitate positive change by meeting with a wellness coach. A wellness coach helps you discover and remove the barriers that are preventing you from losing weight, getting in shape or changing your life. Wellness coaching is a process that promotes a healthy lifestyle through individual empowerment and motivation. A wellness coach partners with you to identify your health and wellness goals and helps you achieve sustainable behavior changes by: uncovering your motivation, identifying your goals, discovering mindsets, emotion and triggers that act as obstacles keeping you from reaching your potential.

All Specialty Wellness Services are available by appointment only. Appointments can be made by calling 775.832.1310. Specialty Service packages are available.

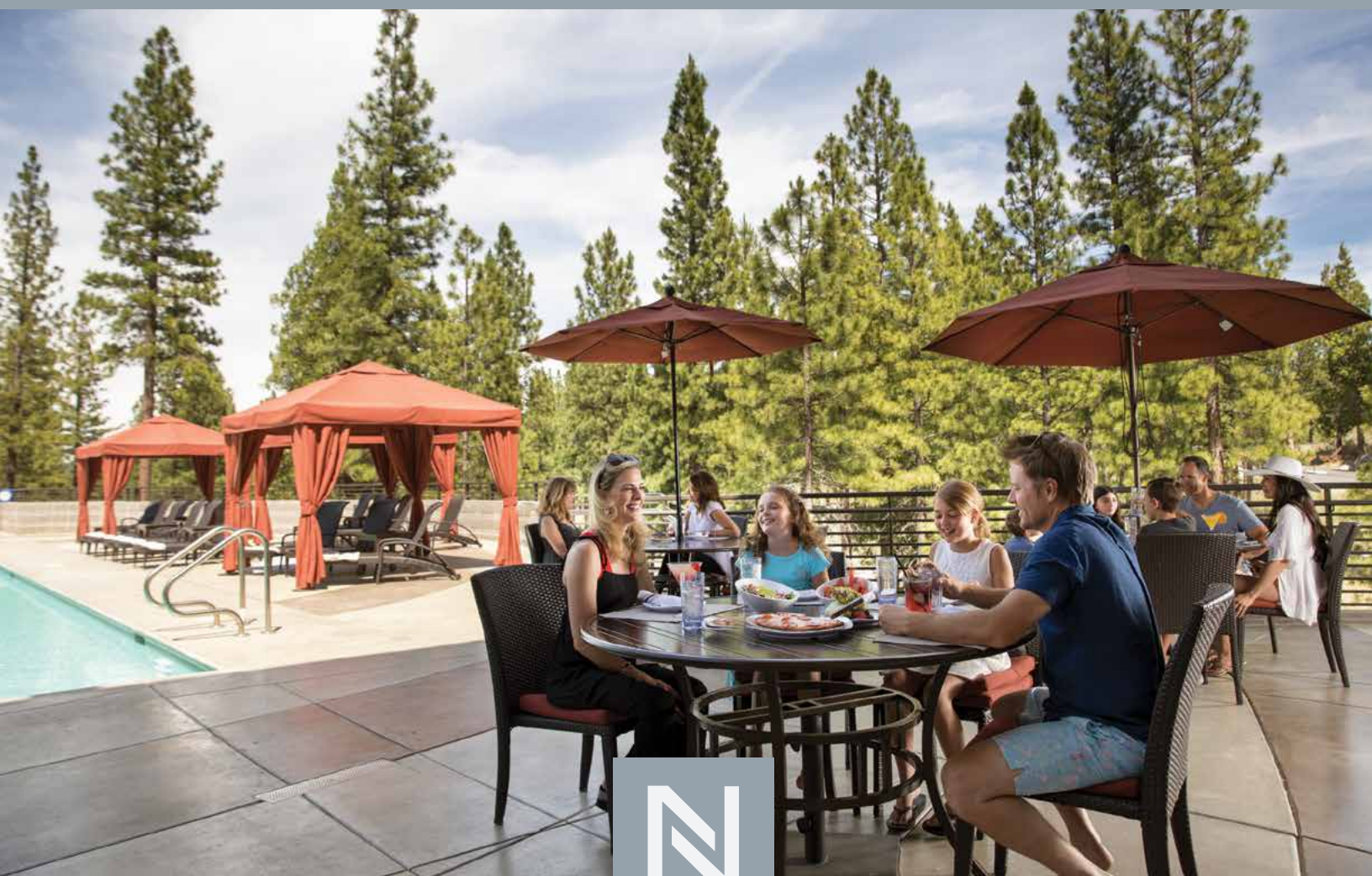


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PERSONAL TRAINING TIP

Make A Daily Exercise Appointment with Yourself

By Trish McKowen, NSCA Certified Personal Trainer

It has been a long couple of months since the world changed because of the Coronavirus. In addition to wearing a mask, socially distancing and washing your hands, doctors and scientists have also stressed healthy ways to strengthen your immune system:

1. Don't smoke
2. Eat a diet high in fruits and vegetables
3. Exercise regularly
4. Maintain a healthy weight
5. If you drink alcohol, drink only in moderation
6. Get adequate sleep

As a personal trainer, I want to stress how important it is to implement a CONSISTENT exercise routine during this unprecedented time. It's time to review your current schedule and make a daily exercise appointment with yourself and keep it. You can start by creating a weekly exercise calendar. Here is a great example:

Monday:

Cardio 8am (20- to 60-minute brisk walk down Lakeshore)

Tuesday:

Strength Training 9am (30- to 45-minute body weight training with 10 minutes of flexibility work)

Wednesday:

Cardio 8am (20- to 60-minute hike)

Thursday:

Strength Training 9am (30- to 45-minute full body circuit with 10 minutes of stretching)

Friday:

Cardio 8am (20- to 60-minute bike ride on the path)

Saturday:

Strength 9am (30- to 45-minute Fit Trail session)

Sunday:

Rest day

There are many great resources available online to help you choose the exercises you want to include in your daily exercise routine, all of which can be performed at the Recreation Center, outside, or in your home.

If you need help customizing a personal exercise routine, I recommend reaching out to one of our Incline Village Recreation Center Personal Trainers who can help you develop a results-oriented strength training program customized

especially for you. If you have your new routine in hand but lack the self-motivation to implement it, you might need to hire a personal trainer. The Rec Center has several personal trainers currently training both inside the facility and outside amongst the pines in beautiful Lake Tahoe. Don't hesitate to reach out to any of our professional trainers if you need a little kick start.

There has never been a more important time to start a regular exercise routine. Strengthen your immune system, have more energy, lose weight, gain cardiovascular strength and endurance, sleep better and reduce stress.

I am currently training all my clients outside in front of the Aspen Grove building and many of them have shared that they prefer training outside (See photos on pages 15 & 16.). We practice social distancing, disinfect all the equipment after each appointment and we are able to get a great personal training session in using TRX, agility ladders, dumbbells, tubing and many other exercise torture tools. Trust me, we get the job done.



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Barton Urgent Care: 155 Highway 50, Stateline, NV | 775.589.8900

Barton Emergency Department: 2170 South Ave., South Lake Tahoe, CA | 530.543.5890

Or contact your provider's office today.

Virtual Visits may include telehealth (ZOOM) appointments, scheduled telephone appointments or through MyChart communications, and will be billed in accordance with the patient's health plan.

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Photo courtesy of Marco Verch/Flickr

NUTRITION TIP

8 Creative Ways To Reuse Fresh Summer Foods

By Jill Whistler, Registered Dietitian Nutritionist, Incline Village Recreation Center

It can happen to the best of us - we get caught up at the farmers market by the beautiful bounty of fresh fruits and vegetables and come home with more than we can eat before it goes bad. We store food improperly, and we toss out food or food scraps that are still edible.

The National Resources Defense Council estimates that up to 40% of food grown, processed and transported in the U.S. will never be eaten. Roughly 70 billion pounds of food is lost in the United States each year – and nearly one-third of that food waste happens because we purchase, cook or serve more than we consume.

You can help the environment and your wallet at the same time by learning some new ways to reuse these amazing food scraps. Here are some of my favorite ideas:

Extra lemons or limes?

Use your lemon peels or zest to clean! Add ice, salt and lemon rinds to an empty coffee pot; swirl around for a minute or two; dump and rinse well. For your tea kettle: fill it with water and a handful of lemon peels and bring to a

boil; turn off heat and let sit for an hour; drain and rinse well. Add lemons to your vinegar bottle to clean the floors or counters. Lastly, cut up lemons or zest in an ice cube tray to add flavor to drinks.

Use your greens!

Take spinach, kale, or the top of beets (the greens) and freeze it in a baggie in small pieces. Next time you make a smoothie, toss a handful in to add more nutrients to your smoothie! These green “chips” boost our immune system, protect our hearts, and act as a powerful anti-inflammatory.

Think “ingredients” not “leftovers”

Turn extra cooked vegetables into a frittata or amazing omelet. Blend cooked vegetables with a can of whole tomatoes and create a veggie-packed sauce for pasta. Create burritos with leftover cooked rice, meat and vegetables, and top them with sour cream and salsa.

Make sauces

The steamed, roasted or grilled vegetables that you served as a side dish one-night can become an amazing addition to any spaghetti sauce -

homemade or jarred. You can even freeze them in a bag and add on another night.

Salvage stale bread

If that loaf of good bakery bread loses its freshness after a day or two, do what the Italians do: Halve the loaf crosswise, drizzle it with good olive oil and rub it with the cut side of a halved ripe tomato and fresh basil. Season the bread with salt and pepper, wrap in foil and bake until warm. Or chop bread into 1” cubes and sauté for a perfect crouton for your salad.

Got peaches, pears, or bananas?

Cut them up and add cinnamon. You can put them in a glass bowl and microwave them or put them on the grill. Two bananas and three pears take about five minutes in the microwave - and will taste like the inside of a pie and smell delicious. Peaches and watermelon are amazing on the grill. Add a pinch of salt to sweeten.

Save the tops

Beetroot leaves can be cooked like kale and celery leaves can be thrown in stocks or smoothies. The beetroot leaves provide as much nutrients as the root itself! Wash them well to get all of the dirt off, and you can cook them up just like you would Swiss Chard, a close relative to the beet.

Enjoy the farmers market and be creative with all the fresh produce. Healthy food is the best immunity booster!

For more great tips, make an appointment with Jill Whistler, Registered Dietitian Nutritionist at the Incline Village Recreation Center. Call for an appointment or zoom today!

Photo courtesy of Marco Verch/Flickr



KIDS FOODIE TIP

Make Food Easy To Eat For Kids

By Jill Whistler,
Registered Dietitian Nutritionist,
Incline Village Recreation Center

How many times have you had to throw away a half-eaten banana or an apple with two bites taken out of it? Instead of offering whole fruits and vegetables, cut them into bite-size pieces. A study at Cornell University found that offering sliced apples at an elementary cafeteria increased fruit sales by 61 percent!

Give food funny names

Having fun with food might help your kids eat more of what's on their plates. Another study at Cornell showed that giving ordinary vegetables names like "X-ray Vision Carrots," "Silly Dilly Green Beans," and "Power Punch Broccoli" got elementary school students to eat more vegetables. Try naming dishes you make

frequently, like "Superhero Spaghetti" or "Princess Pancakes."

Get the portions right

If they are too young to serve themselves, serve young children small portions of food at meal and snack time. Since kids have smaller tummies, heaping too much food on their plates will likely lead to waste.

Allow older children to serve themselves. Encourage them to take small portions then go back for more if they're still hungry. Older kids can gauge their appetites better and will be less likely to have plate waste when they decide how much to serve themselves.



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SPORTS SPECIFIC ASSESSMENTS, COACHING AND TRAINING

Game Changer - TPI And K-Motion 3D Technology

Titleist Performance Institute (TPI) is the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing. K-Motion 3D is game changing data collected with the use of a K-Vest that translates the information into easy-to-understand scores and visuals.

Combine these two state-of-the-art techniques under the guidance of NSCA certified Personal Trainer and avid golfer Trish McKowen and you have Game Changer! TPI and K-Vest Assessments are available at the Rec Center by appointment only.

One-On-One Soccer Coaching

Local Peter Salazar is an alumnus of multiple Incline Village Soccer Programs. Peter's passion for soccer began at the age of six when you would find him playing a neighborhood pick-up game, or on an AYSO or a club soccer team. Peter served as Captain of the 2010 Incline High School State Championship Team and was recognized as First Team, All-State, All League and MVP center-mid. Peter continues to improve his skills while bringing leadership and excellence to an elite men's league where he currently plays as a center-midfielder. Peter is available for one-on-one and small group private soccer coaching.

Private Volleyball Coaching

Up your volley and drive your spike with Coach Tony Graeber. Tony moved from Santa Barbara, California to the north shore of Lake Tahoe 22 years ago and fell in love with the area and its outdoor lifestyle. An avid athlete as a volleyball player for many years, Tony has served his community as the Incline Middle School's 8th Grade Volleyball coach for the past five years, is involved with youth sports at the Incline Village Recreation Center and recently accepted the Head Volleyball Coach position with Incline High School. Tony will work to up your game by instilling the skills needed to excel at the sport. As a parent, he is keenly aware of the value of passing on positive traits and qualities while enjoying competitive sports.

Private Basketball Coaching With TK

Get your game on with 2019 Coach of the Year, Tim Kelly! TK is a former college assistant coach at NCAA Division One Cal State Fullerton University & Pepperdine University, post college professional basketball player in Australia and the current Incline High School Boys' Varsity Basketball Head Coach, leading the Incline High School Highlanders to win the Nevada State Championship in 2019. Prior to coaching, TK was a college standout at Pacific Lutheran University in Tacoma, WA. He was the NCAA Division 3 National Assist Leader in 1999 and he still holds every assist record at PLU today. Upon returning to Incline Village, he started the TK Basketball Club, which mentors and leads basketball players of all abilities and ages since 2002.

For sports related coaching please call 775.832.1330



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INCLINE VILLAGE LEARN TO SWIM PROGRAM

Registration Process & Recommendations

Swim lessons are offered for all ages and abilities. Programs follow the American Red Cross Learn-to-Swim guidelines and all instructors are Water Safety Instructor certified. Class maximum is four. Please refer to the swim lesson level descriptions online: www.inclinerecreation.com. If your child is between two levels, please register for the lower level (the instructor can give them more advanced skills to work on if needed). Registration can be done online, in person at the Recreation Center Counter or by calling 775.832.1310. To register online visit www.register.yourtahoepace.com. If you have any questions or comments about swim lessons, please feel free to contact the Aquatics Office at 775.832.1321. All Burnt Cedar swim lesson participants must be valid IVGID Picture Pass holders with beach access.

Youth Swim Lesson Registration Begins

Session I: September 14

Session II: October 26

Fee: \$205, w/IVGID Pass \$171

(Same day registration: add \$10)

Youth Swim Lesson - Afternoons (4 Weeks)

Monday & Wednesday OR Tuesday & Thursday

30 minute sessions – 3pm - 5:15pm

Session I: Sept. 21 - Oct. 22; (no class 10/5 - 10/8)

Session II: Nov. 2 - Dec. 7 (no class 11/11, 11/23-26)

Youth & Adult Private, Semi-Private Swim Lessons, Dive Lessons, all ages

Private lessons are available with certified Water Safety Instructors, as well as stroke clinics with our swim coaches. To make a private lesson request, please call the Aquatics Office at 775.832.1321. All private lessons are subject to availability of instructor staff. Lessons must be paid for in advance; payment must be made at the Recreation Center Counter.

Incline Aquatics Swim Team/Northern Nevada Aquatics Swim Team (NNA)

Come join Incline’s premier swim team for both competitive and novice swimmers. Our USA Swimming certified coaches will evaluate appropriate levels and practice times for each participant. For those who are participating in USA Swimming, the opportunity to travel to USA Swim meets will be available. Swim team fees are due monthly. Please refer to the Swim Team level descriptions on the website. Ages 6+.

Swim Around Tahoe

Complete this program by swimming in the pool, the lake, or whatever facility you desire! Just record your yardage and we will track your progress. Upon completion of the 71-mile journey you will receive a T-shirt and your name on the “Finisher’s Plaque” at the Incline Recreation Center pool. This is an ongoing program for all ages with annual registration. Fee: \$35, \$28 w/IVGID Pass.

Masters Swim Program

This free program will allow you to meet fellow swimmers and teammates who will help with exercise accountability. Also available for a fee: monthly clinics and a competitive team option. All swim level workouts are created by a USA Coach, Personal Trainer or Water Safety Instructor. Call the Aquatics office for more information at 775.832.1321.

All Private lessons are subject to availability of instructor staff. Lessons must be paid for in advance; payment must be made at the Recreation Center Counter.






NEW BOCCE BALL PARK

We are excited to announce the completion of our new Bocce Ball Park! Bocce, also known as lawn bowling, is one of the most widely played games in the world and has been gaining popularity in Incline Village and Crystal Bay.

The IVGID Board of Trustees identified the construction of the Bocce Ball Park as a priority project, and approved construction in May. The IVGID Engineering team and

Rapid Construction finished the project in late July. Before construction of the new park, the only court available in town was located on Ski Beach.

The new park is located in the creekside forested area adjacent to the Recreation Center parking lot, allowing residents without beach access and larger groups to get in on the fun! Check our website for bocce programming as it becomes available. To reserve a court, please contact the Recreation Center Counter. Happy Bocce!



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SUMMER SPECIALTY CAMP HIGHLIGHTS

Summer camps looked different this year with social distancing, masks, and lots of hand sanitizer. Offering opportunities for our young community members to recreate and learn outside was definitely a highlight of this summer. Our small-group specialty camps included: TK Basketball, Soccer Skills Camp, Paddle and Art Camp, Junior Lifeguard Camp, Lake Tahoe Science Camp (in collaboration with UC Davis), and Mountain Bike Camp. Enjoy some pictures of all the fun!



YOUTH SPORTS

Tahoe Twisters Girls Gymnastics Program

Beginners - Competitive
Nights TBD
Incline Village Recreation Center

Incline Village Skate School

With Cedar Gately
Incline Skate Park
Thursdays & Fridays: 2:45-4pm
Saturdays & Sundays: TBD

Flag Football

3rd Grade - High School
Friday & Saturday
5 v 5 Coed
IP fields and Preston

Play Like A Champion Basketball Drills and Skills

K - High School
Early October - early December
Coed
Skills workout with TK
No scrimmaging

Invasion Soccer Club with Coach Peter Salazar

Tuesdays & Thursdays
IP 1
6th - 12th grade: 3pm - 4pm
K - 2nd grade : 4pm - 4:50pm

3rd - 5th grade: 5pm - 6pm
Sept. 8 - Oct. 29

After-School Paddle Fitness

Join us for after-school paddleboarding and fitness activities on Lake Tahoe. We will challenge your fitness and paddling skills in this five-week program. Participants will develop water safety awareness and knowledge as we include SUP, prone paddling, swimming, boogie boarding, skim boarding and surfing.

9-14 year-olds: 4pm - 5:30pm
Wednesday & Thursday groups

Wednesday Group:
September 2,9,16, 23, 30

Thursday Group:
September 3,10,17,24, Oct. 1

Youth Volleyball League

Youth & Teen Volleyball: With former Collegiate National Champion & Professional AVP Beach Volleyball player Casey Jennings (Special appearances by Gold Medalist Kerri Walsh - Jennings) Two afternoons/ nights a week on Grass Courts outside!

3rd - High School
September - November/December
Mondays & Wednesdays
Coed

6th - 12th grade Division:
Mondays 3pm - 4:30pm &
Wednesdays 2pm - 3:30pm

3rd - 5th grade Division:
Mondays 4:30pm - 5:30pm &
Wednesdays 3:30pm - 4:30pm

ADULT SPORTS

5 on 5 Flag Football

Men's & Coed Leagues
IP Fields
Night of Play is TBD
Early September - early November

Coed Softball Fall League

Wednesday nights
(1 league - 6 teams max)
IP Fields
Early Sept. - Early Nov.

Adult Coed Soccer League

Tuesdays
Sept. 1 - Oct. 27
\$450/team fee

Bocce Ball League

2 v 2
Bocce Ball Park
Night is TBD
Early Sept. - Late Oct.



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TENTATIVELY SCHEDULED EVENTS

Subject to changes or cancellations due to COVID-19

Trail of Treats & Terror

Save the date for spooktakular fun! Our team is working hard at modifying this community favorite to be COVID-19 compliant. Save the date: Thursday, October 29, 4pm - 7pm at an outdoor venue.

Brunch with Santa

Join in the fun on Saturday, December 12 for a festive Brunch with Santa, Mrs. Claus, and his elves. Held at the Chateau at Incline Village, this family event features many fun activities including a delicious brunch, a magic show, arts and crafts, raffle prizes, a photo with Santa and Mrs. Claus and much more! We offer three seatings. This community event is presented by the Tahoe Family Solutions in collaboration with IVGID. For ticket sales and information, please call 775.298.0004. This event sells out. Tickets go on sale in November.

Community Moonlight Snowshoe Hikes

This award-winning event encourages exercising in an intergenerational social setting for ages 9+ and is part of the Community Health and Wellness Outreach Initiative. Check our website for hike fees at inclinerecreation.com. We will return around 9pm. Visit our website or call 775.832.1310 for information. Pre-registration is required. Location: Meet at Diamond Peak's upper parking lot at 5pm. Date/Time: TBD

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UPCOMING EVENTS

55+ Hiking Series

Join IVGID Senior Programs every Tuesday for guided hikes to beautiful Lake Tahoe locations. Meet in the back of the Recreation Center parking lot to carpool during COVID-19 restrictions. Bring a face mask, water, lunch and sunscreen (camera and hiking poles optional). Wear appropriate shoes and clothing for the hike, and please wear masks when riding in IVGID vehicles or carpooling.

Tuesdays, Sept. 1 – Oct. 27
8:30am – 3:30pm
(some hikes require more/less time)
Fee: \$13, \$10 w/IVGID Pass

Fall Moonlight Hike with Wine & Cheese Social

These mile-long, paved road hikes to the Crystal Bay lookout site, sponsored in collaboration with the National Forest Service, usually include a spectacular sunset and ensuing moonrise. Participants are encouraged to wear warm clothing and a mask, and bring a flashlight. The outing includes wine, cheese and snacks provided by IVGID Senior Programs. Sign up and enjoy the

views, friends, refreshments and fun!

If you would like to participate, but are unable to hike either or both ways, you may ride in the van to join the group at the top and enjoy the views and the fun! Meet at the Recreation Center for prompt departure and please wear masks when riding in IVGID vehicles or carpooling.

Thursday, Sept 3 - The Harvest Moon
Depart at 5pm
Fee: \$20, \$16 w/IVGID Pass.

55+ Mountain Biking Series

Looking for fellow biking buddies? Meet up with other senior bikers on Wednesdays at 9am for moderate biking outings. Explore local trails and enjoy the beautiful early fall colors. Register online or at the Recreation Counter. Meet at the back of the Recreation Center parking lot to carpool to trailheads. Wear appropriate clothes and bring a face mask, water, snacks and sunscreen. Please wear masks when riding in IVGID vehicles or carpooling.

Wednesdays, Sept. 2 – Oct. 28
9:00am - 12:00pm
Fee: \$13, \$10 w/IVGID pass

Conversation Café

Conversation Café is a drop-in forum hosted by the Senior Programs staff. Interact with people, share diverse views and a passion for engaging with others over interesting topics, local issues, and world news items. Candid discussions about selected topics elicit frank comments, and the dissemination of information, often with humorous anecdotes and interjections. Optional coffee and pre-packaged snacks are available for a nominal donation.

Located at Aspen Grove. Please join us in the backyard during nice weather for appropriate social distancing.

Thursdays, except holidays
10am - 11:15am
FREE! Donations accepted for snacks

Senior Transportation

The Senior Transportation Program is a collaborative effort provided by IVGID, Washoe County, NDOT and RTC. Services include regular transportation opportunities for shopping, errands, outings, and medical or personal appointments. This door-to-door, reliable, affordable service provides personal trips to local destinations in Incline Village, Crystal Bay, and Kings Beach on Wednesdays and Fridays. Transportation is booked for single or same-household persons only. No group transportation to Carson & Reno while COVID-19 restrictions are in effect. Truckee is an option on the 2nd Friday of each month. Reservations are required. Please call the Transportation Hotline at 775.886.1020 and leave the requested information at least 24 hours in advance for the Wednesday, and Friday services. The fee for regular Wednesday or Friday weekly transportation is \$5. Please wear masks when riding in IVGID vehicles.

Continued on page 30

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SENIOR PROGRAMS

“On Demand” transportation is available for individual needs. \$35 per person includes a same-day round trip and up to a 60-minute wait time for errands, appointments, personal services, etc. Airport transportation services (drop-off or pick up) are \$45 per person. Please book On Demand transportation services AT LEAST 72-hours in advance. On Demand services may be subject to cancellation in extreme weather and are subject to driver and vehicle availability. Requested destinations are limited to Washoe County and adjacent communities (i.e. Carson City, Stateline, Truckee, and Kings Beach).



COMING UP IN DECEMBER

Dashing Through the Snow 55+ Snowshoe Hikes & Lunch

Trekkers of all abilities are welcome to join IVGID Senior Programs for weekly light to moderate level snowshoe hikes at various locations throughout the beautiful North Tahoe area. Following the hikes, relax and socialize with fellow snowshoers and enjoy a delicious lunch at a local eating establishment. Hikes are subject to snow conditions, and are weather



dependent. Bring your own gear. Fee includes lunch. Meet at the back of the Recreation Center parking lot during COVID-19 restrictions to carpool to trailheads. Please wear masks when riding in IVGID vehicles or carpooling.

Tuesdays, December - March
10am - 2pm
Fee: \$18, \$15 w/IVGID pass

55+ Ski/Snowboard Clinics at Diamond Peak

Don't miss this great opportunity to hone your skills, master safe skiing/snowboarding, and meet fellow snow sport lovers at Diamond Peak! Diamond Peak's PSIA Certified Instructors provide intermediate (Lakeview), and advanced (Crystal) level instruction in these weekly ski clinics. Novice skiers/boarders are welcome to attend, but should consider a lesson from Diamond Peak Ski School (group or private) to ensure they can comfortably navigate a lower blue/intermediate run prior to joining the program.

Instruction is designed to help skiers/snowboarders improve, adjust, or modify techniques and encourage skills and habits that support lifelong participation. Re-entry skiers/snowboarders are welcome. Learn about the latest equipment and technology. Participants must have a day pass or season pass for Diamond Peak. Bring your own equipment, or rental equipment is available for a fee.

Wednesdays, Jan. 6 - April 14 *(No clinic Feb. 17) 9:30am -12pm. Fee: \$250 for 10 weeks, \$200 w/IVGID pass; \$150 for 5 weeks, \$125 w/IVGID pass; Drop-in rate \$45 per day, \$35 w/IVGID pass

**Dates may be adjusted depending on snow conditions. With a package, you choose which 5 or 10 weeks to attend!*



TENNIS CENTER

We look forward to hitting the courts with you this fall. Our USPTA certified Teaching Pros are available for private and semi-private lessons with appropriate social distancing measures in place.

The Incline Village Tennis Center, located next to the Recreation Center, offers 9 tennis courts and 8 pickleball courts in a picturesque alpine setting along a year-round creek. Tennis rackets, pickleball paddles and other products are available in the Pro Shop. Both natural and synthetic gut racket stringing is also available.

Court Reservations

Call 775.832.1235 or stop by the Pro Shop to reserve your time. 6-pack court fee punch cards are available for both peak and afternoon times.

Ball Machine Rental

\$13, \$10 w/IVGID Hourly
\$125, \$100 w/IVGID Pass or Tennis Membership

Membership Passes

Membership Passes are available for purchase at the Tennis Center Pro Shop or the Recreation Center. Call 775.832.1235 or stop by to purchase.

Pickleball Membership

Please check with the Pro Shop on the availability of the courts. Please take that into consideration when purchasing your membership pass. All membership passes come with an incentive package and includes Pickleball play.

Afternoon Membership Passes are limited to play Monday - Saturday after 12pm. Sundays are available for play anytime. For more information, check out InclineTennis.com.

Private & Group Lessons

Private, semi-private, and clinic lessons are available seven days a week. All teaching professionals are USPTA Certified. Please call the Pro Shop 775.832.1325 for appointments, pricing and information.

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TENNIS TIP

Doubles Strategy - Get To The Net

By Randy Berg, Head Tennis Pro at the Incline Village Tennis Center

For all of us that love to play doubles, the net can be a scary place to be. It's comfortable to stay at the baseline and just rally or lob and not worry that our partner is just standing there. (They want to play too!)

But doubles tennis is won at the net, not from the baseline; so follow these easy strategies to get to the net with your partner...

Any ball hit to you from your opponent that lands in your service box is your invitation to the net. This shot is called an "approach shot" because you are approaching the net. This puts pressure on your opponents and causes them to miss when they see you attacking. Remember, your opponents do not want to hit to your partner at the net because they will put it away, so they keep hitting to the "open" court. Close your court and don't give them an easy shot. A weak second serve is easy to approach the net on as well, causing the server to panic on their first shot after the serve.

Any time you hit a lob or high ball to your opponents that they let bounce

or have to "switch" on is your chance to get to the net. No one can hit the ball when it's so high; therefore, you can literally walk to the net and get ready for a lob that you will smash for a winner!

When at the net, do not get too close. Stand just inside the service line to discourage the lob and hopefully force an error from the other team. Moving forward makes it easy to hit the volley out of the air. If you do not put the volley away, move back to the service line to avoid a lob. Try your best to angle your volleys toward the doubles alley to make your opponent run off the court, creating openings for your next shot. By keeping your racket more vertical, you can angle the head of the racket to hit these shots. Too many doubles matches are played in the singles court, or what I call hitting "north and south" rather than using ALL of the court and hitting "east and west" angles.

All of the instructors at the Tennis Center hope you enjoy these tips and continue having a great summer of tennis. See you on the court!

PICKLEBALL

Pickleball at the Tennis Center might just be the fastest growing sport in Incline Village and Crystal Bay. It is easy to learn but difficult to master. It is fun and moderate exercise at all levels of play. Drop-in to rotate into games with new and experienced players. Basic equipment and instruction provided. First time players must take an Introduction to Pickleball Clinic before attending drop-in play.

Coaching and player development clinics are also available. Pickleball paddles are available in the pro shop.

Pickleball Beginners Clinic

Tuesdays/Thursdays 11am-12:15pm

Open play until noon

Please see InclinePickleball.com for up-to-date schedule



PICKLEBALL TIP

Have You Been Dinking?

By Beverly Keil

Dinking is a pickleball skill. In addition to serves, slams, drop shots, overheads and lobs there are dinks to master.

The dink is a soft, short shot that lands in your opponent's kitchen area - the first seven feet from the net. The lower the ball travels over the net, the better the shot. The closer the ball lands near your opponents' side of the net, the greater your skill. Make it a crosscourt dink, even more impressive. But lift your dink shot a bit too high and watch out! You just gave your opponent a chance to hit a winner.

Pickleball is a game of finesse, with enough exercise to cover some of your daily carb intake. Fast hands, good hand-eye coordination and patience can make you a winner. No need to be the strongest person on the court, just have an eye for good placement.

Why is pickleball so popular? Because it is fun and easy to learn, but very challenging to master. And it is the great equalizer. Men and women, old and young can play at similar skill levels.

Are you missing out? Friendly drop-in pickleball games continue well into the Fall at the eight dedicated pickleball courts within the Incline Village Tennis Center. Times vary based on season and weather. Call the Tennis Center for the latest schedule, or inquire by sending an email to inclinepickleball@gmail.com.



Left to Right: Melissa Goodman, CSR; Tracie Chambers, CSR; Heather Shook, CSR; Larry Peyton, Agent; Michael Peyton, Agent; Stephanie Howat, CSR; Sarah Shulman, CSR / Office Manager; Tracy Peters, Administrative Assistant

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CHAMPIONSHIP COURSE UPDATE

It's the saying of the summer at the Incline Village Golf Courses: "If it's warm, we are sold out."

What a great start to our summer! The weather has been fantastic since we opened on May 18 (with a few days of cold/rain sprinkled in the beginning). With the good weather comes good golf course conditions. Our Superintendent Jeff Clouthier and his team have done a great job getting the course to peak condition for our golfing season.

As our saying of the summer indicates, the golf courses have been nearly booked solid since June 1. We have seen a large increase in our resident play, and with the travel restrictions throughout the country I believe we are seeing more people stay around the lake and enjoy more golf than ever. It has been really fun to see residents who don't typically play a lot of golf really getting into the game, and to see families finding a new way to spend time together by heading to the course. Our Golf Shop is stocked with some great merchandise. We have top club brands such as Titleist, Ping, Cobra, TaylorMade, PXG, and more. We also have a large selection of clothing for both men

and women. We have clothes and gifts for the non-golfers as well, so anyone looking for a great gift idea should come down and check out our beautiful shop.

Neil Gunn, our Director of Instruction, is available for private lessons and club fittings upon request. Darren Howard, Kyle Thornburg, Rob Bruce and Ashley Wood are the other PGA Professionals on staff that would love to help you with your game as well.

We look forward to the second half of the season with the continued good weather and full tee sheets. Be sure to give us a call early if you are planning to play because... If it's warm, we are sold out.

Kyle Thornburg

Kyle Thornburg, Head Golf Professional at the Championship Course



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GOLF TIP

How to Hit Uphill and Downhill Lies

By Neil Gunn, Director of Instruction at the Incline Village Golf Courses

- Shoulders will be tilted so they match the slope of the hill.
- You will need extra club (i.e. a less lofted club) because the effective loft of the club will be increased (i.e. the ball will launch much higher). How much extra club will be dependent on the severity of the slope.

Downhill lie – weight favors your downhill foot (front foot)

- Ball position favors your uphill foot so the ball will be slightly back in your stance.
- Shoulders will be tilted so they match the slope of the hill.
- You will need less club (i.e. a more

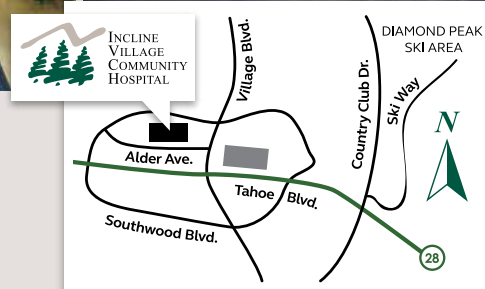
lofted club) because the effective loft of the club will be decreased (i.e. the ball will launch much lower). How much less club will be dependent on the severity of the slope.

Remember to take practice swings to ensure you are swinging level with the ground and only bruising the grass. Try to maintain your balance throughout your swing by swinging smoothly. If you do these set up fundamentals correctly before you start your swing, these shots should be fairly easy to execute. With poor set up fundamentals, these shots become very hard to hit well. Visit the Golfing Tips page at GolfIncline.com for more tips.

When you are faced with an uphill or downhill lie, there are a few things to consider in your strategy and setup that will enable you to perform the shot to the best of your ability.

Uphill lie – weight favors your downhill foot (back foot)

- Ball position favors your uphill foot so the ball will be slightly forward in your stance.



Open 7 Days a Week, 24 Hours a Day

Located in the heart of Incline Village, **Incline Village Community Hospital** offers year-round, 24/7 emergency care to the North Lake Tahoe area and a wide range of high-quality healthcare services.

- 24-Hour Emergency Care with Board Certified Physicians, Registered Nurses, and Medical Technicians
- Surgical Services
- Diagnostic Imaging and X-Ray, with state-of-the-art CT Scanner
- Incline Health Center, offering primary care, pediatrics, family medicine, orthopedics, cardiology, ear nose and throat, and behavioral health specialties, and 7-day a week primary care clinic with walk-in and same-day appointments
- Laboratory Services
- Physical Therapy and Medical Fitness
- Sleep Disorder Center
- Health, Wellness, and Community Education Programs
- Hospice and Home Health Services
- Charitable giving and volunteer opportunities available through the IVCH Foundation and Hospital Auxiliary

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MOUNTAIN COURSE UPDATE

This summer has gone by too fast! But what a great summer it has been despite all the restrictions and unpredictability of 2020 to date. The Mountain Course is a special place and I think many people would agree that it has been such a gem during this time. I've heard nothing but laughs on the deck while people are enjoying the fresh air and great view.

As Kyle mentioned, it has been busy with tee times booked all day. Play has been so enjoyable with 15 minutes between groups, GREAT conditions (thanks to Jose Torres, Jeff Clothier and their team), the new carts and our awesome staff making sure everyone is happy and feels safe.

Junior Rates are 50% off the adult rate and the golf course is a great place for kids - especially since many of their normal activities are canceled. We are excited to introduce the End of Summer Family Special - for \$20 for residents and \$25 for non-residents, one adult and one junior can come play at the Mountain Course from 6pm to 6:30pm

The new golf shop and bar are doing great. The socially distanced seating on the deck has been very popular and a great way to safely enjoy a little social time. Our shop is

hosting some great end of season sales, so come check it out.

Our season is short, but there is still some time to get your golf in. We've had a few hole-in-ones so far this year but I am confident there are more to come! Check out our Hole-In-One Club on the GolfIncline.com website for inspiration, then give us a call to book your next hole-in-one opportunity (aka tee time).

Lastly, I want to say thank you to the Mountain Course staff for making the best out of this crazy 2020 season! We are all looking forward to some fantastic fall golf.

Ashley Wood

Ashley Wood, PGA - Head Golf Professional at the Mountain Course

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Diamond Peak 2020-21 season passes are on sale now with incredible values on both unrestricted and mid-week passes. Season passholders can receive up to 59 complimentary lift tickets at 16 partner resorts across the country this winter – up to four days at each resort. Participating resorts include: Beaver Mountain (UT), Beech Mountain (NC), Bogus Basin (ID), Boreal (Donner Summit, CA), Brundage (ID), Cherry Peak Ski Resort (UT), Cooper (CO), Lee Canyon (NV), Moose Mountain (AK), Mt. Ashland (OR), Snow King (WY), Tahoe Donner XC & Downhill (Truckee, CA). That totals up to over \$4,000 worth of free skiing at other resorts with a Diamond Peak season pass.

Special discounts and privileges on the mountain are also available to Diamond Peak season pass holders, including:

- Four (4) discounted Bring-A-Friend Tickets (\$30 off the adult window rate).
- 10% off food and non-alcoholic beverages.
- 20% off equipment tuning.
- Season Passholder Appreciation Events: Dates to be determined.

SEASON PASSES ON SALE NOW!

| | Pre-Season Sale | IVGID Picture Passholder |
|--|-----------------|--------------------------|
| FULL PASS – No Blackouts | | |
| Adult (24-64) | \$474 | \$319 |
| Youth (13-23) | \$274 | \$159 |
| Child (7-12) & Senior (65-69) | \$204 | \$129 |
| Super Sr. (70-79) | \$174 | \$39 |
| 6 & under / 80+ | Free | Free |
| Midweek Pass - Blackouts apply* | | |
| Adult (24-64) | \$344 | \$249 |
| Youth (13-23) | \$234 | \$129 |
| Senior (65-69) | \$174 | \$99 |
| Super Sr. (70-79) | \$154 | \$30 |

**Midweek Season Pass 2020-21 Season: Valid Monday- Friday. Not valid during peak periods including Dec. 19 - Jan. 3; Jan. 15-18; Feb. 12-21. Valid 7 days a week starting in March. Visit the Season Passes & Perks Page for full list of perks and restrictions.*

Every Diamond Peak season pass comes with our Peak Pledge, our promise of a full refund (minus a \$25 processing fee per pass) on unused 2020-21 season passes when requested by January 15, 2021 – no insurance or doctor’s note needed. Pass holders just need to visit Guest Services by January 15, 2021 to request a refund.

Season passes are available for purchase at DiamondPeak.com. IVGID Picture Pass holders receive discounted rates.

Visit the Season Passes & Perks page at DiamondPeak.com for details or to purchase season passes.





“I not only love coming to work each day to share my passion for the mountain with guests and friends, but I truly enjoy being a part of a tight-knit family here in my department.” —Tatiana

2020-21 WINTER JOB OPPORTUNITIES

Why not join our community in an inside, outside or on-the-snow position! Full-time & part-time options include:

Diamond Peak Ski Resort

- Lift Operators
- Ski & Snowboard Instructors
- Child Ski Instructors
- Rental Technicians
- Ski Patrol
- Drivers & Base Operations
- Tickets & Hosts
- Groomers & Terrain Park
- Parking Attendants
- Food & Beverage

Parks & Recreation Center

- Asst. Parks & Recreation Clerk
- Fitness Instructor
- Swim Instructors
- Parks Maintenance

IVGID is an equal opportunity employer.

Create your profile and apply online at YourTahoePlace.com/jobs. Or contact us at jobs@yourtahoepace.com or 775.832.1100.

Employee Privileges

Besides being able to live, work and play in one of the most beautiful places in the world, Diamond Peak employees enjoy additional privileges depending on their employment status.

Privileges could include:

- Free season pass for employee and discounted or free for spouse/ domestic partner & dependents.
- Discounts on food and non-alcoholic beverages.
- Discounts to the Incline Village Recreation Center.
- Discounts at select Tahoe area ski resorts.
- Discounts at select theme parks.

- Potential for summer employment at other IVGID venues (Golf, Parks & Rec, Beaches, etc.).
- Longevity incentive pay for employees who work the entire season and return.

Diamond Peak—Community Owned

Working for Diamond Peak Ski Resort is an experience unlike any other ski resort job in the Tahoe Basin. As a community-owned ski resort we do things a little differently compared to the corporate-owned resorts in the region. We treat our employees with a huge amount of respect and trust, knowing they will provide incredible customer service for our residents and guests.

Every dollar your hard work generates for Diamond Peak will get directly reinvested in this community. You will get to work for and alongside locals who are passionate about fun! Some of our employees, including our Ski Resort General Manager, have been working at Diamond Peak for decades and call this place "home".



WINTER SPORTS CONDITIONING TIP

Change Will Make You Stronger

By Sandy Soli, AFAA Certified Personal Trainer

Summer to Fall... Fall to Winter... It's hard to believe, but as the seasons change, so must our workouts.

As we gear up for winter sports, think about changing things up with your workout - surprising your body, strengthening your muscles and challenging your balance. Many of the sports we engage in require agility, balance and coordination. We have to be at the top of our game to avoid injuries, accidents and mishaps.

The best way to do this is to change up your routine with strength, speed and power exercise programs. Add cross-training and strength training to your cardio workouts for an overall body experience. Be at your optimum for water intake, good nutritional balance/health and make sure to get good, deep sleep each and every night.

Top exercises for winter sports that you can do on your own and from anywhere:

- Wall Sits
- Speed Skaters
- Planks
- Lunges
- Squats
- Push-Ups

Need help understanding or performing these exercises? The Recreation Center has many wonderful personal trainers ready to assist you or build a program directly for your specific needs. Or challenge yourself in a group atmosphere with one of our fantastic Group Fitness Instructors and add Yoga, Spin or Water Fitness to your routine to really change things up and add flexibility, endurance and range of motion.

My favorite way to work on strength and core is with a good Insanity Workout. Join us in the gym or visit the Recreation Center online for a virtual class. This overall body workout requires NO equipment and you can do it from anywhere. It works all facets of your body and can be modified for ability levels, restrictions and injuries. There is a modification for everything and a way to personalize every exercise to your body's needs!

Don't say you can't! Say you CAN and see how your body responds to the positivity, creativity and the change. Remember: Change is good and will make you stronger.



Photo by Chris Talbot

FITNESS TRAIL

The Incline Village Fitness Trail (previously known as the Exercourse) is an 18-station exercise course adjacent to the Village Green. The .8 mile course winds through the forest next to Incline Creek. The course contains accessible walking, running, snowshoeing, biking and exercise trails, and is used by many residents and visitors year-round. The Fitness Trail was updated in partnership with the Incline Tahoe Foundation and community funds.



Photo by Chris Talbot

DISC GOLF COURSE

The North Tahoe Lions Club Disc Golf course includes 18 par 3 holes in a picturesque setting located within Incline Park adjacent to the Tennis Center, Recreation Center, Skateboard Park and the Ball Fields. This is a free multi-use area to be enjoyed by all ages. The Disc Golf Course was created through a partnership between the Incline Village Parks & Recreation Department and the Incline Tahoe Foundation with generous community donations. Parking is available at the Recreation Center at 980 Incline Way. Parking is not permitted at the Tennis Center. The 1st hole is located on the west side of the Recreation Center entrance road. Discs are available for purchase or rent at the Recreation Center.



Photo by Chris Talbot

SKATE PARK

Hwy 28 & Southwood Blvd., Incline Village, NV 89451
775.832.1310

Incline Skate Park, centrally located on the corner of Tahoe Blvd (Hwy 28) and Southwood Blvd. in Incline Park, has something to offer everyone. There is an intermediate/advanced section of the park consisting of two 5-foot side-by-side bowls connected with a spine. In the middle of the park is a 3-foot tall fun box, and the entire right side of the small end is a 2.5-foot tall bowl for beginners. The street course is laid out on top, flowing in a circle with an 8-foot long flat rail, 6-foot long down rail, a set of 4 stairs, and a 10-foot long downward ramp leading into the bowls.



TENNIS CENTER

964 Incline Way,
Incline Village, NV 89451
775.832.1235
inclinetenis.com

The Incline Village Tennis Center, located next to the Recreation Center, offers 9 tennis and 8 pickleball courts in a picturesque alpine setting along a year-round creek. Tennis rackets, pickleball paddles, balls, shoes, apparel and logowear are available in the Pro Shop. Racket stringing is available on site by our staff, with a wide variety of synthetic and natural gut string available.



CHAMPIONSHIP & MOUNTAIN GOLF COURSES

955 Fairway Blvd. & 690 Wilson Way,
Incline Village, NV 89451
775.832.1146
golfIncline.com

The Incline Village Golf Courses offer complete facilities to meet your golfing needs. Our facilities include two 18-hole golf courses, driving range, putting and chipping greens, food and beverage and special event facilities. The golf shops are stocked with full lines of men's, ladies' and kids' apparel as well as the top club, golf ball products and shoes. PGA teaching professionals are available for private and group instruction. Incline Village and Crystal Bay Residents with a valid IVGID Picture Pass can receive a discount on green fees, passes and most merchandise at the golf shop.



Photo By Ciprian Photography

THE CHATEAU AT INCLINE VILLAGE™

955 Fairway Blvd.,
Incline Village, NV 89451
775.832.1240
inclineweddings.com

The Chateau at Incline Village™ features classic Tahoe stone and timber construction with a modern edge. This 13,500 square foot venue has vaulted timber ceilings, massive stone pillars, a spacious covered deck and offers expansive views of the mountains, the Championship Golf Course and Lake Tahoe. It is beautiful, multi-functional and flexible. It is the perfect venue for large or small wedding ceremonies, receptions, meetings, golf events, and parties. You dream up the event and we'll make it happen! Our professional Food & Beverage team provides great food, outstanding service and a wonderful experience.



Photo by Joy Strotz Photography

ASPEN GROVE

960 Lakeshore Drive,
Incline Village, NV 89451
775.832.1240
inclineweddings.com

Named for its beautiful location, Aspen Grove is located across the street from the stunning Lake Tahoe beaches and nestled among the Aspen trees next to tranquil Third Creek. Outdoor amenities include picnic tables and a huge barbecue grill. The outdoor area can accommodate up to 150 guests; inside can comfortably seat up to 50 guests.

Catering and bartending services are available through our outstanding professional food service team for your convenience. With its stunning mountain and forest views, Aspen Grove is one of the most affordable venues on the North Shore and perfect location for spring, summer and fall events.



DIAMOND PEAK SKI RESORT

1210 Ski Way,
Incline Village, NV 89451
775.832.1177
diamondpeak.com

Diamond Peak is the ultimate family and kid-friendly ski resort featuring spectacular Lake Tahoe views, uncrowded terrain and affordable lift tickets with a laid-back atmosphere. Learn to ski or snowboard or improve by taking a group or private lesson. The Child Ski Center (ages 3-6) offers both one-on-one private instruction and small group lessons (ages 4-6) with no more than five children per instructor. The Ski and Snowboard School is known for the popular Sierra Scout All day Adventure Package for ages 7-14 that includes morning and afternoon group lessons, rental equipment, lift ticket and a supervised lunch. Families can also take a Private "Family and Friends" Lesson special if they want to learn together.



THE ROBERT & ROBIN HOLMAN FAMILY BIKE PARK

980 Incline Way
Incline Village, NV 89451
inclinerecreation.com

The Incline Village Parks & Recreation, the Incline Tahoe Foundation, and Incline Bike Project collaborated to develop and maintain the Robert & Robin Holman Family Community Bike Park. This park offers a pump track; beginner and intermediate flow lines, and was funded through generous donations by community members and in large part by a grant from the Holman Family Philanthropies Fund held at Parasol Tahoe Community Foundation.

The Incline Bike Park Project's mission is to provide a free-to-use bike park facility that welcomes all ages and skill levels to a safe, outdoor, healthy, family friendly community-gathering venue.

For more information, check out www.facebook.com/InclineBikeProject/



Tim Callicrate
Chairman

PO Box 5663
Incline Village,
Nevada 89450

775.336.9925
callicrate_trustee@
ivgid.org

Term expires
2022



Matthew Dent
Vice Chairman

774 Mays Blvd.
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Incline Village,
Nevada 89451

775.298.1005
dent_trustee@
ivgid.org

Term expires
2020



Kendra Wong
Secretary

774 Mays Blvd.
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Incline Village,
Nevada 89451

916.251.9664
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ivgid.org

Term expires
2022



Sara Schmitz
Treasurer

932 Lakeshore
Blvd.,
Incline Village,
Nevada 89451

925.858.4384
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ivgid.org

Term expires
2020



Peter Morris
Trustee

PO Box 3029
Incline Village,
Nevada 89450

415.613.5664
morris_trustee@
ivgid.org

Term expires
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We accept clean, cared for clothing, shoes, accessories, household goods, and current books. We are unable to accept furniture or large items.

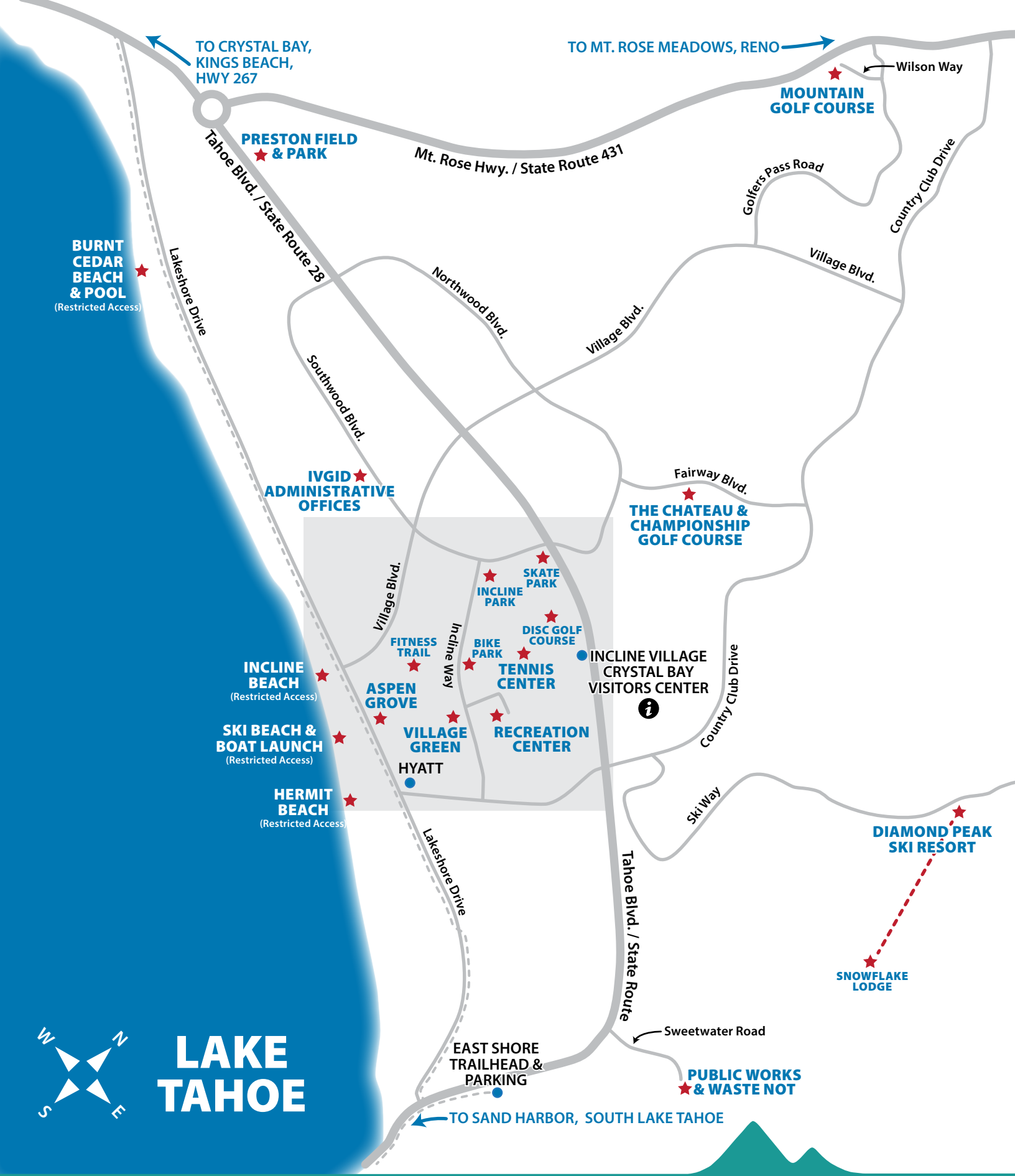
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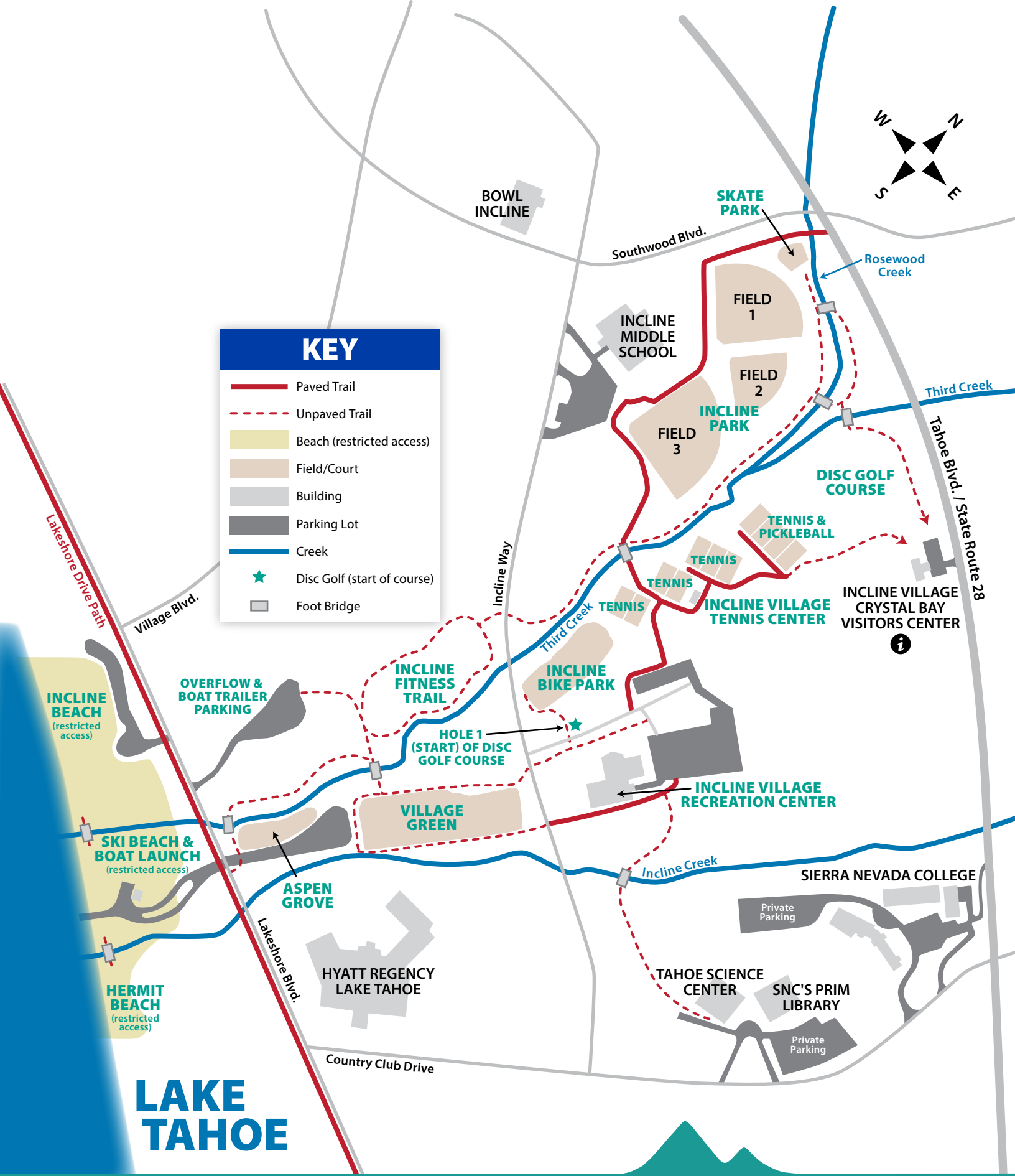
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