



# Rideout Register

## Spring Update

### Rideout Hours

M-F 8 am-9pm

Saturdays 9am-5pm

530-583-3440 x10

## Rideout adds a new indoor fitness room

*Rideout announces the opening of a new exercise space in Room #8 at the Community Center.*

*Thanks to the Rotary Club of Tahoe City for their very generous donation of over \$4200 for the purchase of a Precor commercial grade treadmill. Thanks also goes to Nancy Davis for donating weight training equipment and Carolyn Willits at Tahoe Forest Hospital for an exercise bike. Their donations have helped us to launch the new active exercise space within the Rideout Center on the West Shore.*

*Their commitment in helping the Rideout Community Center to grow is sincerely appreciated.*

*Since its inception in 2007, the Rideout Center has added new classes, an in-*

*door toddler play space and now announces the opening of an active exercise room. This space will offer parents the opportunity to exercise while waiting for their children enrolled in classes, senior citizens a safe environment to exercise and will benefit all users of the Rideout Center. In the coming year, Rideout plans to create more fun social, health and educational opportunities for the community. The center now has new extended hours of operation: M-F 9am-9pm and Saturday 9am-5pm, bring the whole family out for active fun and visit the new exercise room.*

*We are very appreciative for all of the community's involvement and hope for your continued support in the future.*



Drop-in participant working out in the Rideout exercise room

### What Does Rideout Offer?

- **A large grassy field and blacktop play surface** with outdoor basketball courts.
- **Free Wireless internet service and a computer lab** available for public drop-in use M-F 9am-9pm and Saturdays 9am-5 pm.
- **Social indoor game area** with large screen TV and Xbox, billiard table, foosball, ping pong table, chess and a variety of board games and puzzles. Suitable for meetings, youth activities and game play up to 20 people.
- **Playhouse Cubby Room** created especially for ages 6 and under and their caregiver that is bright, full of fun and engaging play activities. Available for birthday party rentals.
- **Fitness Room** with a new commercial treadmill, exercise bikes and weight equipment.
- **Full size indoor gym** with basketball, volleyball and a variety of sports equipment. Check out the link below for drop-in sports and league play. Available for party rentals.
- **Multi -purpose suites** for parties, meetings, classes, arts and crafts and small group activities for up to 50 people. One of the suites has a working upright piano.
- **Comfortably furnished passive adult lounge** area for meetings, classes and gatherings. Home to the Tahoe seniors club, the Silvertips.

All of the rooms listed are available for group rental for a room rental call 530-583-3440 x10.

## Senior Silver Tips



Rideout Community Center is home to The SilverTips, an organization of North Tahoe Seniors. This past April an expanded seniors advisory group formed to better create programs and activities for area senior citizens. A new survey is in the works, followed by a kick-off social gathering to identify the needs and types

of programs that interest mature adults. If you would like to be a part of the Senior Advisory Group or are interested in more information contact Rhonda Kreidler at 583-3440 x12 or visit the Silver Tips homepage:  
[www.silvertips.homestead.com](http://www.silvertips.homestead.com)



Yoga Kids Adventure Camp

## Summer Camps at Rideout

Rideout is home to several new and fun-filled summer camps. Including:

**Walk About Discovery Camp**– SWEPC will host this fun and healthy outdoor summer camp. Each day includes interactive games, art and science projects, hands-on activities, nature journaling and recreational adventure. Camp is for ages 7-10 years, July 14-18, 9:30 am-3 pm.

**Yoga Kids Adventure Camp** – Children will experience an integrated mind and body relationship. This camp of-

fers art, yoga, hiking, climbing and outdoor adventure.

Camp is for ages 7-10 years, June 23-27, 9am-2pm.

**Get In The Act Camp**– Theater arts workshop uses performing art skills such as, creative movement, dance, music, drama and visual art to get your child's creative engine roaring. August 4-7, 9am-noon, 1-3 grades, 12:30-3:30. 4-6 grades.

### Camps For Teens

**Podcasting and Blogging On The Internet**- A hands-on opportunity for teens to create a blog/podcast. This camp teaches

the fundamentals, how to subscribe to podcasts/blogs, equipment needed and how to use these techniques in school.

Camp is for ages 6-12 grades, July 7-11, 10am-11am.

**Web Site Design**– Learn to create a web page along with design techniques, how to add images, clip art, and how to add links through hands-on design of an actual web site. Camp is for ages 6th-12 grades, July 14-18, 10 am-11:30.

For more information or to register for camps call 530-583-3440 ex10

## Instructors Wanted

The Rideout Center is looking for instructors 18 years and older to lead classes in art, yoga, sports, computers, adult education and more!

If you have the interest to lead classes please contact Rideout Community Center, regarding your program idea.

## Clubs and

## Organizations

Hold your club or organizations board meetings at Rideout...form a new club, or move an existing group here. We offer comfortable space at a great price right here on the west



shore!

**Ultimate Frisbee League**  
 Join your friends and coworkers to participate in the new Tahoe City ultimate league. Ages 14-adult  
**Days: Saturdays**  
**Dates: June 21-August 9**  
**Time: 2pm-5**  
**Location: Rideout Field**  
**Call 530-583-3440 x11**  
**Ace K-9 Academy**

Educate yourself to teach your dog using positive reinforcement and balanced training techniques. Focus on basic skills sit/down/come/stay, socialization, house training, puppy biting, chewing, jumping and more. Classes take place on Saturday mornings. Call for more information and to sign-up for the next class.

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**YUCKY MESSY ART**  
 For Toddlers 2years-5 years  
 Mondays 10 am-11  
 Shake...Splatter...Bounce.....  
 Stomp...Dance while creating unique art pieces. Together we will get messy, learn about creativity and share in the fun experience of creating masterpieces  
 Session I: Begins Monday, June 2 and lasts 4 weeks  
 Session II: Begins Monday, July 7 and lasts 4 weeks

## Rideout Family Bicycle Derby

On June 14th Rideout is gearing up to host the first annual Tahoe Bicycle Derby. This is a must attend event for all bike enthusiasts.

The Placer County Sheriffs department will be sharing bicycle safety tips for young riders. Our friends from Olympic Bike Shop in Tahoe City will be on hand to teach basic bicycle maintenance.

There will be all kinds of other fun activities including, decorate your ride table and a radical obstacle course. The Rideout Committee will be on hand selling snacks and refreshments and the teens from "the club", Rideout after school teen program will be raffling off an adult beach cruiser".



## Help Wanted

TCPUD is looking for summer workers.

For information call 530-583-3440 x11