

# Adult and Youth Sports

*New*

## 7 v 7 Adult Flag Football

Wednesday Night: Men's 'D' Recreational  
**Cost:** \$340 team fee (50% due at registration to hold spot)

**Length of season:** 7 weeks + tournament  
**Location:** Jaycee Ballfield (106th & Irma Dr.)

League play starts Wednesday, March 16  
**Registration:** Begins Monday, January 3

*New*

## 7 v 7 Adult Ultimate Frisbee

Sunday League: Coed 'D' Recreational  
 Game times 9-11 a.m. At least 3 females per team on the field. 8 team maximum.  
**Cost:** \$250 team fee (50% due at registration to hold spot)

**Length of season:** 7 weeks + tournament  
**Location:** Wyco Park

League play starts Sunday, May 1  
**Registration:** Begins Monday, March 14

## Winter Adult Coed Volleyball

Sunday Night Coed "B" 6-person  
**Cost:** \$310 Team Fee (50% due at registration to hold spot)

**Length of season:** 14 (3) game matches plus playoffs

**Location:** Northglenn Recreation Center  
 League play starts Sunday January 16 (no games February 6)

**Registration:** Now accepting team registrations

## Spring Adult Coed Volleyball

Sunday Night Coed "B" 6-Person  
**Cost:** \$310 Team Fee (50% due at registration to hold spot)

**Length of season:** 14 (3) game matches plus playoffs

**Location:** Northglenn Recreation Center  
 League play starts Sunday April 10  
**Registration:** January 31 for returning teams and February 8 for all others

## Winter Adult Basketball

**Monday Night:** Men's 'D' Competitive (10 team maximum)

**Wednesday Night:** Men's 'D' Recreational (10 team maximum)

*New* **Friday Night:** Men's 40+ Leisure (8 team maximum)

**Sunday Afternoon:** Men's 'D' Recreational 12-3 p.m. (6 team maximum)

**Cost:** \$495 team fee (50% due at registration to hold spot)

**Length of season:** 10 games plus playoffs in a 2 division system.

**Location:** Northglenn Recreation Center  
 League play starts the week of January 10

**Registration:** Now accepting team registrations

## Spring Adult Basketball

**Monday Night:** Men's 'D' Competitive

**Wednesday Night:** Men's 'D' Recreational

*New* **Friday Night:** Men's 40+ Leisure (6 team maximum)

**Location:** Northglenn Recreation Center  
**Length of season:** 7 games plus playoffs for top 4 teams

League play starts the week of April 4

**Cost:** \$365 team fee (50% due at registration to hold spot)

**Registration:** Begins Monday, February 14



*New*

## Zumbatomic for Children

Coed Ages 4-8

Zumbatomic, the first Zumba program for children, incorporates urban dance styles (like hip-hop, reggaeton, and pop) with fundamental concepts such as coordination, discipline, confidence, and teamwork.

**Days/Times:** Wednesdays 5:30-6:15 pm  
**Dates:** January 5-February 16. No class on January 16.  
**Cost:** \$37.50 Residents/\$42.50 Non-Residents

**Code: 12588**

## Summer Adult Softball

**Monday:** Coed Recreational

**Tuesday:** Men's 'D' Recreational

**Wednesday:** Coed Recreational

**Thursday:** Men's 'D' Competitive

**Friday:** Coed Church League

Season begins the week of May 2 and consists of 10 games + playoffs for all teams.

**Cost:** \$525 team fee (50% due at registration to hold spot)

**Location:** Jaycee Ballfield (106th & Irma)  
 Registration begins January 31 for returning teams and February 7 for new teams

## Winter Coed Recreational Basketball

### 1st-9th Grades

Teams will practice one evening per week for one hour, beginning the week of January 10 at a local school gym. (Schools and times to be determined.)

- Each team will play an 8-game schedule. All games played on Saturday's between the hours of 8 a.m. and 4 p.m. at the Northglenn Recreation Center.
- League play begins Saturday, January 22
- All participants receive a t-shirt/jersey
- Volunteer coaches are needed. Training will be provided for coaches on Tuesday, January 4 from 6:30-7:30 p.m. at the Northglenn Recreation Center. All coaches are required to attend. Novices—as well as experienced coaches—are encouraged to sign up. **Background checks required.**
- Space is limited in this league. **Now registering!**

**Free skills clinic** Saturday, January 8 at the Northglenn Recreation Center. The *Denver Nuggets Skills Challenge* will be included as part of the skills clinic. Clinic times are:

1st/2nd Grade	8:30-9:45 a.m.
3rd/4th Grade	10-11:15 a.m.
3rd/4th Grade	12-1:15 p.m.
5th/6th Grade	1:30-2:45 p.m.
7th/8th/9th Grade	3-4:15 p.m.

Space is limited. Registration deadline is Sunday, January 9. Call the Recreation Center at 303.450.8800 or 303.450.8928 for more information.

**Fee:** \$65 Resident/\$70 Non-Resident (Volunteer coaches will receive a \$10 discount upon registration)



## Spring Coed J.V. Basketball

### 4th-6th and 7th-9th Grades

This is a non-competitive league offered to grades 4-9. The grades will be divided by grades 4-6 (coed) and grades 7-9 (boys/girls teams). The purpose of the league is to offer boys and girls an opportunity to play the game of basketball in a community recreational setting. The emphasis will be placed on skill development, rules, participation, sportsmanship, and most of all, FUN!

- Saturday morning games at the Northglenn Recreation Center beginning April 16
- Practices are one night a week for 60 minutes beginning the week of March 28 (practice sites and times to be determined)
- All participants receive a team t-shirt/jersey
- Each team will play a 7-game schedule followed by a 1-day bracket tournament. All games played at the Northglenn Recreation Center
- Volunteer coaches are needed. Training will be provided on Tuesday, March 22 from 6:30-7:30 p.m. at the Northglenn Recreation Center. **Background checks required.** Novices—as well as experienced coaches—are encouraged to sign up. Maximum two coaches per team; ask about our coaches discount.

**Fee:** \$63 Residents/\$68 Non-Residents  
Call 303.450.8928 for more information.  
Registration begins Monday, January 31

## Coed Quick Start Tennis

### Ages 4-6, 7-11, and Seniors 50+

This exciting new format get kids “playing” tennis faster by tailoring their needs to the appropriate court size, racquet size, and ball type. All ages work on control and directional hitting, before technique and form are introduced. Racquets are available for use. For more information about the QuickStart tennis program please visit [www.10andundertennis.com](http://www.10andundertennis.com). Class minimum is 4 and maximum is 8.

**Cost:** \$55 Resident/\$60 Non-Resident (six classes; all equipment provided)

**Instructor:** Victor Hugo Jimenez, Certified Tennis Professional

#### Session 1 starts January 11

**Ages 4-6** Tues/Thurs 3:30-4:30 p.m.

**Code: 12615**

**Ages 7-11** Tues/Thurs 4:30-5:30 p.m.

**Code: 12622**

**Seniors** Tues/Thurs 1:30-2:30 p.m.

**Code: 12624**

#### Session 2 starts February 8

**Ages 4-6** Tues/Thurs 3:30-4:30 p.m.

**Code: 12621**

**Ages 7-11** Tues/Thurs 4:30-5:30 p.m.

**Code: 12623**

**Seniors** Tues/Thurs 1:30-2:30 p.m.

**Code: 12625**

## FREE Quick Tennis Clinic

### Ages 4-11

December 28, 1:30-3 p.m. at the Northglenn Recreation Center Gym

**Code: 12616**

### Seniors, Ages 50+

January 4, 1:30-3 p.m. at the Northglenn Recreation Center Gym

**Code: 12617**

**Pre-registration is required for all classes and free clinics.** Call 303.450.8800 to reserve your space.

## More Youth Sports Resources

If your youngster is interested in sports, check out the following community organizations:

North Metro Little League	303.451.9457	<a href="http://www.nmll.org">www.nmll.org</a>
Colorado Storm Soccer Club	720.929.8159	<a href="http://www.coloradostormnorth.com">www.coloradostormnorth.com</a>
Northglenn Youth Football	303.451.8668	<a href="http://www.nyfa.net">www.nyfa.net</a>
Northglenn Judo Club	303.451.6109	<a href="http://www.northglennjudo.org">www.northglennjudo.org</a>
Northglenn Youth Basketball	303.450.8928	<a href="http://www.northglenn.org">www.northglenn.org</a>
Northside Vikings Youth Rugby	303.410.6500	<a href="http://www.northsiderfc.us">www.northsiderfc.us</a>
Crunchtime Flag Football	303.502.5442	<a href="http://www.crunchtimefootball.com">www.crunchtimefootball.com</a>

For Northglenn youth and adult sports leagues and events information, call Mike Mendez at 303-450-8928, or visit us online at [www.northglenn.org/sports](http://www.northglenn.org/sports).