

Martial Arts

Northglenn Judo Club

Ages 6+

Judo is an excellent platform to improve your physical and mental well-being, to learn self defense, for athletic competition, or for recreational participation.

The award-winning Northglenn Judo Club has been in existence since 1965 and is the longest continually operating judo club in Colorado. It is the fifth-largest judo club in the nation in terms of registered members. Northglenn Judo instructs students and participants of all ages and walks of life.

For more information, please contact Shuichi Otaka at 303.451.6109 or visit www.northglennjudo.org

Karate

Ages 6+

Goju Ryu Karate-Do brings the art of traditional, non-aggressive Japanese karate to the Northglenn Recreation Center. Classes teach the seven reasons why your child should practice martial arts. They will gain self-confidence and self-respect; learn to find focus and stillness; learn to take hits; be more active; connect their mind and body; learn conflict resolution; and learn to breathe. Almost any child can and will benefit from participation in martial arts.

Karate Goju Ryu is the history, philosophy, and technique of the art. Goju Ryu Karate-Do is a manifestation within one's own self of the harmonious accord of the universe.

Youth \$50/\$55 Adult \$70/\$77

Monday and Wednesday

21074001-01	Jun 4-27	6:30-7:30p
21074001-02	Jul 2-30	6:30-7:30p
21074001-03	Aug 1-22*	6:30-7:30p

* Short Session: Youth \$43.75/\$48 Adult \$61.25/\$67

Archery

Ages 6+

Students learn the basic techniques of target archery using a recurve target bow and equipment. Emphasis is on the care and use of equipment, range safety, stance and shooting techniques. The instructor will teach to the level of each student.

Wednesday

20423001-01	May 2-23	5:00-6:00p	\$60/\$65
20423001-02	Jun 6-27	5:00-6:00p	\$60/\$65
20423001-03	Jul 11-Aug 1	5:00-6:00p	\$60/\$65
20423001-04	Aug 8-29	5:00-6:00p	\$60/\$65



CPR & First Aid

Ages 11+

MEDIC First Aid PediatricPlus CPR, and First Aid for Children, Infants, and Adults.

Learn how to respond to medical emergencies involving children while earning your CPR/First Aid (re)certification. Ideal for experienced babysitters, child care professionals and youth sports coaches. This course is based on the 2015 CPR and First Aid Guidelines, Caring for Our Children, and other evidence-based treatment recommendations.

Saturday

20636001-01	Aug 18	9:00a-3:00p	\$55/\$60
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Babysitting Class

Ages 11-13

First-time babysitters will learn the skills necessary to watch over young children. Topics covered include growth and development, prevention and personal safety, discipline, fire safety, basic child care feeding, diapering, and bathing. A CPR/First Aid certificate is issued upon completion. Please bring a sack lunch.

Saturday

20636001-03	Jun 9	9:00a-3:00p	\$55/\$60
20636001-04	Jul 14	9:00a-3:00p	\$55/\$60
20636001-05	Aug 11	9:00a-3:00p	\$55/\$60