

# Northglenn

Parks, Recreation, Cultural Services & Senior Center

January - April 2017

## Winter Recreation Guide

Resident Registration Begins December 12





## RECREATION CENTER

**Northglenn Recreation Center**  
**D.L. Parsons Theatre**  
**Northglenn Senior Center**  
 11801 Community Center Drive  
 Northglenn, Colorado 80233  
 303.450.8800

### Hours

Monday-Friday: 5:30 am-8:30 pm\*  
 Saturday: 7:30 am-5 pm\*  
 Sunday: 8:30 am-4 pm\*  
 Pool is closed on Sundays

\* Guests must leave the Recreation Center within 15 minutes after closing hours of operation.

### Special Hours

Christmas Eve 7:30 am - 1 pm  
 New Year's Eve 7:30 am - 2 pm

### Closures

Christmas Day (December 25)  
 New Year's Day (January 1)  
 Easter (April 16)

<b>RECREATION CENTER</b>	Directory, Hours .....2 Rental Information .....3 Registration.....4 Fees .....5
<b>AQUATICS</b>	Rec Center Pool Schedule .....6 Lesson Descriptions .....7 Lesson Schedules ..... 8-11 Water Fitness Information ..... 12 Swim Teams ..... 13
<b>CHILDRENS PROGRAMS</b>	Pre-School ..... 14 Summer Day Camp ..... 15 Dance Classes..... 16 Flashlight Egg Hunt..... 16 Teen Programs..... 17
<b>FITNESS &amp; HEALTH</b>	Belly Dancing, Masage, Fencing ..... 18 Martial Arts ..... 19 Fitness Classes & Schedules ..... 20-21
<b>NORTHGLENN ARTS</b>	Travel Film Series ..... 22 Auditions, Night of the Stars ..... 23 NYT Academy ..... 24-25 Performances & Classes Daddy Daughter, Into the Woods ..... 26 A Cappella Concerts ..... 27
<b>SENIOR CENTER</b>	Hours, Services ..... 28 Senior Health & Well-Being ..... 29 Senior Activities ..... 30 Northglenn Senior Organization ..... 31
<b>SPECIAL INTERESTS</b>	CPR, Babysitting ..... 32 Spanish, Cooking, Lego Classes ..... 33
<b>SPORTS</b>	Adult Sports ..... 34 Youth Sports ..... 35-37
<b>VOLUNTEERING</b>	Community Engagement ..... 38
<b>CITY SERVICES</b>	411 and Recycling Programs ..... 39



The City of Northglenn was the very first city in Colorado to earn the designation of Playful City USA



**Parks, Recreation and Cultural Services**  
11801 Community Center Drive  
Northglenn, Colorado 80233  
Email: parksandrec@northglenn.org

## Northglenn City Government Officials

Mayor: Joyce Downing

### Council Members

Ward I: Carol Dodge • Jordan Sauers  
Ward II: Joe Brown • Becky Brown  
Ward III: Kyle Mullica • Marci Whitman  
Ward IV: Kim Snetzinger • Antonio Esquibel

### Northglenn Parks & Recreation Advisory Board

Karen Knuepfer, Chair  
David Swayze  
Avery Anderson, Secretary/Treasurer  
Susan Waldman, Vice Chair  
Kim Snetzinger, Council Ex-Officio

If you are interested in serving on the Parks & Recreation Advisory Board, please contact our City Clerk at 303.450.8756.

**Belia Straushein**  
Administrative Assistant  
E-mail: bstraushein@northglenn.org

## Looking for a place to hold a meeting or event?

A variety of reasonably-priced spaces are available to rent for meetings, wedding receptions, athletic competitions, conferences, theatrical productions, and other social gatherings! Non-profit rates available. Our professional, experienced staff is eager to assist you in planning your event to make it memorable for you and your guests. For more information call 303.450.8800.

- **Senior Center** Located on the upper level; available to rent for wedding receptions, church services, birthday parties, anniversaries, etc. It can accommodate up to 200 people.  
**Fee:** \$60/hour Resident\*  
\$70/hour Non-Resident\*
- **Alpine Room** Located on the upper level, this room is ideal for small business meetings up to 20 people.  
**Fee:** \$20/hour Resident\*  
\$25/hour Non-Resident\*
- **D.L. Parsons Theatre** This 320-seat theatre includes a new sound system, audio-visual equipment, computerized lighting, and two large dressing rooms with restrooms.  
**Fee:** \$76-\$101/hour (school rates available)
- **Mountainview/Parkview Rooms** Located on the main level; Parkview can accommodate up to 70 people; Mountainview holds up to 40 people. Each room includes a sink, whiteboard, podium, and projection screen. Great for baby showers or small birthday parties.  
**Fee:** \$40/hour Resident\*  
\$45/hour Non-Resident\*
- **Double Gymnasium** Can be divided into two courts or one full-length court complemented by six basketball rims. It can also be set up for regulation volleyball games. It accommodates up to 500 people.  
**Fee:** \$70/hour Resident\*  
\$80/hour Non-Resident\*

Half of the rental fee is due at the time of the reservation to guarantee a room. The other half of the rental fee is due two weeks prior to the rental along with a \$150 refundable damage deposit. 24-hour notice required to rent a room.

\* Additional fees may be applied depending on the set up.

## Did you know that if you work in Northglenn you qualify for resident rates?

If you work in Northglenn, you are eligible to purchase a Resident Pass. Tell the guest relations staff when you come in. Please bring a photo ID and proof of employment at any Northglenn business.

Over the noon hour, we offer challenging fitness classes, invigorating workouts in the fitness/weight room, lap swimming, drop-in basketball, walleyball, and racquetball. For those who prefer to jog, skate, or cycle, shower facilities are available. See page 5 or call 303.450.8800 for fee information.

For more information on corporate rates, please contact Brian Magnett at 303.450.8899 or bmagnett@northglenn.org.

Business/Corporate Use

Registration Dates	RESIDENT	NON-RESIDENT
ONLINE REGISTRATION	Begins Monday, Dec 12 Midnight	Begins Thursday, Dec 15 Midnight
WALK-IN REGISTRATION	Begins Monday, Dec 12 8 am	Begins Thursday, Dec 15 8 am
PHONE REGISTRATION	Begins Wednesday, Dec 14 8 am	Begins Saturday, Dec 17 8 am

**Online**  
northglenn.org/recxpress

**Phone**  
303.450.8800

**Walk-In**  
Come in and see us!

Do I have to sign up ahead of time to use online registration?

Yes! You will also need your family PIN number, as well as a client ID for each individual member of your family, which will be provided once you set up your account. We have information and much more on the City of Northglenn's website at [www.northglenn.org](http://www.northglenn.org). Look for the link to online registration at "RecXpress Sign Up" or [www.northglenn.org/recxpress](http://www.northglenn.org/recxpress).

What can I do with RecXpress?

You can use the RecXpress site to register for classes, make a payment, look up transaction history, and check your account balance.

Is your system secure?

We have taken many steps to ensure the security of your transaction, including adopting industry standards. RecXpress employs 128-bit encryption, the highest form of encryption available to the public.

Are there programs not available through RecXpress?

Yes. In these cases, registration in person is required. However, you will still be able to view the details online. In this guide the classes with a class code indicate online registration availability. Please call 303.450.8800 for further information.

I am a non-resident. Can I use RecXpress?

Yes. The registration process is the same for both residents and non-residents. However, non-resident fees and registration times may be different from resident fees and registration times.

I don't feel comfortable using a credit card over the Internet. Can I still register with RecXpress?

Yes. If you already have a credit on your account, that credit can be used toward payment for registration. The credit must be large enough to cover the full amount of the class, otherwise, a credit card will need to be used to pay the difference. You may add credit to your account by going to the Recreation Center. RecXpress does use a variety of security measures to maintain the safety of your personal information.

**Note:** Payment in full for registrations for RecXpress is required to successfully complete the transaction.

Classes are first-come, first-served until class limits are met. Wait lists are created for full classes. We reserve the right to cancel classes that do not meet the minimum participant requirements.

Please note specific resident and non-resident registration dates.

Time-saving registrations can be made by telephone or online using a Visa or MasterCard.

All fees are payable at time of registration. Fees are calculated per session and are not pro-rated.

There is a \$29 charge for returned checks.

Every effort is made to reschedule class programs cancelled due to inclement weather or unanticipated factors. Weather related cancellations are broadcast on KOA 850 AM.

If for any reason you are not completely satisfied with one of our programs, the City of Northglenn will be happy to issue a Credit on Account, transfer you to a different class or program, or refund your money by check, less a \$5 processing fee. No cash refunds are given. Refunds take approximately 3 weeks to process and are mailed to the address on the registration form. The amount refunded may be prorated based on circumstance for the refund and/or number classes attended. Full refund or Credit on Account is given if the city cancels the program or class.

### Americans With Disabilities Act (ADA)

Northglenn Parks, Recreation and Cultural Services welcomes and encourages persons with special challenges and needs to participate in any of our programs. Potential participants are invited to contact us to discuss any special accommodations or adaptations that may be necessary for participation in our programs and services. Assistance requests need to be made at least two weeks prior to the activity. Contact the Recreation Center at 303.450.8800 or 303.450.8717 V/TDD for information. Please indicate on the registration form if you require ADA accommodations.

By registering for a program through the Northglenn Recreation Center, you agree that you or your child's photo may be used for any lawful purpose including publicity, advertising, and web content.



[www.northglenn.org/recxpress](http://www.northglenn.org/recxpress)

# Northglenn Recreation Center Fees

	3 & Under	Child 4-12 Yrs	Youth 13-17 Yrs	Adult 18-61 Yrs	Senior 62+ Yrs
<b>Daily Drop In</b>					
Resident	Free	\$2.25	\$2.75	\$3.50	\$2.50
Non-Resident	Free	\$2.75	\$3.25	\$4.25	\$3.50

**Resident Recreation ID Card** (Valid for 2 years from date of issue) **FREE!**

**Family Pass\*\* (Up To 4 Members per household)** Resident \$9, Non-Resident \$11

**Judo Mat Fee** (Resident or Non-Resident; all ages) \$2.50

**Towel Rental** \$1

**Slow Swim (Ages 62+ Monday-Friday, 9:30-11 am)**

Resident	N/A	N/A	N/A	\$1.75
Non-Resident	N/A	N/A	N/A	\$2

**20-Punch Pass**

Resident	\$25	\$35	\$55	\$40
Non-Resident	\$35	\$40	\$70	\$55

**Six-Month Pass\* (Expires 6 Months from date of purchase) Includes 1 free personal training and fitness assessment. Also includes 25% discount on personal training and two guest passes.**

Resident	\$75	\$100	\$175	\$100
Non-Resident	\$105	\$125	\$200	\$130
Family** (Up To 4 Members per household)	\$275 Resident/\$375 Non-Resident			
Additional Family Members	\$65/95	\$65/95	\$65/95	N/A

**Annual Pass\* (Expires 1 year from date of purchase) Includes 2 free personal training and fitness assessment. Also includes 25% discount on personal training and five guest passes.**

Resident	\$125	\$150	\$275	\$175
Non-Resident	\$165	\$200	\$325	\$250
Family** (Up To 4 Members per household)	\$400 Resident/\$475 Non-Resident			
Additional Family Members	\$75/100	\$75/100	\$75/100	N/A

**Specialty Passes**

**Judo 30-Punch Pass** \$60

**Judo 75-Punch Pass** \$129

**Yoga, Essentrics and Aqua Zumba 10-Punch Pass** \$40 Resident/\$45 Non-Resident

**Slow Swim 20-Punch Pass (valid for Ages 62+ Monday-Friday, 9:30-11 am)**

Resident	N/A	N/A	N/A	\$28
Non-Resident	N/A	N/A	N/A	\$33

**Shower 20-Punch Pass (Use center's shower facilities to exercise outdoors)**

Resident \$28, Non-Resident \$33

\* Annual & Six Month Passes can be paid in monthly installments

\*\* Family Passes include a parent or guardian and children (17 years & younger) claimed as dependent on your Federal Tax and living at the same residence

**Note:** A \$25 Administration Fee is assessed for canceled memberships

**Corporate/business rates are available. Contact Brian Magnett for more information at 303.450.8899 or [bmagnett@northglenn.org](mailto:bmagnett@northglenn.org).**

## FEES

### Resident Recreation ID Card FREE to Residents!

A Resident Recreation ID card is required for anyone who wishes to pay the Resident Daily Drop-In Fee. You are required to show proof of residency to purchase this card. The card is valid for two years. All members of a resident family over 3 years old are required to have their own ID card to receive the daily resident rate. Replacement cards for resident IDs, punch passes and annual passes cost \$3.

### Proof Of Residency

1. Photo ID with your current Northglenn address **OR**
2. Photo ID with one of the following:
  - Utility bill
  - Car registration
  - Rental contract
  - Voter registration card
  - Statement from major creditor
  - Adams County tax notice

## OPEN GYM

Call 303.450.8800  
for open gym availability

*Gym schedule subject to sudden changes*

## LOCKERS

Guests are asked to provide their own locks for lockers. Reasonably priced locks are available for purchase at the recreation center front desk.



## DROP-IN BASKETBALL

Monday through Friday 12-1:30 pm  
Tuesday & Friday 6:30-8 am



## Northglenn Recreation Center Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>POOL CLOSED</b>	Lap Swim 5:30-8:15am	Fusion Swim Club 5-6:30am 2 Lanes Lap Swim 5:30-8:15am	Lap Swim 5:30-8:15am	Fusion Swim Club 5-6:30am 2 Lanes Lap Swim 5:30-8:15am	Lap Swim 5:30-8:15am	Fusion Swim Club 6:15-8am Lap Swim 7:30-8:55am
	Shallow Water Hydroworks All Lanes 8:20-9:20am Doreen	Shallow Water Hydroworks All Lanes 8:20-9:20am Kathryn	Shallow Water Hydroworks All Lanes 8:20-9:20am Doreen	Shallow Water Hydroworks All Lanes 8:20-9:20am Kathryn	Shallow Water Hydroworks All Lanes 8:20-9:20am Doreen	Aqua Zumba 8:55am-9:55am Cha Cha
	Silver Splash@ 4 Lanes 9:30-10:30am Doreen	Arthritis Aquafit 3 Lanes 9:45-10:30am Doreen	Silver Splash@ 4 Lanes 9:30-10:30am Doreen	Arthritis Aquafit 3 Lanes 9:45-10:30am Doreen	Silver Splash@ 4 Lanes 9:30-10:30am Doreen	
	Lap Swim 2 Lanes 9:20-10:30am	Lap Swim 1 Lane 9:20-10:30am	Lap Swim 2 Lanes 9:20-10:30am	Lap Swim 1 Lane 9:20-10:30am	Lap Swim 2 Lanes 9:20-10:30am	
	Swim Lessons 2 Lanes 10:30-12pm	Swim Lessons 2 Lanes 10:00-11:30am Water Walking 10:30- 11:15am 2 Lanes Doreen	Swim Lessons 2 Lanes 10:30-12pm	Swim Lessons 2 Lanes 10:00-11:30am Water Walking 10:30- 11:15am 2 Lanes Doreen	Swim Lessons 2 Lanes 10:30-12pm	Swimming Lessons <b>ALL</b> Lanes 10am-Noon
	Lap Swim 4 Lanes 10:30-12:00pm	Lap Swim 2/4 Lanes 10:30-12:00pm	Lap Swim 4 Lanes 10:30-12:00pm	Lap Swim 2/4 Lanes 10:30-12:00pm	Lap Swim 4 Lanes 10:30-12:00pm	Lap Swim All Lanes 12:00-1:15pm
	Lap Swim All Lanes 12:00-1:15pm	Lap Swim All Lanes 12:00-1:15pm	Lap Swim All Lanes 12:00-1:15pm	Lap Swim All Lanes 12:00-1:15pm	Lap Swim All Lanes 12:00-1:15pm	
	Open Swim ** <b>ALL</b> Lanes 1:30-3:30pm	Open Swim ** <b>ALL</b> Lanes 1:30-3:30pm	Open Swim ** <b>ALL</b> Lanes 1:30-3:30pm	Open Swim ** <b>ALL</b> Lanes 1:30-3:30pm	Open Swim ** <b>ALL</b> Lanes 1:30-3:30pm	
	Lap Swim 3:30-5:00pm 3 Lanes	Swim Lessons 3 Lanes 3:30-6pm	Lap Swim 3:30-5:00pm 3 Lanes	Swim Lessons 3 Lanes 3:30-6pm	Lap Swim 2 Lanes 3:30pm-5:15pm CARA Swim Team 4:15pm - 5:15pm	Open Swim** 1:15-4:30pm
	CARA Swim Team 4-5pm	CARA Swim Team 4-6pm	CARA Swim Team 4-5pm	CARA Swim Team 4-6pm		
Fusion Swim Club 5-8:30pm	Shallow/Deep Water Aquafit 6:05-7:05pm Diane	Fusion Swim Club 5-8:30pm	Shallow/Deep Water Aquafit 6:05-7:05pm Diane	Fusion Swim Club 5-8:30pm		
Shallow/Deep Water Aquafit 6:30-7:30pm Kathryn	Fusion Swim Club 6-8:45pm	Shallow/Deep Water Aquafit 6:30-7:30pm Kathryn	Fusion Swim Club 6-8:45pm			

If there are fewer than 15 people in the pool during this time, a lap lane may be opened up. Please call 303.450.8800 to verify if lap lanes are open.

**All Ages Lap Swim:** For swimmers 10 and older who want to use lap swimming as a form of exercise. Swimmers must be actively swimming laps during this time. Use of the blocks and diving from sides is restricted. No water walking during this time unless there are no lap swimmers.

**Slow Swim:** A portion of the pool will be available for those swimmers who would rather water walk, jog in place, or just use the pool as part of their physical therapy.

# Northglenn Aquatics Lesson Programs

Want your toddlers to learn how to swim? Looking to master the backstroke? Haven't been in a pool for two decades? We'll meet you at your level so you can achieve your goals in the swimming pool.

## Parent/Tot - Guppies Ages 6 months-3 years

Help your toddler or infant become more comfortable in the water. Please note that your child will NOT learn to swim or survive in the water in this class. The children must have a swim diaper or plastic pants under their swimsuits. Diapers are NOT allowed. Sorry - only one parent per child is allowed in the water.

## Preschool Aquatics Program Ages 3-5

Our preschool swimming program focuses on safety and developmental needs of young children. As your child moves from class to class, they will review and build on skills they learned, increasing their ability and comfort in the water.

## Starfish *Beginners*

Your young child will learn to be more comfortable and how to move in the water. They will be introduced to holding their breath and submerging under water.

## Jellyfish *Intermediate*

Your child will become more comfortable with going under water and pushing off the wall independently for a short distance.

## Angelfish *Advanced*

In the final class of the preschool program, your child will start to swim independently for longer distances using a semi-developed stroke.



## Youth Program Ages 6-12

We use the American Red Cross Learn-to-Swim program, a progressive, multi-level instructional approach that maximizes success and includes the most current biomechanics and stroke descriptions. By completing the entire program, your child will be exposed to the front crawl, elementary backstroke, breaststroke, back crawl, side stroke, butterfly, starts, turns and diving.



### Level 1 *Beginners*

This level introduces basic swimming skills and strokes. This includes submerging independently, unsupported kicks and streamline on front and back, independent swimming basic front crawl while blowing bubbles.

### Level 2 *Advanced Beginner*

Your child will build on the skills learned in Level 1. They'll strive for longer distances using the front crawl and improve their bubbles-breather technique.

### Level 3 *Intermediate*

The backstroke and sidestroke will be introduced as your child continues to work on the front crawl. They'll try treading water, and even be introduced to diving!

### Level 4 *Experienced*

Get ready for deeper instruction, as your child tries out the deepwater surface dive, diving off the block and swimming from the deck. When not diving, they'll focus on the sidestroke and increasing their endurance in the water.

### Level 5 *Advanced*

Your child's swimming arsenal will grow with the breaststroke as they increase their endurance on the strokes they've learned. They'll also get to jump off the block with streamline and learn about open turns, treading water and counting yards.

### Level 6 *Expert*

Time to refine all the strokes and skills they've learned so far. Your child will swim with more ease, efficiency, power and smoothness. On the diving board, they'll be introduced to the shallow dive, jump tuck dive and pike dive.

## Private and Semi-Private Swim Lessons

Available for all skill levels - from terribly terrified to stroke refinement.

**Private Lesson:** (1 student per teacher)  
30 minutes

**Fee:** \$17/child/Resident  
\$18/child/Non-Resident

**Semi-Private:** (2 students per teacher)  
45 minutes

**Fee:** \$32/Two children/Resident  
\$34/Two children/Non-Resident

Cancelations must be 24 hours in advance or normal fee will apply.

## Badge Certification

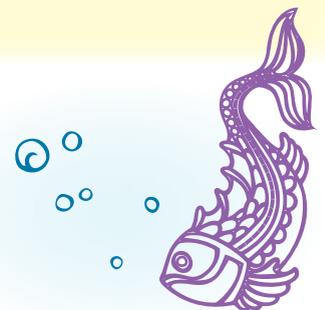
Does your scout troop need pool time for merit badge certification? We can help. Cost is only \$2.50 per scout, but the troop must provide instructors. Please call 303.450.8942 to schedule a time.

## Re-Certification Information

These certifications are for *Lifeguard Training*, *First Aid*, and *CPRIAED For The Professional Rescuer*.

Fee	Resident	Non-Resident
1 certification	\$40	\$50
2 certifications	\$50	\$60
3 certifications	\$60	\$70

Need more information? Please contact Steve Hanson at 303.450.8942.



# NRC Aquatics Lesson Schedules

## Winter/Spring Session Dates

Session 1		
M,W	Jan 9-Feb 8	\$28R \$30N
Tu,Th	Jan 10-Feb 9	\$28R \$30N
F	Jan 13-Feb 10	\$14R \$16N
Sa	Jan 14-Feb 11	\$14R \$16N
Session 2		
M,W	Feb 13-Mar 15	\$28R \$30N
Tu,Th	Feb 14-Mar 16	\$28R \$30N
F	Feb 17-Mar 17	\$14R \$16N
Sa	Feb 18-Mar 18	\$14R \$16N
Session 3		
M,W	Mar 20-Apr 19	\$28R \$30N
Tu,Th	Mar 21-Apr 20	\$28R \$30N
F	Mar 24-Apr 21	\$14R \$16N
Sa	Mar 25-Apr 22	\$14R \$16N
Session 4		
M,W	Apr 24-May 24	\$28R \$30N
Tu,Th	Apr 25-May 25	\$28R \$30N
F	Apr 28-May 26	\$14R \$16N
Sa	Apr 29-May 27	\$14R \$16N

Session 1 Session 2 Session 3 Session 4  
R = Resident N = Non-Resident

### Starfish Preschool Ages 3-5 years

25792	M,W	Jan 9-Feb 8	10:30-11am	\$28R/\$30N
25793	M,W	Jan 9-Feb 8	3:30-4pm	\$28R/\$30N
25794	M,W	Jan 9-Feb 8	5-5:30pm	\$28R/\$30N
25795	Tu,Th	Jan 10-Feb 9	10-10:30am	\$28R/\$30N
25796	Tu,Th	Jan 10-Feb 9	4-4:30pm	\$28R/\$30N
25797	Tu,Th	Jan 10-Feb 9	5:30-6pm	\$28R/\$30N
25798	F	Jan 13-Feb 10	11-11:30am	\$14R/\$16N
25799	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
25800	Sa	Jan 14-Feb 11	10:30-11am	\$14R/\$16N
25801	M,W	Feb 13-Mar 15	10:30-11am	\$28R/\$30N
25810	M,W	Feb 13-Mar 15	3:30-4pm	\$28R/\$30N
25811	M,W	Feb 13-Mar 15	5-5:30pm	\$28R/\$30N
25802	Tu,Th	Feb 14-Mar 16	10-10:30am	\$28R/\$30N
25803	Tu,Th	Feb 14-Mar 16	4-4:30pm	\$28R/\$30N
25812	Tu,Th	Feb 14-Mar 16	5:30-6pm	\$28R/\$30N
25785	F	Feb 17-Mar 17	11-11:30am	\$14R/\$16N
25786	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
25787	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
25788	M,W	Mar 20-Apr 19	10:30-11am	\$28R/\$30N
25789	M,W	Mar 20-Apr 19	3:30-4pm	\$28R/\$30N
25790	M,W	Mar 20-Apr 19	5-5:30pm	\$28R/\$30N
25804	Tu,Th	Mar 21-Apr 20	10-10:30am	\$28R/\$30N
25805	Tu,Th	Mar 21-Apr 20	4-4:30pm	\$28R/\$30N
25806	Tu,Th	Mar 21-Apr 20	5:30-6pm	\$28R/\$30N
25791	F	Mar 24-Apr 21	11-11:30am	\$14R/\$16N
25807	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
25808	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
25813	M,W	Apr 24-May 24	10:30-11am	\$28R/\$30N
25814	M,W	Apr 24-May 24	3:30-4pm	\$28R/\$30N
25815	M,W	Apr 24-May 24	5-5:30pm	\$28R/\$30N
25816	Tu,Th	Apr 25-May 25	10-10:30am	\$28R/\$30N
25817	Tu,Th	Apr 25-May 25	4-4:30pm	\$28R/\$30N
25818	Tu,Th	Apr 25-May 25	5:30-6pm	\$28R/\$30N
25819	F	Apr 28-May 26	11-11:30am	\$14R/\$16N
25820	Sa	Apr 29-May 27	10-10:30am	\$14R/\$16N
25821	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N

### Guppies Parent/Tot Ages 6 months -3 years

25859	M,W	Jan 9-Feb 8	5-5:30pm	\$28R/\$30N
25860	Tu,Th	Jan 10-Feb 9	11-11:30am	\$28R/\$30N
25861	Tu,Th	Jan 10-Feb 9	5:30-6pm	\$28R/\$30N
25862	F	Jan 13-Feb 9	11:30am-12pm	\$14R/\$16N
25863	Sa	Jan 14-Feb 11	11:30am-12pm	\$14R/\$16N
25864	M,W	Feb 13-Mar 15	5-5:30pm	\$28R/\$30N
25865	Tu,Th	Feb 14-Mar 16	11-11:30am	\$28R/\$30N
25866	Tu,Th	Feb 14-Mar 16	5:30-6pm	\$28R/\$30N
25867	F	Feb 17-Mar 17	11:30am-12pm	\$14R/\$16N
25868	Sa	Feb 18-Mar 18	11:30am-12pm	\$14R/\$16N
25869	M,W	Mar 20-Apr 19	5-5:30pm	\$28R/\$30N
25870	Tu,Th	Mar 21-Apr 20	11-11:30am	\$28R/\$30N
25871	Tu,Th	Mar 21-Apr 20	5:30-6pm	\$28R/\$30N
25872	F	Mar 24-Apr 21	11:30am-12pm	\$14R/\$16N
25873	Sa	Mar 25-Apr 22	11:30am-12pm	\$14R/\$16N
25874	M,W	Apr 24-May 24	5-5:30pm	\$28R/\$30N
25875	Tu,Th	Apr 25-May 25	11-11:30am	\$28R/\$30N
25876	Tu,Th	Apr 25-May 25	5:30-6pm	\$28R/\$30N
25877	F	Apr 29-May 27	11:30am-12pm	\$14R/\$16N
25878	Sa	Apr 29-May 27	11:30am-12pm	\$14R/\$16N

## Jellyfish Preschool Ages 3-5 years

25827	M,W	11:30am-12pm	Jan 9-Feb 8	\$28R/\$30N
25828	M,W	4-4:30pm	Jan 9-Feb 8	\$28R/\$30N
25829	M,W	5-5:30pm	Jan 9-Feb 8	\$28R/\$30N
25846	Tu,Th	10:30-11am	Jan 10-Feb 9	\$28R/\$30N
25830	Tu,Th	3:30-4pm	Jan 10-Feb 9	\$28R/\$30N
25848	Tu,Th	5-5:30pm	Jan 10-Feb 9	\$28R/\$30N
25831	Fri	10:30-11am	Jan 13-Feb 10	\$14R/\$16N
25832	Sa	11-11:30am	Jan 14-Feb 11	\$14R/\$16N
25833	Sa	11:30am-12pm	Jan 14-Feb 11	\$14R/\$16N
25834	M,W	11:30am-12pm	Feb 13-Mar 15	\$28R/\$30N
25835	M,W	4-4:30pm	Feb 13-Mar 15	\$28R/\$30N
25822	M,W	5-5:30pm	Feb 13-Mar 15	\$28R/\$30N
25836	Tu,Th	10:30-11am	Feb 14-Mar 16	\$28R/\$30N
25837	Tu,Th	3:30-4pm	Feb 14-Mar 16	\$28R/\$30N
25838	Tu,Th	5-5:30pm	Feb 14-Mar 16	\$28R/\$30N
25839	Fri	10:30-11am	Feb 17-Mar 17	\$14R/\$16N
25823	Sa	11-11:30am	Feb 18-Mar 18	\$14R/\$16N
25847	Sa	11:30am-12pm	Feb 18-Mar 18	\$14R/\$16N
25840	M,W	11:30am-12pm	Mar 20-Apr 19	\$28R/\$30N
25841	M,W	4-4:30pm	Mar 20-Apr 19	\$28R/\$30N
25842	M,W	5-5:30pm	Mar 20-Apr 19	\$28R/\$30N
25843	Tu,Th	10:30-11am	Mar 21-Apr 20	\$28R/\$30N
25844	Tu,Th	3:30-4pm	Mar 21-Apr 20	\$28R/\$30N
25845	Tu,Th	5-5:30pm	Mar 21-Apr 20	\$28R/\$30N
25824	Fri	10:30-11am	Mar 24-Apr 21	\$14R/\$16N
25808	Sa	11-11:30am	Mar 25-Apr 22	\$14R/\$16N
25826	Sa	11:30am-12pm	Mar 25-Apr 22	\$14R/\$16N
25850	M,W	11:30am-12pm	Apr24-May 24	\$28R/\$30N
25851	M,W	4-4:30pm	Apr24-May 24	\$28R/\$30N
25852	M,W	5-5:30pm	Apr24-May 24	\$28R/\$30N
25853	Tu,Th	10:30-11am	Aprr 25-May 25	\$28R/\$30N
25854	Tu,Th	3:30-4pm	Aprr 25-May 25	\$28R/\$30N
25855	Tu,Th	5-5:30pm	Aprr 25-May 25	\$28R/\$30N
25856	Fri	10:30-11am	Apr 28-May 26	\$14R/\$16N
25857	Sa	11-11:30am	Apr 29-May 27	\$14R/\$16N
25858	Sa	11:30am-12pm	Apr 29-May 27	\$14R/\$16N

## Angelfish Preschool Ages 3-5 years

25896	M,W	Jan 9-Feb 8	11-11:30am	\$28R/\$30N
25879	M,W	Jan 9-Feb 8	4-4:30pm	\$28R/\$30N
25897	M,W	Jan 9-Feb 8	4:30-5pm	\$28R/\$30N
25880	Tu,Th	Jan10-Feb 9	4- 4:30pm	\$28R/\$30N
25881	Tu,Th	Jan10-Feb 9	4:30- 5pm	\$28R/\$30N
25882	Sa	Jan14-Feb 11	10:30-11am	\$14R/\$16N
25883	Sa	Jan14-Feb 11	11-11:30am	\$14R/\$16N
25884	M,W	Feb 13-Mar 15	11-11:30am	\$28R/\$30N
25885	M,W	Feb 13-Mar 15	4- 4:30pm	\$28R/\$30N
25886	M,W	Feb 13-Mar 15	4:30-5pm	\$28R/\$30N
25887	Tu,Th	Feb 14-Mar 16	4- 4:30pm	\$28R/\$30N
25888	Tu,Th	Feb 14-Mar 16	4:30- 5pm	\$28R/\$30N
25889	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
25890	Sa	Feb 18-Mar 18	11-11:30am	\$14R/\$16N
25894	M,W	Mar 20-Apr 19	11-11:30am	\$28R/\$30N
25898	M,W	Mar 20-Apr 19	4- 4:30pm	\$28R/\$30N
25891	M,W	Mar 20-Apr 19	4:30-5pm	\$28R/\$30N
25899	Tu,Th	Mar 21-Apr 20	4- 4:30pm	\$28R/\$30N
25895	Tu,Th	Mar 21-Apr 20	4:30- 5pm	\$28R/\$30N
25892	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
25893	Sa	Mar 25-Apr 22	11-11:30am	\$14R/\$16N
25900	M,W	Apr 24-May 24	11-11:30am	\$28R/\$30N
25902	M,W	Apr 24-May 24	4-4:30pm	\$28R/\$30N
25903	M,W	Apr 24-May 24	4:30-5pm	\$28R/\$30N
25904	Tu,Th	Apr 25-May 25	4-4:30pm	\$28R/\$30N
25905	Tu,Th	Apr 25-May 25	4:30- 5pm	\$28R/\$30N
25906	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N
25907	Sa	Apr 29-May 27	11-11:30am	\$14R/\$16N

Session 1 Session 2 Session 3 Session 4  
 R = Resident N = Non-Resident



Session 1 Session 2 Session 3 Session 4

R = Resident N = Non-Resident

**Level 1 Ages 6-12 years**

25908	M,W	Jan 9-Feb 8	3:30-4pm	\$28R/\$30N
25909	M,W	Jan 9-Feb 8	4:30-5pm	\$28R/\$30N
25910	Tu,Th	Jan 10-Feb 9	3:30-4pm	\$28R/\$30N
25911	Tu,Th	Jan 10-Feb 9	4:30-5pm	\$28R/\$30N
25912	Tu,Th	Jan 10-Feb 9	5-5:30pm	\$28R/\$30N
25913	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
25924	Sa	Jan 14-Feb 11	10:30-11am	\$14R/\$16N
25926	M,W	Feb 13-Mar 15	3:30-4pm	\$28R/\$30N
25927	M,W	Feb 13-Mar 15	4:30-5pm	\$28R/\$30N
25914	Tu,Th	Feb 14-Mar 16	3:30-4pm	\$28R/\$30N
25915	Tu,Th	Feb 14-Mar 16	4:30-5pm	\$28R/\$30N
25916	Tu,Th	Feb 14-Mar 16	5-5:30pm	\$28R/\$30N
25917	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
25918	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
25919	M,W	Mar 20-Apr 19	3:30-4pm	\$28R/\$30N
25928	M,W	Mar 20-Apr 19	4:30-5pm	\$28R/\$30N
25920	Tu,Th	Mar 21-Apr 20	3:30-4pm	\$28R/\$30N
25921	Tu,Th	Mar 21-Apr 20	4:30-5pm	\$28R/\$30N
25922	Tu,Th	Mar 21-Apr 20	5-5:30pm	\$28R/\$30N
25923	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
25925	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
25929	M,W	Apr 24-May 24	3:30-4pm	\$28R/\$30N
25930	M,W	Apr 24-May 24	4:30-5pm	\$28R/\$30N
25931	Tu,Th	Apr 25-May 25	3:30-4pm	\$28R/\$30N
25932	Tu,Th	Apr 25-May 25	4:30-5pm	\$28R/\$30N
25934	Tu,Th	Apr 25-May 25	5-5:30pm	\$28R/\$30N
25935	Sa	Apr 29-May 27	10-10:30am	\$14R/\$16N
25936	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N



**Level 2 Ages 6-12 years**

25938	M,W	Jan 9-Feb 8	4:30-5pm	\$28R/\$30N
25939	Tu,Th	Jan 10-Feb 9	3:30-4pm	\$28R/\$30N
25940	Tu,Th	Jan 10-Feb 9	4-4:30pm	\$28R/\$30N
25941	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
25950	Sa	Jan 14-Feb 11	11:30am-12pm	\$14R/\$16N
25952	M,W	Feb 13-Mar 15	4:30-5pm	\$28R/\$30N
25943	Tu,Th	Feb 14-Mar 16	3:30-4pm	\$28R/\$30N
25942	Tu,Th	Feb 14-Mar 16	4-4:30pm	\$28R/\$30N
25944	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
25945	Sa	Feb 18-Mar 18	11:30am-12pm	\$14R/\$16N
25951	M,W	Mar 20-Apr 19	4:30-5pm	\$28R/\$30N
25948	Tu,Th	Mar 21-Apr 20	3:30-4pm	\$28R/\$30N
25949	Tu,Th	Mar 21-Apr 20	4-4:30pm	\$28R/\$30N
25946	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
25947	Sa	Mar 25-Apr 22	11:30am-12pm	\$14R/\$16N
25954	M,W	Apr 24-May 24	4:30-5pm	\$28R/\$30N
25955	Tu,Th	Apr 25-May 25	3:30-4pm	\$28R/\$30N
25956	Tu,Th	Apr 25-May 25	4-4:30pm	\$28R/\$30N
25957	Sa	Apr 29-May 27	10-10:30am	\$28R/\$30N
25958	Sa	Apr 29-May 27	11:30am-12pm	\$14R/\$16N

**Level 3 Ages 6-12 years**

25966	M,W	Jan 9-Feb 8	4:30-5pm	\$28R/\$30N
25967	M,W	Jan 9-Feb 8	5:30-6pm	\$28R/\$30N
25977	Tu,Th	Jan 10-Feb 9	4:30-5pm	\$28R/\$30N
25969	Tu,Th	Jan 10-Feb 9	5-5:30pm	\$28R/\$30N
25970	Sa	Jan 14-Feb 11	10:30-11am	\$14R/\$16N
25971	Sa	Jan 14-Feb 11	11:30am-12pm	\$14R/\$16N
25978	M,W	Feb 13-Mar 15	4:30-5pm	\$28R/\$30N
25959	M,W	Feb 13-Mar 15	5:30-6pm	\$28R/\$30N
25960	Tu,Th	Feb 14-Mar 16	4:30-5pm	\$28R/\$30N
25961	Tu,Th	Feb 14-Mar 16	5-5:30pm	\$28R/\$30N
25962	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
25972	Sa	Feb 18-Mar 18	11:30am-12pm	\$14R/\$16N
25979	M,W	Mar 20-Apr 19	4:30-5pm	\$28R/\$30N
25963	M,W	Mar 20-Apr 19	5:30-6pm	\$28R/\$30N
25973	Tu,Th	Mar 21-Apr 20	4:30-5pm	\$28R/\$30N
25964	Tu,Th	Mar 21-Apr 20	5-5:30pm	\$28R/\$30N
25965	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
25974	Sa	Mar 25-Apr 22	11:30am-12pm	\$14R/\$16N
25975	M,W	Apr 24-May 24	4:30-5pm	\$28R/\$30N
25976	M,W	Apr 24-May 24	5:30-6pm	\$28R/\$30N
25980	Tu,Th	Apr 25-May 25	4:30-5pm	\$28R/\$30N
25981	Tu,Th	Apr 25-May 25	5-5:30pm	\$28R/\$30N
25982	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N
25983	Sa	Apr 29-May 27	11:30am-12pm	\$14R/\$16N

## Level 4 Ages 6-12 years

25996	M,W	Jan 9-Feb 8	3:30- 4pm	\$28R/\$30N
25990	M,W	Jan 9-Feb 8	4-4:30pm	\$28R/\$30N
26001	Tu,Th	Jan10-Feb 9	3:30- 4pm	\$28R/\$30N
25999	Tu,Th	Jan10-Feb 9	5- 5:30pm	\$28R/\$30N
25991	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
26000	Sa	Jan 14-Feb 11	11-11:30am	\$14R/\$16N
26002	M,W	Feb 13-Mar 15	3:30- 4pm	\$28R/\$30N
25992	M,W	Feb 13-Mar 15	4-4:30pm	\$28R/\$30N
25984	Tu,Th	Feb 14-Mar 16	3:30- 4pm	\$28R/\$30N
25985	Tu,Th	Feb 14-Mar 16	5- 5:30pm	\$28R/\$30N
25986	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
25993	Sa	Feb 18-Mar 18	11-11:30am	\$14R/\$16N
25997	M,W	Mar 20-Apr 19	3:30- 4pm	\$28R/\$30N
25994	M,W	Mar 20-Apr 19	4-4:30pm	\$28R/\$30N
25987	Tu,Th	Mar 21-Apr 20	3:30- 4pm	\$28R/\$30N
25988	Tu,Th	Mar 21-Apr 20	5- 5:30pm	\$28R/\$30N
25989	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
25995	Sa	Mar 25-Apr 22	11-11:30am	\$14R/\$16N
25998	M,W	Apr 24-May 24	3:30- 4pm	\$28R/\$30N
26003	M,W	Apr 24-May 24	4-4:30pm	\$28R/\$30N
26004	Tu,Th	Apr 25-May 25	3:30- 4pm	\$28R/\$30N
26005	Tu,Th	Apr 25-May 25	5- 5:30pm	\$28R/\$30N
26006	Sa	Apr 29-May 27	10-10:30am	\$14R/\$16N
26007	Sa	Apr 29-May 27	11-11:30am	\$14R/\$16N

## Level 5 Ages 6-12 years

26008	M,W	Jan 9-Feb 8	4- 4:30pm	\$28R/\$30N
26023	M,W	Jan 10-Feb 9	5:30- 6pm	\$28R/\$30N
26009	Tu,Th	Jan10-Feb 9	4- 4:30pm	\$28R/\$30N
26025	Tu,Th	Jan10-Feb 9	5:30- 6pm	\$28R/\$30N
26010	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
26024	Sa	Jan 14-Feb 11	11-11:30am	\$14R/\$16N
26011	M,W	Feb 13-Mar 15	4- 4:30pm	\$28R/\$30N
26012	M,W	Feb 13-Mar 15	5:30- 6pm	\$28R/\$30N
26013	Tu,Th	Feb 14-Mar 16	4- 4:30pm	\$28R/\$30N
26014	Tu,Th	Feb 14-Mar 16	5:30- 6pm	\$28R/\$30N
26015	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
26016	Sa	Feb 18-Mar 18	11:30am-12pm	\$14R/\$16N
26017	M,W	Mar 20-Apr 19	4- 4:30pm	\$28R/\$30N
26018	M,W	Mar 20-Apr 19	5:30- 6pm	\$28R/\$30N
26019	Tu,Th	Mar 21-Apr 20	4- 4:30pm	\$28R/\$30N
26020	Tu,Th	Mar 21-Apr 20	5:30- 6pm	\$28R/\$30N
26021	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
26022	Sa	Mar 25-Apr 22	11-11:30am	\$14R/\$16N
26026	M,W	Apr 24-May 24	4- 4:30pm	\$28R/\$30N
26027	M,W	Apr 24-May 24	5:30- 6pm	\$28R/\$30N
26028	Tu,Th	Apr 25-May 25	4- 4:30pm	\$28R/\$30N
26029	Tu,Th	Apr 25-May 25	5:30- 6pm	\$28R/\$30N
26030	Sa	Apr 29-May 27	10-10:30am	\$14R/\$16N
26032	Sa	Apr 29-May 27	11-11:30am	\$14R/\$16N

## Level 6 Ages 6-12 years

26033	M,W	Jan 9-Feb 8	3:30-4pm	\$28R/\$30N
26034	M,W	Jan 9-Feb 8	5:30-6pm	\$28R/\$30N
26035	Tu,Th	Jan 10-Feb 9	4:30-5pm	\$28R/\$30N
26036	Tu,Th	Jan 10-Feb 9	5:30-6pm	\$28R/\$30N
26037	Sa	Jan 14-Feb 11	10:30-11am	\$14R/\$16N
26038	Sa	Jan 14-Feb 11	11:30am-12 pm	\$14R/\$16N
26039	M,W	Feb 13-Mar 15	3:30-4pm	\$28R/\$30N
26040	M,W	Feb 13-Mar 15	5:30-6pm	\$28R/\$30N
26041	Tu,Th	Feb 14-Mar 16	4:30-5pm	\$28R/\$30N
26042	Tu,Th	Feb 14-Mar 16	5:30-6pm	\$28R/\$30N
26043	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
26044	Sa	Feb 18-Mar 18	11:30am-12 pm	\$14R/\$16N
26045	M,W	Mar 20-Apr 19	3:30-4pm	\$28R/\$30N
26046	M,W	Mar 20-Apr 19	5:30-6pm	\$28R/\$30N
26047	Tu,Th	Mar 21-Apr 20	4:30-5pm	\$28R/\$30N
26048	Tu,Th	Mar 21-Apr 20	5:30-6pm	\$14R/\$16N
26049	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
26050	Sa	Mar 25-Apr 22	11:30am-12pm	\$14R/\$16N
26051	M,W	Apr 24-May 24	3:30-4pm	\$28R/\$30N
26052	M,W	Apr 24-May 24	5:30-6pm	\$28R/\$30N
26053	Tu,Th	Apr 25-May 25	4:30-5pm	\$28R/\$30N
26054	Tu,Th	Apr 25-May 25	5:30-6pm	\$28R/\$30N
26055	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N
26056	Sa	Apr 29-May 27	11:30am-12pm	\$14R/\$16N

Session 1 Session 2 **Session 3** Session 4  
 R = Resident N = Non-Resident



# Water Fitness Information

Aqua shoes are recommended for all water fitness classes.

## Aqua Zumba

**Saturday 8:55-9:55 am**

Aqua Zumba is a safe, effective, fun and challenging workout that integrates Zumba dance moves and aqua fitness. You'll dance for 60 minutes against the water - your muscles will feel the workout! Please bring a bottle of water.

### Aqua Zumba drop-in fee:

\$5 Resident/\$5.50 Non-Resident

### Save with an Aqua Zumba punch pass!

10-punch pass:

\$40 Resident/\$45 Non-Resident

### Save even more with a membership!

Aqua Zumba fees are included in 6-month and annual memberships.

## SilverSneakers® SilverSplash

**Monday/Wednesday/Friday**

**9:30-10:30 am**

Activate your aqua exercise urge for variety! SilverSplash® offers fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

## Water Walking

**Tuesday/Thursday, 10:30-11:15 am**

Use the buoyancy of water and its natural resistance as you walk in the shallow section of the pool. You'll build stamina and tone your muscles while taking it easy on the joints. You don't need to know how to swim to participate. Wearing aqua shoes is encouraged.

**Refer to page 6 for Lap Swim, Lap Swim Etiquette, and Slow Swim pool schedules.**

### Lap Swim Ages 10 and up

This time is set aside for when you just want to swim for exercise. Using the blocks and diving from the sides is restricted. Water walking is not allowed during this time unless the lanes are free of lap swimmers.

### Lap Swim Etiquette

Due to a limited number of lap lanes, patrons should share lanes as necessary.

- Two swimmers: Swim on a side of the lane.
- Three or more swimmers: Swim counter clockwise in a single-file line on the right side of the lane.

### Slow Swim

A portion of the pool will be available if you want to water walk, jog in place or just use the pool as part of physical therapy.

## Arthritis Aquafit

Ages 16+

**Tuesday/Thursday, 9:45-10:30 am and Thursday, 6:05-7:05 pm**

Go through specially-designed movements in the warm water pool to improve flexibility and relieve pain from arthritis. This class is ideal if you are just starting an exercise program, and is also a great way to meet others who are seeking control over arthritis. You don't need to know how to swim to participate. Medical note: A physician's release is needed before you can participate. Please check with your doctor if you need to take special precautions - especially if you have had multiple or severe joint problems or a recent surgery. A swim lift is available.

## Water Hydroworks

Come and try our newly revised evening Aquafit classes! Our classes are taught by United States Water Fitness Association certified instructors who are motivated and excited about helping you reach your fitness goals. All fitness levels are encouraged to attend these fun and exciting classes. Instructors can work to individual needs, so stop by and get hydrocised!

### Shallow

**Monday-Friday 8:20-9:20 am**

**Tuesday 6:05-7:05 pm**

### Deep/Shallow

**Monday and Wednesday 6:30-7:30 pm**

**Recreation Center drop-in fee required for all classes except Aqua Zumba.**

Winter 2017 Aquafit Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Shallow Water Hydroworks</b> 8:20 - 9:20 am Doreen	<b>Shallow Water Hydroworks</b> 8:20 - 9:20 am Kathryn	<b>Shallow Water Hydroworks</b> 8:20 - 9:20 am Doreen	<b>Shallow Water Hydroworks</b> 8:20 - 9:20 am Kathryn	<b>Shallow Water Hydroworks</b> 8:20 - 9:20 am Doreen
<b>Silver Splash®</b> 9:30 - 10:30 am Doreen	<b>Arthritis Aquafit</b> 9:45 - 10:30 am Doreen	<b>Silver Splash®</b> 9:30 - 10:30 am Doreen	<b>Arthritis Aquafit</b> 9:45 - 10:30 am Doreen	<b>Silver Splash®</b> 9:30 - 10:30 am Doreen
<b>Deep/Shallow Hydroworks</b> 6:30-7:30 pm Kathryn	<b>Water Walking</b> 10:30 - 11:15 am Doreen	<b>Deep/Shallow Hydroworks</b> 6:30-7:30 pm Kathryn	<b>Water Walking</b> 10:30 - 11:15 am Doreen	
	<b>Shallow Water Hydroworks</b> 6:05 - 7:05 pm Diane		<b>Arthritis Aquafit</b> 6:05 - 7:05 pm Diane	

Class schedules subject to change. Please check [northglenn.org/aquatics](http://northglenn.org/aquatics) for updates.

# Swim Teams



The City of Northglenn is proud to offer a wide variety of aquatic programs for all ages and abilities. After a swimmer has progressed through the *Learn to Swim* program, the Northglenn Snappers CARA recreation swim team is a natural progression. Swimmers ready to move to the next level can move on to the Northglenn Fusion USA Swim Club.

All teams require a tryout process for placement on the appropriate team. **Please contact Steve Hanson at 303.450.8942 or [shanson@northglenn.org](mailto:shanson@northglenn.org) for more information and to schedule a tryout.**

## Northglenn Snappers

### Colorado Association Recreational Athletics (CARA)

The Northglenn Snappers are ideal for kids ages 6 to 18 who are interested in swimming as a sport, but have little to no experience swimming competitively.

Coaches incorporate competition, technique, teamwork and fun together as one. Focus is on proper technique for all four competitive strokes, along with starts and turns.

This CARA recreation team runs year-round. Practices are three nights a week, with occasional one-day meets on weekends in the metro area.

Registration is limited. To join the team, you must complete a minimum of 25 yards doing two of the four major strokes.

**Fees:** \$105 Resident/\$115 Non-Resident

**Dates:** January 2-April 13

M,W	4- 5pm
Tu,Th	4- 5pm
Tu,Th	5- 6pm
Tu,Th	5- 6pm

## Fusion Swim Club

Northglenn Fusion Swim Club is a USA Swimming team. They are a competitive swim team that swims in meets all around the state. You **MUST** have competitive swim team experience or swam for another swim team within a year. There is a tryout process. Please contact the aquatics department for further details. Team schedule is M-F.



[www.northglennfusion.com](http://www.northglennfusion.com)



[www.northglennsnappers.com](http://www.northglennsnappers.com)

## Lifeguard Training

Participants who complete the training will receive the American Red Cross Lifeguard Training certificate, which certifies you in the following:

### Valid for two years

- Lifeguarding
- CPR
- First Aid
- AED
- Epinephrine Injection
- Asthma Inhaler

### Valid for one year

- Bloodborne Pathogens

To take the class, you must be at least 15 years old by the last scheduled session. You must also pass a swimming skills test that includes these tasks:

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. You may NOT swim on your side or back. Goggles are allowed.
2. Tread water for two minutes using only your legs. Candidates will place their hands under their armpits.
3. Complete a timed event within 1:40:
  - a. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - b. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - c. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping face at or near the surface so they are able to get a breath. You are not allowed to swim underwater.
  - d. Exit the water without using a ladder or steps.

## Lifeguard Training

Ages 15+

Mar 27-30 M-TH 9am- 4pm \$125R/\$140N

Code 25771

For more details, contact:  
**Steve Hanson**  
303.450.8942  
[shanson@northglenn.org](mailto:shanson@northglenn.org)



## PRESCHOOL

Preschool education plays an essential role in early childhood development. It prepares your child socially, emotionally and academically for the classroom environment of kindergarten. Long-term benefits include improved confidence, self-esteem, communication, and group interactions. It also introduces a classroom schedule and format, as well as strengthen their ability to follow instructions. Preschool kick starts their education and is a great foundation for a life of learning.

Both Teeny Tots and Tiny Tots are state-licensed preschool programs that utilize developmentally-appropriate activities and materials that are centered around a purposeful-play atmosphere.

In response to requests from parents, preschool sessions last three hours, and are now offered two, three, four or five days a week. Please come to the Northglenn Recreation Center to register, which is on a first-come, first-served basis. Proof of age, shot records and physicals are required at sign up. Participant information packets and the preschool policies and procedures manual are located at [www.northglenn.org/youthprograms](http://www.northglenn.org/youthprograms). Please fill them out completely (the state requires that every line asking for addresses and phone numbers be filled out) and return prior to your child's first day. Payment plan options are available if you register for the complete semester.

### Teeny Tots Ages 3-4

Your child will make new friends and have fun in this introduction to preschool. We will practice fine motor skills, following directions, social skill building and working with beginning concepts such as letters, numbers, and colors through song, music, movement, and arts and crafts.

**Session 1** Mon/Wed 8:30-11:30am  
**Code 25636** Jan 2-25 \$108R/\$118N

**Session 1** Tues/Thurs 8:30-11:30am  
**Code 25637** Jan 3-26 \$108R/\$118N

**Session 2** Mon/Wed 8:30-11:30am  
**Code 25638** Jan 30-Feb 22 \$108R/\$118N

**Session 2** Tues/Thurs 8:30-11:30am  
**Code 25639** Jan 31-Feb 23 \$108R/\$118N

**Session 3** Mon/Wed 8:30-11:30am  
**Code 25640** Feb 27-Mar 22 \$108R/\$118N

**Session 3** Tues/Thurs 8:30-11:30am  
**Code 25641** Feb 28-Mar 23 \$108R/\$118N

#### Spring Break March 27-31, 2017

**Session 4** Mon/Wed 8:30-11:30am  
**Code 25642** Apr 3-26 \$108R/\$118N

**Session 4** Tues/Thurs 8:30-11:30am  
**Code 25643** Apr 4-27 \$108R/\$118N

**Session 5** Mon/Wed 8:30-11:30am  
**Code 25644** May 1-24 \$108R/\$118N

**Session 5** Tues/Thurs 8:30-11:30am  
**Code 25645** May 2-25 \$108R/\$118N

### Tiny Tots Ages 4-5

Our classes are designed to encourage participation through a mix of teacher-led instruction and discovery learning through math, music, arts, crafts, literacy, science exploration, plus so much more! Your child will grow socially as well academically. Come join us and get your kiddo ready for kindergarten.

**Session 1** Mon/Wed/Fri 8:30-11:30am  
**Code 25646** Jan 2-27 \$162R/\$177N

**Session 1** Tues/Thurs 8:30-11:30am  
**Code 25647** Jan 3-26 \$108R/\$118N

**Session 2** Mon/Wed/Fri 8:30-11:30am  
**Code 25648** Jan 30-Feb 24 \$162R/\$177N

**Session 2** Tues/Thurs 8:30-11:30am  
**Code 25649** Jan 31-Feb 23 \$108R/\$118N

**Session 3** Mon/Wed/Fri 8:30-11:30am  
**Code 25650** Feb 27-Mar 24 \$162R/\$177N

**Session 3** Tues/Thurs 8:30-11:30am  
**Code 25651** Feb 28-Mar 23 \$108R/\$118N

#### Spring Break March 27-31, 2017

**Session 4** Mon/Wed/Fri 8:30-11:30am  
**Code 25652** Apr 3-28 \$162R/\$177N

**Session 4** Tues/Thurs 8:30-11:30am  
**Code 25653** May 2-25 \$108R/\$118N

**Session 5** Mon/Wed/Fri 8:30-11:30am  
**Code 25654** May 1-26 \$162R/\$177N

**Session 5** Tues/Thurs 8:30-11:30am  
**Code 26053** May 2-25 \$108R/\$118N

# Summer Day Camp

Your children can enjoy fun and excitement with us in a safe, state-licensed program. Our 11 one-week sessions include all of the activities listed below:

- Camp t-shirt
- Field trips
- Roller skating
- Swimming at least two times per week
- Pedal boats
- Outdoor days at Kiwanis Swimming Pool
- Theater performances in the DL Parsons Theatre
- Play days at E.B. Rains Jr. Memorial Park
- Daily swimming lessons during weeks 2, 3 and 4
- Crafts
- Sports
- Swim shirt for each child
- Theme weeks for activities
- Highly qualified, fun staff
- And so much more!

**Capacity:** 60

**Dates:** 5/30/17 - 8/11/17

**Days and Times:** Monday-Friday, 7 am - 6 pm

**Ages:** 6-11

**Mandatory Parent Meeting:** Wednesday, May 24, 2017  
All Families: 6:30-8:30 pm

Must bring completed registration information and immunization card to the meeting for child to be admitted to the first day of camp.

Day camp participant information is online. Please print out the parent handbook and emergency packet (includes immunization information). Fill out and bring to parent meeting.

## Fees:

**Resident:** \$135/week

**Non-Resident:** \$148/week

**Days:** Monday-Friday



## Week/Dates:

<b>Week 1</b>	<b>Code 25655</b>	<b>May 30-Jun 2</b> <b>\$108R/\$118N</b> No Camp 5/29
<b>Week 2</b>	<b>Code 25656</b>	<b>Jun 5-9</b>
<b>Week 3</b>	<b>Code 25657</b>	<b>Jun 12-16</b>
<b>Week 4</b>	<b>Code 25658</b>	<b>Jun 19-23</b>
<b>Week 5</b>	<b>Code 25659</b>	<b>Jun 26-30</b>
<b>Week 6</b>	<b>Code 25660</b>	<b>Jul 3-7</b> <b>\$108R/\$118N</b> No Camp 7/4
<b>Week 7</b>	<b>Code 25661</b>	<b>Jul 10-14</b>
<b>Week 8</b>	<b>Code 25662</b>	<b>Jul 17-21</b>
<b>Week 9</b>	<b>Code 25663</b>	<b>Jul 24-28</b>
<b>Week 10</b>	<b>Code 25664</b>	<b>Jul 31-Aug 4</b>
<b>Week 11</b>	<b>Code 25665</b>	<b>Aug 7-11</b>



## DANCE CLASSES FOR CHILDREN

**Mommy & Me** Ages 18 months-2 years  
Moms - help your child develop motor and coordination skills in a fun and structured environment. Your babies will explore movements while having fun dancing.

**Location:** Fitness Room

**Day/Time:** Saturday, 10-10:30 am

**Fees:** \$48 Resident/\$53 Non-Resident

**Session 1 Code 25558 Jan 7-Feb 25**

**Session 2 Code 25559 Mar 4-Apr 22**

### Twinkle Toes Dance Age 3

Your little one will learn coordination skills, listening skills, balance, music interpretation, creative movement and motor development in this introduction to dance. Dancers must be registered for all three sessions to participate in the Spring Show scheduled for May 25, 2017. A \$15 costume fee is due to the instructor at the beginning of Session 2.

**Location:** Fitness Room

**Day/Time:** Saturday, 10:45-11:30 am

**Fees:** \$36 Resident/\$40 Non-Resident

**Session 1 Code 25560 Jan 7-Feb 25**

**Session 2 Code 25561 Mar 4-Apr 22**

**Session 3 Code 25562 Apr 29-May 20**  
\$18R/\$20N Short Session

### Shake, Rattle, & Twirl Ages 4-5 Level 1

Start your young dancer off on the right foot - literally - with this basic dance class. They'll learn how to move in a group and move to music, as well as basic dance and jazz movement. Dancers must be registered for all three sessions to participate in the Spring Show scheduled for May 25, 2017. A \$15 costume fee is due to the instructor at the beginning of Session 2.

**Location:** Fitness Room

**Day/Time:** Saturday, 11:45am-12:30pm

**Fees:** \$48 Resident/\$53 Non-Resident

**Session 1 Code 25564 Jan 7-Feb 25**

**Session 2 Code 25565 Mar 4-Apr 22**

**Session 3 Code 25566 Apr 29-May 20**  
\$24R/\$28N Short Session

### Shake, Rattle, & Twirl Ages 6-9 Level 2

Building on the skills they learned in Level 1, your young dancer will continue to explore basic dance and jazz movement while learning to move in a group and to music. Dancers must be registered for all three sessions to participate in the Spring Show scheduled for May 25, 2017. A \$15 costume fee is due to the instructor at the beginning of Session 2.

**Location:** Fitness Room

**Day/Time:** Saturday, 12:45am-1:30pm

**Fees:** \$48 Resident/\$53 Non-Resident

**Session 1 Code 25567 Jan 7-Feb 25**

**Session 2 Code 25568 Mar 4-Apr 22**

**Session 3 Code 25569 Apr 29-May 20**  
\$24R/\$26N Short Session

### Combo Tap & Ballet Ages 3-10

Your young dancer will learn the fundamentals of ballet and tap while enjoying freestyle and creative movement. Dancers must be registered for all three sessions to participate in the Spring Show scheduled for May 25, 2017. A \$15 costume fee is due to the instructor at the beginning of Session 2.

**Location:** Senior Center

**Fees:** \$56 Resident/\$61 Non-Resident

**Ages 3-5**

**Day/Time:** Saturday, 1:45-2:30pm

**Session 1 Code 25570 Jan 7-Feb 25**

**Session 2 Code 25571 Mar 4-Apr 22**

**Session 3 Code 25572 Apr 29-May 20**  
\$28R/\$30N Short Session

**Ages 6-10**

**Day/Time:** Saturday, 2:45-3:30pm

**Session 1 Code 25573 Jan 7-Feb 25**

**Session 2 Code 25574 Mar 4-Apr 22**

**Session 3 Code 25575 Apr 29-May 20**  
\$28R/\$30N Short Session

## SPECIAL EVENT



### 12<sup>th</sup> Annual Flashlight Egg Hunt April 14 | 7:30 - 9:30 pm

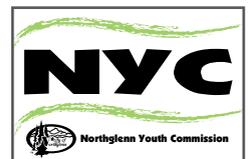
Ages 9-14

Sure - Easter egg hunts are easy - but what about trying to find the eggs at night? Supplied with only a flashlight and a basket, participants will scour the Northglenn Recreation Center grounds for Easter eggs. Some eggs will have candy - others great prizes! You never know what treasure you will find. Check-in begins at 7:15 p.m., with the hunt to follow at 8:15 p.m. Once the eggs have been collected, we'll hand out prizes inside - including the grand prize giveaway. In the gymnasium, a DJ will be playing and an inflatable set up.

**Parents, please note: Participants must be 9 years old by April 1. Also, only registered youth will be allowed in the event. NO EXCEPTIONS.**

**Pre-registration is required!**

**Code 25609 \$6 Resident/\$7 Non-Resident**



### Northglenn Youth Commission Ages 13-18

The Northglenn Youth Commission meets on the first and third Tuesday of each month from 7-9 p.m. Meetings are held at the Northglenn Recreation Center, 11801 Community Center Drive.

Meetings are open to the public, and anyone who would like to express their ideas, opinions, or concerns on a youth-related issue is welcome to attend. If you are interested in becoming part of the Youth Commission, please contact the City Clerk's Office at 303.450.8756 for more information.

## TEEN PROGRAMS

# SOS

## School's Out Special

Grades 5-9

What's better than a day off from school? Going on fun trips! Each outing departs from the Northglenn Recreation Center at 9 am and returns by 4 pm. Cost includes admission, transportation and supervision. School's Out Specials coincide with Adams 12 days off. Pricing depends on activity, which are subject to change. Please bring a sack lunch and water bottle. Also have a swimsuit and towel if needed.

**Time:** 9 am - 4 pm

**Fees:** \$35 Resident/\$40 Non-Resident

### Jump City and a Movie

In the morning, jump around through tons of activities including trampolines, rock climbing and a mechanical bull. Follow that up with a G, PG or PG-13 movie, which will be decided on at a later date.

**Code 25615**    M    Jan 2

### Ice Skating and Swimming

Glide across the ice (or hold on to the side of the rink) at the Apex Center. Afterwards, we'll go swimming in the rec center pool. Be sure to bring a swimsuit, towel and change of clothes.

**Code 25616**    Th    Feb 16

### Boondocks and a Movie

Arcade games, bowling and laser tag are on the to-do list at Boondocks. We'll then catch a G, PG or PG-13 movie, which will be announced at a later date.

**Code 25617**    F    Feb 17

### Jump City and Dave & Busters

There's no way you can have as much fun as on this trip. Start out at Jump City with its trampolines, rock climbing and a mechanical bull. Lunch and arcade games at Dave & Busters follows.

**Code 25623**    M    Apr 3

## SPRING BREAK

**Time:** 9 am - 4 pm

**Fees:** \$35 Resident/\$40 Non-Resident

*(unless otherwise noted)*

### Downtown Aquarium

Have you ever met a bintorong? Enjoy a meet and greet with the bearcat-like mammal in addition to a fun tour at the Downtown Aquarium. We'll move from transparent walls to the silver screen with a G, PG or PG-13 movie in the afternoon. The film will be decided on at a later date.

**Code 25618**    M    Mar 27  
\$60R/\$65N

### Loveland Laser Tag Fun Center

In addition to Northern Colorado's largest laser tag arena, you can enjoy a climbing wall, arcade and more.

**Code 25619**    Tu    Mar 28

### Earthtreks

Travel to Golden for the premier indoor rock climbing and boulder gym in Colorado.

**Code 25620**    W    Mar 29

### Stadium Tour and Swimming

Come tour the home of the Denver Broncos, Colorado Outlaws and dozens of other huge events. Then bring along your swimsuit, towel and change of clothes to go swimming at the Apex Center.

**Code 25621**    Th    Mar 30

### Color Me Mine and a Movie

Let's paint some pottery in the morning and catch a movie in the afternoon. The film will be chosen closer to the time of the trip and could be G, PG or PG-13.

**Code 25622**    F    Mar 31



## COLORADO YOUTH ADVENTURES

Ages 11-18

These trips are offered in cooperation with the

Broomfield, Hyland Hills, Northglenn, Lakewood, Denver, Boulder and Loveland Recreation Departments. These unique monthly trips offer your youth with the opportunity to meet youth from around the Metro area.

### January

#### SNOBAHN Ski + Snowboard Center

We'll spend the morning at Denver's newest indoor sports venue - SNOBAHN. Each child will get at least a 30-minute lesson with time to practice and 30 minutes on the snow tubing hill. Please pack a sack lunch.

**Code 25611**  
M Jan 16 9:30am-3pm    \$45R/\$50N

### February

#### UNSER Racing

Do you have the need for speed? Do you have what it takes to win? If so, you will not want to miss UNSER Racing's go-karts. After a day at the tracks we'll refuel at Quaker Steak and Lube. Note: All participants must have a notarized waiver for UNSER Racing, or a legible copy of a parent's driver's license included with waiver.

**Code 25612**  
M Feb 20 10:30am-1pm    \$70R/\$77N

### April

#### Volunteer Day and Adventure Golf

April is National Volunteer Month and what a better way to give back than spending the morning with other area teens working on a community volunteer project. The project will be announced at a later date. After helping out in the morning, we'll head over to Adventure Golf & Raceway for lunch and an afternoon of unlimited fun. This includes go-karts, bumper cars, a maze, a ropes course and miniature golf.

**Code 25614**  
Sa Apr 29 10am-4pm    \$30R/\$35N

## BELLY DANCING

Ages 16+  
Have fun learning how to belly dance while gaining flexibility and muscle control. Phoenix is a nationally-known instructor who will work with you on your posture, technique and developing your own style. Classes are divided into two sections, with new topics covered in each. Please contact Phoenix prior to signing up for the intermediate sessions at 303.921.0378 or phoenix\_dancing@hotmail.com. This class requires an understanding of zills, basics and postures.

### Introduction

This class is designed for an introduction class. We will review basic skills. If you like it you can sign up for the session.

### Code 25753

W May 10 7-8pm \$10R/\$15N

### Intermediate

#### Code 25580

W Jan 11-Mar 1 7:30-8:30pm \$70R/\$77N

#### Code 25582

W Mar 15-May 3 7:30-8:30pm \$70R/\$77N

### Multi-Level Basics

#### Code 25579

W Jan 11-Mar 1 6:30-7:30pm \$70R/\$77N

#### Code 25581

W Mar 15-May 3 6:30-7:30pm \$70R/\$77N

## MASSAGE

Schedule your appointment at the front desk or call 303.450.8800. We offer 20-minute sessions.

**Location:** Theatre Mezzanine

**Day/Time:** Wednesdays, 11 am-1 pm

### Fees:

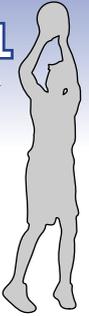
20 minutes | \$17 Res | \$19 Non-Res

## RACQUETBALL/WALLEYBALL

Information and rules of play are available at the front counter. Northglenn residents can make court reservations two days in advance. Non-residents may reserve courts one day in advance. 303.450.8800

## DROP-IN BASKETBALL

Monday through Friday 12-1:30 pm  
Tuesday & Friday 6:30-8 am



## FENCING

Ages 8-16

Fencing is a lot more than just sticking the pointy end of the sword into your competitor. This mental and physical sport teaches competition, respect and self-discipline in a safe and fun environment.

You'll learn a basic history of fencing as well as weapons, target areas and fencing technique. Equipment use is included in the class fee; all you have to do is wear comfortable shoes and clothing.

**Location:** Mountain View Room

**Day/Time:** Mondays, 7:15-8 pm

**Fees:** \$90 Resident / \$99 Non-Resident

**Code 25601** Jan 9-Feb 27

**Code 25602** Mar 6-Apr 24



**MARCH 10 at 6:30 PM**

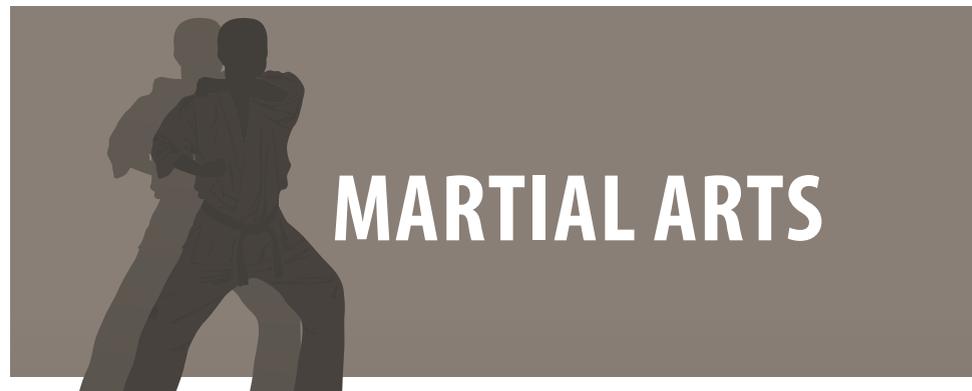
## KOPS VS KIDS BASKETBALL CHALLENGE

### Grades 5-9

Hey kids, are you ready to take on the Northglenn Police Department in a good-natured basketball game? This event is a positive, safe and fun experience for youth in our community. Kids can sign up to play as an individual or as part of a team. Hosted by the police and the Citizen's Police Academy Alumni Association of Northglenn (CPAAAN).

**Code 25610**

**\$5 Resident/\$6 Non-Resident/\$18 Team**



# MARTIAL ARTS

## Northglenn Judo Club

Ages 6+

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.

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

For more information, please contact Shuichi Otaka at 303.451.6109 or visit [www.northglennjudo.org](http://www.northglennjudo.org)

## Tae Kwon Do

### Beginner & Advanced Levels

Ages 6+

The beginning student will acquire the fundamental techniques of self-defense while developing self-control, self-confidence and discipline. Advanced class emphasizes perfection of technique, conditioning, poise and agility.

**Location:** Vantage Point High School

**Days:** Mondays

**Fees:** \$50 Resident/\$55 Non-Resident

**Code 25605** Feb 13-Apr 17 7- 9pm

**Code 25606** Apr 24-Jul 3 7- 9pm

No class May 29. Classes offered May 22-Jul 3 will be held at Northglenn Recreation Center.

## Traditional Japanese Karate

Ages 6+

Goju Ryu Karate-Do brings the art of traditional, non-aggressive Japanese karate. Almost any child can benefit from participation in martial arts.

Some of the benefits of Goju Ryu Karate include:

- Self-confidence and self-respect
- Focus and stillness
- Learn to take hits
- Become more active
- Connect mind and body
- Learn conflict resolution
- Learn to breathe

**Location:** Parkview

**Days:** Monday/Wednesday

**Time:** 6:30-7:30 pm

**Code 25589** Jan 2-25  
Jan 25 class will be held in Spin Room

**Code 25590** Jan 30-Feb 22

**Code 25591** Feb 27-Mar 22  
No class on Mar 27 & 29

**Code 25592** Apr 3-26

**Code 25593** May 1-24

**Fees:**  
Youth (ages 6-17)  
\$50 Resident/\$55 Non-Resident  
Adult (ages 18+)  
\$70 Resident/\$77 Non-Resident

## The City of Northglenn Recreation Department regularly hires independent contractors for the following areas:

- Sports and fitness instructors and coaches
- Computer, technology, and social media instructors
- Theatre designers, choreographers, stage managers, and actors
- Culture, theatre, art, music, and science instructors
- Dance instructors and teachers
- Various general interest class instructors
- Bands and DJ's

The process for consideration is simple:

- If you want to propose a class or workshop, please fill out the Class Proposal Worksheet available at: [northglenn.org/recreationcontractors](http://northglenn.org/recreationcontractors).
- If you are not sending a proposal and want to be considered for an existing program, please send your résumé, portfolio or marketing materials, and references.

For general interest, technology, sports, and dance proposals, send to:

**Tehra Porterfield**  
[tporterfield@northglenn.org](mailto:tporterfield@northglenn.org)

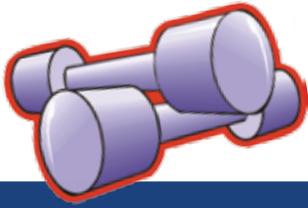
For culture, theatre, science, bands, and DJ proposals, send to:

**Kimberly Jongejan**  
[kjongejan@northglenn.org](mailto:kjongejan@northglenn.org)

If interested, please submit forms by

**January 16, 2017**  
for 2017 Summer  
Recreation Guide

# FITNESS CLASS DESCRIPTIONS & SCHEDULES



## Strength in Women

Ages 16+  
Women and young ladies - gain confidence in the weight room. You will learn how to properly set up the equipment, use free weights and follow a fitness program - all in a safe and supportive environment.

**Day:** Monday/Wednesday  
**Time:** 6:30-7:45 pm  
**Fees:** \$36 Resident/\$39 Non-Res

**Code 25583** Jan 9-Feb 15  
**Code 25584** Feb 20-Mar 29  
**Code 25585** Apr 3-May 10  
\$16.50R/\$18N  
Short Session

## Strength Training for Youth

Coed Ages 11-16

Youth registered in this class will learn proper weight room etiquette, equipment use, free weight use, safety, form, and breathing techniques. Participants will learn how to set up and follow a fitness program.

**Day:** Monday/Wednesday  
**Time:** 4:30-5:25 pm  
**Fee:** \$33 Resident/\$36 Non-Res

**Code 25586** Jan 9-Feb 15  
**Code 25587** Feb 20-Mar 29  
  
**Code 25588** Apr 3-May 10  
\$16.50R/\$18N  
Short Session

## Personal Trainers

**Work out with one of our certified personal trainers!** Customize your workout! We offer hour, ½-hour, and package rates. Please contact Tehra Porterfield at 303.450.8947 to set up your appointment today!

**Location:** Northglenn Recreation Center  
Weight Room

**Fee:** \$30 Resident (one person/one hour)  
\$33 Non-Resident (one person/one hour)

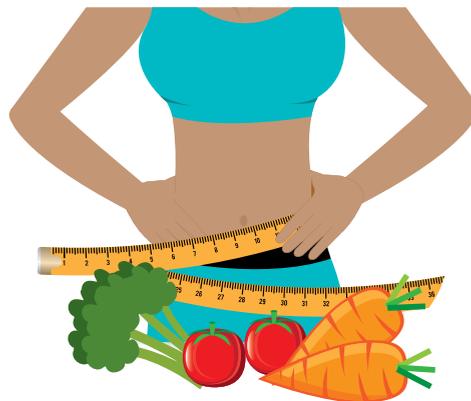
### Looking for a Package Deal?

**4 one-hour sessions:**  
\$100 Resident/\$110 Non-Resident

**4 one-hour sessions/two people:**  
\$140 Resident/\$156 Non-Resident

**6 one-hour sessions:**  
\$135 Resident/\$150 Non-Resident

**6 one-hour sessions/two people:**  
\$180 Resident/\$204 Non-Resident



## Daily Drop-In Fees

Adult	Senior
18-61 Years	62+ Years
\$3.50 Resident	\$2.50 Resident
\$4.25 Non-Resident	\$3.50 Non-Resident

## Yoga: 10-Punch Pass

Stop by during your lunch hour or after work and get balanced at one of our fantastic Yoga classes. Certified instructors!

**Yoga and Essentrics 10-Punch Pass:**  
\$40 Resident/\$45 Non-Resident

**Yoga and Essentrics Drop-In Fees:**  
\$5/Class Resident  
\$5.50/Class Non-Resident

Yoga and Eccentrics is included in 6-month and annual memberships!

## Body Fat Analysis

This analysis accurately measures lean body mass by use of the Lange Skinfold Caliper and the EXRX Assessment System. This information can be used to provide personal fitness and nutritional recommendations. For more information, call Tehra Porterfield at 303.450.8947.

**Fee:** \$10 Resident/\$12 Non-Resident

## Drop-In Class Schedule

	Mon	Tues	Wed	Thurs	Fri
6-6:55 am	Interval Cycle Sherry		Interval Cycle Sherry		
9:45-10:45 am	Pilates/Mix Karen				Pilates/Mix Karen
<b>Lunchtime Classes</b>					
12:05-12:55 pm	Zumba Annette	Boot Camp Annette	Zumba Gold Annette	Boot Camp Sherry	Zumba Sentao Annette
12:05-12:55 pm	Lunch MAX Burn Karen		Pilates/Mix Karen		
12:05-12:55 pm	Vinyasa Yoga Lacey		Vinyasa Yoga David		Vinyasa Yoga Lacey
12:05-12:55 pm		Intense Cycle Karen			Basic Cycle Karen
1:30-2:15 pm	Dance Fitness Annette				
4:45-5:45 pm				Family Yoga Melissa	
5:30-6:25 pm	Vinyasa Yoga Lacey		Pilates/Mix Karen		
	R.I.P.P.E.D. Cha Cha	Zumba Cha Cha	R.I.P.P.E.D. Cha Cha	Zumba Cha Cha	
6:45-7:45 pm		Essentrics Pam		Essentrics Pam	

We welcome youth to participate in all fitness classes. However, participants under 16 years old must be accompanied by an adult.

**Pilates Mix** Focus on your postural muscles, which help keep the body balanced and are essential for supporting the spine. Pilates teaches awareness of breath and alignment of the spine while strengthening the deep torso muscles.

**R.I.P.P.E.D.** Utilize free weights, resistance and body weights in this total-body, high-intensity workout while combining the components of R.I.P.P.E.D: Resistance, Intervals, Power, Plyometrics and Endurance. Workouts change focus every six to nine minutes.

**Vinyasa Yoga** Link your breath with mindful movement in each Yoga pose, building strength and endurance. You'll improve your balance and flexibility, and gain a deeper understanding of body and breath.

**Zumba®** Dance to the motivating music for a fun, high-energy workout that's easy to do. After this workout, your mind, body and emotions will feel great!

**Zumba Gold®** Strut, shake and shimmy as you work your core in a high-energy fitness party. You'll build strength, improve definition and increase endurance.

**Zumba Sentao™** Take the thrill of the fitness party and partner it with explosive, chair-based choreography to strengthen, balance and stabilize your core. Learn to use your body weight to increase your strength; improve definition and endurance; and tone your physique.

We welcome youth to participate in all adult fitness classes. However, participants under 16 years old must be accompanied by an adult.

See page 12 for Water Fitness class descriptions

See page 29 for Silver Sneakers class descriptions

## Drop-In Class Descriptions

**Basic Cycle** Take a 55-minute ride of intense uphill training, quick sprints and straight away recovery zones.

**Boot Camp** Push yourself in a military boot camp style workout – whether its in the gym or out in the park. You'll do traditional calisthenic and body weight exercises along with interval and strength training.

**Essentrics™** Draw together Tai-Chi, ballet and physiotherapy for a dynamic combination of strength and flexibility exercises to elongate and challenge the muscles. Tai-Chi creates health and balance; ballet develops long, lean and flexible muscles; and the healing principles of physiotherapy lead to a pain-free body.

**Family Yoga** Learn yoga poses and simple breathing techniques in a comfortable and playful atmosphere. Children must be accompanied by an adult.

**Dance Fitness** Get up and moving with Annette. No partners needed for this fun group fitness class featuring country line, ballroom and social music. (See page 35 for schedule details.)

**Intense Cycle** Fight through a tough and intense workout that kicks you into high gear with hard uphill pedaling and no rest on the down side.

**Interval Cycle** Experience uphill, sprint and off-bike intense interval training. To mix it up - add in resistance bands, medicine balls, hand weights and body work.

**Lunch MAX Burn** Get a boost to your day. Combining the weight room and intervals of cardio, you'll work arms, legs, butts and guts. It's also great if you need an introduction to the weight room.

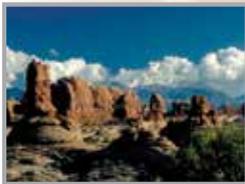
## Join us for the 2016/2017 Travel Film Series

Join us for our 29th season! Tour guides are professional film makers who personally narrate their films. Shows begin at 10:30 am and include a 15-minute intermission with refreshments. Call 303.450.8800 for tickets and information.

**4-Show Series Tickets: ONLY \$20!** **Individual Tickets:** Adults: \$7.50 • Seniors/Youth: \$6.50

**4 films**  
for  
**\$20**

**Purchase the 4-Show Series  
Season Package & Save!**  
Pay just \$5 per film!!



**January 18**

**Our National Parks: Sunrise to Sunset**

*Filmmaker: Dennis Burkhart*

Our national parks are our sanctuaries and stand as reminders that such treasures should be preserved and enjoyed by all generations. Our parks are not only havens for animals, but for people as well. The film explores the efforts of Marjory Stoneman Douglas who fought to save the Florida Everglades; Horace Kephart who championed the Great Smokey Mountains; Theodore Roosevelt who found healing in the Dakota Badlands; Enos Mills who took to the Colorado high-country; and William O. Douglas who rejuvenated Olympic, Washington. Be captivated by the Grand Tetons, Yellowstone, the Canyonlands, the Grand Canyon, Crater Lake, Mount Rainier, Yosemite, the Hawaiian Islands, and more.



**February 15**

**Egypt's Secret Side**

*Filmmaker: Karin Muller*

*EGYPT'S SECRET SIDE* takes you on a dramatic, fast-paced, and unforgettable journey through a part of Egypt that few Westerners will ever

see. For three months, filmmaker Karin Muller traveled alone throughout Egypt - living with Cairo's garbage collectors, Nile fishermen, and Bedouin nomads. They allowed her access to film the boxing club inside a conservative Cairo mosque, ritual stick-fighting in a wild and remote Muslim festival, and insights into a village living among the tombs of Cairo's largest cemetery. For too long Egypt has been shrouded in fear and misinformation. The truth behind this vibrant and often misunderstood country is not at all what you'd expect.



**March 22**

**Ghosts of the Gold Rush**

*Filmmaker: Gray Warriner*

Follow in the footsteps of Butch Cassidy, The Sundance Kid, and The Wild Bunch throughout the Mountain West. Jeep trails snake the high summits of Colorado's San Juan Skyway. From Cripple Creek and Leadville to California's historic Highway 49, the ghosts of the gold rush are still with us. Visit Pony Express stations, old stage stops and trading posts, Promontory Point and the transcontinental railroad. The West will also reveal its long-hidden past in the deserts of Nevada, Utah, Arizona, and old New Mexico.



**April 12**

**Not a Day Goes By:  
Remembering Hells Canyon**

*Filmmaker: Patricia Keith & Sean Cassidy*

In 1942, two cinematographers set out to document one of the most dangerous mail routes in Lewiston Idaho, and to capture a glimpse into the lives of homesteaders and ranchers in the area. Filmmaker Patricia Keith weaves her own canyon travels with vintage stock shot by these early adventurers who journeyed into some of the most remote parts of the great northwest. Millions of years in the making, Hells Canyon astounds the eye with its raging rapids and craggy basalts, and life inside its unique surroundings.

**Call 303.450.8800 for tickets and information!**

All films are shown at the **DL Parsons Theatre** (inside the Northglenn Recreation Center)

**11801 Community Center Drive | Northglenn CO 80233**

# Auditions

**Auditions** are held in the D.L. Parsons Theatre at the Northglenn Recreation Center, 11801 Community Center Drive. Call 303.450.8800 or visit [dlparsonstheatre.com](http://dlparsonstheatre.com) for more information.

## Rumpelstiltskin

Presented by **Missoula Children's Theatre**



Auditions for youth ages 6 - 18 are being held for the Missoula Children's Theatre's musical retelling of "Rumpelstiltskin." Approximately 60 roles available. In order to audition, you must be available to attend all rehearsals. No prepared materials are necessary. The audition will last a full two hours.

**Auditions:** January 23

**Check-In:** 3 - 3:55 pm

- Audition begins promptly at 4 pm
- We will turn away late-comers
- Roles will be cast at the end of auditions

**Fee:** \$60, payable only if cast

**Rehearsals:** Mon, Jan 23 6:30 - 8:30 pm

Tues, Jan 24 - Fri, Jan 27 4 - 8:30 pm

**Performances:** Sat, Jan 28 3 & 7 pm

## Night of the Stars Talent Competition

**Auditions:** January 30

Schedule your appointment online at [northglenn.org/talentshow](http://northglenn.org/talentshow)



## Into the Woods

Presented by **Northglenn Youth Theatre**

Auditions for youth ages 11 - 18 are being held by appointment only. Approximately 20 roles available. Please prepare:

- 32 bars from a contemporary musical - bring sheet music, accompanist provided. No a cappella or background tracks accepted.
- Current headshot (8x10 color photo)
- Current resume

**Auditions:** Feb 5-7 by appointment only

**Callbacks:** Feb 8 5:30-9 pm

Visit [northglenn.org/auditions](http://northglenn.org/auditions) or email [nyt@northglenn.org](mailto:nyt@northglenn.org) to schedule an appointment.

**Cost:** \$125, if cast

**Rehearsals:** Beginning Feb 11

Tues/Thurs 5:30 - 8:30 pm

& Saturday 9 am - Noon



## Special Event



**Calling all aspiring youth ages 5 - 18!**

Here's your chance to show off your amazing talents and compete against other youth from the metro area. Both individuals and groups (no more than four participants) are welcome to try out.

This popular competition is broken into the following categories:

- **Voice** - includes singers performing to a recorded track
- **Music** - includes any instrument and/or combination of instrument and voice
- **Variety** - Any performance based piece such as dance, juggling, magic, ventriloquism, drama, etc. (no instruments)

Prizes will be awarded in the following age groups:

- Grades K - 2
- Grades 3 - 5
- Grades 6 - 8
- Grades 9 - 12

Medals are awarded to the top three finalists in each age group. The 1st place winner in each category will go on to compete in the Regional Grand Finale against finalists from participating communities around the Denver metro area.

Due to the popularity of this competition, all acts will need to go through an audition process. Auditions are by appointment only.

**VISIT [northglenn.org/talentshow](http://northglenn.org/talentshow) to read the rules sheet, schedule an appointment and for more information.**

If selected, each participant must submit an entry fee of \$6. A dress rehearsal will be held on Thursday, February 9. All selected acts must attend in order to compete in the finals.

### Auditions

January 30

Schedule your appointment [northglenn.org/talentshow](http://northglenn.org/talentshow)

### Dress Rehearsal

February 9

4 - 6 pm

### Local Competition

February 10

7 - 9 pm

@ DL Parsons Theatre

### Regional Grand Finale

March 12

@ DL Parsons Theatre

**Tickets for the Local Competition at the DL Parsons Theatre are on sale now!**

**General admission tickets can be purchased for \$10 at the Northglenn Rec Center or at the box office the night of the show.**

# NYT Academy

Northglenn Youth Theatre

## NYT academy

Northglenn Youth Theatre



NYT Colorado



## Audition Training

### Auditioning 101 Ages 6-10

This workshop is great for the first-time auditioner! We will cover the bare basics, what to expect, how to prepare and give some tips to help a young actor present themselves in the best light.

**Code 25735**

Su Jan 15 2-3:30pm \$25

### Dance Potpourri Ages 10-15

**NEW!**

This class will focus on a different style of dance each week designed to develop a well-rounded dancer. Each class will include history and terminology along with beginning dance moves in the particular style. We will end each class with a short combination of the style studied. This is great prep for learning dance steps and combinations quickly. These skills are needed for the dance portions at standard theater auditions. Styles studied will include, jazz, Broadway, Fosse, ballet, lyrical, and tap. Jazz, character, ballet and tap shoes encouraged but they are not required.

**Code 25726**

W Jan 18-Mar 8 5-6pm \$40R/\$44N

### Actor's Edge Ages 12-18

A prepared actor is much more likely to stand out from the crowd and land a role. This class will give you all the tips, do's, don'ts and personalized guidance so that you can put your best foot forward at every audition. A 'must have' class for any actor at any level.

**Code 25740**

Su Jan 8-29 3:30-5pm \$40R/\$44N

## Classes/Workshops

### Beginner

#### Books Alive! Ages 6-7

A great way to introduce acting for the young mind! Each week we will read a new fun story. Your preschooler will act it out using simple costumes, props, their bodies and imaginations.

**Code 25745**

Th Feb 2-Mar 9 4:15-5pm \$30R/\$33N

**Code 25746**

Th Apr 6-May 11 4:15-5pm \$30R/\$33N

#### Broadway Bound! Ages 6-9

This beginning level class will include basic dance moves and terminology that are most commonly used in musical theater. Students will also explore acting games and activities as well as learn about the history of theater and Broadway.

**Code 25725**

W Jan 18-Mar 8 4-4:45pm \$40R/\$44N

#### Hands In Motion **NEW!** Signing for the Theatre Ages 10-15

This class will explore how to translate a scripted piece onto the stage using sign language. Come learn this new way to communicate for the theater. No experience necessary, beginners encouraged!

**Code 25750**

M Feb 6-Mar 13 5-6pm \$40R/\$44N

#### Intro to Acting

This is a great class for the want-to-be actor! We will introduce the world of acting through warm-up exercises, drama games, short skits and basic costumes. It's a ton of fun and a great way to give acting a try! For the final class, we will show off all that we learned in an informal presentation for family and friends.

**Ages 6-10**

**Code 25717**

Th Jan 12-Mar 2 5:30-7pm \$80R/\$88N

**Code 25719**

Th Mar 16-May 11 5:30-7pm \$80R/\$88N

**Ages 11-14**

**Code 25718**

Th Jan 12-Mar 2 7-8:30pm \$80R/\$88N

**Code 25720**

Th Mar 16-May 11 7-8:30pm \$80R/\$88N

### Intermediate

#### Beyond the Basics Ages 10-15

This class is for the actor who is ready to move up from the beginner's level and start fine tuning their skills. We will work more intricately with physically developing characters within a scene and on focused, intentional stage movement as that character. Tips and techniques for memorizing will also be introduced. The final class will be a staged presentation for friends and family. Wear comfortable clothes and sneakers to class.

**Pre-requisite:** Two completed beginner level courses/sessions or equivalent stage experience.

**Code 25747**

Th Feb 23-Apr 20 5:30-7pm \$80R/\$88N

#### Head to Toe Acting Ages 10-18

This intermediate level NYT Academy class is all about developing a character from the inside out and from top to bottom. We will focus on how to manipulate your body and voice to create a memorable and believable character from selected scripts or monologues. Move beyond just saying your lines - understand more about developing your character!

**Code 25715**

W Jan 11-Mar 1 4:30-6pm \$80R/\$88N

**Code 25716**

W Mar 15-May 10 4:30-6pm \$80R/\$88N

#### Musical Theatre

In this class we will work on a big number from a Broadway musical, focusing on all the details that make the magic happen. The course will feature work with the musical director and the choreographer to fine tune each aspect. The course culminates in a large 'review' show on the stage, featuring the numbers from each age group.

**Ages 8-11** Featuring music from *Tarzan*

**Code 25727**

M Feb 27-Apr 10 4:30-6pm \$60R/\$66N

**Ages 12-15** Selections from *Hairspray*

**Code 25728**

M Feb 27-Apr 10 6:15-7:45pm \$60R/\$66N

## Advanced

### Vocal Techniques Master Class

This class is for the vocal performer who has had some experience, but would like exposure to a larger variety of vocal techniques. Each vocal style requires a different approach, and in this master class we will explore those areas: belting, opera, musical theater, and choral, to name a few. A must-take for any performer!

#### Ages 10-12

Code 25736

M Jan 9-Feb 27 4:30- 5:30pm \$80R/\$88N

Code 25738

M Mar 13-May 8 4:30- 5:30pm \$80R/\$88N

Session Two - for both continuing and new students.

#### Ages 13-18

Code 25737

M Jan 9-Feb 27 5:30- 7pm \$110R/\$120N

Code 25739

M Mar 13-May 1 5:30- 7pm \$110R/\$120N

Session two - for both continuing and new students.

### Just Off Center

This improvisational acting troupe made up of youth actors will study the art of situational comedy and improvisational acting, culminating in public performances. Basic techniques, tools and tricks will be explored. Guaranteed to be crazy fun.

Code 25743 M Jan 9-Feb 27  
5:30- 7pm \$80R/\$88N

Code 25744 M Mar 13-May 8  
5:30- 7pm \$80R/\$88N

## Performances

All performances held in the DL Parsons Theatre at the Northglenn Recreation Center, 11801 Community Center Drive. Tickets may be purchased in person or by calling 303.450.8800. Group rates (for 10+) are available by calling 303.252.FUNN(3866). For info, northglennarts.com.

Missoula Children's Theatre presents

### Rumpelstiltskin

Conceived and Written by Don Kukla

Music Written and Arranged by Michael McGill

Original Staging by Michael McGill

Jan 28 at 3 & 7 pm

\$8 youth/seniors, \$10 adults



Northglenn Youth Theatre presents

### Into the Woods

Book by James Lapine

Music and Lyrics by Stephen Sondheim

Presented by special arrangement through Music Theatre International

April 21, 22, 28 & 29 at 7 pm

April 23 & 30 at 2 pm

April 27 & 28 at 10 am

\$8 youth/seniors, \$10 adults



## NIGHT OF THE STARS

### TALENT SHOW

February 10 @ 7pm

Come cheer on your favorite local contestant in the 11th annual Night of the Stars Talent Competition for youth in grades K - 12. Winners in their respective categories and ages will advance to compete against other winners from participating communities in the Grand Finale State Competition.

**\$10 general admission**



Missoula Children's Theatre  
*Little Red Riding Hood*  
Winter 2016



Help us select the movies to be shown at  
EB Rains Jr Memorial Park this August.

Vote for your favorite! Ballots available online

[northglenn.org/summermovies](http://northglenn.org/summermovies)



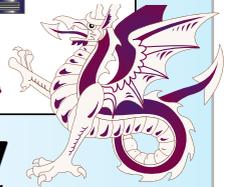
Missoula Children's Theatre presents  
**Rumpelstiltskin**

**January 28**  
**3 pm & 7 pm**

**\$8 youth/seniors**  
**\$10 adults**

Call 303-252-FUNN (3866) or go to the DL Parsons Theatre at Northglenn Recreation Center to purchase tickets.

Daddy Daughter  
**FIRE and ICE**  
**Ball**



**February 25, 2017**

**6-9 pm | Northglenn Recreation Center**

The 16<sup>th</sup> annual Daddy Daughter Sweetheart Ball is the premier event of the year. This year's theme will take us to the fanciful land of fire and ice! Don your most beautiful outfits and prepare to dance the night away! Dads and their special little ladies are invited to enjoy light refreshments, dancing, and fun activities. Each couple will receive a commemorative photograph and a special memento of this gala event. Daddies, grandpas and uncles are welcome to attend as appropriate. (Ages 5-13 FIRM.)

**Fee: \$60 Residents / \$65 Non-Resident**  
**\$25 for each additional daughter**

**Formal attire is strongly encouraged. Deadline to register is Feb 18.**

**This event traditionally sells out, so register early.**

**To register, call 303.450.8800 - online registration is not available.**

Northglenn Youth Theatre  
 presents  
**Into the Woods**  
 at the DL Parsons Theatre  
**April 21-30, 2017**  
**\$8 youth & seniors** **\$10 adults**

Northglenn Arts presents

# the **A CAPPELLA CONCERT SERIES**



**Doors open at 7 pm | Opening acts begin at 7:15 pm**



The a cappella movement is taking the country by storm, and we're excited to bring back our newest concert series featuring vocal bands from near and far!

A perfect date night outing or a fun time for a friends' night out adventure.

**Appropriate for the whole family!**



January 20  
**Motive**



February 17  
**The bFlat Irons & Springs Harmony**



March 17  
**Choice City Singers**



April 14  
**RUBIX**



May 19  
**FACE**

# 303.450.8800

**DL Parsons Theatre** 11801 Community Center Drive Northglenn

**Individual tickets: \$10 adult; \$8 youth & seniors**

**Series tickets: \$40 adult; \$35 youth & seniors**

Beer and wine will be available for purchase. Visa, MasterCard, cash, and checks accepted. All proceeds benefit the Northglenn Arts and Humanities Foundation (NAHF).



## Northglenn Senior Center

There's always a pot of coffee on so stop by and visit a while!

**Telephone:** 303.450.8801

**Hours:** Monday - Friday from 9 am - 4 pm

**Holiday Closures:** December 24-26, December 31, and January 1

### General Info

The Northglenn Senior Center offers a variety of social, recreational, and educational programs and services for persons 55 and older. The center is located on the second floor of the Northglenn Recreation Center and is accessible by elevator.

### Information and Referral

Need assistance locating an agency or service in the area? Either call us at 303.450.8801 or the Senior Hub at 303.426.4408. The Senior Hub aids Adams County residents with information and referrals for:

- Housing
- Legal services
- Home repair needs
- Respite care
- Meals on Wheels

### Transportation: A-LIFT

A-LIFT offers free transportation to Adams County residents who are age 60 and over, or who are mobility challenged regardless of age. Rides are available to the senior center and the following locations:

- Medical and dental appointments
- Adult day and respite programs
- Grocery stores
- Congregate meal sites
- Trips within five miles of residence

Donations are accepted to defray costs. To schedule a trip, call 303.235.6972 weekdays from 8 am to 4 pm.

### RTD Call-N-Ride

Call-n-Ride is a personalized bus service that travels within select RTD service areas. One phone call can connect you to bus routes, Park-n-Rides, rail stations or to work, school and appointments. Make your reservation and we'll provide an estimated pickup time. When the bus arrives, pay your exact cash fare. It's that simple.

For residents **east of I-25**  
call 303.591.1389 or 303.434.4247

For residents **west of I-25**  
call 303.434.3472

### RTD Trips

Take an exciting day trip to a variety of locations throughout the metro area with the RTD Senior Ride Program. Find out about upcoming excursions, make reservations and purchase tickets at the senior center. The cost varies based on the destination. There is an additional \$2.60 to \$4.50 bus fare, depending on distance.

### AARP Driver Safety Program

Improve your driving skills while cutting your driving costs. People 50 and over can learn about:

- Driving hazards
- The effect of medications
- Local driving conditions
- Rules of the road

All insurance companies are required to provide a discount for completing the class, per Colorado law.

**Time/Dates:** Mondays 12:45-5 pm  
Jan 16, Feb 20, March 20 and April 17

**Fee:** \$15 for AARP members  
\$20 for non-members

Reservations required.



### SENIOR DINNER THEATRE PACKAGE

**April 27 at 10 am**  
Followed by lunch in the Senior Center

**Cost: \$20**

Tickets only available in the Senior Center  
until April 24 or until sold out.

### Northglenn Senior Book Club

**4th Tuesday of the month at 1 pm**

See the list below for up-coming titles. Be ready to discuss what you like or dislike about each book. Sign up early to reserve your copy! A limited number are provided.

**Jan 24**

*A Man Called Ove* by Fredrik Backman

**Feb 28**

*Mr. Penumbra's 24-Hour Bookstore*  
by Robin Sloan

**March 28**

*I Am Malala* by Malala Yousafzai

**April 25**

*Our Souls at Night* by Kent Haruf



**FREE blood pressure checks every  
third Wednesday in the lobby  
9:30-10 am**

# Senior Health & Well-Being

## SilverSneakers® includes:

- Free use of pool facilities, weight room, and participation in fitness classes and other educational programs.
- Senior-friendly Silver Sneakers fitness classes that are easy on your joints and help improve balance, muscle strength, and coordination whatever your fitness level.
- Senior Advisor: your contact for information and personalized, friendly service.
- Opportunities to meet people and participate in fun promotions and social activities!

## SilverSneakers® Splash

SilverSneakers SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. Swimming ability is not required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

**Days:** Monday/Wednesday/Friday

**Time:** 9:30-10:30 am

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated or standing support.

**Days and Times:**

Tu/Th, 8:45-9:30 am & 9:45-10:30 am

Wednesday, 9:45-10:30 am

## SilverSneakers® Cardio

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**Days:** Monday & Friday

**Time:** 8:45-9:30 am

*SilverSneakers® membership is free for select Medicare beneficiaries through their health insurance provider. Check with the Senior Center staff to see if you qualify. Classes are open to other seniors via a Recreation Center drop-in fee or punch pass card.*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weight Training</b> Annette 8:30-9:30 am 9:30-10:30 am		<b>Weight Training</b> Annette 8-9:15 am		<b>Weight Training</b> Annette 8:30-9:30 am 9:30-10:30 am
<b>Cardio</b> Karen 8:45-9:30 am	<b>Classic</b> Karen 8:45-9:30 am		<b>Classic</b> Karen 8:45-9:30 am	<b>Cardio</b> 8:45-9:30 am
<b>T'ai Chi</b> 9:30-10:30 am		<b>T'ai Chi</b> 9:30-10:30 am		<b>T'ai Chi</b> 9:30-10:30 am
<b>Splash*</b> Doreen 9:30-10:30 am	<b>Arthritis Aquatics</b> Doreen 9:45-10:30 am	<b>Splash*</b> Doreen 9:30-10:30 am	<b>Arthritis Aquatics</b> Doreen 9:45-10:30 am	<b>Splash*</b> Doreen 9:30-10:30 am
	<b>Classic</b> Karen 9:45-10:30 am	<b>Classic</b> Karen 9:45-10:30 am	<b>Classic</b> Karen 9:45-10:30 am	
<b>Yoga</b> Lacey 10:30-11:45 am	<b>Water Walking</b> Doreen 10:30-11:15 am	<b>Yoga</b> Angie 10:30-11:45 am	<b>Water Walking</b> Doreen 10:30-11:15 am	<b>Yoga</b> Lacey 10:30-11:45 am
<b>Dance Fitness</b> Annette 1:30-2:15 pm			<b>BOOM</b> Annette 2:30-4 pm	

## Senior Weight Training Class

Learn proper and safe instructions on weight machines and hand weights. Gain strength and increase endurance.

**Days:** M/F (weight room) 8:30-9:30 am or 9:30-10:30 am & Wed (gym) 8-9:15 am

**Daily Admission Fee:**

\$2.50 Resident/\$3.50 Non-Resident or SilverSneakers® swipe

## T'ai Chi Club

Known as the gentlest of the martial arts, T'ai Chi is an ancient practice that helps keep the body healthy and strong. Most anyone can do the flowing movements.

**Days:** M/W/F 9:30 am in the Senior Center

## Foot Massage

Improve your circulation, help prevent foot and leg cramps, and just feel good! Mary is available first-come, first-served. Cost is free.

**Days:** Thursdays 9:30 to 11:30 am

## BOOM™ NEW!

Brought to you by SilverSneakers, BOOM™ is a three-class series that meets the needs of Baby Boomers and beyond. Three 30-minute classes can be done individually or in pairs to provide cross-training within a 60-minute block. Drop-in fee or SilverSneakers swipe required.

**Days:** Thursdays 2:30 - 4 pm

## Senior Yoga Classes

Yoga helps to find balance, breathing techniques, strength, vitality and more. This class is designed for seniors and taught by a certified yoga instructor.

**Days:** M/W/F 10:30-11:45 am

**Drop-in Fee:** \$5, punch pass available or SilverSneakers® swipe

## Wellness Program

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and more. You must schedule an appointment by stopping at the center or calling 303.450.8801.

**Date:** Third Thursdays

Jan 19, Feb 16, Mar 16, Apr 20

**Time:** 9 am - 2:30 pm

**Fee:** Free to nominal

## Dance Fitness: Line Dancing Class

Get up and moving with Annette. No partners are needed for this fun group fitness class that features country line and ballroom/social music.

**Days:** Mondays (Senior Center) 1:30-2:15 pm

**Daily Admission Fee:**

\$2.50 Resident/\$3.50 Non-Resident or SilverSneakers® swipe

# Games/Cards

**Cost is free for all these activities**

## Wheel of Fortune

**1st Monday of the month at 1 pm**

Come on down, take a spin and solve the puzzle for a chance to win a prize and have a “wheel-y” good time.

## Memory Mondays

**4th Monday of the month at 1 pm**

Give your memory a boost by working on memory training exercises.

## Bunco

**Mondays at 9:45 am**

No skill necessary ... it's just a lot of fun! Throw the dice, shout “Bunco” and earn a chance at winning a prize.

## Bingo

**Tuesdays at 9:45 am**

Enjoy fun, fellowship and refreshments in a not-so-serious morning of bingo. Maybe you'll win a prize!

## Cards

**Wednesdays 12:30-4 pm**

Take part in a friendly game of bridge or pinochle each week. No partners are needed. New attendees, familiar with the game, are encouraged to arrive by 12:20 p.m. to meet the other players.

## Games

**Wednesdays 12:30-4 pm**

Bring a friend and play Mexican Train dominos, cribbage or your favorite game.

## Shuffleboard

**Thursdays at 10 am**

No need to find a partner, just spend a morning with us playing shuffleboard. We'll roll out the court and provide refreshments.

# Festive Fridays

## New Year, New You

**January 6 at Noon**

Get a healthy start to 2017! Learn about resources to help you achieve your New Year's resolutions, including the center's new fitness class, BOOM™. You don't need to RSVP – just stop by.



## 12th Annual Chili Cook-Off Potluck

**January 20 at Noon**

Think you make the best chili? Enter it in the Northglenn Senior Organization's 12th Annual Chili

Cook-Off. Red and green chili are judged in separate categories. Bring your chili entry or a complementary side dish for this potluck. A sign-up list is available at the center. Cost is free. Please RSVP by Jan. 17.

## Souper Bowl Lunch

**February 3 at Noon**

Are you ready for some football ... and a bowl of soup? Show your team spirit by wearing your favorite team's colors while participating in football-themed events. The Northglenn Senior Organization will provide the soup - you bring the side dishes and desserts. Cost is free. Please RSVP by Feb. 1.

## Hoodie Hoo Day Potluck

**February 17 at Noon**

Help chase away the winter and have some silly fun! We'll follow that up with a potluck, so bring a side dish or dessert. Cost is free. Please RSVP by Feb. 15.



## National Pig Day Potluck

**March 3 at Noon**

Celebrate National Pig Day with pig races and everything bacon. Bring a potluck dish that includes bacon or pork – even dessert! Cost is free. Please RSVP by March 1. *Oink oink.*

## St. Patrick's Day Potluck

**March 17 at Noon**

Get your Irish on for this fun annual event. Bring a favorite side dish or dessert and the Northglenn Senior Organization will provide corned beef, cabbage, rolls, tea and coffee. Cost is free. Please RSVP by March 14.

## Shuffle Board Tournament

**March 31 at 10 am**

Shuffle on down for this friendly tournament. Who knows – you could be our next champion! If you don't have a partner, we'll find one for you. In between play, we'll take a time-out for lunch. Cost is free. Please RSVP by March 28.



## Easter Breakfast and Egg Hunt

**April 7 at 9 am**

Enjoy a hot breakfast before heading out to the backyard to see what the Easter Bunny left. The cost for food and the Easter egg hunt is \$7. Please RSVP by April 4.

## Garden Tea Party

**April 21 at 1 pm**

After enjoying a pleasant afternoon tea, learn about planting from master gardener Rosie Garner. Cost is \$7. Please RSVP by April 18.

# Lunch/Potlucks

## Lunch Bunch Potlucks

**Third Tuesday of the month at 11:30 am (or following bingo)**

Bring a dish for one of our monthly potlucks  
**Jan 17, Feb 21, March 21, April 18**

## Restaurant Roundup

**2nd Thursday of the month at 11 am**

We'll take the city van to explore restaurants throughout the metro area. The ride is free, but you pay for your meal. Space is limited, so sign up early. Destination will be revealed on the day of the trip.

**Jan 12, Feb 9, March 9, April 13**



## Northglenn Senior Organization

The Northglenn Senior Organization (NSO) organizes activities for its members, including trips, programs, events, cards and bingo. They also provide input on senior programs in the city. Membership is open to anyone 55 and older, resident or non-resident. Cost is \$8 per year or \$15 for two years

### Luncheon & Business Meeting

Fourth Friday of the month at 12 p.m. Join the Northglenn Senior Organization (NSO) for these luncheons/meetings. Reservation and payment are required in advance.

Jan 27	Texas Roadhouse
Feb 24	Saigon Basil
March 24	Red Lobster
April 28	Golden Corral

### Community Crafts

Second and Fourth Thursdays at 1 pm

Help make something for traumatized kids to hold or hug, such as blankets or stuffed animals. They'll be donated to the Thornton-Northglenn Victim Services Unit or to Ralston House. Located in Northglenn, Ralston House aids children who are victims or witnesses of crime.

### Birthday Parties

2nd Friday monthly at 1 pm

The NSO sponsors and organizes monthly birthday parties. The parties feature entertainment and refreshments. Reservations required only of birthday "celebrants" ~ all other party-goers invited to join in the fun.

Jan 13
Feb 10
Mar 10
Apr 14



## Need help filing your taxes?

Adams County Tax Assistance will assist low-income residents with tax filing from Jan 30 through Apr 11 on a first-come, first-served basis. Participants must have a combined income of less than \$56,000. Please bring all tax forms from this year and last, as well as Social Security cards. Electronic filing is available. For more information, call 720.523.6163.

**Mondays from 1-6 pm**  
**Tuesdays from 9 am-2 pm**

### Low Vision Peer Group

Facilitated by the Center for People with Disabilities  
Meets every 2nd Tuesday

1:30 to 2:30 pm

This free class promotes independence for adults 55 and over who are blind or visually impaired. Families and caregivers are welcome to attend.

**Stop by early!** Low vision products will be available to review at 12:30 pm.

Classes are free and open to all ages

### Healthy Living Series

#### Pain-Free Posture

Monday, Jan 16, 1 pm  
Stasia Humphrey with Pain Free Clinic will discuss how a good posture can help alleviate pain. Please RSVP by Jan 13.

#### Northglenn Smiles

Monday, Feb. 27, 1 pm  
Dental professionals from Northglenn Smiles will talk about how to maintain a healthy mouth and smile and when to consider dentures. Please RSVP by Feb 24.

#### Stop Diabetes

Thursday, March 30, 1:30 pm  
Discover how blood sugar and nutrition helps control diabetes. Presented by Fallon Rhodes, nutrition coach at Natural Grocers. Please RSVP by March 28.

### Educational Programs

#### Stay Safe

Monday, Jan 23, 1 pm  
Find out from the Police Department about the latest scams and things to avoid. Afterward, they'll answer any questions you may have.

#### Downsizing Made Easy

Tuesday, Feb 21, 1 pm  
Learn the five steps to making downsizing easy, including:

- What to consider before you move
- Senior living options in the area
- Questions when touring a senior living community
- Tips for hiring moving professionals
- Guidance on estate sales and auctions

#### Senior Hub 101

Monday, March 13, 1 pm  
The nonprofit Senior Hub serves seniors in Adams County. Find out what they can do for you! Please RSVP by March 10.



## Gambling Trips

### Bull Durham at Blackhawk

Thursday April 6 9 am - 3 pm

Take a luxury coach up to the mountains for four hours of fun in Mardi Gras Casino in Blackhawk. Cost is \$10.

# SPECIAL INTERESTS



## CPR, FIRST AID & BABYSITTING

### 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.

**Location:** Parkview Room  
**Fee:** \$55 Resident/\$60 Non-Resident  
**Time:** 9 am - 3 pm

**Code 25599** Feb 4  
**Code 25600** Apr 1

### At Home Alone & First Aid

Ages 10-13  
 At Home Alone with First Aid workshop helps your child become ready to be at home alone and prepared for any emergency with a bonus emergency First Aid section! Does your child spend a few hours home alone before or after school? This popular, entertaining workshop will prepare them to look after themselves, how to stay safe and what to do in case of a medical emergency. They'll learn through non-threatening and empowering interactive lessons, role playing and hands-on training. This program has helped thousands of children become more confident and make smarter, safer choices when they're home alone.

**Location:** Parkview Room  
**Fee:** \$35 Resident/\$38 Non-Resident  
**Time:** 9 am - 1 pm

**Code 25597** Sa Feb 18  
**Code 25598** Sa Apr 15

### 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.

**Location:** Parkview Room  
**Fee:** \$55 Resident/\$60 Non-Resident  
**Time:** 9 am - 3 pm

**Code 25594** Sa Jan 7  
**Code 25595** Sa Mar 11  
**Code 25596** Sa May 13

### Wilderness Remote First Aid & CPR

Ages 14+  
 What if someone sustained an injury in a remote area with no cell phone coverage? What would you do? Learn about first aid practices and other life-saving measures:

- Making a stretcher
- CPR
- Helping a choking victim
- Creating tourniquets
- EpiPen application
- Triage techniques

The class meets OSHA and Colorado Fish and Wildlife Division requirements. For more information, contact instructor and EMT Wayne Smart at faroutfa@gmail.com.

**Location:** Parkview Room  
**Fee:** \$69 Resident/\$76 Non-Resident  
**Time:** 9 am - 5:30 pm

**Code 25733** Sa Jan 28  
**Code 25734** Sa Mar 18

## SPANISH FOR KIDS

### Language Wonderland™

Ages 18 months-6 years  
 Spanish classes will help your child learn a new language, make developmental strides, explore other cultures and make new friends. Our immersion style classes include activities that allow children experience new vocabulary and grammar through movement, basic conversation, art, and cultural lessons.

**Location:** Parkview Room  
**Fee:** \$165 Resident/\$181 Non-Resident  
**Day:** Saturdays

**18 months-3 years**  
**Code 25729**

**Jan 14-Mar 18** 10-10:45am

\*Class will be held in the Mountainview Room on Feb 18 & 25 and Mar 11 & 18

**Code 25731**  
**Mar 25-May 27** 10-10:45am

**4-6 years**  
**Code 25730**

**Jan 14-Mar 18** 11-11:50am

\*Class will be held in the Mountainview Room on Feb 18 & 25 and Mar 11 & 18

**Code 25732**  
**Mar 25-May 27** 11-11:50am





## COOKING FOR KIDS

### Sticky Fingers

Ages 6+

Let your child release their inner chef!

Students will prepare and eat healthy, global-inspired recipes while learning to cook in a fun, engaging and real world way. They'll prepare a full recipe in each class they attend. The Sticky Fingers Cooking chefs teach cooking terminology and how to use cooking utensils while dishing out fun nutrition facts (and even a few bad jokes). Your kids will have a blast every week discovering how easy and fun it is to cook healthy and tasty recipes.

**Location:** Recreation Center

**Day/Time:** Monday, 5-6pm

**Fees:** \$21 Resident/\$23 Non-Resident

**Code 25627** Jan 16  
**Code 25628** Feb 20  
**Code 25629** Mar 20  
**Code 25634** Apr 17  
**Code 25635** May 22

## ENGINEERING WITH LEGOS



### Play-Well TEKnologies

What can you do with over 20,000 LEGOS? In our Engineering with LEGOS enrichment program, take on real-life engineering challenges. Explore concepts in physics, architecture, mechanical and structural engineering. Find inventive solutions in a fun-filled context that supports the growth of young minds through hands-on, minds-on learning.

**Location:** Parkview Room

### Super Hero Engineering

Ages 6-12

Save the world with LEGOS Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

**Code 25626**

**M,Tu,W,Th,F**

**Mar 27-31 9am-12pm**

**\$167R/\$184N**

## CHEER TEAM



### Northglenn's Cheer Central Suns Recreational Team

Ages 5-14

Your cheerleader will love this high energy community cheer program. This class will include dance, arm motions, jumps, cheer chants, tumbling and stunts. Northglenn's cheerleading team will perform in house or at a community event each session.

**Location:** Cheer Central Suns Gym  
 1756 Panarma Place  
 Broomfield, CO 80026

**Fees:** \$70 Resident / \$77 Non-Resident  
 T-shirt \$15

**Day/Time:** Thursday, 4:45-5:45 pm

**Code 25666** Jan 12-Feb 16  
**Code 25667** Feb 23-Apr 6  
**Code 25668** Apr 6-May 18

For more information, contact:

Vel Green

970.305.0803 | vel@cheercentralsuns.com | ccsuns.com

## ADULT SPORTS

### Adult Softball Leagues

**Team Fee:** \$525 (half due at registration)  
**Length of Season:** 10 games + playoffs  
**Location:** Jaycee Ballfield, 106th & Irma Dr.

**Monday Men's Rec League**  
 May 8 6:30 pm

**Tuesday Men's Rec League**  
 May 9 6:30 pm

**Wednesday Coed Rec League**  
 May 10 6:30 pm

**Thursday Senior Rec League**  
 May 11 6:30 pm

**Friday Coed Rec League**  
 May 12 6:30 pm

**Sunday Men's Leisure League**  
 May 14 3 pm



### 40 and Over Leagues

Coed volleyball, and basketball leagues for patrons 40 years and older.

**Friday Volleyball League** 6-week league  
 Jan 13-Mar 3 6:30 pm \$310

**Sunday Basketball League** 8-week league  
 Jan 15-Mar 19 1 pm \$405



[www.northglenn.org/sports](http://www.northglenn.org/sports)

### Adult Basketball Leagues

Leagues based on skill level:  
**Competitive** - Previous high school or college player.  
**Recreational** - Limited high school experience or no experience.  
**Leisure** - Play for fun

50% of league fee must be paid at time of registration.

**Location:** Northglenn Recreation Center

**WINTER LEAGUES** 10-week season  
**Wednesday Rec League**  
 Jan 11-Mar 29 6:30 pm \$495

**Monday Competitive League**  
 Jan 9-Mar 27 6:30 pm \$495

**Wednesday Rec League**  
 Games at STEM Magnet Lab School  
 11700 Irma Dr  
 Jan 11-Mar 29 6:30 pm \$495

**Sunday Leisure League**  
 Jan 15-Apr 2 5 pm \$495

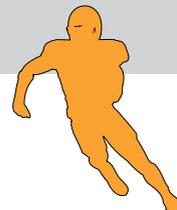
**SPRING LEAGUES** 8-week season  
**Monday Competitive League**  
 Apr 17-Jun 12 6:30 pm \$375

**Wednesday Rec League**  
 Apr 19-Jun 14 6:30 pm \$375

### 6 Feet and Under Adult Basketball Tournament 4 vs 4

Begins Jan 7 9 am \$100

Looking to be placed on a team?  
 Call Steve at 303.450.8928



## YOUTH SPORTS



### National Flag Football League

Ages 4-14  
 National Flag Football is the nation's largest NFL affiliated flag football program and are in proud partnership with Northglenn Parks & Recreation. We provide your children the best flag football experience and you can feel confident that the kids are learning the fundamentals of football in a fun and safe way.

We will be playing on Sunday's this spring. Location to be determined. The season starts in April and will go into June. Also, all teams are eligible to register for our end of season tournament at the conclusion of the spring season.

This program is open to boys and girls from age 4 to eighth grade. For more information and registration, visit [nationalflagfootball.com](http://nationalflagfootball.com) or call 720.360.1600.



## Elevation Basketball Academy

**Ages 7-14**

Do you love playing the game? Do you dream of being your best? If so, you will love every minute of the Elevation Basketball Academy. Challenge the way you think about practice, development and basketball camp. You'll perform the same dynamic and cutting-edge drills used by NCAA and high school players, but we'll break down the drills and concepts so that you can have the same edge over the competition that they do. Elevate your skills to become a more skilled and confident player.

For more information go to [www.eygball.com/camps.html](http://www.eygball.com/camps.html)

Director: Galen Harkness

**Location:** Northglenn Recreation Center

**Code 25281**

**M,Tu,W**

**Dec 26-28**

**1:30- 4:30pm**

**\$60R/\$65N**



## KOPS VS KIDS BASKETBALL

**Grades 5-9**

**Friday March 10 6:30 pm**

Hey kids, are you ready to take on the Northglenn Police Department in a good-natured basketball game? Sign up to play as an individual or as part of a team. Hosted by the police and the Citizen's Police Academy Alumni Association of Northglenn.

**Code 25610**

**\$5 Resident/\$6 Non-Resident  
\$18 Team**

**Grades 1-10**



## Youth Coed Winter Basketball League

The city's winter basketball league serves grades 1-10 and players will participate in 8 regular season games. Throughout the season team standings will not be recorded as the league's philosophy is not designed to focus on wins and losses. Instead, the fundamentals and the pure enjoyment of the game are the focal points of the league. Players will train once a week for one hour, and participants are allowed to choose their night of practice which will also serve as the team they will play on throughout the season.

**Fees:**

**\$75 Resident /\$80 Non-Resident  
Includes 8 games & team jersey**

Practices begin the week of January 9 and the games will begin on January 21.

## Youth Coed Spring Basketball League

The city's spring basketball season serves grades 1-10 and players will participate in an eight-game season. This league's philosophy is similar to the city's previous basketball leagues; however, wins and losses will be recorded and teams finishing at the top of their division will receive trophies and medals. The league will not include an end of the season tournament; instead, teams will play their final game according to their regular season seed.

**Fees:**

**\$75 Resident /\$80 Non-Resident  
Includes 8 games & team jersey**

Practices begin the week of March 20 and the games will begin on April 1.



**Become a Junior Nugget!** The city is continuing its partnership with the Denver Nuggets. Participants in our youth basketball league will receive two tickets to a Nuggets game and a Junior Nuggets reversible jersey. The jersey is the team's uniform and will be worn during each regular season game. The program's philosophy is designed to teach participants the fundamentals of basketball in a positive environment

## FREE! Denver Nuggets Skills Challenge

**Ages 6-13**

This competition allows youngsters to showcase their talents in dribbling, passing, and shooting. Top scorers from each age group advance to a sectional competition. Sectional winners advance to the State Championship to be held in conjunction with a Denver Nuggets game at the Pepsi Center.

**December 17**

Visit our sports website at  
[northglenn.org/youthsports](http://northglenn.org/youthsports)

**Volunteer coaches needed!** Volunteer coaches receive 50% off registration.

For coaching inquiries, please contact Steve Hensley at 303.450.8928.



## Northglenn Irish Co-Ed Lacrosse Team

Ages 8-14

This recreational lacrosse league is designed to help teach and improve player skills as well as provide organized competition within Colorado. No experience in playing lacrosse necessary. Teams will compete against other agencies across the metro area. There will be two practices a week that will be held at Wyco Park (11551 Wyco Dr). Games will be held on Saturdays at various locations across the metro area. A jersey will be provided for each player. However, helmet, gloves, mouthguard, shoulder pads, elbow pads, and sticks are required and not provided by the City of Northglenn. Teams will consist of 10 players / 7 vs 7.

**Practice Location:** Wyco Park

**Fee:** \$72 Resident/\$79 Non-Resident

**Times:** 5 - 6:30 pm

### Ages 8-10

**Coach Schafer**

**Code 25670** M,W Mar 13

### Ages 10-12

**Coach Lephew**

**Code 25671** M,W Mar 13

**Code 25675** M,W Mar 13

### Ages 12-14

**Coach Kacey**

**Code 25672** Tu,Th Mar 14

**Coach Tyler**

**Code 25674** Tu,Th Mar 14

The main goal of the Colorado Association of Recreational Athletics (CARA) is the development of skills, sportsmanship, participation, and assuring that each participant experiences a degree of success.

## Volleyball



Grades 5-8

CARA volleyball teams compete against other agencies across the metro area. Teams will play in two tournaments plus the state tournament. Players will be placed on a team according to their age. The CARA volleyball league is a section of the Colorado Parks & Recreation Association. Tournaments start times are 9 am on Saturdays and exact dates and locations are TBD. Transportation is not provided.

Practice at Northglenn Recreation Center

**Fee:** \$75 Resident/\$80 Non-Resident

**Times:** 4:15 - 5:45 pm

### Grades 5/6

**Code 26057** M,W Mar 20-May 31

**Code 26058** Tu,Th Mar 21-Jun 1

### Grades 7/8

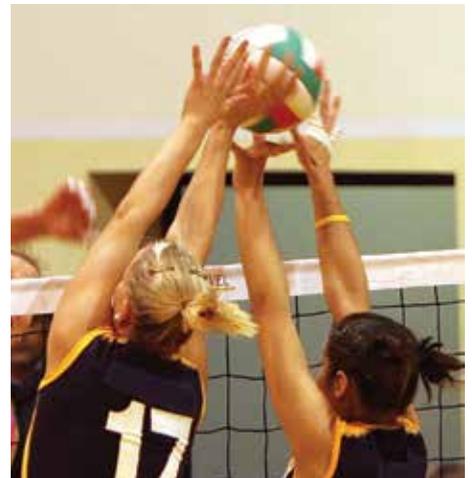
**Code 25676** M,W Mar 20-May 31

**Code 25678** Tu,Th Mar 21-Jun 1



## Summer COMING IN JULY! Family Campout

Look for more information  
in our Summer  
Recreation Guide!



LACROSSE COACHES NEEDED.  
THIS IS A PAID POSITION.

CONTACT STEVE HENSLEY  
303.450.8928

# CHILDREN SPORTS

## Mighty Mites Multi-Sport Program

Ages 3-4 years

If you're looking to keep your child active while learning basic sports skills and good sportsmanship, than this is the class for you. Each week your child will interact with peers in a safe and supervised sports activity. Sports include: soccer, basketball, t-ball, dodgeball, flag football & a choice day. On nice days, the class will be held outside next to the Veterans Memorial, adjacent to the recreation center. Otherwise, class will be held in the recreation center gym.

**Day/Time:** Tuesdays / 10:45-11:30 am  
**Fees:** \$35 Resident / \$39 Non-Resident

**Code 25688** Jan 17-Feb 21  
**Code 25689** Mar 7-Apr 11

## Little Dunkster's Basketball

Ages 4-6 years

This program includes a 30-minute training session where participants will be introduced to the fundamentals of basketball in a fun and positive environment. Following the training, players will be given a chance to put their skills to the test by participating in a 20-minute game which will be played with a 22-inch basketball and 6-foot rim.

**Day/Time:** Sundays / 9:30 -10:30 am  
**Fees:** \$45 Resident / \$50 Non-Resident

**Code 25687** Jan 15-Feb 19

Volunteer coaches are needed!  
Volunteer and receive a 50%  
discount on your child's  
registration fees.

For coaching opportunities, contact  
Steve Hensley at 303.450.8928 or  
shensley@northglenn.org



## MORE CLASSES FOR CHILDREN

### AQUATICS

Guppies  
Starfish  
Jellyfish  
Angelfish

SEE PAGES 7-9 FOR DETAILS

### DANCE

Mommy & Me  
Twinkle Toes Dance  
Shake, Rattle & Twirl  
Combo Tap & Ballet

SEE PAGE 16 FOR MORE INFORMATION

## Youth Sports Community Organizations

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

### North Metro Little League

303.451.9457

nml.org

### Colorado Storm North Soccer

720.929.8159

coloradostormnorth.com

### Northern Youth Football

303.451.8668

nyfa.net

### Northglenn Judo Club

303.451.6109

northglennjudo.org

### Northglenn Youth Basketball

303.450.8800

northglenn.org/sports

### Northside Dragons Youth Rugby

303.880.6067

northsidedragonsrugby.com

For Northglenn youth and adult sports  
and event information:

Steve Hensley

303.450.8928

or visit [northglenn.org/sports](http://northglenn.org/sports)



## Neighborhood Beautification

Do you have an eye for a beautiful yard? Each summer, volunteers search the community for particularly spectacular front yards.

## Park and Trail Partners

Even if your thumb is less than green, help is still needed to plant and care for flowerbeds or keeping a park or stretch of trail free from trash and debris.

## Snow Stormers

Many city residents physically cannot clear their sidewalks when it snows. If you could shovel their snow - whether in the evening or morning - it would make a huge difference.

## Neighborhood Watch

Learn how to keep your streets safer from crime and how to be a better neighbor. Northglenn already has a number of Neighborhood Watch programs - join one or start a watch up in your area.

## Northglenn Bike Program

Do you have an unused, old or broken bike lying around, collecting dust? We'll fix it up before giving it to a family in the community.



## Volunteer Projects

Have a volunteer project in mind, or need to volunteer to fulfill school or other requirements? Give us a call to see how we can help.

## Community Events

City events vary in size and theme, but we can always use a smiling face and ready hand to assist with set up and event day activities. Events include the Kids' Fishing Derby, July 4th Festival, Pirate Fest, Noel Northglenn and more! If you have high energy and excel in organized chaos, this is for you!

## Youth Recreation

It takes a lot of effort to put a game together - but your time and commitment pays off. We especially need volunteers for coaching basketball and going on trips.

# Community Engagement

## Volunteers & Active Citizenry

"Volunteers do not necessarily have the time; they just have the heart."  
~ Elizabeth Andrew



## Senior Center

Support your peers by helping at the information desk, planning parties or providing a friendly face. Your wisdom, experience and joy are welcomed.

## Theatre & Cultural Arts

The Northglenn Youth Theatre could use help the night of the show with ticketing or ushering, or behind the curtains with costuming, painting and set construction. If art is more of your passion, the Northglenn Arts & Humanities Foundation could use help with programs such as the Art on Parade sculpture program.

## Farmers Highline Canal Clean Up

Help keep our city beautiful by joining more than 200 volunteers to help clean up more than 30 miles of Greenway Trail in the city.

Every year, more than 300 bags of leaves, sticks, trash and debris are removed from the riverbeds and nearby sidewalks.

This is a great way to get outside, enjoy some great exercise and help out in the community. After the clean up, we'll all celebrate with lunch! Crew leaders are needed for the event. Training is provided.

**Code 25749** **Mar 18 8:30am**

*What gifts of the hands, heart or head would you like to offer?  
We'd love to talk to you.*

For more information contact:  
Jenni Murphy at 303.450.8904 or [jmurphy@northglenn.org](mailto:jmurphy@northglenn.org)  
or visit [northglenn.org/volunteer](http://northglenn.org/volunteer)



**411** >>

**The City of Northglenn is in Partnership with the CodeRED Emergency Notification System to Alert Citizens and Businesses About Emergencies and Important Community News**

**What is CodeRED and why is it important to me?**

**CodeRED** is an emergency notification system by which public safety can notify residents and businesses by telephone or cellular phone about emergency situations. The system is capable of sending messages only to specific neighborhoods or the entire community.

**Does this mean that I will be called constantly?**

No. **CodeRED** will be used when emergency situations arise that you should know about.

**For what kinds of situations will CodeRED be used?**

Severe weather situations, substantial utility outage, evacuation notices, missing or lost persons, fires or floods, major roadway issues, significant criminal situations, chemical spills or gas leaks. In short, **CodeRED** can be used for any emergency alert.

**Why do I need CodeRED when I have TV to keep me informed?**

**CodeRED** provides an additional level of safety. If power goes out, you may not be able to depend upon TV. However, because telephone lines are self-powered and most people now have cell phones, we can continue to keep you informed through messages delivered by **CodeRED**.

If you would like to sign up for **CodeRED** alerts, visit [northglenn.org/codered](http://northglenn.org/codered)

For any questions pertaining to **CodeRED**, please contact the Northglenn Police Department at 303.450.8879



>>

**Did you know the City offers public recycling bins 24/7 at the following locations:**

- City Hall, west parking lot  
11701 Community Center Drive
- North side of Northwest Open Space  
112th Avenue and Ranch Drive

Below is a general list of acceptable items:

- Flattened cardboard
- Magazines / junk mail
- Phone books
- Paperboard (cereal boxes, paper towel tubes, etc.)
- Newspapers and inserts
- Glass bottles and jars
- Aluminum cans, aluminum foil and pie tins
- Steel cans and empty aerosol cans
- Plastic containers nos. 1-7
- Food and beverage cartons (please rinse off food residue)

For a complete list of recyclable items, please visit [northglenn.org/recycling](http://northglenn.org/recycling)

Questions about the recycling program?  
Call the Public Works Department at 303.450.4004

Does the City Pick Up Your Trash?

Why Not Have Them Take Your Recyclables, Too?



Call 303.450.4004 to sign up for this service at NO extra cost!



**City of Northglenn**  
**Parks, Recreation & Cultural Services**  
11801 Community Center Drive  
Northglenn, Colorado 80233

PRSRT STD  
U.S. Postage  
PAID  
Denver, CO  
Permit No. 1673



**Registration begins Monday, December 12**  
[www.northglenn.org/rexpress](http://www.northglenn.org/rexpress)

**New City Logo**

**Watch For It!**  
Community surveys told us what residents value about Northglenn...it was home, parks, and trees.

We wanted to differentiate our city from neighboring communities and have our logo reflect who we are now...

a vibrant city that's a place to call home and a city where business can thrive.

*Public Launch:  
January 3, 2017*

**name-a-seat and show your support for northglenn arts!**

With your \$250 donation, you or a loved one can be honored with a personalized name plaque on a new seat inside the DL Parsons Theatre. All revenue raised through the Name-A-Seat Program will go to the Northglenn Arts Youth Scholarship endowment and provide funding for cultural programs.

To make your tax deductible donation to the name-a-seat program contact Candice Marchese at 303.450.8846