

## 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:

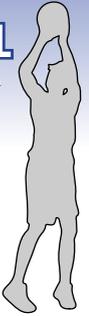
20 minutes | \$17 Res | \$19 Non-Res

## 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**

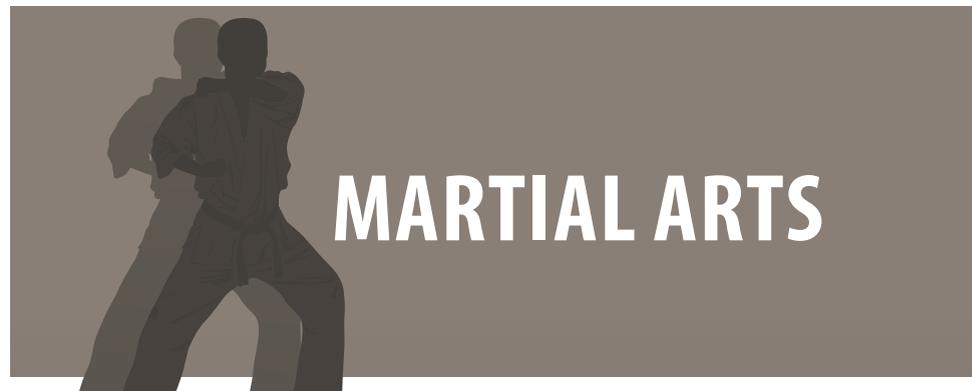
## KOPS VS KIDS BASKETBALL CHALLENGE

### 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)

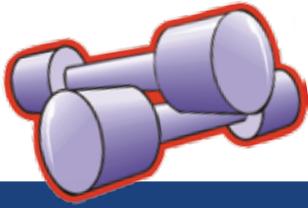
For culture, theatre, science, bands, and DJ proposals, send to:

**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)

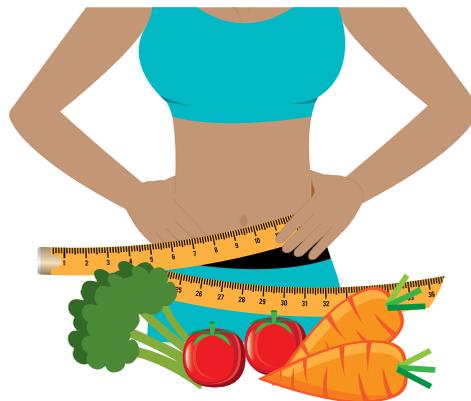
### Looking for a Package Deal?

**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.