Northglenn

MAY - AUGUST 2018



Parks
Recreation
Cultural Services
Senior Center

Fitness & Health

Parks & Open Space

Youth & Adult Sports

DIRECTORY



Northglenn Recreation Center
DL Parsons Theatre
Northglenn Senior Center
11801 Community Center Drive
Northglenn, Colorado 80233
303.450.8800

Hours

Mon-Fri:	5:30 a.m.-8:30 p.m.*
Saturday:	7:30 a.m.-5 p.m.*
Sunday:	8:30 a.m.-4 p.m.* through May 20
	8:30 a.m.-1 p.m.* May 27-Sept 30
	Pool is closed on Sundays

* Guests must leave the recreation center within 15 minutes after closing.

Special Hours

Monday, May 28 5:30 a.m.-1 p.m.

Closures

Tuesday, July 4

Maintenance Week: August 27-September 3

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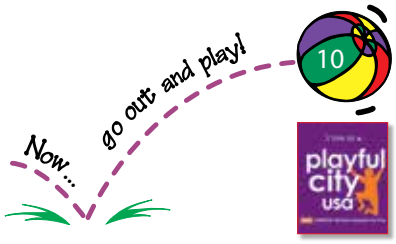


CITY OF NORTHGLENN
was the very first city in Colorado to earn the designation of Playful City USA

CITY OF Northglenn

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

Northglenn City Government Officials

Mayor Carol Dodge

Council Members
Ward 1 Meredith Leighty, Jordan Sauers
Ward 2 Becky Brown, Joyce Downing
Ward 3 Julie Duran Mullica, Marci Whitman
Ward 4 Antonio B. Esquibel, Jenny Willford

Northglenn Parks & Recreation Advisory Board
Andy Hall, Vice Chair
Gerry Hunt, Secretary/Treasurer
Jenny Willford, Council Ex-Officio
David Swayze, Chair
Paul Weinrauch

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
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*

- **DL 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*

- **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*

- **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. A 24-hour notice is 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?

Business/Corporate Use

If you work in Northglenn, you can purchase a resident pass to the recreation center. Just bring a photo ID and proof of employment at any Northglenn business to the front desk.

Corporate rates are also available.

For more information, contact
Brian Magnett
303.450.8899
bmagnett@northglenn.org

REGISTRATION

ONLINE
northglenn.org

WALK-IN
Northglenn
Recreation Center

PHONE
303.450.8800

Register Early!

Don't let a class become extinct. Waiting until the last minute to register won't save a class.

Registration Dates	Resident	Non-Resident
Online Registration	Begins Monday April 16 at midnight	Begins Thursday April 19 at midnight
Walk-in Registration	Begins Monday April 16 at 8 a.m.	Begins Thursday April 19 at 8 a.m.
Phone Registration	Begins Wednesday April 18 at 8 a.m.	Begins Saturday April 21 at 8 a.m.

1. 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.
2. Please note specific resident and non-resident registration dates.
3. Registrations can be made by telephone or online using a Visa or MasterCard.

Note: Payment in full for registrations is required to successfully complete the transaction through our online registration system.

4. All fees are payable at time of registration. Fees are calculated per session and are not pro-rated.
5. There is a $29 charge for returned checks.
6. Every effort is made to reschedule class programs canceled due to inclement weather or unanticipated factors.
7. 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 (valid for one year), 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 three 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.

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

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.

Do I have to sign up to use the online registration system?
Yes, please register for a new account at northglenn.org/playnorthglenn. The registration link is located on the left side of the page. Create a username and password, and add your household members to your account.

What can I do with online registration?
You can use the registration website 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. Our online registration employs 128-bit encryption, the highest form of encryption available to the public, along with other industry standards.

Are there programs not avaiable through online registration?
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 online registration?
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 online?
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. Our online registration system does use a variety of security measures to maintain the safety of your personal information.

Northglenn Recreation Center Fees

	Child 4-12 years	Teen 13-17 years	Adult 18-61 years	Senior 62+ years
Daily Drop In				
Resident	$2.25	$2.75	$3.50	$2.50
Non-Resident	$2.75	$3.25	$4.25	$3.50
Family Pass**	(up to 4 members per household) $9 Resident/$11 Non-Resident			
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 one free personal training & fitness assessment, a 25% discount on personal training and 2 guest passes.				
Resident	$75	$102	$177	$102
Non-Resident	$105	$126	$201	$132
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 one free personal training & fitness assessment, a 25% discount on personal training and 2 guest passes.				
Resident	$126	$150	$276	$175
Non-Resident	$165	$200	$327	$252
Family** *(up to 4 members per household) $400 Resident/$475 Non-Resident*				
Additional Family Members	$75 / $102	$75 / $102	$75 / $102	N/A

Slow Swim Daily Fee	(valid for ages 62+; Monday-Friday, 9:30-11 am)
Daily Fee	$1.75 Resident / $2 Non-Resident
20-Punch Pass	$28 Resident/$33 Non-Resident

Specialty Passes	
Judo 30-Punch Pass	$60
Judo 75-Punch Pass	$129
Yoga, Essentics and Aqua Zumba	
10-Punch Pass	$40 Resident/$45 Non-Resident
Shower 20-Punch Pass	$28 Resident/$33 Non-Resident

(use center's shower facilities to exercise outdoors)

*Annual and 6-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.
A $25 Administration Fee is assessed for canceled memberships.

Drop-in Pickleball

Tuesday and Thursday | 11 a.m. to 2 p.m. new!

Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players.

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

LOCKERS

Guests are asked to provide their own locks for lockers. Locks are available for purchase at the recreation center front desk for $8.

OPEN GYM

Call 303.450.8800 for open gym availability. Gym schedule subject to sudden changes.

WEIGHT ROOM

Closed for programs:
Monday and Friday 8:30-10:30 a.m.
Monday and Wednesday 6:30-7:45 p.m.

ADULT DROP-IN BASKETBALL

Monday, Wednesday, Friday 12-1:30 p.m.
Tuesday and Friday 6:30-8 a.m.

RACQUETBALL/WALLYBALL

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. Call 303.450.8800 to reserve.

DROP-IN PICKLEBALL

Tuesday and Thursday 11 a.m.-2 p.m.

Schedule starts June 4

Northglenn Recreation Center Swimming Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 5:30-7:45 am	Lap Swim 5:30-7:45 am	Lap Swim 5:30-7:45 am	Lap Swim 5:30-7:45 am	Lap Swim 5:30-7:45 am	Lap Swim 7:30-8:45 am
	Swim Team 6:30-7:45 am	Swim Team 6:30-7:45 am	Swim Team 6:30-7:45 am		
	Shallow Water Hydroworks 7:45-8:45 am Kathryn	Shallow Water Hydroworks 7:45-8:45 am Doreen	Shallow Water Hydroworks 7:45-8:45 am Kathryn		
Shallow Water Hydroworks 7:45-8:45 am Doreen	Arthritis Aquafit 9:45-10:30am Doreen		Arthritis Aquafit 9:45-10:30 am Doreen	Shallow Water Hydroworks 7:45-8:45 am Doreen	Aqua Zumba 8:55-9:55 am Annette
Silver Splash© 9:10-10:10 am Doreen	Water Walking 10:30-11:15 am Doreen	Silver Splash© 9:10-10:10 am Doreen	Water Walking 10:30-11:15 am Doreen	Silver Splash© 9:10-10:10 am Doreen	Swimming Lessons 10am-12 pm
Swimming Lessons 9 am-12 pm	Swimming Lessons 9 am-12 pm	Swimming Lessons 9 am-12 pm	Swimming Lessons 9 am-12 pm	Swimming Lessons 9 am-12 pm	
Lap/Slow Swim 12-1 pm	Lap/Slow Swim 12-1 pm	Lap/Slow Swim 12-1 pm	Lap/Slow Swim 12-1 pm	Lap/Slow Swim 12-1 pm	Lap/Slow Swim 12-1:15 pm
Open Swim** 1:15-4 pm	Open Swim** 1:15-4 pm	Open Swim** 1:15-4 pm	Open Swim** 1:15-4 pm	Open Swim** 1:15-4 pm	
Lap Swim 4-6 pm	Lap Swim 4-6 pm	Lap Swim 4-6 pm	Lap Swim 4-6 pm	Lap Swim 4-6 pm	Open Swim** 1:30-4:30 pm
CARA Swim Team 4-5 pm	CARA Swim Team 4-6 pm	CARA Swim Team 4-5 pm	CARA Swim Team 4-6 pm	CARA Swim Team 4:15-5:15 pm	
Fusion Swim Club 5-9 pm	Deep Water Aquafit 6:05-7:05 pm Diane	Fusion Swim Club 5-9 pm	Arthritis Aquafit 6:05-7:05 pm Diane	Fusion Swim Club 5:15-9 pm	
	Fusion Swim Club 6-9 pm		Fusion Swim Club 6-9 pm		

**Lap Swim — 16 and older. For individuals who want to swim as a form of excerise. Use of the blocks and diving from sides is restricted. Water walking is prohibited during this time unless there is no lap swimmers in the lanes.

Lap Swim Etiquette

Due to limited lap lanes, we require patrons share their lanes accordingly. Two swimmers: each swimmer stays on a respective side. Three or more swimmers: swim counter-clockwise in a single-file line, staying on the right side of the lane.

Northglenn Aquatics Lesson Program

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 Beginner

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 Beginner

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. For more information, please call Steve Hanson at 303.450.8942.

Private Lesson: *(1 student per teacher)*
30 minutes
Fee: Resident $17/child
Non-Resident $18/child

Semi-Private: *(2 students per teacher)*
45 minutes
Fee: Resident $32/two children
Non-Resident $34/two children

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 *CPR/AED For The Professional Rescuer*.

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

Need more information?

Contact Steve Hanson at 303.450.8942



Swim Lessons at the Northglenn Recreation Center

Guppies

Monday-Friday

Session 1			
20101001-01	Jun 4-15	9:00-9:30a	$28/$30
Session 2			
20101002-01	Jun 18-29	9:00-9:30a	$28/$30
Session 3			
20101003-01	Jul 2-13	9:00-9:30a	$25.20/$27
Session 4			
20101004-01	Jul 16-27	9:00-9:30a	$28/$30
Session 5			
20101005-01	Jul 30-Aug 10	9:00-9:30a	$28/$30

Starfish

Monday-Friday

Session 1			
20101011-01	Jun 4-15	9:30-10:00a	$28/$30
20101011-02	Jun 4-15	10:30-11:00a	$28/$30
20101011-03	Jun 4-15	11:00-11:30a	$28/$30
Session 2			
20101012-01	Jun 18-29	9:30-10:00a	$28/$30
20101012-02	Jun 18-29	10:30-11:00a	$28/$30
20101012-03	Jun 18-29	11:00-11:30a	$28/$30
Session 3			
20101013-01	Jul 2-13	9:30-10:00a	$25.20/$27
20101013-02	Jul 2-13	10:30-11:00a	$25.20/$27
20101013-03	Jul 2-13	11:00-11:30a	$25.20/$27
Session 4			
20101014-01	Jul 16-27	9:30-10:00a	$28/$30
20101014-02	Jul 16-27	10:30-11:00a	$28/$30
20101014-03	Jul 16-27	11:00-11:30a	$28/$30
Session 5			
20101015-01	Jul 30-Aug 10	9:30-10:00a	$28/$30
20101015-02	Jul 30-Aug 10	10:30-11:00a	$28/$30
20101015-03	Jul 30-Aug 10	11:00-11:30a	$28/$30

Saturday

Session 1			
20101016-01	Jun 9-Jul 7	10:00-10:30a	$14/$16
20101016-02	Jun 9-Jul 7	10:30-11:00a	$14/$16
Session 2			
20101017-01	Jul 14-Aug 11	10:00-10:30a	$14/$16
20101017-02	Jul 14-Aug 11	10:30-11:00a	$14/$16





Jellyfish

Monday-Friday

Session 1			
20101021-01	Jun 4-15	10:00-10:30a	$28/$30
20101021-02	Jun 4-15	10:30-11:00a	$28/$30
Session 2			
20101022-01	Jun 18-29	10:00-10:30a	$28/$30
20101022-02	Jun 18-29	10:30-11:00a	$28/$30
Session 3			
20101023-01	Jul 2-13	10:00-10:30a	$25.20/$27
20101023-02	Jul 2-13	10:30-11:00a	$25.20/$27
Session 4			
20101024-01	Jul 16-27	10:00-10:30a	$28/$30
20101024-02	Jul 16-27	10:30-11:00a	$28/$30
Session 5			
20101025-01	Jul 30-Aug 10	10:00-10:30a	$28/$30
20101025-02	Jul 30-Aug 10	10:30-11:00a	$28/$30

Saturday

Session 1			
20101026-01	Jun 9-Jul 7	11:00-11:30a	$14/$16
20101026-02	Jun 9-Jul 7	11:30a-12:00p	$14/$16
Session 2			
20101027-01	Jul 14-Aug 11	11:00-11:30a	$14/$16
20101027-02	Jul 14-Aug 11	11:30a-12:00p	$14/$16

Angelfish

Monday-Friday

Session 1			
20101031-01	Jun 4-15	9:30-10:00a	$28/$30
20101031-02	Jun 4-15	10:00-10:30a	$28/$30
Session 2			
20101032-01	Jun 18-29	9:30-10:00a	$28/$30
20101032-02	Jun 18-29	10:00-10:30a	$28/$30
Session 3			
20101033-01	Jul 2-13	9:30-10:00a	$25.20/$27
20101033-02	Jul 2-13	10:00-10:30a	$25.20/$27
Session 4			
20101034-01	Jul 16-27	9:30-10:00a	$28/$30
20101034-02	Jul 16-27	10:00-10:30a	$28/$30
Session 5			
20101035-01	Jul 30-Aug 10	9:30-10:00a	$28/$30
20101035-02	Jul 30-Aug 10	10:00-10:30a	$28/$30

Saturday

Session 1			
20101036-01	Jun 9-Jul 7	10:30-11:00a	$14/$16
20101036-02	Jun 9-Jul 7	11:00-11:30a	$14/$16
Session 2			
20101037-01	Jul 14-Aug 11	10:30-11:00a	$14/$16
20101037-02	Jul 14-Aug 11	11:00-11:30a	$14/$16

Level 1

Monday-Friday

Session 1			
20101041-01	Jun 4-15	9:00-9:30a	$28/$30
20101041-02	Jun 4-15	10:30-11:00a	$28/$30
20101041-03	Jun 4-15	11:00-11:30a	$28/$30
20101041-04	Jun 4-15	11:30a-12:00p	$28/$30
Session 2			
20101042-01	Jun 18-29	9:00-10:00a	$28/$30
20101042-02	Jun 18-29	10:30-11:00a	$28/$30
20101042-03	Jun 18-29	11:00-11:30a	$28/$30
20101042-04	Jun 18-29	11:30a-12:00p	$28/$30
Session 3			
20101043-01	Jul 2-13	9:00-9:30a	$25.20/$27
20101043-02	Jul 2-13	10:30-11:00a	$25.20/$27
20101043-03	Jul 2-13	11:00-11:30a	$25.20/$27
20101043-04	Jul 2-13	11:30a-12:00p	$25.20/$27
Session 4			
20101044-01	Jul 16-27	9:00-9:30a	$28/$30
20101044-02	Jul 16-27	10:30-11:00a	$28/$30
20101044-03	Jul 16-27	11:00-11:30a	$28/$30
20101044-04	Jul 16-27	11:30a-12:00p	$28/$30
Session 5			
20101045-01	Jul 30-Aug 10	9:00-9:30a	$28/$30
20101045-02	Jul 30-Aug 10	10:30-11:00a	$28/$30
20101045-03	Jul 30-Aug 10	11:00-11:30a	$28/$30
20101045-04	Jul 30-Aug 10	11:30a-12:00p	$28/$30

Saturday

Session 1			
20101046-01	Jun 9-Jul 7	10:00-10:30a	$14/$16
20101046-02	Jun 9-Jul 7	10:30-11:00a	$14/$16
Session 2			
20101047-01	Jul 14-Aug 11	10:00-10:30a	$14/$16
20101047-02	Jul 14-Aug 11	10:30-11:00a	$14/$16

Level 2

Monday-Friday

Session 1			
20101051-01	Jun 4-15	9:30-10:00a	$28/$30
20101051-02	Jun 4-15	10:30-11:00a	$28/$30
20101051-03	Jun 4-15	11:00-11:30a	$28/$30
Session 2			
20101052-01	Jun 18-29	9:30-10:00a	$28/$30
20101052-02	Jun 18-29	10:30-11:00a	$28/$30
20101052-03	Jun 18-29	11:00-11:30a	$28/$30
Session 3			
20101053-01	Jul 2-13	9:30-10:00a	$25.20/$27
20101053-02	Jul 2-13	10:30-11:00a	$25.20/$27
20101053-03	Jul 2-13	11:00-11:30a	$25.20/$27
Session 4			
20101054-01	Jul 16-27	9:30-10:00a	$28/$30
20101054-02	Jul 16-27	10:30-11:00a	$28/$30
20101054-03	Jul 16-27	11:00-11:30a	$28/$30
Session 5			
20101055-01	Jul 30-Aug 10	9:30-10:00a	$28/$30
20101055-02	Jul 30-Aug 10	10:30-11:00a	$28/$30
20101055-03	Jul 30-Aug 10	11:00-11:30a	$28/$30

Saturday

Session 1			
20101056-01	Jun 9-Jul 7	11:00-11:30a	$14/$16
20101056-02	Jun 9-Jul 7	11:30a-12:00p	$14/$16
Session 2			
20101057-01	Jul 14-Aug 11	11:00-11:30a	$14/$16
20101057-02	Jul 14-Aug 11	11:30a-12:00p	$14/$16

Level 3

Monday-Friday

Session 1			
20101061-01	Jun 4-15	9:00-9:30a	$28/$30
20101061-02	Jun 4-15	9:30-10:00a	$28/$30
20101061-03	Jun 4-15	11:00-11:30a	$28/$30
Session 2			
20101062-01	Jun 18-29	9:00-9:30a	$28/$30
20101062-02	Jun 18-29	9:30-10:00a	$28/$30
20101062-03	Jun 18-29	11:00-11:30a	$28/$30
Session 3			
20101063-01	Jul 2-13	9:00-9:30a	$25.20/$27
20101063-02	Jul 2-13	9:30-10:00a	$25.20/$27
20101063-03	Jul 2-13	11:00-11:30a	$25.20/$27
Session 4			
20101064-01	Jul 16-27	9:00-9:30a	$28/$30
20101064-02	Jul 16-27	9:30-10:00a	$28/$30
20101064-03	Jul 16-27	11:00-11:30a	$28/$30
Session 5			
20101065-01	Jul 30-Aug 10	9:00-9:30a	$28/$30
20101065-02	Jul 30-Aug 10	9:30-10:00a	$28/$30
20101065-03	Jul 30-Aug 10	11:00-11:30a	$28/$30

Saturday

Session 1			
20101066-01	Jun 9-Jul 7	10:30-11:00a	$14/$16
20101066-02	Jun 9-Jul 7	11:30a-12:00p	$14/$16
Session 2			
20101067-01	Jul 14-Aug 11	10:30-11:00a	$14/$16
20101067-02	Jul 14-Aug 11	11:30a-12:00p	$14/$16





NRC Swim Lessons (continued)

Level 4

Monday-Friday

Session 1			
20101071-01	Jun 4-15	10:00-10:30a	$28/$30
20101071-02	Jun 4-15	11:30a-12:00p	$28/$30
Session 2			
20101072-01	Jun 18-29	10:00-10:30a	$28/$30
20101072-02	Jun 18-29	11:30a-12:00p	$28/$30
Session 3			
20101073-01	Jul 2-13	10:00-10:30a	$25.20/$27
20101073-02	Jul 2-13	11:30a-12:00p	$25.20/$27
Session 4			
20101074-01	Jul 16-27	10:00-10:30a	$28/$30
20101074-02	Jul 16-27	11:30a-12:00p	$28/$30
Session 5			
20101075-01	Jul 30-Aug 10	10:00-10:30a	$28/$30
20101075-02	Jul 30-Aug 10	11:30a-12:00p	$28/$30

Saturday

Session 1			
20101076-01	Jun 9-Jul 7	10:00-10:30a	$14/$16
Session 2			
20101077-01	Jul 14-Aug 11	10:00-10:30a	$14/$16

Level 5

Monday-Friday

Session 1			
20101081-01	Jun 4-15	9:00-9:30a	$28/$30
20101081-02	Jun 4-15	11:30a-12:00p	$28/$30
Session 2			
20101082-01	Jun 18-29	9:00-9:30a	$28/$30
20101082-02	Jun 18-29	11:30a-12:00p	$28/$30
Session 3			
20101083-01	Jul 2-13	9:00-9:30a	$25.20/$27
20101083-02	Jul 2-13	11:30a-12:00p	$25.20/$27
Session 4			
20101084-01	Jul 16-27	9:00-9:30a	$28/$30
20101084-02	Jul 16-27	11:30a-12:00p	$28/$30
Session 5			
20101085-01	Jul 30-Aug 10	9:00-9:30a	$28/$30
20101085-02	Jul 30-Aug 10	11:30a-12:00p	$28/$30

Saturday

Session 1			
20101086-01	Jun 9-Jul 7	10:00-10:30a	$14/$16
Session 2			
20101087-01	Jul 14-Aug 11	10:00-10:30a	$14/$16

Level 6

Monday-Friday

Session 1			
20101091-01	Jun 4-15	10:00-10:30a	$28/$30
Session 2			
20101092-01	Jun 18-29	10:00-10:30a	$28/$30
Session 3			
20101093-01	Jul 2-13	10:00-10:30a	$25.20/$27
Session 4			
20101094-01	Jul 16-27	10:00-10:30a	$28/$30
Session 5			
20101095-01	Jul 30-Aug 10	10:00-10:30a	$28/$30

Saturday

Session 1			
20101096-01	Jun 9-Jul 7	11:00-11:30a	$14/$16
Session 2			
20101097-01	Jul 14-Aug 11	11:00-11:30a	$14/$16

Monday, Wednesday

Session 1			
20101098-01	Jun 4-Jul 4	10:30-11:00a	$28/$30

Tuesday, Thursday

Session 1			
20101098-02	Jun 5-Jul 5	10:00-10:30a	$25.20/$27



Northglenn Rec Center Indoor Pool

Saturday, July 14
Ages 11-15

Film starts at 8:30 p.m.
Watch a movie on the big inflatable screen while floating on an inner tube. Dive on in for the show! Inner tubes provided.

Check-in starts at 7:30 p.m.

Pre-registration is strongly encouraged!
20967001-01 $5 Resident/$6 Non-Resident

Kiwanis Outdoor Pool 550 Garland Drive | 303.457.1578

2018 Kiwanis Pool Hours starting May 28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 11 am-5 pm	Lessons 9 am-noon	Lessons 9 am-noon	Lessons 9 am-noon	Lessons 9 am-noon	Aquafit 9-10 am Cynthia	Aquafit 9-10 am Kathryn
	Wader Pool *4 years & under* 9 am-noon	Wader Pool *4 years & under* 9 am-noon	Wader Pool *4 years & under* 9 am-noon	Wader Pool *4 years & under* 9 am-noon	Open Swim 11 am-5 pm	Open Swim 11 am-5 pm
	Open Swim 12:30-5:30 pm	Open Swim 12:30-4 pm	Open Swim 12:30-5:30 pm	Open Swim 12:30-4 pm		
	Aquafit 6-7 pm Kathryn	Open Swim 5-8 pm	Aquafit 6-7 pm Kathryn	Open Swim 5-8 pm		
	Pool Parties 8-10 pm				Pool Parties 5:30-10 pm	

Kiwanis Pool Fees

	Resident	Non-Resident
Child (3 and under)	$1.50	$2
Child Ages 4-12	$2.25	$2.75
Youth Ages13-17	$2.75	$3.25
Adult Ages 18-61	$3.50	$4.25
Senior 62+	$2.50	$3.50
Family Pass	$9	$11

Up to 4 members per household - ID Required

Resident rate with ID card only. Punch passes are accepted but must be purchased at the Northglenn Recreation Center. See page 5 for fee information.

Swim Lessons at Kiwanis

Starfish

Monday, Wednesday

Session 1

20101018-01	Jun 4-Jul 2	9:00-9:30a	$25.20/$27
20101018-02	Jun 4-Jul 2	9:30-10:00a	$25.20/$27
20101018-03	Jun 4-Jul 2	10:00-10:30a	$25.20/$27
20101018-04	Jun 4-Jul 2	11:00-11:30a	$25.20/$27

Session 2

20101019-01	Jul 9-Aug 8	9:00-9:30a	$28/$30
20101019-02	Jul 9-Aug 8	9:30-10:00a	$28/$30
20101019-03	Jul 9-Aug 8	10:00-10:30a	$28/$30
20101019-04	Jul 9-Aug 8	11:00-11:30a	$28/$30

Tuesday, Thursday

Session 1

20101018-05	Jun 5-Jul 5	9:30-10:00a	$28/$30
20101018-06	Jun 5-Jul 5	10:00-10:30a	$28/$30
20101018-07	Jun 5-Jul 5	10:30-11:00a	$28/$30
20101018-08	Jun 5-Jul 5	11:30a-12:00p	$28/$30

Session 2

20101019-05	Jul 9-Aug 9	9:30-10:00a	$28/$30
20101019-06	Jul 9-Aug 9	10:00-10:30a	$28/$30
20101019-07	Jul 9-Aug 9	10:30-11:00a	$28/$30
20101019-08	Jul 9-Aug 9	11:30a-12:00p	$28/$30





Jellyfish

Monday, Wednesday

Session 1

20101028-01	Jun 4-Jul 2	9:30-10:00a	$25.20/$27
20101028-02	Jun 4-Jul 2	10:30-11:00a	$25.20/$27
20101028-03	Jun 4-Jul 2	11:30a-12:00p	$25.20/$27

Session 2

20101029-01	Jul 9-Aug 8	9:30-10:00a	$28/$30
20101029-02	Jul 9-Aug 8	10:30-11:00a	$28/$30
20101029-03	Jul 9-Aug 8	11:30a-12:00p	$28/$30

Tuesday, Thursday

Session 1

20101028-04	Jun 5-Jul 5	9:30-10:00a	$28/$30
20101028-05	Jun 5-Jul 5	10:30-11:00a	$28/$30
20101028-06	Jun 5-Jul 5	11:00-11:30a	$28/$30

Session 2

20101029-04	Jul 9-Aug 9	9:30-10:00a	$28/$30
20101029-05	Jul 9-Aug 9	10:30-11:00a	$28/$30
20101029-06	Jul 9-Aug 9	11:00-11:30a	$28/$30

Angelfish

Monday, Wednesday

Session 1

20101038-01	Jun 4-Jul 2	9:00-9:30a	$25.20/$27
20101038-02	Jun 4-Jul 2	10:00-10:30a	$25.20/$27
20101038-03	Jun 4-Jul 2	11:00-11:30a	$25.20/$27
20101038-04	Jun 4-Jul 2	11:30a-12:00p	$25.20/$27

Session 2

20101039-01	Jul 9-Aug 8	9:00-9:30a	$28/$30
20101039-02	Jul 9-Aug 8	10:00-10:30a	$28/$30
20101039-03	Jul 9-Aug 8	11:00-11:30a	$28/$30
20101039-04	Jul 9-Aug 8	11:30a-12:00p	$28/$30

Angelfish lessons continue on page 12

Angelfish

Tuesday, Thursday

Session 1			
20101038-05	Jun 5-Jul 5	10:00-10:30a	$28/$30
20101038-06	Jun 5-Jul 5	11:00-11:30a	$28/$30
20101038-07	Jun 5-Jul 5	11:30a-12:00p	$28/$30
Session 2			
20101039-05	Jul 9-Aug 9	10:00-10:30a	$28/$30
20101039-06	Jul 9-Aug 9	11:00-11:30a	$28/$30
20101039-07	Jul 9-Aug 9	11:30a-12:00p	$28/$30

Level 1

Monday, Wednesday

Session 1			
20101048-01	Jun 4-Jul 2	9:00-9:30a	$25.20/$27
20101048-02	Jun 4-Jul 2	10:00-10:30a	$25.20/$27
20101048-03	Jun 4-Jul 2	11:30a-12:00p	$25.20/$27
Session 2			
20101049-01	Jul 9-Aug 8	9:00-9:30a	$28/$30
20101049-02	Jul 9-Aug 8	10:00-10:30a	$28/$30
20101049-03	Jul 9-Aug 8	11:30a-12:00p	$28/$30

Tuesday, Thursday

Session 1			
20101048-04	Jun 5-Jul 5	9:00-9:30a	$28/$30
20101048-05	Jun 5-Jul 5	9:30-10:00a	$28/$30
20101048-06	Jun 5-Jul 5	10:30-11:00a	$28/$30
20101048-07	Jun 5-Jul 5	11:30a-12:00p	$28/$30
Session 2			
20101049-04	Jul 9-Aug 9	9:00-9:30a	$28/$30
20101049-05	Jul 9-Aug 9	9:30-10:00a	$28/$30
20101049-06	Jul 9-Aug 9	10:30-11:00a	$28/$30
20101049-07	Jul 9-Aug 9	11:30a-12:00p	$28/$30

Level 2

Monday, Wednesday

Session 1			
20101058-01	Jun 4-Jul 2	9:30-10:00a	$25.20/$27
20101058-02	Jun 4-Jul 2	10:30-11:00a	$25.20/$27
20101058-03	Jun 4-Jul 2	11:00-11:30a	$25.20/$27
Session 2			
20101059-01	Jul 9-Aug 8	9:30-10:00a	$28/$30
20101059-02	Jul 9-Aug 8	10:30-11:00a	$28/$30
20101059-03	Jul 9-Aug 8	11:00-11:30a	$28/$30

Tuesday, Thursday

Session 1			
20101058-04	Jun 5-Jul 5	9:00-9:30a	$28/$30
20101058-05	Jun 5-Jul 5	10:00-10:30a	$28/$30
20101058-06	Jun 5-Jul 5	10:30-11:00a	$28/$30
20101058-07	Jun 5-Jul 5	11:30a-12:00p	$28/$30
Session 2			
20101059-04	Jul 9-Aug 9	9:00-9:30a	$28/$30
20101059-05	Jul 9-Aug 9	10:00-10:30a	$28/$30
20101059-06	Jul 9-Aug 9	10:30-11:00a	$28/$30
20101059-07	Jul 9-Aug 9	11:30a-12:00p	$28/$30

Level 3

Monday, Wednesday

Session 1			
20101060-01	Jun 4-Jul 2	10:00-10:30a	$25.20/$27
20101060-02	Jun 4-Jul 2	10:30-11:00a	$25.20/$27
Session 2			
20101069-01	Jul 9-Aug 8	10:00-10:30a	$28/$30
20101069-02	Jul 9-Aug 8	10:30-11:00a	$28/$30

Tuesday, Thursday

Session 1			
20101060-03	Jun 5-Jul 5	9:00-9:30a	$28/$30
20101060-04	Jun 5-Jul 5	11:00-11:30a	$28/$30
Session 2			
20101069-03	Jul 9-Aug 9	9:00-9:30a	$28/$30
20101069-04	Jul 9-Aug 9	11:00-11:30a	$28/$30

Level 4

Monday, Wednesday

Session 1			
20101078-01	Jun 4-Jul 2	9:00-9:30a	$25.20/$27
20101078-02	Jun 4-Jul 2	11:30a-12:00p	$25.20/$27
Session 2			
20101079-01	Jul 9-Aug 8	9:00-9:30a	$28/$30
20101079-02	Jul 9-Aug 8	11:30a-12:00p	$28/$30

Tuesday, Thursday

Session 1			
20101078-03	Jun 5-Jul 5	9:00-9:30a	$28/$30
20101078-04	Jun 5-Jul 5	11:00-11:30a	$28/$30
Session 2			
20101079-03	Jul 9-Aug 9	9:00-9:30a	$28/$30
20101079-04	Jul 9-Aug 9	11:00-11:30a	$28/$30

Level 5

Monday, Wednesday

Session 1			
20101088-01	Jun 4-Jul 2	9:30-10:00a	$25.20/$27
20101088-02	Jun 4-Jul 2	11:00-11:30a	$25.20/$27
Session 2			
20101089-01	Jul 9-Aug 8	9:30-10:00a	$28/$30
20101089-02	Jul 9-Aug 8	11:00-11:30a	$28/$30

Tuesday, Thursday

Session 1			
20101088-03	Jun 5-Jul 5	9:30-10:00a	$28/$30
Session 2			
20101089-03	Jul 9-Aug 9	9:30-10:00a	$28/$30

Level 6

Monday, Wednesday

Session 1			
20101098-01	Jun 4-Jul 2	10:30-11:00a	$25.20/$27
Session 2			
20101099-01	Jul 9-Aug 8	10:30-11:00a	$28/$30

Tuesday, Thursday

Session 1			
20101098-02	Jun 5-Jul 5	10:00-10:30a	$28/$30
Session 2			
20101099-02	Jul 9-Aug 9	10:00-10:30a	$28/$30

Kiwanis Outdoor Pool

Private Outdoor Summer Pool Parties

Private pool parties in the warm summer evenings are great for celebrating a birthday, team get-together, or any other special event with family and friends. The facility has locker rooms, covered picnic tables, outdoor lighting, underwater lights when it gets dark. The toddler pool is protected with a shade cover, and lifeguards are on duty to supervise the pool and facility. There is a diving board and slide at the large pool. The facility offers plenty of deck space for your gathering. You may bring your own food. No alcohol or glass containers.

Monday-Thursday Evenings **8-10 p.m.**
Friday-Sunday Evenings **5:30-10 p.m.**

Resident Rates
$70 per hour for 1-75 guests
$80 per hour for 76-100+ guests*

Non-Resident Rates
$80 per hour for 1-75 guests
$90 per hour for 76-100+ guests*

*200 guests maximum per party

Pool Party Option

Rental parties have the option to rent the Kiwanis Pool with a large pool inflatable. This challenging obstacle course will make any pool party fun for all ages. Cost is $20 per hour in addition to the summer pool party rate.

Weather Cancelation Policy

If the pool is closed due to weather conditions before the first rental hour has been used, a pro-rated amount of the rental fee will be refunded. If a rental is canceled less than seven days before the event, a processing fee of 25 percent of the rental will be assessed. Rental refunds may take up to three weeks for processing.

For more information, please contact Steve Hanson at 303.450.8942. Hurry, dates fill up fast!





Dog Daze of Summer at Kiwanis Pool - Labor Day

September 4 | 5-7 p.m.

Lucky dogs are invited to swim in Kiwanis Pool before it is drained for the season. Proof of vaccinations is required. **$5 per dog.**

Pedal Boats and Kayaks



Rentals at E.B. Rains Jr. Memorial Park

Pedal boats and kayaks are available to rent during the summer at the boat house on Webster Lake.

Open May 29 - Sept 4
Daily / 7 Days a Week 10 a.m. - 8 p.m.*

*Last boat goes out at 7:30 p.m.

	Rental Rates	
Pedal Boat	1/2 hour	1 hour
2-person boat	$4	$7
4-person boat	$6	$10
Kayak	$5	$10

GROUP RESERVATIONS *(private usage)*

WITH a pavilion rental

Two boats	$24 per hour
Three boats	$36 per hour
Four boats	$48 per hour
Five boats	$60 per hour

WITHOUT a pavilion rental

Two boats	$30 per hour
Three boats	$45 per hour
Four boats	$60 per hour
Five boats	$75 per hour





Water Fitness Information

Aqua shoes are recommended for all water fitness classes.

Aqua Zumba

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. Limited to 30 participants.

Saturday 8:55-9:55 a.m.

Aqua Zumba drop-in fee:
$5R/$5.50NR

Save $ with an Aqua Zumba punch pass!
10-punch pass: $40R/$45NR

Save even more with a membership!
Aqua Zumba fees are included in 6-month and annual memberships.

Deep/Shallow 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!

Monday-Friday 7:45-8:45 a.m.
Tuesday 6:05-7:05 p.m.

Water Walking

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.

Tuesday & Thursday 10:30-11:15 a.m.

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 Foundation Aquatics

Ages 16+

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.

Tuesday & Thursday 9:45-10:30 a.m.
Thursday 6:05-7:05 p.m.

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.

SilverSneakers® SilverSplash®

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.

Monday, Wednesday & Friday
9:10-10:10 a.m.

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

Summer 2018 Indoor Aquafit Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Shallow Water Hydroworks 7:45-8:45 am Doreen	**Shallow Water Hydroworks** 7:45-8:45 am Kathryn	**Shallow Water Hydroworks** 7:45-8:45 am Doreen	**Shallow Water Hydroworks** 7:45-8:45 am Kathryn	**Shallow Water Hydroworks** 7:45-8:45 am Doreen
Silver Splash© 9:10-10:10 am Doreen	**Arthritis Aquatics** 9:45-10:30 am Doreen	**Silver Splash©** 9:10-10:10 am Doreen	**Arthritis Aquatics** 9:45-10:30 am Doreen	**Silver Splash©** 9:10-10:10 am Doreen
	Water Walking 10:30-11:15 am Doreen		**Water Walking** 10:30-11:15 am Doreen	
	Deep Water Hydroworks 6:05-7:05 pm Diane		**Arthritis Aquatics** 6:05-7:05 pm Diane	

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 next step. Swimmers ready for the next level can move on to the Northglenn Fusion USA Swim Club.

A tryout process is required by both teams for placement on the appropriate team.

Please contact Steve Hanson at 303.450.8942 or shanson@northglenn.org for more information and to schedule a tryout.

Northglenn Snappers

Colorado Association Recreational Athletics (CARA)

Designed for youth ages 6 to 18 who are interested in swimming as a sport but have little or no experience. Swimmers must be able to complete a minimum of 25 yards doing two out of the four major strokes. This is a great chance for your child to be introduced to swimming as a sport. Coaches will teach fun competition and good sportsmanship. Registration is limited.

Monday, Wednesday, Friday			
20102001-01	May 1-Aug 11	4:00-5:00p	$105/$115
Tuesday, Thursday, Friday			
20102001-02	May 2-Aug 11	4:00-5:00p	$105/$115
20102001-03	May 2-Aug 11	5:00-6:00p	$105/$115

northglennsnappers.com

Fusion Swim Club

Northglenn Fusion Swim Club is a USA Swimming competitive team for youth ages 6 to 18. They swim in meets all round the state. You MUST have competitive swim team experience or experience with another swim team in the past year. There is a tryout process.

Team schedule is Monday through Friday.

northglennfusion.com

PRESCHOOL

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

Sprouts and Pre-K Kids are state-licensed preschool programs that utilize developmentally-appropriate activities and materials that are centered around a purposeful-play atmosphere.

Preschool sessions last three hours and are offered two days a week. Registration is on a first-come, first-served basis. Proof of age, shot records and physical are required. Participant information packets and the preschool policies and procedures manual are located at northglenn.org/youthprograms. Please fill them out completely (*please note: the state requires that every line asking for addresses and phone numbers be filled out*), and return prior to your child's first day. Online registration is available for sessions paid in full. Payment plan options are available if you register for the complete semester. Please call 303.450.8800 or stop by the recreation center for more information.

SPROUTS

Ages 3-4

Your child will make new friends and have fun while being introduced 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.

Monday and Wednesday
8:30-11:30a

20206001-01	Jun 4-27	$108/$118
20206001-02	Jul 9-Aug 1	$108/$118
20206001-03	Aug 6-22	$94.50/$103.25

PRE-K KIDS

Ages 4-5

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

Tuesday and Thursday
8:30-11:30a

20206002-01	Jun 5-28	$108/$118
20206002-02	Jul 10-Aug 2	$108/$118
20206002-03	Aug 7-23	$108/$118



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
- Highly-qualified, fun staff

Capacity: 60
Dates: 5/29/18 - 8/10/18
Days and Times: Monday-Friday 7 a.m. - 6 p.m.
Ages: 6-11
Mandatory Parent Meeting for Registered Families:
Wednesday, May 23 6:30-8:30 p.m.

You must bring the completed registration information and immunization card to the mandatory meeting for your child to be admitted to the first day of camp.

Day camp participant information is online at northlgenn.org/youthprograms. Please print the parent handbook and emergency packet (includes immunization information), fill it out and bring it to the parent meeting.

Fees:

Resident: $135/week
Non-Resident: $148/week

Days: Monday-Friday

Week/Dates:

Week 1	20207001-01 No camp May 28	May 29 - Jun 1 $108R/$118NR
Week 2	20207001-02	Jun 4 - Jun 8
Week 3	20207001-03	Jun 11 - Jun 15
Week 4	20207001-04	Jun 18 - Jun 22
Week 5	20207001-05	Jun 25 - Jun 29
Week 6	20207001-06 No camp Jul 4	Jul 2 - Jul 6 $108R/$118NR
Week 7	20207001-07	Jul 9 - Jul 13
Week 8	20207001-08	Jul 16 - Jul 20
Week 9	20207001-09	Jul 23 - Jul 27
Week 10	20207001-10	Jul 30 - Aug 3
Week 11	20207001-11	Aug 6 - Aug 10







Youth Classes

DANCE

Twinkle Toes Dance Age 3

Your little one learns coordination, listening skills, balance, music interpretation, creative movement and motor development in this introduction to dance. Please come dressed in comfortable clothing and athletic shoes. *No class Wednesday July 4.

Wednesday

20315002-01	Jun 6-Jul 18	5:00-5:45p	$36/$40

Shake, Rattle & Twirl Ages 4-9

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. Please come dressed in comfortable clothing, jazz shoes, and hair tied back out of your little one's face. *No class Wednesday July 4.

Wednesday

Ages 4-5			
20315003-01	Jun 6-Jul 18	6:00-6:45p	$48/$53
Ages 6-9			
20315003-02	Jun 6-Jul 18	7:00-7:45p	$48/$53



Tiny Ninjas Ages 3-5

Exciting and fun skill training curriculum has been formatted specifically for little athletes inspired by gymnastics, martial arts, obstacle training and freestyle movement. They are all incorporated to teach your athlete great listening skills and confidence!

TINY NINJA CLASSES
Are held at the Cheer Central Suns facility
1756 Panarama Place, Lafayette CO 80026

No classes June 25 - July 8 due to gym closure.

Wednesday

206410001-01	Jun 6-Jul 25	10:15-11:00a	$80/$88
206410001-02	Aug 1-29	10:15-11:00a	$80/$88

Thursday

206410001-03	Jun 7-Jul 26	4:00-4:45p	$80/$88
206410001-04	Aug 2-30	4:00-4:45p	$80/$88

CHEER

Lil Suns Cheer Tumble and Dance Ages 3-5

This jam-packed class combines cheerleading basics, dance, and some elements of gymnastics training that are sure to keep your little athlete smiling and laughing the whole class!

Thursday

20642001-01	Jun 7-Jul 26	4:00-4:45p	$80/$88
20642001-02	Aug 2-30	4:00-4:45p	$80/$88

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.

Thursday

20640001-01	Jun 7-Jul 26	4:45-5:45p	$80/$88
20640001-02	Aug 2-30	4:45-5:45p	$80/$88

Tumbling for Cheer Ages 5-14

This class will polish your tumbling skills from cartwheels and bridges to running passes and back handsprings. Set in a high energy atmosphere with all the equipment you will need to get the skills to move on to the next level. Come join the fun!

Thursday

20640001-03	Jun 7-Jul 26	5:45-6:45p	$80/$88
20640001-04	Aug 2-30	5:45-6:45p	$80/$88

CHEER CLASSES
Are held at the Cheer Central Suns facility
1756 Panarama Place, Lafayette CO 80026

No classes June 25 - July 8 due to gym closure.
Cheer shirt $15.





Youth Camps



Fencing Camp Ages 8-18

This camp is designed for participants of all skill levels. Beginner fencers will understand the fundamentals of fencing after one week of practice. Campers will learn the history of fencing, footwork and blade work. The program will also provide a focused and fun camp for intermediate and progressive saber fencers, offered by truly outstanding coaches. More advanced fencers will refine fundamentals, learn new techniques and develop more effective competitive strategies.

Monday-Friday

HALF DAY

20639001-01	Jul 9-13	9:00a-12:00p	$150/$165

FULL DAY

20639001-03	Jul 9-13	9:00a-4:00p	$250/$265

Jedi Knights Camp Ages 8-18

Long, long ago in a galaxy far, far away, the Jedi Knights protected the innocent from evil doers. Now is your child's time to join the Jedi ranks and become a hero! At this camp, they will learn how to use the lightsabers in theatrical fighting, participate in strength and agility training using various exercises and games, learn Jedi lore and history and learn how to put together a massive battle.

Monday-Friday

20639001-02	Jul 9-13	1:00-4:00p	$150/$165

Dance Camp Ages 7-12

Your child will express themselves through technique, body control, and choreography. Please come dressed in tight fitting yet flexible clothing, jazz shoes or tennis shoes, and hair tied back out of your face. Don't forget water and a snack! Price does not include pom pom rental. Rental fee will be paid directly to the instructor.

Monday-Thursday

Poms

20315004-02	Jun 4-7	1:00-4:00p	$125/$138

Contemporary Dance

20315004-04	Jun 25-28	1:00-4:00p	$125/$138

Hip Hop

20315004-06	Jul 23-26	1:00-4:00p	$125/$138

Mad Science Ages 6-12

Super Sleuth Academy

This program explores the ins and outs of forensic science, encourages creative thinking, and analytical skills as campers work together to solve a series of mock crime scenes. Please note that all criminal scenarios presented in this camp are fictional, non-violent and age-appropriate for children. Campers will also explore secret communications, security systems and spy gadgets. If you've ever wanted to be a police officer, secret agent or a CSI - Super Sleuth Academy is the camp for you.

Monday-Friday

20637001-01	Jun 11-15	9:00a-4:00p	$289/$318

Space and Flight Academy

From our Earth's atmosphere to the outer reaches of the solar system, this hands-on program sends aspiring scientists on a quest for exploration. Explore the four forces of flight through an exciting series of demonstrations and activities involving kites, planes, rockets and more.

Monday-Friday

20637001-02	Jul 9-13	9:00a-12:00p	$199/$219

Crazy Chemistry

Explore molecular madness, crazy chemistry and all kinds of radical reactions as you whip up potions in this exciting chemistry-themed camp. Find out how different chemicals react when mixed together, and use your skills as a chemist to create several fun projects to continue your scientific discoveries at home.

Monday-Friday

20637001-03	Jul 30-Aug 3	9:00a-12:00p	$199/$219



Play-Well TEKnologies Lego Camp Ages 5-12

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

Minecraft Engineering with Legos

Bring Minecraft to life using Legos! Build a motorized walking Creeper, terrifying Ghast, and a motorized Minecraft! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft.

Monday-Friday

Ages 5-7

20638001-03	Jun 4-8	9:00a-12:00p	$167/$184

Ages 8-12

20638001-04	Jun 4-8	1:00-4:00p	$167/$184

Coding with Kids

Tech-Savvy instructors will introduce kids to core coding concepts at the heart of computer science, and guide small groups of coders (max. 8) in creating both an interactive story and a video game of their own using Scratch.

Beginner Game Development Ages 7-11

Start your coding journey by creating your own game. Campers will take the first step on the Coder's Ladder learning computer programming fundamentals and designing and coding their own first computer programs. Projects will include interactive stories and computer games.

Monday-Friday
20643001-01 Jun 25-29 9:00a-12:00p $299/$329

3D Game Development Ages 13-17

Take your game design into the third dimension. Campers will learn the fundamentals of 3D games with scene design, camera placement, asset creation, sprite scripting, and more as they create 3D games playable in any web browser.

Monday-Friday
20643001-02 Jun 25-29 9:00a-12:00p $299/$329

Minecraft Modding with Blocks Ages 9-12

Building mods is a fun way for Minecraft players to learn and practice programming. Each camper will have access to their own Minecraft server where they can customize their Minecraft experience with drag & drop code, landscapes, texture packs, and more.

Monday-Friday
20643001-03 Jun 25-29 1:00-4:00p $299/$329

Minecraft Modding with Java Ages 12-17

Build advanced Minecraft mods with Java programming. Campers will learn the fundamentals of Java as they use it to customize the world of Minecraft. Learn how to give items special powers, create new mini-games, and modify the layout of your world.

Monday-Friday
20643001-04 Jun 25-29 1:00-4:00p $319/$350

Game Development in Python Ages 10-16

Learning Python is the perfect first step into the world of professional programming. Campers will learn the fundamentals of Python programming through creating fun games which they can share with their friends.

Monday-Friday
20643001-05 Jul 16-20 9:00a-12:00p $299/$329

Coding with Kids - Python II Ages 12-17

Python is a very versatile tool and can be used for everything from game development to powering applications at NASA. Campers will begin to explore the multiple facets of the language as they create games, analyze data sets, and learn the basics of AI.

Monday-Friday
20643001-06 Jul 16-20 9:00a-12:00p $299/$329

Software Engineering with Micro:bit Ages 8-13

Take your first step into the exciting world of computer hardware programming with micro:bit. Through a variety of projects, campers will learn how to create a digital compass, simple games, or get two micro:bits to talk to each other. No prerequisite.

Monday-Friday
20643001-07 Jul 16-20 1:00-4:00p $329/$361

Android Mobile App Inventor Ages 10-16

Develop your own mobile app. Campers will create Android applications like games, soundboards, and music players using an intuitive, visual programming environment that allows anyone to build fully functional apps for smartphones and tablets. Prerequisite: prior coding experience.

Monday-Friday
20643001-08 Jul 16-20 1:00-4:00p $299/$329



3D Printing and Design Camp Ages 10-14

Do you enjoy imagining creatures, devices, or a new world? Come learn how to bring them to life through 3D printing! You will learn how to design pieces using TinkerCAD, a free web-based modeling program. You will also learn the 3D printing process and other tools for designing and drafting. We believe in learning through doing, so you will be able to 3D print your designs each day starting from the very first class.

All participants will need to provide their own laptop. A $25 materials fee is due the first day of class.

Monday-Friday
20424001-01 Aug 6-10 1:00-4:00p $255/$280



Family Campout

Saturday, July 28 @ 5 p.m.
through Sunday, July 29 @ 9 a.m.
E.B. Rains Jr. Memorial Park

Join us for the annual Family Campout at E.B. Rains Jr. Memorial Park! Families are welcome to experience an outdoor overnight adventure in the park this July. The fee will include a tent to use, a full dinner, and a light breakfast, and of course marshmallows around the bonfire! Activities include pedal boat rides, fishing and other fun activities.

General Information Register early. Sites will be given out on a first-come, first-served basis. There is no age minimum. However, each campsite is required to have a child under the age of 18 and one adult/guardian.

Items to Bring Bring sleeping bags, beverages, pillows, camp chairs, blankets, bug spray, snacks and flashlights! Sorry, no personal grills allowed.

Inclement Weather In the case of inclement weather, staff will make a decision to cancel or postpone the event by Friday, July 27 at 5 p.m. Please provide an updated e-mail when registering. You will be contacted by e-mail.

Fees are based on a family of four (adults and children). If there are more than four people per campsite, a second campsite must be purchased.

20208001-01	Jul 28-29	$55/$65



NYC
Northglenn Youth Commission

Northglenn Youth Commission

Ages 13-18
Just because you're a teenager, that doesn't mean you don't have a voice in local government.

The Northglenn Youth Commission makes recommendations to City Council and staff about issues affecting kids and teens in the community. They are also active in the community by organizing and assisting with events and community service projects.

The commission meets on the first and third Tuesdays of the month from 7 to 9 p.m. in the Northglenn Recreation Center.

Visit northglenn.org/nyc for more information.

COLORADO YOUTH ADVENTURES

Ages 11-18
Monthly trips are offered in cooperation with the City of Broomfield, Hyland Hills Recreation District, City of Brighton, City of Wheat Ridge, and City of Lakewood.

Indoor Rock Climbing

Join us for a day of indoor rock climbing at EVO Rock + Fitness in Louisville. We will meet at the Northglenn Recreation Center and head out for a fun three hours of climbing. Please bring a sack lunch and plenty of water.

Saturday
20965001-01 May 12 9:30a-1:00p $100/$110

River Rafting

Head out with Clear Creek Rafting Company and enjoy a 1/3 day trip as you ride the waves in the Wild Wild West. Float past a historic waterwheel, drop over Castle Falls, paddle through Mountain Lion, then hold on tight for Mr. Twister. It's the perfect introduction to whitewater rafting! Participants need to wear swimsuit attire and appropriate footwear. Please bring a sack lunch or money to stop at Subway. After lunch, we will be hitting the trail for an afternoon hike before heading back down the mountain.

Tuesday
20965001-02 Jun 26 7:00a-2:00p $50/$55

High Flying Day

Are you up for a day of sky high adventure? We will begin our morning at Top Golf Centennial so be prepared to lace up your golf shoes. After a few rounds of practice, we will head to lunch at Jimmy John's, so please bring money to purchase a sandwich or you also can bring your own sack lunch. After lunch, experience the rush of free falling from an airplane as we will be in iFly's indoor air tube.

Thursday
20965001-03 Jul 19 9:00a-4:00p $70/$77





ABLE to Sail

Ages 11-14
ABLE to Sail is a four-day summer adventure youth empowerment experience held at Union Reservoir in Longmont. Though we teach the basics of sailing with a U.S. Sailing certified instructor, sailing is merely the medium through which we offer inspiration and empowerment.

ABLE to Sail has a carefully crafted curriculum based on metaphors aimed directly and intentionally at changing negative, self-defeating thought patterns and beliefs of limitation to an empowering mindset of 'enoughness,' and possibility.

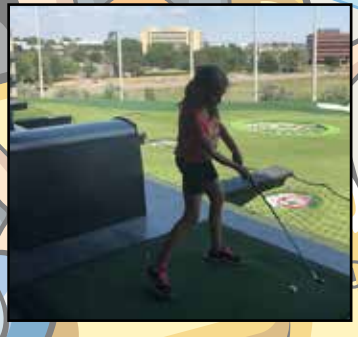
Drop off and pick up will be at the Northglenn Recreation Center, with transportation to Union Reservoir provided by City of Northglenn staff.

For more information on the program please visit abletosail.org.

Wednesday-Friday
20964001-01 Jul 9-12
8:30a-4:30p $230/$253







Returning For Summer!

Roving Rec On the Road Field Trips

Ages 11-14
Roving Rec On the Road features trips to aquatic facilities such as Water World, amusement centers like Elitch Gardens, and adventure outings that may include anything from iFLY Indoor Skydiving to ziplining. This state-certified program will run from 9 am to 4 pm every Monday, Wednesday, and Friday. Trip fees include admission, transportation, and supervision by city personnel. Pick and choose your trips - if you only want to go on one or two trips each week, please sign up with an individual code listed for each trip. All trips depart from and return to the Northglenn Recreation Center. You will find all the needed paperwork at northglenn.org/youthprograms. Please print the required program paperwork as well as the wavier/ release forms for each trip you choose to attend. Trips are subject to change.

For all trips, bring sunscreen, a sack lunch, and plenty of water. For aquatic trips, please remember to bring your swim suit and towel.

SAVE $$$! Sign up for all three trips in a week.
Automatic discount will apply at registration.

Fun at the Park

Ages 11-14
Join us for crafts, games, friends, and fun all summer long! Come as many or as few days as you would like. Your one-time registration fee gives you access to the whole summer. We'll meet at E.B. Rains Jr. Memorial Park by the flagpole on Tuesdays and Danahy Park, next to the tennis courts, on Thursdays. Bring a sack lunch, plenty of water, and sunscreen.

Tuesday and Thursday
20968001-01 Jun 5-Aug 9
10:00a-1:00p $30

WEEK 1

Denver Zoo
20966001-01
May 30 Wed $40/$45

Elitch Gardens (Park only)
20966001-02
Jun 1 Fri $40/$45

WEEK 2

Water World
20966002-01
Jun 4 Mon $40/$45

Air Soft (American Paintball Coliseum)
20966002-02
Jun 6 Wed $40/$45

Paddleboard Lessons
20966002-03
Jun 8 Fri $40/$45

WEEK 3

Splash at Fossil Trace
20966003-01
Jun 11 Mon $40/$45

Cave of the Winds Lantern Tour
20966003-02
Jun 13 Wed $40/$45

Warrior Challenge & Movie
20966003-03
Jun 15 Fri $40/$45

WEEK 4

Great Outdoors Waterpark
20966004-01
Jun 18 Mon $40/$45

City Park Bike Tour & IMAX
20966004-02
Jun 20 Wed $40/$45

Loveland Laser Tag
20966004-03
Jun 22 Fri $40/$45

WEEK 5

Apex Swim
20966005-01
Jun 25 Mon $40/$45

BIG Time Trampoline & Ice Skating
20966005-02
Jun 27 Wed $40/$45

Top Golf & Lunch
20966005-03
Jun 29 Fri $40/$45

WEEK 6

Broomfield Bay
20966006-01
Jul 2 Mon $40/$45

Lake Dillion Kayak Tour
20966006-03
Jul 6 Fri $40/$45

WEEK 7

Sunset Pool (Longmont)
20966007-01
Jul 9 Mon $40/$45

Hammonds Candy Tour & Chopped Challenge
20966007-02
Jul 12 Wed $40/$45

Castle Rock Zipline Tour
20966007-03
Jul 13 Fri $40/$45

WEEK 8

Deer Creek Pool
20966008-01
Jul 16 Mon $40/$45

Georgetown Loop & Mine Tour
20966008-02
Jul 18 Wed $40/$45

Boondocks & Movie
20966008-03
Jul 20 Fri $40/$45

WEEK 9

Brighton Oasis
20966009-01
Jul 23 Mon $40/$45

Winter Park Alpine Slide & Horseback Riding
20966009-02
Jul 25 Wed $40/$45

iFly
20966009-03
Jul 27 Fri $40/$45

WEEK 10

Ridge Activity Pool
20966010-01
Jul 30 Mon $40/$45

Pepsi Center & Denver Mint Tours
20966010-02
Aug 1 Wed $40/$45

Denver Escape Room
20966010-03
Aug 3 Fri $40/$45

WEEK 11

Water World
20966011-01
Aug 6 Mon $40/$45

Fort Fun
20966011-02
Aug 8 Wed $40/$45

Adventure Golf & Casa Bonita
20966011-03
Aug 10 Fri $40/$45

Great Music • Amusement

FOOD TRUCK CARNIVAL

FoodTruckCarnival.com







MAY 11-13

BIG TOP STAGE

FRIDAY

HOME BROOD BAND **3PM - 5PM**
LONESOME DAYS **5:30PM - 7:30PM**
RAPIOGRASS **8PM - 10PM**

SATURDAY

YOU KNEW ME WHEN **11AM - 12PM**
THE WRECKLUNDS **12:30PM - 2:30PM**
HIGH PLAINS TRADITION **3PM - 5PM**
MEADOW MOUNTAIN **5:30PM - 7:30PM**
CHAIN STATION **8PM - 10PM**

SUNDAY

WILD MOUNTAIN **11AM - 1:30PM**
BOOTLEG SUNSHINE **2PM - 4PM**

SE corner of 120th & I-25 @ Northglenn City Hall

Rides • Food Trucks

MAY 11
3PM - 10PM

MAY 12
11AM - 10PM

MAY 13
11AM - 4PM

PRINT $5 OFF CARNIVAL COUPON
FoodTruckCarnival.com

Food Trucks

CHECK OUT THESE TRUCKS & MORE (85 TRUCKS TOTAL):

- THE BAMBOO SKEWER
- OG BURGERS
- THE DUMPLING DELI
- AREPAS HOUSE
- THE MAC SHACK
- IPIE MOBILE
- PIEROGIES FACTORY
- GOIN SOUTH
- EM'S ICE CREAM
- ROLL IT UP SUSHI TRUCK
- STEUBENS FOOD TRUCK
- ETHIOPIAN FOOD TRUCK
- TEAL TACO
- THE ROADRUNNER
- HEY PB&J
- LOBSTER BLISS
- THE CRAVINGS TRUCK
- LITTLE BRAZIL
- MAMA SAID
- R U CEREAL FOOD TRUCK

SEE FULL TRUCK LIST & SCHEDULE ONLINE!







Parking at Wagon Road RTD lot, City Hall and Metro North Building







DERBY DAY

JUNE 2

EB Rains Memorial Park, Northglenn

8am-1pm

Preregistration is required!

THE ANNUAL KIDS FISHING DERBY IS NOW DERBY DAY

The new and improved event is still a children's fishing contest PLUS a bike derby, healthy summer fair & Kids to Parks day all rolled into one great event!

FISHING DERBY

Fishing Entry fee is $4 per child

- Ages 2-14 are welcome to fish
- Fishing Check-in is at 8am
- Fishing goes from 8:30am-10:00am
- Awards presented in 6 age categories and to Overall Longest Fish
- Must bring your own fishing pole, tackle and bait

REGISTER TO FISH AT Northglenn Recreation Center
ONLINE www.northglenn.org/derbyday
PHONE 303-450-8800

BIKE DERBY

FREE Bike Derby and other Activities

- Learn to ride practice area
- Bike safety skills program

(bikes and helmets provided)

- Healthy eating and snack vendors
- Chicken and bee information
- 20+ Vendors
- HEAL will be giving away refurbished bikes to kids that need one!

BICYCLE COLORADO

BUDDY BISON NATIONAL PARK TRUST

NATIONAL PARK TRUST
KidstoParks.org

NORTHGLENN
HEALTHY EATING ACTIVE LIVING






2018 Event Season Sponsors

Northglenn

DODGE SIGN COMPANY

HORIZONS NORTH CREDIT UNION

GLOBAL TRAVEL NETWORK

Renewal by Andersen WINDOW REPLACEMENT an Andersen Company

Stone Mountain Apartments

Looking to get involved!?

Sponsorship is a great way to enhance brand recognition, make valuable connections, and support your community! Northglenn has sponsorships for every budget, starting at $150, up to $7,000.
Visit www.northglenn.org/sponsorships
or call Ashley at 303-450-8935 to learn more!



NORTHGLENN

JULY 4TH FESTIVAL

CELEBRATE AMERICA'S BIRTHDAY AT THE JULY 4TH FESTIVAL IN EB RAINS JR. MEMORIAL PARK.

BRING FAMILY AND FRIENDS FOR A DAY OF FUN AND TO GET A GREAT SEAT FOR THE ANNUAL FIREWORKS PROGRAM ON WEBSTER LAKE.

EVENT SCHEDULE

7 AM | PANCAKE BREAKFAST

7:30 AM | 4 MILE RUN
(REGISTRATION AT 6:30 AM)

9 AM | BAKE SALE

10 AM | CAR SHOW

10 AM | PEDALS & PAWS PATRIOT PARADE
(PARADE REGISTRATIONS AT 9:30 AM, PETS WALK AT 11 AM)

12 PM – 9 PM | LIVE MUSIC & FOOD IN BEER GARDEN

2 PM | CONCERT BY THE CORPORATION

4 PM | DUCK DERBY PUBLIC DUCK RACE

4:45 PM | CONCERT BY RYAN CHRYS & THE ROUGH CUTS

7:15 PM | CONCERT BY LAST MEN ON EARTH

9:00 – 9:30 PM | FIREWORKS START!















NOTICES

- If the fireworks are not shot on July 4th by 10:00 PM (due to weather), they will be shot on July 5th at 9:30 PM.
- A drop off zone will be available to drop off people with disabilities or large items in the West parking lot of EB Rains Park.
- Handicapped parking available in the West EB Rains Park with placard.
- Parking is available behind City Hall, at the Recreation Center, and in the RTD Lot at 120th and North Melody Drive. Fees may be required.
- Reserve your pavilion today by calling 303.450.8800. Rentals are on a first-come, first-served based and payment is due at time of registration.





GET MORE DETAILS ABOUT THE EVENT
OR REGISTER FOR THE CAR SHOW & RUN AT
NORTHGLENN.ORG/JULY4TH
OR CALL 303-450-8800


8/17 MASQUERADE
(ADULTS) 6:30-10:00 PM
Mysteries to solve |
Close up card tricks | Bar magic |
Jazz band | Magic variety show
NORTHGLENN RECREATION CENTER
MAGIC
MASQUERADE
LEARN MORE AT
WWW.THEMAGICFEST.COM
Masquerade Attire and/or Disguises Encouraged


MAGIC
FESTIVAL
CARD MAGIC | MENTALISM | CHILDREN'S SHOWS | WALK AROUND PERFORMERS | YOUTH MAGICIANS | MAKE AND TAKE MAGIC TRICKS
8/18
(ALL AGES)
NOON - 7:00 PM
MORE THAN 25 MAGICIANS!
SE CORNER OF 120TH & I-25
GET YOUR TICKETS FOR PERFORMANCES ONLINE
WWW.THEMAGICFEST.COM
OUTSIDE PERFORMANCES ARE FREE! PURCHASE TICKETS ONLINE FOR INDOOR SHOWS

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, Essentrics and Aqua Zumba Drop-In Fees:
$5 per class Resident
$5.50 per class Non-Resident

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

Yoga, Essentrics and Aqua Zumba are included in 6-month and annual memberships!

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

Body Fat Analysis

Accurately measure lean body mass using 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.

$10 Resident / $12 Non-Resident

Personal Trainers

Work with one of our certified personal trainers and customize your workout routine. We offer half hour, hour, and package rates. Please contact Tehra Porterfield at 303.450.8947 to set up your appointment today!

$30 Resident (1person/1hour) | $33 Non-Resident (1person/1hour)

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

Strength in Women

Ages 16+

Women and young ladies - gain confidence in the weight room. Learn how to set up the equipment, use free weights and follow a fitness program in a safe and supportive environment.

Monday and Wednesday

20422001-01	May 30-Jul 11	6:30-7:45p	$36/$39
20422001-02	Jul 16-Aug 22	6:30-7:45p	$36/$39

No Class July 4

Strength Training for Youth - Multi Sport Strength Training

Ages 11-16 Coed

A strength training program for young athletes should address every major muscle group in the body. Summer time is a great time to for young athletes to work every major muscle group in the body.

Monday and Wednesday

20421001-01	Jun 4-Jul 23	4:30-5:30p	$33/$36

No Class July 4



MASSAGE

Schedule your appointment at the front desk or call 303.450.8800.

Day/Time: Wednesdays 9 a.m.-1 p.m.
Fee for 20 minutes: $17 Resident | $19 Non-Resident

Belly Dance with Phoenix

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.

Wednesday

Introduction Class

20315005-01	May 16-16	7:00-8:00p	$10/$15

Beginner/Basics

20315005-02	May 23-Jul 18	6:30-7:30p	$70/$77
20315005-03	Jul 25-Aug 22	6:30-7:30p	$43.75/$48

Intermediate

20315005-04	May 23-Jul 18	7:30-8:30p	$70/$77
20315005-05	Jul 25-Aug 22	7:30-8:30p	$43.75/$48

Monday	Tuesday	Wednesday	Thursday	Friday
Interval Cycle 6-6:55 am Sherry		Interval Cycle 6-6:55 am Sherry		
Pilates/Mix 9:45-10:45 am Karen		HIIT 6:30-7:30 am Tehra		Pilates/Mix 9:45-10:45 am Karen
LUNCHTIME CLASSES | 12:05-12:55 pm				
Zumba Annette		Zumba Gold Annette	Boot Camp Sherry	Zumba Sentao Annette
Lunch MAX Burn Karen		Pilates/Mix Karen		
Vinyasa Yoga Lacey		Vinyasa Yoga David		Vinyasa Yoga Lacey
	Intense Cycle Karen			Step/Spin Karen
Dance Fitness 1:30-2:15 pm Annette				
		Pilates/Mix 5:30-6:25 pm Karen	Family Yoga 4:45-5:45 pm Melissa	
HIIT 5:30-6:25 pm Tehra	Zumba 5:30-6:25 pm Cha Cha	Body Bar Boot Camp 5:30-6:25 pm Annette	Zumba 5:30-6:25 pm Cha Cha	
	Essentrics 6:45-7:45 pm Pam		Essentrics 6:45-7:45 pm Pam	



Outdoor Yoga

Who doesn't love a little sun mixed with yoga? Roll out your mat and hold warrior pose with us this summer. The drop-in class meets next to the Veterans Memorial.

Wednesday
6:30-7:30p
Jun 13, 27 | Jul 11, 25 | Aug 8, 22



Water Fitness Information, page 14
Senior Health & Well-Being, page 43

Drop-In Class Descriptions

Body Bar Boot Camp The ultimate high energy challenge! Take dynamic and powerful movements using the step and add focused, isolated resistance exercises with the Body Bar to achieve a total body workout.

Boot Camp Push yourself in a military boot camp style workout. The class consists of traditional calisthenic and body weight exercises along with interval and strength training.

Dance Fitness Get up and moving with Annette. No partners needed for this fun group fitness class featuring country line, ballroom and social music.

Essentrics™ brings Tai-Chi, ballet and physiotherapy together for a dynamic combination of strength and flexibility exercises to help 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.

HIIT Indoor/Outdoor (summer only)
Total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, and improve your endurance.

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 Combining the weight room and intervals of cardio, work your arms, legs, butts and guts. It's also great if you need an introduction to the weight room.

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.

Step/Spin
Start with an intense 20-minute uphill ride with sprints on the bike, followed by a 20-minute "old school" step routine. The last 15 minutes of class will focus on strength training, ab work, and stretching.

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 class, 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™ Chair-based choreography to strengthen, balance and stabilize your core. Learn to use your body weight to increase strength, improve definition and endurance, and tone your physique.

Classes

Beginner

Intro to Acting Ages 6-12

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 costume pieces. Great way to give acting a try. For the final class, we will show off all that we learned for an informal presentation for family and friends. Instructor: Christina Roberts

Tuesday

Ages 6-8			
20313004-01	Jun 5-Jul 24	5:30-7:00p	$80/$88
Ages 9-12			
20313004-02	Jun 5-Jul 24	7:00-8:30p	$80/$88

new! Music Class - Ukulele

Come join this class to learn the beginning basics of playing the ukulele! If you have your own, please bring it to class - if not, we can purchase one for you for an additional $35 - that's yours to keep! Taught by the accredited instructors from the Heartly School of Music, this class provides a friendly and focused environment with an emphasis on quick success.
Instructor: Heartly School of Music

Tuesday

Ages 8-12			
20313027-01	Jun 5-Jul 10	6:00-7:00p	$70/$77
Ages 11-16			
20313027-02	Jun 5-Jul 10	7:00-8:00p	$70/$77

Broadway Bound Ages 6-9

Annie! We will work on selections from this well-loved musical focusing on simple choreography, singing and stage presence. Great for the beginner with big dreams!
Instructor: Angila Waldman

Thursday

20313013-01	Jun 7-Jul 12	5:30-6:30p	$54/$60

Intermediate

new! Comedy Tonight Ages 11-16

This performance based class will focus on the script *The Twilight Cone*. Focus will be on keying in on the tools every comedic actor needs to refine: timing, listening, courage, creativity and character. Costume provided. Final class will be a presentation on the stage. Instructor: Britney Farr

Tuesday, Thursday

20313028-01	Jun 5-28	6:30-8:30p	$107/$118

Dance for the Actor Ages 8-15

On Broadway. We will explore classic and modern choreography featuring pieces from well-known shows including: *Pippin, Chorus Line, Shrek* and others! Come brush up on your skills and keep up to date. Instructor: Angila Waldman

Saturday

20313009-01	Jun 9-30	9:00-10:30a	$40/$44
20313009-02	Jul 7-28	9:00-10:30a	$40/$44

Head to Toe Acting Ages 11-18

This 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, voice, movement, and to create a memorable and believable character from a selected script or monologue. Intended for the more experienced actor who has a desire to take their acting to a new level and beyond reciting lines. Suggested previous experience: at least two staged productions (NYT or equivalent), and/or 2 introductory acting classes.
Instructor: Christina Roberts

Wednesday

20313003-01	Jun 13-Aug 8	5:00-6:30p	$80/$88

Advanced

Musical Theatre Intensive Ages 12-18

Previous stage experience required to participate. We will work on selections from a Broadway musical, focusing on all the details that make the magic happen. This course will feature work primarily on music and choreography. Class culminates in a large "review" show featuring the numbers from each age group. Please wear appropriate footwear and comfortable clothing to move in.
Instructor: Christina Roberts and Dave Moyer

Monday

Ages 8-11			
20313008-02	Jun 4-Jul 23 "101 Dalmations Kids"	5:00-6:30 pm	$107/$118
Ages 12-18			
20313008-01	Jun 4-Jul 23 "Freaky Friday"	6:30-8:30 pm	$107/$118

new! NYTA Senior Study Ages 14-18

Advanced participants only. Previous stage and classroom experience required. This focused study class will center around selections from the cutting edge new rock opera/musical *Jasper in Deadland*. This class is for the actor looking to explore more challenging work. This piece is PG-13 and deals with topics that modern teens struggle with. **The final class will culminate in a staged performance of *Jasper in Deadland* at the DL Parsons Theatre on Monday, August 13 at 7 pm.** Instructor: Christina Roberts and Adam White

Wednesday

20313029-01	Jun 13-Aug 13	6:30-8:30p	$167/$185

Camps

Performance

NYT Jr. Ages 8-11

This two week camp will focus on the play, *The Mad Tea Party.* All participants will have at least one role, brief auditions will be guided on the first day to assign roles. **The camp performances will be on June 15 at 10 am and 7 pm and are free to attend.** Each camper will receive an NYTA t-shirt. Costume use will be provided. Participants should bring a water bottle and a small snack. Instructor: Britney Farr

Monday-Friday
20313010-01 Jun 4-15
9:00a-12:00p $200/$220

Drama Ages 10-16

This camp is centered around the script, *The Magical Fishbone*, a one-act play adapted from the short story by Charles Dickens. Each participant will receive a speaking role; auditions will be held in workshop style on the first day. Costume and an NYTA t-shirt are included**. The camp will culminate in three public performances at the DL Parsons Theatre June 21 at 7 pm, and June 22 at 2 pm & 7 pm.**

Monday-Friday
20313012-01 Jun 4-22
1:00-4:00p $300/$330

Art Camps
page 36

Kids Interactive Theatre Experience (KITE)

Ages 5-7

Using your imagination was never so much fun! Join us for a great journey using our minds, bodies, costumes and props as we play dramatic games and activities. Each day we'll travel to a new world that you create - medieval times, space, a desert island, the zoo - whatever you come up with! Participants will put together a story, make the characters, and act out their adventures.

Monday-Friday
20313001-01 Jun 25-29
9:00a-12:00p $85/$93

Masked Acting & Puppetry

Ages 8-14

Designed for the more experienced actor, this camp will focus on character devlopement through the use of masks, puppets and props, including pieces that will be created/built in the class. Guest presenters will also be featured.
Instructor: Katy Williams

Monday-Friday
20313002-01 Jun 25-29
1:30-4:30p $100/$110

Musical Ages 10-18

This camp features the musical *Monty Python's Spamalot Young@art Edition.* Areas of focus center around presenting the staged show and will touch on vocal training, basic dance/movement and character development. All participants will be cast in the show; specific roles will be assigned in an audition process/ workshop on the first day(s) of camp. Previous stage experience or class training is recommended. Costumes and a show t-shirt provided. **Free public performances will be held at the DL Parsons Theatre August 2 at 7 pm, and August 3 at 10 am & 7 pm.**

Monday-Friday
20313011-01 Jul 16-Aug 3
9:00a-3:00p $400/$440

NYTA Camps 2017









Photos courtesy of Olga Imaging

Art Camps

new! **Photography Camp** Ages 7-11

Digital photography camp for kids interested in the art of photography and skills to capture and edit photos. Topics covered are basic skills in composition, lighting, digital editing that is taught through games, activities, lab work and an art show. Please bring your own inexpensive digital camera to class. If none available, instructor can provide upon request.
Instructor: April Mallick, Mallick Memories Photography

Monday-Friday
20313024-01 Jul 16-20 1:00-4:00p $100/$110

new! abrakadoodle

Abrakadoodle Art Camps for Kids Ages 4-12

Each session is a new adventure creating pieces of art and having fun. Led by the amazing folks at Abrakadoodle, we will explore different topics and create new things.

$20 materials fee per camp. Fee is collected the first day of the session. Campers will create multiple projects each day. Some projects will be selected for the gallery showing during the last 15 minutes of camp on Friday, which parents and friends are encouraged to attend. Please send your child with sunscreen, a water bottle, and a snack each day. Supplies provided.

Art Space Camp Ages 4-7

This camp will explore art and our solar system. We will create 3D rockets, robots and planets. Learn about astronauts and time travel, and discover aliens, space monsters, and learn to draw them!

Monday-Friday
20313026-01 Jun 11-15 1:30-4:30p $167/$180

Extreme! STEAM Ages 8-12

In this camp, you will translate Science, Technology, Engineering and Math concepts into Art creations. Using a variety of art techniques, we will make a flying machine like Da Vinci, build a rocket ship, and create an aerial view drone map and more.

Monday-Friday
20313026-02 Jun 18-22 1:30-4:30p $167/$180

It's a Jungle Out There Ages 4-7

Learn new art techniques and create friendly sloths, toucans, snakes, and piranhas. Find inspiration in the rainforest habitat and its people while you hear about their customs and create a tree house collage.

Monday-Friday
20313026-03 Jul 9-13 1:30-4:30p $167/$180

May the Art Be with You Ages 8-12

This class is filled with art inspired by your favorite distant planets. Students will create 3D droids and wookies. Paint your favorite Death Star commanders and learn about galaxies and create one.

Monday-Friday
20313026-04 Jul 23-27 1:30-4:30p $167/$180

Teddy Bear Picnic



Back for the 26th year, this annual gathering is fun for kids and their favorite stuffed pals! Bring along a blanket to sit on and your own picnic snack.

Our featured entertainment is **Bonnie Phipps**. Bonnie is a funny performer presenting upbeat songs and stories about dinosaurs, girls with 10-foot-long names, bubble gum, best friends, baby gorillas, friendly monsters, the common cold and so much more!

Great for Pre-K to early elementary kids and their fuzzy friends.

June 21 at 10 a.m.
E.B. Rains Jr. Memorial Park

FREE!









northglenn SUMMER MOVIE series

WEDNESDAY NIGHTS AT EB RAINS JR MEMORIAL PARK

Admission is free and seating is first-come, first-served.
Movies start at dusk on the east side of the park.









JULY 25	AUGUST 1	AUGUST 8	AUGUST 15
JUMANJI Welcome to the Jungle	**WONDER**	**COCO***	**STAR WARS** The Last Jedi

In partnership with El Comercio de Colorado Newspaper, Coco will be shown with Spanish subtitles and Cine en el Parque festivities, including pre-movie activities, games, live DJ music, contests and food trucks.

EL COMERCIO De Colorado

Food TRUCK

Food trucks will be at the park for each show with goodies available to purchase!

Youth Theatre Auditions



Auditions for youth ages 6-18 are being held for the Missoula Children's Theatre's original musical adaptation of *The Pied Piper*. Approximately 60 roles available. In order to audition, you must be available to attend all rehearsals. No prepared materials are necessary.

Auditions: August 6
Check-In: 9-9:45 a.m.

- Audition begins promptly at 10 a.m. and will run a full two hours
- We will turn away late-comers
- Roles will be cast at the end of auditions

Fee:	$65, payable only if cast	
Rehearsals:	Monday	12:30 - 2:30 p.m.
	Tuesday-Friday	10 a.m. - 2:30 p.m.
	Saturday	11 a.m.- 2 p.m.
Performances:	August 11 at 3 p.m. & 7 p.m.	

This is an audition based program, and not available for online registration. Visit northglennarts.org/auditions, for more information.

Missoula Children's Theatre is a week-long intensive for youth ages 6-18 who are cast through a four-hour open audition. The class culminates with a performance in the 320-seat D.L. Parsons Theatre. The camp is a great stepping stone towards the professional live performances of the Northglenn Youth Theatre.

The Pied Piper
Conceived and Written by Michael McGill
Music and Lyrics by Michael McGill

Youth Theatre Performances

NYT ACADEMY FREE PERFORMANCES

NYT JR presents
The Mad Tea Party
June 15 at 10 a.m. & 7 p.m.

NYTA Drama Camp presents
The Magical Fishbone
June 21 at 7 p.m.
June 22 at 2 p.m. & 7 p.m.

Comedy Tonight presents
The Twilight Cone
June 28 & 29 at 7 p.m.

NYTA Musical Camp presents
Monty Python's Spamalot Young@art Edition
August 2 at 7 p.m.
August 3 at 10 a.m. & 7 p.m.

NYTA Senior Study presents
Jasper in Deadland
August 13 at 7 p.m.



Missoula Children's Theatre

The Pied Piper

August 11
3 p.m. & 7 p.m.

$8 youth & seniors | $10 adults

2018 SUMMER CONCERT SERIES

Long Hair, Don't Care

6:30 PM / EB RAINS JR MEMORIAL PARK/ LIVE MUSIC / FOOD TRUCKS

JUNE/6
Whiskey Road
Country Rock

JUNE/13
The Sweet Lillies
High-energy, progressive Americana

JUNE/20
Emotional Rescue
Rolling Stones Tribute Band

JUNE/29
Barbara Jo and the Hippie Buckaroos
Country Hippie

JULY/11
The Hashtones
Reggae/Rock/Pop/Blues

JULY/18
Shakedown Street
Grateful Dead Tribute Band















Northglenn Arts & Humanities Foundation (NAHF) provides funding for youth theatre, public art, and other cultural endeavors for the City of Northglenn. Additional funding provided by Burt Foundation, Colorado Creative Industries, Dodge Sign Company, Scientific & Cultural Facilities District and Western Access Controls.

NATHAN B. AND FLORENCE R. BURT FOUNDATION

Colorado creative Industries

DODGE SIGN COMPANY

SCFD Culture for All

Western Access Controls, Inc.

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

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

Northwest Open Space parking lot
W. 112 Avenue and Ranch Drive

Below is a general list of acceptable items:

- Flattened cardboard
- Magazines / junk mail / paper
- 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 #1-7
- Food and beverage cartons (please rinse off food residue)

For a complete list of recyclable items, please visit northglenn.org/recycling

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



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 | 9 a.m. - 4 p.m.
Closures May 28, July 4, August 27-September 3



Backyard BBQ
(See page 45 for details)

General Info

The Northglenn Senior Center offers a variety of social, recreational, and educational programs and services for persons age 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 a.m. to 4 p.m.

RTD Call-N-Ride

Call-n-Ride is a personalized bus service that travels within select RTD service areas. One phone call connects you to bus routes, Park-n-Rides, rail stations, 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 age 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. **Reservations required.**

Monday

20527003-01	May 21	12:45-5:00p	$15/$20
20527003-02	Jun 18	12:45-5:00p	$15/$20
20527003-03	Jul 16	12:45-5:00p	$15/$20
20527003-04	Aug 20	12:45-5:00p	$15/$20

Northglenn Senior Book Club

4th Tuesday of the month at 1 p.m.
See the list below for upcoming titles. Be ready to discuss what you like or dislike about each. Sign up early to reserve your copy! A limited number are provided.

May 22
The Tiger's Wife by Tea Obreht

June 26
All The Light You Cannot See by Anthony Doerr

July 24
Station Eleven by Emily St. John Mandel

August 21
Where'd You Go Bernadette by Maria Semple



FREE blood pressure checks every third Wednesday in the lobby 9:30-10 a.m.

SilverSneakers® includes:

- Free use of pool facilities, weight room, and participation in fitness classes and other educational programs.
- Senior-friendly SilverSneakers 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 fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. Swimming ability is not required, and a SilverSneakers kickboard is used to develop strength, balance and coordination.

Monday, Wednesday & Friday
9:10-10:10 a.m.

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.

Tuesday and Thursday 8:45-9:30 a.m.
9:45-10:30 a.m.

Wednesday 9:45-10:30 a.m.

SilverSneakers® Cardio Fit

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, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Monday and Friday 8:45-9:30 a.m.

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
Weight Training Annette 8:30-9:30 am 9:30-10:30 am		**Weight Training** Annette 8 -9:15 am		**Weight Training** Annette 8:30-9:30 am 9:30-10:30 am
Cardio Fit Karen 8:45-9:30 am	**Classic** Karen 8:45-9:30 am		**Classic** Karen 8:45-9:30 am	**Cardio Fit** Karen 8:45-9:30 am
T'ai Chi 9:30-10:30 am		**T'ai Chi** 9:30-10:30 am		**T'ai Chi** 9:30-10:30 am
Splash® Doreen 9:10-10:10 am	**Arthritis Aquatics** Doreen 9:45-10:30 am	**Splash®** Doreen 9:10-10:10 am	**Arthritis Aquatics** Doreen 9:45-10:30 am	**Splash®** Doreen 9:10-10:10 am
	Classic Karen 9:45-10:30 am	**Classic** Karen 9:45-10:30 am	**Classic** Karen 9:45-10:30 am	
Yoga Lacey 10:30-11:45 am	**Water Walking** Doreen 10:30-11:15 am	**Yoga** David 10:30-11:45 am	**Water Walking** Doreen 10:30-11:15 am	**Yoga** Lacey 10:30-11:45 am
Dance Fitness Annette 1:30-2:15 pm	**Stability®** 11:30 am-12:15 pm		**BOOM!** Annette 2:30-4 pm	

BOOM™

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.

Thursday 2:30 - 4 p.m.

SilverSneakers® Stability

Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

Tuesday 11:30 a.m. – 12:15 p.m.

Senior Weight Training Class

Gain strength and endurance through proper instruction on weight machines and hand weights.

Monday and Friday 8:30-9:30 a.m.
9:30-10:30 a.m.
Wednesday (*gym*) 8-9:15 a.m.

Fee: $2.50 Resident/$3.50 Non-Resident or SilverSneakers® swipe

Senior Yoga Classes

Find balance, enhanced breathing, strength, vitality and more. This class is designed for seniors and taught by a certified instructor.

Monday, Wednesday & Friday
10:30-11:45 a.m.
No class Memorial Day, May 29

Fee: $5, punch pass available or SilverSneakers® swipe

T'ai Chi Club *in the Senior Center*

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.

Monday, Wednesday & Friday 9:30 a.m.

Fee: Free

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 senior center or calling 303.450.8801.

Third Thursday of the month
May 17, June 21, July 19, August 16
9 a.m. - 2:30 p.m.

Fee: Free to nominal

Games/Cards

Cost is free for all these activities

Adult Coloring

1st Monday of the month at 1 p.m.

by Lisa Turner, Senior Center Rec Assistant

Adult coloring can relieve stress and anxiety, promote focus and concentration, improve mood, and provide a sense of accomplishment. We will provide a variety of templates and colored pencils.

Memory Mondays

4th Monday of the month at 1 p.m.

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

Bunco

Monday at 9:45 a.m.

No skill necessary ... it's just a lot of fun! Throw the dice, shout "Bunco" and earn a chance to win a prize.

Bingo

Tuesday at 9:45 a.m.

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

Shuffleboard

Tuesday at 10 a.m.

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

Walking Wednesdays

Wednesday at 8:30 a.m.

Beginning May 24, we will meet at the recreation center at 8:30 a.m. and head over to E.B. Rains Jr. Memorial Park. Keep your eyes out for a few prizes and suprises.

Games

Thursday 9-11 a.m.

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

Cards

Wednesday 12:30-4 p.m.

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 other players.

Festive Fridays

Doughnut Day

Celebrate everything doughnut! Games, trivia, and tastings - at our first ever Doughnut Bar! **FREE.**

20530003-01 Jun 1 1:00p
Register by May 3

Ice Cream Social

I scream, you scream, we all scream for ice cream. Cool off with friends at our build-your-own sundae bar. **FREE.**

20530004-01 Jul 20 1:00p
Register by July 18

Summer Salad Days

Enjoy the lighter side of lunch at an all-salad potluck. Bring your favorite: garden, pasta, jello, potato salad. Or you can bring a dessert. Cool beverages will be provided. **FREE.**

20530005-01 Jun 29 12:00p
Register by June 27

Pups on the Patio

Bring your friendly, well-behaved doggie for a party on the patio that is sure to be pawsome. It will include doggie tricks for treats, a cool treat for the humans, and a puppy fashion show. Non-dog owners are also welcome. **FREE.**

20530006-01 Jul 6 1:00p
Register by July 3

White Elephant

One man's trash is another man's treasure. Bring a wrapped item of some value to exchange after we enjoy a catered lunch. **$10.**

20530007-01 Aug 3 1:00p
Register by August 1

Magic Fest Lunch

Kick off Magic Fest weekend with a catered lunch as magicians entertain and amaze you in the senior center. **$20.**

20530008-01 Aug 17 12:00p
Register by August 14







Lunch Bunch Potlucks

Third Tuesday of the Month 11:30 a.m.

Lunch will follow bingo. We'll provide the main dish, you bring a side or dessert for these potluck lunches.

May 15, June 19, July 17, August 21

Veterans Coffee

Wednesdays at 9 a.m.

For all Veterans and their supporters. Get together for coffee and conversation at this weekly gathering. Refreshments are provided. Drop in.

Nature Walks

We'll venture out into nature to spend 90 minutes walking a trail. Please bring a water bottle and a camera if you'd like! Cost is free, but space is limited to 14. Reservations required. Transportation provided.

Thursday
Trading Post Trail
20528005-01 Jun 21 9:00a
RSVP by June 19

Rocky Mountain Arsenal
20528005-02 Aug 16 9:00a
RSVP by August 14

Restaurant Roundup

Join us as we explore a new or unique restaurant. **Cost of the meal is on your own.** Contact the senior center for each month's destination.

Transportation provided.
RSVP early because trips will fill up.

Thursday

20528001-01	May 10	11:00a
20528001-02	Jun 14	11:00a
20528001-03	Jul 12	11:00a
20528001-04	Aug 9	11:00a

Sculpture Tours

Did you know that Northglenn is home to over 25 sculptures from artists around the nation? Come check them out on this guided tour, which ends with lunch at Atlanta Bread Company.

Cost is free. Transportation provided.
RSVP early because trips will fill up.

Thursday

20528003-01	May 24	12:15p
20528003-02	Jun 28	9:00a
20528003-03	Jul 26	9:00a
20528003-04	Aug 23	9:00a

Local Heroes Backyard BBQ

Join us behind the recreation center as we host the Police Department and North Metro Fire Rescue District for a BBQ lunch. We will serve pulled pork sandwiches, coleslaw, beans, chips, cookies and lemonade.

Friday
20531001-01 May 18 11:00a $3
RSVP by May 15

Gambling
Mardi Gras Casino - Blackhawk

Round trip transportation to and from Golden Mardi Gras Casino. Players will receive a $10 food coupon, $5 in Quick Play and Lucky Mardi Gras beads. **Participation at Mardi Gras Casino is mandatory.**

Wednesday
20528002-01 May 23 9:00a $8
RSVP by May 21

Art on Parade Breakfast

Join Michael Stricker for a walking tour of the 2018 sculptures on loan at E.B. Rains Jr. Memorial Park. We will meet at the Dogwood Pavilion for breakfast burritos before the tour (provided by the Northglenn Arts & Humanities Foundation).

Wednesday
20531003-01 Jun 13 9:00a **FREE**
RSVP by June 11

Senior Picnic

Time for a summertime favorite! Enjoy fried chicken and all the fixin's. Open to Northglenn Senior Organization members and Northglenn residents age 62 and up. Pre-registration is required.

Friday
20531002-01 Jun 15 11:00a $2
RSVP by June 12

Excursions

Please allow 2- 2 ½ hours for trips.

History Colorado Center

Join us for a 1-hour guided tour of their core exhibits which include Destination Colorado, Colorado Stories, Living West, and Denver A-Z.

Wednesday

20528007-01	May 2
Leave at 12:15p	$9

Colorado Railroad Musuem

Take a tour of over 100 narrow and standard gauge steam and diesel locomotives, passenger cars, cabooses, exhibit galleries, library and the Depot General Store. Please plan for lots of walking outside.

Thursday

20528007-02	Jun 7
Leave at 12:15p	$9

Hammonds Candy Factory

If you have a sweet tooth, you will love this free tour! See how candy is made behind the scenes at this Denver company, in business since 1920 and get free samples!

Thursday

20528007-03	Jul 19
Leave at 12:15p	**FREE**

Coors Brewery

Your tour takes place in the world's largest single-site brewery. The experience includes a 30-minute self-paced tour highlighting the malting, brewing and packaging processes. The tour showcases the company's history and passion for brewing. The brewery still uses the same Rocky Mountain spring water that Adolph Coors discovered in 1873.

Thursday

20528007-04	Aug 2
Leave at 12:15p	**FREE**







Educational Programs

Healthy Living Series

Educational Programs and Healthy Living Series are free and open to all ages.

Medicare Soup

New to Medicare? On Medicare? We know that medicare terminology and concepts can be overwhelming. If you do not use the correct words you may hear a big "No" when it could be a "Yes". Join Pat Cook, RN, BSN, MA, from the Colorado Gerontological Society, to guide you through the successful utilization of Medicare.

Tuesday
20527001-01 May 8 1:00p
Register by May 6

Avoiding End-of-Life Fraud and Scams

This presentation will give you information about common scams and fraud to watch out for when dealing with funerals and end-of-life planning. Presented by AARP Foundation ElderWatch Program.

Tuesday
20527001-02 Jul 10 1:00p
Register by July 8

Awakening the Sage Within

Sage-ing (also known as Spiritual Eldering or Conscious Aging) is a model for engaging the elder years more deliberately, joyfully, and compassionately. During this highly interactive workshop, we will introduce Sage-ing concepts including life review, forgiveness work and issues surrounding mortality. Presented by Maureen Dobson, MSW, CSL (Certified Sage-ing Leader), who has over 30 years experience.

Tuesday
20527001-03 Aug 14 1:00p
Register by August 12

Your Brain and Body

Science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Presented by the Alzheimer's Association of Colorado.

Tuesday
20527002-01 Jun 5 1:30p
RSVP by June 3

Maintaining Muscle Mass

After age 30, we can lose 3 to 8 percent of our muscle mass each decade. Learn how to maintain muscle mass with key foods and supplements recommended by science-based research. Presented by Fallon Rhodes, nutritional coach at Natural Grocers.

Tuesday
20527002-02 Jun 28 1:30p
RSVP by June 2

Bone Builders and Bone Breakers

It's never too late to build bone health. Unfortunately, simply drinking milk is not enough to keep bones healthy. Support lifelong bone health by knowing how to get all the nutrients your bones need. Presented by Fallon Rhodes, nutritional coach at Natural Grocers.

Tuesday
20527002-04 Aug 23 1:30p
RSVP by August 21

Low Vision Peer Group

Meets every 2nd Tuesday
11 a.m. to 12 p.m.
This free class promotes independence for adults 55 and over who are blind or visually impaired. Families and caregivers are welcome to attend. Facilitated by the Center for People with Disabilities.

Lung Function Screening

Thursday, July 19
10 a.m. - 12 p.m.
Spirometry is a simple, non-invasive test to measure how much (volume) and how fast (flow) you can move air into and out of your lungs. **Appointments are required.** Offered by National Jewish.

Northglenn Senior Organization

The Northglenn Senior Organization (NSO) plans activities for its members and provides input for the planning of city senior programs. The NSO holds monthly business luncheons at various locations. Membership is open to anyone age 55 and older, resident and non-resident, and offers the opportunity to participate in NSO-sponsored functions.

Membership is $8 per year or $15 for two years. Benefits include: recognition as a new member, name badge and participation in NSO-sponsored programs, trips, events, cards and bingo.

Luncheon & Meeting

Join the NSO for the following Friday luncheons/meetings. Reservations and payment are required in advance. Meetings begin at noon.

20529001-01
May 25 Wishbone $14

20529001-02
June 22 Bravo $14

20529001-03
July 27 Black-Eyed Pea $14

20529001-04
August 24 Northglenn Heights Free

Community Crafts

2nd and 4th Mondays at 1 p.m.

Items made are donated to the Platte Valley Children's Alliance and the Northglenn Police Department victim's assistance program. Help make something for traumatized kids to hold or hug.

Birthday Parties

2nd Friday monthly at 1 p.m.

The NSO sponsors and organizes monthly birthday parties. The parties feature entertainment and refreshments. Reservations required only for birthday "celebrants" ~ all other party-goers are invited to join in the fun.
May 4, June 8, July 13, August 10

Martial Arts

Northglenn Judo Club
Ages 6+

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

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

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

Karate
Ages 6+

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

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

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

Monday and Wednesday

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

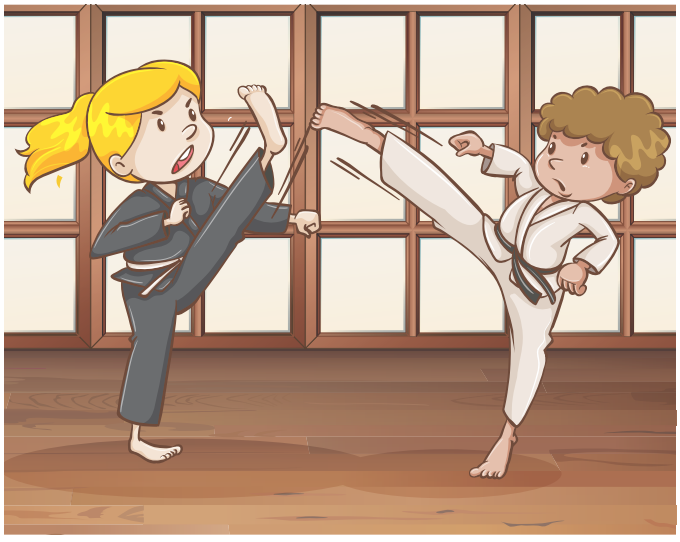
* Short Session: Youth $43.75/$48 Adult $61.25/$67

Archery
Ages 6+

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

Wednesday

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





CPR & First Aid
Ages 11+

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

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

Saturday

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

Babysitting Class
Ages 11-13

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

Saturday

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

ADULT LEAGUES

SUMMER LEAGUES

To register a team, participants must pay 50 percent of the league fee. Find schedules, rules and bat restrictions at northlgenn.org/sports.

Softball

Games are played at Jaycee Ballpark and will begin at 6:30 p.m.

Tuesday - Men's Recreational

20745001-02	May 8-Jul 17	6:30-10:30p	$525

Wednesday - Coed Recreational

20745001-03	May 9-Jul 18	6:30-10:30p	$525

Friday - Coed Recreational

20745001-05	May 11-Jul 20	6:30-10:30p	$525

Games are played at Jaycee Ballpark and will begin at 3 p.m.

Sunday - Men's Leisure

20745001-06	May 13-Jul 22	3:00-8:00p	$525

Basketball

Monday

20746001-01	Jun 25-Aug 13	6:30-10:45p	$440

Wednesday

20746001-06	Jun 27-Aug 22	6:30-10:45p	$440

Wiffleball League

Thursday

20747002-01	Jul 26-Aug 30	6:00-9:00p	$100



FALL LEAGUES

Softball

Tuesday	Men's Recreational
Wednesday	Coed Recreational
Friday	Coed Recreational

Team Fee: $440 (half due at registration)

Season starts the week of Aug 7. Games are played at Jaycee Ballpark (106 & Irma Drive). Registration Jun 1- Aug 1. Season includes 8 games plus playoffs for top four teams

Basketball

Monday	Men's Competitive
Tuesday	Men's 40 & Over
Wednesday	Men's Recreational

Team Fee: $495 and no player fees

Starting the week of Sept 17. Games are played at the Northglenn Recreation Center. Season includes 10 games plus playoffs for top eight teams.

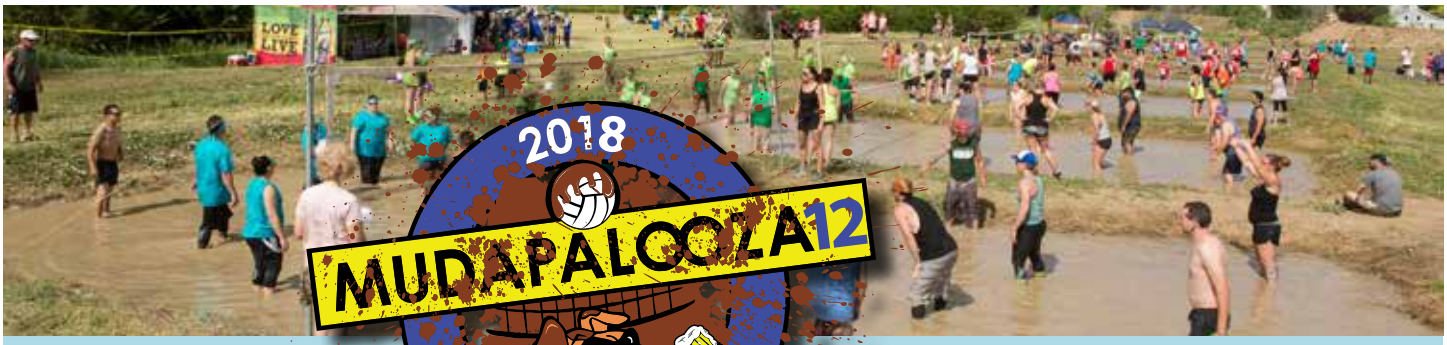
NORTHGLENN 14th Annual Wiffleball TOURNAMENT

Knucklers, fastballs, and curveballs.. anything goes in our 14th Annual Wiffleball Tournament. Get a team of three to five of your buddies and relive your childhood in this summer tournament classic.

Awards are given to top finishers and all participants receive a t-shirt. All equipment is provided. Please do not bring any outside wiffleballs or bats as they can not be used during games.

Saturday July 14
20747001-01 8:30a-6:00p $120

More info at northglenn.org/wiffleball



2018
MUDAPALOOZA 12
Mud Volleyball











SATURDAY JUNE 16 AT 9 A.M.
NORTHWEST OPEN SPACE

ARE YOU READY FOR MUDAPALOOZA 2018?

Get your team of 8 to 12 players together for this co-ed adult mud volleyball tournament. This is a round robin event with the top teams from each court qualifying for the single elimination tournament.

Teams have eight players on the court, and at all times at least half those players must be female. All players must be 18 years and older.

COST IS $325 PER TEAM

The team waiver and roster must be submitted prior to the tournament. Visit northglenn.org/mudapalooza for all documents.

Deadline to register is
Monday, June 11 @ 8:30 p.m.

Call to reserve a space for your team
303.450.8800
or register online at
northglenn.org/playnorthlgenn

REGISTER TEAMS NOW!

Soccer

Mighty Mites Soccer
Ages 3-5
Participants will be introduced to the fundamentals of soccer by practicing for 20 to 30 minutes and then playing a game against a different team each week. Location: Northwest Open Space

Friday

20853001-01	Jun 8-Jul 13	9:00-9:45a	$35/$39

Grassroots 4v4 Soccer
Ages 5-7
Teams of four to eight players will participate in a 30 minute group practice and then play a 30 minute game.
Location: Northwest Open Space

Friday

20853002-01	Jun 8-Jul 13	10:00-11:00a	$50/$55

Basketball

Elevation Basketball Camp
Ages 7-14
In every one of our events, we believe in challenging the way you think about practice. We want to change the way you think about skill development and the way you think about going to camp. We do this by having you perform the same cutting edge and innovative drills used by NCAA and high school players that we train — but on your level. We break drills and concepts down so that you can have the same edge over your competition as they do.

We instill confidence. Program is run by Elevation Basketball Academy's Director, Galen Harkness. Visit eygball.com for more information.

Monday-Friday

20855003-04	Jun 11-15	1:30-4:30p	$100/$110
20855003-01	Jul 16-20	1:30-4:30p	$100/$110



Baseball

Coach Pitch
Ages 6-8
Teams are formed by the night players practice. Teams practice for one hour per week at a park in Northglenn. Practice begins the week of June 4. Games are held on Thursdays starting at 6 p.m. at Northwest Open Space. Volunteer coaches receive a 50 percent discount at registration.

Monday, Thursday

20854001-01	Jun 4-Jul 19	6:30-7:30p	$55/$60

Tuesday, Thursday

20854001-02	Jun 5-Jul 19	6:30-7:30p	$55/$60
20854001-03	Jun 5-Jul 19	6:30-7:30p	$55/$60

Wednesday, Thursday

20854001-04	Jun 6-Jul 19	6:30-7:30p	$55/$60

Kids Pitch
Ages 9-12
Teams are formed by the night players practice. Teams practice two times a week from 6 p.m. to 8 p.m. at a park in Northglenn. Practice begins the week of June 4. Games will be held on Thursdays at 6 p.m. at Northwest Open Space. Volunteer coaches receive a 50 percent discount at registration. Bats, balls, batting helmets, and a team shirt will be provided.

Monday, Tuesday

20854002-01	Jun 4-Jul 19	6:00-8:00p	$55/$60

Monday, Wednesday

20854002-02	Jun 4-Jul 19	6:00-8:00p	$55/$60

Tuesday, Wednesday

20854002-03	Jun 5-Jul 19	6:00-8:00p	$55/$60
20854002-04	Jun 5-Jul 19	6:00-8:00p	$55/$60

T-Ball
Ages 4-6
Participants will practice for 40 minutes and then play a game directly after practice. Balls, bats, and team shirts are provided.
Location: Jaycee Ballpark

Wednesday

20854003-01	Jun 6-Jul 11	9:00-10:30a	$35/$39

Girls Youth Softball

Ages 6-12

Teams are formed by the night players are available for practice. All divisions practice once a week and games take place on Thursdays. Ages 6 to 9 practice for one hour and ages 10 to 12 practice for an hour and a half. For specific rules regarding each division, please visit teamsideline.com/northglenn. Volunteer coaches are needed and will receive 50 percent off registration for each participant.

Ages 6-9

Monday			
20801001-01	Jun 4-Jul 19	5:30-6:30a	$55/$60
Tuesday			
20801001-02	Jun 5-Jul 19	5:30-6:30a	$55/$60
20801001-04	Jun 5-Jul 19	5:30-6:30a	$55/$60
Wednesday			
20801001-03	Jun 6-Jul 19	5:30-6:30a	$55/$60

Ages 10-12

Monday			
20801001-05	Jun 4-Jul 19	5:30-7:00a	$65/$70
Tuesday			
20801001-06	Jun 5-Jul 19	5:30-7:00a	$65/$70
Wednesday			
20801001-07	Jun 6-Jul 19	5:30-7:00a	$65/$70
20801001-08	Jun 6-Jul 19	5:30-7:00a	$65/$70









Youth Sports Community Organizations

North Metro Little League | nmll.org

Colorado Storm North Soccer
720.929.8159 | coloradostorm.com

Northern Youth Football | nyfa.net

Northglenn Judo Club
303.451.6109 | northglennjudo.org

Northglenn Youth Basketball
303.450.8800 | teamsideline.com/northglenn

Northside Dragons Youth Rugby
303.880.6067 | northsidedragonsrugby.com

For more information on Northglenn sporting activities, contact Steve at 303.450.8928, shensley@northglenn.org or visit northglenn.org/sports

For info, visit **northlgenn.org/sports**

YOUTH SPORTS
SKILL-BASED PROGRAMS

Skyhawks® Teaching life skills through sports

Skyhawks Sports Academy *provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle. For more than 35 years, Skyhawks Sports Academy has helped young athletes improve their sports skills while making memories to last a lifetime. Through the wide variety of safe, fun and skill-focused activities offered each year, tens of thousands of children experience the joys and benefits of athletics in an engaging progressional learning environment. Most importantly, Skyhawks incorporates the vision:* ***Teaching Life Skills through Sports.***

SUMMER 2018

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
BASEBALL						
SSA103421	5/29-6/1	T, W, Th, F	9:00 a.m. - 12:00 p.m.	6-12	$92	Northwest Open Space Field 1
FLAG FOOTBALL						
SSA103423	6/4 - 6/8	M-F	9:00 a.m. - 12:00 p.m.	6-12	$115	Danahy Park
MINI-HAWK (SOCCER, BASEBALL & BASKETBALL)						
SSA103420	6/11 - 6/15	M-F	9:00 a.m. - 12:00 p.m.	4-7	$115	Danahy Park
INDOOR VOLLEYBALL						
SSA99210	6/18 - 6/22	M-F	1:30 p.m. - 4:30 p.m.	7-14	$115	Northglenn Rec. Center
BEGINNING GOLF						
SSA99268	6/25 - 6/29	M-F	9:00 a.m. - 12:00 p.m.	5-8	$115	Danahy Park
CHEERLEADING						
SSA103422	7/02 - 7/06* *(no class 7/4)	M,T,Th,F	9:00 a.m. - 12:00 p.m.	5-8	$92	Danahy Park
MINI-HAWK (SOCCER, BASEBALL & BASKETBALL)						
SSA99226	7/09 - 7/13	M-F	9:00 a.m. - 12:00 p.m.	4-7	$115	Danahy Park
TENNIS						
SSA99220	7/16 - 7/20	M-F	9:00 a.m. - 12:00 p.m.	6-12	$115	Wyco Park - Tennis Courts
LACROSSE						
SSA99235	7/23 - 7/27	M-F	9:00 a.m. - 12:00 p.m.	6-12	$115	Wyco Park
INDOOR BASKETBALL						
SSA99182	7/30 - 8/03	M-F	1:30 p.m. - 4:30 p.m.	7-14	$115	Northglenn Rec. Center
SOCCER						
SSA103424	8/06 - 8/10	M-F	9:00 a.m. - 12:00 p.m.	6-12	$115	Danahy Park

WHAT TO BRING:
All participants should bring appropriate clothing, one or two snacks, a water bottle, running shoes and sunscreen. Additionally, bring the following for specific sports:**Soccer and Mini-Hawk: shin guards **Baseball and Mini-Hawk: baseball mitt **Tennis: tennis racket **Volleyball: elbow and knee pads **Lacrosse: mouthpiece, protective gloves, helmet with full mask (or goggles for girls) and a lacrosse stick **Lacrosse equipment rental kits are available at www.skyhawks.com for $29. There is a limited amount of kits; reserve early to avoid disappointment. **All participants will receive a t-shirt and a merit award.



SPACE IS LIMITED!
REGISTER TODAY»

ONLINE:
www.skyhawks.com/colorado

PHONE:
303.222.8039

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CARA Sports

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

Cross Country

Ages 6-14

Races will be 2k-5k (1.24 miles - 3.1 miles) depending on age level. Practices begin on Aug 20. Meets begin the weekend of Sept 8. Practices will typically be held at Northwest Open Space with some practices at other locations in the city. The team will compete against other cities and agencies around the Denver metro area. Meet shirts will be supplied.

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

Monday, Tuesday, Thursday and Saturday

20856001-01	Aug 20-Oct 7	4:30-5:30p	$55/$60

Track

Ages 5-16

CARA track introduces participants to the world of track and field. During this program, players practice three times a week in the morning (9-10:30 a.m.) or in the evening (6:30-8 p.m.). All practices are held at the Silver Hills Middle School track. Participants will also compete against other CARA track agencies on Saturdays starting June 16 with the last meet on July 21. For more information, please visit CARA tracks website at caratrack.com

Monday, Tuesday, Thursday and Saturday

20857001-01	Jun 4-Jul 21	9:00-10:30a	$75/$85

Lacrosse

Ages 8-14

This recreational lacrosse league helps teach and improve player skills as well as provide organized competition within Colorado. No experience is needed. Teams compete against other agencies across the Denver metro area. Games are on Saturdays and locations are to be determined. Six-game season. Jerseys are provided for players. Helmets, gloves, mouth guards, shoulder pads, chest protectors, elbow pads, and sticks are not provided but are required to participate.

Ages 8-10

Monday, Wednesday and Saturday

20859001-01	Aug 13-Oct 20	5:00-6:30p	$72/$79

Ages 10-12

Monday, Tuesday and Saturday

20859001-02	Aug 13-Oct 20	5:00-6:30p	$72/$79

Ages 12-14

Tuesday, Thursday and Saturday

20859001-04	Aug 14-Oct 20	5:00-6:30p	$72/$79

Volleyball

Grades 5-8

Players will practice two times a week. Participants have the option to practice on Monday and Wednesday, or Tuesday and Thursday from 4:15 to 5:45 p.m. Teams are formed according to grade and practice day. Teams will compete in three tournaments each season, which are held on Saturdays at various locations.

Grades 5-6

Monday, Wednesday

20860001-01	Aug 20-Nov 3	4:15-5:45p	$75/$80

Tuesday, Thursday

20860001-02	Aug 21-Nov 3	4:15-5:45p	$75/$80

Grades 7-8

Monday, Wednesday

20860001-04	Aug 20-Nov 3	4:15-5:45p	$75/$80

Tuesday, Thursday

20860001-03	Aug 21-Nov 3	4:15-5:45p	$75/$80

Sunday

20860001-05	Aug 19-Nov 3	11:00a-1:30p	$75/$80





PARKS

City of Northglenn Parks & Facility Summary

Park/Facility	Acres of Turf	Basketball Courts	Sculptures	Playground	Picnic Tables	Picnic Shelters	Benches	Restrooms/ Portable Toilets	Water & Other Features	Location
Alvin B Thomas Park	2.72	X		X	X	X	X		Soccer	Leroy & Rosalie Drives
Eleanor M Wyatt/ Centennial Park	2.66		X				X			Kennedy & Melody Drives
Charles C Winburn Park	11.9		X			X	X		Winburn Ponds	112 Avenue & Huron St
City Hall/ Recreation Center	20	X	X		X		X	X	Indoor Pool	11801 Community Center Drive
E.B. Rains Jr. Memorial Park	28	X	X	X	X	X	X	X	Webster Lake, Sensory Playground, Skatepark	11800 Community Center Drive
Central Park (@ Fox Run)	2.17	X		X	X		X		**Field Rentals** We rent athletic fields for youth & adult groups! 303.450.8899	Fox Run Pkwy & E 108 Ave
North Park (@ Fox Run)	1.8	X		X	X		X			Fox Run Pkwy & Columbine St
South Park (@ Fox Run)	1.5	X	X	X	X		X			Fox Run Pkwy & Fox Run Circle
Fox Run Open Space	39.76		X						Trail	Fox Run Pkwy & E 109 Ave
Grant Park	7		X						Trail	E 106 Ave & Grant Dr
Hugh Danahy Park/ Croke Reservoir	4.87	X	X	X	X	X	X	Summer Only	Croke Reservoir, Environmental Education, Tennis Courts	Roseanna Dr & Livingston Dr Resevoir: Huron St & Naiad Dr
Huron Crossing Park	1.73	X		X	X	X	X			W 117 Ave & Melody Dr
JD Cayton Park	2.8			School	X					W 103 Place & Croke Dr
Jaycee Park/Happy Tails Dog Park	10.29		X				X	X	Softball, Off Leash Dog Run	Leroy & Irma Drives
Kiwanis Park & Pool	2.3				X	X	X		Outdoor Pool	Garland Dr & Blue Jay Lane
Larson Glenn Park	1.3	X			X	X	X			E 112 Ave & Larson Dr
Larson Park	2.7	X		X	X	X	X		Outdoor Exercise Equipment	E 108 Ave & Larson Dr
Malley Park	3.7		X	School	X					Malley Dr & Marion St
Northwest Open Space Rec Area	83.84		X				X	X	Baseball, Soccer, Football	2000 W 112 Ave North Ent: W 112 Ave & Ranch Dr South Ent: Pecos & Roseanna Dr
Rotary Park	2.7								Baseball	Pecos St & Roseanna Dr
Sperry Park	2.7	X		X	X		X			Sperry St & Utrillo Lane
Village Greens I	1.08			X	X					E 116 Ave & Pennsylvania St
Village Greens II	1.10			X	X					E 116 Ave & Sherman St
Wyco Park	8.6		X	School	X		X	X	Baseball, Soccer, Football, Tennis Court	117 Way & Wyco Dr

Community Engagement

Volunteers & Active Citizenry

"Do what you can, with what you have, where you are." ~ *Theodore Roosevelt*



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 Derby Day, Magic Fest, 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.

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 public art is more of your passion, the Northglenn Arts & Humanities Foundation could use help with programs such as the Art on Parade sculpture program.

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
or visit **northglenn.org/volunteer**

Parks & Recreation
Cultural Services
Senior Center
11801 Community Center Drive
Northglenn, Colorado 80233

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

Registration begins Monday, April 16
www.northglenn.org/playnorthglenn



Summer Food Program Returns!

Youth (18 and under) can pick up a packaged meal twice a day at the front desk of the recreation center and are strongly encouraged to stay to enjoy their meal. Tables are available on the pool deck and in the lobby area.

Monday - Friday
Breakfast: 7 - 9 a.m.
Lunch: 11 a.m. - 1 p.m.