Start 2023 with us!
NEW BODYPUMP™ CLASS!
SEE PAGE 46 FOR DETAILS
City of Northglenn’s Department of Parks, Recreation & Culture

1 E. Memorial Parkway
Northglenn, Colorado 80233
303.450.8800

Recreation Center Hours
Mon-Friday: 5:00 a.m.-9:00 p.m.*
Saturday: 7:00 a.m.-8:00 p.m. *
Sunday: 8:00 a.m.-6:00 p.m. *

*Guests must leave the Recreation Center within 15 minutes after closing.

Special Hours
Christmas Eve 7:00 a.m.-3:00 p.m.,
New Year’s Eve 7:00 a.m.-3:00 p.m.

Closures
Christmas Day December 25, 2022
New Year’s Day January 1, 2023
Easter April 9, 2023

This guide is a publication of the City of Northglenn. Programs are subject to change. Please check our website Northglenn.org for the most up-to-date information.
Important Phone Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guest Services</td>
<td>303.450.8800</td>
</tr>
<tr>
<td>Senior Center</td>
<td>303.450.8801</td>
</tr>
<tr>
<td>Theatre Box Office</td>
<td>303.450.8888</td>
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Northglenn City Council

Mayor: Meredith Leighty

Council Members
- Ward 1: Nicholas Walker, Ashley Witkovich, Becky Brown, Jay Michael Jaramillo
- Ward 2: Ashley Witkovich, Council Ex-Officio
- Ward 3: Katherine Goff, Richard Kondo
- Ward 4: Shannon Lukeman-Hiromasa, Jenny Willford, Mayor Pro-Tem

Northglenn Parks & Recreation Advisory Board

Andy Hall, Vice President
Mary Mondragon, Secretary
Robert Konrade, President
Ashley Witkovich, Council Ex-Officio

Please contact Belia Dameron to apply for Advisory Board positions. Belia Dameron, Board Liaison at bdameron@northglenn.org.

Northglenn Parks, Recreation & Culture Staff List

ADMINISTRATION
- Belia Dameron: Administrative Assistant
- Jesse Mestrovic: Parks & Recreation Project Manager
- Justin Perdue: Active Recreation Manager
- Amanda Peterson: Director of Parks, Recreation & Culture
- Michael Stricker: Arts, Culture & Community Manager

ACTIVE RECREATION
- Tim Hiney: Facility Coordinator
- Cara Hockaday: Children's Coordinator
- Shayna Kurtz: Aquatics Coordinator
- Deb Lawson: Programs Supervisor
- Brian Magnett: Programs Supervisor
- Justin Maillet: Facility Coordinator
- Roman Ortega: Sports Coordinator
- Kassy Riggle: Youth & Teen Coordinator
- Rachel Saccardi: Marketing Assistant
- Sarah Schwaller: Fitness Coordinator

NORTHGLENN ARTS
- Patrick Berger: Theatre Production Supervisor
- Kimberly Jongejan: Cultural Programs Coordinator
- Candice Marchese: Patron Experience Coordinator
- Daniel Mori: Technical Director
- Madeline Morgan: Assistant Technical Director
- Terra Mueller: Marketing Coordinator

PARKS
- Doug Kegerreis: Parks Supervisor
- Karen Keeney: Park Ranger
- Chuck Mason Jr.: Parks Coordinator
- David True: Parks Coordinator

SENIOR CENTER
- Emily Abernathy: Senior Center Assistant
- Kate Fisher: Senior Center Coordinator
1. Please note specific resident and non-resident registration dates.
2. Classes are first-come, first-served after non-resident registration. In many cases, waitlists are created for full classes. Classes may be canceled that do not meet the minimum participation requirements.
3. Registrations can be made 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 prorated.
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 to your 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 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 Culture 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.
DAILY ADMISSION & MEMBERSHIP FEES

<table>
<thead>
<tr>
<th>LEGEND: R=RESIDENT NR=NON-RESIDENT</th>
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<tbody>
<tr>
<td><strong>Daily Admission</strong></td>
</tr>
<tr>
<td><strong>Fee</strong></td>
</tr>
<tr>
<td>Child (3-17 years)</td>
</tr>
<tr>
<td>Adult (18-61 years)</td>
</tr>
<tr>
<td>Senior (62+)</td>
</tr>
<tr>
<td>Groups (10+)</td>
</tr>
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<td>Military/Veteran</td>
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**Memberships**

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<tr>
<th></th>
<th>20-Punch</th>
<th>1-Month</th>
<th>3-Month</th>
<th>6-Month</th>
<th>Annual</th>
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<tr>
<td>Child (3-17 years)</td>
<td>$40R / $50NR</td>
<td>$20R / $25NR</td>
<td>$56R / $70NR</td>
<td>$108R / $135NR</td>
<td>$180R / $225NR</td>
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<tr>
<td>Adult (18-61 years)</td>
<td>$72R / $90NR</td>
<td>$35R / $44NR</td>
<td>$102R / $128NR</td>
<td>$195R / $245NR</td>
<td>$325R / $406NR</td>
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<tr>
<td>Senior (62+)</td>
<td>$48R / $60NR</td>
<td>$24R / $30NR</td>
<td>$69R / $86NR</td>
<td>$132R / $165NR</td>
<td>$220R / $275NR</td>
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<tr>
<td>Family (up to 4 in household)</td>
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<td>$54R / $68NR</td>
<td>$156R / $195NR</td>
<td>$300R / $375NR</td>
<td>$500R / $625NR</td>
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<tr>
<td>Additional Family Member</td>
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<td>$39R / $49NR</td>
<td>$75R / $94NR</td>
<td>$125R / $150NR</td>
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**Specialty Fees**

<table>
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<tr>
<th></th>
<th>Daily Drop-In</th>
<th>30-Punch Pass</th>
<th>75-Punch Pass</th>
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<tr>
<td>Judo</td>
<td>$2.50</td>
<td>$60</td>
<td>$130</td>
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**RESIDENCY**

Residents are required to show proof of residency to get resident rates on memberships and program registration.

Proof of residency includes:
- Photo ID with your current Northglenn address.
- Photo ID with proof of employment from a business that has a Northglenn address.
- Photo ID with one of the following documents:
  - Utility bill
  - Car registration
  - Rental contract
  - Voter registration card
  - Statement from major creditor
  - Adams County tax notice

**MEMBERSHIP INFORMATION**

Annual and 6-month memberships 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 Return and living at the same residence.

A $25 administration fee is assessed for cancellation of 6-month and annual memberships.

**FINANCIAL ASSISTANCE**

The City is able to provide limited financial assistance for Northglenn residents to participate in recreation programs. Eligibility is based on income. For more information, contact Belia Dameron at 303.280.7821 or bdameron@northglenn.org.

**LOCKERS**

Guests are asked to provide their own locks for lockers. Locks are available for purchase at the recreation center guest services desk.

**CORPORATE MEMBERSHIPS**

The City of Northglenn offers local businesses discounted options to utilize the Recreation Center. For more information, please contact Justin Maillet at 303.450.8913 or jmaillet@northglenn.org.

**OPEN GYM**

Call 303.450.8800 for open gym availability. Gym schedule subject to change.

**ADULT DROP-IN BASKETBALL**

Pickup basketball at its finest! Come during designated times for pickup style games where fitness and fun are emphasized. Games are typically 5 vs. 5 or 4 vs. 4 utilizing our regulation high school court. Open to all adults (18+).

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

Regular drop-in fees apply. We also accept punch passes, standard memberships, SilverSneakers, and Renew Active.

**DROP-IN PICKLEBALL**

Pickleball is a fun paddle sport that incorporates elements of badminton and tennis for two to four players, who use small wooden paddles to hit a perforated plastic ball over a net. It’s an easy-to-learn game that is played on a court like a tennis court but half the size. Pickleball is fun for players of all ages and level of activity and can start slow for beginners or pick up the pace for advanced players. These low impact workouts promote adult and kids’ health. This program is for all ages. See guest services staff for detailed pickleball guidelines.

Monday, Wednesday, Friday 8:30-11:30 a.m. (2 courts)

Regular drop-in fees apply. We also accept punch passes, standard memberships, SilverSneakers, and Renew Active.

Register online at northglenn.org/playnorthglenn or call 303.450.8800
The Northglenn Recreation Center, Senior Center, and Theatre offers a variety of rental spaces for multiple occasions. From small business meetings to large receptions, our reasonably priced spaces are available for rent throughout the year. For more information call 303.450.8800.

**COMMUNITY ROOMS COMBINED**
This 4093-square-foot space is great for large gatherings such as a graduation or business conference. The attached catering kitchen is perfect for a caterer to serve your event. The large community room has access to three wall-mounted TVs and a projector and screen. It can accommodate up to 250 people.

- **Fee** $190 per hour Resident*  
  $228 per hour Non-Resident*

**COMMUNITY ROOM 1**
This space can accommodate up to 80 people and is attached to the catering kitchen. Space also has a wall-mounted TV.

- **Fee** $70 per hour Resident*  
  $84 per hour Non-Resident*

**COMMUNITY ROOM 2**
This is the middle community room space. It can accommodate up to 80 people. Space also has wall-mounted TV.

- **Fee** $60 per hour Resident*  
  $72 per hour Non-Resident*

**COMMUNITY ROOM 3**
This space is on the far end of the community rooms. It can accommodate up to 80 people. It also has a projector and screen great for presentations and a wall-mounted TV.

- **Fee** $70 per hour Resident*  
  $84 per hour Non-Resident*

* Fees may vary depending on date, time, and the setup of the event. Inquire for more details, including alcohol permits for the Community Rooms.

**CLASSROOMS**
This space is located next to the reception desk at the recreation center entrance. It can be used as one space for up to 35 people or separated in half for 15 people. Each room has a mounted TV, sink and refrigerator. Available weekdays during normal operating hours.

- **Fee** $30 per hour Resident Single Room  
  $40 per hour Non-Resident Single Room  
  $60 per hour Resident Double Room  
  $80 per hour Non-Resident Double Room

**POOL PARTY PACKAGES**
Guests can reserve the Pool Party Room for one hour and choose to go swimming before or after the time in the room. Multiple time blocks can be reserved, if available. The price for the room and time block includes up to 20 admissions to the pool and one free admission for the birthday guest. Rentals are available on Saturdays and Sundays during the following times:

- 12:30 - 1:30 p.m.
- 2:00 - 3:00 p.m.
- 3:30 - 4:30 p.m.

- **Fee**: $185 Resident*, $222 Non-Resident*

**SENIOR ACTIVITY ROOM**
This 1,097-square-foot room can accommodate up to 70 people. Space has a small projector and screen, great for presentations or slideshows. It also has a connected outdoor patio area.

- **Fee**: $65 per hour Resident*, $78 per hour Non-Resident*
WINTER/SPRING MEMBERSHIP PROMOTIONS

WINTER PUNCH CARD PROMOTION
(December 1-31)

It’s getting cold outside, come inside and utilize the Recreation Center! Punch cards this time of year are a great opportunity to move your exercise routine inside.

We are offering a 10% discount on all punch cards purchased in December. Available for all age categories as well as both residents and non-residents. This promotion is good for punch card renewals too. Buy now and save! (This does not apply to judo punch cards.)

SPRING BREAK PUNCH CARD PROMOTION
(March 1-31)

Play at the Recreation Center during Spring Break and take advantage of our punch card promotion where you will receive 5 free visits with the purchase of any regular punch card. You will receive 25 visits for the price of 20.

This promotion is available for all age categories as well as residents, non-residents, and renewals. (This does not apply to judo punch cards.)
### Parent/Tot - Guppies
**Ages 6 months-3 years**
Help your toddler or infant become more comfortable in the water. This is an introductory swim class focusing on basic water skills. Children must have a swim diaper or plastic pants under their swimsuits. Diapers are NOT allowed. Only one parent per child is allowed in the water.

**January**
- **Monday/Wednesday**
  - 10:00-10:30a $16/$19
- **Friday**
  - 10:00-10:30a $16/$19
- **Saturday**
  - 10:00-10:30a $16/$19

### Starfish
**Beginner**
Ages 3-5 years
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.

**January**
- **Monday/Wednesday**
  - 11:00-11:30a $32/$38
- **Tuesday/Thursday**
  - 11:00-11:30a $32/$38
- **Saturday**
  - 10:30-11:00a $16/$19

### March
- **Monday/Wednesday**
  - 11:00-11:30a $32/$38
- **Tuesday/Thursday**
  - 11:00-11:30a $32/$38
- **Saturday**
  - 10:30-11:00a $16/$19

### April
- **Monday/Wednesday**
  - 11:00-11:30a $32/$38
- **Tuesday/Thursday**
  - 11:00-11:30a $32/$38
- **Saturday**
  - 10:30-11:00a $16/$19

### May
- **Monday/Wednesday**
  - 11:00-11:30a $32/$38
- **Tuesday/Thursday**
  - 11:00-11:30a $32/$38
- **Saturday**
  - 10:30-11:00a $16/$19

### Preschool Aquatics Program
**Ages 3-5**
Our preschool swimming program focuses on safety and developmental needs. 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.

All preschool classes take place in the Activity Pool.
<table>
<thead>
<tr>
<th>Jellyfish</th>
<th>Beginner</th>
<th>Ages 3-5 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>You child will become more comfortable with going under water and pushing off the wall independently for a short distance.</td>
<td></td>
<td></td>
</tr>
</tbody>
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### January
- **Tuesday/Thursday**
  - 10101021-01 Jan 3-26 10:30-11:00a $32/$38
  - 10101021-02 Jan 6-27 11:30a-12:00p $16/$19
  - 10101021-03 Jan 7-28 10:00-10:30a $16/$19
  - 10101021-04 Jan 7-28 11:30a-12:00p $16/$19

### February
- **Tuesday/Thursday**
  - 10101021-05 Jan 31-Feb 23 10:30-11:00a $32/$38
  - 10101021-06 Feb 3-24 11:30a-12:00p $16/$19
  - 10101021-07 Feb 4-25 10:00-10:30a $16/$19
  - 10101021-08 Feb 4-25 11:30a-12:00p $16/$19

### March
- **Tuesday/Thursday**
  - 10101021-09 Feb 28-Mar 22 11:30a-12:00p $32/$38
  - 10101021-10 Mar 3-24 11:30a-12:00p $16/$19
  - 10101021-11 Mar 4-25 10:00-10:30a $16/$19
  - 10101021-12 Mar 4-25 11:30a-12:00p $16/$19

### April
- **Tuesday/Thursday**
  - 10101021-13 Mar 28-Apr 19 11:30a-12:00p $32/$38
  - 10101021-14 Mar 31-Apr 21 11:30a-12:00p $16/$19
  - 10101021-15 Apr 1-22 10:00-10:30a $16/$19
  - 10101021-16 Apr 1-22 11:30a-12:00p $16/$19

### May
- **Tuesday/Thursday**
  - 10101021-17 Apr 25-May 18 10:30-11:00a $32/$38
  - 10101021-18 Apr 28-May 19 11:30a-12:00p $16/$19
  - 10101021-19 Apr 29-May 20 10:00-10:30a $16/$19
  - 10101021-20 Apr 29-May 20 11:30a-12:00p $16/$19

### 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.

### January
- **Monday/Wednesday**
  - 10101031-01 Jan 2-25 11:30a-12:00p $32/$38
- **Tuesday/Thursday**
  - 10101031-05 Jan 3-26 5:00-5:30p $32/$38
  - 10101031-02 Jan 6-27 11:00-11:30a $16/$19
  - 10101031-03 Jan 7-28 10:00-10:30a $16/$19
  - 10101031-04 Jan 7-28 11:00-11:30a $16/$19

### February
- **Monday/Wednesday**
  - 10101031-06 Jan 30-Feb 22 11:30a-12:00p $32/$38
  - 10101031-10 Jan 31-Feb 23 5:00-5:30p $32/$38
  - 10101031-07 Feb 3-24 11:00-11:30a $16/$19
  - 10101031-08 Feb 4-25 10:00-10:30a $16/$19
  - 10101031-09 Feb 4-25 11:00-11:30a $16/$19

### March
- **Monday/Wednesday**
  - 10101031-11 Feb 27-Mar 22 11:30a-12:00p $32/$38
  - 10101031-15 Feb 28-Mar 23 5:00-5:30p $32/$38
  - 10101031-12 Mar 3-24 11:00-11:30a $16/$19
  - 10101031-13 Mar 4-25 10:00-10:30a $16/$19
  - 10101031-14 Mar 4-25 11:00-11:30a $16/$19

### April
- **Monday/Wednesday**
  - 10101031-16 Mar 27-Apr 19 11:30a-12:00p $32/$38
  - 10101031-20 Mar 28-Apr 20 5:00-5:30p $32/$38
  - 10101031-17 Mar 31-Apr 21 11:00-11:30a $16/$19
  - 10101031-18 Apr 1-22 10:00-10:30a $16/$19
  - 10101031-19 Apr 1-22 11:00-11:30a $16/$19

### May
- **Monday/Wednesday**
  - 10101031-21 Apr 24-May 17 11:30a-12:00p $32/$38
  - 10101031-25 Apr 25-May 18 5:00-5:30p $32/$38
  - 10101031-22 Apr 28-May 19 11:00-11:30a $16/$19
  - 10101031-23 Apr 29-May 20 10:00-10:30a $16/$19
  - 10101031-24 Apr 29-May 20 11:00-11:30a $16/$19

Register online at northglenn.org/playnorthglenn or call 303.450.8800
### Level 1  
**Beginner**  
Ages 6-12  
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. Location: Activity Pool

**January**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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### Level 2  
**Advanced Beginner**  
Ages 6-12  
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. Location: Activity Pool

**January**

<table>
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**February**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10101051-06</td>
<td>Jan 31-Feb 23</td>
<td>5:30-6:00p</td>
<td>$16/$19</td>
</tr>
<tr>
<td>10101051-04</td>
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**March**

<table>
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<th>Date</th>
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<th>Fee</th>
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<tbody>
<tr>
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**April**

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**May**

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<tbody>
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<td>10101051-13</td>
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<td>10:00-10:30a</td>
<td>$16/$19</td>
</tr>
<tr>
<td>10101051-14</td>
<td>Apr 29-May 20</td>
<td>11:00-11:30a</td>
<td>$16/$19</td>
</tr>
</tbody>
</table>

### 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! Location: Activity Pool

**January**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
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<td>$16/$19</td>
</tr>
<tr>
<td>10101061-02</td>
<td>Jan 7-28</td>
<td>11:30a-12:00p</td>
<td>$16/$19</td>
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</tbody>
</table>

**February**

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<th>Time</th>
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<td>Feb 4-25</td>
<td>11:30a-12:00p</td>
<td>$16/$19</td>
</tr>
</tbody>
</table>
Register online at northglenn.org/playnorthglenn or call 303.450.8800

March
Tuesday/Thursday
10101061-09 Feb 28-Mar 23 4:30-5:00p $16/$19
Saturday
10101061-07 Mar 4-25 10:30-11:00a $16/$19
10101061-08 Mar 4-25 11:30a-12:00p $16/$19

April
Tuesday/Thursday
10101061-12 Mar 28-Apr 20 4:30-5:00p $16/$19
Saturday
10101061-10 Apr 1-22 10:30-11:00a $16/$19
10101061-11 Apr 1-22 11:30a-12:00p $16/$19

May
Tuesday/Thursday
10101061-15 Apr 25-May 18 4:30-5:00p $16/$19
Saturday
10101061-13 Apr 29-May 20 10:30-11:00a $16/$19
10101061-14 Apr 29-May 20 11:30a-12:00p $16/$19

Level 4 Experienced Ages 6-12
Get ready for deeper instruction as your child tries out the deep water 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. Location: Activity Pool

January
Tuesday/Thursday
10101071-03 Jan 3-26 4:30-5:00p $16/$19
Saturday
10101071-02 Jan 7-28 11:30a-12:00p $16/$19

February
Tuesday/Thursday
10101071-05 Jan 31-Feb 23 4:30-5:00p $16/$19
Saturday
10101071-04 Feb 4-25 11:30a-12:00p $16/$19

March
Tuesday/Thursday
10101071-07 Feb 28-Mar 23 4:30-5:00p $16/$19
Saturday
10101071-06 Mar 4-25 11:30a-12:00p $16/$19

April
Tuesday/Thursday
10101071-09 Mar 28-Apr 20 4:30-5:00p $16/$19
Saturday
10101071-08 Apr 1-22 11:30a-12:00p $16/$19

May
Tuesday/Thursday
10101071-11 Apr 25-May 18 4:30-5:00p $16/$19
Saturday
10101071-10 Apr 29-May 20 11:30a-12:00p $16/$19

Level 5 Advanced Ages 6-12
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. Location: Activity Pool

January
Saturday
10101081-01 Jan 7-28 11:00-11:30a $16/$19

February
Saturday
10101081-02 Feb 4-25 11:00-11:30a $16/$19

March
Saturday
10101081-03 Mar 4-25 11:00-11:30a $16/$19

April
Saturday
10101081-04 Apr 1-22 11:00-11:30a $16/$19

May
Saturday
10101081-05 Apr 29-May 20 11:00-11:30a $16/$19

Level 6 Ages 6-12
Time to refine all the strokes and skills they have learned so far. Your child will swim with more ease, efficiency, power, and smoothness. On the diving block, they will be introduced to the shallow dive, jump tuck dive and pike dive. Location: Activity Pool

January
Saturday
10101091-01 Jan 7-28 10:00-10:30a $16/$19

February
Saturday
10101091-02 Feb 4-25 10:00-10:30a $16/$19

March
Saturday
10101091-03 Mar 4-25 10:00-10:30a $16/$19

April
Saturday
10101091-04 Apr 1-22 10:00-10:30a $16/$19

May
Saturday
10101091-05 Apr 29-May 20 10:00-10:30a $16/$19
Aqua shoes are recommended for all water fitness classes.

**Fused Water Fitness**
This class will utilize the entire activity pool space with stations and different in-water and out-of-water fitness activities to keep you working. Each station is designed to work specific muscle groups and increase your overall fitness. Pool depth 3.5-4.5 feet.

**River Walking Fitness**
Strengthen muscles with low-impact water walking techniques in this 1-hour class. Walk at your own pace, and work with or against the lazy river current. Take advantage of the natural resistance of water to improve cardio, strength, and balance. All fitness levels are welcome. Pool depth 3.5-4.5 feet.

**Hyper Walk Fitness**
Strengthen muscles with low-impact, high-intensity water walking class. This 1-hour class is designed to work on interval training in the water. Participants will use weights and move with and against the current to keep their heart rate up until a recovery segment. It is highly suggested that you take the “River Walking” class a few times before jumping into this class. Pool depth 3.5-4.5 feet.

**Splash**
Activate your aqua exercise urge for variety! This water class offers fun and shallow moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and water fitness equipment is used to develop strength, balance and coordination. Pool depth 3.5-4.5 feet.

**Mobility Fitness**
Do out-of-water fitness classes seem like too much for your joints and body? Then this class is perfect. This 1-hour in-water training class is designed to work on general stretching of the body and also includes joint and body mobility. This class will make you feel like you can conquer the day with less tightness and more range. Pool depth 3.5-4.5 feet.

**Shallow Water**
This intermediate/advanced class is for the participant looking to up their workout goals. We use a combination of aerobic and strength training with many different types of equipment to keep you challenged and successful. Pool depth 3.5-4.5 feet.

**Low Impact Water Fitness**
This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water will help you gain strength and flexibility. The 55-minute class may include walking, gentle stretching, flexing, extension and range-of-motion. Pool depth 3.5-4.5 feet.

**Legend**
- **High Cardio High Intensity**
- **Low Cardio Medium Intensity**
- **Low Cardio Low Intensity**

Scan our QR code for water fitness 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**
Guests are asked to share lanes when 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.
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, swimmers ready for the next level can move on to the Northglenn Fusion Swim Club.

**Fusion Swim Club**  NorthglennFusion.com
The Northglenn Fusion Swim Club is a USA Swimming competitive team for ages 6 to 18. They swim in meets throughout the state. You MUST have swim team experience in the past year. A tryout process is required.

Contact Coach Andrew Webber for a tryout or for more information at awebber@northglenn.org

Training times are Monday through Friday, 5-9 p.m., and Saturday mornings. Group training times and days vary and are dependent on group placement.

Space is limited.

**ON THE WEB**

Instagram @NorthglennFusion
Twitter @FusionSwimClub
CHILDREN’S PROGRAMS

PRESCHOOL

Ages 3-5
8:30-11:30am

Preschool education plays an essential role in early childhood development. It prepares children socially, emotionally, physically, and academically for success in their school endeavors. Some long-term benefits of a quality preschool education include increased confidence, increased self-esteem and higher school achievement and commitment. When children attend a quality preschool program, they are building foundational skills for success in school, including but not limited to: their ability to focus, follow directions, solve problems, and think critically. Preschool is the perfect time for children to start learning lifelong skills.

Our state licensed, play-based preschool program utilizes developmentally appropriate curricula, materials, spaces, and activities to meet the needs of all children. Our curriculum is guided by Colorado Academic Standards for Preschool. We meet with our licensing specialist yearly to ensure compliance. In addition to being licensed by the state we also go through a Colorado Shines rating system.

We offer three nine-month program options to support the developmental milestones of all children. Participants can choose to attend Monday/Wednesday/Friday, Tuesday/Thursday, or Monday through Friday. Please see the preschool class schedule on the next page for more information.

Registration is a multistep process which begins with registering for the program at the Recreation Center by phone or online (for paid in full only) and then completing the necessary paperwork and returning it two weeks before your child’s anticipated start date. Please fill out EVERY LINE on the registration packet (all addresses and phone numbers). In addition to the registration paperwork, you will need to submit your child’s most recent physical (within a year), immunization paperwork and proof of age.

PATH TO PRESCHOOL

Ages 2-3
Want to start engaging your young child in preschool activities but aren’t quite ready to leave their side yet? Children and guardians will explore literacy, math, science, social skills, and more in this fun and engaging class taught by Northglenn Preschool Program staff!

Tuesday/Thursday 9:30-10:30am
January 10 – February 2
10206002- 01 Res $32/ Non- Res $40
February 7 – March 30
10206002- 02 Res $32/ Non- Res $40
March 7 – March 30
10206002- 03 Res $24/ Non- Res $30
**Spring break closure from March 20-24**
April 4 – April 27
10206002- 04 Res $32/ Non- Res $40
May 2 – May 18
10206002- 05 Res $24/ Non- Res $30

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SPRING PRESCHOOL CLASSES
8:30am-11:30am

Mon/Wed/Fri

January 2nd – 27th
10206001- 01 Res: $216 / Non- Res: $252
January 30th- February 24th
10206001- 03 Res: $216 / Non- Res: $252
February 27th-March 31st
**No class March 10 or March 20th-24th**
10206001- 05 Res: $198 / Non- Res: $231
April 3rd- April 28th
10206001- 07 Res: $216 / Non- Res: $252
May 1st- May 12th
10206001- 09 Res: $108 / Non- Res: $126

Tues/Thurs

January 3rd – 26th
10206001- 02 Res: $144 / Non- Res: $168
January 31st - February 23rd
10206001- 04 Res: $144 / Non- Res: $168
February 28th-March 30th
** March 20th-24th Spring Break **
10206001- 06 Res: $144 / Non- Res: $168
April 4th - April 27th
10206001- 08 Res: $144 / Non- Res: $168
May 2nd - May 11th
10206001- 10 Res: $72 / Non- Res: $84

Payment plans for preschool and day camp are available and can be set up in person at the Recreation Center or via phone.

Please call 303.450.8776 for more information.
**ADULT’S NIGHT OUT**

**Kids Night at the Rec!**

**Ages: 3-10**

**Time:** 5:00-8:00 pm

**Price:** $18 Res/ $25 Non-Res

**Second Child Discount $13 Res/ $19 non-res**

Need a night out to shop for gifts, have a nice dinner with your significant other, running errands or just get some quite time? Bring your kiddos to the Recreation Center while you enjoy some time to yourself! Children can utilize the indoor playground and poolside classrooms for fun, games, crafts, pizza and playing!

**Tuesday, December 20**

30206003-02

**Thursday, February 16**

10206003-01

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**BLOCK ON! BUILDERS**

**School Age**  Monday 3:45-5:15pm

**Preschool** Monday 12:00-1:00pm

**Prices:** FREE Resident / $1 Non-Resident

Come get your Block On! while you engage with many kinds of STREAM building opportunities including Lego challenges, Imagination Playground Blocks, Rigamajig builders and more! Children can explore their creative side while working in groups on challenges. This class mixes gross and fine motor experiences with logic and reasoning to complete the block challenges.

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**PINT-SIZE NEW YEAR’S PARTY**

**Ages 3-10 years**

Bring your little ones to celebrate the New Year! Join us in the community rooms for games, noon-year countdown, dancing, and MORE! Registration Required

**Saturday, December 31 11:00 am - 12:30 pm**

**Prices:** $5 Resident / $6 Non-Resident

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**SUMMER DAY CAMP (AGES 6-11) 7AM-6PM**

Summer Day Camp is an opportunity for children to have some fun while you are at work! Utilizing developmentally appropriate activities like swimming, weekly field trips, exciting presenters, and visiting the beautiful E.B. Rains Jr. Memorial Park and other City of Northglenn amenities, we strive to be outdoors and exploring our surroundings as much as possible!

| May 30 - June 2 (short week) | 20207001- 01 Res: $120 / Non- Res: $144 |
| June 5 - June 9 | 20207001- 02 Res: $150 / Non- Res: $180 |
| June 12 - June 16 | 20207001- 03 Res: $150 / Non- Res: $180 |
| June 26 - June 30 | 20207001- 05 Res: $150 / Non- Res: $180 |
| July 3 - July 7 (Camp closed July 4) | 20207001- 06 Res: $120 / Non- Res: $144 |
| July 10 - July 14 | 20207001- 07 Res: $150 / Non- Res: $180 |
| July 17 - July 21 | 20207001- 08 Res: $150 / Non- Res: $180 |
| July 24 - July 28 | 20207001- 09 Res: $150 / Non- Res: $180 |
| July 31 - August 11 | 20207001- 10 Res: $150 / Non- Res: $180 |
| August 7 - August 4 | 20207001- 11 Res: $150 / Non- Res: $180 |

Payment for week 1-4 or payment in full due at time of registration.

Resident Registration: Dec 12th - Non-Resident Registration: Dec 19th

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Register online at northglenn.org/playnorthglenn or call 303.450.8800
Northglenn’s Youth and Teen Programs offer a variety of activities, events and trips to youth and teens age 10 to 17. All programs are open to both residents and non-residents.

Resources for Teens
The Northglenn Youth Commission compiles a variety of resources to teens struggling with homelessness, mental health and drug addiction issues. Resources can be found online at northglenn.org/nyc.

Transportation
During Club Rec Days, the Northglenn Youth and Teen Programs offer free transportation from Northglenn Middle School to the Northglenn Recreation Center. To sign up for free transportation, teens should be pre-registered in Club Rec and be signed up for van transportation at least 24 hours in advance of transportation each date. Van spaces are first-come, first-serve.

10922002 Monday or Wednesday FREE

TEEN ADVENTURES
Ages 12-17
Celebrate a day off from school by going on an adventure! Outings depart from the Northglenn Recreation Center. Cost includes admission, transportation, and supervision. Please bring a sack lunch, water bottle, and cold weather clothing. All trips subject to change.

Winter Break Trips

<table>
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<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>30924012-02</td>
<td>12/19</td>
<td>9 am – 4 pm</td>
<td>$60/$65 Paint &amp; Swim at the Rec</td>
</tr>
<tr>
<td>30924012-03</td>
<td>12/20</td>
<td>9 am – 4 pm</td>
<td>$60/$65 Parsons Theatre Movie &amp; Roller Skating</td>
</tr>
<tr>
<td>30924012-04</td>
<td>12/21</td>
<td>9 am – 4 pm</td>
<td>$60/$65 Snow Tubing at Winter Park</td>
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Spring Break Trips

<table>
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<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>10924012-01</td>
<td>2/20</td>
<td>9 am – 3 pm</td>
<td>$45/$50 Ice Skating</td>
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<tr>
<td>10924012-02</td>
<td>3/20</td>
<td>9 am – 3 pm</td>
<td>$45/$50 Indoor Aquatic Trip</td>
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<tr>
<td>10924012-03</td>
<td>3/21</td>
<td>9 am – 3 pm</td>
<td>$45/$50 Wild Animal Sanctuary</td>
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<tr>
<td>10924012-04</td>
<td>3/22</td>
<td>9 am – 3 pm</td>
<td>$45/$50 Indoor Activity Park</td>
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YOUTH & FAMILY EVENTS

Video Game Days
Ages 10-17
Have some festive fun while playing local pick-up competitive games! In honor of teen tech week, participants receive a tech-themed goodie bag to take home.

<table>
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<tr>
<th>Trip Number</th>
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<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>10921001-01</td>
<td>1/28</td>
<td>1 pm – 6 pm</td>
<td>$5</td>
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<tr>
<td>10921001-02</td>
<td>2/11</td>
<td>1 pm – 6 pm</td>
<td>$5</td>
</tr>
<tr>
<td>10921001-03</td>
<td>3/11</td>
<td>1 pm – 6 pm</td>
<td>$5</td>
</tr>
<tr>
<td>10921001-04</td>
<td>4/8</td>
<td>1 pm – 6 pm</td>
<td>$5</td>
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</tbody>
</table>

CHALK Art Walk Competition NEW!
All Ages
Gather as a family or team of up to 4 people to create a marvelous piece of chalk art to decorate Festival Lawn. Participants are provided with a concrete canvas, chalk, and can potentially win a prize!

10921002-01 5/27 10am – 4 pm $15

VOLUNTEER PROGRAM
Ages 15-17
Connect with your community and volunteer! Teens will be able to give back to their community by helping at upcoming events. This volunteer program is not appropriate for teens needing to complete court-ordered community service.

10921002-01 5/27 10am-4pm CHALK Art Walk Competition $15
ROVING RECREATION
Ages 12-14
Register early to have fun all summer visiting different aquatic facilities, amusement centers, and outdoor adventure outings. Trips depart from the Northglenn Recreation Center at 9 am and return by 3 p.m., Monday - Thursday. Cost includes admission, transportation, and supervision. Please bring a sack lunch, sunscreen, and water bottle. For aquatic trips, remember to bring a swimsuit and towel.

$45 Residents  |  $55 Non-Residents
Dates are Monday – Thursday, June 5 – August 10*
*No program on July 4
Wednesdays will be held at the Northglenn Recreation Center for fun on-site and in-town local activities.

Destinations will be announced in the Summer 2023 Recreation Guide and online at Northglenn.org/teens.

LEADERS IN TRAINING
Ages 13-15
Teen volunteers develop leadership, job training and mentorship skills through active service learning on a team. Volunteers will explore communication and conflict resolution techniques and develop personal goals. Due to limited space availability, this program is selective. Interested volunteers will need to complete a Leaders in Training volunteer application and an interview.

Programs & Fees
Jr. Guard (Year-Round)       Free
Roving Recreation (Summer Only)  $5/Day
Fun in the Park (Summer Only)    Free

LOOKING FOR MORE?
Teen Art Programs – Page 28
Theatre, comic book making, art, and more.

Teen Fitness Programs – Page 45-47
Have a place to safely use fitness equipment, practice yoga, and more.

Teen Sports Programs – Page 42-44
Learn or join a seasonal sport.

JOIN THE NORTHGLENN YOUTH COMMISSION!
The Northglenn Youth Commission makes recommendations to City Council and staff about issues affecting youth and teens in the community. Members stay active in the community by organizing and assisting with events and community service projects.

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

Meetings are open to any teens interested in joining or sharing their ideas with the commission.

Visit northglenn.org/nyc for more information.

Make your voice heard in local government!

Follow us on our socials!
@northglennyouth
@northglennyouthcommission
@northglennyyouth

Register online at northglenn.org/playnorthglenn or call 303.450.8800
**MARTIAL ARTS**

**Traditional Japanese Karate**

Ages 6-18  
This karate class will teach you:  
• Self defense education  
• Harmony of the mind and body  
• Non-aggressive karate knowledge  
• Discipline and respect for yourself and others  

The chief instructor, Sensei Franklin Mera, is an international and nationally-certified instructor through the US Karate Federation. Both youth and adults are taught at the same time and location.

<table>
<thead>
<tr>
<th>Youth Ages 6-17</th>
<th>Adult Ages 18+</th>
</tr>
</thead>
<tbody>
<tr>
<td>$68/$82</td>
<td>$85/$102</td>
</tr>
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</table>

**Northglenn Judo Club**

Ages 6+  
The award-winning Northglenn Judo Club has been in existence since 1965 and is the longest continually operating judo club in Colorado. It is the fifth-largest judo club in the nation in terms of registered members. Northglenn Judo instructs students and participants of all ages and walks of life.

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

For more information, visit www.northglennjudo.org

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**SPECIAL INTERESTS**

**BABYSITTER TRAINING**

Ages 11-14  
This course helps prepare for those first babysitting opportunities. Students will learn to identify responsibilities such as routine child care duties (feeding, bathing, and diapering). They will also learn basic child development and be able to provide activities for the developmental stages. Also stressed will be home and fire safety, infant and child CPR, rescue breathing and choking procedures. Certification provided. Bring a sack lunch and water bottle to class.

Refunds will not be offered for no-shows.

**Saturday**

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>10636002-01</td>
<td>Jan 7</td>
<td>9am – 3pm</td>
</tr>
<tr>
<td>10636002-02</td>
<td>Feb 25</td>
<td>9am – 3pm</td>
</tr>
<tr>
<td>10636002-03</td>
<td>Apr 4</td>
<td>9am – 3pm</td>
</tr>
</tbody>
</table>

**PEDIATRIC CPR/First Aid**

Ages 11-Adult  
Medic Pediatric CPR/First Aid  
Choose the pediatric emergency care program specifically designed for childcare providers. A great opportunity for young babysitters and parents to renew or learn the basics. Based on national standards including the latest CPR guidelines, this comprehensive program helps meet diverse job requirements for pediatric health and safety training. Covering CPR, choking and AED for infant child and adult applications. First aid prevention and treatment for basic injury/illness, bleeding/shock management, fractures and sprains, burns, eye injuries, medical emergencies such as seizure, stroke and heart-related problems. Refunds will not be given for no-shows. Bring a sack lunch to class.

**Saturday**

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10636001-01</td>
<td>Mar 11</td>
<td>9am – 3pm</td>
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</tbody>
</table>

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**CPR AND FIRST AID**

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Don’t be late for this very important date!

Girls ages 5-13 and their special father figure are treated to an evening of a catered dinner, dancing, and organized activities set in a mysterious Wonderland. Costumes and semi-formal to formal attire is encouraged! Participants receive a professional photograph and a special gift.

Register each child separately - 10314001_03 and 10314001_02

Resident: $60 each additional child $25
Non Resident $72 each additional child $30

For more information email kjongejan@northglenn.org
Denver natives, the sensational Los Mocochetes are a Chicano Funk band that fuses groovalicious melodies, thoughtfully brazen song lyrics, and high-energy stage antics to create an immersive experience unlike anything you’ve ever seen before.

Los Mocochetes

The Music of Nat King Cole

with

Robert Johnson

An evening of Cole’s music with audience favorite, Robert Johnson and his smooth as silk voice. Familiar songs will include “Unforgettable,” “Route 66,” “Nature Boy” and more. Fans of Nat King Cole and the CJRO will not want to miss this great evening of music.

Tickets: Adults $25, Youth, Senior, Military $22, Groups $18
The Reminders are a rare and remarkable musical duo seamlessly blending soulful sounds and roots music with insightful messages and thoughtful lyrics. Their unique mashup of razor sharp rhymes; raw, soulful vocals; and reggae-tinged hip hop beats form the perfect backdrop for their relevant and inspiring themes, leaving a lasting impression on listeners.

West Coast jazz was also called cool jazz. The CJRO Sextet will feature the music of Dave Brubeck, Miles Davis, and other iconic jazz musicians of the time.
Cleo Parker Robinson Dance uses the universal language of dance to honor the African Diaspora, explore the human condition, champion social justice, unite people of all ages and races, and ultimately celebrate the complexity of life through movement.
PTC strives to create a world in which disability and the differences within the human condition are celebrated; to provide a creative home for theatre artists with disabilities; to model a disability-affirmative theatrical process; and to upend conventional narratives by transforming individuals, audiences, and the world.

SPRING
AWAKENING

This production contains mature themes

Book & Lyrics by Steven Sater
Music by Duncan Sheik
Based on the play by Frank Wedekind

Orchestrations by Duncan Sheik
Vocal Arrangements by AnnMarie Milazzo
String Orchestrations by Simon Hale

Directed by Ben Raanan
Music Direction by Lee Ann Scherlong
Choreography by Jari Majewski Price

The winner of eight Tony Awards, including Best Musical, and what Entertainment Weekly called, "the most gorgeous Broadway score this decade," Spring Awakening explores the journey from adolescence to adulthood with a poignancy and passion that is illuminating and unforgettable. An electrifying fusion of morality, sexuality and rock and roll that is exhilarating audiences across the nation like no other musical in years.

Purchase online at NorthglennARTS.org or call 303.450.8888
Northglenn Arts

one
FEB 3
LOS MOCOCHETES

THE MUSIC OF NAT KING COLE WITH ROBERT JOHNSON

two
FEB 10

three
FEB 24

THE REMINDERS

MORE INFORMATION & TICKETS at NORTHGLENNARTS.ORG or 303.450.8888

TICKETS: ADULTS $25, YOUTH, SENIOR, MILITARY $22, GROUPS $18
PRESENTS FLEX PACKAGES
Pick 4 Shows for $64 OR All 6 Shows for $90

four
MAR 2 & 3
INSPIRING MOVEMENT
A CLEO PARKER ROBINSON DANCE PRODUCTION

five
MAR 23 through APR 8
Phamaly THEATRE COMPANY
SPRING AWAKENING
THIS PRODUCTION CONTAINS MATURE THEMES

six
JUN 9
COOL JAZZ for a HOT SUMMER NIGHT

Generous support provided by
NATIONAL ENDOWMENT FOR THE ARTS
WESTAF
TourWEST
NAHF
West FUND Culture.
SCFD
CJ RO

Purchase online at NorthglennARTS.org or call 303.450.8888
FEB 2
This multi-media adventure mixes classic story telling with projected illustrations to tell the story of Buck, the magnificent offspring of a St. Bernard and Scottish Collie, kidnapped from his lavish life on a California estate and sent to work as a sled dog during the great Klondike Gold Rush. Shows at 10:00am and 7:00pm.

MAY 12 & 13
“El Espiritu Natural; the Natural Spirit” explores the physical and metaphysical nature of the environment. It follows the magical quest of 2 sisters to avoid the emerging threat of the “Absence” - a memory sucking, climate destroying force. 7:00pm and 2:00pm shows.
Helping you develop your Actor’s Toolbox!

Whether you are just beginning in your acting, want to try something new or ready to build on the skills to take your performance to the next level, NYT Academy has a class for you! Having the right “tools” in your box is the key to making great art and we’re here to help you discover, develop, and craft your own inherent talents. The descriptions below are organized by level and focus. Choose a variety of areas to help fill your toolbox and expand your skills!

BEGINNING

These classes are for youth ages 5-9 who are just getting started and exploring the world of theatre.

**Introduction to Acting**
Intro to Acting is a great class for the want-to-be actor! We will introduce the world of acting through warm-up exercises, drama games, and short skits. For the final class, we will show what we have learned in an informal presentation for family.

**Page to Stage 1&2**
NEW! This acting class is all about bringing a written story to life. Each week we’ll read a story-book and then bring it to life with bits and pieces of costumes and props.

**Introduction to Monologues**
What even IS a monologue? This class will introduce the basics of monologues - memorization, character development, projection, poise, and other tips to begin an audition piece.

**Dance for the Actor - Broadway Bound**
This class includes basic dance moves and terminology that are most commonly used in musical theater. Each session is centered around fun children’s musical. Students will also explore acting games and activities, as well as learn about the history of dance on Broadway and in the theater.

BASICS

Are you just starting to develop your Actor’s Toolbox? Then these classes are right for you!

**Introduction to Acting**
Intro to Acting is a great class for the want-to-be actor! We will introduce the world of acting through warm-up exercises, drama games, and short skits. For the final class, we will show what we have learned in an informal presentation for family.

**Introduction to Technical Theatre**
Intro to Tech is a look into the world of technical theatre. We will explore designs and positions within a few areas: Lights, Sound, Set, Costume, Props, Stage management and run crew.

**Perfecting Monologues**
Designed to help young actors work on taking a monologue to the next level - character development, projection, poise, purpose and other techniques to prepare an audition piece.

**Just Off Center – Comedy/Improv**
Improvisation is a key tool for any actor and this class makes learning this skill lots of fun! Centered around improv games, exercises and dramatic play, students will be encouraged to push their creativity and imagination.

**Dance for the Actor - Beginning Combos**
This class will focus primarily on choreography combinations and moves typically used in musical theatre, and add in combinations appropriate for each actor’s skill level. Jazz shoes recommended. An absolute must-take class for any aspiring musical performer.

**Group Voice**
Working in a small group setting, this voice class will focus on a variety of techniques, exercises and skills for the young vocalist. Each student will work on a selection of pieces for variety and vocal development.

**Auditioning 101 Workshop**
This workshop walks through all the bits and pieces that are involved with an audition - for NYT and beyond. Items covered are: resumes, headshots, poise, projection, memorization, prepping music and
Beyond the Basics - Character Development
This intermediate level acting class is for the young actor ready to tune specific acting skills. The class will cover intentional physical movement/positioning, voice, delivery of a character and tips on memorization. The final class will be an informal presentation for family. Previous acting classes or stage performance required.

Just Off Center – Comedy/Improv 2
This class will hone in on anticipation, creativity, teamwork and timing. Participants will need to have had at least two sessions of previous comedy classes (beginner level or equivalent).

Monologues 2
Designed to help young actors work on taking a monologue to the next level - character development, projection, poise, purpose and other techniques to maximize an audition piece.

Musical Theatre Intensive (Multiple Tools)
In this beginner/intermediate level class, we will work on a big musical number from a Broadway musical. The course will feature work with the music director and the choreographer to fine tune each aspect and culminates in a large ‘review’ show featuring the numbers from each age group. New musical each session.

Acting 2 - Scene Study
Acting 2 builds on the skills learned in “Intro to Acting” and continues to focus on translating a script to the stage through movement, memorization and beginning character development.

Acting with an Accent - British
This advanced level class will focus on British accents by breaking down selections from scripts/monologues to learn and refine the speaking language as you establish a character. Bring your acting to a whole new level! Previous acting classes and/or staged production experience is required.

Creating Boundaries - From Contact to Combat
This advanced acting class will work with the participants to understand the importance of how to use tools of communication and establish boundaries when developing scenes - through stage combat and acting exercises.

Dance for the Actor - Jazz/Fosse
The movements and combinations that are often core to many Broadway musicals have been inspired by jazz dance and most notably by the works of the great Bob Fosse. Working on the elements that define these pieces and what makes them a cornerstone discipline for all musical theatre actors. Wear comfortable clothing and jazz shoes are strongly encouraged.
<table>
<thead>
<tr>
<th>Course</th>
<th>Ages</th>
<th>Fee</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
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<tr>
<td><strong>BASICS CLASSES</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Introduction to Acting</td>
<td>9-11</td>
<td>$42/$50</td>
<td>Tuesday</td>
<td>Jan 10-Feb 14</td>
<td>6:45-7:45pm</td>
</tr>
<tr>
<td></td>
<td>12-16</td>
<td>$84/$100</td>
<td>Thursday</td>
<td>Feb 28-Apr 11</td>
<td>6:45-7:45pm</td>
</tr>
<tr>
<td>Introduction to Technical Theatre</td>
<td>13-18</td>
<td>$84/$100</td>
<td>Tuesday</td>
<td>Jan 10-Feb 28</td>
<td>7:00-8:30pm</td>
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<tr>
<td>Just Off Center – Comedy/Improv</td>
<td>9-11</td>
<td>$63/$76</td>
<td>Wednesday</td>
<td>Jan 11-Feb 15</td>
<td>5:30-7:00pm</td>
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<tr>
<td></td>
<td>12-16</td>
<td>$63/$76</td>
<td></td>
<td>Mar 1-Apr 12</td>
<td>5:30-7:00pm</td>
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<tr>
<td>Perfecting Monologues</td>
<td>8-11</td>
<td>$42/$50</td>
<td>Sunday</td>
<td>Apr 23-May 14</td>
<td>12:30-2:00pm</td>
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<tr>
<td></td>
<td>12-16</td>
<td>$42/$50</td>
<td></td>
<td>Jan 11-Feb 15</td>
<td>7:00-8:30pm</td>
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<tr>
<td>Dance for the Actor - Beginning Combos</td>
<td>8-14</td>
<td>$84/$100</td>
<td>Monday</td>
<td>Jan 10-Feb 28</td>
<td>5:30-7:00pm</td>
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<tr>
<td>Group Voice - No class on Jan 25</td>
<td>8-11</td>
<td>$80/$96</td>
<td>Wednesday</td>
<td>Jan 11-Mar 8</td>
<td>5:00-6:00pm</td>
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<tr>
<td></td>
<td>12-15</td>
<td>$80/$96</td>
<td></td>
<td>Jan 11-Mar 8</td>
<td>6:15-7:15pm</td>
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<tr>
<td>Auditioning 101 Workshop</td>
<td>12-18</td>
<td>$25/$30</td>
<td>Saturday</td>
<td>Jan 21</td>
<td>1:30-3:30pm</td>
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<tr>
<td></td>
<td>8-12</td>
<td>$25/$30</td>
<td></td>
<td>May 6</td>
<td>9:00am-12:00pm</td>
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<tr>
<td><strong>BUILDING CLASSES</strong></td>
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<tr>
<td>Acting 2 - Scene Study</td>
<td>8-12</td>
<td>$84/$100</td>
<td>Monday</td>
<td>Jan 9-Feb 7</td>
<td>6:30-8:00pm</td>
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<tr>
<td></td>
<td>13-16</td>
<td>$84/$100</td>
<td>Thursday</td>
<td>Mar 13-May 8</td>
<td>6:30-8:00pm</td>
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<tr>
<td>Beyond the Basics - Character Development</td>
<td>8-11</td>
<td>$63/$76</td>
<td>Monday</td>
<td>Jan 9-Feb 13</td>
<td>5:15-6:45pm</td>
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<tr>
<td>Comedy/Improv Intermediate</td>
<td>8-11</td>
<td>$63/$76</td>
<td>Thursday</td>
<td>Jan 12-Feb 16</td>
<td>7:00-8:30pm</td>
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<td></td>
<td>12-17</td>
<td>$63/$76</td>
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<td>Mar 2-Apr 13</td>
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<td>12-18</td>
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<td>Saturday</td>
<td>Jan 21</td>
<td>1:30-3:30pm</td>
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<tr>
<td></td>
<td>8-12</td>
<td>$25/$30</td>
<td></td>
<td>May 6</td>
<td>9:00am-12:00pm</td>
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**NEW!**

**BEYOND CLASSES**

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<tr>
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<th>Ages</th>
<th>Fee</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acting with an Accent - British</td>
<td>9-12</td>
<td>$42/$50</td>
<td>Monday</td>
<td>Jan 9-Feb 13</td>
<td>5:30-6:30pm</td>
</tr>
<tr>
<td>Creating Boundaries - From Contact to Combat</td>
<td>10-18</td>
<td>$84/$100</td>
<td>Saturday</td>
<td>Mar 5-Apr 9</td>
<td>1:00-3:00pm</td>
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<tr>
<td>Dance for the Actor - Jazz/Fosse</td>
<td>10-18</td>
<td>$63/$76</td>
<td>Monday</td>
<td>Jan 9-Feb 13</td>
<td>7:00-8:30pm</td>
</tr>
</tbody>
</table>

**PLEASE NOTE!** We will not have classes the week of March 20-24.
**NYT AUDITIONS**

For more information and to sign-up for an audition, visit [NorthglennArts.org/Auditions](http://NorthglennArts.org/Auditions)

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### Disney's Descendants - A NYT Production

**Auditions for youth actors ages 12-18**

(Previous acting experience encouraged, but not required)

**Auditions**  
February 7-9  
*by appointment only - visit northglennarts.org/auditions to schedule*

**Actors will need to prepare the following:**

- 16-32 bars from a children's musical (NOT from the show)
- Sheet music or karaoke track acceptable. No acappella will be accepted.
- 1-minute comedic monologue. Memorized.
- Headshot
- Resume

**Callbacks**  
February 11

**Rehearsals**  
Tuesday, Thursday, Saturday
beginning February 21

**Fee**  
$250, payable only if cast (scholarships available)

**Performances**  
April 28-30, May 4-7

---

### The Enchanted Bookshop - A NYT Jr. Production

**Auditions for youth actors ages 8-12**

**Auditions**  
May 16-18  
*by appointment only - visit northglennarts.org/auditions to schedule*

**Actors will need to prepare the following:**

- 1-2 minute comedic monologue. Memorized.
- Headshot
- Resume

**Callbacks**  
May 20

**Rehearsals**  
Listed online beginning May 25

**Fee**  
$200, payable only if cast (scholarships available)

**Performances**  
June 23-25

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**FOLLOW US ON OUR SOCIALS!**

- **Facebook**  
  @northglennyouththeatre
- **Instagram**  
  @NYTColorado
- **Twitter**  
  @NYTColorado

---

Register at [NorthglennARTS.org](http://NorthglennARTS.org)
Welcome to the Hundred Acre Wood, where Winnie the Pooh is once again in search of honey. Along the way, he meets his pals, Tigger, Piglet, Rabbit and Owl, but soon discovers that Christopher Robin has been captured by the mysterious Backson! As they prepare for a rescue operation, the animals learn about teamwork, friendship and, of course... sharing snacks.

Disney's Winnie the Pooh KIDS is a delightful show based on the beloved characters of A.A. Milne and the 2011 Disney animated feature film. Featuring favorite songs from the film, as well as new hits by the Academy Award-winning Robert and Kristen Lopez (Frozen), this honey-filled delight is as sweet as it is fun.

PERFORMANCES
Friday, January 27 @ 10:00am
Friday, January 27 @ 7:00pm
Saturday, January 28 @ 7:00pm
Sunday, January 29 @ 2:00pm

TICKETS
$15 Adult
$13 Youth/Senior/Military
$10 Groups (10+)

Imprisoned on the Isle of the Lost, the teenaged children of Maleficent, the Evil Queen, Jafar, and Cruella De Vil have never ventured off the island... until now. When the four troublemakers are sent to attend prep school alongside the children of beloved Disney heroes, they have a difficult choice to make: should they follow in their parents' wicked footsteps or learn to be good?

Based on the popular Disney Channel Original Movies, Disney's Descendants: The Musical is a brand-new musical jam-packed with comedy, adventure, Disney characters, and hit songs from the films!

PERFORMANCES
Friday, April 28 @ 7:00pm
Saturday, April 29 @ 7:00pm
Sunday, April 30 @ 2:00pm
Thursday, May 4 @ 10:00am*
Friday, May 5 @ 10:00am (Senior Dinner Theatre)
Friday, May 5 @ 7:00pm
Saturday, May 6 @ 7:00pm
Sunday, May 7 @ 2:00pm

SCHOOL SHOW
Email cmarchese@northglenn.org or call 303.450.888 for school group discounted rates.

TICKETS
$15 Adult
$13 Youth/Senior/Military
$10 Groups (10+)

See page 31 for more information about auditions!
YOUTH DANCE CLASSES

Twinkle Toes
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 dance or ballet shoes.

Ages 3-4
Wednesday
10315002-01 Jan 11 - Feb 15 5:00-5:45pm $32/$38
10315002-03 Mar 1 - Apr 12 5:00-5:45pm $32/$38
10315002-04 Apr 26 - May 31 5:00-5:45pm $32/$38

ART & CULTURE CLASSES & CAMPS

Spring Break Art Camp
Ages 8-13
Whether it’s super heroes & dragons, rainbows & fairies, nature & animals or planes, trains & automobiles you love; express your creativity and bring your favorite subjects to life! Join us for a fun and creative week as we explore multiple artistic mediums to create wonderful paintings, fantastic drawings, amazing sculptures and extraordinary crafts! Student should bring a water bottle and a snack.

Mon-Fri
10313031-01 Mar 20-24 1:00-4:00p $150/$180

Family Art Workshops
Kids ages 5-10 and their grown-ups can come create an awesome art project together! Cost includes materials and up to 4 people. Additional people register separately. $40 for up to 4 people, $8 each additional.

Saturday
10316006-10 Jan 7 10:00a-12:00p $40/$48
10316006-11 Feb 4 10:00a-12:00p $40/$48
10316006-12 Mar 4 10:00a-12:00p $40/$48
10316006-13 Apr 1 10:00a-12:00p $40/$48
10316006-14 May 6 10:00a-12:00p $40/$48

ADULT DANCE CLASSES

Try It Out Days!
Drop-in, get to know our instructor and take a sample beginning class! Just pay the Recreation Center drop-in fee and head on up to check it out. If you love it (we know you will!), then feel free to register for the fall sessions.

Line Dancing: Jan 5 12:00-1:00pm
Belly Dancing: Jan 4, Mar 1 7:30-8:30pm

Belly Dance
Join renowned instructor and performer, Phoenix, in this energetic class designed to explore the beauty and art of belly dancing. Boost your self-confidence and physical health in a safe and uplifting environment. These mixed combo classes are geared for various levels including beginner to returning students. Returning students will add challenges to the technique.

Ages 16+
Wednesday
Winter Combo
10315005-01 Jan 11-Feb 22 7:30-8:30pm $70/$84
Spring Combo
10315005-08 Mar 8-Apr 19 7:30-8:30pm $70/$84

Line Dancing
Line dancing is a popular form of dance using repeated series of steps in choreographed succession to fun music. It is a great way to exercise too. No partners needed. We will start with beginner steps and progress at a slow pace towards more advanced techniques.

Ages 18+
Beginners
Thursday
10315006-01 Jan 5-26 1-2pm $28/$34
10315006-02 Feb 2-23 1-2pm $28/$34
10315006-03 Mar 2-30* 1-2pm $28/$34
10315006-04 Apr 6-27 1-2pm $28/$34
10315006-09 May 4-25 1-2pm $28/$34

Continuing
Thursday
10315006-05 Jan 5-26 2:15-3:15pm $28/$34
10315006-06 Feb 2-23 2:15-3:15pm $28/$34
10315006-07 Mar 2-30* 2:15-3:15pm $28/$34
10315006-08 Apr 6-27 2:15-3:15pm $28/$34
10315006-10 May 4-25 2:15-3:15pm $28/$34

Register online at northglenn.org/playnorthglenn or call 303.450.8800
COMMUNITY EVENTS

SNOW STORMERS

We’re looking for volunteers to shovel snow for those who cannot physically do it themselves.

Contact Jenni Murphy at 303.450.8904 or jmurphy@northglenn.org to help out!

Saturday, March 4
9-11 AM
(Weather Date March 11)

Join over 200 volunteers in cleaning up more than 30 miles of Greenway Trails, riverbeds and walkways in Northglenn. Afterwards, we’ll celebrate with lunch!

To sign up, go to www.northglenn.org/volunteer!

FARMERS’ HIGHLINE CANAL CLEANUP

Help Keep Northglenn’s Parks Beautiful!
DERBY DAY
FOR AGES 2-14
E.B. RAINS JR. MEMORIAL PARK

Check in is at 8 AM
Fishing from 8:30-10:00 AM

Awards will be presented in 6 age categories and for the overall longest fish.

Attendees must bring their own fishing pole, tackle and bait as none will be provided.

Entry is free, but registration is required. We sell out early every year, so be sure to register early!

ALSO! Learn how to ride during the Bike Derby! We're giving away a limited number of refurbished bikes.

Register online at:
northglenn.org/fishingderby

Go to www.northglenn.org/events to see what else is going on in Northglenn!
There’s always a pot of coffee on so stop by and visit a while!

303.450.8801 | Monday – Friday
8 a.m. – 4 p.m.

Closures:
Dec 26 Dec 23 & Dec 30 close at noon

General Info
The Northglenn Senior Center offers a variety of activities, events, and resources that are social, inclusive, and accessible to residents age 55 and up. The center is located on the south side of the Northglenn Recreation Center at the theatre entrance.

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  Call 303.447.9636
A-LIFT offers free transportation to Adams County residents who are age 60 and over, or who are mobility impaired 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 303.447.9636 weekdays 8 a.m. to 4 p.m. or visit their website at adcgov.org/community-transit-program-lift for more information.

RTD FlexRide  Call 303.299.6000
FlexRide is a personalized bus service that travels within select RTD service areas. One phone call can connect you to bus routes, Park-n-Rides, rail stations or to work, school and appointments. Make your reservation and we’ll provide an estimated pickup time. When the bus arrives, pay your exact cash fare. It’s that simple.
**FREE WEEKLY ACTIVITIES**

**T’ai Chi Club**  
Monday, Wednesday, Friday  
9:30 a.m.  
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.

**Technology Lab**  
Monday  
10 a.m. – 12 p.m.  
Need help figuring out how to use your laptop, tablet, or cell phone? Staff can help walk you through what you want to learn. Activity is drop-in and first-come, first-serve.

**Coloring+**  
Monday  
1:00 p.m.  
Relieve stress and anxiety, promote focus and concentration, improve mood, and provide a sense of accomplishment. We will have a variety of templates and coloring tools.

**Writers Circle**  
Monday  
1:00 p.m.  
Gather to write, either journal style or creative writing, with prompts provided. Sharing your creations at the end is optional.

**Weight Management Support**  
Monday  
1:00 p.m.  
How to support each other in our on-going journey to healthier living. Talk about challenges and support each person as an individual; it is about feeling better about who we are.

**Bingo**  
Tuesday  
9:45 a.m.  
Enjoy fun, fellowship and refreshments in a not-so-serious morning of bingo. Maybe you’ll win a prize!

**Card Games**  
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.

**Games**  
Thursday  
10:00 a.m.  
Socialize with others and play a new board, card, or pen-and-paper game each month! Bunco, chess, puzzles, and existing games will also be available to play.

**Genealogy Group**  
Thursday  
1:30 – 3:30 p.m.  
Climb up your family tree and find out what surprises may be hiding in your family history.

**Monthly Activities**

**Senior Center Book Club**  
Discover books from a variety of genres that pique discussion. Club members receive a copy of discussion questions in advance that we will go over as a group in the meeting. A copy of each book is available for club members to reserve on a limited basis. Meets are held in a hybrid format (in person and virtually).

- **January 24**  
  *The Snow Child*  
  by Eowin Ivey
- **February 28**  
  *The Sweeney Sisters*  
  by Lian Dolan
- **March 28**  
  *Running with Sherman*  
  by Christopher McDougall
- **April 25**  
  *The Girl on the Train*  
  by Paula Hawkins

**Gaming with the Chief**  
2nd Friday of the Month at 10:45 a.m.  
Join Chief May for Crokinole, a disk-flicking dexterity board game. Do you have the eye–hand coordination to best the Chief? Drop in and find out.

**Sip & Paint**  
Create paintings that celebrate the season with live, step-by-step instruction from Senior Center staff. Participants will receive all necessary painting supplies to create their own masterpiece. Snacks and non-alcoholic drinks provided. Please register at least one week in advance of each class date.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 31</td>
<td>1:00pm</td>
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<tr>
<td>March 7</td>
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</tr>
<tr>
<td>April 11</td>
<td>1:00pm</td>
<td>$20</td>
</tr>
</tbody>
</table>
**LIFELONG LEARNING**

**Estate Planning 1: The 4 Estate Planning Documents Everyone Should Have (a/k/a You Only Die Once – Do It Right The First Time)**

Do you want to keep your family out of court and save them thousands of dollars in legal fees after you pass? Learn from our attorneys at Althaus Law how to avoid the Probate process, protect your family, and get your hard-earned assets to the people you want to inherit them. You’ll learn about the main estate planning documents, strategies to avoid tax, and how to keep the government from deciding where your things go when you pass. Where there’s a will, there’s a way!

10527001-01 February 7 2 pm Free

**Where to Start to Love Your Heart**

Taking care of your heart doesn’t have to be complicated. Start by uncovering heart care myths and then begin your journey toward heart health. Presented by Natural Grocers Nutritional Coach.

10527001-03 February 21 1 pm Free

**Lockbox Program**

Northglenn Police use a lockbox similar to those used by real estate agents to secure a house key. The boxes are given to seniors living alone or anyone who has a concern that they may need police/fire/medical help and won’t be able to reach the door to unlock it. The added stress of a broken door or window can be overwhelming, find out more. Presented by the Northglenn Police Dept.

10527001-05 March 21 1 pm Free

**Estate Planning 2: Wills, Trusts, and Medicaid, Oh My! A How-To for Estate Planning and Planning For Children With Special Needs**

Are you curious about the difference between a will and a trust? Want to know which one would work best for you? Our attorneys at Althaus Law can help! We’ll guide you through how to plan properly to protect your family, especially when special needs children are involved. Learn about Medicaid and how to best plan for the future so you can have the peace of mind you deserve now!

10527001-02 April 4 2 pm Free

**Bone Builders and Bone Breakers**

Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need. Presented by Natural Grocers Nutritional Coach.

10527001-04 April 18 1 pm Free

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**FESTIVE FRIDAYS**

**First Friday Flicks**

Hang out at the Senior Center and enjoy a movie and popcorn on us. Titles will be announced one week prior.

10530001-01 January 6 1 pm Free
10530001-02 February 3 1 pm Free
10530001-03 April 7 1 pm Free

**Chili Cook-Off**

Do you make the best chili on the block? Enter in the 17th Annual Chili Cook-Off. Divisions for Red and Green Chili. It is also a potluck, so if you do not want to enter, please bring a complementary side or dessert. Register by Jan 18.

10530004-01 January 20 12 pm Free (Bring a side/dessert)

**Hoodie Hoo Day Potluck**

This is a day to try to chase away the winter blahs. Help us by out at noon by waving your hands over your heads and yelling “Hoodie-Hoo” at winter. We will then have our annual Potluck. Register by Feb 15.

10530002-01 February 17 12 pm Free (Bring a side or dessert)

**St Patrick’s Day Potluck**

Get your Irish on for this fun annual tradition. The NSO will provide the corned beef and cabbage, you provide a side dish or dessert. Register by Mar 15.

10530008-01 March 17 12 pm Free (Bring a side or dessert)

**Cupcake Decorating**

Come on out on National Cupcake Day and test your cupcake decorating skills. We will provide everything needed before we all eat our masterpieces. Register by Mar 28.

10530009-01 March 31 1 pm Free
SPECIAL EVENTS

Garden Tea Party
Join us for afternoon tea and then learn about gardening in Colorado from a Master Gardener. Register by Apr 19.

105300011-01  April 21  1pm  $10

Pins & Putts
We will meet at Boondocks on the fourth Wednesday of the month for either Miniature Golf or Bowling. Prizes for the best score. Payment is on your own at Boondocks. RSVP at least two days prior.

10531005-03  Bowling  March 29  1pm
Estimated cost < $10

10531005-04  Mini Golf  April 26  1pm
Estimated cost < $10

SENIOR EVENTS

Destinations to be announced closer to each activity date. Cost of meals and destinations are on your own unless otherwise noted. Transportation provided. RSVP one week in advance.

Restaurant Roundups
Enjoy a variety of flavors as we explore a new or unique restaurant.

10528001-01  January 5  11am
10528001-02  February 9  11am
10528001-03  March 2  11am
10528001-04  April 6  11am

Excursions
Visit fun, local destinations as a group.

Forney Transportation Museum
310528007-02  Feb 16  9:30am
Rescheduled from an earlier date. The Forney Museum of Transportation is a one-of-a-kind collection of over 800 artifacts relating to historical transportation. Cost is $12

Lift Chocolate Tour
10528007-03  March 22  9am
Chocolate is special, and affects people with joy in a way that no other food does. Join us for this unique tour of this Boulder Gem. Cost is $10

Sonflower Ranch
10528007-034  April 19  9am
Head out for a self-guided tour of this working farm with over 200 animals of many varieties. Covered tables (so bring a sack lunch) for a relaxing picnic and then visit the Mercantile. Cost is $5.

THANK YOU!
We would like to thank the Adams County Quilters for continuing to share their amazing quilts in our Senior Lounge. We hope we can help them preserve the heritage of quilting in a small way. Please stop by and check out this beautiful, rotating display. If you are interested in learning how to become a quilter, please call the Senior Center (303.450.8801) about upcoming class opportunities.

2023 Travel Film Series

GERMANY & SWITZERLAND
Marlin Darrah
FEB 1

EAST AFRICAN SAFARI
Rick Ray
MAR 1

THE COLORADO RIVER
Gray Warriner
MAY 17

FILM & CATERED LUNCH - $20
FILM ONLY - $7
ALL THREE FILMS WITH LUNCH - $54
ALL THREE FILMS ONLY - $18

Register online at northglenn.org/playnorthglenn or call 303.450.8800
THANK YOU!
TO OUR 2022 SPONSORS

WANT MORE EXPOSURE IN NORTHGLENN?
Become an event sponsor!

Visit www.northglenn.org/sponsorships or call Ashley at 303.450.8935 to get involved.
Help us select the movies to be shown for the 2023 Summer Movie Series.

Vote for your favorite at Northglenn.org/summermovies

Did you know the city of Northglenn offers recycling at the following locations:

MAINTENANCE & OPERATIONS FACILITY*
12301 Claude Court
*Northglenn Residents Only

NORTHWEST OPEN SPACE RECYCLING CENTER*
Located on north side of facility, off of West 112th Avenue and Ranch Drive
*Individuals Only - No commercial companies

Below is a general list of acceptable items:
- Aluminum, steel and tin cans
- Plastic bottles, tubs and jugs
- Glass bottles and jars
- Flattened cardboard and paperboard
- Paper
- Newspapers and magazines
- Food and beverage cartons

Please make sure your recyclables are clean of any food, dry, and placed loosely in the recycling container. Do not bag them.

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

Does the City Pick Up Your Trash? Why Not Have Them Take Your Recyclables, Too?

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

To register a team, participants must pay 50% of the league up front fee. Schedules and rules can be found on our website at teamsideline.com/northglenn

**Winter Adult Basketball League**
10-game season, top four make playoffs

- **Monday**
  - Adult Competitive
  - 10746002-01
  - Jan 9-Mar 20
  - 6:00p
  - $550

- **Wednesday**
  - Adult Recreational
  - 10746002-02
  - Jan 11-Mar 22
  - 6:00p
  - $550

**40 and Over Basketball League**
Participants can be 39 years old as long as they turn 40 in 2023. Age verification for players will be required at the start of the season. Schedules and league rules can be found at teamsideline.com/northglenn. Season consists of 6 games in the fall and winter, 7 games in the spring. Any other information, contact Roman Ortega at 303-450-8928 or at Rortega@northglenn.org.

- **Sunday**
  - 10749001-01
  - Jan 15-Mar 26
  - 3:00-7:00p
  - $440

**6 Foot and Under Basketball Tournament**
Adults 6-feet-tall and under can hoop it up in this 4 vs. 4 tournament. Rims will be set at 8.5 feet tall and dunking is allowed. Teams have four to eight players, and they must provide white and black shirts or jerseys. The single-elimination tournament is limited to 12 teams. All squads are guaranteed at least three games. Players must be at least 18 years old.

- **Saturday**
  - 10746003-01
  - Jan 14
  - 9:00a-3:00p
  - $140

**Spring Adult Basketball League**
7-game season, top four teams make playoffs

- **Monday**
  - Adult Competitive
  - 10746001-01
  - Apr 3
  - 6:00-10:00p
  - $385

- **Wednesday**
  - Adult Recreational
  - 10746001-02
  - Apr 5
  - 6:00-10:00p
  - $385

FIND US ON THE WEB
Teamsideline.com/Northglenn

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**Youth Sports Community Organizations**
If your youngster is interested in sports, check out the following community organizations:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Metro Little League</td>
<td>nmll.org</td>
<td></td>
</tr>
<tr>
<td>Colorado Storm North Soccer</td>
<td>rapidsyouthsoccer.org</td>
<td>303.399.5858</td>
</tr>
<tr>
<td>Northern Youth Football</td>
<td>nyfa.net</td>
<td></td>
</tr>
<tr>
<td>Northglenn Judo Club</td>
<td>northglennjudo.org</td>
<td></td>
</tr>
<tr>
<td>Northglenn Youth Basketball</td>
<td>northglenn.org/youthsports</td>
<td>303.450.8800</td>
</tr>
</tbody>
</table>
Elevate Your Game  Ages 7-14

Winter Break Camp
Scoring, Shooting, & Ballhandling Skills

Players who can dribble the basketball against pressure, score in a variety of ways, and make shots can create lots of advantages. In the Scoring, Shooting, & Ballhandling Camp, players discover how to:

• Finish creatively in the paint
• Beat their defender off the catch and dribble to make plays
• Attack defensive close outs with playmaking confidence
• Get their shot off against taller, longer defenders
• Build unshakeable confidence
• Develop shooting accuracy
• Develop smooth footwork to ‘stop on a dime
• Create separation from anywhere on the floor
• Receive 9 hours of on-court skills work.
• 1-on-1, 2-on-2, 3-on-3, 4-on-4, and 5-on-5 each day.

Visit eygbball.com for more information.

Players return to their team with the ability to read the defense, score points, and make plays on any court.

Tuesday-Thursday
30855003-04  Dec 27-29  1:30-4:30p  $70/$75

High School Basketball

The City of Northglenn is offering a High School Basketball league for grades 9 thru 12th. These teams will either participate in our CARA league program and play against other high school teams put together from other cities or in our own organization. Teams will travel to surrounding communities to play games on Sundays or TBA. No experience is needed.

10855002-09  Jan 9-Feb 28  6:30-8:00p  $80/$96

Lil Dunksters

Ages 4-6

Your little one will practice for 40 minutes, then play in a 20 minute game. Rims are set at 6 feet high and participants will use a 22 inch ball. Teams are determined the first week of the program and shirts are provided.

Sunday
10855005-01  Jan 15-Feb 19  9:30-10:30a  $45/$54

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

For coaching opportunities, contact Roman Ortega at 303.450.8928 or rortega@northglenn.org

Become a Junior Nugget

The city will continue its partnership with the Denver Nuggets for the new season. All players participating in the recreational and competitive basketball leagues will receive one ticket to a Nuggets game this upcoming season, along with a reversible Junior Nuggets jersey for games.

(Additional game tickets can be purchased at a discounted rate.)
The recreational league’s philosophy is that players learn the fundamentals of basketball in a fun and positive environment. Leagues will be broken into 1/2, 3/4, 5/6 and 7/8 grades.
Participants will choose one, one-hour practice Monday - Friday per week. Practices will be held at a school located in the Adams 12 School District. Games will be played on Saturdays between 8am - 7pm at the Northglenn Recreation Center starting January 21. Practice begins the week of January 9. Volunteer coaches receive a 50% discount on registration. No games or practice during spring break. For any other information, contact Roman Ortega 303-450-8928 or at Rortega@northglenn.org

Saturday
30855002-01  Jan 21-Mar 11  7:30a-5:30p  $80/$96

Spring Season

Practices begin March 27
Games on Saturday beginning April 2
7-game season $75/$90

Register online at northglenn.org/playnorthglenn or call 303.450.8800
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.

Spring CARA Volleyball
Grades 2-8

The City of Northglenn partners with the Colorado Association of Recreational Athletics (CARA) to offer both fall and spring volleyball opportunities. Teams are divided up based on grade level, 2-4, 5-6, and 7-8 and these teams compete against other recreation agencies. Participants practice twice a week and teams practice on Mondays & Wednesdays or Tuesdays & Thursdays. Seasons consist of 2 to 3 Saturday tournaments which are held at different locations in the Denver Metro area.

Tuesday, Thursday
Grades 5-6
10860001-02 Mar 14-May 18 4:30-5:45p $85/$102

Tuesday, Thursday
Grades 7-8
10860001-03 Mar 14-May 18 4:30-5:45p $85/$102

Monday, Wednesday
Grades 2-4
10860001-06 Mar 13-May 17 4:30-5:30p $85/$102

Summer Softball
Participants must pay half of the league fee at time of registration. Schedules, rules and bat restrictions are at teamsideline.com/northglenn

Tuesday Men’s Rec League Softball
20745001-02 May 16-Jul 18 6:30-10:30p $550/$550

Friday Coed Rec League Softball
20745001-05 May 12-Jul 21 6:30-10:30p $550/$550

Sunday Men’s Leisure League Softball
Games will be played at Jacypee Ball Park and will begin at 3:00pm. To register a team participants must pay 50% of the team fee at the time of registration. Schedules, Rules, and bat restrictions can be found at www.northglenn.org/adultsports.

20745001-06 May 14-Jul 23 4:00-8:00p $440/$440

PARK RANGER DAYS

Enjoy our seasonally changing self-guided tour around Webster Lake at EB Rains Jr. Memorial Park and Croke Reservoir. Bring your smart phone, stroll at your own pace, and learn more about features, wildlife, plants, ecosystems and so much more. See map for kiosk locations.

World Wildlife Day
Friday, March 3rd
Celebrate “World Wildlife Day” by learning how we can respect our urban wildlife, flora and fauna with Leave No Trace principles from Northglenn Park Ranger, Karen Keeney via self-guided walking tours at EB Raines Jr. Memorial Park and Croke Reservoir.

National Environmental Education Week
Sunday, April 16th through Friday, April 21st
Celebrate “National Environmental Education Week” by picking up packets at the front desk of the NG Recreation Center full of fun activities from Northglenn Park Ranger, Karen Keeney.
Personal Training
Work with one of our certified personal trainers, customize your workout routine, and achieve your fitness goals! We offer a variety of packages. Please contact Sarah Schwallier at 303.450.8911 for more information.

<table>
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<tr>
<th>Individual Sessions</th>
<th>Rates</th>
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<tr>
<td>1 one-hour session</td>
<td>$35R / $42NR</td>
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<tr>
<td>4 one-hour sessions</td>
<td>$126R / $152NR</td>
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<tr>
<td>8 one-hour sessions</td>
<td>$238R / $286NR</td>
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<tr>
<td>12 one-hour sessions</td>
<td>$336R / $403NR</td>
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</table>

<table>
<thead>
<tr>
<th>Group Sessions</th>
<th>rates listed per person per session</th>
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</thead>
<tbody>
<tr>
<td>1 one-hour session</td>
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<tr>
<td>4 one-hour sessions</td>
<td>$22.50R / $27NR</td>
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<td>8 one-hour sessions</td>
<td>$21.25R / $25.50NR</td>
</tr>
<tr>
<td>12 one-hour sessions</td>
<td>$20R / $24NR</td>
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</table>

Cancellation Policy
A 24-hour cancellation notice is required for all appointments. Please contact your trainer directly if you are unable to attend your scheduled session. If a 24-hour cancellation is not received, you will be charged 50% of a one-hour session.

SilverSneakers® include:
- Free use of pool facilities, gymnasium, 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® and RenewActive™ memberships are free for select Medicare and Medicaid beneficiaries through their health insurance provider. Check with the staff to see if you qualify. Classes are open to other seniors via a Recreation Center membership or daily fee.

The RenewActive™ program provides eligible members access to this location at no cost. Eligible members will have access to all the services and privileges that are normally a part of our standard membership.
Body Pump by Les Mills

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You’ll leave the class feeling challenged and motivated, ready to come back for more.

Essentrics

Essentrics is a full-body workout that draws on the flowing movements of Tai Chi for balance and flexibility, the core strength of ballet for long, lean muscles and the agility building of physiotherapy.

Fit For Life

Need an extra push? Our Fit for Life class is a full body, aerobic and strength conditioning workout. ALL fitness levels are welcome! Our goal is to offer encouragement rather than intimidation. We want you to have tons of fun – but be prepared to challenge yourself.

Foam Rolling

A form of self-massage or self-myofascial release that can help loosen up tight muscles and “trigger points” that occur when contracted muscle fails to fully release. Our foam rolling class has been specifically designed to improve flexibility, reduce muscular stiffness, speed up recovery, and alleviate pain.

Pilates

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.

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® Toning

Body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party. Students learn how tone all their target zones, including arms, abs, and thighs.

Senior Weight Training

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

Senior Yoga

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

SilverSneakers® Classic

Move to the music with 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.

SilverSneakers® Cardio Fit

Increase cardiovascular and muscular endurance 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 used for support, stretching and relaxation exercises.

SilverSneakers® Chair Yoga

Get ready to move through a series of seated and standing yoga poses. Chair support is offered to perform postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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.

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. Free.
Guests 16+ years of age are welcome to sign up for our specialized programs and guests 12+ years of age are welcome to sign up if accompanied by an adult.

**Sound Bath**

Mind & Body Balance Workshop
Join us for a full hour and a half of sound vibration immersion. Experience what vibration and sound can do for your physical body, thinking mind and energy field!

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<thead>
<tr>
<th>Saturdays</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
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<td>10423001-02</td>
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<td>March 18</td>
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<td>10423001-04</td>
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</tr>
<tr>
<td>10423001-05</td>
<td>May 20</td>
<td>$20/$25</td>
</tr>
</tbody>
</table>

**Drum Circle**
Ages 14+
The practice of drumming gives us an opportunity to experience where we can be free to connect with ourselves and others, in order to release, restore, and heal. It is a universal language where all people can be a part, free from words and concepts, a space of self-discovery and expression.

The healing benefits of drumming are it reduces stress, induces deep relaxation, lowers blood pressure, boosts the immune system, helps control chronic pain, and helps release negative feelings, blockages, and emotional trauma.

No experience in drumming is necessary to participate and you do not need to own a drum, though you can bring yours if you have one.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>10423003-01</td>
<td>February 12</td>
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</tbody>
</table>
HOW’S THE AIR OUT THERE?

Through the Love My Air program, air quality sensors have been installed at Northwest Open Space and the Northglenn Recreation Center.

Check out the air quality in Northglenn at www.northglenn.org/lovemyair and go to SimpleStepsBetterAir.org to learn about how air quality can impact your health!

JOIN THE HEAL COMMITTEE

Are you interested in improving the overall health of the Northglenn community? Join the HEAL Committee!

Members work with City Council, organizations in the community and residents to help improve access to healthy food and implement policies that make an active lifestyle easier to accomplish! HEAL meets virtually from 7:30 to 8:30 a.m. on the third Tuesday of the month.

INTERESTED? Contact Becky Smith at bsmith@northglenn.org or 303.450.8741.
### NORTHGLENN PARKS

For more information including maps and features at each location, visit Northglenn.org/parks.

<table>
<thead>
<tr>
<th>Park/Facility</th>
<th>Acres of Turf</th>
<th>Basketball Courts</th>
<th>Sculptures</th>
<th>Playground</th>
<th>Picnic Tables</th>
<th>Picnic Shelters</th>
<th>Benches</th>
<th>Restrooms/Portable Toilets</th>
<th>Water &amp; Other Features</th>
<th>Location</th>
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<td>Leroy &amp; Rosalie Drives</td>
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</table>

Register online at northglenn.org/playnorthglenn or call 303.450.8800
COMMUNITY ENGAGEMENT & Volunteering

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. ► See Page 34 for details on the Farmers’ Highline Canal Cleanup on March 4!

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 local family.

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, 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
Northglenn Arts needs volunteers (ages 14+) for its Northglenn Youth Theatre (NYT) productions and its Presents series the night of performances to help with greeting, ushering, ticket taking and concessions. If you want to get more involved behind the scenes of NYT, we also need adult volunteers (ages 18+) to help with costuming and set painting and construction.

For more details contact Jenni Murphy at 303.450.8904 or jmurphy@northglenn.org or visit www.northglenn.org/volunteer.

“It’s not how much we give, but how much love we put into giving.” - Mother Theresa
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
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</table>
| 02    | **Noel Northglenn: Night of Lights** 5:30-8:30 p.m. | Northglenn Recreation Center
|       | [www.northglenn.org/light](http://www.northglenn.org/light) |
| 03    | **Olde Fashion Christmas** Stonehocker Farmhouse
|       | Enjoy holiday music from a local artist and browse baked goods, gifts, stocking stuffers and more. |
| 04    | **Bike Giveaway** 9-11 a.m. | Maintenance and Operations Facility
|       | The Northglenn Bike Program will be giving away refurbished bikes for FREE to those in need! |
| 11    | **Northglenn Arts Presents:** “Miracles” – A Kantorei Christmas 2 p.m. | Parsons Theatre
|       | [www.northglennarts.org](http://www.northglennarts.org) |
| 16    | **Northglenn Arts Presents:** “Motones & Jersey: Holiday Hi-Fi” Multiple Shows | Parsons Theatre
|       | [www.northglennarts.org](http://www.northglennarts.org) |
| 18    | **Pint-Sized New Year Party** 11 a.m.-12:30 p.m. | Northglenn Recreation Center
|       | Children 3-10 are invited for games, a noon-year countdown and dancing! $5 for residents, $6 for non-residents. |
| 20    | **Senior Center: Chili Cook Off** Noon | Senior Center |
| 27    | **Northglenn Youth Theatre Presents:** “Winnie the Pooh” Multiple shows | Parsons Theatre
|       | [www.northglennarts.org](http://www.northglennarts.org) |
| 29    | **Travel Film: “East Africa Safari”** 10 a.m. | Parsons Theatre
|       | [www.northglennarts.org](http://www.northglennarts.org) |
| 02    | **Northglenn Arts Presents:** “National Tour of Call of the Wild” 10 a.m. & 7 p.m. | Parsons Theatre |
| 03    | **Northglenn Arts Presents:** Los Mocochetes 7:30 p.m. | Parsons Theatre
|       | [www.northglennarts.org](http://www.northglennarts.org) |
| 09    | **Northglenn High School Poetry Night** 6 p.m. | Parsons Theatre |
| 01    | **Travel Film: “Germany & Switzerland”** 10 a.m. | Parsons Theatre
|       | [www.northglennarts.org](http://www.northglennarts.org) |
| 02    | **Northglenn Arts Presents:** Cleo Parker Robinson Dance “Inspiring Movement.” 10 a.m. & 7 p.m. | Parsons Theatre
|       | [www.northglennarts.org](http://www.northglennarts.org) |
| 03    | **Senior Center: Pig Day** Noon | Senior Center |
| 04    | **Farmers’ Highline Canal Clean-Up** 9 a.m.- 11 a.m. | Locations throughout Northglenn. Weather dependent [www.northglenn.org/fhcc](http://www.northglenn.org/fhcc) |
| 01    | **Northglenn Arts Presents:** “Spring Awakening” Afternoon and evening shows available | Parsons Theatre
|       | [www.northglennarts.org](http://www.northglennarts.org) |
| 03    | **Northglenn Arts Presents:** “The Descendants” Multiple shows | Parsons Theatre
|       | [www.northglennarts.org](http://www.northglennarts.org) |
| 07    | **Senior Center: Garden Tea Party** 1 p.m. | Senior Center |
| 08    | **Derby Day** 8:30-10 a.m. | E.B. Rains Jr. Memorial Park |

Never miss an event! Sign up for our monthly e-newsletter at [www.northglenn.org/signup](http://www.northglenn.org/signup).
Registration begins Dec. 12 for Residents and Dec. 19 for Non-Residents
www.northglenn.org/playnorthglenn

Like us on Facebook! https://www.facebook.com/cityofnorthglenn.parksandrec

Now Hiring Lifeguards

Starting at $16.56*
*Pay effective after Jan 1 2023

Training Provided!
Apply at:
northglenn.org/jobs