



Town of Lyons
 Department of Parks
 and Recreation
 P.O. Box 49
 Lyons, CO 80540
 303-823-8250

Check out the
 Town of Lyons on
 Facebook! 

Meadow Park Closure Update

Due to the Folks Festival, Meadow Park will be closed to the general public and vehicle traffic the week of August 12th. Lyons Residents will be allowed to enter the park on foot.

15TH ANNUAL SANDSTONE SUMMER CONCERT SERIES

MUSIC ON THE RAUL VASQUEZ COMMUNITY STAGE
 IN SANDSTONE PARK
 THURSDAY NIGHTS ★ 6:30 PM ★ JULY 18 - AUGUST 29

★ SURE IT IS THE GRANIAS ★ JULY 18
 ★ SHOTGUN MOSES ★ AUGUST 22

DANNY SHAFER ★ BAND
 JULY 25

GINGER ROOTS ★ BAND
 AUGUST 29

BLUE CANYON ★ BOYS
 AUGUST 1

★ LYONS FARMERS MARKET ★

5:30-8:30 PM
 THURSDAYS, JULY 18-AUGUST 29

COLORADO ★ BLUEGRASS ★ BAND
 AUGUST 8

LYONS IS PROUD TO ANNOUNCE ITS FIRST FARMERS MARKET OFFERING FRESH, LOCAL PRODUCE FROM THE LYONS FARMETTE AND OTHER LOCAL FARMS. A FARM DINNER WILL BE OFFERED EACH MARKET BY A LOCAL FARM TRUCK OR FOOD ARTESIAN USING LOCAL INGREDIENTS FROM OUR SURROUNDING FARMS. IN CELEBRATION OF OUR COMMUNITY OTHER LOCAL BUSINESS WILL BE HIGHLIGHTED BRINGING OUR COMMUNITY TOGETHER THROUGH MUSIC & FOOD.

★ ASH & ★

★ ANDRIA GANLEY ★
 AUGUST 15

COME ENJOY SEVEN FANTASTIC NIGHTS OF MUSIC IN SANDSTONE PARK (4TH & BROADWAY) NEAR THE VISITOR CENTER AND DOWNTOWN LYONS

brought to you by:



Upcoming Events:

Sandstone Summer Concerts & Farmers Market

Sandstone Park
 Thursdays
 July 18-August 29, 2013

Challenger Soccer Camp

Bohn Park
 August 5-9, 2013

CPR/FIRST Aid Walt Self Building

August 18, 2013

Casino Trip

Walt Self Building
 August 21, 2013

Challenger Soccer Camp

The Town of Lyons is pleased to host Challenger Sports, providers of the USA's most popular soccer camp program. The camp will be held August 5th - August 9, 2013 at the Bohn Park Multi-Purpose Field. The camp is available for ages 3-16 years. All camps feature the Challenger coaching staff, t-shirt, soccer ball, poster, individual skills evaluation, and more! Visit the Town of Lyons website to register.

Adult Cardio Sculpt Fitness

This class is designed to help maintain your cardiovascular health by combining high intensity cardiovascular routines with strength training. We welcome you to come and enjoy the benefits of working out in a group setting. Classes held Thursdays, August 22- September 19 from 6:30-7:30pm at the Walt Self Community Building. This class is for adults 18 and older and is \$10 per class/ \$50 for all. There must be a minimum of 8/ maximum of 20. Please register online or stop by Town Hall during business hours.

Adult Casino Trips

Back by popular demand! Town of Lyons Parks & Recreation is pleased to offer a trip to the Reserve Casino in Central City! Join us for a day of casino action, delicious dining, thrilling giveaways and great entertainment on August 21st! Persons attending will be responsible for \$5 for transportation, any casino expenses and for cost of food & beverages. If you have attended a previous casino trip and you refer a friend, your bus fare is free! For more information, or to sign up, please contact Adriana Blacker at the Lyons Park & Recreation Department at 303.823.8250.

Seated Fitness

This class is designed to help maintain your cardiovascular health, strength, and flexibility while sitting. This class is for ages 50+ and is free. Classes will be held the last Wednesday of each month at the Walt Self Community Building. Next class will be held Au-

All Levels Power Flow Yoga

This class will focus on Vinyassa Flow Yoga with an emphasis on functional strength, core stability, flexibility and proper alignment. In class we will connect traditional yoga postures using breath. Adding elements of organic movement, we will move, flow and engage in new, fun and challenging ways. This class is for the beginner and experienced yoga participant. Classes held Thursdays, September 5– 26 from 7-8pm at Rogers Hall. This class is for adults 18 and older and is \$17 per class/ \$60 for all. There must be a minimum of 5/ maximum of 20. Please register online or stop by Town Hall during business hours.

Reduce your risk of falling!



Come join us pm Wednesday, September 18 from 12:30-2:30 at the Walt Self Community Building during Fall Prevention Week to learn how you can get around more safely and with confidence. If you or anyone you know could benefit from some information on fall prevention come join the conversation! We will discuss upcoming classes and will have onsite volunteers providing those interested with fall risk screenings.

Monthly Activities at the Walt Self Building

Please note that days and times have changed. For your convenience all activities will now be on Wednesdays.

Active Adult Arts & Crafts

Come join our monthly arts and crafts class on the fourth Wednesday of every month from 12:30-2:30pm. This class is free to all seniors in Lyons ages 50 and up. On August 28 we will be creating crafts with dried flowers.

Active Adult Game Day

The first Wednesday of every month stop by for a game and conversation. This month we will meet on August 7th from 12:30-2:30pm.

Denver Botanic Gardens Trip

The Town of Lyons Parks & Recreation Department is offering a trip for seniors to get a guided trip of this year's special exhibition at the Botanic Gardens. The tour will be held on Thursday, September 12 meeting at the Walt Self Community Building at 9:30am. The exposition features about 20 sculptures by Colorado artists. Participants will take an hour long guided private tour and then will have lunch at a choice of one of two cafés. Lunch prices range from \$5-\$10 or you can bring your own lunch and find a space around the gardens to enjoy. Everyone will have some time to explore the gardens on their own as well. Persons attending will be responsible for the cost of admission, which is \$14.00 per person as well as for any food and beverage costs. There is a minimum of 10 and a maximum of 17 participants. For more information or to sign up, please contact the department.

Brain in a Bag Presentation

We are fortunate to have Dean Brittenham join us for a second time to share his expertise on how to strengthen your brain and its ability. This free presentation will be held at the Walt Self Building on Wednesday, October 16th from 12:30-2:30pm. Dean shares his research and gives out tools and exercises for people of any age to continue to develop and grow their brains. Dean's enthusiasm makes his presentation not only exciting to hear about but fun to try as you develop new tools to improve your life! For more information visit www.braininabag.com

Denver Ballet

The Town of Lyons Parks & Recreation is excited to offer a wonderful opportunity for seniors to attend a showing of Giselle at the Denver Ballet. This trip is scheduled for Sunday, October 13th with a 12:30pm departure time. Giselle is described as a romantic classic which demonstrates how love can sometimes be more powerful than death. This particular showing is set to live music by the Colorado Ballet Orchestra. Come join us for a great day of theater, conversation and enjoyment. Transportation will be provided. Persons attending will be responsible for the cost of the ticket which is \$20, and any additional refreshments you would like. For more information or to sign up, please contact the Department. There must be a minimum of 10 and a Maximum 17.

Registration Deadline September 27

HUNTER EDUCATION COURSE

The Town of Lyons Department of Parks, Recreation & Cultural Events is pleased to be hosting State of Colorado Division of Wildlife volunteers who will be teaching a hunter education course on September 14 & September 15th in the Walt Self Community Building. Classes will be on **Saturday September 14th 8am-5pm and Sunday September 15th 9am-3pm**. Please call 303-823-8250 and leave a message with all names of those who will be attending and contact information to sign up for the course. A minimum of 15 participants are needed to ensure the class will be provided. A \$10 course fee will be collected the day the program begins.

Beginner BMX Dirt Skills Clinic

These classes are focused on fun and are geared toward any beginner riders who have gone past training wheels. Ages 5 and up are perfect for this class. These classes cover safety, cornering techniques, stopping, confidence building and offer an introduction to advanced skills such as wheelies and bunny hops. Classes will be held on Aug. 4, 10 am- noon at Lyons Dirt Jump Bike Park. The cost is \$45.00 per class and will be taught by Plus Size BMX Instructors (All of whom are US ABMX Certified). There must be a minimum of 5/ maximum 20.

Introduction to MTB riding

This class is geared toward teens and adults 13+, who are looking to advance their bike handling skills or get an introduction to off road riding. Classes will also include instruction on proper bike setup and maintenance. Classes cover: safety, cornering techniques, braking technique, how to use the terrain, confidence building and bike setup. Classes will be held August 4, 1:30 pm-3:30 pm at Lyons Dirt Jump Bike Park. Contact the department to register.

Lyons Fall Coed Softball League

After a very successful summer adult coed league, registration for a fall coed league began on July 1. Eight teams are needed to hold the league which will play an 8-week season on Monday nights beginning August 19th and ending on October 14th. The team fee will be \$300/ team with a player fee of \$15 per resident and \$18 per non-resident. The registration deadline has been extend until August 12th or until the league is filled, whichever comes first. Be sure to gather your friends and register your team today!

CPR/AED & First Aid

This American Red Cross course covers CPR & AED/ First Aid for adults, children and infants. Materials will be provided. Class will be held Sunday, August 18 or October 20th from 11am-5pm at the Walt Self Community Building. Class is for participants 12 and older, cost \$106.25. Minimum of 6 and a maximum of 20 participants. Please contact Heather at heather.deal@ci.longmont.co.us for questions. Register through the Lyons Parks and Recreation Department.

Children's Pottery Class

Children are natural masters of pottery making. In this class students will learn pinching, coiling and sculpting techniques to make expressive functional and non-functional art work. This class is for ages 9 -14 and will be held at the Walt Self Building on October 21st-25th from 3-4pm. There is a \$50 fee and a \$5 material fee to participate in this class. Pieces will be painted with slips, under-glazes and fired to Cone 5. There must be a minimum of 8 and a maximum of 20 participants.

Tennis anyone? Williams Tennis School Classes



This player development program is based on the modern game and high performance coaching principles. Players will strive to become competitors who can intelligently construct a tennis point and learn to control and finish. Players will be taught solid footwork, fundamentals, world class mechanics, and a strong tactical and mental game. The primary emphasis will always be on fun. Players will learn good sportsmanship, court etiquette, and how to compete and win. The number one goal is to see all players thrive on and off the court and grow the greatest lifetime sport on the planet. All tennis classes will be taught by Steve Williams at the Bohn Park Mutli Use Sport Court on Saturdays September 7th, 14th, 21st & 28th. Kids 10 and under –Red Ball (Ages 5-7), held from 9:30-10 am, 10 and under –Orange Ball (Ages 8-10) held from 10-11 am, kids High Performance Tournament (Ages 11-17) will be held from 11-12:30 pm. Adult Drills/ Skills (All levels welcome) will be from 12:30-2pm. All classes for adults and kids cost \$6 /.5 HR, \$12.00/1 HR or \$18/1.5 HRS. There is a maximum 8 participants per session. Register thru Lyons Parks & Recreation.

Intergenerational Arts and Crafts

Lyons seniors and youth ages 4-10 years old are invited to take part in a arts and crafts day. This session is free and will be held on Wednesday, October 23 from 2:45-4pm at the Walt Self Community Building. Participants will get to engage with one another and enjoy making crafts together.

Parenting Series

Town of Lyons Parks and Recreation is offering its first ever parenting series! Boulder Psychological Services will be presenting on a range of topics to help better understand your child and to be a more effective parent. Come join other parents in the Lyons community the second Tuesday of the month for an evening of education. All classes are held at Walt Self and are from 6:30-8:30pm. This series is free to all parents.

Facebook, Sexting, and Gaming, OMG!

September 10, 2013

Learn essential strategies for helping your child successfully navigate the wild world of technology.

Moderator: BPS staff

Understanding and Dealing with Teen Depression

October 8, 2013

Colorado leads the nation in adolescent depression. Learn how to recognize the symptoms and what to do about it.

Moderator: PBS Staff

ADHD... or is it?

November 12, 2013

Hear from experts, parents, and others about the diagnosis of ADHD and other disorders that mimic the same symptoms.

Moderator: PBS Staff

Preparing for Adolescence: From Tween to Teen

December 10, 2013

Increase your understanding about adolescent development, and its impact on child behavior and family interaction.

Moderator: BPS staff

Parenting Classes for Caregivers of Infants & Toddlers

This parenting class, a collaboration between the Boulder County Early Childhood Council and the Lyons Early Childhood Task Force, is oriented to parents and other caregivers of children 0 - 3 years old. The course will cover the key points in a child's early development, including brain, behavioral and social development and school readiness. Parenting challenges ranging from discipline, sleep, feeding, toilet training, sibling rivalry, mastering anger, and calming a fussy baby will be explored in-depth in this six week journey. Weekly classes will be held on Tuesdays from 6:00 - 7:30pm at the Lyons Community Church meeting room, from September 10-November 19th.

Adult Pottery Class

Learn a variety of pottery forming techniques to make functional pieces and sculpture. In this series of classes, students experience pinching, coil building, working with simple molds and slab building. Surfaces will be decorated using slips and under-glazes and will be finished with a clear glaze fired to Cone 5. This class is for 16 and older and will be held at the Walt Self Community Building October 21st-25th from 1-2:30pm. This class is \$60 + \$10 material fee. There must be a minimum of 8 and a maximum of 20 for the this class to be held.

Invasive Plant Management Class

Are you a nature enthusiast? Do you wonder which thistles are native? Interested in learning control methods for non-native invasive plants on your property? Please join us for an opportunity to be exposed to nature on Saturday, August 31 from 9am-11am at Lyons Town Hall. This class has a minimum of 6 participants and a maximum of 20. We'll briefly discuss the meaning of a "weed", its legal classifications, ecological classifications, and interpreting The State of Colorado Weed Law. Then we'll take time to address local concerns, various control methods, and being "Garden Smart". If you happen to bring your own samples, we'll do our best to assist you with plant identification. To register contact the department.

Caution Bohn Bark Off Leash Park Users

Lyons Residents that use the Bohn Bark Off Leash Dog Park please use extra caution since there have been sightings of rattlesnakes and we have received reports of them in the area. Signs are posted in the area. Please be cautious as we live, work and play where rattlesnakes are often spotted.

Silk Painting

You are invited to learn the basics of painting on silk using a variety of methods such as salt and resist. Silk painting has something for everyone from professional artist to those who have never painted; the technique is very simple. In this class, you will create a wearable scarf or a wall hanging. All supplies included. This class is for anyone 14 and older and will be held Wednesday, September 18 from 6-8pm. Minimum of 6 and a maximum of 10 participants. The fee is \$25 + \$10 Material fee and will be held at the Walt Self Community Building. The registration deadline September 11th.

B-Strong Ride

The B-Strong bike race will be stopping in Sandstone Park on Saturday, August 10th from 9:30-3pm. An estimated 300-400 riders will be stopping near the visitor center periodically throughout the day. A rest stop will be set up in the area. Lyons Residents will be allowed to enter the park. The B-Strong ride benefits the Boulder Community Hospital & the George Karl Foundation.

