

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



**Upcoming Events:**

**Adult Basketball**  
Lyons Elementary  
Thursdays

**Town Hall Closed**  
January 1, 2016

**Kids Kayaking Open Pool**  
Centennial Pool  
January 15-April 15th, 2016

**Collage the Night Away**  
Walt Self Building  
January 13th & 20th

**Teen Yoga**  
Walt Self Building  
Jan. 13<sup>th</sup>-Feb.10<sup>th</sup>

**Babysitter Training**  
Walt Self Building  
February 6th & 7th

**Hunters Education**  
Walt Self Building  
February 27th & 28th

For event times please visit  
[www.townoflyons.com](http://www.townoflyons.com).

**Collage the Night Away**

Lyons Parks and Recreation is pleased to offer two collage art classes. Learn the art of mixed media painting and collage in this fun class (ages 18 and up) **Wednesday, January 13, 2015 and Wednesday, January 20 from 6:00PM-8:00PM at the Walt Self Building.** This class will be taught by Jennifer Quinn MAET, ATR using acrylic paint and ink. All materials provided. Participants will create a 12X12 canvas painting. **Cost is \$65** and there is a minimum of 5 participants, Maximum of 10. You must sign up by January 8th at 303-823-8250 or [llegault@townoflyons.com](mailto:llegault@townoflyons.com)

**THURSDAY BASKETBALL LEAGUE**

A pick up basketball league is held at the Lyons Elementary School Gym on Thursday nights from 8p.m. to 9:30 p.m. Please do not show up to play prior to 7:50 p.m. as the gym is scheduled for other uses. All are welcome to play.

-The league runs Thursdays October 1st, 2015 thru March 31, 2016.

Cost is \$80/season, \$45/ Oct 1-Dec 31, \$45 Jan. 7-Mar 31, or \$5 per night drop in.

**Lyons Kids Kayak Club Kicks Off at Centennial Pool**

The Town of Lyons Department of Parks, Recreation & Cultural Events would like to invite Lyons youth ages 7 to 16 and their parents to join them in Longmont at Centennial Pool to learn the basics of kayaking. The purpose of these open pool sessions is to prepare young kayakers for opportunities to participate in upcoming summer kayaking programs and learn basic kayaking skills in a comfortable environment. Fourteen open pool sessions will be offered on Fridays starting January 15th. Open Pool sessions will be held from 7:00pm-8:30pm at Centennial Pool in Longmont on the corner of Alpine and Mtn. View. There will be an ACA certified instructor on site. The cost is \$85 as long as participants register by January 15, 2016. Drop in rates will be \$10.00/ session. Contact the department for further details. Participants must be skilled swimmers and parents must provide transportation to and from the site. The Department of Parks, Recreation & Cultural Events has a limited amount of equipment it will lease to students for the duration of the pool sessions. Please contact the department for details.

**American Red Cross Babysitter's Training**

The American Red Cross Babysitter's Training course is fun and fast-paced with hands-on activities, exciting video, role-plays and lively discussions. Youth ages 11 to 15 learn child-care, first aid, leadership and communication skills such as:



**American Red Cross**

- Supervising children and infants
- Performing basic child-care skills such as diapering, feeding and dressing
- Choosing safe, age-appropriate games and toys
- Handling bedtime and discipline issues
- Identifying safety hazards and preventing injuries
- Caring for common injuries such as burns, cuts and bee stings
- Communicating effectively with parents
- Finding and interviewing for babysitting jobs

The class participant fee includes a Babysitter's Training Handbook, Emergency Reference Guide and CD-ROM for babysitters to use in the class and on the job. Class will be held in the Lyons Town Hall Board Room on February 6<sup>th</sup>, 7<sup>th</sup> 9:30AM-2PM. You must attend both days. The cost for this class is \$55 per person. There is a minimum of 5 and a maximum of 15. Class will be taught by Lori LeGault. For more information on Babysitter's Training and to sign up, contact Parks and Recreation at 303-823-8250 or [llegault@townoflyons.com](mailto:llegault@townoflyons.com).

## 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 April 18th –April 19th at the Walt Self Senior Housing community room. Classes will run on **Saturday February 27th from 8am-5pm and Sunday February 28th from 9am-3pm**. Please call 303-823-8250 and leave a message with all names of those who will be attending and their contact information to sign up for the course. A minimum of 15 participants is needed to ensure the class will be provided. A \$10 course fee will be collected the day the program begins.



Are you in need of food assistance or free or low cost health insurance? Boulder County Healthy Kids and Adults can help you enroll in Medicaid, CHP+, and/or Food Assistance.

Medicaid and CHP+ are free or low-cost health insurance plans that provide dental, medical, prescription, and vision benefits. There are no monthly premiums, and co-pays range from \$0 - \$15 depending on family income. CHP+ has higher income eligibility limits; so many working families can qualify.

The Healthy Kids and Adults team can also connect you with a Health Coverage Guide if you need assistance with shopping in the Connect for Health Colorado Marketplace. Already have Medicaid or CHP+? Healthy Kids and Adults can answer questions you have about your active case and even assist with completion of your annual redetermination. Call or email Healthy Kids and Adults today! 720-515-1454 HKOutreach@bouldercounty.org

## Teen Yoga Ages 12-18

Teens can feel extremely overwhelmed as they enter into adulthood with many demands causing a rising sense of fear and anxiety about how to balance it all. Using a combination of the music teens like to listen to as well as some soothing music, we will practice yoga moves teens can feel comfortable with and will not fall asleep doing...each individual will have fun in a calming, self accepting and invigorating environment. We will practice ashtanga based yoga so they will get a workout. Cell phones will be put away for the duration of the class to allow full mind/body presence. Wear tight fitting clothes, and bring a yoga mat. If this class is successful we will consider an ongoing class.

Session 1 starts **Wednesdays January 13<sup>th</sup>-February 10<sup>th</sup> from 6:15p.m.-7:15p.m.** at the Walt Self building downstairs. Taught by Lori LeGault. You must register by January 6th. There is a minimum of 5 participants and a maximum of 15 for this class to happen. Cost is \$60 for all five sessions.

- **Week 1 (Physical)** - We focus on the yoga movements and uniqueness of our individual bodies as well as our similarities. Noticing that each individual has their own strength and how we take honor in that-not beat ourselves up about what we feel we cannot do.
- **Week 2 (Mental)** - We focus on breathing techniques that help to bring us to the present as well as those that relax, listening in on the "stories" we tell ourselves about where we feel we fall short, and 'resetting' those stories to be positive affirmations.
- **Week 3 (Emotional)** - We incorporate aromatherapy into our yoga practice, using poses plus essential oils to calm our emotional state.
- **Week 4 (Social)** - The art of realizing what we can control and cannot control; allowing our bodies to be the example of simply doing our best and going with the flow on the rest.
- **Week 5 (combination)** - Recapping the previous four weeks, we bring them together to connect ourselves to our body and mind. We stretch the body, allowing the mind to relax and celebrating our beautiful individuality.

## 2015 LYONS HOLIDAY PARADE OF LIGHTS WINNERS:

### FIRST PLACE DIVISION WINNERS:

Marching Division —Fort Lupton High School Marching Band

Motorized Division—Mile High Jeep Club

Band Division—Lyons High School

Youth Group Division—Peaceful Valley Ranch

Other Division—Pants Family

Float Division—Lyons Portable Welding

### MAJOR CATEGORY WINNERS (EACH RECEIVES \$150.00)

Best Representation of Theme— Mayama Movement Studio

Best Use of Lights—Blue Mountain Stone

Overall Parade Winner—Lyons Polar Bear Club



Photos Courtesy of Edward Bruder

