



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

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

Teen Yoga
 Walt Self Building
 Jan. 13th-Feb.10th

Babysitter Training
 Town Hall Board Room
 February 6th & 7th

Old Man Winter
 February 7, 2016
 Sandstone Park

Intergenerational Arts Class
 February 8th
 Walt Self Building

Town Hall Closed
 February 16, 2016

Bike Maintenance Class
 February 18th & 25th
 Walt Self Building

Active Adult 50+ Birthday Celebrations
 February 26th
 Walt Self Building

Hunters Education
 Walt Self Building
 February 27th & 28th

Intergenerational Arts Class

Attention art lovers of all ages: Plan to join us for a **FREE** Intergenerational Art class with Jennifer Quinn on **Monday, February 8th from 3:00-4:30 PM** at the Walt Self Senior Building. The art project is "Story Stones." Share a story on a unique river rock. All ages are invited to this class and you can come and go any time during the time frame. RSVP is suggested but not necessary. To RSVP e-mail llegault@townoflyons.com or call 303-823-8250.

Bike Maintenance Class

Are you prepared to be on a bike ride and have a mechanical issue with your bike? Come learn basic bike maintenance every bicycle rider should know before heading out on the trail or road, which tools must be in your backpack and how to use them. This class will take place **February 18th and 25th from 6:00-7:30PM** at the Walt Self Building. Bring a clean gear bike, (mountain or road) and any "on the trail" tools you have. The cost for the class is \$45 with a minimum of 6 people and a maximum of 12. The instructor will be Dave Chase from Redstone Cyclery. Register at Town Hall or e-mail llegault@townoflyons.com.

Oskar Blues Old Man Winter Bike Rally



Boulder, CO – The Oskar Blues Old Man Winter Bike Rally is now the Oskar Blues Old Man Winter Bike Rally and Run. Event producer Adventure Fit added the run to the February 7th lineup in Lyons, Colorado, to make the event more appealing to a wider range of winter sport enthusiasts, and to give more people a reason to get out and enjoy the camaraderie of an epic winter adventure. The 5.8-mile run is a fast, flat "Best of Lyons" tour, that integrates single track trails, pavement and dirt roads for a frosty frolic through a spectacular winter landscape. It is timed and is the first Boulder Boulder qualifier of the year. Whether cycling or running, everybody gets deluxe amenities such as aid stations stocked with real food and hydration, a hot meal and a cold beer at the finish line, and a huge raffle at the after party.

Online registration is open at www.oldmanwinterrally.com

The Old Man Winter Bike Rally and Run is an epic winter adventure that features 50KM and 100KM rides, and new this year, the 5.8-mile run. The 50KM ride is a social and scenic dirt road tour of Boulder County's rural farmlands. The 100KM course incorporates dirt roads, snowy canyons, a 'secret trail,' and nearly 5,000 feet of climbing in the hills west of Boulder. This a fundraiser for Oskar Blues' Can'd Aid Foundation, Oskar Blues' public nonprofit all about diggin' in and makin' a difference where we CAN.

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 6th, 7th 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.

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.

GIRLS SOFTBALL

Registration for recreational summer league youth softball will be offered by the Town of Lyons Parks and Recreation Department through the Indian Peaks Girls Softball Association for Lyons girls ages 5-18 this year. Anyone interested may register until the March 27th registration deadline. Registration is available at <https://rec.ci.longmont.co.us/> (Please specify that you want to be on a Lyons team). Registration costs range from \$80 to \$106 this year depending on age group. For questions please contact Lyons Department of Parks and Recreation at recreation@townoflyons.com or call 303-823-8250.

BASEBALL REGISTRATIONS

Just around the corner Registration for recreational summer league youth baseball will be offered through the Longmont Baseball League (LBL) for Lyons boys ages 6-18 this year. Anyone interested must register with the LBL and their staff will do all they can to create teams that consist of all Lyons players. This will allow Lyons kids to practice together on the same team here in Lyons with Lyons coaches. If a full roster is not filled in a given age group with all Lyons players, then children closest in proximity to Lyons will be used to fill the roster (i.e. Hygiene). All games will be played in Longmont this year. Anyone interested in registering their child, coaching for a Lyons team, sponsoring a Lyons team, or learning more about the Longmont Baseball League may go to LBL website at www.Longmontbaseball.org. The site provides ample information and allows you to register as a player, coach or sponsor. For questions please contact Lyons Department of Parks and Recreation at recreation@townoflyons.com or call 303-823-8250.

LYONS KIDS KAYAK CLUB

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.

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 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 or Saturday March 19th from 8am-5pm and Sunday March 20th 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.

Active Adult 50+ Birthday Celebration

 An Active Adult Birthday Celebration will be held at the Walt Self Building on February 26, 2016 at 1pm. We will be celebrating active adults 50+ birthdays for the month of January and February. We welcome everyone to come and enjoy the coffee and cake along with free chair massages and entertainment. Please stop in and celebrate your neighbors birthday.

University of Colorado Basketball Game Offer

The Town of Lyons Parks & Recreation Department is pleased to be teaming up with the University of Colorado to help with donations for the Lyons Parks and Recreation Department. A portion of all ticket sales to the Washington Huskies VS CU on February 13th to benefit Lyons Parks flood recovery efforts. To order tickets please visit www.cubuffs.com/promo and this use promo code 2016LYONS. Tickets start at \$20. If you have questions you can contact Erin Koon with CU Buffs Basketball at 303-492-6210 or erin.koon@colorado.edu.

BASEBALL/SOFTBALL COACHES AND SPONSORS NEEDED

Lyons Softball and Baseball teams are in need of team sponsors and coaches for 2016. Having Lyons teams allows for the youth to practice together on the same team here in Lyons with Lyons coaches. Because the Lyons fields are under construction games will be played in Longmont this year.

Team sponsorships will allow us to put your businesses name on Jersey's/Hats for these leagues. \$400 is the team sponsorship fee. Sponsorship numbers and need of coaches will be available based on the number of teams fielded.

If you are interested in coaching for a Lyons team, sponsoring a Lyons team, or learning more about the Baseball/Softball please contact the Lyons Department of Parks and Recreation at recreation@townoflyons.com or call 303-823-8250.