

Town of Lyons  
P.O. Box 49  
Lyons, CO 80540  
303-823-8250

Check out the  
Town of Lyons  
on Facebook! 

**Upcoming Events:**

**Thursday Night  
Basketball**

Lyons Elementary  
8:30pm-10pm

Fall Prevention Class  
Walt Self Building  
April 1st- May28th

**Active Adult Game Day**  
Walt Self Building  
April 4th  
9-10am

**Old Time Dance**  
Smokin Dave's Cabin  
April 6, 2013  
7-10pm

**Coexisting with Bears**  
Walt Self Building  
April 9

**Adult Cardio Sculpt**  
Walt Self Building  
April 11th  
6:30pm-7:30pm

**Restorative Flow Yoga**  
Walt Self Building  
April 17th, 2013  
9am-10am

**Adult Cardio Sculpt**  
Walt Self Building  
April 18th  
6:30pm-7:30pm

**Arbor Day Festivities**  
Lyons Elementary  
School  
April 19, 2013

**Seated Fitness**  
Walt Self Building  
April 24th, 2013



*Parking Passes Now Available*

The Town of Lyons Department of Parks, Recreation & Cultural Events will once again implement a \$5 per vehicle parking fee for those who wish to park in the Meadow or Bohn Park Parking Lots on weekends and holidays. The parking fee will be enforced for the summer season-April 15th thru October 1st. Residents of Lyons will not be charged as long as they utilize a resident of Lyons parking pass. During the summer season motorists are asked to submit \$5 in the numbered payment box slot that corresponds with their numbered parking spot or have a visible parking sticker in their windshield. Golf carts are required to pay parking fees as well. Your one free parking pass per household may be used on your golf cart. Resident parking stickers will be mailed once proof of residency and vehicle information is provided at Lyons Town Hall. Residency is proven by showing a Town of Lyons utility bill. Please be sure to sign up for your passes as you stop in to pay your bill. One free resident parking pass per household, second pass may be obtained for \$25, third pass \$45. Non-residents may purchase a season parking pass for a flat rate of \$45.00 per vehicle.

**Sponsorship Opportunities for the 37th Annual Lyons Good Old Days**



The Town of Lyons Department of Parks, Recreation & Cultural Events is looking for enthusiastic businesses and/or individuals willing to sponsor the 2013 37th Annual Lyons Good Old Days Celebration. Please go to [www.townoflyons.com](http://www.townoflyons.com) for a current sponsorship and benefit form. There are five levels of sponsorship to choose from, each offering varying benefits before and during the event. All donations are tax deductible. Please fill out and return the form to Lyons Town Hall no later than **April 29, 2013** to take full advantage of all sponsorship benefits. Sponsorship applications may be accepted following the April 29th deadline through the end of May although some sponsorship benefits may not be available to participants following the deadline. Should you have any questions or if you wish to volunteer some time to the Good Old Days effort, please contact the department at 303-823-8250, or email recrea-

**Calling 2013 River Run 5K Sponsors!**

Lyons Parks, Recreation & Cultural Events is seeking enthusiastic businesses and/or individuals to sponsor the 2013 River Run 5k. Please go to [www.townoflyons.com](http://www.townoflyons.com) for current sponsorship information. Sponsors who make a \$350 sponsorship commitment will have a copy of their logo included on all race and promotional materials. All donations are tax deductible. Please fill out a form and return it to Lyons Town Hall no later than April 5th to take full advantage of sponsorship benefits. Sponsorship applications may be accepted following the April 5th deadline through the end of April although some sponsorship benefits may not be available to participants following the deadline. Recognition of all financial contributions, will be made during the awards ceremony. Should you have any questions or if you wish to volunteer some time to the Lyons River Run 5k effort, please feel free to call the Parks & Recreation at 303-823-8250, or email [recreation@townoflyons.com](mailto:recreation@townoflyons.com). Get your sponsorship forms in early to take full advantage of the benefits!

**Seasonal Parks  
Maintenance Worker**

The Town of Lyons has a vacancy for the position of Seasonal Parks Maintenance Worker. The position is seasonal (May-August/ 550 hours) full-time 40 hrs./wk. @ \$10.50/hr- may include varying shifts on weekdays, weekends or holidays. Duties include general maintenance of town parks and open space including all grounds and facilities as assigned by the parks director and/or parks crew leader. Successful applicant will perform mowing and trimming duties, trash removal, assist in irrigation installation and repair, maintain existing landscaped areas, and associated equipment operation and maintenance as required. Must be at least 17 years of age and have a Valid Colorado Driver License. Complete job descriptions are available upon request. Applications available at Town Hall (432 5<sup>th</sup> Avenue) or by request and must be submitted by Friday, April 12th, 2013 at 4:30 P.M.

## Challenger Soccer Camp

The Town of Lyons is pleased to host Challenger Sports, providers of the USA's most popular soccer camp program – British Soccer Camps. 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! Free replica jersey if you register at least 45 days before the camp. Visit the Town of Lyons website to register.

## Summer Kids Kayaking

Lyons Kids Kayak Club classes are for intermediate students ages 7-15 who have been previously enrolled in the winter pool sessions and are able to roll their kayak in water. ALL registrants MUST know how to swim. Class will be held in Meadow Park on Tuesdays and Thursdays from June 4th-July 11th from 5-7pm. There must be a minimum of 5 kids in order to hold this class. Parents must provide transportation to and from the drop off point at the Meadow Park. This class is \$390 for Lyons Residents and \$500 for non residents. Must register before May 28th. Courses will be limited to the first 10 individuals to sign up through the Department.

## MLB Pitch, Hit & Run



Lyons Parks and Recreation is working with LYBSA coaches to host the MLB Pitch, Hit & Run. This event gives youngsters an opportunity to participate in an exciting baseball skills competition. This national initiative gives boys and girls, ages 7-14, the chance to showcase their pitching, hitting and running abilities. Boys and Girls compete separately at all levels of competition. This program is free and is intended to encourage youth participation and emphasize the "FUN" element of baseball/softball. This program is intended to encourage youth participation. It will be held in Bohn Park on Friday May 3rd from 3:30pm-5pm.

## Arbor Day



Colorado's Arbor Day is the third Friday in April-April 19, 2013. The Town of Lyons Ecology Board encourages residents to plant new trees on their property in strategic locations to begin to subsidize the number of older trees that won't be with us much longer or may have been damaged due to recent storms, drought or disease. The Town of Lyons Ecology Board and the Department of Parks, Recreation & Cultural Events will once again be holding a tree giveaway at the Lyons Elementary School. Students interested in being part of the tree giveaway may pick up an entry form at the Lyons Elementary School office, Lyons Town Hall, or on the Town of Lyons website.

## Raptor Education Program

As part of Lyons Arbor Day Observance the Lyons Ecology Board and Parks and Recreation are pleased to host the Raptor Education Foundation at the Lyons Elementary School at 1:30pm on Friday, April 12, 2013. Parents and community members are welcome to attend, but must check in as visitors at the front desk of the Lyons Elementary School. This hour-long interactive program features several different raptors. During the course of the program, participants will learn the natural history of various species, as well as the importance of raptors to ecological diversity. Topics include, predator/prey relationships, habitat, legal issues, anatomy, flight dynamics, behavior, and more. Audience members are treated to several flying sequences, during which one or more of the raptors flies between handlers and catches a lure in mid-air, all at breathtakingly close range. A costumed food pyramid activity gets participants on stage and into the action. Be sure to catch this spectacular program!

## Kids Eat Healthy, Feel Great!!

Do you like to eat? Do you know what foods will make you healthy and strong to run faster and play longer? What foods make you weak and sick? Come and learn about Green light, Yellow light and Red light foods in this fun and interactive workshop!! This class will be held on April 19th from 4-4:45pm and is free. Any age is welcome, but is geared towards kids. Please register at [www.townoflyons.com](http://www.townoflyons.com) or stop by Town Hall.

## JUMP BUNCH SPORTS & FITNESS CAMPS



This camp introduces children to a wide range of sports and fitness activities in a fun, friendly, and noncompetitive environment! Everyday JumpBunch Camp involves sports, music, fitness skills, teamwork activities, and games! Camp will be held July 15th-19th. All activities are age and developmentally appropriate. Please visit the Town of Lyons website for details and to register or contact the department.

## Child 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 artwork. Pieces will be painted with slips, underglazes and fired to cone 5. This class is for ages 7-15 and will be held from 3-4pm May 7th-May 10th from 3-4pm at the Walt Self Community Building. The class will be taught by Priscilla Cohan. There must be a minimum of 10 participants to hold the class. You must register before April 30th. Class fee is \$35 + \$5 material fee payable to the instructor.

## Adult Summer Coed Softball

Swing, Batter-Batter, Swing! Anyone interested in putting together a team, packets are available for pick-up at Lyons Town Hall. Must have 6 full teams to form a league, start putting yours together today!

## Lyons Natural Running Clinics



Improve your natural running form for fun, performance and less injury with Lyons coach/resident, David Selden. This opportunity is for all abilities. Clinics will be held April 11th and 15th from 6:15-7pm. There is a \$10 fee per session. There must be a minimum of 5 and a maximum of 20. Dress to run. Please register online or stop by Town Hall. Direct questions to David Selden at [ngoraselden@gmail.com](mailto:ngoraselden@gmail.com)

## RIVER RUN TRAINING GROUP

Train for the Lyons River Run 5K or another event with local running coach and Lyons resident David Selden. This opportunity is for runners of all abilities. Increase your enjoyment of running and/or your 5K racing time with weekly group training runs and personalized advice. Advice includes workouts, running form, how to peak, race strategy, nutrition advice, etc. Training group will run Thursdays, May 16th- June 27th from 6:15-7pm. \$70 if you preregister before April 2nd and \$80 thereafter. Minimum of 5 in order to hold the group. Dress to run. Please register online or stop by Town Hall during business hours. Direct questions to David Selden at [ngoraselden@gmail.com](mailto:ngoraselden@gmail.com).

## BINGO

The Lyons Golden Gang is pleased to be hosting monthly Bingo. This will be held Saturday, April 20th, 1:00pm at the Walt Self Senior Center. This is a fundraiser for the senior lunch program: Meals on Wheels. For questions please call the Lyons Golden Gang at 303-823-6771.

### Seated Fitness

This class is designed to help maintain your cardiovascular health, strength, and flexibility while sitting. We welcome you to come and enjoy the benefits of working out in a group setting. 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 April 24th from 10am-11am. There must be a minimum of 5 Participants in order to hold the class.

## Monthly Activities at the Walt Self Building

### Active Adult Social Hour

Join friends for coffee and conversation the second Thursday of every month at 9am. April 11th this month.



### Monthly Movie Matinee

Come join in the fun and enjoy a movie with munchies. Monthly Movie Matinee is held the third Thursday, of every month and will be held on April 18th from 10am-12pm.

### Active Adult Game Day

The first Thursday of every month stop by Walt Self for a game and conversation. This month it will be April 4th from 9-11am This is for ages 50+. The coffee is always on.

## Intermediate Power Flow Yoga

Focusing on Vigorous Vinyassa Yoga with an emphasis on functional strength, core stability, flexibility and proper alignment. Participants will connect traditional yoga postures using breath. Adding elements of organic movement, participants will move, flow and engage in new, fun and challenging ways. Classes will be held Sundays from 3pm-4pm April 7th- May 12th. This class is for the beginner and experienced yoga participant 18 and older or with an adult and will be held at Rogers Hall. Class is \$17 for drop in rate or \$60 to register for all four classes. Must have 5 preregistered to hold the class. To see a complete bio on instructor Blake Curton check out his website [www.ygoyoga.com](http://www.ygoyoga.com). Please register online or stop by Town Hall.

## 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 Saturday May 11<sup>th</sup>, for an opportunity to be exposed to nature. We'll briefly discuss the meaning of a "weed", its legal classifications, the 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 try our best to assist you with plant identification. This class is free to anyone 16 and older and will be held at Lyons Town Hall on Saturday May 11th from 9-11am. To register contact the department.

## Restorative Flow Yoga

Focusing on free form "conditioning movements" and "yoga exercises" that encourage deeper body awareness and self inquiry, participants will follow their breath, move consciously and create freedom in their bodies. This class is for ages 50+ and is free. Class will be held April 17th from 9-10am. There must be a minimum of 5 participants in order to hold the class. To see a complete bio of instructor Blake Curton check out [www.ygoyoga.com](http://www.ygoyoga.com). Please register at [www.townoflyons.com](http://www.townoflyons.com) or stop by Town Hall.

## Fall Prevention Exercise Class



As people get older, they may develop a fear of falling. This can be the result of having a fall or knowing about someone who has experienced a fall. To protect themselves, some people begin to limit their activities. Withdrawing from activities can result in reduced physical strength, increased social isolation and actually INCREASE a person's risk of falling. A Matter of Balance: Managing Concerns About Falls is an eight week program designed to reduce the fear of falling and increase activity levels. Classes will be held Mondays April 1st- May 20th at the Walt Self Community building. Classes meet weekly for two hours from 9:30am-11:30am and include about 30 minutes of gentle exercise. Matter of Balance is offered by Boulder County's Area Agency on Aging and is free to county residents 60 and older. Donations are appreciated. Please call to sign up 303-441-3599 or email [mp Pruitt@bouldercounty.org](mailto:mp Pruitt@bouldercounty.org)

## Active Adult Art & Crafts

The Lyons Department of Parks & Recreation is pleased to offer a monthly arts and crafts class at the Walt Self Resident Building the final Wednesday of every month from 12:30pm-2pm. This class is free to all Lyons ages 50 & up. The craft on April 24th will be decorating picture frames Simply show up to join this class.

## Coexisting with Bears

With sightings of bears common in our parks and community, we want citizens to know what to do in case they encounter a bear. Join the Colorado Division of Wildlife for this informative program about Colorado bears. Other areas to be touched on during this class include where they live, how to avoid conflicts, and more. This is free and will be held April 9th from 5:30-7:30. This class is for ages 8+ and must have a minimum of 10 pre-registered and a Maximum of 30 participants. Registration deadline is April 7th. To register for this class please call 303-823-8250. Please provide the names of those who will be attending and contact information.

## Creative Writing Classes



A series of themed creative writing classes will be taught with Linda Pecone. Be sure to bring along your favorite journal and writing utensil as well as your imagination. These classes are for ages 8+. The fee for the class is \$5 per session or \$10 for all. Classes will be held April 16th - Poetry, April 23rd- Short Stories, April 30th -Creative Journaling from 6:00 - 7:00 PM at the Walt Self Building. Class size minimum 5. Registration Deadline April 9th.

## Old Time Square Dance

Come out and help celebrate a decade of fabulous dancing and live old-time music! Next dance will be held **April 6, 2013** with Caller Chris Kermiet with live music from The Devil's Dream at Smokin Dave's Cabin, 228 Main St. from 7 – 10 p.m. For more information call (303) 823-0816 or email [oldtimedances@musicinlyons.com](mailto:oldtimedances@musicinlyons.com)

## The Lyons 9Health Fair is coming soon!!



The 5<sup>th</sup> Annual Lyons 9Health Fair will be held on Saturday April 20<sup>th</sup> at Lyons Middle/Senior

High School-Main Gym from 7AM- 12PM. This great community event will provide free and low cost health screenings such as hearing, vision, bone health, spinal health, breast exams, blood pressure, BMI, and even blood chemistry tests for blood counts, Vitamin D, Hemoglobin, and gluten sensitivity. These are just a few of the screenings available, go to [9HealthFair.org](http://9HealthFair.org) to see a complete list and to pre-register. Lots of volunteers (medical and non-medical) are needed to make this a successful fair. To sign up as a volunteer go to [9HealthFair.org](http://9HealthFair.org) and follow the directions to sign up, Lyons site number is 811, or you can email Reena Rotz at [reenaarotz@gmail.com](mailto:reenaarotz@gmail.com). **The Lyons 9Health Fair is sponsored by the Lyons Community Foundation.**

## Boulder County Compost Workshop



Backyard composting is an effective way to reduce household carbon footprints and provide quality compost for use in gardens. Come learn how to start and maintain a highly efficient backyard compost system by learning what to feed your compost pile, appropriate bins and methods for our geographics, tips and troubleshooting, and much more. We will also have Soilsaver Compost bins for sale at cost for \$50. Cash or check only. Workshop will be held Saturday, May 4th from 10am-12pm at the Walt Self Community Building and is free and will be taught by Melanie Burow, Master Composter.

## Lyons Organic Community Garden

Don't forget to get your garden plot! The last day of registration for the community garden will be March 30th. Any registration received after this date will incur a \$15.00 late fee. Individuals must have completed a plot form, waiver, and pay the fee prior to a 10' X 10' plot being issued. Plots will be issued randomly on a first come, first serve basis. You may obtain a registration form from Lyons Town Hall or by going to [www.townoflyons.com](http://www.townoflyons.com). If you have any questions please call Lyons Parks and Recreation at (303) 823-8250.

## 2013 Lyons Outdoor Games



The Lyons Outdoor Games will be held in Bohn Park May 31st – June 2nd. In its 11th year, this thriving multi-sport competition now draws the country's best whitewater kayakers and bikers as well as thousands of spectators. The Games have also become a place for dog lovers to exhibit the aptitude of their well trained pets. We will kick the weekend off with a surprise concert & fireworks Friday night. Make sure to sign up for the 5K race and Oskar Blues Burning Can Beer Festival on Saturday. Bring your pooch out Sunday for the K9 Competitions. Stay tuned for information regarding SUP, Pond Crossing, Fly Fishing and more! Exhibitors, vendors, music and other family activities will all be held in Bohn Park. For more information including details on all events and an event

schedule please visit [www.lyonsoutdoorgames.com](http://www.lyonsoutdoorgames.com). If you have any questions please call Lyons Parks & Recreation at [303-823-8250](tel:303-823-8250).

## Town of Lyons Spring Clean-Up Day

SATURDAY, May 4<sup>th</sup> 8am – 4pm

At the Lyons Wastewater Treatment Facility; 198 2<sup>nd</sup> Ave.

### Per load rates will be applied to the following:

-Cars, Vans, & SUV's, Pick-Up Trucks, and Vehicles with trailers

### Additional fees apply to the following items:

-Appliances w/o CFC's, Appliances w/CFC's, Mattress/Box Springs & Couches

### E-Waste fees will apply to the following:

-computers, computer Equip., office equip., audio equipment, phones, small electronic items, TVs, VCRs & DVD Players

### Payment Method: Cash & Checks only!

**Proof of Residency Required: A copy of the resident's utility bill for verification of residency will be required.**

**The Town will *not* accept the following:** Household hazardous waste i.e. paint, thinners, motor oil, cleaning products, flammable materials, anti-freeze, batteries, and tires. No residential or commercial construction trash. No recyclable products i.e. paper, glass, cardboard – Please take recyclables to Eco-Cycle on Railroad Ave.

**For Questions or to VOLUNTEER;** Please Contact Jeremy Matson at 303-823-6622 Ext. 28 or email [jmatson@townoflyons.com](mailto:jmatson@townoflyons.com)



## Discount Dog Days



The Town of Lyons will be offering discounts on dog licenses every Friday thru the month of April at Lyons Town Hall from 8am-4:30pm starting Friday, April 5th. Annual dog licenses are valid from May 1 to April 30 of each year. Discounted prices will only be available on Friday's thru April. Those who are unable to come in to Town Hall during normal business hours may visit the Town of Lyons website to download the application and may place it, along with proof of rabies vaccination and the necessary fees in the green utility drop box in front of Town Hall (Must be placed in drop box Thursday night for Friday morning processing)

### 2013 Dog Licensing Cost Information:

1<sup>st</sup> dog license: \$30.00...but with discount is \$20.00!

2<sup>nd</sup> and additional dog license: \$20.00...but with discount is 10.00!

Note that the town will need proof of your dog's current rabies vaccination, so be sure to bring an extra copy for the town to