

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

Check out the
Town of Lyons on 
Facebook!

Upcoming Events:

Ice Skating Rink Open
Meadow Park
9am-10pm daily
Weather Dependant

Thursday Night Basketball
Lyons Elementary
8:30pm-10pm

Old Time Square Dance
Smokin Dave's Cabin
February 2, 2013
7-10pm

Town Hall
Offices Closed
February 20, 2012

Hunters Education
Feb. 23rd & 24th, 2013
Walt Self

Seated Fitness
Walt Self Building
February 27th, 2013

Old Time Square Dance
Smokin Dave's Cabin
March 2, 2013
7-10pm

Power Flow Yoga
Roger Hall
March 10th
3-4pm

Restorative Flow Yoga
Walt Self Building
March 13th, 2013
9am-10am



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 February 23rd-February 24th in the Walt Self Senior Housing community room. Classes will run from **Saturday February 23rd 8am-5pm and Sunday February 24th 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 is needed to ensure the class will be provided. A \$10 course fee will be collected the day the program begins.

ATTENTION LOCAL ARTISTS: CALL FOR 2013 5K

The Town of Lyons Department of Parks, Recreation & Cultural Events is reaching out to local artists to take part in a contest to create this year's Lyons River Run 5k race logo. The River Run 5K will take place on Sunday, June 28, 2013. The contest is open to all age groups. Judging will take place during the third week of February (**Entry Deadline: Friday February 15, 2013 by 4 P.M.**). The winner and winning logo being announced in the Thursday, March 7, 2013 issue of the Lyons Recorder. The winner will receive a **\$250.00 Grand Prize** in exchange for the logo. All contestants must submit both a hard and soft copy of their work. For official guidelines, please visit the Town of Lyons website.



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. Must be 18 years or older. Classes will be held at the Walt Self Resident Building Thursdays 6:30pm-7:30pm March 14th-April 18th. There will be no class on April 4th. Classes \$10.00 each or pre register for all five classes for \$50. Must have 8 preregistered in order to hold the class. Please register online or stop by Town Hall during business hours.

Beginner & 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. 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 March 10th- March 31st. 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 pre register for all four classes. Must have 5 preregistered to hold the class. Blake Curton has trained in many Yoga styles, including Interdisciplinary Yoga, Pranassage and Self-Awakening Yoga with Don and Amba Stapleton at The Nosara Yoga Institute. Blake has an in depth knowledge of Anatomy, Physiology and Kinesiology and manages the Yoga Program at Mountain's Edge Fitness in Boulder. Blake teaches yoga with an emphasis on breath guided movement, functional strength, core stability, injury prevention and rehabilitation. For more information on Blake, check out his website www.ygoyoga.com. Please register online or stop by Town Hall during business hours.

Visitor Center Representatives

The Town of Lyons is looking for individuals interested in becoming Visitor Center Representatives for the 2013 season. The position is part-time seasonal (April-October) with varying hours of responsibility and pay. Duties include promoting and maintaining a positive community image with the public, assisting visitors with local and regional information, disseminating information such as pamphlets and maps to promote tourism in the Town of Lyons and other duties as needed. Must be at least 17 years of age and have a Valid Colorado Driver License. Applications available at Lyons Town Hall (432 5th Avenue) or by request and must be submitted by Friday, March 16, 2013 at 4 P.M.

Restorative Flow Yoga

This class will focus 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 50 and older and is free. Class will be held March 13th from 9am-10am. There must be a minimum of 5 participants in order to hold the class. Instructor Blake Curton has trained in many Yoga styles, including Interdisciplinary Yoga, Pranassage and Self-Awakening Yoga with Don and Amba Stapleton at The Nosara Yoga Institute. Blake has an in depth knowledge of Anatomy, Physiology and Kinesiology and manages the Yoga Program at Mountain's Edge Fitness in Boulder. Blake teaches yoga with an emphasis on breath guided movement, functional strength, core stability, injury prevention and rehabilitation. For more information on Blake, check out his website www.ygoyoga.com. Please register at www.townoflyons.com or stop by Town Hall during business hours.

Cooking Classes

The Lyons Department of Parks, Recreation and Cultural Events along with Linda Pecone are pleased to announce a series of cooking classes for children and parents. Three cooking classes.

Age: 8+
Fee: \$20/ session or \$50 for all
Dates: March 20th- Gluten free baking
March 27th-dairy free desserts
April 3rd -Mama Ps Italian comfort Food
Time: 6:00 - 7:00 PM
Location: Walt Self Building
Instructor: Linda Pecone
Class Size: Min 10/ Max 20

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. If you have any questions please call Lyons Parks and Recreation at (303) 823-8250.

THURSDAY BASKETBALL LEAGUE

A pick up basketball league is held at the Lyons Elementary School Gym on Thursday nights from 8p.m.-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 Spring League runs Thursdays January 3, 2012 thru May 16, 2012. No use date April 4, 2013. Cost is \$140.00/year /\$70.00 per season /\$5 per night.

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 older and is free. Classes will be held once a month at the Walt Self Community Building beginning Wednesday, February 27th. There must be a minimum of 5 participants in order to hold the class. Please register at www.townoflyons.com or stop by Town Hall during business hours.

Casino Trip to Black Hawk

Take a trip and test your luck at the Lady Luck Casino in Black Hawk! Join us for a day of casino action, delicious dining, thrilling giveaways and great entertainment. Thursday March 21st, from 11am till 5pm. Transportation will be provided for this event and is free. Persons attending will be responsible any casino expenses and for cost of food & beverages. There must be a minimum of 30 participants and a maximum of 47. It is recommended that persons attending bring a sack lunch. For more information, or to sign up, please contact the Lyons Parks & Recreation at 303.823.8250.

2013 OLD TIME SQUARE DANCE

Come out and help celebrate a decade of fabulous dancing and live old-time music!

March 2, 2013

Lyons Old Time Square Dance with live music from The River Right String Band at Smokin Dave's Cabin, 228 Main St. 7-10 p.m

April 6, 2013

Lyons Old Time Square Dance Featuring Caller Chris Kermiet with live music from The Devil's Dream at Smokin Dave's Cabin, 228 Main St. 7 -10 p.m

For more information please call (303) 823-0816 or email oldtimedances@musicinlyons.com