



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! 

Upcoming Events:

**Community Theatre
Youth Camp**
Sandstone Park
July 8-13, 2013

**Jump Bunch Sports &
Fitness Camp**
Bohn Park
July 15-19, 2013

**Sandstone Summer
Concerts & Farmers
Market**
Sandstone Park
Thursdays
July 18-August 29, 2013

**Community Resource
Day**
Walt Self Community
Building
July 23, 2013

**Challenger Soccer
Camp**
Bohn Park
August 5-9, 2013

Meadow Park Closure Update

Due to the Rocky Mountain Bluegrass Festival Meadow Park will be closed to the general public and vehicle traffic the week of July 22nd. 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

COLORADO
★ BLUEGRASS ★
BAND
AUGUST 8

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:



**LYONS
★ FARMERS ★
MARKET**

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

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.



**JUMP BUNCH SPORTS &
fitness CAMP**



This camp
introduces
children to a
wide range
of sports and

fitness activities in a fun, friendly,
and noncompetitive environment!
JumpBunch Camps involve sports,
music, fitness skills, teamwork ac-
tivities, and games! A new sport is
introduced each camp day. Please
bring a complete change of
clothes, snack and a water bottle.
Campers must be potty trained and
wear sneakers. Camp will be held
July 15th-19th with one session for
3-6 year olds from 9am-10am for
\$60 and another session for 6-12
years from 10am-12pm for \$85. All
activities are age and developmen-
tally appropriate. Please visit the
Town of Lyons website for details
and to register or contact the de-
partment.

**Community Theater
Youth Camp**

The Lyons Community Theater is
proud to offer its first youth theater
camp. Participants will learn basic
acting skills, experiment with stage
makeup, play theater games, and
perform a short skit at the end of
the week. This camp is for ages 7-
14 and will be held July 8-13 in
Sandstone Park on the Raul
Vasquez Community Stage, **8:45
am to noon on Mon., 9 am to
noon, Tues-Fri, 10 am to noon
Saturday.** If you are an older teen
or an adult and would like to help
with the camp, please leave your
name with the Parks Office. Fee of
\$50 includes adult supervision, in-
struction, materials and snacks.

Challenger Soccer Camp

The Town of Lyons is pleased to host Challenger Sports, pro-
viders 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.

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 August 21 from 11am. There must be a minimum of 5 Participants in order for this class to happen.

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 the Roger 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.

Active Adult Casino Trips

Back by popular demand! The Town of Lyons Parks & Recreation is pleased to offer two trips to the Reserve Casino in Central City! Join us for a day of casino action, delicious dining, thrilling giveaways and great entertainment! Our recent casino trip was so popular that we have chosen to host two additional trips this season; sign up for one or both. Persons attending will be responsible for \$5 for transportation, any casino expenses and for cost of food & beverages. For more information, or to sign up, please contact Adriana Blacker at the Lyons Park & Recreation Department at 303.823.8250.

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 our own picture magnets. Come and bring some pictures you would like to work with!



Monthly Movie Matinee

Come join the fun and enjoy a movie and munchies. Movie Matinee is held the second Wednesday of every month. This month it will be held on July 10th from 12:30- 2:30pm.

Active Adult Game Day

The first Wednesday of every month stop by for a game and conversation. This month we will meet on July 3rd from 12:30-2:30pm.

Intergenerational Arts and Crafts

Lyons seniors and youth 4-10 years old are invited to take part in two parts and crafts days. These arts and crafts are free and will be held on Wednesdays, July 24 and October 23 from 2:45-4 at the Walt Self Community Building. Participants will get to engage with one another and enjoy making crafts together.

Denver Botanic Gardens Tour

The Town of Lyons Parks & Recreation Department is offering a trip for seniors to get a guided tour 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. We will take the guided tour which will be about an hour and then will have lunch at a choice of one of their 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.

Women's Journaling Class

Do you struggle with journaling but want to enjoy its benefits? Come learn to journal creatively, using doodles & art as your method. Each week we will work with a different art journaling style. No artist training required. Find the creative you through this journaling process. Classes are for women of all ages and will be held at the Walt Self Building from 7-8pm on July 23, 30, August 6, 13, 20. The cost for this class is \$55 for all 5 weeks. Class will be taught by Linda Pecone. All you need is your journal and something to write with!

Kids Kayaking Guppy Program

The Lyons Department of Parks and Recreation is pleased to offer a the Kids Kayaking Guppy Program. The program is for ages 6-12 year olds and is intended to create a non-threatening, non-competitive environment designed to ensure a "fun" and "positive" introduction to kayaking. The Guppy Program consists of 4, 2-hour classes once a week for 4 consecutive weeks beginning July 10th to July 31st. A limited amount of equipment and gear is available on a first come, first serve basis for class participants. Class size is limited based on the amount of equipment available so sign up now! Classes

will be held Wednesdays from 5pm to 7 pm and cost \$90 for Lyons Resident and \$150 for a non resident. Classes will be held at the Lyons Valley River Park ponds Please dress your child appropriately the Town does not supply the dry tops. All registrants must be skilled swimmers and it is preferred that they have participated in the Lyons Pool Sessions over the winter. To sign up please contact the Lyons Department of Parks and Recreation at 303-823-8250 or email recreation@townoflyons.com.

Summer Kids Kayaking

Lyons Kids Kayak Club classes are for intermediate students ages 8-15 who have previously been enrolled in the winter pool sessions and are able to roll their kayak in water. ALL registrants MUST know how to swim. For questions concerning appropriate ability levels, please contact the department. Class will be held in Meadow Park on Tuesdays and Thursdays from July 9th-July 30th from 5-7pm. Parents must provide transportation to and from the drop off point at the Meadow Park. This class is \$180 for Lyons Residents and \$290 for non residents. Class sizes will be limited, but must have at least 5 kids in order to hold the class. Please contact the department to register for this class.

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 offers an introduction to advanced skills such as wheelies and bunny hops. Classes will be held on July 21, 10am to noon to 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).

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 July 21, 1:30 pm -3:30 pm, 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 will begin 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 with a player fee of \$15 per resident and \$18 per non-resident. Registration ends August 1st 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. This class will be held Sunday, August 18 from 11am -5pm at the Walt Self Community Building. This class is for participants 12 and older and will cost \$106.25. There is a 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.

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.

Mommy and Me Fitness Class

Exercise specifically designed for busy moms, AND it includes the kids? Now that's different! That's Mommy & Me Fitness! We all know our bodies need regular exercise and good nutrition to fend off weakness, disease and weight gain. Mommy & Me Fitness provides a combined program of aerobic exercise, stretching, and movement to keep our bodies going strong. Get inspired and give your kids the motivation they need to be healthy from a young age! And maybe the best part of Mommy & Me Fitness: your kids can come along for the fun! Classes are for mothers and children 4 and under and will be held July 24– August 10 on Wednesdays at 10 am and Saturdays at 10am in Sandstone Park. This is \$10 a class or \$70 for all sessions. There is a Minimum 4 and Maximum 20. Please contact the department to register.

Fitness Boot Camp in Sandstone Park

Join friends and neighbors in Sandstone Park for a great outdoor workout of timed cardiovascular and resistance training stations. A wonderful way to kick start your day and get out and enjoy Lyons' parks-not to mention a great full body workout! Classes are for participants 18 and older on Mondays and Wednesdays now until August 1 from 9am-10am in Sandstone Park. \$12 per session or \$55 for all sessions.

Sports Performance Camps

These camps are geared toward general athletic skill acquisition, with an emphasis on the following essential components of athleticism: Coordination, Speed, Strength, Endurance and Flexibility. For children in grades 5-12 to be held Mondays and Wednesdays June 10-July31 from 8am to 10am at the Lyons High School Track. The cost is \$25 per week or \$175 for all 8 weeks. If you are interested and have specific questions, please email the camp coordinator, Jeff Boelé, and he will assist you. Email - jeffboele@gmail.com.

Dog Obedience Class

This course offers dog owners a brief introduction to foundational obedience. Participants will be given equipment recommendations to set their dogs up for life long success. A dog's understanding to soften leash pressure and become comfortable in the heel position will be primary goals. Reinforcement and reliability of the following commands will also be introduced: eye contact, heel, sit, down, stay, recall. This class will be held at the Bohn Park Multi Purpose Field on July, 9, 16 and 23 from 6-7pm. This class is for dogs 6 months and older. This class is \$55 for the 3 week series. Need to bring proof of current Rabies vaccination.

2013 Lyons 5K River Run Top Finishers

Top Male Finishers

Name	Hometown	Time
1) Andy Wacker	Boulder, CO	15:28
2) Kelly Christensen	Fort Collins, CO	15:42
3) Paul Roberts	Boulder, CO	15:43

Top Female Finishers

Name	Hometown	Time
1) Nicole Mericle	Boulder, CO	18:16
2) Kristen Johansen	Longmont, CO	18:28
3) Leora Garcia	Fort Collins, CO	18:45

Top Lyons Male Finishers

Name	Hometown	Time
1) Joel Such	Lyons, CO	18:12
2) Mike Sausa	Lyons, CO	18:58
3) Jeffrey Morris	Lyons, CO	19:36

Top Lyons Female Finishers

Name	Hometown	Time
1) Sierra Tucker	Lyons, CO	21:41
2) Connie Sullivan	Lyons, CO	21:43
3) Marcia Moore	Lyons, CO	22:15

Congratulations to everyone who participated in the 2013 River Run 5K. You may visit www.townoflyons.com for a complete list of results.

A Word of Thanks.....

The Town of Lyons Department of Parks, Recreation & Cultural Events, would like to extend our deepest gratitude to everyone that put forth such a tremendous effort for this year in making the 11th Annual Lyons Outdoor Games, the 37th Annual Good Old Days Celebration and the 2013 River Run 5K so spectacular. All events were highly successful and it was a pleasure to see the community work together to ensure their success. It would be impossible to put on these celebrations without the support and assistance of such wonderful volunteers and sponsors. It was truly another enjoyable experience working with you all. Once again, thanks to all the volunteers and sponsors who made these events possible and such an enjoyment for all those involved. Please visit associated event websites for complete event highlights and listings of sponsors, supporters, and a complete listing of results.

**Lyons Parks, Recreation & Cultural Events
Department**

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.

Community Resource Day

Come join Lyons Park and Recreation and Boulder County Housing and Human Services for an afternoon of information about available resources on July 23 from 2-4pm. There will be a presentation on housing, insurance, food assistance and other resources. There will also be time for individual questions and application assistance. Come in to find out what resources are available to you! This event will be held at the Walt Self building and is a free to community members of all ages.

If you would like to apply for health insurance (Medicaid or CHP+) on the spot there are a couple of items for you to bring:

Income – Bring your current or previous month paystub. (If you qualify for Medicaid and are requesting retroactive Medicaid, bring paystubs from the last three months.) If you are self-employed, you can just declare income-related items. If you don't have paystubs, we will give you an income verification document for your employer to fill out.

Citizenship or immigration status – if you have birth certificates or passports, bring them. But if you don't have those handy, we can verify your status through Social Security.

Identity - an original state i.d. is needed for those 16 or older. Parents can just confirm the identity of children 15 or younger.

Disability information – if applicable, medical confirmation is needed.

Pregnancy – proof of pregnancy from a doctor.

If you have any existing health care coverage, please bring your health insurance cards.

- Need to Know - Household composition and Social Security number

For more information or of a list of items to bring with you if you would like to apply for Medicaid or CHP+ please contact Adriana Blacker at 303-823-8250.