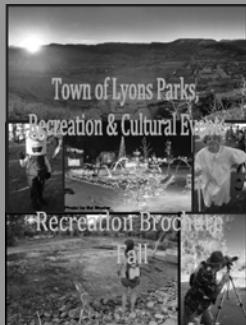


JANURARY 2017

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



To access the
Town of Lyons
full recreation
brochure please visit
www.townoflyons.com

Upcoming Events:

Active Adult Fitness
Wednesdays
Walt Self Building

Active Adult Book Club
Thursdays
Walt Self Building

Town Hall Closed
January 16th

Parent Education Class
January 27th, 2017
LES Library

Valentine's Dance
February 4, 2017
LES Gym

Old Man Winter
February 12, 2017
Sandstone Park

**Active Adult 50+
Computer Skills**
Jan. 31st
Lyons Library



Old Man Winter



Oskar Blues' Old Man Winter Bike Rally and Run returns to Sandstone Park on February 12, 2017. The third annual Old Man Winter Bike Rally and Run, is an epic winter celebration of dirt, snow, sweat, and beer that has won Elevation Outdoors award for 'Best Race in the Rockies.'

Here are the 3 things that the Old Man Winter Rally did to win in a crowded market of running and cycling events: **The courses are on mixed terrain with gravel roads, paved canyons, and snowy singletrack trails, there is more cash and prizes than almost any other event of its kind and the event has a custom beer and drinking it raises funds to build new trails and give bikes to "bikeless" kids.**

Registration or to view streets that will be impacted visit: <http://www.oldmanwinterrally.com>

'Be My Valentine' Parent/Child Dance

The Town of Lyons is excited to transform the school gymnasium into a beautiful ballroom and offer an opportunity for a parent to have a special evening with their child. This dance is open to a parent and children ages 1 to 12. Each pair will receive a photo, corsage or boutonniere, refreshments and a gift bag. The DJ will keep you moving and grooving to the music! To register, E-mail recreation@townoflyons.com or call 303-823-8250 and let us know all people attending.

Age: An Adult and child Ages 1-12
Fee: \$30 per couple
Location: Additional \$15 per child
Lyons Elementary Gym
Day: Saturday, February 4th
Time: 6:00-8:00 PM
Deadline to Register: January 27th



Tiny Tots Activities

Baby it's cold outside....lets gather indoors for some fun toddler time all winter! This is an opportunity for toddlers to engage in some slightly structured play time. We will do some movement play, arts and crafts, sensory activities, and lots of other fun activities. A parent or guardian must attend with the toddler. It is helpful if you can sign up at least by the previous Thursday so we can prepare, but drop-ins are allowed. E-mail recreation@townoflyons.com or call 303-823-8250 to sign up and let us know the names of the children you will be bringing.

Age: Toddlers
Fee: \$5 per class
Day: Mondays; Jan 23-Sensory Bins and a group movement activity
Feb 6-group movement and a Valentine's craft
Time: 10:30-11:30 AM
Location: Walt Self Building downstairs
Instructor: Lori LeGault and other helpers

Parent Education Presentation: The Slippery Slope of Screen Time

The Town of Lyons in partnership with the Lyons Elementary School PTO is pleased to offer another important parenting education topic to the public. Boulder Psychological Services is conducting this presentation to learn essential strategies for helping your child successfully navigate the wild world of technology. FREE dinner will be provided by a local restaurant.

Age: All Ages
Fee: FREE
Day: Tuesday January 17th
Time: 6:00-7:30 PM
Location: Lyons Elementary School Library
Instructors: Ryan Dawson LPC

Deadline to Register: There is no deadline for attending this presentation; but if you wish to have free dinner we ask that you RSVP by January 11th.

Open Basketball

Indoor Basketball is available this year at the Lyons Elementary School Gymnasium as a drop in.

Age: 18+
Fee: \$ 5 per drop in
Dates: Every Thursday
September 1- March 23
No Use Dec 22, 29, March 30
Time: 8- 9:30pm
Location: Lyons Elementary Gym

Hunter Education

Volunteers from the State of Colorado Division of Wildlife will be teaching a hunter education course. In Colorado, anyone born after January 1, 1949 is required to take a 15-hour course. Hunter Education certificates are valid in all states and are good for life (unless laws are violated). Areas to be touched on during the course include: survival, ethics, conservation, wildlife management, the law, field care of game, game identification, and the philosophy of hunting. To sign up for the course please call 303-823-8250 and leave a message with all names of those who will be attending and contact information.

Age: 7 and older
Fee: \$10 per student
Dates: Saturday January 21st (8 am-5 pm) and
Sunday January 22nd (9 am-3 pm)
Or
Saturday February 25th(8 am-5 pm) and
Sunday February 26th (9 am-3 pm)
Location: Walt Self Building
Instructor: Mike Hora
Class Size: 10 Minimum/ 40 Maximum

Monthly Birthday Celebration

Join us on the 4th Friday of every month to celebrate the month's birthdays! There will be birthday cake, coffee, and some other fun means of celebrating.

Age: 50+
Fee: Free
Dates: January 27th
Time: 1-3PM
Location: Walt Self Building

Fitness Class

Participants will do a 30 minute brisk walk on back roads, then upon arrival back at Walt Self we will do 30 minutes of strength training using resistance bands. The session will end with 15 minutes of balance and flexibility. You are allowed to join in/or duck out during any portion of the class. Please dress appropriately for exercise with layers and bring a water bottle.

Age: 50+
Fee: FREE
Dates: Every Wednesday
Time: 10:15 AM-11:30 AM
Location: Walt Self Building Basement
Instructor: Lori LeGault
Size: Minimum 5/ Maximum 15

Sewing Basics for Youth AND Adults

Join us for a fun sewing project to introduce or re-introduce you to basic sewing. Whether you want to learn or just haven't sewn in awhile, this is a basics class to allow you to get to know your sewing machine.

Age: 10+ and Adults
Fee: \$10 plus bring your own materials
(Upon registering we will let you know what to bring)
Day: Tuesday January 24th
Time: 3:30-5:30 (you may leave early)
Location: Walt Self Building upstairs
Instructor: Claire DeVitto and other helpers
Min/Max: Minimum 3, Max of 6
Deadline to register: 1 week prior

Lyons Kids Kayaking Kicks Off at Centennial Pool

The Town of Lyons Department of Parks, Recreation & Cultural Events would like to invite Lyons youth 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. Sessions will be offered on Fridays starting January 13th- April 14th, 2017. 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 13, 2017. Drop in rates will be \$10.00/ session. Participants must be skilled swimmers and parents must provide transportation to and from the site. The Department has a limited amount of equipment it will lease to students.

Age: 7-16
Fee: \$85.00
Dates: January 13, 2017-April 14, 2017
Time: 7:00 PM-8:30 PM
Instructor: ACA Certified Instructor
Size: Minimum 5/ Maximum 15
Deadline to Register: January 13, 2017

Day Trip to the Colorado Garden and Home Show

The Town of Lyons invites you to take a trip on a via to the Colorado Convention Center to the Garden and Home Show. Put on your most comfortable shoes for this 4 hour walking excursion around the convention center where you will simply peruse the show at your leisure, eat lunch, and meet at the bus at 2 PM for the ride home! Let's go and get some great home and garden ideas! To register, E-mail recreation@townoflyons.com or call 303-823-8250 and let us know the name of each person.

Age: 50+
Fee: FREE (Bring a lunch or purchase your lunch at the convention center)
Location: Colorado Convention Center in Denver
Day: Thursday, February 9th
Time: Leave Walt Self at 9:00 AM- Arrive back in Lyons by 3:30 PM
Min/Max: Minimum 8, Maximum 18
Deadline to Register: February 2nd, 2017