

MOUNT PLEASANT

Parks & RECREATION



2019

ACTIVITY HANDBOOK

- ADULT SPORTS**
- PARK INFORMATION**
- PRESCHOOL ACTIVITIES**
- REC TRAILS**
- SWIM LESSONS**
- YOUTH SPORTS**



HENRY COUNTY HEALTH CENTER

CARE YOU TRUST. COMPASSION YOU DESERVE.

HCHC Services

- Anesthesia and Pain Management
- Cardiac and Cardiopulmonary Rehabilitation
- Cardiopulmonary Diagnostics
- Diabetes Education Center
- Dialysis
- Emergency Department
- Emergency Medical Services/Ambulance
- Imaging Services/Radiology
- Infusion Therapy/Chemotherapy
- Inpatient Services
- Laboratory
- Lifeline Medical Response System
- Maternity Services
- Nutrition Education
- Park Place Elder Living
- Physicians & Clinics of HCHC
 - Mount Pleasant Clinic
 - Wayland and Winfield Community Clinics
- Rehabilitation Services
- Sleep Lab
- Specialty/Outpatient Clinic
- Surgical Services
- Women's Health

Medical Specialties

- Audiology
- Cardiology
- Dermatology
- Ears, Nose, Throat
- Emergency Medicine
- Family Practice
- Gastroenterology
- General Surgery
- Gynecology
- Neurology
- Obstetrics
- Ophthalmology
- Orthopaedics
- Orthotics/Prosthetics
- Podiatry
- Radiology
- Urology

HENRY COUNTY HEALTH CENTER

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407 S. White Street | Mount Pleasant, IA 52641 | 319.385.3141





“I consider HCHC first for my family’s care. It is just the perfect size to offer a more personal experience for their patients.”

Henry County Health Center has a rich heritage of caring for area residents since 1921. The high quality and range of services offered enables the health center to care for patients of all ages and stages of life with a variety of healthcare needs. HCHC delivers more of what matters like healthcare you trust, compassion you deserve, personal care close to home, and more. We listen and provide care focused on your individual needs.

To see a full list of services and medical specialties offered by visiting specialists, visit www.hchc.org.

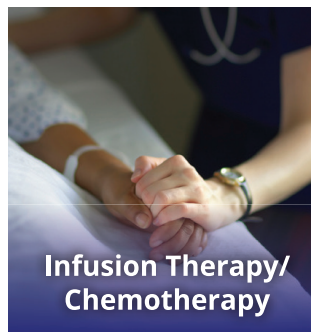
HENRY COUNTY HEALTH CENTER



Emergency Department & Emergency Medical Services



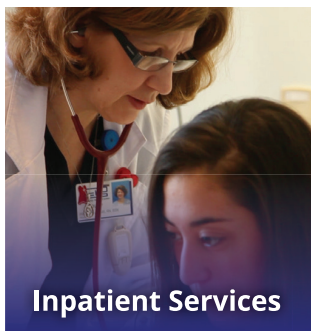
Surgical Services



Infusion Therapy/Chemotherapy



Imaging Services/Radiology



Inpatient Services



Maternity Services



Orthopedic Services



Park Place Elder Living



Outpatient Services



Rehabilitation Services



Specialty/Outpatient Clinic



Women’s Health

HENRY COUNTY HEALTH CENTER

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City of Mount Pleasant Park & Recreation Department

307 East Monroe Street
 Mount Pleasant, IA 52641
 319.385.1475

Office Hours

Monday-Friday 8:00 AM – 4:30 PM

Facility Phone Numbers

Administrative Office 319-385-1475
 Park Shop 319-385-1478
 Aquatic Center 319-385-1477

Park & Recreation Staff

Director of Parks & Recreation

Gary Grunow gagrunow@gmail.com

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Ashley Lohmann mpparkandrec@gmail.com

Parks Supervisor

Harry Hayward

Lead Park Workers

Marcus Mullin

Parks & Recreation Advisory Board

Brent Rich	Jennifer Lamm
Dan Koller	Lorrie Roth
Denny White	Melissa Coleman
Tabitha Schimmelpfennig	

Mission Statement

The City of Mount Pleasant Park & Recreation Department’s mission is to enhance the quality of life for the Mount Pleasant community through a well planned and maintained system of public parks, facilities, and recreation programs. The department will continually strive to offer a balanced Park & Recreation system recognizing the need for both active and passive recreation including the preservation of the natural environment. Through proper vision, the Parks & Recreation Department will offer public parks, facilities, and programs that meet the leisure needs for the citizens of Mount Pleasant in the present and in the future.

Website

The Mount Pleasant Park & Recreation website is a great tool to keep you informed of what is happening within the Park & Recreation Department. The website is updated regularly, announcing upcoming and new programs-which may not be found in our activity book, as well as registration forms, upcoming deadlines and cancellations.

Please visit www.cityofmountpleasantiowa.org and click on the Park & Recreation link.



Check us out on Facebook!



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Facebook

Check us out on Facebook! Go to [City of Mount Pleasant Park & Recreation Department](#). We upload pictures, and keep everyone updated with our programs and community events!

Parks & Recreation Advisory Board Meetings

The Parks & Recreation Advisory Board meetings are held once a month at City Hall. These meetings are open to the public and are announced in the Mount Pleasant News. The Board advises the city on policies, programs, and facilities to ensure the decisions concerning the Departments are in the best interest of the public.

Non-Resident Policy

The City of Mount Pleasant residents make a significant contribution to the financing and operation of the Mount Pleasant Park & Recreation Department through city property taxes. These taxes are paid whether or not individuals participate in programs, or use the department's facilities. To ensure equity, non-residents (those living outside the Mount Pleasant city limits) will be charged a non-resident fee in addition to the program fee.

Volunteer Opportunities

Anyone can volunteer! There are many volunteer opportunities available for people of all ages and interests! For more information, contact the Director of Parks & Recreation at 319-385-1476.

Refunds

Request for refund must be made within three working days prior to the first meeting and during regular business hours. Pro-rated refunds will be made after the class or program begins. Refunds due to health related reasons may require a physician's certificate. All other refunds will be made at the discretion of the Director of Parks & Recreation.

Late Registration Fees

Late registration considerably alters team sizes, scheduling, program supplies, the number of volunteers needed and the entire process of coordinating a program. We have to make considerable efforts to accept registrations after the deadline. Therefore, a \$5 late fee will be applied to all registrations accepted after the deadline.

Employment Opportunities

Interested in obtaining a part-time or seasonal employment with our department. We have Employment applications at City Hall. Openings for season positions of lifeguards, officials, and program instructors for various programs are usually filled from applications on file. Qualified applications will be contacted for an interview if openings become available.

Program Request

This is **YOUR** Parks & Recreation Department. We can improve our service to you if you tell us what you would like to see incorporated. Suggestions should be directed to the Director of Parks & Recreation at 319-385-1476.

Photo Policy

On occasion, we may photograph participants in our programs or events. These photos may be used in publications, brochures, flyers, or video productions.

Intro to Team Sports (ages 4-7)

This program introduces a variety of sports to children who will participate in fun drills and activities. Each week participants will learn a different sport in a non-competitive environment.

Registration: Jan. 6-24
 Program Dates: Tuesdays, Feb. 5-26
 Program Time: 5:30-6:15 PM
 Location: Cottrell Gym
 Fee: \$20 Residents
 \$25 Non-residents

Preschool Soccer

This program is for participants who are at least 3 years of age and are not yet enrolled in Kindergarten. The goal of this program is to teach participants the basic fundamentals of soccer and to have fun.

Registration: Feb. 4-March 15
 Program Dates: Tuesdays, April 2-23
 Program Time: 5:00-5:45 PM (Session 1)
 6:00-6:45 PM (Session 2)
 Location: Third Field at East Lake Softball Complex
 Fee: \$20 Residents
 \$25 Non-residents

Tuesdays Turtles (ages 4-7)

Gulp down a dose of nature, fun, & games. Participants will learn what nature has to offer. Each class will include a hike through East Lake Trails, a nature lesson, and craft.

Registration: April 1-26
 Program Dates: Tuesdays, May 7-28
 Program Time: 5:30-6:15 PM
 Location: East Lake Park, McCoid Shelter
 Fee: \$20 Residents
 \$25 Non-residents



Thursday Travelers (ages 4-7)

Pack your suit case as each week we "travel" to different states. Participants will enjoy games, a snack, and craft.

Registration: Aug. 1-30
 Program Dates: Thursdays, Sept. 19- Oct. 10
 Program Time: 5:30-6:15 PM
 Location: Saunders Park, Log Cabin
 Fee: \$20 Residents
 \$25 Non-residents

Musical Motion (ages 3-5)

Music! Music! Music! Join Sarah Zihlman for 5 weeks of activities with a musical theme. Participants will play games, dance, and exercise along with music.

Registration: August 1-Sept. 13
 Program Dates: Wednesdays, Oct. 2-30
 Program Times: 9:30-10:15 AM
 Location: Civic Center Mtg Room
 Fee: \$20 Residents
 \$25 Non-residents



Tiny Tot Open Gym (ages 0-5)

Bring your little one to the gym to burn off their winter blues. There will be a variety of toys for your toddler. Children must be accompanied by an adult.

Program Dates: November 6- March 25
 Program Time: 10:00-11:30 AM
 Location: Cottrell Gym
 Fee: \$0.50 per child



Indoor Soccer Camp (1st - 5th)

Participants will learn the basics of soccer through fun instructional drills and game scrimmages. This camp will be instructed by the Mount Pleasant Varsity Girls Soccer Coach, Brennan Williams, and The Mount Pleasant Boy's Varsity Soccer Coach, Neil Schmitz.

Registration: Feb. 1-March 1
 Camp Dates: March 4-7
 Camp Time: 5:30-6:15 PM
 Location: Cottrell Gym
 Fee: \$20 Residents
 \$25 Non-residents

Little Dunkers (1st & 2nd)

Dribble, pass, and shoot. This is an instructional program for boys and girls to learn the basics of basketball through fun and drills. Baskets will be lowered for those not yet ready for regular height baskets. This program will be instructed by Paul Rundquist.

Registration: Feb. 1-March 1
 Camp Dates: March 25-28
 Program Time: 5:30-6:15 PM
 Location: Cottrell Gym
 Fee: \$20 Residents
 \$25 Non-residents



Youth Volleyball Camp (3rd - 6th)

Bump! Set! Dig! This camp teaches the basic fundamentals of volleyball. This camp will be instructed by Lisa Lowery.

Registration: Feb. 1-March 1
 Camp Dates: March 18-21
 Camp Time: 5:00-6:00 PM
 Location: Cottrell Gym
 Fee: \$20 Residents
 \$25 Non-residents



Youth Soccer League (1st - 6th)

This program is for boys and girls who will learn the fundamentals of soccer in a fun and safe atmosphere. All games will be played on Saturday mornings at the East Lake Soccer Complex.

Registration: Feb. 4-March 15
 League Plays: April-May
 Fee: \$20 Residents
 \$25 Non-residents



Kindergarten Soccer

This program teaches the basic fundamentals of soccer. Practices will consist of drills and game scrimmages.

Registration: Feb. 4-March 15
 Program Dates: Thursdays, April 4-25
 Program Time: 5:30-6:15 PM
 Location: Third Field at East Lake Softball Complex
 Fee: \$20 Residents
 \$25 Non-residents

Youth Golf Camp (Ages 8-14)

Learn with Haley Booton about the basic fundamentals of the proper grip, swing, stance, and etiquette of golf. Class limited to 10 participants per session.

Registration: April 2-May 17
 Camp Dates: June, TBA
 Camp Time: Ages 8-10 9:00-9:45 AM
 Ages 11-14 10:00-10:45 AM
 Location: East Lake Park Driving Range
 Fee: \$20 Residents
 \$25 Non-residents



Youth Tennis Camp (ages 8-14)

Learn the basic fundamentals of the proper grip, swing, stance, and etiquette of tennis! Class limited to 10 participants per session.

Registration: April 2-May 17
 Camp Dates: June, TBA
 Camp Time: Ages 8-10 9:00-9:45 AM
 Ages 11-14 10:00-10:45 AM
 Location: East Lake Park Tennis Courts
 Fee: \$20 Residents
 \$25 Non-residents



Kindergarten Flag Football

This program focuses on the fundamentals of football through fun with a non-contact drills. During practices participants will work on drills and game scrimmages.

Registration: Aug. 1-30
 Program Dates: Sept. 17-Oct. 8
 Program Time: Tuesdays, 5:30-6:15 PM
 Location: Third Field at East Lake Softball Complex
 Fee: \$20 Residents
 \$25 Non-residents

Youth Flag Football League (1st - 4th)

This program is designed to teach participants the basics of football in a fun and safe environment. All games are played on Saturday mornings at the East Lake Soccer Complex.

Registration: May 1-Aug. 30
 League Plays: Sept.-Oct.
 Fee: \$20 Residents
 \$25 Non-residents



Panther Basketball Camp (3rd-6th)

This camp provides knowledge of shooting, dribbling, passing, defensive and offensive techniques, and fundamentals in an individual and team setting. This camp is instructed by Paul Rundquist.

Registration: Aug. 1-Sept. 20
 Camp Dates: Oct., TBA
 Camp Time: 5:30-6:30 PM
 Location: Cottrell Gym
 Fee: \$20 Residents
 \$25 Non-residents

Youth Basketball League (3rd - 6th)

This program is an instructional program lead by parent volunteer coaches. The coaches will introduce the skills needed for basketball including dribbling, passing, shooting, and playing defense. Practice will be one day a week for 45 mins and games will be played on Saturday mornings. This program will run for 5 weeks.

5th & 6th Grade:

Registration: October 1-31
 League Plays: Nov.-Dec.
 Fee: \$20 Residents
 \$25 Non-residents

3rd-4th Grade:

Registration: Nov. 4-Dec. 13
 League Plays: Jan.-Feb. 2020
 Fee: \$20 Residents
 \$25 Non-residents



Little Artist (Ages 4-7)

This program is designed to teach the basic art elements, styles, and crafting. Participants will leave each day with their own art work and have a greater appreciation for their work.

Registration: Feb. 1-28

Program Dates: Tuesdays, March 5-26

Program Time: 5:30-6:15 PM

Location: Civic Center Meeting Room

Fee: \$20 Residents
\$25 Non-residents



Panther Dance Clinic (K-5th)

Join the MPCHS Drill Team for fun and dance. Dancers will meet at Cottrell Gym for practice and perform that evening during the half-time at the Varsity Boys Basketball game. Participants will receive a Drill Team poster. This clinic will be instructed by the Mount Pleasant High School Dance Coach, Nikole Keaster.

Registration: Dec. 2-Jan. 18

Practice Date: Feb. 8

Practice Time: 4:00-5:30 PM

Practice Location: Cottrell Gym

Performance Date: Feb. 8

Performance Time: 6:00 PM

Fee: \$20 Residents
\$25 Non-residents

Panther Cheerleading Camp (K-5th)

This camp offers youths the opportunity to develop the basic cheerleading skills, such as jumps, chants, and flexibility exercises. At the end of the program, campers will have the opportunity to cheer at a Panther Football game. Participants will practice with the Mount Pleasant High School Cheerleaders, and camp will be instructed by the Mount Pleasant High School Cheer Coach, Nikole Keaster.

Registration: Aug. 1-Sept. 6

Camp Dates: TBA

Camp Time: TBA

Location: Cottrell Gym

Fee: \$20 Residents
\$25 Non-residents

MP Sluggers (3rd-7th)

This program will focus on building fundamentals skills in a safe environment while building the enjoyment of playing baseball. Participants will rotate through various stations that focus on skills of the game. Skills include throwing, catching, fielding, hitting, and pitching. Bring hats and gloves. Cleats and bats are optional. This clinic will be instructed by Curt Bjork.

Registration: Feb. 4-March 15

Program Date: April 9, 11, 16, 18

Program Time: 3rd-5th 5:30-6:15 PM
6th-7th 6:30-7:30 PM

Location: First & Second Field at East Lake Softball Complex

Fee: \$20 Residents
\$25 Non-residents



Summer Coed Softball League

Grab your friends and family to form a team! This league will be played on Tuesday and Thursday nights.

Registration: April 1-May 3
 League Plays: June-July
 Location: East Lake Park Softball Complex
 Fee: \$300 Per Team +\$5 Non-resident

Men's Softball League

Form your own team for a men's night out. Games will be played on Wednesday nights.

Registration: April 1-May 3
 League Plays: June-July
 Location: East Lake Park Softball Complex
 Fee: \$300 Per Team +\$5 Non-resident

Coed Sand Volleyball

Form your own team and enjoy a fun and active evening of volleyball with your friends. Matches will be played on Monday nights.

Registration: May 1-31
 League Plays: July-August
 Location: East Lake Park
 Fee: \$100 Per Team +\$5 Non-resident



Men's Volleyball League

Form your own team and enjoy a night out with the guys. Matches will play on Thursday nights.

Registration: Aug. 1-30
 League Begins: October
 Location: Cottrell Gym
 Fee: \$100 Per Team +\$5 Non-resident

Women's Volleyball League

Girls' night out. Form your own team and play matches on Wednesday nights.

Registration: Aug. 1-30
 League Begins: October
 Location: Cottrell Gym
 Fee: \$100 Per Team +\$5 Non-resident

Coed Volleyball

This League has two leagues that are offered during the winter months.

- Coed spike league plays on Thursday nights
- Non-spike league plays on Sunday nights

Registration: Nov. 4-Dec. 31
 League Plays: January 2020
 Location: Cottrell Gym
 Fee: \$100 Per Team +\$5 Non-resident



Hours of Operation**Lap Swim:** 12:00-1:00 PM Daily**Open Swim:** 1:00-7:00 PM Daily**Address:** 600 W Clay Street**Admission Prices:**

Anyone 9 & under must be supervised by an adult (16 years or older). Anyone entering the facility must pay admission or have a pass regardless of intent to swim. A family member is considered to be anyone claimed as a dependent on your tax forms. Passes and ticket books go on sale May 1, 2018.

Daily:

Age 0-3 Free
Age 4-15 \$3.50
16 & up \$4

Passes:

Individual \$50
Family \$120
(2-5 members,
\$5 Each Additional Member)

Ticket Books: (1 ticket Per Patron)

10 tickets \$30
25 tickets \$60

Ticket books and passes are sold at City Hall (319-385-1475)

Features of the Pool:

- Zero depth entry
- Six lane 25 yd. pool
- 330,000 gal. of water
- 17,000 sq. ft. of deck
- Family changing area
- Handicapped accessibility
- 2 diving boards (1m & 3m)
- 64,000 sq. ft. of grassy area
- Fountain & jets in water
- Lockers inside & outside bathhouse
- Safe & adequate parking
- Heated water
- Shaded structures
- Concession area
- 2 water slides

Lockers:

Lockers are available on a first come, first serve basis near the deck of the pool. A refundable quarter allows access to the locker throughout the day.

Rentals:

Saturday and Sunday mornings, the pool may be rented to the public from 8:00 AM-12:00 PM. A one month notice needs to be made prior to rental. The rental fee is \$350 without slides and \$450 with slides, plus a \$100 deposit. Lifeguards will be provided by the Park & Recreation Department. To make a reservation or for more information, contact the Director of Parks & Recreation at 319-385-1476.

Concessions:

A separate concession stand is located on the northwest side of the building, serving both inside patrons and the outside public. Items such as popcorn, nachos, hot dogs, candy and Pepsi products may be purchased. Please keep food inside the concession area while at the pool.

Rules:

1. Dangerous behavior such as rough play, running, throwing, or riding on shoulders is not permitted.
2. The following items are prohibited from the pool and pool area: street shoes, squirt guns water guns, balls, tubes, or other flotation devices, gum, Band-Aids, cigarettes, play-pens, scuba tanks and weight belts, as well as any other item deemed potentially dangerous by the manager.
3. Regulation swimming suits are required for all patrons in the pool. T-shirts are not allowed.
4. Children must be able to swim 25 yards of front crawl in good form before swimming without the supervision of an adult.
5. No one age 9 and under will be admitted without an adult, (someone 16 or older). An adult may supervise up to 4 non-swimmers at a time.
6. Diving is not permitted in less than 10 ft. of water.
7. We reserve the right to prohibit any person whose presence is detrimental to themselves or others.
8. The Park & Recreation Department is not responsible for lost or stolen articles.
9. Food and drinks cannot be brought into the facility.

Diving Rules:

1. Must be able to swim 25 yards to use diving well.
2. One person on the board at a time; no multiple bouncing, must dive straight off board.
3. Must wait until the diving well is clear before diving.
4. No back flips, inward and reverse diving, cartwheels, or hanging on the board.
5. After diving, swim directly to ladder area.
6. No swimming is allowed in the diving well.

Slide Rules:

1. Patrons must behave in an orderly manner.
2. No swim suits with zipper, buckles, rivets, or flotation devices.
3. Anyone pregnant, with a heart condition or a back problem is advised against using the slide.
4. Children may only ride with an adult.
5. Patrons must exit the pool immediately, no swimming allowed in catch pool.
6. Must be 48 inches or taller to use slides alone.

Learn to Swim Program Sponsored by the Red Cross

In an effort to provide better instruction to our participants, our Learn to Swim program is limited to 12 children per class. All classes are held Monday through Friday, for approximately 40 minutes each day, with the last few minutes being free/play time. The last day of class is fun day and the slides are turned on for that day only. Please keep in mind when your child passes one level, it does not necessarily mean that they are immediately ready for the next one. (Levels IV and up swimmers may consider a few private lessons between group lessons). This will allow for the child's coordination and strength to grow without feeling overwhelmed by not being able to rapidly pass through the next set of classes.

Please read the following carefully to register your child for the appropriate class. When a child is misplaced, every attempt is made to move them. However, sometimes class sizes do not allow this and a child may have to stay in a class that is too advanced or simple for their capabilities.

Preschool I:

This is the most basic course in our program. Students are taught the foundation skills, such as blowing bubbles, assisted floating, and use of the kick-board. Children must be 3-4 years of age.

Preschool II:

Students learn to be more independent in the water. The participant must be very comfortable in the water and capable of submerging their face and holding their breath. They work on the front and back floats with little assistance from the instructor. Deeper water is introduced, along with the primary skills of the arm stroke. Participants' ages range from 3-5 years of age.

Preschool III:

This class continues to build on the skills the child already possesses. Participants will begin coordinating basic strokes and will work on underwater and deep water skills. By the end of the session they should be able to front and back float with no assistance.

Parent/Tot:

This course is a water orientation class designed to help the adult learn the proper techniques for teaching swimming skills through games, songs and individual instruction. Children must be at least 6 months old and under 3 years of age to be in this course. Each child must be accompanied by an adult.

Swim Lesson Registration:

Registration for all aquatics classes begins on April 1, 2019 for mail-in registrations and May 1, 2019 for walk-in registrations.

Swim Lesson Changes/Cancellations:

A change of registration form must be completed to change a class. Changes to swim lesson registration will no longer be accepted by phone. All forms must be completed at the Parks & Recreation office in City Hall. A one-week notice prior to a lesson beginning is required to receive a refund for a canceled lesson.



American Red Cross Program

Listed below are the highlights for each level. Each participant's ability will be assessed the first day of the class. Staff will then determine if the child is in the appropriate level. If the need arises, we will try to accommodate by moving the participant to the appropriate level, if there is room. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of the Learn-to Swim program includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

Level 1: Introduction to Water Skills

- Enter and exit water safely
- Submerge mouth, nose, and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Change direction while walking or paddling
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support
- Use a life jacket

Level 2: Fundamental Aquatic Skills

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in rhythmic pattern
- Open eyes underwater and pick up submerged object in shallow water
- Float on front and back
- Perform front and back glide
- Change direction of travel paddling on front or back
- Roll over from front to back to front
- Tread water using arm and leg motions (chest deep water)
- Swim on front, back, and side using combined arm and leg actions
- Move in the water while wearing a life jacket

Level 3: Stroke Development

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object in chest deep water
- Bob with head fully submerged
- Rotary breathing in horizontal position
- Perform front and back glide using two different kicks
- Float on front and back in deep water
- Change from horizontal to vertical position on front and back
- Tread water using hand and leg movements

Level 4: Stroke Improvement

- Perform a dive from a standing or stride position
- Swim underwater
- Perform feet-first surface dive
- Perform open turns on front and back
- Tread water using sculling arm motions and with different kicks
- Perform the following:
 - Front and Back Crawl
 - Breaststroke
 - Butterfly
 - Elementary Backstroke
- Swim on side using scissors-like kick
- Perform compact jump into water from a height while wearing a life jacket

Level 5: Stroke Refinement

- Perform the following:
 - Standing dive
 - Shallow dive, glide two body lengths & begin front stroke
 - Tuck surface dive
 - Pike surface dive
 - Front flip turn
 - Backstroke flip turn
 - Front and back crawl
 - Butterfly
 - Breaststroke
 - Elementary backstroke
 - Sidestroke
- Tread water with two different kicks
- Learn survival swimming

Level 6: Swimming & Skill Proficiency

- Front crawl-100 yards
- Back crawl-100 yards
- Butterfly-50 yards
- Elementary backstroke-50 yards
- Breaststroke-50 yards
- Sidestroke-50 yards
- Tread water with hands in deep water (5 minutes)
- Demonstrate survival swimming (10 minutes)
- Demonstrate a feet first surface dive and retrieve an object from a depth of 7 feet.

2019 Group Swim Lessons

Session I: June 3-June 14 (Monday-Friday)

9:45-10:25 Preschool III Level I Level II Level III Level IV Level V Level VI	10:30-11:10 Preschool I Preschool II Level I Level II Level III	11:15-11:55 Preschool I Preschool II Level II	12:00-12:45 Parent/Tot
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Session II: June 17-June 28 (Monday-Friday)

9:00-9:40 Preschool I Preschool II Level V	9:45-10:25 Preschool I Preschool II Level I Level II Level III Level IV Level V Level VI	10:30-11:10 Preschool III Level I Level II Level III Level IV Level V Level VI	11:15-11:55 Preschool II Level I Level III	12:00-12:45 Parent/Tot
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Session III: July 8-July 19 (Monday-Friday)

9:00-9:40 Preschool III Level I Level III	9:45-10:25 Preschool III Level I Level II Level III Level IV Level V Level VI	10:30-11:10 Preschool I Preschool II Level II Level III Level IV Level V	11:15-11:55 Preschool I Level II Level III	12:00-12:45 Parent/Tot
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Session IV: July 22-August 2 (Monday-Friday)

9:00-9:40 Preschool I Preschool II Level I	9:45-10:25 Preschool III Level I Level II Level III Level IV Level V	10:30-11:10 Preschool I Preschool II Level I Level II Level III Level VI	11:15-11:55 Preschool II Level II Level III	12:00-12:45 Parent/Tot
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2019 Private Swim Lessons

Session I

	June 3-7	June 10-14
9:00-9:40	4 Spots	4 Spots
9:45-10:25		
10:30-11:10		
11:15-11:55	8 Spots	8 Spots
12:00-12:40	8 Spots	8 Spots

Session II

	June 17-21	June 24-28
9:00-9:40	4 Spots	4 Spots
9:45-10:25		
10:30-11:10		
11:15-11:55	8 Spots	8 Spots
12:00-12:40	8 Spots	8 Spots

Session III

	July 8-12	July 15-19
9:00-9:40	4 Spots	4 Spots
9:45-10:25		
10:30-11:10		
11:15-11:55	8 Spots	8 Spots
12:00-12:40	8 Spots	8 Spots

Session IV

	July 22-26	July 29-August 2
9:00-9:40	4 Spots	4 Spots
9:45-10:25		
10:30-11:10		
11:15-11:55	5 Spots	5 Spots
12:00-12:40	5 Spots	5 Spots

Lesson Prices

	Resident	Non-Resident
Private Lessons	\$65.00	\$70.00
Group Lessons	\$35.00	\$40.00
Lifeguard Class	TBA	TBA
WSI	TBA	TBA

Swim Lesson Registration Deadlines

Session I:	Wednesday, May 29, 2019
Session II:	Wednesday, June 12, 2019
Session III:	Wednesday, July 3, 2019
Session IV:	Wednesday, July 17, 2019

Swim Lesson Registration:

Registration for all aquatics classes begins on April 1, 2019 for mail-in registrations and May 1, 2019 for walk-in registration.

Swim Lesson Changes/Cancellations:

A change of registration form must be completed to change a class. Changes to swim lesson registration will no longer be accepted by phone. All forms must be completed at the Parks & Recreation office in City Hall. A one-week notice prior to a lesson beginning is required to receive a refund for a canceled lesson.

Water Safety Instructor (WSI)

This course certifies qualified candidates as a American Red Cross Instructor for the Infant/Preschool category through Water Safety Aid courses. Candidates must be at least 17 years of age and have a strong knowledge of swimming and water safety. This course is approximately 36 hours in length, which will be spread over a 2 to 3 week period.

Lifeguard Training

This course certifies participants as professional lifeguards. The course covers such subjects as public safety, public relations, facility management, aquatic emergencies and includes CPR and First-Aid components. Certification is based on written and physical skill tests, ability to react to accidents, and decision making abilities. To participate, individuals must meet the following prerequisites:

1. Must be at least 15 years of age.
2. Swim 500 continuous yards using the front crawl, breast stroke, and side stroke.
3. Retrieve a 10 lb. brick from at least 7 ft. of water.
4. Tread water for 2 minutes without use of hands.

**These skills will be tested the first day of class. Anyone unable to perform these skills will be given a refund.*

Private Lessons

Private lessons will be offered at an organized level of instruction. Lessons will be offered at a specific time for 5 consecutive, 40 minute lessons. Written requests for instructors will no longer be accepted. It is our finding that a child gains more experience and confidence through working with a variety of instructors throughout the summer. Must be 5 years of age or older.

Registration Information

Registration for all aquatics classes begins on April 1, 2019 for mail-in registration and May 2, 2019 for walk-in registration. Please refer to page 9 for the fees and deadlines for all the aquatic programs offered by the Mount Pleasant Park & Recreation Department. If you have suggestions for aquatic programs that we do not currently offer, please contact us and tell us your suggestions. For more information on Aquatic Programs or Facilities, contact the Park & Recreation Department at 319-385-1475.

Parents/Guardians

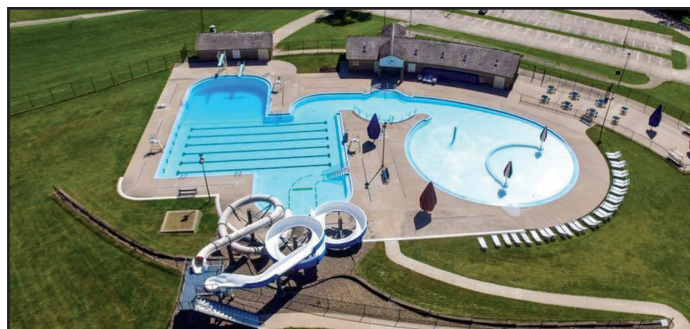
Parents are not allowed near the pool edge or on the deck during lessons, unless enrolled in a Parent/Tot class. Parents may, however, sit in the concession area as long as they are not disruptive to the child's class. Most children listen and perform better when they cannot speak with or easily see their parent or guardian. Those with questions may speak to the Lesson Coordinator during the class.

Cancellations

Classes will not be canceled unless severe weather conditions are reported. Due to the heated water, air temperature and/or light rain will not affect lesson times. Chances are taken when registering for any outdoor program. Therefore, refunds will not be granted and lessons will not be made up due to the weather.

Apparel

All participants must wear regulation swimming suits. T-shirts over the suit, cut-off jeans, or sweat pants are not allowed.



East Lake Park

Located on the east end of town on Lexington Ave is this 120-acre park. Facilities include a 3 field softball complex, two shelter houses, a gazebo, picnic tables, restrooms, 2 playground areas, 2 sand volleyball courts, a 6.5 acre pond, 4 lighted tennis courts, a 5 field soccer complex, 9 horseshoe courts, an 18 hole disc golf course and a driving range.

East Lake Park Driving Range

This Driving Range is located at the north end of East Lake Park. The range opens for the season in April (pending weather) and closes for the season in November. Range hours are sun up until sundown. A basket of 45-55 balls cost \$3.00. Please note that the range will be closed every Wednesday from 7:00-4:00 PM to perform facility maintenance.

Cranes Pond

Located on Courtland Street is this five-acre park. Facilities include a shelter house, sledding hill, swings, benches and a two acre pond for fishing.

Central Park

Located in the center of the downtown business district is this two-acre park. It has several benches, open areas and is the site of the Edd King Memorial Fountain.

Green Square Park

This small, residential park is located on King Drive. It has a half-court basketball facility, playground equipment and benches.

Saunders Park

This 60-acre park is located in the heart of the city, next to the hospital. Facilities include the Mount Pleasant Family Aquatic Center, playground equipment, two shelter houses, two gazebos and a log cabin.

Sheaffer Park

This one-and-a-half acre park is located on South Walnut Street. It contains open space and benches which is ideal for families wishing to play with their children.

McMillan Park

This 40-acre park is home of the Old Threshers Reunion, Henry County Fair, and many special events each year. Facilities include a shelter house, restrooms, and large buildings which are available for rent.

Prairie View Park

This 14.5 acre park is currently under development between Linden Heights and East Lake Park. The landscape of the park will consist of wild flowers and prairie grasses. Phases II and III of the Mount Pleasant Recreational Trail run through this park.

United Thru Play Playground

The United Thru Play Playground is located at the former Saunders School site. The large wooden playground component is a great addition to the Parks & Recreation system!



Check us out on Facebook!

The Mount Pleasant Parks & Recreation Department

We rent a variety of facilities for use by the public. Reservations can be made by contacting the department by phone or in person during office hours. Reservations for the upcoming year will be accepted beginning **November 1, 2019**.

Fees and deposits are due one week prior to the day of reservation.

Shelters

The Park & Recreation Department has shelters available for rent in the following parks.

		Half Day	Full Day
East Lake Park:	McCoid	\$15.00	\$25.00
	Hayward	\$15.00	\$25.00
Saunders Park:	TTT	\$20.00	\$35.00
	Stonebridge/Fire Place	\$25.00	\$25.00
Cranes Pond:	Shelter	\$15.00	\$25.00
Prairie View Park:	Shelter	\$15.00	\$25.00



Log Cabin

The Log Cabin is located in Saunders Park. It's available for rent for various group gatherings.

Half Day	\$20.00 Fee & Deposit \$25.00
Full Day	\$35.00 Fee & Deposit \$25.00



Winter Storage

The Park & Recreation Department stores RV's, campers, boats, etc. for the months in the Grandstand and Sheep Barn at McMillan Park.

Rent	\$20.00 per month
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Softball/Soccer Complexes

The soccer and softball complexes at East Lake Park are available for tournaments.

The Mount Pleasant Family Aquatic Center

The Family Aquatic Center can be rented out on Saturday and Sunday mornings. It may be rented from 8:00-12:00 PM.

**Please Reference the Aquatic Activities for additional information.*

Without Slides	\$350.00
With Slides	\$450.00
Deposit	\$100.00

To make a reservation, please call 319-385-1475 or stop by the Parks & Recreation office located in city hall.

Rental Information

Civic Center Meeting Room

The Civic Center Meeting Room is located at 307 East Monroe and is available for rent by the public for business, educational, or professional type meetings. Amenities include: a projection screen, kitchenette, tables and 150 chairs. Set up and tear down time is included in the rental time. Fee and deposit are due at the time of rental.

Rental Fees:

Half Day	\$75.00
Full Day	\$100.00
Deposit	\$100.00

Heatilator Performing Arts Center

This is a 350 seat Performing Arts Theater equipped with sound and lighting systems. Dressing rooms and green rooms are also available for use with the facility. This facility is perfect for theatrical performances, lectures and ceremonies. There will be an additional fee to use the sound and lighting system. A qualified sound and light tech will be provided at a cost to the renter. Performing Arts Center located at 307 East Monroe.

Rental Fees:

Full Day	\$150.00
Deposit	\$100.00

Cottrell Gym

Cottrell Gym is available for rent by the general public. The gym has six basketball hoops & batting cages. This facility is available for rent for gym-related activities. The gym is located at 310 East Madison.

Rental Fees:

Per Hour	\$35.00
Up to 8 Hours	\$200.00
8+ Hours	\$275.00
Deposit	\$100.00
If using Mats	\$100.00

Special Events

Main Street Easter Egg Hunt

Saturday before Easter



This annual event includes a visit from the Easter Bunny and an Easter Egg Hunt in Mount Pleasant's downtown Central Park. This event is sponsored by Hy-Vee, Hy-Vee Drugstore, Mount Pleasant Park and Recreation Department, and Main Street Mount Pleasant.

Witch Way to Main

October



Get ready for a Spooktacular time in downtown Mount Pleasant. Witch Way to Main is a fun and safe family event where kids will get to trick-or-treat in the downtown businesses. Central Park will have fun and games on the corner of Main and Monroe.

Holiday on Main

December



Holiday on Main is Mount Pleasant Main Street's premier holiday event. Holiday on Main features Santa's arrival, horse-drawn carriage rides, Christmas window displays, open houses in downtown businesses.

Check website for updates!

City of Mount Pleasant Parks & Recreation Department

Registration Information

1. This registration form may be used for all programs.
2. Mail-in registration does not guarantee enrollment in a program or class. Swim lesson mail-in registration begins April 1, 2019.
3. Registration for classes in more than one session is possible on this form.
4. A self-addressed stamped envelope MUST be enclosed to receive confirmation.
5. Use one form for each participant. Mail to: Park & Recreation, 307 E. Monroe St, Mount Pleasant, IA 52641
6. Checks must accompany registration form. Make checks payable to Mount Pleasant Park & Recreation Department.
7. There is a \$15.00 service charge on all returned checks.
8. There is a \$5.00 late registration fee for all registrations accepted after the deadline. **See page 5.*

A printable registration form can be found online at www.cityofmtpleasantiowa.org

Mail-in Registration

Participant's Name _____ Gender _____ Grade _____ Age _____

Address _____ City _____ State _____ Zip _____

Phone Number _____

Resident _____ Non-Resident _____ (A resident lives within the city limits of Mt. Pleasant)

Class Title	Session	Time	Start Date	Fee
1. _____				
(or)				
2. _____				
(or)				
3. _____				

If registering for a youth sport, please complete the following section:

School _____ Teacher _____ Shirt Size _____

Hold Harmless Agreement

Whereas, the city of Mt. Pleasant, Iowa, acting through Mt. Pleasant Parks & Recreation Department, is conducting recreational activities for the benefit of the persons of Mt. Pleasant, Iowa area on the above program dates for the activity. We the undersigned, hereinafter referred to as the participants and if said participant is under the age of 18, we the parents also do hereby covenant and agree to save the City of Mt. Pleasant and its employees free and harmless thereto, at whatsoever kind of nature that may arise in the future, or at any time as a result of said participants actions sponsored by the City of Mt. Pleasant, Iowa on the above program. Said claims, demands, damages and causes of action include but are not limited to medical care, hospitalization and personal liability claims brought by or against each individual participant.

Signature of Parent or Guardian **Date**

Parent or Guardian's Email _____

PHYSICAL THERAPY

Bump and Bruise Program

Rehabilitation Services at Henry County Health Center offers **FREE ASSESSMENTS** of middle school and high school students injured in an extracurricular activity.

Please call 319.385.6540 to set up an appointment with a physical therapist.

Henry County Health Center's Rehabilitation Services offers:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Athletic Training

Let our experienced therapists meet your rehabilitation needs close to home!
Call 319.385.6102 for more information or go to www.hchc.org.



**HENRY COUNTY
HEALTH CENTER**

CARE YOU TRUST. COMPASSION YOU DESERVE.

407 S. White Street
Mt. Pleasant, IA 52641
319.385.6102
www.hchc.org

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