



LAKE MILLS Parks and Recreation

2009

Youth and Adult
Spring Program Guide

Boys Baseball and Girls Softball

Don't be late or you might miss out! All late comers risk not getting on a team. The organization of teams and the ordering of the shirts are done almost immediately after the deadline!

Dodge Ball League

Co-Ed 4th—6th graders

Duck and dodge in the exciting sport of dodge ball. Head shots will not be allowed. Teams will be arranged by the # of participants.

Dates: Mar. 19, 23, 26, 30 & Apr. 2

Time: March dates: 3:30—4:15 pm

April 2: 1:15—2:00 pm

Where: LM Family Fitness Center (riding bus to daycare is an option for transportation)

Registration deadline: March 13

Fee: \$5.00

(Leagues will be organized by grade levels and/or separate boys and girls divisions if enough interest.)

Participant #'s must be limited.



City of LM downtown flower pot contest

The City of Lake Mills will offer an opportunity for clubs/groups/individuals/businesses to plan, purchase and plant flower pots in the City pots located on the streets of Main and Mill. Please look for more information on this contest at City Hall or coming to the Lake Mills Graphic or channel 2.

The K—4 grade programs have been restructured this year.

K, 1st & 2nd graders:

Students completing K, 1st & 2nd grade this 2009 school year are eligible for Coach-Pitch Baseball or Coach-Pitch Softball. (See Attached Form)

Deadline April 3rd

3rd & 4th graders:

Students completing the 3rd or 4th grade this 2009 school year are eligible for Peanut League Traveling ball.

(See Attached Form)

Deadline April 3rd

5th & 6th graders:

Students completing the 5th or 6th grade this 2009 school year are eligible for Pee Wee ball. (See Attached Form)

Deadline March 25th

7th graders:

Students completing the 7th grade this 2009 school year are eligible for Midget ball. (See Attached Form)

Deadline March 25th

A Community Garden plot is going to be established at the west entrance sign area in Lake Mills. These garden plots will be available to lease for \$25 per lot. Look for more information on the lease of these plots on channel 2 or the Lake Mills Graphic.

Community Gardens

Youth Golf Clinic

Co-Ed 2nd—6th graders

This program is designed for the beginner. Clinic will teach proper stance, grip and swing.

Dates: April 30, May 1, 4 & 7

Time: 3:15—3:45 pm (session #1)

3:45—4:15 pm (session #2 if needed)

Where: Band Shell Park east of aquatic center.

Registration deadline: April 28

Fee: \$5.00

(Class size limited to 12 persons)



Lake Mills Family Aquatic Center

Passes and lesson sign up times will be held at the aquatic center in early May. Look for dates and times in the summer program guide and Lake Mills Graphic.

Couch to 5K (3 mile)

4 month program—support group

Do you want to have fun and get into shape at the same time? This 4 month approach to getting your body moving is focused on alternating between walking and running small distances to slowly build to run 5K or 30 minutes non-stop.

More information?

Call Gary or Roxanne Irons at 588-3216

Senior Card Tournament

500

Dates: 2nd Thursday of each month

Time: 12:30—2:30 pm

Where: LM Civic Center

Registration deadline: Call Civic Center to sign up

Fee: \$1.00

Prizes to winners.



Youth Tennis

Co-Ed 2nd—8th graders

Learn the basic technique, skills and rules needed to this lifetime sport.

Dates: May 11, 12, 13, 14 & 15

Time: 3:30—4:15 pm (session #1)

4:15—5 pm (session #2 if needed)

Where: Oakwood Park Tennis Courts

Registration deadline: May 6

Fee: \$6.00

(Class size limited to 20 persons)



Baseball & Softball Clinics

2nd—7th grade boys, girls & coaches

LM Bulldog Clinics where kids and coaches will have sessions on pitching, catching, hitting, fielding and throwing. LMCS BB & SB coaches & players will instruct. *Bring your glove!*

GIRLS SB CLINIC

Date: Saturday, May 23

Time: 2nd-7th grade: 10am— 12pm

Where: LM High School SB Field

If Rain: postpone or cancel

Registration deadline: May 19

Fee: \$3.00

BOYS BB CLINIC

Date: Thursday, May 21

Time: 2nd-7th grade: 3:30-5pm

Where: LM High School BB Field

If Rain: postpone or cancel

Registration deadline: May 19

Fee: \$3.00

Senior Exercise

Adults 55 and up

Dates: Every Mon.,

Wed. & Fri.

Time: 10:30—11:00 am

Where: LM Youth Center

No Registration deadline

Fee: Free

Join at any time and come when you can.



**LAKE MILLS
PARKS AND RECREATION**

MAIL IN / DROP OFF REGISTRATION FORM

Parent's Signature: _____

Address: _____ City: _____

Home Phone: _____ Emergency Phone: _____

E Mail Address: _____

DO NOT USE THIS FORM TO REGISTER FOR THE BALL PROGRAMS. USE THE ATTACHED FORM ONLY.

Participant's Name	Age	Grade	Teacher	Activity Name	Fee

Total: \$

Make checks payable to: City of Lake Mills
Drop-off at: Elementary Physical Education Office or City Hall
Mail to: Parks and Recreation Department
 105 West Main Street
 Lake Mills, Iowa 50450

The City of Lake Mills, Lake Mills Community School, and any and all instructors do not provide accident insurance to program participants. Expenses related to the treatment of injuries incurred during program participation are the responsibilities of the participant / guardian / parent or their insurance provider.

Skate Park

Will open when the ground dries up some. Please use caution, wear **all** proper safety equipment, abide by the rules, have fun & skate to your ability.

Hours: 7am—10 pm



General Information

Parks and Recreation Director: Gretchen Kingland

Park Board Members: Marty Pins, Mike Gaskill, Kyle Menke, Angie Boehmer and Roger Olson

Park Board / Council Member: Candy Hanna and Duane Skellenger.

Mission Statement: The City of Lake Mills Department of Parks and Recreation is committed to offer and serve leisure time opportunities for all people in the Lake Mills community area.

Registration: Pre-registration is required for all programs unless otherwise stated. All registrations are accepted on a first come, first serve basis.

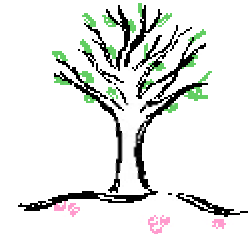
Cancellations: If possible, all outdoor programs will be held as scheduled. If program is a weekday after school event, cancellations will be announced at school. Listen to KIOW 107.3 FM for weekend and evening program event cancellations.

Website: www.lakemillsiowa.com

Email: Imparks@wctatel.net

Address: 105 West Main Street
 Lake Mills, Iowa 50450

Phone Number: 641-592-5211



A Hearts and Parks Community

Member of the Iowa Parks and Recreation Association.

The Park & Rec. Dept. would welcome any comments or suggestions you may have to better improve leisure opportunities in the LM area.

PARENTS: Please be ON TIME when picking your child up from Park and Rec. activities!

Summer Employment Opportunities
Aquatic Center Staff, instructors and umpires needed!
Contact Gretchen Kingland at #592-5211 for more information.