

**Parks
&
Recreation**
City of Missoula • 600 Cregg Lane • 721-PARK

Recreation Guide

Winter–Spring 2026



YOUTH PROGRAMS



ADULT PROGRAMS



PRESCHOOL
PROGRAMS



AQUATICS

Parks Make Life Better!

Join us this winter to find out how our programs can improve your health, your family, your social connections and your community! Try our Afterschool Adventures, Missoula Movers program for active adults, youth and adult sports, exciting aquatics programs at Currents...plus, Nordic ski for youth and adults.

[Register online](#), call us at 406-721-PARK (7275), or stop by Currents Aquatics Center today to join the fun!

Our Guiding Mission

Missoula Parks and Recreation assures sustainable parks, built environments, open lands, and greenspaces to support healthy, resilient people. Parks and Recreation engages with and is connected to the community in delivering services and programs to:

- Promote health and wellness,
- Stimulate, support and encourage successful community,
- and economic development,
- Protect the environment, and
- Educate and enrich the residents of our community.

Parks and Recreation Board Members

Dale Harris (Chair)	Sam Duncan
Charles Besancon	John O'Connor (Vice Chair)
Erynn Castellanos	Kelly Sellars
Margie Costa	

ADA Compliance and Non-Discrimination

Parks and Recreation does not discriminate against or exclude anyone from participation in programs or services on the basis of their race, color, national origin, gender, gender identity, religion, disability, or economic status. Make ADA accommodation requests at least 14 days in advance. Department information is available in alternative formats.

www.missoulaparks.org
406-721-PARK

Land Acknowledgment

In partnership with Séliš-Qłispé Cultural Committee, Parks and Recreation drafted this Land Acknowledgement Statement to honor the Indigenous Peoples who have inhabited the land in the Missoula valley.

The City of Missoula acknowledges that we are in the aboriginal territories of the Salish, Kootenai, and Kalispel people. Today, we honor the path they have always shown us in caring for this place for the generations to come.



Quick and Easy Registration

Register for all programs at Currents in McCormick Park; by phone at 406-721-PARK (7275); or online at www.missoulaparks.org. Mastercard, Visa, or Discover accepted. Registrations must be paid in full.

Share The Fun Youth Recreation Grants

Low-income recreation grants are available for most programs. Call 721-PARK for more information or download an application at www.missoulaparks.org.

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Missoula Parks & Recreation Contact Information

Parks & Recreation Headquarters

406-721-PARK

Office Hours: Monday–Friday, 8:30 a.m.–4:30 p.m.

Location: Currents Aquatics Center, 600 Cregg Ln. in McCormick Park

Offices: Park Administration, Planning, Recreation, and Communications.

*Registration for all programs accepted at Currents Front Desk.

Currents Indoor Aquatics Center

406-721-PARK

600 Cregg Ln. in McCormick Park

(Pool Hours on page 6)

Registration Desk Hours:

Monday–Thursday 6 a.m.–8 p.m.

Friday 6 a.m.–6 p.m.

Saturday & Sunday 8 a.m.–6 p.m.

Open all year! Waterslides, children's water playground, internet hotspot, registration desk & Headwaters Meeting Room.

Park Operations Headquarters

406-552-6253

Office Hours: Monday–Friday, 9 a.m.–3:30 p.m.

Address: 100 Hickory Street, Missoula, MT 59801

Offices: Park Maintenance, Urban Forestry, Conservation Lands Management, and Project Construction

Quick and Easy Registration

Easy Ways To Register

Register for any program by online at www.missoulaparks.org/register, by telephone at 406-721-PARK (7275), or in person at Currents Aquatics Center:

Monday–Thursday, 6 a.m. to 8 p.m.;
Friday, 6 a.m. to 6 p.m.; and
Saturday & Sunday, 8 a.m. to 6 p.m.

Payment must accompany registration. Registrations are accepted on a first-come, first-served basis.

Share The Fun Recreation Grants

Program fees are available on a sliding scale. Apply online at missoulaparks.org, stop by Currents Aquatics Center or call 406-721-PARK for more information. Missoula County Park Board has set aside funds specifically earmarked for recreation grants to County residents.

CityCard Resident Discount Program

City residents contribute directly to the operations of Parks and Recreation programs through their property taxes. The Resident Discount Card (CityCard) allows City residents to receive a reduced rate on Parks and Recreation programs and admission to Currents and Splash Montana. Residents who choose not enroll in the CityCard program, and all non-residents, will pay the regular fee for all programs.

The Resident Discount is approximately 20 percent. Some programs are exempt from the resident discount, including adult sports teams and contracted programs.

The CityCard is optional and is not required to register for any Parks and Recreation program.

Applicants must reside within City limits. Not all Missoula mailing addresses are within city limits. If you are unsure if your address is within the City, give us a call at 406-721-PARK.

To get a CityCard, come in person to the registration desk at Currents Aquatics Center. Please bring a current cable television or utility bill or your voter registration card as proof of residency. Owning property or a business within Missoula city limits does not constitute city residency.

Each family member who wishes to receive the resident discount will need their own card.

New cards are \$2 each and are valid for one year beginning January 1 and expiring December 31. Renew your card annually for \$1.

STEP UP TO THE PLATE
PARKS AND RECREATION LICENSE PLATE



CONTACT THE DMV
TO GET YOUR PLATE

Featuring Monte Dolack's
"Zoo City"

Proceeds benefit families
and seniors who need
financial assistance through
Share The Fun Youth
Recreation Grants.

SWIM LESSONS
SUMMER CAMPS
YOUTH SPORTS
ADULT FITNESS
AND MUCH MORE!

SHOW YOUR SUPPORT FOR PARKS AND RECREATION!

Donate
Today



Our Share The Fun!
Scholarship helps
everyone in our
community

Please consider donating today at missoulaparks.org

4 Winter program registration opens Nov. 16, 9 a.m. • CityCards expire Dec. 31 — Call 406-721-PARK to renew

City of Missoula Parks, Recreation, Open Space, & Trails



2040 MASTER PLAN

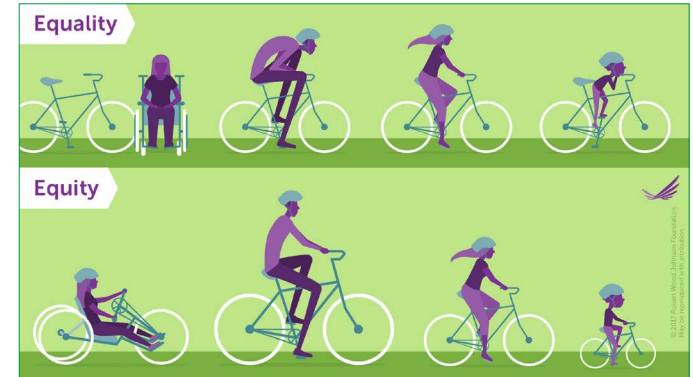
Have you seen Missoula Parks and Recreation's plan for the future of Missoula's parks, recreation programs, open space, trails, and trees?

Check out the entire plan, as well as a story map at www.ci.missoula.mt.us/3449/PROST-Master-Plan.



Clark Fork River Terrace at Caras Park

What is Equity in Parks and Recreation?



The City is committed to supporting residents and local businesses through strong partnerships, collaboration, and the provision of services that create the greatest degree of equal opportunity. By working with and listening to residents from every background, non-profits, and local governments, we will together enjoy a just, equitable, diverse, and inclusive Missoula—free of systemic and structural inequalities—where our community is connected and honors our individualities.

Equity vs. Equality

Equity and equality are often used interchangeably, but they mean different things. Equality is when everyone receives the equal amount of investment. While that sounds fair, it assumes that all people start from the same place, which isn't true. Equity is about ensuring everyone receives the appropriate investment for where they are.

For example: under equality, everyone receives the same bike, which does not meet the needs of every person. With equity, recognizing each person starts at a different place, each cyclist receives the appropriate bike for them. The same principle is true of park use and access.

Missoula Parks and Recreation works to ensure all residents have equitable access to programs and services, regardless of ethnic origin, socioeconomic level, color, language, abilities, sexual orientation, gender identity, religion, race, or age.

How can we help?

Please let us know if there are barriers preventing you from accessing any Parks program, facility or service. Email us at parksrec@ci.missoula.mt.us, phone 406-721-PARK, or stop by Currents Aquatics Center.



CURRENTS



McCormick Park • 600 Cregg Ln. • 406-721-PARK (7275)

Currents Aquatics Center is the year-round indoor water park in McCormick Park and is home to department headquarters, registration desk, and Headwaters community room, which is available for public use.

- Children’s water playground with zero-depth entry, spray features, and grizzly bear slide
- 20-yard lap lanes
- Two exciting waterslides* — 2 stories tall!
- Sparkling spa
- Kersplash poolside climbing wall
- Ripples Party Room
- Swim lessons and fitness classes
- Wireless internet access

Lobby Hours

Monday–Thursday	6 a.m.–8 p.m.
Friday	6 a.m.–6 p.m.
Saturday & Sunday	8 a.m.–6 p.m.

Registration desk is open to purchase season passes and punch cards and to register for all Parks and Recreation programs.

*Must be 48 inches tall and able to swim to ride slides.

Currents Daily Admission

All patrons must pay admission before entering pool area to comply with state occupancy laws. Thanks for your cooperation. Save up to 55% with passes and punch cards! (Info at missoulaparks.org)

AGE	REGULAR FEE	W/CITYCARD
1 Year and Under	No charge	
Pre-K ages 2–6	\$5.50	\$4.50
Youth ages 7–12	\$6.50	\$5.25
Student ages 13–17	\$7.00	\$5.75
Senior (ages 60+)	\$7.00	\$5.75
Adult ages 18–59	\$9.00	\$7.25
SPECTATOR (NON-SWIMMER) DISCOUNTED ADMISSION		
Adult ages 18–59	\$4.75	\$4.75
Senior (ages 60+)	\$4.00	\$4.00

Recreation Swim

DAY	TIME	NOTES*
Mon	12–6 pm	3–4 pm Sensory Swim 3–6 pm climbing wall 4–6 pm features/slides 6–8 pm Swim lessons
Tue	12–8 pm	12–2 pm Sensory Swim 3–6:30 pm features/slides 6–8 pm climbing wall open 6:35–8 pm Swim lessons
Wed	12–6 pm	3–4 pm Sensory Swim 3–6 pm climbing wall 4–6 pm features/slides 6–8 pm Swim lessons
Thur	12–8 pm	12–2 pm Sensory Swim** 3–6:30 pm features/slides 6–8 pm climbing wall open 6:35–8 pm swim lessons
Fri	12–6 pm	3–6 pm features/slides/ climbing wall
Sat-Sun	12–6 pm	12–6 pm features/slides/climb- ing wall SUN. ONLY: 10 am–12 pm Sensory Swim

**Slides and spray features may be available during other recreation swim hours—just check with a lifeguard! Note holiday hours on page 7.

Sensory Swim

Water features and slides will be turned off during this time to provide swimmers with a sensory friendly environment! Pool toys such as balls, noodles and kick boards will still be accessible during sensory swim. Hours are subject to change during school breaks.

Find us on Facebook for
aquatics news and special
events!



The Little Mermaid® Dive-In Movie

Saturday, November 15

Swim like the Merfolk Class—5:15–5:55 pm

Pictures & activities—5–6 pm

Movie—6–7:30 pm

Call 406-721-PARK (7275) to get your tickets today

(Regular rec swim from 12–4 pm)

Watch for more dive-in movies in 2026!



Currents Sparkling Spa & Swim Channel

Soak away stress in our sparkling spa—for ages 5+ only, open daily. Ages 5 – 11 must be directly supervised by an adult. Use the current in the Swim Channel for low impact resistance exercise. Swim Channel open M–F, 6–10 am; and Sat 8–10 am.

Kersplash Climbing Wall Hours

Climbing wall availability is subject to change based on programming needs. Please check with a lifeguard on duty. Swimmers must pass a 20-yard continuous swim and 30-second tread test each day to use wall. No lifejackets permitted on wall. Children must be able to complete the test and climb the wall on their own.

Mon., Wed. & Fri. 3–6 p.m.

Tues. & Thurs. 6–8 p.m.

Sat. & Sun. 12–6 p.m.

Currents Holiday Hours & Closures

Lap swim and Water Aerobics meet as scheduled unless otherwise noted. Climbing wall open during holiday hours except as noted.

Tues, Nov 11	Veterans Day	Rec Swim 12-8 pm
Thurs, Nov 13	School half-day	Rec Swim 12-8 pm
Fri, Nov 14	School's Out	Rec Swim 12-6 pm
Sat, Nov 15	Dive In Movie 6 pm	See details at left
Wed, Nov 26	School's Out	Rec Swim 12-6 pm
Thurs, Nov 27	Thanksgiving	Closed
Fri, Nov 28	School's Out	Rec Swim 12-6 pm
Mon, Dec 22	School's Out	Rec Swim 12-8 pm*
Tues, Dec 23	School's Out	Rec Swim 12-8 pm
Wed, Dec 24	School's Out	Rec Swim 12-4 pm
Thurs, Dec 25	Christmas	Closed
Fri, Dec 26	School's Out	Rec Swim 12-6 pm
Sat, Dec 27	School's Out	Rec Swim 12-6 pm
Sun, Dec 28	School's Out	Rec Swim 12-6 pm
Mon, Dec 29	School's Out	Rec Swim 12-8 pm*
Tues, Dec 30	School's Out	Rec Swim 12-8 pm
Wed, Dec 31	School's Out	Rec Swim 12-6 pm
Thurs, Jan 1	New Year's Day	Rec Swim 12-4 pm Laps 12 – 4, 2 lanes
Fri, Jan 2	School's Out	Rec Swim 12-6 pm
Sat, Jan 17	Dive In Movie 5 & 7pm	Rec Swim 12-4
Mon, Jan 19	School's Out	Rc Swim 12–6 pm
Mon, Feb 9	School's Out	Rec Swim 12-6
Mon, Feb 16	School's Out	Rec Swim 12-6
Sat, Feb 21	Dive In Movie 5 & 7pm	Rec Swim 12-4
Thu, Mar 12	School Half Day	Rec Swim 12-8
Fri, Mar 13	School's Out	Rec Swim 12-6
Mon, April 6	School's Out	Rec Swim 12-8*
Tue, April 7	School's Out	Rec Swim 12-8
Wed, April 8	School's Out	Rec Swim 12-8*
Thu, April 9	School's Out	Rec Swim 12-8
Fri, April 10	School's Out	Rec Swim 12-6

*Special Hours, MW schedule is usually 12-6 pm, staying open later during School's Out

Water Aerobics at Currents THROUGH APRIL 2026

Increase muscle strength, flexibility, and cardio fitness! All fitness levels welcome, no swimming skill required. Drop-in, regular admission fees. Ages 16+. Purchase a pass or punch card and save up to 30%!

	Mon	Tues	Wed	Thurs	Fri	Sat
6:15 – 7:00 am		Deep Beginning to Moderate		Deep Beginning to Moderate		
7 – 7:50 am	Deep Beginning to Moderate	Shallow/Deep Beginning to Moderate	Deep Beginning to Moderate	Shallow/Deep Beginning to Moderate	Deep Beginning to Moderate	
9 – 9:50 am	Shallow Beginning to Moderate	Arthritis* Beginning to Moderate	Shallow Beginning to Moderate	Arthritis* Beginning to Moderate	Shallow Beginning to Moderate	Shallow Beginning to Moderate
9:30 – 10 am	Deep Beginning to Moderate					
10 – 10:50 am	Shallow Moderate to Intense		Shallow Moderate to Intense		Shallow Moderate to Intense	
1 – 1:50 pm		Shallow Beginning to Moderate		Shallow Beginning to Moderate		
6 – 6:50 pm	Shallow Beginning to Moderate	Shallow Beginning to Moderate	Shallow Beginning to Moderate	Shallow Arthritis*		

***Arthritis Foundation Aquatics Program**

This water exercise program is designed for adults with arthritis. Aquatic Exercise Association and Arthritis Foundation trained instructors will lead participants through motions intended to improve flexibility, joint range of motion, endurance, strength, and daily function and to decrease pain. Please see page 31 for more program information. (Registration is free with regular pool entry and still can be attended as a drop in class!)

Plan an After-Hours Party for Your Group!

Join us on Friday, Saturday, or Sunday nights for your after-hours private party from 6:15 to 8 pm!

Bring up to 25 guests, order one of our great cake options or bring your own treats!



Call 406-721-PARK
for pricing and reservations

Lap Swim THROUGH APRIL 2026

Kick boards, pull-buoys, and flippers are available for use. Lanes are 20 yards, allowing for up to 3 swimmers per lane. Ages 14+. Regular admission. Save 25-55% with a punch card or annual pass.


*Schedule is subject to change based on school holidays and group visits. Please check the board at the front desk for upcoming schedule changes.

Lap Swim Lane Schedule																
	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
6:00 AM	CLOSED		4 LANES		2 LANES		4 LANES		2 LANES		4 LANES		CLOSED			
7:00 AM			1 LANE				1 LANE				1 LANE					
8:00 AM	4 LANES		4 LANES		4 LANES		4 LANES		4 LANES		4 LANES		4 LANES			
9:00 AM			0 LANES													
10:00 AM																
11:00 AM			4 LANES		4 LANES		4 LANES		4 LANES		2 LANES		1 LANE			
12:00 PM	1 LANE		4 LANES		4 LANES		4 LANES		4 LANES		4 LANES					
1:00 PM			2 LANES		1 LANE		2 LANES		1 LANE		2 LANES					
2:00 PM					2 LANES				2 LANES						2 LANES	
3:00 PM					4:30 PM				4:30 PM*						4:30 PM	
4:00 PM			1 LANE													
5:00 PM	CLOSED		CLOSED		1 LANE		CLOSED		1 LANE		CLOSED		CLOSED			
6:00 PM																
7:00 PM																
8:00 PM																
*Tues/Wed/Thur—Swim Squad 4:30 - 5:30 PM (no open lanes)																



City residents contribute directly to Parks & Recreation through property taxes. CityCard gives residents a reduced rate (about a 20% discount) on most Parks & Recreation programs and admission to Currents Aquatics Center and Splash Montana. Purchase your CityCard at Currents Aquatics Center for \$2, and renew annually for \$1. For more information, visit missoulaparks.org or phone 406-721-PARK (7275).

More Active Adult adventures & programs on [page 37!](#)



Adult Swim Development & Fitness School

Learn to swim or improve your technique!

Our knowledgeable aquatics team can teach you essential swimming skills or help you reach your aquatic fitness milestones. Experience the stress-reducing benefits, improved cardio endurance, and comprehensive muscle engagement that swimming offers. Discover the lifelong fitness advantages and gain a valuable, life-saving skill today! Adaptive Aquatics on page 11.

Ages 13+. Activity #1150206

DAYS	DATES	TIMES	SECTION #	CLASSES	FEE*
T/Th	Jan 6 – 29	7:20-8p	1EVE9D	8	\$60/50/48
T/Th	Feb 3 – 26	7:20-8p	2EVE9D	8	\$60/50/48
T/Th	Mar 3 – 26	7:20-8p	3EVE9D	8	\$60/50/48
T/Th	Apr 14 – May 7	7:20-8p	4EVE9D	8	\$60/50/48
T/Th	May 12 – June 4	7:20-8p	Activity # 2150206 1EVE9D	8	\$60/50/48

*Regular fee/with CityCard/Annual Pass Holder

Open Kayak Sessions

Bring your cleaned and scoured kayak and gear to work on your roll skills!

Currents provides pool access to those who want to keep their paddling skills sharp through the off-season. Program may be suspended during school breaks or pool rentals—cancellations will be posted at Currents and missoulaparks.org.

DAY	DATES	TIME	FEE
Tues & Thur	Nov 4 – Apr 30	8 – 9:15 pm	Regular admission

Ages 15 & up (younger allowed with direct adult supervision)

INNER TUBE WATER POLO

- A splashing good time!
- The fun of water polo without having to tread water.
- Minimal swimming ability required.

Fun, exciting and best of all . . . you don't need a lot of experience to be competitive! Sit in the tube, pass the ball and score! Don't get caught holding onto the ball too long—you might get tipped out of the tube!

Join our co-rec teams, with at least five players each (a mix of genders), for a thrilling season. Ages 16+. Games are two 12-minute halves of action-packed fun

Don't worry if you're new; this easy-going game is beginner-friendly!

Open Scrimmage Night, Sun Jan .11*: Dive into the fun with an open scrimmage from 6:30 – 7:30 pm, perfect for newcomers to test the waters and get the hang of the game. No stressful try-outs here—just good times and camaraderie.

New Player? Can't make it to the Jan. 11 Scrimmage Night? No problem! Email shepherdh@ci.missoula.mt.us, and we will get you on the list of "free agents."

Open Scrimmage Night: Jan. 11, 6:30–7:30 pm

Team Registration deadline: Jan. 15

Meets: Sundays, Jan. 25 – Apr. 12 (No games on Feb. 8 or Apr. 5) & Golden Tube Bowl on Apr. 12

Time: 6:15 – 9 pm, depending on number of teams

Fee: \$150 per team (up to 10 players per roster)

Activity #1152906 1EVE1

Mandatory Captains' Meeting on Sunday, Jan. 11, 6 pm at Currents

****ALL interested players and captains should attend the Open Scrimmage Night at Currents on Sun., Jan. 11**

Adaptive Aquatics

Adaptive Aquatics offers developmentally appropriate aquatic instruction for individuals with disabilities, special needs, or challenges. Our warm water and family locker rooms provide a comfortable environment for youth and adults of all abilities.

Caregivers are encouraged to be in the water with students as needed, and our instructors will adapt lessons to meet each student's needs.

Share The Fun Recreation Grants are available for families who need financial assistance! Apply online at www.missoulaparks.org. Also see Adult Swim Lessons pg. 10.

DAYS	DATES	TIME	ACTIVITY #	SECTION	# of CLASSES	FEE*
Sat	Jan 10 – 31 Youth	10:20 – 11 am	1130216	1AM7C	4	\$30/25/24
Sat	Feb 7 – 28 Youth	10:20 – 11 am	1130216	2AM7C	4	\$30/25/24
Sat	Mar 7 – 28 Youth	10:20 – 11 am	1130216	3AM7C	4	\$30/25/24
Sat	Apr 11 – May 2 Youth	10:20 – 11 am	1130216	4AM7C	4	\$30/25/24
Sat	Jan 10 – 31 Adult	10:20 – 11 am	1150216	1AM7C	4	\$30/25/24
Sat	Feb 7 – 28 Adult	10:20 – 11 am	1150216	2AM7C	4	\$30/25/24
Sat	Mar 7 – 28 Adult	10:20 – 11 am	1150216	3AM7C	4	\$30/25/24
Sat	Apr 11 – May 2 Adult	10:20 – 11 am	1150216	4AM7C	4	\$30/25/24

Youth ages 5-12 • Adult 13+ *Regular fee/with CityCard/Annual Pass Holder

Swim like the Merfolk!

Ages 6 through adult!

Catch the latest aquatics wave with a swimmable mermaid tail! Slip your feet into the mono-fin and pull up the swimsuit-material "tail" to glide through the water like a mystical mermaid (or merman!) Kids will improve their swimming skills, learn the basics of using a mask, and learn the dolphin kick, which improves core strength. Swimmers must have passed our Learn To Swim Level

2 class (or comparable level in another swim program) and should be able to swim 10 yards on their own and float on front and back.

Fee includes two, 40-minute lessons and your very own mer-tail and monofin to keep (a \$75 – \$80 value!) Be sure to include clothing size and tail color preference in registration.



ACTIVITY #	DAYS	DATES	TIME	SECTION	FEE*	DEADLINE
1130210	Mon & Wed Youth 6 – 13	Mar 30 & Apr 1	6 – 6:40 pm	3PM8	\$82/81/79	Mar 16—includes tail
					\$14/13/11	Mar 29—BYO tail
1150210	Tues & Thurs Adult Ages 13+	Mar 31 & Apr 2	7:20 – 8 pm	3PM9	\$82/81/79	Mar 16—includes tail
					\$14/13/11	Mar 29—BYO tail

*Regular fee/with CityCard/Annual Pass Holder

American Red Cross Lifeguarding Course

Gain the knowledge and skills to save lives and get a great job! Course includes deep water certification and is involves both self-study online training and hands-on practice at the pool with experienced instructors.

Participants must be at least 15 years old on or before the last day of class. Candidates also must be mature and able to complete the swim prerequisites listed below.

Visit Currents to complete the swim pre-test **before** registering. Successful participants will receive national certification in American Red Cross Lifeguarding (including deep water), CPR/AED, and First Aid.

Please note—this course will have online components that must be completed before the first day of class! You'll receive email instructions to complete blended learning course materials through the Red Cross prior to the start of class.

Swim Prerequisites

- Swim 150 yds using front crawl and/or breaststroke, tread water 2 minutes using only legs, and then swim 50 yds using front crawl and/or breaststroke.
- Timed event in under 1 min 40 sec: Swim 20 yds, surface dive to a depth of 8.5 feet & retrieve a 10lb. brick, and swim 20 yds on back with brick.
- Demonstrate maturity and self-control.

Fee: \$100 (Sorry, no CityCard discount.) Fee includes use of online course material, loaner copy of the *American Red Cross Lifeguard Manual*, and American Red Cross certification fee.

All courses held at Currents Aquatics Center

Apply for a lifeguard position at www.ci.missoula.mt.us/jobs. Successful applicants are reimbursed for this course!

DAYS	DATES	TIME	ACTIVITY #	SECTION #
Mon–Fri	Apr 6–10	Mon–Thur, 6–9 pm	1151700	4EVE12
Tues–Sat	May 26–30	Tues–Fri, 4–7 pm Sat, 11 am–8 pm	2151700	1PM23
Mon–Fri	June 1–5	4:30–9 pm	2151700	1EVE10
Mon–Fri	June 15–19	4:30–9 pm	2151700	2EVE10

American Red Cross Lifeguarding–Review/Refresher Course

Renew your American Red Cross Lifeguard Certification through this shorter course!

Candidates must have a current American Red Cross Lifeguard Certification and must be mature and able to complete the swim prerequisites below. Stop by Currents and complete the pre-test **BEFORE** you register.

NOTE: Apply for a lifeguard position at www.ci.missoula.mt.us/jobs . . . successful applicants are reimbursed for this course!

Swim Prerequisites

- Swim 150 yds using front crawl and/or breaststroke, tread water 2 minutes using only legs, then swim 50 yds using front crawl and/or breaststroke.
- Timed event in under 1 min 40 sec: Swim 20 yds, surface dive to a depth of 8.5 feet & retrieve a 10lb. brick, swim 20 yds on back with brick.
- Proof of unexpired American Red Cross Lifeguard certification.

Please note—this course will have online components which must be completed prior to the first day of class! You'll receive email instructions to complete blended learning course materials through the Red Cross prior to the start of the class.

Fee: \$90 (Sorry, no CityCard discount.) Fee includes use of the online course material, a loaner copy of the *American Red Cross Lifeguard Manual*, and American Red Cross certification fee.

Questions? Please email Aquatic Program Assistant Emily Reitz at ReitzE@ci.missoula.mt.us.

Activity # 2153000		Currents Aquatics Center	
DAY	DATE	TIME	SECTION #
Sat	May 16	8 am – 5 pm	4DAY7

American Red Cross Water Safety Instructor

To be eligible for this course, candidates must be at least 16 years old on or before the final day of class and demonstrate maturity and self-control. Candidates must also be able to perform skills that meet at least the American Red Cross Learn-to-Swim Level 4 criteria during the pre-course session (on the first scheduled day).

A course book will be provided on the first day of class. Successful participants will receive the Water Safety Instructor Certificate, recognizing them as qualified to teach courses within the American Red Cross Learn-to-Swim and Water Safety programs.

Fee: \$180 (Sorry, no CityCard discount.)

*Classes are added based on interest.

Apply for a WSI position at www.ci.missoula.mt.us/jobs. Successful applicants are reimbursed for this course!

Activity #1152100 **Currents Aquatics Center**

DAY	DATE	TIME	SECTION #
Mon-Thur	April 6-9	11am-6pm	4DAY10



IDEAL 7.6
7.2
2.2 1.0
1.3 0.6
0.4 0.2

WONDERING ABOUT WATER SAFETY?

Your health matters.

Splash, Currents and City splash decks:

- Meet or exceed state water quality standards.
- Are tested throughout the day by certified staff.
- Undergo regular inspection by Missoula Public Health.

LEARN MORE





Learn-to-Swim Program

We’ve made some exciting changes to our swim lesson program! We’ve aligned our curriculum with the American Red Cross (ARC) Learn-to-Swim program.

ARC Learn-to-Swim helps swimmers master essential swim skills while becoming water-smart—knowing how to prevent and respond to water emergencies.

Benefits of American Red Cross Learn To Swim

- **Skill Evaluation:** Our process ensures your child starts at the right level so that they can learn faster and feel more confident in the water.
- **Safety Focus:** ARC lessons put safety first. Early skills focus on water survival, and each class covers important safety topics.
- **National Recognition:** ARC is the most popular swim program in the U.S., making it easy for your child to continue lessons elsewhere.
- ARC Learn-to-Swim has a clear skills progression.
- Instructor/student ratio allows for more individual attention.
- Preschool lessons: 5 students per instructor.
- Learn-to-Swim levels 1 - 3: 6 students per instructor.
- Students’ skill levels will be evaluated before lessons begin—creating more time for instruction.
- Families and students will meet their instructor at the first lesson.
- Seamless transitions between levels and instructors.
- More efficient learning process.

FIND YOUR PERFECT LESSON LEVEL!

Learn-to-Swim

Skill Evaluations

Is your child ready to dive into our American Red Cross Learn-to-Swim program? We place children in classes based on their skill level to ensure the best learning experience!

Quick 5-minute swim skill evaluations are now required for Levels 2, 3, and Stroke School enrollment . . . and best of all, they’re free! Dates and times below.

Who NEEDS a skill evaluation?

- New students who have never taken lessons at Currents or Splash and want to join Levels 2, 3, or Stroke School.
- Returning swimmers who didn't take lessons in Summer or Fall 2025 and want to enroll in Level 2, 3, or Stroke School.
- Anyone unsure about which level is the right fit.
- Pre-registration required. Register online or phone 406-721-PARK (7275).

Who does NOT need an evaluation?

First-time students—simply register for Level 1!

Skill Evaluations

Ages 3+ FREE — Register anytime

DAYS	DATES	TIME	SECTION	ACTIVITY #
Mon/Wed	Jan 5-June3*	5:45-5:55p	1EVE8	1110518
Tues/Thu	Jan 6-June 4*	6:20-6:35p	1EVE9	1110518
Sat	Jan 10-May 2*	11:45a-12p	1AM17	1110518
Sun	Dec 14**	8:15-8:45a	1AM01	1110518
Sun	Jan 25**	8:15-8:45a	1AM1	1110518
Sun	Feb 22**	8:15-8:45a	2AM11	1110518
Sun	Mar 22**	8:15-8:45a	3AM11	1110518
Sun	May 3**	8:15-8:45a	1AM11	2170218
*No sessions Apr 3-10				
**Registration Day				

Swim Lesson Registration Dates

Online, by phone, or in person starting at 9 a.m. on registration day

December lessons:	Nov. 16
January lessons:	Dec. 14
February lessons:	Jan. 25
March lessons:	Feb. 22
April lessons:	Mar. 22
May lessons:	May 3

www.missoulaparks.org/register

Swim Lesson Pricing

Fee per session based on number of classes.

CLASSES/ SESSION	4	5	6	7	8
Regular Fee	\$30	\$37.50	\$45	\$52.50	\$60
CityCard Discount	\$25	\$31.25	\$37.50	\$43.75	\$50
Annual Pass Holder	\$24	\$27.50	\$36	\$42	\$48
Visit missoulaparks.org to apply for financial assistance.					

Private Swim Lessons

Discover personalized swimming progress with our Private Lessons! Tailored to your needs and learning pace, our 30-minute sessions offer flexibility and focused attention. To schedule, email PrivateSwimLessons@ci.missoula.mt.us, call or text 406-214-1669, or visit Currents.

We recommend a series of 4 to 6 lessons, 1 or 2 times per week.

Pricing per 30-minute session:

\$30	1-on-1 Lessons
\$35	Semi-private Lessons (2 students/instructor)
\$40	Small Group (3-5 students/instructor)

CURRENTS

JOIN OUR

UNDERWATER EGG HUNT

SATURDAY, APRIL 4 10 AM

All Ages Welcome! Ages 4 and under hunt at 10:15 am, then ages 5-7, then 8 and up.
Regular admission + \$1.50 for Participants.

SOME "BUNNY" FILLED THE POOL WITH EGGS!

Ages 6 & under must be accompanied in the water by an adult.

Parks & Recreation
City of Missoula • 600 Cregg Lane • 721-PARK

SHARE THE FUN GRANTS

TEACH A KID TO SWIM

missoulaparks.org/donate

Parent/Child Lessons 1

Ages 6 months to 3 years, with parent
#1110219

Early introduction to the water helps prepare children for a lifetime of swimming. This program teaches parents the skills needed to introduce a child to the water safely and comfortably. Swimsuit/swim diaper that cinches at the waist and legs is required.
Prerequisite: None.

DAYS	DATES	TIME	SECTION	CLASSES	FEE
REGISTRATION OPENS DEC 14, 9 AM					
M/W	Jan 5-14	11-11:30a	1AM8D-1	4	\$30/25/24
M/W	Jan 5-14	6-6:30p	1EVE8B-1	4	\$30/25/24
T/TH	Jan 6-15	11-11:30a	1AM9D-1	4	\$30/25/24
Sat	Jan 10-31	9-9:30a	1AM7A	4	\$30/25/24
M/W	Jan 19-28	11-11:30a	1AM8D-2	4	\$30/25/24
M/W	Jan 19-28	6-6:30p	1EVE8B-2	4	\$30/25/24
T/TH	Jan 20-29	11-11:30a	1AM9D-2	4	\$30/25/24
REGISTRATION OPENS JAN 25, 9 AM					
Sat	Feb 7-28	9-9:30a	2AM7A	4	\$30/25/24
M/W	Feb 16-25	11-11:30a	2AM8D	4	\$30/25/24
M/W	Feb 16-25	6-6:30p	2EVE8B	4	\$30/25/24
T/TH	Feb 17-26	11-11:30a	2AM9D	4	\$30/25/24
REGISTRATION OPENS FEB 22, 9 AM					
M/W	Mar 2-11	11-11:30a	3AM8D-1	4	\$30/25/24
M/W	Mar 2-11	6-6:30p	3EVE8B-1	4	\$30/25/24
T/TH	Mar 3-12	11-11:30a	3AM9D-1	4	\$30/25/24
Sat	Mar 7-28	9-9:30a	3AM7A	4	\$30/25/24
M/W	Mar 16-25	11-11:30a	3AM8D-2	4	\$30/25/24
M/W	Mar 16-25	6-6:30p	3EVE8B-2	4	\$30/25/24
T/TH	Mar 17-26	11-11:30a	3AM9D-2	4	\$30/25/24
REGISTRATION OPENS MAR 22, 9 AM					
Sat	Apr 11-May 2	9-9:30a	4AM7A	4	\$30/25/24
M/W	Apr 27-May 6	11-11:30a	4AM8D	4	\$30/25/24
M/W	Apr 27-May 6	6-6:30p	4EVE8B	4	\$30/25/24
T/TH	Apr 28-May 7	11-11:30a	4AM9D	4	\$30/25/24
REGISTRATION OPENS MAY 3, 9 AM, ACTIVITY #2110219					
M/W	May 11-20	6-6:30p	1EVE8B	4	\$30/25/24

Parent/Child Lessons 2

Ages 2 to 3 years, with parent #1110220

Builds on skills practiced by the parent and child in Level 1. **Prerequisite:** Pass Parent/Child Level 1.

DAYS	DATES	TIME	SECTION	CLASSES	FEE
REGISTRATION OPENS DEC 14, 9 AM					
Sat	Jan 10-31	11:05-11:35a	1AM7E	4	\$30/25/24
REGISTRATION OPENS JAN 25, 9 AM					
Sat	Feb 7-28	9-9:30a	2AM7A	4	\$30/25/24
M/W	Feb 2-11	11-11:30a	2AM8D	4	\$30/25/24
M/W	Feb 2-11	6-6:30p	2EVE8B	4	\$30/25/24
T/TH	Feb 3-12	11-11:30a	2AM9D	4	\$30/25/24
REGISTRATION OPENS FEB 22, 9 AM					
Sat	Mar 7-28	11:05-11:35a	3AM7E	4	\$30/25/24
REGISTRATION OPENS MAR 22, 9 AM					
Sat	Apr 11-May 2	11:05-11:35a	4AM7A	4	\$30/25/24
M/W	Apr 13-22	11-11:30a	4AM8D	4	\$30/25/24
M/W	Apr 13-22	6-6:30p	4EVE8B	4	\$30/25/24
T/TH	Apr 14-23	11-11:30a	4AM9D	4	\$30/25/24



Preschool 1 Ages 3 to 5 #1120219

Water exploration and fun! Playful and nurturing instructors guide preschoolers through basic water exploration in a safe environment. Students develop positive attitudes and safe practices around water while learning basic aquatic skills such as face submersion and assisted floating. Swimsuits/swim diapers that cinch at the waist and legs are required for kids who are still potty training. **Prerequisite:** None

DAYS	DATES	TIME	SECTION	CLASSES	FEE
REGISTRATION OPENS DEC 14, 9 AM					
M/W	Jan 5-28	11-11:30a	1AM8D-P1	8	\$60/50/48
M/W	Jan 5-28	6-6:30p	1EVE8B-P1	8	\$60/50/48
M/W	Jan 5-28	6:35-7:05p	1EVE8C-P1	8	\$60/50/48
T/TH	Jan 6-29	11-11:30a	1AM9D-P1	8	\$60/50/48
Sat	Jan 10-31	9-9:30a	1AM7A-P1	4	\$30/25/24
Sat	Jan 10-31	11:05-11:35a	1AM7E-P1	4	\$30/25/24
REGISTRATION OPENS JAN 25, 9 AM					
M/W	Feb 2-25	11-11:30a	2AM8D-P1	8	\$60/50/48
M/W	Feb 2-25	6-6:30p	2EVE8B-P1	8	\$60/50/48
M/W	Feb 2-25	6:35-7:05p	2EVE8C-P1	8	\$60/50/48
T/TH	Feb 3-26	11-11:30a	2AM9D-P1	8	\$60/50/48
Sat	Feb 7-28	9-9:30a	2AM7A-P1	4	\$30/25/24
Sat	Feb 7-28	11:05-11:35a	2AM7E-P1	4	\$30/25/24
REGISTRATION OPENS FEB 22, 9 AM					
M/W	Mar 2-25	11-11:30a	3AM8D-P1	8	\$60/50/48
M/W	Mar 2-25	6-6:30p	3EVE8B-P1	8	\$60/50/48
M/W	Mar 2-25	6:35-7:05p	3EVE8C-P1	8	\$60/50/48
T/TH	Mar 3-26	11-11:30a	3AM9D-P1	8	\$60/50/48
Sat	Mar 7-28	9-9:30a	3AM7A-P1	4	\$30/25/24
Sat	Mar 7-28	11:05-11:35a	3AM7E-P1	4	\$30/25/24
REGISTRATION OPENS MAR 22, 9 AM					
Sat	Apr 11-May 2	9-9:30a	4AM7A-P1	4	\$30/25/24
Sat	Apr 11-May 2	11:05-11:35a	4AM7E-P1	4	\$30/25/24
M/W	Apr 13-May 6	11-11:30a	4AM8D-P1	8	\$60/50/48
M/W	Apr 13-May 6	6-6:30p	4EVE8B-P1	8	\$60/50/48
M/W	Apr 13-May 6	6:35-7:05p	4EVE8C-P1	8	\$60/50/48
T/TH	Apr 14-May 7	11-11:30a	4AM9D-P1	8	\$60/50/48
REGISTRATION OPENS MAY 3, 9 AM, ACTIVITY #2120219					
M/W	May 11-Jun 3*	6-6:30p	1EVE8B-P1	7	\$52.50/ 43.75/42
M/W	May 11-Jun 3*	6:35-7:05p	1EVE8C-P1	7	\$52.50/ 43.75/42

*No lessons May 25—Memorial Day

Preschool 2 Ages 3 to 5 #1120220

Students build on Level 1 skills and expand water safety knowledge. This level establishes water competency through play-based learning, focusing on independent front and back floating and movement through water. Level 2 marks the beginning of independent aquatic skills.

Prerequisite: Pass Swim Skills Evaluation or complete Level 1, demonstrating independent front float, back float with minimal assistance, and comfort with attempting skills independently.

DAYS	DATES	TIME	SECTION	CLASSES	FEE
REGISTRATION OPENS DEC 14, 9 AM					
M/W	Jan 5-28	11:35a-12:05p	1AM8F-P2	8	\$60/50/48
M/W	Jan 5-28	6-6:30p	1EVE8B-P2	8	\$60/50/48
T/TH	Jan 6-29	11:35a-12:05p	1AM9F-P2	8	\$60/50/48
Sat	Jan 10-31	9-9:30a	1AM7A-P2	4	\$30/25/24
REGISTRATION OPENS JAN 25, 9 AM					
M/W	Feb 2-25	11:35a-12:05p	2AM8F-P2	8	\$60/50/48
M/W	Feb 2-25	6-6:30p	2EVE8B-P2	8	\$60/50/48
T/TH	Feb 3-26	11:35a-12:05p	2AM9F-P2	8	\$60/50/48
Sat	Feb 7-28	9-9:30a	2AM7A-P2	4	\$30/25/24
REGISTRATION OPENS FEB 22, 9 AM					
M/W	Mar 2-25	11:35a-12:05p	3AM8F-P2	8	\$60/50/48
M/W	Mar 2-25	6-6:30p	3EVE8B-P2	8	\$60/50/48
T/TH	Mar 3-26	11:35a-12:05p	3AM9F-P2	8	\$60/50/48
Sat	Mar 7-28	9-9:30a	3AM7A-P2	4	\$30/25/24
REGISTRATION OPENS MAR 22, 9 AM					
Sat	Apr 11-May 2	9-9:30a	4AM7A-P2	4	\$30/25/24
M/W	Apr 13-May 6	11:35a-12:05p	4AM8F-P2	8	\$60/50/48
M/W	Apr 13-May 6	6-6:30p	4EVE8B-P2	8	\$60/50/48
T/TH	Apr 14-May 7	11:35a-12:05p	4AM9F-P2	8	\$60/50/48
REGISTRATION OPENS MAY 3, 9 AM, ACTIVITY #2120220					
M/W	May 11-Jun 3*	6-6:30p	1EVE8B-P2	7	\$52.50/ 43.75/42

*No lessons May 25—Memorial Day

Preschool 3 Ages 3 to 5 #1120221

Water exploration and fun! Playful instructors guide preschoolers through basic water exploration in a safe environment. Students develop positive attitudes and safe practices around water while learning basic aquatic skills such as face submersion and assisted floating. Swimsuits/swim diapers that cinch at the waist and legs are required for kids who are still potty training.

Prerequisite: Must have passed Preschool 2 or evaluation

DAYS	DATES	TIME	SECTION	CLASSES	FEE
REGISTRATION OPENS DEC 14, 9 AM					
M/W	Jan 5-28	11:35a-12:05p	1AM8F-P3	8	\$60/50/48
M/W	Jan 5-28	6-6:30p	1EVE8B-P3	8	\$60/50/48
T/TH	Jan 6-29	11:35a-12:05p	1AM9F-P3	8	\$60/50/48
Sat	Jan 10-31	9-9:30a	1AM7A-P3	4	\$30/25/24
REGISTRATION OPENS JAN 25, 9 AM					
M/W	Feb 2-25	11:35a-12:05p	2AM8F-P3	8	\$60/50/48
M/W	Feb 2-25	6-6:30p	2EVE8B-P3	8	\$60/50/48
T/TH	Feb 3-26	11:35a-12:05p	2AM9F-P3	8	\$60/50/48
Sat	Feb 7-28	9-9:30a	2AM7A-P3	4	\$30/25/24
REGISTRATION OPENS FEB 22, 9 AM					
M/W	Mar 2-25	11:35a-12:05p	3AM8F-P3	8	\$60/50/48
M/W	Mar 2-25	6-6:30p	3EVE8B-P3	8	\$60/50/48
T/TH	Mar 3-26	11:35a-12:05p	3AM9F-P3	8	\$60/50/48
Sat	Mar 7-28	9-9:30a	3AM7A-P3	4	\$30/25/24
REGISTRATION OPENS MAR 22, 9 AM					
Sat	Apr 11-May 2	9-9:30a	4AM7A-P3	4	\$30/25/24
M/W	Apr 13-May 6	11:35a-12:05p	4AM8F-P3	8	\$60/50/48
M/W	Apr 13-May 6	6-6:30p	4EVE8B-P3	8	\$60/50/48
T/TH	Apr 14-May 7	11:35a-12:05p	4AM9F-P3	8	\$60/50/48
REGISTRATION OPENS MAY 3, 9 AM ACTIVITY #2120221					
M/W	May 11-Jun 3*	6-6:30p	1EVE8F-P3	7	\$52.50/ 43.75/42
*No lessons May 25—Memorial Day					

Learn-to-Swim Level 1

Ages 6+ [1130219](#)

Introduction to Water Skills - Students learn to feel comfortable in the water and safely enjoy it. Instructors work with students on basic aquatic skills, helping them develop positive attitudes and safe practices while learning fundamentals like floating, bubble-blowing, and water movement.

Prerequisite: None

DAYS	DATES	TIME	SECTION	CLASSES	FEE
REGISTRATION OPENS DEC 14, 9 AM					
M/W	Jan 5-28	6:35-7:15p	1EVE8C-L1	8	\$60/50/48
T/TH	Jan 6-29	6:35-7:15p	1EVE9C-L1	8	\$60/50/48
Sat	Jan 10-31	9:35-10:15a	1AM7B-L1	4	\$30/25/24
Sat	Jan 10-31	11:05-11:45a	1AM7E-L1	4	\$30/25/24
REGISTRATION OPENS JAN 25, 9 AM					
M/W	Feb 2-25	6:35-7:15p	2EVE8C-L1	8	\$60/50/48
T/TH	Feb 3-26	6:35-7:15p	2EVE9C-L1	8	\$60/50/48
Sat	Feb 7-28	9:35-10:15a	2AM7B-L1	4	\$30/25/24
Sat	Feb 7-28	11:05-11:45a	2AM7E-L1	4	\$30/25/24
REGISTRATION OPENS FEB 22, 9 AM					
M/W	Mar 2-25	6:35-7:15p	3EVE8C-L1	8	\$60/50/48
T/TH	Mar 3-26	6:35-7:15p	3EVE9C-L1	8	\$60/50/48
Sat	Mar 7-28	9:35-10:15a	3AM7B-L1	4	\$30/25/24
Sat	Mar 7-28	11:05-11:45a	3AM7E-L1	4	\$30/25/24
REGISTRATION OPENS MAR 22, 9 AM					
Sat	Apr 11-May 2	9:35-10:15a	4AM7B-L1	4	\$30/25/24
Sat	Apr 11-May 2	11:05-11:45a	4AM7E-L1	4	\$30/25/24
M/W	Apr 13-May 6	6:35-7:15p	4EVE8C-L1	8	\$60/50/48
T/TH	Apr 14-May 7	6:35-7:15p	4EVE9C-L1	8	\$60/50/48
REGISTRATION OPENS MAY 3 AM ACTIVITY #2130219					
M/W	May 11-Jun 3*	6:35-7:15p	1EVE8C-L1	7	\$52.50/ 43.75/42
T/TH	May 12-Jun 4	6:35-7:15p	1EVE9C-L1	8	\$60/50/48
*No lessons May 25—Memorial Day					



Make your next celebration unforgettable with our new party packages at Base Camp!

Ages 2 to 12. See [page 27](#) for all the fun and unique options!

Learn-to-Swim Level 2

Ages 6+ #1130220

Fundamental Aquatic Skills - Children learn basic swimming skills. Building on Level 1 skills, this class introduces rotary breathing and marks the beginning of aquatic independence. Students continue developing elementary backstroke, front crawl, and treading water.

Prerequisite: Pass Level 1 or demonstrate proficient gliding and movement at Swim Skills Evaluation.

DAYS	DATES	TIME	SECTION	CLASSES	FEE
REGISTRATION OPENS DEC 14, 9 AM					
M/W	Jan 5-28	6:35-7:15p	1EVE8C-L2	8	\$60/50/48
T/TH	Jan 6-29	6:35-7:15p	1EVE9C-L2	8	\$60/50/48
Sat	Jan 10-31	9:35-10:15a	1AM7B-L2	4	\$30/25/24
REGISTRATION OPENS JAN 25, 9 AM					
M/W	Feb 2-25	6:35-7:15p	2EVE8C-L2	8	\$60/50/48
T/TH	Feb 3-26	6:35-7:15p	2EVE9C-L2	8	\$60/50/48
Sat	Feb 7-28	9:35-10:15a	2AM7B-L2	4	\$30/25/24
REGISTRATION OPENS FEB 22, 9 AM					
M/W	Mar 2-25	6:35-7:15p	3EVE8C-L2	8	\$60/50/48
T/TH	Mar 3-26	6:35-7:15p	3EVE9C-L2	8	\$60/50/48
Sat	Mar 7-28	9:35-10:15a	3AM7B-L2	4	\$30/25/24
REGISTRATION OPENS MAR 22, 9 AM					
M/W	Apr 11-May 2	6:35-7:15p	4EVE8C-L2	8	\$60/50/48
T/TH	Apr 13-May 6	6:35-7:15p	4EVE9C-L2	8	\$60/50/48
Sat	Apr 14-May 7	9:35-10:15a	4AM7B-L2	4	\$30/25/24
REGISTRATION OPENS MAY 3, 9 AM ACTIVITY #2130220					
M/W	May 11-Jun 3*	6:35-7:15p	1EVE8C-L2	7	\$52.50/ 43.75/42
T/TH	May 12-Jun 4	6:35-7:15p	1EVE9C-L2	8	\$60/50/48

*No lessons May 25—Memorial Day

Learn-to-Swim Level 3

Ages 6+ #3130221

Guided practice builds on previous skills, achieving water competency through proficient front crawl and elementary backstroke. Introduces scissor/dolphin kicks, survival float, and headfirst entries.

Prerequisite: Pass Level 2 or demonstrate independent elementary backstroke (5 body lengths) and front crawl with rotary breathing.

DAYS	DATES	TIME	SECTION	CLASSES	FEE
REGISTRATION OPENS DEC 14, 9 AM					
M/W	Jan 5-28	5:15-5:55p	1EVE8A-L3	8	\$60/50/48
T/TH	Jan 6-29	6:35-7:15p	1EVE9C-L3	8	\$60/50/48
Sat	Jan 10-31	9:35-10:15a	1AM7B-L3	4	\$30/25/24
REGISTRATION OPENS JAN 25, 9 AM					
M/W	Feb 2-25	5:15-5:55p	2EVE8A-L3	8	\$60/50/48
T/TH	Feb 3-26	6:35-7:15p	2EVE9C-L3	8	\$60/50/48
Sat	Feb 7-28	9:35-10:15a	2AM7B-L3	4	\$30/25/24
REGISTRATION OPENS FEB 22, 9 AM					
M/W	Mar 2-25	5:15-5:55p	3EVE8A-L3	8	\$60/50/48
T/TH	Mar 3-26	6:35-7:15p	3EVE9C-L3	8	\$60/50/48
Sat	Mar 7-28	9:35-10:15a	3AM7B-L3	4	\$30/25/24
REGISTRATION OPENS MAR 22, 9 AM					
M/W	Apr 13-May 6	5:15-5:55p	4EVE8A-L3	8	\$60/50/48
T/TH	Apr 14-May 7	6:35-7:15p	4EVE9C-L3	8	\$60/50/48
Sat	Apr 11-May 2	9:35-10:15a	4AM7B-L3	4	\$30/25/24
REGISTRATION OPENS MAY 3, 9 AM ACTIVITY #2130221					
M/W	May 11-Jun 3	5:15-5:55p	1EVE8A-L3	7	\$52.50/ 43.75/42
T/TH	May 12-Jun 4	6:35-7:15p	1EVE9C-L3	8	\$60/50/48

*No lessons May 25—Memorial Day

Find us on Facebook for
aquatics news and special
events!



Stroke School

Ages 7+ #1130223

Focused instructors take students through advanced progressions and development of competitive strokes. Stroke school requires endurance and swimming lengths or widths of the pool. Students who pass stroke school will be ready to try for Swim Squad! **Prerequisite:** Completed and passed or already possess the skills taught in the American Red Cross Learn-to-Swim 3 class.

DAYS	DATES	TIME	SECTION	CLASSES	FEE
REGISTRATION OPENS DEC 14, 9 AM					
M/W	Jan 5-28	6:35-7:15p	1EVE8C	8	\$60/50/48
T/TH	Jan 6-29	7:20-8p	1EVE9D	8	\$60/50/48
Sat	Jan 10-31	9:35-10:15a	1AM7B	4	\$30/25/24
REGISTRATION OPENS JAN 25, 9 AM					
M/W	Feb 2-25	6:35-7:15p	2EVE8C	8	\$60/50/48
T/TH	Feb 3-26	7:20-8p	2EVE9D	8	\$60/50/48
Sat	Feb 7-28	9:35-10:15a	2AM7B	4	\$30/25/24
REGISTRATION OPENS FEB 22, 9 AM					
M/W	Mar 2-25	6:35-7:15p	3EVE8C	8	\$60/50/48
T/TH	Mar 3-26	7:20-8p	3EVE9D	8	\$60/50/48
Sat	Mar 7-28	9:35-10:15a	3AM7B	4	\$30/25/24
REGISTRATION OPENS MAR 22, 9 AM					
M/W	Apr 13-May 6	6:35-7:15p	4EVE8C	8	\$60/50/48
T/TH	Apr 14-May 7	7:20-8p	4EVE9D	8	\$60/50/48
Sat	Apr 11-May 2	9:35-10:15a	4AM7B	4	\$30/25/24
REGISTRATION OPENS MAY 3, 9 AM ACTIVITY #2130223					
M/W	May 11-Jun 3*	6:35-7:15p	1EVE8C	7	\$52.50/ 43.75/42
T/TH	May 12-Jun 4	7:20-8p	1EVE9D	8	\$60/50/48
*No lessons May 25—Memorial Day					




DIVE IN MOVIES

CURRENTS AQUATICS CENTER

SAVE THE DATES!

JANUARY 17

FEBRUARY 21



Reserve Ripples Party Room for your next celebration!

Available Fridays starting at 4 pm, Saturdays, Sundays, and on MCPS Holidays/PIR days. Parties include exclusive use of Ripples and admission for your guests on your party day!

Reserve Ripples for the following times:

12–1:45 pm • 2–3:45 pm • 4–5:45 pm

Guests swim free for the entire Recreation Swim session.

Order an Albertson’s fresh bakery cake or an indulgent Baskin-Robbins ice cream cake, plus plates, napkins, and forks—or bring your own birthday treats! Beverages not included, no glass or alcohol please. Book today by calling 406-721-PARK (7275) or stop by Currents Aquatics Center.

Please call for pricing.

Private Parties

Join us on Friday, Saturday, or Sunday nights* for your after-hours private party from 6:15 to 8 pm! Bring up to 25 guests, order one of our great cake options or bring your own treats! Call for pricing.

Have more than 25 guests? Give us a call at 406-721-PARK (7275) or stop by Currents Aquatics Center. Additional options for after-hours pool rentals are available. (*Currents schedule permitting.)

Swim Squad • Ages 7+

Preparing kids for a lifetime of active water enjoyment!

For advanced swimmers who want to improve endurance and learn about competitive swimming. This is the step before swim team!

Swim squad participants will learn:

- How to read a workout
- Stroke techniques and endurance
- Dives/starts
- Turns (flip turns and open turns)
- How to work as a team

Participants receive a Swim Squad swim cap, and once a youth has attended at least 10 practice sessions they will earn a Swim Squad shirt at the swim meet!

Pup Squad: Meets Tues. & Thurs. For youth who have completed and passed at least one introductory level of Parks & Recreation Stroke School course or are capable of swimming at least 40 yards Front Crawl and 40 yards Back Crawl without stopping and be able to swim 20 yards Breaststroke and 20 yards Butterfly.

Otter Squad: Meets Tues., Wed. & Thurs. (choose the days that work best for you). Designed for those who have previously participated in Swim Squad or a similar program and can swim at least 80m of each stroke (Fly, Back, Breast, and Front Crawl) without flippers and can read and understand instructions.

Swimmers are separated by skill levels.

Rates are as follows: These cards are used for Swim Squad Practices only.

10-Practice Card \$55 or \$44 with a CityCard

20-Practice Card \$105 or \$84 with a CityCard

Please Note: While there is no fee to register for Swim Squad, patrons must purchase a Swim Squad Practice Punch Card. 10 or 20 visit bundles may be purchased at the Currents Front Desk.

Dates	Jan. 6 – May 14 (No practice April 6–10)	Activity #1130209
Pups	Tu/Th, 4:30-5:30 pm	Sect 1PM9
Otters	T/Wed/Th, 4:30-5:30 pm	Sect 1PM4
Fee	10-practice card \$55/44 • 20-practice card \$105/84	

Just For Fun Swim Meet

May 14, 4:30 - 5:30 pm, \$8

Swim meet for our Swim Squad teams! Swim Squad meets are relaxed affairs where everyone is a winner. We do not keep track of places or points—instead, we celebrate every swimmer's individual time and accomplishments. [Activity # 1130212-1PM5](#)



Aquatics Passes and Punch Cards

Splash Montana and Currents Annual Pass

- Save up to 55%!
- Unlimited swims at both pools, all year long
- Buy now to include summer season at Splash Montana! Splash season passes are valid at Currents any day Splash is closed during Splash annual season.

Currents Aquatics Center Annual Pass

- Save up to 66%!
- The sun is always shining at Currents!
- Year-round, climate-controlled aquatics fitness and fun
- 25% off swim lessons and fitness classes

Choose punch cards with 30, 20, or 10 punches

- Save up to 25%!
- Valid at both pools
- Great for lap swim, water aerobics and families on the go!

**CALL 721-PARK
or stop by Currents today!**

**Join
our
team!**

**Sign up for
Lifeguarding and
Water Safety Instructor
certification classes!
Get reimbursed for your
training when hired!
See page 13 for more info.
Apply at www.ci.missoula.mt.us/jobs**

Super Sprouts • ages 2–5

Give your tot the chance to have a blast while working on foundational skills for coordination, balance, and social skills by joining our Super Sprouts program. Kindergarten readiness skills through cooperative games and activities round out our program.

Parent participation is welcome and encouraged!

Fee	\$35/42 with CityCard
Day	Thursdays
Location	Base Camp, 301 E. Main St.

DATES	TIME	ACTIVITY #
Jan. 8–29	11:30 am–12:15 pm	1322400-01
Feb. 5–26	11:30 am–12:15 pm	1322400-02

Indoor Preschool ZTD • ages 2 - 5

Keep your little one active and engaged!

Ride bikes inside an old library?

Only in Missoula and only with Zootown Derailleurs. Wondering what to do with your active preschool-age child in the dark, cold winter months after work and preschool? Drop in Wednesday evenings for indoor bike riding, bounce houses, obstacle courses, bubbles, and dance parties.

This is an informal ZTD practice with some organized games and riding at the beginning and then free riding and opportunities for other type of play at the end.

Kids can be on striders or pedal bikes.

Plenty of fun things for older/younger siblings to participate in during the class, but no one over 5 years will bike.

Fee	\$10 per session
Day	Wednesdays
Location	Base Camp, 301 E. Main St.

DATES	TIME	ACTIVITY #
Jan. 7–Feb. 25	5:30–6:30 pm	1222801

Tiny Trails: Preschool Cross-Country Ski • ages 2–4

If they can walk, they can ski! Tiny Trails was a sliding success in our inaugural season, and we are back for another winter. All equipment (boots, skis, poles) are included. Amazing instructors and engaging fun games will keep your preschooler stoked on learning the basics of cross-country skiing.

Cocoa and a fire at the end of each lesson!

Fee	\$60
Location	Iron Griz at UM Golf Course, 515 South Ave E.

DATES	DAY & TIME	ACTIVITY #
Jan. 13–Feb. 17	Tuesdays, 4–5 pm	1221102-01
Jan. 14–Feb. 18	Wednesdays, 4–5 pm	1221102-02

Registration
opens
Nov. 16
@ 9 a.m.!



Trail Blazers: Cross-Country Ski • EK–5th Grade

Easy for parents – epic fun for kids!

Get ready for winter excitement with our cross-country ski program led by enthusiastic and skilled coaches who enjoy sharing the joy of skiing with kids. We've designed this program to make winter sports accessible and fun for all kids!

- Parks & Rec pick up and transport to skiing as shown below
- Snack included
- ALL equipment included

School & Transportation Schedule

Wednesdays	<ul style="list-style-type: none"> • Program available to students from all schools. • Parks & Rec staff pick up at 2:55 pm from Russell, Chief Charlo, MIS, and Lewis & Clark only. • Parents can drop off students from any other school at 3:15 pm at Iron Griz Bistro, 515 South Ave. E.
Thursdays	<ul style="list-style-type: none"> • Program available to Franklin, Lowell, Paxson, and Rattlesnake students only. • Parks & Rec staff will pickup students at 2:15 pm from these schools only. • No parent drop off.

Parent pick-up for all students: 5 pm at Iron Griz Bistro, 515 South Ave. E.

DAY	DATES	TIME	FEE	ACTIVITY #
Wed	Jan. 14–28	2:55–5 pm	\$75	1231100-01
Thur	Jan. 15–29	2:10–5 pm	\$88	1231100-02
Wed	Feb. 4–18	2:55–5 pm	\$75	1231100-03
Thur	Feb. 5–19	2:10–5 pm	\$88	1231100-04

Monday Trail Explorers

One-day, learn-to-ski clinics for kids and families

Ages 3 through adult

Includes equipment, cocoa, and instruction.

Parent drop off or stay and ski as a family. No school pick up for this program

Fee	\$25 per family
Day & Time	Mondays, 3:30–5 pm
Location	Iron Griz Bistro at UM Golf Course, 515 South Ave. E.

DATE	ACTIVITY #
Jan. 26	1271103-02
Feb. 2	1271103-03
Feb. 23	1271103-04



Summer Camp Registration!

Opens MARCH 1

Watch for Summer Camp Schedule on February 2 and full Summer Recreation Guide on Feb. 23!



Afterschool Adventures

Kids in grades EK-5 (ages 4-12) will be active and engaged with daily activities like hiking, sports, arts and crafts, and more! We offer after school transportation, a healthy snack, and equipment for all activities. Safety is paramount, with highly trained staff and low participant-to-staff ratios. Sign up [online](#) or call 406-721-PARK (7275) today!

Registration is open. Before registering, see bottom of page 25 to determine if your family needs to apply (or reapply) for the [2025-26 Sliding Fee Scale](#).

Register at: www.missoulaparks.org/register.

Days	Choose Monday through Friday	
Dates	Through Friday, June 5, 2026 (when MCPS school is in session.) No program the last week of MCPS school year	
Time	M, T, W, F: 2:55 - 5:30 pm	TH: 2:15 - 5:30 pm
School half-days:	We will pick up early, please bring your lunch.	
Regular Fee	\$25/day	
Purple Pass \$18.75	Green Pass \$12.50	Yellow Pass \$6.25
Pick-Up - BASE Camp 301 E Main. Afterschool Adventures does not meet during MCPS school breaks.		

ACTIVITY #4232100 • PICKUP FROM THESE SCHOOLS

Lewis and Clark – Section #02	Rattlesnake – Section #05
Missoula International School – Section #08	Russell – Section #06
Paxson – Section #04	Chief Charlo – Section #07

Lowell and Franklin: Afterschool programming offered separately. Details online at www.missoulaparks.org. Before registering, see bottom of page 25 to determine if your family needs to apply (or reapply) for the [2025-26 Sliding Fee Scale](#).



STEP UP TO THE PLATE
PARKS AND RECREATION LICENSE PLATE

CONTACT THE DMV
TO GET YOUR PLATE

Featuring Monte Dolack's "Zoo City"

Proceeds benefit families
and seniors who need
financial assistance through
Share The Fun Youth
Recreation Grants.

SWIM LESSONS
SUMMER CAMPS
YOUTH SPORTS
ADULT FITNESS
AND MUCH MORE!

SHOW YOUR SUPPORT FOR PARKS AND RECREATION!

24 Winter program registration opens Nov. 16, 9 a.m. • CityCards expire Dec. 31 — Call 406-721-PARK to renew

School's Out Camps

Parents love our low participant-to-staff ratios and enthusiastic leaders. Kids enjoy trips, outdoor fun, arts, crafts, and games. Pack water, snacks, lunch, and weather-appropriate clothing. Fee includes trips and equipment. Youth from any school may attend. Ages 2 and up.

Fee: \$50/day. Sliding fees: Purple \$37.50, Green \$25, Yellow \$12.50.

Registration is open. Before registering, see bottom of this page to determine if your family needs to apply (or reapply) for the [2025-26 Sliding Fee Scale](#).

ACTIVITY #4232900		NO CAMPS NOV. 26-28, DEC. 24-25, 2025; JAN. 1, MAY 25, 2026					
DATE	SECTION	DATE	SECTION	DATE	SECTION	DATE	SECTION
Dec. 22	04	Dec. 26	06	Jan. 19	11	Apr. 6	15
Dec. 23	05	Dec. 29	07	Feb. 9	12	Apr. 7	16
		Dec. 30	08	Feb. 16	13	Apr. 8	17
		Dec. 31	09	Mar. 13	14	Apr. 9	18
		Jan. 2	10			Apr. 10	19

2025-26 Afterschool & School's Out Sliding Fees

# IN FAMILY	YELLOW - INCOME BELOW	GREEN - INCOME RANGE	PURPLE - INCOME RANGE
1	\$34,500	\$34,500 - 55,200	\$55,200 - 69,560
2	\$39,400	\$39,400 - 63,050	\$63,050 - 82,700
3	\$44,300	\$44,300 - 70,950	\$70,950 - 96,037
4	\$49,250	\$49,250 - 78,800	\$78,800 - 106,100
5	\$53,200	\$53,200 - 85,150	\$85,150 - 121,199
6	\$57,150	\$57,150 - 91,450	\$91,450 - 133,027
7	\$61,100	\$61,100 - 97,750	\$97,750 - 144,915
8	\$65,000	\$65,000 - 104,050	\$104,050 - 156,756
	School's Out \$12.50, Afterschool \$6.25	School's Out \$25, Afterschool \$12.50	School's Out \$37.50, Afterschool \$18.75
Full Prices: School's Out - \$50/day; Afterschool - \$25/day			

Do I need to reapply for the 2025-26 school year?

- If you received sliding fees for the 2024-25 school year, you **do not** have to reapply for the 2025-26 school year. The appropriate fee level will automatically appear on your online registration account at www.missoulaparks.org/register.
- If your **income level has changed**, or you've **changed schools**, please email us at parksrec@ci.missoula.mt.us or phone us at 406-552-6657.
- Families who are **new to the program** should apply for the [2025-26 Sliding Fee Scale](#) before registering at www.missoulaparks.org/register.
- For sliding fee discounts:** Apply online at missoulaparks.org/slidingfee or scan QR code at the right before registering.
- Discount added to your online account within 2 business days; parents notified via email.

Sliding Fee program is voluntary and income is self-reported. No family turned away due to inability to pay. For assistance: email parksrec@ci.missoula.mt.us or call 406-552-6657.



Zootown Derailleurs Youth Cycling Team—Spring 2026

5-week session with Cookie Cup at Marshall Mountain in the last week!

Join the ZTD family—we've got something for every level of rider from balance bike to teen!

Fee includes Derailleurs team swag. Bikes with handbrakes and gears recommended for ages 6+. Bikes are available for program from Parks & Recreation with support from Missoula Mountain Bike Coalition.

Share The Fun Grants are available. For grant or program questions, email ztd@ci.missoula.mt.us.

No training wheels, please: As the ZTD program has grown, we have learned that training wheels often frustrate and hold back young riders, and they don't meet participant or program needs. All riders should be on two wheels or a balance bike. Email ztd@ci.missoula.mt.us for tips on teaching kids to ride without training wheels.

Registration opens Sunday, February 22, at 9 am

REGISTER ONLINE AT WWW.MISSOULAPARKS.ORG/REGISTER OR PHONE 721-PARK (7275)

MONDAYS • APRIL 20 – MAY 18 #1232800				
TEAM	DESCRIPTION	REGULAR FEE/RES DISC	TIME	SEC #
Strider/Balance Bikes	Kids on push bikes - not pedaling yet. No training wheels, please.	\$120/100	5 – 6 pm	01
Pedal Curious	Kids who are transitioning from strider to pedal bikes	\$120/100	5 – 6 pm	02
Pedal Bikes Preschool	Ages 2 and up riding pedal bikes with little/some assistance. No training wheels, please.	\$120/100	5 – 6 pm	03
Pedal Bikes Grades K–1	Main team, pedal-bike riders of all skill levels	\$136/112	5 – 6:30 pm	04
Pedal Bikes Grades 2–3	Main team, pedal-bike riders of all skill levels	\$136/112	5 – 6:30 pm	05
Pedal Bikes Grades 4–5	Main team, pedal-bike riders of all skill levels	\$136/112	5 – 6:30 pm	06
Enduro Team Grades 3–8	ADVANCED RIDERS ONLY	\$136/112	5 – 6:30 pm	07
TUESDAYS • APRIL 21 – MAY 19 #1232801				
Strider/Balance Bikes	Kids on push bikes - not pedaling yet. No training wheels, please.	\$120/100	5 – 6 pm	01
Pedal Curious	Kids who are transitioning from strider to pedal bikes	\$120/100	5 – 6 pm	02
Pedal Bikes Preschool	Ages 2 and up riding pedal bikes with little/some assistance. No Training wheels, please	\$120/100	5 – 6 pm	03
Pedal Bikes Grades K–1	Main team, pedal-bike riders of all skill levels	\$136/112	5 – 6:30 pm	04
Pedal Bikes Grades 2–3	Main team, pedal-bike riders of all skill levels	\$136/112	5 – 6:30 pm	05
Pedal Bikes Grades 4–5	Main team, pedal-bike riders of all skill levels	\$136/112	5 – 6:30 pm	06
Enduro Team Grades 3–8	ADVANCED RIDERS ONLY	\$136/112	5 – 6:30 pm	07
Practice Locations will be shared by the start of the season.				

BASE CAMP KIDS' PARTIES

Our new indoor birthday party packages offer active, memorable fun for kids and easy setup for parents. Meets at Base Camp, 301 E. Main St. (former public library)

- 2-hour party blocks for up to 25 kids
- Saturday & Sunday time slots: 10-12, 12:30-2:30, 3-5, 5:30-7:30
- Tables, chairs, tablecloths, and refrigerator provided
- Bring your own food/cake
- Bluetooth speaker included for party tunes!

WIGGLE & WHEEL • AGES 2-5 • \$150

Bounce, climb, and ride! Includes bounce house, mini obstacle course, and Strider bikes, all designed for little movers.

ROLL & RALLY • AGES 5-12 • \$150

High-energy fun on wheels! Roller blades, scooters, Strider bikes, and lively games keep the action rolling.

BULLSEYE BASH • AGES 8-12 • \$200

Take aim and celebrate! Kids learn basic archery skills with trained instructors, then enjoy target games in a safe, exciting environment.

Ready to book? Email youthprograms@ci.missoula.mt.us to reserve your date.

BUILD YOUR OWN RECREATION PROGRAM

Design a custom adventure with Parks & Recreation!

Perfect for schools, community groups, teams, and families. We tailor activities to your age group, skills, goals, schedule, and budget.

Highlights include: snowshoeing, cross-country skiing, mountain biking, archery at Base Camp, skatepark sessions (skateboard/scooter/rollerblade), high ropes course, survival skills, fishing, rafting, geocaching, obstacle courses, natural history, and arts & crafts.

Ready to plan? Email youthprograms@ci.missoula.mt.us for options, dates, and pricing.



Middle School Clubs—NEW!

Calling all middle schoolers! Get ready for an afterschool experience like no other! Our brand-new program brings you an exciting rotation of clubs throughout the school year—most running for six action-packed weeks. Whether you're a budding fashion designer, a future mechanic, or a creative writer in the making, there's something here to ignite your passion!

Open to ALL 6th – 8th graders in the community, these hands-on clubs will help you explore new interests, build awesome skills, and have a blast doing it. From designing your own runway looks in Project Runway to getting your hands dirty in Bike Mechanics to unleashing your inner author in Creative Writing—the possibilities are endless!

Program Details:

Where: Jefferson School, 1700 South Ave.

When: Mon., Tues., Wed., Fri.: 3–5:30 p.m. and Thurs.: 2:15–5:30 p.m.

Transportation: FREE rides provided for most sessions from CS Porter, Meadow Hill, and Washington Middle Schools!* Parents may also drop students off directly at Jefferson.

Pickup: All students must be picked up at Jefferson between 5:00–5:30 daily, or you may grant permission for your child to walk, bike, or bus home during registration.

Questions? We're here to help! Contact us at youthprograms@ci.missoula.mt.us

*Exceptions are noted in club schedules on pages 30 & 31.

Club Descriptions

Advanced Crafting Club

Take your creativity to the next level! Work on advanced, multi-week projects using a variety of materials and techniques. Each 6-week session focuses on a new art form, emphasizing creativity, patience, and skill-building. Bring your artistic visions to life in a fun and collaborative environment. Materials provided. Meets Fridays. Session 1 features Embroidery and Knitting Crafts, Session 2 is Jewelry Making, and Session 3 is Stained Glass Art Forms.

American Red Cross Babysitter Training

In this fun, hands-on afterschool class, you'll earn your official Babysitter's Training certificate while learning how to care for young children safely and responsibly. Through games, activities, and real-life practice, you'll build useful skills in child safety, basic first aid, feeding, diapering, and managing behavior. Taught by certified instructors, this class is great for anyone who wants to start babysitting, work with kids, or become a future camp counselor or caregiver. Wednesdays, Session 2.

Bike Mechanics Club

Get your hands dirty and learn how to keep your bike in top shape! Explore the basics of bicycle maintenance and repair, including fixing flats, adjusting brakes, and tuning gears. Through hands-on projects, you'll

build practical skills, confidence, and a deeper understanding of how bikes work—perfect for any rider, novice or advanced! Thursdays, Sessions 1 & 2. (Please note: School pickup from C.S. Porter, Meadow Hill, and Washington is NOT available for Session 1.)

Creative Writing Club

Unleash your imagination! In this fun, educational program, you'll explore the world of creative writing through storytelling, poetry, journaling, and more. Each week includes thoughtful prompts, writing games, and time to share work with peers. Whether you're a seasoned writer/poet or just getting started, this club is the perfect place to grow your voice and creativity! Mondays, Sessions 1, 2, 3.

Culinary Club

Step into the kitchen and get cooking! In this beginner-friendly club, you'll learn essential kitchen skills like basic cooking techniques, measuring, knife safety, and following recipes. Each session gives you a fun, hands-on chance to make simple, tasty dishes while building confidence and teamwork. Tuesdays, Session 1.

Dungeons and Dragons Club

Immerse yourself in a world of imagination, teamwork, and adventure! Play Dungeons & Dragons (D&D) under the guidance of an expert Dungeon Master leading you

Club Descriptions, continued

through epic quests, creative problem-solving, and collaborative storytelling. Whether you're a seasoned player or brand new to the game, this club is a great way to build friendships, develop critical thinking skills, and have fun exploring fantasy worlds—one roll of the dice at a time. Thursdays, Session 1,2. (Please note: School pickup from C.S. Porter, Meadow Hill, and Washington is NOT available for Session 1.)

Filmmaking Club

Lights, camera, action! Dive into the world of filmmaking by learning the basics of camera work, acting, scriptwriting, and cinematic storytelling. From brainstorming ideas to shooting short scenes, this club offers a fun, hands-on introduction to the art of movie-making and creative collaboration. Wednesdays, Sessions 1, 2, 3.

Glow-Up Club

Explore the fun and creativity of beauty, style, and self-care! Learn the basics of makeup, skincare, hairstyling, and more. Through hands-on activities and tutorials, you will build confidence, practice new techniques, and express your personal style in a fun and supportive space. All students receive a comprehensive makeup kit to keep! Wednesdays, Sessions 1 & 3

Go Run Missoula's Middle School Winter Program

Go Run Missoula's Middle School Winter Program invites female and non-binary students to build confidence, friendships, and a positive connection with movement. Along with a running-based curriculum, you'll explore art, leadership, and teamwork while celebrating effort, growth, and body appreciation. Through fun activities and supportive coaching, this program helps you discover that running and staying active can be empowering—and a lot of fun! Registration includes participation in the GRM 10 Strength & Running Party on March 8 and Run for the Luck of It 5K on March 14. Tuesdays, Session 2.

Improv & Comedy Club

Take the stage and let your creativity shine! Explore the basics of acting, improv, and stand-up comedy through fun games and scene work. Learn how to "Yes, And!" and write jokes with your fellow performers. This club is a great way to build confidence, express yourself, and be part of a creative team. Tuesdays, Sessions 1 & 3.

Learn to Dungeon Master Club

Step into a world of adventure and imagination! Learn to run your own games as Dungeon Master—creating stories, building worlds, and guiding players through epic quests. With a focus on storytelling, teamwork, and creativity, this club is perfect for experienced players ready to take the lead in the world's greatest role-playing game. Fridays, Sessions 1, 2, 3.

Podcasting Club

Have something to say? In this creative and collaborative club, you'll learn to write, record, and produce your own podcast! From developing show ideas to using audio equipment and editing tools, explore the world of storytelling, interviews, and broadcasting—bringing your voice to life for the airwaves! Thursdays, Session 3.

Project Runway Club

Express your style and creativity! Learn the basics of sewing, styling, and fashion design. From sketching ideas to creating simple pieces, this hands-on club encourages self-expression and builds practical skills in a fun, supportive environment—no experience needed! Tuesdays, Sessions 2 & 3.

Survival Skills Club

Get ready to get wild! In this hands-on adventure, you'll learn real outdoor survival skills like building a fire, making a shelter, and finding your way in nature. You'll also explore how to take care of the land by learning about local plants and animals and practicing sustainable outdoor habits. Build confidence, teamwork, and a deeper connection to the wild world around you! Mondays, Sessions 1, 2, 3.

Wheels on the Bus Pottery Club

Get your hands dirty and your creativity spinning in this unique afterschool club! In partnership with Wheels on the Bus Clay Studio, explore the art of pottery through wheel throwing, hand-building, and glazing. Each week, instructors roll in with professional equipment and experienced ceramic artists, ready to guide you through fun, hands-on projects. From simple pinch pots to wheel-thrown bowls, you'll gain new skills and bring your ideas to life in clay. All materials provided. Thursdays, Session 3.

Club Schedules

Session 1: January 12 – February 20

PROGRAM	DAY	TIME	DATES	FEE (REG/ CITYCARD)	ACTIVITY #
Creative Writing*	Monday	3 – 5:30 pm	Jan. 12, 26; Feb.2	\$75/70	1245211
Survival Skills*	Monday	3 – 5:30 pm	Jan. 12, 26; Feb.2	\$75/70	1245206
Improv & Comedy	Tuesday	3 – 5:30 pm	Jan. 13, 20, 27; Feb. 3, 10, 17	\$150/145	1245214
Culinary	Tuesday	3 – 5:30 pm	Jan. 13, 20, 27; Feb. 3, 10, 17	\$170/165	1246001
Filmmaking	Wednesday	3 – 5:30 pm	Jan. 14, 21, 28; Feb. 4, 11, 18	\$170/165	1245212
Glow-Up Club	Wednesday	3 – 5:30 pm	Jan. 14, 21, 28; Feb. 4, 11, 18	\$170/165	1245213
Dungeons & Dragons**	Thursday	2:15 – 5:30 pm	Jan. 15, 22, 29; Feb. 5, 12, 19	\$140/135	1245406
Bike Mechanic**	Thursday	2:15 – 5:30 pm	Jan. 15, 22, 29; Feb. 5, 12, 19	\$160/155	1245210
Learn to Dungeon Master	Friday	3 – 5:30 pm	Jan. 16, 23, 30; Feb. 6, 13, 20	\$150/145	1245404
Advanced Crafting Embroidery/Knitting Crafts	Friday	3 – 5:30 pm	Jan. 16, 23, 30; Feb. 6, 13, 20	\$170/165	1245208

*Note: 3-week session

**No school pickup is available for these clubs

Session 2: February 23 – April 3

PROGRAM	DAY	TIME	DATES	FEE (REG./ CITYCARD)	ACTIVITY #
Creative Writing	Monday	3 – 5:30 pm	Feb. 23; Mar. 2, 9, 16, 23, 30	\$150/145	1245211
Survival Skills	Monday	3 – 5:30 pm	Feb. 23; Mar. 2, 9, 16, 23, 30	\$150/145	1245206
Go Run Missoula	Tuesday	3 – 5:00 pm	Feb. 24; Mar. 3, 10, 17, 24, 31	\$150/145	1246404
Project Runway	Tuesday	3 – 5:30 pm	Feb. 24; Mar. 3, 10, 17, 24, 31	\$170/165	1245216
Filmmaking	Wednesday	3 – 5:30 pm	Feb. 25; Mar. 4, 11, 18, 25; Apr. 1	\$170/165	1245212
Babysitter's Training	Wednesday	3 – 5:30 pm	Feb. 25; Mar. 4, 11, 18, 25; Apr. 1	\$170/165	1245209
Dungeons & Dragons	Thursday	2:15 – 5:30 pm	Feb. 26; Mar. 5, 12, 19, 26; Apr. 2	\$150/145	1245406
Bike Mechanic	Thursday	2:15 – 5:30 pm	Feb. 26; Mar. 5, 12, 19, 26; Apr. 2	\$170/165	1245210
Learn to Dungeon Master	Friday	3 – 5:30 pm	Feb. 27; Mar. 6, 13, 20, 27; Apr. 3	\$150/145	1245404
Advanced Crafting Jewelry Making	Friday	3 – 5:30 pm	Feb. 27; Mar. 6, 13, 20, 27; Apr. 3	\$170/165	1245208

Club Schedules, continued

Session 3: April 13 – May 22

PROGRAM	DAY	TIME	DATES	FEE (REG./CITYCARD)	ACTIVITY #
Creative Writing	Monday	3 – 5:30 pm	Apr. 13, 20, 27; May 4, 11, 18	\$150/145	1245211
Survival Skills	Monday	3 – 5:30 pm	Apr. 13, 20, 27; May 4, 11, 18	\$150/145	1245206
Improv & Comedy	Tuesday	3 – 5:30 pm	Apr. 14, 21, 28; May 5, 12, 19	\$150/145	1245214
Project Runway	Tuesday	3 – 5:30 pm	Apr. 14, 21, 28; May 5, 12, 19	\$170/165	1245216
Filmmaking	Wednesday	3 – 5:30 pm	Apr. 15, 22, 29; May 6, 13, 20	\$170/165	1245212
Glow-Up Club	Wednesday	3 – 5:30 pm	Apr. 15, 22, 29; May 6, 13, 20	\$170/165	1245213
Wheels on the Bus Pottery	Thursday	2:15 – 5:30 pm	Apr. 16, 23, 30; May 7, 14, 21	\$100/90	1245804
Podcasting	Thursday	2:15 – 5:30 pm	Apr. 16, 23, 30; May 7, 14, 21	\$170/165	1245215
Learn to Dungeon Master	Friday	3 – 5:30 pm	Apr. 17, 24; May 1, 8, 15, 22	\$150/145	1245404
Advanced Crafting Stained Glass	Friday	3 – 5:30 pm	Apr. 17, 24; May 1, 8, 15, 22	\$170/165	1245208



Dungeons & Dragons Club at Lowell

Ages 8 – 13

Through the collaborative storytelling and strategic gameplay of Dungeons & Dragons, participants develop critical thinking, creativity, and teamwork.

Guided by experienced Dungeon Masters, members will create unique characters, navigate complex quests, and engage in thrilling battles. This 12-week program fosters a supportive and inclusive environment where students can express themselves, build friendships, and improve their problem-solving and communication skills. Whether seasoned players or newcomers, the Dungeons & Dragons Club offers an exciting and enriching experience that combines fun learning, and the power of imagination.

D&D is limited to participants ages 8 and above due to the level of reading, comprehension, and critical thinking skills required during gameplay.

Snack provided during gameplay.

Scholarship funds are available for qualifying families.

Fee	\$75/70 w/CityCard	
Day	Wednesdays	
Location	Lowell School Cafeteria	
DATES	TIME	ACTIVITY #
Jan. 14–Apr. 1	5:30–7:30 pm	1235400



TEEN WORKREATION

Teens: Gain valuable life experience and have a blast outdoors with Parks and Recreation!

Teens ages 11 to 13 can experience summer as counselors in training with Parks and Recreation to help with kids in their neighborhood parks this summer! If you are interested in getting direct leadership, communication, and job skills in the Parks and Recreation field, we may have a fun position for you!

Available programs:

Jr. Camp Leader • Jr. Lifeguard • Jr. Conservation Steward

We know teens are busy in the summer. You may choose in advance the number of hours you’d like to participate per week, and we’ll do our best to schedule your hours on the days and times that work for you.

Shifts are scheduled Monday–Friday, June 22–August 21.

Teen workers serve on their own accord, gaining valuable job experience and giving back to their community.

Download the Teen Workreation application at missoulaparks.org, or pick up at Currents Aquatics Center in McCormick Park, **after April 1, 2026.**

Please note this is a free recreation leadership program for youth and is not a paid position.

Application Deadline: Mon., May 11 by 7 p.m.

Group Interviews: May 18–21, 4:30–5:30 p.m.

Mandatory Training: June 18 & 19, 10 a.m.–3 p.m.

Mandatory Parent/Teen Meeting

Wednesday, June 17, 5:30–6:30 p.m.,
Base Camp, 301 E. Main St. (in the old library)

Jr. Playmakers Basketball

Fun, fair play, and good sportsmanship are the focus of this exciting program!

Kids learn basic skills from volunteer coaches and apply them on court. Teams have 10 players max for 5-a-side games. Includes one week pre-season practice, six-week league, and a tournament finale.

Grades 1-2: Skill building and teamwork. Games are not scored, no foul shots or free throws.

Grades 3-5: Refine skills and strategy. Scored games include foul shots and free throws.

Coaches Needed!

If you have basketball experience and want to volunteer as a parent/coach, please email youthprograms@ci.missoula.mt.us. Parents will coach their child’s team.

Parks requests gym space from MCPS, but we are not guaranteed space at your child’s school. Coaches select practice locations and times based on their schedules. Thanks for your patience with the reservation system.

REGISTRATION OPENS: Sunday, October 5, 9 am

DEADLINE: Monday, December 8

ACTIVITY #1332504

FEE: \$175/155 w/CityCard

Don't wait, register early! Leagues are first-come, first-served due to limited gym space.



Kiwanis Basketball

FREE! Boys and Girls Grades 6–8

[REGISTER ONLINE](#)

Sign up for this great FREE basketball program for middle-schoolers!

The season includes:

- 1 week of pre-season practice
- 4-week league play
- Single-elimination end-of-season tournament

REGISTRATION OPENS: Monday, January 5, 9 am

DEADLINE: Sunday, March 1 at 5 pm

No registration accepted after March 1 so that we can form teams and create schedules. Sorry, no exceptions. Please register early; leagues are first-come, first-served due to limited gym space.

Coaches Needed!

If you have basketball experience and want to volunteer as a parent/coach, please email youthprograms@ci.missoula.mt.us.

No games or practices during Spring Break, Apr. 6–10.

Practices	Practices begin the week of March 15. Times vary, Monday-Thursday 6:30-9:30 p.m. Parks provides gym space from MCPS for each team to practice 45 minutes once a week. Practice location and times are assigned best at the coaches meeting pre-season. Due to the high demand for gym space in our community, we cannot guarantee gym space at your child’s school or on a requested day.
Games	Friday nights at 6:45, 7:30, or 8:15 pm at MCPS Schools. Games for 4-week league begin Mar. 20. Last game of regular season is Apr. 17. End of season single-elimination tournament on Apr. 24.
Meets at	Various MCPS gyms, assigned after teams are formed.
Activity #	1333801-01 6th Grade Boys 1333801-02 7th & 8th Grade Boys 1333801-03 6th, 7th & 8th Grade Girls
Deadlines	Sunday, Mar. 1, 5 p.m. Program is free!
	Mandatory Coaches Meeting: 6–8 pm, Thursday, March 5, 2026, at Base Camp, 301 E. Main St. (former library)



Winter – Spring '26 Adult Sports

Play your favorite sports while connecting with your community and enjoying an active lifestyle. Our recreational leagues emphasize fun, exercise, and quality time with friends. Alcohol and tobacco are prohibited before, during, or after league play to maintain safe and inclusive spaces. We look forward to seeing you and your team!

Parks & Recreation Sports Philosophy

We provide quality recreation experiences for all skill levels, facilitating a safe and fun environment, and promoting good sportsmanship. Our leagues focus on healthy competition, emphasizing participation over winning and losing.

Captains' Meetings

Mandatory captains' meetings communicate important rules, policies, and procedures. A team representative must attend if the captain is unavailable. Please see individual sports' rules for the point/score-reduction policy regarding Captain's Meetings. Teams that miss the Captains' Meeting, are awarded a sportsmanship rating of no more than 3 for their first game/match.

Register Your Team

Register online at missoulaparks.org/register or phone 406-721-7275. Payment due at time of registration, on or before the deadline. League space is limited; team registration is accepted on a first-come, first-served basis. Days/times are subject to change. Leagues may be combined or play on different days.

Gender Requirements

Co-Rec: Each sport has specific gender requirements; see sport-specific rules for number of players of a particular gender.

Open: League has no gender requirements – may have unspecified number of any gender on the team.

Women's: Only players who identify as women may participate.

Men's: Only players who identify as men may participate.

*Participants shall participate in accordance with their consistently expressed gender identity.

Skill Levels

Skill levels are in the league name/description. Players and captains should understand their skill level and sign up accordingly. Please email adultsports@ci.missoula.mt.us if you have any questions. Some leagues & tournaments may not have designated skill levels and are open to all competition levels.

Advanced/Competitive
Players looking for strong competition, have foundational skills and experience playing. This is the highest level of competition that we offer.

Recreational/Intermediate
Players might have some prior playing experience and are looking for a more recreational atmosphere or moderate competition.

Beginner/Novice
Players have little to no prior playing experience, looking for a learning or improvement atmosphere with low-level competition.

Create an account, sign rosters and sportsmanship agreement, view rules and schedules at www.QuickScores.com/Missoula.

Sign up as a free agent (pickup player) for any adult sport!

Email adultsports@ci.missoula.mt.us, include sport and preferred league.

Accessibility
For access-related accommodations, please contact: adultsports@ci.missoula.mt.us or 406-396-3873.

Refunds
After the deadline, refunds are only provided for extenuating circumstances or cancellations, at the discretion of administration.

Team Sportsmanship Rating (SR)
Teams are awarded a sportsmanship rating between 1 – 4 for every game. Ratings are entered and calculated on QuickScores.com. Maintain a SR of 3 to be eligible for season tournaments or champ nights. An average of SR 2.5 or less risks removal or disciplinary action.

- 1: Extremely poor sportsmanship
- 2: Poor
- 3: Good
- 4: Excellent

Adult Sports Team Forfeit Policy

If your team cannot provide enough players to field a team for your scheduled game/match, you must forfeit the game. Please contact the Adult Program Coordinator at adultsports@ci.missoula.mt.us or 406-396-3873 at least 24 business hours before your scheduled game time. This will allow us to contact your opponent. In the case of a forfeit:

- Your team will be awarded a loss (refer to sport-specific rules for the forfeit score.)
- Your team's Sportsmanship Rating (SR) will be lowered.

Teams that provide at least 24 business hours notice of the forfeit receive an SR of 3. With less than 24 business hours notice teams receive an SR of 2. Teams with an average SR of 2.5 or less will be subject to removal from the league or disciplinary action.

Rules, rosters, and sportmanship agreement at
www.quickscores.com/missoula

5 v 5 Roundball/Basketball—NEW!

Get back on the court with our fun and competitive Sunday Roundball/Basketball league! Games are played in a supportive, recreational atmosphere where teamwork and sportsmanship come first. Whether you are dusting off your sneakers or you have been hooping for years, this league is a great way to stay active, connect with other players, and enjoy the game.

30 min games with a 5-minute half time. Max 10 players per team. Men's or Co-Rec (gender max 3) leagues. To sign up as a free agent, email adultsports@ci.missoula.mt.us. Ages 18+.

Captain and Free Agent Meeting Thursday, Jan. 8, 6–7 pm at Jefferson School, 1700 South Ave.

DEADLINE	Jan. 8
DAYS & TIMES	Sundays, 12–6 pm
LOCATION	Jefferson School Gym, 1700 South Ave
DATES	Jan. 11–Mar. 15
FORMAT	8-week officiated, 2 weeks of single-elimination tournament play
TEAM FEE	\$550/team (Team captain registers and pays fee, other players added in Quickscores)
Men's	Activity #1353104-01
Co-Rec	Activity #1353104-02

5 v 5 Futsal League

Stay active and engaged when the winter sun sets early with our exhilarating indoor futsal league. Mirroring traditional soccer rules, futsal provides an exciting indoor arena for goal-scoring and lightning-fast footwork. Join us to keep the competitive spirit alive all winter long!

20-minute halves; self officiated but with timer / score keeper.

Co-Rec league; ages 18+

DEADLINE	Jan. 5
LEAGUE PLAY	Tues., Jan. 13–Feb. 17, Activity # 1353111-01
	Wed., Jan. 14–Feb. 18, Activity # 1353111-02
GAME TIMES	8–9:30 pm Games start at 8 and 8:45 pm
LOCATION	Russell Elementary Gym, 3216 S. Russell St.
FORMAT	6-week league, self-officiated
TEAM FEE	\$240/team

2 v 2 Indoor Cornhole League

Ages 18+

Get ready to toss some sliders and score some hole-in-ones this winter in our Indoor Cornhole League! Two sessions of exciting action for two-person teams.

Co-Rec A and B leagues. Two, 5-week leagues with a tournament for the 6th week of each.

Team captains are responsible for registering and paying the \$60 per session fee, and other teammates must be added in Quickscores prior to league start.

DEADLINE	Jan. 9		
DAYS & TIMES	Wednesdays, 7:45–9:30 pm; 15-minute sets		
LOCATION	Lowell Elementary Gym, 1215 Phillips		
FORMAT	6-week league, self-officiated		
TEAM FEE	\$60/55 w/CityCard (Team captain registers, other players added in Quickscores)		
SESSION #	DATES	LEAGUE	ACTIVITY #
1	Jan. 14–Feb. 18	CoRec A	1353108-01
1	Jan. 14–Feb. 18	CoRec B	1353108-02
2	Feb. 25–Apr. 1	CoRec A	1353108-03
2	Feb. 25–Apr. 1	CoRec B	1353108-04

7 v 7 Spring Soccer

7v7 Spring Soccer is back for another amazing Spring in Missoula. Played with smaller teams, smaller fields, and quicker play than our 11v11 league.

Don't know which league to join? Our league breakdown is best described as follows:

CO-REC A, MEN'S, & WOMEN'S DIVISIONS:

Comprised of players with soccer experience and confident playing abilities looking for a healthy level of competition. Recommended for experienced soccer players with at least some high school, collegiate, club, or other athletic experience.

CO-REC B, RECREATION: Comprised of recreational players looking to play for fun. Recommended for intermediate level players looking for a moderate level of competition with some soccer experience.

CO-REC C: Geared towards personal development of new players and enjoyment of the game. Recommended for novice level players looking for a recreational opportunity with a lower level of competition.

Optional Captains Meeting April 9, 6:00 p.m. at The Bella Vista Turf.

DEADLINE	Apr. 6	
DATES & TIMES	Apr. 13–May 21; 6:30 pm, 7:30 pm, 8:30 pm	
LOCATION	Fort Missoula Regional Park – Bella Vista Synthetic Turf	
TEAM FEE	\$285	
AGES	18+	
LEAGUE	DAYS	ACTIVITY #
Co-Rec C	Mondays	1353100-01
Co-Rec A	Tuesdays	1353100-02
Co-Rec B	Tuesdays	1353100-03
Men's	Wednesdays	1353100-04
Women's	Wednesdays	1353100-05
Co-Rec A	Thursdays	1353100-06
CoRec B	Thursdays	1353100-07

Drop-in Pickleball—NEW!

Join us Tuesday mornings for 6 weeks this winter for fun, recreational indoor pickleball!

Drop-in play takes place on two courts and is open to all skill levels. Depending on the number of participants, games will be organized as open play or round robin format to ensure plenty of playtime and variety.

Whether you're looking to meet new players or sharpen your game, this is a great way to stay active and enjoy pickleball all winter long.

Equipment provided, if needed.

Note: Court sizes differ slightly from regulation dimensions.

Activity #	1251614
Fee	\$8 when you register at least 24 hours in advance; \$10 for drop in (cash or check only)
Day & Time	Tuesdays, 10 am–12 pm
Location	Jefferson School, 1700 South Ave. W
Dates	Jan. 13–Feb. 17
Ages	18+



Missoula Movers Coffee Walks

Discover the beauty of Missoula's conservation lands, parks, and trails with a friendly group of both new and familiar faces. Join us for fresh air, exercise, and great company!

Walks are approximately 50 minutes out and 45 minutes back. After each walk, we'll gather for coffee from local shops and great conversation.

Pre-registration recommended; transportation provided for the first 14 registrants. Participants may also meet group at the trailhead for any of the walks. **Does not meet Dec. 29, Jan. 19, or Feb. 16.**

***Feb. 9 and Apr. 6—Meet at trailhead only; no transportation available.**

	Transportation to Trailhead Included	Meet at Trailhead
Meets	Mondays at 9:00 a.m. at Currents Aquatics Center in McCormick Park	Mondays at 9:15 a.m. at trailhead shown below
Fee	\$8 in 2025, \$9 in 2026	\$5

DATE	WALK/HIKE	WHERE TO MEET	DIFFICULTY	DESCRIPTION	SECTION
Nov. 17	Kim Williams		Easy	Dirt	3262600
Nov. 24	Greenough Park		Easy	Dirt, flat	3262600
Dec. 1	Fort Missoula		Easy	Gravel, flat	3262600
Dec. 8	Marshall Canyon Rd (Upper)		Moderate	Dirt, incline	3262600
Dec. 15	Rattlesnake		Easy	Dirt, mostly flat	3262600
Dec. 22	Sunlight Trail/North Hills		Moderate	Dirt, incline	3262600
Jan. 5	Tower Street Open Space		Easy	Flat, rocky	1262600
Jan. 12	Fort Missoula	Pavilion by soccer fields	Easy	Gravel, flat	1262600
Jan. 26	Council Grove State Park	Trailhead	Easy/Moderate	Dirt, little rocky	1262600
Feb. 2	Greenough Park	Pavilion by playground on Monroe	Easy	Dirt, flat	1262600
Feb. 9*	Marshall Canyon Rd (Upper)	Base area parking or near green gate	Moderate	Dirt, incline	1262600
Feb. 23	Rattlesnake	Pocket park on Lincolnwood	Easy	Flat, dirt	1262600
Mar. 2	University	Bonner Park by tennis courts	Easy	Flat, dirt/gravel	1262600
Mar. 9	Waterworks/North Hills	Trailhead off Greenough Dr	Moderate	Dirt, incline	1262600
Mar. 16	Big Sky Park	Baseball fields off Spurgin Rd	Easy	Flat, dirt	1262600
Mar. 23	Marshall Canyon Rd (Lower)	Base area parking or near green gate	Moderate	Dirt, incline	1262600
Mar. 30	Grant Creek	Rocky Mtn Elk Foundation	Easy	Paved	1262600
Apr. 6*	Sunlight Trail, North Hills	Trailhead	Moderate	Dirt, incline	1262600
Apr. 13	Bluebird Preserve Trailhead	Trailhead at Grant Creek Rd	Moderate	Dirt, incline	1262600
Apr. 20	The L Trail	Trailhead	Difficult	Rocky, dirt, incline	1262600
Apr. 27	Milltown State Park Overlook	Off of Deer Creek Rd	Moderate	Dirt, incline	1262600
May 4	Inez Trail	Trailhead	Moderate	Dirt, incline	1262600
May 11	Jumbo North	Trailhead	Moderate/Difficult	Dirt, incline	1262600
May 18	Waterworks/North Hills	Trailhead at I-90/Orange St exit	Moderate	Dirt, incline	1262600

Missoula Movers Plus!

Winter outdoor adventure awaits

Join us every-other-week for cross-country skiing or showshoeing outings, depending on snow and weather conditions. Each trip will explore a scenic local trail at a relaxed pace, perfect for adults aged 55+ who want to enjoy Montana's winter beauty with good company.

Led by knowledgeable Parks and Recreation staff, Missoula Movers Plus is ideal for anyone looking to enjoy the outdoors in a supportive and relaxed setting. No experience necessary; equipment available upon request.

What to expect

- 2+ hours of winter adventures, locations TBD.
- Trailside conversation, community, and beautiful views.
- Routes chosen for snow conditions.
- Will hike if no snow
- Frequent rest breaks and plenty of time to enjoy the scenery.
- 1-1.5 hours of driving, round trip.

What to bring

- Snowshoes or cross-country skis, if you have them. Equipment available upon request.
- Warm, winter clothing layers for changing weather.
- Water bottle and snack.
- Hat and warm gloves.

Transportation provided, pre-registration required.

Activity #	1262601	
Fee	\$25/22 with CityCard	
Day & Time	Wednesdays, 10 a.m.–2 p.m.	
Meets	Currents Aquatics Center Lobby	
Ages	Geared to 55+, but all adults are welcome!	
DATE	SECT#	LOCATION
Jan. 14	01	Check City website for location updates at www.ci.missoula.mt.us/1837/Active-Adults — posted Friday before meeting day.
Jan. 28	02	
Feb. 11	03	
Feb.25	04	
Mar. 11	05	
Mar. 25	06	

Forest Bathing Saunters

Slow down. Breathe deeply. Immerse yourself in Nature.

Join ANFT-certified Nature Therapy Guide Sylke Laine for a 90-minute mindful saunter, designed to help you tune out the noise of daily life and return to your senses. Inspired by the Japanese practice of Shinrin-Yoku (forest bathing), these guided walks invite you to notice, wander, and connect with nature in simple but powerful ways.

Benefits of this unique blend of mindfulness and nature include stress reduction, a boosted immune system, and attention restoration. Each outing is a unique 1.5-hour journey, amplifying the season’s themes and maximizing the session’s restorative effects.

You don’t need any special gear or fitness level, just a willingness to slow down and receive what the forest offers you that day. Expect to leave feeling grounded, refreshed, and more deeply connected to yourself and the natural world.

Registration closes 24 hours before each outing.

Activity #	1252601	
Fee	\$25/session	
Ages	18+	
DATE & TIME	EVENT & LOCATION	SECT#
Mar. 21 at 2–3:30 p.m.	Spring Equinox at Tower Street	01
Apr. 18 at 5–6:30 p.m.	New Moon & Near Lyrid Meteor Shower at Maclay Flats	02



Dungeons & Dragons—NEW!

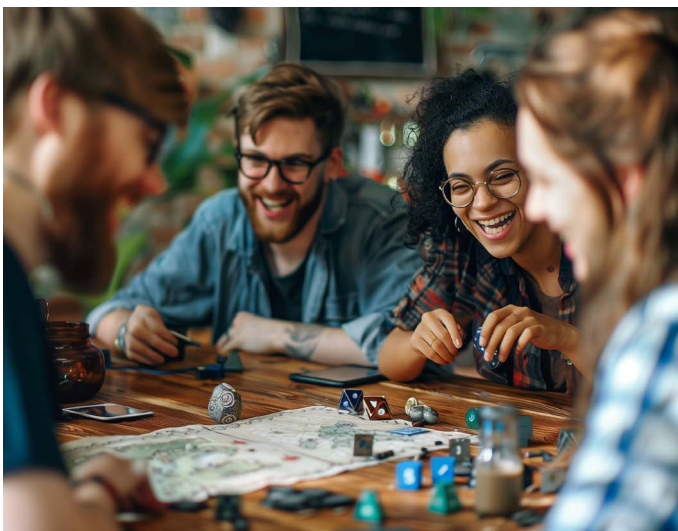
Ages 18+

Through the collaborative storytelling and strategic gameplay of Dungeons & Dragons, participants will use critical thinking, creativity, and teamwork skills.

Guided by experienced Dungeon Masters, members will create unique characters, navigate complex quests, and engage in thrilling battles.

This program fosters a supportive and inclusive environment where people can express themselves, build friendships, and improve their problem-solving and communication skills. Whether seasoned players or newcomers, the Dungeons & Dragons adult club offers an exciting and enriching experience that combines fun, learning, and the power of imagination.

Activity #	1255405-02
Dates	Feb. 26–Apr. 2
Registration Deadline	Feb. 23
Day & Time	Thursdays, 6–9 p.m.
Location	Basecamp (old public library), 301 E. Main St.
Fee	\$145/\$140 w/CityCard



Crafting Social Hour—NEW!

Unleash your creativity and connect with others

Crafting Social Hour is a relaxed, social program for anyone 18+ who loves to create or wants to explore new hobbies.

All materials are provided, and tea will be served as participants enjoy seasonal craft projects they can take home. It's a great way to unwind, learn new skills, and connect with others in a welcoming, creative environment. Whether you're a seasoned crafter or just getting started, you'll leave with something handmade and a few new friends.

Activity #	1254001
Fee	\$15 (cash or check only for drop in)
Day & Time	Tuesdays, 10 a.m.–12 p.m.
Location	Jefferson School, 1700 South Ave. W
Ages	18+

DATE	SECT#	CRAFT
Jan. 20	02	Citrus suncatchers
Jan. 27	03	Painting pots & planting
Feb. 3	04	Mosaic or painted coasters
Feb. 10	05	Mardi Gras masks
Feb. 17	06	Air dry clay minis
Feb. 24	07	Button art on canvas
Mar. 3	08	Bedazzled tote bags
Mar. 10	09	Glass bead suncatchers
Mar. 17	10	Card making w/special guest Kathy Flynn
Mar. 24	11	DIY terrarium in Mason jar
Mar. 31	12	Build your own adventure



Tai Chi for Arthritis & Fall Prevention

Tai Chi for Arthritis & Falls Prevention is an evidence-based program designed to help manage arthritis symptoms and reduce the risk of falls. The program runs for 19 weeks, with classes twice per week.

Using gentle Sun-style Tai Chi, the movements, which can be performed sitting or standing, aim to improve range of motion, flexibility, balance, and posture, making the program suitable for individuals of all fitness levels. Each class begins with a warm-up, introduces new movements that build on previous lessons, and concludes with a cool-down.

The benefits of the program include increased flexibility, improved balance, pain reduction, enhanced relaxation through deep breathing, and a 70% reduction in the risk of falls. This program is open to anyone looking for a gentle movement class to manage arthritis symptoms and prevent falls.

This program is set up as a drop-in class, so join around your schedule.

Activity #	1254102
Dates	January 13–May 28
Days	Tuesdays & Thursdays
Time	9–10 a.m.
Location	Jefferson School, 1700 South Ave. Classes will be held outside in the Rocky Mountain Gardens at the Fairgrounds in May, weather dependent
Fee	\$10/session – pay online or over the phone in advance or check or cash only in person
Ages	55+, but anyone 18+ is welcome



Did you know —
We also offer water aerobics classes that focus on arthritis?

Check out the schedule on page 8 or on our website at www.ci.missoula.mt.us/3435/Water-Aerobics





Share the Fun

Our Share the Fun! Scholarships help everyone in our community.
Consider a donation or apply for a scholarship at missoulaparks.org

SAIL — Stay Active & Independent for Life

The Stay Active & Independent for Life (SAIL) course is a 12-week strength, balance, and fitness program for older adults. Every class focuses on balance, strength, and stretching exercises.

Exercises can be done standing or sitting. Fitness checks every 12 weeks to assess improvement. Program benefits include reduced risk of falling and improved balance, mobility, and leg strength. First session is an orientation and fitness check. Classes start on the second session.

Activity #	1264101
Dates	April 7–June 25
Register by	April 1
Days	Tuesdays & Thursdays
Time	10–11 am
Location	Jefferson School, 1700 South Ave.
Fee	\$90/85 w/CityCard
Ages	Designed for 65+, but all are welcome

Bike Path Tours — NEW!

Come ride with us—explore hidden gems and see Missoula in a whole new way!

Join Missoula Parks and Recreation staff for a fun new biking program designed to introduce you to the city's extensive network of bike paths and trails. Every Wednesday in May, our instructors will guide you on a different route, helping you gain confidence while exploring some of Missoula's most scenic and bike-friendly areas.

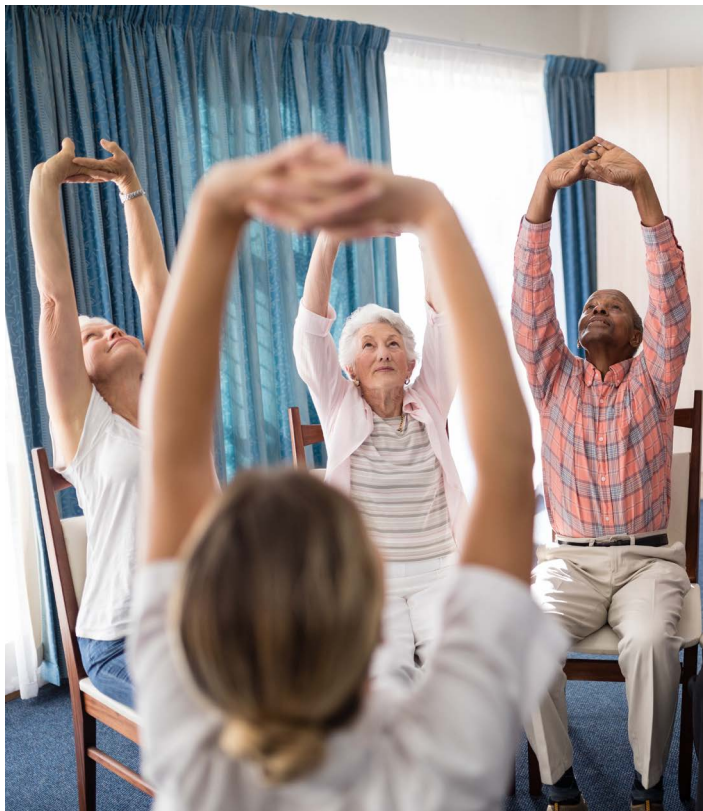
Along the way, you'll learn:

- Safe riding tips and trail etiquette
- How to navigate Missoula's Greenway system and connecting routes
- The best paths for recreation, commuting, and fitness
- Local biking resources to keep you riding beyond the program

This program is perfect for riders who are comfortable on a bike but want to discover new routes, connect with fellow cyclists, and enjoy a supportive group ride. Distances will vary weekly, with a focus on moderate, beginner-friendly rides.

Bring: A bike in good working order, helmet (required), water, and comfortable riding gear. If you need a bike, please let us know, and we can set you up with one.

Activity #	2253502
Dates	May 6–27 (Registration opens Mar. 1 @ 9 am)
Days	Wednesdays
Time	12–2 pm
Location	101 Hickory Lane at Parks & Rec's warehouse, across from Montana Natural History Center
Fee	\$20/18 w/CityCard
Ages	18+





Reserve the Bella Vista Pavilion at Fort Missoula Regional Park

Perfect for weddings, graduations and more!

Host your wedding or special event in our 5000-sq. ft. natural stone and timber pavilion and event center, with a double-sided fireplace, skylight, and vendor/catering hookups. A portable dance floor, banquet tables, and seating are available to rent.

Plenty of parking and the best views Missoula has to offer.

Accepting reservations for 2026 beginning January 2. Call 406-721-PARK (7275) or email parkreservations@ci.missoula.mt.us.



*Bella Vista Pavilion
Serena Peissig Photography*

Bella Vista Championship Field

Reserve the synthetic turf field year-round

Bella Vista's all-season turf allows for:

- Soccer
- Lacrosse
- Ultimate
- Rugby
- And more during the winter months when grass fields are not available.

Visit atthefort.org for fees and rental information. Call 406-552-6684 or email parkreservations@ci.missoula.mt.us to make a reservation. Some weather restrictions apply; to protect the turf, the field may not be available under extremely icy or snowy conditions.



Photo credit Missoula Strikers

FROST FEVER FRIDAYS

**BEAT THE WINTER CHILL WITH AN EVENING
OF GAMES, LIGHTS, AND LAUGHTER!
TRY SPIKEBALL, CORNHOLE, LAWN GAMES
SOCCER, AND SO MUCH MORE!**

This family-friendly event for all ages offers an evening of fun, games, and community under the lights at Fort Missoula Regional Park!

Stay social this winter at FMRP with classic favorites like cornhole and giant lawn games. Then head over to the Bella Vista Turf for exciting activities like Spikeball, pick-up soccer, flag football, a snowball throwing contest, and plenty of other frosty fun.

Bring your family, friends, and winter spirit for an unforgettable Friday night at the Fort!

**FORT MISSOULA REGIONAL PARK
BELLA VISTA PAVILION & TURF
6-9 P.M. | SECOND FRIDAY OF EACH MONTH
NOV. 14 • DEC. 12 • JAN. 9 • FEB. 13 • MAR. 13**



Parks & Recreation
City of Missoula • 600 Cregg Lane • 721-PARK

Be Part of a Conservation Community

**Join the Conservation
Lands Volunteers and
help steward your
Open Spaces**

Use the QR code or link to
complete your interest form today!
<https://forms.office.com/g/pzZCgsAanT>



We Need Help With

- ☒ Native Plants Greenhouse
- ☒ Trail Work
- ☒ Seed Collection
- ☒ Weed Pulls



Parks and Recreation

CHRISTMAS EVER-GREEN

Recycle your cut Christmas tree at McCormick, Playfair or FMRP
Dec. 26 - Jan. 15
No tree stands, decorations, or yard waste please.




www.ci.missoula.mt.us/206/Conservation-Lands-Closures



**The Mount Jumbo Winter Wildlife Closure
begins around Monday, December 1**

Parks and Recreation Contacts

Customer Service & Reservations406-721-PARK (7275)

Parks/Trails/Open Space Maintenance/Forestry406-552-6253

Ryan Applegate, Deputy Director406-552-6681

applegater@ci.missoula.mt.us

Danielle Beaudin, Recreation Services406-552-6686

beaudind@ci.missoula.mt.us

Paige Berriochoa, Adult Program Specialist....406-274-0224

berriochoap@ci.missoula.mt.us

Ben Carson, Urban Forester.....406-552-6268

carsonb@ci.missoula.mt.us

Zac Covington, Open Space Acq. & Grants406-552-6267

covingtonz@ci.missoula.mt.us

Rebecca Goodrich, Communications406-552-6254

goodrichb@ci.missoula.mt.us

Lori Hart, Communications406-552-6245

hartl@ci.missoula.mt.us

Lincoln Lake, Developed Parks406-552-6237

lakel@ci.missoula.mt.us

Marcus Milyko, Park Reservations & Scholarships

.....406-552-6256

milykom@ci.missoula.mt.us

Nathan McLeod, Parks & Trails Development .406-552-6261

mcleodn@ci.missoula.mt.us

Shane Pronovost, Recreation Facilities Mgr406-552-6214

pronovosts@ci.missoula.mt.us

Eric Seagrave, Aquatics406-552-6274

seagravee@ci.missoula.mt.us

Hannah Shepherd, Aquatics406-552-6683

shepherdh@ci.missoula.mt.us

David Selvage, Parks Services and Systems ...406-552-6252

selvaged@ci.missoula.mt.us

Madison Spencer, Cust. Experience Manager

.....406-552-6234

spencerm@ci.missoula.mt.us

Morgan Valliant, Ecosystem Services406-552-6253

valliantm@ci.missoula.mt.us

Meg Whicher, Recreation Programs406-552-6271

whicherm@ci.missoula.mt.us

Betsy Willett, Admin Svcs (Operations)406-552-6258

willettb@ci.missoula.mt.us

Marina Yoshioka, Director.....406-552-7275

yoshiokam@ci.missoula.mt.us



Connect a kid with nature.

Teach a child to swim.

Grow an active kid.

- Donate today to Share The Fun and help low-income families sign up for swim lessons, youth recreation programs, outdoor adventures and much more!
- Simply add your donation when registering for any program, or give us a call at 406-721-PARK to donate.
- 100% of your donation goes directly to fund a child's recreation program fees. No gift is too small!
- Donations to Share The Fun are tax-deductible.
- Parks & Recreation is committed to serving children of all economic levels in our community so that they may participate and enjoy the many benefits of active recreation.

Unfortunately, fundraising can only go so far. More and more families are experiencing economic hardship and requests for recreation assistance continue to exceed available funds.

Additional Recreation Resources

Missoula County Parks, Trails, and Open Lands ...406-258-4657

Department of Fish, Wildlife and Parks406-542-5500

Fort Missoula Historical Museum406-728-3476

Osprey Baseball406-543-3300

USFS-Lolo National Forest.....406-329-3814