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## PUBLIC SERVICE ANNOUNCEMENT

For immediate release November 4 through November 30, 2017

### **Parks and Recreation programs November 6 through November 30**

Join Parks and Recreation this week for lifeguard classes, swim lessons, pickleball and much more! Learn more at the links below. [Register online](#) for all programs except adult sports, or phone 721-PARK (7275), or stop by Currents Aquatics Center. During inclement weather, call the Parks and Recreation Rainline, 541-7200, after 4:30 p.m. for program updates.

#### **NOVEMBER 6 - 12**

##### **Lifeguarding/First Aid & CPR/AED for the Professional Rescuer • Nov. 6-17, ages 15+**

Successful participants receive national certification in Water Park Lifeguarding/First Aid & CPR/AED for the Professional Rescuer. Meets M/W/F, 5:30-9 p.m. at Currents Aquatics Center, registration fee is \$70. Visit the link above for swimming skill requirements.

##### **Currents Adult Swim Development & Fitness School • Nov. 6-29, ages 16+**

Knowledgeable instructors teach you to swim or help you achieve your aquatics fitness goals. Swimming for fitness reduces stress, builds cardio endurance, and works all the major muscle groups. Meets M/W, Nov. 6-29, 6:35-7:20 p.m. Fee is \$40 or \$32 with CityCard resident discount, late registration accepted if space available.

##### **Missoula Movers Coffee Walks • Mondays, for active adults**

Don't spend the winter inside! Enjoy the company of new friends on guided walks through Missoula's conservation lands, parks, and trails. We'll even provide snowshoes if it snows! After our walks, we'll enjoy hot drinks and good company. Please dress for winter outdoor activity. Meets Mondays at Currents, 9 a.m. to 12 p.m. Registration is \$5 per walk. (Sorry, no CityCard discount.)

##### **Discovery Corp Afterschool Camp • New session begins Nov. 6, grades K-5**

Sign up for adventure-filled active programming for your child—keeping them engaged, moving, and exploring. We provide afterschool transportation, provide a healthy snack, and facilitate an amazing activity. Meets weekdays, choose the days your child attends. Pick-up available at Paxson, Russell, Lewis and Clark, Chief Charlo, Lowell, Rattlesnake and Garden City Montessori, or drop your child at Currents.

**School's Out Day Camp • Nov. 10, ages 5 - 12**

Parents love our low participant-to-staff ratios and enthusiastic camp leaders. Kids love the field trips, outdoor adventures, arts and crafts, and games. Please pack water, snacks, lunch, and appropriate clothing for the weather. Fee includes all field trips and equipment. Meets Nov. 10, Dec. 22 and Dec. 26-29. 8 a.m. to 5:30pm, location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount.

**Learn to Play Pickleball Clinics • Level 2 Nov. 11, ages 12 and up**

Join us for 90-minute Learn to Play Pickleball clinics at the Sports and Wellness Gym in City Life, 1515 Fairview. Parks staff and Zoo Town Pickleball players will teach you the basics of the game and get you ready to attend our Open Play sessions and other events. Level 1 clinics are for players who are new to the game, and Level II clinics are geared to beginning to intermediate players looking to sharpen their skills. All equipment (paddles, balls, nets) is available to use during the clinic. Clinics meet from 1:15-2:45 p.m; the registration fee is \$5. Please [pre-register online](#) or phone 721-PARK. Level 1 clinics meet Dec. 2, Dec. 23. Level 2 clinics meet Nov. 11, Dec. 16 and Dec. 30. No clinics on Nov. 18, 25 and Dec. 9.

**NOVEMBER 13 - 30****Missoula Movers Coffee Walks • Mondays, for active adults**

Don't spend the winter inside! Enjoy the company of new friends on guided walks through Missoula's conservation lands, parks, and trails. We'll even provide snowshoes if it snows! After our walks, we'll enjoy hot drinks and good company. Please dress for winter outdoor activity. Meets Mondays at Currents, 9am - 12pm. Registration is \$5 per walk. (Sorry, no CityCard discount.)

**Currents Open Swim and Super-Size Climbing Wall • Thanksgiving Break, Nov. 22, 24, 25, 26**

We'll super-size the pool-side Kersplash climbing wall; giving kids 32 additional square feet of awesome space to climb! Swimmers must pass the swim test each day in order to use the climbing wall. Lap lane configuration may be adjusted to accommodate the wall. 2 - 5:30 pm. Currents Open Swim is 10 a.m. to 8 p.m. on Nov. 22 and 24, 11 a.m. to 7 p.m. Nov. 25, and 11 a.m. to 6 p.m. Nov. 26. Currents is closed on Thanksgiving Day, Thursday, Nov. 23.

**Holiday Adult Co-Rec Indoor Soccer • Register by Nov. 26, ages 18+**

Register by Nov. 26 for this three-game season. Games are Dec. 3, 10, 17. The team fee is \$125; roster is available at Currents or [online](#).

**Currents Swim like a Mermaid Class • Register by Nov. 28, ages 6+**

Catch the latest aquatics wave—learn to use 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 mythical mermaid (or mer-man!) Kids will improve their swimming skills, learn the basics of using a mask, and the dolphin kick improves core strength. Fee includes two 40-minute lessons and your very own mermaid tail to keep (a \$60 value!) Be sure to include clothing size at registration. Meets T/Th, Dec. 12 and 14, 4:30 – 5:30 p.m. Registration fee with mermaid tail is \$120, or \$100 with CityCard resident discount.

**DECEMBER****Currents Date Night • Dec. 1, ages 7 and up**

Enjoy your dinner date and explore First Friday art events without the kids in tow! Drop the kids at Currents for supervised fun in the pool and a pizza dinner. Meets Fridays, Dec. 1, Jan. 5, Feb. 2; 5-8 p.m. Registration fee is \$15 per child.

**Learn to Play Pickleball Clinics • Level 1 meets Dec. 2, ages 12 and up**

Join us for 90-minute Learn to Play Pickleball clinics at the Sports and Wellness Gym in City Life, 1515 Fairview. Learn the basics of the game and get ready to attend our Open Play sessions and other events. Level 1 clinics are for players who are new to the game, and Level II clinics are geared to beginning to intermediate players looking to sharpen their skills. All necessary equipment (paddles, balls, nets) is available to use during the clinic. Clinics meet from 1:15-2:45 p.m. The registration fee is \$5, please [pre-register online](#) or phone 721-PARK. Level 1 clinics meet Dec. 2, Dec. 23. Level 2 clinics meet Dec. 16 and Dec. 30. No clinics on Nov. 18, 25 and Dec. 9. View the monthly pickleball schedule [online](#).

**Currents Video Swim Stroke Clinics • Dec. 3, ages 16+**

For fitness swimmers, triathletes and anyone wishing to improve their swimming performance: refine your technique through video analysis. Swimmers are filmed above and below the water, and qualified coaches share tips and recommend drills for improved speed and endurance. For ages 16+. Meets Sundays, Dec. 3 or Jan. 14, 8:30 a.m. to 12 p.m. Registration fee is \$20, or \$16 with CityCard resident discount.

**Winter Recreation Guide**

Look for the Winter Rec Guide in the Missoulian on Sunday, Dec. 3. It's full of fun and interesting ways to keep you and your family active and involved this winter!

**Missoula Movers Coffee Walks • Mondays, for active adults**

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drinks and good company. Please dress for winter outdoor activity. Meets Mondays at Currents, 9 a.m. – 12 p.m. Registration is \$5 per walk. (Sorry, no CityCard discount.)

### **Currents Dive-In Movie Night, Dec. 15**

What do you get when you cross a popular animated film with waterpark fun? A Dive-In Movie, of course! Join us at Currents on Friday, Dec. 15, at 5 or 7:30 p.m. Admission is \$4 per person, children under 7 must be accompanied in the water by an adult. Purchase advance tickets beginning Nov. 27 at Currents Aquatics Center, quantities are limited. Visit Currents to find out which cool family movie we're showing! No open or lap swim at Currents after 4:30 p.m. on Dec. 15.

### **Sign up for Kiwanis Basketball • Register by Dec. 18, grades 6-8**

Parks and Recreation is hosting Kiwanis Basketball sign-ups this year. It's the same great free program for boys and girls in grades 6-8...Parks and Recreation will sign you up and Kiwanis will do the rest! Parks and Recreation will form teams by school/location and special requests. Season runs January-March. Games are held Monday-Thursday evenings. Practices set by coaches. Locations for practices and games TBD. Register by Dec. 18 or give us a call at 721-PARK. For more information please visit [missoulakiwanis.com](http://missoulakiwanis.com).

### **Currents Aqua-Discovery Camp • Dec. 26-29, ages 7+**

Spend winter break in a warm climate—Currents! Camp includes instruction in Winter Water and Ice Safety, Snorkel and Fin, Water Polo, basic Lifeguard/CPR/First Aid skills, and other fun aquatic activities. Fee includes pizza lunch on Friday, all equipment and towels for the week. Meets Dec. 26-29, 8 a.m. – 5:30 p.m. Registration fee is \$150 or \$120 with the CityCard resident discount.

### **Currents Open Swim and Wibit Obstacle Course Holiday Special • Dec. 22 – Jan. 1, all ages**

Climb and play to your heart's content on our Witbit inflatable obstacle course. The Witbit is a fun, physical challenge for swimmers of all ages and abilities. The Wibit course is open 2 p.m. to 4 p.m. daily, Dec. 22 through Jan. 1. Currents Open Swim is 10 a.m. to 8 p.m. on weekdays, 11 a.m. to 7 p.m. Saturdays, and 11 a.m. to 6 p.m. Sundays. Currents is closed on Christmas Day, Monday, Dec. 25.

### **School's Out Day Camp • Dec. 22 and 26-29, ages 5 - 12**

Parents love our low participant-to-staff ratios and enthusiastic camp leaders. Kids love the field trips, outdoor adventures, arts and crafts, and games. Please pack water, snacks, lunch, and appropriate clothing for the weather. Fee includes all field trips and equipment. Meets Dec. 22 and Dec. 26-29; 8 a.m. to 5:30pm, location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount.

**Holiday Ice Skating Clinic • Dec. 26-28, ages 4 to 12**

Glide your way to active outdoor fun this winter! Three, 1-hour lessons teach the basics of skating at Pineview Park. Bring your own skates. You can purchase affordable new & used skates at Hockey Wolf, 1010 North Ave W. Class dependent upon weather/ice conditions – call Parks & Recreation weather line at 541-7200 for updates. Registration fee is \$30, or \$24 with CityCard resident discount.

**Christmas Evergreen Tree Recycling Program • Dec. 26 - Jan. 15**

To recycle your holiday tree into productive mulch, drop it at McCormick or Playfair parks through January 15, 2018. The Fort Missoula recycling site is closed this season due to FMRP construction. Support the program and make a donation to plant new trees in Missoula through [Friends of Missoula Parks](#).

**Celebrate First Night at Currents • December 31**

Free swim at Currents Aquatic Center with a First Night button from 2 to 6 p.m. Celebrate 2018 with a wild ride on a waterslide! The Wibit inflatable obstacle course will be available 2 to 4 p.m. Try out the Kersplash climbing wall and warm up in the sparkling spa. Children 6 and under, and non-swimmers, must be accompanied in the water by an adult.

**ON-GOING PROGRAMS****Currents Open Swim • Ongoing, all ages**

Currents Aquatics Center is open for open/recreation swim Mon. - Friday 10 a.m. to 8 p.m., Saturdays 11 a.m. to 7 p.m. and Sundays 11 a.m. to 6 p.m. [Lap swim schedule and more info](#).

**Aquacize! at Currents • Ongoing, ages 16+**

Increase flexibility, improve cardio fitness, and tone muscles in our water aerobics classes. All fitness levels welcome, no swimming skill required. Drop-in class, no pre-registration needed. Purchase a 30-swim punch card or annual pass and save 25-55%! Meets Monday through Saturday, [details](#).

**Currents Swim Squad • Ongoing, ages 6+**

Swim Squad is designed for youth who can swim the length of the pool without stopping and are looking for new challenges in the water. Kids will improve their swimming skills, learn turns, how to read a pace clock and build endurance while gaining the benefit and experience of a team environment. Meets T/Th, Sept. 12 - Dec. 5, 4:25 - 5:25 p.m.; at Currents Aquatics Center, join any time. Fee for 10 practices is \$30, or \$25 with CityCard resident discount.

**Pickleball Open Play and Learn to Play • Ongoing, ages 12+**

Join us for active, fun, and social Open Play sessions! Beginner to advanced players will enjoy the opportunity to learn the sport and/or work on their game with a variety of competitors. Parks and Recreation provides the nets, paddles and balls for each session; or bring your own paddle and ball. Some open play sessions are designated by skill level. [Monthly schedules and more info](#)

**Missoula Movers Coffee Walks • Mondays, for active adults**

Don't spend the winter inside! Enjoy the company of new friends on guided walks through Missoula's conservation lands, parks, and trails. We'll even provide snowshoes if it snows! After our walks, we'll enjoy hot drinks and good company. Please dress for winter outdoor activity. Meets Mondays at Currents, 9am - 12pm. Registration is \$5 per walk. (Sorry, no CityCard discount.)

**MORE Build Your Own Adventure! • Ongoing, all ages**

Our outdoor recreation program offers top-of-the-line instruction for people of all abilities and ages in a wide variety of outdoor recreation pursuits, plus ropes course and team building activities. Our highly trained professional staff will lead your group adventure in rafting and kayaking, rock climbing, mountain biking, golf, high and low ropes course, team building and much more. Contact Meg Whicher, Outdoor Recreation Specialist, at 552-6271 or [mwhicher@ci.missoula.mt.us](mailto:mwhicher@ci.missoula.mt.us) for more information.

(END)