

## PUBLIC SERVICE ANNOUNCEMENT

For immediate release through February 25, 2018

### **Tennis, pre-school programs, Nordic ski and more with Parks and Recreation**

Join Missoula Parks and Recreation for 10-and-under tennis, preschool programs, youth and adult Nordic skiing, badminton and much more! Check out our quick and easy [online registration system](#); give us a call at 721-PARK, or stop by Currents Aquatics Center in McCormick Park.

#### **FEB. 12 – 18**

##### **10-and-under tennis • Feb. 14 – Mar. 21, ages 5 – 10**

10-and-under tennis brings kids into the game with specialized equipment and shorter court dimensions, tailored to their age and size. Younger players spend more time hitting balls rather than chasing them, while honing their tennis skills and accelerating their development. For youth ages 5-10, \$50 or \$40 with CityCard resident discount, meets Feb. 14 - Mar. 21.

##### **Super Sprouts Sports Skills • Feb.16 - Mar. 16, ages 3 – 5**

Budding sports stars will develop their coordination while having fun and learning about a variety of sports, balance and movement skills. Parent participation is welcome and encouraged! Program includes Strider bikes and the Loose Parts portable playground, plus fun field trips like Peaceful Heart Yoga, swim lessons at Currents, skating at Glacier Ice Rink, and tumbling at Mismo Gymnastics! Meets Fridays, 11 - 11:45am, Feb. 16 – Mar. 16 at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$50/40 with CityCard resident discount.

##### **Tiny Sprouts • Feb.16 - Mar. 16, toddlers to age 3**

Little ones, walking toddlers to age 3, will learn to play together with our soft and safe equipment, and basic sport skills will be introduced. Parent participation is required. Meets Fridays, 10:15 - 10:45am, Feb. 16 – Mar. 16 at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$25/20 with CityCard resident discount.

##### **After School Nordic Ski Clinics • Feb. 16, ages 5 - 12**

Kids learn to cross-country ski or improve their skills in these weekday clinics. Includes afterschool pickup or parents can drop kids at Currents at 3:30 p.m. Equipment provided on a limited basis. Registration includes pickup from six MCPS elementary schools, instruction, snack, equipment, and FUN! Pick-up is at Currents between 5-5:30 p.m. Registration fee is \$15, or \$12 with CityCard resident discount.

##### **Missoula Movers Quinn's Snowshoe and Soak • Feb. 17, active adults**

Depending on snow conditions, we'll snowshoe or hike to an overlook above the Clark Fork. Afterwards, we'll retreat to the heated mineral waters of Quinn's Hot Spring to soak and enjoy good company. Meets Feb. 17, 9 a.m. to 4 p.m., and the registration fee is \$48, or \$39 with CityCard resident discount. Registration includes equipment, transportation and instruction.

**Missoula Movers Women's Intro to Nordic Ski • Feb. 17, adults**

Winter's more fun when you are gliding on snow! This class is perfect for any level—learn to ski or improve your skills. Includes instruction on technique, trail navigation, and cross-country skiing tips and tricks.. Rent skis at UM Campus Recreation or The Trail Head. Meets Feb. 17 at Currents Aquatics Center, 10 a.m. to 2 p.m. Registration fee is \$22, or \$20 with CityCard resident discount.

**Currents Swim Lessons • New Saturday Session Begins Feb. 17, ages 6 mos. and up**

Give kids the skills they need to enjoy a lifetime of water fun, fitness and most of all, safety. New sessions begin monthly; the next Saturday session begins Apr. 7. Check out the swim lesson [schedule](#).

**Badminton Open Play • Saturdays, 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. Meets Saturdays, 3:15 to 5:15 p.m. at Parks and Recreation's Sports and Wellness Gym, 1515 Fairview, inside the City Life Community Center. The session fee is \$5 per adult participant, \$3 for youth. [Monthly schedules and more info](#)

**Currents Video Swim Stroke Clinic • Feb. 18, ages 16+**

For fitness swimmers, triathletes and anyone who wants 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. Meets Sunday, Feb. 18, 8:30 a.m. to 12 p.m. Registration fee is \$20, or \$16 with CityCard resident discount.

**Jr. Playmakers Youth Soccer • Save with early registration by Mar. 1, Grades K - 5**

Boys and girls learn soccer basics, while enjoying the thrill of teamwork and fair play. Two weeks of practice start the season, followed by 5 weeks of league play. Meets Apr. 3 - May 17, includes Tuesday practice and Thursday games, at Fort Missoula Regional Park. Volunteer coaches needed, call 552-6266 or [email us](#). Early registration fee (by Mar. 1) is \$40 or \$32 with CityCard resident discount by March 1, fee increases March 2 – 18.

**FEB. 19-25****School's Out Day Camp • Feb. 19, 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. Meets Feb. 19, 8 a.m. to 5:30pm, location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount, and includes all field trips and equipment. Camp offered on most MCPS vacation/PIR days.

**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.)

**Open Kayak Sessions at Currents • Tues. and Thurs. through Apr. 26, ages 15 and up**

Bring your cleaned and scoured boat to work on your roll skills. This program will provide pool access to those individuals who want to keep their paddling skills sharp through the off season. Bring your own cleaned kayak/paddle/skirt/life jacket. Meets T/Th, 8 – 10 p.m. through Apr. 26. Regular Currents admission fees. Youth under 15 may attend with adult supervision.

**Jr. Playmakers Youth Soccer • Early registration by Mar. 1, Grades K - 5**

We encourage safety, fun, good sportsmanship, fair play, and equal playing opportunity for all participants. Boys and girls learn the basics of the sport and have tons of fun. Two weeks of practice start the season, followed by 5 weeks of games. Meets Apr. 3 - May 17, includes Tuesday practice and Thursday games, at Fort Missoula Regional Park. Leagues are divided by grade levels. Volunteer coaches needed, call 552-6266 or email us. Early registration fee is \$40 or \$32 with CityCard resident discount by March 1.

**Badminton Open Play • Saturdays, 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. Meets Saturdays, 3:15 to 5:15 p.m. at Parks and Recreation's Sports and Wellness Gym, 1515 Fairview, inside the City Life Community Center. The session fee is \$5 per adult participant, \$3 for youth. [Monthly schedules and more info](#)

## ON-GOING PROGRAMS

**Currents Open and Lap Swim • Ongoing, all ages**

Currents Aquatics Center is open for open/recreation swim Mon. – Fri. 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. Meets Monday through Saturday, [details](#).

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

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 through Apr. 24, 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.

**Open Kayak Sessions at Currents • Tues. and Thurs. through Apr. 26, ages 15 and up**

Bring your cleaned and scoured boat to work on your roll skills. Bring your own cleaned kayak/paddle/skirt/life jacket. Meets T/Th, 8 – 10 p.m. through Apr. 26. Regular Currents admission fees. Youth under 15 may attend with adult supervision.

**Ripples Party Room at Currents**

Swim parties at Currents offer healthy, active fun for any type of celebration. Fee includes Ripples party room for 80 minutes and unlimited swimming on your party day. Bring your own treats or relax and let us handle the food— including delicious bakery cakes, ice cream cakes and pizza.

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

Beginner to advanced players will enjoy the opportunity to learn the sport or work on their game with a variety of competitors. Nets, paddles and balls are provided for each session; or bring your own. [Monthly schedules and more info](#)

**Discovery Corp Afterschool Camp • On-going, grades K-5**

Adventure-filled active programming for your child. Program provides afterschool transportation, a healthy snack, and an amazing activity. Meets weekdays, choose the days your child attends. Pick-up available at six MCPS schools, or drop your child at Currents.

**Preschool Portable Party • Ongoing, ages 3-5**

Kids will have a blast with our Strider Bikes and Loose Parts Portable Playground. Host your party at the Sports and Wellness Center or we'll bring the fun to you! 90-minute programs include equipment and staff facilitation, fee is \$75. Call 552-6271 for more information.

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

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

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