

PUBLIC SERVICE ANNOUNCEMENT

For immediate release September 24 through September 30, 2018

Fall fun with Parks and Recreation

From pickleball, to Coffee Walks, to Folf In The Parks and more, Parks and Recreation offers fall fun for all ages. Learn more and register online at www.missoulaparks.org, 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.

Sept. 25 - 30

Free! Yoga in the Parks • Sept. 25, ages 12 and up

Reduce stress while improving strength and flexibility. Classes explore yoga basics for all ages and abilities for ages 12 and up. Please bring your own equipment, if possible. A limited number of yoga mats, towels, and blocks are available for use each session. Meets Tuesday, Sept. 25, from 6-7 p.m., at McCormick Park.

Free! Folf in the Parks • Sept. 25, all ages

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf on Tuesday evenings from 4 – 6 p.m. through Oct. 24. Never played before? We'll help you learn the basics. Bring your own discs, or borrow ours. Folf meets Sept. 25 at FMRP and Oct. 2 at Marilyn Park. Join us for the Riverfront Ramble Disc Golf Tourney on Oct. 14.

Free! Pilates in the Parks • Sept. 27, ages 12 and up

Pilates is a series of low-impact exercises which emphasize proper postural alignment, core strength and muscle balance. Classes teach the basics of mat Pilates to all ages and abilities for ages 12 and up. Please bring your own mat if possible—a limited number of mats are available for use. Meets Thursday, Sept. 27 at McCormick Park, 6-7 p.m. The suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

Free! Pickleball Palooza • Sept. 29, all ages

Celebrate another great season of Pickleball in Missoula on Sept. 29 from 10am – 12pm at FMRP! We'll introduce the sport to beginners and play a fun round robin with experienced players. All equipment is provided. Best of all, Paloozas are FREE, so bring your friends and family!

Fall Flag Football • Register by Sept. 30, Adults 18+

Register by Sept. 30 for men's and co-rec adult flag football league. The 5-week season begins the week of Oct. 11; games are Thursday evenings at McCormick Park. Team fee is \$275 if registered by Sunday, Sept. 30, \$300 late registration if space is available. Team roster is available at Currents or missoulaparks.org.

October 1 - 7

Jr. Playmakers Basketball • Register by Oct. 1 and save, boys & girls grades 2-5

Kids will hit the court running for another great season of Jr. Playmakers Basketball with an emphasis on FUN, FAIR PLAY, and GOOD SPORTSMANSHIP. Youth will learn basic basketball skills from volunteer coaches, and use those skills on the court. Meets Nov. 2 – Feb. 24, games on Friday evenings, and practices are TBD. Late registration is accepted through Oct. 2-24; fee is \$135/118 per player with CityCard resident discount. Save \$10 if registered by Oct. 1.

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 \$7 per walk. (Sorry, no CityCard discount.)

Currents Adult Swim Development & Fitness School • Oct. 1 – 17, 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, Oct. 1 - 17, 6:45-7:30 p.m. Fee is \$31.50 or \$25.50 with CityCard resident discount, late registration accepted.

Currents Swim Lessons • New sessions start Oct. 1 and 2, ages 6 mos. to 12

Currents swim lessons provide high quality, affordable instruction for ages 6 mos. and up. New sessions start monthly, details at missoulaparks.org.

Tennis Lessons • Oct. 2-25, ages 5 to adult

Beginning to intermediate after and evening tennis lessons at Playfair Park for ages 5 and to adult, including High School Prep tennis. Classes meets Oct. 2-25, times, days, fees vary. Register by Sept. 27 for best selection, but registration is accepted until classes fill.

Adaptive Tennis • Oct. 3-29, ages 5 to adult

Our professional tennis staff uses specialized instruction and adaptive equipment to help kids and adults of all abilities enjoy tennis. Friends and families are encouraged to join in the fun of our inclusive tennis environment. Thanks to a generous grant from USTA-Montana, youth 17 & under can apply to have their registration fees covered! Classes meets M/W, Oct. 3-29, 4-5 p.m. at Playfair Park, fee is \$20 or \$16 with CityCard resident discount. Registration is accepted until classes fill.

Golf in the Parks • Oct. 2, all ages

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf in your local parks on Tuesday evenings from 4 – 6 p.m. Never played before? We will help you learn the basics. Bring your own discs, or borrow them from your friendly park staff. Meets Oct. 2 at Marilyn Park, and Oct. 9 at Broadway Island.

Currents Date Night • Oct. 5, 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, Oct. 5, Nov. 2 and Dec. 7, 5-8 p.m. Registration fee is \$15 per child.

Fall Indoor Soccer • Register by Oct. 7, adults 18+

Register for Adult Indoor Soccer by Oct. 7. The 6-week season begins the week of Oct. 14; games are played Sunday, Monday or Wednesday evenings. Team fee is \$185 if registered by Oct. 8, \$210 late registration if space is available. Team roster is available at Currents or missoulaparks.org.

Coming Soon

Zootown Derailleurs Classic Youth Cyclocross Race • Oct. 13, ages 3 to adult

Missoula's just-for-kids cyclocross race in Osprey Stadium and Silver Park. Events start at 9 a.m. Register online at bikesignup.com.

Riverfront Ramble Disc Golf Tournament • Oct. 14, all ages

Join Parks and Recreation and the Garden City Flyers for the 3rd annual Riverfront Ramble Disc Golf Tournament on Sunday, Oct. 14 at 10:30 a.m. Participants receive a glow-in-the-dark Innova disc featuring the

tournament logo. Proceeds help support the free Folf in the Parks program. Register at the tournament, the fee is \$10 for youth 17 and under and \$20 for adults.

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 at missoulaparks.org.

[Ripples Party Room at Currents • Ongoing, all ages](#)

Make your next birthday or group celebration extra-special at Ripples Party Room. Rentals include Ripples for 80 minutes and unlimited swimming for you and your guests on party day! Add pizza and a bakery or ice cream cake for a stress-free event, or, bring your own treats. Call 721-PARK or stop by Currents to reserve.

[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 at missoulaparks.org.

[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](#)

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. For monthly schedules and more info, please visit our website www.missoulaparks.org.

[Discovery Corp Afterschool Camp • Ongoing, 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. Visit missoulaparks.org for details.

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, folf, 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 for more information.

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