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## PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through February 10, 2019

### **Parks and Recreation fun for the week of February 4**

Join Missoula Parks and Recreation for afterschool Nordic ski, adult swim development and much more. Learn more at the links below. [Register online](#) for all programs, phone 721-PARK (7275) or stop by Currents Aquatics Center in McCormick Park.

### **Feb. 4 – Feb. 10**

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#### **[Missoula Movers Coffee Walks • Mondays, for active adults](#)**

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 the walk, enjoy a hot drink with fellow hikers! 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 • Feb. 4 - 27, ages 16+](#)**

Knowledgeable instructors teach you to swim or help you achieve your aquatics fitness goals. Meets M/W, 6:45 – 7:30 p.m., the registration fee is \$36.75, or \$29.75 with CityCard resident discount.

#### **[Afterschool Cross-Country Ski Program • Feb. 5 - 26, ages 5+](#)**

This after school program includes all equipment, snacks, instruction, and transportation. Ski locations will be snow dependent. Program is made possible through permits with the Lolo National Forest and a partnership with Missoula Nordic. Meets Tuesdays, 3:45 – 5:30 p.m. at Currents Aquatics Center. The registration fee is \$66 or \$55 with CityCard resident discount.

#### **[Saturday Youth Cross-Country Ski Clinics • Feb. 9, ages 5+](#)**

Saturday clinics include all equipment, snacks, instruction, and transportation. Program is made possible through permits with the Lolo National Forest and a partnership with Missoula Nordic. Ski locations will be snow dependent. Meets 10 a.m. to 1 p.m., and the registration fee is \$26, or \$22 with CityCard resident discount.

#### **[Learn to Play Pickleball Level 2 Clinics • Feb. 9, ages 12+](#)**

For players with some pickleball experience. Pre-registration is required, registration fee \$6 per session. Meets Saturdays, 1:15 to 2:45 p.m. at Parks' Sports and Wellness Gym, 1515 Fairview. Level 2 also meets Mar. 9, 23.

## Feb. 11 – Feb.17

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### [Missoula Movers Coffee Walks • Mondays, for active adults](#)

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 the walk, enjoy a hot drink with fellow hikers! Meets Mondays at Currents, 9 a.m. to 12 p.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

### [School's Out Day Camps • Feb. 11, 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. Fee includes all field trips and equipment. Meets Feb. 11, 18, and most MCPS vacation days, 8 a.m. to 5:30 p.m., location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount.

### [10 and Under Tennis • Feb 13 – Mar. 13, ages 5 – 10](#)

10-and-under tennis brings kids into the game with specialized equipment and shorter court dimensions, all tailored to their age and size. It's the fast, fun way to get kids into tennis – and keep them playing. Meets Wednesdays from 4 to 5:30 p.m. at Parks and Recreation's Sports and Wellness Gym, 1515 Fairview. Registration fee is \$50, or \$40 with CityCard resident discount.

### [Learn to Play Pickleball Level 1 Clinics • Feb. 16, ages 12+](#)

Learn the basics of the game and get ready for open or league play. All necessary equipment (paddles, balls, nets) provided. If you've never played pickleball, this is the place to start. Pre-registration is required, \$6 per session. Meets Saturdays, 1:15 to 2:45 p.m. at Parks' Sports and Wellness Gym, 1515 Fairview. Level 1 also meets Mar. 2, Mar. 16

## On-going Programs

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### [Currents Open Swim • Ongoing, all ages](#)

### [Currents Swim Lessons • Ongoing, all ages](#)

Professional, affordable aquatics instruction for ages 6 months through adult in Currents' warm indoor pool.

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

Make your next birthday or group celebration extra-special at Ripples Party Room.

### [Aquacize! at Currents • Ongoing, ages 16+](#)

Increase flexibility, improve cardio fitness, and tone muscles in our water aerobics classes.

### [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.

**Open Kayak at Currents • Jan. 3 – Apr. 25, ages 15 and up**

Bring your cleaned and scoured boat to work on your roll skills.

**Pickleball Open Play • Ongoing, ages 12+**

Beginning to advanced players will enjoy the opportunity to learn the sport and/or work on their game with a variety of competitors.

**Discovery Corp Afterschool Camp • Ongoing, grades K-5**

Includes afterschool transportation, a healthy snack, and fun seasonal activities.

**Preschool Portable Parties**

Strider bikes, Loose Parts portable playground, fun and games at the Sports and Wellness gym or your location.

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

Offering 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. Contact Meg Whicher, Outdoor Recreation Specialist, at 552-6271 or [mwhicher@ci.missoula.mt.us](mailto:mwhicher@ci.missoula.mt.us) for more information.

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