

Contact: Parks Customer Service
721-PARK (7275)
parksrec@ci.missoula.mt.us

600 Clegg Lane
Missoula, MT 59801
www.missoulaparks.org



PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through March 24, 2019

Parks and Recreation fun for the week of March 18

Join Missoula Parks and Recreation for Coffee Walks, swim stroke analysis 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.

Mar. 18 - 24

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 Video Swim Stroke Analysis • Mar. 20, 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 coaches share tips and recommend drills for improved speed and endurance. Meets 8-11 a.m. Registration is \$20 or \$16 with CityCard resident discount.

Learn to Play Pickleball Level 2 Clinics • Mar. 23, 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 April 13, 27.

Mar. 25 - 31

Missoula Movers Coffee Walks • Mondays, for active adults

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Currents Spring Break Aqua-Discovery Day Camp • Mar. 25-29, ages 5+

Kids ages 7 and up will have a splashing good time at Aqua-Discovery Camp! Includes instruction in Snorkel and Fin, Water Polo, basic Lifeguard/CPR/First Aid skills, and other exciting aquatics activities. Bring your lunch for the first 4 days, and we'll celebrate on Friday with a pizza party. Camp fees include

towels for the week, Friday lunch, and all activities and equipment. Meets 8am - 5:30pm. Registration fee is \$185 for the week, or \$150 with CityCard resident discount.

Witbit Obstacle Course at Currents • March 25-29, all ages

Climb and play to your heart's content on our Witbit floating obstacle course. The Witbit is a fun, physical challenge for swimmers of all ages and abilities. Witbit is in the water from 2 p.m. to 4 p.m. on March 25 to March 29.

School's Out Day Camps • Mar. 25-29, 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 8 a.m. to 5:30 p.m., location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount, or \$180/\$150 for the week.

On-going Programs

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 for more information.

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