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MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through June 30, 2019

Parks and Recreation programs for the week of June 24

Join Missoula Parks and Recreation this week for Jr. Swim Instructor class, [youth summer camps](#), [Generations at Play adult outdoor adventures](#) and so much more! For more information, call 721-PARK, visit www.missoulaparks.org, or stop by Currents Aquatics Center. Register online at www.missoulaparks.org/register. Learn more in the [Summer Recreation Guide](#) at www.missoulaparks.org.

Splash Montana Jr. Swim Instructor • June 24 – 27, ages 12 to 15

Teens gain job experience and improve their swimming technique while assisting swim lesson instructors. Course includes water safety training, advanced swimming skills, and teaching techniques. Jr. Swim Instructors assist American Red Cross certified Water Safety Instructors in teaching youth swim lessons. Participants should be able to swim 20 yards using front and back crawl, elementary backstroke, and sidestroke. Registration fee is \$22, or \$18 with resident discount. Meets Monday through Thursday, 8:30 to 11:30 a.m. Next session begins July 15.

Youth Summer Camps • Weekly through August 23, ages 4-15

Join us for a huge variety of full and half-day camps throughout the summer. New this year, Discovery Camp offers day-by-day registration to allow you to sign up for just the days you need. Share The Fun Youth Recreation Grants are available for families who need financial assistance.

Yoga in the Parks • Tuesdays, through Sept. 17, ages 12 and up

Reduce stress while improving strength and flexibility. Classes explore yoga basics for all ages and abilities. A limited number of yoga mats, towels, and blocks are available for use each session, or bring your own. For ages 12 and up, meets June 25 at Pineview Park, July 9 at Silver Park. Class meets 6 – 7 p.m.; the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

Pilates in the Parks • Wednesdays through Sept. 18, ages 12 and up

Pilates is a series of low-impact exercises that emphasize proper postural alignment, core strength and muscle balance. Bring your own mat if possible—a limited number are available. Meets June 26 at Pineview Park, July 10 at Silver Park. Meets 6 – 7 p.m., the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

Generations At Play • Thursdays, through Aug. 29, geared for ages 55+, all adults welcome

Join us Thursday evenings from 5 p.m. to 8 p.m. at McCormick Park for bike rides on local trails, stand-up paddle boarding, yoga, dance, kayaking, hiking and more. June 27 features intro to aerial yoga, July 11 is beginning stand-up paddle boarding. (No meeting July 4.) Transportation, equipment provided. Pre-registration is strongly encouraged; the registration fee is \$15.

MORE

[New! Seated Fitness at Missoula Senior Center • through July 28, adults](#)

Seated Fitness is a great way to build strength, mobility, stability and confidence. Suitable for any fitness level and can be adapted to the needs of individual participants. No registration is required; drop in any time. The program continues through July 28, Fridays, 4:30 – 5:30 p.m. or Sundays, 11 a.m. to 12 p.m. at Missoula Senior Center, 705 S. Higgins. \$3 suggested donation.

Week of July 1**[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. 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.)

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[Splash Montana Adult Coached Lap Swim and High School Fitness Swim • through August 23](#)

Join us for beginning and advanced coached lap swim, and high school fitness swim, weekday mornings at Splash Montana. Experienced instructors help you learn the basics or refine your technique. Dates, times vary, regular pool admission fees apply.

[Inner-Tube Water Polo Open Play at Splash Montana • Tuesdays, July 2 – 30, ages 18+](#)

Fun, exciting and best of all... you don't need a lot of experience to be competitive! Sit in the tube, pass the ball, and score. No need to register, form your team ahead of time or show up each Tuesday and form teams for open scrimmage play. At Splash Montana Adult Night, Tuesdays in July from 6 – 9 p.m. Regular admission fees apply.

[Splash Montana Adult Nights • Tuesdays, July 2 – 30, ages 18+](#)

Here's your chance to play like a kid again! From 6 p.m. to 9 p.m., Splash Montana will be open only for ages 18 and up on Tuesdays in July. Regular admission fees apply. *Inclement weather may affect open hours. Call 542-WAVE for info.

[Free! Folf in the Parks • July, Sept., Oct, all ages](#)

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf on Tuesday evenings from 5 – 7 p.m. Never played before? We'll help you learn the basics. Bring your own discs, or borrow ours. Meets July 2 at McCormick Park, July 9 at Marilyn Park.

(MORE)

[Splash Montana open July 4, Currents closed](#)

Weather permitting, Splash Montana will be open from 11 a.m. to 6 p.m. on July 4, and Currents Aquatics Center will be closed. The Wibit floating obstacle course will be installed in The Lake 50-meter pool at Splash from 2 to 4 p.m. on July 4.

[Parents' Night Out • July 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 on the first Friday of each month, 5-8 p.m., \$15 per child.

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Ongoing

[Currents Open Swim](#)

[Splash Montana Open Swim](#)

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

Professional, affordable aquatics instruction for ages 6 months through adult at Currents or Splash Montana.

[Currents and Splash Montana 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.

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

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

[Ripples Party Room at Currents](#)

[Party Cabanas at Splash Montana](#)

[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 at Fort Missoula Regional Park through October 11.

[Preschool Portable Parties](#)

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

[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, plus ropes course and team building activities. Contact Meg Whicher at 552-6271 or mwhicher@ci.missoula.mt.us.

For more information, call 721-PARK (7275) or visit www.missoulaparks.org.

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