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## MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

*For immediate release through July 14, 2019*

### **Parks and Recreation fun for the week of July 8**

Join Missoula Parks and Recreation this week for [Learn To Play Pickleball classes](#), [Jr. Lifeguard course at Splash Montana](#) and so much more! Register online at [www.missoulaparks.org/register](http://www.missoulaparks.org/register). For more information or to register in person, call 721-PARK, visit [www.missoulaparks.org](http://www.missoulaparks.org), or stop by Currents Aquatics Center.

Learn more in the [Summer Recreation Guide](#) at [www.missoulaparks.org](http://www.missoulaparks.org).

### **Week of July 8**

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#### **[Learn to Play Pickleball Level 1 Clinics • Monday, July 8, 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 5:30 to 6:30 p.m. at FMRP, next sessions are July 22 and August 5.

#### **[Jr. Lifeguard at Splash Montana • July 8 - 11, ages 12 to 15](#)**

Introduces youth to lifeguarding skills such as surveillance, safe water rescues, and prevention procedures. After completion of the skills class, youth can volunteer by assisting certified lifeguards as they patrol the pools. Participants should be able to swim 20 yards using front and back crawl, elementary backstroke, and sidestroke. Meets Monday through Thursday, 12 – 12:30 p.m., registration fee is \$22 or \$18 with resident discount.

#### **[Currents Adult Swim Development & Fitness School • July 8 - 24, 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 \$33, or \$27 with CityCard resident discount

#### **[Summer and Fall Tennis Lessons • 2-week session begins July 8, ages 5 to adult](#)**

Join our professional tennis staff to learn the basics or improve your game. Beginning to intermediate tennis lessons at Playfair Park for ages 5 and to adult. Classes meet in 2-week sessions throughout the summer, times, days, fees vary.

#### **[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—there's something for every interest. 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.

**MORE**

**[New! Fitness at the Fort • July 8 – Aug. 16, ages 5 to adult](#)**

Check out the brand new fitness equipment at Fort Missoula Regional Park! These dynamic classes also offer snippets of yoga, Tai Chi, meditation, breathing exercises, and more, as led by our wonderful fitness instructors! Monday and Friday 9 a.m. class is for adults, Monday and Wednesday 6 p.m. class is for parents and kids to work out in the same space while doing different activities. Adult class is \$90; the fee for the parent/child class is \$100.

**[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 9 at Marilyn Park, July 16 at Wapikiya Park.

**[Yoga in the Parks • Tuesdays, through Sept. 17, ages 12 and up](#)**

Reduce stress, improve strength and flexibility with 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 July 9 at Silver Park, July 16 at Greenough Park from meets 6 – 7 p.m.; the suggested donation is \$3 for adults, \$1 for youth.

**[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 for use. Meets July 10 at Silver Park, July 17 at Greenough Park. Class meets 6 – 7 p.m.; the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

**[Pickleball Summer Ladder Leagues • July 10 – August 29, ages 14+](#)**

Meet and play other comparably skilled players while moving up and down the ladder based on your combined scores each week. Doubles play on Wednesdays or Thursdays, 6 to 8 p.m. Schedules will be emailed to participants each week prior to matches. Registration fee is \$35 per player.

**[Little Dipper Running Series • July 11 – Aug. 8, ages 5 - 13](#)**

We've partnered with the Big Dipper Race team and Run Wild Missoula with a fun new program for kids who want to blaze the trails. Meets Thursdays from 5:30 to 7 p.m., at Pineview Park. Runners are grouped by age. Great coaching and support from local running heroes and Big Dipper ice cream at the end of every practice make this a "do not miss" program. Registration fee is \$18. Register online at [runwild.missoula.org](http://runwild.missoula.org)

**[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. July 11 features beginning stand-up paddle boarding, July 18 is beginning kayaking. Transportation, equipment provided. Registration fee is \$15; pre-registration is strongly encouraged.

**[New! Seated Fitness with 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 15

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**[Splash Montana Jr. Swim Instructor • July 15 - 18, ages 12 to 15](#)**

Course includes water safety training, advanced swimming skills, and teaching techniques. Jr. Swim Instructors will 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.

**[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. Register online at [www.missoulaparks.org/register](http://www.missoulaparks.org/register). Share The Fun Youth Recreation Grants are available for families who need financial assistance.

**[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 16 at Wapikiya Park, July 23 at Ben Hughes Park.

**[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 July 16 at Greenough Park, July 23 at Franklin 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 July 17 at Greenough Park, July 24 at Franklin Park from 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. July 18 features beginning kayaking; July 25 is huckleberry picking at Marshall. Transportation, equipment provided. Registration fee is \$15; pre-registration is strongly encouraged.

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

Remain seated while completing the gentle movements to lively, upbeat music. 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.

**[6th Annual Montana Open Pickleball Tournament • Register by July 17](#)**

August 2 – 4 at Fort Missoula Regional Park. Join us for the biggest pickleball showdown in western Montana. We are excited to host the Montana Open and invite all of our pickleball friends from around the state and region to join the fun! Men's and women's doubles and singles, mixed doubles. Register online or phone 721-PARK. Events offered and tournament format may change depending on registration.

**[Weekend Adventures for Active Adults • July 20, geared for ages 55+, all adults welcome](#)**

Tour Garnet Ghost Town, a historic mining town filled with lore, homes, hotels, and mines that will take us back in time. After touring the town, we will spend time walking and picking huckleberries in prime season. Pack lunch, water, and snacks for all trips. Meets 9 a.m. to 2 p.m. at McCormick Park, registration fee is \$52 or \$45 with resident discount.

## Ongoing programs

**[Currents Open Swim](#)****[Splash Montana Open Swim](#)****[Currents and Splash Montana Swim Lessons • Ongoing, all ages](#)****[Currents and Splash Montana Swim Squad • Ongoing, ages 6+](#)****[Aquacize! at Currents • Ongoing, ages 16+](#)****[Ripples Party Room at Currents](#)****[Party Cabanas at Splash Montana](#)****[Pickleball Open Play • Ongoing, ages 12+](#)****[Preschool Portable Parties](#)****[MORE Build Your Own Adventure! • Ongoing, all ages](#)**

For more information, call 721-PARK (7275) or visit [www.missoulaparks.org](http://www.missoulaparks.org).

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