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PUBLIC SERVICE ANNOUNCEMENT

For immediate release September 9, 2017

Parks and Recreation offers variety of fall programs

From game night to tennis to adult sports and more, Parks and Recreation has something for everyone this fall. Learn more and register online at www.missoulaparks.org, phone 721-PARK (7275) or stop by Currents Aquatics Center. Some outdoor recreation programs may be cancelled when the Montana Dept. of Environmental Quality designates Missoula air quality as "unhealthy." Call the Parks and Recreation Rainline, 541-7200, after 4:30 p.m. for weather cancellation updates.

September 11-17

Learn to Play Pickleball Clinic Levels I • Sept. 11, ages 12 and up

Free, 1-hour clinics at Playfair Park for beginning and intermediate players. Learn the basics of the game and get ready for Open and League Play. All necessary equipment (paddles, balls, nets) are available to use during the clinic. The clinics are free, but [pre-registration](#) is appreciated. Clinics meet from 5:30-6:30 p.m. at Playfair Park. Level I meets Monday, Sept. 11 or Monday, Sept. 25 and Level II meets Sept. 18, for ages 12 and up. Join us for the free Pickleball Palooza on Sept. 30.

Currents Adult Swim Development & Fitness School • Sept. 11 to Oct. 4, 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, Sept. 11 to Oct. 4, 6:35-7:20 p.m. at Currents Aquatics Center. Fee is \$35 or \$28 with CityCard resident discount.

Yoga in the Parks • Sept. 12, 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 Tuesdays through Sept. 26, 6-7 p.m. Sept. 12 session meets at Greenough Park, and Sept. 19 at Kiwanis Park.

Golf in the Parks • Sept. 12, 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. 12 at Missoula County Fairgrounds, and Sept. 19 at Fort Missoula Regional Park.

Currents Swim Squad • Ongoing beginning Sept. 12, 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.

Pilates in the Parks • Sept. 14, 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 Thursdays through Sept. 28, 6-7 p.m. Sept. 14 session meets at Greenough Park; Sept. 21 meets at Kiwanis Park. The suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

Ropes Course Open Climb • Sept. 14, all ages

Practice on our high slack line, learn how to ascend a rope or belay and have fun climbing to new heights on Thursdays from 5 to 8 p.m. through Sept. 28. For all ages, children under 18 must have an adult present to sign waiver. \$5 suggested donation, proceeds support outdoor recreation. The program meets at the Ropes Course in McCormick Park.

Super Sprouts Sports Skills • Starts Sept. 15, ages 3 - 5

Preschoolers develop their coordination and learn about a variety of sports, balance and movement skills. Super Sprouts includes Strider bikes and the Loose Parts portable playground, along with the classic sports kids love. Parent participation is encouraged! Includes field trips like Peaceful Heart Yoga, swim lessons at Currents, flag football at Playfair Park, skating at Glacier Ice Rink and tumbling at Mismo Gymnastics! Meets Fridays, 11 - 11:45 a.m., Sept. 15 – Oct. 20 at McCormick Park. The registration fee is \$50/40 with CityCard resident discount. Sessions offered through March, 2018, details at missoulaparks.org.

Tiny Sprouts • Starts Sept. 15, toddlers to age 3

Little ones, walking toddlers to age 3, will learn to play together with our soft and safe equipment. Some basic sport skills will be introduced. Parent participation is welcome and encouraged! Tiny Sprouts meets Fridays, 10:15 - 10:45 a.m., Sept. 15 – Oct. 20 at McCormick Park. The registration fee is \$25/20 with CityCard resident discount. Sessions offered through March, 2018, details at missoulaparks.org.

Fall Indoor Volleyball • Register by Sept. 17, adults/teens 14+

Register by Sept. 17 for co-rec power and intermediate adult volleyball leagues. The 6-week season begins the week of Sept. 27, games are Wednesday evenings. The team fee is \$225 if registered by Sept. 17 or \$250 if registered Sept. 18-19. Team roster is available at Currents or missoulaparks.org.

September 18 – 24

Learn to Play Pickleball Clinic Level II • Sept. 18, ages 12 and up

Parks staff and Zoo Town Pickleball players will teach you the basics of the game and get you ready for Open Play and/or League Play. All necessary equipment (paddles, balls, nets) are available to use during the clinic. The clinics are free, but [pre-registration](#) is appreciated. Level II clinic meets Sept. 18 from 5:30-6:30 p.m. at Playfair Park. Level I clinic meets Monday, Sept. 25. Join us for the free Pickleball Palooza on Sept. 30.

Fall Indoor Volleyball • Register by Sept. 19, adults/teens 14+

Register by Sept. 17 for co-rec power and intermediate adult volleyball leagues. The 6-week season begins the week of Sept. 27, games are Wednesday evenings. The team fee is \$250 if registered Sept. 18-19. Team roster is available at Currents or missoulaparks.org.

Yoga in the Parks • Sept. 19, 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 Tuesdays through Sept. 26 from 6-7 p.m.; Sept. 19 session is at Kiwanis Park, Sept. 26 at McCormick Park.

Folf in the Parks • Sept. 19, 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. 19 at Fort Missoula Regional Park and Sept. 26 at Ben Hughes Park.

Pilates in the Parks • Sept. 21, 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 Thursdays through Sept. 28, 6-7 p.m.; Sept. 21 session meets at Kiwanis Park, Sept. 28 at McCormick Park. The suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

Ropes Course Open Climb • Sept. 21, all ages

Practice on our high slack line, learn how to ascend a rope or belay and have fun climbing to new heights on Thursdays from 5 to 8 p.m. through Sept. 28. For all ages, children under 18 must have an adult present to sign waiver. \$5 suggested donation, proceeds support outdoor recreation. The program meets at the Ropes Course in McCormick Park.

Super Sprouts Sports Skills • Through Oct. 20, ages 3 - 5

Preschoolers develop their coordination and learn about a variety of sports, balance and movement skills. Super Sprouts includes Strider bikes and the Loose Parts portable playground, along with the classic sports kids love. Parent participation is encouraged! Includes field trips like Peaceful Heart Yoga, swim lessons at Currents, flag football at Playfair Park, skating at Glacier Ice Rink and tumbling at Mismo Gymnastics! Meets Fridays, 11 - 11:45 a.m., Sept. 15 – Oct. 20 at McCormick Park. The registration fee is \$50/40 with CityCard resident discount. Sessions offered through March, 2018, details at missoulaparks.org.

Tiny Sprouts • Through Oct. 20, toddlers to age 3

Little ones, walking toddlers to age 3, will learn to play together with our soft and safe equipment. Some basic sport skills will be introduced. Parent participation is welcome and encouraged! Tiny Sprouts meets Fridays, 10:15 - 10:45 a.m., Sept. 15 – Oct. 20 at McCormick Park. The registration fee is \$25/20 with CityCard resident discount. Sessions offered through March, 2018, details at missoulaparks.org.

Throwback Game Nights at Fort Missoula Regional Park • Sept. 22 and 29, all ages

Game lovers of all ages are invited to Fort Missoula Regional Park's Throwback Game Nights, Sept. 22 and 29 from 3 p.m. to 8 p.m. at the Bella Vista Pavilion. Game Nights include a Pac-Man maze, mini-golf, cardboard castle building, traditional board games and much more. Learn to play games like "Dungeons & Dragons" and "Magic: The Gathering", or test your puzzle-solving skills with an escape game demo. Don't forget to dress up as your favorite character for our cosplay costume contest. The \$5 suggested donation supports community programming at Fort Missoula Regional Park. Learn more at atthefort.org or [Throwback Game Night on Facebook](#).

School's Out Day Camps • Register by Sept. 22, meets Sept. 25, 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 Sept. 25, 8 a.m. to 5:30pm, location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount, late registration accepted. School's Out Camps are offered during MCPS school holidays except Nov. 22-24.

September 25 – October 1

Learn to Play Pickleball Clinic Level I • Sept. 25, ages 12 and up

Free, 1-hour clinic at Playfair Park for beginning players. Parks staff and Zoo Town Pickleball players will teach you the basics of the game and get you ready for Open Play and/or League Play. All necessary equipment (paddles, balls, nets) are available to use during the clinic. The clinic is free, but [pre-registration](#) is appreciated. Meets Monday, Sept. 25 from 5:30-6:30 p.m. at Playfair Park. Join us for the free Pickleball Palooza on Sept. 30.

Introduction to Contra Dance with the Missoula Folklore Society • Register by Sept. 25, Starts Sept. 28, all ages

If you can walk you can definitely contra dance, and there will be lots of dancing in this class. This 4-week series introduces participants to a community style of social dance that has its roots in American traditional music and dance. All ages welcome, partners not required, family-friendly. Class meets Thursdays, Sept. 28 - Oct. 19, from 7-8:30 p.m., at the Missoula Senior Center Ballroom, 705 S Higgins Av. The registration fee is \$15 per person, class minimum 12, and late registration is accepted.

Tennis Lessons • Register by Sept. 27, meets Oct. 2-26, 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. Meets Oct. 2-25, times, days, fees vary. Register by Sept. 27 for best selection, but registration is accepted until classes fill. Private and semi-private lessons are also available. Learn more at missoulaparks.org.

Adaptive Tennis • Register by Sept. 27, Oct. 2-26, 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! Meets M/W, Oct. 2-25, 4-5 p.m. at Playfair Park, fee is \$18 or \$15 with CityCard resident discount. Registration is accepted until classes fill.

Free! Throwback Game Nights at Fort Missoula Regional Park • Sept. 29, all ages

Game lovers of all ages are invited to Fort Missoula Regional Park's Throwback Game Night, Sept. 29 from 3 p.m. to 8 p.m. at the Bella Vista Pavilion. Game Nights include a Pac-Man maze, mini-golf, cardboard castle building, traditional board games and much more. Learn to play games like "Dungeons & Dragons" and "Magic: The Gathering", or test your puzzle-solving skills with an escape game demo. Don't forget to dress up as your favorite character for our cosplay costume contest. The \$5 suggested donation supports community programming at Fort Missoula Regional Park. Learn more at atthefort.org or [Throwback Game Night on Facebook](#).

Free! National Public Lands Day • Sept. 30, all ages

Join the nationwide effort to support our public lands by volunteering on Missoula Open Space for the 24th annual National Public Lands Day. Parks and Recreation, Missoula Conservation Corps, and REI are hosting a volunteer work day to complete the new trails on the recently acquired Barmeyer-Pattee Canyon conservation lands. Lunch is provided for all volunteers, as well as tools and supplies needed for the project. Bring water, snacks and work gloves if you have them. Meets Saturday, Sept. 30, 9 a.m. to 1 p.m. Limited parking available; shuttles start at 8:30 a.m. from Shadow's Keep lower parking lot. For more information contact Recreation Specialist Tyler Decker at tdecker@ci.missoula.mt.us.

Free! Pickleball Palooza • Sept. 30, all ages

Celebrate another great season of Pickleball in Missoula on Sept. 30 from 10am – 12pm at Playfair Park! 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!

Jr. Playmakers Basketball • Register by Oct. 1, 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. Register by Sun. Oct. 1 at 5 p.m. Meets Nov. 3 – Feb. 25, games on Friday evenings, and practices are TBD. Registration fee is \$125/100 per player with CityCard resident discount if registered by Oct. 1, \$135/118 per player if registered by Oct. 2- 23.

Currents Inner-Tube Water Polo League • Register by Oct. 1, ages 16 and up

Fun, exciting and best of all... you don't need a lot of experience to be competitive! Currents' Inner-Tube Water Polo is pure recreation. Sit in the tube, pass the ball, and score. Five player co-rec teams square off in the water in tournament play. Games are two 12-minute halves. Teams are comprised of 5 players; including at least 2 males and 2 females. Meets Sundays, Oct. 15 - Dec. 10, 6-9 p.m. Register by October 1; fee is \$80 per team. Late registration is accepted.

Coming Soon!

Currents Date Night • Register by Oct. 2, meets Oct. 6, 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. 6, Nov. 3 and Dec. 1, 5-8 p.m. Registration fee is \$15 per child. Late registration is accepted.

Jr. Playmakers Basketball • Late registration Oct. 2- 23, 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. 3 – Feb. 25, games on Friday evenings, and practices are TBD. Late registration is accepted through Oct. 23; fee is \$135/118 per player with CityCard resident discount.

Currents Adult Swim Development & Fitness School • Register by Oct. 4, 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. 9- Nov. 1, 6:35-7:20 p.m. Fee is \$40 or \$32 with CityCard resident discount, late registration accepted.

Moon-Randolph Homestead 17th Annual Fall Gathering • Saturday, October 7, all ages

Celebrate the full harvest moon and another season gone by at the Moon-Randolph Homestead from 4 – 10 p.m. Includes warm soup from Black Bear Soups & Produce, cider and beer with Western Cider, apple pressing, and live music from Scrapyard Lullaby. Family friendly. All proceeds benefit the Moon-Randolph Homestead. Ticket info at <https://www.facebook.com/events/139431413171077/>.

Fall Flag Football • Register by Oct. 8, Adults 18+

Register by Oct. 8 for men's and co-rec adult flag football league. The 5-week season begins the week of Oct. 19, games are Thursday evenings. Team fee is \$275 if registered by Sunday, Oct. 8, \$300 if registered Oct. 9-10. Team roster is available at Currents or missoulaparks.org.

Fall Indoor Soccer • Register by Oct. 8, adults 18+

Register for Adult Indoor Soccer by Oct. 8. The 6-week season begins the week of Oct. 15; games are played Sunday, Monday or Wednesday evenings. Team fee is \$185 if registered by Oct. 8, \$210 if registered Oct. 9-10. Team roster is available at Currents or missoulaparks.org.

On-going Programs

Currents Open Swim and Swim Lessons • 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. Currents swim lessons provide high quality, affordable instruction for ages 6 mos. to adult. New sessions start monthly, details at missoulaparks.org.

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.

A Walk In The Park • Ongoing, ages 18+

Join us for this new program to get you and your friends walking! Participants meet to walk 3 times per week, receive a Walk in the Park log book, and enjoy part of a healthy lifestyle with like-minded members of our

community. Meets M/T/Th through Oct. 5 to explore different trails in and around Missoula. All ages and abilities are welcome, join any time. Details at www.missoulaparks.org.

Private and Semi-Private Tennis Lessons • Ongoing, all ages

Our professional staff will work on the skills you need to improve your game and help you become a better tennis player. To set up a private tennis lesson, please call 552-6266. Lessons are taught at the Playfair Park tennis courts through Oct. 26. Pricing details at missoulaparks.org.

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