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721-PARK (7275)
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PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through January 20, 2019

Parks and Recreation fun for the week of January 14

Join Missoula Parks and Recreation for the Frost Fever 5k, volleyball open gym, swim lessons 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.

Jan. 14 – 20

Frost Fever Frozen Frolic, Jan. 26 • Register now, all ages

Join us for the 28th annual wintery fun run or walk at Fort Missoula Regional Park! Online registration only at [runsignup.com](#). Registration fee is \$30.

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 hot drinks and good company. Meets Mondays at Currents, 9 a.m. to 12 p.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

Volleyball Open Gym • Jan 14, ages 14+

Work on your skills or play a game at the Sports and Wellness Gym, 1515 Fairview. Meets Mondays and Wednesdays, 7 p.m. to 9 p.m., through Jan. 14. \$6 per person per session, punch cards available.

Learn to Play Pickleball Level 1 Clinics • Jan. 19, 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 Feb. 2, Feb. 16.

Jan. 21 – Jan. 27

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School's Out Day Camps • Jan. 21, 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 Jan. 21 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.

Frost Fever Frozen Frolic, Jan. 26 • Register through race day, all ages

Join us for the 28th annual wintery fun run or walk at Fort Missoula Regional Park! Register by January 9 for a discounted price and the guarantee of Frost Fever t-shirt on race day. Online registration only at runsignup.com. Registration fee is \$30.

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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