

PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through February 3, 2019

Parks and Recreation fun for the week of January 28

Join Missoula Parks and Recreation for Nordic ski clinics, pickleball, Parent's Night Out 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. 28 – Feb. 3

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.)

Parents' Night Out • Feb. 1, 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 the first Friday of each month, 5-8 p.m. Registration fee is \$15 per child.

Missoula Movers Intro to Nordic Ski • Feb. 2, active adults of all ages

Improve your technique or learn a new pastime in our cross-country ski clinics. We will focus on technique, trail navigation, and tips and tricks. Bring lunch, water, and appropriate clothing, plus skis, boots, poles. Rentals available through UM Campus Recreation or The Trail Head. Meets 10 a.m. to 2 p.m., at Currents Aquatics Center. Registration fee is \$22, or \$20 with CityCard resident discount.

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

Feb. 4 – Feb. 10

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 Adult Swim Development & Fitness School • Feb. 4 - 27, 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 \$36.75, or \$29.75 with CityCard resident discount.

Afterschool Cross-Country Ski Program • Feb. 5 - 26, ages 5+

This Tuesday after school program includes all equipment, snacks, instruction, and transportation. Ski locations will be snow dependent. Afterschool Cross-Country Ski is made possible through permits with the Lolo National Forest and a partnership with Missoula Nordic. Meets Tuesdays, 3:45 – 5:30 p.m. at Currents Aquatics Center. The registration fee is \$66 or \$55 with CityCard resident discount.

Saturday Youth Cross-Country Ski Clinics • Feb. 9, ages 5+

Saturday clinics include all equipment, snacks, instruction, and transportation. Program is made possible through permits with the Lolo National Forest and a partnership with Missoula Nordic. Ski locations will be snow dependent. Meets 10 a.m. to 1 p.m., and the registration fee is \$26, or \$22 with CityCard resident discount.

Learn to Play Pickleball Level 2 Clinics • Feb. 9, 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 Mar. 9, 23.

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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