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## MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through July 7, 2019

### Parks and Recreation fun for the week of July 1

Join Missoula Parks and Recreation this week for coached lap swim at Splash Montana, Adult Night at Splash, [Generations at Play adult outdoor adventures](#) and so much more! Register online at [www.missoulaparks.org/register](http://www.missoulaparks.org/register). For more information or to register, 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 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.

#### 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.

#### 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.

**MORE**

**Free! Golf 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.

**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 at Currents • 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.

**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 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 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.

**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! Use your body weight and some of our new equipment in the park. These dynamic classes 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. Registration fee for 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.

**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.

**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 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 9 at Silver Park, July 16 at Greenough 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 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.

**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**

Whether you're new to exercise, have decreased mobility, or are recovering from an illness or injury, Seated Fitness is a great way to build strength, mobility, stability and confidence. 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.

## Ongoing

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**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**

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