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## MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through July 21, 2019

### Parks and Recreation fun for the week of July 15

Join Missoula Parks and Recreation this week for [Folf in the Parks, Jr. Swim Instructor 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 (7275), 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 15

#### 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

[MORE](#)

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](#)

The biggest pickleball showdown in western Montana, August 2 - 4 at Fort Missoula Regional Park! We 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.

## Week of July 22

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[Free! Kidsfest at Caras Park • July 23, all ages](#)

A free summer celebration for kids and kids at heart! Interactive games, crafts, music and so much more! Featuring live music with The Salamanders and interactive wildlife fun with Animal Wonders. Meets 10:30 a.m. to 2:30 p.m. at Caras Park.

[Learn to Play Pickleball Level 1 Clinics • Monday, July 22, 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 August 5 and August 19.

[Summer and Fall Tennis Lessons • 2-week session begins July 22, 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. 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.

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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.

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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 23 at Ben Hughes Park, July 30 at FMRP, CCC Trail.

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

Reduce stress while improving strength and flexibility and 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 23 at Franklin Park, July 30 at McCormick 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 24 at Franklin Park, July 31 at McCormick Park. Class meets 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 25 is huckleberry picking at Marshall, August 1 features square dancing. 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. 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.

## Ongoing programs

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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](#)

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 at 552-6271 or [mwhicher@ci.missoula.mt.us](mailto:mwhicher@ci.missoula.mt.us).

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

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