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MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through July 28, 2019

Parks and Recreation fun for the week of July 22

Join Missoula Parks and Recreation this week for Kidsfest at Caras Park, [summer tennis lessons](#) and so much more!

Register online at www.missoulaparks.org/register. For more information, or to register in person, call 721-PARK (7275), visit www.missoulaparks.org, or stop by Currents Aquatics Center.

Learn more in the [Summer Recreation Guide](#) at www.missoulaparks.org.

Week of July 22

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. 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.

[MORE](#)

[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 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.

Week of July 29

[Currents Adult Swim Development & Fitness School • July 29 - Aug. 14, 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

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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 30 at FMRP, CCC Trail. Program suspended for the month of August, resumes Sept. 10 at McCormick 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 30 at McCormick Park, August 6 at McLeod 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 31 at McCormick Park, August 7 at McLeod. 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. August 1 features square dancing, August 8 is an in-town float trip on the Clark Fork. Transportation, equipment provided. Registration fee is \$15; pre-registration is strongly encouraged.

[Jr. Playmakers Flag Football and Soccer • Register by August 1 and save, grades K-7 and K-5](#)

Register by August 1 for Jr. Playmakers Flag Football and Jr. Playmakers Soccer and save \$10, registration fees is \$50, or \$40 with resident discount, by August 1. Final registration deadline for flag football is August 18, and August 25 for soccer.

[Parents' Night Out • August 2, 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.

[Fall Softball League • Register by August 4, ages 14+](#)

Register by Sunday, August 4 at 5 p.m. for teen/adult co-rec softball at Fort Missoula Regional Park. The team fee is \$315, and includes a 6-week league and single-elimination tournament. Team fee is \$340 after August 4, registration accepted if space available.

Ongoing programs

[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.

For more information, call 721-PARK (7275) or visit www.missoulaparks.org.

(END)