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MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through September 1, 2019

Parks and Recreation fun for the week of August 26

Join Missoula Parks and Recreation this week for [yoga and Pilates in the parks](#), [Generations At Play adult outdoor adventures](#) 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 August 26

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, 8 a.m. to 11 a.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

Splash Montana closes for the season August 27

Splash Montana's final open swim for the 2019 season is Tuesday, August 27, from 11:30 a.m. to 7:30 p.m. Lap swim will continue at Splash through September 2, 11 a.m. to 1 p.m. and 5 p.m. to 7 p.m. Currents Aquatics Center is closed for annual maintenance through August 30.

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 August 27 at Franklin Park, Sept. 3 at Bonner 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 August 28 at Franklin Park, Sept. 4 at Bonner Park. Class meets 6 – 7 p.m.; the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

MORE

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 29 features biking the Bitterroot Trail. Transportation, equipment provided. Registration fee is \$15; pre-registration is strongly encouraged.

Currents Aquatics Center closed for annual maintenance through August 30

Currents will be closed for annual maintenance August 17 through 30. Splash Montana is open 11:30 a.m. to 7:30 p.m. weekdays and 11 a.m. to 6 p.m. weekends through August 27. Splash Montana hours may change due to inclement weather. Call 542-WAVE (9283) for Splash Montana weather updates.

Week of September 2

Currents Aquatics Center open Labor Day

Currents will be open on Labor Day, Monday, September 2 from 11 a.m. to 6 p.m. Splash Montana is open for lap swim only, 11 a.m. to 1 p.m. and 5 to 7 p.m.

Fall Tennis Lessons • Sept. 3 - 26, 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 T & Th, Sept. 3 – 26, times, days, fees vary.

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, Sept. 3 at Bonner Park, Sept. 10 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 Sept. 4 at Bonner Park, Sept. 11 at Greenough Park from 6 – 7 p.m. Suggested donation is \$3 for adults, \$1 for youth.

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.

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