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## MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through September 29, 2019

### **Parks and Recreation fun for the week of September 23**

Join Missoula Parks and Recreation this week for [Riverfront Ramble Disc Golf Tourney](#), [Pickleball Palooza](#), [National Public Lands Day](#) 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 [Fall Recreation Guide](#) at [www.missoulaparks.org](http://www.missoulaparks.org).

#### **Learn to Play Pickleball Level 1 Clinics • Monday, Sept. 23, 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.

#### **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. (Sorry, no CityCard discount.)

#### **Free! Folf in the Parks • through Oct. 22, 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 Sept. 24 at FMRP, CCC Trail, and Oct. 1 at Marilyn Park.

#### **Riverfront Ramble Disc Golf Tournament • September 28, all ages**

Join Parks and Recreation and the Garden City Flyers for the 5th annual Riverfront Ramble Disc Golf Tournament. Each participant will receive an Innova disc featuring the tournament logo. Proceeds help support the free Folf in the Parks program. The first round begins at 10am. Youth 17 and under - \$10 Adults - \$25. 9:30am Registration – Silver Park Pavilion.

#### **Pickleball Palooza • Saturday, September 28, all ages**

Join us from 10 a.m. to 12 p.m. at Fort Missoula Regional Park to celebrate of another great season of pickleball in Missoula! We'll introduce the sport to beginners and play a fun round robin with experienced players. Parks and Recreation will provide all equipment. Best of all, Paloozas are FREE, so bring your friends and family.

**National Public Lands Day September 28, all ages**

We're joining Five Valleys Land Trust and other community partners for a day of trail building and fun on the Miller Creek side of Mount Dean Stone to celebrate National Public Lands Day! Meets 8:30am - 1:30pm, Miller Creek, Mount Dean Stone. In the morning, put on your work gloves and help us put the finishing touches on a new all-abilities trail along Miller Creek. At noon, join us for a picnic lunch and hear the latest Mount Dean Stone project updates. Registration is required at <https://www.rei.com/events/93743/national-public-lands-day/258278>.

**Fall Flag Football • Register by September 29, ages 18+**

Five-week men's and co-rec leagues begin October 10. Team fee is \$275 by September 29, and \$300 beginning September 30. Late registration accepted if space is available. Games are played Thursday evenings at McCormick Park.

## **Week of September 30**

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**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. (Sorry, no CityCard discount.)

**Free! Folf in the Parks • Tuesdays through Oct. 22, 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 Oct. 1 at Marilyn Park, Oct. 8 at Broadway Island.

**Fall Tennis Lessons • October 1 - 24, 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, Oct. 1 - 24, times, days, fees vary.

**Parents' Night Out • October 4, 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.

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