

Contact:

Parks Registration Desk  
406-721-PARK (7275)  
[parksrec@ci.missoula.mt.us](mailto:parksrec@ci.missoula.mt.us)

600 Clegg Lane  
Missoula, MT 59801  
[www.missoulaparks.org](http://www.missoulaparks.org)



## Missoula Parks and Recreation Public Service Announcement

*For immediate release through March 1, 2020*

### Parks and Recreation fun for the week of February 24

Join Missoula Parks and Recreation this week for Co-Rec Volleyball League, Open Kayak, Coffee Walk, and many more fun programs for youth and adults.

For more information, visit the links below or check out the Winter Recreation Guide.

Contact us via email, by phone 721-PARK (7275), or stop by Currents Aquatics Center in McCormick Park. Register online at [www.missoulaparks.org/register](http://www.missoulaparks.org/register). Share The Fun Recreation Grants are available for seniors/families who need financial assistance.

### Week of February 24

#### 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.)

#### Co-Rec Volleyball League Deadline • Mar. 1, ages 14+

Novice and Intermediate leagues, 8-week season, games Wednesdays, 6 – 11 p.m., March 11 - April 29 at the City Life Gym. Team fee is \$300 by March 1, \$325 March 2 or after, if space is available.

#### Pickleball Open Play and Weekend Round Robin • 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 City Life Gym, 1515 Fairview.

#### Currents Open Kayak Nights • Ongoing, Ages 15+

Bring your cleaned and scoured kayak/paddle/skirt/life jacket to work on your roll skills. For 15 & up, youth under 15 allowed with direct adult supervision. Meets Tuesdays & Thursdays, 8-10 p.m., through April 30. Regular Currents admission fees apply.

(MORE)

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## Week of March 2

### Currents Adult Swim Development & Fitness School • Mar. 2 – Apr. 1, ages 14+

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 \$36.75, or \$29.75 with CityCard resident discount.

### Jr. Playmakers Youth Soccer League Early Registration Deadline • March 2, grades K – 5

Kids will have a blast learning the basics of soccer. Two weeks of Tuesday evening practice start the season, followed by a 5-week Thursday night league. Meets April 7 to May 21, 5:30 – 6:30 p.m. \$55, or \$45 with CityCard resident discount if registered by March 2. Price increases \$10 from Mar. 3 – 23.

### Zootown Derailleurs Youth Cycling Team • Registration opens 12 p.m. March 3, ages 2 -17

ZTD offers something for every level of rider from balance bike to teen. Fee includes Derailleurs team swag. Bikes with handbrakes and gears recommended for ages 6 and up. Grants for families who need financial assistance are available with support from MTB Missoula! Meets weekdays, 4 - 5:30 p.m. Days, fees, locations at [www.missoulaparks.org](http://www.missoulaparks.org).

### Swim Like A Mermaid/Tiny Mermaid Class • March 4-5, ages 3+

Slip your feet into the mono-fin and pull up the swimsuit-material “tail” to glide through the water like a mystical mermaid (or merman!) Kids will improve swimming skills, learn the basics of using a mask, and improve core strength with the “mermaid kick.” Bring your own tail and register through March 3. Pricing and more info at [www.missoulaparks.org](http://www.missoulaparks.org)

### Parents' Night Out at Currents • March 6, ages 7+

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 5 – 8 p.m., \$15 per child. Also meets April 3.

### Learn to Play Pickleball Level 1 Clinics • Saturday, March 7, 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 10:30 a.m. to 12:30 p.m. at City Life Gym, next clinic is March 21.

### Clover Showdown Pickleball Tournament • Deadline March 8, ages 12+

Join us on March 15 for the Clover Showdown mixed doubles tourney. Don't miss out...the registration deadline is March 8, 2020, \$35 per player.

(MORE)

## Ongoing Programs

- [Currents Open Swim](#)
- [Currents 7-Day Free Adult Pass](#) City and County residents may sign up for one week free at Currents, new customers only, ages 18+.
- [Currents Swim Lessons • Ongoing, all ages](#) Professional, affordable aquatics instruction for ages 6 months through adult at Currents or Splash Montana. Private and small group swim lessons available, email [CurrentsSwimLessons@ci.missoula.mt.us](mailto:CurrentsSwimLessons@ci.missoula.mt.us).
- [Currents 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](#) Host your next celebration at Currents! Ripples parties feature a variety of affordable party packages and all-day free swim for your guests. Call 721-PARK.
- [Currents Open Kayak Nights • Ongoing, Ages 15+](#) Bring your cleaned and scoured kayak/paddle/skirt/life jacket to work on your roll skills. For 15 & up, youth under 15 allowed with direct adult supervision. Meets Tuesdays & Thursdays, 8-10 p.m., through April 30. Regular Currents admission fees apply.
- [Pickleball Open Play and Weekend Round Robin • 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 City Life Gym, 1515 Fairview.
- [Preschool Portable Parties](#) Strider bikes, Loose Parts portable playground and games at the City Life gym, a City park, or your location. Contact Meg Whicher at 552-6271 or [mwhicher@ci.missoula.mt.us](mailto:mwhicher@ci.missoula.mt.us).
- Rent the City Life Gym at 1515 Fairview for your party, sports practice or special event. Contact Meg Whicher at 552-6271 or [mwhicher@ci.missoula.mt.us](mailto:mwhicher@ci.missoula.mt.us).
- [Outdoor Recreation 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).

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