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PRESS RELEASE

For immediate release through February 22, 2012

For more information about any Parks and Recreation program, phone 721-PARK or visit www.missoulaparks.org.

Family Fun At Parks and Recreation

Fast Facts:

- Open Gym Volleyball and Basketball begin Sunday, February 5.
- Inner-Tube Water Polo league registration deadline is February 8.
- Get outside this winter with geocaching adventures at Lubrecht and Marshall Mountain.
- Call 721-PARK or visit Currents Aquatics Center for more info or to register for any Parks and Recreation Program. Currents is open daily in McCormick Park, 600 Clegg Lane.
www.missoulaparks.org.

ADULT PROGRAMS

New Year's Meltdown – Adult Fitness Program

Get out of the house this winter and join Parks and Recreation in our Sunday fitness class! Be active, have fun and participate with community members to encourage healthy lifestyles. Our energetic staff will provide you with a variety of workouts that you will be able to incorporate into your daily routine. Everything from core strength, to balance and coordination will be covered in this comprehensive fitness class. All abilities are welcome. Class will be modified to your fitness goals. Regardless of your current health condition, you will feel great after this workout! The class meets Sundays, 12 p.m. to 1 p.m., February 5 through March 18, at Loyola Ram Activity Center, 1040 S 1st St W. Register for the 7-week session for \$35 or \$28 with a resident discount card, or drop in for \$7 per class; ages 14 and up.

Women's Volleyball League

Get your friends and co-workers together for some friendly competition. League is for women 14 and up, teams are 6-a-side and play an 8-week, self-officiated season. Games are played Friday evenings beginning March 2. Registration fee is \$175 per team; registration deadline is Sunday, February 26. Rosters are available at Currents Aquatics Center and missoulaparks.org.

Inner-Tube Water Polo League

Gather your pals for this fun new sport! Five-person co-rec teams square off in the water in tournament play. Tube polo is great way to be active with friends and family, and little actual swimming ability is required. Teams are comprised of two males, two females, and one goalie (male or female.) Registration fee is \$60 per team. Register at Currents Aquatics Center by February 8. Meets Sundays, February 12 to March 18, 6 p.m. to 9:30 p.m. This league is for ages 18 and up.

Pilates at Parks

Mold and mend your body this winter with Mat Pilates classes taught by a certified instructor. Our Mat Pilates classes are suitable for all levels of fitness. Pilates benefits the entire body; builds core strength, tones, strengthens muscles, increases circulation and increases flexibility. For ages 12 and up, meets at Currents Aquatics Center in McCormick Park. Class meets Wednesdays, 12 p.m. to 12:45 p.m. (fee, \$22.50), or Thursdays, 6 p.m. to 7 p.m., February 22 through March 29 (fee, \$30.)

FOR ALL AGES

Open Gym Volleyball

Improve your volleyball skills with open practice and pick up games. Come and bring your family and friends to engage in a fun filled afternoon playing volleyball. Missoula Parks and Recreation staff will be available to help you improve your skills as well as help organize pickup games. All equipment will be provided by Missoula Parks and Recreation. Meets Sundays, 1 p.m. to 3 p.m., through March 18 at Loyola Ram Activity Center, 1040 S 1st St W. No pre-registration necessary, drop-in every Sunday, fee is \$2 per person.

Open Basketball

Work on your shot, dribbling skills or jump into a friendly pickup game. Open basketball is designed for all ages and skill levels with six different baskets and plenty of space. Come down for a Sunday of fun where our friendly staff will be there to help make this a day to remember. Our staff is dedicated to help with skills as well as jumping in on the activities to ensure a safe environment for all participants. All equipment will be provided by Missoula Parks and Recreation. Open Basketball meets Sundays, 3 p.m. to 6 p.m., through March 18 at Loyola Ram Activity Center, 1040 S 1st St W. (Meets from 3 p.m. to 4 p.m. on February 5 only.) No pre-registration necessary, drop-in every Sunday, fee is \$2 per person.

Geocaching for Families & Active Adults

Join our experienced staff on exciting trips to Marshall Mountain and Lubrecht Forest to find hidden treasure. You'll learn how to find hidden caches with our Garmin GPS units. Coordinates and instruction will be provided and snowshoes are provided by REI. Bring your own skis for Lubrecht trips or use our snowshoes. Meets at Marshall

Mountain, February 25, from 10 a.m. to 3 p.m. and Lubrecht Experimental Forest, January 28, February 11 and March 10, from 10 a.m. to 4 p.m. Fees are \$24 to \$26 with a resident discount card. All ages are welcome; youth under 18 must have adult supervision. Register at Currents Aquatics Center or phone 721-PARK.

Sharpen Your Outdoor Skills

Knowing how to use a map, a compass and a GPS unit are crucial skills in the backcountry. Learn the basics this winter so you'll be ready for outdoor adventures when the weather warms up. Beginner Map and Compass Skills meets Wednesdays February 15 or March 14, from 6 p.m. to 8 p.m. and is for ages 12 and up. The registration fee is \$8 with a resident discount card. GPS Class meets Tuesdays, February 9 or March 7, from 6 p.m. to 8 p.m. and is for ages 11 and up. The registration fee is \$8 with a resident discount card. Call 721-PARK to register, or stop by Currents Aquatics Center.

Winter Team-Building...We bring the adventure to you!

You may have seen the Challenge Ropes Course in McCormick Park or heard about our outdoor group development programs. This winter, we're bringing our dynamic team-building program indoors—to your site or a suitable location. Team-building games and activities are a fun and unique way to develop the trust and communication skills your group needs to work together effectively. Depending on weather, the outdoor low ropes course and climbing wall may also be available. To learn more about Team Building options or pricing, please visit www.ci.missoula.mt.us/teambuilding.

Winter Recreation Guide

Join Parks and Recreation this winter for youth and adult sports, inner-tube water polo, snowshoe and ski adventures, indoor tennis and much more! Look for the 2011-12 Winter Recreation Guide online or pick up a copy at Currents Aquatics Center or City Hall.

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