

PUBLIC SERVICE ANNOUNCEMENT

For immediate release October 3 through October 15, 2017

[Parks and Recreation programs for the week of Oct. 9 and beyond](#)

Parks and Recreation offers fall fun for all ages: including professional lifeguard classes, youth sports, inner tube water polo, adult sports and much more! Learn more at the links below, or check out the [Recreation Guide](#) at missoulaparks.org.

[Register online](#) for all programs except adult sports, or phone 721-PARK (7275), or stop by Currents Aquatics Center. During inclement weather, call the Parks and Recreation Rainline, 541-7200, after 4:30 p.m. for program updates.

October 9 - 15

[Currents Adult Swim Development & Fitness School • Oct. 9 – Nov. 1, ages 16+](#)

Knowledgeable instructors teach you to swim or help you achieve your aquatics fitness goals. Swimming for fitness reduces stress, builds cardio endurance, and works all the major muscle groups. Meets M/W, Oct. 9- Nov. 1, 6:35-7:20 p.m. Fee is \$40 or \$32 with CityCard resident discount, late registration accepted.

[Water Safety Instructor • Oct. 9 – Nov. 1 ages 16+](#)

Successful participants will receive the Water Safety Instructor Certificate, which recognizes them as possessing the tools to teach course offerings within the American Red Cross Learn-To-Swim and Water Safety programs. Meets M/W, 5-9 p.m., Oct. 9 - Nov. 1. Registration fee is \$175. Lifeguarding class starts Nov. 6.

[Folf in the Parks • Oct. 10, all ages](#)

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf in your local parks on Tuesday evenings from 4 – 6 p.m. Never played before? We will help you learn the basics. Bring your own discs, or borrow them from your friendly park staff. Meets Oct. 10 at Wapikiya Park, Oct. 17 at McCormick Park.

[Currents Inner-Tube Water Polo League • Register by Oct. 12, ages 16 and up](#)

Fun, exciting and best of all... you don't need a lot of experience to be competitive! Currents' Inner-Tube Water Polo is pure recreation. Sit in the tube, pass the ball, and score. Five player co-rec teams square off in the water in tournament play. Games are two 12-minute halves. Teams are comprised of 5 players; including at least 2 males and 2 females. Meets Sundays, Oct. 15 - Dec. 10, 6-9 p.m. Register by October 12; fee is \$80 per team. Late registration is accepted if space available. Rosters at Currents or [online](#).

[Trees for Missoula Tree Planting Party • Thursday, October 12, all ages](#)

[Trees For Missoula](#), a volunteer group supporting Missoula's urban forest, invites residents to celebrate National Arbor Day Foundation's [NeighborWoods Month](#) this October by planting and pruning public trees. Join TFM for a [tree planting party on October 12](#).

[Trees for Missoula Tree Pruning Class • Saturday, October 14](#)

Trees For Missoula, a volunteer group supporting Missoula's urban forest, invites residents to celebrate National Arbor Day Foundation's [NeighborWoods Month](#) this October by planting and pruning public trees. Join TFM for a formative tree pruning class on Oct. 14.

[New! 3v3 Basketball League • Register by Oct. 15, ages 16 to adult](#)

Register by Oct. 15 for 3v3 basketball leagues, open and recreational divisions. The 7-week season begins the week of Oct. 22, games are Tuesday evenings at the Sports and Wellness Center, 1515 Fairview, inside City Life. The team fee is \$160. Late registration accepted if space available, fee is \$185 per team. Questions? Call 552-6266.

[Jr. Playmakers Basketball • Late registration through Oct. 23, boys & girls grades 2-5](#)

Kids will hit the court running for another great season of Jr. Playmakers Basketball with an emphasis on FUN, FAIR PLAY, and GOOD SPORTSMANSHIP. Youth will learn basic basketball skills from volunteer coaches, and use those skills on the court. Meets Nov. 3 – Feb. 25, games on Friday evenings, and practices are TBD. Late registration is accepted through Oct. 23; fee is \$135/118 per player with CityCard resident discount.

October 16 - 22

[Folf in the Parks • Oct. 17, all ages](#)

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf in your local parks on Tuesday evenings from 4 – 6 p.m. Never played before? We will help you learn the basics.

Bring your own discs, or borrow them from your friendly park staff. Meets Oct. 17 at McCormick Park, and Oct. 24 at Silver Park.

School's Out Day Camps • Oct. 19-20, ages 5 - 12

Parents love our low participant-to-staff ratios and enthusiastic camp leaders. Kids love the field trips, outdoor adventures, arts and crafts, and games. Please pack water, snacks, lunch, and appropriate clothing for the weather. Fee includes all field trips and equipment. Meets Oct. 19-20, Nov. 10, Dec. 22 and Dec. 26-29. 8 a.m. to 5:30pm, location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount.

Fort Missoula Regional Park hosts old-fashioned Fall Family Fest on October 21

Fall is here... it's time for hayrides, apple cider and an old-fashioned harvest festival! Fort Missoula Regional Park invites kids and their families to the 17th Annual Fall Family Fest and Kaboom! Play Day on Saturday, October 21 from 1 p.m. to 4 p.m. Fall Family Fest is great fun for the whole family and includes wheelchair-accessible hayrides, arcade games and crafts for all ages, face painting, parachute and cooperative games, cider pressing, active games, Strider bikes, golf and much more. Fall Family Fest features live music with The Salamanders, and food and beverage vendors will be on hand. The suggested donation is \$1 per person; proceeds benefit recreation programming.

Jr. Playmakers Basketball • Late registration through Oct. 23, boys & girls grades 2-5

Kids will hit the court running for another great season of Jr. Playmakers Basketball with an emphasis on FUN, FAIR PLAY, and GOOD SPORTSMANSHIP. Youth will learn basic basketball skills from volunteer coaches, and use those skills on the court. Meets Nov. 3 – Feb. 25, games on Friday evenings, and practices are TBD. Late registration is accepted through Oct. 23; fee is \$135/118 per player with CityCard resident discount.

October 23 - 29

Jr. Playmakers Basketball • Late registration through Oct. 23, boys & girls grades 2-5

Kids will hit the court running for another great season of Jr. Playmakers Basketball with an emphasis on FUN, FAIR PLAY, and GOOD SPORTSMANSHIP. Youth will learn basic basketball skills from volunteer coaches, and use those skills on the court. Meets Nov. 3 – Feb. 25, games on Friday evenings, and practices are TBD. Late registration is accepted through Oct. 23; fee is \$135/118 per player with CityCard resident discount. Last chance registration day is Tuesday, Oct. 31, must register in person.

Folf in the Parks • Oct. 24, all ages

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf in your local parks on Tuesday evenings from 4 – 6 p.m. Never played before? We will help you learn the basics. Bring your own discs, or borrow them from your friendly park staff. Meets Oct. 24 at Silver Park.

Continuing Contra Dance • Oct. 26 – Nov. 16, all ages

Join the friendly fun of contra dancing and improve your skills. This 4-week series provides dancers who are relatively new to contra with the opportunity to reinforce the basics and learn new figures. Singles and couples are welcome. Class meets Thursdays, Oct. 26 - Nov. 16, from 7-8:30 p.m. at the Missoula Senior Center ballroom, 705 S Higgins Av. The registration fee is \$15 per person.

Super Sprouts Sports Skills • Oct. 27 – Dec. 8, ages 3 – 5

Budding sports stars will develop their coordination while having fun and learning about a variety of sports, balance and movement skills. Includes Strider bikes and the Loose Parts portable playground, along with the classic sports kids love. Parent participation is welcome and encouraged! Join us for fun field trips like Peaceful Heart Yoga, swimming lessons at Currents Aquatics Center, flag football at Playfair, skating at Glacier Ice Rink, and tumbling at Mismo Gymnastics! (Activities subject to change.) Meets Fridays, 11 - 11:45am, Oct. 27 – Dec. 8 at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$50/40 with CityCard resident discount.

Tiny Sprouts • Oct. 27 – Dec. 8, toddlers to age 3

Little ones, walking toddlers to age 3, will learn to play together with our soft and safe equipment. Some basic sport skills will be introduced. Parent participation is welcome and encouraged! Meets Fridays, 10:15 - 10:45am, Oct. 27 – Dec. 8 at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$25/20 with CityCard resident discount.

Coming Soon!**Last Chance Registration day for Jr. Playmakers Basketball • Oct. 31, boys & girls grades 2-5**

Kids will hit the court running for another great season of Jr. Playmakers Basketball. We don't keep score, but we have a ton of fun with an emphasis on FUN, FAIR PLAY, and GOOD SPORTSMANSHIP. Youth will learn basic basketball skills from volunteer coaches, and use those skills on the playing court. Meets Nov. 3 – Feb. 25, games on Friday evenings, practices TBD. Registration fee is \$135/118 per player with CityCard, must register in person at Currents Aquatics Center on Tuesday, Oct. 31.

[Sign up for Kiwanis Basketball • Register by Dec. 18, grades 6-8](#)

Parks and Recreation is hosting Kiwanis Basketball sign-ups this year. It's the same great free program for boys and girls in grades 6-8...Parks and Recreation will sign you up and Kiwanis will do the rest! Parks and Recreation will form teams by school/location and special requests. Season runs January-March. Games are held Monday-Thursday evenings. Practices set by coaches. Locations for practices and games TBD. Register by Dec. 18 or give us a call at 721-PARK. For more information please visit missoulakiwanis.com.

[Red Cross Water Park Lifeguarding/First Aid & CPR/AED for the Professional Rescuer • Nov. 6-17, ages 15+](#)

Successful participants receive national certification in Water Park Lifeguarding/First Aid & CPR/AED for the Professional Rescuer. Meets M/W/F, 5:30-9 p.m. at Currents Aquatics Center, registration fee is \$70. Visit the link above for swimming skill requirements.

On-going Programs

[Currents Open Swim and Swim Lessons • Ongoing, all ages](#)

Currents Aquatics Center is open for open/recreation swim Mon. - Friday 10 a.m. to 8 p.m., Saturdays 11 a.m. to 7 p.m. and Sundays 11 a.m. to 6 p.m. Visit missoulaparks.org for [lap swim schedule and more info](#). Currents swim lessons provide high quality, affordable instruction for ages 6 mos. to adult. New sessions start monthly, [details](#) at missoulaparks.org.

[Aquacize! at Currents • Ongoing, ages 16+](#)

Increase flexibility, improve cardio fitness, and tone muscles in our water aerobics classes. All fitness levels welcome, no swimming skill required. Drop-in class, no pre-registration needed. Purchase a 30-swim punch card or annual pass and save 25-55%! Meets Monday through Saturday, [details](#) at missoulaparks.org.

[Currents Swim Squad • Ongoing, ages 6+](#)

Swim Squad is designed for youth who can swim the length of the pool without stopping and are looking for new challenges in the water. 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. Meets T/Th,

Sept. 12 - Dec. 5, 4:25 - 5:25 p.m.; at Currents Aquatics Center, join any time. Fee for 10 practices is \$30, or \$25 with CityCard resident discount.

Pickleball Open Play • Ongoing, ages 12+

Join us for active, fun, and social Open Play sessions! Beginner to advanced players will enjoy the opportunity to learn the sport and/or work on their game with a variety of competitors. Parks and Recreation provides the nets, paddles and balls for each session; or bring your own paddle and ball. Some open play sessions are designated by skill level.

[Discovery Corp Afterschool Camp • Ongoing, grades K-5](#)

Sign up for adventure-filled active programming for your child—keeping them engaged, moving, and exploring. We provide afterschool transportation, provide a healthy snack, and facilitate an amazing activity. Meets weekdays, choose the days your child attends. Pick-up available at Paxson, Russell, Lewis and Clark, Chief Charlo, Lowell, Rattlesnake and Garden City Montessori, or drop your child at Currents.

[MORE Build Your Own Adventure! • Ongoing, all ages](#)

Our outdoor recreation program offers 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. Our highly trained professional staff will lead your group adventure in rafting and kayaking, rock climbing, mountain biking, folf, high and low ropes course, team building and much more. Contact Meg Whicher, Outdoor Recreation Specialist, at 552-6271 or mwhicher@ci.missoula.mt.us for more information.

[Private and Semi-Private Tennis Lessons • Ongoing, all ages](#)

Our professional staff will work on the skills you need to improve your game and help you become a better tennis player. To set up a private tennis lesson, please call 552-6266. Lessons are taught at the Playfair Park tennis courts through Oct. 26. [Pricing details](#).

(end)