

PUBLIC SERVICE ANNOUNCEMENT

For immediate release through November 11, 2018

Parks and Recreation fun for the week of November 5

From adult swim lessons, to School's Out Day Camps and more, Parks and Recreation offers fall fun for all ages. Learn more and register online at www.missoulaparks.org, 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.

Nov. 5 - 11

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, we'll gather for hot drinks and good conversation. Dress for winter outdoor activity, snowshoes available if needed. Meets Mondays at Currents, 9 a.m. to 12 p.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

Currents Adult Swim Development & Fitness School • Nov. 5 - 28, 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, Nov. 5 - 28, 6:45-7:30 p.m. Fee is \$36.75 or \$29.75 with CityCard resident discount, late registration accepted.

School's Out Recreation Swim at Currents • Nov. 8 - 9, all ages

School's out and Currents Aquatics Center is open! Recreation swim is 10 a.m. to 8 p.m. weekdays.

School's Out Day Camps • Nov. 9, 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 Nov. 9, Dec. 26-28, Jan. 2-4; 8 a.m. to 5:30 p.m., location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount. Meets most MCPS vacation days.

Learn to Play Pickleball Level 1 Clinics • Nov. 10, ages 12+

Parks and Recreation staff and/or Zoo Town Pickleball players teach you the basics of the game and get you ready to attend our Open Play sessions and/or League Play. All necessary equipment (paddles, balls, nets) will be available to use during the clinic. Pre-registration required. For ages 12+, registration fee is \$6 per session. Meets Saturdays, 1:15 to 2:45 p.m. at Parks' Sports and Wellness Gym, 1515 Fairview. Level 1 meets Nov. 10, Dec. 1, Dec. 15.

Nov. 12 - 18

[Missoula Movers Coffee Walks • Mondays, for active adults](#)

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[Ripples Party Room at Currents • Ongoing, all ages](#)

Make your next birthday or group celebration extra-special at Ripples Party Room. Rentals include Ripples for 80 minutes and unlimited swimming for you and your guests on party day! Add pizza and a bakery or ice cream cake for a stress-free event, or, bring your own treats. Call 721-PARK or stop by Currents to reserve.

[Rent the Gym! • Ongoing, all ages](#)

Rent the Sports and Wellness Gym at City Life Community Center when it's not in use for Parks and Recreation programs. Fees range from \$18 to \$35 per hour. Call Recreation Supervisor [Ryan Yearous](#), 552-6266.

Coming Soon!

[Currents Rec Swim and Climbing Wall • Nov. 21 & 23-25, all ages](#)

School's out and Currents is open! Recreation swim is 10 a.m. to 8 p.m. weekdays, 11 a.m. to 7 p.m. Saturday and 11 a.m. to 6 p.m. Sunday. The poolside climbing wall is open 2 - 5:30 p.m.

[Adult Holiday Co-Rec Indoor Soccer • Register by Nov. 25, ages 18+](#)

Keep your team together between the fall and winter seasons! Play three games in early December after the fall season ends. Register by Sunday, Nov. 25. Games on Dec. 2, 9, 16; fee is \$100 per team.

[Free! Sign up for Kiwanis Basketball • Register by Dec. 17, 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! Season runs January-March and games are weekday evenings. Register by Dec. 17 online or give us a call at 721-PARK. For more information, please visit missoulakiwanis.com.

On-going Programs

[Currents Open Swim • 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. Lap swim schedule and more info 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.

Currents Swim Squad • Ongoing, ages 6+

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. 11 - Dec. 4, 4:15 - 5:15 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. Some open play sessions are designated by skill level. For monthly schedules and more info, please visit www.missoulaparks.org.

Discovery Corp Afterschool Camp • Ongoing, grades K-5

Sign up for adventure-filled active programming for your child—keeping kids 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, or drop your child at Currents. Visit missoulaparks.org for details.

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.

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