

# PUBLIC SERVICE ANNOUNCEMENT

For immediate release October 12 through October 29, 2017

## **Parks and Recreation programs for the week of Oct. 23 and beyond**

Parks and Recreation offers fall fun for all ages, including youth sports, contra dance, preschool programs 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 23 - 29**

### **Jr. Playmakers Basketball • 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. Registration is accepted through Oct. 23; fee is \$135/118 per player with CityCard resident discount. No registration accepted Oct. 24-30. 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.

## **October 30 – Nov. 5**

### **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.

### **Open Kayak Sessions at Currents • Starts Nov. 2, ages 15 and up**

Bring your cleaned and scoured boat to work on your roll skills. This program will provide pool access to those individuals who want to keep their paddling skills sharp through the off season. Bring your own cleaned kayak/paddle/skirt/life jacket. Meets T/Th, 8 – 10 p.m., Nov. 2 – Dec. 21. Regular Currents admission fees. Youth under 15 may attend with adult supervision. **\*Please note:** No open kayak Nov 16, 21, 28, 29, Dec. 5.

### **Currents Date Night • Nov. 3, 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 Friday, Nov 3, 5-8 p.m. Registration fee is \$15 per child.

## November 6 - 12

### [Currents Adult Swim Development & Fitness School • Nov. 6-29, 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. 6-29, 6:35-7:20 p.m. Fee is \$40 or \$32 with CityCard resident discount, late registration accepted.

### [Red Cross 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.

## Coming Soon!

### [School's Out Day Camps • Nov. 10, 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.

### [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. Register by Dec. 18 or give us a call at 721-PARK. For more information please visit [missoulakiwanis.com](http://missoulakiwanis.com).

## 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](http://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](http://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](http://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](mailto:mwhicher@ci.missoula.mt.us) for more information.

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