

PUBLIC SERVICE ANNOUNCEMENT

For immediate release through June 24, 2018

Parks and Recreation programs June 18 – 24, 2018

Join Parks and Recreation this week for summer camps, pickleball, yoga, Pilates and much more! Learn more at the links below. [Register online](#) for all programs except adult sports, or phone 721-PARK (7275), or stop by Currents Aquatics Center. [Share The Fun Recreation Grants](#) help cover registration fees for families and seniors who need financial assistance. During inclement weather, call the Parks and Recreation Rainline, 541-7200, after 4:30 p.m. for program updates.

JUNE 18-24

KIA Fun and Fit Camp • June 18 – 22, ages 6 - 12

This is no ordinary “boot camp”—kids will have loads of fun being active and learning about healthy eating. Campers will achieve their recommended 60 minutes of moderate-to-vigorous activity each day! For kids ages 6-12, meets June 18 – 22, 8 a.m. to 5:30 p.m., at FMRP Overlook Shelter. The registration fee is \$165, or \$132 with CityCard resident discount. Fun and Fit Camp also meets July 16 – 20 at FMRP and August 13 – 17 at Franklin Park.

KIA Bookworm • June 18 – 22, ages 5 – 12

Explore the wonderful world of books! We will spend time at the Missoula Public Library, show and tell our favorite stories, and explore Missoula for inspiration to write our own book. Campers will also enjoy letting loose on the playground and running around the park playing all kinds of book-inspired games. For kids ages 5 to 12, meets June 18 – 22, from 12:30 to 5:30 p.m. at McCormick Park. The registration fee is \$90, or \$72 with CityCard resident discount. Bookworm Camp also meets July 23 – 27 at FMRP.

Jr. Swim Instructor at Splash Montana • June 18 - 21, ages 12 - 15

Youth will gain job experience and improve their swimming technique assisting instructors in teaching swim lessons. Participants begin the day an hour before youth swim lessons with water safety training, advanced swimming skills, and teaching techniques. For teens ages 12 to 15, meets June 18 – 21, 8:30 a.m. to 11:30 a.m. The registration fee is \$21, or \$17 with CityCard resident discount. The next session meets July 16-19.

Reach MORE Camp • June 18 - 21, ages 5 - 18

Low participant-to-staff ratios, specialized adaptive equipment for adventure recreation and a week filled with adventure, movement and art make this camp perfect for kids of all abilities and ages. For kids ages 5 to 18, meets 12:00 p.m. to 5:30 p.m. at McCormick Park. Registration fee is \$120, or \$108 with CityCard resident discount. Reach MORE camp meets weekly throughout the summer.

Free! Folf in the Parks • Tuesdays through Oct. 23, all ages

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf on Tuesday evenings from 5 – 7 p.m. Never played before? We'll help you learn the basics. Bring your own discs, or borrow ours. Meets June 19 at Fort Missoula Regional Park, June 26 at Silver Park.

Yoga in the Parks • Tuesdays through Sept. 25, ages 12 and up

Reduce stress while improving strength and flexibility. Classes explore yoga basics for all ages and abilities. Please bring your own equipment, if possible. A limited number of yoga mats, towels, and blocks are available for use each session. For ages 12 and up, meets Tuesday, June 19 at Greenough Park, June 26 at Pineview. The suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

Pilates in the Parks • Thursdays through Sept. 27, ages 12 and up

Pilates is a series of low-impact exercises that emphasize proper postural alignment, core strength and muscle balance. Classes teach the basics of mat Pilates to all ages and abilities for ages 12 and up. Please bring your own mat if possible—a limited number of mats are available for use. Meets Thursday, June 21 at Greenough Park, June 26 at Pineview. The suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

Learn to Play Pickleball Level 1 • June 18, ages 12+

Join us for 1-hour Learn to Play clinics! Parks and Recreation staff and/or Zoo Town Pickleball players will be on hand to 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. The registration fee is \$5, pre-registration is required. If you've never played pickleball, this is the place to start. Meets June 18, 5:30 to 6:30 p.m. at Fort Missoula Regional Park tennis/pickleball complex. Clinics also meet July 9 and July 23.

ON-GOING PROGRAMS

Splash Montana and Currents Open Swim • Ongoing, all ages

Splash Montana's open/recreation swim hours are 11:30 a.m. to 7:30 p.m. weekdays, and 11 a.m. to 6 p.m. Saturday and Sunday. 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.

Splash Montana Coached Lap Swim • Ongoing, ages 13+

Beginning and advanced coached lap swim and high school fitness swim programs meet weekdays at Splash Montana. Join our experienced coaches to refine your technique and get the best workout.

Splash Montana Party Cabanas

Reserve your own party space at Splash Montana...celebrate in style in a semi-private cabana! 15' x 15' shaded party shelters include tables, chairs, loungers, a personal locker and a relaxed setting for your group of up to 15. Call 721-PARK to reserve your Party Cabana today!

Ripples Party Room at Currents

Swim parties at Currents offer healthy, active fun for any type of celebration. Fee includes Ripples party room for 80 minutes and unlimited swimming on your party day. Bring your own treats or relax and let us handle the food— including delicious bakery cakes, ice cream cakes and pizza.

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](#).

Pickleball Open Play and Learn to 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. [Monthly schedules and more info](#)

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