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## PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through February 24, 2019

### **Parks and Recreation fun for the week of February 18**

Join Missoula Parks and Recreation for preschool programs, School's Out Day Camps and much more. Learn more at the links below. [Register online](#) for all programs, phone 721-PARK (7275) or stop by Currents Aquatics Center in McCormick Park.

### **Feb. 18 – Feb. 24**

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#### **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. We'll even provide snowshoes if it snows. After the walk, enjoy a hot drink with fellow hikers! Meets Mondays at Currents, 9 a.m. to 12 p.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

#### **School's Out Day Camps • Feb. 18, 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. Fee includes all field trips and equipment. Meets Feb. 18 and most MCPS vacation days 8 a.m. to 5:30 p.m., location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount.

#### **Tiny Sprouts • Feb. 20 – Mar. 27 and Feb. 22 – Mar. 29, toddlers to age 3**

Little ones, walking toddlers to age 3, will learn to play together with our soft and safe equipment. Parent participation is required. Meets Wednesdays or Fridays, 10:15 - 10:45am at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$25/20 with CityCard resident discount.

#### **Swim Like A Mermaid/Tiny Mermaid Class • Register by Feb. 21, ages 3+**

Slip your feet into the mono-fin and pull up the swimsuit-material "tail" to glide through the water like a mystical mermaid (or merman!) Kids will improve swimming skills, learn the basics of using a mask, and improve core strength with the "mermaid kick." Ages 6 and up can purchase a mono-fin mermaid tail and ages 3-5 can purchase an open-bottom tail. Meets March 7-8, pricing and more info at [www.missoulaparks.org](http://www.missoulaparks.org)

#### **Super Sprouts Sports Skills • Feb. 22 – Mar. 29, 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 field trips and Strider bikes along with the classic sports kids love. Parent participation is welcome and encouraged! Meets Fridays, 11 - 11:45am, at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$50/40 with CityCard resident discount.

**[Jr. Playmakers Youth Soccer • Early registration by March 1, grades K- 5](#)**

Fun, recreation and weekday games at Fort Missoula Regional Park, April 2 to May 16. Register by March 1, early registration fee is \$50 per player, or \$40 with CityCard resident discount. Regular registration, March 2 – 17, is \$60 per player or \$48 with CityCard resident discount.

## **Feb. 25 – Mar. 3**

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**[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. We'll even provide snowshoes if it snows. After the walk, enjoy a hot drink with fellow hikers! Meets Mondays at Currents, 9 a.m. to 12 p.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

**[Parents' Night Out • Mar. 1, 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 the first Friday of each month, 5-8 p.m. Registration fee is \$15 per child.

**[Jr. Playmakers Youth Soccer • Early registration by March 1, grades K- 5](#)**

Fun, recreation and weekday games at Fort Missoula Regional Park, April 2 to May 16. Register by March 1, early registration fee is \$50 per player, or \$40 with CityCard resident discount. Regular registration, March 2 – 17, is \$60 per player or \$48 with CityCard resident discount.

**[Learn to Play Pickleball Level 1 Clinics • Mar. 2, ages 12+](#)**

Learn the basics of the game and get ready for open or league play. All necessary equipment (paddles, balls, nets) provided. If you've never played pickleball, this is the place to start. Pre-registration is required, \$6 per session. Meets Saturdays, 1:15 to 2:45 p.m. at Parks' Sports and Wellness Gym, 1515 Fairview. Level 1 also meets March 16.

## **On-going Programs**

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

Professional, affordable aquatics instruction for ages 6 months through adult in Currents' warm indoor pool.

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

Make your next birthday or group celebration extra-special at Ripples Party Room.

**Aquacize! at Currents • Ongoing, ages 16+**

Increase flexibility, improve cardio fitness, and tone muscles in our water aerobics classes.

**Currents Swim Squad • Ongoing, ages 6+**

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.

**Open Kayak at Currents • Jan. 3 – Apr. 25, ages 15 and up**

Bring your cleaned and scoured boat to work on your roll skills.

**Pickleball Open Play • Ongoing, ages 12+**

Beginning to advanced players will enjoy the opportunity to learn the sport and/or work on their game with a variety of competitors.

**Discovery Corp Afterschool Camp • Ongoing, grades K-5**

Includes afterschool transportation, a healthy snack, and fun seasonal activities.

**Preschool Portable Parties**

Strider bikes, Loose Parts portable playground, fun and games at the Sports and Wellness gym or your location.

**MORE Build Your Own Adventure! • Ongoing, all ages**

Offering 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. 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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