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## MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

*For immediate release through August 25, 2019*

### **Parks and Recreation fun for the week of August 19**

Join Missoula Parks and Recreation this week for [yoga and Pilates in the parks](#), [Generations At Play adult outdoor adventures](#), [pickleball learn-to-play clinics](#) and so much more!

Register online at [www.missoulaparks.org/register](http://www.missoulaparks.org/register). For more information, or to register in person, call 721-PARK (7275), visit [www.missoulaparks.org](http://www.missoulaparks.org), or stop by Currents Aquatics Center.

Learn more in the [Summer Recreation Guide](#) at [www.missoulaparks.org](http://www.missoulaparks.org).

### **Week of August 19**

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#### **[Learn to Play Pickleball Level 1 Clinics • Monday, August 19, 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 5:30 to 6:30 p.m. at FMRP, next sessions are Sept. 9 and Sept. 23.

#### **[Final week of Youth Summer Camps • August 19-23, ages 4-15](#)**

Join us for a huge variety of full and half-day camps. New this year, Discovery Camp offers day-by-day registration to allow you to sign up for just the days you need. Register online at [missoulaparks.org/register](http://missoulaparks.org/register). Share The Fun Youth Recreation Grants are available for families who need financial assistance.

#### **[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, enjoy a hot drink with fellow hikers! Meets Mondays at Currents, 8 a.m. to 11 a.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

#### **[Yoga in the Parks • Tuesdays, through Sept. 17, ages 12 and up](#)**

Reduce stress while improving strength and flexibility. Classes explore yoga basics for all ages and abilities. A limited number of yoga mats, towels, and blocks are available for use each session, or bring your own. For ages 12 and up, meets August 20 at Bonner Park, August 27 at Franklin Park. Class meets 6 – 7 p.m.; the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

#### **[Pilates in the Parks • Wednesdays through Sept. 18, ages 12 and up](#)**

Pilates is a series of low-impact exercises that emphasize proper postural alignment, core strength and muscle balance. Bring your own mat if possible—a limited number are available for use. Meets August 21 at Bonner

**MORE**

Park, August 28 at Franklin Park. Class meets 6 – 7 p.m.; the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

#### [Generations At Play • Thursdays, through Aug. 29, geared for ages 55+, all adults welcome](#)

Join us Thursday evenings from 5 p.m. to 8 p.m. at McCormick Park for bike rides on local trails, stand-up paddle boarding, yoga, dance, kayaking, hiking and more. August 22 is Pilates in the Park, August 29 is biking the Bitterroot Trail. Transportation, equipment provided. Registration fee is \$15; pre-registration is strongly encouraged.

#### [Jr. Playmakers Flag Football • Last chance registration August 22, Grades K-7](#)

Last chance flag football registration from 5:30 to 7:30 p.m. at Currents Aquatics Center. The league emphasizes fun, fair play and sportsmanship for boys and girls, begins September 15 and includes an end-of-season tournament. The registration fee is \$60, or \$48 with resident discount.

#### [Weekend Adventures for Active Adults • August 24, geared for ages 55+, all adults welcome](#)

Stand-up paddle boarding is the latest craze in water-based travel. For those who prefer to sit, our fleet of kayaks are perfect for Holland Lake in the shadows of the Seeley Swan Range. After a paddling lesson, we'll tour the lake. May include a hike to Holland Falls. Meets 9 a.m. to 2 p.m. at McCormick Park, registration fee is \$57 or \$50 with resident discount.

#### [Jr. Playmakers Soccer • Register by August 26, Grades K-5](#)

Jr. Playmakers soccer emphasizes fun, fair play and sportsmanship for boys and girls. Tuesday practices and Thursday games at FMRP, September 10 through October 24. The registration fee is \$60, or \$48 with resident discount.

#### [Fall Outdoor Soccer • Register by August 23, ages 18+](#)

Five-week league for men's, women's and co-rec teams begins September 3. The team fee is \$125 by August 23, \$150 beginning August 24; late registration is accepted if space available. Games played weeknights at FMRP Bella Vista synthetic turf field.

#### [Currents Aquatics Center closed for annual maintenance through August 30](#)

Currents will be closed for annual maintenance August 17 through 30. Splash Montana is open 11:30 a.m. to 7:30 p.m. weekdays and 11 a.m. to 6 p.m. weekends through August 27. Splash Montana hours may change due to inclement weather. Call 542-WAVE (9283) for Splash Montana weather updates.

## Week of August 26

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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. After the walk, enjoy a hot drink with fellow hikers! Meets Mondays at Currents, 8 a.m. to 11 a.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

### [Splash Montana closes for the season August 27](#)

Splash Montana's final open swim for the 2019 season is Tuesday, August 27, from 11:30 a.m. to 7:30 p.m. Lap swim will continue at Splash through September 2, 11 a.m. to 1 p.m. and 5 p.m. to 7 p.m. Currents Aquatics Center is closed for annual maintenance through August 30.

### [Yoga in the Parks • Tuesdays, through Sept. 17, ages 12 and up](#)

Reduce stress while improving strength and flexibility. Classes explore yoga basics for all ages and abilities. A limited number of yoga mats, towels, and blocks are available for use each session, or bring your own. For ages 12 and up, meets August 27 at Franklin Park, Sept. 3 at Bonner Park. Class meets 6 – 7 p.m.; the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

### [Pilates in the Parks • Wednesdays through Sept. 18, ages 12 and up](#)

Pilates is a series of low-impact exercises that emphasize proper postural alignment, core strength and muscle balance. Bring your own mat if possible—a limited number are available for use. Meets August 28 at Franklin Park, Sept. 4 at Bonner Park. Class meets 6 – 7 p.m.; the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

### [Generations At Play • Thursdays, through Aug. 29, geared for ages 55+, all adults welcome](#)

Join us Thursday evenings from 5 p.m. to 8 p.m. at McCormick Park for bike rides on local trails, stand-up paddle boarding, yoga, dance, kayaking, hiking and more. August 29 features biking the Bitterroot Trail. Transportation, equipment provided. Registration fee is \$15; pre-registration is strongly encouraged.

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## Ongoing programs

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### [Currents Open Swim](#)

### [Splash Montana Open Swim](#)

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

Professional, affordable aquatics instruction for ages 6 months through adult at Currents or Splash Montana.

### [Currents and Splash Montana 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.

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

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

**[Ripples Party Room at Currents](#)**

**[Party Cabanas at Splash Montana](#)**

**[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 at Fort Missoula Regional Park through October 11.

**[Preschool Portable Parties](#)**

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

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

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 at 552-6271 or [mwhicher@ci.missoula.mt.us](mailto:mwhicher@ci.missoula.mt.us).

For more information, call 721-PARK (7275) or visit [www.missoulaparks.org](http://www.missoulaparks.org).

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