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## MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

*For immediate release through October 6, 2019*

### **Parks and Recreation fun for the week of September 30**

Join Missoula Parks and Recreation this week for [Coffee Walks](#), [Folf In The Parks](#), [Fall Tennis Lessons](#) 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), or stop by [Currents Aquatics Center](#) in McCormick Park. [Share The Fun Recreation Grants](#) are available for families who need financial assistance.

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

### **Week of September 30**

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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, 9 a.m. to 12 p.m. Registration is \$7 per walk. (Sorry, no CityCard discount.) The September 30 hike is the North Hills Mountain View Trail, October 7 is the Barmeyer Trail on Mount Dean Stone.

#### **Fall Tennis Lessons • October 1 - 24, ages 5 to adult**

Join our tennis pros to learn the basics or improve your game. Beginning to intermediate tennis lessons at Playfair Park for ages 5 and to adult. Classes meet Tues. and Thurs., Oct. 1 - 24, times, days, fees vary.

#### **Free! Folf in the Parks • Tuesdays through Oct. 22, all ages**

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf on Tuesday evenings from 4 - 6 p.m. Never played before? We'll help you learn the basics. Bring your own discs, or borrow ours. Meets Oct. 1 at Marilyn Park, Oct. 8 at Broadway Island.

#### **Jr. Playmakers Basketball • Register by Oct. 7 and save, 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. 8 - Feb. 21, games on Friday evenings, and practices are TBD. Late registration is accepted through Oct. 8 - 28; fee is \$135/118 per player with CityCard resident discount. Save \$10 if registered by Oct. 7.

## Week of October 7

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### [Jr. Playmakers Basketball • Register by Oct. 7 and save, boys & girls grades 2-5](#)

Boys and girls learn basic basketball skills from volunteer coaches, and use those skills on the court. Meets Nov. 8 – Feb. 21, games on Friday evenings, and practices are TBD. Late registration is accepted through Oct. 8 - 28; fee is \$135/118 per player with CityCard resident discount. Save \$10 if registered by Oct. 7.

### [Currents Adult Swim Development & Fitness School • October 8 - 30, ages 14+](#)

Knowledgeable instructors teach you to swim or help you achieve your aquatics fitness goals. Meets M/W, 6:45 – 7:30 p.m., the registration fee is \$44, or \$36 with CityCard resident discount.

### [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, 9 a.m. to 12 p.m. Registration is \$7 per walk. (Sorry, no CityCard discount.) The October 7 hike is the Barmeyer Trail on Mount Dean Stone, no Coffee Walk Oct. 14.

### [Discovery Corp Afterschool Adventures](#)

We provide afterschool transportation from Chief Charlo, Lewis and Clark, Lowell, Jeannette Rankin, Paxson, Rattlesnake, Russell and provide adventure-filled active programming for your child. Parents pick up at McCormick Park between 5-5:30pm daily. Fee is \$16.50 per day, youth recreation grants available.

### [Free! Folf in the Parks • through Oct. 22, all ages](#)

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf on Tuesday evenings from 4 – 6 p.m. Never played before? We'll help you learn the basics. Bring your own discs, or borrow ours. Meets Oct. 8 at Broadway Island, Oct. 15 at Garland Park.

## Ongoing programs

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### [Currents Open Swim](#)

10 a.m. to 8 p.m. weekdays, 11 a.m. to 7 p.m. Saturday, 11 a.m. to 6 p.m. Sunday.

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

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

### [Currents Swim Squad • Ongoing, ages 6+](#)

Kids will improve their swimming skills and build endurance in a supportive 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](#)

Includes all-day swimming and bakery or ice cream cake, or bring your own treats!

(MORE)

[Pickleball Open Play • Ongoing, ages 12+](#)

At FMRP through Oct. 11, at Sports and Wellness Gym in the winter months.

[Preschool Portable Parties](#)

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

[Ropes Course Birthday Parties](#)

Includes High Ropes Course and Climbing Wall, ages 5+.

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

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