

Contact:
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406-721-PARK (7275)
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Missoula Parks and Recreation Public Service Announcement

For immediate release through February 9, 2020

Parks and Recreation fun for the week of February 3

Join Missoula Parks and Recreation this week for [Coffee Walks](#), [swim lessons](#), [pickleball](#), and so much more!

For more information, visit the links below or check out the [Winter Recreation Guide](#).

Contact us via [email](#), by phone 721-PARK (7275), or stop by Currents Aquatics Center in McCormick Park. Register online at www.missoulaparks.org/register. [Share The Fun Recreation Grants](#) are available for seniors/families who need financial assistance.

Week of February 3

Currents Adult Swim Development & Fitness School • Feb. 3 - 26, 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 \$36.75, or \$29.75 with CityCard resident discount.

Afterschool Cross-Country Ski • Feb. 3 - 19, ages 5+

The program includes ALL equipment, snacks, instruction, transportation. Meets Mondays or Wednesdays from 3:45 - 5:30 p.m., the registration fee is \$66, or \$55 with CityCard resident discount. Through a partnership with Missoula Nordic, we can provide skis, boots, and poles for your child. Ski locations are snow dependent, and we'll provide transportation. Lolo National Forest permits make this program possible. Youth Recreation Grants available, call 721-PARK.

Parents' Night Out at Currents • February 7, ages 7+

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 5 – 8 p.m., \$15 per child. Meets March 6, April 3.

Learn to Play Pickleball Level 1 Clinics • Saturday, February 8, 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 10:30 a.m. to 12:30 p.m. at City Life Gym, next clinic is Feb. 22.

(MORE)

FOR RELEASE THROUGH FEBRUARY 9, 2020

Missoula Movers Intro to Nordic Ski • Feb. 8, ages 18+

Learn to cross-country ski or improve your technique with these fun clinics. Meets Saturdays, 10 a.m. to 12 p.m. at Currents Aquatics Center, ski location to be determined. Bring lunch, water, weather-appropriate clothing. Rent skis and boots if needed at The Trail Head or Campus Rec. The registration fee is \$22, or \$20 with the CityCard resident discount.

Week of February 10

School's Out Day Camps • Feb. 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 8 a.m. to 5:30 p.m., location TBA. Registration fee is \$42 per day or \$35 with CityCard resident discount, or \$180/\$150 for the week. Also meets Feb. 17, March 13, March 16-20.

10 and Under Tennis Feb. 12 – Mar. 11, ages 5-10

An exciting play format for learning tennis! Brings kids into the game with specialized equipment and shorter court dimensions, all tailored to their age and size. It's the fast, fun way to get kids into tennis – and keep them playing. Meets Wednesdays, 4 to 5:30 p.m., at the City Life Gym, 1515 Fairview. Registration fee is \$55 or \$45 with CityCard resident discount.

Tiny Sprouts • Feb. 12 – Mar. 20, 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 - 10:45, at the City Life Gym, 1515 Fairview. The registration fee is \$30/25 with CityCard resident discount.

Super Sprouts Sports Skills • Feb. 14 – Mar. 20, 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 at the City Life Gym, 11:15 – 12 p.m. The registration fee is \$60/48 with CityCard resident discount.

Missoula Movers Intro to Nordic Ski • Feb. 15, ages 18+

Learn to cross-country ski or improve your technique with these fun clinics. Meets Saturdays, 10 a.m. to 12 p.m. at Currents Aquatics Center, ski location to be determined. Bring lunch, water, weather-appropriate clothing. Rent skis and boots if needed at The Trail Head or Campus Rec. The registration fee is \$22, or \$20 with the CityCard resident discount.

(MORE)

Ongoing Programs

- [Currents Open Swim](#)
- [Currents 7-Day Free Adult Pass](#) City and County residents may sign up for one week free at Currents, new customers only, ages 18+.
- [Currents Swim Lessons • Ongoing, all ages](#) Professional, affordable aquatics instruction for ages 6 months through adult at Currents or Splash Montana. Private and small group swim lessons available, email CurrentsSwimLessons@ci.missoula.mt.us.
- [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.
- [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](#) Host your next celebration at Currents! Ripples parties feature a variety of affordable party packages and all-day free swim for your guests. Call 721-PARK.
- [Currents Open Kayak Nights • Ongoing, Ages 15+](#) Bring your cleaned and scoured kayak/paddle/skirt/life jacket to work on your roll skills. For 15 & up, youth under 15 allowed with direct adult supervision. Meets Tuesdays & Thursdays, 8-10 p.m., through April 30. Regular Currents admission fees apply.
- [Pickleball Open Play and Weekend Round Robin • 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 City Life Gym, 1515 Fairview.
- [Preschool Portable Parties](#) Strider bikes, Loose Parts portable playground and games at the City Life gym, a City park, or your location. Contact Meg Whicher at 552-6271 or mwhicher@ci.missoula.mt.us.
- Rent the City Life Gym at 1515 Fairview for your party, sports practice or special event. Contact Meg Whicher at 552-6271 or mwhicher@ci.missoula.mt.us.
- [Outdoor Recreation 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.

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