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Subject: Parks PSA: Recreation and aquatics programs weeks of Jan. 27 and Feb. 3

Date: Saturday, January 25, 2020 3:03:40 PM

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Contact:
Parks Registration Desk
406-721-PARK (7275)
parksrec@ci.missoula.mt.us

600 Cregg Lane
Missoula, MT 59801
www.missoulaparks.org

Parks&Recreation
City of Missoula • 600 Cregg Lane • 721-PARK

Missoula Parks and Recreation Public Service Announcement

For immediate release through February 2, 2020

Parks and Recreation fun for the week of January 27

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 January 27

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.) January 27 hike is Mount Jumbo, US West Road.

Stepping On Fall Prevention Class • Jan. 29 – Mar. 11, ages 60+
Join Parks and Recreation, Missoula Aging Services, and the Montana DPHHS Injury Prevention Program for this fun, easy program to help prevent falls and maintain your personal independence! Stepping On is an evidence-based fall prevention program for adults age 60+. Over 7 weeks, participants learn exercises, methods, and strategies to build self-confidence, change behaviors and improve decision making for safe, independent living. Meets Wednesdays, 1 - 3 p.m. at Fort Missoula Regional Park headquarters. Registration fee is $25 per person.

Currents 7-Day Free Adult Pass
City and County residents may sign up for one week free at Currents, new customers only, ages 18+. Enjoy lap swim, open swim, and Aquacize.

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.

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. Call 721-PARK for more information.

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.

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.

Ongoing Programs

- Currents Open Swim
- 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.

(END)

Rebecca Goodrich

Parks&Recreation
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