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Parks & Recreation
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PRESS RELEASE

For immediate release through September 29, 2015.

Join Parks and Recreation for weekly fun in area parks

Join Missoula Parks and Recreation for “Too-Much-Fun Tuesdays” this fall, featuring unique recreation programs in neighborhood parks. Offerings include yoga for ages 12 and up, disc golf for all ages and nature walks for active adults.

Yoga in the Parks meets Tuesday evenings from 6 to 7 p.m. through September 29. This free program focuses on yoga basics and is for all abilities, ages 12 and up. The September 8 session meets at Westside Park, and the September 15 session meets at Pineview Park. No pre-registration is necessary. Learn more at <http://www.ci.missoula.mt.us/224/Adult-Senior>.

Folf in the Parks is a fun family outing for all ages and abilities on Tuesday evenings from 5 to 7 p.m. through October 13. The September 8 program meets at McCormick Park, and at Wapikia Park on September 15. No pre-registration is necessary. The program is free, but donations to the Folf in the Parks fund are gratefully accepted. Learn more at <http://www.ci.missoula.mt.us/1703/Folf-Ultimate>. Register now for the Riverfront Ramble Disc Golf tournament on Sunday, September 27.

Fall Coffee Walks for active adults meet Tuesdays at Currents from 9 a.m. to 12 p.m., September 8 through October 27. After a 2-hour walk on local trails, the group will visit a local coffee shop for warm drinks and socializing. Parks and Recreation provides transportation to and from a new trailhead each week. The September 15 walk is on the Kim Williams trail and the September 22 walk is at Pattee Canyon. The fee is \$5 per session, please call 721-PARK or stop by Currents Aquatics Center to register. Learn more at <http://www.ci.missoula.mt.us/1700/Missoula-Movers>.

For more information about these programs, visit www.missoulaparks.org or phone 721-PARK.

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