

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

# Recreation Guide

Winter 2016-17



CURRENTS AQUATICS CENTER PAGES 4-10



ADULT SPORTS



YOUTH OUTDOORS



AQUATICS



PRESCHOOL

### Welcome to Winter at Parks and Recreation!

This season we're proud to offer many exciting new programs, while retaining your favorites. Check out the Outdoor Adventures, Youth and Adult Sports, Tennis, all new Winterfest weekend and much more. Don't forget all the exciting options at Currents Aquatic Center...where the sun is always shining!

We've been hard at work implementing the projects approved by the 2014 Parks and Trails Bond. This summer we completed 10 new playgrounds throughout the City.

Phase 1 construction at Fort Missoula Regional Park is nearly complete and Phase 2 construction has begun. Follow our progress at [missoulaparksandtrails.org](http://missoulaparksandtrails.org).

### Parks and Recreation Board Members

- Ross Mollenhauer      Dayna Swanson
- Johnna Eisenmann      Dale Harris
- John O'Connor      Sonja Verlanic
- Christine Ryan

### Quick and Easy Registration

Register for all programs at Currents in McCormick Park, or phone 721-PARK (7275) to register with MasterCard or Visa. Registrations must be paid in full. See [missoulaparks.org](http://missoulaparks.org) for registration policies.

### Share The Fun Youth Recreation Grants

Low-income recreation grants are available for most programs. Call 721-PARK for more information or download an application at [www.missoulaparks.org](http://www.missoulaparks.org).

### ADA and Access

Parks and Recreation does not discriminate against or exclude anyone from participation in any programs or services on the basis of race, color, national origin, gender, gender identity, religion, disability, or economic status. Make ADA accommodation requests at least 14 days in advance. Department information is available in alternative formats.

### CityCard Resident Discount Program

City residents contribute directly to Parks and Recreation through property taxes. The CityCard gives residents a reduced rate (approximately 20% discount) on most Parks & Recreation programs. Purchase your card at Currents Aquatics Center for \$2, renew annually for \$1. **All current cards expire December 31, 2016.** Please bring a current utility bill or vehicle registration to verify address. More information is available at [www.missoulaparks.org](http://www.missoulaparks.org).



### Parks and Recreation Headquarters ..... 721-PARK (7275)

Office Hours: Monday through Friday, 8:30am to 4:30pm.  
Located in Currents, 600 Cregg Ln., in McCormick Park.  
Offices of Park Administration, Open Space, Recreation, Parks and Trails Development, Communications

### Park Operations Headquarters ..... 552-6253

Office Hours: Monday through Friday, 9am to 3:30pm  
100 Hickory Street, Missoula, MT 59801  
Offices of Park Maintenance, Urban Forestry, Conservation Lands Management, Park Projects

### Currents Indoor Aquatics Center ..... 721-PARK (7275)

Parks and Recreation Registration Desk  
Monday – Friday      6am to 8pm  
Saturday      8am to 7pm  
Sunday      9am to 6pm  
600 Cregg Ln. in McCormick Park  
Open all year. Waterslides, children's water playground, fitness and leisure pool, sparkling spa, internet hotspot.

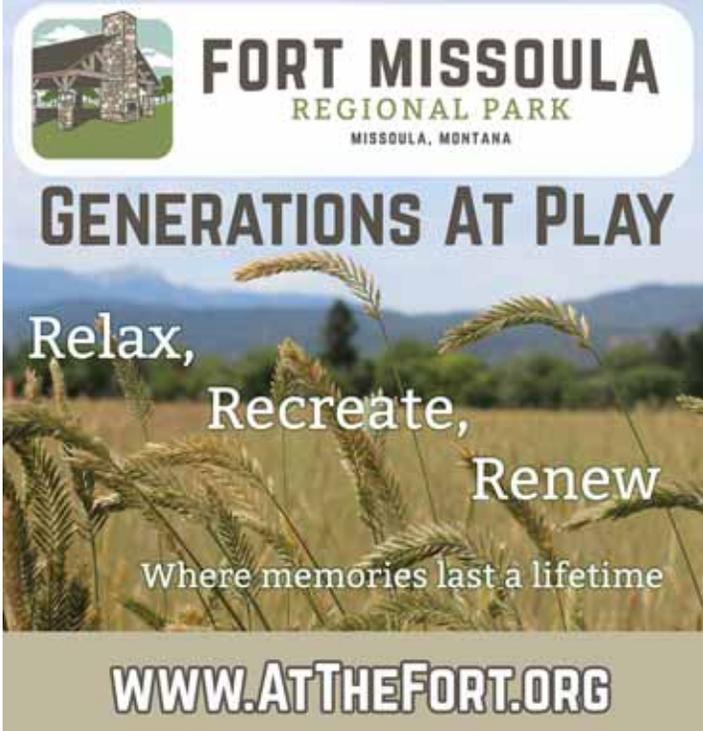
### Splash Montana ..... 542-WAVE (9283)

Open Memorial Day through late August. 3001 Bancroft  
Waterslides, children's water playground, Crazy Creek Cafe, Lazy River and 50-meter pool.

### Parks & Recreation Management Team

- Donna Gaukler, Director .....552-6265  
[dgaukler@ci.missoula.mt.us](mailto:dgaukler@ci.missoula.mt.us)
- David Selvage, Parks Services and Systems Mgr. ....552-6252  
[dselvage@ci.missoula.mt.us](mailto:dselvage@ci.missoula.mt.us)
- Elizabeth Erickson, Open Space Program Mgr. ....552-6267  
[eerickson@ci.missoula.mt.us](mailto:eerickson@ci.missoula.mt.us)
- Neil Miner, Parks and Trails Dev. Mgr .....552-6264  
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- Morgan Valliant, Conservation Lands Mgr.....552-6263  
[mvalliant@ci.missoula.mt.us](mailto:mvalliant@ci.missoula.mt.us)
- Chris Boza, Urban Forester .....552-6270  
[cboza@ci.missoula.mt.us](mailto:cboza@ci.missoula.mt.us)
- Shirley Kinsey, Recreation Superintendent.....552-6273  
[skinsey@ci.missoula.mt.us](mailto:skinsey@ci.missoula.mt.us)
- Eric Seagrave, Aquatics Manager .....552-6274  
[eseagrave@ci.missoula.mt.us](mailto:eseagrave@ci.missoula.mt.us)
- Bob Worthen, Park Maint. Mgr.....552-6269  
[bworthen@ci.missoula.mt.us](mailto:bworthen@ci.missoula.mt.us)
- Kathy Mehring, Admin. Services Mgr.....552-6255  
[kmehring@ci.missoula.mt.us](mailto:kmehring@ci.missoula.mt.us)

[www.missoulaparks.org](http://www.missoulaparks.org)  
[fortmissoulapark.org](http://fortmissoulapark.org) • [runforthetrees.org](http://runforthetrees.org)



**UPCOMING EVENTS AT FMRP**

**April 29 - Grand Opening!**  
**CCC Celebration and Carnival**

Join us for the Grand Opening of Fort Missoula Regional Park for a FREE Celebration with live music, dancing, food truck picnic, little red wagon float parade, carnival games, sports demo, youth bike event and more! For more information check out [atthefort.org](http://atthefort.org).

**May 6 - Doggie Dash**

Pets all around Missoula need your help. Walk, run or jog with your dog to raise money to help animals in need. Sign up for the 1-mile or 5k walk/run at Fort Missoula Regional Park on May 6. The Doggie Dash Expo from 10am to 4pm features entertainment for dogs and their humans including: a demo agility course, dog training tips, free doggie health check-ups, dog nutrition tips, ugly dog contest and dog look a-like showcase, leash decoration station & custom collars, dog art for sale and a movie montage of cute dog photo contest, free family photo area and a special meet and greet with Sgt. Bozo our talking dog.



Taking reservations for the Bella Vista Pavilion starting Jan., 2017

**PHASE 1 TO OPEN SPRING, 2017**

**Phase 2 Construction Underway**

The existing Fort Missoula Park (west of Community Medical Center) closed for Phase 2 construction this fall. The closure includes the fitness trail, picnic area, soccer fields, softball diamonds, tennis and pickleball courts and dog park.

Phase 2 construction includes playgrounds, a dog park, trails, seven new softball diamonds, tennis and pickleball courts, volleyball and basketball courts, public event spaces, picnic shelters, an outdoor fitness area, plus bocce ball, horseshoes and croquet. Phase 2 is projected to open in 2018.

For fitness walkers, 1.5 miles of new trails in Phase 1 of the park opened November 11. Parks and Recreation will remove snow and ice from these trails during the winter months. The Milwaukee Trail, Bitterroot Trail, Riverfront Trails and Playfair Park trails are also recommended alternatives for fitness walkers and are included in the City's winter snow removal routes.

Walkers and runners can find more alternate routes at Historic Fort Missoula, the DNRC Seedling Nursery at 2705 Spurgin Road, the County Equestrian Park at 3500 North Av. West, Maclay Flat Nature Trail off of Blue Mtn. Road, and the paved bicycle-pedestrian trails on Clements and 7th streets. The DNRC asks that dogs be leashed on the nursery paths.

For dog park alternatives, pet owners can visit Jacob's Island Bark Park and Playfair Park Pup Pen; visit [missoulaparks.org](http://missoulaparks.org) for more information.

FMRP's new lighted synthetic turf field will be open for reservation in mid-November, weather permitting. The remainder of FMRP Phase 1 is slated to open next spring.



**The Sun Is Always Shining At Currents Aquatics Center!**

Currents is Missoula’s year-round indoor waterpark and is also home to Parks and Recreation headquarters.

- Ultraviolet light supplemental sanitation system for pristine water with less chlorine.
  - Leisure pool has zero-depth entry with spray features and grizzly bear slide.
  - Lap pool has 20-yard lap lanes available throughout the day. See schedule for number of lanes.
  - Sparkling Spa – bromine-sanitized for your comfort.
  - Current channel for aquatic exercise (mornings only.)
  - Kersplash Poolside Climbing Wall
  - Two 2-story tall waterslides\*
  - Ripples Party Room
  - Swim lessons, fitness, and recreational programming for youth and adults.
  - Wireless internet access
- \*Must be at least 48” tall and able to swim.

**Hours of Operation**

Monday – Friday 6am to 8pm  
 Saturday 8am to 7pm  
 Sunday 9am to 6pm

Registration desk open to purchase passes and punch cards and register for all Parks and Recreation programs.

600 Cregg Lane • In McCormick Park  
 721-PARK



**Recreation Swim Times - Play Pool and Water Slides**

Mon - Fri: 10am – 8pm\* Saturday: 11am – 7pm Sunday: 11am – 6pm

Includes spray features, current channel and climbing wall at selected times. At selected times, the lap pool is reserved for lap swim only, schedule below.

\*Spray features and slides may be turned off for up to 2 hours Mon. - Thurs., 4 - 7pm, for swim lessons. Slides may be off at other times to conserve energy. Just ask a lifeguard if you’d like to use them!

**Daily Admission - Save up to 55% with Aquatics Passes & Punch Cards!**

**All patrons must pay admission before entering pool area. Thank you!**

Age	Regular Fee	w/CityCard	Age	Regular Fee	w/CityCard
<b>1 Year and Under</b>	No charge		<b>Student ages 13 -17</b>	\$4.50	\$3.75
<b>Pre-K ages 2 - 6</b>	\$3.00	\$2.50	<b>Senior (ages 60+)</b>	\$4.50	\$3.75
<b>Youth ages 7 – 12</b>	\$4.00	\$3.50	<b>Adult ages 18 - 59</b>	\$6.25	\$5.25

CityCard info on page 2. Passes and punchcard info at [missoulaparks.org](http://missoulaparks.org)

**Facebook Specials**

Friend us on Facebook for aquatics news and special events!

**Kersplash Climbing Wall**

Towering 12 feet above the water, our newest feature, the Kersplash Climbing Wall, is an exciting challenge for adults and children 6 and up who can pass a basic swim test. Thursdays, 2:30 - 4:30pm; Fridays, 4 - 8pm; Sundays, 4 - 6pm.

**Aquacize! Water Fitness at Currents**

Increase flexibility, build core strength and improve your cardio fitness. Our instructors’ enthusiasm and experience make these classes fun and safe! No pre-registration required, all fitness levels welcome.

For: Adults ages 16+, no swimming skill is required

Fee: Regular admission—save 25-55% with a punch card or annual pass



Mon/Wed/Fri	6:15 – 7am	Deep water
Mon – Fri	8 – 8:50am	Moderate intensity
Mon – Sat	9 – 9:50am	Beginning to moderate intensity
Mon only	9 – 9:30am	Deep water
Mon – Thurs	5:30 – 6:30pm	Moderate to high intensity

## Lap Swim Hours • Through May, 2017

Kick boards, pull-buoys, and flippers are available for use. Support your fitness goals with stroke refinement, conditioning trainers, tri-teachers and mileage tracking charts. 20-yard lanes. Ages 14 and up.

**Please note:** We do our best to maximize Recreation Swim and Lap Swim hours. The schedule below represents the lane availability that we strive to maintain. Check the programming calendar at Currents front desk or missoulaparks.org for updates. Brief closures of the splash pool, slides or lap pool enhance the quality of your experience in lessons and fitness programs. Lane orientation may vary when Kersplash Climbing Wall In use.

Fee: Regular admission—or save 25-55% with a punch card or annual pass

M/W/F	LANES	T & TH	LANES	SAT	LANES	SUN	LANES
6-7am	1	6-8am	4	8-9am	4	9am-12 pm	4
7-8am	4	8-10am	1	9-11am	1	12-6pm	1
8-10am	1	10am-2pm	4	11am-1pm	4		
10am-2pm	4	2-8pm	1	1-7pm	1		
2pm-8pm	1						

## Kersplash Climbing Wall Hours

Awesome! A rock wall that leans over the pool water! If you can to swim 20 yards continuously and tread water for 30 seconds, you'll have a blast climbing the wall and jumping off into the 8-foot deep pool. Sorry, lifejackets may not be used during the test or climbing the wall.

Thursday	Friday	Sunday
2:30-4:30 pm	4-8 pm	4-6 pm

## Currents Sparkling Spa

Soak away the day's stress with Currents' Sparkling Spa. Spa use is limited to persons 5 years and older. Children between the ages of 5 - 11 must be directly supervised by an adult. Open daily.

Drop the kids at Currents and enjoy a night out!

## Currents Date Night

Enjoy your dinner date and explore First Friday art events without the kids in tow! Kids will play games and make crafts with our staff before they are treated to a pizza dinner. After dinner, kids will head to the Currents pool to splash around! Registration fee is \$10 per child. Ages 7 and up, please. First Friday of each month, 5 to 8pm.

DATES	CLASS #	DATES	CLASS #
Feb. 3	7909	Apr. 7	7907
Mar. 3	7908	May 5	7906



## School Breaks Witbit Obstacle Course Special

Climb and play to your heart's content on our Witbit inflatable obstacle course. The Witbit is a fun, physical challenge for swimmers of all ages and abilities. Open 2 to 4pm daily on the dates below.

Winter Break Dec. 23 - Jan. 2

Spring Break Mar. 20 - Mar. 24.

## Holiday Hours and Closures

DAY	DATE	HOURS	SPECIALS
Fri.	Dec. 23	Rec. Swim 10am - 8pm	Obstacle Course 2 - 4pm
Sat.	Dec. 24	Rec. Swim 11am - 4pm	Obstacle Course 2 - 4pm
Sun.	Dec. 25	Closed	
M - F	Dec. 26 - 30	Rec. Swim 10am - 8pm	Obstacle Course 2 - 4pm
Sat.	Dec. 31	Rec. Swim 11am - 7pm	Obstacle Course 2 - 4pm *First Night Celebration
Sun.	Jan. 1	Open 12 - 6pm	Obstacle Course 2 - 4pm
Mon.	Jan. 2	Rec. Swim 10am - 8pm	Obstacle Course 2 - 4pm
Mon.	Jan. 16	Rec. Swim 10am - 8pm	No Swim Lessons
Mon.	Feb. 20	Rec. Swim 10am - 8pm	No Swim Lessons
Thurs.	Mar. 16	Rec. Swim 10am - 8pm	No Swim Lessons
Fri.	Mar. 17	Rec. Swim 10am - 8pm	No Swim Lessons
Sat.	Mar. 18 & 25	Rec Swim 11am - 7pm	No Swim Lessons
Sun.	Mar. 19 & 26	Rec Swim 11am - 6pm	
M-F	Mar. 20 - 24	Rec Swim 10am - 8pm	Obstacle Course 2 - 4pm

Parents, please help us keep Currents safe and fun for all. Children under 6 must be supervised by an adult, in the water and within arm's reach, at all times.

## Aqua-Discovery Camp

**Spend spring break in a warm climate... Currents!**

Kids ages 7 and up will have a splashing good time at Aqua-Discovery Camp! Includes instruction in Snorkel and Fin, Water Polo, basic Lifeguard/CPR/First Aid skills, and other exciting aquatics activities. Youth should bring lunch for the first 4 days, and we'll celebrate on Friday with a pizza party. Camp fees include dry towels through the week, pizza lunch on Friday, and all activity and equipment fees.

<b>Dates</b> Mar 20-24	<b>Days</b> Mon - Fri
<b>Time</b> 8am - 5:30pm	<b>Ages</b> 7+
<b>Fee</b> \$185/\$150 with City Card	<b>Class</b> 7905

## Swim Like A Mermaid!



Catch the latest aquatics wave and learn to use a swimmable mermaid tail! Slip your feet into the mono-fin and pull up the swimsuit-material "tail" to glide through the water like a mystical mermaid (or merman!)

Mermaid tails are a fun, imaginative way to get kids off the couch and in the pool! Kids will improve their swimming skills, learn the basics of using a mask, and the "mermaid kick" improves core strength.

Swimmers must have passed Swim School Level or American Red Cross Level 3. Fee includes two 40-minute lessons and your very own mermaid tail to keep (a \$50 value!) Be sure to include clothing size in registration, registration is due 2 weeks before classes.

<b>Days</b>	Tues & Wed
<b>Time</b>	4-4:40pm

DATES	DEADLINE	CLASS #	FEE W/MERMAID TAIL	BYO TAIL**
Mar. 14-15	Feb. 28	7952	\$130/110/100	\$70/50/40
Apr. 25-26	Apr. 11	7953	\$130/110/100	\$70/50/40
May 30-31	May 16	7954	\$130/110/100	\$70/50/40

\*(REG./CITYCARD/ANN. PASS) \*\*Bring your own mermaid tail!

## Swim Squad: Pre-Competitive School

The Pre-Competitive School was formerly called "Jr. Swim Team." Swim Squad helps swimmers refine their technique and raise endurance while gently introducing them to competitive swimming.

For: Youth who have completed at least 1 introductory level stroke school course, or level 4 of The American Red Cross Learn to Swim Program.

Youth will be coached in order to gain experience in swim team-style workouts, equipment, and terminology. This program provides a regular swim fitness training program for youth. Kids are welcome to join at any point throughout the season.

### Swim Squad Practice Sessions

**Dates** Jan. 10 – Apr. 27 (No Practice March 16, 21, 23)  
**Days** Tuesdays and Thursdays  
**Times** 4:25 – 5:25pm  
**Ages** 6 +  
**Fee** 10-practice card \$30/25 with CityCard  
 20-practice card \$50/46 with CityCard  
**Class #** 7892

### Just-for-Fun Swim Meet

Currents Aquatics Center will host a swim meet for members of the Swim Squad. Our swim meets are relaxed affairs where everyone is a winner. We do not keep track of places or points. Instead, we celebrate every swimmer's individual times and accomplishments.

**Date** Thursday, April 27  
**Time** 4:25 - 6pm  
**Ages** 6 +  
**Fee** \$7 per swimmer  
**Class #** 7893

## Aquatics Passes and Punch Cards

### Splash Montana and Currents Annual Pass

- Save up to 55%!
- Unlimited Swims at both pools-all year long.
- Buy now to include Summer '17 at Splash Montana!

### Currents Aquatics Center Annual Pass

- Save up to 66%!
- The sun is always shining at Currents!
- Year-round, climate-controlled aquatics fitness and fun.
- 25% off swim lessons.

### 30-20-10 Swim Punch Cards

- Save up to 25%!
- Good at both pools.
- Great for lap swimmers, Aquacize!, and families on the go!

CALL 721-PARK or stop by Currents today!

*Have your next celebration at Ripples!*



*Party room at Currents*

- Enjoy the party—let Currents handle the details!
- Healthy, active fun for any type of celebration.
- Parties include Ripples for 80 minutes and unlimited swimming on your party day.
- Bring your own treats or relax and let us handle the food.

	UP TO 12 GUESTS	UP TO 20 GUESTS
Basic Party	\$95	\$130
Bakery Cake Party	\$125	\$170
Ice Cream Cake Party	\$135	\$180

Add extra-large 16" 2-topping pizzas for \$12 each.

Visit [missoulaparks.org](http://missoulaparks.org) for more information or call Currents at 721-PARK (7275) to make your reservation today! Payment upon reservation, please.



Great jobs...

## LEARN TO LIFEGUARD!

American Red Cross Lifeguarding/First Aid & CPR/AED for the Professional Rescuer

New! Blended learning format

Gain the knowledge and skills which enable you to save a life and get a great job! Course incorporates self-study through online training and lecture/skill practice at the pool with experienced instructors. Candidates must be 15 years of age on or before the final day of class. Candidates must also be mature and able to complete the following swim prerequisites:

- Swim 300 yards continuously using front crawl & breaststroke.
- Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 8.5 feet & retrieve a 10lb. brick.
- Tread water with no hands for 2 minutes.
- Demonstrate maturity and self-control.
- Successful participants receive national certification in Lifeguarding-First Aid & CPR/AED for the Professional Rescuer.

Fee: \$35 and \$35 Red Cross fee. Sorry, no CityCard discount.

DAYS	DATES	TIMES	CLASS #
M/W	Apr. 3 - 19	6 - 9pm	7899
T/TH	Apr. 25 - May 11	6 - 9pm	7900
M - F	May 15 - 19	6 - 9pm	7901
Sat	May 20	9am - 12pm	

American Red Cross Water Safety Instructor

New! Blended learning format

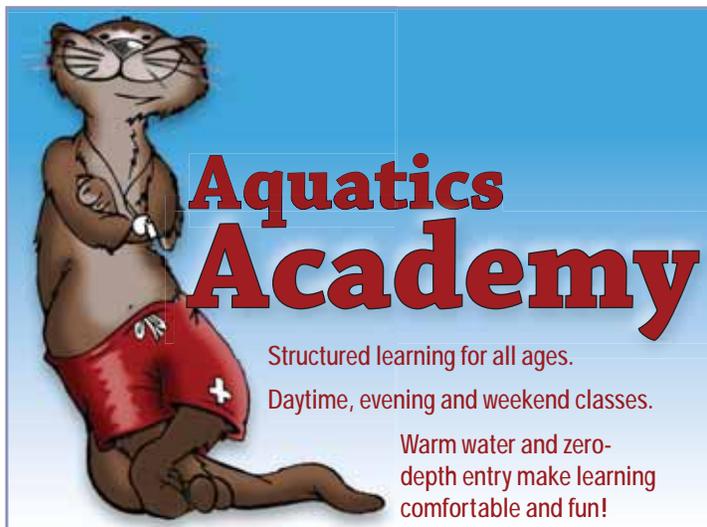
Candidates must be 16 years of age on or before the final day of class, and must possess and display maturity and self-control.

Candidates must also be able to demonstrate skills that meet at least American Red Cross Learn to Swim Level 4 performance criteria during the pre-course session (first day of class.)

Successful participants will receive the Water Safety Instructor Certificate, which recognizes them as possessing the tools to teach course offerings within the American Red Cross Learn to Swim and Water Safety programs.

For: Those interested in becoming a professional Swim Instructor. Sorry, no CityCard discount available.

DAYS	DATES	TIMES	CLASS #	FEE
M/W	Feb. 6 - Mar. 1	5 - 8:30pm	7904	\$180
No class Feb. 20				



## How To Choose A Swim Class

- Children under 3 should be enrolled in Parent/Child lessons.
- Children ages 3 - 4 should be enrolled in Preschool.
- Beginners over age 5 should start with Swim School. Program is comparable to American Red Cross Levels 1 – 3.
- More advanced swimmers over age 5 may opt to enroll in Stroke School. Please note that a basic understanding of and ability to perform each stroke you sign up for is expected on the first day of that class.
- Students who have passed at least one stroke school may be ready to try our Swim Squad (see page 6.)

### Parent/Child School

#### 6 mos. to 3 years with parent

*Aquatic playtime and learning for parents and tots.*

Early Introduction to the water helps prepare your child for success in Preschool and Swim School lessons. This program teaches parents the skills needed to introduce a child to the water safely and comfortably. Lessons are 4 (M/W or T/Th) or 5 classes (Sat.)

### Pre-School - Ages 3 to 5

*Water exploration and fun!*

Playful and nurturing instructors guide preschoolers through the basics of water exploration in a safe and fun manner. Instructors divide classes into students who are willing to put their face in the water and students who need to learn how to put their face in the water. Lessons are 6-8 classes (M/W or T/Th) or 5 classes (Sat.)

## Every Child A Swimmer...Guaranteed!

*Swim School Lessons are guaranteed!*

*Kids ages 7 and up will be able to swim 5 yards, on their front and back, by the end of the session or lessons are FREE until they can.*

- Currents Swim Lessons provide high quality, affordable instruction.
- The warm, shallow water at Currents provides a comfortable learning environment.
- Instructors create a playful learning atmosphere where kids look forward to their classes and learn through focused fun.
- Parents are welcome on deck and lesson supervisors are available to field your questions.

### Swim School - Ages 5 and up

*Master important swimming skills.*

Encouraging and energetic instructors work with students on the basics of swimming and water fitness. Students in these courses will work on skills such as submerging, floating, gliding, and rhythmic breathing. Swim School is divided into classes based on skill level on the first day: Face and Float School, Glide and Movement School, and Breathing and Development School. Students who complete the Breathing and Development School are ready for course offerings in our "Stroke School." Lessons are 6-8 classes (M/W or T/Th) or 5 classes (Fri. or Sat.)

### Stroke School - Ages 5 and up

*Learn 4 different swim strokes.*

For students who have completed and passed, or already possess the skills taught in the Swim School. Instructors will take students through basic progressions and development of stroke technique for two strokes (Front and Back Crawl are grouped together as long axis strokes, and Butterfly and Breaststroke are grouped together as short axis strokes). Students will work on alternate skills such as diving and turns in addition to the specific strokes each session. Stroke School is divided into introductory and advanced groups on the first day. Many students may need to repeat the course of instruction before progressing from beginner to advanced stages. Lessons are 6 to 8 classes; (M/W or T/Th) or 5 classes (Fri. or Sat.)



Save the date!

**Saturday, Dec. 17, 6-9pm**

**SURPRISE special event at Currents...**

**fun for the whole family!**

Call 721-PARK for details, limited tickets available.

## Swim Lesson Pricing

	4 CLASSES	5 CLASSES	6 CLASSES	7 CLASSES	8 CLASSES
Regular Fee	\$20	\$25	\$30	\$35	\$40
CityCard Discount	\$16	\$20	\$24	\$28	\$32
Annual Pass Holder	\$15	\$18.75	\$22.50	\$26.25	\$30

Beginning and advanced level courses meet at the same time. Many students may need to repeat the course of instruction before progressing from beginning to advanced level. Call 721-PARK for more information.

## Session 1: January - February

LEVEL	DAYS	DATES	TIME	CLASS #
Parent/Child	Sat	Jan. 7 – Feb. 4	9:45 – 10:15am	7777
Parent/Child	T/Th	Jan. 10 – 19	9:30 – 10am	7799
Parent/Child	T/Th	Jan. 10 – 19	5:30 – 6pm	7800
Parent/Child	M/W	Jan. 23 – Feb. 1	9:30 – 10am	7767
Parent/Child	T/Th	Jan. 24 – Feb. 2	9:30 – 10am	7768
Parent/Child	T/Th	Jan. 24 – Feb. 2	5:30 – 6pm	7775
Preschool	Sat	Jan. 7 – Feb. 4	10:30 – 11am	7816
Preschool	M/W	Jan. 9 – Feb. 1	11 – 11:30am*	7824
Preschool	M/W	Jan. 9 – Feb. 1	5:30 – 6pm*	7823
Preschool	T/TH	Jan. 10 – Feb. 2	11 – 11:30am	7827
Preschool	T/TH	Jan. 10 – Feb. 2	5:30 – 6pm	7815
Swim School (HS)	F	Jan. 6 – Feb. 3	11 – 11:40am	7838
Swim School	Sat	Jan. 7 – Feb. 4	9 – 9:40am	7846
Swim School	M/W	Jan. 9 – Feb. 1	4:45 – 5:25pm*	7870
Swim School	T/TH	Jan. 10 – Feb. 2	6:05 – 6:45pm	7874
Front/Back Crawl School	Sat	Jan. 7 – Feb. 4	9:45 – 10:25am	7847
Front/Back Crawl School	M/W	Jan. 9 – Feb. 1	4 – 4:40pm*	7856
Breaststroke/Butterfly	T/Th	Jan. 10 – Feb. 2	6:50 – 7:30pm	7875

HS = Home School Lessons, 5 classes

\*Denotes 3- and 7-class sessions respectively, no class 1/16

Sat. lessons are 5 classes



## Session 2: February - March

LEVEL	DAYS	DATES	TIME	CLASS #
Parent/Child	Sat	Feb. 11 – Mar. 11	9:45 – 10:15am	7778
Parent/Child	M/W	Feb. 6 – 15	9:30 – 10am	7769
Parent/Child	T/Th	Feb. 7 – 16	9:30 – 10am	7782
Parent/Child	T/Th	Feb. 7 – 16	5:30 – 6pm	7781
Parent/Child	T/Th	Feb. 21 – Mar. 2	9:30 – 10am	7770
Parent/Child	T/Th	Feb. 21 – Mar. 2	5:30 – 6pm	7780
Preschool	Sat	Feb. 11 – Mar. 11	9:45 – 10:15am	7809
Preschool	Sat	Feb. 11 – Mar. 11	10:30 – 11am	7829
Preschool	M/W	Feb. 6 – Mar. 1	11 – 11:30am*	7825
Preschool	M/W	Feb. 6 – Mar. 1	5:30 – 6pm*	7828
Preschool	T/Th	Feb. 7 – Mar. 2	11 – 11:30am	7817
Preschool	T/Th	Feb. 7 – Mar. 2	5:30 – 6pm	7818
Swim School (HS)	F	Feb. 10 – Mar. 10	11 – 11:40am	7840
Swim School	Sat	Feb. 11 – Mar. 11	9 – 9:40am	7848
Swim School	M/W	Feb. 6 – Mar. 1	4:45 – 5:25pm*	7871
Swim School	T/Th	Feb. 7 – Mar. 2	6:05 – 6:45pm	7877
Breaststroke/Butterfly	Sat	Feb. 11 – Mar. 11	9:45 – 10:25am	7849
Breaststroke/Butterfly	M/W	Feb. 6 – Mar. 1	4 – 4:40pm*	7858
Front/Back Crawl School	T/Th	Feb. 7 – Mar. 2	6:50 – 7:30pm	7878

HS = Home School Lessons, 5 classes

\*Denotes 7-class session, no class 2/20

Sat. lessons are 5 classes

## Session 3: March - April

LEVEL	DAYS	DATES	TIME	CLASS #
Parent/Child	Sat	April 1 – 29	9:45 – 10:15am	7783
Parent/Child	M/W	Mar. 27 – Apr. 5	9:30 – 10am	7784
Parent/Child	T/Th	Mar. 28 – Apr. 6	9:30 – 10am	7788
Parent/Child	T/Th	Mar. 28 – Apr. 6	5:30 – 6pm	7785
Parent/Child	M/W	Apr. 10 – 19	9:30 – 10am	7787
Parent/Child	T/Th	Apr. 11 – 20	5:30 – 6pm	7786
Preschool	Sat	April 1 – 29	9:45 – 10:15am	7810
Preschool	Sat	April 1 – 29	10:30 – 11am	7833
Preschool	M/W	Mar. 27 – Apr. 19	11 – 11:30am	7819
Preschool	M/W	Mar. 27 – Apr. 19	5:30 – 6pm	7831
Preschool	T/Th	Mar. 28 – Apr. 20	11 – 11:30am	7820
Preschool	T/Th	Mar. 28 – Apr. 20	5:30 – 6pm	7832
Swim School (HS)	F	Mar. 31 – Apr. 28	11 – 11:40pm	7842
Swim School	Sat	April 1 – 29	9 – 9:40am	7850
Swim School	M/W	Mar. 27 – Apr. 19	4:45 – 5:25pm	7859
Swim School	T/Th	Mar. 28 – Apr. 20	6:05 – 6:45pm	7880
Front/Back Crawl School	Sat	April 1 – 29	9:45 – 10:25am	7851
Front/Back Crawl School	M/W	Mar. 27 – Apr. 19	4 – 4:40pm	7860
Breaststroke/Butterfly	T/Th	Mar. 28 – Apr. 20	6:50 – 7:30pm	7881

HS = Home School Lessons, 5 classes

Sat. lessons are 5 classes



## INNER-TUBE WATER POLO

- A splashing good time.
- The fun of water polo without having to tread water.
- Minimal swimming ability required.

Fun, exciting and best of all... you don't need a lot of experience to be competitive! Currents' Inner tube Water Polo League is pure recreation. Sit in the tube, pass the ball and score! But don't get caught holding onto the ball too long—you might get tipped out of the tube! Five-player co-rec teams square off in the water in tournament play, little actual swimming ability required. Games are two 12 minute halves. Teams are comprised of 5 players; at least 2 must be female. Ages 16 and up.

**Registration Deadline: 4pm, Jan. 12**

Fee: \$80 per team (max of 10 players per roster)

Days: Sundays      Dates: Jan 15 - Mar 12 (No games Feb. 5)

Time: Games are scheduled 6 -9pm, depending on number of teams in league.      Class #: 7898

Captain's Meeting: Jan. 15, 5:30pm at Currents

## “Try It Free” 7-Day Pass

Take a swim, work out, or just relax—on us! Our friendly and knowledgeable aquatics staff is ready to introduce you to the benefits of water fitness. Free admission is granted for 7 consecutive days for new customers, Missoula County residents, ages 18+. Register any time at Currents, and bring a friend!

## Adult Swim Development & Fitness School

Learn to swim or improve your technique!

Knowledgeable instructors teach you to swim or help you achieve your aquatics fitness goals. Swimming reduces stress, builds cardio endurance and works all the major muscle groups. Swimming is great for lifelong fitness and is a valuable skill which could help save a life! For ages 16 and up.

### Session 1

DAYS	DATES	TIMES	CLASS #	FEE**
M/W	Jan. 9 – Feb. 1*	6:35 – 7:20pm	7894	\$35/28/26.25

\*7-lesson session, no lessons 1/16

### Session 2

M/W	Feb. 6 – March 1*	6:35 – 7:20pm	7895	\$35/28/26.25
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\*7-lesson session, no lessons 2/20

### Session 3

M/W	March 27 – April 19	6:35 – 7:20pm	7896	\$40/32/30
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### Session 4

M/W	May 1 – 24	6:35 – 7:20pm	7897	\$35/28/26.25
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\*\*Regular fee/with CityCard/Annual Pass Holder

## Open Kayak Sessions

Bring your cleaned and scoured kayak/paddle/skirt/life jacket to work on your roll skills. Currents provides pool access to those who want to keep their paddling skills sharp through the off-season. Kayaking may be suspended during the holiday season, call 721-PARK for more info.

Ages: 15 & up (Under 15 allowed with direct adult supervision)

Day/Time: Tuesdays & Thursdays, 8 - 10pm Jan. 3 - April 27

Fees: Regular admission. Bring your own cleaned equipment & life jacket.

## Work at Currents or Splash Montana!

Flexible hours • Fun work environment  
Competitive pay

Join our Aquatics team at Currents and Splash Montana — we've got something for everyone! Work as a lifeguard, swim instructor, concessions staff, cashier, or maintenance staff. Flexible hours, friendly staff, excellent training and competitive pay make Currents and Splash Montana great places to work!

Visit [www.ci.missoula.mt.us/jobs](http://www.ci.missoula.mt.us/jobs)  
for current openings.

# Happy Holidays

from your friends at Parks & Recreation

## Holiday Ice Skating Clinic

Glide your way to active outdoor fun this winter! These three introductory lessons teach the basics of skating at Pineview Park. Bring your own skates. You can purchase affordable new & used skates at Hockey Wolf (formerly Maulers Hockey Central). Class dependent upon weather/ice conditions – call Parks & Recreation weather line at 541-7200 for updates.

**Days/Dates** T/W/Th, Dec. 27-29

**Fee** \$30/\$24 with CityCard

CLASS #	AGES	TIME
7638	4 - 6	10am – 11am
7639	7 - 10	11am – 12pm

## Santa's Calling - December 14

“Santa’s Helpers” at Parks and Recreation will be calling children from 5-8pm on Wednesday, Dec. 14. Details at [www.missoulaparks.org](http://www.missoulaparks.org). Proceeds benefit youth recreation grants.

## Celebrate First Night at Currents • December 31

Free swim at Currents Aquatic Center with a First Night button from 3 to 7pm. Celebrate 2017 with a wild ride on a waterslide! Try out the Kersplash climbing wall and warm up in the sparkling spa. Children 6 and under must be accompanied by an adult.

## Christmas Ever Green • Dec. 26 - Jan. 15

Recycle your holiday tree and make a voluntary donation to plant new trees in Missoula. Drop sites: Playfair, McCormick, Fort Missoula South Av. lot. No yard waste, garbage, tree stands or decorations please. Please do not drop trees after January 15.

## Ice Skating At Pineview Park

Thanks to a group of devoted volunteers who work countless hours, Pineview Park will have a small natural ice rink again as they have since 1975! The rink is open mid-December through mid-February, weather permitting.

Public skate is from 9am to 10pm, unless closed for maintenance. Rink reserved for volunteers; weekdays, 4pm to 6 pm and weekends, 9am to 11am. The Children’s Corner is always open. For current rink condition information, please check signs at the rink shed daily.

**Check out the Holiday Skating Clinic above!**

## Mount Jumbo Elk Closure Updates

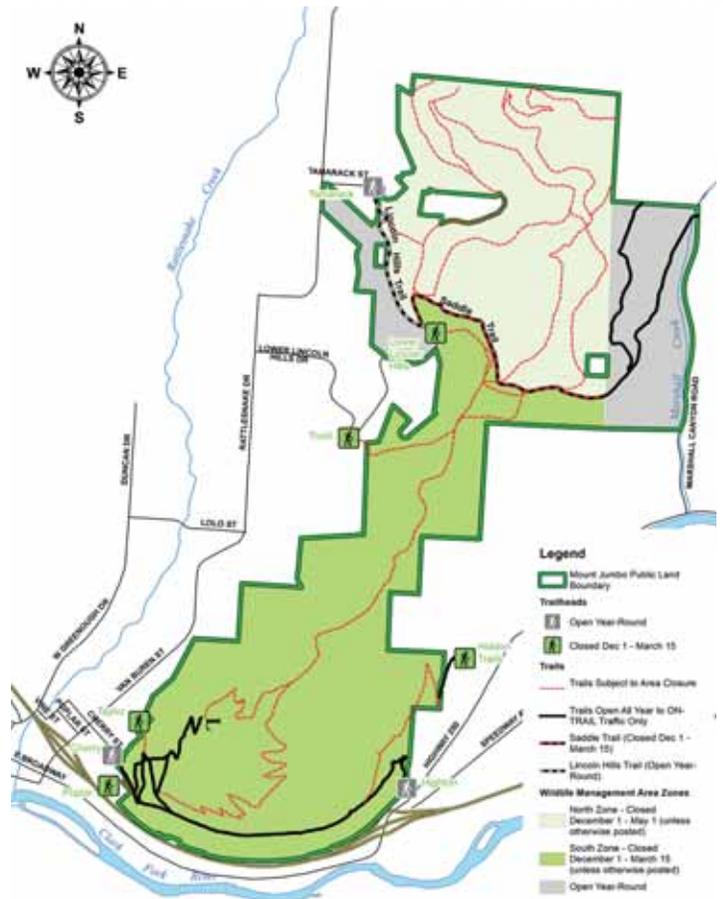
Winter brings Mount Jumbo’s elk herd back to its traditional winter range. To increase the elk’s chance for winter survival, the City institutes seasonal closures of critical areas of the mountain to all recreational use.

The South Zone, from the Saddle Trail above Lincoln Hills south to I-90, is closed from Dec. 1 to Mar. 15. The North Zone, from the Saddle Trail to the north, is closed from Dec. 1 to May 1. Closure dates may change due to weather conditions and wildlife protection requirements.

Three trails on Mount Jumbo are open all year: the U.S. West road, the “L” trail, and the road linking Lincoln Hills with Tamarack, including 40 acres below the road. Dogs must be leashed. For more info, visit [missoulaparks.org](http://missoulaparks.org).

## Mount Jumbo Elk Spotters

In order to manage Mount Jumbo for the greatest benefit of citizens and wildlife, Parks and Recreation needs to know more about how the Jumbo elk use the mountain for their winter range. We’re asking for your help to spot the elk (from the valley floor) during the winter closure and report sightings on our website. Visit [www.missoulaparks.org](http://www.missoulaparks.org) for more information.



## Family Outdoor Adventures

Kids under 10 are FREE!

Spend the winter outdoors with the people you love the most! Great for all families, ages, and abilities—these programs are the perfect gateway to gaining outdoor winter skills and trying out new experiences. All ages welcome! Program fee includes transportation, instruction, and all equipment.

Ages All ages.  
Youth under 13 must be accompanied by an adult.

Days Saturdays

Meets at Currents Aquatics Center

Fee See below for ages 11 and up.  
Youth under 10 are free—but must pre-register.  
Limit 2 free youth per adult.

DATE	PROGRAM	TIME	FEE	W/CITYCARD	CLASS #
Jan. 14	MPG Ranch Winter Tracking and Campfire	9a-5p	\$20	\$16	7910
Jan. 21	Girl's Snowshoe and Soak	9a- 3p	<i>See class description below.</i>		
Feb. 11	Marshall Mountain Snowshoeing and campfire	9a-4p	\$20	\$16	7911
Mar. 11	Lolo Snowshoe and Soak	9a-3p	\$30	\$24	7912

### MPG Ranch Winter Tracking and Campfire

Learn to identify and track different animals in the Sapphire Mountains and along the flood plains of the Bitterroot River. After a morning of tracking, we will retreat to a warm campfire with hot drinks and treats.

### Girls Scouts Snowshoe and Soak

Girls ages 5 to adult

After a cool, crisp snowshoe through the snowy trails of Lolo Pass, girls will soak the chill away in Lolo Hot Springs. We will supply the lessons and the snowshoes. Just bring your boots & suits! Online registration only at <http://gsmw.org/calendar/events>. Fee: \$18 youth, \$20 adult + \$15 Girl Scouts USA membership fee.

### Marshall Mountain Snowshoeing and Campfire

Travel high above the Hellgate Canyon via snowshoe on this guided trip to the Mittower Gulch region of the Rattlesnake. The route will lead us to a wall tent where lunch and warm drinks will be served.

### Lolo Snowshoe and Soak

Get out and enjoy the winter on our snowshoe trip followed by a relaxing dip in hot springs. All ages welcome, and we have snowshoes to fit any size.



## Kids Full Moon Snowshoes

When the moon is bright, it is the perfect time to send your child on an evening to remember with the MORE Program. We will trek under the full moon to a warm campfire with pizza, cocoa, and marshmallow roasting. A perfect adventure for kids while parents have a date night! Please have kids dress in warm clothing, boots, hats, and gloves. Snowshoes provided.

Ages 5+

Days 5 - 8:30pm

Meets at Currents Aquatics Center

Fee \$14/\$12 with CityCard



DATE	DAY	CLASS #
Jan. 13	Friday	7761
Feb 10	Friday	7762
Mar. 10	Friday	7763

## Zootown Derailleurs Youth Bike Team

Join the fun and help your child catch the biking fever! MORE partnered with MTB Missoula to offer this co-rec skills-based program which has exploded onto the cycling scene. Our coaching team includes some of the top riders in our area. From strider bikes to high school riders, we have coaches to help motivate and develop skills for any level of rider.

Please make sure your child has hand brakes on their bike, or we can provide bikes for kids who need them. Meeting locations to be determined. Spaces fill quickly, so register soon!

DAY(S)	FEE W/JERSEY	FEE W/OUT JERSEY	CLASS #
Tuesdays	\$80	\$50	7764
Thursdays	\$80	\$50	7765
Tuesday & Thursday	\$130	\$100	7766



## Discovery Corp Afterschool Camp

Back by popular demand, expanded to meet daily, includes transportation from school!

- Adventure-filled active programming for your child—keeping them engaged, moving, and exploring.
- We provide afterschool transportation, a healthy snack and an amazing activity.
- Parents pick up at Currents Aquatics Center in McCormick Park at 5:30pm daily.
- All kids are welcome! If transportation is not provided at your school, or your kids are homeschooled, they may be dropped off at Currents Aquatics Center at 3:45pm, pick up at 5:30pm.
- Our low participant-to-staff ratio and staff training ensures your child has a great time and is well-supervised.
- Activities change daily, including: snowshoeing, cross country skiing, winter walks, snow science, geocaching, ice skating, field trips, swimming at Currents, and MORE! All equipment is provided.

## SCHOOL'S OUT Adventure Day Camps

- Keep your child active and engaged over school breaks with our Adventure Day Camps!
- Please pack water, snacks, lunch, and winter clothing and boots. If your child needs winter snow clothing, we can help outfit them for the day.
- Drop-off is 8-8:30am, and pick up is 5-5:30pm.
- Fee includes all field trips and equipment.

Ages 5-12 Time 8am - 5:30pm

Meets at **Sports and Wellness Center, 1515 Fairview**

### Winter Break Camps

DATES	DAYS	FEE	W/CITYCARD	CLASS
Dec. 23	Fri.	\$42	\$35	7719
Dec. 26 - 30	Mon. - Fri.	\$180	\$150	7720
Dec. 26	Mon.	\$42	\$35	7721
Dec. 27	Tues.	\$42	\$35	7722
Dec. 28	Wed.	\$42	\$35	7723
Dec. 29	Thur.	\$42	\$35	7724
Dec. 30	Fri.	\$42	\$35	7725
Jan. 2	Mon.	\$42	\$35	7726

### January and February

Jan. 27	Fri.	\$42	\$35	7727
Feb. 20	Mon.	\$42	\$35	7728

### Spring Break Camps

Mar. 17	Fri.	\$42	\$35	7729
Mar. 20 - 24	Mon. - Fri.	\$180	\$150	7730
Mar. 20	Mon.	\$42	\$35	7731
Mar. 21	Tues.	\$42	\$35	7732
Mar. 22	Wed.	\$42	\$35	7733
Mar. 23	Thurs.	\$42	\$35	7734
Mar. 24	Fri.	\$42	\$35	7735

### Discovery Corp

Days	Choose Monday through Friday	
Grades K - 2	3-5:30pm M, T, W, F	2-5:30pm Th
Grades 3 - 5	3:30-5:30pm M, T, W, F	2:30-5:30pm Th

\*If not using school pickup, please drop kids at Currents Aquatics Center at 3:45 p.m. daily. Pickup is at 5:30pm. Kids from all schools are welcome!

Fee per session	1 day/week	\$162
(9-week sessions)	2 days/week	\$306
	3 days/week	\$432
	4 days/week	\$540
	5 days/week	\$585

School	SESSION 3	SESSION 4
	Jan. 3 - Mar. 3	Mar. 6 - May 5
Paxson	7967	7941
Lewis & Clark	7968	7942
Russell	7969	7943
Chief Charlo	7970	7944
Lowell at Mt. Jumbo	7971	7945



Looking for the perfect holiday gift?  
Give the gift of fun...  
**Parks and Recreation Gift Certificates!**  
Rec programs • Pool passes • Swim lessons... and much more!

**Missoula Movers Adult Programs**

For active adults of all ages.

Fees include instruction and transportation. Dress for winter outdoor activity. Programs meet at Currents Aquatic Center unless otherwise noted.



**Snowshoe Adventures**

Enjoy all the wonders winter can bring on one of our adult snowshoe programs. No experience necessary. Snowshoes provided. Bring a bathing suit and towel (Quinn’s and Bitterroot), lunch, and water.

**Quinn’s Hike & Soak**

If Ullr, the Norse God of Snow comes through, we’ll snowshoe to an overlook of the Clark River. If it doesn’t snow, we’ll take to the trail for a hike. Afterwards, we will retreat to the heated mineral waters of Quinn’s Hot Spring to soak and enjoy good company.

**Bitterroot Snowshoe & Soak**

New this year and permitted through the Bitterroot National Forest, we will snowshoe along Sweeny Creek Trail, and follow the adventure up with a soak in the Lost Trail Hot Springs.

**Mittower Snowshoe & Stew**

Join us on this amazing new trip! Snowshoe with us high above the Hellgate Canyon to the Mittower Gulch region found right outside of Missoula. Lunch will bring us to a cozy wall tent atop a snowy knoll with a roaring fire, warm drinks, and a hot winter stew freshly prepared by a local chef.

Fee **\$48, \$39 with CityCard**

DATE	PROGRAM	TIME	CLASS#
Dec. 17	Quinn’s Hike & Soak	9am - 5pm	7938
Feb. 18	Bitterroot Snowshoe & Soak	9am - 4pm	7939
Mar. 18	Mittower Snowshoe & Stew	9am - 4pm	7940



**Missoula Movers Coffee Walks**

Don’t spend the winter inside! The push for a healthy life is as easy as walking. Join thousands in the “Step It Up” program at the recommendation of the U.S. Surgeon General. Enjoy the company of others on guided walks through Missoula’s conservation lands. We’ll provide snowshoes if it snows! After our walks, we’ll enjoy hot drinks and good company. Please dress for winter outdoor activity. Visit [www.missoulaparks.org](http://www.missoulaparks.org) for more information about walk lengths and difficulty levels.

Learn about Step It Up at [www.surgeongeneral.gov](http://www.surgeongeneral.gov).

**Meets Mondays at Currents, 9am - 12pm**

**Fee: \$5 (sorry, no CityCard discount.)**

DATE	WALK LOCATION	CLASS #
Dec. 5	Greenough Park	7913
Dec. 12	Moon-Randolph Homestead	7914
Dec. 19	Sunlight Trail (North Hills)	7915
Jan. 2	Kim Williams Trail	7916
Jan. 9	Marshall Mountain	7917
Jan. 16	North Hills	7918
Jan. 23	Fort Missoula	7919
Jan. 30	Rattlesnake Powerline Trail	7920
Feb. 6	Tower Street Open Space	7921
Feb. 13	North Hills Cherry Gulch	7922
Feb. 20	Mt. Jumbo South Zone	7923
Feb. 27	Mt. Sentinel	7924
Mar. 6	Kim Williams	7925
Mar. 13	Rattlesnake Corridor	7926
Mar.20	Greenough Park	7927
Mar. 27	Sunlight Trail (North Hills)	7928
Apr. 3	Marshall Canyon	7929
Apr. 10	Tower Street	7930
Apr. 17	North Hills	7931
Apr. 24	Moon-Randolph Homestead	7932

MISSOULA MOVERS

**Cross-Country Ski Classes**

Winter's more fun when you are gliding on snow! Improve your technique or learn a new winter pastime. These classes are perfect for any level of experience. We will focus on technique, trail navigation, and tips and tricks of Nordic skiing. Bring lunch, water, and appropriate clothing. Rent skis at University of Montana Campus Recreation or The Trail Head.

Days Saturdays, 10am – 2pm  
 Meets at Currents Aquatics Center  
 Fee \$22/\$20 with CityCard Min/Max: 5/14

DATE	COURSE	CLASS #
Jan. 7	Intro to Nordic Ski	7935
Jan. 14	Women's Intro to Nordic Ski	7936
Feb. 25	Advanced/Backcountry Bitterroot Nordic Ski	7937

**M.O.R.E. Program Instruction**

We offer top-of-the-line instruction for people of all abilities and ages in a wide variety of outdoor recreation pursuits. Let our highly trained staff lead your group or help train your staff at affordable rates.

- Cross-Country Skiing
- CPR and First Aid Classes
- Camping
- Biking
- Strider Balance Bikes
- Wildlife, Flora & Fauna Courses
- Whitewater and Flat Water Boating
- Fly Fishing and Rod and Reel Fishing
- Winter Survival Skills including Shelter Building
- Snow Safety and Avalanche Education
- Group Teambuilding and Leadership Development
- GPS and Map & Compass Navigation
- High and Low Ropes Course
- Snowshoeing
- Leave No Trace
- Backpacking
- Primitive Survival Skills
- Disc Golf

Rates depend on activity, length of trip, and number of participants. All programs may include food, equipment, instruction, and transportation. For a rate quote or to build a program specifically for your group, call the MORE office at 552-6271.



**Introduction to Mountaineering**

If you have ever gazed into a mountain range and longed to get to the top of the peaks, this class is perfect for you—regardless of experience level. Climbing, glissading and self-arrest techniques, group travel, ropes, harness, and knots will be covered in this 8-hour course. The class meets in a low alpine environment with hands-on instruction from the MORE's mountaineering and climbing instructor. Please bring waterproof pants, jacket, boots, and two pairs of gloves.

Days/Time **Saturdays, 9am - 4pm**  
 Meets at **Currents Aquatics Center**  
 Ages **18+** Fee **\$60/\$50 with CityCard**  
 Class #7933 **Feb. 25** Class # 7934 **Mar. 25**



**Adventure**  
 is a state of mind.  
 We make adventure accessible.

**INCLUSIVE RECREATION PROGRAMMING**

Our mission at Parks and Recreation is to provide recreation programming to give people of all abilities the opportunity to grow, experience, learn and enjoy the natural world around them. Contact Meg Whicher at 552-6271 or [mwhicher@ci.missoula.mt.us](mailto:mwhicher@ci.missoula.mt.us) to find out how MORE programs can be developed to meet your needs and get you on your next adventure.



# Winterfest

## Frost Fever Pickleball Tourney Saturday, January 28

Register for Mixed Doubles and/or Men's/Women's Doubles. Tournament format will depend on number of teams and skill levels registered, but generally involve pool play/single-elimination play or a true double-elimination bracket. Skill levels will be split to encourage more equal competition. All participants receive a Winterfest mug!

\$25/first event & \$10 for each additional event.

Tournament play approximately 9am to 6pm, depending on number of participants. Tournament registration is due one (1) week before each tournament. See tournament registration forms for more detailed information. Events offered and tournament format may change depending on participant registration.

CLASS #	EVENT
7628	Mixed Doubles
7752	Men's Doubles
7753	Women's Doubles

## Frost Fever Broomball Tourney January 28-29 • Glacier Outdoor Ice Rink

6-a-side co-rec tournament, 5 players + goalie. Each team plays 4 games, \$200/team. First rounds Sat., final rounds Sat. or Sun., depending on number of teams. All players receive a Winterfest mug and winners receive fun prizes! Broomball sticks, balls, and goals provided. Feel free to bring your own stick. Call 721-PARK or stop by Currents to register. At County Fairgrounds, 1101 South Ave W. Questions? Call Ryan Yearous at 552-6266.

## Frost Fever Frozen Frolic 5k & 1-mile Fun Run

Saturday, January 28, 2017 • McCormick Park  
Kids 12 and under are FREE!

Join us for the 26th annual wintery fun run/walk along the Riverfront Trail System. Choose from the 1mi or 5K route. Register by Jan. 8 for a discounted price and the guarantee of a Winterfest mug on race day! Great prize drawings and awards for the top finishers in each category! All racers get a 50% off Currents coupon good during the Frost Fever weekend...warm up in the sparkling spa after the race with friends!

Early Registration Deadline: \$25 by Sunday, Jan. 8  
 Youth 13-17: \$15  
 Youth 12 and under: Free  
 Late Registration: \$30, Jan. 9 - Jan. 23  
 (Late registrants are not guaranteed a mug on race day.)

Register on-line at [www.active.com](http://www.active.com), at Currents Aquatics Center in McCormick Park or call 721-PARK (7275.) Participants must complete a registration/waiver form, available at [missoulaparks.org](http://missoulaparks.org) or in Currents lobby.

## Frost Fever Disc Golf Tournament Saturday, January 28, 11am

Join Parks and Rec and the Garden City Flyers for our 3rd Annual Frost Fever Disc Golf Tournament. The unique course plays through our downtown riverfront parks. Participants will receive an awesome custom Innova Disc. All divisions will play one round and there are prizes for each division. Proceeds help support the free Folf in the Parks program. Day of tournament registration only—so please bring cash or check.

\$15 Youth ages 16 and under      \$30 Masters (40+)  
 \$20 Adult Recreational              \$30 Open

# January 28-29, 2017

FUN FOR THE  
WHOLE FAMILY

**Marshall**  
MOUNTAIN

## Winter Carnival

11am - 4pm • Sunday, Jan. 29

Watch the snowshoe and bike races, activity booths and winter games, live music, food, demos, and general winter fun including winter folk. Get outside and enjoy the winter!  
\$1 suggested donation. At Marshall Mountain.

### Winterfest Snowshoe Poker Run

*Try your luck... fun for all ages! Sunday, Jan. 29*

Snowshoe to each station to pick a card. Best poker hand at the end of the course wins prizes. All events at Marshall Mountain.

Registration fee includes swag bag filled with goodies, official Winterfest mug and raffle tickets for door prizes. Register at Currents Aquatics Center, by calling 721-PARK, or at active.com.

We can provide snowshoes for the first forty participants who request them. Please reserve snowshoes upon registration.

3-mile course, 860 feet of elevation gain.

1.5-mile course, 336 feet of elevation gain

**Ages** All ages

**Time** 11am start

**Fee** \$20 for adult 18+

Sunday, Jan. 29

\$15 for youth 17 and under

CLASS #	EVENT	CLASS #	EVENT
7964	Poker Play 3-mile	7965	Poker Play 1.5-mile



WINTERFEST

### Fat Tire Bike Race • Sunday, Jan. 29

Premier winter bike race at Marshall Mountain.

Enjoy a new route groomed by MTB Missoula.

Registration details and course info available

soon at [www.missoulaparks.org](http://www.missoulaparks.org).

\$10 for all ages.

## Jr. Playmakers Youth Soccer League Fun, recreation, and weekday games!

- We encourage safety, fun, good sportsmanship, fair play, and equal playing opportunity for all participants.
- Kids learn the basics of the sport and have tons of fun.
- Two weeks of practice start the season, followed by 5 weeks of games. Season ends with a fun event.
- Practices on Tuesdays and games on Thursdays.

Deadline Sunday, Mar. 19, 5pm  
 Season Tues. and Thurs., 5:30-6:30pm, Apr. 4 - May 18  
 Coaches will contact participants between Mar. 30 - Apr. 2  
 5 games plus end-of-season event on May 19  
 Location Playfair Park Soccer Fields  
 Ages Boys and girls, grades K-5.  
 Leagues divided by grade levels.  
 Fee \$40/\$32 with CityCard by Mar. 1  
 \$50/\$40 with CityCard Mar. 2-19 (space is limited)

Class #	Grade
7740	Kindergarten
7741	Grades 1 - 2
7743	Grades 3 - 5

## Jr. Playmakers Youth Rugby League

- Kids will learn basic rugby strategy and have tons of fun while trying a new sport in a supportive team environment.
- Jr. Playmakers Touch Rugby encourages good sportsmanship and fair play.
- Two weeks of practice start the season, followed by five weeks of games, and ending with a World Cup style end-of-season event. Join us for fun, recreation, and weekday games!

Deadline Sunday, Mar. 19, 5pm  
 Season Wednesdays, 6pm beginning April 5. 8-wk league.  
 Coaches will contact participants between Mar. 30 - Apr. 2  
 Location TBA  
 Ages Boys and girls, grades 2 – 6  
 Fee \$40/\$32 with CityCard by Mar. 1  
 \$50/\$40 with CityCard Mar. 2-19 (space is limited)

Class #7748	Grades 2 - 3
Class #7749	Grades 4 - 5

Special thanks to **Mismo Gymnastics**  
 for their continued support of Share The Fun Recreation Grants!  
[mismogym.com](http://mismogym.com) • 728-0908

## Jr. Playmaker's Ultimate Frisbee®

- Kids will love trying a new sport in a supportive team environment.
- **Learn-To-Play Clinic kicks off the season on April 4! Participants will receive a free disc.**
- It's all about the "Spirit of the Game" where games are self-officiated, teams make up a cheer for each other after games, and good sportsmanship is expected at all times.
- Participants learn the basics of throwing, catching, and positioning from volunteer coaches.
- Teams play 7v7, and games to 15 points or a time limit, whichever comes first.

Deadline Sunday, Mar. 19, 5pm  
 Season Learn-To-Play Clinic April 4. Free disc to participants!  
 Tuesdays, 5:30pm beginning April 11. 7-wk league  
 Coaches will contact participants between Mar. 30 - Apr. 2  
 Location Playfair Park  
 Ages Boys and girls, grades 3 – 8  
 Fee \$40/\$32 with CityCard by Mar. 1  
 \$50/\$40 with CityCard Mar. 2-19 (space is limited)

Class #7746	Grades 3 - 5
Class #7747	Grades 6 - 8



- An exciting play format for learning tennis!
- Brings kids into the game with specialized equipment and shorter court dimensions, all tailored to age and size.
- It's the fast, fun way to get kids into tennis – and keep them playing.

Ages 5 - 10  
 Days Tuesdays and/or Thursdays, 5 week sessions  
 Time 4 – 5pm  
 Location Sports & Wellness Center, 1515 Fairview  
 Fee \$40/\$32 with CityCard

Class #	Dates	Day
7664	Jan. 10 – Feb. 7	Tuesday
7665	Jan. 12 – Feb. 9	Thursday
7666	Feb. 14 – Mar. 14	Tuesday
7667	Feb. 16 – Mar. 16	Thursday



**Super Sprouts Sports Skills**  
Keep your pre-schooler active this winter with NEW activities!

- Budding sports stars will develop their coordination while having fun and learning about a variety of sports, balance and movement skills.
- Join us for fun field trips that can include Peaceful Heart Yoga, swimming lessons at Currents Aquatics Center, skating at the Glacier Ice Rink, and tumbling at Mismo!
- At Parks and Recreation’s Sports and Wellness Center kids will enjoy fun activities like Strider bikes, Loose Parts playground, soccer, football, baseball, backyard Olympics and much more!
- Soft Koosh and Nerf-type equipment is used so that kids can build confidence and have lots of fun. Parent participation is welcome and encouraged!
- Sessions will include one activity per week. Schedule subject to change. First class will meet at the Sports and Wellness Center and schedules will be distributed then.

Meets at Sports & Wellness Center, 1515 Fairview

Fee \$40/\$32 with CityCard

Choose Tuesday or Friday sessions.

Class #	Dates	Day	Time
7736	Jan. 10 – Feb. 7	Tuesday	10-10:45am
7737	Jan. 13 – Feb. 10	Friday	11-11:45am
7738	Feb. 14 – Mar. 14	Tuesday	10-10:45am
7739	Feb. 17 – Mar. 17	Friday	11-11:45am

# Preschool Portable Party

- Introducing the new Strider Bikes & Loose Parts Playground.
- Host a program at the Sports and Wellness Center or we’ll bring the fun to you!
- Perfect for your next pre-school event, youth group or party!

Preschoolers will go wild for our pint-sized balance bikes and portable playground! We’ll bring our fleet of Strider bikes and our Loose Parts portable playground to your next party or special event—or use the Sports and Wellness Center’s indoor gym or a neighborhood park.

What’s a Strider bike?

- Strider bikes are lightweight balance bikes for kids ages 1.5-5 years. Kids keep their feet on the ground while they learn to balance on 2 wheels.
- Strider bikes increase balance, coordination, and confidence—but most of all, they’re fun! Program includes the Strider Adventure Zone, a series of mini-obstacles, ramps and beams that challenge kids to develop their biking skills.

What’s the Loose Parts portable playground?

- Portable playground is made up “loose parts” which allow kids to transform their environment and create a play space of their own.
- Includes a wide variety of kid-sized play pieces, like cubes, bricks, cogs, curves, and cylinders.
- The pieces connect together to create imaginative play that encourages learning, social development, movement and above all, fun.

What does the program include?

- 90-minute programs include equipment and staff facilitation.
- Also includes hosting the program indoors at our Sports and Wellness gym, 1515 Fairview, or outdoors at a City park. We can also bring the program to your home or venue.
- Choose the option that works best for your group:

## Strider Bike + Loose Parts Playground - 90 minutes

For groups of up to 20 children. Includes the Loose Parts playground and 10 Strider bikes and helmets, plus the Adventure Zone bicycle obstacle course. Kids can alternate between both exciting play options. Fee: \$100

## Strider Bikes only or Loose Parts Playground only 90 minutes

For up to 10 kids. Fee: \$75

Call Recreation Specialist Meg Whicher at 552-6271 to book a program, or for more information. Photos and more details at [www.missoulaparks.org](http://www.missoulaparks.org).

## PICKLEBALL AT THE SPORTS AND WELLNESS CENTER



### Pickleball – Missoula’s newest sport!

At the Parks & Recreation Sports and Wellness Center, 1515 Fairview

Pickleball: An addictive game with a peculiar name. Pickleball has been compared to a miniature version of tennis and an oversized game of Ping Pong played on a badminton-sized court. The game is played with wooden or composite paddles and a whiffle ball. The ideal game, full of action and fun for all ages!

### Pickleball – Learn to Play Clinics

- Grab a friend and enjoy a new sport in these 1-hour clinics.
- Parks and Recreation staff & Zootown Pickleball players teach you the basics of the game and get you ready for Open Play and/or League.
- All necessary equipment (paddles, balls, nets) included.

Day/Time **Saturdays, 1 - 3pm**

Meets at **Sports & Wellness Center, 1515 Fairview**

Ages **12+**

Fee **\$5/participant**

Class #	Date	Class #	Date
7619	Dec. 3	7714	Feb. 18
7620	Dec. 17	7715	Mar. 4
7711	Jan. 7	7716	Mar. 18
7712	Jan. 21	7717	Apr. 8
7713	Feb. 4	7718	Apr. 22

### Get Pickleball Updates

Would you like to be in the know about Missoula Pickleball? Go to [missoulaparks.org](http://missoulaparks.org) to be added to the Pickleball e-mail list. You will receive updates regarding league play, open sessions, and anything else related to Pickleball in Missoula and Montana.

### Pickleball – Open Play Sessions

- Active, fun, and social Open Play for all ages and abilities!
- Beginner to advanced Pickleball players will enjoy the opportunity to learn the sport and work on their game with a variety of players.
- We'll provide the nets, paddles, and balls—or feel free to bring your own.
- Monthly schedules subject to change. For updates, please visit our website [www.missoulaparks.org](http://www.missoulaparks.org) or call 721-PARK.

**\$5 per person, per visit. Buy a punch card and save!**

10-session punch cards	Per visit cost
\$40	\$4
\$70	\$3.50
\$90	\$3

### Pickleball – Ladder League

- A fun way to compete with fellow pickleball players.
- Play one match per week and move up or down the ladder based on their overall points earned each week.
- We will group foursomes each week based on your scores.
- You'll will move up or down the ladder and eventually settle into play at your skill level. As players improve, you may see them move up and compete at a higher level!

Deadline **Wednesday, Jan. 4, 7pm**

Dates **Jan. 7 – Mar. 18**

Days **Saturdays, 9 – 11am**

Ages **12+**

Fee **\$35 per participant**      **Min/Max: 8/24**

Class # **7951**

### Pickleball Tournaments

- You've tested your skills during Open Play, and competed in ladder league...now let's see what you've got in one of our fun indoor tournaments!
- All levels welcome. Skill levels divided to encourage more equal competition. Mixed doubles, men's and women's singles divisions.
- Tournament format will generally include pool play/single-elimination play or a true double-elimination bracket.
- Fee: \$20/first event, \$10/2nd event. Time: 9-6pm (approximately)

Date	Tournament
Sunday, Dec. 18	Zoo Town Showdown
Saturday, Jan. 28	Frost Fever
Sunday, Mar. 26	Clover Showdown
Sunday, Apr. 30	Spring Fling

See tournament registration forms for more detailed information. Download registration forms at [missoulaparks.org](http://missoulaparks.org) or pick up at Currents. Tournament registration is due 1 week before each tournament. Events offered and tournament format may change depending on registration.

## Register Your Team

1. Space is limited in all leagues; team registration is accepted on a first-come, first-served basis.
2. Fill out team roster completely with captain and player information, all players must sign and date waiver/sportsmanship agreement.
3. Rosters available at Parks and Recreation office in Currents, or you can download at: [www.missoulaparks.org](http://www.missoulaparks.org) or [www.sportifik.com/missoula](http://www.sportifik.com/missoula).
4. Depending on number of teams, some leagues may be combined and/or play on different days.
5. Bring roster along with team fee to Currents or Parks and Recreation office (cash, check or Visa/MasterCard.)



**Captains Meetings:** All teams must send at least one representative to the captain's meeting, dates and times listed below. Meeting dates and times are subject to change.

**Pick-Up List:** Want to play but don't have a team? Call 552-6266 to be placed on the pick-up list.

**Sports & Wellness Program:** Ryan Yearous, Recreation Supervisor 552-6266, [ryearous@ci.missoula.mt.us](mailto:ryearous@ci.missoula.mt.us).

## Co-Rec Volleyball • Ages 14+

- Our Volleyball leagues emphasize FUN and EXERCISE.
- Intermediate League is a great place to learn the game and improve your technique.
- Power league is designed to share your skills in a competitive atmosphere.
- Game play is 6v6, 3 men and 3 women.
- 8-week season plus single-elimination tournament.
- Dates, times, and locations are subject to change and leagues may be combined, depending on number of teams.
- Get your roster in early, space is limited! Ages 14 and up.

Deadline Sunday, Jan. 8 by 5pm

Games Wednesdays, 6 – 11pm, Jan. 11 - Mar. 15

Meets at Sports & Wellness Center, 1515 Fairview

Fee \$275 per team by Tuesday, Jan. 3

\$300 per team on or after Wednesday, Jan. 4, only if space available.

CLASS #	LEAGUE	SKILL	MAX. TEAMS
7703	Co-Rec Power	Int. to Adv	8
7704	Co-Rec Intermediate	Beg. to Int.	12

**Mandatory captains meeting & optional Open Gym:**  
7 – 9pm, Wednesday, Jan. 4 at the Sports & Wellness Center.

## New! Volleyball Open Gym • Ages 14+

Meets at Sports & Wellness Center, 1515 Fairview

Fee \$5 per person per session

10, 20, & 30 punch cards available for purchase.  
Save if you're coming regularly or playing with a group!

MONDAYS		WEDNESDAYS	
Dec. 5	Jan. 2	Dec. 14	Jan. 4
Dec. 12	Jan. 9	Dec. 21	Jan. 11 League Begins
Dec. 19	Jan. 16	Dec. 28	
Dec. 26			

## Open Gym For All Ages!

Sports & Wellness Center • 1515 Fairview

Grab your pals for a fun game of volleyball or pickleball.  
\$5/\$3 per participant (adult/youth.)

Buy a 10-session punch card at Open Gym for \$40/\$24  
(adult/youth.) Cash or check only, please.

Open gym times vary and are subject to change.  
Check out the schedule at [www.missoulaparks.org](http://www.missoulaparks.org).

PARKS AND RECREATION

## Sports and Wellness Center

1515 Fairview in the City Life building

# RENT THE GYM

The Sports and Wellness Gym  
is available for reservation.

Great for practices, parties,  
classes and more!

For more information, please contact  
Recreation Superintendent Shirley Kinsey:  
[skinsey@ci.missoula.mt.us](mailto:skinsey@ci.missoula.mt.us)

Phone 721-PARK

## ADULT PROGRAMS

### Co-Rec Winter Indoor Soccer • Ages 18+

- Co-recreation 5 v 5 league is for beginning to advanced player.
- Teams are 2 men, 2 women and a male or female goalie.
- 8-week league, no tournament.
- Dates, times, and locations are subject to change.

Deadline Tuesday, Jan. 3, 5pm

Dates Jan. 8 – Mar. 13

Meets at Sundays at Sports & Wellness Center, 1515 Fairview  
Mon/Wed/Thur at Meadow Hill Middle School  
4210 S. Reserve

Fee \$215 per team by Tues., Jan. 3

\$240 per team on or after Wed. Jan 4, only if space available

CLASS #	LEAGUE	GAME TIMES	MAX TEAMS
7610	Sunday	5:15 – 10:15pm	10
7611	Monday	8 – 10pm	4
7612	Wednesday	8 – 10pm	4
7705	Thursday	8 – 10pm	4

**Mandatory Captains Meeting: 6pm, Thursday, Jan. 5 at Currents.**

### Spring Outdoor 7-v-7 Soccer • Ages 18+

- Now that you're warmed up from indoor soccer, come on out and have fun in the outdoor soccer community!
- 7 v 7 soccer is a great warm-up for the summer league.
- Games consist of 20-minute halves and a 5-minute halftime, and are self-officiated.
- 5-week season, no tournament. Dates, times, and locations are subject to change.

Deadline Monday, Mar. 27, 5pm

Dates Apr. 10 – May 11

Time 6:00, 6:45, 7:30, 8:15pm games

Meets at Fort Missoula Bella Vista Field

Ages 18+

Fee \$100 per team on or before Monday, Mar. 27

\$125 per team on or after Tuesday, Mar. 28,  
only if space available

CLASS #	DAY	LEAGUE	SKILL	MAX. TEAMS
7706	Monday	Co-Rec A/B	Inter. to Adv.	16
7707	Tuesday	Co-Rec A/B	Inter. to Adv.	16
7708	Wed.	Women's	Beg. to Adv.	16
7709	Thursday	Men's	Beg. to Adv.	4
7710	Thursday	Co-Rec C	Beg. to Inter.	12

**ABSOLUTELY MANDATORY Captains Meeting: 6pm, Wed., Mar. 30 at Fort Missoula Bella Vista Field.** Your team will not be eligible to play on the synthetic turf unless you send a representative to this meeting to be briefed on the rules and procedures for the new field. We are very excited about this opportunity and appreciate your cooperation!

## CONTRA DANCE



### Introduction to Contra Dancing with the Missoula Folklore Society



This 6-week series of classes will introduce participants to a community style of social dance that has its roots in American traditional music and dance. If you can walk you can definitely contra dance, and there will be lots of dancing. Each week the instructors from the Missoula Folklore Society will guide participants through basic figures and moves for a fun evening of dancing. All ages welcome, partners not required, enroll a group of friends, family-friendly. **SPECIAL NOTE:** Please bring clean, indoor, soft-soled shoes to dance in. Outdoor shoes and heels can damage the ballroom floor.

Day/Dates	Thursdays, Jan. 12 – Feb. 16
Time	7-8 pm, doors open at 6:45 pm
Location	Missoula Senior Center Ballroom, 705 S Higgins Av.
Fee	\$30 per couple or \$15 single
Class #	7948
Min. class size	12 (6 couples)

### Complicated Contras

This series takes experienced contra dancers on a journey through some unique and challenging contras. Each week the instructors will guide participants through these dances for a fun evening of dancing. Prior contra dancing experience required. Partners not required.

**SPECIAL NOTE:** Please bring clean, indoor, soft-soled shoes to dance in. Outdoor shoes and heels can damage the ballroom floor.

Day/Dates	Thursdays, Mar. 2 - Apr. 13 (no class March 23)
Time	7-8 pm, doors open at 6:45 pm
Location	Missoula Senior Center ballroom, 705 S Higgins Av.
Fee	\$30 per couple or \$15 single
Class #	7949
Min. class size	16 (8 couples)



## Many thanks to our generous volunteers

Alexis Beagle  
 Alicia Leggett  
 Amber Robinson  
 Andy Thomas  
 Andrew Martin  
 Ashley Cossairt  
 Barbara Ross  
 Bert Lindler  
 Beth Smalley  
 Boy Scout Troop 1144  
 Branwyn Jaeger  
 Bryan Cossairt  
 Cabela's  
 Carle S. Davis  
 Charlotte Langner  
 Chief Charlo 4th grade  
 Chris Essman  
 Chris Henderson  
 Clark Fork Coalition  
 Corbin Brooks  
 Craig Holtet  
 Elizabeth and Aspen Weber  
 Elsie Bull  
 Eric Luongo  
 Garden City Flyers  
 Girl Scouts  
 Greenough Neighbrhd Group  
 Hellgate High Seniors  
 Jake Oetinger  
 Jeff Rice  
 Jenna Tomiello  
 Jeremy Baldwin  
 Jessica Brown  
 Jimmy Stevens  
 Joe Thoreson  
 Joe Toth  
 John Heffernan  
 Jr. Playmakers Coaches:  
 Basketball, Football, Soccer  
 Karen Sippy  
 Kayla Zurosky  
 Kristopher Guymon  
 Lechel Hegge

Lewis and Clark Elementary  
 Liliana Walker  
 Lillian Gilsoul  
 Linda Johnson  
 Loyola High School  
 Madison Flaget  
 Margo Schmidt  
 Marshall Mountain  
 Matilynn Hendrickson  
 Megan Anderson  
 Megan Fischer  
 Michael Painter  
 Mike Guess  
 Montana Conservation Corps  
 Montana Disc Company  
 Montana Trail Crew  
 Mountain Bike Missoula,  
 Brian Williams  
 Nat'l Public Lands Day Volun-  
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 Native Yards, Giles Thelen  
 Opportunity Resources  
 Pamela Hubler  
 Parade of Lights Volunteers  
 Patricia Blakeslee  
 Poverello Center  
 Rattlesnake Elementary  
 Rebecca Nordhagen  
 National Smokejumper Assoc.  
 Russell Afterschool Volun-  
 teers  
 Ryan Barr  
 Sam Schultz  
 Sandra Morrison-Paris  
 Santa's Calling Volunteers  
 Scott Stires  
 Sentinel High  
 Seth Swanson  
 Sherwin Williams Store 8455  
 Sportsman's Warehouse  
 Starbucks  
 Sydnee Stires  
 Teen Workreation Volunteers

Tilly Canton  
 Tom Boleman  
 Tony Hafner  
 Torrey Holmquist  
 Trees for Missoula Volunteers  
 UM Forestry Student Assoc.  
 UM Japanese Student Assoc.  
 UM Neighbrhd Ambassadors  
 UM Ultimate Frisbee Team  
 UM Wilderness & Civilization  
 Program  
 UM Women's Soccer  
 Winter Carnival Volunteers  
 X Sports4Vets  
 And special thanks to those  
 who gave their time informally  
 by picking up litter, watering  
 plants and assisting in con-  
 servation efforts. Thanks for  
 making Missoula a better place  
 to live and play!



Special thanks to  
**Karen Sippy**  
 and our many great  
 Trees For Missoula  
 Volunteers for your  
 continued support of  
 Missoula's Urban  
 Forest!  
 Volunteers In Pruning  
 Gravel Bed Volunteers  
 and Donations  
 Tree Planting Volunteers  
**JOIN TODAY!**  
**TREESFORMISSOULA.ORG**

MISSOULA'S URBAN FOREST SINCE 1974

**RUN FOR THE TREES**  
 5K • 10K • 1 MILE FUN RUN  
 25th Anniversary!

**April 22, 2017**  
 New 5 and 10k routes  
 All racers get a free tree to plant!  
[www.runwildmissoula.org](http://www.runwildmissoula.org)  
[www.runforthetrees.org](http://www.runforthetrees.org)

walk with a DOC

**FREE PROGRAM!**  
 Take a step toward better health

People with any level of expertise can participate in approximately 30 minutes of moderate intensity walking with a local health care provider. Meets Wednesdays on the dates below. Walks leave from the Community Cancer Care Center at 12:15 p.m. All are welcome. Learn more at [walkwithadoc.org](http://walkwithadoc.org).

February, 2017: Feb. 1, 8, 15, 22  
 March, 2017: March 1, 8, 15, 22, 29

Sponsored by Community Medical Center, Parks and Recreation, and Missoula City-County Health Dept.



# Many thanks to our generous partners:

## Parks All-Stars \$5000+

Friends of Missoula Parks  
I Ride For Tanner  
International Mountain Bicycling Association  
Morris and Helen Silver Foundation  
Ruth Havican and Karen Holcomb  
SRAM  
Trees for Missoula

## Parks Champions \$4900-3000

Missoula Broadcasting Co.

## Parks Teamates \$2999-1500

Cabela's  
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Custom Screen Printing  
Steve Robertson, Full Moon Concepts  
Marshall Mountain  
Missoula Fresh Market  
Orange Street Food Farm  
The Good Food Store

## Parks Fans \$1499-500

Big Sky Physical Therapy  
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Climate Smart Missoula  
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First Interstate Bank  
Five Valleys Urology  
Full Moon Concepts  
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Missoula Downtown Association  
Montana Trail Crew  
Missoula Federal Credit Union  
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## Parks Partners up to \$499

A Carousel for Missoula  
Active Physical Therapy & Sports  
Barnes and Noble  
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Buffalo Wind Wings  
Caffe Dolce  
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Gregory Keeler  
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Julie Lapham  
Linda & Jon Yearous  
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Montana Tool Company  
Northern Rockies Physical Therapy  
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Pet Portraits  
Pruyn Veterinary  
Rockin Rudy's  
Starbucks  
The Source  
Theresa & Randy Cox  
Universal Athletic  
Walgreens  
Western Montana Clinic  
Wind River Bear Institute  
Windermere  
Zip Beverage

**fmparks.org**

Friends of Missoula Parks was formed in 2002 by residents to promote parks, recreation, conservation lands, and forestry in Missoula and the surrounding area. We provide a variety of ways in which community members can contribute to Missoula Parks and Recreation. Check out our website and like us on Facebook!