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## PUBLIC SERVICE ANNOUNCEMENT

For immediate release September 5, 2017 through September 10, 2017

### **Fall into fun with Missoula Parks and Recreation**

From special events to tennis to swim team and more, Parks and Recreation has something for everyone this fall. Learn more and register online at [www.missoulaparks.org](http://www.missoulaparks.org), phone 721-PARK (7275) or stop by Currents Aquatics Center. Some outdoor recreation programs may be cancelled when the Montana Dept. of Environmental Quality designates Missoula air quality as "unhealthy." Call the Parks and Recreation Rainline, 541-7200, after 4:30 p.m. for updates.

### **SPECIAL EVENTS**

#### **Glow Fest at Fort Missoula Regional Park • Friday, Sept. 8, all ages**

Missoula Parks and Recreation and UM's Campus Recreation are teaming up to host Glow Fest, an evening celebration of all things luminous on Friday, September 8, from 7 to 10 p.m. at Fort Missoula Regional Park. The event includes live music from the Ghost Peppers, glow-in-the dark games, an art show, food vendors, a light maze, glowing costume contest, fluorescent photo booth and more. The \$5 suggested donation supports community programming at Fort Missoula Regional Park. Learn more at [atthefort.org](http://atthefort.org) or [Glow Fest on Facebook](http://Glow Fest on Facebook).

#### **Throwback Game Nights at Fort Missoula Regional Park • Sept. 22 and 29, all ages**

Game lovers of all ages are invited to Fort Missoula Regional Park's Throwback Game Nights, September 22 and 29 from 3 p.m. to 8 p.m. at the Bella Vista Pavilion. Game Nights include a Pac-Man maze, mini-golf, cardboard castle building, traditional board games and much more. Learn to play games like "Dungeons & Dragons" and "Magic: The Gathering", or test your puzzle-solving skills with an escape game demo. Don't forget to dress up as your favorite character for our cosplay costume contest. The \$5 suggested donation supports community programming at Fort Missoula Regional Park. Learn more at [atthefort.org](http://atthefort.org) or [Throwback Game Night on Facebook](http://Throwback Game Night on Facebook).

**National Public Lands Day • Sept. 30, all ages**

Join the nationwide effort to support our public lands by volunteering on Missoula Open Space for the 24th annual National Public Lands Day. Parks and Recreation, Missoula Conservation Corps, and REI are hosting a volunteer work day to complete the new trails on the recently acquired Barmeyer-Pattee Canyon conservation lands. Lunch is provided for all volunteers, as well as tools and supplies needed for the project. Bring water, snacks and work gloves if you have them. Meets Saturday, Sept. 30, 9 a.m. to 1 p.m. Limited parking available; shuttles start at 8:30 a.m. from Shadow's Keep lower parking lot. For more information, visit missoulaparks.org or contact Recreation Specialist Tyler Decker at [tdecker@ci.missoula.mt.us](mailto:tdecker@ci.missoula.mt.us).

**FAMILY FUN****Yoga in the Parks • Tuesdays through Sept. 26, ages 12 and up**

Yoga is a great way to reduce stress while improving strength and flexibility. Each class explores yoga basics for all ages and abilities for ages 12 and up. Please bring your own equipment, if possible. A limited number of yoga mats, towels, and blocks are available for use each session. Meets Tuesdays through Sept. 26, 6-7 p.m. Sept. 5 session meets at Bonner Park, Sept. 12 session meets at Greenough Park, and Sept. 19 at Kiwanis Park.

**Golf in the Parks • Tuesdays through Oct. 24, all ages**

Join Parks and Recreation and the Garden City Flyers for a free, family-friendly round of disc golf in your local parks on Tuesday evenings from 4 – 6 p.m. Never played before? We will help you learn the basics. Bring your own discs, or borrow them from your friendly park staff. Meets Sept. 5 at McCormick Park, Sept. 12 at Missoula County Fairgrounds.

**Ropes Course Open Climb • Thursdays through Sept. 28, all ages**

Practice skills on our high slack line, learn how to ascend a rope or belay, or just have fun climbing to new heights on Thursdays from 5 to 8 p.m. through Sept. 28. For all ages, children under 18 must have an adult present to sign waiver. \$5 suggested donation, proceeds support outdoor recreation. Meets at Ropes Course in McCormick Park.

**Pilates in the Parks • Thursdays through Sept. 28, ages 12 and up**

Pilates is a series of low-impact exercises which emphasize proper postural alignment, core strength and muscle balance. Classes teach the basics of mat Pilates to all ages and abilities for ages 12 and up. Please bring your own mat if possible. A limited number of mats will be available for use each session. Meets Thursdays through Sept. 28, 6-7 p.m. Sept. 7 session meets at Bonner Park, Sept. 14 session meets at Greenough Park. Suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

**Learn to Play Pickleball Clinics Levels I-II • Sept. 11 and 18, ages 12 and up**

Join us for free, 1-hour clinics at Playfair Park for beginning and intermediate players. Parks staff and Zoo Town Pickleball players will teach you the basics of the game and get you ready for Open Play and/or League Play. All necessary equipment (paddles, balls, nets) will be available to use during the clinic. The clinics are free, but pre-registration is appreciated. Clinics meet from 5:30-6:30 p.m. at Playfair Park. Level I meets Monday, Sept. 11 and Level II meets Monday, Sept. 18, for ages 12 and up. Call 721-PARK or register online.

**Pickleball Palooza • Sept. 30, all ages**

Join us for a celebration of another great season of Pickleball in Missoula on Sept. 30 from 10am – 12pm at Playfair Park! We'll introduce the sport to beginners and play a fun round robin with experienced players. All equipment is provided by Parks and Recreation. Best of all, Paloozas are FREE, so bring your friends and family!

**Introduction to Contra Dancing with the Missoula Folklore Society • Starts Sept. 28, all ages**

If you can walk you can definitely contra dance, and there will be lots of dancing in this class. This 4-week series of classes will introduce participants to a community style of social dance that has its roots in American traditional music and dance. Each week instructors from the Missoula Folklore Society guide participants through basic figures and moves. All ages welcome, partners not required, family-friendly. Class meets Thursdays, Sept. 28 - Oct. 19, from 7-8:30 p.m., at the Missoula Senior Center Ballroom, 705 S Higgins Av. The registration fee is \$15 per person.

**MORE Build Your Own Adventure! • Ongoing, all ages**

Our outdoor recreation program offers 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. Our highly trained professional staff will lead your group adventure in rafting and kayaking, rock climbing, mountain biking, folf, high and low ropes course, team building and much more. Contact Meg Whicher, Outdoor Recreation Specialist, at 552-6271 or [mwhicher@ci.missoula.mt.us](mailto:mwhicher@ci.missoula.mt.us) for more information.

## AQUATICS

**Currents Swim Squad • Ongoing beginning Sept. 12, ages 6+**

Swim Squad is designed for youth who can swim the length of the pool without stopping and are looking for new challenges in the water. 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. Meets T/Th, Sept. 12 - Dec. 5, 4:25 - 5:25 p.m.; at Currents Aquatics Center, join any time. Fee for 10 practices is \$30, or \$25 with CityCard resident discount.

**Currents Adult Swim Development & Fitness School • Sept. 11 to Oct. 4, ages 16+**

Knowledgeable instructors teach you to swim or help you achieve your aquatics fitness goals. Swimming for fitness reduces stress, builds cardio endurance, and works all the major muscle groups. Meets M/W, Sept. 11 to Oct. 4, 6:35-7:20 p.m. at Currents Aquatics Center. Fee is \$35 or \$28 with CityCard resident discount.

**Currents Open Swim and Swim Lessons • Ongoing, all ages**

Currents Aquatics Center is open for open/recreation swim Mon. - Friday 10 a.m. to 8 p.m., Saturdays 11 a.m. to 7 p.m. and Sundays 11 a.m. to 6 p.m. Lap swim schedule and more info at [missoulaparks.org](http://missoulaparks.org). Currents swim lessons provide high quality, affordable instruction for ages 6 mos. to adult. New sessions start monthly, details at [missoulaparks.org](http://missoulaparks.org).

**Aquacize! at Currents • Ongoing, ages 16+**

Increase flexibility, improve cardio fitness, and tone muscles in our water aerobics classes. All fitness levels welcome, no swimming skill required. Drop-in class, no pre-registration needed. Purchase a 30-swim punch card or annual pass and save 25-55%! Meets Monday through Saturday, details at [missoulaparks.org](http://missoulaparks.org).

## **YOUTH PROGRAMS**

**Tennis Lessons • Sept. 5-27, ages 5 to 19**

Beginning to intermediate afterschool tennis lessons at Playfair Park for ages 5 and up, including High School Prep tennis. Meets Sept. 5-27 and Oct. 2-25, times, days, fees vary. Private and semi-private lessons are also available. Details at [missoulaparks.org](http://missoulaparks.org).

**Adaptive Tennis • Sept. 6-27, ages 5 to adult**

Our professional tennis staff uses specialized instruction and adaptive equipment to help kids and adults of all abilities enjoy tennis. Friends and families are encouraged to join in the fun of our inclusive tennis environment. Thanks to a generous grant from USTA-Montana, youth 17 & under can apply to have their registration fees covered! Meets M/W, Sept. 6-27 and Oct. 2-25, 4-5 p.m. at Playfair Park, fee is \$18 or \$15 with CityCard resident discount.

**Super Sprouts Sports Skills • Starts Sept. 15, ages 3 - 5**

Preschoolers develop their coordination and learn about a variety of sports, balance and movement skills. Super Sprouts includes Strider bikes and the Loose Parts portable playground, along with the classic sports kids love. Parent participation is encouraged! Includes field trips like Peaceful Heart Yoga, swim lessons at Currents, flag football at Playfair Park, skating at Glacier Ice Rink and tumbling at Mismo Gymnastics! Meets Fridays, 11 - 11:45 a.m., Sept. 15 – Oct. 20 at McCormick Park. The registration fee is \$50/40 with CityCard resident discount. Sessions offered through March, 2018, details at [missoulaparks.org](http://missoulaparks.org).

**Tiny Sprouts • Starts Sept. 15, toddlers to age 3**

Little ones, walking toddlers to age 3, will learn to play together with our soft and safe equipment. Some basic sport skills will be introduced. Parent participation is welcome and encouraged! Tiny Sprouts meets Fridays, 10:15 - 10:45 a.m., Sept. 15 – Oct. 20 at McCormick Park. The registration fee is \$25/20 with CityCard resident discount. Sessions offered through March, 2018, details at [missoulaparks.org](http://missoulaparks.org).

**Jr. Playmakers Basketball • Register by Oct. 1, 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. Register by Sun. Oct. 1 at 5 p.m. Meets Nov. 3 – Feb. 25, games on Friday evenings, and practices are TBD. Registration fee is \$125/100 per player with CityCard resident discount.

**Discovery Corp Afterschool Camp • Ongoing, grades K-5**

Adventure-filled active programming for your child—keeping them engaged, moving, and exploring. We provide afterschool transportation, provide a healthy snack, and facilitate an amazing activity. Meets weekdays, choose the days your child attends. Pick-up available at Paxson, Russell, Lewis and Clark, Chief Charlo, Lowell, Rattlesnake and Garden City Montessori, or drop your child at Currents. Visit [missoulaparks.org](http://missoulaparks.org) for details.

## **ADULT PROGRAMS**

**Fall Indoor Volleyball • Register by Sept. 17, adults/teens 14+**

Register by Sept. 17 for co-rec power and intermediate adult volleyball leagues. The 6-week season begins the week of Sept. 27, games are Wednesday evenings. The team fee is \$225 if registered by Sept. 17 or \$250 if registered Sept. 18-19. Team roster is available at Currents or [missoulaparks.org](http://missoulaparks.org).

**A Walk In The Park • Ongoing, ages 18+**

Join us for this new program to get you and your friends walking! Participants meet to walk 3 times per week, receive a Walk in the Park log book, and enjoy part of a healthy lifestyle with like-minded members of our community. Meets M/T/Th through Oct. 5 to explore different trails in and around Missoula. All ages and abilities are welcome, join any time. Details at [www.missoulaparks.org](http://www.missoulaparks.org).

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registration fees covered! Meets M/W, Sept. 6-27 and Oct. 2-25, 4-5 p.m. at Playfair Park, fee is \$18 or \$15 with CityCard resident discount.

**Tennis Lessons • Sept. 6-27, ages 18+**

Beginning to intermediate tennis lessons for adults at Playfair Park meet Sept. 5-28, 5:30 – 6:30 p.m. Registration fee is \$72, or \$58 with CityCard resident discount. The next session meets Oct. 2-25. Details at [missoulaparks.org](http://missoulaparks.org).

**Private & Semi-Private Tennis Lessons • Ongoing, all ages**

Our professional staff will work on the skills you need to improve your game and help you become a better tennis player. To set up a private tennis lesson, please call 552-6266. Lessons are taught at the Playfair Park tennis courts through Oct. 26. Pricing details at [missoulaparks.org](http://missoulaparks.org).

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