

PUBLIC SERVICE ANNOUNCEMENT

For immediate release through February 18, 2018

Have a fantastic February with Parks and Recreation

Join Missoula Parks and Recreation this month for swim lessons, snowshoe classes, preschool programs, badminton and much more! Check out our quick and easy [online registration system](#); give us a call at 721-PARK, or stop by Currents Aquatics Center in McCormick Park.

FEB. 5 – 11

Currents Swim Lessons • New Session Begins Feb. 5, ages 6 mos. and up

Give kids the skills they need to enjoy a lifetime of water fun, fitness and safety. New sessions begin monthly; the next session begins Feb. 5. Check out the current swim lesson [schedule](#).

Currents Adult Swim Development & Fitness School • Feb. 5-28, ages 16+

Knowledgeable instructors teach you to swim or help you achieve your aquatics fitness goals. Meets M/W, Feb. 5-28, 6:35-7:20 p.m. Fee is \$35 or \$28 with CityCard resident discount, late registration accepted if space available.

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. We'll even provide snowshoes if it snows! After our walks, we'll enjoy hot drinks and good company. Meets Mondays at Currents, 9am - 12pm. Registration is \$5 per walk. (Sorry, no CityCard discount.)

Family Adventures - Marshall Mountain Snowshoe & Campfire • Feb. 10, ages 4+

Great for all families, ages, and abilities; kids 10 and under are free, limit 2 free youth per adult. Snowshoe high above Hellgate Canyon on this guided trip. Lunch and warm drinks are served in a wall tent and around a toasty fire. Youth under 13 must be accompanied by an adult. The program meets Feb. 10, 9 a.m. to 4 p.m., registration fee is \$20, or \$16 with CityCard resident discount and includes equipment, transportation and instruction.

Missoula Movers Valentine's Day Snowshoe & Stew • Feb. 10, active adults

Snowshoe with us high above the Hellgate Canyon. Lunch brings 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. A perfect trip for your Valentine or to enjoy with your friends. The program meets Feb. 10, 10 a.m. to 4 p.m. Registration fee is \$48, or \$39 with CityCard resident discount and includes equipment, transportation and instruction.

Learn to Play Pickleball Clinics • Level 2 meets Feb. 10, ages 12 and up

Join us for 90-minute Learn to Play Pickleball clinics from 1:15-2:45 p.m. at the Sports and Wellness Gym in City Life, 1515 Fairview. Learn the basics of the game and get ready for Open Play sessions and other events. Level II clinics are geared to beginning to intermediate players looking to sharpen their skills. All necessary equipment (paddles, balls, nets) is available to use during the clinic. The registration fee is \$5, please [pre-register online](#) or phone 721-PARK.

Badminton Open Play • Saturdays, ages 12+

Join us for active, fun, and social Open Play sessions! Beginner to advanced players will enjoy the opportunity to learn the sport or work on their game with a variety of competitors. Meets Saturdays, 3:15 to 5:15 p.m. at Parks and Recreation's Sports and Wellness Gym, 1515 Fairview, inside the City Life Community Center. The session fee is \$5 per adult participant, \$3 for youth. [Monthly schedules and more info](#)

Jr. Playmakers Youth Soccer • Save with early registration by Mar. 1, Grades K - 5

Boys and girls learn soccer basics and have tons of fun. Two weeks of practice start the season, followed by 5 weeks of league play. Meets Apr. 3 - May 17, includes Tuesday practice and Thursday games, at Fort Missoula Regional Park. Volunteer coaches needed, call 552-6266 or [email us](#). Early registration fee (by Mar. 1) is \$40 or \$32 with CityCard resident discount by March 1, fee increases March 2 – 18.

Ripples Party Room at Currents

Enjoy the party and let Currents handle the details! Swim parties at Currents offer healthy, active fun for any type of celebration. Fee includes Ripples party room for 80 minutes and unlimited swimming on your party day. Bring your own treats or relax and let us handle the food—including delicious bakery cakes, ice cream cakes and pizza. Call 721-PARK today.

FEB. 12 – 18**10 and under tennis • Feb. 14 – Mar. 21, ages 5 – 10**

10 and under tennis brings kids into the game with specialized equipment and shorter court dimensions, all tailored to their age and size. Younger players will spend more time hitting balls rather than chasing them, while honing their tennis skills and accelerating their development. For youth ages 5-10, \$50 or \$40 with CityCard resident discount, meets Feb. 14 - Mar. 21.

Super Sprouts Sports Skills • Feb.16 - Mar. 16, ages 3 – 5

Budding sports stars will develop their coordination while having fun and learning about a variety of sports, balance and movement skills. Parent participation is welcome and encouraged! Program includes Strider bikes and the Loose Parts portable playground, plus fun field trips like Peaceful Heart Yoga, swim lessons at Currents, skating at Glacier Ice Rink, and tumbling at Misimo Gymnastics! Meets Fridays, 11 - 11:45am, Feb. 16 – Mar. 16 at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$50/40 with CityCard resident discount.

Tiny Sprouts • Feb.16 - Mar. 16, toddlers to age 3

Little ones, walking toddlers to age 3, will learn to play together with our soft and safe equipment, and basic sport skills will be introduced. Parent participation is required. Meets Fridays, 10:15 - 10:45am, Feb. 16 – Mar. 16 at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$25/20 with CityCard resident discount.

After School Nordic Ski Clinics • Feb. 16, ages 5 - 12

Kids learn to cross-country ski or improve their skills in these weekday clinics. Includes afterschool pickup or parents can drop kids at Currents at 3:30 p.m. Equipment provided on a limited basis. Registration includes pickup from six MCPS elementary schools, instruction, snack, equipment, and FUN! Pick-up is at Currents between 5-5:30 p.m. Registration fee is \$15, or \$12 with CityCard resident discount.

Missoula Movers Quinn's Snowshoe and Soak • Feb. 17, active adults

Depending on snow conditions, we'll snowshoe or hike to an overlook above the Clark Fork. Afterwards, we'll retreat to the heated mineral waters of Quinn's Hot Spring to soak and enjoy good company. Meets Feb. 17, 9 a.m. to 4 p.m., and the registration fee is \$48, or \$39 with CityCard resident discount. Registration includes equipment, transportation and instruction.

Missoula Movers Women's Intro to Nordic Ski • Feb. 17, adults

Winter's more fun when you are gliding on snow! This class is perfect for any level—learn to ski or improve your skills. Includes instruction on technique, trail navigation, and cross-country skiing tips and tricks.. Rent skis at UM Campus Recreation or The Trail Head. Meets Feb. 17 at Currents Aquatics Center, 10 a.m. to 2 p.m. Registration fee is \$22, or \$20 with CityCard resident discount.

Currents Swim Lessons • New Saturday Session Begins Feb. 17, ages 6 mos. and up

Give kids the skills they need to enjoy a lifetime of water fun, fitness and most of all, safety. New sessions begin monthly; the next Saturday session begins Apr. 7. Check out the swim lesson [schedule](#).

Currents Video Swim Stroke Clinic • Feb. 18, ages 16+

For fitness swimmers, triathletes and anyone who wants to improve their swimming performance: refine your technique through video analysis. Swimmers are filmed above and below the water, and qualified coaches share tips and recommend drills for improved speed and endurance. Meets Sunday, Feb. 18, 8:30 a.m. to 12 p.m. Registration fee is \$20, or \$16 with CityCard resident discount.

Aquacize! at Currents • Ongoing, ages 16+

Increase flexibility, improve cardio fitness, tone muscles and have fun 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](#).

Jr. Playmakers Youth Soccer • Save with early registration by Mar. 1, Grades K - 5

Boys and girls learn soccer basics, while enjoying the thrill of teamwork and fair play. Two weeks of practice start the season, followed by 5 weeks of league play. Meets Apr. 3 - May 17, includes Tuesday practice and Thursday games, at Fort Missoula Regional Park. Volunteer coaches needed, call 552-6266 or [email us](#). Early registration fee (by Mar. 1) is \$40 or \$32 with CityCard resident discount by March 1, fee increases March 2 – 18.

ON-GOING PROGRAMS

Discovery Corp Afterschool Camp • On-going, grades K-5

Adventure-filled active after school programming for your child. Discovery Corp includes transportation from 6 MCPS elementary schools (or drop kids at Currents), a healthy snack, and an amazing activity. Meets weekdays, choose the days your child attends, pickup is between 5 and 5:30 p.m. at Currents.

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. We'll even provide snowshoes if it snows! After our walks, we'll enjoy hot drinks and good company. Meets Mondays at Currents, 9am - 12pm. Registration is \$5 per walk. (Sorry, no CityCard discount.)

Currents Open Swim • 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. Children ages 6 and under, and non-swimmers, must be accompanied in the water by an adult. [Lap swim schedule and more info.](#)

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](#).

Currents Swim Squad • Ongoing, 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 through Apr. 24, 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.

Open Kayak Sessions at Currents • through Apr. 26, ages 15 and up

Bring your cleaned and scoured boat to work on your roll skills. This program will provide pool access to those individuals who want to keep their paddling skills sharp through the off season. Bring your own cleaned kayak/paddle/skirt/life jacket. Meets T/Th, 8 – 10 p.m. through Apr. 26. Regular Currents admission fees. Youth under 15 may attend with adult supervision.

Ripples Party Room at Currents

Enjoy the party and let Currents handle the details! Swim parties at Currents offer healthy, active fun for any type of celebration. Fee includes Ripples party room for 80 minutes and unlimited swimming on your party day. Bring your own treats or relax and let us handle the food— including delicious bakery cakes, ice cream cakes and pizza.

Pickleball and Badminton Open Play • Ongoing, ages 12+

Join us for active, fun, and social Open Play sessions! Beginner to advanced players will enjoy the opportunity to learn the sport and/or work on their game with a variety of competitors. Parks and Recreation provides the equipment for each session; or gear. Some open play sessions are designated by skill level. [Monthly schedules and more info.](#)

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