

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

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



MISSOULA PARKS AND RECREATION PUBLIC SERVICE ANNOUNCEMENT

For immediate release through June 23, 2019

Parks and Recreation programs for the week of June 17

Join Missoula Parks and Recreation this week for Splash Montana's [coached lap swim](#) and Jr. Lifeguard class, [summer tennis lessons](#), [Generations at Play adult outdoor adventures](#) and so much more! For more information, call 721-PARK, visit www.missoulaparks.org, or stop by Currents Aquatics Center. Register online at www.missoulaparks.org/register. Learn more in the [Summer Recreation Guide](#) at www.missoulaparks.org.

American Red Cross Water Safety Instructor • June 17 - 27, ages 16+

Get certified to teach swim lessons at Splash Montana or Currents! Meets at Currents. Course fee is \$140 + \$35 Red Cross fee.

Currents Adult Swim Development & Fitness School • June 17 - July 3, ages 16+

Knowledgeable instructors teach you to swim or help you achieve your aquatics fitness goals. Meets M/W, 6:45 - 7:30 p.m., the registration fee is \$33, or \$27 with CityCard resident discount.

Splash Montana Coached Lap Swim and High School Fitness Swim • through August 23, adults and teens

Join us for beginning and advanced coached lap swim, and high school fitness swim, weekday mornings at Splash Montana. Experienced instructors help you learn the basics or refine your technique. Dates, times vary, regular pool admission fees apply. Meets June 17 - August 23.

Splash Montana 50-meter pool closed for swim meet • June 20 -23

The Lake 50-meter pool at Splash Montana will be closed at 1 p.m. on June 20, and all day on June 21-23 for the Missoula Aquatic Club Firecracker Classic swim meet.

Jr. Lifeguard at Splash Montana • June 17 - 20, ages 12 to 15

As part of Missoula Parks and Recreation's Teen Workreation volunteer program, the Jr. Lifeguard program introduces youth to lifeguarding skills such as surveillance, safe water rescues, and prevention procedures. After completion of the skills class, youth can volunteer by assisting certified lifeguards as they patrol the pools. Participants should be able to swim 20 yards using front and back crawl, elementary backstroke, and sidestroke. Meets Monday through Thursday, 12 - 12:30 p.m., registration fee is \$22 or \$18 with resident discount.

MORE

[Youth Summer Camps • Weekly through August 23, ages 4-15](#)

Join us for a huge variety of full and half-day camps throughout the summer. New this year, Discovery Camp offers day-by-day registration to allow you to sign up for just the days you need. Share The Fun Youth Recreation Grants are available for families who need financial assistance.

[Summer Tennis Lessons • 2-week session begins June 17, ages 5 to adult](#)

Join our professional tennis staff to learn the basics or improve your game. Beginning to intermediate tennis lessons at Playfair Park for ages 5 and to adult. Classes meet in 2-week sessions throughout the summer, times, days, fees vary.

[Learn to Play Pickleball Level 1 Clinics • Monday, June 17, ages 12+](#)

Learn the basics of the game and get ready for open or league play. All necessary equipment (paddles, balls, nets) provided. If you've never played pickleball, this is the place to start. Pre-registration is required, \$6 per session. Meets 5:30 to 6:30 p.m. at FMRP, next clinics are July 8 and 22.

[Yoga in the Parks • Tuesdays, through Sept. 17, ages 12 and up](#)

Reduce stress while improving strength and flexibility. Classes explore yoga basics for all ages and abilities. A limited number of yoga mats, towels, and blocks are available for use each session, or bring your own. For ages 12 and up, meets June 18 at Greenough Park, June 25 at Pineview Park. Meets 6 – 7 p.m., the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

[Pilates in the Parks • Wednesdays through Sept. 18, ages 12 and up](#)

Pilates is a series of low-impact exercises that emphasize proper postural alignment, core strength and muscle balance. Bring your own mat if possible—a limited number are available for use. Meets June 19 at Greenough Park, June 26 at Pineview Park. Meets 6 – 7 p.m., the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

[Generations At Play • Thursdays, through Aug. 29, geared for ages 55+, all adults welcome](#)

Join us Thursday evenings from 5 p.m. to 8 p.m. at McCormick Park for bike rides on local trails, stand-up paddle boarding, yoga, dance, kayaking, hiking and more. June 20 includes biking the Milwaukee Trail, June 27 features intro to aerial yoga. Transportation, equipment provided. Pre-registration is strongly encouraged; the registration fee is \$15.

[New! Seated Fitness at Missoula Senior Center • through July 28, adults](#)

Whether you're new to exercise, have decreased mobility, or are recovering from an illness or injury, Seated Fitness is a great way to build strength, mobility, stability and confidence. Suitable for any fitness level and can be adapted to the needs of individual participants. No registration is required; drop in any time. The program continues through July 28, Fridays, 4:30 – 5:30 p.m. or Sundays, 11 a.m. to 12 p.m. at Missoula Senior Center, 705 S. Higgins. \$3 suggested donation.

MORE

[Super Sprouts Sports Skills • June 17 - August 1, ages 3 - 5](#)

Budding sports stars will develop their coordination while having fun and learning about a variety of sports, balance and movement skills. Includes field trips and Strider bikes along with the classic sports kids love. Parent participation is welcome and encouraged! Meets once weekly for 45 minutes, morning and evening classes available. The registration fee is \$60/48 with CityCard resident discount.

[Tiny Sprouts • June 19 - August 2, toddlers to age 3](#)

Little ones, walking toddlers to age 3, will learn to play together with our soft and safe equipment. Parent participation is required. Meets Wednesdays or Fridays, 10:15 - 10:45. The registration fee is \$30/25 with CityCard resident discount.

[Teen Workreation • Apply by June 21, ages 13 - 16](#)

Teens: Gain valuable work experience, have a blast and work outdoors...while volunteering with Parks and Recreation! Teens, ages 13 to 16*, can volunteer with Parks and Recreation to work with kids in their neighborhood parks this summer! If you are interested in getting on-the-job training in the Parks and Recreation field, we may have a volunteer position for you. Work with Parks and Recreation Staff as a Jr. Camp Leader, Jr. Lifeguard, Jr. Swim Instructor/WSI. Jr. Lifeguard and Jr. Swim Instructors can begin at age 12 after completing American Red Cross training programs offered at Splash Montana.

[Weekend Adventures for Active Adults • June 22, geared for ages 55+, all adults welcome](#)

Tour the National Bison Range and hike the trails within this amazing animal refuge. After the range, we'll head to the Ninepipes Museum to explore Montana history and more than 100 years on the Flathead Indian Reservation. Pack lunch, water, and snacks for all trips. Meets 8 a.m. to 3 p.m. at McCormick Park, registration fee is \$60 or \$53 with resident discount.

Week of June 24

[Splash Montana Jr. Swim Instructor • June 24 - 27, ages 12 to 15](#)

As part of Missoula Parks and Recreation's Teen Workreation program, teens will gain job experience and improve their swimming technique while assisting swim lesson instructors. Course includes water safety training, advanced swimming skills, and teaching techniques. Jr. Swim Instructors will assist American Red Cross certified Water Safety Instructors in teaching youth swim lessons. Participants should be able to swim 20 yards using front and back crawl, elementary backstroke, and sidestroke. Registration fee is \$22, or \$18 with resident discount. Meets Monday through Thursday, 8:30 to 11:30 a.m. Next session begins July 15.

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Pilates is a series of low-impact exercises that emphasize proper postural alignment, core strength and muscle balance. Bring your own mat if possible—a limited number are available for use. Meets June 26 at Pineview Park, July 10 at Silver Park. Class meets 6 – 7 p.m.; the suggested donation is \$3 for adults, \$1 for youth ages 18 and under.

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Join us Thursday evenings from 5 p.m. to 8 p.m. at McCormick Park for bike rides on local trails, stand-up paddle boarding, yoga, dance, kayaking, hiking and more. June 27 features intro to aerial yoga, July 11 is beginning stand-up paddle boarding. (No meeting July 4.) Transportation, equipment provided. Pre-registration is strongly encouraged; the registration fee is \$15.

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Whether you're new to exercise, have decreased mobility, or are recovering from an illness or injury, Seated Fitness is a great way to build strength, mobility, stability and confidence. Suitable for any fitness level and can be adapted to the needs of individual participants. No registration is required; drop in any time. The program continues through July 28, Fridays, 4:30 – 5:30 p.m. or Sundays, 11 a.m. to 12 p.m. at Missoula Senior Center, 705 S. Higgins. \$3 suggested donation.

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