

## FALL FUN FOR YOUTH AND ADULTS

### Base Camp Programs

We're bringing our own brand of fun and activities for all ages to the former public library building at 301 E. Main! Please join us for these fun weekly programs.

#### Have an idea for a Base Camp class or activity?

We're on the lookout for programming ideas! Is there an activity you'd like to see hosted at Base Camp? Do you have a special interest or skill to share? Email us at [parksrec@ci.missoula.mt.us](mailto:parksrec@ci.missoula.mt.us) or phone Recreation Specialist Gretchen Sutherland at 239-8230.

### Tiny Sprouts Drop-In Playtime

Get your toddler moving and making new friends while we sing songs, learn to kick and throw, and play with all kinds of soft and safe equipment. Parent participation is required. No class 11/25.

<b>Dates</b>	Tuesdays and Thursdays October 5 - December 16	
<b>Time</b>	9:30 - 10 am	<b>Ages</b> Walking toddlers to age 3
<b>Fee</b>	\$5 per child per session, drop-in or pre-register at <a href="http://missoulaparks.org">missoulaparks.org</a>	
<b>Class #</b>	3313300-04 Tues 3313300-05 Thur	

### First Friday Kids Camp

Keep the kids active and engaged at Base Camp while you enjoy First Friday events. Kids will have a blast with our indoor obstacle course, make a fun craft and end the night with movies and pizza.

<b>Dates</b>	Fridays, October 1, November 5, December 3	
<b>Time</b>	5 - 8:30 pm	<b>Ages</b> 5 - 11
<b>Fee</b>	\$25/child ★ <i>Pre-registration required by the Wed. before each camp: Sep. 29, Nov. 3, Dec. 1</i>	
<b>Class #</b>	3335300	

### Middle School Hangout

Hang out with friends, eat some snacks, and do some pretty cool activities. Board games, arts and crafts, music, corn hole, ping pong, pickleball and build your own obstacle course!

<b>Dates</b>	2nd Friday of each month: Oct. 15, Nov. 12, Dec. 10	
<b>Time</b>	7 - 9 pm	<b>Ages</b> Grades 6 - 8
<b>Fee</b>	\$5 per session	
<b>Class #</b>	3345200 (Drop in or pre-register at <a href="http://missoulaparks.org">missoulaparks.org</a> .)	

### Programs for Active Adults

#### Drop-in Card/Board Games for adults

Player's choice! Cribbage, bridge, chess, checkers, pinochle and other classic games.

<b>Dates</b>	Wednesdays, October 20 - December 15
<b>Time</b>	10 - 11:30 am
<b>Fee</b>	\$5 per session
<b>Class #</b>	3365100 (Drop in or pre-register at <a href="http://missoulaparks.org">missoulaparks.org</a> .)

#### Adult Chair Yoga

Chair Yoga brings the best of a yoga practice to those who require or prefer the support of a chair. Students will explore versions of twists, hip stretches, forward bends and mild backbends. Help maintain mobility, improve flexibility, cultivate mindfulness and increase body awareness.

<b>Dates</b>	Thursdays, October 21 - December 16 (no class Nov. 25)
<b>Time</b>	10 - 11:30 am
<b>Fee</b>	\$5 per session
<b>Class #</b>	3355000 (Drop in or pre-register at <a href="http://missoulaparks.org">missoulaparks.org</a> .)

#### Adult Stretch and Relax

With this gentle program to increase your flexibility and range of motion, you'll leave with relaxed muscles and a peaceful mind. Wear comfortable clothes and bring water.

<b>Dates</b>	Fridays, October 22 - December 17
<b>Time</b>	10 - 11 am
<b>Fee</b>	\$5 per session
<b>Class #</b>	3354900 (Drop in or pre-register at <a href="http://missoulaparks.org">missoulaparks.org</a> .)

#### English Country Dance Lesson

With Missoula Folklore Society. Intro class, suitable for beginners, partner not required. Join us for a lesson in English Country Dance, the direct ancestor of contra dance. If you've ever seen a Jane Austen movie, you've seen English Country Dancing! The steps and figures will be taught throughout the dance. Each class is a stand-alone lesson. All abilities and ages welcome, ages 12+.

<b>Dates</b>	Fridays, Oct. 22, Nov. 19, Dec. 17
<b>Time</b>	7:30 - 9:30 pm
<b>Fee</b>	\$5 per session for drop in. Register for all 3 lessons and save - \$13 if pre-register.
<b>Class #</b>	3363400