

PUBLIC SERVICE ANNOUNCEMENT

For immediate release through January 13, 2019

Parks and Recreation fun for the week of January 7

Join Missoula Parks and Recreation for volleyball open gym, adult swim lessons, Frost Fever 5k and much more. Learn more at the links below. [Register online](#) for all programs, phone 721-PARK (7275) or stop by Currents Aquatics Center in McCormick Park.

Jan. 7 – Jan. 13

Volleyball Open Gym • Jan. 7 through Jan 14, ages 14+

Work on your skills or play a game at the Sports and Wellness Gym, 1515 Fairview. Meets Mondays and Wednesdays, 7 p.m. to 9 p.m., through Jan. 14. \$6 per person per session, punch cards 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 the walk, enjoy a hot drink with fellow hikers! Meets Mondays at Currents, 9 a.m. to 12 p.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

Currents Adult Swim Development & Fitness School • Jan. 7 - 30, 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 \$36.75, or \$29.75 with CityCard resident discount.

Frost Fever Frozen Frolic, Jan. 26 • Register by Jan. 9, all ages

Join us for the 28th annual wintery fun run or walk at Fort Missoula Regional Park! Register by January 9 for a discounted price and the guarantee of Frost Fever t-shirt on race day. Online registration only at [runsignup.com](#). Registration fee is \$25 for adults, \$15 for youth 11 – 17, and \$10 for youth 10 and under, if registered by Jan. 9. Late registration fee is \$30.

Tiny Sprouts • Jan. 9 – Feb. 13 and Jan. 11 – Feb. 15, 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 - 10:45am at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$25/20 with CityCard resident discount.

10 and Under Tennis • Jan. 9 – Feb 6, 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. Meets Wednesdays, Jan. 9 to Feb. 6, from 4 to 5:30 p.m. at Parks and

Recreation's Sports and Wellness Gym, 1515 Fairview. Registration fee is \$50, or \$40 with CityCard resident discount. Session 2 meets Feb. 13 – Mar. 13.

Currents Inner-Tube Water Polo League • Register by Jan. 10, ages 16 and up

Fun, exciting and best of all... you don't need a lot of experience to be competitive! Sit in the tube, pass the ball, and score. Five player co-rec teams square off in the water in tournament play. Games are two 12-minute halves. Teams are comprised of 5 players; including at least 2 males and 2 females. Meets Sundays, Jan. 13 - Mar. 10, 6-9 p.m. Register by Jan. 10; fee is \$80 per team. Late registration is accepted if space available. Rosters at Currents or [online](#).

Super Sprouts Sports Skills • Jan. 11 – Feb. 15, 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 Fridays, 11 - 11:45am, at MPR Sports & Wellness Center, 1515 Fairview Ave. The registration fee is \$50/40 with CityCard resident discount.

Saturday Youth Cross-Country Ski Clinics • Jan. 12 or Feb. 9, ages 5+

Saturday clinics include all equipment, snacks, instruction, and transportation. Program is made possible through permits with the Lolo National Forest and a partnership with Missoula Nordic. Ski locations will be snow dependent. Meets 10 a.m. to 1 p.m., and the registration fee is \$26, or \$22 with CityCard resident discount.

Missoula Movers Snowshoe and Soak • Jan. 12, active adults of all ages

Improve your technique or learn a new pastime. Clinics focus on technique, trail navigation, and tips and tricks. Bring lunch, water, and appropriate clothing, we'll provide snowshoes. Meets Jan. 12, 10 a.m. to 2 p.m., at Currents Aquatics Center. Registration fee is \$48, or \$39 with CityCard resident discount.

Learn to Play Pickleball Level 2 Clinics • Jan. 12, ages 12+

For players who've taken the Level 1 clinics or have prior pickleball experience. All necessary equipment (paddles, balls, nets) will be available to use during the clinic. Pre-registration required. For ages 12+, registration fee is \$6 per session. Meets Saturdays, 1:15 to 2:45 p.m. at Parks' Sports and Wellness Gym, 1515 Fairview. Level 2 also meets Feb. 9 and 23.

Christmas Ever Green • through Jan. 15

Recycle your holiday tree and make a voluntary donation at www.missoulaparks.org/donate to plant new trees in Missoula. Drop sites: Playfair and McCormick Park and Fort Missoula Regional Park West. Co-sponsored by Garden City Compost. No yard waste, garbage, tree stands or decorations please. Please do not drop trees after January 15.

Jan. 14 – Jan. 20

Frost Fever Frozen Frolic, Jan. 26 • Register now, all ages

Join us for the 28th annual wintery fun run or walk at Fort Missoula Regional Park! Online registration only at runsignup.com. Registration fee is \$30.

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 the walk, enjoy hot drinks and good company. Meets Mondays at Currents, 9 a.m. to 12 p.m. Registration is \$7 per walk. (Sorry, no CityCard discount.)

Volleyball Open Gym • Jan 14, ages 14+

Work on your skills or play a game at the Sports and Wellness Gym, 1515 Fairview. Meets Mondays and Wednesdays, 7 p.m. to 9 p.m., through Jan. 14. \$6 per person per session, punch cards available.

Learn to Play Pickleball Level 1 Clinics • Jan. 19, 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 Saturdays, 1:15 to 2:45 p.m. at Parks' Sports and Wellness Gym, 1515 Fairview. Level 1 also meets Feb. 2, Feb. 16.

On-going Programs

Currents Open Swim • Ongoing, all ages

Currents Swim Lessons • Ongoing, all ages

Professional, affordable aquatics instruction for ages 6 months through adult in Currents' warm indoor pool.

Ripples Party Room at Currents • Ongoing, all ages

Make your next birthday or group celebration extra-special at Ripples Party Room.

Aquacize! at Currents • Ongoing, ages 16+

Increase flexibility, improve cardio fitness, and tone muscles in our water aerobics classes.

Currents Swim Squad • Ongoing, ages 6+

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.

Open Kayak at Currents • Jan. 3 – Apr. 25, ages 15 and up

Bring your cleaned and scoured boat to work on your roll skills.

Pickleball Open Play • Ongoing, ages 12+

Beginning to advanced players will enjoy the opportunity to learn the sport and/or work on their game with a variety of competitors.

Discovery Corp Afterschool Camp • Ongoing, grades K-5

Includes afterschool transportation, a healthy snack, and fun seasonal activities.

Preschool Portable Parties

Strider bikes, Loose Parts portable playground, fun and games at the Sports and Wellness gym or your location.

MORE Build Your Own Adventure! • Ongoing, all ages

Offering 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. Contact Meg Whicher, Outdoor Recreation Specialist, at 552-6271 or mwhicher@ci.missoula.mt.us for more information.

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