



WEST VALLEY COMMUNITY NEWS
FEBRUARY 13, 2026



**Kalispell PeeWee
Baseball
Spring Registration**



**Ages 5 - 12
(as of May 1, 2026)**

*Visit
KalispellBaseball.org
to register today!*

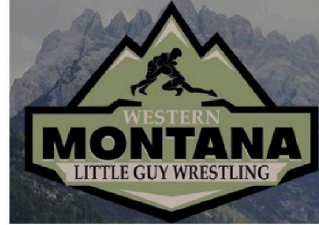
Registration open until March 1, 2026

Follow us on facebook @KalispellPeeWeeBaseball



Photo with: PhotoWithWarriors.com

Glacier Wolfpack



WRESTLING

NO EXPERIENCE NEEDED!
WE WELCOME BEGINNING WRESTLERS!

Girls welcome and encouraged to sign up! Sign Up Online
at <https://glacierwrestlingcamps.square.site> OR **Scan Here**



BENEFITS GAINED FROM WRESTLING

- ✓ Self Confidence
- ✓ FUN
- ✓ Self Defense
- ✓ Perseverance
- ✓ Sense of belonging
- ✓ Grit

Attention Middle School
Wrestlers and Parents!
Enroll now and receive a
full refund upon
completing the season. It's
a win-win: build skills, stay
active, and finish strong to
get your **money back!**

**SEASON
WILL
START
FEB 23rd**

AND RUN FOR 6 WEEKS
FREE pre-season practices

currently running at Glacier HS
Wrestling Room Mon & Wed from
5:30pm-6:45pm

Tamarack Grief Center Adult Groups:

Grief Matters Adult Support Group: Mondays, 12 noon - 1:00 p.m., February 23rd to March 30th (skipping March 23rd). A five-week support group for adults. For more information and to register, please click [here](#).

Child Loss Adult Support Group: Tuesdays, 5:15-6:30 p.m., March 24th to April 28th. This six-week support group is for adults who have experienced the death of a child of any age. For more information and to register, please click [here](#).

Adult Workshops:

Living with Losses: for adults grieving non-death losses: Tuesday, March 10th, 5:30-6:30 p.m.: Losses such as moving, job loss, loss of an important relationship, etc. can be extremely disruptive and emotional. Join us in our Kalispell office for companionship and tips on how to process these non-death losses. For more information and to register, please click [here](#).

WV COMMUNITY FITNESS - *For teachers and community members*

Get your Monday workout done right here at the school! Please join us on Mondays from 4:00-5:00 in the elementary cafeteria (unless told otherwise) for some strength training/fat burning/overall healthy fun!

Classes will vary and will be determined by class interest: High Intensity Interval Training HIIT, TRX bands, Free Weights, Fitness Balls, Pilates, Circuit Training, Cardio Boxing, Cardio Pump, Step Class, Stretching, Fitness Bands, Foam Rollers, Booty Barre, Zumba, Dance Aerobics, Core, and more!

Low impact needs and modifications are always provided. Remember it is FREE! So bring a friend, family, or community member. If you have any questions or concerns please let me know. Please email me to let me know if you plan on attending, tmeasure@westvalleyschool.com.

Looking forward to seeing you there, Tara Measure, PE Specialist/Fitness Instructor

NEW CHILDCARE FACILITY - in the West Valley area. Call or text to find out about availability and answer any questions, 406-955-1712.



WINTER & SPRING

2025-2026



Click here for more information or click the photo to view the guide: [Kalispell Parks and Recreation | PDF to Flipbook](#)