

[BSC AQUATIC & WELLNESS CENTER]



**BISMARCK PARKS AND
RECREATION DISTRICT**
Est. 1927

Bismarck State College Aquatic & Wellness Center

1601 Canary Ave, Bismarck, ND 58503
701-751-4266 * www.bisparks.org

We invite you to spend the day with us swimming, working out, and relaxing at BSC Aquatic & Wellness Center. The facility is open seven days a week, 364 days a year. Our staff is friendly and willing to make your experience with us an enjoyable one! BSC AWC, operated by the Bismarck Parks & Recreation District, is a welcoming family facility for all ages.

Vision

The vision of the Bismarck Parks & Recreation District is to be the leader and premier provider of public parks, programs, facilities and leisure services.

Mission

Our mission is to work with the community to provide residents and visitors the highest quality park, program, facility and event experience.

Core Values

Our core values are integrity, teamwork/cooperation, professionalism, diversity, honesty/accountability, respect and community.

HOURS OF OPERATION

- Monday-Thursday
5:30 am - 11:00 pm
 - Friday 5:30 am - 10:00 pm
 - Saturday 7:00 am - 8:00 pm
 - Sunday 10:00am - 8:00 pm
- *closed Christmas Day



Bismarck Parks and Recreation District

400 East Front Ave, Bismarck ND 58504
701-222-6455 * www.bisparks.org

GENERAL POLICIES

- BSC AWC is a tobacco/alcohol free facility
- BSC AWC is not responsible for lost or stolen objects
- All children seven years old and under must be supervised by an individual 16 years old or older.
- Profanity will not be tolerated in any area of the facility.



ACCESS

Members are required to present their membership card at the front desk to gain access to the building. After the fourth time a membership card is forgotten, you must purchase a new card to access the facility. In the event of a lost or destroyed card, a new card must be purchased for \$5. A daily fee is required for all non-member use.

RECOGNITION

Please notice our wall of honor as you enter the facility. The BSC Aquatic & Wellness Center has been made possible in part by generous donations and sponsorships through the "Fill the Lanes" campaign. The campaign raised over one million dollars toward the completion of the facility.

DIRECTIONS

From the North on US 83: Turn right to merge onto I-94 W toward Billings. Take Exit 157/ Divide Ave. Turn left onto Tyler Parkway. Take the first right onto Schafer St. Take the first right onto Canary Ave.

From the West on I-94: Take Exit 157 straight onto Schafer St. Take the first right onto Canary Ave.

From the East on I-94: Take Exit 157. Turn left onto Tyler Parkway. Turn right onto Schafer St. and take the first right onto Canary Ave.

Look for us
on facebook!



AQUATICS

OLYMPIC POOL

- Eight lane, 50 meter pool
- Water depth ranges from 5 - 13¹/₂ feet deep
- Two moveable bulkheads provide three separate pools
- Two 1 meter diving boards
- Two 3 meter diving boards
- Fully accessible
- Bleacher seating on the second floor for up to 750 spectators

PROGRAM POOL

- Six lane, 25 yard pool
- 3¹/₂ - 4 feet deep
- Warmer water temperature
- Fully accessible



SWIMMING LESSONS

We have many levels of swimming lessons for all varieties of people who want to learn. All lessons are taught in cooperation with the American Red Cross standards. Visit with our Aquatic Specialist about what level is best for you. Private lessons are also available. Visit the front desk at BSC AWC for questions, more information, and/or to register.

Parent and Child class
(6 months - 3yrs old)

Preschool Aquatics classes
(ages 4 - 5 recommended)

- Level A
- Level B

Learn-to-Swim Levels 1-6

- Intro to Water Skills
- Fundamental Aquatic Skills
- Stroke Development
- Stroke Improvement
- Stroke Refinement
- Swimming and Skill Proficiency
- Fitness Swimming
- Personal Water Safety

MAKE A SPLASH PROGRAM

BSC AWC is the first facility in the state to offer the Make a Splash program. Make a Splash is a national water safety initiative created by the USA Swimming Foundation. Make a Splash educates parents about the importance of a child's water safety. Watch for more information on Make A Splash at the BSC AWC.



SWIM & DIVE TEAMS

The Aquastorm competitive swim team is a fun way to develop lifelong skills and make great friends. Aquastorm members range in age from five to 18. Everyone participates individually and as a team. Aquastorm's head coach is Loic Joseph.

The Central Dakota Diving Club, under the leadership of Claudia Schoellkopf, welcomes divers of any age and ability. Divers will learn discipline and sportsmanship that will be valuable to them throughout their lives.

The Masters Swim Team is a fun, competitive swimming program for adults of all ages and abilities. The Masters Swim Team is a great way to enhance your swimming technique and meet new friends.

For more information on Aquastorm, the diving club and master's swimming, go to www.bismarckaquatics.com.

Epic Sports will have a supply of swim gear, goggles, caps, and more



STAN PUKLICH COMMUNITY ROOMS

We have a large community room ready for your meeting or group gathering needs. There are separate entrances to the lobby and to the pool deck. We can arrange the room for large meals or classroom settings. Check on the availability of audio visual equipment when you reserve your room.

Everyone is invited to take advantage of Boneshaker Coffee Company, the facility's concessionaire, to handle your event catering needs. Call 751-4273 for more information.

WELLNESS CENTER

Wellness Center

Our Wellness Center and Group Fitness Studio are located on the second level. The entire cardio and weights area is over 5,000 square feet. It features include top of the line Matrix cardiovascular equipment with personal viewing screens, Matrix circuit training equipment, Paramount strength equipment, fitness balls, medicine balls and more!

Children under age 14 must be under direct supervision of a parent or guardian while attending group classes or using equipment in the Wellness Center.

A Youth Orientation class will be available for those ages 12-13 that wish to utilize the Wellness Center independently.



Cardio Equipment

- 6 Treadmills (iPod compatible)
- 5 Cross Trainers (iPod compatible)
- 2 Stairclimbers
- 3 Upright Bikes
- 3 Recumbent Bikes

Matrix Circuit Training Equipment

- Chest Press
- Pec/Rear Deltoids
- Shoulder Press
- Lat Pulldown
- Bicep Curl
- Tricep Extension
- Assisted Dip/Chin
- Leg Press
- Leg Extension
- Seated Leg Curl
- Abdominal Crunch
- Back Extension
- Hip Adduction
- Hip Abduction
- Calf Press
- Rotary Torso
- Functional Trainer

Additional Equipment

- Smith Machine
- Squat Rack
- Adjustable Benches
- Flat Benches
- Preacher Bench
- 5lb – 50lb dumbbells

PERSONAL TRAINING

Our personal trainers are ready to develop specialized exercise programs just for you and to inspire and elevate you to a new level of physical fitness. For more information, please contact the wellness office.

GROUP FITNESS

Like to exercise with friends? Enjoy learning new ways of exercising? Whether you are a beginner or at an advanced level, you will get a great workout in the variety of classes that we offer. One thing is sure, you will leave knowing you worked hard and had fun at the same time!

Examples of Classes offered:

- Group Cycling
- Ultimate Body Bar Workout
- BURN Intervals
- Muscle Work
- Gentle Yoga
- The Rag Workout
- Cardio Kickbox
- Basic Step

Look for additional specialty classes starting throughout the year!



Feel free to sit and enjoy your coffee while surfing the web with our free wireless internet in the lobby outside Boneshaker.

B.E.S.T. BOOTCAMP

Balance-Energy-Strength-Time all are essential components of your wellbeing. In this indoor/outdoor “anything goes” program, we will focus on education, cardiovascular fitness, speed and agility, and strength training, all while incorporating a fun and team like atmosphere. If you’re ready to be in the BEST shape of your life and see results like you’ve never seen before, then BEST Bootcamp is for you!

(Results are not guaranteed. Results are earned).

PLAYGROUND

Our new custom designed water and nautical themed playground will have your kids having fun for hours. Wee Island is a soft-contained area with natural looking climbing, tunnel and sliding elements. It also features a poured-in-place rubber surfacing to mimic water and sand! Have fun watching your baby or toddler play with the turtles, crocodiles, sand castle, and boats!

The Pirate Ship is designed for children ages five to 10 and includes rope climbing features, places to play on and inside the ship, and imaginative play. Check with the staff for more information about programming and supervision options.



Dual Membership

When you purchase a membership at either Capital Racquet and Fitness Center (CRFC) or BSC Aquatic and Wellness Center (BSC AWC), the membership will be a dual membership for both facilities.

Membership at CRFC includes use of the weight room, group fitness classes, racquetball, wallyball, track, sauna, Jacuzzi and racquetball and wallyball league play.

Membership at the BSC AWC includes the wellness center, group fitness classes, pools, swimming lessons and pool group exercise classes.

Age:	Fees:
12 & under (swimming pools only)	\$15/mo.
Student (ages 13 - 18 or with college ID)*	\$40/mo.
Adult (ages 19-64)	\$50/mo.
Household**	\$75/mo.
Senior (ages 65+)	\$42.50/mo.
** A Household is up to two adults and their dependant children high school age and under including any children under their care.	

Other Rates at BSC Aquatic & Wellness Center

Locker Rental	Birthday Pool Party Packages: \$65	Room Rentals at AWC		
6 months	\$50	• 10 guest passes	Rooms 1,2, or 3	\$20/hr
12 months	\$85	• 2 hrs of room use	Two Rooms	\$30/hr
Lock	\$1/day	• Birthday child receives free shirt	Three Rooms	\$40/hr
			Fitness Studio	\$30/hr

Daily Rates for non-members

12 & under	\$4
Student (ages 13-18 or with college ID)	\$5
Adult (ages 19 - 20)	\$6
Household**	\$25 max.
Senior (ages 65 +)	\$5
Daily Admission Coupon Book (12 passes)	\$65
Playground: \$1 per child	

Capital Racquet & Fitness Center Tennis Package Options

Both Silver and Gold Packages are dual memberships.

Gold Membership: Gold memberships include two hours of tennis per day. Gold member's court time does not cover other tennis players on the court. Tennis court reservations can be made up to seven days in advance and reduced rates are available on tennis leagues and lessons.

Silver Membership: Tennis court time and tennis leagues and lessons are available at reduced rates. Tennis court reservations may be made up to two days in advance. Silver Membership rates are the same as the above dual membership rates.

Gold Package Rates

Age:	Fees:
12 & under	\$55/mo.
Student (ages 13 - 18 or with college ID)	\$80/mo.
Adult (ages 19 - 64)	\$100/mo.
Household**	\$150/mo.
Senior (ages 65+)	\$92.50/mo.

Silver Package Rates

Student (ages 13 - 18 or with college ID)*	\$40/mo.
Adult (ages 19-64)	\$50/mo.
Household**	\$75/mo.
Senior (ages 65+)	\$42.50/mo.

Discount Package Options

Corporate Discounts

5-10 employees (10%), 11+ employees (20%)

Add or buy discounted rates of 10% for \$200 annually, or 20% for \$400 annually. Ask at the front desk for details or to find out if you are eligible.

Fitness Reimbursement Program

Adult up to \$20; Family up to \$40

Ask at the front desk for details or to find out if you are eligible through your health insurance program.

Other Rates at Capital Racquet & Fitness Center

Tennis Rates at CRFC

Tennis Coupon Book	Member: \$50
	Non-Member: \$96
Includes 12, 1.5 hour tennis court passes	

Prices are subject to change.