



BISMARCK PARKS AND  
RECREATION DISTRICT  
Est. 1927

# Spring 2013 Summer activity guide



**what's inside:**

youth programs  
adult programs

parks

facilities

activities

special events

[www.bisparks.org](http://www.bisparks.org)



Bismarck Parks and Recreation District Office  
 400 East Front Avenue, Bismarck, North Dakota  
 Phone: (701) 222-6455 • Fax: (701) 221-6838  
[www.bisparks.org](http://www.bisparks.org) • [bisparks@bisparks.org](mailto:bisparks@bisparks.org)  
 Hours: Monday - Friday, 7:30a - 5p

## Telephone Directory

### Baseball/Softball Diamonds

16th Street Diamonds.....	222-6625
Century Diamonds.....	220-0187
Clem Kelley Diamonds.....	224-0135
Cottonwood Park.....	222-6664
McQuade Diamonds.....	224-9907
Municipal Baseball Park.....	222-3089
Tatley Diamonds.....	222-6634

### Facilities

BSC Aquatic & Wellness Center.....	751-4266
Capital Racquet & Fitness Center.....	221-6855
Forestry Department.....	222-6561
General Sibley Park.....	222-1844
McDowell Dam.....	223-7016
Park Maintenance Shop.....	222-6464
Schaumburg Ice Arena.....	221-6813
Sertoma Tennis Courts.....	222-6730
VFW Sports Center.....	221-6814 or 221-6815
World War Memorial Building.....	222-6454

### Frances Leach High Prairie Arts & Science Complex

Central Dakota Children's Choir.....	258-6516
Gateway to Science.....	258-1975
Shade Tree Players.....	214-1061
Theo Art School.....	222-6452

### Golf Courses

Fore Seasons Center.....	223-3600
Pebble Creek Golf Course.....	223-3600
Pebble Creek Maintenance Shop.....	250-7775
Riverwood Golf Shop.....	222-6462
Riverwood Maintenance Shop.....	222-6463
Tom O'Leary/Evan E. Lips Golf Shop.....	222-6531
Tom O'Leary Maintenance Shop.....	222-6465

### Other Programs & Partners

Bismarck Art & Galleries Association.....	223-5986
Bismarck Gymnastics Academy.....	258-8956
Bismarck Recreation Council.....	222-6455
Municipal Country Club.....	221-6836
N.D. State Parks & Recreation.....	328-5357
Superslide Amusement Park.....	255-1107

### Swimming Pools

BSC Aquatic & Wellness Center.....	751-4266
Elks Aquatic Center.....	222-6607
Hillside Pool.....	222-6419
Wachter Aquatic Complex.....	222-6614

### Board of Park Commissioners

- Mike Schwartz, President
- Julie Jeske, Vice President
- Wayne Munson, Commissioner
- Jennifer DeForest, Commissioner
- Brian Beattie, Commissioner

### Administration

- Randy Bina, Executive Director

### Directors

- Kevin Klipfel, Facilities and Programs Director
- Greg Smith, Operations Director
- Augie Ternes, Finance Director

### Administration Division

- Paula Redmann, Community Relations Manager
- Rena Mehlhoff, Communications Specialist
- Jackie Grahl, Accountant
- Julie Fornshell, Human Resources & Administration Coordinator
- Tana Oswald, Receptionist/Customer Service Representative
- Landa Boyd, Receptionist/Customer Service Representative

### Facilities and Programs Division

- Tim Kuntz, Recreation Manager
- RaNae Jochim, Recreation Manager
- Mike Wald, Facilities Manager
- Dan Waldoch, Golf Operations Manager
- Jim Peluso, Facilities Manager
- Naomi Erdahl, Recreation Specialist
- Cindy Gums, Recreation Specialist
- Kevin Olson, Facility Specialist
- Shannon Larson, Head Tennis Professional
- Katrina Hanenberg, Facility Specialist
- Lindsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Dylan Thiem, Facility Specialist
- Ryan Geerdes, Building and Grounds Specialist
- Mike Page, Golf Course Superintendent
- Brad Schulz, Golf Course Superintendent
- Chuck Vedvick, Golf Course Superintendent
- Maintenance and Operations Staff:  
Brad Pederson, Mac Weigel, Rick Schuler, Bev LaBelle, Tim Thiel
- Dan Sedevie, Arena/Pool Foreman

### Operations Division

- Dennis Nybo, Sport Complexes Manager
- Rod Knutson, Park Operations Foreman
- Forrest Ecklund, McDowell Dam
- Martha Willand, Facility Specialist (General Sibley Park)
- Riley Merkel, Facility Specialist (Athletic Fields)
- Maintenance and Operations Staff: Don Glaser, Rich Hetzler, Garth Heupel, Tim Nelson, Michael Job, Steve Gerding, Steve Pulkrabek, David Robinson, Lynn Morgenson, Cullen Theisen, Quentin Schmidt, Pat Miller

### Forestry

- Jackson Bird, City Forester
- Jerry Henke, Arborist II
- Mike Miller, Arborist I
- Eric Gabbert, Arborist I
- Brian Gaschk, Arborist I
- Beth Peske, Urban Forestry Specialist

### Cancellations

To get information such as program changes, weather cancellations, etc., please call our information line at (701) 222-6479 or visit [www.bisparks.org](http://www.bisparks.org).

## General Information

### Dog Ordinance

Section 1. May not permit an animal to run at large: "at large" means not effectively restrained by a chain, leash, or cord not more than six feet in length. Section 2. Any person who owns or is responsible for an animal shall, if the animal defecates upon park property, promptly clean up and dispose of the excrement. (For a full version of this ordinance, visit [www.bisparks.org](http://www.bisparks.org).)

### Gift Certificates

Consider a Bismarck Parks and Recreation District gift certificate for recreation programs, programs, equipment use, shelter reservations and facility use. They can be purchased at the Parks District Office, Capital Racquet & Fitness Center and golf courses.

### Insurance

The Bismarck Parks and Recreation District does not carry medical or accident insurance for the participants of the programs. The cost of doing so would be so high that fees charged for programs would become prohibitive. We suggest you review your family's personal health insurance plan to ensure it provides you with sufficient coverage. We also suggest you check with your family physician before participating in any Bismarck Parks and Recreation District programs which require physical exertion. If your physician should discover some factors that could limit you physically, please consider them when registering for programs.

### Matching Grant Program

Bismarck Parks and Recreation District's Matching Grant programs provides matching funds for facility, grounds, and equipment projects. In its 27th year, the program has provided matching funds for 406 projects with total project costs of more than \$3 million. Applications will be accepted from Bismarck associations, organizations, clubs or individuals interested in matching funds to sponsor a project in a Bismarck Parks and Recreation District facility or park. Matching funds are awarded twice per year. Applications are available at our office. Call 222-6455 for more information. DEADLINES: Annually, August 1 and March 1 at 5pm.

### Photography/Video

The Bismarck Parks and Recreation District takes photographs/video footage of people enjoying our programs, events, parks and facilities. These photographs/video footage are used for Park District publications and informational videos. The photographs/video footage are used at the discretion of the Park District and become the sole property of the Bismarck Parks and Recreation District.

### Rain Checks

The Bismarck Parks and Recreation District will grant rain checks for swimming pools, golf courses and picnic shelters whenever inclement weather warrants such action. All rain checks must be used during the season they are received.

## Online Registration and Reservations

Visit [www.bisparks.org](http://www.bisparks.org) to register for those activities with a code (unless otherwise noted), make a tee time up to three days in advance or reserve a campsite. Visit [www.bisparks.org](http://www.bisparks.org) and create and username and password and register for a variety of programs and activities.

## Let's All Play!

The Bismarck Parks and Recreation District is committed to making all of our programs, facilities, services, and activities accessible to everyone. If you feel that you or your child may require auxiliary aid or special accommodations to participate, please let us know at the time of registration. We will work with you in order to make safe and respectful accommodations.

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## Activity Centers

Activity Centers provide summer recreational programming at selected elementary schools in Bismarck for kids grades K-6. Activities include games, crafts, projects, and outdoor fun, all in a supervised setting. Activity sites have limited enrollment.

Ages	Dates	Days	Times
K - 6	June 3 - Aug. 2	M - F	7:45a - 5:15p

- **Must have completed kindergarten in the 2012-13 school year or be 6 years old by June 1, 2013. If your child is in kindergarten, but won't be 6 until after June 1, 2013, please come to Bismarck Parks office to register.**
- Activity Centers will close at 12 noon on August 2
- No program on July 4 & 5
- There will be no supervision before 7:45a or after 5:15p
- We are open during the lunch hour. Participants may stay or go home during that time. However, we do not provide lunch or snacks, so please bring your own.

### Fees

- \$325/child - if received on or before Thursday, May 9.
- \$335/child - if received Friday, May 10 or later.

### NEW TWO-STEP REGISTRATION process

**Step One:** Register your child(ren) for the selected Activity Center site either in person at the Administrative Offices or online at [www.bisparks.org](http://www.bisparks.org). Once your child(ren) is registered, you can then move to Step Two.

**Step Two:** Print out or pick up the Activity Center Information Packet and fill out all the pages. Return the completed packet to the Administrative Office by the end of day on Friday, May 17. Once your completed packet is received, your child(ren)'s registration for Activity Center is complete.

School	Location	Code
Centennial	2800 Ithica Dr	3938
Dorothy Moses	1312 S. Columbia St.	3939
Grimsrud	716 St. Benedict Dr	3940
Northridge	1727 N. 3rd St.	3941
Pioneer	1400 Braman Ave.	3942
Prairie Rose	2200 Oahe Bend	3943
Rita Murphy	611 N. 31st St.	3944
Robert Miller**	1989 N. 20th St.	3945
Roosevelt	613 W. Ave. B	3946
Solheim	325 Munich Dr.	3947
Sunrise	3800 Nickerson Ave.	3948

\*\* Due to the school's request, the Activity Center at Miller will end on July 26. You have the option of going to another site that has openings for the week of July 29 - August 2. Contact Cindy at 222-6771 to make arrangements.

### Junior Leader

Junior Leaders will learn the skills necessary to perhaps becoming an Activity Center leader one day. A Junior Leader will assist the Leaders in organizing the games and daily activities, helping the Activity Center participants when needed, and helping prepare for the activities each day. The Junior Leaders assist the Leaders and learn leadership and problem solving skills in a fast paced, recreational environment.

Junior Leader Applications can be submitted from April 1- May 15. BPRD staff will do a random drawing May 17 and applicants will be notified of the results. The Junior Leader applications can be found on the BPRD website, [www.bisparks.org](http://www.bisparks.org), under Human Resources and also on the Activity Center page.

### Fees

- \$50/junior leader
- Maximum of 4 leaders per site.
- Junior Leaders must be going into 7th grade or older.

## Adaptive Recreation

### Meet It or Beat It Bowling

This bowling program is offered to individuals of all ages and abilities. This short program is designed for the individual bowler to meet or beat his/her previous week's scores. Emphasis is on participation.

Dates	Days	Times	Fee
June 3 - July 29	M	4 - 6p	\$2.50/game*

- Located at Midway Lanes, 3327 Memorial Highway, Mandan.
- No registration is necessary.
- \* Price includes shoe rental. No registration is necessary.

### iCan Shine Bike Camp

The nationally franchised program, iCan Shine (formerly Lose The Training Wheels) ([www.icanshine.org](http://www.icanshine.org)) will provide a one-week iCan Bike camp in Bismarck in collaboration with Bismarck Parks and Recreation and Designer Genes of ND. The camp promotes independent two-wheel bike riding for persons with disabilities through a five day camp. Attendees work with the iCan Shine staff and volunteers in the one week camp to become independent bike riders for 75 minutes per day.

### Location, Dates and Fees

- VFW Sports Center, 1200 North Washington Street
- August 5 - 9
- \$100.00
- Pre-registration required

For more information and to register, contact [info@designergenesnd.com](mailto:info@designergenesnd.com) or visit [www.designergenesnd.com](http://www.designergenesnd.com)

### Triple Star Day Camp

The Triple Star Day Camp is offered to individuals ages 10 on up with varying abilities. Emphasis will be given to age appropriate activities, as well as opportunities to participate in community activities and summer activity centers. Field trips may be scheduled weekly.

Ages	Dates	Days	Times	Fee	Code
10+	June 3 - Aug. 2	M - F	9:30a - 3p	\$100/participant	4068

- Located at Schaumberg Arena, 221 Reno Avenue.

## Archery, Indoor

Archery lessons are available for youth and adults. Please see Adult Programs for more information on adult archery. For more information on archery practice ranges, please see page 31 (Nishu Bowmen Indoor/Outdoor Range).

Level	Dates	Days	Times	Code
Beginners	June 4 - Aug. 20	Tues	6p	4486
Beginners	June 4 - Aug. 20	Tues	7p	4487
Challengers/Advanced	June 4 - Aug. 20	Tues	8p	4485

- Fee is \$55. Maximum: 14 students per class.
- Must be 8 years old to begin program.
- All equipment is provided.
- All registrants must complete the beginners class before they move to the next level.
- Located at Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

# Baseball

## Coed, Mites, Squirts, Cal Ripken

All levels will play at Sam McQuade Sr. Softball Complex, 1100 North Washington Street. Age is determined as of May 1, 2013 for Mites, Squirts and Cal Ripken.

Ages	Dates	Days	Times	Code
Mites 5 - 6	June 3 - Aug. 1	M & W	10 - 11a	3954
Mites 5 - 6	June 3 - Aug. 1	T & Th	10 - 11a	3955
Squirts 7 - 9	June 3 - Aug. 1	M & W	8:30 - 9:45a	3957
Squirts 7 - 9	June 3 - Aug. 1	T & Th	8:30 - 9:45a	3958
Cal Ripken 10 - 12	June 3 - Aug. 1	M & W	11:15a - 12:45p	3956

### Fees

- \$55/player
- \$110 maximum/household
- 72 players maximum

## Babe Ruth, Ages 13 - 15

Any player born prior to May 1, 2009, and on or after May 1, 2000, will be eligible for Cal Ripken (ages 12 & under) Baseball League competition for the 2013 season. Any player born prior to May 1, 2000, and on or after May 1, 1997, will be eligible for Babe Ruth 13 - 15 League competition for the 2013 season.

The first two weeks will be used to evaluate players in a variety of categories. This assists us in forming league teams. There will not be any tryouts for Babe Ruth All-Star Teams, as the participants are constantly being evaluated from May 13 until the All-Star Teams are selected. The criteria used to select these teams include: attitude, attendance, sportsmanship, versatility, coachability and skill/ability. Our emphasis will be on the development and maintenance of our league teams. Our extra baseball program will come after the league is established.

### Informational Meeting

- TBA

### Dates

- May 13 - August 6 (open to everyone, no tryouts)

### Ages Days/Times Code

Age 13	see calendar below	3950
Age 14	see calendar below	3951
Age 15	see calendar below	3952

### Practice Schedule - Beginning June 3

Days	Times	Teams
M & W	5 - 6:15p	Teams will rotate times
M & W	6:30 - 7:45p	Teams will rotate times
M & W	8 - 9:15p	Teams will rotate times

- Practices may be scheduled for late afternoon or early evening at Tatley North/South Park (Airport Road and Michigan Avenue), or Haaland Field (South 12th St.).

### Games - (Dependent on the number of teams)

- Scheduled for Mondays, Tuesdays, Wednesdays and Thursdays on a rotating basis beginning May 28 or 30.
- Played at Haaland Field, South 12th St., Tatley North/South Park (Airport Road and Michigan Avenue), University of Mary (7500 University Drive) or Mandan.

### Times

- TBA (dependent on the number of teams)
- Example: 4:30p or 7p (game schedule subject to change)

### Fees

- Base league fee \$160/player - if received on or before Thursday, May 2 (includes \$30 uniform deposit + \$10 uniform replacement)
- No more than \$320/household
- \$170/player - if received Friday, May 3 or later
- No more than \$340/household

### Fees for Extra Baseball (In addition to base fee)

- Advancing \$150
- Non-advancing \$75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>May 13 - Tatley</b> Ages 14 & 15: 3:45 - 4:45p Age 13: 4:45 - 5:45p	<b>May 14 - Tatley</b> Ages 14 & 15: 3:45 - 4:45p Age 13: 4:45 - 5:45p	<b>May 15 - Tatley</b> Ages 14 & 15: 3:45 - 4:45p Age 13: 4:45 - 5:45p	<b>May 16 - Tatley</b> Ages 14 & 15: 3:45 - 4:45p Age 13: 4:45 - 5:45p
<b>May 20 - Tatley</b> Ages 14 & 15: 3:45 - 4:45p Age 13: 4:45 - 5:45p	<b>May 21 - Tatley</b> Ages 14 & 15: 3:45 - 4:45p Age 13: 4:45 - 5:45p	<b>May 22 - Tatley</b> <b>League Teams Announced</b> Ages 14 & 15: 3:45 - 4:45p Age 13: 4:45 - 5:45p	<b>May 23 - Tatley</b> Ages 14 & 15: 3:45 - 4:45p Age 13: 4:45 - 5:45p
<b>May 27</b> <b>Memorial Day</b> <b>No Practice</b>	<b>May 28</b> <b>League Games</b> <b>Scheduled to Begin</b>	<b>May 29 - Tatley</b> <b>Mandatory Practices</b> Ages 14 & 15: 4p Age 13: 4:45 - 5:30p	<b>May 30</b> <b>League Games</b>

### Babe Ruth League Birth Chart for 2013

	January	February	March	April	May	June	July	August	September	October	November	December
<b>2000</b>	13	13	13	13	12	12	12	12	12	12	12	12
<b>1999</b>	14	14	14	14	13	13	13	13	13	13	13	13
<b>1998</b>	15	15	15	15	14	14	14	14	14	14	14	14
<b>1997</b>	16	16	16	16	15	15	15	15	15	15	15	15

## Baseball, cont'd

### American Legion & Babe Ruth, Ages 16 - 18

#### American Legion Baseball:

Competition in 2013 is open to players born on or after January 1, 1994. Any player born in 1993 or before, is not eligible to play American Legion Baseball.

2012 High School graduates may only play for the Legion team they played for during the 2012 season. If a player is born in 1994 or 1995, that player must play in the Senior Legion Baseball program.

#### Babe Ruth Baseball:

Any player born prior to May 1, 1997, and on or after January 1, 1994, will be eligible for Babe Ruth Baseball 16 - 18 division.

If there is enough interest, we will plan to have three teams. Please watch for specific information coming in mid-April.

Age	Dates	Code
16	June 3 (practices)	3960
17	June 3 (practices)	3961
18 - 19	June 3 (practices)	3962

- Governor's \$400
- Babe Ruth 16 - 18 \$400 will have option to sell raffle tickets to earn a portion of fee back.

\* **Each Governor's participant will also be required to sell raffle tickets.**

#### Rain Out Policy

In case of inclement weather, every effort will be made to determine diamond playability by 7a for day programs or 4p for evening programs. All local radio stations will be notified of any cancellations by approximately 7a or 4p. Please listen to your local radio stations, or call the information line at 222-6479 or visit [www.bisparks.org](http://www.bisparks.org).

If we do not cancel, the radio stations will not be called!

#### Babe Ruth Divisional & State Tournament Schedule

13 Year Old West Divisional  
July 13 - 14 • Minot

13 Year Old East Divisional  
July 13 - 14 • West Fargo

14 Year Old West Divisional  
July 13 - 14 • Minot

14 Year Old East Divisional  
July 13 - 14 • Grand Forks

15 Year Old West Divisional  
July 13 - 14 • Williston

15 Year Old East Divisional  
July 13 - 14 • Devils Lake

13 Year Old State  
July 19 - 23 • Bismarck

14 Year Old State  
July 19 - 23 • Minot

13 - 15 Year Old State "A"  
July 19 - 23 • Fargo

16 - 18 Year Old State  
July 19 - 23 • Dickinson

#### Midwest Plains Regional Tournaments

Cal Ripken Age 9  
July 26 - 31 • North Platte, NE

Cal Ripken Age 10  
July 26 - 31 • Bismarck

Cal Ripken Age 11  
July 25 - 30 • Waite Park, MN

Cal Ripken Age 12  
July 25 - 30 • Burlington, CO

Babe Ruth Age 13  
August 1 - 6 • Fountain, CO

Babe Ruth Age 14  
August 2 - 7 • Garden City, KS

Babe Ruth Age 15  
August 1 - 6 • Booneville, MO

Babe Ruth Age 16 - 18  
July 31 - Aug. 5  
Burnsville/Apple Valley, MN

#### Cal Ripken Tournaments

State Cal Ripken (Advancing) Age 9  
July 12 - 15 • Bismarck

State Cal Ripken (Advancing) Age 10  
July 12 - 15 • Mandan

State Cal Ripken (Advancing) Age 11  
July 12 - 15 • Dickinson

State Cal Ripken (Advancing) Age 12 (60')  
July 12 - 15 • Wahpeton

State Cal Ripken (Non - Advancing)  
July 27 - 29 • Oaks

#### Bismarck Governors Home Games

For full Governors schedule, visit [www.bgovs.org](http://www.bgovs.org)

June 3 • Tryouts/First Practice – 9:30a

June 6 • Aberdeen, SD (2) – 5p

June 8 & 9 • ND-SD Challenge - Pierre, SD

June 11 • Mandan (9-INNING GAME) – 7:30p  
Minnesota Twins Night at the ballpark

June 12 • West Fargo (2) – 5:30p\*

June 14-16 • Fargo, ND - 7th Annual Joe Parmer Red River Diamond Classic Baseball Tournament

June 17 • Moorhead, MN (2) – 2p

June 19-23 • Omaha, NE - Decker Sports College World Series Tournament

June 27 • Minot (2) – 5:30p

June 28 • Williston (2) – 5:30p

July 1 • Jamestown (2) – 5:30p\*

July 3 • Mandan (9-Inning Game) – 7:30p\*

July 4 • Mandan (9-Inning Game) – 4:30p\*

July 10 • Dickinson (9-Inning game) – 8p\*

July 12 • Williston (2) – 5:30p\*

July 13 • Forest Lake, MN (2) – 5:30p

July 16 • Mandan (9-INNING GAME) – 7:30p  
Minnesota Twins Night at the ballpark

July 17 • Dickinson (9-Inning game) – 8p\*

July 18 • Grand Forks (2) – 5:30p\*

July 19 • Fargo (2) – 5:30p\*

July 24 • Minot (9-Inning game) – 6p\*

July 25 • Minot (9-Inning game) – 6p\*

\*denotes games that count in statewide standings

July 22 – Team Picnic (players, parents, coaches and families) – 5:30p

July 30-August 4 - West Fargo - ND State Class 'A' Tournament

Aug 8-12 - Fargo, ND - Central Plains Regional Tournament

Aug 16-20 - Shelby, NC - American Legion World Series

## Basketball

### Summer Coed

The concept of this program is similar to a summer - long camp for participants to work on improving their skills. Teams will be assigned each night.

#### Informational Meeting

- Wednesday, May 23, 7p, World War Memorial Building, 215 North 6th Street

Grades	Dates	Days	Time	Code
Grades 4 & 5*	June 4 - July 25	T & Th	6 - 7p	3964
Grades 6 & 7*	June 4 - July 25	T & Th	7:15 - 8:15p	3965
Grades 8 & 9*	June 4 - July 25	T & Th	8:30 - 9:30p	3966

\* Grade going into Fall 2013

#### Fee and Location

- \$50/player
- Located at World War Memorial Building, 215 North 6th Street

### Fall Girls'

Fall Boys' Basketball information will be included in the Fall Activity Schedule. The program's objective is to teach 4th, 5th and 6th grade students the fundamentals, skills, and sportsmanship of the game. Participants will learn through drills and scrimmages. 5th and 6th grade programs have season-ending jamborees.

### Girls' 4th Grade

#### Informational Meeting

- August 14, 7p, at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Avenue
- An information sheet will be available upon registration.

#### League:

- August 26 - October 12
- Teams organized by school. Volunteer coaches needed.
- Coaches will register for practice one day per week at the World War Memorial Building, 215 North 6th Street. Coaches will notify you of practice times.
  - Mondays - Fridays: 4p or 5p
- Games are Saturdays at the World War Memorial Building.

#### Fees

- \$40/player - if received on or before August 16.
- \$50/player - if received August 17 or later.

School 4th Grade	Codes	School 4th Grade	Codes
Cathedral	4444	Pioneer	4454
Centennial	4445	Prairie Rose	4455
Grimsrud	4446	Roosevelt	4457
High. Acres	4447	Saxvik	4458
Liberty	4714	Shiloh	4459
Martin Luther	4448	Solheim	4460
Miller	4449	St. Anne's	4461
Moses	4450	St. Mary's	4462
Murphy	4451	Sunrise	4463
Myhre	4452	Will-Moore	4464
Northridge	4453		

### Girls' 5th & 6th Grade

#### League:

- August 26 - October 26

The sixth grade girls basketball program will continue to be run by Bismarck Parks and Recreation, with practices and games taking place at the middle schools. Please register your child for the appropriate school using the codes below.

More detailed information regarding 6th grade fall and winter programs will be in the August issue of this Activity Schedule, and will also be online at [www.bisparks.org](http://www.bisparks.org).

#### Days/Times for most schools:

- First week of practice should be Monday, Tuesday, and Thursday
- Due to gym availability, some schools may have different practice schedules. You will be notified through the school office and/or team coach.

Teams will be formed after the first week of practice and a schedule will be provided for the remainder of the season. Every attempt will be made to split the teams as equally as possible, when more than one team exists per grade at any school.

#### Fees

- \$55/player - if received on or before August 23.
- \$65/player - if received August 24 or later.
- **Participants must play at the school they attend.**

#### Jamborees

- Girls' Grade 5: October 14, 15, 21, 22
- Girls' Grade 6: October 24 and 26

5th Grade School	Code	5th Grade School	Code
Centennial	4465	Pioneer	4474
Grimsrud	4466	Prairie Rose	4475
High. Acres	4467	Roosevelt	4477
Martin Luther	4468	Saxvik	4478
Miller	4469	Shiloh	4479
Moses	4470	Solheim	4480
Murphy	4471	Sunrise	4481
Myhre	4472	Will-Moore	4482
Northridge	4473		

#### 6th Grade School Code

Horizon	4716
Simle	4717
Wachter	4718

**Volunteer Coaches Needed  
for 4th Grade Basketball**

**Contact Kevin Olson at  
222-6454 for more information.**

## B.L.A.S.T.

Bismarck's Life After School Time (B.L.A.S.T.) is an after school activities program that offers security to parents and a fun time for kids.

### Fall 2013 Enrollment

The B.L.A.S.T. deadline for people currently enrolled as of May 24, 2013, is 5p June 27. B.L.A.S.T. packets will be distributed in May for those currently enrolled in the program. The packets will be mailed to the parents.

### Locations

Cathedral • Centennial • Grimsrud • Highland Acres • Miller • Moses I and II • Northridge • Pioneer I and II • Prairie Rose • Rita Murphy I and II • Shiloh • Solheim I and II • Sunrise I and II

\* **Check [bisparks.org](http://bisparks.org) for information on new schools.**

\* Bismarck Parks and Recreation does not manage the after school programs at Myhre, Will-Moore and Saxvik schools. If you are interested in attending those schools or for more information, you can contact Missouri River Educational Cooperative at 751-4041.

### Fees

- \$110/month
- \$220 due at time of registration. This will be applied to first and last month's bill.
- Children enrolled in the B.L.A.S.T. program must attend school at that site.

### Open - Enrollment Procedure for B.L.A.S.T. '13 - 14

- Mid-May: 2013 - 2014 B.L.A.S.T. registration information will be mailed to current families enrolled in the B.L.A.S.T. program. This helps us determine who is coming back, and how many open positions there are available for other families at each school site.
- June 27: Registration packets from current B.L.A.S.T. families are due back at BPRD by 5p.
- June 17 - 28: The new applicants that are interested in enrollment for 2013 - 2014 will have this timeframe to stop in at the BPRD office and register their child(ren) in a drawing for the open positions.
- July 9: BPRD will enlist the assistance of an auditing firm to do the drawing of all the names for each school and place them in the available spots and on the waiting list. By the end of that week, we will contact all the families to let them know the results of the drawing.

## Fencing

Session 2 includes both an introduction and more advanced training. Continuing Fencing offers advanced instruction for those who have completed beginning fencing or have equivalent fencing experience.

Age	Dates	Days	Fee	Codes
12+	Session 2, April 29 - July 1	M & F	\$70	4423
12+	Continuing Fencing, Feb. 18 - July 1	M & F	\$135	4421

### Time and Location

- 6:30 - 8:30p (Mondays) and 5 - 7p (Fridays)
- World War Memorial Building, 215 North 6th Street

### Equipment Required

- Fencing Glove

### For More Information

- John Garness at 391-2081

## Flag Football

Open to boys and girls in 3rd, 4th, 5th, and 6th grades. The program meets every Monday, Tuesday, and Thursday at the Sam McQuade Sr. Softball Complex, 1100 North Washington Street (except September 2 due to the holiday). After teams are organized, a schedule will be provided. Information forms will be available online or upon request.

### Informational Meeting and 6th Grade Registration

- Monday, August 19, 7p, Sertoma Club Community Center, located in Sertoma Park, Riverside Park Road & W Arbor Ave.
- \* 6th graders interested in playing flag football should register with the code of their 2012-2013 elementary school.

Grades	Dates	Times
3rd & 4th	August 26 - October 5	5 - 6p
5th & 6th	August 26 - October 5	6 - 7p

### Fees

- \$50/player - if received on or before Friday, August 23.
- \$60/player - if received August 24 or later.

School	3rd & 4th Grade Codes	5th & 6th* Grade Codes
Cathedral	4343	4344
Centennial	4345	4346
Grimsrud	4347	4348
Highland Acres	4349	4350
Liberty	4726	n/a
Martin Luther	4351	4352
Miller	4353	4354
Moses	4355	4356
Murphy	4357	4358
Myhre	4359	4360
Northridge	4361	4362
Pioneer	4363	4364
Prairie Rose	4365	4366
Roosevelt	4369	4370
Saxvik	4371	4372
Shiloh	4373	4374
Solheim	4375	4376
St. Anne's	4377	4378
St. Mary's	4379	4380
Sunrise	4381	4382
Will-Moore	4383	4384

### Jamboree

- Oct. 5 - Sam McQuade Sr. Softball Complex

## Golf, Junior

### Free Junior Golf, June - August

Call courses for tee times. Sorry, no fivesomes on free days. Juniors ages 18 and under must tee off from the forward tees on free junior golf mornings. Must tee off by 11a - Tee times for juniors are from 7:30 - 11a.

Day	Location	Phone
Mon	Mandan Municipal, 1002 7th St SW, Mandan	751-6172
Tues	Riverwood, 725 Riverwood Drive	222-6462
Tues	Pebble Creek, 2525 North 19th St.	223-3600
Thur	Tom O'Leary, 1200 North Washington St.	222-6531



## Golf, Junior Instruction

Questions on golf lessons? Contact Justin Zainhofsky at 471-9725 or Tim Doppler at 226-5641.

### Introductory - 5-6 year olds

Instruction for boys and girls ages 5 to 6 years of age. Lessons are at the Sheila Schafer Mini-Links located between VFW Sports Center and the YMCA. Each class consists of four 45 minute sessions that teach the basics and fun of playing golf for even the youngest members of your household. All clubs and equipment will be provided.

#### Fees and Location

- \$20/child
- Sheila Schafer Mini-Links

Dates	Day	Times	Code
May 30, June 6, 13, 20	Th	9 - 9:45a	4110
May 30, June 6, 13, 20	Th	10 - 10:45a	4111
May 30, June 6, 13, 20	Th	11 - 11:45a	4112
May 30, June 6, 13, 20	Th	6 - 6:45p	4104
May 30, June 6, 13, 20	Th	7 - 7:45p	4105
July 11, 18, 25, August 1	Th	9 - 9:45a	4106
July 11, 18, 25, August 1	Th	10 - 10:45a	4107
July 11, 18, 25, August 1	Th	11 - 11:45a	4108
July 11, 18, 25, August 1	Th	6 - 6:45p	4102
July 11, 18, 25, August 1	Th	7 - 7:45p	4103

### Red Level - 7-17 year olds

Instruction for boys and girls ages 7-17, and is the first level available to students who have not taken a lesson with DJGA. The lessons offered at the Sheila Schafer mini-links do not qualify as a red level class. All clubs and equipment will be provided.

#### Fees

- Red Level \$30/session, 4 - one-hour lessons
- Scholarships are available for these sessions by request, contact Dan Waldoch at 222-6462.

#### (Mondays and Wednesdays)

Location	Dates	Time	Code
Prairie West	June 3, 5, 10, 12	9 - 10a	4115
Prairie West	June 17, 19, 24, 26	9 - 10a	4116
Prairie West	July 8, 10, 15, 17	9 - 10a	4118
Prairie West	July 22, 24, 29, 31	9 - 10a	4120
Pebble Creek	June 3, 5, 10, 12	6 - 7p	4748
Pebble Creek	June 3, 5, 10, 12	7:30 - 8:30p	4095
Pebble Creek	June 17, 19, 24, 26	6 - 7p	4749
Pebble Creek	July 8, 10, 15, 17	7:45 - 8:45p	4093
Pebble Creek	July 22, 24, 29, 31	7:45 - 8:45p	4094
Pebble Creek	August 5, 7, 12, 14	7:45 - 8:45p	4745

#### (Tuesdays and Fridays)

Location	Dates	Time	Code
Pebble Creek	June 4, 7, 11, 14	12:30 - 1:30p	4114
Pebble Creek	June 18, 21, 25, 28	12:30 - 1:30p	4117
Pebble Creek	July 9, 12, 16, 19	12:30 - 1:30p	4119
Pebble Creek	July 23, 26, 30, Aug. 2	12:30 - 1:30p	4751
Pebble Creek	August 6, 9, 13, 16	10:45 - 11:45a	4121

#### (Tuesday Evenings) \*13-17 years old only

Location	Dates	Time	Code
Pebble Creek	June 4, 11, 18, 25	7 - 8p	4746
	July 9, 16, 23, 30	7 - 8p	4747

#### (Wednesday Mornings) \*Girls only

Location	Dates	Time	Code
Pebble Creek	May 29, June 5, 12, 19	10:45 - 11:45a	4099
	July 10, 17, 24, 31	10:45 - 11:45a	4098

### White Level - 7-17 year olds

Instruction for boys and girls ages 7-17, and is the second level of lessons offered to those students that have taken the Red level lessons. Each class consists of four 75 minute lessons that will expand on what they learned in the Red Level classes. All clubs and equipment will be provided.

#### Fees

- White Level \$45/session, 4 - 75-minute lessons
- Scholarships are available for these sessions by request, contact Dan Waldoch at 222-6462.

#### (Tuesday and Friday Mornings)

Location	Dates	Time	Code
Pebble Creek	June 4, 7, 11, 14	9 - 10:15a	4123
Pebble Creek	June 4, 7, 11, 14	10:45 - 12p	4754
Pebble Creek	June 18, 21, 25, 28	9 - 10:15a	4755
Pebble Creek	June 18, 21, 25, 28	10:45 - 12p	4756
Pebble Creek	July 9, 12, 16, 19	9 - 10:15a	4757
Pebble Creek	July 9, 12, 16, 19	10:45 - 12p	4758
Pebble Creek	July 23, 26, 30, Aug. 2	9 - 10:15a	4759
Pebble Creek	July 23, 26, 30, Aug. 2	10:45 - 12p	4760
Pebble Creek	August 6, 9, 13, 16	9 - 10:15a	4761

#### (Monday and Wednesday Evenings)

Location	Dates	Time	Code
Pebble Creek	June 17, 19, 24, 26	7:30 - 8:45p	4096
Pebble Creek	July 8, 10, 15, 17	6 - 7:15p	4097
Pebble Creek	July 22, 24, 29, 31	6 - 7:15p	4762
Pebble Creek	August 5, 7, 12, 14	6 - 7:15p	4763

#### (Monday Mornings)

Location	Dates	Time	Code
Pebble Creek	June, 3, 10, 17, 24	10:30 - 11:45a	4764
Pebble Creek	July 8, 15, 22, 29	10:30 - 11:45a	4765

#### (Wednesday Mornings) \*Girls only

Location	Dates	Time	Code
Pebble Creek	May 29, June 5, 12, 19	9 - 10:15a	4101
Pebble Creek	July 10, 17, 24, 31	9 - 10:15a	4100

### Blue Level

Blue Level prepares students with the skills and knowledge needed to tee it up on the golf course. Participants learn a pre-shot routine, new types of shots and additional golf rules while preparing for the golf course through simulations, visual aids and games.

#### Fees and Location

- Blue Level \$100/session, 8 hours of instruction
- By appointment/recommendation of White Level Instructors
- Riverwood Golf Course, 725 Riverwood Drive
- Scholarships are available for these sessions by request, contact Dan Waldoch at 222-6462.

## Karate

Age	Day	Time	Month	Code
12+	T & Th	6:30 - 8:30p	April	4427
12+	T & Th	6:30 - 8:30p	May	4428
12+	T & Th	6:30 - 8:30p	August	4724
12+	T & Th	6:30 - 8:30p	September	4725
12+	T & Th	6:30 - 8:30p	October	4727
12+	T & Th	6:30 - 8:30p	November	4729
12+	T & Th	6:30 - 8:30p	December	4734

### Dates, Fees and Location

- April 2 - May 30 and August 6 - December 19
- \$40/month or \$175/5 months
- World War Memorial Building, 215 North 6th Street

Online registration is not available for Karate.

### For more information

- Bill Froelich, 226-3415



## Safety Village

Safety Village is a preschool safety education program that teaches children home, car, pedestrian, bike, fire and other safety topics. Safety Village is a child-size town complete with buildings, sidewalks, signed intersections, streets and marked crosswalks. Classroom instruction and guest speakers teach and encourage safety lessons.

### Age and Location

- Children who are five or six years of age by June 1, 2013.
- Frances Leach High Prairie Arts & Science Complex, 1810 Schafer St.

Session	Dates	Time	Fee	Code
1	June 3 - 14	10a - 12 noon	\$50	3974
1	June 3 - 14	1p - 3 p	\$50	3975
2	June 17 - June 28	10a - 12 noon	\$50	3976
2	June 17 - June 28	1p - 3 p	\$50	3977
3	July 8 - 19	10a - 12 noon	\$50	3978
3	July 8 - 19	1p - 3 p	\$50	3979
4	July 22 - August 2	10a - 12 noon	\$50	3980
4	July 22 - August 2	1p - 3 p	\$50	3981

Please do not register children who have attended previously. Enrollment is limited to 40 per session and pre-registration is necessary. A confirmation will be sent to you.

### Table Teacher

If you are interested in being a Table Teacher you can fill out the Table Teacher application, available at the Bismarck Parks and Recreation District Office. Table Teachers must enjoy working with young children and singing. The table teacher assists children with activities throughout the day. They must be going into 7th grade or older. This is a volunteer position.

## Soccer

Bismarck Parks and Recreation District offers coed youth soccer programs. The program's objective is to teach students going into grades K-9 the fundamentals, skills, and sportsmanship of the game. Participants will learn through drills, scrimmages, and games. Participants must wear shin guards. Soccer cleats are optional - NO METAL CLEATS. Our emphasis is on equal play time, and most of all, FUN!

Parents, an information form will be available online at [www.bisparks.org](http://www.bisparks.org).

### Ages

- Boys and Girls, K - 9 (Grade entering in Fall 2013)

### Fees

- \$50/player - if received on or before May 24.
- \$60/player - if received May 25 or later.

### Locations

- Horizon Middle School, 500 Ash Coulee Drive - if you live north of Divide Avenue.
- Cottonwood Park, 2506 12th Street Southeast - if you live south of Divide Avenue.

Grade	Location	Dates	Day	Times	Code
K - 1	Cottonwood	June 3 - July 24	M & W	6:30 - 7:30p	3986
K - 1	Horizon	June 3 - July 24	M & W	6:30 - 7:30p	3990
2 - 3	Cottonwood	June 3 - July 24	M & W	6:30 - 7:30p	3983
2 - 3	Horizon	June 3 - July 24	M & W	6:30 - 7:30p	3987
4 - 6	Cottonwood	June 3 - July 24	M & W	7:45 - 8:45p	3984
4 - 6	Horizon	June 3 - July 24	M & W	7:45 - 8:45p	3988
7 - 9	Cottonwood	June 3 - July 24	M & W	7:45 - 8:45p	3985
7 - 9	Horizon	June 3 - July 24	M & W	7:45 - 8:45p	3989

## Swimming Lessons, Indoor

Listed ages are recommended for classes.

### Fee and Location

- \$45/Session
- BSC Aquatic & Wellness Center, 1601 Canary Avenue

### Parent and Child Class

(Maximum 10 students per class)

#### Ages 6 - 36 months:

American Red Cross Parent & Child Aquatics familiarizes young children (6 months to about 3 years) to water and prepares them to learn to swim in the following levels. It gives parents safety information and teaches techniques to help orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner.

### Preschool Aquatics Classes

(Maximum 5 students per class)

#### Ages 3 - 6, (Recommended Age 3 - 4) Level A:

Bubble will be used. Enter the pool independently using the ladder, steps or slide; travel at least 5 yards; submerge to mouth and blow bubbles for at least 3 seconds; then safely exit the water. While in shallow water glide on front at least 2 body lengths, roll to back, float for 3 seconds then recover to vertical position. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds then roll to front and continue swimming on front for 3 body lengths.

**Ages 3 - 6, (Recommended Age 4 - 5) Level B:**

Bubble may or may not be used. Step from side into chest deep water, move to a front float for 5 seconds, roll to back and float for 5 seconds then return to a vertical position. Move into a back float for 5 seconds, roll to front then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

**Ages 3-6, (Recommended Age 5 - 6) Level C:**

Bubble will not be used. Step from side into chest deep water, move into front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position. Move into a back float for 5 seconds, roll to front then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front and continue swimming for 5 body lengths.

**Learn to Swim Classes**

**(Maximum 6 students per class)**

**Ages 6+, Level 1:**

Enter independently using either ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position.

**Ages 6+, Level 2:**

Step from side into chest deep water, move into a front float for 5 seconds, roll to back float for 5 seconds then return to a vertical position. Move into a back float for 5 seconds, roll to front then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front and continue swimming.

**Ages 6+, Level 3:**

Jump into deep water from side, swim front crawl for 15 yards, maintain position by treading water or floating for 30 seconds and swim elementary backstroke for 15 yards.

**Ages 6+, Level 4:**

Perform a feet first entry into deep water, swim front crawl 25 yards, change direction and position as necessary and swim elementary backstroke 25 yards. Swim breaststroke 15 yards, change direction and swim back crawl 15 yards.

**Ages 6+, Level 5:**

Perform a shallow angle dive into deep water, swim front crawl 50 yards, change direction and swim elementary backstroke 50 yards. Swim breaststroke 25 yards change direction and swim back crawl 25 yards.

**Private Lessons**

Individuals who wish to have private lessons will be able to make arrangements with a certified Water Safety Instructor (WSI) and will consist of four one-on-one sessions of 30 minutes for \$65. Private lessons are dependent upon an available instructor. Arrangements can be made by calling 751-4266.

**\*Please register for only one session at a time.**

**Spring Registration Session 1:**

Opens online only on Monday, April 8 at 10a. Registration will open in the Park District Office and the BSC Aquatic & Wellness Center on Tuesday, April 9 at 7:30a.

**April 15 - May 15 (M & W)**

**April 16 - May 16 (T & Th)**

Time	Class	Day	Code
4 - 4:30p	.....Preschool Level A.....	M & W	4220
4 - 4:30p	.....Preschool Level C.....	M & W	4274
4 - 4:30p	.....Ages 6+ Level 1.....	M & W	4141
4 - 4:30p	.....Ages 6+ Level 1.....	T & Th	4142
4 - 4:30p	.....Ages 6+ Level 2.....	T & Th	4159
4 - 4:30p	.....Preschool Level B.....	T & Th	4249
4:35 - 5:05p	.....Preschool Level B.....	M & W	4250
4:35 - 5:05p	.....Preschool Level A.....	M & W	4221
4:35 - 5:05p	.....Ages 6+ Level 2.....	M & W	4160
4:35 - 5:05p	.....Preschool Level A.....	T & Th	4733
4:35 - 5:05p	.....Ages 6+ Level 2.....	T & Th	4711
4:35 - 5:05p	.....Ages 6+ Level 3.....	T & Th	4196
5:10 - 5:40p	.....Preschool Level C.....	M & W	4740
5:10 - 5:40p	.....Preschool Level B.....	M & W	4251
5:10 - 5:40p	.....Ages 6+ Level 3.....	M & W	4721
5:10 - 5:40p	.....Ages 6+ Level 1.....	T & Th	4143
5:10 - 5:40p	.....Preschool Level C.....	T & Th	4742
5:10 - 5:40p	.....Preschool Level B.....	T & Th	4735
5:45 - 6:15p	.....Parent and Child.....	M & W	4211
5:45 - 6:15p	.....Ages 6+ Level 1.....	M & W	4708
5:45 - 6:15p	.....Preschool Level C.....	M & W	4743
5:45 - 6:15p	.....Preschool Level A.....	T & Th	4223
5:45 - 6:15p	.....Preschool Level B.....	T & Th	4736
5:45 - 6:15p	.....Ages 6+ Level 2.....	T & Th	4161
6:20 - 6:50p	.....Ages 6+ Level 2.....	M & W	4162
6:20 - 6:50p	.....Preschool Level B.....	M & W	4737
6:20 - 6:50p	.....Ages 6+ Level 3.....	M & W	4722
6:20 - 6:50p	.....Parent and Child.....	T & Th	4744
6:20 - 6:50p	.....Preschool Level B.....	T & Th	4738
6:20 - 6:50p	.....Ages 6+ Level 3.....	T & Th	4719
6:55 - 7:20p	.....Ages 6+ Level 3.....	M & W	4723
6:55 - 7:20p	.....Preschool Level A.....	M & W	4222
6:55 - 7:20p	.....Preschool Level B.....	M & W	4739
6:55 - 7:20p	.....Ages 6+ Level 1.....	T & Th	4709
6:55 - 7:20p	.....Preschool Level C.....	T & Th	4741
6:55 - 7:20p	.....Ages 6+ Level 2.....	T & Th	4712
7:20 - 7:50p	.....Preschool Level C.....	M & W	4275
7:20 - 7:50p	.....Ages 6+ Level 2.....	M & W	4713
7:20 - 7:50p	.....Ages 6+ Level 3.....	T & Th	4720
7:20 - 8:05p	.....Ages 6+ Level 4/5.....	M & W	4731
7:20 - 8:05p	.....Ages 6+ Level 4/5.....	T & Th	4730
7:20 - 8:05p	.....Ages 6+ Level 4/5.....	T & Th	4728

**Summer Sessions schedules and codes listed on following page.**

## Swimming Lessons - Indoor cont'd

**\*Please register for only one session at a time.**

### Summer Registration Session 1:

Opens online only on Monday, June 10 at 10a. Registration will open in the Park District Office and the BSC Aquatic & Wellness Center on Tuesday, June 11 at 7:30a.

### Summer Registration Session 2:

Opens online only Monday, July 1 at 10a. Registration will open in the Park District Office and the BSC Aquatic & Wellness Center on Tuesday, July 2 at 7:30a.

### Summer Registration Session 3:

Opens online only Monday, July 22 at 10a. Registration will open in the Park District Office and the BSC Aquatic & Wellness Center on Tuesday, July 23 at 7:30a. \* No lessons Friday August 2, make-up day will be Monday, August 12.

	<b>Summer Session 1 June 17 - 28 • M-F</b>		<b>Summer Session 2 July 8 - 19 • M-F</b>		<b>Summer Session 3 July 29 - Aug. 12* • M-F</b>	
<b>Time</b>	<b>Class</b>	<b>Code</b>	<b>Class</b>	<b>Code</b>	<b>Class</b>	<b>Code</b>
9 - 9:30a	Preschool Level A .....	4239	Preschool Level A.....	4235	Preschool Level B.....	4257
	Preschool Level B .....	4263	Preschool Level C.....	4280	Preschool Level C .....	4766
	Ages 6+ Level 1 .....	4149	Ages 6+ Level 2 .....	4171	Ages 6+ Level 2.....	4166
9:35 - 10:05a	Preschool Level B .....	4264	Preschool Level B.....	4260	Preschool Level A .....	4229
	Ages 6+ Level 1 .....	4150	Ages 6+ Level 1 .....	4146	Ages 6+ Level 1.....	4144
	Ages 6+ Level 2 .....	4177	Ages 6+ Level 2 .....	4172	Ages 6+ Level 2.....	4167
10:10 - 10:40a	Preschool Level A .....	4236	Preschool Level A.....	4230	Preschool Level A .....	4225
	Preschool Level C .....	4281	Preschool Level B.....	4258	Preschool Level B.....	4252
	Preschool Level B .....	4261	Preschool Level C.....	4279	Preschool Level C .....	4276
10:45 - 11:15a	Parent and Child.....	4213	Preschool Level A.....	4231	Preschool Level A .....	4226
	Ages 6+ Level 2 .....	4173	Ages 6+ Level 2 .....	4168	Ages 6+ Level 2.....	4163
	Ages 6+ Level 3 .....	4194	Ages 6+ Level 3 .....	4190	Ages 6+ Level 3.....	4187
11:20 - 11:50a	Preschool Level C .....	4282	Preschool Level A.....	4232	Preschool Level B.....	4253
	Ages 6+ Level 2 .....	4174	Ages 6+ Level 3 .....	4191	Ages 6+ Level 3.....	4188
11:20a - 12:05p	Ages 6+ Level 4 & 5.....	4207	Ages 6+ Level 4 & 5.....	4205	Ages 6+ Level 4 & 5 .....	4203
5 - 5:45p	Ages 6+ Level 4 & 5.....	4208	Ages 6+ Level 4 & 5.....	4206	Ages 6+ Level 4 & 5 .....	4204
5:15 - 5:45p	Preschool Level A .....	4237	Preschool Level A.....	4233	Preschool Level A .....	4227
	Ages 6+ Level 3 .....	4195	Ages 6+ Level 3 .....	4192	Preschool Level B.....	4254
	Ages 6+ Level 2 .....	4175	Ages 6+ Level 2 .....	4169	Ages 6+ Level 2.....	4164
5:50 - 6:20p	Ages 6+ Level 1 .....	4147	Parent and Child .....	4212	Preschool Level B.....	4255
	Preschool Level A .....	4238	Preschool Level A.....	4234	Preschool Level A .....	4228
	Preschool Level B .....	4262	Ages 6+ Level 3 .....	4193	Ages 6+ Level 3.....	4189
6:25 - 6:55p	Ages 6+ Level 1 .....	4148	Ages 6+ Level 2 .....	4170	Ages 6+ Level 2.....	4165
	Ages 6+ Level 2 .....	4176	Ages 6+ Level 1 .....	4145	Preschool Level C .....	4277
	Preschool Level C .....	4283	Preschool Level B.....	4259	Preschool Level B.....	4256



## Now Hiring

### Accepting applications for LIFEGUARDS & SWIMMING INSTRUCTORS

Early morning and late evening shifts available.  
We offer flexible work schedules and training.

Apply online at [www.bisparks.org](http://www.bisparks.org) or stop by our office at 400 East Front Ave. For more information, contact Jahna Gardiner at 751-4266.

## Swimming Lessons, Outdoor

Lessons will be offered at:

Wachter Aquatic Complex, 205 Reno Ave  
 Elks Aquatic Center, 321 W. Broadway Ave  
 Hillside Pool, East Boulevard Ave and North 19th St.

- Participants must be at least 3 years old.
- Lessons will be 30 minutes each, from 9:30 - 11:30a
- There will be three, 2-week lesson sessions.

### Fee

- \$30/session. No refunds. If inclement weather exists, instructors will hold classes in the facility.

### Registration

Registration will be held at the pools a week prior to lessons beginning. Please call each pool for more detailed information. No online registration is available. Please register at the pool you wish to take lessons at.

Session	Dates
Session 1	June 17 - 28
Session 2	July 8-19
Session 3	July 29 - August 9

For more information on outdoor pools, see page 29.

## Tennis

Register for all tennis programs online at [www.bisparks.org](http://www.bisparks.org), the Park District office or at Capital Racquet & Fitness Center, 3200 North 10th Street. All tennis equipment is provided; however, children may bring their own racquet. Court shoes must be worn in order to participate. Students are encouraged to bring sunscreen, water and a positive attitude to the courts!

**Session 1: June 3 - 27**  
**Session 2: July 8 - August 1**

### Registration

- Registration ends two days before classes start. If minimum enrollment is met registrations will be taken after the deadline if there is room in the class. Registrations after the deadline will be taken in person only.
- If classes reach capacity, more class times may be added and will be available for registration online. Those who are on waiting lists will have first priority in added classes.
- Instructor reserves the right to combine or cancel classes due to low enrollment.
- If classes are cancelled, participants will be informed prior to the first day of class and refunds will be issued.
- All classes have a minimum of 5 participants.



## Tiny Tots

### Ages, Fee and location

- Ages 3 - 4
- \$25/child per session – includes 8 - 40-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue
- Maximum enrollment per class: 8

### Session 1 - June 3 - 27

Times	M & W Code	T & Th Code
9 - 9:40a	4058	4061
10 - 10:40a	4056	4059
11 - 11:40a	4057	4060

### Session 2 - July 8 - August 1

Times	M & W Code	T & Th Code
9 - 9:40a	4064	4067
10 - 10:40a	4062	4065
11 - 11:40a	4063	4066

## Netters

### Ages, Fee and location

- Ages 5 - 6 or instructor permission
- \$35/child per session – includes 8 - 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue
- Maximum enrollment per class: 10

### Session 1 - June 3 - 27

Times	M & W Code	T & Th Code
9 - 9:55a	4043	4046
10 - 10:55a	4041	4044
11 - 11:55a	4042	4045

### Session 2 - July 8 - August 1

Times	M & W Code	T & Th Code
9 - 9:55a	4049	4052
10 - 10:55a	4047	4050
11 - 11:55a	4048	4051

**8 & Under Tennis**

**Ages, Fee and location**

- Ages 7 - 8
- \$35/child per session – includes 8 - 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue (morning classes)
- Capital Racquet & Fitness Center, 3200 North 10th Street (evening classes)
- Maximum enrollment per class: 12 (morning), 6 (evening)

**Session 1 - June 3 - 27**

Times	M & W Code	T & Th Code
9 - 9:55a	4027	4030
10 - 10:55a	4024	4028
11 - 11:55a	4025	4029
6 - 6:55p	4026	4697

**Session 2 - July 8 - August 1**

Times	M & W Code	T & Th Code
9 - 9:55a	4034	4698
10 - 10:55a	4031	4035
11 - 11:55a	4032	4036
6 - 6:55p	4033	4037

**10 & Under Tennis**

**Ages, Fee and location**

- Ages 9 - 10
- \$35/child per session – includes 8 - 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue (morning classes)
- Capital Racquet & Fitness Center, 3200 North 10th Street (evening classes)
- Maximum enrollment per class: 12 (morning), 6 (evening)

**Session 1 - June 3 - 27**

Times	M & W Code	T & Th Code
9 - 9:55a	3999	4002
10 - 10:55a	3996	4000
11 - 11:55a	3997	4001
6 - 6:55p	3998	4699

**Session 2 - July 8 - August 1**

Times	M & W Code	T & Th Code
9 - 9:55a	4006	4009
10 - 10:55a	4003	4007
11 - 11:55a	4004	4008
6 - 6:55p	4005	4700

**Summer Tennis Tournaments and Capital Racquet & Fitness Center Special Events**

- 10 & Under Tennis Tournament • April 13
- West Region Girls Tennis Tournament • May 16 - 18
- Jackie Dockter Memorial Tournament (BMTA) • June 6 - 9
- Bismarck Open Juniors and Adults (BMTA) • August 2 - 4
- BMTA World Team Tennis (Adults) • September 21

**12 & Under Tennis**

**Ages, Fee and location**

- Ages 11 - 12
- \$40/child per session – includes 8 - 1-hour classes
- Tennis Bag included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue
- Capital Racquet & Fitness Center (evening classes)
- Maximum enrollment per class: 8

**Session 1 - June 3 - 27**

Times	M & W Code	T & Th Code
1 - 2p	4013	4015
5 - 6p	4014	4016

**Session 2 - July 8 - August 1**

Times	M & W Code	T & Th Code
1 - 2p	4017	4019
5 - 6p	4018	4020

**Aces**

**Ages, Fee and location**

- Child in Middle School
- \$40/child per session – includes 8 - 1-hour classes
- Tennis Bag included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue
- Capital Racquet & Fitness Center (evening classes)
- Maximum enrollment per class: 8

**Session 1 - June 3 - 27**

Times	M & W Code	T & Th Code
1 - 2p	4296	4298
5 - 6p	4297	4299

**Session 2 - July 8 - August 1**

Times	M & W Code	T & Th Code
1 - 2p	4300	4302
5 - 6p	4301	4303

**High School & High Performance**

**Ages, Fee and location**

- Varsity and Junior Varsity High School Players
- \$40/child per session – includes 8 - 1-hour classes
- Tennis Bag included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue
- Capital Racquet & Fitness Center (evening classes)
- Maximum enrollment per class: 8

**Session 1 - June 3 - 27**

Times	M & W Code	T & Th Code
2 - 3p	4307	4309
4 - 5p	4308	4310

**Session 2 - July 8 - August 1**

Times	M & W Code	T & Th Code
2 - 3p	4311	4313
4 - 5p	4312	4314



## USTA Tennis Play Days

If you love playing tennis, kids will love it even more playing organized matches in a competitive, fun atmosphere. Match play and Rallyball will be introduced to kids on Friday Play days.

### Fee and location

- \$20/child per session – includes 4 times
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue

### Session 1 - June 3 - 28

Date	Times	Age	Code
Friday	9 - 10:30a	10 & under	4318
Friday	10:30 - 12p	12 & under	4319

### Session 2 - July 8 - August 2

Date	Times	Age	Code
Friday	9 - 10:30a	10 & under	4320
Friday	10:30 - 12p	12 & under	4321

## Hit & Get Fit Tennis Camp

Want even more tennis this summer? Come experience the exciting atmosphere of a tennis day camp! This is a great way to meet and compete with other players at the same age and ability level. Conducted by a USPTA Certified Professional, your morning will be filled with stroke production, footwork drills, singles and doubles strategy and match toughness. This is a fun and intense camp designed for players wanting to get to the next level.

### Fees and Location

- \$98/child – 4 day camp
- All Players will receive a camp gift
- Capital Racquet & Fitness Center, 3200 North 10th Street

Age	Dates	Days	Time	Code
8 & under	Aug. 5 - 8	M - Th	10a - 3p	4702
10 & under	Aug. 12 - 15	M - Th	10a - 3p	4703
12 & under	Aug. 12 - 15	M - Th	10a - 3p	4704

## 10 & Under Tennis Tournament

A new youth tournament that utilizes modified court sizes and equipment so kids 10 & under have more success on the court! Please visit [10andundertennis.com](http://10andundertennis.com) for more information on this new format for kids.

### Date and Location

- Saturday, April 13
- Capital Racquet & Fitness Center, 3200 North 10th Street.

### Fees and Information

- \$20 registration fee - one event or both
- Beginner & Intermediate players
- Tournament T-shirt and Lunch included
- 2 match minimum
- Racquets provided
- Register online at [tennislink.usta.com](http://tennislink.usta.com)

### Age

- 8 & under - singles
- 8 & under - doubles
- 10 & under - singles
- 10 & under - doubles

## Tennis in the Parks Week - July 22 - 28

Join us and celebrate tennis in the parks during the week of July 22-28! Special surprises at all BPRD outdoor tennis facilities all week long!! Tennis in the Parks week is in conjunction with Bismarck Parks and Recreation's July Celebration. Sponsored by Capital Racquet & Fitness Center. Check [bisparks.org](http://bisparks.org) for more information in June.

### Free Tennis Lessons, Wednesday, July 24, 5 - 6p

FREE tennis lessons for all ages will be held Wednesday, July 24 from 5-6p at Sertoma Park Tennis Complex - Located at Riverside Park Road & West Arbor Avenue

We will showcase 10&under tennis for kids and Cardio Tennis for adults. The first 25 kids will receive a free tennis bag! Pre-register for Wednesday, July 24 at [bisparks.org](http://bisparks.org) to be entered into our grand prize drawing for a Capital Racquet & Fitness Center gift certificate. Check [bisparks.org](http://bisparks.org) for more information in June.

- FREE Registration Code: 4705

## USTA Tennis Block Party Saturday, May 4, 1 - 3p

FREE EVENT! Ninety minutes of skill games in a carnival atmosphere for all ages and abilities. For anyone interested in learning more about tennis, don't miss this! There will be lots of prizes to win, carnival games, food and music. Racquets will be provided for those who do not have one. For more information call Capital Racquet & Fitness Center (CRFC) at 221-6855 or visit [bisparks.org](http://bisparks.org). This event is sponsored by CRFC and the Bismarck Mandan Tennis Association.

- Located at Capital Racquet & Fitness Center, 3200 North 10th Street
- No pre-registration needed, however pre-register at [bisparks.org](http://bisparks.org) to be entered into our grand prize drawing at the event. Must be present to win.
- FREE Registration Code: 4706

## Outdoor Court Reservation

Sertoma, Tom O' Leary, North Central and Lions Park tennis courts are reserved for high school teams, programs and special events April - October. To reserve court time for practices or events please contact Katrina Hanenberg at 701-221-6855 or [khanenberg@bisparks.org](mailto:khanenberg@bisparks.org). At this time, only groups may reserve tennis courts. No individual reservations please. A schedule of availability will be located at [bisparks.org](http://bisparks.org) for those who are interested in open public outdoor court time.

## Track Meets

The Elementary Track Meets are sponsored by the Bismarck Public Schools and the Bismarck Parks and Recreation District. There is no fee to participate in the Elementary Track Meets.

- Located at the Bismarck Community Bowl, 1701 Canary Avenue.
- Registration will take place through the Bismarck Public and Private Schools physical education classes.
- No pre - registration necessary.

Grade	Date	Time
6th Grade	Wednesday, May 15	9:15a - 3:15p
5th Grade	Thursday, May 16	9:15a - 3:15p

## Hershey's National Track & Field Program

The first and second place winners in the District will advance to the State Hershey's Meet. No special equipment is utilized in the program.

PARTICIPANTS ARE NOT ALLOWED TO WEAR TRACK SHOES!  
Registration forms may be picked up at the Mandan Parks and Recreation Office.

- This program is open to any ND resident boy or girl, between the ages 9 - 14.  
9-10 years old - born 2003 and 2004  
11-12 years old - born 2001 and 2002  
13-14 years old - born 1999 and 2000

### Local Meet

- Wednesday, May 29, 5:30p
- Faris Field, 8th Ave SW, Mandan

### State Meet

- Saturday, June 15
- Rugby, ND

### For More Information

- Local Meet, Mandan Parks and Recreation, 667-3260
- State Meet, Terry Wallace, 662-8243



## Volleyball

### Boys & Girls

Grade*	Date	Day	Time	Code
Girls Grades 5 - 6	June 4 - July 25	T & Th	8:30 - 9:45a	4072
Boys Grades 5 - 6	June 4 - July 25	T & Th	8:30 - 9:45a	4070
Girls Grades 7 - 8	June 4 - July 25	T & Th	10 - 11:30a	4073
Boys Grades 7 - 8	June 4 - July 25	T & Th	10 - 11:30a	4071

\* In the Fall of 2013. Teams may be coed.

### Fee and Location

- World War Memorial Building, 215 North 6th Street and Sertoma Sand Volleyball Courts, Riverside Park Road and West Arbor Ave.
- First week will be at the World War Memorial Building. Schedule to follow.
- \$55/player - if received on or before Thursday, May 9.
- \$65/player - if received Friday, May 10 or later.

## Coed Sand for High School

### Age and Fee

- Between 13 and 19.
- \$30/player (minimum of 8 players/team)

### Dates and Times

- June 3 - August (8 - week session)
- Monday or Tuesday Evenings (choose one)
- 6, 6:45, or 7:15p Alternate each week

### Registration

- Deadline: Wednesday, May 22
- Must register as a team
- Register at Park District office, 400 East Front Avenue



## Adaptive Recreation

### Meet it or Beat It Bowling

This bowling program is offered to individuals of all ages and abilities. This short program is designed for the individual bowler to meet or beat his/her previous week's scores. Emphasis is on participation.

Dates	Days	Times	Fee
June 3 - July 29	M	4 - 6p	\$2.50/game*

- Located at Midway Lanes, 3327 Memorial Highway, Mandan
- No registration is necessary.
- \* Price includes shoe rental. No registration is necessary.

## Archery, Indoor

Archery lessons are available for youth and adults. Please see page 4 for more information on archery.

## Fencing

Session 2 includes both an introduction and more advanced training. Continuing fencing offers advanced instruction for those who have completed beginning fencing or have equivalent fencing experience.

Age	Dates	Days	Fee	Codes
12+	Session 2, April 29 - July 1	M & F	\$70	4423
12+	Continuing Fencing, Feb. 18 - July 1	M & F	\$135	4421

### Time and location

- 6:30 - 8:30p (Mondays) and 5 - 7p (Fridays)
- World War Memorial Building, 215 North 6th Street

### Equipment Required

- Fencing Glove

### For more information

- John Garness at 391-2081

## Karate

Age	Day	Time	Month	Code
12+	T & Th	6:30 - 8:30p	April	4427
12+	T & Th	6:30 - 8:30p	May	4428
12+	T & Th	6:30 - 8:30p	August	4724
12+	T & Th	6:30 - 8:30p	September	4725
12+	T & Th	6:30 - 8:30p	October	4727
12+	T & Th	6:30 - 8:30p	November	4729
12+	T & Th	6:30 - 8:30p	December	4734

### Dates, Fees and Location

- April 2 - May 30 and August 6 - December 19
- \$40/month or \$175/Five months
- World War Memorial Building, 215 North 6th Street

### For more information

- Bill Froelich, 226-3415

Online registration is not available for Karate.

## Softball

### Coed Summer Softball

Information will be available online at [www.bisparks.org](http://www.bisparks.org) and upon request. Rosters and fees are due by May 17.

Dates	Days	Time	Location
June - July	Sun	6:30p	Cottonwood, 2506 12th St. SE

### Fees if paid by May 17

- \$140 sponsor fee (incl. state sanction fee and beverage permit)
- \$25/player (minimum of 13 players)

### Fees received May 18 or later

- \$150 sponsor fee (incl. state sanction fee and beverage permit)
- \$30/player (minimum of 13 players)

### Coed Fall Softball

The Bismarck Parks and Recreation District will offer fall leagues for adult men, women and coed. Rosters and fees are due by August 23.

- This is a wooden bat only league! Bats will be provided by Bismarck Parks and Recreation District.
- Umpires will be provided whenever possible.
- League information will be available at [www.bisparks.org](http://www.bisparks.org) or call 222-6455

Date	Day	Time
September 4 - October 9	M or W	6:30p Early Games
September 4 - October 9	M or W	8:45p Late Games

### Fees if paid by August 23

- \$135 sponsor fee (Includes state sanction fee and beverage permit)
- \$25/player (minimum of 13 players)

### Fees received August 24 or later

- \$145 sponsor fee (Includes state sanction fee and beverage permit)
- \$30/player (minimum of 13 players)

### League Tournament

- Sunday, September 22

### Rainout/Inclement Weather Policy

Decisions will be made by 5p. All games will be at the discretion of the umpire should conditions be questionable at game time. Please call the Info Line (222-6479), listen to the radio at approximately 5p or visit [www.bisparks.org](http://www.bisparks.org) for cancellation information.

### Weekend Diamond Reservations

All Bismarck Parks and Recreation District softball and baseball diamonds are available for practice on weekends on a reservation basis. To reserve a diamond call 222-6455 for field assignment and reservation slip. All softball association teams will be assigned practice times prior to the start of the season, beginning in April. Once the season begins, teams must call the Bismarck Parks and Recreation District Office to reserve a diamond. Call Friday for weekend reservations. Time limit is one hour.

## Swimming Lessons, Indoor Private Lessons

Individuals who wish to have private lessons will be able to make arrangements with a certified Water Safety Instructor (WSI) and will consist of four one-on-one sessions of 30 minutes for \$65. Private lessons are dependent upon an available instructor. Arrangements can be made by calling 751-4266.

### WSI (Water Safety Instructor Class)

This course will certify participants to teach swimming lessons. Pre-requisites: 16 years old. Students will be required to pass a swimming skills test on the first day of class.

#### Fees, Registration and Dates

- Cost is \$200. Register at BSC Aquatic & Wellness Center by May 29.
- June 3 - 7 from 8:30a to 11:30a each day

### Lifeguarding Class

Classes include American Red Cross CPR for the Professional Rescuer, First Aid and Lifeguarding. Candidates must be at least 15 years on or before the scheduled session. Males must wear boxer style swimming suit and females must wear a one piece swimming suit.

#### Pre-Requisites, Fees and Registration

- 300 yard swim using front crawl and breast-stroke. (not timed)
- Swim 20 yards, surface dive and retrieve an object from the deep end. (timed).
- Tread water for 2 minutes without using arms.
- Must be completed prior to the first day.
- Call BSC Aquatic & Wellness Center at 751-4266 to schedule a swim test.
- Cost is \$250. Register at BSC Aquatic & Wellness Center by May 22.

#### Dates

- Monday, May 27: 5 - 9p, Tuesday, May 28: 9a - 5p
- Wednesday, May 29: 1 - 5p, Thursday, May 30: 9a - 7p

ALL CLASS TIMES ARE MANDATORY. Breaks will be included



## Tennis Beginner Tennis Clinic

Five reasons to learn the game of tennis:

- 1) Tennis is a lifetime sport.
- 2) It's great exercise.
- 3) It's a stress reducer.
- 4) It's a sport that can be shared with your children.
- 5) It's fun!!
  - Six weeks of lessons at Capital Racquet & Fitness Center (CRFC).
  - Minimum of 5 participants needed.

#### Fees

- CRFC Member - \$28; Non CRFC Member - \$36

Dates	Day	Time	Code
June 3 - 27	Th	7 - 8p	4290
July 8 - Aug. 1	Th	7 - 8p	4292

### Advanced Beginner/Intermediate Tennis Clinic

For those players who are ready for more advanced instruction or have moved past the beginner level clinic.

- Six weeks of lessons at Capital Racquet & Fitness Center (CRFC).
- Minimum of 5 participants needed.

#### Fees

- CRFC Member - \$28; Non CRFC Member - \$36

Dates	Day	Time	Code
June 3 - 27	T	7 - 8p	4289
July 8 - Aug. 1	T	7 - 8p	4291

### BMTA Adult Leagues

Whether you are a beginning player or an advanced player, the Bismarck/Mandan Tennis Association (BMTA) has a league for you! The leagues are a team tennis format. Look for social opportunities throughout the summer for BMTA members. Registration forms available at Capital Racquet & Fitness Center or [www.bmta.usta.com](http://www.bmta.usta.com).

#### Dates and Fees

- June 3 - August 16
- BMTA Membership - \$20; First League Registration - \$20; Each additional League - \$10; Sub List Only - \$10

#### Level

Advanced 4.0 & Up  
 Intermediate 3.0 - 4.0  
 Intermediate Doubles 3.0 - 4.0  
 Advanced Doubles 4.0 & up  
 Beginner Doubles up to 3.0  
 Advanced Beginner up to 3.0  
 Progressive Doubles 3.0  
 Progressive Doubles 3.0 - 4.0

#### Day

Monday pm  
 Tuesday pm  
 Wednesday pm  
 Wednesday pm  
 Wednesday pm  
 Thursday pm  
 Tuesday pm  
 Thursday pm

### Summer Tennis Tournaments and Capital Racquet & Fitness Center Special Events

- 10 & Under Tennis Tournament • April 13
- West Region Girls Tennis Tournament • May 16 - 18
- Jackie Dockter Memorial Tournament (BMTA) • June 6 - 9
- Bismarck Open Juniors and Adults (BMTA) • August 2 - 4
- BMTA World Team Tennis (Adults) • September 21

## USTA Adult League Tennis

Competitive team match play for men and women 19 years of age or older. Players compete in various leagues based on the National Tennis Rating Program so participants are competing against players of equal skills and ability. Teams have the opportunity to move on to Regionals and Nationals if they win their local league. New players should talk with Shannon Larson at Capital Racquet for rating help or if interested in forming a team this summer.

### Dates and Location

- April – August (teams and captains set match dates and schedule)
- 5 - 8 matches depending on the number of teams per league
- Located at Capital Racquet & Fitness Center or outdoor tennis complexes

### Fees

- \$18 USTA League Fee (USTA Membership fee required)
- Indoor Court Fees (depending on match location)

### Registration

- Call Shannon Larson (Bismarck-Mandan USTA Adult League Coordinator) at 221-6855 for more information.

## Tennis in the Parks Week - July 22 - 28

Join us and celebrate tennis in the parks during the week of July 22-28! Special surprises at all BPRD outdoor tennis facilities all week long!! Tennis in the Parks week is in conjunction with Bismarck Parks and Recreation's July Celebration. Sponsored by Capital Racquet & Fitness Center. Check [bisparks.org](http://bisparks.org) for more information in June.

### Free Tennis Lessons, Wednesday, July 24, 5 - 6p

FREE tennis lessons for all ages will be held Wednesday, July 24 from 5-6p at Sertoma Park Tennis Complex - Located at Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue

We will showcase 10&under tennis for kids and Cardio Tennis for adults. The first 25 kids will receive a free tennis bag! Pre-register for Wednesday, July 24 at [bisparks.org](http://bisparks.org) to be entered into our grand prize drawing for a Capital Racquet & Fitness Center gift certificate. Check [bisparks.org](http://bisparks.org) for more information in June.

- FREE Registration Code: 4705

## USTA Tennis Block Party Saturday, May 4, 1 - 3p

FREE EVENT! Ninety minutes of skill games in a carnival atmosphere for all ages and abilities. For anyone interested in learning more about tennis, don't miss this! There will be lots of prizes to win, carnival games, food and music. Racquets will be provided for those who do not have one. For more information call Capital Racquet & Fitness Center (CRFC) @ 221-6855 or visit [bisparks.org](http://bisparks.org). This event is sponsored by CRFC and the Bismarck Mandan Tennis Association.

- Located at Capital Racquet & Fitness Center
- No pre-registration needed, however pre-register at [bisparks.org](http://bisparks.org) to be entered into our grand prize drawing at the event. Must be present to win.
- FREE Registration Code: 4706

## Outdoor Court Reservation

Sertoma, Tom O' Leary, North Central and Lions Park tennis courts are reserved for high school teams, programs and special events April – October. To reserve court time for practices or events please contact Katrina Hanenberg at 701-221-6855 or [khanenberg@bisparks.org](mailto:khanenberg@bisparks.org). At this time, only groups may reserve tennis courts. No individual reservations please. A schedule of availability will be located at [bisparks.org](http://bisparks.org) for those who are interested in open public outdoor court time.

REGISTER FOR PROGRAMS AT [WWW.BISPARKS.ORG](http://WWW.BISPARKS.ORG)

## Volleyball Adult Sand Leagues

### Registration

- April 17 and 18, 7:30 - 5p
  - Bismarck Parks and Recreation District
- TEAMS ACCEPTED ON A FIRST-COME FIRST-SERVE BASIS

### Dates and Location

- May 19 - August (10 week season)
- Local Sand Volleyball Courts

### 6 Person - Recreation & Competitive

League	Day
Coed	Sun, T, & Th
Women's	M & W

### 4 Person - Competitive

League	Day
Coed	T
Men's	W
Women's	W

### Fees

- \$85/Sponsor Fee
- All teams will receive a team beverage permit with their schedule
- \$30/player - if received on or before Thursday, April 18.
- All rostered players must pay a fee.
- Late fees may apply if payment is received April 22 or later.
  - 4 - person leagues must pay for 5 players
  - 6 - person leagues must pay for 7 players

### Roster Deadline

The deadline is April 18. Roster forms are available at the Bismarck Parks and Recreation District Office and must be returned by April 18 with the proper fees. All teams must have seven players per roster, except Men's, Women's, and Coed 4-Person leagues, which must have five players.

## Adult Fall & Winter Leagues

We offer two separate volleyball seasons. Fall season sign-up will be in August. Winter season sign-up will be in December. Space is limited! Teams accepted on a first-come, first-served basis.

### Registration

- August 14 and 15 7:30 - 5p
- Bismarck Parks and Recreation District

### Dates

- Two 11-week seasons
- Fall: September 9 - November 28
- Winter: January 7 - March 21

### Days

- Monday: Women C,D,E,F
- Tuesday: Coed A - F
- Wednesday: Women A - F, Men C - D
- Thursday: Men A - C, Coed D - F
- Makeup matches will be held on Sundays

### Fees

- More information available in the Fall Activity Schedule.

# BSC AQUATIC & WELLNESS CENTER

1601 Canary Avenue, Bismarck, ND 58503 • 701-751-4266

The BSC Aquatic & Wellness Center, located on the Bismarck State College Campus, has a 50-meter competition pool, diving, recreation and lap pools, and the Tesoro wellness center that includes strength equipment and cardiovascular equipment with personal viewing screens. The facility also has Turtle Beach playground, a group fitness/dance studio and meeting rooms.



### Hours - September 10 - May 24

- Monday - Thursday: 5:30a - 10p
- Friday: 5:30a - 8p • Saturday: 7a - 7p • Sunday: Noon - 7p

### Hours - May 25 - September 9

- Monday - Thursday: 5:30a - 8p
- Friday: 5:30a - 7p • Saturday: 7a - 2p • Sunday: CLOSED

### Pool Hours

- Swimming pools will close 30 min. before the rest of the facility.
- For a complete pool schedule and rules, visit [www.bisparks.org](http://www.bisparks.org)

### Fitness Classes held at BSC Aquatic & Wellness Center

For class description, refer to page 22

- Butts & Guts
- Cardio/Muscle Mix
- Cardio Kickboxing
- Cycling
- Deep Water Aerobics
- Les Mills BODYATTACK®
- Pilates
- Six Pack Abs
- Water Works
- Zumba®
- Personal Training, refer to page 23

### Fees

- For complete membership fees, refer to page 21
- Locker Rental (6 mo.) - \$50; (1 year) - \$75
- Rental of Room 1 or 2 - \$30/Hr.
- Please call for daily or extended use rental fees.

### Birthday Parties

The BSC Aquatic & Wellness Center offers birthday parties in the Puklich Chevrolet community rooms. Party groups get 10 passes to the pool or the indoor playground, 2-hours of community room use and a t - shirt for the birthday child. For more information, call the Aquatic Center or visit [www.bisparks.org](http://www.bisparks.org).

### Fees

- Pool Party without Wibits (Mid-May - September) - \$65
- Pool Party with Wibits (September - Mid-May) - \$90
- Playground Party - \$50

### Turtle Beach Indoor Playground

Come and play! Turtle Beach, the indoor playground at the BSC Aquatic & Wellness Center, features many climbable animals that little ones will love. Turtle Beach is fully accessible with a poured rubber surfacing and is geared for children ages seven and under. Fee is \$1 per child. Members use the playground for free.

The Capital Racquet & Fitness Center, located in north Bismarck, has racquetball courts, Sauna/Jacuzzi, cardio equipment, indoor tennis courts, indoor track (Indoor 1/9 mile), wallyball courts, fitness center, and a weight room. The facility also offers group fitness classes and child care.

# CAPITAL RACQUET & FITNESS CENTER

3200 North 10th Street, Bismarck, ND 58503  
701-221-6855 or 701-221-6856

### Hours - September 3 - May 25

- Monday - Thursday: 5:30a - 10p
- Friday: 5:30a - 9p • Saturday: 7a - 7p • Sunday: 10a - 7p

### Hours - May 26 - September 2

- Monday - Thursday: 5:30a - 9p
- Friday: 5:30a - 8p • Saturday: 7a - 2p • Sunday: CLOSED

### Fitness Classes held at Capital Racquet & Fitness Center

For class description, refer to page 22

- Cardio Tennis
- Cycling
- Kettlebells
- Les Mills BODYPUMP®
- Pilates
- Six Pack Abs
- Trim - N - Tone
- Yoga/Stretch
- Zumba®
- Personal Training, refer to page 23

### Fees

- For complete membership fees, refer to page 21
- Locker Rental (6 mo.) - \$25
- Locker Rental (1 year) - \$35
- Please call for daily or extended use rental fees.

### Kid Zone - Child Care

Kid zone is our childcare area designed for hours of fun. Includes a ball pit, bounce house, art and movie area and lots of other toys. Kids keep busy while you workout! This area is open and staffed by a Capital Racquet & Fitness Center employee at the following times:

- Mondays - Thursdays: 4 - 8 p
- Kid zone will be closed May 1 - September 15
- \$10/month for members - unlimited hours per child  
See [bisparks.org](http://bisparks.org) for Kid Zone policies

### Pro Shop at Capital Racquet & Fitness Center

Our pro shop in the main lobby carries healthy snacks along with a variety of tennis and racquetball merchandise. We also have a full line of Prince tennis racquets available for purchase or demo through Sandy's Slammin' Racquets.

Racquet stringing is available by certified racquet stringers. Come check out our affordable prices!

## Dual Membership

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

### The silver membership includes use of:

**BSC AWC** 50-meter competition pool, diving, recreation and lap pools, a wellness center that includes strength equipment and cardiovascular equipment, Turtle Beach indoor playground, and pool/group fitness classes.

**CRFC:** racquetball, wallyball court time and leagues, indoor track (Indoor 1/9 mile), cardio equipment, fitness center, weight room, group fitness classes, sauna/jacuzzi and reduced rates on tennis leagues, lessons and court time.

Silver Membership	Monthly Fee (w/6-month membership)	Monthly Fee (w/12-month membership)	Daily Fee for Non-Members
12 & Under	\$19/month	\$15/month	\$4.25
Student (13 - 18 or College ID)	\$38/month	\$30/month	\$5.25
Adult (19 - 64)	\$50/month	\$40/month	\$6.50
Household*	\$75/month	\$60/month	\$25 max.
Senior (65+)	\$38/month	\$30/month	\$5.25
Senior Household (2 adults, 65+)	\$56/month	\$45/month	-
Daily Admission Coupon Book (12 passes)	-	-	\$65

Get money back on your membership each month with a qualifying **health reimbursement program!** Visit [www.bisparks.org](http://www.bisparks.org) for details.

\* A Household is up to two adults and their dependant children high school age and under including any children under their care.

NOTE: Prices are subject to change. Taxes will be added at the time of purchase.

### Tennis Membership Package Option (Gold Membership)

Capital Racquet & Fitness Center also has an option where individuals and families may purchase a gold membership in which they receive all of the amenities a basic membership (described above) and some extra perks described below.

#### A 6-month Gold Membership includes the basic membership features PLUS:

- Two hours of tennis per day; reservations up to seven days in advance

#### A 12-month Gold Membership includes the basic membership features PLUS:

- Two hours of tennis per day; reservations up to seven days in advance
- 1 FREE tennis league, per person, per session
- 50% discount on member rate for additional tennis leagues in each session.
- Early tennis league sign-up

Monthly Fee	6-month	12-month
12 & Under	\$59	\$55
Student (13 - 18 or College ID)	\$78	\$65
Adult (19 - 64)	\$100	\$83.75
Household*	\$150	\$125.63
Senior (65+)	\$88	\$73.75
Senior Household (2 adults, 65+)	\$131	\$110.63
Tennis Coupon Book (12 - 1.5 hour passes)	\$50	\$96
Summer Tennis Coupon Book (Valid June 1 - August 31 only)	\$25	\$48

\* A Household is up to two adults and their dependant children high school age and under including any children under their care.

Visit [www.bisparks.org](http://www.bisparks.org) for individual tennis rates.

## MEMBERSHIP SPECIALS!

### Summer Student - \$60\*

Back home from college and want to stay in shape - without having to sign up for a lengthy membership? Then take advantage of this **Summer Student Membership valid May 13 - August 31.** Silver membership valid at both Capital Racquet & Fitness Center and BSC Aquatic & Wellness Center.

\* Taxes will be added at the time of purchase.

## TENNIS COURT TIME SPECIALS!

### 50% Off Individual Tennis Rates

In June, July and August!  
(excludes lessons and programs)

### Private Tennis Lessons

The following lessons are available throughout the week. Call Shannon at 221-6855 to set up lessons with one of our certified tennis instructors. See pages 19 for more tennis programming.

Lesson	Members	Non-Members
Private	\$37/hr.	\$42/hr.
Semi - private	\$19/hr.	\$21/hr.
Group of 3	\$13/hr.	\$15/hr.
Group of 4	\$10/hr.	\$12/hr.
Group of 5	\$8/hr.	\$10/hr.
Hitting Lesson	\$28/hr.	\$33/hr.

### Court Reservation Policy

Silver members and non-members can reserve a tennis court two days in advance (one court/person). Gold members can reserve tennis courts seven days in advance (one court/person). All members may reserve racquetball courts seven days in advance.

## Group Fitness Classes

Visit [www.bisparks.org](http://www.bisparks.org) for schedule and location information.

### Classes held at BSC Aquatic & Wellness Center:

- Butts & Guts
- Cardio/Muscle Mix
- Cardio Kickboxing
- Cycling
- Deep Water Aerobics
- Les Mills BODYATTACK®
- Pilates
- Six Pack Abs
- Water Works
- Zumba®

### Classes held at Capital Racquet & Fitness Center:

- Cardio Tennis
- Cycling
- Kettlebells
- Les Mills BODYPUMP®
- Pilates
- Six Pack Abs
- Trim - N - Tone
- Yoga/Stretch
- Zumba®

### Butts & Guts - 45 MINUTES

This class will focus on those hard to reach areas that we'd all like to improve. Exercises target and tone your entire core and lower body.

### Cardio Kickboxing - 45 MINUTES

A fast-paced cardiovascular workout incorporating a broad range of punches, kicks, dance, and athletic drills. Burn calories, relieve stress, and have fun!

### Cardio/Muscle Mix - 30 MINUTES

Challenge yourself with total body strength exercises and short cardio segments.

### Cardio Tennis - 45 MINUTES

Cardio Tennis is a fun group activity featuring cardio and drills to give players of all abilities an ultimate, high energy workout, especially if you've never picked up a racquet! It's a must-try!

### Cycling - 45/50 MINUTES

A cardiovascular training activity performed indoors in a group setting. No complicated choreography, intensity controlled by you and easy to learn techniques will make you want to come back class after class!

### Deep Water Aerobics - 45 MINUTES

A great workout, where the intensity is increased through the resistance of the water. Using floatation devices, you power walk or run with enough vertical space so your feet do not touch the bottom. Comfort in Deep Water required.

### Kettlebells - 30 MINUTES

Training with Kettlebells will set your fat on fire like no other form of exercise. They allow you to combine cardio and strength training in one quick workout to maximize results. You will burn fat by adding muscle, thus increasing your metabolism. Kettlebells also help you move more efficiently by addressing your body's weaknesses and muscular imbalances.

### Les Mills BODYATTACK® - 60 MINUTES

A sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone toward their fitness goals.



### Les Mills BODYPUMP® - 60 MINUTES

This is the fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for anyone who wants to add strength training into their aerobic workout. The simplicity of the class makes Les Mills Body Pump a great starting point to develop strength and confidence. Motivating music and compelling choreography keep you going through the workout. You'll use a step platform, barbell and a set of weights. You will burn up to 600 calories/class.

### Pilates - 40 MINUTES

Pilates focuses on the body's core using breathing to energize the muscles. We will use our own body weight to focus on our symmetry in strength, flexibility, tension, range of motion, and weight distribution. Be prepared to lengthen and strengthen your muscles.

### Six Pack Abs - 15 MINUTES

Engages all your core muscles.

### Trim - N - Tone - 60 MINUTES

This class incorporates muscle strengthening and conditioning using bands, tubing, hand weights and your own body weight for resistance. You will work your major muscle groups from head to toe.

### Water Works - 40 MINUTES

This shallow water workout includes aerobic and anaerobic training exercises. You will improve cardiovascular stamina, muscular endurance, and flexibility without putting stress on your joints. No swimming ability required.

### Yoga/Stretch - 45 MINUTES

Using traditional and yoga inspired stretches to increase range of motion, flexibility, balance and your ability to avoid future injuries.

### Zumba® - 45 MINUTES

Add some spice and flare to your workout and shake your cha-cha! Zumba® combines high energy & motivating music with unique moves and combinations that allow participants to dance away their worries. This Latin based class is fun and easy to do - no dance experience required!

## Personal Training

Capital Racquet & Fitness Center and the BSC Aquatic & Wellness Center offer a variety of personal and group training options. Our trainers are District employees certified through an accredited organization. Programs consist of cardiovascular exercise and weight training individualized for each person. Personal Training is available to members and non-members. First time clients receive a FREE consultation.

### Fees

- Members - \$30/1-Hour Session, \$20/Half Hour Session, **June Special** - 8 - 45-Minute Sessions \$190
- Non-Members - \$36/1-Hour Session, \$26/Half Hour Session **June Special** - 8 - 45-Minute Sessions \$238
- Package rates are available.



## Body Composition Testing

Body composition testing is a great way to see how your body is responding to your fitness routine and eating plans. A certified personal trainer will conduct the test and answer your questions on how to improve your overall health and increase your results!

### Fees

- Members - \$10; Non-Members - \$16

## Body Composition + Fitness Assessment

### Fees

- Members - \$30; Non-Members - \$36

## Fitness Assessments

This in-depth session includes measuring of cardio - respiratory endurance muscular strength and endurance and flexibility.

### Fees

- Members - \$25; Non-Members - \$31

## Beginners Running Class

This 8-week class is designed for new runners looking to run their first road race. An experienced trainer will lead outdoor runs designed to challenge and train for a 5K road race. Class leads up to the Bismarck Parks and Recreation 5th annual Subway GET FIT Road Race on Sat., August 10. Participants in the running class receive \$5 off their race registration fee. Register online, at the Bismarck Parks and Recreation Office, Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center.

### Fees and Location

- Members - Free; Non-Members - \$40
- Meet at Capital Racquet & Fitness Center

Date	Days	Time	Code
June 10	M & W	6a	4128

## Bootcamp Fin Fitness (B.F.F.)

Did you know you can greatly improve the probability of obtaining your fitness goals by bringing the gym to the pool? Exercising in the water requires you to support only 50% of your body weight and provides natural resistance! Whether your goal is to lose fat, gain muscle, increase strength/energy/endurance levels/flexibility, Bootcamp Fin Fitness is for you!

Date	Days	Time	Code
May 1 - 29 (No class May 27)	M & W	6 - 6:45a	4341
June 3 - 26	M & W	6 - 6:45p	4686
	M & W	6 - 6:45a	4340
	M & W	6 - 6:45p	4687
July 8 - 31	M & W	6 - 6:45a	4339
	M & W	6 - 6:45p	4688
August 5 - 28	M & W	6 - 6:45a	4689
	M & W	6 - 6:45p	4690

### Fees and Location

- Members - \$60; Non-Members - \$80
- Meet at BSC Aquatic & Wellness Center

## Dryland Sports Conditioning

Take your skills to the next level! Dryland sport conditioning is a unique and fun class that utilizes Speed, Agility, Quickness, Coordination, Endurance, Strength. This 12-session class is designed to strengthen your core and improve your strength, endurance and technique. The exercises are designed to make you a better and more conditioned athlete.

### Fees and Location

- Pre-registration only
- Meet at BSC Aquatic & Wellness Center
- Members - \$50 (13-18 yrs.) \$30 (8-12 yrs.); Non-Members - \$60 (13-18 yrs.) \$40 (8-12 yrs.)

Date	Age	Days	Time	Code
May 7 - June 13	13-18 yrs.	T & Th	4 - 5p	4691
May 7 - June 13	8 - 12 yrs.	T & Th	5 - 5:30p	4692
June 18 - July 30*	13-18 yrs.	T & Th	4 - 5pm	4693
June 18 - July 30*	8 - 12 yrs.	T & Th	5 - 5:30p	4694
Aug. 6 - Sept. 12	13-18 yrs.	T & Th	4 - 5pm	4695
Aug. 6 - Sept. 12	8 - 12 yrs.	T & Th	5 - 5:30p	4696

\* No class July 4.



**Fit and Trim Bootcamp**

This 8-week program is designed to push you to your limit and get your attitude and body into shape. Bootcamp takes the very best exercises from aerobics classes, weight training, body weight training, and cardiovascular training and puts them into a 45-minute fat-blasting, interval workout. Food and nutritional guidance will be provided, as well as a fitness test and measurements. Classes will be held both indoors and outdoors, as weather permits. This program is not designed for beginners.

**Fees and Location**

- Pre-registration only
- Meet at Capital Racquet & Fitness Center
- Members - \$82; Non-Members - \$106

Date	Day	Time	Code
June 3 - July 24	M & W	5:45a	3968
June 3 - July 24	M & W	7p	3967

**Stroke, Spin and Stride Self-Paced Triathlon**

Date	Fee	Code
May 6 - June 14	\$30	4685

**Event Description**

- Competitors will have 40 days to reach their triathlon goal. Work your way up to the Ultra Ironman!
- Competitors will be asked to record their results on tracking sheets. The sheets can be picked up at the BSC Aquatic & Wellness Center.
- We will rely completely on the honor system for all competitors when recording their mileage totals.
- All competitors that reach the Sprint level or higher by the end of the event will receive a long sleeved dri-fit shirt.
- Mileage may be accumulated indoors or outdoors.

**Divisions**

- Ultra Ironman (Double) - 4.8 mi. swim (158 laps), 52.4 mi. run/walk, 224 mi. bike
- Ironman - 2.4 mi. swim (79 laps), 26.2 mi. run/walk, 112 mi. bike
- Tinman - 1.2 mi. swim (40 laps), 13.1 mi. run/walk, 56 mi. bike
- Olympic - .9 mi. swim (33 laps), 6.2 mi. run/walk, 24 mi. bike
- Sprint - 750 yard swim (15 laps), 3.1 mi. run, 12.4 mi. bike

\* 1 lap is down and back in the 25 yd pool. Starting May 13th 1 lap is all the way down the 50 meter pool.

**For More Information**

- BSC AWC at 751-4266 or visit [www.bisparks.org](http://www.bisparks.org) for a registration form

**Subway Get Fit Challenge!**

A FREE program to challenge yourself with an 8-week fitness challenge leading up to the Subway Get Fit Roadrace. Each week you will be assigned a challenge to complete and your progress is updated on a standings board. For more information, call 221-6855.

Date	Fee	Code
June 17 (8-week program)	Free	4129

**5th Annual SUBWAY Get Fit Roadrace**

Saturday, August 10.  
Register online at [www.bisparks.org](http://www.bisparks.org).

Event	Code
10K Run	4131
5k Run	4132
5k Walk	4133
Youth Run	4134





## Camping

### General Sibley Park

General Sibley Park is located on South Washington Street four miles south of the Bismarck Expressway.

General Sibley Campground will begin accepting campsite reservations for the dates between Memorial Day weekend and Labor Day weekend beginning Monday, April 1st at 8:00 am Central Time. Reservations can be made online, in-person, or by phone. The camping season will likely begin prior to Memorial weekend, but is weather dependent. Therefore, no reservations are needed to camp prior to May 24, 2013, Memorial Day Weekend or after the Labor Day weekend.

#### Camping available starting May 2013 (Weather dependent) through October 14

- Camping sites for tents and campers with electrical hook-ups
- Restrooms and showers
- Picnic shelters
- Playgrounds
- 24 - hole disc golf course
- Boat ramp.

#### Office Hours

- Monday, April 1: 8a - Noon
  - April 2 - April 30: Noon - 2p (Monday-Friday)
  - May\* - September: 10a - 9p
- \* Regular office hours begin when camping season starts.

#### Fees

- Tent Camping: \$10/day
- Camper Sites with electricity: \$22/day
- Firewood: \$4/bundle
- Ice: \$2.50/bag

#### Campsite Reservations

- Campsite reservations may be made for the upcoming season starting April 1, 2013 at 8:00 am Central Time.
- Call (701) 222-1844 or visit [www.bisparks.org](http://www.bisparks.org).
- Please review the General Sibley Park reservation policies online before reserving a campsite.

#### Shelter Reservations

- Call (701) 222-6455
- Full day: \$30
- Half day: \$20 (8a - 3p OR 4p - sunset)



### Eagles Park

Primitive camping is also available at Eagles Park located 9 miles north of Pioneer Park on Highway 1804 - just south of historic Double Ditch Indian Village site. Call (701) 222-6455 for additional information.

## Facilities

### Fore Seasons Center

Located at Pebble Creek Golf Course, 2525 North 19th Street 223-3600 or 221-3384

Try the Fore Seasons Center for your golf, soccer, and baseball needs! The Fore Seasons Center is also the golf shop for the Pebble Creek Golf Course.

#### Indoor Driving Range

- 31 Stations

#### Bucket of Balls

- Mini Basket - \$3.00
- Small Basket - \$4.50
- Medium Basket - \$6.00
- Large Basket - \$7.00

#### Bucket of Balls Coupon Books

(12 coupons/booklet)

- Medium - \$60
- Large - \$70

#### Batting Gage

- \$10.00/30 minutes

#### Golf Lessons

For more information, contact Tim Doppler 226-5641 or the staff at Fore Seasons Golf Center.

#### Soccer

Soccer players can rent the Fore Seasons Center for team practices and league games.

#### Group Rentals

Fore Seasons Center can be rented by teams, schools, civic and professional organizations for meetings, conventions, practices and clinics.

- One to four hours - \$160/hour
- Over 4 hours - \$130/hour

#### Interested in private golf lessons?

Whether you're interested in one lesson or more, please contact Golf Professional Tim Doppler at 226-5641. Tim has a launch monitor on site at Fore Season's Center to help you improve your golf game.



## Frances Leach High Prairie Arts & Science Complex

1810 Schafer Street, Just off I - 94, Exit 157,  
N. of Bismarck State College Campus  
www.highprairiecomplex.com

### Central Dakota Children's Choir

- Phone: 258-6516
- Inspiring tomorrow's voices by enriching lives, building friendships and serving the community.



### Gateway to Science

- Phone: 258-1975
- North Dakota's only hands-on science center.
- Hours: Mon. - Thurs., Noon - 7p;  
Fri. - Sat., 10a - 5p



### Shade Tree Players

- www.shadetreeplayers.com
- Phone: 214-1061
- Shade Tree Players is offering eighth fully staged children's theatre productions this summer. Auditions are scheduled for April 27 and 28.



### THEO Art School

- www.highprairiecomplex.com/theo
  - Phone: 222-6452
  - Have a colorful, inspirational and active summer with art.
- Try Theo Art School's summer camps for all ages. No previous experience necessary. Check out the complete list of class offerings at [www.highprairiecomplex.com/theo](http://www.highprairiecomplex.com/theo)



## World War Memorial Building

215 North 6th Street • 222-6454

### Facility Features

- Aerobic/Dance/Karate Room
- Arts and Crafts Room
- 3 Basketball/Volleyball Courts
- Youth Gymnasium
- Locker/Shower Rooms
- 2 Racquetball Courts

### Hours April 1 - May 31

- May 28 - 29 - CLOSED
- Monday - Thursday: 10a - 9p
- Friday: 10a - 6p
- Saturday - Sunday: CLOSED

### Hours June 3 - September 2

- July 4 and September 2 - CLOSED
- Monday & Wednesday: 10a - 6p
- Tuesday & Thursday: Noon - 6p
- Friday: 10a - 5p
- Saturday - Sunday: CLOSED

### Birthday Party Special

For more information or to make a reservation, call the World War Memorial Building at 222-6454. Reserve a room and gym for 3 hours for \$55.

### Racquetball

- Two regulation size courts.
- Call 222 - 6454 for reservations. (One reservation per day.)
- \$8/hour/court
- Noontime Racquetball Special: Anyone interested in playing racquetball from 11a - 2p Monday - Friday, may reserve a court for \$5. Reservations taken one day in advance
- Wednesday Special: \$5/hr any time during the day.



## VFW Sports Center

1200 North Washington Street • 222-6588 or 221-6815

The VFW Sports Center has two separate rinks and is home to a multitude of recreation activities: hockey, figure skating, public skating, curling, golf. Located near the facility are the Sam McQuade Sr. Softball Complex, Bismarck Capital Curling Club, and Tom O'Leary Tennis Courts. The facility and grounds are surrounded by 2.4 miles of recreational trails.

## Golf Courses

Season passes are for sale at the Park District office now and at all Golf Courses, including the Fore Seasons Center during the season.

### Pebble Creek

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2525 North 19th Street • 223-3600 or 221-3384

- 9-hole, 35 par course
- Natural links course
- Outdoor driving range

### Riverwood

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725 Riverwood Drive • 222-6462 or 250-7677

- 18-hole, 72 par course
- Driving range & putting green

### Tom O'Leary

---

1200 North Washington Street • 222-6531 or 221-2738

- 18-hole, 69 par course
- Mini-Links, a 3-hole golf course for junior players.

No outside food or beverages are allowed into Riverwood, Tom O'Leary, or Pebble Creek Golf Courses.

## Golf Courses Information

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### Hours

- Opening Date through May 31: 8a - 9p
- June 1 - August 31:
  - 7a - 9p (Monday - Friday)
  - 7a - 9p (Saturday & Sunday)
- September 1 - 30: 7a - 7p
- October 1 - 31: 9a - 6p

\*Hours may change with weather conditions.

### Tee Times

Tee times may be made up to three days in advance by calling the golf course of your choice or online at [www.bisparks.org](http://www.bisparks.org)

### Riverwood and Pebble Creek Driving Range Prices

- Mini Basket - \$3.00
- Small Basket - \$4.50
- Medium Basket - \$6.00
- Large Basket - \$7.00

### Bucket of Balls Coupon Books

(12 coupons/booklet)

- Medium - \$60
- Large - \$70

### Season Passes Tom O'Leary or Riverwood

- Adult - \$615
- Household\* - \$1,410
- Junior (ages 17 and under) - \$185
- Intermediate (ages 18 - 20) - \$270
- Senior (65+) - \$575

\* A Household is up to two adults and their dependent children high school age and under including any children under their care.



### Season Passes Tom O'Leary and Riverwood

- Adult - \$925
- Household\* - \$2,100
- Junior (ages 17 and under) - \$280
- Intermediate (ages 18 - 20) - \$410
- Senior (65+) - \$850

\* A Household is up to two adults and their dependent children high school age and under including any children under their care.

### Green Fees (Includes tax) Tom O'Leary and Riverwood

- Daily 18 - \$28.00
- Daily 9 - \$19.00
- Junior 18 or 9 (ages 17 and under) - \$12.50
- Senior 18 or 9 (65+) - \$19.00

### Green Fees (Includes tax) Pebble Creek

Pebble Creek Golf Course operates from green fees only.

- Daily 18 - \$22.00
- Daily 9 - \$16.00
- Junior 18 or 9 (ages 17 and under) - \$8.50
- Senior 18 or 9 (65+) - \$16.00

Rain checks will be given to those individuals unable to complete their 18 or 9-holes of golf due to inclement weather. Rain checks issued on rainouts must be used within the 2013 season.

### Golf Cart Rental

- 18-Holes - \$15.00/seat
- 9-holes - \$7.50/seat

### Green Fee Packages

- Bismarck/Mandan: 12 rounds of golf (9 or 18 holes) for \$280. The green fees are for Riverwood, Tom O'Leary, Prairie West and Mandan Municipal golf courses.
- Bismarck Only: 12 rounds of golf (9 or 18 holes) for \$280. The green fees are for Riverwood, Tom O'Leary, and Pebble Creek.
- Pebble Creek: 12 rounds of golf (9-holes only) for \$160 at Pebble Creek.
- Bismarck Only: 9-hole: 12 rounds of golf (9 holes only) for \$190 at Riverwood, Tom O'Leary and Pebble Creek.

Note: must be used during the 2013 season.

### Golf Lessons

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Group or individual (adult and junior) by appointment at all facilities. For appointments call Tim Doppler 226-5641, or staff at Riverwood Golf Course 250-7677, 222-6462.

## Parks

For a complete listing of parks, addresses and amenities, refer to the trail map insert.

### Community Gardens

Bismarck Parks and Recreation District is proud to support the Community Gardens. The Community Gardens are located just west of the Municipal Ballpark (south of Memorial Highway and east of Hannifin Street). Bismarck Parks and Recreation provides the land use and also the water. Interested individuals and families put in their garden, keep it weed free and enjoy the harvest. There is a fee to rent the plot. Interested individuals should contact volunteer coordinator Kent Morrow at 255-1344 for details on renting a garden space.

### Disc Golf Courses

The Bismarck Parks and Recreation District maintains an 18 - hole disc golf course within Lions Park, located at East Boulevard Avenue and 16th Street. There's also a 24-hole disc golf course within General Sibley Park located on South Washington Street. For league and tournament information, contact Troy at 258-1994 or visit [www.discgolfnd.com](http://www.discgolfnd.com).

### Dog Park - Century Bark Park

This off-leash park is located at the Century Recreation Complex on the corner of North 4th Street and East Century Avenue in Bismarck. Please park in the parking lot west of Century High School and enjoy three dog park fields.

- Hours: 5a - 11p
- Big Paws Field is for dogs over 30 pounds.
- Wiggly Field is for dogs less than 30 pounds.
- Fetch Field is for all dogs and owners interested in a training and obedience area.

The fields are gated and bags are provided for clean-up. For a complete list of safety rules for people and pets, please visit [www.bisparks.org](http://www.bisparks.org), or pick up a list at the Bismarck Parks and Recreation District offices at 400 East Front Avenue. The rules are also posted at the Century Bark Park.

### Imagination Playground

This large set of moveable, buildable play pieces will be featured at Magical Moments Playground in Wachter Park, 205 Reno Avenue, April - May and August - October. The playground will tour the Activity Centers June - July. The Imagination Playground is for all ages and abilities. Check our website for hours and information, [www.bisparks.org](http://www.bisparks.org).



### McDowell Dam

1951 93rd Street Northeast • 223-7016

McDowell Dam is a 271 acre park located five miles east of Bismarck on Old Highway 10 and one mile north. The park is owned by the Burleigh County Water Management Board and managed by the Bismarck Parks and Recreation District. Available activities include swimming, boating, fishing and paddle boating.

#### Equipment Rentals

- Paddleboats: \$5/hour
- Canoes: \$5/hour
- Kayak: \$5/hour

#### Shelter Reservations

- Call 222-6455
- Full day: \$30
- Half day: \$20  
(8a - 3p OR 4p - sunset)



### Skate Parks

Skateboard, bike, and rollerblade enthusiasts will enjoy Bismarck's three outdoor skate parks. The parks are located at Lions Park, East Boulevard Avenue & 16th Street; Sons of Norway Park, East Bismarck Expressway & East of Jeannette Myhre School; and Century Recreation Complex, North 4th Street & East Century Avenue.

Skateboards, in-line skates and bicycles are allowed at each skate park. We ask users to abide by the skate park rules posted at each facility.

### Park System Information

The Bismarck Parks and Recreation District owns, manages and maintains approximately 2,910 acres of public park land. These park facilities and sites appear on the inside foldout. Our parks are open year-round; however, some facilities are operated on a seasonal basis.

#### Park Hours

6a - 11p daily. Restrooms are scheduled to open May 1 and close November 1. This may change due to the weather.

#### Park Rules

For your safety and enjoyment, we ask you to abide by the following rules and regulations in our parks/recreation facilities:

- 1) Glass beverage containers are prohibited, and alcohol permits are required.
- 2) Fireworks are prohibited at all times.
- 3) Vehicles are restricted to established roads and parking lots.
- 4) Horses are prohibited except at the Horse Arena.
- 5) Fires are restricted to fire pits and grills.
- 6) Posting of posters and advertisements is prohibited.
- 7) Vendor permits are required.
- 8) It is illegal to carry a weapon into any park area.
- 9) Pets must be on a leash, and please clean up after your pets.
- 10) Hunting, trapping or killing of animals or birds is prohibited.
- 11) No overnight camping is allowed in any city parks, with the exception of General Sibley Park and Eagles Park.

## Alcohol Beverage Permits

Anyone wishing to have alcohol beverages in parks and recreation areas must obtain a beverage permit at the Bismarck Parks and Recreation District Office, 400 East Front Avenue. You must be 21 years of age to purchase a permit.

- Group Permit - \$20: Valid for one use only and is necessary anytime 11 or more adults are present in one group.
- Individual Permit - \$20: Good for up to 10 adults in one group. Valid from date of purchase through December 31, 2013.
- Team Permit - \$25: Valid from date of purchase through December 31, 2013.

## Bismarck Forestry Division

The Bismarck Forestry Division manages the trees on City and Park District properties. Bismarck has 15,000+ park trees, 20,000+ street trees, and many more trees standing on golf courses, along recreation trails, and in natural wooded areas. The division assists individuals and organizations planning memorial or dedication plantings and other special tree plantings in public areas. The forestry division organizes Bismarck's annual Arbor Day ceremony each May. Foresters are often invited to discuss tree related issues with civic organizations and in classrooms throughout the city.

Foresters consult with parks and recreation district administrators and planners concerning tree planting projects and activities or changes on park property where trees are involved.

Park trees are pruned on a seven - year rotation prune cycle. Routine inspections of park trees serve to identify hazardous trees and provide a safe environment for park users.

Technical assistance for tree and shrub problems on private property is provided by appointment for a nominal fee.

Wood chips suitable for landscape mulch are available for sale at the City Landfill for \$.02 per pound (minimum charge of \$1). Tree logs suitable for firewood are available for sale at the City Landfill for \$15.00 per ton. To purchase either wood chips or tree logs stop at the Scale House at the City Landfill for instructions.

For more information, call the Forestry Division at 701-355-1733 or visit our web page at [www.bismarck.org/forestry](http://www.bismarck.org/forestry).

## Picnic Shelter Reservations

Call 222-6455 to reserve indoor or outdoor shelters.

### Outdoor Shelters

The city has 13 parks with picnic shelters. Most shelters have concrete floors and provide restroom facilities nearby. Shelters are equipped with electricity, a picnic grill, volleyball courts and horseshoe pits. Picnic shelters/buildings may be reserved for 2013 and 2014. Reservations for 2015 will begin Monday, October 1, 2013.

### Indoor Shelters

The Jaycee Leadership Hall and the Sertoma Club Community Center are multi-use, indoor buildings that are open year-round and heated in the winter. The Sertoma Club Community Center is air-conditioned in the summer.

## Shelter Reservations Fees

- Full day: \$30
- Half day: \$20 (8a - 3p OR 4p - 11p, General Sibley Park closes at sunset)
- Exceptions: Sleepy Hollow fees are \$50 for 1/2 day and \$75 for a full day. The Jaycee Park Leadership Hall and the Sertoma Club Community Center fees are \$75 for 1/2 day and \$100 for a full day. The buildings are \$150 for 1/2 day and \$200 for a full day when rented by a for-profit organization.
- Reservations must be paid at the time of reservation. Picnic shelter rain checks will be granted only if the scheduled picnic or social gathering doesn't begin due to the weather. Rain checks may be received by stopping at the Bismarck Parks and Recreation District Office within 72 hours of the scheduled picnic.

## Picnic Equipment Available

- Volleyballs and nets
- Bats and balls
- Horseshoes
- Frisbees

All equipment is available on a first come, first serve basis for a \$50 deposit plus a \$10 use fee. Equipment is for citizens who rent shelters from Bismarck Parks and Recreation District only. Deposit will be returned if equipment is returned cleaned within three days. Equipment may be picked up at the World War Memorial Building (WWMB), 215 North 6th Street, from 8:30a to 5p Monday - Friday. The WWMB is closed Saturday and Sunday.

## Swimming Pools, Outdoor

June 3 - August TBA

- Children 8 years old and under must be accompanied by someone 16 years old or older.
- Daycare Ratio: 6 children/daycare supervisor. No exceptions.

### Daily Swim Fee

- \$3.50/session
- Infants 11 months and younger, Free

### Season Patch Fee - NOT valid at Elks Aquatic Center

- \$55/person
- Patch is valid at Wachter and Hillside pools only. Patch must be sewn on suit!
- A second patch costs an additional \$55. No refunds.
- Patches are for sale during regular swimming hours. Patches may also be purchased at the Park District Office prior to the opening of the pools.

### Coupon Book for Elks Aquatic Center

- 12 admissions for \$35

### Weekday Hours (Monday - Thursday)

- General Swim: 12 - 4p
- Evening General Swim: 4:30 - 8p
- Pools are closed daily from 4 - 4:30p
- \$1 night every Wednesday evening from 4:30 - 8p at Wachter and Hillside pools only

### Weekend Hours (Friday, Saturday & Sunday)

- General Swim, 12 - 7p

## Swimming Pools, cont'd

### Swimming Inclement Weather

Whenever inclement weather threatens participants, or lightening is spotted, the pools will close. If the air temperature is not 66 degrees by 11a, the pools will not open. If the pool closes during a session, you will receive a rain check.

### Wachter Aquatic Complex

205 Reno Avenue  
For daily schedule info or facility rental, call 222-6614.

#### Facility Rental

- \$175/hour
- Available after all general swim hours.

### Elks Aquatic Center

321 W Broadway Ave  
For daily schedule info, call 222-6607.

#### Adult Lap Swim

- June 17 - August 9; Monday - Friday: 11:30a - 12:30p

#### Party Room Rentals

Two party rooms are available during general swim and evening sessions. Fee includes 10 Elks Aquatic Center admissions (\$3.50 per additional person). Reservations can also be made at the facility or by calling 222-6607.

#### Fee

- Party Rooms (Mon. - Thurs.): \$70, 12 - 3:30p OR 4:30 - 7:30p
- Party Rooms (Fri. - Sun.): \$70, 12 - 3:30p OR 4 - 7p

#### Private Rentals

The Elks Aquatic Center is available for private rentals after 8p Monday through Thursday or after 7p Friday, Saturday and Sunday.

Please make rental reservations at least one week in advance to allow for staffing needs by calling Dylan Thiem at 222-6607.

#### Fee

- \$175/hour
- Available after all general swim hours.

### Hillside Pool

Located within Lions Park, East Boulevard Avenue and 19th Street  
For daily schedule info or facility rental, call 222-6419.

#### Facility Rental

- \$175/hour
- Available after all general swim hours.

#### Lap swim

- June 17 - August 9; Monday - Friday: 11:30a - 12:30p

## Now Hiring

### Accepting applications for LIFEGUARDS & SWIMMING INSTRUCTORS

Early morning and late evening shifts available.

We offer flexible work schedules and training.

Apply online at [www.bisparks.org](http://www.bisparks.org) or stop by our office at 400 East Front Ave. For more information, contact Jahna Gardiner at 751-4266.

## Trails, Recreational

For a complete listing of trails and addresses, refer to the trail map insert.

The Bismarck Parks and Recreation District provides more than 50 miles of paved and unpaved recreational trails to the public, including:

Miles	Trails
3.78	Sleepy Hollow Trail
3.62	Riverwood Golf Course Loop
3.14	Hay Creek Trail Loop
3.1	Sertoma Park Loop
2.5	Burleigh Avenue Trail
2.3	Tom O'Leary Golf Course Loop
2.25	Pebble Creek Loop
2.17	University Drive Trail
2.11	Washington Street Trail North
2.05	Riverfront Trail
1.06	Cottonwood Park Loop
0.83	Valley Drive Greenway Trail
0.45	Gateway Pond Loop
0.36	Igoe Park Loop Trail

Miles	Non-Paved Trails
4	Sleepy Hollow Mt. Bike Trail
3.9	River Bluffs Mt. Bike Trails
1.13	Bill Mills Nature Trail
1.1	Chief Lookings Village Trail

The Park District asks citizens to abide by the following rules when using the trails:

- 1) Walkers, joggers and bikers please keep to the right when using the trails.
- 2) All dogs must be on a leash.
- 3) Be aware of traffic approaching and behind you.
- 4) Be aware of intersections and crossings.
- 5) Please pick up you and your pet's litter.

### Educational Trails

#### Chief Lookings' Earthlodge Village Interpretive Trail

This 3/4 mile trail is as enjoyable as it is educational. Located on the Pioneer Park Overlook off Burnt Boat Road, this trail covers the layout and features of the Earthlodge Village occupied by the Mandan Indian Tribe dating back to 1675.

#### Rotary Club Arboretum Trail

This gravel trail on Divide Avenue and College Drive (the north corner of Tom O'Leary Golf Course) is designed to showcase a variety of plant life, including native trees and shrubbery, as well as non - native plant life. "George Bird" Rotary Park Arboretum Trail is a cooperative project of the Park District, Bismarck Forestry Department and the Bismarck Rotary Club.

## Archery, Nishu Bowmen Archery Club

This facility is located at the existing outdoor range in south Bismarck next to the Riverwood Golf Course and is maintained by the Nishu Bowmen Club. The outdoor range features two 14-target NFAA ranges used to host NDBA state field tournaments. Along with both North and South ranges, there is another practice range which allows shooting from ranges of 10-70 yards. The indoor archery complex has a lower level range capable of shooting just beyond 40 yards and an upper-level 20-yard target range. Nishu offers a variety indoor and outdoor leagues for both the competitive and non-competitive archers from youth to adults. Archery instructional classes are held throughout the year along with Bowhunter education classes by certified instructors from the NDFG Hunter Education Program. Nishu Bowmen has affiliations with the NDBA and the NFAA.

### Summer League Information

Leagues start mid-June.

- Outdoor 3D
- Outdoor Field

### Archery Classes

Session 1: April 4 - May 23

- \$50.00 - may use own equipment or Nishu will provide equipment

Session 2: Sept. 5 (tentative) - Oct. 24

- \$50.00 - may use own equipment or Nishu will provide equipment

### Membership

- \$50 yearly membership - single
- \$75 yearly membership - family

### Key Cards

Shoot year round in our Archery Complex from 5:30a. - 10:30a, 7 days a week with the purchase of a key card. Must be a Nishu Bowmen member to obtain a key card.

- \$100 - Single
- \$175 - Family

For more information, contact Steve Arnold at 220-5679 or visit [www.nishubowmen.com](http://www.nishubowmen.com).

## Aquastorm, Swimming/Diving Club

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. Practice and coaching is ability based. Aquastorm's head coach is Jeff Steele.

The Aquastorm Diving Club, under the leadership of Kate LaRoche, 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 team participates in local competitions throughout the year. Don't want to compete? The Masters Swim Team is a great way to enhance your swimming technique and meet new friends.

For more information on Aquastorm Swim Team and the Master's Swim Team, please contact: Jeff Steele at [coachsteele@aquastormswimming.com](mailto:coachsteele@aquastormswimming.com). You can also mail inquiries to Aquastorm and Masters Swimming, BSC Aquatic & Wellness Center, 1601 Canary Ave., Bismarck, ND 58503.

For more information on the Aquastorm Diving Club, please contact: Kate LaRoche at [kate.laroch@gmail.com](mailto:kate.laroch@gmail.com) or by mail at BSC Aquatic & Wellness Center, 1601 Canary Ave., Bismarck, ND 58503.

For more information on Aquastorm, the diving club and master's swimming, go to [www.aquastormswimming.com](http://www.aquastormswimming.com).

## Baseball, Youth Baseball

Bismarck Youth Baseball, Inc. is a non-profit charitable organization and a chartered member of the Cal Ripken Association. It is volunteer driven: parents serve as board members, coaches, team coordinators and umpires. Bismarck Youth Baseball serves Bismarck children ages 6 - 12; their age on April 30th determines eligibility.

There are four divisions of play:

- T - Ball: 6 - 7 years old
- Rookies: 8 - 9 years old
- Minors: 10 - 12 years old
- Majors: 11 - 12 years old

For the most up-to-date registration information, visit [www.bismarckyouthbaseball.org](http://www.bismarckyouthbaseball.org). NOTE: Registration for the 2013 season has been open since 1/28/13, and some divisions may be full.

## Bismarck Public Library

### Summer Reading Program for Children

Program is open to children from birth through Grade 6. Summer reading program is self-directed with incentives. Sign-up starts May 31 at the Summer Reading Kick-off at the Heritage Center from 10am-4pm.

### Summer Story Times: June - July

- Toddler Tales: Tuesdays, 9:30am, 10:15am, and 11am
- Preschool Adventures: Wednesdays 9:30am and 10:15am and Thursdays 10:15am
- Baby and Me: Thursdays 9:30am

### Captain Jeff: Hope and Literacy through Storytelling for all ages

- Friday, June 28 10:00 a.m.

### Puppet Shows at Dakota Zoo:

- Cost is admission to Dakota Zoo

### Other Programs:

- Family Movie Days
- Game Days
- Miss Sparkles' Camp Days
- B.A.R.K. (Reading with dogs) and more!

### End of Summer Reading Ice Cream Social

- Tuesday, July 30, 6:30p

All programs are free and open to the public and held in the Children's Library Story Room unless otherwise noted. For more information, contact the Children's Library at 355-1489, [tjuhala@cdln.info](mailto:tjuhala@cdln.info), or visit the web site: [www.bismarcklibrary.org](http://www.bismarcklibrary.org).

### Teen Summer Reading Program 2013 "Beneath the Surface"

- Friday, May 24-Thursday, July 25, 9 pm
- Kick-Off Event: Jeff Quinn, Magician/Hypnotist, May 30, 6:30 pm, Bismarck Public Library Room A. Free and open to the public
- Awards Night: Tuesday, July 30

For Teens entering Grades 7-12 Fall 2013

For complete information on all events and reading program rewards, stop at the library after May 1, visit [www.bismarcklibrary.org](http://www.bismarcklibrary.org) or call Teen Services at 355-1487.

## **Bicycle Motocross Racing (BMX)**

Fastrax BMX Track located adjacent to the Cottonwood Softball Complex on South 12th Street.

### **Schedule and Sanctioning Body**

- Normal races are held on Monday and Thursday evenings with registration at 6:00 to 6:45 pm. The racing season starts May 6, weather permitting, and will continue through the end of October. There are no obligations to be at every race. Join us at your convenience.
- USA BMX Canada, [www.usabmx.com](http://www.usabmx.com)

### **Fees and Contact**

- \$60 Sanctioning Fee for USA BMX Canada, that is good for a 12 month period at any USA BMX Canada track in the nation. There is also an \$8 Race Fee per class each night of racing.
- Lisa Sailer 400-0976 or [bismarckfastrax@gmail.com](mailto:bismarckfastrax@gmail.com)

### **Race Categories**

Boys and girls, men and women of any age are welcome to join.

- **Class Bikes:** Have a tire size of 20" or smaller and are a single speed bicycle. Racers are grouped by age and proficiency into motos. There are three proficiencies including Novice, Intermediate, and Expert. All new racers are placed in a novice grouping and will compete against like age and proficiency racers. Racers can move up in the ranks based on the number of wins they achieve.
- **Cruiser Class:** Have a tire size of 24" or larger and are a single speed bicycle. Racers are grouped by age when possible. There are no proficiencies associated with this class.

Racers can enter in both the 20" and Cruiser Class on the same night. Awards will be presented to a minimum of the top three racers in each group. Awards vary from plaques and ribbons to trophies dependent on the importance of the race. In addition, USA BMX Canada district points will be awarded to all participants. These points are used to determine your ranking amongst other racers in the state at the end of the year.

### **Requirements**

Riders must be able to ride a bicycle without training wheels. Each racer must wear a full face helmet, long sleeve shirt, and pant to the ankle during a practice or race. Though not required, the track director recommends a pair of gloves and bike pads if you have them. Kickstands, trick - pegs, chainguards, and reflectors must be removed for safety reasons. Track officials can assist, if needed.

## **Bobcats Youth Hockey School**

The 10th annual Bobcat Hockey youth camp will be held June 17-21 and June 24-28 at the VFW Sports Center.

### **Fees**

Levels are defined as next year's level, not the past season's.

- Red Mites - \$35
- White Mites - \$135
- Blue Mites - \$135
- Squirts - \$275
- Pee Wees - \$290
- Bantams and High School - \$290

Each camp participant is required to provide their own sticks, skates, helmets (with facemask), shin and elbow pads, athletic supporter and mouth guard. Goaltenders are responsible for wearing complete equipment. We will provide a camp jersey. Each player is also required to be covered by proper medical and accident insurance and the proper information needs to be provided on the application.

For more information or to register, visit [www.bismarckbobcats.com](http://www.bismarckbobcats.com), call the Bobcat Hockey office at 222-3300, e-mail the Bobcats at [gobobcathockey@aol.com](mailto:gobobcathockey@aol.com) or stop by the office, located at the VFW Sports Center, 1200 N. Washington Street.

## **Capital Curling Club**

The Capital Curling club will be hosting the 26th Annual Summerspiel July 18 - 21, 2013. It is an open spiel format and features a three game guarantee on dehumidified ice in conjunction with a golf tournament on Bismarck's Tom O'Leary golf course.

Leagues are forming for the upcoming curling season. League registration is the first Thursday in October. Leagues are available for all ages and levels of experience.

To register for the Summerspiel or get more information visit [www.capitalcurlingclub.org](http://www.capitalcurlingclub.org)

## **Capital City Gun Club**

4 miles N. of Bismarck on Hwy 83  
223-9542

The Capital City Gun Club provides a safe and convenient location to practice with your shotgun and participate in league trap shooting.

It is open to the public during the hours listed below. We have 9 regulation traps with voice releases and one international trap available.

### **Public Shooting Hours:**

- April 16-29, Aug 27-Sept 12:  
T & Th, 6:30p - dark.
- April 30 - Aug 22:  
T, W & Th, 6:30p - dark.

### **Fees**

- 25 target round
- \$5.50/member
- \$6.50/ non-member
- \$4.50/junior under the age of 18
- \$50 member practice card (10 rounds)
- Family membership \$30/year

League - One round/week for 14 weeks.  
May 7 - August 15: Teams consist of 4 to 7 shooters, \$65 sponsor fee (per team), \$72/ shooter, Membership required

Youth Program: Youth under the age of 19 who have completed a hunter safety course may participate in our youth program where coaches will provide instruction on the fundamentals of shotgun shooting.  
May 20 - July 20: Mondays at 6:00 p.m.

\$20/participant, Targets and shells provided by the club, Enrollment is limited, Membership required

### **Tournament Schedule:**

June 8-9	Missouri Valley Shoot
July 24-28	ND State Trap Shoot
August 17-18	Sharp-tail Shoot

For more information, contact Jerry Gulke at 328-6303 or Rod Gilmore at 663-6703. or visit: <http://bis.midco.net/CCGC/ccgc.html>



## **Dakota West Arts Council**

### **Custer Park Kids Music Day**

Tuesdays, June 25 - July 30

12 Noon – 1:00 p.m.

“North Dakota Songs for Kids”

Featuring Kittyko (Kris Kitko)

This is a new FREE event for moms and dads and their children, daycare kids, and visitors. Bring a blanket, folding chairs and your lunch. Kittyko will be introducing lots of new songs featuring North Dakota; towns, birds, pow wows, animals, the Badlands, local insects and bugs, our rivers, lakes and ponds and more. Along with song, Kittyko will use percussion instruments, dance, Knock-Knock jokes, tongue twisters, and quotes from Theodore Roosevelt, to entertain and encourage interaction with kids of all ages. Every week will be different. Kittyko is awesome at teaching North Dakota history without your children even knowing that they are learning. But they will know that they will want to come back week after week! Mark these dates on your calendar.

### **Brown Bag Lunch Series**

Burleigh County Courthouse Lawn

Wednesdays, June 26 - July 31

12 Noon – 1:00 p.m.

Featuring local performing artists

FREE entertainment every Wednesday on the lawn outside of the Burleigh County Courthouse. See the schedule of free entertainers after June 1, 2013 on: Dakota West Arts Council FACEBOOK, [bisparks.org](http://bisparks.org) and [myNDarts.com](http://myNDarts.com).

### **Saturday Morning Market, Music & More**

Three Saturdays, June 8, July 13, & August 10

9 – 1:00 p.m.

Featuring local performing artists.

In partnership with Go!Bismarck-Mandan, the Saturday Morning Market offers FREE entertainment, demonstrations, arts & crafts and a farmers' market. More information will be posted on Dakota West Arts Council Facebook page, [bisparks.org](http://bisparks.org) and [myNDarts.com](http://myNDarts.com).

Dakota West Arts Council helps sponsor many more events throughout the summer and other seasons. To find out more, please check Dakota West Arts Council's Facebook page and/or [myNDarts.com](http://myNDarts.com) regularly. These sites have information on statewide, North Dakota events.

## **ND Arts & Cultural Calendar**

Looking for something to do? Click on [culturepulse.com](http://culturepulse.com) and you'll open a window to dates, times, locations and cost for concerts, shows, plays, art exhibits, classes, lectures, and other exciting events happening throughout North Dakota. Click again on Bismarck, and you'll zero-in on all the great events happening right here! And, it's free. Free to view and free to list your event on. Use it every day!

The site is brought to you by the Bismarck Parks and Recreation District and Dakota West Arts Council in conjunction with Arts North Dakota and the North Dakota Council on the Arts. For more information, please contact us at [dwac@bis.midco.net](mailto:dwac@bis.midco.net) or (701) 222-6640. Be the first to use it and tell your friends about it!

### **Dakota Zoo**

Dakota Zoo's summer hours start Saturday, April 27 (weather permitting), hours are 10 a - 7p. Several special events are planned, including Breakfast at the Zoo, Children's Day, Family Zoo Snooze Campover, and much more. For more information, call 223-7543 or check the website, [www.dakotazoo.org](http://www.dakotazoo.org)

### **Figure Skating, Bismarck Figure Skating Club**

Bismarck Figure Skating club offers a variety of learn to skate programs for youth and adults. The lessons feature a fun format to teach beginners techniques in skating to prepare them for advanced figure skating and hockey.

Anyone wishing to participate can visit [www.bismarckfigureskatingclub.com](http://www.bismarckfigureskatingclub.com).

### **Football, Midget Football League**

Bismarck Midget Football League is a full-contact tackle football program designed for 5th and 6th graders between the ages of 10 and 12 years. The league is a non-profit organization staffed with volunteers which provides participants an opportunity to learn and develop football skills in a safe and structured environment. The season operates from Aug - Oct.

- The cost per player is \$120.
- Registration is open from March 1–May 1. Registration forms can be downloaded at [www.bismarckmidgetfootball.com](http://www.bismarckmidgetfootball.com). Hard copies are available at the Bismarck Parks and Recreation District office and the YMCA.

For more information, visit [www.bismarckmidgetfootball.com](http://www.bismarckmidgetfootball.com) or contact the League Representative by: Email: [bmfl@bismarckmidgetfootball.com](mailto:bmfl@bismarckmidgetfootball.com) or Phone: (701) 425-3095.

### **GO! Bismarck - Mandan**

Go! Bismarck Mandan is a coalition of local agencies, organizations and individuals that work together to “build a healthier community” through the development of an annual work plan and a long-term healthy community plan. The coalition shares information regarding programs and activities regarding healthy eating, physical activity and large-scale community changes. For more information and to see how your family and your community can be healthier, please visit [www.gobismarckmandan.org](http://www.gobismarckmandan.org) or like us on Facebook.

### **Golf, Riverwood Men's**

The Riverwood Men's Golf Association is a non - profit organization intended to promote the game of golf by providing golf handicaps, and organizing league and tournament competitions for its members. The association operates solely on membership dues, tournament and league entry fees, and business sponsorships. Currently we have over 300 members. Membership applications and additional information is available at the Riverwood Pro-Shop.

### **Golf, Riverwood Women's**

The Riverwood Women's Golf Association has a morning and twilight league. Each league meets on Wednesdays throughout the summer season. The morning league begins league play on the first Wednesday in May continuing through September. The twilight league begins the first Wednesday in June and continues through August. Membership dues may be paid at the annual spring kick - off meeting to be held on the first Saturday morning in May of each year. All area women golfers are invited and welcome to join either or both leagues. Membership applications and/or additional information is available at the Riverwood Pro-Shop.

## Gymnastics, Bismarck Gymnastics Academy (BGA)

3200 North 10th Street • 258-8956  
www.bismarckgymnastics.com

### Hours

- Monday - Thursday: 9:30a-1:30p
- Summer hours may vary

The Bismarck Gymnastics Academy in cooperation with the Bismarck Parks and Recreation District offers a quality gymnastics program for ages 2 through high school. Our gymnasts work on developing strength, agility, speed, flexibility, balance, coordination, and self respect. The gymnasts are introduced to all events in gymnastics (tumbling, balance beam, trampoline, uneven bars, rings, mini tramp, vault, parallel bars, high bar, and pommel horse) so they are prepared to go into Acro, recreational, or competitive gymnastics.

**Preschool:** At the preschool level we offer classes for Primary (2 year olds), Beginning, Intermediate, and Advanced (3-6 year olds) gymnasts. The primary classes require the presence of a parent. The levels of preschool classes are designed to introduce basic gymnastics training and eventually improving their level of skill with emphasis on technique, flexibility, strength, and form at the advanced level. The gymnasts are moved from one level to the next at the recommendations of the instructors who monitor their progress.

**Grade School:** These classes are for boys and girls in grades K-6. The students are observed the first day of class and placed into groups according to their abilities. The Precomp and Advanced Grade School classes are offered by invitation only and are designed to prepare the gymnast for skills used on the competitive and acro teams.

**11 & Up:** Recreation classes for anyone from 11 years old and older.

**Competitive Program:** Our gymnasts compete in levels 4 through 10, from 10 possible levels in the Girls USA System.

**Acro Teams:** We have two Acro Teams, the Black Gems and the Gold Gems. Tryouts for these teams are held in May. Call the BGA office for additional show team information. The student/teacher ratio for preschool classes is five students per instructor. The grade school ratio is seven students per instructor. A minimum of three students is required to hold a class. The teaching staff consists of adults and young adults trained in the sport of gymnastics. Linda Grina, Recreation Director, and Sarah Feist, Assistant Recreation Director, have training sessions that are held

for preschool through competitive teachers to insure a competent staff for all skill levels.

**Registration:** New members must register through the BGA office or come in before registration to create an online account. Returning members should register online through our website www.bismarckgymnastics.com. Tuition is due at the time you register. We accept credit/debit cards, check or cash.

**Membership Fees:** Each gymnast is required to pay a \$20 fee each year with a \$35 maximum per family. This is due at the time you register and paid only once every 12 months.

**Parties:** Schedule a party: birthday, special occasion or just for fun, at BGA; Call 258-8956 for more information or check our website: www.bismarckgymnastics.com.

**Schedule and Tuition:** Registration for both summer sessions can be made at the same time. No classes will be held Monday, May 27 and Thursday, July 4. Registration hours are Monday-Thursday, 9:30a - 1:30p and 5:30p - 7:30p.

### SESSIONS

#### Summer 1

Program Dates..... May 28 – June 28  
Registration ..... May 13 – 16

#### Summer 2

Program Dates..... July 1 – August 2  
Registration ..... June 24 – 27

- The gym will be closed August 3rd until fall registration, August 19th. Messages will be checked. Please call 258-8956 for class schedule or visit www.bismarckgymnastics.com.

#### Tuition for 5-week Session Primary and all Preschool

One Day/Week..... \$37  
Two Days/Week..... \$56

#### Grade School and Junior/Senior High

One Day/Week..... \$37  
Two Days/Week..... \$56

#### Advanced Grade School and Pre-comp

One Day/Week..... \$42  
Two Days/Week..... \$63

#### Cheerleading/Tumbling

One Day/Week..... \$28  
If you have 3 or more children in the program, the tuition of the youngest child(ren) will be half price.

## Horse Club, Bismarck Horse Club & Walt Neuens Memorial Horse Park

Membership includes use of the Walt Neuens Memorial Horse Park, located on Riverwood Drive. We have three arenas, a 50-stall stable, and trails for pleasure riding. For more info, visit www.bismarckhorseclub.com.

## Horseshoe Pitchers Association

The Bismarck - Mandan Horseshoe Pitchers Association would like to invite all individuals interested in pitching horseshoes to come out and join our sanction leagues located at the Wildwoods Horseshoe Complex in Sertoma Park near shelter 10. We have leagues for all individuals. Each league will be approximately 12 - 14 weeks and is a sanctioned NHPA league. Individuals will be required to bring their own horseshoes. League play is scheduled once a week and will last approximately 2 hours. Leagues start at 7p. For more information please contact Mike Lund at 255-4879 or 426-9361.

Club events (members only) are as follows:

- May 7 Annual Spring Meeting 7 PM Amvets ( any new members are welcome to come and sign up)
- May 17 Court Clean Up
- May 29 Men's League Starts
- June 8th Dakota Community Open Tournament
- June 9th Bismarck/Mandan Horseshoe Pitchers Association Tournament 10 AM
- June 11th Coed League Starts
- July 13th Capital City Open Tournament
- July 14th Len Hofmann Memorial Tournament
- July 22- August 3 NHPA World Horse Tournament Saint George, Utah
- August 31-September 1 ND State Horseshoe Tournament

**Missouri Slope Model Aero Club**

The Missouri Slope Model Aero Club flying field is located just south of McDowell Dam. MSMAC offers a family oriented fun environment for watching or learning to fly model aircraft of all sizes. Spectators are always welcome.

**Summer events:**

- Aug. 16-18 Art May Memorial Fun Fly

For further information contact Jeff Kohler 667-7200, Lloyd Rittenbach 319-0361, Rod Matzke 255-3893, or Glen Nyhus 250-1715 or visit [www.msma.org](http://www.msma.org).

**North Dakota Game & Fish Department**

For more information, visit <http://gf.nd.gov>

The following activities are located at the OWLS (Outdoor Wildlife Learning Site) Headquarters, a wildlife demonstration area located at the North Dakota Game and Fish Department Main office, 100 N Bismarck Expressway on the corner of Expressway and Main, immediately east of the State Prison.

Fishing: Open fishing - 7 days a week during daylight hours for do it yourself fishing. Catch and release and no bait restrictions. Bluegill, trout, bass and catfish are stocked annually. A North Dakota fishing license is required for anglers 16 years and older and are available in the main building Monday - Friday. Handicap accessible, no bicycles or pets are permitted. Portable restroom June - August.

Family Fishing Days: June - August on the OWLS pond on Wednesdays and Saturdays from 9a - 4p (except for holidays). Volunteers are present to check fishing rods out to the public, provide basic fishing instruction to beginners and bait is provided to kids free of charge.

Walking Trail: Several miles of walking trails meander through the OWLS site, including a 1.0 mile marked fitness trail. There are approximately 40 different stops along the trail that describe North Dakota wildlife and wildlife habitat. A self - interpretive guide and map that follows along with the stops is available at the beginning of the trail. Bicycles and pets are not permitted.

Bird Watching & Nature Photography: Several different habitats are represented on the OWLS which include areas of prairie, tree & shrub plantings, wetlands and a creek also flows through the area. These diverse habitat types provide opportunities to view a wide variety of birds and other wildlife species.

**OHV Safety Certification Class**

North Dakota law requires youth between the ages of 12 and 16, who do not have a valid driver's license or permit, to be certified in order to legally operate Off Highway Vehicles on land other than that owned by their parents.

**Hands-on OHV Safety Certification Class**

- Tuesday, May 28, 2p - 6p
- Fee \$30.00
- Missouri Valley Motorsports Park Burleigh County Fair Grounds
- Max class size is 12. Register by calling 328-5348, email [ridesafe.nd.gov](mailto:ridesafe.nd.gov) or go to [ridesafe.nd.gov](http://ridesafe.nd.gov) for more information.

Snacks and Pop provided by the Burleigh Country Extension Office.

Students must bring a helmet and wear proper clothing (long pants, long sleeve shirt, gloves and good shoes). If student doesn't have a helmet we have one they may borrow. Student may bring their own ATV as long as it is of proper size and is approved by instructor but ATV's are provided. Parents may attend if they bring their own OHV and prior arrangements are made.

**The Purple School**

Young children can learn any language! Brain chemistry changes as children age so it's important to learn early. Our enthusiastic teachers use The Purple School's fun, child-centered curriculum, song, and play to teach Spanish and other languages. Contact 701-205-1962 or [info@ThePurpleSchool.com](mailto:info@ThePurpleSchool.com) for registration details. See [www.ThePurpleSchool.com](http://www.ThePurpleSchool.com) for more information.

**Races and Walks**

- Race for Parkinson's..... April 13
- Thunderbird Spring Run.....April 27
- Sexual Assault Awareness Month 5k..April 27
- Walk to Defeat ALS..... May 4
- Cancer Relay for Life Walk/Run .....June 1
- Epic Sports Race to Sunset
- Mountain Bike Festival .....June 7-8
- Ribfest Roadrace .....June 8
- Bismarck Triathlon .....June 15
- Mandan 4th of July Run..... July 4
- Medieval Rush..... July 6
- 5th Annual Get Fit Roadrace.....Aug. 10
- 8th Annual Thunderbird Half Marathon .....Aug. 24
- Powwow 10k and 5k Run/walk .....Sept. 6

- Krolls Diner Bismarck Marathon ..... Sept. 21
- Designer Genes Walk .....Sept. 28
- Monster Dash Run .....October
- Sanford Run/Walk.....October
- Turkey Trot..... November

**Senior Wellness Sensation**

Mark your calendar to attend the 28th Annual Senior Wellness Sensation, a one-day wellness event for adults 60 and over. This year's event will feature workshops, luncheon and entertainment using an upbeat, positive approach. The purpose is to encourage seniors to improve their health, both physically, mentally and spiritually. The event is sponsored by the Senior Wellness Coalition.

- Thursday, August 15, 2013
- Ramkota Hotel, Bismarck
- \$16 registration fee
- Contact West Central Human Service Center at 328-8868 for more information.

**Sleepy Hollow Summer Theatre**

Only programming of its kind in the state! 2013 Premiere of Tom and Frances Leach Stage and David Davis Orchestra Pit

Musicals "Under the Stars" at Sleepy Hollow Arts Park July 8-31, 2013

- The Little Mermaid
- 2nd Broadway musical to be announced!

Tickets available at [www.shtap.org](http://www.shtap.org) or call 319-0894. Group rates of 15 or more receive 20% discount

**Classes in the Arts**

- June 3-7, 10-14 and 17-21

Schedules at [www.shtap.org](http://www.shtap.org) or pick up copies at Bismarck Parks and Recreation office or at any Bismarck/Mandan school.

**Midsummer Celebration**

- Saturday, June 22

No admittance charge to the summer celebration of the longest day of the year. Enjoy continuous entertainment, horse drawn wagon rides, story book characters, crafts, dance, gourmet food and excerpts from Sleepy Hollow's musicals. For updated information: [www.shtap.org](http://www.shtap.org) or call 701-319-0895

## **Soccer, Bismarck Soccer League**

Bismarck Soccer League was created to provide a fun, non-competitive organization to build soccer in Bismarck, ND. We provide a healthy soccer environment for boys and girls Grades K-6.

For more information, visit our website at [www.bismarcksoccerleague.com](http://www.bismarcksoccerleague.com).

## **Soccer, Dakota United Soccer Club**

Dakota United Soccer Club is a non-profit organization focused on developing the youth of Bismarck/Mandan through the world's most popular game. Dakota United organizes travel teams, local leagues (indoor and outdoor), & provides enhanced training opportunities on a year-round basis. Dakota United teams participate in a wide array of events ranging from elite regional competition to local grassroots fun. All Dakota United staff are trained & licensed by the US Soccer Federation. For more information about the Dakota United Soccer Club including registration forms, season dates, and full program descriptions please visit: [www.dakotaunitedsoccer.com](http://www.dakotaunitedsoccer.com)

## **Softball, Bismarck Men's Slowpitch Softball Association**

For more information, contact, Roger Weigel, 258 - 0011 or visit [www.bismarcksoftball.com](http://www.bismarcksoftball.com)

### **Dates, Day/Time and Locations**

- May 3 - TBA
- Monday - Friday, 6:30p
- Clem Kelley, Cottonwood and Cottonwood South

### **Tournament Dates**

- Men's Slow Pitch - May 11-12
- Men's Slow Pitch - June 2
- Men's Slow Pitch - June 22
- Men's Masters 35 State - July 27-28
- Men's Rec III West State - August 10-11

## **Softball, Bismarck Women's Slowpitch Softball Association**

For more information visit [www.bismarckwomenssoftball.com](http://www.bismarckwomenssoftball.com)

## **Softball, 38th Annual Sam McQuade Sr., Charity Softball Tournament**

The USA's Largest non-profit, one weekend slowpitch softball tournament brings together players, families and fans from all over the country. The tournament will feature teams in men's and women's divisions. The tournament follows North Dakota ASA rules.

### **Date, Location and Deadline**

- June 28 - 30, 2013.
- Bismarck - Mandan Softball Complexes
- Entry Deadline for Men's Class A and B: April 15, 2013 Entry Deadline for all other classes: May 10, 2013 or when division is filled.

### **Contact**

- Mike Wolf 701-400-2255, email [mcquadesoftball@yahoo.com](mailto:mcquadesoftball@yahoo.com) or visit [www.mcquades.com](http://www.mcquades.com)

## **Softball, Bismarck Youth Fastpitch Softball Association**

Game nights will be scheduled Sunday-Thursday and will depend upon number of teams.

In order to better our program, all players will be asked to participate in a fundraiser. The proceeds will go towards equipment, uniforms, umpire fees, etc.

Players will have the opportunity to try out for a traveling team. Traveling team age groups are 8u, 10u, 12u, 14u, 16u and 18u. All players are highly encouraged to play in the summer league program but all traveling team players in the 8u, 10u, and 12u age groups are REQUIRED to also play league night. Additional information regarding future tryouts will be available on our website.

See [www.bismarckfastpitch.com](http://www.bismarckfastpitch.com) for start dates and registration information

### **Summer League Season:**

Girls will be placed in one of the following divisions based on their ages as of December 31, 2012. A copy of a birth certificate will be required for all new players. This is an ASA (Amateur Softball Association) rule.

## **6-8 year olds (8u Division)**

In this division, young girls will learn the fundamentals of fastpitch. There will be one structured practice during the week (coaches choice) and one game/scrimmage. This will be run similar to a t-ball league, using a tee and adult/coach pitching.

\$50.00 per player, which includes a t-shirt. Contact Billy Schmidt at [wjschmidt99@hotmail.com](mailto:wjschmidt99@hotmail.com) at or 220-0293

## **9-10 year olds (10u Division)**

In this division, there will be two games per week and coach(es) will determine a practice night for their team. ASA rules will begin to be implemented. The cost is \$75.00 per player, which includes a t-shirt. Contact Mark Wax at [wax@bis.midco.net](mailto:wax@bis.midco.net) or 255-6928.

## **11 year olds and up (11u Division)**

This division will have two games per week and coach(es) will determine a practice night for their team. These games will adhere to ASA fastpitch rules. The cost is \$75.00 per player, which includes a t-shirt. Contact person TBD.

## **Special Olympics**

Special Olympics is the world's largest program of physical fitness, sports training and competition for children and adults with intellectual disabilities.

Sports offered include soccer, bocce, bowling, basketball, snow shoeing, alpine skiing, cross country skiing, team handball, figure skating, speed skating, volleyball, swimming, gymnastics, power lifting and track and field. Any individual with an intellectual disability, 8 years or older, is eligible for Special Olympics. Volunteers are needed year round in Bismarck/Mandan and throughout North Dakota to coach, officiate, serve on the area management team, participate as a unified sports partner or work at tournaments.

Unified Sports is a program within Special Olympics that combines equal numbers of athletes with and without intellectual disabilities on sports teams for training and competition. Unified sports expands opportunities for athletes seeking a new challenge and dramatically increases inclusion in the community by helping break down the barriers that have kept people with and without intellectual disabilities apart.

## **Basketball**

- Training Season held January 7 - March 14
- Bismarck/Mandan Area Tournament in Mandan - February 17
- State Basketball Tournament in Minot - March 15-16

### Summer Games

Sports included: Unified Volleyball, Aquatics, Gymnastics, Powerlifting, Bocce, and Track & Field

- Training Season held March 25- May 30
- District IV Spring Games in Mandan - May 5
- State Summer Games in Fargo – May 31-June 1

### Soccer/Bocce

Sports included: Unified & Traditional Soccer, Team and Doubles Bocce

- Training Season held July 16 – Sept. 6
- State Soccer/Bocce Tournament in Grand Forks – Sept. 7-8

### Bowling

- Training Season held Sept. 9 – Nov. 1
- State Bowling Tournament in Mandan – Nov. 2-3

### Winter Games

Sports include: Unified and Traditional Team Handball, Cross Country Skiing, Alpine Skiing, Snow Shoeing, Figure Skating, and Speed Skating

- Training Season held Nov. 2013 – Jan. 2014
- State Winter Games held in Jan. 2014

For further information, to volunteer, or to participate, contact Special Olympics North Dakota at 1-800-279-4201 or [sond@midconetwork.com](mailto:sond@midconetwork.com)

### Superslide Amusement Park

Located within Sertoma Park, the Super Slide Amusement Park includes a 160 foot 6 - six - lane super slide, ferris wheel, carousel, tubs of fun, rock climbing wall, batting cages, an 18 - hole mini golf course, bank shot basketball, go carts, bumper cars, water wars, critter train, inflatable jumper, swing ride and a concession stand.

For more information, call 255-1107 or visit [bismarcksuperslide.com](http://bismarcksuperslide.com)

### Track, Great Plains

#### Track & Field Club

The Great Plains Track & Field Club's season begins Tuesday, May 28th.

For complete information, visit the website: [greatplainstrackfield.shutterfly.com](http://greatplainstrackfield.shutterfly.com)

#### Youth Shooting Instruction, Pheasants Forever, Dakota Chapter

When: Every Wednesday Night  
May - August  
4:30 – 6:00 – 7:30

Where: Capital City Sporting Clays  
I-94 East to exit 170, 3 miles North to 71st Avenue, 2 miles West to the shooting range.

What: A program for youth 17 and under, which provides safety and guidance in the handling of firearms through repetition. The program promotes:

- healthy outdoor activities and the hunting heritage
- builds self-esteem,
- reduces firearms related accidents,
- teaches safe gun handling at home or in the field,
- creates family memories.

The purpose of the organization shall be to educate youth in the safe, responsible shooting activities, to provide a safe, organized firearms training and recreational shooting opportunity for the youth and the management of target shooting ranges and competitions, the concepts of hunting and conservation and to develop among its members those qualities of leadership, loyalty, cooperation and good sportsmanship, which are essential to good citizenship.

The facility is located 10 miles East of Bismarck on the grounds of Capital City Sporting Clays. An area set aside only for the youth that consist of 6 automatic traps, 5 shooting cages, 3 small outdoor classrooms, and a bathroom all handicap accessible designed to provide a safe firearms training.

### Employment Opportunities

Bismarck Parks and Recreation District has several seasonal positions available throughout the year:

- Activity Center Supervisors
- Babe Ruth Baseball Coaches
- Baseball/Softball Coaches
- Baseball Umpires
- Summer Youth Basketball Coordinator
- Summer Youth Basketball Coaches
- Summer Youth Basketball Officials
- B.L.A.S.T. Supervisors
- Youth Flag Football Coaches
- Youth Flag Football Officials
- Youth Flag Football Coordinators
- General Sibley Park Campground Maintenance
- General Sibley Park Office Attendants
- Golf Course Maintenance
- Lifeguards
- Park and Athletic Field Maintenance
- Swimming Lesson Instructors
- Safety Village Jr. Volunteers
- Youth Soccer Coach
- Youth Soccer Coordinator
- Outdoor Tennis Instructors
- Triple Star Day Camp Leaders
- Sand Volleyball Officials
- Sand Volleyball Supervisors
- Summer Youth Volleyball Coaches
- World War Memorial Building Facility Attendants

Application forms are available online at [www.bisparks.org](http://www.bisparks.org) or at our office, 400 East Front Avenue. EOE

# Register for a Bismarck Parks and Recreation District Program!

*The registration information and form below only applies to BPRD programs, not to activities listed in the Other Partners and Programs section.*

### Online [www.bisparks.org](http://www.bisparks.org)

Online registration is available for all programs listed with a code, except Karate. All other BPRD programs will list registration details.

### Walk-In or Mail-In

400 East Front Avenue  
Bismarck, ND 58504

### After Hours Drop Box

400 East Front Avenue  
Bismarck, ND 58504

### Refund Policy

- Participants will receive a full refund when the program is cancelled due to lack of participants, facilities or qualified instruction, or the program has not officially begun.
- No refunds will be given once the program has started.
- All refunds will be issued in the form of a check. The issuance of a refund check will take 10 - 12 working days and will be mailed to the participant or guardian.

### To complete the registration form below:

- This registration form only applies to BPRD programs, not to activities listed in the Other Partners and Programs section.
- Use one form per child. Be sure all information is correct and the program code number is included. (Multiple code numbers may be listed on one form if the programs are for the same child.)
- All fees must be paid in full.
- Additional registration forms are available online or at the Park District office.



Please read this form carefully and be aware that in registering yourself or your child/ward for participation in the below program(s), you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the below program(s).

I recognize and acknowledge that there are certain risks of physical injury and/or death to participant in the below program(s) and, I agree to assume the full risk of any such injuries, death, damages, or loss regardless of severity which I or my child/ward may sustain as a result of involvement with the below program(s). Further, I hereby waive and relinquish all claims that I, my insurer, or my child/ward may have against the Park District and its officers, servants, and employees from any and all claims for injuries, damages, or loss which I or my child/ward may have or which may accrue to me or my child/ward in relation to his/her involvement with the below program(s), regardless whether the activities involved are supervised or unsupervised. I also agree to hold the Park District harmless for any injuries, death, or damages sustained in relation to my child/ward's involvement with the below program(s). Nothing in this release shall be intended to release the Park District from responsibility of fraud or willful injury to person or property, nor for any violation of law. This release is intended to and releases only claims for negligence and/or non - willful or non - criminal claims. **I HAVE READ AND FULLY UNDERSTAND THE ABOVE AGREEMENT OUTLINING MY ASSUMPTION OF RISK AND WAIVER AND RELEASE OF ALL CLAIMS.**

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Activity	Code #	Fee	Cash/Check # /Credit Card	
Participant's Name (First, Last)	Gender	Participant's D.O.B	Age	Grade (2012-13)
Address		City, State, Zip		
Phone (H)	Phone (W)	Other Phone	E-Mail Address	
Contact (First, Last)	Relationship		Phone (H)	Other Phone
Does Participant have any special limitations				

Please make all checks payable to BPRD. Mail registration forms to 400 East Front Avenue, Bismarck, ND 58504.

## April

Race for Parkinson's.....13  
 10 & Under Tennis Tournament, see page 15.....13  
 Breakaway Swim Triathlete Swim Clinics, see page 18..... 20-21  
 Sexual Assault Awareness Month 5k..... 27

## May

USTA Tennis Block Party, see page 15 ..... 4  
 Walk to Defeat ALS ..... 4  
 Men's Slow Pitch, see page 36 ..... 11-12  
 6th Grade Elementary Track Meet, see page 16 .....15  
 5th Grade Elementary Track Meet, see page 16 ..... 16  
 West Region Girls Tennis Tournament, see page 14 .....16-18

## June

Free Junior Golf, see page 8.....All Month  
 Cancer Relay for Life Walk/Run ..... 1  
 Men's Slow Pitch, see page 36 ..... 2  
 Local Hershey's Track and Field Meet, see page 16 ..... 5  
 Jackie Dockter Memorial Tennis  
 Tournament, see page 18..... 6-9  
 Dakota Community Open Tournament, see page 34..... 8  
 Missouri Valley Shoot, see page 32 ..... 8-9  
 Ribfest Roadrace ..... 8  
 Bismarck/Mandan Horseshoe Pitchers  
 Association Tournament, see page 34 ..... 9  
 Bismarck Triathlon .....15  
 Men's Slow Pitch, see page 36 ..... 22  
 Midsummer Celebration, see page 35 ..... 22  
 Sam McQuade Sr. Charity Softball  
 Tournament, see page 36 ..... 28-30

## July

Free Junior Golf, see page 8.....All Month  
 July Celebration Special Events .....All Month  
 Mandan 4th of July Run..... 4  
 Medieval Rush..... 6  
 The Little Mermaid (Sleepy Hallow), see page 35 .....8-31  
 Capital City Open Tournament, see page 34.....13  
 Len Hofmann Memorial Tournament, see page 34.....14  
 Tennis in the Parks Week, see page 15 ..... 22-28  
 Free Tennis Lessons, see page 15 .....24  
 Curling Summerspiel, see page 32.....18-21  
 ND State Trap Shoot, see page 32 .....24-28  
 Men's Softball Masters 35 State, see page 36 ..... 27-28

## August

Free Junior Golf, see page 8.....All Month  
 Senior Wellness, see page 35 .....15  
 Bismarck Open Adults & Juniors  
 Tennis Tournament (BMTA), see page 18..... 2-4  
 iCan Shine Bike Camp, see page 4..... 5-9  
 Get Fit Roadrace, see inner fold-out ..... 10  
 Men's Softball Rec III West State, see page 36..... 10-11  
 Art May Memorial Fun Fly, see page 35 .....16-19  
 Sharp-tail Shoot, see page 32 .....17-18  
 ND State Horseshoe Tournament, see page 34 ..... 31-Sept. 1

## September

Krolls Diner Bismarck Marathon..... 21  
 BMTA World Team Tennis (Adults), see page 18..... 21  
 Coed Fall Softball League Tournament, see page 17 ..... 22  
 Designer Genes Walk ..... 28

**2013 Fall Activity Schedule is mailed in August, which includes:**  
 adaptive programs • basketball  
 B.L.A.S.T. • cross country meets  
 fencing • hockey • karate • open gym  
 racquetball • skating • tennis  
 volleyball • and much more!



**July Celebration!**

**Celebrate National Park and Recreation month in July!**  
 We've got a month full of programs, play and fun for the whole family.  
 Watch for more information coming in June on [www.bisparks.org](http://www.bisparks.org).



**Bismarck Parks and Recreation District**  
400 East Front Avenue  
Bismarck, ND 58504  
(701) 222-6455  
[www.bisparks.org](http://www.bisparks.org)

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Let's  
Play!

