



SPRING/SUMMER 2015 ACTIVITY GUIDE

YOUTH AND ADULT PROGRAMS
ACTIVITIES – FACILITIES – PARKS – SPECIAL EVENTS



BISMARCK PARKS AND
RECREATION DISTRICT
Est. 1927

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 • bisparks@bisparks.org
Hours: Monday - Friday, 7:30am - 5pm

Telephone Directory

Baseball/Softball Diamonds

16th Street Diamonds.....	222-6625
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 Recreation Area	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 Aquatic Complex.....	222-6419
Wachter Aquatic Complex	222-6614

Board of Park Commissioners

- Julie Jeske, President
- Wayne Munson, Vice President
- Brian Beattie, Commissioner
- Mike Schwartz, Commissioner
- Jason Starck, Commissioner

Administration

- Randy Bina, Executive Director

Directors

- Kevin Klipfel, Facilities and Programs Director
- Greg Smith, Operations Director
- Kathy Feist, Finance Director

Administration Division

- Paula Redmann, Community Relations Manager
- Rena Mehlhoff, Communications Specialist
- Holly Wardzinski, 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
- Dennis Nybo, Facilities Manager
- Jeremy Dykstra, Recreation Specialist
- Cindy Gums, Recreation Specialist
- Nikki Preskey, Recreation Specialist
- Kevin Olson, Facility Specialist
- Katrina Hanenberg, Facility Specialist
- Lindsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Rod Morasch, Head Tennis Professional
- Dylan Thiem, Facility Specialist
- Ryan Geerdes, Operations Superintendent
- Dan Sedevie, Operations Superintendent
- Mike Page, Golf Course Superintendent
- Brad Schulz, Golf Course Superintendent
- Chuck Vedvick, Golf Course Superintendent
- Maintenance and Operations Staff:
Mac Weigel, Rick Schuler, Bev LaBelle,
Tim Thiel, Kent Tardif, Brandon Ripplinger,
David Page, Nathan Schneider

Operations Division

- Riley Merkel, Sport Complexes Manager
- Rod Knutson, Operations Superintendent
- Forrest Ecklund, McDowell Dam Recreation Area
- Tony Schmitt, Facility Specialist
- Martha Willand, Facility Specialist (General Sibley Park)
- Lynn Morgenson, Landscape Specialist
- Maintenance and Operations Staff:
Rich Hetzler, Garth Heupel, Tim Nelson,
Steve Gerding, Steve Pulkrabek, David Robinson, Adam Keller, Cullen Theisen,
Quentin Schmidt, Pat Miller, Cory Lang,
Ryan Savenko, and Colin Bales

Forestry

- Jerry Henke, Arborist II
- Mike Miller, Arborist I
- Eric Gabbert, Arborist I
- Julius Lorz, 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.

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.)

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 28th year, the program has provided matching funds for 434 projects with total project costs of more than \$3.7 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, February 1 and June 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.

REGISTER FOR PROGRAMS AT WWW.BISPARKS.ORG

Online Registration and Reservations

Visit 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 and create a 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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Our Vision

To be the leader and premier provider of public parks, programs, facilities and leisure services.

Our Mission

To work with the community to provide residents and visitors the highest quality parks, programs, facility and event experience.

Core Purpose

To provide affordable and accessible public park and recreation services

Our Values

Integrity	Diversity
Teamwork/Cooperation	Honesty/
Professionalism	Accountability
Community	Respect

Activity Centers

Activity Centers provide summer recreational programming at selected elementary schools in Bismarck for kids entering grades 1 - 5. Activities include games, crafts, projects, and outdoor fun, all in a supervised setting. Activity sites have limited enrollment.

Ages	Dates	Days	Time
1st - 5th Grade	June 11 - Aug. 7	M - F	7:45am - 5:15pm

- **Must have completed kindergarten in the 2014-15 school year or be 6 years old by June 1, 2015. If your child is in kindergarten, but won't be 6 until after June 1, 2015, please come to Bismarck Parks office to register.**
- Activity Centers will close at 12 noon on August 7
- No program on July 3
- There will be no supervision before 7:45am or after 5:15pm
- 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

- \$375/child - if received on or before Thursday, May 7.
- \$385/child - if received Friday, May 8 or later.

TWO - STEP REGISTRATION process

Registration starts April 2 at 8:00am

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. Once your child(ren) is registered, you can then move to Step Two.

Step Two: You **MUST** 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 Thurs. May 7. Once your completed packet is received, your child(ren)'s registration for Activity Center is complete.

School	Location	Code
Centennial	2800 Ithica Dr	6767
Grimsrud	716 St. Benedict Dr	6768
Liberty	5400 Onyx Dr.	6769
Northridge	1727 N. 3rd St.	6770
Pioneer	1400 Braman Ave.	6771
Prairie Rose	2200 Oahe Bend	6772
Rita Murphy	611 N. 31st St.	6773
Robert Miller	1989 N. 20th St.	6774
Roosevelt	613 W. Ave. B	6775
Solheim	325 Munich Dr.	6776
Sunrise	3800 Nickerson Ave.	6777

Junior Leader

Junior Leaders will learn the skills necessary to perhaps become 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 1-24. BPRD staff will do a random drawing April 30 and applicants will be notified of the results. The Junior Leader applications can be found on the BPRD website, 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 6th grade or older.

Activ8

This fun and active program consists of 45-minute structured water and non-water activities twice a week for kids 8-12 years of age. It is designed to increase children's physical activity, self confidence, and nurture long term behavior. Our goal is that every child finds their niche in physical activity. It doesn't matter if they are athletic or not, we want to inspire kids to MOVE and have FUN!

Date	Day	Time	Code
April 6 - May 14	M & Th	6:45pm - 7:30pm	7285
Classes will resume September.			

Age and Location

- 8-12 yrs old
- BSC Aquatic & Wellness Center, 1601 Canary Avenue
- Monday (land) and Thursday (pool)

Fees and Registration Code

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$55; Non-members: \$65



Adaptive Recreation

iCan Shine Bike Camp

The nationally franchised program, iCan Shine (formerly Lose The Training Wheels) (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 3 - 7
- \$100.00
- Pre-registration required

For more information and to register, contact info@designergenesnd.com or visit www.designergenesnd.com

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	Time	Fee
June 8 - July 27	M	4 - 6pm	\$2.50/game*

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

Triple Star Day Camp

The Triple Star Day Camp is offered to individuals ages 10 and 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	Time	Code
10+	June 15 - Aug. 7	M - F	9:30am - 3pm	6821

- \$100/participant
- Located at Schaumburg Arena, 221 Reno Avenue.
- * No camp July 3

Baseball

2015 Coed Major League Baseball® Pitch, Hit, & Run Local Event

Pitch, Hit & Run™ is the official skills competition of Major League Baseball®. This grassroots program is designed to provide youngsters with an opportunity to compete, free of charge, in a competition that recognizes individual excellence in core baseball/softball skills.

Boys and girls are divided into four age divisions: 7/8, 9/10, 11/12, 13/14, and have the chance to advance through four levels of competition, including Team Championships at Major League ballparks and the National Finals at the 2015 MLB™ All-Star Game®.

Date, Times, Ages and Location

- Saturday, April 25 from 1:00 - 4:00pm
- 7 - 14 years old
- Tatley North/South Park (Airport Road and Michigan Avenue)
- Fee: FREE!!!
- Please bring completed Registration form and copy of birth certificate to the event.

Registration form and more information will be made available in March-April on the BPRD website and at the BPRD office.

Volunteers needed for this baseball event.

Please contact Jeremy at 250-7780 with your interest.



Coed, Mites, Squirts, Cal Ripken

Any player born prior to May 1, 2011, and on or after May 1, 2002, will be eligible for Coed, Mites, Squirts, Cal Ripken (ages 12 & under) Baseball League competition for the 2015 season. All levels will play at Sam McQuade Sr. Softball Complex, 1100 North Washington Street. Age is determined as of May 1, 2015 for Mites, Squirts and Cal Ripken.

Ages	Dates	Days	Time	Code
Mites 5 - 6	June 8-July 30	M & W	10 - 11am	6783
Mites 5 - 6	June 8-July 30	T & Th	10 - 11am	6784
Squirts 7 - 9	June 8-July 30	M & W	8:30 - 9:45am	6786
Squirts 7 - 9	June 8-July 30	T & Th	8:30 - 9:45am	6787
Cal Ripken 10 - 12	June 8-July 30	M & W	11:15am - 12:45pm	6785

Fees

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

Baseball Clinic

Any participant born prior to May 1, 2010, and on or after May 1, 2002, will be eligible for the Youth Baseball Clinic for the 2015 season. The program will focus on the development of baseball skills and fundamentals. The clinic will be at Sam McQuade Sr. Softball Complex, 1100 North Washington Street.

Ages, Dates, & Times

- 5 - 12 years old
- Thursdays from June 11 - July 23
- 1 - 2:30pm

Fee

- Free for registered Mites, Squirts, and Cal Ripken Youth Baseball participants.
- \$15.00 for non-registered participants.

Registration

- For registered: Click "yes" for enrollment into Youth Baseball Clinic when signing up your child for Coed, Mites, Squirts, and Cal Ripken.
- For non-registered, enroll with Code 6792

Baseball Coaches & Umpires needed!
If interested, please call BPRD at 222-6455.

Babe Ruth, Ages 13 - 15

Any player born prior to May 1, 2002, and on or after May 1, 1999, will be eligible for Babe Ruth 13 - 15 League competition for the 2015 season. Any player born prior to May 1, 2011, and on or after May 1, 2002, will be eligible for Cal Ripken (ages 12 & under) Baseball League competition for the 2015 season. Contact Bismarck Youth Baseball for more Cal Ripken Information at www.bismarckyouthbaseball.org.

New League Format

The league will be separated into Major and Minor divisions. Players will only play in one division.

- Major Division: The Major division will consist of the 13's, 14's, and 15's advancing All Star teams and a 13-15 Non-advancing All Star team.
- Minor Division: The Minor division will consist of player ages 13-15 league teams. Depending upon the amount of registered participants, this division could be divided into a 13 year old minor division and a 14-15 year old minor division.

Every player will be placed on a league team after the evaluation period. The first week will be used to evaluate players in a variety of categories. This assists us in forming league teams. The criteria used to select these teams include: attitude, attendance, sportsmanship, versatility, and skill/ability. The Minor division teams will be comprised of players with equal skill ability. The players placed in the Major division will be players in our Extra Baseball/All Stars program in their respective age groups.

Informational Meeting

- TBA Please check www.bisparks.org for announcement.

Dates

- May 13 – August (Depending upon All Star Tournament Advancement)
- Major and Minor League games: June 1 – July 16
- Minor League Tournament: July 20-24
- * Dates and times are subject to change depending upon the facility availability and High School Baseball schedule. Updates will be posted online at bisparks.org.

Ages Code

Age 13	6779
Age 14	6780
Age 15	6781

League Tryouts – Tatley*

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 17 – First League Tryout: 2:30 to 4pm
- May 18 – 5pm to 6:30pm
- May 19 – 5pm to 6:30pm

All Star Tryouts – Tatley*

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 13 – First All Star Tryout: 5:30pm to 7pm
- May 17 – 4:30pm to 6pm
- May 20 – 5:30pm to 7pm

Practice Schedule – May 26, 27, 28, & June 1*

Times

4:30 – 5:45pm	Teams will rotate times
6:00 – 7:15pm	Teams will rotate times

Teams

Minor Division Practice Schedule - Beginning June 2

Days

Tu & Th
Tu & Th

Times

4:30 – 5:45pm
6:00 – 7:15pm

Teams

Teams will rotate times
Teams will rotate times

- Major Division practices will be in the mornings and early afternoons. Practice times/days will be provided at the end of tryouts.
- 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 June 3.
- 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 6:45p (game schedule subject to change)

Fees

- \$165/player - if received on or before Friday, May 1.
- No more than \$330/ household.
- \$175/player - if received Saturday, May 2 or later.
- No more than \$350/household.

(includes \$30 uniform deposit + \$10 uniform replacement)

Fees for Extra Baseball (In addition to base fee)

- Advancing \$155 & Non-advancing \$80



Babe Ruth League Birth Chart for 2015

	January	February	March	April	May	June	July	August	September	October	November	December
2002	13	13	13	13	12	12	12	12	12	12	12	12
2001	14	14	14	14	13	13	13	13	13	13	13	13
2000	15	15	15	15	14	14	14	14	14	14	14	14
1999	16	16	16	16	15	15	15	15	15	15	15	15

American Legion & Babe Ruth, Ages 16 - 18

American Legion Baseball:

Competition in 2015 is open to players born on or after January 1, 1996. Any player born in 1995 or before, is not eligible to play American Legion Baseball. 2014 High School graduates may only play for the Legion team they played for during the 2014 season. If a player is born in 1996 or 1997, that player must play in the Senior Legion Baseball program.

Babe Ruth Baseball:

Any player born prior to May 1, 1999, and on or after January 1, 1996, 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 1 (practices)	6789
17	June 1 (practices)	6790
18 - 19	June 1 (practices)	6791

- Governor's \$425
- Babe Ruth 16 - 18 \$425 will have option to sell raffle tickets to earn a portion of fee back.
- Practice dates, times and locations are determined by the coaches.
- Visit bgovs.org for practice schedules.
- Each Governor's participant will also be required to sell raffle tickets.
- * Your raffle ticket purchase doubles as a family season ticket to all Representatives, Senators and Governors games for the 2015 regular season AND puts your name in the calendar drawing for cash prizes, too.

Rain Out Policy

Rainout Policy In case of inclement weather, every effort will be made to determine diamond playability by 7:45 am for day programs or 4pm for evening programs. Please check the Bismarck Parks and Recreation District website ALERT bar on the front page of the website (www.bisparks.org.) You may also choose to "Like" the BPRD Facebook page, since weather notifications are also posted there. You can also call the BPRD information line at 222-6479.

Babe Ruth State Tournaments

- 13 Year Old State
- July 17 - 19 • Minot
- 14 Year Old State
- July 17 - 19 • Grand Forks
- 15 Year Old State
- July 24 - 26 • Wahpeton
- 16 - 18 Year Old State
- July 17 - 19 • Williston

Cal Ripken Tournaments

- State Cal Ripken (Advancing) Age 9
- July 10 - 12 • Bismarck
- State Cal Ripken (Advancing) Age 10
- July 10 - 12 • Dickinson
- State Cal Ripken (Advancing) Age 11
- July 10 - 12 • Fargo
- State Cal Ripken (Advancing) Age 12
- July 10 - 12 • Mandan

Midwest Plains Regional Tournaments

- Cal Ripken Age 9
- July 23 - 28 • Dickinson, ND
- Cal Ripken Age 10
- July 23 - 28 • Chadron, NE
- Cal Ripken Age 11 (60')
- July 23 - 28 • Bemidji, MN
- Cal Ripken Age 11 (70')
- July 23 - 28 • Lamar, CO
- Cal Ripken Age 12 (70')
- July 22 - 27 • Booneville, MO
- Babe Ruth Age 13
- July 30 - August 4 • Booneville, MO
- Babe Ruth Age 14
- July 30 - August 4 • Ottumwa, IA
- Babe Ruth Age 15
- July 28 - August 2 • Osseo/Maple Grove, MN
- Babe Ruth Age 16 - 18
- July 23 - 27 • Lyons, KS

Bismarck Governors Home Games

For full Governors schedule and updates, visit www.bgovs.org.

- June 1 • Tryouts/First Practice
- June 9 • Mandan (9-INNING GAME) – 7:30p
- June 11 • West Fargo, ND (2) – 5:30p*
- June 12-14 • ND-SD Challenge – Rapid City, SD
- June 17-21 • Omaha, NE - Decker Sports College
- World Series Tournament
- June 23 • Dickinson (9-INNING GAME) – 6:30p*
- June 24 • Rapid City, SD Post 22 (2) – 6:00p
- June 25 • Rapid City, SD Post 22 (9-INNING GAME) – 1:00p
- June 28 • Williston (2) – 5:30p*
- June 29 • Jamestown (2) – 5:30p*
- June 30 • Minot (2) – 5:00p*
- July 3 • Mandan (9-Inning Game) – 7:30p*
- July 4 • Mandan (9-Inning Game) – 4:30p*
- July 10 • Fargo Post 400 (2) – 4:00p*
- July 11 • Grand Forks (2) – 4:30p*
- July 14 • Mandan (9-Inning Game) – 7:30p
- July 15 • Dickinson (9-Inning Game) – 7:00p*
- July 16 • Minot (2) – 5:30p
- July 17 • Fargo Post 2 (9-Inning Game) – 5:30p
- July 18 • Rapid City Post 22 (2) – 5:00p
- July 19 • Rapid City Post 22 (9-Inning Game) – 1:00p
- July 20 • Williston (2) – 5:30p
- July 21 – Team Picnic (players, parents, coaches and families) – 5:30p
- July 22 • West Fargo (2) – 5:30p
- July 23 • Fargo Post 2 (2) – 5:00p*
- *denotes games that count in statewide standings
- July 28-August 2 - Dickinson - ND State Class 'AA' Tournament
- Aug 5-9 – Bismarck, ND - Central Plains Regional Tournament
- Aug 13-18 - 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

- Thursday, May 28 at 7pm, World War Memorial Building, 215 North 6th Street

Grades	Dates	Days	Time	Code
Grades 4 & 5*	June 9 - July 30	T & Th	6 - 7pm	6794
Grades 6 & 7*	June 9 - July 30	T & Th	7:15 - 8:15pm	6795
Grades 8 & 9*	June 9 - July 30	T & Th	8:30 - 9:30pm	6796

* Grade determined by 2014-15 school year.

Fee and Location

- \$55/player
- Located at World War Memorial Building, 215 North 6th Street

Girls' 4th Grade

The program's objective is to teach the fundamentals, skills, and sportsmanship of the game. Participants will learn through drills and scrimmages.

Informational Meeting

- August 19, 7pm, at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.
- An information sheet will be available upon registration.

League:

- August 31 - October 17
- 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: 4pm or 5pm
- Games are Saturdays at the World War Memorial Building.

Fees

- \$45/player - if received on or before August 14.
- \$55/player - if received August 15 or later.

School	Code	School	Code
Cathedral	7291	Northridge	7302
Centennial	7292	Pioneer	7303
Grimsrud	7293	Prairie Rose	7304
High. Acres	7294	Roosevelt	7305
Liberty	7295	Saxvik	7306
Lincoln	7296	Shiloh	7307
Martin Luther	7297	Solheim	7308
Miller	7298	St. Anne's	7309
Moses	7299	St. Mary's	7310
Murphy	7300	Sunrise	7311
Myhre	7301	Will-Moore	7312

Girls' 5th Grade

The program's objective is to teach the fundamentals, skills, and sportsmanship of the game. Participants will learn through drills and scrimmages. The 5th grade program has a season-ending jamboree.

League:

- September 8 - October 31

Information Meeting

- No informational meeting for 5th grade. An information sheet will be available upon registration.

Days/Times for most schools:

- First week of practice should be Tuesday, Thursday, & Friday
- 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 at any school.

Fees

- \$55/player - if received on or before August 21.
- \$65/player - if received August 22 or later.
- Participants must play at the school they attend.**

Jamboree

- Girls' Grade 5: October 30 -31

School	Code	School	Code
Centennial	7313	Northridge	7323
Grimsrud	7314	Pioneer	7324
High. Acres	7315	Prairie Rose	7325
Liberty	7316	Roosevelt	7326
Lincoln	7317	Saxvik	7327
Martin Luther	7318	Shiloh	7328
Miller	7319	Solheim	7329
Moses	7320	Sunrise	7330
Murphy	7321	Will-Moore	7331
Myhre	7322		

Fall Boys'

Fall Boys' Basketball information will be included in the Fall Activity Schedule.

**Youth basketball coaches
& officials needed!**
**Contact BPRD at 222-6455
if interested!**

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 2015 Enrollment

The B.L.A.S.T. deadline for people currently enrolled through the last day of school, is June 25 at 5pm. B.L.A.S.T. packets will be distributed in Mid-May for those currently enrolled in the program. The packets will be mailed to the parents.

Locations

• Centennial • Grimsrud • Liberty • Miller • Northridge • Pioneer • Prairie Rose • Rita Murphy • Shiloh • Solheim • Sunrise

* Bismarck Parks and Recreation does not manage the after school programs at Lincoln, Moses, 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. '15-16

- Mid-May: 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 25: Registration packets from current B.L.A.S.T. families are due back at BPRD by 5pm .
- June 15 - July 2: The new applicants that are interested in enrollment for 2015-16 will have this timeframe to stop in at the BPRD office and register their child(ren) in a drawing for the open positions.
- July 8: 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	Code
12+	Session 2, April 20 - June 26	M & F	\$70	6829

Time, Location and Equipment Required

- 6:30 - 8:30pm (Mondays) and 5 - 7pm (Fridays)
- World War Memorial Building, 215 North 6th Street
- 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 7 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 24, 7pm, 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 2014-2015 elementary school.

Grades	Dates	Times
3rd & 4th	August 31 - October 10	5 - 6pm
5th & 6th	August 31 - October 10	6 - 7pm

Fees

- \$55/player - if received on or before Friday, August 21.
- \$65/player - if received August 22 or later.

School	3rd & 4th Grade	5th & 6th Grade
	Code	Code
Cathedral	7167	7168
Centennial	7169	7170
Grimsrud	7171	7172
Highland Acres	7173	7174
Liberty	7175	7176
Lincoln	7177	7178
Martin Luther	7179	7180
Miller	7181	7182
Moses	7183	7184
Murphy	7185	7186
Myhre	7187	7188
Northridge	7189	7190
Pioneer	7191	7192
Prairie Rose	7193	7194
Roosevelt	7195	7196
Saxvik	7197	7198
Shiloh	7199	7200
Solheim	7201	7202
St. Anne's	7203	7204
St. Mary's	7205	7206
Sunrise	7207	7208
Will-Moore	7209	7210

Jamboree

- Oct. 10 - 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 11am - Tee times for juniors are from 7:30 - 11am.

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 Andrew Schmitz at Tom O'Leary Golf Course, 701-222-6531, Tim Doppler at Riverwood Golf Course, 701-226-5641 or Ray Helphrey, 701-222-6462.

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

- \$30/child
- Sheila Schafer Mini-Links

Dates	Day	Times	Code
June 11, 18, 25, July 2	Th	9 - 9:45am	6866
June 11, 18, 25, July 2	Th	10 - 10:45am	6867
June 11, 18, 25, July 2	Th	11 - 11:45am	6868
June 11, 18, 25, July 2	Th	12 - 12:45pm	6869
June 11, 18, 25, July 2	Th	6 - 6:45pm	6860
June 11, 18, 25, July 2	Th	7 - 7:45pm	6861
July 9, 16, 23, 30	Th	9 - 9:45am	6862
July 9, 16, 23, 30	Th	10 - 10:45am	6863
July 9, 16, 23, 30	Th	11 - 11:45am	6864
July 9, 16, 23, 30	Th	12 - 12:45pm	6865
July 9, 16, 23, 30	Th	6 - 6:45pm	6858
July 9, 16, 23, 30	Th	7 - 7:45pm	6859

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 \$40/session, Four one-hour lessons
- Scholarships are available for these sessions by request, contact Dan Waldoch at 222-6462.

Dates	Time	Location	Code
June 8, 9, 10, 12	9 - 10am	Prairie West	6887
June 15, 16, 17, 19	9 - 10am	Prairie West	6884
June 8, 9, 10, 12	6 - 7pm	Pebble Creek	6885
June 15, 16, 17, 19	6 - 7pm	Pebble Creek	6883
June 22, 23, 24, 26	9 - 10am	Pebble Creek	6872
June 22, 23, 24, 26	6 - 7pm	Pebble Creek	6875
July 6, 7, 8, 10	9 - 10am	Pebble Creek	6873
July 6, 8, 13, 15	6 - 7pm	Pebble Creek	6871
July 13, 14, 15, 17	11am - 12pm	Pebble Creek	7342
July 20, 21, 22, 24	9 - 10am	Pebble Creek	6874
July 20, 22, 27, 29	7:45 - 8:45pm	Pebble Creek	6870
July 27, 28, 29, 31	11am - 12pm	Pebble Creek	6877

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 \$55/session, Four - 75-minute lessons
- Scholarships are available for these sessions by request, contact Dan Waldoch at 222-6462.

Dates	Time	Location	Code
June 8, 9, 10, 12	11am - 12:15pm	Pebble Creek	6896
June 8, 9, 10, 12	7:30 - 8:45pm	Pebble Creek	6897
June 15, 16, 17, 19	11am - 12:15pm	Pebble Creek	6894
June 15, 16, 17, 19	7:30 - 8:45pm	Pebble Creek	6895
June 22, 23, 24, 26	11am - 12:15pm	Pebble Creek	7339
June 22, 23, 24, 26	7:30 - 8:45pm	Pebble Creek	7340
July 6, 7, 8, 10	11am - 12:15pm	Pebble Creek	6893
July 6, 8, 13, 15	7:30 - 8:45pm	Pebble Creek	6889
July 13, 14, 15, 17	9 - 10:15am	Pebble Creek	6890
July 20, 21, 22, 24	11am - 12:15pm	Pebble Creek	6891
July 20, 22, 27, 29	6 - 7:15pm	Pebble Creek	6888
July 27, 28, 29, 31	9 - 10:15am	Pebble Creek	6892

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, advanced short game techniques, scoring strategies, golf course management, on the golf course training and etiquette, and distance control and management.

These lessons are taught by lead instructors Andrew Schmitz and Ray Helphrey. Each session has a maximum of 4 students.

Sessions will be offered in June, July and August. Once a 4 person session is filled, that group will meet for four (2-Hour) sessions at four scheduled times set by the instructors.

Fees and Location

- Blue Level \$125/session, 8 hours of instruction. Each session is 2 hours.
- Junior golfers must graduate from the White level to enter Blue level.
- Riverwood Golf Course, 725 Riverwood Drive
- Scholarships are available for these sessions by request, contact Dan Waldoch at 222-6462.
- **No online registration. Registration will be handled through Andrew Schmitz at Tom O'Leary Golf Course (701) 222-6462.**

Dates	Time	Location	Code
June 8, 15, 22, 29	1 - 3pm	Pebble Creek	7344
June 10, 17, 24, July 1	1 - 3pm	Pebble Creek	7345
July 7, 14, 21, 28	1 - 3pm	Pebble Creek	7346
July 10, 17, 24, 31	1 - 3pm	Pebble Creek	7347

Karate - Traditional Japanese Karate

Age	Days	Time	Month	Code
10+	T & Th	6:30 - 8:30pm	April	7259
10+	T & Th	6:30 - 8:30pm	May	7260
10+	T & Th	6:30 - 8:30pm	August	7348
10+	T & Th	6:30 - 8:30pm	September	7349
10+	T & Th	6:30 - 8:30pm	October	7350
10+	T & Th	6:30 - 8:30pm	November	7351
10+	T & Th	6:30 - 8:30pm	December	7352

Dates, Fees and Location

- April 7 - May 28 and August 4 - December 17
- \$40/month or \$175/5 months
- World War Memorial Building, 215 North 6th Street

For more information

- Bill Froelich, 226-3415

Online registration is not available for Karate.

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, 2015.
- Frances Leach High Prairie Arts & Science Complex, 1810 Schafer St.

Session	Dates	Time	Fee	Code
1	June 8 - 19	10am - 12 noon	\$50	6803
1	June 8 - 19	1 - 3pm	\$50	6804
2	June 22 - July 2	10am - 12 noon	\$50	6805
2	June 22 - July 2	1 - 3pm	\$50	6806
3	July 6 - 17	10am - 12 noon	\$50	6807
3	July 6 - 17	1 - 3pm	\$50	6808
4	July 20 - 31	10am - 12 noon	\$50	6809
4	July 20 - 31	1 - 3pm	\$50	6810

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.

Ages

- Boys and Girls, K - 9 (Grade entering in Fall 2015)

Fees

- \$55/player - if received on or before May 22.
- \$65/player - if received May 23 or later.
- Number of Players at each site will be limited. Please check registration for details.

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 8-July 29	M & W	6:30-7:30pm	6815
K-1	Horizon	June 8-July 29	M & W	6:30-7:30pm	6819
2-3	Cottonwood	June 8-July 29	M & W	6:30-7:30pm	6812
2-3	Horizon	June 8-July 29	M & W	6:30-7:30pm	6816
4-6	Cottonwood	June 8-July 29	M & W	7:45-8:45pm	6813
4-6	Horizon	June 8-July 29	M & W	7:45-8:45pm	6817
7-9	Cottonwood	June 8-July 29	M & W	7:45-8:45pm	6814
7-9	Horizon	June 8-July 29	M & W	7:45-8:45pm	6818

Youth Soccer Coaches needed!
If interested, please call BPRD at 222-6455.

Sports Conditioning

Take your skills to the next level! 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 - \$55 (12 - 18 yrs.) \$35 (8 - 11 yrs.);
Non-members - \$65 (12 - 18 yrs.) \$45 (8 - 11 yrs.)

Date	Age	Days	Time	Code
April 7 - May 14	8 - 11 yrs.	T & Th	5 - 5:30pm	6901
April 7 - May 14	12 - 18 yrs.	T & Th	4 - 5pm	6899
May 19 - June 25	8 - 11 yrs.	T & Th	5 - 5:30pm	6902
May 19 - June 25	12 - 18 yrs.	T & Th	4 - 5pm	6900
Aug. 11 - Sept. 17	8 - 11 yrs.	T & Th	5 - 5:30pm	7357
Aug. 11 - Sept. 17	12 - 18 yrs.	T & Th	4 - 5pm	7356

Swimming Lessons, Indoor

Fee and Location

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

Parent and Child Aquatics (6 months – 3 yrs)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. It gives parents safety information and teaches techniques to help orient their child into the water. This level is fun filled and helps introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

Preschool Aquatics (3-5 yrs old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interaction with other children. As in all swimming and water safety courses, your child will always know that it's safety first.

Preschool A- Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ramp, steps, or side. Blow bubbles through mouth and nose. Submerge mouth, nose, and eyes. Open eyes underwater and retrieve submerged objects. Front glide and recover to a vertical position. Back glide and recover to a vertical position. Back float. Roll from front to back and back to front. Tread with arm and hand actions. Alternating and simultaneous arm and leg actions on front and back. Combined arm and leg actions on front and back. Age appropriate water safety topics.

Preschool B- Helps children gain greater independence in their skills and develop more comfort in and around the water.

- Enter water by stepping in from a deck or low height. Exit water using ladder, steps, or side. Bobbing. Open eyes underwater and retrieve submerged objects. Front float. Back glide and float and recover to a vertical position. Roll from front to back and back to front. Tread water using arm and leg actions. Combined arm and leg actions on front and back. Finning arm action on back. Age appropriate water safety topics.

Preschool C- Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water.

- Enter water by jumping in. Fully submerge and hold breath. Bobbing. Rotary breathing. Front, jellyfish, and tuck floats. Front and back float or glide and recover to a vertical position. Change direction of travel while swimming on front or back. Tread water using arm and leg actions. Combined arm and leg actions on front and back. Finning arm action on back. Age appropriate water safety topics.



Learn-to-Swim (6 yrs-Teen)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival and swim skills.

Level 1- Introduction to water skills: Helps Participants feel comfortable in the water.

- Enter and exit the water using ramp, steps, or side. Blow bubbles through mouth and nose. Bobbing. Open eyes underwater and retrieve submerged objects. Front and back glides and recover to a vertical position. Back float. Roll from front to back and back to front. Tread water using arm and hand actions. Alternating and simultaneous arm and leg actions on front and back. Combined arm and leg actions on front and back. Age appropriate water safety topics.

Level 2- Fundamental Aquatic Skills: Gives participants success with fundamental skills.

- Enter water by stepping or jumping from the side. Exit water using ladder, steps, or side. Fully submerge and hold breath. Bobbing. Open eyes underwater and retrieve submerged objects. Rotary breathing. Front, jellyfish, and tuck floats. Back and front glide and recover to a vertical position. Roll from front to back and back to front. Tread water using arm and leg actions. Change direction of travel while swimming on front or back. Combined arm and leg actions on front and back. Finning arm action. Age appropriate water safety topics.

Level 3- Stroke Development: Builds on the skills in level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side. Headfirst entries from the side in sitting and kneeling positions. Bobbing while moving toward safety. Rotary breathing. Back float. Survival float. Change from vertical to horizontal position on front and back. Tread water. Flutter and dolphin kicks on front. Scissors and breaststroke kicks. Front crawl and elementary backstroke. Age appropriate water safety topics.

Level 4- Stroke Improvement: Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from the side in compact and stride positions. Swim underwater. Feet first surface dive. Survival swimming. Open turns on front and back. Tread water using two different kicks. Front and back crawl, elementary back stroke, breaststroke, sidestroke, and butterfly. Flutter and dolphin kicks on back. Age appropriate water safety topics.

Level 5- Stroke Refinement: Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke. Tuck and pike surface dives, submerge completely. Front flip turn and backstroke flip turn while swimming. Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. Sculling. Age appropriate water safety topics.

Private Lessons

Private lessons are available to individuals ages **three** to adult. Private lessons are taught by a Red Cross Certified Instructor. These lessons consist of four one-on-one sessions of 30 minutes for \$65. Private lessons are on a first come first serve basis. Call 751-4266 to check for available spots.

Spring Registration Session:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, March 30 at 10am.

Spring Session - April 6 - May 6 (M & W)

Spring Session - April 7 - May 7 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level A	T & Th	6622
4:20 - 4:50pm	Preschool Level B	T & Th	6652
4:20 - 4:50pm	Preschool Level C	M & W	6677
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	6543
4:20 - 4:50pm	Ages 6+ Level 2	M & W	6569
4:20 - 4:50pm	Ages 6+ Level 3	M & W	6589
4:55 - 5:25pm	Preschool Level A	M & W	6623
4:55 - 5:25pm	Preschool Level B	M & W	6653
4:55 - 5:25pm	Preschool Level C	T & Th	6678
4:55 - 5:25pm	Ages 6+ Level 1	M & W	6544
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	6570
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	6590
5:30 - 6pm	Preschool Level A	M & W	6625
5:30 - 6pm	Preschool Level A	T & Th	6624
5:30 - 6pm	Preschool Level B	T & Th	6654
5:30 - 6pm	Preschool Level C	M & W	6679
5:30 - 6pm	Ages 6+ Level 2	M & W	6571
5:30 - 6pm	Ages 6+ Level 2	T & Th	6572
6:05 - 6:35pm	Parent and Child	M & W	7247
6:05 - 6:35pm	Preschool Level A	M & W	6627
6:05 - 6:35pm	Preschool Level A	T & Th	6626
6:05 - 6:35pm	Preschool Level B	M & W	6655
6:05 - 6:35pm	Preschool Level C	T & Th	6680
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	6545
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	7242
6:05 - 6:35pm	Ages 6+ Level 3	M & W	6591
6:40 - 7:10pm	Preschool Level A	M & W	6629
6:40 - 7:10pm	Preschool Level A	T & Th	6628
6:40 - 7:10pm	Preschool Level B	M & W	6656
6:40 - 7:10pm	Preschool Level B	T & Th	6657
6:40 - 7:10pm	Ages 6+ Level 1	M & W	6546
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	6547
6:40 - 7:10pm	Ages 6+ Level 2	M & W	7244
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	7243
7:15 - 7:45pm	Preschool Level A	M & W	7251
7:15 - 7:45pm	Preschool Level A	T & Th	7252
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	6548
7:15 - 7:45pm	Ages 6+ Level 2	M & W	7245
7:15 - 7:45pm	Ages 6+ Level 3	M & W	7253
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	7254
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	6607
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	6608

Summer Session schedules and codes listed on following page.

Swimming, Indoors Toddler Splash Days

Bismarck Parks and Recreation District invites parents/guardians and toddlers to come out and play in the water at the BSC Aquatic & Wellness Center. This special swim time means you can bring baby floats, U.S. Coast Guard approved lifejackets and small pool toys. (Sorry – no water wings.) Teaching platforms and swimming lesson toys will be available for your use.

Dates and Fees

- Now – May 28. Will resume in September.
- Tuesday and Thursday from 9-11am
- Toddlers Free. Parent/Guardian \$3
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave

Toddler Splash Days Guidelines:

- Toddler Splash Days are designed for parent(s)/guardian(s) and their toddlers, age infant through age five.
- Parent/guardian must be with their toddler in the water at all times and must be able to fully supervise all the toddlers in their care. Recommended ratio is at least one parent/guardian to every two toddlers.
- Toddlers not fully toilet trained are required to wear a water proof swim diaper, which are available for sale on site.

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 - 11:30am
- There will be three, 2-week lesson sessions.

Fee

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

Registration

No online registration is available. Please register at the pool you wish to take lessons at. Please call each pool for more detailed information.

Session	Dates	Registration Date
Session 1	June 15 - June 26	June 8-12 at 11:00am
Session 2	July 6 - July 17	June 29-July 3 at 11:00am
Session 3	July 27 - Aug. 7	July 20-24 at 11:00am

For more information on outdoor pools, see page 29.

Swimming Lessons - Indoor cont'd

Summer Registration Session 1:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, June 8 at 10am.

Summer Registration Session 2:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, June 29 at 10am.

Summer Registration Session 3:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center Thursday, July 16 at 10am.

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 or stop by our office at 400 East Front Ave. For more information, contact Jahna Gardiner at 751-4266. EOE

	Summer Session 1 June 15 - 26 • M-F		Summer Session 2 July 6 - 17 • M-F		Summer Session 3 July 20 - 31 • M-F	
Time	Class	Code	Class	Code	Class	Code
9 - 9:30am	Preschool Level A.....	7002	Preschool Level A	6997	Preschool Level B	7011
	Preschool Level B	7022	Preschool Level C	7038	Preschool Level C	7033
	Ages 6+ Level 1	6926	Ages 6+ Level 2.....	6943	Ages 6+ Level 2.....	6936
9:35 - 10:05am	Preschool Level B	7023	Preschool Level B	7018	Preschool Level A	6990
	Ages 6+ Level 1	6927	Ages 6+ Level 1	6923	Ages 6+ Level 1.....	6917
	Ages 6+ Level 2.....	6949	Ages 6+ Level 2.....	6944	Ages 6+ Level 2.....	6937
10:10 - 10:40am	Preschool Level A.....	6999	Preschool Level A	6991	Preschool Level A	6985
	Preschool Level C.....	7040	Preschool Level B	7013	Ages 6+ Level 1.....	6913
	Preschool Level B	7019	Preschool Level C	7034	Preschool Level C	7029
10:45 - 11:15am	Preschool Level A.....	7000	Preschool Level A	6992	Preschool Level A	6986
	Ages 6+ Level 2.....	6945	Ages 6+ Level 2.....	6940	Ages 6+ Level 2.....	6933
	Ages 6+ Level 3.....	6964	Ages 6+ Level 3.....	6959	Ages 6+ Level 3.....	6954
11:20 - 11:50am	Preschool Level C.....	7041	Preschool Level A	6993	Preschool Level C	7031
	Ages 6+ Level 2.....	6946	Ages 6+ Level 3.....	6960	Ages 6+ Level 3.....	6955
11:20am - 12:05pm	Ages 6+ Level 4 & 5	6976	Ages 6+ Level 4 & 5	6974	Ages 6+ Level 4 & 5	6971
5 - 5:45pm	Ages 6+ Level 4 & 5	6977	Ages 6+ Level 4 & 5	6975	Ages 6+ Level 4 & 5	6972
5:15 - 5:45pm	Preschool Level A.....	7001	Preschool Level A	6994	Preschool Level A	6987
	Ages 6+ Level 3.....	6965	Ages 6+ Level 3.....	6961	Preschool Level B	7009
	Ages 6+ Level 2.....	6947	Ages 6+ Level 2.....	6941	Ages 6+ Level 2.....	6934
5:50 - 6:20pm	Ages 6+ Level 1	6924	Parent and Child.....	6979	Preschool Level B	7336
	Parent and Child	6980	Preschool Level A	6995	Preschool Level A	6988
	Preschool Level B	7020	Ages 6+ Level 3.....	6962	Ages 6+ Level 3.....	6956
6:25 - 6:55pm	Ages 6+ Level 1	6925	Ages 6+ Level 2.....	6942	Ages 6+ Level 2.....	6935
	Ages 6+ Level 2.....	6948	Ages 6+ Level 1	6921	Preschool Level C	7032
	Preschool Level C.....	7042	Preschool Level B	7017	Preschool Level B	7010

***July 24 is a non swim day. A water safety video will be viewed instead.**

American Red Cross Lifeguarding Class

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Candidates must be at least 15 years of age before the scheduled session. Males must wear boxer style swimming suit and females must wear a one piece swimming suit and have their hair tied back or in a swimming cap.

Pre-Requisites: To be tested on the first day of class.

- 300 yard swim using breaststroke and front crawl (not timed)
- Swim 20 yards, surface dive and retrieve an object from the deep end.
- Tread water for 2 minutes without using arms.

If the candidate is not able to pass the swim test required by the Red Cross they will receive the \$200 refund, but the \$35 to the Red Cross is non-refundable.

Fees and Registration

- Cost \$200 Register online at bisparks.org or in person at the Park District Office and the BSC Aquatic & Wellness Center
- There will be an additional \$35 online fee paid directly to the Red Cross for online learning materials. (non-refundable)
- All Class times and dates are MANDITORY
- Participants will receive instructions via e-mail for the Red Cross online learning after they register for the class. The online material must be fully completed before the first day of class.

Dates	Code
April 9 - 10 from 6-9pm and April 11 - 12 from 9am-6pm	7335
June 8 - 12 from 8am-12pm each day	7337
June 8 - 12 from 2-6pm each day	7338

Red Cross WSI (Water Safety Instructor Class)

The American Red Cross Water Safety Instructor course trains instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. Successful candidates are eligible to teach Red Cross Swimming Lessons along with basic water safety. Participants must be at least 16 years of age before the last session of the class and be a proficient (level 4) swimmer.

If the candidate is not able to pass the swim test required by the Red Cross they will receive the \$200 refund, but the \$35 to the Red Cross is non-refundable.

Fees, and Registration

- Cost \$200 Register online at bisparks.org or in person at the Park District Office and the BSC Aquatic & Wellness Center
- There will be an additional \$35 online fee paid directly to the Red Cross for online learning materials. (non-refundable)
- All Class times and dates are MANDITORY
- Participants will receive instructions via e-mail for the Red Cross online learning after they register for the class. The online material must be fully completed before the first day of class.

- Bookwork will also be e-mailed to the candidate to begin working on before the class begins.
- Female participants must wear a one piece bathing suit and have their hair tied back or in a swim cap. Male participants must wear boxer style suit. Goggles are also required.

Dates	Times	Code
June 15 - 19	8:30am - 3pm	7341

Tennis

Register for all tennis programs online at 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 8 - July 2

Session 2: July 13 - August 6

Registration

- Registration ends three 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 8 - July 2

Times	M & W Code	T & Th Code
9 - 9:40am	7125	7128
10 - 10:40am	7123	7126
11 - 11:40am	7124	7127

Session 2: July 13 - August 6

Times	M & W Code	T & Th Code
9 - 9:40am	7132	7136
10 - 10:40am	7129	7133
11 - 11:40am	7130	7134

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 8 - July 2

Times	M & W Code	T & Th Code
9 - 9:55am	7110	7113
10 - 10:55am	7108	7111
11 - 11:55am	7109	7112

Session 2: July 13 - August 6

Times	M & W Code	T & Th Code
9 - 9:55am	7116	7119
10 - 10:55am	7114	7117
11 - 11:55am	7115	7118

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 8 - July 2

Times	M & W Code	T & Th Code
9 - 9:55am	7092	7096
10 - 10:55am	7089	7093
11 - 11:55am	7090	7094
6 - 6:55pm	7091	7095

Session 2: July 13 - August 6

Times	M & W Code	T & Th Code
9 - 9:55am	7100	7104
10 - 10:55am	7097	7101
11 - 11:55am	7098	7102
6 - 6:55pm	7099	7103



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 8 - July 2

Times	M & W Code	T & Th Code
9 - 9:55am	7064	7068
10 - 10:55am	7061	7065
11 - 11:55am	7062	7066
6 - 6:55pm	7063	7067

Session 2: July 13 - August 6

Times	M & W Code	T & Th Code
9 - 9:55am	7072	7076
10 - 10:55am	7069	7073
11 - 11:55am	7070	7074
6 - 6:55pm	7071	7075

High School Prep

These lessons focus on preparing the beginning entry level player for playing on their high school team. These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Lots of fun games and drills, all taught by a CRFC certified USPTA tennis professional.

Fee and location

- \$80
- 2 days a week.
- Sertoma Park Tennis Complex, 300 Riverside Park Road

Session	Day	Times	Code
I - June 8 - July 2	M & W	1 - 2:30pm	7080
II - July 13 - August 6	M & W	1 - 2:30pm	7082

High School Team

These classes focus on the competitive aspects of tennis, including stroke production, spin, singles and doubles positioning and strategy, etiquette and sportsmanship. Lots of fun, yet challenging drills and competitive games, all taught by a CRFC certified USPTA tennis professional. No online registration, must test into this class or get prior approval.

Fee and location

- \$80
- 2 days a week.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - June 8 - July 2	M & W	4 - 5:30pm	7054
II - July 13 - August 6	M & W	4 - 5:30pm	7056

Elite Program

The elite program is for players beyond the high school team program in need of more advanced coaching and development. Focus will be on multiple game style development, situation based tactics/strategy, point development, mental/emotional strength training, stress management, strength training and agility/quickness training. No online registration, must test into this class.

Fee and location

- \$80
- 2 days a week.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - June 8 - July 2	M & W	4 - 5:30pm	7361
II - July 13 - August 6	M & W	4 - 5:30pm	7363

Tennis in the Parks Week - July 20-26

Join us and celebrate tennis in the parks during the week of July 20-26! 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 for more information in June.

USTA Tennis Block Party Saturday, May 2, 1 - 3pm

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. 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 to be entered into our grand prize drawing at the event. Must be present to win.
- FREE Registration Code: 5526

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. At this time, only groups may reserve tennis courts. No individual reservations please. A schedule of availability will be located at bisparks.org for those who are interested in open public outdoor court time.

Track Meets

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

- Located at the MDU Resources 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
5th Grade	Thursday, May 28	9:15am - 3:15pm

Volleyball Boys & Girls

Grade*	Date	Days	Time	Code
Girls Grades 5 - 6	June 9-July 30	T & Th	8:30 - 9:45am	6825
Boys Grades 5 - 6	June 9-July 30	T & Th	8:30 - 9:45am	6823
Girls Grades 7 - 8	June 9-July 30	T & Th	10 - 11:30am	6826
Boys Grades 7 - 8	June 9-July 30	T & Th	10 - 11:30am	6824

* In the Fall of 2015. 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 7.
- \$65/player - if received Friday, May 8 or later.
- *Location may change due to renovations at World War Memorial Building.

Coed Sand for High School

Age and Fee

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

Dates and Times

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

Registration

- Deadline: Wednesday, May 27
- Must register as a team
- Register at Park District office, 400 East Front Avenue

Adaptive Recreation

Adaptive recreation programs are available for youth and adults. Please see pages 4-5 for more information

Fencing

Fencing lessons are available for youth and adults. Please see page 9 for more information.

Fitness Combat Bootcamp

Challenge yourself mentally and physically during this 4-week bootcamp. You will have 8 sessions of high intensity interval training, indoors and outdoors, with a variety of equipment. You will not regret these 45 minute sessions, they will leave you feeling sweaty and accomplished!

Fees and Location

- Pre-registration only
- Minimum enrollment: 4
- Maximum enrollment: 20
- Members - \$60; Non-Members - \$80
- Meets at BSC Aquatic & Wellness Center, 1601 Canary Avenue

Date	Days	Time	Code
Aug. 10 - Sept. 2	M & W	5:45 - 6:30pm	6852
Sept. 14 - Oct. 7	M & W	5:45 - 6:30pm	7364

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. 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, 3200 N 10th Street
- CRFC Members - \$120; Non-Members - \$160

Date	Days	Time	Code
June 1 - July 22	M & W	5:45 - 6:30am	6851
June 1 - July 22	M & W	7 - 7:45pm	6850

Triathlon Training

Competitors will meet with their coach twice a week for 8 weeks. Competitors DO NOT need to be a member to participate – they are able to use our facility for the duration of the program. Competitors will be asked to record their results on the “Self Paced Triathlon Tracking form.” We will rely completely on the honor system for all competitors when recording their mileage totals. Mileage may be accumulated indoors or outdoors (Cycling classes are worth 13 miles). There will be a Sprint level triathlon (750yd swim, 3.1 mile run, 12.4 mile bike) competition for the “Triathlon Training” participants only on Saturday June 27 at BSC Aquatic & Wellness Center.

Fees and Location

- Minimum 4/Maximum 14 Enrollment
- BSC AWC Members - \$120; Non-Members - \$160
- Meets at BSC Aquatic & Wellness Center, 1601 Canary Avenue

Date	Days	Time	Code
May 4 - June 22	M & W	6 - 6:45am	7365



Karate - Traditional Japanese Karate

Karate lessons are available for youth and adults. Please see page 11 for more information.

Softball Coed Summer Softball

Information will be available online at www.bisparks.org and upon request. Rosters and fees are due by May 15.

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

Fees if paid by May 15

- \$140 sponsor fee (incl. state sanction fee and beverage permit)
- \$30/player (minimum of 13 players)

Fees received May 16 or later

- \$150 sponsor fee (incl. state sanction fee and beverage permit)
- \$35/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 21.

- 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 or call 222-6455

Date	Day	Time
August 31 - October 12	M or W	6:30pm Early Games
August 31 - October 12	M or W	8:45pm Late Games

Fees if paid by August 21

- \$140 sponsor fee
(Includes state sanction fee and beverage permit)
- \$30/player (minimum of 13 players)

Fees received August 22 or later

- \$150 sponsor fee
(Includes state sanction fee and beverage permit)
- \$35/player (minimum of 13 players)

League Tournament

- Sunday, September 20

Rainout/Inclement Weather Policy

Decisions will be made by 5pm. All games will be at the discretion of the umpire should conditions be questionable at game time. Please check the Bismarck Parks and Recreation District website ALERT bar on the front page of the website (www.bisparks.org.) You may also choose to "Like" the BPRD Facebook page, since weather notifications are also posted there. You can also call the BPRD information line at 222-6479.

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 Adult Swim Skills Training

These swim classes are designed specifically for adults who are comfortable in the water, but would like to learn more about swimming for recreation, health and wellness.

Adult Swim Skills I: This class establishes the participant's foundation of water skills and then moves on to teach the strokes for fitness swimming or triathlons. The instructor will focus on different strokes; freestyle, backstroke, elementary backstroke, side stroke and breaststroke. The end result is to be able to swim laps, comfortably and confidently.

Adult Swim Skills II: This program is for adults who want to perfect their swimming skills and endurance in order to begin a training program. The instructor will focus on drills for each stroke as well as building endurance for swimming continuous laps. This class will start with the basics of the strokes and teach a variety of drills to help maximize your efforts in the water.

Each class will run two times per week for four weeks, for a total of eight – 45 minute sessions.

Fees and Location

- BSC Aquatic & Wellness Center, 1601 Canary Avenue
- Participants will need: Swimming suit, towel, goggles, and a great attitude to learn! Anyone with long hair must have their hair tied back. Swim cap is optional.
- Cost: \$55
- Minimum Enrollment 2: Maximum Enrollment 8

Dates	Level	Days	Times	Code
April 13 – May 6	Level I	M & W	7:45 – 8:30pm	7277
April 13 – May 6	Level II	M & W	7:45 – 8:30pm	7280
June 9 - July 2	Level I	T & Th	6 - 6:45pm	7354
June 9 - July 2	Level II	T & Th	6 - 6:45pm	7355

Adult Swim Private Lessons

American Red Cross Adult Swim is intended for teens and adults who wish to improve their knowledge and skill for many reasons. It may be to overcome their fear of the water and to learn the basic skills and achieve a minimum level of water competency to improve their skill and technique either to increase their level of safety to improve their health and fitness or perhaps compete in triathlons or to join a master's swim team. There are three forms of lessons that can be taught: Learning the Basics, Improving Skills and Swimming Strokes, and Swimming for Fitness. These levels will be taught in a private lesson setting. These lessons will consist of four one-on-one sessions of 30 minutes for \$65. Private lessons are dependent upon an available instructor. Private lessons are on a first come first serve basis. Call 751-4266 to check for available spots.

Red Cross WSI (Water Safety Instructor Class)

For details on the Red Cross WSI course, please turn to page 15.

American Red Cross Lifeguarding Class

For details on the American Red Cross Lifeguarding Class, please turn to page 15.

Tennis

Beginner Adults

These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Lots of fun games and drills all taught by a CRFC certified USPTA tennis professional. Come join us!

Fees and Location

- \$40
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
June 8 - July 2	T	7 - 8:30pm	7048
July 13 - August 8	T	7 - 8:30pm	7050

Intermediate Adults

Players with some experience or advanced beginners. This fun class reinforces grips, preparation and swing path for forehands, backhands, volleys, overheads, serves and return of serves. Introduces spin and placement and emphasis on situational tennis. Singles and doubles positioning and strategy. Lots of fun games and drills, all taught by a CRFC certified USPTA tennis professional. Come join us!

Fees and Location

- \$40
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
June 8 - July 2	M	7 - 8:30pm	7047
July 13 - August 8	M	7 - 8:30pm	7049

Advanced Adults

Level 3.5 and above. These fun and competitive classes offer advanced stroke production techniques with emphasis on competitive situations and drills. Singles and doubles positioning and strategy for tournament and league competition. Lots of fun drills and games all taught by a CRFC certified USPTA tennis professional. Come join us!

Fees and Location

- \$40
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
June 8 - July 2	Th	7 - 8:30pm	7366
July 13 - August 8	Th	7 - 8:30pm	7367

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.

Dates and Fees

- June 1 - August 14
- BMTA Membership - \$20; First League Registration - \$25; Each additional League - \$15; 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

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.

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 221-6855 for more information.



Tennis in the Parks Week - July 20-26

Join us and celebrate tennis in the parks during the week of July 20-26! 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 for more information in June.

USTA Tennis Block Party Saturday, May 2, 1 - 3pm

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. 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 to be entered into our grand prize drawing at the event. Must be present to win.
- FREE Registration Code: 7137

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. At this time, only groups may reserve tennis courts. No individual reservations please. A schedule of availability will be located at bisparks.org for those who are interested in open public outdoor court time.

Summer Tennis Tournaments and Capital Racquet & Fitness Center Special Events

Jackie Dockter Memorial Tournament (BMTA) • June 11 - 14
Bismarck Open Juniors and Adults (BMTA) • July 30 - August 2
BMTA World Team Tennis (Adults) • September 12

Volleyball Adult Sand Leagues

Registration

- April 15 and 16, 7:30 - 5pm
 - Bismarck Parks and Recreation District Office, 400 East Front Ave.
- TEAMS ACCEPTED ON A FIRST-COME FIRST-SERVE BASIS

Dates and Location

- May 17 - 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
- \$35/player - if received on or before Thursday, April 16.
- All rostered players must pay a fee.
- Late fees may apply if payment is received April 17 or later.
 - 4 - person leagues must pay for 5 players
 - 6 - person leagues must pay for 7 players

Roster Deadline

The deadline is April 16. Roster forms are available at the Bismarck Parks and Recreation District Office and must be returned on April 15 or 16 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 18 and 19, 7:30 - 5pm
- Bismarck Parks and Recreation District

Dates

- Two 11-week seasons
- Fall: September 14 - December 3
- Winter: January 11 - March 25

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.



TESORO



Hours - Now - May 31

- Monday - Thursday: 5:30am - 10pm
- Friday: 5:30am - 8pm
- Saturday: 7am - 7pm • Sunday: Noon - 7pm

Hours - June 1 - September 1

- Monday - Thursday: 5:30am - 8pm
- Friday: 5:30am - 7pm
- Saturday: 7am - 2pm • 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

Fees

- For complete membership fees, refer to page 23
- 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.

Fitness Classes held at BSC AWC

Visit www.bisparks.org/group-fitness-classes for class description.

- Butts & Guts
- Cardio Kickboxing
- Combat Strength
- Cycling
- Deep Water Aerobics
- Kids Yoga
- Les Mills BODYATTACK®
- Pilates
- Six Pack Abs
- Tabata
- Water Works
- Yoga
- Zumba®
- Personal Training, refer to page 24

Birthday Parties

The BSC Aquatic & Wellness Center offers birthday parties, see page 24 for complete details.

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 under 51" tall. 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), walleyball 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 - Now - May 31

- Monday - Thursday: 5:30am - 10pm
- Friday: 5:30am - 9pm
- Saturday: 7am - 7pm • Sunday: 10am - 7pm

Hours - June 1 - September 1

- Monday - Thursday: 5:30am - 9pm
- Friday: 5:30am - 8pm
- Saturday: 7am - 2pm • Sunday: Closed

Fitness Classes held at CRFC

Visit www.bisparks.org/group-fitness-classes for class description.

- Cardio Tennis
- Cycling
- Kettlebells
- Kids Fitness
- Les Mills BODYPUMP®
- Pilates
- Rip 'n Ride
- Six Pack Abs
- Tabata
- Trim - N - Tone
- Yoga
- Zumba®
- Personal Training, refer to page 24

Fees

- For complete membership fees, refer to page 23
- Locker Rental (6 mo.) - \$50
- Locker Rental (1 year) - \$75
- 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 - 8pm
 - Kid Zone is closed May 1 - September 13.
 - \$10/month for members - unlimited hours per child
- See bisparks.org for Kid Zone policies

Birthday Parties

The Capital Racquet & Fitness Center offers birthday parties, see page 24 for complete details.

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.

Racquet stringing is available. 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.

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
Kids 12 - 1 (11 months & younger, Free)	\$19/month	\$15/month	\$4.25
Student 13 - 18	\$38/month	\$30/month	\$5.25
College Student (w/College ID)	\$90/Spring or Fall Semester		
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
CRFC Indoor Track	-	-	\$1.50
Mon. - Fri. 8am - 3pm (CRFC or BSC AWC)	-	-	\$3.00
Turtle Beach Play Area (adult supervisors are free) (BSC AWC)	-	-	\$1.00

Get money back on your membership each month with a qualifying health reimbursement program! Visit 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 Memorial Day - Labor Day)	\$25	\$48

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

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 11 - 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 221-6855 to set up lessons with one of our certified tennis instructors.

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.

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 - \$35/1-Hour Session, \$20/Half Hour Session, **June Special - 8 - 45-Minute Sessions \$190**
- Non-Members - \$41/1-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 Assessment

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

Fees

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

Weight Room Orientation

A personal trainer will teach you how to have a safe and effective workout. In these sessions you will learn how to use the cardio/weight machines properly to prevent injury and what muscle groups the machines will strengthen. By the end, you will feel confident in the weight room.

Fees

- Members and Non-Members - \$15
- BSC Aquatic & Wellness Center (BSC AWC) or Capital Racquet & Fitness Center (CRFC)

Youth & Adult Fitness Programs

Please view the youth and adults sections for programs offered through BSC Aquatic & Wellness Center and Capital Racquet & Fitness Center.

- Activ8 - page 4
- Sports Conditioning - page 11
- Combat Bootcamp - page 18
- Fit & Trim Bootcamp - page 18
- Adult Swim Skills Training - page 19
- Triathlon Training - page 18

Birthday Parties

BSC Aquatic & Wellness Center

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

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. Reservations must be paid in full at the time of reservation. Refunds will be granted only if the scheduled party is canceled prior to 72 hours of the scheduled party. For a complete list of birthday party and pool rules go to www.bisparks.org. For more information call the BSC Aquatic & Wellness Center.

Parties offered in Puklich Chevrolet community room 1:

- Now - May 31
 - Saturday from 11:30am-1:30pm; 2-4pm or 4:30-6:30pm
 - Sunday from 1-3pm or 3:30-5:30pm
- June 1 - September 1
 - Saturdays only, 8:30-10:30am or 11am-1pm

Parties offered in Puklich Chevrolet community room 2:

- Now - May 31
 - Saturday from 11am-1pm; 1:30-3:30pm or 4-6pm
 - Sunday from 12:30-2:30pm or 3-5pm
- June 1 - September 1
 - Saturdays only, 9-11am or 11:30am-1:30pm

Fees:

- Now - May 10 Pool party with Wibits: \$90
- May 16 - Mid-September Pool party no Wibits: \$65
- Playground party: \$50

Capital Racquet & Fitness Center

3200 North 10th Street • 221-6855

CRFC offers private rooms with access to the indoor tennis courts. The rooms include tables and chairs with plenty of space for food and gifts galore!

Tennis Party Perks at CRFC

- One hour group tennis lesson*
- Two hours of private room use for games, gifts and food.
- Gift for birthday boy/girl
- No mess in your home!
- All for only \$90

*Eight children are included in fee. Additional children may be added for \$4.25 each based on instructor availability.



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 Tuesday, 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 23, 2013, Memorial Day Weekend or after the Labor Day weekend.

Camping available starting May 2015 (Weather dependent) through October

Office Hours

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

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

Fees

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

Campsite Reservations

- Campsite reservations can be made through October 1.
- Call (701) 222-1844 or visit 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 (sunrise - 3pm OR 4pm - sunset)



Eagles Park

Primitive camping is available at Eagles Park located 9 miles north of Pioneer Park on Highway 1804, just south of historic Double Ditch Indian Village site.

The entire park is reservable for 3 or 6 days for 2015 and 2016. Individual campsites are not reservable. Call 222-6455 to reserve the entire park.

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.

Hours

- Monday – Sunday, 9:00am to 9:00pm

Indoor Driving Range

- 31 Stations

Bucket of Balls

- Mini Basket - \$3.50
- Small Basket - \$5.00
- Medium Basket - \$6.50
- Large Basket - \$7.50

Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$65
- Large - \$75

Batting Cage

- \$11.50/30 minutes

Golf Lessons

Group or individual (adult and junior) by appointment at all facilities. For more information contact the instructor directly or call Riverwood Golf Course at 222-6462.

- Tim Doppler, 701-226-5641.
- Andrew Schmitz, PGA Professional, 480-329-9221.

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, clinics and birthday parties.

- One to four hours - \$170/hour
- Over four hours - \$140/hour



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 - 7pm; Fri. - Sat., Noon - 5pm



Shade Tree Players

- www.shadetreeplayers.com
- Phone: 214-1061
- Shade Tree Players offers theatre classes and workshops for children 6 - 16.



THEO Art School

- www.highprairiecomplex.com/theo
- Phone: 222-6452
- Have a colorful, inspirational and active summer with art. Check out the complete list of class offerings online.



Schaumburg Ice Arena

221 Reno Avenue • 221-6813

Schaumburg Ice Arena is east of Wachter Park and Aquatic Center, more commonly called the wave pool. They're both just across the street from Dorothy Moses Elementary School. All facilities are just south on 3rd Street from Kirkwood Mall. The facility is site to hockey and figure skating activities and during the summer months, Triple Star Day Camp.

Dry floor rental April 15 - September 15. For prices contact, Dennis, 221-6814, No tables and chairs are available for rentals.

Schaumburg Arena Expansion

A group of community volunteers is currently working with Bismarck Parks and Recreation District to raise funds for the expansion of Schaumburg Area. The growth in the number of kids in the hockey and figure skating programs, as well as the need to create more public skating opportunities, has placed a crunch on existing facilities. The end goal: a second sheet of ice at Schaumburg Arena.

Details of the facility improvements, including the sheet of ice, additional seating, a large lobby, new concessions, a mezzanine viewing area, eight new locker rooms, storage and offices can be found at www.bisparks.org.

We invite you to join us in a capital campaign to raise \$8 million to fund the addition of a second sheet of ice at Schaumburg Ice Arena.

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.

World War Memorial Building

215 North 6th Street • 222-6454

Facility Features

- Aerobic/Dance/Karate Room
- Three Basketball/Volleyball Courts
- Youth Gymnasium
- Two Racquetball Courts

Hours April 13 - May 29

- Monday - Thursday: 10am - 9pm
- Friday: 10am - 6pm
- Saturday and Sunday: CLOSED
- May 25: CLOSED

Hours June 8 - September 7

- Monday & Wednesday: 10am - 6pm
- Tuesday & Thursday: Noon - 6pm
- Friday: 10am - 5pm
- Saturday and Sunday: CLOSED
- September 7: 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 three hours for \$55.

Racquetball

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



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

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

- 9-hole, par 35
- Natural links course
- Outdoor and Indoor putting green
- Outdoor and Indoor driving range

Riverwood

725 Riverwood Drive • 222-6462 or 250-7677

- 18-hole, par 72
- Driving range and putting green

Tom O'Leary

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

- 18-hole, par 69
- 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

Hours

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

*Hours may change with weather conditions.

Tee Times

Tee times may be made up to seven days in advance by calling the golf course of your choice or online at www.bisparks.org

Riverwood and Pebble Creek Driving Range Prices

- Mini Basket - \$3.50
- Small Basket - \$5.00
- Medium Basket - \$6.50
- Large Basket - \$7.50

Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$65
- Large - \$75

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

- Daily 18 - \$30.00
- Daily 9 - \$20.00
- Junior 18 or 9 (ages 17 and under) - \$13.00
- Senior 18 or 9 (65+) - \$20.00

Green Fees (Includes tax) Pebble Creek

Pebble Creek Golf Course operates from green fees only.

- Daily 18 - \$23.00
- Daily 9 - \$17.00
- Junior 18 or 9 (ages 17 and under) - \$8.50
- Senior 18 or 9 (65+) - \$17.00

Golf Cart Rental

- 18-Holes - \$16.00/seat
- 9-holes - \$8.00/seat

Season Passes Tom O'Leary or Riverwood

- Adult - \$660
- Household - \$1,490
- Junior (ages 17 and under) - \$190
- Intermediate (ages 18 - 20) - \$280
- Senior (65+) - \$630

Season Passes Tom O'Leary and Riverwood

- Adult - \$1,000
- Household - \$2,300
- Junior (ages 17 and under) - \$285
- Intermediate (ages 18 - 20) - \$420
- Senior (65+) - \$925

Green Fee Packages

- **Bismarck/Mandan:** 12 rounds of golf (9 or 18 holes) for \$300.
For Riverwood, Tom O'Leary, Prairie West and Mandan Municipal golf courses.
- **Bismarck Only:** 12 rounds of golf (9 or 18 holes) for \$300.
For Riverwood, Tom O'Leary, and Pebble Creek.
- **Bismarck Only:** 12 rounds of golf (9 holes only) for \$200.
For Riverwood, Tom O'Leary and Pebble Creek.
- **Pebble Creek:** 12 rounds of golf (9 holes only) for \$170.

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

Golf Lessons

Group or individual (adult and junior) by appointment at all facilities. For more information contact the instructor directly or call Riverwood Golf Course at 222-6462.

- Tim Doppler, 701-226-5641.
- Andrew Schmitz, PGA Professional, 480-329-9221.



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). A second location is in Tatley - Eagles Park on Airport Road and Michigan Avenue. Bismarck Parks and Recreation provides the land use and 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.

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: 5am - 11pm
- 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, 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

Experience Imagination Playground and give your kids the opportunity to enjoy a completely new way to play! Children will be invited to experience Imagination Playground in a Box, a new concept that offers a changing array of elements that allow children to constantly reconfigure their environment and to design their own course of play. Giant foam blocks, moveable and buildable play pieces overflow with creative potential for children to play, dream, build and explore endless possibilities.

Check our website for hours and information, www.bisparks.org.

McDowell Dam Recreation Area

1951 93rd Street Northeast • 223-7016

McDowell Dam Recreation Area 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 Resource District and managed by the Bismarck Parks and Recreation District. Available activities include swimming, boating, fishing and paddle boating. There is a public beach, picnic shelters that are available (and can be reserved for special occasions), horseshoe pits, a small concessions area, a playground and modern restrooms. There is a paved recreational trail on the grounds, as well as a wooded area for nature walks or runs. There is also a Nature Trail encircling the banks of McDowell Dam.

Hours

Opening Date – September: Sunrise to sunset

Equipment Rentals

Paddleboats: \$5/hour

Canoes: \$5/hour

Kayak: \$5/hour

Shelter Reservations

Call 222-6455

Full day: \$30; Half day: \$20 (sunrise – 3pm OR 4pm – sunset)

Skate Parks

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

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

6am - 11pm 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 of the year of purchase.
- Team Permit - \$25: Valid from date of purchase through December 31 of the year of purchase.

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.

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 2015 and 2016. Reservations for 2017 started on Oct. 1, 2015.

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 (8am - 3pm OR 4pm - 11pm, General Sibley Park and McDowell Dam Recreation Area 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 \$15 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 8:30am to 5pm Monday - Friday. The WWMB is closed Saturday and Sunday.

Swimming Pools, Outdoor

June 8 - August (Elks and Wachter)

Watch for opening date for the NEW Hillside Aquatic Complex.

- 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; \$5.00/session with Hillside Waterslide
- Infants 11 months and younger, Free

Season Patch (All Pools) (No online registration)

- \$75/person CODE: 7043
- \$100/person with Hillside Waterslide CODE:7358
- **Patch must be sewn on suit.**
- 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 All Pools

- 12 admissions for \$35
- 12 admissions with Hillside Waterslide for \$50

Weekday Hours (Monday - Thursday)

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

Weekend Hours (Friday, Saturday & Sunday)

- General Swim, 12 - 7pm

Swimming Pools, Outdoor, cont'd

Private After Hours Rentals

All pools are available for private rentals after hours for \$175/hour. Please make rental reservations at least one week in advance to allow for staffing needs by calling Dylan Thiem at 222-6607.

Elks Aquatic Center

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

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 (Elks) or 222-6455.

Fee

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

Hillside Aquatic Complex - ALL NEW!

Located within Lions Park, 1719 E. Boulevard Ave.
Watch for opening date for the NEW Hillside Aquatic Complex.
For daily schedule info, call 222-6419.

Party Space Rentals

Party space is available during general swim and evening sessions. Fee includes 10 Hillside Aquatic Complex with waterslide admissions (\$5.00 per additional person). Reservations can also be made at the facility or by calling 222-6419 (Hillside) or 222-6455.

Fee

- Party Space (Mon. - Thurs.): \$85, 12 - 3:30pm OR 4:30 - 7:30pm
- Party Space (Fri. - Sun.): \$85, 12 - 3:30pm OR 4 - 7pm

Lap swim

- TBA - August 1
- Monday - Friday: 11:30am - 12:30pm
- Monday - Thursday: 5:30 - 6:30pm

Wachter Aquatic Complex

205 Reno Avenue. For daily schedule info or facility rental, call 222-6614 (Wachter) or 222-6455.

Swimming Inclement Weather

Whenever inclement weather threatens participants, or lightning is spotted, the pools will close. If the air temperature is not 66 degrees by 11am, the pools will not open. If the pool closes during a session, you will receive a rain check. Rain checks must be used during the 2015 pool season.

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.

Aquastorm, Swimming/Diving Club

The Aquastorm competitive swim team is a fun way to develop lifelong swimming skills and make great friends. The Aquastorm swim team competes in a fall/winter season and in a summer season, and members range in age from five to 18. Everyone participates individually and as a team. Practice and coaching is ability based. The Aquastorm's head coach is Jeff Steele, and the team practices at the BSC Aquatic and Wellness Center.

For children interested in trying competitive swimming, the Aquastorm offers swim clinics during the months of April and September. The next swim clinic is scheduled April 6-30, 2015, with registration from 5:30 to 6:30 pm on March 31 and April 1. At the swim clinics, elementary school kids (kindergarten through grade 6) will experience the fun and excitement of competitive swimming. During practice, the coaches will work closely with the swimmers as they gain confidence in the water and work on proper stroke technique, starts and turns. At the conclusion of each swim clinic, the swimmers will compete in a fun meet.

The Aquastorm diving club welcomes divers of any age and ability. Divers will learn discipline and sportsmanship that will be valuable to them throughout their lives.

The Aquastorm Masters swim team is a fun swimming program for adults of all ages and abilities, and is a great way for adult swimmers to enhance their swimming technique, get a great work out and meet new friends. The Aquastorm Masters swim team welcomes individuals who want to compete in swimming events, individuals who compete in triathlons and want to improve their swimming, and individuals who simply want structured swim workouts as a part of their fitness plans.

For more information on the Aquastorm swim team, diving club and Masters program, please contact Jeff Steele at coachsteele@aquastormswimming.com or go to www.aquastormswimming.com.

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 June, 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

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

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.

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.

Bismarck Gymnastics Academy (BGA)

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

Office Hours

- Monday - Friday: 10:00am-5:00pm
- Summer hours may vary

Proshop Hours

- Monday-Thursday: 10:00am-7:00pm

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 the following classes: Little Hoppers (2-3 yrs. old), Wiggle Worms (3-4 yrs. old), Tumble Bugs (5 yrs. old) and the Mighty Mites (Advanced 5-6 yrs. old). The Little Hoppers classes require a parent in class with them. 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. Classes offered are: White Stars (Girls 6-7 yrs. old), White Star Bursts (Advanced girls 6-7 yrs. old), Black Stars (Girls 8-10 yrs. old), Black Star Bursts (Advanced girls 8-12 yrs. old), Silver Stars (Girls 11 yrs. old+), Gold Stars (Precomp girls 6 yrs. old +), Flares (Boys 5-8 yrs. old), Giants (Boys 9 yrs. old +), Iron Crosses (Advanced Boys 6 yrs. old +), and Tumble Stars (Girls and boys Tumbling 7 yrs old +). 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.

Competitive Program: Our gymnasts compete in levels 1 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.

BGA also offers Home School Classes and Special Needs classes. Please call the office for more details.

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 extensively trained in the sport of gymnastics. We take pride in our organization, and strive to give a high level of education.

Registration: For each session must be made through the BGA office. Tuition is due at the time you register.

Membership Fees: 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.

Summer Camp: Join BGA at one of our boys or girls summer camps from August 17-21, 2015.

Registration August 10-13, 2015

WALKIN' THE PLANK PIRATE CAMP

Join us for some high seas adventure during our Walkin' the Plank Pirate Camp! We will combine beginning/intermediate gymnastics with fun activities such as a treasure map hunt, cannon "water" ball battles, pirate theatre games, I Spy bottles, foam ship building, exploding treasure chests and more! Kids even get to take home the "treasures" they find and create! Boys, ages 6yrs-12yrs.

TIARAS AND TUMBLING PRINCESS CAMP

Join us for fairytale fun during our Tiaras and Tumbling Princess Camp! We will combine beginning/intermediate gymnastics with proper princess activities such as wand and tiara making, hula hoop decorating and hula hoop contests, castle building, princess theatre games, find Cinderella's lost slipper, ring relay and more! And kids even get to take home all their "royal" crafts! Girls, ages 6yrs-12yrs. Check our website and facebook page for more information on Summer Camp times and tuition!

Schedule and Tuition:

Registration hours are, 9:00 a.m. – 6 p.m. Monday –Thursday.

SESSIONS

Spring 2015

Registration March 9-12
Program Dates March 16-May 17

Summer I and Summer II, 2015

Registration May 11-14
Program Dates Summer I: May 25-July 3
..... Summer II: July 6-Aug. 14

Please call 258-8956 for class schedule or visit www.bismarckgymnastics.com.

9-WEEK SESSION FEE IF ATTENDING:

Preschool, Grade School, Tumbling
Once/Week\$80
Twice/Week\$120

Advanced Grade School and

Pre-comp
Once/Week\$90
Twice/Week\$135

6-WEEK SUMMER SESSION FEE IF

ATTENDING:
Preschool, Grade School, Tumbling
Once/Week\$54
Twice/Week\$81

Advanced Grade School and

Pre-comp
Once/Week\$60
Twice/Week\$90

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.

Bismarck-Mandan Lacrosse

Lacrosse has arrived! Be part of the fastest growing sport on two feet.

After a successful first summer and some winter events we are trying to form team(s) and schedule games for spring/summer 2015. Please see our website for further information.

New players (boys and girls) from high school to lower grades are welcome at any time. No experience is necessary. We have affordable sticks for purchase. Boys lacrosse is a contact sport. Hockey gear can be used initially.

We are passionate about teaching the game's traditions and skills. Lacrosse is here! Programs exist in Fargo, Grand Forks, Rapid City, Billings, and other regional locations. www.bismanlacrosse.org

Bismarck Men's Slowpitch Softball Association

For more information, visit www.bismarcksoftball.com

Bismarck Women's Slowpitch Softball Association

For more information visit www.bismarckwomenssoftball.com

Bismarck Public Library

The Bismarck Public Library 2015 Children's Summer Reading Program theme is "Every Hero Has a Story." The program is open to children from birth through Grade 5. Summer Reading is self-directed with incentives. Sign-up starts June 12 at the Summer Reading Celebration at the ND Heritage Center from 10:00 a.m. – 3:00 p.m. The Summer Reading Program runs from June 12 – July 31.

Summer Story Times: June 16 – July 29

- Toddlers: Tuesdays, 9:30 a.m., 10:15 a.m., and 11 a.m.
- Preschoolers: Wednesdays 9:30 a.m. and 10:15 a.m. and Thursdays 10:15 a.m.
- Babies: Thursdays 9:30 a.m.

Bismarck-Burleigh Health presents "Color Me Healthy"

• Thursdays, June 18-July 23, 11:00 a.m. This program is developed to reach children with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.

Razzle-Dazzle Read-a-thon:

- Thursday, July 30, 9:00 a.m. – 9:00 p.m.

Puppet Shows at Dakota Zoo:

- Wednesdays June 17 and July 15, 7:00-7:30 p.m.
- Cost is admission to Dakota Zoo

Jeff Quinn Magician "Hero Show":

- Thursday, July 16, 1:30 p.m. – Library Meeting Room A
- With a spotlight on both traditional and non-traditional heroes, this show featuring lots of audience participation, family-friendly humor, and safe, fun magic will focus on the greatest Super Power of all...READING!

Other Programs:

- Family Movie Days
- Miss Sparkles' Day Camps

End-of-Summer Reading Ice Cream Social

- Monday, August 3, 6:30-8:00 p.m.

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, or visit the web site: www.bismarcklibrary.org. Detailed information will be available in the summer programs brochure.

The 2015 Teen Summer Reading Program theme is "Escape the Ordinary."

The program is open to teens in Grades 6-12. Sign-up begins Friday, June 12. The program runs through Friday, July 31.

Jeff Quinn Hypnotist/magic show:

- Thursday, July 16 at 7:00 p.m.

Awards and ice cream social:

- Monday, August 3

Other fun events are in the works...detailed information will be available at the library and www.bismarcklibrary.org. Contact Traci at 355-1489 or tjuhala@cdln.info for more information.

Bismarck Youth Fastpitch Softball Association

The goal of BYFSA is to enable players to learn the game of fastpitch softball in a fun and stimulating environment. Primary focus is placed on developing the skills necessary to help players succeed and be the best softball players they can be. We offer two different program opportunities from May-August: Summer League and competitive Travel Team.

Summer League Season

BYFSA Summer Fastpitch Softball League is open to all girls ages 6-18. We offer 3 Divisions by age: 6-8yrs (8U), 9 & 10yrs (10U), 11yrs and older (11 UP). The age groups are determined by the player's age as of 12/31/2014. BYFSA will provide a team shirt and the player is responsible for their own grey pants. All registrations must be completed via our website www.bismarckfastpitch.com.

BYFSA reserves the right to request a copy of the player's birth certificate for verification at anytime.

Registration is due by April 17th, 2015. There will be a parents and coaches information meeting from 6-8pm on May 3rd at the Wachter gymnasium.

Any registration received after April 17, 2015 will be charged a \$25 late registration fee.

Player Fees:

8U - \$75.00
10U - \$100.00
11UP- \$100.00

8U- Division (6-8 years old)

Focus is placed on learning and developing proper fastpitch technique. A tee is used for batting at the beginning of the season and will work into a modified coach pitch towards the end of the season. There will be one practice night and one game per week.

10U- Division (9-10 years old)

Focus is placed on learning and developing proper fastpitch technique. Fastpitch rules may be modified to aid player development. Players will pitch during games, alternating innings with a coach pitch. There will be at least one practice night per week and 2 games per week.

11up- Division (11-18 years old)

Focus is placed on applying proper fastpitch technique. ASA fastpitch rules apply and players will pitch every inning. There will be at least one practice night per week and 2 games per week.

A parents and coaches information meeting will be held May 3rd, 6-8PM at the Wachter gymnasium for registered players.

Sparks Travel Team

The Sparks Travel Teams are competitive teams that will travel out of Bismarck for tournaments throughout the summer. If there are enough registrations, teams will be created for the following divisions: 10U- Blue, 10U- Gold, 12U, 14U, 16U, 18U. Players are evaluated according to age and skill level and placed accordingly. Players must tryout for a position on one of the teams. Our goal is to have all players playing on the team that corresponds with their age and field at least one team per age division to represent BYFSA in tournaments. We will not move younger players up unless it is necessary due to low registration counts. All travel team players are highly encouraged to participate in the summer league program but participation is required for players at the 10U and 12U levels.

The Travel Team player fee for is \$125 for all age levels.

2015 tryouts are scheduled for March 15th from 5-9PM at the Fore Seasons Golf Center (golf dome) anyone age 6-18 as of 12/31/2014 is eligible to try out. You must pre-register on our website in order to participate in tryouts. The fee is not due unless the player is offered a position on a team.

For more information on our programs, visit www.bismarckfastpitch.com or email us at bismarckyouthfastpitch@gmail.com.

Bismarck 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 5 - 12; their age on April 30th determines eligibility.

There are five divisions of play:

- T - Ball: 5 - 6 years old
- Rookies: 7 - 8 years old
- AA: 9 - 10 years old
- AAA and Majors: 11 - 12 years old

NOTE: Registration for the 2015 season is tentatively scheduled to open on 1/26/15 - and some divisions fill up quickly. For the most up-to-date registration information, visit www.bismarckyouthbaseball.org.

BisMarket

BisMarket is your community farmers market! The market is held at Sertoma Park, shelter 5, near the Amusement Park. BisMarket includes fresh, local foods, ready-to-eat foods, baked goods, kid's activities, and more. BisMarket also opens the Imagination Playground during its market hours. The Saturday market will begin on June 6th and wrap up in October. The Tuesday market will begin on June 9th and go through the end of August. For more information, please visit www.bismarket.com or like us on Facebook!

Tuesdays 3pm-6pm
Saturdays 10am-1pm

Capital City Gun Club

Location: 4 miles N. of Bismarck on Hwy 83, Telephone: 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.

For more information, contact Jerry Gulke at 328-6303 or Bruce Birkeland at 255-0822 Website: bis.midco.net/ccgc/ccgc.html

Capital Curling Club

The Capital Curling club will be hosting the 27th Annual Summerspiel July 16-19, 2015. 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 on leagues or Kid Curl visit www.capitalcurlingclub.org

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

Dakota West Arts Council Offers - Arts in the Parks

Dakota West Arts Council (DWAC) is a 501(c)(3) non-profit organization that leads, advocates and advances arts and culture in North Dakota's Capital City. Our strength is in our partnerships.

Our partnership with Bismarck Parks and Recreation benefits you. Together, we bring you Kids Music Days and HarmonyFest in Custer Park and Music in the Park at Peace Park. All three summer events are free and give you an opportunity to do what you like best in the summertime – get outside.

Kids Music Days features local artist, Kris Kitco as KittyKo. Kids of all ages are encouraged to dance and sing on and off the park's stage. Parents typically bring blankets, chairs, and lunch for their crew. It's free, active fun during the lunch hour.

Music in the Park features two hours of music by new and popular local musicians. This is another free program for primarily adults but children are welcome. Beer, root beer and Brats are typically sold as part of this free early evening event.

HarmonyFest is an afternoon of music, food, and beverages mixed with art. Bring a lawn chair, blanket and friends for an afternoon of free music by the best musicians in town!

For over 30 years, Dakota West Arts Council has supported local arts organizations and artists. Collectively, these cultural groups and individuals bring laughter, comfort, and rejuvenation to thousands of people every year through their of events and classes.

For more information on the events listed and other, please go to dakotawestarts.org or like our Dakota West Arts Council Facebook page.

Dakota Zoo

Several special events 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

Summer Hours from April 26 - Sept. 28
1:00 - 7:00pm Friday thru Sunday
(weather permitting)

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 or like us on Facebook.

Great Plains Track & Field Club

Great Plains Track Club invites you to join The Great Plains Track Club's season begins Thursday, May 28th 2015.

For complete information, visit the website: greatplainstrackfield.shutterfly.com. Also find us under Partners at www.bisparks.org

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. For more information please visit www.bismanhorseshoepitching.com.

Midget Football League

Bismarck Midget Football League is a full-contact tackle football program with 14 teams designed for 5th and 6th graders between the ages of 10 and 12 years. Established in 1974, 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 runs from Aug-Oct.

- Registration is open from March 1-May 1.
- For more information www.bismarckmidgetfootball.com

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:

- June 12-14 Fun Fly
- Aug. 14-16 Art May Memorial Fun Fly

For information on any club events or matters please contact: Doug Arndt at 391-0840. Visit www.msmaarc.org

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 30 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. Nishu Bowmen has affiliations with the NDBA and the NFAA.

Nishu Bowmen Archery Club, cont'd

Summer League Information

Leagues start mid-June.

- Outdoor 3D
- Outdoor Field

Membership

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

Key Cards

Shoot year round in our Archery Complex from 5:30am - 11:00pm, 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 Curt Pearson at 390-3756 or visit www.nishubowmen.com or find us on Facebook.

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. Residents of any age do not need a fishing license when Family Fishing days are open.

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.

The Purple School

The Purple School™ Spanish And Other Languages for Kids

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 For registration details.

- Spanish for baby/toddler/ preschoolers/homeschoolers, Fridays, 3:15-4 pm, Saturdays, 12:15-1 pm
- Spanish for K-6, Fridays, 4-6 pm, Saturdays, 10:15 am-12:15 pm
- French for kids, call to inquire
- Chinese for kids, call to inquire

See www.ThePurpleSchool.com for more information.

Races and Walks

3rd Annual Run 4 Change April 18
 Thunderbird Spring Run April 18
 Race to Zero run/walk for Sexual Assault Awareness & Prevention April 18
 Race for Parkinson's April 25
 Our Drive to Survive April 26
 Diva Dash 5K Fun Run May 2
 Walk to Cure Arthritis May 2
 CDHS Race for Rescues May 15
 Bismarck Heart Walk and 5K May 16
 Walk to Defeat ALS May 30
 Color Splash Fun Dash May 31
 Fort Abraham Lincoln State Park Trail Race June 6
 Cancer Relay for Life Walk/Run June 13
 Relentless Against Blood Cancer 5K June 20
 Medieval Rush June 20
 Mandan 4th of July Run July 4
 Otter Creek 55 Endurance Mountain Bike Race/Ride July 11
 Epic Sports Bismarck Triathlon July 18
 St. Gabriel's Community Duathlon Aug. 1
 Cycling for the Corps Aug. 15
 9th Annual Thunderbird Half Marathon Aug. 22
 Powwow 10k and 5k Run/walk Sept. 12
 Apple Dash Sept. 13

Krolls Diner Bismarck Marathon Sept. 19
 Designer Genes Walk Sept. 26
 ND Army Aviation Association 10-Miler Sept. TBA
 Miles for Smiles Sept. TBA
 4th Annual Beefin it up fuel for the finish Oct. 3
 Monster Dash Run Oct. TBA
 Turkey Trot Nov. 26

Riverwood Men's & Women's Golf

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. Membership applications and additional information is available at the Riverwood Pro-Shop.

The **Riverwood Women's Golf Association** has a morning and twilight league. Membership applications and/or additional information is available at the Riverwood Pro-Shop.

40th 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.

Date, Location and Deadline

- June 26-28
- Bismarck-Mandan Softball Complexes
- Entry Deadline for Men's Class A/ Supers: April 15
- Entry Deadline for all other classes: May 11 or when division is filled.

Contact

- Mike Wolf 701-400-2100 or Jack Jones 701-426-8700, email mcquadesoftball@yahoo.com or visit www.mcquades.com

Sleepy Hollow Theatre & Arts Park

Celebrating 26 years of programming directed to education, their mission is: To nurture youth by providing quality pre-professional educational opportunities in the arts that result in the cultural enrichment of our communities and state.

Responsible for the park development, Sleepy Hollow has completed the 55' x 100' performing stage area with the support of the Leach Foundation and Starion Financial, along with the MDU Resources Scene Shop, an orchestra pit, entrance turrets, pergolas, Gazebo Event Site, Evelyn's Haven and the Basin Electric Light Towers. Enjoy greatly enhanced lighting in 2015!

2015 Programming includes:

- **CLASSES IN THE ARTS:** 52 opportunities to grow! Instructors are Rebecca Young-Sletten, Ali LaRock, Paul Noot, Jean Dunn-Gefroh and Casey Paradies. BHS
- **SLEEPY HOLLOW MIDDLE SCHOOL REVUE:** Inaugural season of a new four week program with three hours of instruction daily for four weeks, M-F, 9 am-12 noon, June 8-July 2 with a public show on July 2nd. Four instructors teaching voice, dance and acting: Connie Stordahl, Carly Schaub, Job Christenson and Casey Paradies. CHS
- **MARY POPPINS:** Broadway style musical with full orchestra at Sleepy Hollow Arts Park, July 14-19, 22-26, 28-Aug. 2.
- **THE LAST 25 YEARS: A MUSICAL SHOWCASE:** A Hit Parade of music, staged and costumed. Bismarck performances: August 4-8 with a tour to western North Dakota.
- **RISING STARS:** Vocal, choreographed and costumed pre-show to "Mary Poppins: with twice weekly rehearsals on Tues. and Thurs. 1-2 p.m. CHS
- **FAIRY TALE THEATRE:** Create a show and perform at Sleepy Hollow! Costumed and staged.
- **FINDING YOUR INDIVIDUAL VOICE:** A first! Dr. Anne Christopherson, Assoc. Voice Dept. Chair at UND, will give one-half hour weekly voice lessons to cast members and space permitting, to others. By appointment only. BHS
- **ANNE CRHISTOPHERSON CABARET SHOW.** ND Heritage Center. Date TBA
- **CONCERT SERIES:** www.shtap.org
- **TAPAS AND ENTERTAINMENT EVENING:** Private home event in July.

For more information check the web site at www.shtap.org or call Stephanie Delmore at 3419-0895. Registration forms are available at the Bismarck Parks and Rec. office.

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, 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 to participate in 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. Special Olympics North Dakota is seeking school based Unified Volleyball teams to compete at the State Winter Games.

Upcoming Events

State Basketball Tournament

March 13-14

- Training Season held December - March
- State Basketball Tournament in Minot

Bismarck Polar Plunge- April 11

- The Polar Plunge is an annual fundraiser organized by community leaders and North Dakota Law Enforcement as part of the year-round Law Enforcement Torch Run to raise awareness and funds to benefit the athletes of Special Olympics North Dakota! For more information please visit www.specialolympicsnorthdakota.org

District III Spring Games - May 5

- Sports offered: Aquatics, Bocce, Powerlifting, Track & Field, and Volleyball
- Springs Games are in Valley City

Unified Relay Across America - June 19-20

- The Unified Relay will start in the U.S. on May 26, where the Flame of Hope will be split into three simultaneous routes. Each flame will start its individual journey from one of three points and will travel west where all three routes will become unified in Los Angeles on July 10. Take part by registering as an individual or as a team of torchbearers for a half-mile walk or run segment or a five-mile bike segment in an area of

interest across the United States. For more information visit www.unifiedrelay.org

State Summer Games - May 29-30

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

- Training Season held March - May
- State Summer Games in Fargo

For further information, to volunteer, or to participate, contact Special Olympics North Dakota at 1-800-279-4201 or 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

Bismarck Parks and Recreation District

Summer Employment Opportunities

- Starting wage varies and may be based on experience. An equal opportunity employer.
- May be able to work multiple positions, depending on skills, interests and availability
- Number of positions in each area varies
- Please complete a job application at the Park District Office (400 East Front Avenue) or online at www.bisparks.org under the Jobs link.

Position	# of Hours	Contact Person	Other Information
Activity Centers and Safety Village	Up to 40 daytime hours	Cindy Gums	Planning and supervising activities for K-5 children. Teaching 5-6 year olds about safety.
Cashier/concessions for outdoor pools and Municipal Ballpark	Hours vary	Dylan Thiem	
Facility attendants and/or front desk staff	Hours vary	Mike Wald - BSC Aquatic & Wellness Center Katrina Hanenberg - Capital Racquet & Fitness Center Tim Kuntz - Fore Seasons Center/ Pebble Creek Golf Course Dennis Nybo - Ice Arenas Kevin Olson - World War Memorial Building	
Facility maintenance	Hours vary	Katrina Hanenberg - Capital Racquet & Fitness Center Dennis Nybo - Ice Arenas	
General Sibley Park	Up to 40	Martha Willand	Office/front desk and groundskeeping
Golf course maintenance	Up to 40, weather dependent	Brad Schulz - Riverwood Mike Page - Tom O'Leary Chuck Vedvick - Pebble Creek	
Lifeguard and/or swimming lesson instructor, BSC Aquatic & Wellness Center, indoor	Hours vary, based on availability	Jahna Gardiner	Must be Lifeguard/First Aid/CPR/AED certified - the Park District offers these courses to become certified.
Lifeguard and/or swimming lesson instructor, outdoor pools	Up to 40, based on availability, weather dependent	Dylan Thiem	Must be Lifeguard/First Aid/CPR/AED certified - the Park District offers these courses to become certified.
McDowell Dam Recreation Area maintenance and boat rentals		Greg Smith	
Operations general maintenance	Up to 40 weather dependent	Rod Knutson - Parks Riley Merkel - Sports Complexs	Includes parks, ball diamonds and soccer fields.
Sand volleyball officials	Evening hours	RaNae Jochim	
Triple Star Day Camp	35 hours per week daytime hours	RaNae Jochim	Day camp for participants with special needs
Youth and adult sport coaches and officials – baseball/softball, soccer, volleyball, basketball, & tennis instructors		Baseball/Softball & Soccer – Jeremy Dykstra Volleyball – RaNae Jochim Basketball – Kevin Olson Tennis – Rod Morasch	
Waterslide Monitor at Hillside Aquatic Complex	Up to 40	Dylan Thiem	

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

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
7:30am - 5pm Mon.-Fri.

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 (2015-16)
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

3rd Annual Run 4 Change	18
Thunderbird Spring Run	18
Race to Zero run/walk for Sexual Assault Awareness & Prevention	18
Race for Parkinson's	25
Pitch, Hit, & Run Baseball Event, see page 5	25
Our Drive to Survive	26

May

USTA Tennis Block Party, see page 17	2
Diva Dash 5K Fun Run	2
CDHS Race for Rescues	15
Bismarck Heart Walk and 5K	16
Student Membership Special BSC AWC & CRFC, see page 23	11-Aug. 31
5th Grade Elementary Track Meet, see page 17	28
Walk to Defeat ALS	30
Color Splash Fun Dash	31

June

Free Junior Golf, see page 9	All Month
Fort Abraham Lincoln State Park Trail Race	6
BisMarket Kickoff, see page 33	6
Outdoor Pools Open, see page 29	8
Indoor Swim Lessons Registration, see page 14	8
Red Cross Lifeguarding Class, see page 15	8-12
Outdoor Swim Lessons Registration, see page 13	8-12
Jackie Dockter Memorial Tournament (BMTA)	11-14
Fun Fly, see page 34	12-14
Cancer Relay for Life Walk/Run	13
Water Safety Instructor Class, see page 15	15-19
Puppet Shows at Dakota Zoo, see page 32	17
Medieval Rush	20
Relentless Against Blood Cancer 5K	20
Sam McQuade Sr. Charity Softball Tournament, see page 35	26-28
Indoor Swim Lessons Registration, see page 14	29
Outdoor Swim Lessons Registration, see page 13	29-July 3

July

Free Junior Golf, see page 9	All Month
Mandan 4th of July Run	4
Otter Creek 55 Endurance Mountain Bike Race/Ride	11
Mary Poppins - Sleepy Hollow Theatre, see page 36	14-19, 22-26, 28-Aug. 2
Puppet Shows at Dakota Zoo, see page 32	15
Indoor Swim Lessons Registration, see page 14	16
Jeff Quinn Magician "Hero Show", see page 32	16
Curling Summerspiel, see page 34	16-19
Epic Sports Bismarck Triathlon	18
Outdoor Swim Lessons Registration, see page 13 ...	20-24
Tennis in the Parks Week, see page 17	20-26
ND State Long Course Swim Meet	24-26
Razzle-Dazzle Read-a-thon, see page 32	30
Bismarck Open Adults & Juniors Tennis Tournament (BMTA)	30-Aug. 2

August

Free Junior Golf, see page 9	All Month
St. Gabriel's Community Duathlon	1
End-of-Summer Reading Ice Cream Social, see page 33	3
iCan Shine Bike Camp, see page 4	3-7
Musical Showcase - Sleepy Hollow Theatre, see page 36	4-8
Central Plains Regional Baseball Tournament	5-9
Cycling for the Corps	15
Art May Memorial Fun Fly, see page 34	14-16
9th Annual Thunderbird Half Marathon	22

September

BMTA World Team Tennis (Adults)	12
Powwow 10k and 5k Run/walk	12
3rd Annual Sonali Seth Kit Festival	12
Apple Dash	13
Krolls Diner Bismarck Marathon	19
Coed Fall Softball League Tournament, see page 19	20
Designer Genes Walk	26
ND Army Aviation Association 10-Miler	TBA
Miles for Smiles	TBA

2015 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!



Bismarck Parks and Recreation District
400 East Front Avenue
Bismarck, ND 58504
(701) 222-6455
www.bisparks.org

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Register for programs online at
www.bisparks.org
Let's Play!