



# 2016-17 WINTER ACTIVITY GUIDE

**YOUTH AND ADULT PROGRAMS**  
ACTIVITIES - FACILITIES - PARKS - SPECIAL EVENTS





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             |
| Schaumberg 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

|  |          |
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| 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

|                                    |          |
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| 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

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

### Administration

- Randy Bina, Executive Director

### Directors

- Kevin Klipfel, Facilities and Programs Director
- David Mayer, Operations Director
- Kathy Feist, Finance Director

### Administration Division

- Paula Redmann, Community Relations Manager
- Rena Mehlhoff, Communications Specialist
- Holly Wardzinski, Accountant
- Tina Walker, Account Technician
- Megan Pederson, Accounting Specialist
- 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
- Ryan Geerdes, Facilities Manager
- Tim Doppler, Golf Operations Manager
- Andy Schmitz, Facility Supervisor
- Mike Wald, Facilities Manager
- Jeremy Dykstra, Recreation Specialist
- Cindy Gums, Recreation Specialist
- Ethan Eberle, Recreation Specialist
- Kevin Olson, Facility Specialist
- Katrina Hanenberg, Facility Specialist
- Lindsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Rod Morasch, Head Tennis Professional
- Dave Seefried, Facility Specialist
- Dylan Thiem, Facility Specialist
- 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
- Tony Schmitt, Park Operations Manager
- Steve Gerding, Facility Specialist
- David Robinson, McDowell Dam Supervisor
- Martha Willand, Facility Specialist
- Lynn Morgenson, Landscape Specialist
- Maintenance and Operations Staff:  
 Barrett Langemo, Ryan Miller, Rich Hetzler,  
 Garth Heupel, Tim Nelson, Steve Pulkrabek,  
 Adam Keller, Cullen Theisen, Quentin  
 Schmidt, Pat Miller, Cory Lang, Ryan Savenko,  
 Colin Bales, and Brad Volk

### Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner
- Bonnie Lahr, Office Coordinator
- Roben Collins, Front Desk/Membership Coordinator
- Doyle Klimpel, Maintenance

### Cancellations

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

## General Information

### Dog Ordinance

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

### Gift Certificates

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

### Insurance

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

### Matching Grant Program

Bismarck Parks and Recreation District's Matching Grant programs provides matching funds for facility, grounds, and equipment projects. In its 29th year, the program has provided matching funds for 469 projects with total project costs of more than \$4.2 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.

## Online Registration and Reservations

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

Working with the community to provide residents and visitors the highest quality park, program, facility and event experience.

## Core Purpose

To provide affordable, accessible, and sustainable public park and recreation services.

## Our Values

|                      |                |
|----------------------|----------------|
| Integrity            | Diversity      |
| Teamwork/Cooperation | Honesty/       |
| Professionalism      | Accountability |
| Community            | Respect        |

## Activ8

This fun and active 6-week 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! **Children must be comfortable in the water.**



| Date              | Day     | Time                                      | Code |
|-------------------|---------|---|------|
| Jan. 10 - Feb. 16 | T<br>Th | 6:30-7:15pm (Land)<br>6:30-7:15pm (Water) | 8974 |
| April 4 - May 11  | T<br>Th | 6:30-7:15pm (Land)<br>6:30-7:15pm (Water) | 8973 |

### Age and Location

- 8-12 yrs old
- BSC Aquatic & Wellness Center, 1601 Canary Avenue
- Tuesday (land) and Thursday (pool)
- Maximum: 10 students per class.

### Fees and Registration

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$55; Non-members: \$65
- To register visit [www.bisparks.org](http://www.bisparks.org) or call BSC Aquatic & Wellness Center, 1601 Canary Avenue, at 751-4266

## Adaptive Recreation

### Meet it or Beat it Bowling

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

| Dates        | Days | Time    | Fee          |
|--------------|------|---------|--------------|
| Now - June 5 | M    | 4 - 6pm | \$3.50/game* |

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

## Archery, Indoor

Archery lessons are available for youth and adults. For more information on archery practice ranges, please see page 29 (Nishu Bowmen Indoor/Outdoor Range).

| Level                | Dates              | Day  | Time | Code |
|----------------------|--------------------|------|------|------|
| Beginners            | Jan. 7 - March 25  | Sat  | 9am  | 8987 |
| Beginners            | Jan. 7 - March 25  | Sat  | 10am | 8986 |
| Beginners            | Jan. 10 - March 28 | Tues | 6pm  | 8984 |
| Beginners            | Jan. 10 - March 28 | Tues | 7pm  | 8985 |
| Challengers/Advanced | Jan. 10 - March 28 | Tues | 8pm  | 8988 |

- Fee is \$60. Maximum: 14 students per class.
- All equipment is provided. Bows offered will include both recurves and genesis.
- Must be 8 years old to begin program.
- Challengers/Advanced registrants must complete the beginners class before they move to this level.
- Located at Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

## BLAST

Bismarck's Life After School Time (BLAST) is an after-school recreation based program that takes place at selected elementary school sites. Participants enjoy games and activities with their peers and leaders in a safe and supervised environment.

| Grades | Dates       | Days | Time       |
|--------|-------------|------|------------|
| K-5    | School Year | M-F  | 3:05 - 6pm |

\*BLAST follows the school year calendar and is not held on site when school is not in session for school breaks/holidays/staff training.

### Locations

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

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

### Fees

- \$120/month
- \$240 due at time of registration. This will be applied to first and last month's bill.
- Children enrolled in the BLAST program must attend school at that site.

## DJGA Golf Clinics

Free weekly winter junior golf clinics at the Fore Seasons Center, located at Pebble Creek Golf Course, 2525 North 19th Street.

- February 12, 19, and March 5, 12
- Juniors ages 5-14: 11:00-11:45am  
Snag Golf - 45 minutes of fun filled focus on the fundamentals of golf using snag golf equipment. Games and contests with a variety of sports being played using snag equipment.
- Juniors in middle school: 12:00-1:00pm. Participants are responsible for paying the discounted rate of \$4.00 for their range balls.
- Juniors in high school: 1:00-2:00pm. Participants are responsible for paying the discounted rate of \$4.00 for their range balls.
- High School coaches and golf professionals teaching all aspects of golf
  - Hitting on two launch monitors with video instruction
  - Equipment evaluation

To register, please call Fore Seasons Center at 223-3600.



## Fencing

This classes teaches Olympic style sport fencing. This class is divided into three sections. Session One and Two offer both beginning and intermediate levels of lessons for people wanting to learn basic fencing skills or keep improving their fencing skills to an intermediate level. Continuing Fencing offers advanced instruction for fencers who would like to continue to improve their established fencing skills.

| Age | Dates                               | Days  | Fee   | Code |
|-----|-------------------------------------|-------|-------|------|
| 12+ | Session 1, Feb. 20 April 28         | M & F | \$70  | 9699 |
| 12+ | Session 2, May 1 - June 30          | M & F | \$70  | 9701 |
| 12+ | Continue Fencing, Feb. 20 - June 30 | M & F | \$135 | 9697 |

### Time, Location and Equipment Required

- 6:30 - 8:30pm (Mondays) and 5 - 7pm (Fridays)
- World War Memorial Building, 215 North 6th Street
- Equipment is provided with the exception of a fencing glove. The fencing glove can be purchased when the session begins.
- Contact John Garness at 391-2081 for more information.

## Karate - Traditional Japanese Karate

| Age | Days   | Time          | Month    | Code |
|-----|--------|---------------|----------|------|
| 10+ | T & Th | 6:30 - 8:30pm | January  | 9708 |
| 10+ | T & Th | 6:30 - 8:30pm | February | 9707 |
| 10+ | T & Th | 6:30 - 8:30pm | March    | 9709 |
| 10+ | T & Th | 6:30 - 8:30pm | April    | 9704 |
| 10+ | T & Th | 6:30 - 8:30pm | May      | 9710 |

### Dates, Fees and Location

- January 10 - May 25
- \$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.

## Open Gym

The Open Gym Program is designed to provide an opportunity for both youth and adults to use a neighborhood gymnasium in a supervised, free play situation. The Open Gym is FREE of charge.

Court reservations will be taken for adult teams interested in practicing. Call 222-6454 to reserve your court for one hour the Friday (8:30a - 5p) preceding weekend play. Only Bismarck Parks and Recreation District registered adult teams are permitted to reserve practice time at Simle or the World War Memorial Building during the free Open Gym program. Youth travel teams interested in reserving /renting gym space during non-Open Gym hours must contact the schools or the World War Memorial Building. The Open Gym Program is provided by Bismarck Parks and Recreation District, in cooperation with Bismarck Public School District.

### November 5-6, 2016 - March 4-5, 2017

#### Elementary School Locations Saturday Sunday

The following elementary school locations are for elementary age children and/or families:

|               |                      |         |         |
|---------------|----------------------|---------|---------|
| Centennial    | 2800 Ithica Drive    | 1 - 5pm | 1 - 5pm |
| Dorothy Moses | 1312 S. Columbia Dr. | N/A     | 1 - 5pm |
| Liberty       | 5400 Onyx Dr.        | 1 - 5pm | 1 - 5pm |
| Lincoln       | 3320 Mc Curry Way    | 1 - 5pm | 1 - 5pm |

## Open Gym, cont'd

#### Elementary School Locations Saturday Sunday

|               |                        |         |         |
|---------------|------------------------|---------|---------|
| Rita Murphy   | 611 North 31st St.     | N/A     | 1 - 5pm |
| Robert Miller | 1989 North 20th Street | N/A     | 1 - 5pm |
| Solheim       | 325 Munich Drive       | 1 - 5pm | 1 - 5pm |
| Sunrise       | 3800 Nickerson Ave     | 1 - 5pm | 1 - 5pm |

#### Middle School locations:

|                                 |                        |     |         |
|---------------------------------|------------------------|-----|---------|
| Horizon                         | 500 Ash Coulee Dr.     | N/A | 1 - 4pm |
| Simle                           | 1215 North 19th Street |     |         |
| • Basketball Pick-up Games      |                        | N/A | 1 - 4pm |
| • Basketball Court Reservations |                        | N/A | 4 - 9pm |
| Wachter                         | 1107 South 7th Street  | N/A | 1 - 5pm |

#### Preschool Locations:

Preschool age children only. Parents are required to stay with child. Older children are not allowed at this site.

|                   |   |     |         |
|-------------------|---|-----|---------|
| BECEP at Richholt | 720 North 14th St.  | N/A | 3 - 5pm |
|                   | November 6, 13, 20, 27, December 4, 11, 18, January 8, 15, 22, 29, February 5, 12, 19, 26 and March 5 |     |         |

#### Other locations:

|                                 |                   |     |         |
|---------------------------------|-------------------|-----|---------|
| World War Memorial Building     | 215 N 16th Street |     |         |
| • Volleyball Court Reservations |                   | N/A | 1 - 4pm |

\* These times/locations above are subject to change. Please visit [www.bisparks.org](http://www.bisparks.org) for an updated schedule.

## Preschool Skate Date

This free program is designed for parents and their preschool child(ren) to spend time together on the ice. It is not an instructional program. Just skate together, get comfortable on the ice and have fun. Ice skates are not supplied. We require all preschool skaters wear helmets and elbow pads.

| Dates            | Day      | Time              |
|------------------|----------|-------------------|
| Now - Dec. 21    | M, T & W | 11:30am - 12:30pm |
| Jan. 2 - Feb. 15 | M, T & W | 11:30am - 12:30pm |

#### Age and Location

- 5 and younger, Free of charge
- Schaumberg Ice Arena, 221 Reno Avenue
- \* No pre-registration is necessary.

## Racquetball

Kids should be able to consistently hit the ball to the front wall and also have a basic knowledge of serving. Supervision will be given during the matches to help the game along. Racquets and equipment are provided.

| Level        | Age    | Day | Time       | Code |
|--------------|--------|-----|------------|------|
| Beginners    | 7 - 14 | Th  | 6:15 - 7pm | 9014 |
| Intermediate | 7 - 14 | Th  | 6:15 - 7pm | 9015 |
| Advanced     | 7 - 14 | Th  | 7 - 7:45pm | 9013 |

#### Dates, Fees and Location

- January 12 - February 16
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$15; Non-members: \$20
- Capital Racquet & Fitness Center, 3200 North 10th Street

## Sports Conditioning

Take your skills to the next level! This 12 session 45-minute class is for children ages 8-14. Sport conditioning is a unique and fun class that utilizes Speed, Agility, Quickness, Coordination, Endurance, Strength. The 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, Location and Age

- Pre-registration only. Meet at BSC Aquatic & Wellness Center
- 8-14 yrs old
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$55; Non-members: \$65

| Date              | Days   | Time       | Code |
|-------------------|--------|------------|------|
| Jan. 24 - March 2 | T & Th | 5 - 5:45pm | 9019 |

## Swimming Lessons, Indoor

### Fee and Location

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

### 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.

**Winter Registration Session 1:**

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Monday, January 9** at 10am.

**Winter Session 1 - January 16 - February 15 (M & W)**

**Winter Session 1 - January 17 - February 16 (T & Th)**

| Time          | Class               | Day    | Code |
|---------------|---------------------|--------|------|
| 4:20 - 4:50pm | Preschool Level A   | T & Th | 9127 |
| 4:20 - 4:50pm | Preschool Level B   | T & Th | 9154 |
| 4:20 - 4:50pm | Preschool Level C   | M & W  | 9176 |
| 4:20 - 4:50pm | Ages 6+ Level 1     | T & Th | 9043 |
| 4:20 - 4:50pm | Ages 6+ Level 2     | M & W  | 9067 |
| 4:20 - 4:50pm | Ages 6+ Level 3     | M & W  | 9086 |
| 4:55 - 5:25pm | Preschool Level A   | M & W  | 9128 |
| 4:55 - 5:25pm | Preschool Level B   | M & W  | 9155 |
| 4:55 - 5:25pm | Preschool Level C   | T & Th | 9177 |
| 4:55 - 5:25pm | Ages 6+ Level 1     | M & W  | 9044 |
| 4:55 - 5:25pm | Ages 6+ Level 2     | T & Th | 9068 |
| 4:55 - 5:25pm | Ages 6+ Level 3     | T & Th | 9087 |
| 5:30 - 6pm    | Preschool Level A   | M & W  | 9129 |
| 5:30 - 6pm    | Preschool Level A   | T & Th | 9130 |
| 5:30 - 6pm    | Preschool Level B   | T & Th | 9156 |
| 5:30 - 6pm    | Preschool Level C   | M & W  | 9178 |
| 5:30 - 6pm    | Ages 6+ Level 1     | M & W  | 9045 |
| 5:30 - 6pm    | Ages 6+ Level 2     | T & Th | 9069 |
| 6:05 - 6:35pm | Preschool Level C   | M & W  | 9179 |
| 6:05 - 6:35pm | Preschool Level A   | M & W  | 9131 |
| 6:05 - 6:35pm | Preschool Level A   | T & Th | 9132 |
| 6:05 - 6:35pm | Preschool Level B   | M & W  | 9157 |
| 6:05 - 6:35pm | Preschool Level C   | T & Th | 9180 |
| 6:05 - 6:35pm | Ages 6+ Level 1     | T & Th | 9046 |
| 6:05 - 6:35pm | Ages 6+ Level 2     | T & Th | 9070 |
| 6:05 - 6:35pm | Ages 6+ Level 3     | M & W  | 9088 |
| 6:40 - 7:10pm | Preschool Level A   | M & W  | 9133 |
| 6:40 - 7:10pm | Preschool Level A   | T & Th | 9134 |
| 6:40 - 7:10pm | Preschool Level B   | M & W  | 9158 |
| 6:40 - 7:10pm | Preschool Level B   | T & Th | 9159 |
| 6:40 - 7:10pm | Ages 6+ Level 1     | M & W  | 9047 |
| 6:40 - 7:10pm | Ages 6+ Level 1     | T & Th | 9048 |
| 6:40 - 7:10pm | Ages 6+ Level C     | M & W  | 9181 |
| 6:40 - 7:10pm | Ages 6+ Level 2     | T & Th | 9071 |
| 7:15 - 7:45pm | Preschool Level A   | M & W  | 9135 |
| 7:15 - 7:45pm | Preschool Level A   | T & Th | 9136 |
| 7:15 - 7:45pm | Ages 6+ Level 1     | T & Th | 9049 |
| 7:15 - 7:45pm | Ages 6+ Level 2     | M & W  | 9072 |
| 7:15 - 7:45pm | Ages 6+ Level 3     | M & W  | 9089 |
| 7:15 - 8pm    | Ages 6+ Level 4 & 5 | M & W  | 9100 |
| 7:15 - 8pm    | Ages 6+ Level 4 & 5 | T & Th | 9101 |
| 7:15 - 8pm    | Ages 6+ Level 4 & 5 | T & Th | 9102 |

**Winter Registration Session 2:**

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Tuesday, February 21** at 10am.

**Winter Session 2 - February 27 - March 29 (M & W)**

**Winter Session 2 - February 28 - March 30 (T & Th)**

| Time          | Class               | Day    | Code |
|---------------|---------------------|--------|------|
| 4:20 - 4:50pm | Preschool Level A   | T & Th | 9117 |
| 4:20 - 4:50pm | Preschool Level B   | T & Th | 9148 |
| 4:20 - 4:50pm | Preschool Level C   | M & W  | 9170 |
| 4:20 - 4:50pm | Ages 6+ Level 1     | T & Th | 9035 |
| 4:20 - 4:50pm | Ages 6+ Level 2     | M & W  | 9061 |
| 4:20 - 4:50pm | Ages 6+ Level 3     | M & W  | 9082 |
| 4:55 - 5:25pm | Preschool Level A   | M & W  | 9118 |
| 4:55 - 5:25pm | Preschool Level B   | M & W  | 9149 |
| 4:55 - 5:25pm | Preschool Level C   | T & Th | 9171 |
| 4:55 - 5:25pm | Ages 6+ Level 1     | M & W  | 9036 |
| 4:55 - 5:25pm | Ages 6+ Level 2     | T & Th | 9062 |
| 4:55 - 5:25pm | Ages 6+ Level 3     | T & Th | 9083 |
| 5:30 - 6pm    | Preschool Level A   | M & W  | 9119 |
| 5:30 - 6pm    | Preschool Level A   | T & Th | 9120 |
| 5:30 - 6pm    | Preschool Level B   | T & Th | 9150 |
| 5:30 - 6pm    | Preschool Level C   | M & W  | 9172 |
| 5:30 - 6pm    | Ages 6+ Level 1     | M & W  | 9037 |
| 5:30 - 6pm    | Ages 6+ Level 2     | T & Th | 9063 |
| 6:05 - 6:35pm | Preschool Level C   | M & W  | 9173 |
| 6:05 - 6:35pm | Preschool Level A   | M & W  | 9121 |
| 6:05 - 6:35pm | Preschool Level A   | T & Th | 9122 |
| 6:05 - 6:35pm | Preschool Level B   | M & W  | 9151 |
| 6:05 - 6:35pm | Preschool Level C   | T & Th | 9174 |
| 6:05 - 6:35pm | Ages 6+ Level 1     | T & Th | 9038 |
| 6:05 - 6:35pm | Ages 6+ Level 2     | T & Th | 9064 |
| 6:05 - 6:35pm | Ages 6+ Level 3     | M & W  | 9084 |
| 6:40 - 7:10pm | Preschool Level A   | M & W  | 9123 |
| 6:40 - 7:10pm | Preschool Level A   | T & Th | 9124 |
| 6:40 - 7:10pm | Preschool Level B   | M & W  | 9152 |
| 6:40 - 7:10pm | Preschool Level B   | T & Th | 9153 |
| 6:40 - 7:10pm | Ages 6+ Level 1     | M & W  | 9039 |
| 6:40 - 7:10pm | Ages 6+ Level 1     | T & Th | 9040 |
| 6:40 - 7:10pm | Ages 6+ Level C     | M & W  | 9175 |
| 6:40 - 7:10pm | Ages 6+ Level 2     | T & Th | 9065 |
| 7:15 - 7:45pm | Preschool Level A   | M & W  | 9125 |
| 7:15 - 7:45pm | Preschool Level A   | T & Th | 9126 |
| 7:15 - 7:45pm | Ages 6+ Level 1     | T & Th | 9041 |
| 7:15 - 7:45pm | Ages 6+ Level 2     | M & W  | 9066 |
| 7:15 - 7:45pm | Ages 6+ Level 3     | M & W  | 9085 |
| 7:15 - 8pm    | Ages 6+ Level 4 & 5 | M & W  | 9097 |
| 7:15 - 8pm    | Ages 6+ Level 4 & 5 | T & Th | 9098 |
| 7:15 - 8pm    | Ages 6+ Level 4 & 5 | T & Th | 9099 |

### Spring Registration Session:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Monday, April 3** at 10am.

### Spring Session - April 10 - May 10 (M & W)

### Spring Session - April 11 - May 11 (T & Th)

| Time          | Class               | Day    | Code |
|---------------|---------------------|--------|------|
| 4:20 - 4:50pm | Preschool Level A   | T & Th | 9107 |
| 4:20 - 4:50pm | Preschool Level B   | T & Th | 9142 |
| 4:20 - 4:50pm | Preschool Level C   | M & W  | 9164 |
| 4:20 - 4:50pm | Ages 6+ Level 1     | T & Th | 9028 |
| 4:20 - 4:50pm | Ages 6+ Level 2     | M & W  | 9054 |
| 4:20 - 4:50pm | Ages 6+ Level 3     | M & W  | 9077 |
| 4:55 - 5:25pm | Preschool Level A   | M & W  | 9108 |
| 4:55 - 5:25pm | Preschool Level B   | M & W  | 9143 |
| 4:55 - 5:25pm | Preschool Level C   | T & Th | 9165 |
| 4:55 - 5:25pm | Ages 6+ Level 1     | M & W  | 9029 |
| 4:55 - 5:25pm | Ages 6+ Level 2     | T & Th | 9055 |
| 4:55 - 5:25pm | Ages 6+ Level 3     | T & Th | 9078 |
| 5:30 - 6pm    | Preschool Level A   | M & W  | 9109 |
| 5:30 - 6pm    | Preschool Level A   | T & Th | 9110 |
| 5:30 - 6pm    | Preschool Level B   | T & Th | 9144 |
| 5:30 - 6pm    | Preschool Level C   | M & W  | 9166 |
| 5:30 - 6pm    | Ages 6+ Level 1     | M & W  | 9030 |
| 5:30 - 6pm    | Ages 6+ Level 2     | T & Th | 9057 |
| 6:05 - 6:35pm | Preschool Level C   | M & W  | 9167 |
| 6:05 - 6:35pm | Preschool Level A   | M & W  | 9112 |
| 6:05 - 6:35pm | Preschool Level A   | T & Th | 9111 |
| 6:05 - 6:35pm | Preschool Level B   | M & W  | 9145 |
| 6:05 - 6:35pm | Preschool Level C   | T & Th | 9168 |
| 6:05 - 6:35pm | Ages 6+ Level 1     | T & Th | 9031 |
| 6:05 - 6:35pm | Ages 6+ Level 2     | T & Th | 9058 |
| 6:05 - 6:35pm | Ages 6+ Level 3     | M & W  | 9079 |
| 6:40 - 7:10pm | Preschool Level A   | M & W  | 9114 |
| 6:40 - 7:10pm | Preschool Level A   | T & Th | 9113 |
| 6:40 - 7:10pm | Preschool Level B   | M & W  | 9146 |
| 6:40 - 7:10pm | Preschool Level B   | T & Th | 9147 |
| 6:40 - 7:10pm | Ages 6+ Level 1     | M & W  | 9032 |
| 6:40 - 7:10pm | Ages 6+ Level 1     | T & Th | 9033 |
| 6:40 - 7:10pm | Ages 6+ Level C     | M & W  | 9169 |
| 6:40 - 7:10pm | Ages 6+ Level 2     | T & Th | 9059 |
| 7:15 - 7:45pm | Preschool Level A   | M & W  | 9115 |
| 7:15 - 7:45pm | Preschool Level A   | T & Th | 9116 |
| 7:15 - 7:45pm | Ages 6+ Level 1     | T & Th | 9034 |
| 7:15 - 7:45pm | Ages 6+ Level 2     | M & W  | 9060 |
| 7:15 - 7:45pm | Ages 6+ Level 3     | M & W  | 9080 |
| 7:15 - 8pm    | Ages 6+ Level 4 & 5 | M & W  | 9094 |
| 7:15 - 8pm    | Ages 6+ Level 4 & 5 | T & Th | 9095 |
| 7:15 - 8pm    | Ages 6+ Level 4 & 5 | T & Th | 9096 |

### Private Swim Lessons

Private lessons are available to individuals age three to adult. The cost for four 30-minute sessions is \$70. Private lessons are based on instructor availability and are on a first come, first served basis. Specific days/times/months cannot be guaranteed.

**You can put your name on a private lesson waiting list at by registering under Code 7671.**

The waiting list will hold 30 names. If all 30 spots are full, please feel free to check the list again, as often as you like, to see if there is an opening. A name can only appear once on the waiting list. (In other words, you can't put your name on the list multiple times.)

Here's the process: When an instructor has an opening, we check the waiting list. The Aquatic Specialist will contact you with open dates and times. If your availability is a match for our instructor, you will be enrolled. Specific days/times/months cannot be guaranteed. Payment is required at the time of enrollment. We are not able to keep your name on the waiting list if you are unable to take the lesson schedule that is provided when you are called or if you do not return a call within 24 hours. If the schedule provided doesn't work for you, simply add your name to the waiting list again, if there is space available, and you can start the process again.

### 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

- Monday -Thursday: 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.



## Toddler Splash Training

This is an **instructor lead** class that is designed to teach parents how to work with their children in the water to prepare them for swimming lessons or simply be comfortable and safe in the water. The instructor will follow the parent/child skills as determined by The American Red Cross while teaching the course. (This course is previously known as Parent and Child class.) **There must be one parent/adult in the water for every child**, but both Mom and Dad are welcome to be in the water.

### Dates, Fees and Location

- Tuesday and Thursday
- January 17 - May 11: 6 - 6:30pm
- Ages 6 months to 3 years
- \$4.50 per parent/child unit per class for members and non-members (drop in class)
- Must give receipt of payment to the instructor before class begins
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave..

## American Red Cross Lifeguarding Class

Interested in a great 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](http://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 MANDATORY**
- 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.
- Maximum enrollment: 6

| Dates                       | Code |
|-----------------------------|------|
| December 8 & 9: 5 - 9pm     | 8911 |
| December 10 & 11: 9am - 5pm |      |
| March 30 & 31: 5 - 9 pm     | 8982 |
| April 1 & 2: 9am - 5pm      |      |

## Tennis

The 10 & under tennis program brings kids into the game with specialized equipment and shorter court dimensions, all tailored to age and size. This new format makes learning tennis easy and fun! Kids should bring water and tennis shoes to lessons. Racquets are provided for those who don't have one.

### Registration

- Registration will continue until one week prior to the first day of class. Late registration will only be accepted with the Head Tennis Professional's approval.
- Parents may register for Session I and II at the same time.
- All classes require a minimum of five participants.
- For more information on all tennis programs, contact Rod Morasch, 221-6855

## Tiny Tots

Kids are introduced to tennis on a 36 foot court using a foam ball. Basic skills of tennis are introduced through hand eye coordination and games. Focus is on fun, improving social skills and physical fitness.

### Ages, Fee and location

- Ages 3 - 5
- \$35/child per session
- Capital Racquet & Fitness Center, 3200 North 10th Street

| Session                | Day    | Times      | Code |
|------------------------|--------|------------|------|
| I - Jan. 9 - Feb. 12   | M & W  | 5:30 - 6pm | 9221 |
| I - Jan. 9 - Feb. 12   | M & W  | 6 - 6:30pm | 9222 |
| I - Jan. 9 - Feb. 12   | M & W  | 6:30 - 7pm | 9223 |
| I - Jan. 9 - Feb. 12   | T & Th | 5:30 - 6pm | 9591 |
| I - Jan. 9 - Feb. 12   | T & Th | 6 - 6:30pm | 9592 |
| I - Jan. 9 - Feb. 12   | T & Th | 6:30 - 7pm | 9593 |
| II - Feb. 27 - April 2 | M & W  | 5:30 - 6pm | 9230 |
| II - Feb. 27 - April 2 | M & W  | 6 - 6:30pm | 9231 |
| II - Feb. 27 - April 2 | M & W  | 6:30 - 7pm | 9232 |
| II - Feb. 27 - April 2 | T & Th | 5:30 - 6pm | 9600 |
| II - Feb. 27 - April 2 | T & Th | 6 - 6:30pm | 9601 |
| II - Feb. 27 - April 2 | T & Th | 6:30 - 7pm | 9602 |

**NOW HIRING  
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or stop by our office at 400 E. Front Avenue.

For more information, contact Jahna Gardiner at 751-4266 or  
[JGardiner@bisparks.org](mailto:JGardiner@bisparks.org). EOE

## Netters

Kids use a 36 foot court and red ball and expand their skills learned in Tiny Tots. Basic strokes are introduced including volleys, forehand and backhand. Tennis etiquette and sportsmanship is introduced. Games are played to utilize strokes learned and to focus on fun and promote physical fitness.

### Ages, Fee and location

- Ages 5 - 6 or instructor permission
- \$70
- Two days a week only.
- 5:30pm class is designed for kids new to tennis
- 6:30pm class is designed for kids who are more advanced in their age group
- Capital Racquet and Fitness Center, 3200 North 10th Street

| Session                | Day    | Times         | Code |
|------------------------|--------|---------------|------|
| I - Jan. 9 - Feb. 12   | M & W  | 5:30 - 6:30pm | 9219 |
| I - Jan. 9 - Feb. 12   | M & W  | 6:30 - 7:30pm | 9220 |
| I - Jan. 9 - Feb. 12   | T & Th | 5:30 - 6:30pm | 9594 |
| I - Jan. 9 - Feb. 12   | T & Th | 6:30 - 7:30pm | 9595 |
| II - Feb. 27 - April 2 | M & W  | 5:30 - 6:30pm | 9228 |
| II - Feb. 27 - April 2 | M & W  | 6:30 - 7:30pm | 9229 |
| II - Feb. 27 - April 2 | T & Th | 5:30 - 6:30pm | 9603 |
| II - Feb. 27 - April 2 | T & Th | 6:30 - 7:30pm | 9604 |

## 8 & Under Tennis

Kids continue on a 36 foot court using a red ball. Basic strokes are expanded upon and serving and match play is introduced. Games are played to utilize strokes learned and to focus on fun and promote physical fitness.

### Ages, Fee and location

- Ages 7 - 8
- \$70
- Two days a week only.
- 5:30pm class is designed for kids new to tennis
- 6:30pm class is designed for kids who are more advanced in their age group
- Capital Racquet and Fitness Center, 3200 North 10th Street

| Session                | Day    | Times         | Code |
|------------------------|--------|---------------|------|
| I - Jan. 9 - Feb. 12   | M & W  | 5:30 - 6:30pm | 9217 |
| I - Jan. 9 - Feb. 12   | M & W  | 6:30 - 7:30pm | 9218 |
| I - Jan. 9 - Feb. 12   | T & Th | 5:30 - 6:30pm | 9596 |
| I - Jan. 9 - Feb. 12   | T & Th | 6:30 - 7:30pm | 9597 |
| II - Feb. 27 - April 2 | M & W  | 5:30 - 6:30pm | 9226 |
| II - Feb. 27 - April 2 | M & W  | 6:30 - 7:30pm | 9227 |
| II - Feb. 27 - April 2 | T & Th | 5:30 - 6:30pm | 9605 |
| II - Feb. 27 - April 2 | T & Th | 6:30 - 7:30pm | 9606 |

## 10 & Under Tennis

Kids are introduced to a 60 foot court when ready using an orange ball. Tennis strokes are more in depth and rallying is emphasized. Serving and match play are expanded on and games are played to utilize techniques learned and to focus on fun and promote physical fitness.

### Ages, Fee and location

- Ages 9 - 10
- \$70
- Two days a week only.
- 5:30pm class is designed for kids new to tennis
- 6:30pm class is designed for kids who are more advanced in their age group
- Capital Racquet and Fitness Center, 3200 North 10th Street

| Session                | Day    | Times         | Code |
|------------------------|--------|---------------|------|
| I - Jan. 9 - Feb. 12   | M & W  | 5:30 - 6:30pm | 9215 |
| I - Jan. 9 - Feb. 12   | M & W  | 6:30 - 7:30pm | 9216 |
| I - Jan. 9 - Feb. 12   | T & Th | 5:30 - 6:30pm | 9598 |
| I - Jan. 9 - Feb. 12   | T & Th | 6:30 - 7:30pm | 9599 |
| II - Feb. 27 - April 2 | M & W  | 5:30 - 6:30pm | 9224 |
| II - Feb. 27 - April 2 | M & W  | 6:30 - 7:30pm | 9225 |
| II - Feb. 27 - April 2 | T & Th | 5:30 - 6:30pm | 9607 |
| II - Feb. 27 - April 2 | T & Th | 6:30 - 7:30pm | 9608 |

## High School League

For junior players wishing to keep that competitive edge during the offseason (USTA and high school) this league will be for players in 7th through 12th grades. The league will be organized by gender where you'll compete against other players of similar age and ability level. The league is 6-weeks and will be organized like a tournament draw with no-add scoring. CRFC will provide tennis balls for all leagues. Winners of each league will receive a \$20 CRFC gift certificate and recognition within the facility. Results and scores will be posted on the bulletin board at CRFC.

### Fee and location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$42; Non-members: \$66
- Capital Racquet and Fitness Center, 3200 North 10th Street

| Session                | Day | Times      | Code |
|------------------------|-----|------------|------|
| I - Jan. 8 - Feb. 12   | Sun | 2 - 3:30pm | 9239 |
| II - Feb. 26 - April 2 | Sun | 2 - 3:30pm | 9247 |

## 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

- Ages 10+
- \$120 - Two days a week.
- \$60 - One day a week (Saturday only).
- Capital Racquet and Fitness Center, 3200 North 10th Street

| Session                | Day    | Times         | Code |
|------------------------|--------|---------------|------|
| I - Jan. 9 - Feb. 12   | T & Th | 4:00 - 5:30pm | 9207 |
| I - Jan. 9 - Feb. 12   | Sat    | 2 - 3:30pm    | 9622 |
| II - Feb. 27 - April 2 | T & Th | 4:00 - 5:30pm | 9210 |
| II - Feb. 27 - April 2 | Sat    | 2 - 3:30pm    | 9627 |

## 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

- Ages 12+ and Instructor permission
- \$120 - Two days a week.
- \$60 - One day a week (Saturday only).
- Capital Racquet and Fitness Center, 3200 North 10th Street

| Session                | Day   | Times         | Code |
|------------------------|-------|---------------|------|
| I - Jan. 9 - Feb. 12   | M & W | 4:00 - 5:30pm | 9208 |
| I - Jan. 9 - Feb. 12   | Sat   | 12:30 - 2pm   | 9623 |
| II - Feb. 27 - April 2 | M & W | 4:00 - 5:30pm | 9211 |
| II - Feb. 27 - April 2 | Sat   | 12:30 - 2pm   | 9626 |

## 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

- Ages 12+ and Instructor permission
- \$180 - Three days a week.
- \$60 - One day a week (Saturday only).
- Capital Racquet and Fitness Center, 3200 North 10th Street

| Session                | Day      | Times         | Code |
|------------------------|----------|---------------|------|
| I - Jan. 9 - Feb. 12   | M, W & F | 4:00 - 5:30pm | 9206 |
| I - Jan. 9 - Feb. 12   | Sat      | 11 - 12:30pm  | 9624 |
| II - Feb. 27 - April 2 | M, W & F | 4:00 - 5:30pm | 9209 |
| II - Feb. 27 - April 2 | Sat      | 11 - 12:30pm  | 9625 |

## Tennis Night in America

A youth registration night across America. Sign-up early for spring/summer tennis programs before our regular registration period opens! Plus play on-court games and win prizes! The event is free to youth ages 5-12. This night is merged with regularly scheduled lessons. Bring your friends!

### Dates, Registration and Code

- March 6, 6:30pm
- There is no fee to participate, just show up ready to have fun! Reserve your spot at [bisparks.org](http://bisparks.org) in advance.
- CODE: 9609

## USTA Rally the Family

Come check out what tennis is all about in Bismarck/Mandan. Open to youth and adults, come enjoy a day of tennis in a carnival like atmosphere. Prizes, food, fun and everything is free. Open to all ages! Pre-register to win the grand prize!

### Dates and Registration

- May 13 from 1 - 2:30pm
- There is no fee to participate, just show up ready to have fun!
- CODE: 9233

## Winter Jam Junior Tennis Tournament

Three-day tournament for competitive junior players. Entry fee includes t-shirt, goody bag and player social.

### Dates and Registration

- February 24-26
- Register at [tennislink.usta.com](http://tennislink.usta.com), tournament ID: 550002717



## Volleyball (Coed)

The Youth Volleyball Program is designed to teach the basic skills, sportsmanship and techniques involved in the game of volleyball. The purpose of the program is for the participants to have fun, get exercise and develop skills. Children of all abilities are encouraged to participate. Emphasis will be placed on equal participation and skill development. Win/Loss records are not kept and the program will conclude with a jamboree.

### 3rd Grade

#### Informational Meeting

- 7pm, Wednesday, January 18 at the Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.

#### Dates and Times

- January 30 - March 25
- 3rd Grade Jamboree March 24-25
- Practice will be held one day per week at the World War Memorial Building, 215 North 6th Street.
- Mondays - Fridays: 4pm or 5pm.
- Teams organized by school if possible.
- Games will be held Saturdays at the World War Memorial Building.

#### Fees

- \$45/player - if received on or before January 20.
- \$55/player - if received January 21 or later.

| School         | Code | School       | Code |
|----------------|------|--------------|------|
| Cathedral      | 9636 | Northridge   | 9647 |
| Centennial     | 9637 | Pioneer      | 9648 |
| Grimsrud       | 9638 | Prairie Rose | 9649 |
| Highland Acres | 9639 | Roosevelt    | 9650 |
| Liberty        | 9640 | Shiloh       | 9652 |
| Lincoln        | 9641 | Solheim      | 9653 |
| Martin Luther  | 9642 | St. Anne's   | 9654 |
| Miller         | 9643 | St. Mary's   | 9655 |
| Moses          | 9644 | Sunrise      | 9656 |
| Murphy         | 9645 | Will-Moore   | 9657 |
| Myhre          | 9646 |              |      |

### 4th & 5th Grade

Youth coed volleyball is a recreational program that is designed to teach students currently in grades 4th and 5th the fundamentals, skills, and sportsmanship of the game. Children of all abilities are encouraged to participate. Players will learn through drills, scrimmages, and games. Our emphasis is on equal play time, and most of all, FUN! The 4th and 5th grade programs have season-ending jamborees.

#### Information Meeting

- No informational meeting for 4th and 5th grades. An information sheet will be available upon registration.

#### League Dates:

- Grade 4: February 6, 2017 - April 1, 2017
- Grade 5: February 6, 2017 - April 8, 2017

#### Dates and Times

- 4th grade will have one practice a week and 5th grade will have two practices a week.
- Practices held at the school. First practice times posted online at [www.bisparks.org](http://www.bisparks.org) the week prior.
- Due to gym availability, some schools may have different practice schedules. You will be notified through the school office and/or team coach.

### 4th & 5th Grade Volleyball cont'd

Teams will be formed after the first week of practice and a schedule will be provided for the remainder of the season. Every attempt will be made to split the teams as equally as possible, when more than one team exists per grade at any school. If there are not enough 4th or 5th graders at one school to make a team, schools may be combined at the discretion of Bismarck Parks and Recreation District. Matches will begin Saturday, February 18.

#### Fees

- Grade 4: \$45/player - if received on or before January 20.
- Grade 4: \$55/player - if received January 21 or later.
- Grade 5: \$55/player - if received on or before January 20.
- Grade 5: \$65/player - if received January 21 or later.
- Participants must play at the school they attend.

| School        | 4th Grade Code | 5th Grade Code |
|---------------|----------------|----------------|
| Centennial    | 9658           | 9678           |
| Grimsrud      | 9659           | 9679           |
| High. Acres   | 9660           | 9680           |
| Liberty       | 9661           | 9681           |
| Lincoln       | 9662           | 9682           |
| Martin Luther | 9663           | 9683           |
| Miller        | 9664           | 9684           |
| Moses         | 9665           | 9685           |
| Murphy        | 9666           | 9686           |
| Myhre         | 9667           | 9687           |
| Northridge    | 9668           | 9688           |
| Pioneer       | 9669           | 9689           |
| Prairie Rose  | 9670           | 9690           |
| Roosevelt     | 9671           | 9691           |
| Shiloh        | 9673           | 9693           |
| Solheim       | 9674           | 9694           |
| Sunrise       | 9675           | 9695           |
| Will-Moore    | 9676           | 9696           |

### Youth Volleyball Coaches and Officials needed!

If interested, please call BPRD at 222-6455.

## Weekday Morning Play Dates

#### Dates & Ages

- Now - April 28, 2017
- For children infant through age five and their parents.

Come out and play! Bismarck Parks and Recreation District invites parents and young kids to gather at our "houses" to play. This FREE Play Date time comes with assorted equipment and toys. You get to play and mess up our spaces, and not yours. We provide the place. Parents provide the supervision. Please know this is not a drop-off Play Date. Everyone stays and plays. Play Date is an ideal play time and social interaction for stay-at-home parents and their infant through age five children.

#### Times & Places

- Mondays, Wednesdays & Fridays • 10am - Noon  
BSC Aquatic & Wellness Center, 1601 Canary Avenue  
Turtle Beach Playground
- Tuesdays & Thursdays • 10am - Noon  
World War Memorial Building, 215 North 6th Street  
Imagination Playground Room

No need to register. Just come and play! Please review weekday morning play date guidelines on the [www.bisparks.org](http://www.bisparks.org) website and at facility sites.

## Adaptive Recreation

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

## Basketball

### State Amateur Basketball Tournament

March 24-26 • Bismarck  
Contact Tim Kuntz at 223-3600 for more information.

## Fencing

Fencing lessons are available for youth and adults. Please see page 5 for more information.

## Fitness Fit and Trim Bootcamp

This 6-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
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$90; Non-Members: \$120

| Date              | Days  | Time          | Code |
|-------------------|-------|---------------|------|
| Jan. 9 - Feb. 15  | M & W | 5:45 - 6:30am | 8993 |
| Feb. 27 - April 5 | M & W | 5:45 - 6:30am | 8994 |

## Fit Fifty+

Stumped on what to do for a workout? This class is for ages 50+ to learn the correct way to enjoy an effective and safe workout in the weight room. You'll use the cardio and strength machines and also do balance, core, and flexibility exercises. You will be in a group setting and work with a certified Personal Trainer. You will meet 45 minutes once a week for eight weeks.

### Fees and Location

- Pre-registration only
- Meet at BSC Aquatic & Wellness Center, 1601 Canary Avenue.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$60; Non-Members: \$80

| Date             | Days | Time       | Code |
|------------------|------|------------|------|
| Jan. 4 - Feb. 22 | W    | 8 - 8:45am | 9628 |

## Fitness 101

There are so many ways to incorporate fitness into your life. This class will give you ideas on how to be active, physically fit and healthy. You'll also get a quick lesson on how to get an effective workout using the weight room equipment.

### Fees and Location

- Monday Jan. 23 at 6 - 7pm
- Meet at BSC Aquatic & Wellness Center, Community Room 2, 1601 Canary Avenue.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: Free; Non-Members: \$15
- Registration Code: 9618

## Nutrition 101

Eating a balanced diet is an essential part of leading a healthy lifestyle. This class provides basic nutrition knowledge and you'll leave with useful tips to incorporate healthy eating into your busy day.

### Fees and Location

- Monday Jan. 16 at 6 - 7pm
- Meet at BSC Aquatic & Wellness Center, Community Room 2, 1601 Canary Avenue.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: Free; Non-Members: \$15
- Registration Code: 9619

## Shred Challenge

The focus of this weight loss challenge is EXERCISE. You will meet in a group once a week for 45 minutes. The meetings consist of a group workout, weigh in, and weekly challenges.

| Date              | Location | Day | Time   | Code |
|-------------------|----------|-----|--------|------|
| Jan. 10 - Feb. 28 | CRFC     | T   | 6:30pm | 9017 |
| Jan. 12 - March 2 | BSC AWC  | Th  | 5:45am | 9018 |

### Dates and Fees

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$60; Non-Members: \$125
- Non-members are able to use both facilities at no cost during the 8-week program.
- Participants may sign up for both days.

## Older and Active

Health and fitness know no age. Watch for some special events and promotions for folks 65+ during our Flurry Fest celebration in February. We'd like to show you the MANY ways you can move, stay active and connect with others at the BSC Aquatic & Wellness Center and Capital Racquet & Fitness Center. Details soon!



## TRX Functional Training

TRX Suspension Trainer is a workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Functional training helps provide you with the strength, stability, power, mobility, endurance and flexibility that you need to thrive as you move through your life and sports. This class includes the use of TRX Suspension, TRX Rip, Kettlebells, Medicine Balls, Sandbags, Battle Ropes and Bands. Join in on this fast-paced, total body workout.

| Date              | Days  | Time       | Code |
|-------------------|-------|------------|------|
| Jan. 31 - Feb. 23 | M & W | 6 - 6:45am | 9621 |

### Location and Fees

- Pre-registration required.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$60; Non-Members: \$80
- Meet at BSC Aquatic & Wellness Center, 1601 Canary Avenue.
- Certified TRX instructor.

## Karate - Traditional Japanese Karate

Karate lessons are available for youth and adults. Please see page 5 for more information.

## Open Gym

Open Gym is available for youth and adults. Please see page 5 for more information.

## Racquetball Leagues

### Ages, Fee and location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE; Non-members: \$48
- Capital Racquet & Fitness Center, 3200 North 10th Street

### Session 1 - January 9 - February 19

| League    | Day                     | Times | Code |
|-----------|-------------------------|-------|------|
| B/C       | M                       | Noon  | 8998 |
| Men's A   | T                       | 7pm   | 8999 |
| Women's C | - Arrange own matches - |       | 9001 |
| Men's B/C | W                       | Noon  | 9000 |
| Men's B/C | Th                      | 7pm   | 9002 |

### Session 2 - February 27 - April 9

| League    | Day                     | Times | Code |
|-----------|-------------------------|-------|------|
| B/C       | M                       | Noon  | 9004 |
| Men's A   | T                       | 7pm   | 9006 |
| Women's C | - Arrange own matches - |       | 9003 |
| Men's B/C | W                       | Noon  | 9007 |
| Men's B/C | Th                      | 7pm   | 9005 |

## Racquetball, cont'd

### Lessons

#### Ages, Fee and location

- 18 and older; All Levels
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$25; Non-members: \$30
- Capital Racquet & Fitness Center, 3200 North 10th Street

| Dates              | Day | Times   | Code |
|--------------------|-----|---------|------|
| Jan. 9 - Feb. 13   | M   | 7 - 8pm | 9011 |
| Feb. 20 - March 27 | M   | 7 - 8pm | 9012 |

## 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: Two; Maximum Enrollment: 8

| Dates            | Level  | Days  | Times         | Code |
|------------------|--------|-------|---------------|------|
| Jan. 23 - Feb 15 | I & II | M & W | 7:45 - 8:30pm | 8976 |
| April 3 - 26     | I & II | M & W | 7:45 - 8:30pm | 8977 |



## Adult Swim Private Lessons

Private lessons are available to individuals age three to adult. The cost for four 30-minute sessions is \$70. Private lessons are based on instructor availability and are on a first come, first served basis. Specific days/times/months cannot be guaranteed.

**You can put your name on a private lesson waiting list by registering under Code 7671.**

The waiting list will hold 30 names. If all 30 spots are full, please feel free to check the list again, as often as you like, to see if there is an opening. A name can only appear once on the waiting list. (In other words, you can't put your name on the list multiple times.)

Here's the process: When an instructor has an opening, we check the waiting list. The Aquatic Specialist will contact you with open dates and times. If your availability is a match for our instructor, you will be enrolled. Specific days/times/months cannot be guaranteed. Payment is required at the time of enrollment. We are not able to keep your name on the waiting list if you are unable to take the lesson schedule that is provided when you are called or if you do not return a call within 24 hours. If the schedule provided doesn't work for you, simply add your name to the waiting list again, if there is space available, and you can start the process again.

## American Red Cross Lifeguarding Class

For details on the American Red Cross Lifeguarding Class, please turn to page 9.

## Tennis Tennis Leagues

League play is 1.5 hours and is held at Capital Racquet & Fitness Center (CRFC). All leagues are based on your NTRP ranking. NTRP descriptions are available at CRFC. For help with your NTRP rating, contact Head Tennis Professional, Rod Morasch at 221-6855. Leagues are 6 weeks in length. All league matches should be played at their scheduled time. All doubles league players must find a substitute if they are unable to play. You may sign up without a partner for some leagues.

### Fee and location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$36/doubles; \$42/singles
- Annual Gold members: FREE (first league session) \$18 (second league session)
- Non-members: \$54/doubles; \$66/singles;
- Sub Fees - Members: Free, Non-members: \$6/time
- Capital Racquet & Fitness Center, 3200 North 10th Street

### Session 1 - January 9 - February 19

See league descriptions for times.

| League            | Day | Code |
|-------------------|-----|------|
| Mixed Doubles     | M   | 9240 |
| NTRP Doubles      | W   | 9243 |
| World Team Tennis | Th  | 9242 |
| Single(s) Ladder  | F   | 9237 |

### Session 2 - February 27 - April 9

See league descriptions for times.

| Level             | Day | Code |
|-------------------|-----|------|
| Mixed Doubles     | M   | 9248 |
| NTRP Doubles      | W   | 9251 |
| World Team Tennis | Th  | 9249 |
| Single(s) Ladder  | F   | 9245 |

## League Descriptions

### Mondays Mixed Doubles

- 7:30 - 9pm: Players with a combined NTRP of 6.0-7.0 (Intermediate players)

### Wednesday NTRP Doubles

- 7:30 - 9pm: Players must sign up with partner at same NTRP level or greater. Teams will be placed with opponents of similar ratings. NTRP: 4.0, 4.5, 5.0 (Advanced players)

### Thursday World Team Tennis

- 7:30 - 9pm: New to leagues, a more fun format that allows players to sign up for a league and be placed on a team where each set features a different configuration (men's singles, men's doubles, women's singles, women's doubles, and mixed doubles). Each player on a team usually plays in at least one of the five sets. Scoring is no-advantage; there is no requirement to win a game by two scores; at deuce (40-40), whoever scores the next point wins the game. The first team to reach five games wins each set. A nine-point tiebreaker is played, if a set reaches four-all. One point is awarded for each game won. If necessary, overtime and a super-tiebreaker are played to determine the winner of the match.

### Friday Singles Ladder

- 6 - 7:30pm and 7:30 - 9pm: Singles Ladder League, NTRP: 3.5, 4.0, 4.5 (Intermediate/Advanced players)

\* League times may rotate each week depending on each league size. Expect to play at both the earlier and later times every other week when registering.

## 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

- 5-week sessions
- \$60
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

| Dates             | Day | Time           | Code |
|-------------------|-----|----------------|------|
| Jan. 9 - Feb. 12  | W   | 10:30am - Noon | 9193 |
| Jan. 9 - Feb. 12  | T   | 7 - 8:30pm     | 9192 |
| Feb. 27 - April 2 | W   | 10:30am - Noon | 9198 |
| Feb. 27 - April 2 | T   | 7 - 8:30pm     | 9197 |

## 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

- 5-week sessions
- \$60
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

| Dates             | Day | Time           | Code |
|-------------------|-----|----------------|------|
| Jan. 9 - Feb. 12  | M   | 10:30am - Noon | 9185 |
| Jan. 9 - Feb. 12  | T   | 5:30 - 7pm     | 9187 |
| Jan. 9 - Feb. 12  | W   | 5:30 - 7pm     | 9188 |
| Jan. 9 - Feb. 12  | Th  | 10:30am - Noon | 9186 |
| Feb. 27 - April 2 | M   | 10:30am - Noon | 9199 |
| Feb. 27 - April 2 | T   | 5:30 - 7pm     | 9201 |
| Feb. 27 - April 2 | W   | 5:30 - 7pm     | 9202 |
| Feb. 27 - April 2 | Th  | 10:30am - Noon | 9200 |

## 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

- 5-week sessions
- \$60
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

| Dates             | Day | Time        | Code |
|-------------------|-----|-------------|------|
| Jan. 9 - Feb. 12  | M   | 5:30 - 7pm  | 9189 |
| Jan. 9 - Feb. 12  | Th  | 5:30 - 7pm  | 9191 |
| Jan. 9 - Feb. 12  | Th  | 12 - 1:30pm | 9190 |
| Feb. 27 - April 2 | M   | 5:30 - 7pm  | 9194 |
| Feb. 27 - April 2 | Th  | 5:30 - 7pm  | 9196 |
| Feb. 27 - April 2 | Th  | 12 - 1:30pm | 9195 |

### Bismarck Mandan Tennis Association Special Events

Midnight Tennis Social – January 21  
Doubles Tennis Tournament – February 11

### Capital Racquet & Fitness Center Special Events

Winter Classic Racquetball Tournament – January 13-14  
Flurry Fest Wallyball Tournament – February 4  
University of Mary Tennis Invitational – February 17-19  
Winter Jam Junior Tennis Tournament - February 24-26  
USTA Tennis Night in America – March 6  
USTA “Free” Rally the Family Event – May 13

## Volleyball Adult Winter Leagues

Winter season sign-up will be in December. Space is limited! Teams accepted on a first-come, first-served basis.

### Winter Volleyball

- Registration: December 7
- Program Dates: January 9 - March 23
- Openings are limited! Please call the Bismarck Parks and Recreation District office the first week in December for additional information.

### 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
- 6:30pm start time for most locations with matches scheduled every 45-50 minutes. Latest start time is 9:30pm.
- Makeup matches will be held on Sundays

### Player Fee

- \$40/player/per season
- New team rosters and fees are due Wednesday, December 7 or a late fee may be charged.
- Teams that signed up for both seasons (Fall and Winter) must have their winter player fees in by Wednesday, December 7 or a late fee may be charged.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.

### Sponsor Fee

- \$60

### League Schedules

- Online at [bisparks.org](http://bisparks.org) by January 2

## Wallyball, Flurry Fest Tournament

### Dates and Location

- Saturday, February 4
- \$20/person
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Register online or in person. Registration code: 9620
- Kyle Kuether, tournament director, (701) 221-6855.





# BSC AQUATIC & WELLNESS CENTER

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

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



### Hours - Now - May 31, 2017

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

### Hours - June 1, 2017 - August 31, 2017

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

### Fees

- For complete membership fees, refer to page 18
- 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](http://www.bisparks.org/group-fitness-classes) for class description.

- Aqua Dance
- Barre
- Butts & Guts
- Cardio Dance
- Cardio Kickboxing
- Cycling
- Kids Yoga
- Les Mills BODYATTACK®
- Pilates
- Six Pack Abs
- Tabata
- Water Works
- Yoga
- Personal Training, refer to page 19

### Birthday Parties

The BSC Aquatic & Wellness Center offers birthday parties. See page 19 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, 2017

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

### Hours - June 1, 2017 - August 31, 2017

- 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](http://www.bisparks.org/group-fitness-classes) for class description.

- Cardio Tennis
- Cycling
- Kettlebells
- Kids Fitness
- Les Mills BODYPUMP®
- Pilates
- S<sup>3</sup> Fusion
- Tabata
- Trim - N - Tone
- Yoga
- Zumba®
- Personal Training, refer to page 19

### Fees

- For complete membership fees, refer to page 18
- Locker Rental (6 mo.) - \$50; (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:

- Now - April 27, 2017
  - Mondays - Thursdays: 4 - 8pm
  - Unlimited hours per child - \$15/month for members
- See [bisparks.org](http://bisparks.org) for Kid Zone policies

### Birthday Parties

The Capital Racquet & Fitness Center offers birthday parties. See page 19 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](http://www.bisparks.org) or [www.silversneakers.com](http://www.silversneakers.com) for details.**

\* A Household is up to two adults and their dependent 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 |

#### Coupon Books

|  | Members | Non-Members |
|--|---------|-------------|
| 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 dependent children high school age and under including any children under their care.

### 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        | \$40/hr. | \$45/hr.    |
| Semi - private | \$21/hr. | \$23/hr.    |
| Group of 3     | \$15/hr. | \$17/hr.    |
| Group of 4     | \$12/hr. | \$14/hr.    |
| Group of 5     | \$10/hr. | \$12/hr.    |
| Hitting Lesson | \$30/hr. | \$35/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.

## NEW YEAR, NEW YOU!

### January 1 - 15 Special

- Buy a 6 month package and get one month free!
- Buy a 12 month package and get two months free!

\* Free months are added after 6 months or 12 months of package. Silver Package only. New members only.  
\* Taxes will be added at the time of purchase.

## 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 personal training clients receive a FREE consultation.

### Fees

- Members - \$35/1-Hour Session, \$25/Half Hour Session
- Non-Members - \$41/1-Hour Session, \$31/Half Hour Session
- 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

## 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
- Adult Swim Skills Training - page 14
- Fit & Trim Bootcamp - page 13
- Fit Fifty+ - page 13
- Fitness 101 and Nutrition 101 - page 13
- Shred Challenge - page 13
- Sports Conditioning - page 6
- Toddler Splash Days - page 8
- Toddler Splash Training - page 9
- TRX Functional Bootcamp - page 14

## 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](http://www.bisparks.org). For more information call the BSC Aquatic & Wellness Center.

### Parties offered in Puklich Chevrolet community room 1:

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

### Parties offered in Puklich Chevrolet community room 2:

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

### Fees:

- Mid-May - Mid-September: Pool party no Wibits - \$65
- Now - Mid-May: Pool party with Wibits - \$90
- 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 is currently closed for the season. The campground will open in May of 2017. The day-park is available year-round during daylight hours. Parking is permitted outside of the park gates.

### Office Hours

- May - Labor Day: 10am - 9pm
- \* Office hours vary during off-season.
- Camping sites for tents and campers with electrical hook-ups
- Water and dump stations
- Restrooms and showers
- Picnic shelters
- Playgrounds
- 24 - hole disc golf course
- Boat ramp

### Fees

- Tent Camping: \$12/day
- Camper Sites with electricity: \$22/day
- Firewood: \$5/bundle
- Ice: \$3/bag

### Campsite Reservations

- Call (701) 222-1844 or visit [www.bisparks.org](http://www.bisparks.org).
- Please review the General Sibley Park reservation policies online before reserving a campsite.

### Shelter or Amphitheater Reservations

- Call (701) 222-6455
- Full day: \$30
- Half day: \$20 (sunrise - 3pm OR 4pm - sunset)



## Burleigh County Parks

Primitive camping is available at:  
 Steckel Boat Landing, 292nd Avenue NW; off 1804  
 Kimball Bottom Recreational Area, 10601 Desert Road  
 Kniefel Boat Landing, 5716 Misty Waters Drive  
 Sites are non-reservable, available on a first-come, first-served basis

Camping at any one or more of the Burleigh County Parks for a period longer than 14 days during any 30-consecutive-day period is prohibited. Placement of camping equipment or other items on a campsite and/or personal appearance at a campsite without daily occupancy for the purpose of reserving that campsite for future occupancy is prohibited. Camping allowed only where authorized by site posting.

### Hours

- 7:00am to 11:00pm, unless fishing or camping.

### Rules

- Use of snowmobiles and off-road vehicles is prohibited except as posted
- Vehicles may travel only on established roadway and must be parked in designated parking areas.
- Dogs must be leashed or penned. Pet excrement must be collected and properly disposed.
- Horses, cattle and other livestock prohibited.
- Discharge of firearms and propelled projectiles prohibited.
- Fires must be contained in a fire ring.
- Quiet must be maintained from 10:00pm to 8:00am
- No loud or amplified music without a permit.
- No littering.
- No glass beverage containers.
- Fireworks and firecrackers prohibited.

## 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.

Eagles Park will be rented by camping unit\* at \$8/night in 2017. Campsites are undesignated. Camping will open in early May 2017 and be available through Sunday, October 8, 2017. For reservations, call 222-6455.

The entire campground is reservable for 3 days, at \$350 or 6 days at \$450. Payment is required at the time of reservation. Entire park rentals are for camping only.

\*One Camping unit is a powered vehicle, motor home, camping bus, pull type camper, tent or any other device designed for sleeping.

## Cross Country Skiing

Riverwood Golf Course and General Sibley will be open and groomed for cross country skiing as soon as there is adequate snow cover.

### Hours - Riverwood (weather permitting)

- Monday - Thursday: 11am - 5pm
- Friday - Sunday: 10am - 5pm

### Hours - General Sibley Park (weather permitting)

- Seven days a week during daylight hours

### Ski Rental

(Available at Riverwood Golf Course, but can be brought to General Sibley Park)

- Adults: \$7/hour
- Youth: \$3/hour

### For more information

- Call Riverwood Golf Shop at 250-7677, or visit the General Sibley Park website for trail maps.

## Facilities

### Fore Seasons Center

Located at Pebble Creek Golf Course, 2525 North 19th Street, 223-3600.

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
- \* Hours subject to change.

#### Indoor Driving Range

- 31 Stations

#### Bucket of Balls

- Mini Basket - \$4.00
- Small Basket - \$5.00
- Medium Basket - \$7.00
- Large Basket - \$8.00

#### Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$70
- Large - \$80

#### Batting Cage

- \$12.00/30 minutes; \$6.00/15 minutes
- Batting Cage coupon book: 12 coupons for 30 mins each, \$120 or 12 coupons for 15 mins each, \$60

#### 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 for birthday parties, teams, schools, civic and professional organizations.

- One to four hours - \$180/hour
- Over four hours - \$150/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](http://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](http://www.shadetreeplayers.com)
- Phone: 258-4998
- Shade Tree Players offers theatre classes and workshops for children 7 - 18.



#### THEO Art School

- [www.highprairiecomplex.com/theo](http://www.highprairiecomplex.com/theo)
- Phone: 222-6452
- Have a colorful, inspirational and active winter with art. Check out the complete list of fall class offerings online.



### Hillside Aquatic Complex

Located within Lions Park, 1719 E. Boulevard Ave.

#### Party Space Rentals

Hillside Aquatic Complex is a multi-use, indoor building that is open year-round. It is heated in the winter and air-conditioned in the summer.

Reservations can also be made by calling 222-6419 (Hillside) or 222-6455.

#### Fees

- \$150 - half day (8am - 3pm OR 4pm - 11pm)
- \$200 - full day.
- For profit organization rentals: \$300 - half day; \$400 - full day



## 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 has hockey and figure skating activities and during the summer months, Triple Star Day Camp.

Dry floor rental April 1 - October 1. For prices contact, Mike, 221-6814. No tables and chairs are available for rentals.

### Public Skating Schedule

- Opens October 30: Sundays: 6 - 8pm

### Fees

- \$2/Individual; \$5/family. No skate rentals.

There will be skate monitors on duty during Sunday public skating. We cannot be responsible for accidents, so please be careful.

### Private Ice Rentals

- \$75/hour (limited availability)
- Reservations: call Mike at 221-6814

### Schaumburg Arena Expansion

Ground has been broken and construction begins for the Capital Ice Complex, featuring the existing Schaumburg Arena and a brand new sheet of ice, Wachter Arena. The complex and new arena names were announced in September at the ground breaking ceremony. This expansion is possible due to the support of a generous business community and many, many individuals and families.

The "Building on Tradition" capital campaign raised just over \$3.7 million for the campaign. The Bismarck Hockey Boosters and the Bismarck Figure Skating Club made substantial donations to the project, as well as the Chad and Stacy Wachter family. The project includes the new Wachter Arena, upgrades to the existing Schaumburg Arena, a new parking lot and improvements to Wachter Park, including a new playground and picnic shelter.

The construction should be complete in the fall of 2017.

Donations for the project are still being accepted.

Any questions on the project? Call Bismarck Parks and Recreation District at 701-222-6455.



## 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.

### Public Skating Schedule

- Rink 1 - Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2 - Sundays: 3:00 - 5pm

### Fees

- \$2/Individual; \$5/family. No skate rentals.
- There will be skate monitors on duty during Sunday public skating. We cannot be responsible for accidents, so please be careful.

### Private Ice Rentals

- \$75/hour (limited availability)
- Reservations: call Mike at 221-6814

## World War Memorial Building

215 North 6th Street • 222-6454

### Facility Features

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

### Hours Now - April 10

- Monday - Thursday: 10am - 9pm
- Friday: 10am - 6pm
- Saturday: 9am - 5pm
- Sunday: Noon - 9pm

### Birthday Party Special

WWMB offers a balcony room with access to the indoor gym. The room include tables and chairs with plenty of space for food and gifts.

### Party Perks:

- 1 hour gym use
- 2 hours of balcony room use for games, gifts and food.
- No mess in your home.
- All for only \$60

### 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.

### Court Reservations

- Basketball and volleyball teams may reserve a court for one hour by calling 222-6454 after 8:30am on the preceding Friday.
- Sunday evenings: 5 - 9pm for \$30/hour

## Golf Courses

Season passes are for sale at the Park District office now and at all Golf Courses, including the Fore Seasons Center. Season passes and green fee packages are great gifts.

### Pebble Creek

2525 North 19th Street • 223-3600

- 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, chipping and pitching practice area
- Riverwood is a heavily forested, championship golf course and offers 5 sets of tees for all ability levels.

### 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 17 and under.

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

## Golf Courses Information

### Hours

- June 1 - August 31: 7am - 10pm
- September 1 - 30: 8am - 9pm
- October 1 - 31: 9am - Dusk

\*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](http://www.bisparks.org)

Singles are always welcome at all courses and will be paired with other smaller groups during busy hours. Single golfers are encouraged to play at all facilities but may not reserve a tee time.

Please make tee times for the correct number of players in your reservation. Booking tee times for more players than will be playing is discouraged.

### Riverwood and Pebble Creek Driving Range Prices

- Mini Basket - \$4.00
- Small Basket - \$5.00
- Medium Basket - \$7.00
- Large Basket - \$8.00

### Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$70
- Large - \$80

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

- Daily 18 - \$30.00
- Daily 9 - \$21.00
- Junior 18 or 9 (ages 17 and under) - \$13.00
- Senior 18 or 9 (65+) - \$21.00

### Green Fees (Includes tax) Pebble Creek

Pebble Creek Golf Course operates from green fees only.

- Daily 18 - \$24.00
- Daily 9 - \$18.00
- Junior 18 or 9 (ages 17 and under) - \$9.00
- Senior 18 or 9 (65+) - \$18.00

### Golf Cart Rental

- 18-Holes - \$16.00/seat
- 9-holes - \$8.00/seat
- The use of "Golf Boards" and/or private individual personal vehicles on the golf courses is prohibited.

### Season Passes Tom O'Leary or Riverwood

- Adult - \$685
- Household - \$1,550
- Junior (ages 17 and under) - \$200
- Intermediate (ages 18 - 20) - \$290
- Senior (65+) - \$655

### Season Passes Tom O'Leary and Riverwood

- Adult - \$1,040
- Household - \$2,390
- Junior (ages 17 and under) - \$300
- Intermediate (ages 18 - 20) - \$435
- Senior (65+) - \$950

### 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 (18 holes) for \$300. For Riverwood, Tom O'Leary, and Pebble Creek.
- **Bismarck Only:** 12 rounds of golf (9 holes only) for \$210. For Riverwood, Tom O'Leary and Pebble Creek.
- **Pebble Creek Only:** 12 rounds of golf 9 holes only for \$180 or 18 holes only for \$240.

\* 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.

## Ice Skating, Indoor

### Admission

- \$2/Individual
- \$5/Family
- No skate rentals

There will be skate monitors on duty during Sunday public skating. We cannot be responsible for accidents, so please be careful.

- \* Watch for notification at the arenas for special public skating sessions during holiday vacations.

### Rules

- Skate with the flow.
- No racing or dodging other skaters.
- No food on the ice.
- No spins - both feet must be on the ice.
- Be courteous to other skaters.
- Always use caution - be aware of other skaters.

## VFW Sports Center

1200 North Washington Street • 222-6588, 221-6815 or 221-6814

- Rink 1 - Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2 - Sundays: 3:00 - 5pm

## Schaumberg Ice Arena

221 Reno Avenue • 221-6813

- Sundays: 6 - 8pm

## Ice Skating, Outdoor

Warming Houses are located at the following parks:

### Bismarck Municipal Ball Park

- 303 W. Front Ave., 222-6636
- One hockey rink and one pleasure rink

### Jaycee Centennial Park

- 321 East Century Ave., 222-6632
- One hockey rink and one pleasure rink

### Lions Park

- 1601 E. Boulevard., 222-6635
- One hockey rink and one pleasure rink

### North Central Park

- 830 Central Ave., 221-6875
- One hockey rink and one pleasure rink

### Solheim Elementary School

- 325 Munich Drive, 221-3499
- One hockey rink and one pleasure rink.

### Tatley-Eagles Park

- 602 Airport Rd., 222-6634
- One hockey rink and one pleasure rink

### Warming House Hours

- Monday - Friday: 3:30 - 9pm
- Saturday - Sunday and Christmas Vacation: 1 - 9pm
- Christmas Eve: 11am - 3pm
- Christmas Day: CLOSED

## 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. A third location is in Johnny Gisi Memorial Park, 2601 E. Calgary Ave. 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 Steve Neu at [bismarckgardens@gmail.com](mailto:bismarckgardens@gmail.com) for details on renting a garden space.

## Community Orchard

The Bismarck Community Orchards are collaborative project between Go! Bismarck Mandan, NDSU Extension/Burleigh County Family Nutrition Program, the Bismarck Forestry Department and Bismarck Parks and Recreation District.

There are three community orchards in Bismarck. The locations are: Clem Kelley Softball Complex, 517 W. Arbor Ave.; Ruth Meiers Hospitality House, 1100 E. Boulevard Ave., and Burleigh County Extension Office, 3715 E. Bismarck Expressway. The Community Orchard locations were chosen based on public accessibility, their proximity to lower income populations within Bismarck, ease of use for educational purposes and supplying food pantries.

The goal of the orchards are to provide fresh produce for the community and the Hunger Free ND Garden Program and to provide educational opportunities for using and preserving fruit.

## Disc Golf Courses

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

## Dog Park - Century Bark Park

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

- Hours: 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](http://www.bisparks.org), or pick up a list at the Bismarck Parks and Recreation District offices at 400 East Front Avenue. The rules are also posted at the Century Bark Park.



## Imagination Playground

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](http://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 and wooded area for nature walks or runs. There is also a Nature Trail encircling the banks of McDowell Dam.

### Hours

Park Hours year round are: Sunrise to sunset

### Equipment Rentals

Hours: Memorial Day to Labor Day open

Paddleboats: \$8/hour

Canoes: \$8/hour

Kayak: \$8/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 3,157 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

Park hours vary depending upon location. Please check for posted signage regarding hours. Restrooms are scheduled to open in early May and close in mid-October. These dates may change due to the weather.

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

## 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) Discharge of weapons is prohibited.
- 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 - \$10: Good for one person per calendar year. Valid from date of purchase through December 31 of the year of purchase. Valid for purchaser only.
- 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](http://www.bismarck.org/forestry).

## Picnic Shelter Reservations

Call 222-6455 to reserve indoor or outdoor shelters.

### Outdoor Shelters

The city has 13 parks with picnic shelters. Most shelters have concrete floors and provide restroom facilities nearby. Shelters are equipped with electricity, a picnic grill, volleyball courts and horseshoe pits. Picnic shelters/buildings may be reserved for 2016, 2017 and 2018. Reservations for 2019 start on Oct. 2, 2017.

| Shelter Reservations Fees   | Full Day     | Half Day     |
|---|--------------|--------------|
| Outdoor Shelters<br>– Half Day (8am – 3pm OR 4pm – 11pm)*             | \$30         | \$20         |
| General Sibley Park Amphitheater<br>– For profit organization rentals | \$30<br>\$60 | \$20<br>\$40 |
| Custer Park Stage<br>– For profit organization rentals                | \$30<br>\$60 | \$20<br>\$40 |
| Sleepy Hollow   | \$75         | \$50         |

\*General Sibley Park and McDowell Dam Recreation Area close at sunset.

### Indoor Shelters

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

|  | Full Day       | Half Day       |
|--|----------------|----------------|
| Jaycee Park Leadership Hall<br>– For profit organization rentals   | \$100<br>\$200 | \$75<br>\$150  |
| Sertoma Club Community Center<br>– For profit organization rentals | \$100<br>\$200 | \$75<br>\$150  |
| Hillside Aquatic Complex<br>– For profit organization rentals      | \$200<br>\$400 | \$150<br>\$300 |

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 during the summer months.



## 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 75 miles of paved and unpaved recreational trails to the public, including:

| Miles | Trails                        |
|-------|-------------------------------|
| 2.5   | Burleigh Avenue Trail         |
| 1.06  | Cottonwood Park Loop          |
| 0.45  | Gateway Pond Loop             |
| 3.14  | Hay Creek Trail Loop          |
| 0.36  | Igoe Park Loop Trail          |
| 2.25  | Pebble Creek Loop             |
| 2.05  | Riverfront Trail              |
| 3.62  | Riverwood Golf Course Loop    |
| 3.1   | Sertoma Park Loop             |
| 3.78  | Sleepy Hollow Trail           |
| 2.3   | Tom O'Leary Golf Course Loop  |
| 1.7   | United Tribes Trail           |
| 2.17  | University Drive Trail        |
| 0.83  | Valley Drive Greenway Trail   |
| 2.11  | Washington Street Trail North |

### Miles Non-Paved Trails

|      |                              |
|------|------------------------------|
| 1.5  | Bill Mills Nature Trail      |
| 0.55 | Chief Lookings Village Trail |
| 1.02 | East Sibley Nature Park      |
| 3.9  | River Bluffs Mt. Bike Trails |
| 4    | Sleepy Hollow Mt. Bike 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 0.55 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.

Aquastorm begins their Short Course (winter) season on October 3rd. Anyone interested on joining the Best Swim in ND please contact Coach Steele for details on how to join the team.

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](mailto:coachsteele@aquastormswimming.com) or go to [www.aquastormswimming.com](http://www.aquastormswimming.com)

## **Bismarck Figure Skating Club**

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

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

## **Bismarck Gymnastics Academy (BGA)**

3200 North 10th Street • 258-8956  
[www.bismarckgymnastics.com](http://www.bismarckgymnastics.com)  
[execdir@bismarckgymnastics.com](mailto:execdir@bismarckgymnastics.com)

Bismarck Gymnastics Academy in cooperation with the Bismarck Parks and Recreation District offers a quality gymnastics program for ages 18 months through 18 years. Our gymnasts work on developing strength, agility, speed, flexibility, balance, coordination, and self-confidence. Athletes are not only prepared for gymnastics, but gain physical and mental

skills that will prepare them for other sports, as well as, the real world.

Beginner preschool levels teach basic building skills for gymnastics and develop social skills. Beginner girls and boys programs focus on learning gymnastics terms and skills to build a foundation for a developing gymnast. Girls focus on floor, beam, vault and bar skills. Boys focus on floor, high bar, pommel horse, parallel bars, vault and rings skills. Tumbling and trampoline classes offer floor, tumble trak and trampoline skills. Advanced classes are all invite only when a child completes the required skill list at the beginner level. Cheer classes focus on flexibility, jumps, stunts and tumbling. Home School classes are beginner classes offered during regular school hours.

Special needs classes are available for a wide variety of ages and abilities. There are regular one hour classes offered for special needs that are kept to a lower coach to gymnast ratio. Small groups can also schedule regular group outings by making arrangements with our office staff.

Bismarck Gymnastics Academy has three teams. The performance teams are Gold Gems (3rd grade or younger) and Black Gems (Advanced gymnasts). They perform at half-time shows and other public events. The competitive team competes at USA Gymnastics Women's Levels 3-10. We also are the training site for Bismarck, Century and Legacy High School Gymnastics teams.

Please visit our website to register, find current session dates, membership and class fees and to book birthday parties!

## **Bismarck Hockey Boosters**

The primary objective of the Bismarck Hockey Boosters Association is to provide a quality program designed to promote interest and participation in ice hockey. For more information on youth hockey, go to [www.bismarckhockey.com](http://www.bismarckhockey.com)

## **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](http://www.bismarckhorseclub.com).

## **Bismarck-Mandan Lacrosse**

Lacrosse continues to grow in Bismarck and Mandan! Be part of the fastest growing sport on two feet! Spring 2016 was a fun and successful first year of league play.

Interested players are welcome at any time. No experience or gear is necessary to try

the sport once or twice. We are looking for boys and girls from fourth to 12th grade. We have affordable sticks to use and purchase. Boys lacrosse is a contact sport. All hockey gear can be used initially. We are evaluating starting a girls program.

Players are taught the game's traditions, values, sportsmanship, and skills/rules. Lacrosse exists in Fargo, Grand Forks, SD, MT, and MN. Adults are needed to officiate, coach, and behind the scenes to continue to grow our association.

See our website [www.bismanlacrosse.org](http://www.bismanlacrosse.org) and Facebook for information and details about our Spring 2017 season. Lacrosse is a spring sport. If you have any questions or interest please contact us.

## **Bismarck-Mandan Tennis Association**

The purpose of BMTA is to promote tennis, and to work with all individuals, organizations, and businesses interested in promoting tennis within the Bismarck - Mandan area.

For more information on leagues and programs, [www.bmta.usta.com](http://www.bmta.usta.com).

## **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 age 6-18 to succeed and be the best softball players they can be. We offer a short Fall league (September), Winter Clinics (February/March) and our main Summer League program (May - July). Please visit [www.bismarckfastpitch.com](http://www.bismarckfastpitch.com) for all program details and to register.

## **Bismarck Youth Football League**

The Youth Football League (YFL) is a local organization (located in Bismarck, ND) operated for the benefit of children entering the 3rd and 4th grade in the fall of the year who wish to participate in the game of tackle football. The YFL would like to remind all Coaches, Parents and Players that the YFL was formed to promote youth football in the Bismarck-Mandan area. The YFL is intended to be an instructional league that places an emphasis on the fundamentals of football. The emphasis of the program will also be to inspire youth to develop life skills of sportsmanship, character and teamwork. For more information, go to [www.youthfbleague.com](http://www.youthfbleague.com).

## **BisMarket**

BisMarket is your community farmers market! BisMarket includes fresh, local foods, ready-to-eat foods, baked goods, kid's activities, music and more. BisMarket also opens the Imagination Playground during its market hours. The Saturday market will begin the first Saturday in June and wrap up in October. For more information on location, days, and times, please visit [www.bismarket.com](http://www.bismarket.com) or like us on Facebook!

## **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 on our website. 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](http://bis.midco.net/ccgc/ccgc.html)

## **Capital City Sporting Clays**

Capital City Sporting Clays is North Dakota's premier sporting clays facility, located just outside the Bismarck/Mandan area. CCSC offers great fun for the casual shooter as well as those serious about honing their shooting skills. Each course is designed to accommodate all skill levels with instruction for the novice as well as the expert.

For more information on events and leagues, go to [www.ccscays.com](http://www.ccscays.com).

## **Capital Curling Club**

Visit our website, [www.capitalcurlingclub.org](http://www.capitalcurlingclub.org), for the latest information regarding Learn-to-Curl and information regarding our half-season Sunday beginners league that will go from January to mid-March. Traditional leagues start mid-October and run through mid-March. Registration for traditional leagues is the first Thursday in October. League viewing is open to the public at the VFW Sports Center every weeknight during the season. A Drop-in League on Friday evenings is open to the public. An instructional component is part of the Drop-in League format so beginners are welcomed.

Junior Curling, for elementary through 18 years old, is on Saturday mornings from November through February. New curlers are welcomed anytime. A short season for individuals using wheelchairs will take place in February with the help of Dreams in Motion.

Ice rental with instructors are available for groups throughout the season. All ages and abilities are welcome. Visit us on Facebook or at [www.capitalcurlingclub.org](http://www.capitalcurlingclub.org) and try the coolest sport in town.

## **Dakota United Soccer Club**

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

## **Dakota West Arts Council Offers - Arts in the Parks**

Dakota West Arts Council is your local arts council. Our mission is to advance arts and culture through advocacy, community engagement, partnerships, and collaboration. We take pride in our partnership and the events we do together with the Bismarck Parks and Recreation District. For a snow pile of fun information, follow us on Facebook or skate over to our website: [artscapital.org](http://artscapital.org)

## **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](http://www.dakotazoo.org)

Winter Hours - October to late April  
1:00 - 5:00pm Friday thru Sunday

Summer Hours - Late April to September  
10:00am - 7:00pm daily

## **Downtown Bismarck Association**

The mission of the Downtowners is to serve and support the growth and development of downtown Bismarck to benefit our members and the entire community.

For more information on the Downtowners, what's happening downtown and a list of upcoming events, go to [www.downtownbismarck.com](http://www.downtownbismarck.com)

## **Flickertail Woodcarvers**

We have fun carving and whittling wood. We provide education for people to become wood carvers and wood sculptors. We have regular meetings and events which provide learning and sharing opportunities for woodcarvers. We welcome and train novice and experienced wood carvers. For more information, go to [www.flickertail.org](http://www.flickertail.org).

## **GO! Bismarck - Mandan**

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

## **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 [ndhorseshoepitching.com/bismarck.html](http://ndhorseshoepitching.com/bismarck.html)

## **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](http://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.

For information on any club events or matters please contact: Doug Arndt at 391-0840. Visit [www.msmaocr.org](http://www.msmaocr.org)

**Missouri River Adult Hockey League**

The Missouri River Adult Hockey League (MRAHL) is an amateur hockey league operating in the Bismarck/Mandan area of North Dakota, USA. With a league coordinating committee to help steer the development of the organization, the league has grown from a few players in 1997 to ten teams currently. The league promotes fun, safe play in a no check style. Our ice time comes in two flavors - nightly pick-up games and organized league games. For more information, go to [www.mrahl.com](http://www.mrahl.com).

**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.

For more information, contact Curt Pearson at 390-3756 or visit [www.nishubowmen.com](http://www.nishubowmen.com) or find us on Facebook.

**Northern Plains Dance**

Northern Plains Dance, a North Dakota cultural treasure, is renowned for producing professional-quality productions and unforgettable experiences for the community. Classes in all styles of dance encourage students to lead an active and healthy lifestyle, while building confidence and nurturing creativity. Northern Plains Dance's programs benefit more than 20,000 community members each year. [www.northernplainsdance.org](http://www.northernplainsdance.org) 701-530-0986

**Races and Walks**

Santa Run ..... Dec 10  
 Light the Blockhouse Hike -  
 Fort Lincoln State Park ..... Dec 11

**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.

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

**Superslide Amusement Park**

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

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

**Gift Giving**

**Easy as 1...2....done.**

**Gift Certificates, redeemable for fun.**

Need a gift for the golfing sister or the fish-like kid?  
 A gift certificate from Bismarck Parks and Recreation District can be used for any park district facility or program.

**Just stop by our office and we'll help you be the holiday hero.**

[www.bisparks.org](http://www.bisparks.org) • 222-6455  
 400 East Front Ave. Bismarck

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

# Register for a Bismarck Parks and Recreation District Program!

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

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

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

**Walk-In or Mail-In**

400 East Front Avenue  
Bismarck, ND 58504  
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 (2016-17) |
| 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.

## December

- Santa Run ..... 10
- PeeWee B Hockey Tournament ..... 9-11
- Squirt Hockey Tournament..... 30-Jan. 1

## January

- Bantam B Hockey Tournament..... 20-22

## February

- Girls 12UB & 10UB Hockey Tournament ..... 10-12
- West Region High School Boy Hockey Tournament..... 16-18

## March

- Squirt B2/C Hockey Tournament ..... 17-19
- 3rd Grade Volleyball Jamboree, see page 12 ..... 24-25
- State Amateur Basketball Tournament ..... 24-26

## Employment Opportunities

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

- **Adult Basketball Officials, Scorekeepers & Supervisors**
- **Adult Volleyball Officials & Supervisors**
- **B.L.A.S.T. Supervisors (after school positions)**
- **Facilities Attendants**
- **Lifeguards Indoor and Outdoor**
- **Open Gym Supervisors**
- **Outdoor Skating Rink**
- **Warming House Attendants**
- **Swimming Instructors**
- **Youth Volleyball Coaches and Officials**

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



*Give the gift of Health!*

**Capital Racquet & Fitness Center  
and BSC Aquatic & Wellness Center**

**For every \$25 in gift certificates purchased, you'll receive \$5 FREE!**

**Offer expires December 24.**

### 2017 Spring/Summer Activity Guide is mailed in April, which includes:

- activity centers ◦ adaptive recreation ◦ archery
- youth baseball ◦ basketball ◦ fencing ◦ safety village
- golf ◦ karate ◦ soccer ◦ adult softball ◦ swimming
- tennis ◦ volleyball ◦ and much more!

### Grievance Policy under Title II of the Americans with Disabilities Act

This Grievance Policy is established to meet the requirements of the Americans with Disabilities Act of 1990 ("ADA"). It may be used by anyone who wishes to file a complaint alleging discrimination on the basis of disability in the provision of services, activities, programs, or benefits by the Bismarck Parks and Recreation District. The Bismarck Parks and Recreation District Human Resource Policy and Procedure Handbook governs employment-related complaints of disability discrimination.

The complaint should be in writing and contain information about the alleged discrimination such as name, address, phone number of complainant and location, date, and description of the problem. Alternative means of filing complaints, such as personal interviews or a tape recording of the complaint will be made available for persons with disabilities, upon request.

The complaint should be submitted by the grievant and/or his/her designee as soon as possible but no later than 60 calendar days after the alleged violation to:

RaNae Jochim, Bismarck Parks and Recreation District  
400 East Front Avenue, Bismarck, North Dakota 58504

Within 15 calendar days after receipt of the complaint, the ADA Coordinator or his/her designee will respond to the complainant to discuss the complaint and the possible resolutions. Within 15 calendar days of the discussion, the ADA Coordinator or his/her designee will respond in writing, and where appropriate, in a format accessible to the complainant, such as large print, Braille, or audio tape. The response will explain the position of the Bismarck Parks and Recreation District and offer options for substantive resolution of the complaint.

An investigation, as may be appropriate, shall follow a filing of grievance. The investigation will be conducted by the ADA Coordinator or his/her representative(s).

If the response by the ADA Coordinator or his/her designee does not satisfactorily resolve the issue, the complainant and/or his/her designee may appeal the decision within 15 calendar days after receipt of the response to the Bismarck Parks and Recreation District Executive Director or his/her designee. Within 15 calendar days after receipt of the appeal, the Executive Director or his/her designee will meet with the complainant to discuss the complaint and possible resolutions. A Compliance Review committee consisting of the Bismarck Parks and Recreation District's Executive Director, Park Board President and Legal Counsel shall issue its decision within 15 (fifteen) days after the filing of the request for reconsideration.

All written complaints received by the ADA Coordinator or his/her designee, appeals to the Executive Director or his/her designee, and responses from these two offices will be retained by the Park District for at least three years. The right of a person to a prompt an equitable resolution of the grievance filed shall not be impaired by the person's pursuit of other remedies such as the filing of an ADA grievance with the Department of Justice. Use of this grievance policy is not a prerequisite to the pursuit of other remedies.

These rules shall be construed to protect the substantive rights of interested persons to meet appropriate due process standards and to assure that Bismarck Parks and Recreation District complies with the ADA and implementing regulations.

Approved by the Board of Park Commissioners on February 18, 2016.



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

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BISMARCK, ND  
PERMIT NO. 433



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REGISTER FOR  
PROGRAMS ONLINE AT  
**WWW.BISPARKS.ORG**

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Let's Play!