



2016 FALL ACTIVITY GUIDE

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



WWW.BISPARKS.ORG



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



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

Telephone Directory

Baseball/Softball Diamonds

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

Facilities

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

Frances Leach High Prairie Arts & Science Complex

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

Golf Courses

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

Other Programs & Partners

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

Swimming Pools

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

Board of Park Commissioners

- 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
- Dan Waldoch, Golf Operations Manager
- Tim Doppler, Facility Specialist
- 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
- 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
- Paul Suckstorff, 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
- Maintenance: Burnell Berg, Adam Bitterman,
Doyle Klimpel, Cliff Oswald, Brandon
Rittenbach and Henry Siems

Cancellations

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

General Information

Dog Ordinance

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

Gift Certificates

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

Insurance

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

Matching Grant Program

Bismarck Parks and Recreation District's Matching Grant programs provides matching funds for facility, grounds, and equipment projects. In its 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 to register for those activities with a code (unless otherwise noted), make a tee time up to three days in advance or reserve a campsite. Visit www.bisparks.org and create a username and password and register for a variety of programs and activities.

Let's All Play!

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

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Our Vision

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

Our Mission

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
Sept. 20 - Oct. 27	T	6:30-7:15pm (Land)	8906
	Th	7-7:45pm (Water)	

Additional classes will resume in January.

Age and Location

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

Fees and Registration

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$55; Non-members: \$65
- To register visit 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
Sept. 12 - May 22	M	4 - 6pm	\$2.50/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 28 (Nishu Bowmen Indoor/Outdoor Range).

Level	Dates	Day	Time	Code
Beginners	Sept. 13 - Dec. 6	Tues	6pm	8908
Beginners	Sept. 13 - Dec. 6	Tues	7pm	8909
Challengers/Advanced	Sept. 13 - Dec. 6	Tues	8pm	8910

- Fee is \$60. Maximum: 12 students per class.
- All equipment is provided. Bows offered will include both recurves and genesis.
- Must be 8 years old to begin program.
- Located at Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

Archery, Indoor, cont'd

Archers

This class is for those who have completed Beginners Archery with either Genesis compound bows or recurves. You must provide your own equipment. The classes will check all bows, arrows, sights, resets, releases and all accessories to insure proper fit and setup. The classes will make sure all shooters are comfortable with their new equipment, and then concentrate on fundamentals and shooting form. Archers I is for beginners with their own equipment. Archers II is for intermediate archers with their own equipment.

Session	Dates	Day	Time	Code
Archers I	September 1 - October 6	Th	6pm	8926
Archers II	September 1 - October 6	Th	7pm	8927

- Fee is \$40. Maximum: 10 students per class.
- This class is specifically set up for those new shooters having limited experience. Participants must have their own bows and arrows.
- Open to all ages 8 and older.
- Located at Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

Basketball

3rd Grade

Youth basketball is a recreational program that is aimed to teach students the fundamentals, skills, and sportsmanship of the game. Participants will learn through drills and scrimmages.

Girls Informational Meeting

- August 17, 7pm, at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.
- An information sheet will be available upon registration.

Boys Informational Meeting

- October 26, 7pm, at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.
- An information sheet will be available upon registration.

League:

- Girls: August 29 - October 15
- Boys: November 7 - January 14
- Teams organized by school.
- Volunteer coaches needed.
- Coaches will register for practice one day per week at the World War Memorial Building, 215 North 6th Street. Coaches will notify you of practice times.
 - Mondays - Fridays: 4pm or 5pm
- Games are Saturdays at the World War Memorial Building.

Fees

- \$45/player - if received on or before August 19 (Girls) or October 28 (Boys).
- \$55/player - if received August 20 or later (Girls) or October 29 or later (Boys).

School	Girls	Boys
Cathedral	8579	8903
Centennial	8580	8904
Grimsrud	8581	8905
High. Acres	8582	8916
Liberty	8583	8917
Lincoln	8584	8918
Martin Luther	8585	8919
Miller	8586	8920

School	Girls	Boys
Moses	8587	8951
Murphy	8588	8952
Myhre	8589	8953
Northridge	8590	8954
Pioneer	8591	8955
Prairie Rose	8593	8956
Roosevelt	8592	8957
Shiloh	8595	8958
Solheim	8596	8959
St. Anne's	8597	8960
St. Mary's	8598	8963
Sunrise	8599	8961
Will-Moore	8600	8962

4th & 5th Grade Girls and Boys

Youth basketball is a recreational program that is designed to teach students going into grades 4th and 5th the fundamentals, skills, and sportsmanship of the game. These basics include passing, dribbling, shooting, and teamwork. Participants 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.

Informational Meeting

- No informational meeting for 4th and 5th grades. Information sheets will be available upon registration.

League Dates:

- Girls Grade 4: September 6 – October 29
- Girls Grade 5: September 6 – November 5
- Boys Grade 4: November 14, 2016 – January 21, 2017
- Boys Grade 5: November 14, 2016 – January 28, 2017

Days/Times for most schools:

- 4th grade will have one practice a week and 5th grade will have two practices a week.
- First week of practice should be Monday (boys), Tuesday, Thursday, and/or Friday
- Due to gym availability, some schools may have different practice schedules. You will be notified through the school office and/or team coach.

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

Fees

- Girls Grade 4: \$45/player - if received on or before August 19.
- Girls Grade 4: \$55/player - if received August 20 or later.
- Girls Grade 5: \$55/player - if received on or before August 19.
- Girls Grade 5: \$65/player - if received August 20 or later.
- Boys Grade 4: \$45/player - if received on or before October 28.
- Boys Grade 4: \$55/player - if received October 29 or later.
- Boys Grade 5: \$55/player - if received on or before October 28.
- Boys Grade 5: \$65/player - if received October 29 or later.
- Participants must play at the school they attend.

School	4th Girls Code	5th Girls Code
Centennial	8484	8505
Grimsrud	8485	8506
High. Acres	8486	8507
Liberty	8487	8508
Lincoln	8488	8509
Martin Luther	8489	8510
Miller	8490	8511

School	4th Girls Code	5th Girls Code
Moses	8491	8512
Murphy	8492	8513
Myhre	8493	8514
Northridge	8494	8515
Pioneer	8495	8516
Prairie Rose	8496	8517
Roosevelt	8497	8518
Shiloh	8499	8520
Solheim	8500	8521
Sunrise	8503	8522
Will-Moore	8504	8523

School	4th Boys Code	5th Boys Code
Centennial	8629	8650
Grimsrud	8630	8651
High. Acres	8631	8652
Liberty	8632	8653
Lincoln	8633	8654
Martin Luther	8634	8655
Miller	8635	8656
Moses	8636	8657
Murphy	8637	8658
Myhre	8638	8659
Northridge	8639	8660
Pioneer	8640	8661
Prairie Rose	8641	8662
Roosevelt	8642	8663
Shiloh	8644	8665
Solheim	8645	8666
Sunrise	8648	8667
Will-Moore	8649	8668

Youth basketball coaches & officials needed!

Contact BPRD at 222-6455 if interested!

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.

Fencing

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

Age	Dates	Days	Fee	Code
12+	Session 1, Sept. 12 - Nov. 21	M & F	\$70	8913
12+	Session 2, Nov. 28 - Feb. 17	M & F	\$70	8914
12+	Continue Fencing, Sept. 12 - Feb. 17	M & F	\$135	8915

Time, Location and Equipment Required

- 6:30 - 8:30pm (Mondays) and 5 - 7pm (Fridays)
- World War Memorial Building, 215 North 6th Street
- Fencing Glove
- Contact John Garness at 391-2081 for more information.

Flag Football

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

Informational Meeting and 6th Grade Registration

- Monday, August 22, 7pm, Sertoma Club Community Center, located in Sertoma Park, Riverside Park Road & W Arbor Ave.
- * 6th graders interested in playing flag football should register with the code of their 2015-2016 elementary school.

Grades	Dates	Times
3rd & 4th	August 29 - October 6	5 - 6pm
5th & 6th	August 29 - October 6	6 - 7pm

- Jamboree: Oct. 8 - Sam McQuade Sr. Softball Complex

Fees

- \$55/player - if received on or before August 19.
- \$65/player - if received August 20 or later.

School	3rd & 4th Grade	5th & 6th Grade
	Code	Code
Cathedral	8526	8527
Centennial	8528	8529
Grimsrud	8530	8531
Highland Acres	8532	8533
Liberty	8534	8535
Lincoln	8536	8537
Martin Luther	8538	8539
Miller	8540	8541
Moses	8542	8543
Murphy	8544	8545
Myhre	8546	8547
Northridge	8548	8549
Pioneer	8550	8551
Prairie Rose	8552	8553
Roosevelt	8554	8555
Shiloh	8558	8559
Solheim	8560	8561
St. Anne's	8562	8563
St. Mary's	8564	8565
Sunrise	8566	8567
Will-Moore	8568	8569

Karate - Traditional Japanese Karate

Age	Days	Time	Month	Code
10+	T & Th	6:30 - 8:30pm	September	8453
10+	T & Th	6:30 - 8:30pm	October	8452
10+	T & Th	6:30 - 8:30pm	November	8154
10+	T & Th	6:30 - 8:30pm	December	8446

Dates, Fees and Location

- August 2 - December 22
- \$40/month or \$175/5 months
- World War Memorial Building, 215 North 6th Street

For more information

- Bill Froelich, 226-3415

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 McCurry Way	1 - 5pm	1 - 5pm
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	TBA
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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 for an updated schedule.

Preschool Skate Date

This free program is designed for parents and their preschool child(ren) to spend time on the ice together. 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
Nov. 14 - 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	8712
Intermediate	7 - 14	Th	6:15 - 7pm	8713
Advanced	7 - 14	Th	7 - 7:45pm	8711

Dates, Fees and Location

- October 6 - November 10
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$15; Non-members: \$20
- Capital Racquet & Fitness Center, 3200 North 10th Street

Sports Conditioning

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

- 8-14 yrs old. Pre-registration only
- Maximum 12 for each age group
- Meet at BSC Aquatic & Wellness Center
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$55; Non-members: \$65

Age	Date	Days	Time	Code
8-11 yr	Nov. 1 - Dec. 13	T & Th	5 - 5:45pm	8921
12-16 yr	Nov. 1 - Dec. 13	T & Th	6 - 6:45pm	8922

*No class Nov. 24.

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.

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 20 names. If all 20 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.

Fall Registration Session 1:

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

Fall Session 1 - Sept. 7 - Oct. 10 (M & W)*

* Due to the Monday, Sept. 5 Labor Day holiday, this session will start on Wednesday, Sept 7. The make-up date for Monday, Sept. 5 will be Monday, Oct. 10.

Fall Session 1 - Sept. 6 - Oct. 6 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level A	T & Th	8785
4:20 - 4:50pm	Preschool Level B	T & Th	8804
4:20 - 4:50pm	Preschool Level C	M & W	8818
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	8729
4:20 - 4:50pm	Ages 6+ Level 2	M & W	8746
4:20 - 4:50pm	Ages 6+ Level 3	M & W	8762
4:55 - 5:25pm	Preschool Level A	M & W	8786
4:55 - 5:25pm	Preschool Level B	M & W	8805
4:55 - 5:25pm	Preschool Level C	T & Th	8819
4:55 - 5:25pm	Ages 6+ Level 1	M & W	8730
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	8747
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	8763
5:30 - 6pm	Preschool Level A	M & W	8787
5:30 - 6pm	Preschool Level A	T & Th	8788
5:30 - 6pm	Preschool Level B	T & Th	8806
5:30 - 6pm	Preschool Level C	M & W	8820
5:30 - 6pm	Ages 6+ Level 2	M & W	8748
5:30 - 6pm	Ages 6+ Level 2	T & Th	8749
6:05 - 6:35pm	Preschool Level C	M & W	8821
6:05 - 6:35pm	Preschool Level A	M & W	8789
6:05 - 6:35pm	Preschool Level A	T & Th	8790
6:05 - 6:35pm	Preschool Level B	M & W	8807
6:05 - 6:35pm	Preschool Level C	T & Th	8822
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	8731
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	8750
6:05 - 6:35pm	Ages 6+ Level 3	M & W	8764
6:40 - 7:10pm	Preschool Level A	M & W	8791
6:40 - 7:10pm	Preschool Level A	T & Th	8792
6:40 - 7:10pm	Preschool Level B	M & W	8808
6:40 - 7:10pm	Preschool Level B	T & Th	8809
6:40 - 7:10pm	Ages 6+ Level 1	M & W	8732
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	8733
6:40 - 7:10pm	Ages 6+ Level 2	M & W	8751
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	8752
7:15 - 7:45pm	Preschool Level A	M & W	8793
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	8734
7:15 - 7:45pm	Ages 6+ Level 2	M & W	8753
7:15 - 7:45pm	Ages 6+ Level 3	M & W	8765
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	8766
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	8769
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	8771
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	8923

Fall Registration Session 2:

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

Fall Session 2 - Oct. 17 - Nov. 16 (M & W)

Fall Session 2 - Oct. 18 - Nov. 17 (T & Th)

Time	Class	Day	Code
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4:20 - 4:50pm	Preschool Level A	T & Th	8775
4:20 - 4:50pm	Preschool Level B	T & Th	8798
4:20 - 4:50pm	Preschool Level C	M & W	8813
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	8723
4:20 - 4:50pm	Ages 6+ Level 2	M & W	8738
4:20 - 4:50pm	Ages 6+ Level 3	M & W	8757

4:55 - 5:25pm	Preschool Level A	M & W	8776
4:55 - 5:25pm	Preschool Level B	M & W	8799
4:55 - 5:25pm	Preschool Level C	T & Th	8814
4:55 - 5:25pm	Ages 6+ Level 1	M & W	8724
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	8739
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	8758

5:30 - 6pm	Preschool Level A	M & W	8777
5:30 - 6pm	Preschool Level A	T & Th	8778
5:30 - 6pm	Preschool Level B	T & Th	8800
5:30 - 6pm	Preschool Level C	M & W	8815
5:30 - 6pm	Ages 6+ Level 2	M & W	8740
5:30 - 6pm	Ages 6+ Level 2	T & Th	8741

6:05 - 6:35pm	Preschool Level C	M & W	8816
6:05 - 6:35pm	Preschool Level A	M & W	8779
6:05 - 6:35pm	Preschool Level A	T & Th	8780
6:05 - 6:35pm	Preschool Level B	M & W	8801
6:05 - 6:35pm	Preschool Level C	T & Th	8817
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	8725
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	8742
6:05 - 6:35pm	Ages 6+ Level 3	M & W	8759

6:40 - 7:10pm	Preschool Level A	M & W	8781
6:40 - 7:10pm	Preschool Level A	T & Th	8782
6:40 - 7:10pm	Preschool Level B	M & W	8802
6:40 - 7:10pm	Preschool Level B	T & Th	8803
6:40 - 7:10pm	Ages 6+ Level 1	M & W	8726
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	8727
6:40 - 7:10pm	Ages 6+ Level 2	M & W	8743
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	8744

7:15 - 7:45pm	Preschool Level A	T & Th	8784
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	8728
7:15 - 7:45pm	Ages 6+ Level 2	M & W	8745
7:15 - 7:45pm	Ages 6+ Level 3	M & W	8760
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	8761
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	8768
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	8924
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	8770

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
- June 20 - August 12: 5:50 - 6:20pm
- September 6 - November 17: 6 - 6:30pm (classes will resume in January)
- 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 summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. **Candidates must be at least 15 years of age before the scheduled session.** Males must wear boxer style swimming suit and females must wear a one piece swimming suit and have their hair tied back or in a swimming cap.

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

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

American Red Cross Lifeguarding Class, cont'd

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

Fees and Registration

- Cost \$200 Register online at bisparks.org or in person at the Park District Office and the BSC Aquatic & Wellness Center
- There will be an additional \$35 online fee paid directly to the Red Cross for online learning materials. (non-refundable)
- **All Class times and dates are 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: 8

Dates

December 8 & 9: 5 - 9pm
December 10 & 11: 9am - 5pm

Code

8131

Tennis

The 10 & under tennis programs 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, sunscreen 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 5 participants.

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 - Sept. 12 - Oct. 16	M & W	5:30 - 6pm	8866
I - Sept. 12 - Oct. 16	M & W	6 - 6:30pm	8867
I - Sept. 12 - Oct. 16	M & W	6:30 - 7pm	8868
I - Sept. 12 - Oct. 16	T & Th	5:30 - 6pm	8928
I - Sept. 12 - Oct. 16	T & Th	6 - 6:30pm	8929
I - Sept. 12 - Oct. 16	T & Th	6:30 - 7pm	8930
II - Oct. 31 - Dec. 11	M & W	5:30 - 6pm	8875
II - Oct. 31 - Dec. 11	M & W	6 - 6:30pm	8876
II - Oct. 31 - Dec. 11	M & W	6:30 - 7pm	8877
II - Oct. 31 - Dec. 11	T & Th	5:30 - 6pm	8931
II - Oct. 31 - Dec. 11	T & Th	6 - 6:30pm	8932
II - Oct. 31 - Dec. 11	T & Th	6:30 - 7pm	8933

Now Hiring

LIFEGUARDS & SWIMMING INSTRUCTORS

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

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
- 2 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 - Sept. 12 - Oct. 16	M & W	5:30 - 6:30pm	8864
I - Sept. 12 - Oct. 16	M & W	6:30 - 7:30pm	8938
I - Sept. 12 - Oct. 16	T & Th	5:30 - 6:30pm	8865
I - Sept. 12 - Oct. 16	T & Th	6:30 - 7:30pm	8939
II - Oct. 31 - Dec. 11	M & W	5:30 - 6:30pm	8873
II - Oct. 31 - Dec. 11	M & W	6:30 - 7:30pm	8940
II - Oct. 31 - Dec. 11	T & Th	5:30 - 6:30pm	8874
II - Oct. 31 - Dec. 11	T & Th	6:30 - 7:30pm	8941

8 & Under Tennis

Kids are introduced to 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
- 2 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 - Sept. 12 - Oct. 16	M & W	5:30 - 6:30pm	8942
I - Sept. 12 - Oct. 16	M & W	6:30 - 7:30pm	8863
I - Sept. 12 - Oct. 16	T & Th	5:30 - 6:30pm	8862
I - Sept. 12 - Oct. 16	T & Th	6:30 - 7:30pm	8943
II - Oct. 31 - Dec. 11	M & W	5:30 - 6:30pm	8871
II - Oct. 31 - Dec. 11	M & W	6:30 - 7:30pm	8946
II - Oct. 31 - Dec. 11	T & Th	5:30 - 6:30pm	8945
II - Oct. 31 - Dec. 11	T & Th	6:30 - 7:30pm	8872

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
- 2 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 - Sept. 12 - Oct. 16	M & W	5:30 - 6:30pm	8860
I - Sept. 12 - Oct. 16	M & W	6:30 - 7:30pm	8948
I - Sept. 12 - Oct. 16	T & Th	5:30 - 6:30pm	8947
I - Sept. 12 - Oct. 16	T & Th	6:30 - 7:30pm	8861
II - Oct. 31 - Dec. 11	M & W	5:30 - 6:30pm	8869
II - Oct. 31 - Dec. 11	M & W	6:30 - 7:30pm	8950
II - Oct. 31 - Dec. 11	T & Th	5:30 - 6:30pm	8949
II - Oct. 31 - Dec. 11	T & Th	6:30 - 7:30pm	8870

Saturday Play Days

Come have fun with us and incorporate skills learned in lessons with match play on courts sized to age. Free for those currently registered in lessons. Bring a friend not in lessons for \$5.00.

Saturday, Sept. 24, Oct. 8, and Nov. 12.: 1 - 2:30pm

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+
- \$135
- 2 days a week only.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Sept. 12 - Oct. 16	T & Th	4:00 - 5:30pm	8852
II - Oct. 31 - Dec. 11	T & Th	4:00 - 5:30pm	8855

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
- \$135
- 2 days a week only.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Sept. 12 - Oct. 16	M & W	4:00 - 5:30pm	8853
II - Oct. 31 - Dec. 11	M & W	4:00 - 5:30pm	8856

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
- \$157.50
- 3 days a week only.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Sept. 12 - Oct. 16	M, W & F	4:00 - 5:30pm	8851
II - Oct. 31 - Dec. 11	M, W & F	4:00 - 5:30pm	8854

Creepy Classic Tennis Tournament

Saturday, October 22:

- Beginner - Registration Code: 8675
- Competitive Draw Junior players - Registration Code: 8676

Location

- Capital Racquet & Fitness Center, 3200 North 10th Street

For more information

- Rod Morasch at 221-6855

Outdoor Court Reservation

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

Track, Cross County

Ages and Fee

- Grades 3, 4 and 5
- Free
- All age groups will run 1/2 mile.

Dates and Locations

- Tuesday, September 6 at 3:45p
Cottonwood Park, Soccer Field
- Monday, September 12 at 3:45p
Sertoma Park, Shelter #7
- Tuesday, September 20 at 3:45p
Scheels Complex
- Monday, September 26 at 3:45p
Tom O'Leary Golf Course

Weekday Morning Play Dates

Dates & Ages

- October 10, 2016 – 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 website and at facility sites.



Adaptive Recreation

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

Basketball

This program is open to all men's and women's teams. Participants must be at least 18 years old and out of high school.

League Schedule

- Women's and Sunday Men's: Beginning November 13.
- Men's (Tues., Wed., Thur.): Beginning November 15, 16, 17.
- Schedules available online November 4, by 5:00 pm.
- Those teams, who do not have their fees and rosters in on time, will not be included in a league schedule.

Days

- Men: Tuesdays, Wednesdays, Thursdays and Sundays.
- Women: Sunday.

Locations

- Sunday: Bismarck High School.
- Tuesday: World War Memorial Building, Sunrise Elementary School.
- Wednesday: Century High School, Bismarck High School, Shiloh Christian School.
- Thursday: World War Memorial Building.

Sponsor Fee

- \$160 if received between September 19 and October 3.
- \$180 if received October 4th or later.

Player Fee

- \$100/Stop Clock Leagues (Top 2 most competitive Men's Leagues).
- \$90/Running Clock Leagues (Remainder of Men's and Women's Leagues).
- Teams must pay for a minimum of 8 players by October 12 at 5:00 pm or the fee will increase to \$110/player and \$100/player.

Deadline

- Registration Deadline for all fees and a completed roster
- October 12 at 5:00 pm

The team manager or representative is responsible to collect all player fees and submit them by the deadline of October 12. Please do not send players to our office to pay individually. Make checks payable to Bismarck Parks and Recreation District.

2015-16 teams who pay the Sponsor Fee by October 3rd will be given priority for their choice of which night they want to play.

2015-16 teams who pay the Sponsor Fee October 4th or later will need to provide 2 options for which nights they would like to play.

New teams will need to provide 3 options for which nights they would like to play.

Adult Basketball Officials, Site Supervisors & Scorekeepers Needed! Call 222-6455 for more info.

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 6 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
Sept. 12 - Oct. 19	M & W	5:45 - 6:30am	8692

Stroke, Spin and Stride Self-Paced Triathlon

Date	Fee	Code
Sept. 12 - Oct. 21	\$30	8719

Event Description

- Competitors do not need to be a member of BSC Aquatic & Wellness Center to participate - they are able to use our facility for swimming only for the duration of the program.
- Competitors will have 40 days to reach their triathlon goal. Work your way up to the Ultra Ironman!
- Competitors will be asked to record their results on tracking sheets. The sheets can be picked up at the BSC Aquatic & Wellness Center.
- We will rely completely on the honor system for all competitors when recording their mileage totals.
- All competitors that reach the Sprint level or higher by the end of the event will receive a shirt.
- Mileage may be accumulated indoors or outdoors.

Divisions

- Ultra Ironman (Double) - 4.8 mi. swim (158 laps), 52.4 mi. run/walk, 224 mi. bike
- Ironman - 2.4 mi. swim (79 laps), 26.2 mi. run/walk, 112 mi. bike
- Tinman - 1.2 mi. swim (40 laps), 13.1 mi. run/walk, 56 mi. bike
- Olympic - .9 mi. swim (33 laps), 6.2 mi. run/walk, 24 mi. bike
- Sprint - 750 yard swim (15 laps), 3.1 mi. run, 12.4 mi. bike
- * 1 lap is down and back in the 25 yd pool. Starting May 13th 1 lap is all the way down the 50 meter pool.

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
Aug. 16 - Sept. 8	T & Th	6 - 6:45am	8912

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.
- Certificated TRX instructor.

Karate - Traditional Japanese Karate

Karate lessons are available for youth and adults. Please see page 6 for more information.

Open Gym

Open Gym is available for youth and adults. Please see page 6 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 - September 12 – October 23

League	Day	Times	Code
B/C	M	Noon	8698
Men's A	T	7pm	8700
Women's C	-	Arrange own matches -	8702
Men's B/C	W	Noon	8701
Men's B/C	Th	7pm	8699

Session 2 - October 31 – December 11

(Thanksgiving week off)

League	Day	Times	Code
B/C	M	Noon	8703
Men's A	T	7pm	8705
Women's C	-	Arrange own matches -	8707
Men's B/C	W	Noon	8706
Men's B/C	Th	7pm	8704

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
Oct. 3 - Nov. 7	M	7 - 8pm	8709

Softball - Coed

Summer may be nearly over, but softball is not. Bismarck Parks and Recreation District runs a fall coed softball program. Rosters and fees are due by August 19.

- This is an Amateur Softball Association wooden bat only league. Bats will be provided by Bismarck Parks and Recreation District.
- Umpires will be provided whenever possible.
- League information will be available online or call 222-6455.

Date	Day	Time
August 29 - October 10	M or W	6:30pm Early Games
August 29 - October 10	M or W	8:45pm Late Games

Fees if paid by August 19

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

Fees received August 20 or later

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

League Tournament

- Sunday, September 18

Rainout/Inclement Weather Policy

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

Weekend Diamond Reservations

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



Swimming Lessons, Indoor

Adult Swim Skills Training

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

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

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

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

Fees and Location

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

Dates	Level	Days	Times	Code
Sept. 13 - Oct. 6	I	T & Th	7:45 - 8:30pm	8619
Sept. 13 - Oct. 6	II	T & Th	7:45 - 8:30pm	8620

Additional classes will resume in January.

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 9-10.

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.

CRFC will provide tennis balls for all leagues. Winners of each league receive a \$20 CRFC gift certificate and recognition within the facility. Results and scores will be posted on the bulletin board at CRFC and distributed via email. A current email must be provided for league updates.

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 - September 12 – October 23

See league descriptions for times.

League	Day	Code (Intermediate Players)	Code (Advanced Players)
Mixed Doubles	M	8884	8883
World Team Tennis	W	8888	8887
World Team Tennis	Th	8886	8885
Single(s) Ladder	F	8882	8881

Session 2 - October 31 – December 18

(Thanksgiving week off)

See league descriptions for times.

Level	Day	Code (Intermediate Players)	Code (Advanced Players)
Mixed Doubles	M	8894	8893
World Team Tennis	W	8896	8895
World Team Tennis	Th	8889	8890
Single(s) Ladder	F	8892	8891

League Descriptions

Mondays Mixed Doubles

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

Wednesday or 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
- \$52.50
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
Sept. 12 - Oct. 16	W	10:30am - Noon	8836
Sept. 12 - Oct. 16	T	7 - 8:30pm	8835
Oct. 31 - Dec. 11*	W	10:30am - Noon	8843
Oct. 31 - Dec. 11*	T	7 - 8:30pm	8842

* Thanksgiving week off

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
- \$52.50
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
Sept. 12 - Oct. 16	M	10:30am - Noon	8830
Sept. 12 - Oct. 16	T	5:30 - 7pm	8837
Sept. 12 - Oct. 16	W	5:30 - 7pm	8838
Sept. 12 - Oct. 16	Th	10:30am - Noon	8831
Oct. 31 - Dec. 11*	M	10:30am - Noon	8845
Oct. 31 - Dec. 11*	T	5:30 - 7pm	8847
Oct. 31 - Dec. 11*	W	5:30 - 7pm	8844
Oct. 31 - Dec. 11*	Th	10:30am - Noon	8846

* Thanksgiving week off

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
- \$52.50
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
Sept. 12 - Oct. 16	M	5:30 - 7pm	8833
Sept. 12 - Oct. 16	Th	5:30 - 7pm	8834
Sept. 12 - Oct. 16	Th	12 - 1:30pm	8832
Oct. 31 - Dec. 11*	M	5:30 - 7pm	8839
Oct. 31 - Dec. 11*	Th	5:30 - 7pm	8841
Oct. 31 - Dec. 11*	Th	12 - 1:30pm	8840

* Thanksgiving week off

Cardio Tennis

This is a fast paced workout set to music. Emphasis will be placed on movement. Open to all ability levels. Work up a sweat, hit a ton of balls and have fun, too. This is a drop in class, no sign up required.

- This class is part of CRFC group fitness programming and is on our Group Fitness Class schedule.

Dates	Day	Time
Starts Sept.	T	12:05 - 12:50pm

Fees and Location

- Free: Must be a member of Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center. Non-members: Day pass fee.
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Minimum of 5 participants needed for class to be held.



Volleyball

Adult Fall & Winter Leagues

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

Fall Volleyball

- Registration: August 16 and 17, 7:30 - 5pm
- Program Dates: September 12 - December 1

Winter Volleyball

- Registration: December 7
- Program Dates: January 9 - March 23

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

Player Fee

- \$40/player/per season
- Rosters and fees are due during fall volleyball registration days of August 16 and 17, 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.
- Only Fall players fees are accepted in August.
- Winter fees will be due in December.

Sponsor Fee

- \$60/per season
- \$100/both Fall and Winter Seasons (player fees will still need to be paid separately each season)
- Refunds will not be given if a team drops out of the winter season.

League Schedules

- Online at bisparks.org by September 6.

Wallyball

League Fees, Dates and Location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Member: Free; Non-member - \$25
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Nov. 7 - Jan. 9

League	Day	Time	Code
Coed	T & Th	7pm	8965
Men's	M & Th	7pm	8966
Women's	M & W	7pm	8967

[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 - August 31

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

Hours - Sept. 1 - May 31, 2017

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

Pool Hours

- Swimming pools will close 30 min. before the rest of the facility.
- For a complete pool schedule and rules, visit www.bisparks.org

Fees

- For complete membership fees, refer to page 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 for class description.

- Aqua Dance
- Barre
- Butts & Guts
- Cardio Kickboxing
- Cycling
- Deep Water Aerobics
- Kids Yoga
- Les Mills BODYATTACK®
- Pilates
- Six Pack Abs
- Tabata
- Turbo Kickboxing®
- Water Works
- Yoga
- Zumba®
- 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.



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

Hours - Now - August 31

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

Hours - Sept. 1 - May 31, 2017

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

Fitness Classes held at CRFC

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

- Cardio Tennis
- Cycling
- Kettlebells
- Kids Fitness
- Les Mills BODYPUMP®
- Pilates
- S³ 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:

- Sept. 12 - April 27, 2017
 - Mondays - Thursdays: 4 - 8pm
 - Unlimited hours per child
 - - \$15/month for members
- See 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 or 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
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.



Wibits are back Sept. 17!
Most Saturdays and Sundays.

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
- Sports Conditioning - page 7
- Stroke, Spin and Stride Self-Paced Triathlon - page 13
- Toddler Splash Days - page 9
- Toddler Splash Training - page 9
- TRX Functional Bootcamp - page 13

Birthday Parties

BSC Aquatic & Wellness Center

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

The BSC Aquatic & Wellness Center offers birthday parties in the Puklich Chevrolet community rooms. Party groups get 10 passes to the pool or the indoor playground, 2-hours of community room use and a t-shirt for the birthday child. Reservations must be paid in full at the time of reservation. Refunds will be granted only if the scheduled party is canceled prior to 72 hours of the scheduled party. For a complete list of birthday party and pool rules go to www.bisparks.org. For more information call the BSC Aquatic & Wellness Center.

Parties offered in Puklich Chevrolet community room 1:

- 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.

Campsite reservations can be made online, in-person, or by phone (701-222-1844) through Saturday, Oct. 1.

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.
- 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
MacLean Bottom Recreational Area, 106th Street SE
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 7:00am
- 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.

All 25 camp sites are reservable for 3 days, at \$350 or 6 days at \$450. Payment is required at the time of reservation.

Individual site reservations will be accepted through Saturday, Oct. 1. The fee is \$8.00 per night per site. For reservations, call 222-6455.

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

Central Dakota Children's Choir

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



Gateway to Science

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



Shade Tree Players

- www.shadetreeplayers.com
- Phone: 258-4998
- Shade Tree Players offers theatre classes and workshops for children 7 - 18.



THEO Art School

- www.highprairiecomplex.com/theo
- Phone: 222-6452
- Have a colorful, inspirational and active fall 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 that is heated in the winter and air-conditioned in the summer.

Reservations can also be made at the facility or 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 is site to 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

The expansion of Schaumburg Arena is underway. Because of the support of a generous business community and many, many individuals and families, over \$3.7 million was raised to fund this project. Bismarck Parks and Recreation District is paying the remaining costs for the facility and for Wachter Park site improvements.

The name of the two-sheet facility is now the Capital Ice Complex, which will be the home of the existing Schaumburg Arena and the new Chad and Stacy Wachter Arena. The Capital Ice Complex includes the new sheet of ice, new concessions, a large lobby, a mezzanine viewing area, 12 new locker rooms, a dryland training area, additional storage and offices. The Wachter Park site improvements will include a new and expanded parking lot, as well as Magical Moments Playground enhancements.

Additional sponsorship opportunities are available. If interested, call Bismarck Parks and Recreation District at 222-6455.

Construction is underway. The expansion is scheduled to be completed in the fall of 2017.

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 - Opens August 30: Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2 - Opens September 25: Sundays: 3:00 - 5pm

VFW Sports Center, cont'd

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 - September 5

- Monday & Wednesday: 10am - 6pm
- Tuesday & Thursday: Noon - 6pm
- Friday: 10am - 5pm
- Saturday & Sunday: Closed
- September 5: Closed

Hours September 6 - April 10, 2017

- 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

Tom O'Leary

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

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

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

Golf Courses Information

Hours

- 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

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

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 - Opens August 30: Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2 - Opens September 25: Sundays: 3:00 - 5pm

Schaumburg Ice Arena

221 Reno Avenue • 221-6813

- Opens October 30: Sundays: 6 - 8pm

Ice Skating, Outdoor

Warming Houses are located at the following parks:

Jaycee Centennial Park

- Manitoba and Century Avenue, 222-6632
- One hockey rink and one pleasure rink

Lions Park

- 17th Street and Avenue F, 222-6635
- One hockey rink and one pleasure rink

Municipal Ball Park

- Washington Street and Sweet Avenue, 222-6636
- One hockey rink and one pleasure rink

North Central Park

- North 8th Street and Capitol Avenue, 221-6875
- One hockey rink and one pleasure rink

Tatley-Eagles Park

- Michigan Avenue and Airport Road, 222-6634
- One hockey rink and one pleasure rink

VFW Post #1326 Family Recreational Park

- Solheim School, 325 Munich Drive, 221-3499
- One hockey 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. **New for 2016:** 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 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.

Dog Park - Century Bark Park

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

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

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

2016 Bark Park Parade and Social

The Second Annual Bark Park Parade and Social will be held on Sunday, August 21 at the Century Bark Park, 700 E. Century Ave. This event is all for fun, all for the furry ones, and all to raise funds for the Bark Park. All two legged people with four legged family members are invited to join in.

Yappy hour and registration takes place at the Bark Park from 10:30-11:30 am, followed by the parade line-up from 11:30-Noon. The parade starts at Noon and the parade route is the Century High School track. The event includes the parade, complete with contests and judges, prizes, vendors and food. Early bird registration ends at 5 pm on Thursday, August 18, but continues on site on the day of the event.

More details and the registration form are available at bisparks.org.

Imagination Playground

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

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

McDowell Dam Recreation Area

1951 93rd Street Northeast • 223-7016

McDowell Dam Recreation Area is a 271 acre park located five miles east of Bismarck on Old Highway 10 and one mile north. The park is owned by the Burleigh County Water Resource District and managed by the Bismarck Parks and Recreation District. Available activities include swimming, boating, fishing and paddle boating. There is a public beach, picnic shelters that are available (and can be reserved for special occasions), horseshoe pits, a small concessions area, a playground and modern restrooms. There is a paved recreational trail on the grounds and wooded area for nature walks or runs. There is also a Nature Trail encircling the banks of McDowell Dam.

Hours

Spring Opening Date – September: Sunrise to sunset

Equipment Rentals

Paddleboats: \$5/hour

Canoes: \$5/hour

Kayak: \$5/hour

Shelter Reservations

Call 222-6455

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

Skate Parks

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

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

Park System Information

The Bismarck Parks and Recreation District owns, manages and maintains approximately 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 May 1 and close November 1. This may change due to the weather.

Park Rules

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

- 1) Glass beverage containers are prohibited, and alcohol permits are required.
- 2) Fireworks are prohibited at all times.
- 3) Vehicles are restricted to established roads and parking lots.
- 4) Horses are prohibited except at the Horse Arena.
- 5) Fires are restricted to fire pits and grills.
- 6) Posting of posters and advertisements is prohibited.
- 7) Vendor permits are required.
- 8) 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.

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 and 2017. Reservations for 2018 start on Oct. 3, 2016.

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

*General Sibley Park and McDowell Dam Recreation Area closes 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 – For profit organization rentals	\$100 \$200	\$75 \$150
Sertoma Club Community Center – For profit organization rentals	\$100 \$200	\$75 \$150
Hillside Aquatic Complex – For profit organization rentals	\$200 \$400	\$150 \$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 50 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
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.

For children interested in trying competitive swimming, the Aquastorm offers swim clinics during the months of April and September. The next swim clinic is scheduled September 6-29, 2016, with registration from 5:30 to 6:30 pm on August 31 and September 1. At the swim clinics, elementary school kids (kindergarten through grade 6) will experience the fun and excitement of competitive swimming. During practice, the coaches will work closely with the swimmers as they gain confidence in the water and work on proper stroke technique, starts and turns. At the conclusion of each swim clinic, the swimmers will compete in a fun meet.

Aquastorm begins their Long Course (summer) season on May 2nd. 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 or go to 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.

Bismarck Gymnastics Academy (BGA)

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

Office Hours

- Monday-Friday 10am-3pm

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.

Preschool Program:

- Tiny Tykes (18 months - 3 yrs. old w/parent helper)
- Preschool (3-5 yrs. old)

Girls Beginner Program:

- Grade School (6 yrs and up)

Girls Advanced and PreComp Program:

- Advanced Preschool (3-7 yrs. old) – Invite Only
- Advanced Grade School (5-18 yrs. old) – Invite Only
- PreComp (5-18 yrs. old) – Invite Only

Boys Program:

- Boys (5 yrs and up)
- Advanced Boys (5 yrs and up) – Invite Only

Tumbling and Trampoline Program:

- Tumbling (7 yrs and up)
- Advanced Tumbling (7 yrs and up) – Invite Only

BGA has two show teams.

- Gold Gems Show Team (3rd grade or younger)
- Black Gems Show Team (Advanced gymnasts)

Cheer (5 yrs and up)

Competitive Gymnastics Program: BGA's Competitive Program is for gymnasts to compete at USA Gymnastics Women's Levels 3-10. Bismarck, Legacy and Century High Schools also offer competitive gymnastics programs through BGA.

OTHER CLASSES:

Home School (3 yrs-18 yrs) – Gymnasts are introduced to all of the various gymnastics events and supplemental equipment. Groups may be split by age, gender, and/or ability.

Special Needs: Special needs classes are available for a wide variety of ages and abilities. Please call to see what we are offering this session or to set up future classes for your athlete or a group. Registration: For each session must be

made through the BGA office or online. Tuition is due at the time you register.

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

Large groups and Parties: Schedule a party! Birthday, special occasion or just for fun, at BGA. Call 258-8956 for more information or check our website.

Please call (701) 258-8956 for class schedule or visit www.bismarckgymnastics.com.

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

Bismarck Horse Club & Walt Neuens Memorial Horse Park

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

Bismarck-Mandan Lacrosse

Lacrosse 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 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.

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 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.

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 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

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.ccsclays.com.

Capital Curling Club

The deadline for registration for Grandfathered teams is Thursday October 1st. Registration for all new teams will occur at the registration meeting at the Capital Curling Club (VFW Sports Center) on October 1st at 7:00 PM. Learn to Curl sessions will be scheduled prior to the start of league play with details posted on our website and Facebook.

Junior Curling on Saturday morning is for elementary through junior high school age. This starts in November and goes through February every year and 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 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

Dakota West Arts Council Offers - Arts in the Parks

Dakota West Arts Council (the Council), along with Bismarck Parks and Recreation District, sponsors a number of fun, free events throughout the year in our parks. Don't miss HarmonyFest on August 13, 2016 from 1-7 p.m. in Custer Park. The highlight of this FREE event is the local music. There is also local food, brew beer and some art. Bring a blanket or chair and kick back for an afternoon in the park.

In October, the Council will celebrate the completion of the first phase of Bismarck AlleyArt. Keep an eye on the Council's Facebook page: Bismarck AlleyArt for details and news on this exciting event. Other events are listed on the Council's Facebook page: Dakota West Arts Council. The Council is a 501(c)(3) non-profit organization that advocated and advances arts and culture in Bismarck. For more information go to: 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

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

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

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

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.

GO! Bismarck - Mandan

Go! Bismarck Mandan is a coalition of local agencies, organizations and individuals that work together to "build a healthier community" through the development

of an annual work plan and a long - term healthy community plan. The coalition shares information regarding programs and activities regarding healthy eating, physical activity and large - scale community changes. For more information and to see how your family and your community can be healthier, please visit www.gobismarckmandan.org or like us on Facebook.

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

Midget Football League

Bismarck Midget Football League is a full-contact tackle football program with 14 teams designed for 5th and 6th graders between the ages of 10 and 12 years. Established in 1974, the league is a non-profit organization staffed with volunteers which provides participants an opportunity to learn and develop football skills in a safe and structured environment. The season runs from Aug-Oct.

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

Missouri Slope Model Aero Club

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

Summer events:

- Aug. 19-21 ArtMay Fun Fly - McDowell Dam

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

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 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 701-530-0986

The Purple School - Spanish for Kids

Your child will have fun learning Spanish with The Purple School, a program started in 2001 by a Harvard-educated mom. Enthusiastic teachers use The Purple School's child-centered curriculum, song, and play to teach Spanish and other languages. See www.thepurpleschool.com for dates/times/pricing. Call 701-205-1962 or info@ThePurpleSchool.com for more information.

Races and Walks

Cycling For the Corps.....Aug 13
Dog Days of Summer Hike –
Fort Lincoln State Park.....Aug 14
Kybiru Adventure Triathlon.....Aug 20
Super Hero 5K Run Walk.....Aug 27
NDARNG Aviation Assn. 10 Miler..... Sep 10
UTTC Pow Wow Run Sep 10
Apple Dash 5K run/walk Sep 11
BNSF Kid's Mini Marathon Sep 16
Walk to Fight Suicide Sep 16
Kroll's Diner Bismarck Marathon.....Sep 17

CDHS Shaggy Shuffle Sep 18
Fall Colors Hike –
Fort Lincoln State Park..... Sep 18
Designer Genes Buddy Walk..... Sep 24
Bacon for a Cure 5k Run/Walk..... Sep 24
5th annual Beefin it up fuel
for the finish.....Oct 1
RunND Trail RunOct 1
Little Monsters Hike –
Fort Lincoln State Park.....Oct 23
Blaze Orange Hike –
Fort Lincoln State Park..... Nov 6
Cystic Fibrosis Assn. Turkey Trot Nov 24
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

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

Register for a Bismarck Parks and Recreation District Program!

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

Online www.bisparks.org

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

Walk-In or Mail-In

400 East Front Avenue
Bismarck, ND 58504
7:30am - 5pm Mon.-Fri.

After Hours Drop Box

400 East Front Avenue
Bismarck, ND 58504

Refund Policy

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

To complete the registration form below:

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



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

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

UNDERSTAND THE ABOVE AGREEMENT OUTLINING MY ASSUMPTION OF RISK AND WAIVER AND RELEASE OF ALL CLAIMS.

Participant or Parent/Guardian Signature _____ Date _____

Activity	Code #	Fee	Cash/Check # /Credit Card	
Participant's Name (First, Last)	Gender	Participant's D.O.B	Age	Grade (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.

August

Cycling For the Corps.....	13
HarmonyFest, see page 28	13
Art May Memorial Fun Fly, see page 35	19-21
Kybiru Adventure Triathlon.....	20
Bark Park Parade and Social, see page 24	21
Super Hero 5K Run Walk	27

September

BMTA Sertoma Doubles Tennis (Adults)	10
NDARNG Aviation Assn. 10 Miler.....	10
UTTC Pow Wow Run	10
Apple Dash 5K run/walk	11
BNSF Kid's Mini Marathon	16
Walk to Fight Suicide	16
Kroll's Diner Bismarck Marathon	17
CDHS Shaggy Shuffle	18
Designer Genes Buddy Walk	24
Bacon for a Cure 5k Run/Walk.....	24

October

5th annual Beefin it up fuel for the finish	1
RunND Trail Run	1

November

Cystic Fibrosis Assn. Turkey Trot	24
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2016-17 Winter Activity Guide is mailed in December, which includes:

- adaptive programs ◦ archery ◦ basketball
- cross country skiing ◦ Flurry Fest
- open gym ◦ racquetball ◦ skating
- sledding ◦ tennis ◦ volleyball ◦ and more!

Employment Opportunities

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

- **Adult Basketball Officials**
- **Adult Basketball Scorekeepers & Supervisors**
- **Adult Volleyball Officials**
- **Adult Volleyball Supervisors**
- **B.L.A.S.T. Supervisors (after school positions)**
- **Flag Football Coaches**
- **Flag Football Referees**
- **Lifeguards Indoor and Outdoor**
- **Open Gym Supervisors**
- **Outdoor Skating Rink**
- **Warming House Attendants**
- **Swimming Instructors Indoor and Outdoor**
- **Youth Basketball Coaches**
- **Youth Basketball Volunteers**
- **Youth Basketball Officials**
- **Youth Basketball Coordinators**
- **Facility Attendants at the World War Memorial Building**

Application forms are available online at www.bisparks.org or at our office, 400 East Front Avenue. EOE

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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WWW.BISPARKS.ORG

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