

ACTIVITY GUIDE 2017 SPRING/SUMMER

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 I
- Landa Boyd, Receptionist/Customer Service Representative II

Facilities and Programs Division

- Tim Kuntz, Recreation Manager
- RaNae Jochim, Recreation Manager
- Ryan Geerdes, Facilities Manager
- Tim Doppler, Golf Operations Manager
- Mike Wald, Facilities Manager
- Jeremy Dykstra, Recreation Specialist
- Cindy Gums, Recreation Specialist
- Ethan Eberle, Recreation Specialist
- Kevin Olson, Facility Specialist
- Katrina Hanenberg, Facility Specialist
- Lindsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Rod Morasch, Head Tennis Professional
- Dave Seefried, Facility Supervisor
- Dylan Thiem, Facility Specialist
- Dan Sedeve, Operations Superintendent
- Mike Page, Golf Course Superintendent
- Brad Schulz, Golf Course Superintendent
- Mac Weigel, Golf Course Superintendent
- Maintenance and Operations Staff:
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
- Colin Bales, Facility Specialist
- David Robinson, McDowell Dam Supervisor
- Martha Willand, Facility Specialist
- Lynn Morgenson, Landscape Specialist
- Maintenance and Operations Staff:
Ryan Miller, Rich Hetzler, Garth Heupel, Tim Nelson, Steve Pulkrabek, Adam Keller, Cullen Theisen, Quentin Schmidt, Pat Miller, Cory Lang, Ryan Savenko and Brad Volk

Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner
- Bonnie Lahr, Office Coordinator
- Roben Collins, Front Desk/Membership Coordinator
- Doyle Klimpel, Maintenance
- Cliff Oswald, General Sibley
- Brandon Rittenbach, Riverwood
- Adam Bitterman, Tom O'Leary
- Hank Siems, Pebble Creek
- Burnell Berg, McDowell Dam

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 30th 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.

Youth Programs

Activity Centers.....	4
Adaptive Recreation	4
Bowling.....	4
iCan Shine Bike Camp	4
Triple Star Day Camp.....	4
Archery.....	5
Baseball.....	5
American Legion & Babe Ruth	7
Babe Ruth Ages 13 - 15.....	6
Baseball Clinic.....	5
Coed, Mites, Squirts, Cal Ripken	5
Rain Out Policy.....	7
Basketball.....	8
Fall Boys'.....	8
Girls' 3rd, 4th & 5th Grade	8
Summer Coed.....	8
BLAST.....	9
Fencing.....	9
Flag Football.....	9
Golf, Junior Instruction	10
Free Junior Golf , June - Aug.....	10
Red, White & Blue Level.....	10
Karate.....	11
Safety Village.....	11
Soccer Coed Recreational.....	11
Sports Conditioning.....	11
Swimming Lessons, Indoor.....	12
Learn to Swim	12
Preschool Aquatics.....	12
Private Lessons	12
Free Swimming Lessons.....	14
Toddler Splash Days & Training	14
WSI & Lifeguard Lessons.....	14-15
Swimming Lessons, Outdoor.....	15
Tennis.....	15
8 & Under, 10 & Under.....	16
High School Prep & Team	16
Elite Program.....	16
Netters	15
Outdoor Court Reservation	17
Tennis in the Parks Week	17
Tiny Tots.....	15
USTA Rally the Family.....	17
Track Meets	17
Volleyball.....	17
Boys & Girls.....	17
Coed Sand for High School	17

Adult Programs

Adaptive Recreation	4
Fencing.....	9
Fitness.....	
Fit and Trim Bootcamp	18
Golf, Group Lessons.....	18
Karate.....	11

Softball

Coed Summer Softball	18
Coed Fall Softball	18
Rainout/Inclement Weather Policy.....	19
Weekend Diamond Reservations	19
Swimming Lessons, Indoor.....	
Private Lessons	19
WSI & Lifeguard Lessons.....	14-15

Tennis

Beginner, Intermediate & Advanced.....	19
BMTA Adult Leagues	20
USTA Adult League Tennis.....	20
Outdoor Court Reservation	20
Volleyball.....	
Adult Sand Leagues.....	20
Adult Fall & Winter Leagues.....	20

Health and Wellness

BSC Aquatic & Wellness Center	21
Membership	22
Capital Racquet & Fitness Center.....	21
Membership	22
Tennis Membership Package.....	22
Private Tennis Lessons.....	22
Birthday Parties.....	23
Body Composition Testing.....	23
Fitness Assessments.....	23
Personal Training.....	23

Parks and Facilities

Camping

Burleigh County Parks	24
Eagles Park.....	24
General Sibley Park.....	24

Facilities

Fore Seasons Center	25
Frances Leach High Prairie	
Arts & Science Complex.....	25
Capital Ice Complex/Schaumburg Arena	
and Wachter Arena.....	26
VFW Sports Center.....	26
World War Memorial Building.....	26

Golf Courses

Golf Courses Information	27
Pebble Creek, Riverwood, Tom O'Leary	27

Parks

Community Gardens & Orchard	28
Disc Golf Courses	28
Dog Park - Century Bark Park	28
Imagination Playground	28
McDowell Dam Recreation Area	28
Skate Parks.....	28
Park System Information	28-29
Bismarck Forestry Dept.	29
Picnic Shelter Reservations.....	29

Swimming Pools, Outdoor.....	30
Elks Aquatic Center	30
Hillside Pool	30
Wachter Aquatic Complex	30
Trails, Recreational.....	31
Educational Trails.....	31

Other Programs & Partners

Aquastorm Swimming/Diving Club.....	32
Bicycle Motocross Racing (BMX)	32
Bismarck Figure Skating	32
Bismarck Gymnastics Academy (BGA).....	32
Bismarck Hockey Boosters	32
Bismarck Horse Club & Park.....	33
Bismarck Men's Slowpitch Assoc.	33
Bismarck Public Library	33
Bismarck Women's Slowpitch Assoc.....	33
Bismarck Youth Baseball	33
Bismarck Youth Fastpitch Assoc.....	33
Bismarck Youth Football League	33
Bismarck-Mandan Lacrosse.....	33
Bismarck-Mandan Tennis Assoc.	33
BisMarket.....	33
Capital City Gun Club	33
Capital City Sporting Clays.....	33
Capital Curling Club	34
Central Dakota Cyclists.....	34
Cub Scouts & Boy Scouts	34
Dakota Junior Golf Assoc.	34
Dakota United Soccer Club	34
Dakota West Arts Council	34
Dakota Zoo	34
Downtown Bismarck Assoc.	34
Flickertail Woodcarvers	34
GO! Bismarck-Mandan	34
Great Plains Track & Field Club	34
Horseshoe Pitchers Association	35
Midget Football League	35
Missouri Slope Model Aero Club.....	35
Nishu Bowmen Archery Club	35
ND Game & Fish Department.....	35
Northern Plains Dance	35
Races and Walks	35
Riverwood Men's & Women's Golf Assoc.	35
Sam McQuade Tournament.....	36
Sleepy Hollow Theatre & Arts Park.....	36
Special Olympics	36
Superslide Amusement Park	36

Misc.

Employment Opportunities.....	37
Registration Information	38
Trail Map.....	Inner fold-out
Upcoming Events.....	39

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

Activity Centers

Activity Centers provide summer recreational programming at selected elementary schools in a day-camp style setting. This program is for **kids entering grades 1-6**. Daily games, crafts, projects and outdoor fun and movement help participants increase social skills and enjoy active play in a safe and caring supervised environment. Activity Centers have limited enrollment.

Ages	Dates	Days	Time
1st - 6th Grade	June 5 - Aug. 4	M - F	7:45am - 5:30pm

- **Must have completed kindergarten in the 2016-17 school year or be 6 years old by June 1, 2017. If your child is in kindergarten, but won't be 6 until after June 1, 2017, please come to Bismarck Parks and Recreation office to register.**
- Activity Centers will close at 12 noon on August 4
- No program on July 3 & 4
- There will be no supervision before 7:45am or after 5:30pm
- We do not provide lunch or snacks, so please bring your own.

Fees

- \$400/child - if received on or before Thursday, May 4.
- \$410/child - if received Friday, May 5 or later.

TWO - STEP REGISTRATION process Registration starts April 4 at 8:00am

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

Step Two: You **MUST** print out or pick up the Activity Center Information Packet and fill out all the pages. Return the completed packet to the Administrative Office by the end of day Thursday, May 4. Once your completed packet is received, your child(ren)'s registration for Activity Center is complete.

School	Location	Code
Centennial	2800 Ithica Dr	9254
Grimsrud	716 St. Benedict Dr	9255
Liberty	5400 Onyx Dr.	9256
Northridge	1727 N. 3rd St.	9257
Prairie Rose	2200 Oahe Bend	9259
Rita Murphy	611 N. 31st St.	9260
Robert Miller	1989 N. 20th St.	9261
Roosevelt	613 W. Ave. B	9262
Solheim	325 Munich Dr.	9263
Sunrise	3800 Nickerson Ave.	9264

Junior Leader

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

Junior Leader Applications can be submitted from April 3-21. BPRD staff will do a random drawing April 27 and applicants will be notified of the results. The Junior Leader applications can be found on the online.

Fees

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



Adaptive Recreation Meet it or Beat it Bowling

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

Dates	Days	Time	Fee
Now - May 29	M	4 - 6pm	\$3.50/game*

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

iCan Shine Bike Camp

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

Location, Dates and Fees

- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive
- July 30 - August 4
- \$100.00
- Pre-registration required. For more information and to register, contact info@designergenesnd.com or visit www.designergenesnd.com

Triple Star Day Camp

The Triple Star Day Camp is offered to individuals ages 10 and up with varying abilities. Emphasis will be given to age appropriate activities, as well as opportunities to participate in community activities and swimming.

Ages	Dates	Days	Time	Code
10+	June 5 - Aug. 4	M - F	9:30am - 3pm	9584

- \$125/participant
- Lions Park Community Center, 1719 E. Boulevard Ave.
- * No camp July 3-4

Archery, Indoor

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	August 31 - October 5	Th	6pm	9857
Archers II	August 31 - October 5	Th	7pm	9858

- 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.
- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.



Baseball

Coed, Mites, Squirts, Cal Ripken (Recreational)

Coed youth baseball is a recreational program that is aimed to teach youth ages 5-12 years old the fundamentals, skills, and sportsmanship of the game. These basics include throwing, catching, hitting, and teamwork. Participants will learn through drills, scrimmages, and games. Our emphasis is on equal play time, and most of all, FUN!

Any player born prior to May 1, 2012, and on or after May 1, 2004, will be eligible for Coed, Mites, Squirts, Cal Ripken (ages 12 & under) Baseball League competition for the 2017 season. All levels will play at Sam McQuade Sr. Softball Complex, 1100 North Washington Street. Age is determined as of May 1, 2017 for Mites, Squirts and Cal Ripken.

Ages	Dates	Days	Time	Code
Mites 5 - 6	June 5 - July 27	M & W	10 - 11am	9277
Mites 5 - 6	June 5 - July 27	T & Th	10 - 11a m	9278
Squirts 7 - 9	June 5 - July 27	M & W	8:30 - 9:45am	9280
Squirts 7 - 9	June 5 - July 27	T & Th	8:30 - 9:45am	9281
Cal Ripken 10 - 12	June 5 - July 27	M & W	11:15am - 12:45pm	9279

*No Mites, Squirts, & Cal Ripken baseball on Monday, July 3rd & Tuesday, July 4th.

Fees

- \$55/player – if received on or before Friday, May 19
- No more than \$110 maximum/household
- \$65/player – if received Saturday, May 20 or later
- No more than \$130 maximum/household
- 72 players maximum

Baseball Clinic

Any participant born prior to May 1, 2012, and on or after May 1, 2004, will be eligible for the Youth Baseball Clinic for the 2017 season. The program will focus on the development of baseball skills and fundamentals. The clinic will be at Sam McQuade Sr. Softball Complex, 1100 North Washington Street.

Ages, Dates, & Times

- 5 – 12 years old
- Thursdays from June 8 – July 20
- 1 – 2:30pm

Fee

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

Registration

- For registered: Click “yes” for enrollment into Youth Baseball Clinic when signing up your child for Coed, Mites, Squirts, Cal Ripken.
- For non-registered: Enroll with Code 9282

**NOW HIRING
LIFEGUARDS &
SWIM INSTRUCTORS**

Early morning & late evening shifts available.
Accepting applications for indoor and outdoor pool

For an application, please visit bisparks.org
or stop by our office at 400 E. Front Avenue.
For more information, contact Jahna Gardiner at 751-4266 or
JGardiner@bisparks.org. EOE

**Baseball Coaches &
Umpires needed!**

**If interested, please call BPRD
at 222-6455.**

Babe Ruth, Ages 13 - 15

Any player born prior to May 1, 2004, and on or after May 1, 2001, will be eligible for Babe Ruth 13 - 15 League competition for the 2017 season. Any player born prior to May 1, 2012, and on or after May 1, 2004, will be eligible for Cal Ripken (ages 12 & under) Baseball League competition for the 2017 season. Contact Bismarck Youth Baseball for more Cal Ripken Information at www.bismarckyouthbaseball.org.

League Format

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

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

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

Informational Meeting

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

Dates

- May 17 – August (Depending upon All Star Tournament Advancement)
- Major and Minor League games: June 5 – July 13
- Minor League Tournament: July 17-20
- *Dates and times are subject to change depending upon the facility availability and High School Baseball schedule. Updates will be posted online at bisparks.org.

Ages Code * see below for days/times

Age 13	9273
Age 14	9274
Age 15	9275

League Tryouts – Tatley*

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 21: First League Tryout: 2:30 to 4pm
- May 22: 6:00 - 7:30pm
- May 23: 6:00 - 7:30pm

All Star Tryouts – Tatley*

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 17: First All Star Tryout: 6 - 7:30pm
- May 21: 4:30 - 6pm
- May 24: 6:00 - 7:30pm

Practice Schedule – May 30, 31 & June 1*

Times

4:30 – 5:45pm	Teams will rotate times
6:00 – 7:15pm	Teams will rotate times
7:30 – 8:45pm	Teams will rotate times

Teams

Minor Division Practice Schedule - Beginning June 6

Days

Tu & Th
Tu & Th
Tu & Th

Times

4:30 – 5:45pm
6:00 – 7:15pm
7:15 – 8:15pm

Teams

Teams will rotate times
Teams will rotate times
Teams will rotate times

- Major Division practices will be in the mornings and early afternoons. Practice times/days will be provided at the end of tryouts.
- Practices may be scheduled for late afternoon or early evening at Tatley North/South Park (Airport Road and Michigan Avenue), or Haaland Field (South 12th St.).

Games - (Dependent on the number of teams)

- Scheduled for Mondays, Tuesdays, Wednesdays and Thursdays on a rotating basis beginning June 6.
- Played at Haaland Field (2506 South 12th Street.), Tatley-Eagles Park (602 Airport Rd), Legacy High School (3400 E Calgary Ave), or University of Mary (7500 University Drive).

Times

- TBA (dependent on the number of teams)
- Example: 4:30pm or 6:45pm (game schedule subject to change)

Fees

- \$150/player - if received on or before Friday, April 28.
- No more than \$300/household.
- \$160/player - if received Saturday, April 29 or later.
- No more than \$320/household.

Uniform and Batting Helmet

- Players receive a team uniform jersey and hat to keep. Players are responsible for their own baseball pants. Grey baseball pants are recommended for all players.
- Recommended for players to purchase their own batting helmets. Though team helmets will be provided for league play.

Fees for All Star Baseball (In addition to base fee)

- Advancing \$155 & Non-advancing \$80. All Star fees will be collected after All Star tryouts, by June 2.
- Each All Stars participant will also be required to sell 5 raffle tickets at \$20 per raffle ticket for \$100.
- * Your raffle ticket purchase doubles as a family season ticket to all Representatives, Senators, and Governors games for the 2017 regular season AND puts your name in the calendar drawing for cash prizes, too.

Babe Ruth League Birth Chart for 2017

	January	February	March	April	May	June	July	August	September	October	November	December
2004	13	13	13	13	12	12	12	12	12	12	12	12
2003	14	14	14	14	13	13	13	13	13	13	13	13
2002	15	15	15	15	14	14	14	14	14	14	14	14
2001	16	16	16	16	15	15	15	15	15	15	15	15

American Legion & Babe Ruth, Ages 16 - 18

American Legion Baseball:

Competition in 2017 is open to players born on or after January 1, 1998. Any player born in 1997 or before, is not eligible to play American Legion Baseball. 2016 High School graduates may only play for the Legion team they played for during the 2016 season. If a player is born in 1998 or 1999, that player must play in the Senior Legion Baseball program.

Babe Ruth Baseball:

Any player born prior to May 1, 2001, and on or after January 1, 1998, will be eligible for Babe Ruth Baseball 16 - 18 division. If there is enough interest, we will plan to have three teams. Please watch for specific information coming in mid-April.

Age	Dates	Code
16	June 5 (practices)	9269
17	June 5 (practices)	9270
18 - 19	June 5 (practices)	9271

- Governor's: \$435
- Babe Ruth 16 - 18: \$435. Will have option to sell raffle tickets to earn a portion of fee back.
- * Each Governors participant will also be required to sell raffle tickets.
- * Your raffle ticket purchase doubles as a family season ticket to all Representatives, Senators, and Governors games for the 2017 regular season AND puts your name in the calendar drawing for cash prizes, too.

Rain Out Policy

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

Babe Ruth State Tournaments

13 Year Old State
July 14 - 18 • West Fargo

14 Year Old State
July 14 - 18 • Williston

15 Year Old State
July 14 - 18 • Bismarck

16 - 18 Year Old State
July 13 - 15 • TBD

Cal Ripken Tournaments

State Cal Ripken (Advancing) Age 9
July 14 - 18 • Fargo

State Cal Ripken (Advancing) Age 10
July 7 - 11 • Wahpeton

State Cal Ripken (Advancing) Age 11
July 14 - 18 • Minot

State Cal Ripken (Advancing) Age 12
July 7 - 11 • Grand Forks

Midwest Plains Regional Tournaments

Cal Ripken Age 9
July 26 - 31 • Gering, NE

Cal Ripken Age 10
July 20 - 25 • SE Denver, CO

Cal Ripken Age 11 (60')
July 27 - 31 • Pittsburgh, KS

Cal Ripken Age 11 (70')
July 26 - 31 • Bismarck, ND

Cal Ripken Age 12 (60')
July 19 - 23 • Garden City, KS

Cal Ripken Age 12 (70')
July 18 - 23 • Iowa

Babe Ruth Age 13
July 25 - 30 • Roseau, MN

Babe Ruth Age 14
July 25 - 30 • North Platte, NE

Babe Ruth Age 15
July 26 - 30 • Junction, KS

Babe Ruth Age 16 - 18
July 20 - 25 • Junction, KS

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

June 5 • Tryouts/First Practice – 9:30am

June 9-11 • ND-SD Border Battle – Pierre, SD

June 13 • Minot (9-INNING GAME) – 5:30pm*

June 14 • Mandan (9-INNING GAME) 7:30pm

June 15 • Jamestown (2) – 5:30pm*

June 16 • West Fargo (2) – 5:30pm*

June 19 • Pierre, SD (9-INNING GAME) – 7pm

June 21-25 • Omaha, NE - Decker Sports College World Series Tournament

June 26 • Minot (9-INNING GAME) – 5:30pm*

June 27 • Williston (2) – 5:30pm

June 29 • Dickinson (9-INNING GAME) – 7pm*

June 30 • Dickinson (9-INNING GAME) – 7pm*

July 1 • Eden Prairie, MN (9-INNING GAME) – 7:30pm

July 3 • Mandan (9-INNING GAME) – 7:30pm*

July 4 • Mandan (9-INNING GAME) – 4:30pm*

July 11 • Williston (2) – 5:30pm*

July 12 • Pierre, SD (2) – 5:30pm

July 13 • Grand Forks (2) – 5:30pm*

July 14 • Rapid City Post 22 (7-INNING GAME) – 7pm at Haaland Field

July 15 • Aberdeen, SD (2) – 2pm

July 17 • Fargo Post 2 (2) – 5pm*

July 18 • Fargo Post 400 (2) – 5pm*

July 19 • Mandan (9-INNING GAME) – 7:30pm

July 20 • Minot (2) – 5:30pm

TBD – Team Picnic (players, parents, coaches and families)

July 25 Williston, ND "AA" Play in-Games

July 26-30 – Williston, ND - ND State Class 'AA' Tournament

Aug 2-6 – Dickinson, ND - Central Plains Regional Tournament

Aug 10-15 - Shelby, NC - American Legion World Series

***denotes games that count in statewide/conference standings**

Bold games indicate home games.

Schedule is subject to change.

Basketball

Summer Coed Recreational

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

Informational Meeting

- Wednesday, May 25 at 7pm, World War Memorial Building, 215 North 6th Street

Grades	Dates	Days	Time	Code
Grades 3 & 4*	June 6 - July 27	T & Th	6 - 7pm	9284
Grades 5 & 6*	June 6 - July 27	T & Th	7:15 - 8:15pm	9285
Grades 7 & 8*	June 6 - July 27	T & Th	8:30 - 9:30pm	9286

* Grade determined by 2017-18 school year.

Fee and Location

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

Girls' 3rd Grade Basketball

Girls 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.

Informational Meeting

- August 21, 7pm, at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.
- An information sheet will be available upon registration.

League:

- August 28 - October 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

- \$50/player - if received on or before August 18.
- \$60/player - if received August 19 or later.

School	Code	School	Code
Cathedral	9743	Northridge	9754
Centennial	9744	Pioneer	9763
Grimsrud	9745	Prairie Rose	9755
High. Acres	9746	Roosevelt	9756
Liberty	9747	Shiloh	9757
Lincoln	9748	Solheim	9758
Martin Luther	9749	St. Anne's	9759
Miller	9750	St. Mary's	9760
Moses	9751	Sunrise	9761
Murphy	9752	Will-Moore	9762
Myhre	9753		

Girls' 4th & 5th Grade Basketball

Girls youth basketball is a recreational program that is aimed 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 grades program has season-ending jamborees.

League Dates:

- Girls' Grade 4: September 5 - October 28
- Girls' Grade 5: September 5 - November 4

Informational Meeting

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

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 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: \$50/player - if received on or before August 18.
- Girls' Grade 4: \$60/player - if received August 19 or later.
- Girls' Grade 5: \$60/player - if received on or before August 18.
- Girls' Grade 5: \$70/player - if received August 19 or later.
- Participants must play at the school they attend.

School	4th Grade Code	5th Grade Code
Centennial	9767	9785
Grimsrud	9768	9786
High. Acres	9769	9787
Liberty	9770	9788
Lincoln	9771	9789
Martin Luther	9772	9790
Miller	9773	9791
Moses	9774	9792
Murphy	9775	9793
Myhre	9776	9794
Northridge	9777	9795
Pioneer	9778	9796
Prairie Rose	9779	9797
Roosevelt	9780	9798
Shiloh	9781	9799
Solheim	9782	9800
Sunrise	9783	9801
Will-Moore	9784	9802

Fall Boys'

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

**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.

Fall 2017 Enrollment

The BLAST deadline for people currently enrolled through the last day of school, is June 22 at 5pm. BLAST packets will be distributed in Mid-May for those currently enrolled in the program. The packets will be mailed to the parents.

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

* 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.

Open - Enrollment Procedure for BLAST '17-18

- Mid-May: BLAST registration information will be mailed to current families enrolled in the BLAST program. This helps us determine who is coming back, and how many open positions there are available for other families at each school site.
- June 22: Registration packets from current BLAST families are due back at BPRD by 5pm .
- June 12 - 30: The new applicants that are interested in enrollment for 2017-18 will have this timeframe to stop in at the BPRD office and register their child(ren) in a drawing for the open positions.
- July 6: BPRD will enlist the assistance of an auditing firm to do the drawing of all the names for each school and place them in the available spots and on the waiting list. By the end of that week, we will contact all the families to let them know the results of the drawing.



Fencing

This classes teaches Olympic style sport fencing. This class is divided into three sections. Session Two offer both beginning and intermediate levels of lessons for people wanting to learn basic fencing skills or keep improving their fencing skills to an intermediate level.

Age	Dates	Days	Fee	Code
12+	Session 2, May 1 - July 7	M & F	\$70	9701

Time, Location and Equipment Required

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

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 4 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 2016-2017 elementary school.

Grades	Dates	Times
3rd & 4th	August 28 - October 5	5 - 6pm
5th & 6th	August 28 - October 5	6 - 7pm

- Jamboree: Oct. 7 - Sam McQuade Sr. Softball Complex

Fees

- \$55/player - if received on or before August 18.
- \$65/player - if received August 19 or later.

	3rd & 4th Grade	5th & 6th Grade
School	Code	Code
Cathedral	9804	9805
Centennial	9806	9807
Grimsrud	9808	9809
Highland Acres	9810	9811
Liberty	9812	9813
Lincoln	9814	9815
Martin Luther	9816	9817
Miller	9818	9819
Moses	9820	9821
Murphy	9822	9823
Myhre	9824	9825
Northridge	9826	9827
Pioneer	9828	9829
Prairie Rose	9830	9831
Roosevelt	9832	9833
Shiloh	9834	9835
Solheim	9836	9837
St. Anne's	9838	9839
St. Mary's	9840	9841
Sunrise	9842	9843
Will-Moore	9844	9845

Golf, Junior

Free Junior Golf, June - August

Kids 18 and under, junior golfers, can golf for free on selected courses from 7:30-11 am. Please call the selected golf courses to make tee time reservations. Juniors play from the forward tee markers and may be paired up with other juniors if they have less than four players.

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

Golf, Junior Instruction

Questions on golf lessons? Contact Tim Doppler at Riverwood Golf Course, 222-6462.

Introductory - 5-6 year olds

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

Fees and Location

- \$30/child
- Sheila Schafer Mini-Links, 1200 North Washington St.

Dates	Day	Times	Code
June 8, 15, 22, 29	Th	9 - 9:45am	9307
June 8, 15, 22, 29	Th	10 - 10:45am	9308
June 8, 15, 22, 29	Th	11 - 11:45am	9039
June 8, 15, 22, 29	Th	12 - 12:45pm	9310
June 8, 15, 22, 29	Th	6 - 6:45pm	9301
June 8, 15, 22, 29	Th	7 - 7:45pm	9302
July 6, 13, 20, 27	Th	9 - 9:45am	9303
July 6, 13, 20, 27	Th	10 - 10:45am	9304
July 6, 13, 20, 27	Th	11 - 11:45am	9305
July 6, 13, 20, 27	Th	12 - 12:45pm	9306
July 6, 13, 20, 27	Th	6 - 6:45pm	9299
July 6, 13, 20, 27	Th	7 - 7:45pm	9300

Red Level - 7-17 year olds

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

Fees and Locations

- Red Level \$40/session, Four one-hour lessons
- Pebble Creek, 2525 North 19th St. or Prairie West, 2709 Longspur Trail, Mandan

Dates	Time	Location	Code
June 5,6,7,9	9 - 10am	Prairie West	9324
June 5,6,7,9	6 - 7pm	Pebble Creek	9323
June 12, 13, 14, 16	9 - 10am	Prairie West	9319
June 12, 13, 14, 16	6 - 7pm	Pebble Creek	9318
June 19, 20, 21, 23	9 - 10am	Pebble Creek	9321

Red Level - 7-17 year olds, cont'd

Dates	Time	Location	Code
June 19, 20, 21, 23	6 - 7pm	Pebble Creek	9320
June 26, 27, 28, 30	9 - 10am	Pebble Creek	9322
June 26, 27, 28, 30	7:45 - 8:45pm	Pebble Creek	9314
July 10, 11, 12, 14	9 - 10am	Pebble Creek	9315
July 10, 12, 17, 19	6 - 7pm	Pebble Creek	9311
July 17, 18, 19, 21	11 - 12pm	Pebble Creek	9312
July 24, 25, 26, 28	9 - 10am	Pebble Creek	9316

White Level - 7-17 year olds

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

Fees and Location

- White Level \$55/session, Four - 75-minute lessons
- Pebble Creek, 2525 North 19th St.

Dates	Time	Location	Code
June 5,6,7,9	11 - 12:15 pm	Pebble Creek	9335
June 5,6,7,9	7:30 - 8:45 pm	Pebble Creek	9336
June 12, 13, 14, 16	11 - 12:15 pm	Pebble Creek	9330
June 12, 13, 14, 16	7:30 - 8:45 pm	Pebble Creek	9331
June 19, 20, 21, 23	11 - 12:15 pm	Pebble Creek	9332
June 19, 20, 21, 23	7:30 - 8:45 pm	Pebble Creek	9333
June 26, 27, 28 30	11 - 12:15 pm	Pebble Creek	9334
June 26, 27, 28, 30	6 - 7:15 pm	Pebble Creek	9326
July 10, 11, 12, 14	11 - 12:15 pm	Pebble Creek	9327
July 10, 12, 17, 19	7:30 - 8:45 pm	Pebble Creek	9325
July 17, 18, 19, 21	9 - 10:15 am	Pebble Creek	9328
July 24, 25, 26, 28	11 - 12:15 pm	Pebble Creek	9329

Blue Level

Blue Level prepares students with the skills and knowledge needed to tee it up on the golf course. Participants learn a pre-shot routine, new types of shots and additional golf rules, advanced short game techniques, scoring strategies, golf course management, on the golf course training and etiquette, and distance control and management.

Each session has a maximum of 4 students.

Sessions will be offered in June and July. Once a 4 person session is filled, that group will meet for four (2-Hour) sessions.

Fees and Location

- Blue Level \$125/session, 8 hours of instruction. Each session is 2 hours.
- Junior golfers must graduate from the White level to enter Blue level.
- Pebble Creek, 2525 North 19th St.
- **No online registration. Registration will be handled through Tim Doppler at Riverwood Golf Course, 222-6462**

Dates	Time	Location
June 5, 12, 19, 26	1 - 3pm	Pebble Creek
June 7, 14, 21, 28	1 - 3pm	Pebble Creek
July 11, 12, 18, 19	1 - 3pm	Pebble Creek
July 7, 14, 21, 28	1 - 3pm	Pebble Creek

Karate - Traditional Japanese Karate

Age	Days	Time	Month	Code
10+	T & Th	6:30 - 8:30pm	May	9710
10+	T & Th	6:30 - 8:30pm	August	9705
10+	T & Th	6:30 - 8:30pm	September	9713
10+	T & Th	6:30 - 8:30pm	October	9712
10+	T & Th	6:30 - 8:30pm	November	9711
10+	T & Th	6:30 - 8:30pm	December	9706

Dates, Fees and Location

- May 2 - May 25 and August 1 - December 21
- \$40/month or \$175/5 months
- World War Memorial Building, 215 North 6th Street

For more information

- Bill Froelich, 226-3415

Online registration is not available for Karate.

Safety Village

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

Age and Location

- Children who are five or six years of age by June 1, 2017.
- Frances Leach High Prairie Arts & Science Complex, 1810 Schafer St.

Session	Dates	Time	Fee	Code
1	June 5 - 16	10am - 12 noon	\$55	9349
1	June 5 - 16	1 - 3pm	\$55	9350
2	June 19 - 30	10am - 12 noon	\$55	9351
2	June 19 - 30	1 - 3pm	\$55	9352
3	July 3, 5 - 14	10am - 12 noon	\$55	9353
3	July 3, 5 - 14	1 - 3pm	\$55	9354
4	July 17 - 28	10am - 12 noon	\$55	9355
4	July 17 - 28	1 - 3pm	\$55	9356

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

Table Teacher

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



Soccer Coed Recreational

Coed youth soccer is a recreational program that is aimed to teach students going into grades K-9 the fundamentals, skills, and sportsmanship of the game. These basics include passing, dribbling, shooting, and teamwork. Participants will learn through drills, scrimmages, and games. Participants must wear shin guards. Soccer cleats are optional - NO METAL CLEATS. Our emphasis is on equal play time, and most of all, FUN!

Parents, an information form will be available online.

*** Parent head coaches are needed - Please Apply!**

Ages

- Boys and Girls, K - 9 (Grade entering in Fall 2017)

Fees

- \$55/player - if received on or before May 19.
- \$65/player - if received May 20 or later.
- Number of Players at each site will be limited. Please check registration for details.

Locations

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

Grade	Location	Dates	Day	Times	Code
K - 1	Cottonwood	June 5 - July 26	M & W	6:30 - 7:30p	9361
K - 1	Horizon	June 6 - July 27	T & TH	6:30 - 7:30p	9365
2 - 3	Cottonwood	June 5 - July 26	M & W	6:30 - 7:30p	9358
2 - 3	Horizon	June 6 - July 27	T & TH	6:30 - 7:30p	9362
4 - 6	Cottonwood	June 5 - July 26	M & W	7:45 - 8:45p	9359
4 - 6	Horizon	June 6 - July 27	T & TH	7:45 - 8:45p	9363
7 - 9	Cottonwood	June 5 - July 26	M & W	7:45 - 8:45p	9360
7 - 9	Horizon	June 6 - July 27	T & TH	7:45 - 8:45p	9364

*No Soccer on Monday, July 3 and Tuesday, July 4.

Youth Soccer Coaches needed!
Please call BPRD at 222-6455.

Sports Conditioning

Take your skills to the next level! This 12 session one hour class is for children ages 8-14. Sport conditioning is a unique and fun class that utilizes Speed, Agility, Quickness, Coordination, Endurance, Strength. The class is designed to strengthen your core and improve your strength, endurance and technique. The exercises are designed to make you a better and more conditioned athlete.



Fees, Location and Age

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

Date	Days	Time	Code
July 17 - August 10	M, T & Th	5 - 6pm	9366

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 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.

Swimming Lessons - Indoor cont'd

Summer Registration Session 1:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, June 12 at 10am.

Summer Registration Session 2:

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

Summer Registration Session 3:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center Monday, July 24 at 10am.

Now Hiring

Accepting applications for indoor and outdoor LIFEGUARDS & SWIMMING INSTRUCTORS

Early morning and late evening shifts available.

We offer flexible work schedules and training.

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

	Summer Session 1 June 19 - 30 • M-F		Summer Session 2 July 10 - 21 • M-F		Summer Session 3 July 31 - August 11 • M-F	
Time	Class	Code	Class	Code	Class	Code
9 - 9:30am	Preschool Level A.....	9442	Preschool Level A	9437	Preschool Level B	9450
	Preschool Level B	9457	Preschool Level C	9469	Preschool Level C	9466
	Ages 6+ Level 1	9379	Ages 6+ Level 2.....	9393	Ages 6+ Level 2.....	9388
9:35 - 10:05am	Preschool Level B	9458	Preschool Level B	9454	Preschool Level A	9431
	Ages 6+ Level 1	9380	Ages 6+ Level 1.....	9376	Ages 6+ Level 1.....	9374
	Ages 6+ Level 2.....	9399	Ages 6+ Level 2.....	9394	Ages 6+ Level 2.....	9389
10:10 - 10:40am	Preschool Level A.....	9438	Preschool Level A	9432	Preschool Level A	9427
	Preschool Level C.....	9470	Preschool Level B	9451	Ages 6+ Level 1.....	9371
	Preschool Level B	9455	Preschool Level C	9467	Preschool Level C	9463
10:45 - 11:15am	Preschool Level A.....	9439	Preschool Level A	9433	Preschool Level A	9428
	Ages 6+ Level 2.....	9395	Ages 6+ Level 2.....	9390	Ages 6+ Level 2.....	9385
	Ages 6+ Level 3.....	9411	Ages 6+ Level 3.....	9407	Ages 6+ Level 3.....	9404
11:20 - 11:50am	Preschool Level C.....	9471	Preschool Level A	9434	Preschool Level C	9464
	Ages 6+ Level 2.....	9396	Ages 6+ Level 3.....	9408	Ages 6+ Level 3.....	9405
11:20am - 12:05pm	Ages 6+ Level 4 & 5	9421	Ages 6+ Level 4 & 5	9419	Ages 6+ Level 4 & 5	9417
5 - 5:45pm	Ages 6+ Level 4 & 5	9422	Ages 6+ Level 4 & 5	9420	Ages 6+ Level 4 & 5	9418
5:15 - 5:45pm	Preschool Level A.....	9440	Preschool Level A	9435	Preschool Level A	9429
	Ages 6+ Level 3.....	9412	Ages 6+ Level 3.....	9409	Preschool Level B	9447
	Ages 6+ Level 2.....	9397	Ages 6+ Level 2.....	9391	Ages 6+ Level 2.....	9386
5:50 - 6:20pm	Ages 6+ Level 1	9377	Preschool Level C	9468	Preschool Level B	9448
	Preschool Level A.....	9441	Preschool Level A	9436	Preschool Level A	9430
	Preschool Level B	9456	Ages 6+ Level 3.....	9410	Ages 6+ Level 3.....	9406
6:25 - 6:55pm	Ages 6+ Level 1	9378	Ages 6+ Level 2.....	9392	Ages 6+ Level 2.....	9387
	Ages 6+ Level 2.....	9398	Ages 6+ Level 1.....	9375	Preschool Level C	9465
	Preschool Level C.....	9472	Preschool Level B	9453	Preschool Level B	9449

FREE Swimming Lessons

Come help us train our Lifeguards. Enroll your child in one FREE four session swimming lesson time slot to give our lifeguards hands-on training. Your help would be appreciated!

- Maximum 100 kids per half hour
- BSC Aquatic & Wellness Center, 1601 Canary Avenue
- Register opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center Monday, May 8 at 10am.

Age	Day	Times	Code
4-16	June 5, 6, 7, 8	9 - 9:30am	9849
4-16	June 5, 6, 7, 8	9:30 - 10am	9850
4-16	June 5, 6, 7, 8	10 - 10:30am	9847
4-16	June 5, 6, 7, 8	10:30 - 11am	9848

Space is limited in each time slot, so please register early. You may only sign up for one time slot.

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
- Now - May 25: 9 - 11am
- Starting June 12: 1:30 - 3:30pm
- 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
- Now - May 11: 6 - 6:30pm
- Ages 6 months to 3 years
- \$4.50 per parent/child unit per class for members and non-members (drop in class)
- Must give receipt of payment to the instructor before class begins
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave.

American Red Cross Lifeguarding Class

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

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

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

If the candidate is not able to pass the swim test required by the Red Cross they will receive the \$215 refund, but the \$35 to the Red Cross is non-refundable.

Fees and Registration

- Cost \$215 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.

Dates	Code
June 2-4: 9am - 5pm each day	9338

Red Cross WSI (Water Safety Instructor Class)

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

If the candidate is not able to pass the swim test required by the Red Cross, they will receive the \$215 refund, but the \$35 to the Red Cross is non-refundable.

Fees, and Registration

- The cost is \$215. 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.
- Bookwork will also be e-mailed to the candidate to begin working on before the class begins.

Red Cross WSI (Water Safety Instructor Class), cont'd

- Female participants must wear a one piece bathing suit and have their hair tied back or in a swim cap. Male participants must wear boxer style suit. Goggles are also required.

Dates

June 5-8: 9am - 5pm each day

Code

9341

Swimming Lessons, Outdoor

Lessons will be offered at:

Wachter Aquatic Complex, 205 Reno Ave.

Elks Aquatic Center, 321 W. Broadway Ave.

Hillside Aquatic Complex, 1719 E. Boulevard Ave.

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

Fee

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

Registration

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

Session	Class Dates	Registration Dates
Session 1	June 19 - 30	June 12, 11am; June 13 - 16, Noon
Session 2	July 10 - 21	July 3, 11am; July 4- 7, Noon
Session 3	July 31 - August 11	July 24, 11am; July 25- 28, Noon

For more information on outdoor pools, see page 30.

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.

Session 1: June 5 - 29

Session 2: July 10 - August 3

Registration

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

Tiny Tots

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 - 4
- \$25/child per session – includes 8 - 40-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue
- Capital Racquet & Fitness Center, 3200 North 10th Street (evening classes)
- Maximum enrollment per class: 8

Session 1: June 5 - 29

Times	M & W Code	T & Th Code
9 - 9:40am	9573	9577
10 - 10:40am	9570	9574
11 - 11:40am	9571	9575
12 - 12:40pm	9719	9720
6 - 6:40pm	9572	9576

Session 2: July 10 - August 3

Times	M & W Code	T & Th Code
9 - 9:40am	9580	9583
10 - 10:40am	9578	9581
11 - 11:40am	9579	9582
12 - 12:40pm	9721	9723
6 - 6:40pm	9722	9724

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

Session 1: June 5 - 29

Times	M & W Code	T & Th Code
9 - 9:55am	9556	9560
10 - 10:55am	9553	9557
11 - 11:55am	9554	9558
12 - 12:55pm	9725	9726
6 - 6:55pm	9555	9559

Session 2: July 10 - August 3

Times	M & W Code	T & Th Code
9 - 9:55am	9563	9566
10 - 10:55am	9561	9564
11 - 11:55am	9562	9565
12 - 12:55pm	9727	9729
6 - 6:55pm	9728	9730

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

Session 1: June 5 - 29

Times	M & W Code	T & Th Code
9 - 9:55am	9537	9541
10 - 10:55am	9534	9538
11 - 11:55am	9535	9539
12 - 12:55pm	9731	9732
6 - 6:55pm	9536	9540

Session 2: July 10 - August 3

Times	M & W Code	T & Th Code
9 - 9:55am	9545	9549
10 - 10:55am	9542	9546
11 - 11:55am	9543	9547
12 - 12:55pm	9733	9734
6 - 6:55pm	9544	9548

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

Session 1: June 5 - 29

Times	M & W Code	T & Th Code
9 - 9:55am	9518	9522
10 - 10:55am	9515	9519
11 - 11:55am	9516	9520
12 - 12:55pm	9735	9736
6 - 6:55pm	9517	9521

Session 2: July 10 - August 3

Times	M & W Code	T & Th Code
9 - 9:55am	9526	9530
10 - 10:55am	9523	9527
11 - 11:55am	9524	9528
12 - 12:55pm	9737	9738
6 - 6:55pm	9525	9529

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

- \$96
- 2 days a week.
- Sertoma Park Tennis Complex, 300 Riverside Park Road

Session	Day	Times	Code
I - June 5 - 29	M & W	1 - 2:30pm	9494
I - June 5 - 29	T & Th	1 - 2:30pm	9495
II - July 10 - August 3	M & W	1 - 2:30pm	9496
II - July 10 - August 3	T & Th	1 - 2:30pm	9497

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

- \$96
- 2 days a week.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - June 5 - 29	M & W	4 - 5:30pm	9508
I - June 5 - 29	T & Th	4 - 5:30pm	9509
II - July 10 - August 3	M & W	4 - 5:30pm	9510
II - July 10 - August 3	T & Th	4 - 5:30pm	9511

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

- \$96
- 2 days a week.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - June 5 - 29	M & W	4 - 5:30pm	9501
I - June 5 - 29	T & Th	4 - 5:30pm	9502
II - July 10 - August 3	M & W	4 - 5:30pm	9503
II - July 10 - August 3	T & Th	4 - 5:30pm	9504

Tennis in the Parks Week - July 17-23

Join us and celebrate tennis in the parks during the week of July 17-23. Special surprises at all BPRD outdoor tennis facilities all week long! Tennis in the Parks Week is in conjunction with Bismarck Parks and Recreation's July Celebration and is sponsored by Capital Racquet & Fitness Center. Check online for more information in June.

USTA Rally the Family

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

Dates and Registration

- May 13 from 1 - 2:30pm
- There is no fee to participate, just show up ready to have fun!
- CODE: 9337

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 www.bisparks.org for those who are interested in open public outdoor court time.

Summer Tennis Tournaments and Capital Racquet & Fitness Center Special Events

Summer Leagues • May 30 - August 14

Jackie Dockter Memorial Tournament (BMTA) • June 8-11

Mandan Open • July 15-16

Bismarck Open • August 3-6

Sertoma Scramble • September 9

Track Meets

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

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

Grade	Date	Time
5th Grade	Wednesday, May 17	9:15am - 3:15pm

Volleyball Boys & Girls

Summer youth volleyball is a camp-style morning program. Focus is on fundamental skill building through passing, hitting and serving drills, games/scrimmages and fun in the sand.

Grade*	Date	Days	Time	Code
Girls Grades 5 - 6	June 6-July 27	T & Th	8:30 - 9:45am	9588
Boys Grades 5 - 6	June 6-July 27	T & Th	8:30 - 9:45am	9586
Girls Grades 7 - 8	June 6-July 27	T & Th	10 - 11:30am	9589
Boys Grades 7 - 8	June 6-July 27	T & Th	10 - 11:30am	9587

* In the Fall of 2017. Teams may be coed.

Fee and Location

- World War Memorial Building, 215 North 6th Street and Sertoma Sand Volleyball Courts, Riverside Park Road and West Arbor Ave.
- First week will be at the World War Memorial Building. Schedule to follow.
- \$55/player - if received on or before Thursday, May 4.
- \$65/player - if received Friday, May 5 or later.

Coed Sand for High School

This is an 8-week high school sand volleyball league. Teams will play one match per week. Matches are supervised and officiated.

Age and Fee

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

Dates and Times

- June 5 - August (8 week session)
- Monday or Tuesday Evenings (choose one)
- 6, 6:45, or 7:15pm Alternate each week

Registration

- Deadline: Wednesday, May 24
- Must register as a team
- Register at Park District office, 400 East Front Avenue



Adaptive Recreation

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

Fencing

Fencing lessons are available for youth and adults. Please see page 9 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
June 5 - July 17	M & W	5:45 - 6:30am	9287

*No class July 5.

Golf, Group Lessons

Fees and Location

- Riverwood, 725 Riverwood Drive
- \$100 per person
- 6 students max per class

To register call Tim Doppler at Riverwood Golf Course at 222-6462.

Beginners

This is an introduction to golf class where students will learn the basic fundamentals of the golf swing

Dates	Day	Time
June 5, 12, 19, 26	Mondays	6 - 7pm

Womens

Students will learn basic fundamentals, advanced short game techniques, scoring strategies, golf course training and etiquette

Dates	Day	Time
June 6, 13, 20, 27	Tuesdays	6 - 7pm

Couples

Students will learn basic fundamentals, advanced short game techniques, scoring strategies, golf course training and etiquette

Dates	Day	Time
June 7, 14, 21, 28	Wednesdays	6 - 7pm

Karate - Traditional Japanese Karate

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

Softball

Coed Summer Softball

Grab some of your friends and play coed summer softball through Bismarck Parks and Recreation District. Rosters and fees are due by May 12.

- USA Softball approved bats only. Players/teams bring their own bats.
- Umpires will be provided whenever possible.
- League information will be available at online or call 222-6455

Dates	Days	Time	Location
June 4 - July 23	Sun	6:30pm	Cottonwood, 2506 12th St. SE

Fees if paid by May 12

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

Fees received May 13 or later

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

Coed Fall Softball

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 18.

- This is an USA Softball 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 28 - October 9	M or W	6:30pm Early Games
August 28 - October 9	M or W	8:45pm Late Games

Fees if paid by August 18

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

Fees received August 19 or later

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

League Tournament

- Sunday, September 17

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 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.

Red Cross WSI (Water Safety Instructor Class)

For details on the Red Cross WSI course, please turn to page 14-15.

American Red Cross Lifeguarding Class

For details on the American Red Cross Lifeguarding Class, please turn to page 14-15

Tennis

Beginner Adults

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

Fees and Location

- \$48 one day a week, 1.5 hour each session
- \$64 two days a week, 1 hour each session
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street (evenings)
- Sertoma Park Tennis Complex, 300 Riverside Park Road (mornings)

Dates	Day	Time	Code
June 5 - 29	T	7 - 8:30pm	9482
July 10 - August 3	T	7 - 8:30pm	9488
June 5 - 29	M & W	10 - 11am	9480
July 10 - August 3	M & W	10 - 11am	9486
June 5 - 29	T & Th	10 - 11am	9481
July 10 - August 3	T & Th	10 - 11am	9487

Intermediate Adults

This class is for players with some tennis 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

- \$48
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
June 5 - 29	M	5:30 - 7pm	9483
July 10 - August 3	M	5:30 - 7pm	9489
June 5 - 29	T	5:30 - 7pm	9484
July 10 - August 3	T	5:30 - 7pm	9490

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

- \$48
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
June 5 - 29	Th	5:30 - 7pm	9479
July 10 - August 3	Th	5:30 - 7pm	9485

BMTA Adult Leagues

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

Dates and Fees

- May 3- - August 14
- BMTA Membership - \$20; First League Registration - \$25; Each additional League - \$15; Sub List Only - \$10

Level

Advanced 4.0 & Up	Monday pm
Intermediate 3.0 - 4.0	Tuesday pm
Intermediate Doubles 3.0 - 4.0	Wednesday pm
Advanced Doubles 4.0 & up	Wednesday pm
Beginner Doubles up to 3.0	Wednesday pm
Advanced Beginner up to 3.0	Thursday pm
Progressive Doubles 3.0	Tuesday pm
Progressive Doubles 3.0 - 4.0	Thursday pm

Day

USTA Adult League Tennis

Competitive team match play for men and women 19 years of age or older. Players compete in various leagues based on the National Tennis Rating Program so participants are competing against players of equal skills and ability. Teams have the opportunity to move on to Regionals and Nationals if they win their local league.

Dates and Location

- April - August (teams and captains set match dates and schedule)
- 5 - 8 matches depending on the number of teams per league
- Located at Capital Racquet & Fitness Center, 3200 N 10th St. or outdoor tennis complexes

Fees

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

Registration

- Call Rod Morasch at 221-6855 for more information.

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 online for those who are interested in open public outdoor court time.

Summer Tennis Tournaments and Capital Racquet & Fitness Center Special Events

Summer Leagues • May 30 - August 14
 Jackie Dockter Memorial Tournament (BMTA) • June 8-11
 Mandan Open • July 15-16
 Bismarck Open • August 3-6
 Sertoma Scramble • September 9

Volleyball

Adult Sand Leagues

Registration

- April 19 and 20, 7:30 - 5pm
- Bismarck Parks and Recreation District Office, 400 East Front Ave.
- TEAMS ACCEPTED ON A FIRST-COME FIRST-SERVE BASIS

Dates, Times and Location

- May 21 - August (10 week season)
- 6pm start time for most locations with matches scheduled every 45-50 minutes. Latest start time is 8:15pm.
- Local Sand Volleyball Courts

6 Person - Recreation & Competitive

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

4 Person - Competitive

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

* All leagues start at 6pm.

Fees

- \$85/Sponsor Fee
- All teams will receive a team beverage permit with their schedule
- \$40/player - if received on or before Thursday, April 20.
- All rostered players must pay a fee.
- Late fees may apply if payment is received April 21 or later.
 - 4 - person leagues must pay for 5 players
 - 6 - person leagues must pay for 7 players

Roster Deadline

The deadline is April 20. Roster forms are available at the Bismarck Parks and Recreation District Office and must be returned on April 19 or 20 with the proper fees. All teams must have seven players per roster, except Men's, Women's, and Coed 4-Person leagues, which must have five players.

Adult Fall & Winter Leagues

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

Registration

- TBA
- Bismarck Parks and Recreation District

Dates

- Two 11-week seasons
- Fall: September 11 - November 30
- Winter: January 8 - March 22

Days

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

Fees

- More information available in the Fall Activity Guide.

[BSC AQUATIC & WELLNESS CENTER]

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

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



Hours - Now - May 31, 2017

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

Hours - June 1, 2017 - August 31, 2017

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

Pool Hours

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

Fees

- For complete membership fees, refer to page 22
- 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 Zumba
- Barre
- Butts & Guts
- Cardio Dance
- Cardio Kickboxing
- Cycling
- Deep Water Aerobics
- Les Mills BODYATTACK®
- Pilates
- Six Pack Abs
- Tabata
- Water Works
- Yoga
- Personal Training, refer to page 23

Birthday Parties

The BSC Aquatic & Wellness Center offers birthday parties. See page 23 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/Hot tub, 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- May 31, 2017

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

Hours - June 1, 2017 - August 31, 2017

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

Fitness Classes held at CRFC

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

- Cardio Kickboxing
- Cardio Tennis
- Cycling
- Kettlebells
- Les Mills BODYPUMP®
- Pilates
- S³ Fusion
- PiYo®
- Step Aerobics
- Tabata
- Trim - N - Tone
- Yoga
- Zumba®
- Personal Training, refer to page 23

Fees

- For complete membership fees, refer to page 22
- Locker Rental (6 mo.) - \$50; (1 year) - \$75
- Please call for daily or extended use rental fees.

Kid Zone - Child Care

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

- Now - April 27, 2017 (Limited dates in May)
 - 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 23 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/hot tub 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
Coupon Books	Members	Non-Members
Tennis Coupon Book (12 - 1.5 hour passes)	\$50	\$96
Summer Tennis Coupon Book (Valid Memorial Day - Labor Day)	\$25	\$48

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

Private Tennis Lessons

The following lessons are available throughout the week.
Call 221-6855 to set up lessons with one of our certified tennis instructors.

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

Court Reservation Policy

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

MEMBERSHIP SPECIALS!

Summer Student - \$60*

Back home from college and want to stay in shape - without having to sign up for a lengthy membership? Then take advantage of this **Summer Student Membership valid May 12 - August 31**. Silver membership valid at both Capital Racquet & Fitness Center and BSC Aquatic & Wellness Center.

- Taxes will be added at the time of purchase.

TENNIS COURT TIME SPECIALS!

50% Off Individual Tennis Rates

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

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 nutrition program. A certified personal trainer will conduct the test and answer questions on how to enhance your overall health and improve your results.

Fees

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

Fitness Assessment

This session evaluates your current fitness level to identify your training needs. It is customized for you and may include measuring of cardio-respiratory endurance, muscular strength and endurance, and flexibility.

Fees

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

Body Composition + Fitness Assessment

Fees

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

Youth & Adult Fitness Programs

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

- Fit & Trim Bootcamp - page 18
- Sports Conditioning - page 11
- Toddler Splash Days - page 14
- Toddler Splash Training - page 14

Birthday Parties

BSC Aquatic & Wellness Center

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

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

Parties offered in Puklich Chevrolet community room 1:

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

Parties offered in Puklich Chevrolet community room 2:

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

Fees:

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

Capital Racquet & Fitness Center

3200 North 10th Street • 221-6855

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

Tennis Party Perks at CRFC

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

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



Camping, General Sibley Park

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

General Sibley Campground will begin accepting campsite reservations beginning Monday, April 3. Reservations can be made online, in-person, or by phone. The campground will be open Friday, May 5 through Monday, October 9. The day-park is available year-round during daylight hours. Parking is permitted outside of the park gates.

Office Hours

- Monday, April 3 from 8:00am-4:00pm
- Tuesday, April 4 – Friday, April 28 from 12:00-2:00pm
- Memorial Weekend to Labor Day weekend 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)



Fifty and Fabulous

General Sibley Park and Campground turns 50 years young on Memorial Day weekend 2017. A variety of special events are being planned, and you're ALL invited. We're talking music, food, games, scavenger hunts and more. Watch for details later this spring, and come to our big birthday bash!

Burleigh County Parks

Primitive camping is available at;

- Steckel Boat Landing, 292nd Avenue NW; off 1804
- Kimball Bottom Recreational Area, 10601 Desert Road
- Kniefel Boat Landing, 5716 Misty Waters Drive

Sites are non-reservable, available on a first-come, first-served basis

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

Hours

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

Rules

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

Eagles Park

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

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

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

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



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

- \$12.50/30 minutes; \$6.50/15 minutes
- Batting Cage coupon book: 12 coupons for 30 mins each, \$125 or 12 coupons for 15 mins each, \$62.50

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.

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 - \$190/hour
- Over four hours - \$160/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 summer with art. Check out the complete list of summer class offerings online.



Capital Ice Complex/Schaumburg Arena and Wachter Arena

221 Reno Avenue • 221-6813

The Capital Ice Complex is east of Wachter Park and the Wachter Aquatic Center, more commonly called the wave pool. The Capital Ice Complex is home to Schaumburg Arena and Wachter Arena. The complex is currently under construction. Upgrades and improvements are being made in Schaumburg Arena, and the Wachter Arena is a new sheet of ice. In addition to the new ice, the complex will have a new entrance and lobby, mezzanine, ticketing area, concessions, restrooms, dryland conditioning space, locker rooms, offices and storage. It is scheduled to be completed in the fall of 2017. Additional improvements to the site include a new parking lot, and a new playground and picnic shelter at Wachter Park.

Due to construction, dry floor rentals will be unavailable.

Capital Ice Complex

New opportunities for kids and families are on the way! The Capital Ice Complex is currently under construction. The Capital Ice Complex exists of upgrades to the existing Schaumburg Arena, and the building of the all new Wachter Arena. A new sheet of ice, lobby, mezzanine, dryland conditioning space, locker rooms, offices and storage is scheduled to be completed in the fall of 2017.

Thank you to a supportive and generous community for their contribution of \$3.7 million to make this project happen. Donations are still being accepted. Call Bismarck Parks and Recreation District at 222-6455 for more details on how to be a part of this Building on Tradition campaign.



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.

Rentals

- Ice Rentals: \$75/hour (limited availability), for reservations call Mike at 221-6814
- Dry Floor: Due to ice system replacement and rink upgrades, dry floor rentals will be unavailable.

World War Memorial Building

215 North 6th Street • 222-6454

Facility Features

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

Hours Now - April 9

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

Hours April 10 - June 2

- Monday - Thursday: 10am - 9pm
- Friday: 10am - 6pm
- Saturday & Sunday: Closed
- May 29: Closed

Hours June 5 - September 4

- Monday & Wednesday: 10am - 6pm
- Tuesday & Thursday: Noon - 6pm
- Friday: 10am - 5pm
- Saturday & Sunday: Closed
- September 4: Closed

Birthday Party Special

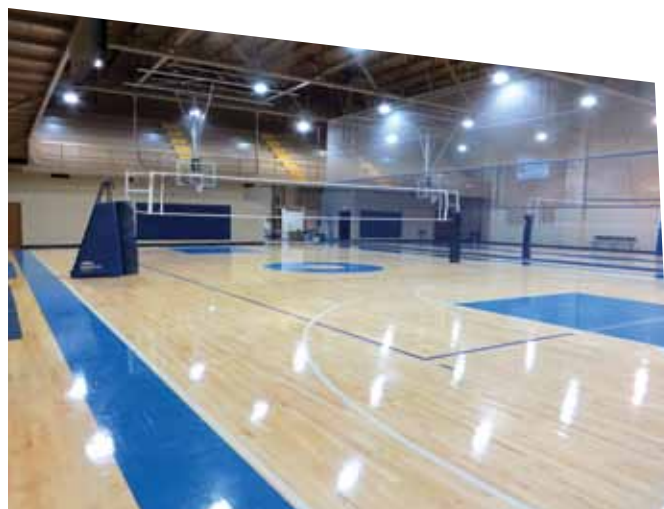
WWMB offers a balcony room with access to the indoor gym. The room include tables and chairs with plenty of space for food and gifts.

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.



Golf Courses

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

Pebble Creek

2525 North 19th Street • 223-3600

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

Riverwood

725 Riverwood Drive • 222-6462 or 250-7677

- 18-hole, par 72
- Driving range and putting green, chipping and pitching practice area
- Riverwood is a heavily forested, championship golf course and offers 5 sets of tees for all ability levels.

Tom O'Leary

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

- 18-hole, par 69
- Mini-Links, a 3-hole golf course for junior players 17 and under.

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

Golf Courses Information

Hours

- Opening Date through April 30: 9am - 9pm
- May 1 - 31: 8am - 9pm
- 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

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

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

Riverwood and Pebble Creek Driving Range Prices

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

Bucket of Balls Coupon Books (12 coupons/booklet)

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

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

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

Green Fees (Includes tax) Pebble Creek

Pebble Creek Golf Course operates from green fees only.

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

Golf Cart Rental

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

Season Passes Tom O'Leary or Riverwood

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

Season Passes Tom O'Leary and Riverwood

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

Green Fee Packages

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

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

Golf Lessons

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

- Tim Doppler, 701-226-5641.

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. There are Community Gardens located just west of the Municipal Ballpark (south of Memorial Highway and east of Hannifin Street). A second location is in Tatley-Eagles Park on Airport Road and Michigan Avenue. A third location is in Johnny Gisi Memorial Park, 2601 E. Calgary Ave. Bismarck Parks and Recreation provides the land use and the water. Interested individuals and families put in their garden, keep it weed free and enjoy the harvest. There is a fee to rent the plot. Interested individuals should contact volunteer coordinator Steve Neu at bismarckgardens@gmail.com 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, 1601 E. Boulevard. There's also a 24-hole disc golf course within General Sibley Park located on South Washington Street. For league and tournament information visit discgolfnd.pbworks.com.

Dog Park - Century Bark Park

700 E. Century Avenue
Please park in the parking lot west of Century High School to enjoy the 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.

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

Imagination Playground

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

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

McDowell Dam Recreation Area

1951 93rd Street Northeast • 223-7016

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

Hours

Park Hours year round are: Sunrise to sunset

Equipment Rentals

Hours: Memorial Day to Labor Day open

Paddleboats: \$8/hour

Canoes: \$8/hour

Kayak: \$8/hour

Shelter Reservations

Call 222-6455

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

Skate Parks

Skateboard, bike, and rollerblade enthusiasts will enjoy Bismarck's two outdoor skate parks. The parks are located at Lions Park, 1601 E. Boulevard and Sons of Norway Park, 1502 E. Bismarck Expressway.

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 3,332 acres of public park land. These park facilities and sites appear on the inside foldout. Our parks are open year-round; however, some facilities are operated on a seasonal basis.

Park Hours

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

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 park district has many parks with picnic shelters. Some parks have smaller shade structures. A majority of shelters can be reserved. These shelters have picnic tables, concrete floors and provide restroom facilities nearby. Shelters are equipped with electricity, a picnic grill and have volleyball courts and horseshoe pits close by. Picnic shelters/buildings may be reserved for 2017 and 2018. Reservations for 2019 start on Oct. 2, 2017.

Shelter Reservations Fees

	Full Day	Half Day
Outdoor Shelters	\$30	\$20
– Half Day (8am – 3pm OR 4pm – 11pm)*		
General Sibley Park Amphitheater,		
5001 S Washington St.	\$30	\$20
– For profit organization rentals	\$60	\$40
Custer Park Stage, 320 E. Custer Park St.	\$30	\$20
– For profit organization rentals	\$60	\$40
Sleepy Hollow, 2899 E. Divide Ave.	\$75	\$50

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

Indoor Shelters

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

	Full Day	Half Day
Jaycee Park Leadership Hall,		
321 East Century Ave.	\$100	\$75
– For profit organization rentals	\$200	\$150
Lions Park Community Center,		
1601 E. Boulevard.	\$100	n/a
– For profit organization rentals	\$200	n/a
Sertoma Club Community Center,		
300 Riverside Park Road	\$100	\$75
– For profit organization rentals	\$200	\$150
Hillside Aquatic Complex,		
1719 E. Boulevard Ave.	\$200	\$150
– For profit organization rentals	\$400	\$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.

Swimming Pools, Outdoor

June 5 - August

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

Daily Swim Fee

- \$3.50/session; \$5.00/session with Hillside Waterslide
- Infants 11 months and younger, Free

Season Patch (All Pools) (No online registration)

- \$75/person.
- \$100/person with Hillside Waterslide.
- **Patch must be sewn on suit.**
- Patches are for sale during regular swimming hours. Patches may also be purchased at the Park District Office prior to the opening of the pools.

Coupon Book for All Pools

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

Weekday Hours (Monday - Thursday)

- General Swim: 12 - 4pm
- Evening General Swim: 4:30 - 8pm
- Pools are closed daily from 4 - 4:30pm

Weekend Hours (Friday, Saturday & Sunday)

- General Swim, 12 - 7pm

Lap swim - Hillside only

- Monday - Friday: 11:30am - 12:30pm
- \$1 entrance fee

Private After Hours Rentals

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

Swimming Inclement Weather

Whenever inclement weather threatens participants, or lightning is spotted, the pools will close. If the air temperature is not 66 degrees by 11am, the pools will not open. If the pool closes during a session, you will receive a rain check. Rain checks must be used during the 2017 pool season.



Elks Aquatic Center

321 W. Broadway Ave

Party Room Rentals

Two party rooms are available during general swim and evening sessions. Fee includes 10 Elks Aquatic Center admissions (\$3.50 per additional person). Reservations can also be made at the facility or by calling 222-6419 (Hillside) or 222-6455.

Fee

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

Hillside Aquatic Complex

Located within Lions Park, 1719 E. Boulevard Ave.

Party Space Rentals

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

Fee

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

Lap swim

- Monday - Friday: 11:30am - 12:30pm
- \$1 entrance fee

Wachter Aquatic Complex

205 Reno Avenue. Reservations can be made by calling 222-6614 (Wachter) or 222-6455.



Trails, Recreational

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

The Bismarck Parks and Recreation District provides more than 75 miles of paved and unpaved recreational trails to the public, including:

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

Miles	Non-Paved Trails
1.5	Bill Mills Nature Trail
0.55	Chief Lookings Village Trail
1.02	East Sibley Nature Park
2.9	McDowell Dam Nature 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.



PARK AND
RECREATION MONTH



JULY CELEBRATION

July is National Recreation and Parks Month. Park districts across the country celebrate summer and gather people in the community together to get involved in parks and recreation.

In addition to July's regularly packed schedule of activities, plans are coming together for a fun packed schedule of July Celebration events for you.

Photo Contest
Kid's Self-Paced Triathlon
Family Pool Party
Pickleball Social

Free Group Fitness Classes
McDowell Dam Exploration Day
Tennis in the Parks Week
Rock the Deck

Watch for all details of time, place, the when's and where's on Bismarck Parks and Recreation District's website and Facebook. Let's Play!



BISMARCK PARKS AND
RECREATION DISTRICT
Est. 1927

Aquastorm, Swimming/Diving Club

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

For children interested in trying competitive swimming, the Aquastorm offers swim clinics during the months of April and September. The next swim clinic is scheduled April 3-27, 2017, with registration from 5:30 to 6:30 pm on March 29-30 at the BSC Aquatic Center. At the swim clinics, elementary school kids (kindergarten through grade 6) will experience the fun and excitement of competitive swimming. During practice, the coaches will work closely with the swimmers as they gain confidence in the water and work on proper stroke technique, starts and turns. At the conclusion of each swim clinic, the swimmers will compete in a fun meet. The cost of the clinic is \$50 per swimmer. K-3 swim on Monday & Wednesday & 4-6 on Tuesday & Thursday from 5:45-6:45pm.

Aquastorm begins their Long Course (summer) season on May 1st. 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.

Bicycle Motocross Racing (BMX)

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

Schedule and Sanctioning Body

- Normal races are held on Monday and Thursday evenings with registration at 6:00

to 6:45 pm. The racing season starts June, weather permitting, and will continue through the end of October. There are no obligations to be at every race. Join us at your convenience.

- USA BMX Canada, www.usabmx.com

Fees and Contact

- \$60 Sanctioning Fee for USA BMX Canada, that is good for a 12 month period at any USA BMX Canada track in the nation. There is also a Race Fee per class each night of racing.
- Jamy Mills 400-5909 or bismarckfastrax@gmail.com

Race Categories

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

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

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

Requirements

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

Bismarck Figure Skating Club

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

Anyone wishing to participate can visit www.bismarckfigureskatingclub.com.

Bismarck Gymnastics Academy (BGA)

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

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

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

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

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

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

Bismarck Hockey Boosters

The Bismarck Hockey Boosters Association provides quality youth ice hockey programming. Newcomers to ice hockey are invited to participate in the Intro to Hockey program, which takes place in October. The regular season is held from October to March. Registration begins in July. Summer programming and youth camps may also be available. 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 Men's & Women's Slowpitch Softball Association

For more information, visit www.bismarcksoftball.com

For more information visit www.bismarckwomenssoftball.com

Bismarck Public Library

Every year the Bismarck Public Library hosts a themed summer reading. The program is open to children from birth through Grade 5.

Detailed information will be available at the library and www.bismarcklibrary.org. Contact Traci at 355-1489 or tjuhala@cdln.info for more information.

Bismarck Youth Baseball

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

For the most up-to-date registration information, visit www.bismarckyouthbaseball.org.

Bismarck Youth Fastpitch Softball Association

The goal of BYFSA is to enable players to learn the game of fastpitch softball in a fun and stimulating environment. Primary focus is placed on developing the skills necessary to help players succeed and be the best softball players they can be. Our summer league season runs from May - July.

Summer League Season
BYFSA Summer Fastpitch Softball League is open to all girls ages 6-18. We offer 3 Divisions by age: 6-8yrs (8U), 9 & 10yrs (10U), 11yrs and older (11 UP). The age groups are determined by the player's age as of 12/31/2016. BYFSA will provide a team shirt and the player is responsible for their own grey pants. All registrations must be completed via our website www.bismarckfastpitch.com.

Registration is due by April 15, 2017.

*Any registration received after April 15, 2017 will be charged a \$25 late registration fee.

8U- Division (6-8 years old)
Focus is placed on learning and developing proper fastpitch technique. A tee is used for batting at the beginning of the season and will work into a modified coach pitch towards the end of the season. There will be one practice night and one game per week.

10U- Division (9-10 years old)
Focus is placed on learning and developing proper fastpitch technique. Fastpitch rules may be modified to aid player development. Players will pitch during games, alternating innings with a coach pitch. There will be at least one practice night per week and 2 games per week.

11up- Division (11-18 years old)
Focus is placed on applying proper fastpitch technique. ASA fastpitch rules apply and players will pitch every inning. There will be at least one practice night per week and 2 games per week.

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

Bismarck Youth Football League

The Bismarck Youth Football League (BYFL) is a local organization (located in Bismarck, ND) operated for the benefit of children entering the 3rd, 4th, 5th and 6th grade in the fall of the year who wish to participate in the game of tackle football. The BYFL consists of two football age divisions - 3rd-4th grade and 5th-6th grade with practices beginning in August. The BYFL would like to remind all Coaches, Parents and Players that the BYFL was formed to promote youth football in the Bismarck-Mandan area. The BYFL is intended to be, at both age divisions, 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, teamwork and have fun playing football. For more information please visit www.bismarckyouthfootball.com

Bismarck-Mandan Lacrosse

Lacrosse continues to grow in Bismarck and Mandan! Be part of the fastest growing sport on two feet! Spring 2017 was a fun and successful second year of traveling league play. Traveling is not required to participate.

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 4th to 12th grade. Boys lacrosse is a contact sport. All hockey gear can be used initially. Our girl's program is coming along.

Players are taught the game's traditions,

values, sportsmanship, and skills/rules. Lacrosse exists in Fargo, Grand Forks, SD, MT, WY, and MN. Adults are needed to officiate, coach, and behind the scenes to continue to grow lacrosse and the association.

See our website www.bismanlacrosse.org and Facebook for information and details about our Spring 2018 season and any Summer 2017 events. 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.

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, call (701) 223-9542 or visit 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 Capital Curling club will be hosting the 29th Annual Summerspiel July 20-23, 2017. It is open to 48 teams and features a three game guarantee on professional ice.

Winter leagues are forming for the upcoming curling season. Registration opens the first Thursday in October and is available for all ages and levels of experience.

For more information on learn-to-curl events, winter leagues or Kid Curl visit www.capitalcurlingclub.org.

Central Dakota Cyclists

Central Dakota Cyclists (CDC) is a bicycling advocacy group based in Bismarck/Mandan that seeks to:

- Advocate for laws that promote safe bicycling.
- Promote safe bicycling among its members and the general public.
- Promote and advance the rights and interests of bicyclists.
- Support and engage in the development and advancement of educational programs that support the Mission of the Central Dakota Cyclists.
- Promote and advance recreational cycling in its various forms and skill levels.
- Promote and advance community activities that support bicycling.
- Advance use of the bicycle as a positive means of transportation.

For more information, go to www.centraldakotacyclists.com

Cub Scouts & Boy Scouts

The Cub Scouting program (grades K-5) is designed to meet the needs of young boys & their parent(s), offering fun & challenging experiences that boys & their parent(s) do together. Youth are looking for fun (camping, hiking, racing, fishing & swimming) and Scouting provides values, a variety of learning experiences, chance to build friendships/self-confidence & learn social skills.

The Boy Scouting program (grades 5-12) fosters, self-esteem, sense of value/ belonging/accountability & teamwork. Boys learn through the experiences of camping, hiking, building projects & community service and Scouting prepares them mentally, physically, socially & spiritually for the challenges they face throughout their lives.

To learn more about joining Scouts contact the Scout Office at 701-223-7204.

Dakota Junior Golf Association

Founded in 1988, the Dakota Junior Golf Association was developed by a group of golfers wanting to provide for and promote junior golf activities in the Bismarck-Mandan area. The mission of this organization is:

1. To teach the sport of golf to youth under the age of eighteen by holding clinics and instructional classes conducted by qualified instructors.
2. To provide or enhance the opportunity for participation in competitive golf activities by junior golfers, including organizing and conducting junior golf camps and tournaments.
3. To encourage the development of a lifelong recreational activity, emphasizing good sportsmanship, self-discipline and an enjoyable experience.
4. To educate the adult golfing community on the importance of junior golf in furthering the future of golf in the region.
5. To afford the youth the opportunity to give back to their community through participation in Junior Tours.
6. To enrich the lives of youth using golf as a vehicle.

For more information, go to www.djga.org.

Dakota United Soccer Club

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

Dakota West Arts Council Offers - Arts in the Parks

Dakota West Arts Council (DWAC) is a 501(c)(3) non-profit organization that leads, advocates and advances arts and culture in North Dakota's Capital City. Our partnership with Bismarck Parks and Recreation offers you summer events that are free and give you an opportunity to do what you like best in the summertime – get outside. For more information on our events, please go to artscapital.org or like our Dakota West Arts Council Facebook page.

Dakota Zoo

Several special events including Breakfast at the Zoo, Children's Day, Family Zoo Snooze Campover, and much more. For more information, call 223-7543 or check the website, www.dakotazoo.org

Summer Hours - 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.

Great Plains Track & Field Club

Great Plains Track Club invites you to join. The Great Plains Track Club's season begins Tuesday, May 30, 2017.

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

Horseshoe Pitchers Association

The Bismarck-Mandan Horseshoe Pitchers Association would like to invite all individuals interested in pitching horseshoes to come out and join our sanction leagues located at the Wildwoods Horseshoe Complex in Sertoma Park near shelter 10. For more information please visit 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:

- June 9-11 BAM Fun Fly - Hoge Island
- July 21-23 CNMA- Fun Fly - McDowell Dam
- Aug. 18-20 ArtMay Fun Fly - McDowell Dam

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

Nishu Bowmen Archery Club

This facility is located at the existing outdoor range in south Bismarck next to the Riverwood Golf Course and is maintained by the Nishu Bowmen Club. The outdoor range features two 14-target NFAA ranges used to host NDBA state field tournaments. Along with both North and South ranges, there is another practice range which allows shooting from ranges of 10-70 yards. The indoor archery complex has a lower level range capable of shooting just beyond 30 yards and an upper-level 20-yard target range. Nishu offers a variety indoor and outdoor leagues for both the competitive and non-competitive archers from youth to adults. Archery instructional classes are held throughout the year along. Nishu Bowmen has affiliations with the NDBA and the NFAA.

For more information, contact Curt Pearson at 390-3756 or visit www.nishubowmen.com or find us on Facebook.

North Dakota Game & Fish Department

For more information, visit www.gf.nd.gov

The following activities are located at the Outdoor Wildlife Learning Site located next to the North Dakota Game and Fish Department headquarters office at 100 N. Bismarck Expressway, on the corner of Expressway and Main, immediately east of the state penitentiary.

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

Family Fishing Days: June - August on the OWLS pond on Wednesdays and Saturdays from 10 a.m. - 2 p.m. (except for holidays). Volunteers are present to check fishing rods out to the public, provide basic fishing instruction to beginners, and bait is provided to kids free of charge. Residents of any age do not need a fishing license when Family Fishing Days are open.

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

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

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

Races and Walks

Sanford Health Great American Bike Race	Apr 8
UTTC Thunderbird Spring Run	Apr 15
4th annual Run 4 Change	Apr 22
Race for Parkinsons.....	Apr 29
Walk to Cure Arthritis.....	May 6
March for Babies	May 6
Walk to Defeat ALS.....	May 6
Fort Abraham Lincoln State Park Mother's Day Hike.....	May 14
Color Splash Fun Dash.....	May 13
Walk MS: Sanford Health	May 20
Fort Abraham Lincoln State Park Never Forgotten Memorial Hike	May 28
Insane Inflatable 5K.....	Jun 3
Relay for life	Jun 3
Fort Abraham Lincoln State Park Trail Race (15K and 5K walk/run)	Jun 3
Cystic Fibrosis Foundation	Jun 10
Relentless Against Blood Cancer 5K	Jun 10
Dirt Kicker Charity Run.....	Jun 11
Fort Abraham Lincoln State Park Father's Day Hike.....	Jun 18
Mandan rodeo days Road Race.....	Jul 4
Otter Creek 55 at Harmon Lake	Jul 15
Fort Abraham Lincoln State Park I Scream For Ice Cream Hike.....	Jul 16
Custer's Color Charge 5K	Jul 23
St Gabriel's Duathlon	Aug 5
Fort Abraham Lincoln State Park Dog Days of Summer Hike	Aug 6
Bismarck Heart Walk.....	Aug 12
Kybiru Adventure Triathlon.....	Aug 19
Fort Abraham Lincoln State Park Night Time Glow Hike	Aug 26
BNSF Kid's Mini Marathon	Sep 15
Kroll's Diner Bismarck Marathon	Sep 16
CDHS Shaggy Shuffle	Sep 17
Fort Abraham Lincoln State Park Fall Colors Hike.....	Sep 17
Fort Abraham Lincoln State Park Little Monsters Hike.....	Oct 22
Fort Abraham Lincoln State Park Blaze Orange Hike.....	Nov 5
Cystic Fibrosis Association Turkey Trot.....	Nov 24
Fort Abraham Lincoln State Park Light the Blockhouse Hike.....	Dec 10

Riverwood Men's & Women's Golf

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

The Riverwood Women's Golf Association has a morning and twilight league. Membership applications and/or additional information is available at the Riverwood Pro-Shop or find our public group page on Facebook.

42nd Annual Sam McQuade Sr., Charity Softball Tournament

The USA's Largest non-profit, one weekend slowpitch softball tournament brings together players, families and fans from all over the country.

Date, Location and Deadline

- June 23-25
- Bismarck-Mandan Softball Complexes

For more information email mcquadesoftball@yahoo.com or visit www.mcquades.com

Sleepy Hollow Theatre & Arts Park

The 28th season of SHTAP features new and enhanced programming for people of all ages! The attractive outdoor setting features three stages, two special event sites, 32' steel light towers and a 100 x 60' stage with an orchestra pit. Full scale productions feature professional lights, sound, set, costumes and showcase talented young people under the quality direction of professional directors. SHTAP is proud to serve central and western North Dakota and attracts over 10,000 people annually. In 2011 SHTAP received the North Dakota Governor's Award for the Arts in recognition of its impact in the arts and humanities for people of all ages.

2017 Programming: Register and pay on-line at www.shtap.org

- Educational Classes in the Arts: June 5-23
- Bright Stars: NEW this year for special needs children: June 5-16
- Elementary School Theatre Camp: June 12-23

- Middle School Theatre Camp: June 5-29
- Rising Stars: Pre-performance entrainment for ALADDIN
- Improv Troupe: June 5-30
- Lighting Workshop: June 12-24
- SHTAP Band Camp: June 12-24

Outdoor Broadway-style productions at Sleepy Hollow Arts Park. New Third Show! Ticket information at www.shtap.org
Reserved and open seating available. Rental chairs \$1 or bring lawn chairs

- ALADDIN: July 5-9, 11-15
- HAIRSPRAY: July 19-23, 25-29
- LITTLE SHOP OF HORRORS: August 2-5

Outdoor Weddings/Special events at Sleepy Hollow: call 701-319-0895
Visit www.shtap.org

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

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.

Summer Employment Opportunities

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

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

Register for a Bismarck Parks and Recreation District Program!

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

Online www.bisparks.org

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

Walk-In or Mail-In

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

After Hours Drop Box

400 East Front Avenue
Bismarck, ND 58504

Refund Policy

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

To complete the registration form below:

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



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

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

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

Participant or Parent/Guardian Signature _____ Date _____

Activity	Code #	Fee	Cash/Check # /Credit Card	
Participant's Name (First, Last)	Gender	Participant's D.O.B	Age	Grade (2017-18)
Address		City, State, Zip		
Phone (H)	Phone (W)	Other Phone	E-Mail Address	
Contact (First, Last)	Relationship		Phone (H)	Other Phone
Does Participant have any special limitations				

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

April

Sanford Health Great American Bike Race	8
UTTC Thunderbird Spring Run	15
4th annual Run 4 Change	22
Race for Parkinsons	29
Keep Bismarck Beautiful.....	29

May

Walk to Cure Arthritis	6
March for Babies	6
Walk to Defeat ALS.....	6
Student Membership Special BSC AWC & CRFC, see page 22.....	12-Aug. 31
USTA Rally the Family - Tennis Event, see page 17	13
Color Splash Fun Dash.....	13
Fort Abraham Lincoln State Park Mother's Day Hike.....	14
5th Grade Elementary Track Meet, see page 17	17
Walk MS: Sanford Health	20
General Sibley Park and Campground 50th Celebration, see page 24.....	27-29
Fort Abraham Lincoln State Park Never Forgotten Memorial Hike	28

June

Free Junior Golf, see page 10	All Month
Insane Inflatable 5K.....	3
Relay for life	3
Fort Abraham Lincoln State Park Trail Race (15K and 5K walk/run).....	3
Red Cross Lifeguarding Class, see page 14-15	2-4
Water Safety Instructor Class, see page 14-15	5-8
Outdoor Pools Open, see page 30.....	5
Jackie Dockter Memorial Tournament (BMTA)	8-11
Fun Fly, see page 35	9-11
Cystic Fibrosis Foundation	10
Relentless Against Blood Cancer 5K	10
Dirt Kicker Charity Run.....	11
Indoor Swim Lessons Registration, see page 13.....	12
Fort Abraham Lincoln State Park Father's Day Hike.....	18

Outdoor Swim Lessons Registration, see page 15	19-30
Sam McQuade Sr. Charity Softball Tournament, see page 36.....	23-25

July

Free Junior Golf, see page 10	All Month
July Celebration, see page 31.....	All Month
Indoor Swim Lessons Registration, see page 13	3
Mandan rodeo days Road Race	4
Outdoor Swim Lessons Registration, see page 15	10-21
Otter Creek 55 at Harmon Lake	15
Fort Abraham Lincoln State Park I Scream For Ice Cream Hike	16
Tennis in the Parks Week, see page 17	17-23
Curling Summerspiel, see page 34	20-23
Fun Fly, see page 35	21-23
Custer's Color Charge 5K	23
Indoor Swim Lessons Registration, see page 13	24
Outdoor Swim Lessons Registration, see page 15	31-Aug 11

August

Free Junior Golf, see page 10	All Month
St Gabriel's Duathlon	5
Fort Abraham Lincoln State Park Dog Days of Summer Hike	6
Bismarck Heart Walk.....	12
Fun Fly, see page 35	18-20
Kybiru Adventure Triathlon.....	19
Fort Abraham Lincoln State Park Night Time Glow Hike	26

September

BNSF Kid's Mini Marathon	15
Kroll's Diner Bismarck Marathon	16
CDHS Shaggy Shuffle	17
Fort Abraham Lincoln State Park Fall Colors Hike	17
Coed Fall Softball League Tournament, see page 18	18

2017 Fall Activity Schedule is mailed in August, which includes:

- adaptive programs • basketball • B.L.A.S.T. • cross country meets • fencing • hockey • karate
- open gym • racquetball • skating tennis • volleyball • and much more!



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

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Let's
Play!

