

# 2017 JULY CELEBRATION

# GET YOUR PLAY ON

PARK AND RECREATION MONTH

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   | Sunday  |
|---|--|--|---|---|--|---|
| <p><b>Celebrating National Parks and Recreation Month</b></p> <p><i>See event details on back.</i></p>                                  |  |  <p><b>BISMARCK PARKS AND RECREATION DISTRICT</b><br/>Est. 1927</p> <p><a href="http://www.bisparks.org">www.bisparks.org</a></p> <p><i>Let's Play!</i></p> |   |   | <p><b>1</b><br/>BisMarket<br/>10am - 1pm<br/>Kiwanis Park</p> <p>Y93 Pool Party<br/>7:15 - 9:15pm<br/>Hillside Aquatic Complex</p> <p>Free Yoga Classes<br/>Every Saturday<br/>through August 26<br/>9:45 - 11am<br/>Custer Park</p> | <p><b>2</b><br/>Photo Contest<br/>July 2 - 29<br/>Enter and you could win a prize package from Bismarck Parks and Recreation.</p> |
| <p><b>3</b><br/>Explore the educational Chief Lookings Village Trail today.</p>   | <p><b>4</b></p>  <p><b>Happy Birthday America!</b></p> <p>Listen to the symphony on the capitol grounds.</p> | <p><b>5</b><br/>Kid's Summer Stage<br/>Every Wednesday through August 9<br/>Noon - 1pm<br/>Custer Park</p> <p>Sleepy Hollow Summer Theater<br/>July 5-29<br/>8pm</p>   | <p><b>6</b><br/>Free Junior Golf<br/>Tuesdays &amp; Thursdays through August<br/>7:30 - 11am<br/>Riverwood, Pebble Creek, and Tom O'Leary</p> | <p><b>7</b><br/>FREE Indoor Ice Skating<br/>12 - 1pm<br/>VFW Sports Center Rink 2</p>   | <p><b>8</b><br/>Free Group Fitness Classes<br/>July 8 - 15<br/>Capital Racquet &amp; Fitness Center or the BSC Aquatic &amp; Wellness Center</p>   | <p><b>9</b><br/>Walk from Pioneer Park to Sertoma Park and enjoy the series of five eagle sculptures.</p>                         |
| <p><b>10</b><br/>Ever played sand volleyball? Go try it today at one of the many courts.</p>  | <p><b>11</b><br/>Disc in the Dark<br/>9:30pm<br/>General Sibley Park and Campground</p>  | <p><b>12</b><br/>Community Pool Party<br/>4:30 - 8pm<br/>Elks Aquatic Center</p> <p>Pickleball Social<br/>9 - 11am<br/>North Central Tennis Courts</p>   | <p><b>13</b><br/>Urban Harvest<br/>Every Thursday through August 17<br/>11am - 2pm and 5 - 9pm<br/>Downtown Bismarck</p>                      | <p><b>14</b><br/>Gateway to Science Family Rocket Day<br/>5:30-7:30 pm<br/>High Prairie Arts &amp; Science Complex</p> <p>15 Year Old Babe Ruth State Tournament<br/>July 14 - 18<br/>Bismarck Municipal Ballpark</p> | <p><b>15</b><br/>BPRD Geocache Challenge<br/>Find all of them (in a week, in two months, six months, whenever) in Bismarck's park and trail system, the caches are here to stay.</p>   | <p><b>16</b><br/>23rd Annual Theo Art School Garden Walk<br/>10am - 3pm</p>   |
| <p><b>17</b><br/>Tennis in the Parks Week<br/>July 17 - 23<br/>Surprises at all Bismarck Park's outdoor tennis facilities all week.</p> | <p><b>18</b><br/>Take your pup to the Dog Park at 700 E. Century Avenue for FREE tennis balls (while supplies last).</p>   | <p><b>19</b><br/>Family Day Riverwalk<br/>10am - 8pm<br/>Sertoma Park</p>  | <p><b>20</b><br/>Rock the Deck<br/>4:30 - 8pm<br/>Hillside Aquatic Complex</p>  | <p><b>21</b><br/>Have you tried disc golf? Free, fun and fabulous at two courses at Lions Park and General Sibley Park and Campground</p>   | <p><b>22</b><br/>FREE Tent Camping at General Sibley Park and Campground</p>   | <p><b>23</b><br/>Free PiYo Fitness Class<br/>8:30 - 9:30am<br/>Pioneer Park Overlook, near Sonali's Garden</p>                    |
| <p><b>24</b><br/>Get active at one of our 50 playgrounds.</p> <p><b>31</b></p>  | <p><b>25</b><br/>FREE Fitness Facility Admission<br/>5:30am - 8pm<br/>BSC Aquatic &amp; Wellness Center<br/>5:30am - 9pm<br/>Capital Racquet &amp; Fitness Center</p>                          | <p><b>26</b><br/>FREE Swimming at all outdoor pools<br/>• Noon - 1:45pm and 2:15 - 4pm<br/>• 4:30 - 5:45pm and 6:15 - 8pm<br/>Hillside, Elks and Wachter</p>   | <p><b>27</b><br/>McDowell Dam Recreation Area Fun Day<br/>1 - 9pm<br/>McDowell Dam Recreation Area</p>  | <p><b>28</b><br/>Movie in the Park<br/>Finding Dory<br/>Starts at sunset, approx. 9pm<br/>Lions Park</p>  | <p><b>29</b><br/>Family Fest at BisMarket<br/>10am - 1pm<br/>Kiwanis Park</p>  | <p><b>30</b><br/>Bike or hike one of our non-paved trails today.</p>  |

# July Celebration - Celebrating National Parks and Recreation Month

**Saturdays, 10am - 1pm • BisMarket  
Kiwanis Park, 318 S. Washington St.**

BisMarket is your neighborhood farmer's market. High quality, locally produced or made products, along with activities for children, entertainment and educational topics presented throughout the season. [www.bismarket.com](http://www.bismarket.com)

**Saturday, July 1 • Y93 Pool Party  
7:15 - 9:15pm**

**Hillside Aquatic Complex, 1719 E. Boulevard Ave.**

Kick off July with a splash and this 93 Degree Summer Kickoff Pool Party, sponsored by Y93, Bismarck-Mandan's #1 Hit Music Station. It's a Saturday night pool party! Regular pool admission rates apply, and you'll have music, prizes, giveaways and fun on the deck and in the water.

**Saturday, July 1 through August 26 • Free Yoga Classes  
9:45 - 11am**

**Custer Park, 320 E. Custer Park St.**

Wear comfy clothes, bring your own mat and a friend and enjoy free yoga - for all levels and abilities - each Saturday through Aug 26. In case of funky weather, the class will be held indoors at The Studios at CC's, 101 W. Broadway Ave.

**Sunday, July 2 - 29 • Photo Contest**

Send us your pictures of summer fun and you could win a prize package from Bismarck Parks and Recreation. Plus - your photo may just show up in one of our publications or online.

[www.bisparks.org/july-celebration-photo-contest](http://www.bisparks.org/july-celebration-photo-contest)

**Wednesday, July 5 through August 9**

**Kid's Summer Stage**

**Noon - 1pm**

**Custer Park, 320 E. Custer Park St.**

Kids of all ages love this free interactive hour of music and song. Bring a blanket or your own chair. Pack a lunch. A Dakota West Arts Council event showcasing local talent and kids!

**Wednesday, July 5 • Sleepy Hollow Summer Theater  
8pm**

**Disney's Aladdin Jr.: July 5 - 9 & 11 - 15**

**Hairspray: July 19 - 23 & 25 - 29**

**Little Shop of Horrors: Aug. 2 - 5**

**Sleepy Hollow Park, 2899 E. Divide Ave.**

It's a summer tradition! Mark your calendars and enjoy not one, not two, but three choices for your musical pleasure. An evening under the stars, watching the stars. [www.shst.org](http://www.shst.org)

**Tuesdays & Thursdays through August 31**

**Free Junior Golf**

**7:30 - 11am**

Juniors ages 18 and under must tee off from the forward tees on free junior golf mornings. Tuesdays only at Riverwood, 222-6462, and Pebble Creek, 223-3600. Thursdays only at Tom O'Leary, 222-6531. Call courses for tee time. [www.bisparks.org/free-junior-golf](http://www.bisparks.org/free-junior-golf)

**Friday, July 7 • Free Indoor Ice Skating  
12 - 1pm**

**VFW Sports Center Rink 2, 1200 N. Washington St.**

Slip on those ice skates during the summer and enjoy indoor skating. Next free date is August 4. Ice skate rental is not available.

**Saturday, July 8 - 15 • Free Group Fitness Classes**

At BSC Aquatic & Wellness Center, 1601 Canary Ave or the Capital Racquet & Fitness Center, 3200 N. 10th St.. Try a class on land or in the water. Stretch, lift or move. You choose any class at either facility - and bring a friend - for FREE. [www.bisparks.org/group-fitness-classes](http://www.bisparks.org/group-fitness-classes)

**Tuesday, July 11 • Disc in the Dark  
9:30pm**

**General Sibley Park and Campground,  
5001 S. Washington St.**

Enjoy a 9-hole glow course filled with colored lights and glowing baskets. Bring a glow-in-the-dark disc or add free LED lights to your disc (while supplies last). No registration needed.

**Wednesday, July 12 • Community Pool Party  
4:30 - 8pm**

**Elks Aquatic Center, 321 W. Broadway Ave.**

We invite families and friends to join the pool party. This evening swim will include music, prizes, and a departing treat. Regular admission rates apply.

**Wednesday, July 12 • Pickleball Social  
9 - 11am**

**North Central Tennis Courts, 830 Central Ave.**

Come join us and try the game of Pickleball! There will be on site guidance from our local players and you will get a chance to play as well! Snacks will be provided as well as more information on drop in play. For more information contact Capital Racquet & Fitness Center, 221-6855.

**Thursday, July 13 through August 17 • Urban Harvest  
11am - 2pm and 5 - 9pm**

Urban Harvest is open in Downtown Bismarck on the corner of 4th and Broadway every Thursday from July 13 through August 17. The market includes vendors selling fresh produce, arts and crafts and ready-to-eat foods. Urban Harvest also includes entertainment.

**Friday, July 14 • Gateway to Science Family Rocket Day  
5:30-7:30 pm**

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

Free Family Event. Check out hands-on discovery stations all about rocketry! Build and launch a variety of rockets. Engine-propelled rockets will be available for purchase (we'll help you build them!) Children under 16 years old must be accompanied by an adult. [www.highprairiecomplex.com/gateway](http://www.highprairiecomplex.com/gateway)

**Friday, July 14 - 18**

**15 Year Old Babe Ruth State Tournament**

**Bismarck Municipal Ballpark, 303 W. Front Ave.**

Baseball: America's favorite summer pastime. Check [www.bisparks.org](http://www.bisparks.org) for the game schedule for this state baseball tournament. Play ball!

**Saturday, July 15 • BPRD Geocache Challenge**

BPRD partnered with the ND Geocache Association to establish 12 geocaching sites in BPRD's system of trails and parks. It's like searching for treasure by using Global Positioning System (GPS) coordinates that are posted at [www.geocaching.com](http://www.geocaching.com). It's free. It's fun. Find all 12 and turn your passport in at the park district for a prize. Passports available online [www.bisparks.org](http://www.bisparks.org) or at the BPRD Administration office, 400 E. Front Ave.

**Sunday, July 16**

**23rd Annual Theo Art School Garden Walk**

**10am - 3pm**

See some beautiful gardens in Bismarck during the Garden Walk, a fundraising and eye popping annual event for Theo Art School.

Details at [www.theoartschool.org](http://www.theoartschool.org)

**Monday, July 17 - 23 • Tennis in the Parks Week**

Special surprises at all Bismarck Park's outdoor tennis facilities all week long. Sponsored by Capital Racquet & Fitness Center.

**Wednesday, July 19 • Family Day Riverwalk  
10am - 8pm**

**Sertoma Park, 300 Riverside Park Road**

A free outdoor event along Bismarck's beautiful Missouri River. Entertainment, food vendors, kids activities. Join in the festivities for families. More details at [facebook.com/FamilyDayRiverwalk](http://facebook.com/FamilyDayRiverwalk).

**Thursday, July 20 • Rock the Deck  
4:30 - 8pm**

**Hillside Aquatic Complex, 1719 E. Boulevard Ave.**

Rock the Deck is a pool party for middle school students. Come enjoy the pool on the night set aside just for incoming 6th, 7th, and 8th graders. Bring a pal to enjoy open swim, music from Cool 98.7, prizes, and a departing treat. Regular admission rates apply.

**Saturday, July 22 • Free Tent Camping**

**General Sibley Park and Campground,  
5001 S. Washington St.**

You'll enjoy camping, trails, playgrounds, picnic shelters, a disc golf course and river access. Please reserve your camping space by calling 222-1844 and give the code "campfire fury" to reserve your free tent site.

**Sunday, July 23 • Free PiYo Fitness Class**

**8:30 - 9:30am**

**Pioneer Park Overlook, near Sonali's Garden,  
2023 Burnt Boat Dr.**

PiYo combines the muscle-sculpting, core-firming benefits of pilates with the strength and flexibility of flowing yoga movements. Wear comfy clothes, bring your own mat and a friend to enjoy this free class offered from BSC Aquatic & Wellness Center.

**Tuesday, July 25 • Free Fitness Facilities Admission**

**5:30am - 8pm**

**BSC Aquatic & Wellness Center, 1601 Canary Ave**

**5:30am - 9pm**

**Capital Racquet & Fitness Center, 3200 N. 10th St.**

Check out both facilities for free today!

**Wednesday, July 26 •**

**FREE swimming at the outdoor pools**

**• Noon - 1:45pm and 2:15 - 4pm**

**• 4:30 - 5:45pm and 6:15 - 8pm**

Enjoy some swim time at Hillside Aquatic Complex (includes waterslide), Elks Aquatic Center and Wachter Aquatic Complex for FREE. [www.bisparks.org](http://www.bisparks.org)

**Thursday, July 27**

**McDowell Dam Recreation Area Fun Day**

**1 - 9pm**

**McDowell Dam Recreation Area, 1951 93rd St. NE**

Grab a sack lunch or supper and head to McDowell Dam Recreation Area, just four miles east and one mile north on Highway 10. There will be free use of paddleboats, paddleboards, canoes, kayaks and rowboat. Cool 98.7 will provide music from 4 - 7pm.

**Friday, July 28 • Movie in the Park: Finding Dory**

**Starts at sunset, approx. 9pm**

**Lions Park, 1601 E. Boulevard.**

Bring a lawn chair or a blanket and watch the stars on the big screen and in the sky during our Movies in the Park series. July's movie features "Finding Dory." Find your way to Lions Park and enjoy this Disney classic. Guests are welcome to bring non-alcoholic beverages and snacks to enjoy during the movie.

**Saturday, July 29 • Family Fest at BisMarket**

**10am - 1pm**

**Kiwanis Park, 318 S. Washington St.**

Family Fest is held in conjunction with BisMarket. Kids can enjoy free carnival games while parents enjoy the BisMarket vendors. Come play, eat and shop at this FREE event.



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

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