



NATIONAL GOLD MEDAL WINNER
BISMARCK PARKS AND
RECREATION DISTRICT
Est. 1927

www.bisparks.org



Winter

2018-19 ACTIVITY GUIDE

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



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

Telephone Directory

Baseball/Softball Diamonds

Clem Kelley Diamonds.....	224-0135
McQuade Diamonds	224-9907
Municipal Baseball Park	222-3089
Tatley Diamonds.....	222-6634

Facilities

BSC Aquatic & Wellness Center.....	751-4266
Capital Ice Complex.....	712-8918
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
Sertoma Tennis Courts	222-6730
VFW Sports Center.....	222-6588 or 221-6815
World War Memorial Building.....	222-6454

Frances Leach High Prairie Arts & Science Complex

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

Golf Courses

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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

- Brian Beattie, President
- Julie Jeske, Vice President
- Wayne Munson, Commissioner
- Mark Zimmerman, Commissioner
- Michael Gilbertson, 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, Facility Specialist
- Cindy Gums, Recreation Specialist
- Ethan Eberle, Recreation Specialist
- Brent Weber, Recreation Supervisor
- Katrina Hanenberg, Facility Specialist
- Lindsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Rod Morasch, Head Tennis Professional
- Dave Seefried, Facility Supervisor
- Cole Carroll, Facility Supervisor
- Dylan Thiem, Facility Specialist
- Brandon Wilkens, Facility Specialist
- Dan Sedevie, Operations Superintendent
- Mike Page, Golf Course Superintendent
- Brad Schulz, Golf Course Superintendent
- Mac Weigel, Golf Course Superintendent
- Maintenance and Operations Staff:
Rick Schuler, Tim Thiel, Kent Tardif, Brandon Ripplinger, David Page, Nathan Schneider, Michael Schaff, Pat Gilhooly

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, Pat Miller, Cory Lang, Ryan Savenko, Brad Volk, Joey LaFave, Mike Roth, Jace Carroll

Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner
- Bonnie Lahr, Office Coordinator

General Information

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.

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 31st year, the program has provided matching funds for 504 projects with total project costs of more than \$4.8 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.

BPRD Inclusion Statement

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

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Our Vision

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

Our Mission

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

Core Purpose

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

Our Values

Accountability	Diversity
Collaboration	Integrity
Community	Professionalism

Activ8

This program consists of structured water and non-water activities for kids 8-12 years of age. Activ8 is designed to increase children's physical activity, self-confidence and nurture long term fitness habits. Our goal is that every child finds their niche in physical activity. It doesn't matter if they are athletic or not, we want to inspire kids to MOVE and have FUN! **Children must be comfortable in the water.**



Date	Day	Time	Code
Feb. 4 - March 14	M	7-7:45pm (Land)	13222
	Th	7-7:45pm (Water)	

Age and Location

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

Fees and Registration

- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$60; Non-members: \$72
- To register visit www.bisparks.org or call BSC Aquatic & Wellness Center, 1601 Canary Avenue, at 751-4266

Adaptive Recreation

Meet it or Beat it Bowling

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

Dates	Days	Time	Fee
Now - May 20	M	4 - 6pm	\$3.50/game*

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

Archery, Indoor

Beginners

These archery lessons are for the beginning archer or those with very little shooting experience. The focus is on basics that will get students safely shooting and get a general feel for archery. The classes cover the fundamentals of shooting, emphasizing form and technique.

Dates	Day	Time	Code
January 15 - March 5	Tues	6pm	13225
January 15 - March 5	Tues	7pm	13226
April 4 - May 23	Thur	6pm	13227
April 4 - May 23	Thur	7pm	13228

- Fee is \$44. Maximum: 10 students per class.
- Participants must have their own bows and arrows. (Recurve or Genesis)
- Must be 8 years old to begin program.
- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

Intermediate

This class is for those who have completed Beginners Archery and have some shooting experience. Participants must have their own bows and arrows. This class is ideal for those new compound shooters or those wanting to improve their archery skills. Emphasis is placed on proper fit and setup and then proper form and technique.

Dates	Day	Time	Code
January 15 - March 5	Tues	8 - 9pm	13638
April 4 - May 23	Thur	6 - 7pm	13639
April 4 - May 23	Thur	7 - 8pm	13640

- Fee is \$44. Maximum: 10 students per class.
- Participants must have their own Genesis bows and arrows.
- Must be 10 years old to begin program.
- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

Baseball

Babe Ruth, Ages 13 - 15

Any player born prior to May 1, 2006, and on or after May 1, 2003, will be eligible for Babe Ruth 13 - 15 League competition for the 2019 season. Any player born prior to May 1, 2014, and on or after May 1, 2006, will be eligible for Cal Ripken (ages 12 & under) Baseball League competition for the 2019 season. Contact Bismarck Youth Baseball for more Cal Ripken Information at www.bismarckyouthbaseball.org. North Dakota Babe Ruth website is www.ndakbaberuth.com.

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 8 - August (Depending upon All Star Tournament Advancement)
- Major and Minor League games: May 28 - July 4
- Minor League Tournament: July 8 - 11

*Dates and times are subject to change depending upon the facility availability and High School Baseball schedule. Updates will be posted online at www.bisparks.org.

Ages	Code * see below for days/times
Age 13	13231
Age 14	13232
Age 15	13233

League Tryouts – Tatley*

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 12 – First League Tryout: 2:30 to 4pm
- May 13 – 6pm to 7:30pm
- May 14 – 6pm to 7:30pm

All Star Tryouts – Tatley*

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 8 – First All Star Tryout: 6pm to 7:30pm
- May 12 – 4:30pm to 6pm
- May 15 – 6pm to 7:30pm

Practice Schedule – May 20-23

Times

Teams

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

Minor Division Practice Schedule - Beginning May 28

Days

Times

Teams

Tu & Th 4:30 – 5:45pm Teams will rotate times
Tu & Th 6:00 – 7:15pm Teams will rotate times
Tu & Th 7:15 – 8:15pm 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 May 28.
- Played at Haaland Field (South 12th St.), Tatley North/South Park (Airport Road and Michigan Avenue), Legacy High School (3400 E Calgary Ave), Bismarck Municipal Ballpark (303 W. Front Ave.), or Mandan.
- Schedules and tournament information can be found at www.bisparks.org

Times

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

Fees

- \$160/player - if received on or before Monday, April 29.
- No more than \$320/household.
- \$170/player - if received Tuesday, April 30 or later.
- No more than \$340/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.

- All bats must bear the USABat licensing mark to be permissible for play. More bat information can be found at: www.baberuthleague.org/bat-rules.aspx.

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

- Advancing \$165 & Non-advancing \$90. All Star fees will be collected after All Star Tryouts, by May 24.
- All Star players (Advancing & Non-advancing) are 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 2018 regular season AND puts your name in the calendar drawing for cash prizes, too.

BLAST

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

Grades

Dates

Days

Time

K-5 School Year M-F 3:05 - 6pm

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

Locations

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

* 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 the after school program at those schools, or need 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.

NEEDED COACHES & UMPIRES

Bismarck Parks and Recreation District
is looking for coaches and umpires for our
Youth Baseball Programs.

Visit www.bisparks.org/jobs
or call 415-0464

Babe Ruth League Birth Chart for 2019

	January	February	March	April	May	June	July	August	September	October	November	December
2006	13	13	13	13	12	12	12	12	12	12	12	12
2005	14	14	14	14	13	13	13	13	13	13	13	13
2004	15	15	15	15	14	14	14	14	14	14	14	14
2003	16	16	16	16	15	15	15	15	15	15	15	15

DJGA Golf Clinics

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

- February 10, 17, March 3 and 10
- Juniors ages 5-14: 11:00 - 11:45am
Snag Golf - 45 minutes of fun focused on the fundamentals of golf using snag golf equipment. Games and contests with a variety of sports being played using snag equipment.
- Juniors in middle school: 12:00-1:00pm. Participants are responsible for paying the discounted rate of \$4.00 for their range balls.
- High School Golfers: 1:00-2:00pm. Participants are responsible for paying the discounted rate of \$4.00 for their range balls.
- High School coaches and golf professionals teaching all aspects of golf
- Participants will hit during these clinic sessions on launch monitors with video instruction.
- Equipment evaluation on site.

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

Fencing

This class teaches Olympic style sport fencing for 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	Code
Age 12+	December 3 – 31*	M & F	12114
Age 12+	January 4 – 28	M & F	12601
Age 12+	February 1 – 25	M & F	12511
Age 12+	March 1 – 29	M & F	12509
Age 12+	April 1 – 29	M & F	12510
Age 12+	May 3 – 31*	M & F	12508
Age 12+	June 3 – 28	M & F	12512

*No class Dec. 24 or May 27

Fees, Time, Location and Equipment Required

- Fees: \$35/month or \$150/5 months
- 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 and purchasing a glove.

Friday Night Pool Games

Join us for family fun water games. All games will be held in the program pool, which is 3-4 feet deep. Coast guard approved lifejackets can be worn. A staff member will share game options and rules. Game examples: water basketball, water volleyball, watermelon ball, shallow water, water polo, sharks and minnows, tic tac toe races. Families can choose which games to play on their own, or join in with another family. Jump in and play!

Times, Location and Fees

- 6 - 7:30pm, ends May 10
- Located at BSC Aquatic & Wellness Center, 1601 Canary Ave
- Free for members of BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center. Non-members: \$5.25

*Children under the age of 8 and/or in a lifejacket MUST be supervised by someone 16 years of age or older and be IN THE WATER.

Karate, Traditional Japanese

Age	Days	Time	Month	Code
10+	T & Th	6:30 - 8:30pm	January 8 - 31	13653
10+	T & Th	6:30 - 8:30pm	February 5 - 28	13654
10+	T & Th	6:30 - 8:30pm	March 5 - 28	13655
10+	T & Th	6:30 - 8:30pm	April 2 - 30	13656
10+	T & Th	6:30 - 8:30pm	May 2 - 30	13657

Dates, Fees and Location

- \$40/month or \$175/5 months
- World War Memorial Building, 215 North 6th Street
- Contact Bill Froelich, 226-3415 for more information.

Kid's Fitness/Kid's Yoga

These pay per class fitness class are for children ages 4-10. Kid's Fitness will introduce fun, creative, and invigorating activities for the children to enjoy such as leap frog, red light/green light, running on the indoor track, and much more! Kid's Yoga will introduce the most basic yoga postures to children in a fun, playful way.

- These classes are part of group fitness programming at BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center

Class	Dates	Day	Time
Kid's Fitness	Jan. 17 - April 11	Thu	5:30 - 6pm
Kid's Yoga	Jan. 15 - April 9	T	5:45 - 6:15pm

Fees and Location

- Free for members of BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center. Non-members: \$2 per session
- Kid's Fitness at Capital Racquet & Fitness Center, 3200 North 10th Street
- Kid's Yoga at BSC Aquatic & Wellness Center, 1601 Canary Ave

Open Gym

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

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

November 3-4, 2018 - March 2-3, 2019

Elementary School Locations

Saturday Sunday

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

Centennial	2800 Ithica Drive	1 - 5pm	1 - 5pm
Dorothy Moses	1312 S. Columbia Dr.	N/A	1 - 5pm
Liberty	5400 Onyx Dr.	1 - 5pm	1 - 5pm
Lincoln	3320 McCurry Way	1 - 5pm	1 - 5pm
Rita Murphy	611 North 31st St.	N/A	1 - 5pm

Elementary School Locations

Robert Miller	1989 North 20th Street	N/A	1 - 5pm
Solheim	325 Munich Drive	1 - 5pm	1 - 5pm
Sunrise	3800 Nickerson Ave	1 - 5pm	1 - 5pm

Middle School locations:

Horizon	500 Ash Coulee Dr.	N/A	1 - 4pm
Simle	1215 North 19th Street		
• Basketball Pick-up Games		N/A	1 - 4pm
• Basketball Court Reservations		N/A	4 - 8pm
Wachter	1107 South 7th Street	N/A	1 - 5pm

Preschool Locations:

Preschool age children only. Parents are required to stay with child. Older children are not allowed at this site.			
BECEP at Richholt	720 North 14th St.	N/A	2 - 5pm

Other locations:

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

* These times/locations above are subject to change. Please visit www.bisparks.org for an updated schedule.

Preschool Skate Date

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

Dates	Day	Time
Nov. 12 - Dec. 19	M, T & W	11:30am - 12:30pm
Jan. 7 - TBA	M, T & W	11:30am - 12:30pm

Age and Location

- 5 and younger, Free of charge
- Capital Ice Complex, 221 Reno Avenue
- * No pre-registration is necessary.

Racquetball

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

Level	Age	Day	Time	Code
Beginners	7 - 14	Th	6:15 - 7pm	13259
Intermediate	7 - 14	Th	6:15 - 7pm	13260
Advanced	7 - 14	Th	7 - 7:45pm	13258

Dates, Fees and Location

- January 10 - February 14
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$15; Non-members: \$20
- Capital Racquet & Fitness Center, 3200 North 10th Street

Sports Conditioning

This unique and fun class for kids ages 10-14 emphasizes speed, agility, quickness, coordination, endurance, and core strength. The exercises are designed to make you a better and more conditioned athlete.



Fees, Location and Age

- 10-14 yrs old. Pre-registration only
- Meet at BSC Aquatic & Wellness Center
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$60; Non-members: \$72

Date	Days	Time	Code
January 22 - February 28	T & Th	6 - 7pm	13263

Swimming Lessons, Indoor

Fee and Location

- \$50/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.

Winter Registration Session 1:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Monday, January 7** at 10am.

Winter Session 1 - January 14 - February 13 (M & W)

Winter Session 1 - January 15 - February 14 (T & Th)

Time	Class	Day	Code
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4:20 - 4:50pm	Preschool Level A	T & Th	13383
4:20 - 4:50pm	Preschool Level B	T & Th	13416
4:20 - 4:50pm	Preschool Level B	M & W	13415
4:20 - 4:50pm	Preschool Level C	M & W	13441
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	13292
4:20 - 4:50pm	Ages 6+ Level 3	M & W	13340

4:55 - 5:25pm	Preschool Level A	M & W	13384
4:55 - 5:25pm	Preschool Level B	M & W	13417
4:55 - 5:25pm	Preschool Level C	T & Th	13442
4:55 - 5:25pm	Ages 6+ Level 1	M & W	13293
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	13319
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	13341

5:30 - 6pm	Preschool Level A	M & W	13385
5:30 - 6pm	Preschool Level A	T & Th	13386
5:30 - 6pm	Preschool Level B	T & Th	13419
5:30 - 6pm	Preschool Level C	M & W	13443
5:30 - 6pm	Ages 6+ Level 1	T & Th	13294
5:30 - 6pm	Ages 6+ Level 2	M & W	13320

6:05 - 6:35pm	Preschool Level A	M & W	13387
6:05 - 6:35pm	Preschool Level A	T & Th	13388
6:05 - 6:35pm	Preschool Level B	M & W	13420
6:05 - 6:35pm	Preschool Level C	M & W	13444
6:05 - 6:35pm	Preschool Level C	T & Th	13445
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	13296
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	13321
6:05 - 6:35pm	Ages 6+ Level 3	M & W	13342

6:40 - 7:10pm	Preschool Level A	M & W	13389
6:40 - 7:10pm	Preschool Level A	T & Th	13390
6:40 - 7:10pm	Preschool Level B	M & W	13421
6:40 - 7:10pm	Preschool Level B	T & Th	13422
6:40 - 7:10pm	Preschool Level C	M & W	13446
6:40 - 7:10pm	Ages 6+ Level 1	M & W	13297
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	13298
6:40 - 7:10pm	Ages 6+ Level 3	T & Th	13344

7:15 - 7:45pm	Preschool Level A	M & W	13391
7:15 - 7:45pm	Preschool Level A	T & Th	13392
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	13299
7:15 - 7:45pm	Ages 6+ Level 2	M & W	13323
7:15 - 7:45pm	Ages 6+ Level 3	M & W	13345

7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	13356
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	13357
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	13358

Winter Registration Session 2:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Tuesday, February 19** at 10am.

Winter Session 2 - February 25 - March 27 (M & W)

Winter Session 2 - February 26 - March 28 (T & Th)

Time	Class	Day	Code
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4:20 - 4:50pm	Preschool Level A	T & Th	13373
4:20 - 4:50pm	Preschool Level B	T & Th	13408
4:20 - 4:50pm	Preschool Level B	M & W	13811
4:20 - 4:50pm	Preschool Level C	M & W	13435
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	13818
4:20 - 4:50pm	Ages 6+ Level 3	M & W	13334

4:55 - 5:25pm	Preschool Level A	M & W	13374
4:55 - 5:25pm	Preschool Level B	M & W	13409
4:55 - 5:25pm	Preschool Level C	T & Th	13436
4:55 - 5:25pm	Ages 6+ Level 1	M & W	13285
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	13312
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	13335

5:30 - 6pm	Preschool Level A	M & W	13375
5:30 - 6pm	Preschool Level A	T & Th	13376
5:30 - 6pm	Preschool Level B	T & Th	13411
5:30 - 6pm	Preschool Level C	M & W	13437
5:30 - 6pm	Ages 6+ Level 1	T & Th	13286
5:30 - 6pm	Ages 6+ Level 2	M & W	13313

6:05 - 6:35pm	Preschool Level A	M & W	13377
6:05 - 6:35pm	Preschool Level A	T & Th	13378
6:05 - 6:35pm	Preschool Level B	M & W	13412
6:05 - 6:35pm	Preschool Level C	M & W	13438
6:05 - 6:35pm	Preschool Level C	T & Th	13439
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	13288
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	13314
6:05 - 6:35pm	Ages 6+ Level 3	M & W	13336

6:40 - 7:10pm	Preschool Level A	M & W	13379
6:40 - 7:10pm	Preschool Level A	T & Th	13380
6:40 - 7:10pm	Preschool Level B	M & W	13413
6:40 - 7:10pm	Preschool Level B	T & Th	13414
6:40 - 7:10pm	Preschool Level C	M & W	13440
6:40 - 7:10pm	Ages 6+ Level 1	M & W	13289
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	13290
6:40 - 7:10pm	Ages 6+ Level 3	T & Th	13338

7:15 - 7:45pm	Preschool Level A	M & W	13658
7:15 - 7:45pm	Preschool Level A	T & Th	13382
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	13291
7:15 - 7:45pm	Ages 6+ Level 2	M & W	13317
7:15 - 7:45pm	Ages 6+ Level 3	M & W	13339

7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	13353
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	13354
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	13355

Spring Registration Session:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Monday, April 1** at 10am.

Spring Session - April 8 - May 8 (M & W)

Spring Session - April 9 - May 9 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level A	T & Th	13363
4:20 - 4:50pm	Preschool Level B	T & Th	13398
4:20 - 4:50pm	Preschool Level B	M & W	13812
4:20 - 4:50pm	Preschool Level C	M & W	13427
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	13273
4:20 - 4:50pm	Ages 6+ Level 3	M & W	13328
4:55 - 5:25pm	Preschool Level A	M & W	13364
4:55 - 5:25pm	Preschool Level B	M & W	13399
4:55 - 5:25pm	Preschool Level C	T & Th	13429
4:55 - 5:25pm	Ages 6+ Level 1	M & W	13274
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	13305
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	13329
5:30 - 6pm	Preschool Level A	M & W	13365
5:30 - 6pm	Preschool Level A	T & Th	13366
5:30 - 6pm	Preschool Level B	T & Th	13402
5:30 - 6pm	Preschool Level C	M & W	13430
5:30 - 6pm	Ages 6+ Level 1	T & Th	13276
5:30 - 6pm	Ages 6+ Level 2	M & W	13306
6:05 - 6:35pm	Preschool Level A	M & W	13368
6:05 - 6:35pm	Preschool Level A	T & Th	13367
6:05 - 6:35pm	Preschool Level B	M & W	13403
6:05 - 6:35pm	Preschool Level C	M & W	13814
6:05 - 6:35pm	Preschool Level C	T & Th	13432
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	13278
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	13815
6:05 - 6:35pm	Ages 6+ Level 3	M & W	13330
6:40 - 7:10pm	Preschool Level A	M & W	13370
6:40 - 7:10pm	Preschool Level A	T & Th	13369
6:40 - 7:10pm	Preschool Level B	M & W	13404
6:40 - 7:10pm	Preschool Level B	T & Th	13405
6:40 - 7:10pm	Preschool Level C	M & W	13433
6:40 - 7:10pm	Ages 6+ Level 1	M & W	13816
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	13813
6:40 - 7:10pm	Ages 6+ Level 3	T & Th	13817
7:15 - 7:45pm	Preschool Level A	M & W	13371
7:15 - 7:45pm	Preschool Level A	T & Th	13372
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	13282
7:15 - 7:45pm	Ages 6+ Level 2	M & W	13310
7:15 - 7:45pm	Ages 6+ Level 3	M & W	13333
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	13350
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	13351
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	13352

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 consist of four 30-minute sessions. Choose four private lesson dates and times that work for your schedule. You must choose four dates and times or it will not let you proceed with your registration. Four 30-minute sessions are \$75.

Register at www.bispark.org

- Log into your account. If you do not have an account, please create one.
- Search for Private Swimming Lessons.
- Click on the instructor you want. If you don't have a preference on instructor, simply choose an instructor with the dates and times that work for your schedule.
- Private lessons consist of four 30-minute sessions. Choose four private lesson dates and times that work for your schedule. You must choose four dates and times or it will not let you proceed with your registration.

If none of the dates and times work with your schedule, please check back frequently. We will continue to add more instructors or additional dates to the schedule. If you have any questions, please feel free to call Jahna at 701-751-4270.

*If you are unable to keep an appointment for any reason and unable to give at least 12 hours' notice of cancellation, you will forfeit your session. The session will not be made up unless you give at least 12 hours' notice of cancellation. Please be on time for your session. If you are late, the session will finish at the scheduled time.

Small Group Private Lessons:

If you want to do a small group private lesson, with two or more participants at the same time with the same instructor. Please register one child, then call Jahna at 751-4270 to get the discounted rate and to register additional children.

Small group lessons, (two or more participants at the same time with the same instructor) are \$65 per person.

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 (Please request if not out).

Dates and Fees

- Monday -Thursday: 9 - 11am
- Parent/Guardian \$4, Toddlers Free.
- 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. **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

- January 14 - May 9, Tuesday and Thursday: 6 - 6:30pm
- Ages 6 months to 3 years
- (2018) \$4.50; (2019) \$5.00 per parent/child unit per class for members and non-members (drop in class)
- Must give receipt of payment to the instructor before class starts
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave

American Red Cross Lifeguarding Class

Interested in being a lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills. This course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. Completing the course results in a 2-year certification in Lifeguarding/CPR/AED/First Aid, all in one certificate.

Candidates must meet these requirements for class:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Complete the online learning portion of the course BEFORE class begins.
3. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast stroke or a combination of both, swimming on the back or side is NOT allowed. Swim goggles may be used.
4. Tread water for two minutes using only their legs. Candidates should place their hands under their armpits.
5. Complete a timed event with 1 minute, 40 seconds. Swim goggles are not allowed
 - a. Starting in the water, swim 20 yards, surface dive to a depth of 7-10 feet to retrieve a 10-pound object
 - b. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
 - c. Exit the water without using a ladder or steps.

Males must wear boxer style swimming suit and females must wear a one piece swimming suit. Any person with long hair will be required to put it up or wear a swim cap.

Fees and Registration

- Cost \$250. Includes Fanny Pack, Adult and Infant CPR masks, and online fee to the Red Cross for the online learning materials. If the candidate is not able to pass the prerequisite skills, they will be issued a full refund.
- **All Class times and dates are MANDATORY**
- Once registered, participants will receive instructions via e-mail for the Red Cross Online Learning. The online material must be fully completed before the first day of class. Proof of completion will be required before class begins.
- Maximum enrollment: 6

Dates

- March 28-29 (5 - 9pm); March 30-31 (9am - 5pm)

Code

13261

Lifeguarding Recertification Class

Need to be recertified? Please see course description and requirements for the Lifeguarding class, as they are the same requirements for recertification. Questions? Call Jahna at 751-4270.

Date/Time	Fee	Code
February 10, 9am-7pm	\$150	13641
April 7, 9am-7pm	\$150	13642

American Red Cross Lifeguarding Instructor Review Course

This in-person skills orientation is for CURRENT Red Cross Lifeguard Instructors and Instructor Trainers who must complete the in-person skills to update their Red Cross LGI/LGIT certification(s). All instructors participating must have successfully completed the Red Cross instructor online update PRIOR to participating in the LGI/LGIT update.

Items you must bring to class

- Proof of online update completion
- 2017 Lifeguard Instructors manual
- Infant and adult CPR Mask
- Swimming suit and towel
- Proof of blended learning online completion (lifeguard renewal)

Fees and Registration

- \$60.
- At the end of the course there will be an option to renew your lifeguard certification for an additional fee of \$38.
- Maximum enrollment: 12

Date/Time	Code
April 17, 9am-6pm	13659
May 5, 9am-6pm	13660

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 and tennis shoes to lessons. Racquets are provided for those who don't have one.

Registration

- Registration will continue until one week prior to the first day of class. Late Registration will only be accepted with the Head Tennis Professional's approval.
- Parents may register for Session I and II at the same time.
- All classes require a minimum of 5 participants.



Tiny Tots

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

Ages, Fee and location

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

Session	Day	Times	Code
I - Jan. 7 - Feb. 10	M & W	5:30 - 6pm	13512
I - Jan. 7 - Feb. 10	M & W	6 - 6:30pm	13513
I - Jan. 7 - Feb. 10	M & W	6:30 - 7pm	13514
I - Jan. 7 - Feb. 10	T & Th	5:30 - 6pm	13515
I - Jan. 7 - Feb. 10	T & Th	6 - 6:30pm	13516
I - Jan. 7 - Feb. 10	T & Th	6:30 - 7pm	13517
II - Feb 25 - March 31	M & W	5:30 - 6pm	13524
II - Feb 25 - March 31	M & W	6 - 6:30pm	13525
II - Feb 25 - March 31	M & W	6:30 - 7pm	13526
II - Feb 25 - March 31	T & Th	5:30 - 6pm	13527
II - Feb 25 - March 31	T & Th	6 - 6:30pm	13528
II - Feb 25 - March 31	T & Th	6:30 - 7pm	13529

Netters

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

Ages, Fee and location

- Ages 5 - 6 or instructor permission
- \$70, 2 days a week only.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Jan. 7 - Feb. 10	M & W	5:30 - 6:30pm	13510
I - Jan. 7 - Feb. 10	M & W	6:30 - 7:30pm	13661
I - Jan. 7 - Feb. 10	T & Th	5:30 - 6:30pm	13511
I - Jan. 7 - Feb. 10	T & Th	6:30 - 7:30pm	13662
II - Feb 25 - March 31	M & W	5:30 - 6:30pm	13522
II - Feb 25 - March 31	M & W	6:30 - 7:30pm	13667
II - Feb 25 - March 31	T & Th	5:30 - 6:30pm	13523
II - Feb 25 - March 31	T & Th	6:30 - 7:30pm	13797

8 & Under Tennis

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

Ages, Fee and location

- Ages 7 - 8
- \$70, 2 days a week only.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Jan. 7 - Feb. 10	M & W	5:30 - 6:30pm	13508
I - Jan. 7 - Feb. 10	M & W	6:30 - 7:30pm	13663
I - Jan. 7 - Feb. 10	T & Th	5:30 - 6:30pm	13509
I - Jan. 7 - Feb. 10	T & Th	6:30 - 7:30pm	13664
II - Feb 25 - March 31	M & W	5:30 - 6:30pm	13520
II - Feb 25 - March 31	M & W	6:30 - 7:30pm	13798
II - Feb 25 - March 31	T & Th	5:30 - 6:30pm	13521
II - Feb 25 - March 31	T & Th	6:30 - 7:30pm	13799

10 & Under Tennis

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

Ages, Fee and location

- Ages 9 - 10
- \$70, 2 days a week only.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Jan. 7 – Feb. 10	M & W	5:30 - 6:30pm	13506
I – Jan. 7 – Feb. 10	M & W	6:30 - 7:30pm	13665
I – Jan. 7 – Feb. 10	T & Th	5:30 - 6:30pm	13507
I – Jan. 7 – Feb. 10	T & Th	6:30 - 7:30pm	13666
II – Feb 25 – March 31	M & W	5:30 - 6:30pm	13518
II – Feb 25 – March 31	M & W	6:30 - 7:30pm	13800
II – Feb 25 – March 31	T & Th	5:30 - 6:30pm	13519
II – Feb 25 – March 31	T & Th	6:30 - 7:30pm	13801

High School Beginner

This class is for all junior beginners that would like to learn tennis. Basic grips, basic strokes, scoring, rules and etiquette will be covered. Games are played to utilize strokes learned and to focus on fun and promote physical fitness.

Ages, Fee and location

- Ages 11+
- \$120, 2 days a week.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Jan. 7 – Feb. 10	T & Th	7:30 - 9pm	13488
II – Feb 25 – March 31	T & Th	7:30 - 9pm	13496

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 certified USPTA tennis professional.

Fee and location

- Ages 11+
- \$120, 2 days a week. \$60, one day a week.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Jan. 7 – Feb. 10	T & Th	4:00 - 5:30pm	13490
I – Jan. 7 – Feb. 10	Sat	2 - 3:30pm	13489
II – Feb 25 – March 31	T & Th	4:00 - 5:30pm	13498
II – Feb 25 – March 31	Sat	2 - 3:30pm	13497

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 certified USPTA tennis professional. No online registration, must test into this class or get prior approval.

Fee and location

- Ages 12+ and Instructor permission
- \$120, 2 days a week. \$60, one day a week.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Jan. 7 – Feb. 10	M & W	4:00 - 5:30pm	13491
I – Jan. 7 – Feb. 10	Sat	12:30 - 2pm	13493
I – Jan. 7 – Feb. 10	M	7:30 - 9pm	13492
II – Feb 25 – March 31	M & W	4:00 - 5:30pm	13500
II – Feb 25 – March 31	Sat	12:30 - 2pm	13502
II – Feb 25 – March 31	M	7:30 - 9pm	13501

Elite Program

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

Fee and location

- Ages 12+ and Instructor permission
- \$120, 2 days a week. \$60, one day a week.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Jan. 7 – Feb. 10	T & Th	7:30 - 9pm	13487
I – Jan. 7 – Feb. 10	Sat	11am - 12:30pm	13486
II – Feb 25 – March 31	T & Th	7:30 - 9pm	13495
II – Feb 25 – March 31	Sat	11am - 12:30pm	13494

Tennis Night in America

A youth registration night across America. Sign-up early for spring/summer tennis programs before our regular registration period opens! Plus play on-court games and win prizes! The event is free to youth ages 5-10. This night is merged with regularly scheduled lessons. Bring your friends!

Dates, Registration and Code

- March 4, 5:30pm or 6:30pm (choose a 1 hour session to attend)
- There is no fee to participate, just show up ready to have fun! Reserve your spot at bisparks.org in advance.
- 5:30pm Registration CODE: 13803
- 6:30pm Registration CODE: 13804

Winter Jam Junior Tennis Tournament

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

Dates and Registration

- February 22-24
- Register at tennislink.usta.com, tournament ID: 550010219

Volleyball (Coed)

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

3rd Grade Volleyball

Informational Meeting

- 7pm, Wednesday, January 9 at the Frances Leach High Prairie Arts & Science Complex in theatre room, 1810 Schafer Street.

Dates and Times

- January 28 - March 16
- 3rd Grade Jamboree March 15-16
- Practice will be held one day per week at the World War Memorial Building, 215 North 6th Street.
- Mondays - Fridays: 4pm or 5pm.
- Teams organized by school if possible.
- Games will be held Saturdays at the World War Memorial Building.

Fees

- \$50/player - if received on or before January 11.
- \$60/player - if received January 12 or later.

School	Code	School	Code
Cathedral	13545	Myhre	13555
Centennial	13546	Northridge	13556
Grimsrud	13547	Pioneer	13557
Highland Acres	13548	Prairie Rose	13558
Liberty	13549	Roosevelt	13559
Lincoln	13550	Shiloh	13560
Martin Luther	13551	Solheim	13561
Miller	13552	St. Anne's	13562
Moses	13553	St. Mary's	13563
Murphy	13554	Sunrise	13564
		Will-Moore	13565

4th & 5th Grade Volleyball

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

Information Meeting

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

League Dates:

- Grade 4: February 4 – March 30
- Grade 5: February 4 – April 6

Dates and Times

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

Teams will be formed after the first week of practice and a schedule will be provided for the remainder of the season. Every attempt will be made to split the teams as equally as possible, when more than one team exists per grade at any school. If there are not enough 4th or 5th graders at one school to make a team, schools may be combined at the discretion of Bismarck Parks and Recreation District. Matches will begin Saturday, February 16.

Fees

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

School	4th Grade Code	5th Grade Code
Centennial	13566	13584
Grimsrud	13567	13585
Highland Acres	13568	13586
Liberty	13569	13587
Lincoln	13570	13588
Martin Luther	13571	13589
Miller	13572	13590
Moses	13573	13591
Murphy	13574	13592
Myhre	13575	13593
Northridge	13576	13594
Pioneer	13577	13595
Prairie Rose	13578	13596
Roosevelt	13579	13597
Shiloh	13580	13598
Solheim	13581	13599
Sunrise	13582	13600
Will-Moore	13583	13601

Bismarck Parks and Recreation District is looking for coaches and officials for our Youth **Volleyball** Programs.

Visit www.bisparks.org/jobs
or call 222-6641

Weekday Morning Play Dates

Dates & Ages

- Now – April 26, 2019
- For children infant through age five and their parents.

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

Times & Places

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

No need to register. Just come and play! Please review weekday morning play date guidelines on the www.bisparks.org website and at facility sites.

Adaptive Recreation

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

Basketball

State Amateur Basketball Tournament

March 22-24, 2019 in Minot. Contact Tim Kuntz at 223-3600 for more information.

Fencing

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

Fitness

Fit 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.

Date	Days	Time	Code
January 21 - February 27	M & W	5:45 - 6:30am	13807

Fees and Location

- Pre-registration only
- Meet at Capital Racquet & Fitness Center, 3200 N 10th Street
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$90; Non-Members: \$120

Fit Fifty+

This class is for ages 50+ to learn the correct way to enjoy an effective and safe workout in the weight room. You'll use the cardio and strength machines and also do balance, core, and flexibility exercises. You will be in a group setting and work with a Certified Personal Trainer.

Date	Days	Time	Code
January 9 - February 27	W	8 - 8:45am	13805

Fees and Location

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

GlideFit

GlideFit is a workout on the surface of the water using a floating platform. This intensifies movements, creating more focus on core muscle groups and improving balance and coordination. While Glide Fit provides challenges to even the most fit individuals, the program is designed for universal scalability, making it the perfect fitness program for all levels, regardless of experience.

Participants should be comfortable in the water. Wear swim wear or other lycra-based clothing; no cotton.

Pre-Registration Drop-In Classes:

- Participants can sign up for individual classes that fit their schedule. Pre-registration is required for all GlideFit drop-in classes.
- Meets at BSC Aquatic & Wellness Center, 1601 Canary Avenue.
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$7 per class; Non-Members: \$10 per class
- Visit www.bisparks.org for schedule and to register

GlideFit

Receive one hour of private instruction for your friends, family or organization.

- Groups can contain up to 11 participants. Must be at least 12 years old.
- Private one hour group sessions are \$100.
- Call or email Lindsay at 701-751-4271 or lberg@bisparks.org to schedule.
- While GlideFit provides challenges to even the most fit individuals, the program is designed for universal scalability, making it the perfect fitness program for all levels, regardless of experience.
- Participants should be comfortable in the water. You will have to enter the water and swim to your board. Clothing tip: Wear swim wear or other lycra-based clothing; no cotton.



Weight Room Orientation

This class consists of 2 - 45 minute sessions. A personal trainer will give you the knowledge you need to know to have a safe and effective workout. In these sessions you will learn how to use the cardio/weight machines properly to prevent injury and what muscle groups the machines will strengthen. By the end of this program you should feel confident in the weight room.

Location	Date	Days	Time	Code
BSC AWC	Jan. 8 & 10	T & Th	5:45 - 6:30pm	13602
CRFC	Jan. 15 & 17	T & Th	5:30 - 6:15pm	13603

Fees and Location

- (BSC AWC) BSC Aquatic & Wellness Center, 1601 Canary Avenue.
- (CRFC) Capital Racquet & Fitness Center, 3200 N 10th Street
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$15; Non-Members: \$20

Golf

Putting League

We will be forming putting leagues over the winter months for anyone who is available to putt in an organized putting league over 10 separate weeks. There will be a variety of games played for each week: Skins game, Low Putts, Match Play, Alternate shot, scramble and many other formats will be used for these fun filled events. Not everyone can play golf but EVERYONE can PUTT!!!

Plan on spending 60 minutes to putt at the Fore Seasons Center, located at Pebble Creek Golf Course, 2525 North 19th Street. Men and Women are welcome to participate in this fun league. Times will be created based on number of signups - 10 am to 12pm Tuesdays or Wednesdays weekly.

- Registration is \$20 or \$2 each week.
- Prizes will be awarded weekly for this fun league.
- Please call 222-6462 and ask for Tim or 223-3600 and ask for Brandon to register. More information will be available after signups end on January 7, 2019.

Weekly Target Games

Sharpen up your wedge game with this fun and relaxed game. Players try to hit targets set up on the range. Prizes weekly! Competitors have 3 chances to hit each target. Every time you hit the target, you get the points for that target. Keep score and turn in your score at the counter.

- Saturdays 1 - 4pm
- Sundays 10 am - 2pm
- \$1 entry fee
- Fore Seasons Center, 2525 North 19th Street

Karate, Traditional Japanese

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

Open Gym

Open Gym is available for youth and adults. Please see pages 6-7 for more information.

Pickleball

Pickleball is a fun paddle sport that combines many elements of tennis, badminton and ping-pong. It can be played both indoors or outdoors. Pickleball is played with a paddle and a plastic balls with holes, and can be played as doubles or singles. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Pickleball 101

Learn the basics of pickleball with other beginners. The class will focus on court layout, rules and beginner drills. Paddles are provided.

Dates	Day	Times	Code
January 9 - February 6	W	12 - 1pm	13808

Fee and location

- \$40, Minimum of 4 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Pickleball Drop-In Play

Dates, Fee and location

- Monday & Friday 1 - 3:30pm and Wednesday 9am - 12pm
Capital Racquet & Fitness Center, 3200 N 10th St.
- \$3 per person only during these times. Pickleball play is also allowed during regular facility hours if courts are available. Regular tennis court rates apply.

Racquetball

Leagues

Get ready for a full body workout that is full-on fun! Capital Racquet offers racquetball leagues choices for every skill level. Sign up for a set schedule to ensure a consistent court time each week - or - sign up for the league where you set a time that's convenient for you and other players. Leagues are a great way to find new playing partners at your skill level.

Ages, Fee and location

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

Session 1 - January 7 - February 17

League	Day	Times	Code
B/C	M	Noon	13245
B/C	-	- Arrange own matches -	13243

Session 2 - February 25 - April 7

League	Day	Times	Code
B/C	M	Noon	13251
B/C	-	- Arrange own matches -	13250

Lessons

Whether learning the game or fine-tuning your strategy, racquetball lessons will keep you having fun on the court.

Ages, Fee and location

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

Dates	Day	Times	Code
January 7 - February 17	M	7 - 8pm	13256
February 18 - March 25	M	7 - 8pm	13257



Swimming Lessons, Indoor

Adult Swim Skills Training

This program is designed specifically for adults who are comfortable in the water, but would like to learn more about swimming for recreation, health and wellness. The program will establish the participant's foundation of water skills and then will move on to teach the strokes for fitness swimming. The instructor will focus on different strokes; freestyle, backstroke, elementary backstroke, side stroke, and breaststroke. The instructor will also work with participants on endurance swimming, drills for each stroke, and learning how to use the fitness swimming equipment, such as kickboards, fins, and paddles.

Fees and Location

- BSC Aquatic & Wellness Center, 1601 Canary Avenue
- Participants will need: Swimming suit, towel, goggles, and a great attitude to learn! Anyone with long hair must have their hair tied back. Swim cap is optional.
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$55; Non-members: \$65
- Minimum Enrollment 2: Maximum Enrollment 8
- Classes may be combined

Dates	Days	Times	Code
January 22 - February 14	T & Th	7:45 - 8:30pm	13223

Adult Swim Private Lessons

Private lessons are available for youth and adults. Please see page 10 for more information.

American Red Cross Lifeguarding Class

For details on the American Red Cross Lifeguarding Class, please turn to page 10.

Tennis

Tennis Leagues

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

Fee and location

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

Session 1 - January 7 - February 17

See league descriptions for times.

League	Day	Time	Code
Mixed Doubles	M	7:30 - 9pm	13535
NTRP Doubles	W	7:30 - 9pm	13536
Single(s) Ladder	- Arrange own matches -		13533
Junior Competitive	F	4 - 5:30pm	13534

Session 2 - February 25 - April 7

See league descriptions for times.

Level	Day	Time	Code
Mixed Doubles	M	7:30 - 9pm	13539
NTRP Doubles	W	7:30 - 9pm	13540
Single(s) Ladder	- Arrange own matches -		13537
Junior Competitive	F	4 - 5:30pm	13538

League Descriptions

Mondays Mixed Doubles

Players with a combined NTRP of 6.0-7.0 (Intermediate players)

Wednesday Advanced Doubles

Advanced Doubles League is for players with a NTRP rating of 3.5, 4.0, 4.5, 5.0. Partner must be at the same NTRP level or no higher or lower than .5 of their own rating. (Intermediate/Advanced players)

Junior Competitive

- For junior players wishing to keep that competitive edge during the offseason (USTA and high school) this league will be for players in 7th and 12th grades. The league will be organized by gender where you'll compete against other players of similar age and ability level. The league is 6-weeks and organized like a tournament draw with no-add scoring.

Beginner Lessons

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 certified USPTA tennis professional. Come join us!

Fees and Location

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

Dates	Day	Time	Code
January 7 - February 10	Wed	10:30 - 12pm	13466
January 7 - February 10	Sat	2:30 - 4pm	13465
February 25 - March 31	Wed	10:30 - 12pm	13471
February 25 - March 31	Sat	2:30 - 4pm	13470

Intermediate Lessons

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

Fees and Location

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

Dates	Day	Time	Code
January 7 - February 10	M	10:30am - Noon	13458
January 7 - February 10	W	5:30 - 7pm	13461
January 7 - February 10	Th	10:30am - Noon	13460
January 7 - February 10	Sat	9:30 - 11am	13459
February 25 - March 31	M	10:30am - Noon	13472
February 25 - March 31	W	5:30 - 7pm	13475
February 25 - March 31	Th	10:30am - Noon	13474
February 25 - March 31	Sat	9:30 - 11am	13473

Advanced Lessons

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 certified USPTA tennis professional. Come join us!

Fees and Location

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

Dates	Day	Time	Code
January 7 - February 10	M	5:30 - 7pm	13462
January 7 - February 10	Th	12 - 1:30pm	13463
February 25 - March 31	M	5:30 - 7pm	13467
February 25 - March 31	Th	12 - 1:30pm	13468

Masters Lessons

Tired of your same tennis routine or want to learn to play tennis? Masters Tennis is for players looking for a new challenge, for experienced players not wanting to play full court tennis any longer or for players returning from injury or mobility issues. Masters Tennis is also for adults of any age wanting to start playing tennis. The tennis court dimensions are shorter and smaller in size to provide a different way to play tennis. To ensure both fun and success, players use a lower compression orange ball. This allows the game to slow down just enough to allow for more fun, exercise and a great tennis experience.

Fees and Location

- 5-week sessions
- \$60
- Minimum of 4 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
January 7 - February 17	M	9 - 10:30am	13464
January 7 - February 17	Th	9 - 10:30am	13810

Cardio Tennis

Cardio Tennis not a tennis lesson, but a high energy fitness activity using all the best features of tennis. Cardio tennis delivers a full body, calorie burning, aerobic workout and is for all ability levels. You get a great workout on the tennis court, but you're not playing tennis. Give it a try.

Days	Time	Level
Tuesday	12:05 - 12:50pm	Advanced/intermediate
Thursday	12:05 - 12:50pm	Beginner

Fees and Location

- Drop in program, no advance registration required.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: Free; Non-Members: \$4
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Minimum of 4 participants needed for class to be held.

Volleyball

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

- Registration: December 5.
- Program Dates: January 7 - March 21
- Openings are limited! Please call the Bismarck Parks and Recreation District office the first week in December for additional information.

Days and Times

- Monday: Women C,D,E,F
- Tuesday: Coed A - F
- Wednesday: Women A - F, Men C - D
- Thursday: Men A - C, Coed D - F
- Matches start at 6:30pm and run every 45 minutes. Last scheduled match at 9:30pm.
- Makeup matches will be held on Sundays

Player Fee

- \$40/player/per season
- New team rosters and fees are due Wednesday, December 5 or a late fee may be charged.
- Teams that signed up for both seasons (Fall and Winter) must have their winter player fees in by Wednesday, December 5 or a late fee may be charged.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.

Sponsor Fee

- \$75

League Schedules

- Online at www.bisparks.org by January 2.

Wallyball, Flurry Fest Tournament

Dates and Location

- Saturday, February 2
- \$20/person
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Register online or in person. Registration code: 13809
- Kyle Kuether, tournament director, (701) 221-6855 or crfc_wb@hotmail.com.



[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, 50-meter competition pool, diving, recreation and lap pools, a wellness center with strength and cardio equipment and group fitness classes. The facility also has Turtle Beach playground and meeting rooms.

Hours: Sept. 1 - May 31

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



Hours: June 1 - August 31

- 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 pool schedule and rules, visit www.bisparks.org

Fees

- For complete membership fees, refer to page 19
- Rental Puklich Chevrolet Community Rooms 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
- Core 30
- Forever Fit
- Kickbox Toning
- Kid's Yoga
- Les Mills TONE®
- Mystery Burn
- Pilates
- Tabata
- Ugi®
- Water Works
- Yoga
- Zumba®
- Personal Training, refer to page 20

Birthday Parties

The BSC Aquatic & Wellness Center offers birthday parties. See page 20 for complete details.

Turtle Beach Indoor Playground

Turtle Beach is a self-contained area with natural looking climbing, tunnel and sliding elements. It also features a poured-in-place rubber surfacing to mimic water and sand! Have fun watching your baby or young child play with the turtles, crocodiles, sand castle and rowboat! Members can use the playground for free, non-members \$1 per child.

has indoor tennis courts, racquetball and wallyball courts, indoor track (1/9 mile), a fitness center with strength and cardio equipment, group fitness classes, saunas, and hot tubs. The facility also offers child care.

Hours: Sept. 1 - May 31

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

Hours: June 1 - August 31

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

Fitness Classes held at CRFC

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

- Cardio Tennis
- Cycling
- Forever Fit
- Kettlebells
- Kid's Fitness
- Les Mills BODYPUMP®
- Pilates
- S³ Fusion
- Tabata
- Trim - N - Tone
- Yoga
- Zumba®
- Personal Training, refer to page 20

Fees

- For complete membership fees, refer to page 19
- Please call for daily or extended use rental fees.

[CAPITAL RACQUET & FITNESS CENTER]

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

Kid Zone - Child Care

Kid Zone is our child care 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!

- Sept. - May 31, 2019
- Mondays - Thursdays: 5 - 8:30pm
- Members receive unlimited childcare for \$15/month. See bisparks.org for Kid Zone policies

Birthday Parties

The Capital Racquet & Fitness Center offers birthday parties. See page 20 for complete details.

Pro Shop at Capital Racquet & Fitness Center

The Pro Shop carries a variety of tennis, racquetball and pickleball merchandise.

Racquet stringing is available by certified racquet stringers on staff.

Dual Membership Includes

A Silver Membership is a dual membership for **both** BSC Aquatic & Wellness Center (BSC AWC) and Capital Racquet & Fitness Center (CRFC). **Members can use both fitness facilities.**

BSC AWC: 50-meter competition pool, diving, recreation and lap pools, a wellness center with strength and cardio equipment, group fitness classes, Turtle Beach playground and reduced rates on select fitness programs.

CRFC: Racquetball and wallyball court time and leagues, indoor track (1/9 mile), a fitness center with strength and cardio equipment, group fitness classes, sauna, hot tub and reduced rates on tennis leagues, lessons, court time and select fitness programs.

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	-
Locker Rental	\$15/One month	\$50/Six month	\$75/12 month
Mon. - Fri. 8am - 3pm (CRFC or BSC AWC)	-	-	\$4.00
CRFC Indoor Track	-	-	\$1.50
Daily Admission Coupon Book (12 passes)	-	-	\$65
Turtle Beach Play Area (adult supervisors are free) (BSC AWC)	-	-	\$1.00

* 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.

Health Insurance Reimbursements: Get money back on your membership each month with a qualifying health reimbursement program, including Sanford, Blue Cross Blue Shield of ND & MN. Contact your insurance provider for details.

SilverSneakers and Silver and Fit: BSC AWC and CRFC participate in the SilverSneakers and Silver and Fit programs. Learn more at www.silversneakers.com or www.silverandfit.com.

Tennis Membership (Gold Membership)

Want MORE tennis? Capital Racquet & Fitness Center has some extras for you with the Gold Membership. Includes the Silver Membership features PLUS:

6-month Gold Membership:

- Two hours of tennis per day; reservations made up to seven days in advance

12-month Gold Membership:

- Two hours of tennis per day; reservations made 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	\$50
Student 13 - 18 (or w/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 (12 - 1.5 hour passes)

	Members	Non-Members
Tennis Coupon Book	\$50	\$96
Summer Tennis Coupon Book (Valid Memorial Day - Labor Day)	\$25	\$48

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.

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. Package rates are available.

Lesson	Members	Non-members
Private	\$45/hr.	\$50/hr.
Semi - private	\$23/hr.	\$25/hr.
Group of 3	\$17/hr.	\$19/hr.
Group of 4	\$14/hr.	\$16/hr.
Group of 5	\$12/hr.	\$14/hr.
Hitting Lesson	\$32/hr.	\$37/hr.

NEW YEAR, NEW YOU! January 1 - 15 Special

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

* Free months are added after 6 months or 12 months of package. Silver Package only. New members only.

* Taxes will be added at the time of purchase.

Personal Training

Capital Racquet & Fitness Center and the BSC Aquatic & Wellness Center offer a variety of personal and group training options. Our trainers are District employees certified through an accredited organization. Programs consist of cardiovascular exercise and weight training individualized for each person. Personal Training is available to members and non-members. First time personal training clients receive a FREE consultation.

Fees

- Members - \$35/1-Hour Session, \$25/Half Hour Session
- Non-Members - \$41/1-Hour Session, \$31/Half Hour Session
- Package rates are available
- Other services available: Body Composition & Fitness Assessments

Small Group Personal Training

Create your OWN small group personal training experience. How to get started? Contact one of our nationally certified personal trainers and arrange the days/times that work best for your group.

It all comes together for you and friends or family in a small group setting. You can keep each other on track as you all work toward increased strength and fitness.

Small Group

- Min/Max Enrollment: 4-6 people
- 12 – 1-hour sessions
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$90; Non-Members: \$140

Semi Private

- Min/Max Enrollment: 2-3 people
- 12 – 1-hour sessions
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$206; Non-Members: \$256



Give the gift of Health!

Capital Racquet & Fitness Center
and BSC Aquatic & Wellness Center

**Purchase \$30
in gift certificates and
receive \$5 FREE!**

Offer December 1-24, 2018

Birthday Parties

BSC Aquatic & Wellness Center

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

BSC AWC offers parties in the Puklich Chevrolet community rooms with direct access to the recreation pool and indoor playground. The rooms include tables and chairs with plenty of space for food and gifts.

Pool Party Perks:

- 10 passes to the facility
- Gift for birthday boy/girl
- 2 hours of community room use
- *Additional children may be added at regular daily fee.
- Mid-May - Mid-September: Pool party no Wibits - \$75
- Mid-September - Mid-May Fee: Pool Party with Wibits - \$100

Turtle Beach Playground Party Perks:

This is an indoor playground and play space at the BSC AWC.

- 10 passes to the facility
- Gift for birthday boy/girl
- 2 hours of community room use
- Turtle Beach Party Fee: \$60

Puklich Community Room 1: (Seats 15)

- June 1 – August 31
- Saturdays, 8:30-10:30am or 11am-1pm
- September 1 – May 31
- Saturdays 11:30am-1:30pm; 2-4pm or 4:30-6:30pm
- Sundays 1-3pm or 3:30-5:30pm

Puklich Community Room 2: (Seats 25)

- June 1 – August 31
- Saturdays, 9-11am or 11:30am-1:30pm
- September 1 – May 31
- Saturdays 11am-1pm; 1:30-3:30pm or 4-6pm
- Sundays 12:30-2:30pm or 3-5pm

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.

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.

Tennis Party Perks at CRFC

- 1 hour group tennis lesson*
- 2 hours of private room use
- Gift for birthday boy/girl
- Tennis Party Fee: \$90

*Eight children are included in fee. Additional children may be added at regular daily fee based on instructor availability.

Camping

General Sibley Park

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

General Sibley Campground is currently closed for the season. The campground will open in May of 2019. The day-park is available year-round during daylight hours. Parking is permitted outside of the park gates.

Office Hours

- Memorial Day – Labor Day, Mon-Sun: 10am-9pm
- * Office hours vary during off-season.

- Camping sites for tents and campers with electrical hook-ups
- 24 - hole disc golf course
- Boat ramp (For small boats less than 15' and for canoes and kayaks)
- Horseshoes
- Interpretive Trail
- Little Free Library
- Picnic shelters
- Playgrounds
- Poetry Boxes
- Restrooms and showers
- Sand Volleyball Court
- Water and dump stations

Fees

- Tent Camping: \$12/day
- Camper Sites with electricity: \$25/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

- See page 26 for shelter or amphitheater reservations.

Burleigh County Parks

Primitive camping is available at;

- Steckel Boat Landing, 292nd Avenue NW; off 1804
- Kimball Bottom Recreation 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

- 6:00am -10:00pm - 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 nine miles north of Pioneer Park on Highway 1804, just south of historic Double Ditch Indian Village site.

Campsites are undesignated and are rented by camping unit at \$10/night. The campground will open in early May 2019 and be available through Sunday, October 6, 2019. For reservations, please call 222-6455.

The entire campground is reservable for 2 days at \$350 or 3 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

Capital Ice Complex/Schaumberg Arena and Wachter Arena

221 Reno Avenue • 221-6813

The Capital Ice Complex is complete, full of activities and a wonderful addition to Bismarck. The former Schaumberg Arena has a sister sheet of ice, Wachter Arena, and both are now under one roof in the Capital Ice Complex. The facility is home to youth hockey, figure skating and public ice skating. This expansion is due to the support of a generous business community and many, many individuals and families.

Public Skating Schedule

- Check www.bisparks.org for complete schedule.

Fees

- Skating fee: \$2/Individual; \$5/family. Skate Rental: \$3

There will be skate monitors on duty during Sunday public skating. We cannot be responsible for accidents, so please be careful. No pucks or sticks.

Rentals

- Ice Rentals: \$85/hour (limited availability)
- Dry Floor: \$40/hour
- Reservations: call Mike at 221-6814. Must be reserved at least 24 hours in advance.

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 (2018) \$8.00 (2019)
- Large Basket - \$9.00 (2018) \$10.00 (2019)
- Bucket of Balls coupon book:**
 - 12 coupons for medium basket - \$70 (2018) \$80.00 (2019)
 - 12 coupons for large basket - \$90 (2018) \$100.00 (2019)

Batting Cage

- \$13.00/30 minutes (2018) \$14.00/30 minutes (2019)
- \$7.00/15 minutes (2018) \$7.50/15 minutes (2019)
- Batting Cage coupon book:
 - 12 coupons for 30 mins each, \$130 (2018) \$140 (2019) or
 - 12 coupons for 15 mins each, \$65.00 (2018) \$70.00 (2019)

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, or for team, school, or civic and professional organizations.

- 1-10 hours - \$200/hour
- 11-24 hours - \$190/hour
- 25-49 hours - \$170/hour
- 50+ 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 • gatewaytoscience.org
- 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 experience for children 7 - 18.



THEO Art School

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



Hillside Aquatic Complex

Located within Lions Park, 1719 E. Boulevard Ave.

Party Space Rentals

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

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

Fees

- Half day (8am - 3pm OR 4pm - 11pm) - \$150 (2018), \$165 (2019)
- Full day - \$200 (2018), \$220 (2019)
- For profit organization rentals:
 - Half day - \$300 (2018), \$330 (2019)
 - Full day - \$400 (2018), \$440 (2019)

VFW Sports Center

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

The VFW Sports Center has two separate ice rinks and is home to a multitude of recreation activities: hockey, figure skating, public skating, curling, and golf. Located near the facility are the Sam McQuade Sr. Softball Complex, Sheila Schafer Mini-Links, and Tom O'Leary Tennis Courts and Golf Course. The facility and grounds are surrounded by 2.4 miles of recreational trails.

Public Skating Schedule

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

Fees

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

Rentals

- Ice Rentals: \$85/hour (limited availability)
- Dry Floor: \$40/hour; \$600/day (hockey rink)
- Curling Rink: \$500/day
- Building: \$1,200/day (commercial non-ice event)
- Parking available
- Reservations: call Mike at 221-6814. Must be reserved at least 24 hours in advance.

World War Memorial Building

215 North 6th Street • 222-6454

Facility Features

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

Hours: Now - March 31, 2019

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

Birthday Party Special

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

Party Perks:

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

Racquetball

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

Court Reservations

- Basketball and volleyball teams may reserve a court for one hour by calling 222-6454 after 8:30am on the preceding Friday starting on Sept. 7.
- Sunday evenings: 5 - 9pm for \$30/hour

Golf Courses

Season passes are available for purchase at the Park District office, the golf courses and 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 five sets of tees for all ability levels..

Tom O'Leary

1200 North Washington Street • 222-6531

- 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 Day - April 30: 9:30am- sunset
- May 1 - 31: 8:30am - sunset
- June 1 - September 2: 7:00am - sunset
- September 3 - 30: 8:30am - sunset
- October 1 - 31: 9:30am - sunset

*Hours may change with weather conditions.

Green Fees	Pebble Creek	Riverwood	Tom O'Leary
Daily 18.....	\$25.00	\$32.00	\$30.00
Daily 9.....	\$19.00	\$22.00	\$21.00
Junior 18 or 9 (ages 17 and under).....	\$10.00	\$15.00	\$14.00
Senior 18 holes (65+)	\$23.00	\$25.00	\$24.00
Senior 9 holes (65+).....	\$17.00	\$19.00	\$18.00

- * Pebble Creek Golf Course operates from green fees only.
- Prices include tax.

Season Passes	Riverwood	Tom O'Leary	Both
Adult (21+).....	\$725.00	\$685.00	\$1,090.00
Household	\$1,627.50	\$1,550.00	\$2,510.00
Intermediate (ages 18 - 20)	\$305.00	\$290.00	\$455.00
Junior (ages 17 and under)	\$210.00	\$200.00	\$315.00
Senior (65+)	\$575.00	\$575.00	\$855.00

- Prices include tax.

Green Fee Packages

- **Bismarck/Mandan:** 12 rounds of golf (9 or 18 holes) for \$320. For Riverwood, Tom O'Leary, Prairie West and Mandan Municipal golf courses.
- **Pebble Creek:** 12 rounds of golf: 18 holes \$250, 9 holes \$190.
- **Riverwood:** 12 rounds of golf: 18 holes \$320, 9 holes \$220.
- **Tom O'Leary:** 12 rounds of golf: 18 holes \$300, 9 holes \$210.

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

Golf Cart Rental

- 18-Holes - \$18.00/seat
- 9-holes - \$9.00/seat
- **Season Cart:** Riverwood or Tom O'Leary \$625, Both \$935.
- The use of "Golf Boards" and/or private individual personal vehicles on the golf courses is prohibited.

Riverwood and Pebble Creek Driving Range Prices

- Mini Basket - \$4.00
- Small Basket - \$5.00
- Medium Basket - \$8.00 (2019)
- Large Basket - \$10.00 (2019)
- **Bucket of Balls coupon book:**
12 coupons for medium basket - \$80.00 (2019)
12 coupons for large basket - \$100.00 (2019)

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.

Golf Club Fitting

Equipment will be on site at the Fore Seasons Center for club fitting throughout the winter. A radar-based launch monitor with the ability to determine the key factors of golf club performance is used to pinpoint the exact specifications needed to get the most out of your game.

- Fittings typically take between 45 and 60 minutes.

Bring your clubs with to get a good base point to start from. Please call the Fore Seasons Center (223-3600) and schedule an appointment for a fitting with Brandon or Tim.

Ice Skating

Indoor Ice Skating

For information on indoor public ice skating, see Capital Ice Complex and VFW Sports Center information on pages 21 - 22.

Outdoor Ice Skating

Warming Houses are located at the following parks:

Warming House Hours

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

Jaycee Centennial Park

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

Lions Park

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

Municipal Ball Park

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

North Central Park

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

Tatley-Eagles Park

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

VFW Post #1326 Family Recreational Park

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

Parks

For a complete listing of parks, addresses and amenities, refer to the park and trail map insert.

Community Gardens

Bismarck Parks and Recreation District is proud to support the Community Gardens.

- Bismarck Municipal Ballpark, 303 W. Front Ave.
- Tatley-Eagles Park, 602 Airport Rd
- Johnny Gisi Memorial Park, 2601 E. Calgary Ave.
- Horizon Park, 4800 Durango Drive

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. A public beach provides great access to the water, and you can fish off a dock. These items are available for rent: paddle boats, paddle boards, a row boat, canoes, kayaks and a tandem kayak. Picnic shelters are available (and can be reserved for special occasions), as well as horseshoe pits, a small concessions area, a playground and modern restrooms. There is a paved recreational trail on the grounds and a wooded area for nature walks or runs. There is also a Nature Trail encircling the banks of McDowell Dam.

Park Hours Year Round:

Sunrise to sunset

Equipment Rentals:

Hours: Memorial Day to Labor Day

Paddleboat, Paddle Boards, Canoe, Kayak (single and tandem): \$5/half hour; \$8/hour; \$12/hour and half

Shelter Reservations:

See page 26 for shelter reservations.

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 3,433 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.

Alcoholic Beverage Permits

Anyone wishing to have alcoholic 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: Allows the holder and his or her party to bring alcoholic beverages into property owned and operated by the Bismarck Parks and Recreation District.
- 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 the ending date of the program/season.

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.bismarcknd.gov/101/Forestry.

Picnic Shelter Reservations

Call 222-6455 or visit Bismarck Parks and Recreation District office, 400 East Front Ave. Office hours are Monday - Friday, 7:30am to 5pm. Reservations must be paid at the time of reservation.

Outdoor Shelters

The park district has many parks with picnic shelters. Amenities at each shelter can vary. Please call 701-222-6455 to verify the following: electricity, picnic tables, grills, volleyball courts, horseshoe pits and nearby restroom facilities. Picnic shelters/buildings may be reserved for 2018 and 2019. Reservations for 2021 start October 1, 2019.

Outdoor Reservations Fees (2019)

	Full Day	Half Day
Outdoor Shelters – Half Day (8am – 3pm OR 4pm – 11pm)*	\$45	\$28
Sleepy Hollow, 2899 E. Divide Ave.	\$75	\$50

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

Outdoor Stages and Amphitheater

Several parks have stages. These stages can be used for weddings, musical groups, meetings or performances.

Stage Reservations Fees (2019)

	Full Day	Half Day
Custer Park Stage, 320 E. Custer Park St. – For profit organization rentals	\$30 \$60	\$20 \$40
General Sibley Park Amphitheater, 5001 S Washington St. – For profit organization rentals	\$30 \$60	\$20 \$40

Sleepy Hollow Park, 2899 East Divide Avenue:
Rental the of gazebo and a stage is coordinated and managed by Sleepy Hollow Theater and Arts Park staff. Visit www.shst.org or call 701-319-0895 for site availability and pricing.

Indoor Shelters

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

Indoor Reservations Fees (2019)

	Full Day	Half Day
Hillside Aquatic Complex, 1719 E. Boulevard Ave. – For profit organization rentals	\$220 \$440	\$165 \$330
Lions Park Community Center, 1601 E. Boulevard. – For profit organization rentals	\$55 \$110	n/a n/a
Jaycee Park Leadership Hall, 321 East Century Ave. – For profit organization rentals	\$100 \$200	\$75 \$150
Sertoma Club Community Center, 300 Riverside Park Road – For profit organization rentals	\$100 \$200	\$75 \$150

Picnic Equipment Available

- Volleyballs and nets, Bats and balls, Horseshoes and Frisbees

All equipment is available on a first come, first served basis at the World War Memorial Building, 215 North 6th St., 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. Please Call 701-222-6454 for additional details.

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 79+ 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.

General Sibley Park and Campground Interpretive Trail

Who was General Sibley, and why is this park and campground named after him? What's the history of this beautiful park, and what makes this ecosystem unique and important? Find out the answers to these questions and more when you stroll along the 0.6 mile interpretive trail and involve yourself with the historical and environmental panels that tell a unique story. The trail winds along the western edge of the park, with views of the mighty Missouri River.

Rotary Club Arboretum Trail

This gravel trail on Divide Avenue and College Drive (the north corner of Tom O'Leary Golf Course) is designed to showcase a variety of plant life, including native trees and shrubbery, as well as non-native plant life. "George Bird" Rotary Park Arboretum Trail is a cooperative project of the Park District, Bismarck Forestry Department and the Bismarck Rotary Club.

Aquastorm, Swimming/Diving Club

The Aquastorm competitive swim team 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 & Wellness Center.

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 Masters swim team is a competitive swimming program for adults of all ages and abilities. The swim team is a great way to 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, please contact Thomas Wheeling at thomasallenwheeling@gmail.com or go to www.aquastormswimming.com

Bismarck Bobcats

The Bismarck Bobcats are a Tier II junior ice hockey team in the North American Hockey League's Central Division. The Bobcats have called Bismarck their home for 21 years and play at the VFW Sports Center. The Bobcats not only play a full schedule of exciting hockey, but also appear at many community events, doing their part to make Bismarck a great place to live. To find a schedule of games, opportunities for sponsorships, sign up for the e-newsletter and get ticket information, go to www.bismarckbobcats.com.

Bismarck Figure Skating Club

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

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

Bismarck Gymnastics Academy (BGA)

Bismarck Gymnastics Academy (BGA), in cooperation with Bismarck Parks and Recreation District, offers a quality gymnastics program for ages 18 months through 18 years. Gymnasts work on developing strength, agility, speed, flexibility, balance, coordination and self-confidence; skills used in gymnastics, other sports and in life!

Classes are open for individuals, as well as home school, day care and pre-school students. Special needs classes are available for a wide range of abilities and ages. BGA's offers Open Gym, allowing any child 5+ years to have supervised "free" time in the gym. BGA has two show teams with tryouts held each spring. These teams perform at various sporting, community and business events. BGA's competitive team is for gymnasts who would like to compete at the USA Gymnastics Level.

For more information on membership fees, program registration, birthday parties and more, go to www.bismarckgymnastics.com or email office@bismarckgymnastics.com.

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-Mandan Lacrosse

Lacrosse continues to grow in Bismarck and Mandan! Be part of the fastest growing sport on two feet! We have league play that begins in April and ends in June.

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 from 4th to 12th grade. We have affordable sticks to use and purchase. Boys lacrosse is a contact sport. A girls program is one of our next goals.

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

See our website www.bismanlacrosse.org and Facebook for information and details about our program. If you have any questions or interest please contact us.

Bismarck Table Tennis Club

Bismarck Table Tennis Club meets at the World War Memorial Building, 215 N 6th St., Tuesday and Thursday evenings. There is open play at no cost on five professional tournament quality

tables. Beginners to advanced players are welcome, and please bring your own racket. For more information, go to www.bismarcktabletennis.com or contact Seth at 701-471-8908 or Jack at 701-527-1764.

Bismarck Youth Fastpitch Softball Association

The goal of BYFSA is to enable players to learn the game of fastpitch softball in a fun and stimulating environment. Primary focus is placed on developing the skills necessary to help players age 6-18 to succeed and be the best softball players they can be. We offer a short Fall league (September), Winter Clinics (February/March) and our main Summer League program (May - July). Please visit www.bismarckfastpitch.com for all program details and to register.

Bismarck Larks

Baseball is back and better than ever in Bismarck. The Bismarck Larks are members of the Northwoods League, the country's premier summer collegiate baseball league. The Northwoods League was founded in 1994 with 5 teams in Minnesota, Wisconsin, and Iowa. The league has expanded to 18-teams throughout Minnesota, Wisconsin, Iowa, Michigan, Canada - and now North Dakota. The Larks play their games at the Bismarck Municipal Ballpark. For more information on the Larks, their schedule, stats, community programs and how to get tickets, go to www.northwoodsleague.com/bismarck-larks.

Bismarck-Mandan Tennis Association

The purpose of BMTA is to promote tennis, and to work with all individuals, organizations, and businesses interested in promoting tennis within the Bismarck - Mandan area. For more information on leagues and programs, www.bmta.usta.com.

Bismarck Youth 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.bismarckfootball.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!

Burleigh County 4-H

Did you know that 4-H isn't just about cows, rabbits and chickens? Do you have a child that likes to draw? There is a 4-H project for that. Do you have a Lego builder in your house? There is a 4-H project for that. 4-H has something for everyone! If you have a child between the ages of five and 18 as of September 1, 2018, check out the options in Burleigh County 4-H. For more information or to join 4-H, contact Amelia at 221-6865 or Amelia.Doll@ndsu.edu TODAY!

Capital City Gun Club

Location: 4 miles N. of Bismarck on Hwy 83, Telephone: 223-9542

The Capital City Gun Club provides a safe and convenient location to practice with your shotgun and participate in league trap shooting.

It is open to the public during the hours listed on our website. We have 9 regulation traps with voice releases.

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

Capital City Sporting Clays

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

For more information on events and leagues, go to www.ccsclays.com.

Capital Curling Club

Check out our website for the latest information regarding everything happening this year including Learn-to-Curls and Kids Curl. Traditional leagues start in late October, but there is plenty of opportunity to get introduced to curling throughout the winter. League viewing is open to the public at the VFW Sports Center most weeknights during the season.

Youth Curling, for elementary through 18 years old, is held on Saturdays from November through February. New young

curlers are welcomed anytime.

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

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

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

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

Winter Hours - October to late April
1:00 - 5:00pm Friday thru Sunday
Summer Hours - Late April to September
10:00am - 7:00pm daily

Downtown Bismarck Association

The mission of the Downtowners is to serve and support the growth and development of downtown Bismarck to benefit our members and the entire community. For more information on the Downtowners, what's happening downtown and a list of upcoming events, go to www.downtownbismarck.com

Dreams in Motion Adaptive Sports

Dreams in Motion offers competitive and recreational sports programs critical to health and well-being of youth and adults with mobility challenges or visual impairments. As the only certified US Paralympic Club in North Dakota, the organization offers wheelchair basketball, sled hockey, soccer, curling, downhill skiing, track and field, tennis, and more. Programs are free and open to all ages and skill levels. Equipment and coaching are provided; and the organization offers scholarships and raises funds for athletes and participants to travel to sanctioned events.

More information is available on the Dreams in Motion website at www.dreamsinmotioninc.com or by emailing dreamsinmotioninc@yahoo.com.

Flickertail Woodcarvers

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

GO! Bismarck - Mandan

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

Horseshoe Pitchers Association

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

Midwest Adult Hockey League MAHL

The Midwest Adult Hockey League (MAHL) is a very competitive hockey league that plays in Bismarck and Mandan from September thru March. Currently, there are 13 teams that play each week on Sunday's, Wednesday's and Fridays. Summer league, Friday Noon Skate and Pre-Season games are pick-up style and a good way to get on a team.

We are always looking for more players and teams to join our fast-paced league! For more information, please visit our site! www.midwestadulthockey.com/

Missouri Slope Model Aero Club

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

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

Missouri River Adult Hockey League MRAHL

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

Nishu Bowmen Archery Club

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

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

Northern Plains Dance

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

Riverwood Men's & Women's Golf Association

The Riverwood Men's and Women's Golf Association are non-profit organizations intended to promote the game of golf by providing golf handicaps and organizing league and tournament competitions for its members. The associations operate solely on membership dues, tournament and league entry fees, and business sponsorships.

The Riverwood Women's Golf association has a Wednesday morning and Wednesday evening league. Golfers can choose to golf in the morning starting at 8:30 AM or set a Tee Time for the afternoon or evening. Tee Times can be set one week in advance. Casual play, with Tee Times made in advance, is also encouraged on Monday and Friday AM.

Membership applications and additional information is available at the Riverwood Pro-Shop or on Facebook/RiverwoodMensGA or [Facebook.com/groups/134582623355123](https://www.facebook.com/groups/134582623355123).

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 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 increases inclusion in the community by helping break down the barriers that have kept people with and without intellectual disabilities apart.

For further information, contact Special Olympics North Dakota at 1-800-279-4201 or sond@midconetwork.com

Superslide Amusement Park

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

For more information, call 255-1107 or visit bismarcksuperslide.com

Register for a Bismarck Parks and Recreation District Program!

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

Online www.bisparks.org

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

Walk-In or Mail-In

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

After Hours Drop Box

400 East Front Avenue
Bismarck, ND 58504

Refund Policy

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

To complete the registration form below:

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



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

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

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

Participant or Parent/Guardian Signature _____ Date _____

Activity	Code #	Fee	Cash/Check # /Credit Card	
Participant's Name (First, Last)	Gender	Participant's D.O.B.	Age	Grade (2018-19)
Address		City, State, Zip		
Phone (H)	Phone (W)	Other Phone	E-Mail Address	
Contact (First, Last)	Relationship		Phone (H)	Other Phone
Does Participant have any special limitations				

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

December

Santa Run	8
Cookies & Crafts	15

January

Indoor Swim Lessons Registration, see page 8	7
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February

Flurry Fest, see inner foldout	1-28
Wallyball Tournament, see page 17 - 2	
Indoor Swim Lessons Registration, see page 8	19
Winter Jam Junior Tennis Tournament, see page 12	22-24

March

3rd Grade Volleyball Jamboree, see page 13	15-16
State Amateur Basketball Tournament	22-24

April

Indoor Swim Lessons Registration, see page 9	1
Red Cross Lifeguarding Class, see page 10	5-8

2019 Spring/Summer Activity Guide is mailed in April, which includes:

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

Grievance Policy under Title II of the Americans with Disabilities Act

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

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

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

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

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

Employment Opportunities

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

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

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

Gift Giving



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

**Stop by our office Mon-Fri from 7:30am-5pm
400 East Front Ave. Bismarck**



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

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REGISTER FOR PROGRAMS ONLINE AT
WWW.BISPARKS.ORG

