



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

www.bisparks.org



Fall

2018 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

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

Other Programs & Partners

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

Swimming Pools

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

Board of Park Commissioners

- 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 Pulkrebek, Adam Keller, Cullen Theisen, Quentin Schmidt, 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
- Brandon Rittenbach, Riverwood
- Adam Bitterman, Tom O'Leary
- Darrel Gunsch, General Sibley

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 488 projects with total project costs of more than \$4.5 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.

Youth Programs

Activ8.....	4
Adaptive Recreation, Bowling.....	4
Archery.....	4
Basketball.....	4-5
BLAST.....	5
Fencing.....	6
Flag Football.....	6
Friday Night Pool Games.....	6
Karate.....	6
Kid's Fitness/Kid's Yoga.....	6
Open Gym.....	7
Preschool Skate Date.....	7
Racquetball.....	7
Sports Conditioning.....	7
Swimming Lessons, Indoor.....	7-10
American Red Cross Lifeguarding Classes.....	10
American Red Cross Instructor Classes.....	10
Private Swim Lessons.....	8
Toddler Splash Days.....	8
Toddler Splash Training.....	10
Tennis.....	
8 & Under and 10 & Under.....	11
Creepy Classic Tennis Tournament.....	12
Elite Program & Match Play.....	12
High School.....	11-12
Tiny Tots and Netters.....	11
Track, Cross Country.....	12
Weekday Morning Play Dates.....	13

Adult Programs

Adaptive Recreation.....	4
Basketball.....	13
Fencing.....	6
Fitness.....	
Fit Bootcamp.....	14
Fit Fifty+.....	14
GlideFit.....	14
Group Fitness 101.....	14
Stroke, Spin & Stride Self-Paced Triathlon.....	14
Karate.....	6
Open Gym.....	7
Pickleball.....	15
Racquetball.....	15
Softball - Coed.....	15
Swimming Lessons, Indoor.....	
Adult Swim Skills Training.....	16
Private Swim Lessons.....	8

Tennis

Adult Leagues.....	16
Beginner, Intermediate & Advanced....	16-17
Cardio Tennis.....	17
Outdoor Court Reservation.....	17
Volleyball Leagues.....	17
Wallyball.....	17

Health and Wellness

BSC Aquatic & Wellness Center.....	18
Membership.....	19
Capital Racquet & Fitness Center.....	18
Membership.....	19
Tennis Membership Package.....	19
Private Tennis Lessons.....	19
Birthday Parties.....	20
Personal Training.....	20
Small Group Personal Training.....	20

Parks and Facilities

Camping.....	
Burleigh County Parks.....	21
Eagles Park.....	21
General Sibley Park.....	21
Facilities.....	
Capital Ice Complex/Schaumburg Arena and Wachter Arena.....	21
Fore Seasons Center.....	22
Frances Leach High Prairie.....	
Arts & Science Complex.....	22
Hillside Aquatic Complex.....	22
VFW Sports Center.....	22
World War Memorial Building.....	23
Golf Courses.....	
Golf Courses Information.....	23-24
Pebble Creek, Riverwood, Tom O'Leary ...	23
Ice Skating.....	24
Parks.....	24-25
Community Gardens & Orchard.....	24
Disc Golf Courses.....	24
Dog Park - Century Bark Park.....	24
Imagination Playground.....	25
McDowell Dam Recreation Area.....	25
Skate Parks.....	25
Park System Information.....	25
Bismarck Forestry Dept.....	25
Picnic Shelter Reservations.....	26
Trails, Recreational.....	26
Educational Trails.....	26

Other Programs & Partners

Aquastorm Swimming/Diving Club.....	27
BisMan Bombshellz Roller Derby.....	27
Bismarck Bobcats.....	27
Bismarck Figure Skating.....	27
Bismarck Gymnastics.....	27
Bismarck Hockey Boosters.....	27
Bismarck Horse Club & Park.....	27
Bismarck Table Tennis Club.....	27
Bismarck Youth Fastpitch Assoc.....	27
Bismarck-Mandan Larks.....	27
Bismarck-Mandan Tennis Assoc.....	27
Bismarck Youth Football League.....	27-28
BisMarket.....	28
Capital City Gun Club.....	28
Capital City Sporting Clays.....	28
Capital Curling Club.....	28
Central Dakota Cyclists.....	28
Cub Scouts & Boy Scouts.....	28
Dakota Junior Golf Association.....	28
Dakota United Soccer Club.....	28
Dakota West Arts Council.....	28
Dakota Zoo.....	28
Downtown Bismarck Assoc.....	28
Dreams in Motion Adaptive Sports.....	29
Flickertail Woodcarvers.....	29
GO! Bismarck-Mandan.....	29
Horseshoe Pitchers Association.....	29
Midwest Adult Hockey League MAHL.....	29
Missouri Slope Model Aero Club.....	29
Missouri River Adult Hockey League MRAHL.....	29
Nishu Bowmen Archery Club.....	29
Northern Plains Dance.....	29
Special Olympics.....	29
Superslide Amusement Park.....	29

Misc.

Employment Opportunities.....	31
Registration Information.....	30
Trail Map.....	Inner fold-out
Upcoming Events.....	31
Grievance Policy under Title II ADA.....	31

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 fun and active 6-week program consists of 45-minute structured water and non-water activities twice a week for kids 8-12 years of age. It is designed to increase children's physical activity, self confidence, and nurture long term behavior. Our goal is that every child finds their niche in physical activity. It doesn't matter if they are athletic or not, we want to inspire kids to MOVE and have FUN! **Children must be comfortable in the water.**



Date	Day	Time	Code
Sept. 17 - Oct. 25	M Th	7-7:45pm (Land) 7-7:45pm (Water)	11044

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
Sept. 10 - 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

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

Level	Dates	Day	Time	Code
Beginners	Sept. 11 - Nov. 27	Tues	6pm	11073
Beginners	Sept. 11 - Nov. 27	Tues	7pm	11074
Challengers/Advanced	Sept. 11 - Nov. 27	Tues	8pm	11072

- Fee is \$65. Maximum: 14 students per class.
- All equipment is provided. Bows offered will include both recurves and Genesis.
- Must be 8 years old to begin program.
- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

Basketball

3rd Grade Girls & Boys Basketball

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

Girls Informational Meeting

- Monday, August 20, 7pm, at World War Memorial Building, 215 North 6th Street.
- An information sheet will be available upon registration.

Boys Informational Meeting

- Wednesday, October 17, 7pm, at World War Memorial Building, 215 North 6th Street.
- An information sheet will be available upon registration.

League:

- Girls: August 27 - October 13
- Boys: November 5 - January 12
- Teams organized by school.
- Volunteer coaches needed.
- Coaches will schedule practice one day per week at the World War Memorial Building, 215 North 6th Street. Coaches will notify you of practice times.
 - Mondays - Fridays: 4pm or 5pm
- Games are Saturdays at the World War Memorial Building.

Fees

- \$50/player - if received on or before August 10 (Girls) or October 19 (Boys).
- \$60/player - if received August 11 or later (Girls) or October 20 or later (Boys).

School	Girls	Boys
Cathedral	11335	12051
Centennial	11336	12052
Grimsrud	11337	12053
High. Acres	11338	15054
Liberty	11339	12055
Lincoln	11340	12056
Martin Luther	11341	12057
Miller	11342	12058
Moses	11343	12059
Murphy	11344	12060
Myhre	11345	12061
Northridge	11346	12062
Pioneer	11355	12063
Prairie Rose	11347	12064
Roosevelt	11348	12065
Shiloh	11349	12066
Solheim	11350	12067
St. Anne's	11351	12068
St. Mary's	11352	12069
Sunrise	11353	12070
Will-Moore	11354	12071



4th & 5th Grade Girls & Boys Basketball

Youth basketball is a recreational program that is designed to teach students going into grades 4th and 5th the fundamentals, skills, and sportsmanship of the game. These basics include passing, dribbling, shooting, and teamwork. Participants will learn through drills, scrimmages, and games. Our emphasis is on equal play time, and most of all, FUN! The 4th and 5th grade programs have season-ending jamborees.

League Dates:

- Girls Grade 4: September 4 – October 27
- Girls Grade 5: September 4 – November 3
- Girls Grade 4 Jamboree: October 25 and 27
- Girls Grade 5 Jamboree: November 2 and 3
- Boys Grade 4: November 13 – January 19, 2019
- Boys Grade 5: November 13 – January 26, 2019

Informational Meeting

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

Days/Times for most schools:

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

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

Fees

- Girls' Grade 4: \$50/player - if received on or before August 17.
- Girls' Grade 4: \$60/player - if received August 18 or later.
- Girls' Grade 5: \$60/player - if received on or before August 17.
- Girls' Grade 5: \$70/player - if received August 18 or later.
- Boys' Grade 4: \$50/player - if received on or before October 26.
- Boys' Grade 4: \$60/player - if received October 27 or later.
- Boys' Grade 5: \$60/player - if received on or before October 26.
- Boys' Grade 5: \$70/player - if received October 27 or later.
- **Participants must play at the school they attend.**

School	4th Girls Code	5th Girls Code
Centennial	11359	11377
Grimsrud	11360	11378
High. Acres	11361	11379
Liberty	11362	11380
Lincoln	11363	11381
Martin Luther	11364	11382
Miller	11365	11383
Moses	11366	11384
Murphy	11367	11385
Myhre	11368	11386
Northridge	11369	11387
Pioneer	11370	11388
Prairie Rose	11371	11389
Roosevelt	11372	11390
Shiloh	11373	11391
Solheim	11374	11392
Sunrise	11375	11393
Will-Moore	11376	11394

School

4th Boys Code

5th Boys Code

Centennial	12074	12092
Grimsrud	12075	12093
High. Acres	12076	12094
Liberty	12077	12095
Lincoln	12078	12096
Martin Luther	12079	12097
Miller	12080	12098
Moses	12081	12099
Murphy	12082	12100
Myhre	12083	12101
Northridge	12084	12102
Pioneer	12085	12103
Prairie Rose	12086	12104
Roosevelt	12087	12105
Shiloh	12088	12106
Solheim	12089	12107
Sunrise	12090	12108
Will-Moore	12091	12109

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 & OFFICIALS

Bismarck Parks and Recreation District is looking for coaches and officials for our Youth **Basketball** and **Flag Football** Programs.

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

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.

Location and Equipment Required

- For specific dates and fees, please check www.bisparks.org.
- 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.

Flag Football

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

Informational Meeting and 6th Grade Registration

- Wednesday, August 15, 6pm, at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.
- * 6th graders interested in playing flag football should register with the code of their 2017-2018 elementary school.

Grades	Dates	Times
3rd & 4th	August 27 - October 4	5 - 6pm
5th & 6th	August 27 - October 4	6 - 7pm

- Jamboree: Oct. 6 - Sam McQuade Sr. Softball Complex

Fees

- \$55/player - if received on or before August 17.
- \$65/player - if received August 18 or later.

School	3rd & 4th Grade	5th & 6th Grade
	Code	Code
Cathedral	11396	11397
Centennial	11398	11399
Grimsrud	11400	11401
Highland Acres	11402	11403
Liberty	11404	11405
Lincoln	11406	11407
Martin Luther	11408	11409
Miller	11410	11411
Moses	11412	11413
Murphy	11414	11415
Myhre	11416	11417
Northridge	11418	11419
Pioneer	11420	11421
Prairie Rose	11422	11423
Roosevelt	11424	11425
Shiloh	11426	11427
Solheim	11428	11429
St. Anne's	11430	11431
St. Mary's	11432	11433
Sunrise	11434	11435
Will-Moore	11436	11437

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

- Located at BSC Aquatic & Wellness Center, 1601 Canary Ave
- Starts September 14: 6 - 7:30pm
- 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	August	10811
10+	T & Th	6:30 - 8:30pm	September	10819
10+	T & Th	6:30 - 8:30pm	October	10818
10+	T & Th	6:30 - 8:30pm	November	10817
10+	T & Th	6:30 - 8:30pm	December	10812

Dates, Fees and Location

- August 7 - December 20
- \$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	Oct. 4 - Dec. 13	Thu	5:30 - 6pm
Kid's Yoga	Oct. 2 - Dec. 11	T	5:45 - 6:15pm

*No class November 22

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 Saturday Sunday

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	TBA
-------------------	--------------------	-----	-----

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. 8 - March 20	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	11114
Intermediate	7 - 14	Th	6:15 - 7pm	11115
Advanced	7 - 14	Th	7 - 7:45pm	11113

Dates, Fees and Location

- October 4 - November 8
- 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 12 session 60-minute class is for children ages 10-14. Sport Conditioning is a unique and fun class that utilizes speed, agility, quickness, coordination, endurance, strength. The class is designed to strengthen your core and improve your strength, endurance and technique. The exercises are designed to make you a better and more conditioned athlete.

Fees, Location and Age

- 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

Age	Date	Days	Time	Code
10-14 yr	Sept. 18 -Oct. 25	T & Th	6 - 7pm	11119
10-14 yr	Nov. 6 - Dec. 18*	T & Th	6 - 7pm	11118

*No class Nov. 22.

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.

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

New Registration Process

We've changed the process for signing up for private swimming lessons to make it much easier for you to find the dates and times that work well for you and your child(ren).

The Private Lessons Code number 7671 no longer exists.

Here's the NEW Process:

Register at www.bisparks.org, Private Swim Lessons. Create or log into your account. 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. **Click on the blue description for the day/time you are looking at to see if it is full or has an opening.**

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.

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.

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

- Now - August 30; Monday -Thursday: 1:30 - 3:30pm
 - Parent/Guardian \$3
- Starting Sept. 3; 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

Fall Registration Session 1:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Monday, August 27 at 10am.**

Fall Session 1 - Sept. 5 - Oct. 8 (M & W)*

* Due to the Monday, Sept. 3 Labor Day holiday, this session will start on Wednesday, September 5. The make-up date for Monday, September 3 will be Monday October 8.

Fall Session 1 - Sept. 4 - Oct. 4 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level A	T & Th	11193
4:20 - 4:50pm	Preschool Level B	T & Th	11212
4:20 - 4:50pm	Preschool Level C	M & W	11227
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	11133
4:20 - 4:50pm	Ages 6+ Level 2	M & W	11151
4:20 - 4:50pm	Ages 6+ Level 3	M & W	11169
4:55 - 5:25pm	Preschool Level A	M & W	11194
4:55 - 5:25pm	Preschool Level B	M & W	11213
4:55 - 5:25pm	Preschool Level C	T & Th	11229
4:55 - 5:25pm	Ages 6+ Level 1	M & W	11134
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	11153
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	11170
5:30 - 6pm	Preschool Level A	M & W	11195
5:30 - 6pm	Preschool Level A	T & Th	11196
5:30 - 6pm	Preschool Level B	T & Th	11214
5:30 - 6pm	Preschool Level C	M & W	11230
5:30 - 6pm	Ages 6+ Level 2	M & W	11154
5:30 - 6pm	Ages 6+ Level 2	T & Th	11155
6:05 - 6:35pm	Preschool Level A	M & W	11197
6:05 - 6:35pm	Preschool Level A	T & Th	11198
6:05 - 6:35pm	Preschool Level B	M & W	11215
6:05 - 6:35pm	Preschool Level C	M & W	11231
6:05 - 6:35pm	Preschool Level C	T & Th	11232
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	11136
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	11156
6:05 - 6:35pm	Ages 6+ Level 3	M & W	11171
6:40 - 7:10pm	Preschool Level A	M & W	11199
6:40 - 7:10pm	Preschool Level A	T & Th	11200
6:40 - 7:10pm	Preschool Level B	M & W	11216
6:40 - 7:10pm	Preschool Level B	T & Th	11217
6:40 - 7:10pm	Ages 6+ Level 1	M & W	11137
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	11138
6:40 - 7:10pm	Ages 6+ Level 2	M & W	11157
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	11158
7:15 - 7:45pm	Preschool Level A	M & W	11201
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	11139
7:15 - 7:45pm	Ages 6+ Level 2	M & W	11159
7:15 - 7:45pm	Ages 6+ Level 3	M & W	11172
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	11173
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	11177
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	11179
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	11180

Fall Registration Session 2:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Monday, October 8 at 10am.**

Fall Session 2 - Oct. 15 - Nov. 14 (M & W)

Fall Session 2 - Oct. 16 - Nov. 15 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level A	T & Th	11184
4:20 - 4:50pm	Preschool Level B	T & Th	11206
4:20 - 4:50pm	Preschool Level C	M & W	11221
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	11124
4:20 - 4:50pm	Ages 6+ Level 2	M & W	11143
4:20 - 4:50pm	Ages 6+ Level 3	M & W	11163
4:55 - 5:25pm	Preschool Level A	M & W	11185
4:55 - 5:25pm	Preschool Level B	M & W	11207
4:55 - 5:25pm	Preschool Level C	T & Th	11223
4:55 - 5:25pm	Ages 6+ Level 1	M & W	11125
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	11144
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	11165
5:30 - 6pm	Preschool Level A	M & W	11186
5:30 - 6pm	Preschool Level A	T & Th	11187
5:30 - 6pm	Preschool Level B	T & Th	11208
5:30 - 6pm	Preschool Level C	M & W	11224
5:30 - 6pm	Ages 6+ Level 2	M & W	11145
5:30 - 6pm	Ages 6+ Level 2	T & Th	11146
6:05 - 6:35pm	Preschool Level A	M & W	11188
6:05 - 6:35pm	Preschool Level A	T & Th	11189
6:05 - 6:35pm	Preschool Level B	M & W	11209
6:05 - 6:35pm	Preschool Level C	M & W	11225
6:05 - 6:35pm	Preschool Level C	T & Th	11226
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	11128
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	11147
6:05 - 6:35pm	Ages 6+ Level 3	M & W	11166
6:40 - 7:10pm	Preschool Level A	M & W	11190
6:40 - 7:10pm	Preschool Level A	T & Th	11191
6:40 - 7:10pm	Preschool Level B	M & W	11210
6:40 - 7:10pm	Preschool Level B	T & Th	11211
6:40 - 7:10pm	Ages 6+ Level 1	M & W	11129
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	11130
6:40 - 7:10pm	Ages 6+ Level 2	M & W	11148
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	11149
7:15 - 7:45pm	Preschool Level A	T & Th	11192
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	11131
7:15 - 7:45pm	Ages 6+ Level 2	M & W	11150
7:15 - 7:45pm	Ages 6+ Level 3	M & W	11167
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	11168
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	11175
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	11176
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	11178

Toddler Splash Training

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

Dates, Fees and Location

- Tuesday and Thursday: 6 - 6:30pm
- September 4 - November 15 (Classes will resume in January.)
- Ages 6 months to 3 years
- \$4.50 per parent/child unit per class for members and non-members (drop in class)
- Must give receipt of payment to the instructor before class starts
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave

Now Hiring

LIFEGUARDS & SWIMMING INSTRUCTORS

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

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.

If the candidate is not able to pass the prerequisite skills, they will be issued a full refund.

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 \$35 fee to the Red Cross for the online learning materials.
- **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

- Dec. 6-7 (5-9pm) and Dec. 8-9 (9am-5pm)

Code

11116

American Red Cross Lifeguarding Instructor Course

- A Lifeguard Instructor course trains instructor candidates how to teach American Red Cross Lifeguarding, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterfront Skills, Waterpark Skills, First Aid, CPR/AED for Professional Rescuers, Administering Emergency Oxygen and Bloodborne Pathogens.
- This course shows instructor candidates how to use course and presentation materials, conduct training sessions and evaluate the progress of candidates in a professional-level course.

Prerequisites

- Be at least 17 years old
- Possess a current Red Cross certification in Lifeguarding/First Aid/CPR/AED
- Complete the online Lifeguard Instructor course for \$35 through the ARC learning center before the first day of class. An email will be sent with instructions after registration.
- Pass two rescue skill scenarios that test lifeguarding and CPR (on the first day of class)

Certification and Fees

- 2-year American Red Cross Lifeguard Instructor certification
- **All Class times and dates are MANDATORY**
- Cost \$300. Maximum enrollment: 6

Date/Time

Nov. 16 (4-9pm) and Nov. 17-18 (9am-9pm)

Code

12115

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 – Sept. 10 – Oct. 14	M & W	5:30 - 6pm	11258
I – Sept. 10 – Oct. 14	M & W	6 - 6:30pm	11259
I – Sept. 10 – Oct. 14	T & Th	5:30 - 6pm	11261
I – Sept. 10 – Oct. 14	T & Th	6 - 6:30pm	11262
II – Oct. 29 – Dec. 9*	M & W	5:30 - 6pm	11270
II – Oct. 29 – Dec. 9*	M & W	6 - 6:30pm	11271
II – Oct. 29 – Dec. 9*	T & Th	5:30 - 6pm	11273
II – Oct. 29 – Dec. 9*	T & Th	6 - 6:30pm	11274

* Thanksgiving week off

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 – Sept. 10 – Oct. 14	M & W	6 - 7pm	11256
I – Sept. 10 – Oct. 14	T & Th	6 - 7pm	11257
II – Oct. 29 – Dec. 9*	M & W	5:30 - 6:30pm	11268
II – Oct. 29 – Dec. 9*	T & Th	5:30 - 6:30pm	11269
II – Oct. 29 – Dec. 9*	M & W	6:30 - 7:30pm	11272
II – Oct. 29 – Dec. 9*	T & Th	6:30 - 7:30pm	11275

* Thanksgiving week off

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 – Sept. 10 – Oct. 14	M & W	6 - 7pm	11254
I – Sept. 10 – Oct. 14	T & Th	6 - 7pm	11255
II – Oct. 29 – Dec. 9*	M & W	5:30 - 6:30pm	11266
II – Oct. 29 – Dec. 9*	T & Th	5:30 - 6:30pm	11267
II – Oct. 29 – Dec. 9*	M & W	6:30 - 7:30pm	12116
II – Oct. 29 – Dec. 9*	T & Th	6:30 - 7:30pm	12117

* Thanksgiving week off

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 – Sept. 10 – Oct. 14	M & W	6 - 7pm	11252
I – Sept. 10 – Oct. 14	T & Th	6 - 7pm	11253
II – Oct. 29 – Dec. 9*	M & W	5:30 - 6:30pm	11264
II – Oct. 29 – Dec. 9*	T & Th	5:30 - 6:30pm	11265
II – Oct. 29 – Dec. 9*	M & W	6:30 - 7:30pm	12118
II – Oct. 29 – Dec. 9*	T & Th	6:30 - 7:30pm	12119

* Thanksgiving week off

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+
- \$60
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Sept. 10 – Oct. 14	T	7 - 8:30pm	11241
II – Oct. 29 – Dec. 9*	T	7:30 - 9pm	11245

* Thanksgiving week off

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 – Sept. 10 – Oct. 14	T & Th	4:00 - 5:30pm	11242
II – Oct. 29 – Dec. 9*	T & Th	4:00 - 5:30pm	11246
II – Oct. 29 – Dec. 9*	Sat	12 - 1:30pm	12180

* Thanksgiving week off

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 – Sept. 10 – Oct. 14	M & W	4:00 - 5:30pm	11243
II – Oct. 29 – Dec. 9*	M & W	4:00 - 5:30pm	11247
II – Oct. 29 – Dec. 9*	Sat	10:30 - 12pm	11248

* Thanksgiving week off

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 only.
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Sept. 10 – Oct. 14	T & Th	7:30 - 9pm	11240
II - Oct. 29 – Dec. 9*	T & Th	7:30 - 9pm	11244

* Thanksgiving week off.

Elites Competitive Match Play

For junior players wishing to keep that competitive edge during the offseason (USTA and high school) this league will be for players in 7th thru 12th grades in the elite program. A tennis teaching pro will be on-site during the league to give pointers and small portion of the time may be allotted for match specific drills.

Fee and location

- \$60
- Capital Racquet and Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Sept. 10 - Oct. 14	F	4 - 5:30pm	12120
II - Oct. 29 - Dec. 9	F	4 - 5:30pm	12179

Creepy Classic Tennis Tournament

Thursday, October 18 (Beginners)

Saturday, October 20 (Competitive)

- Beginner - Registration Code: 11081
- Competitive Draw Junior players - Registration Code: 11082

Location

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

For more information

- Rod Morasch at 221-6855

Track, Cross County

Ages and Fee

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

Dates and Locations

- Tuesday, September 4 at 3:45p
Cottonwood Park, Soccer Field
- Monday, September 10 at 3:45pm
Sertoma Park, Shelter #7
- Monday, September 17 at 3:45pm
Scheels Complex
- Tuesday, September 25 at 3:45pm
Tom O'Leary Golf Course



Weekday Morning Play Dates

Dates & Ages

- October 8, 2018 – 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

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

League Schedule

- Women’s and Sunday Men’s: Beginning November 11.
- Men’s (Tuesday, Wednesday, Thursday) Beginning November 13, 14, 15.
- Schedules available online November 7, by 5:00 pm.
- Those teams, who do not have their fees and rosters in on time, will not be included in a league schedule.

Days

- Men: Tuesday, Wednesday, Thursday and Sunday.
- Women: Sunday.

Locations

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

Sponsor Fee

- \$170 if received between September 17 and October 1.
- \$190 if received October 2 or later.

Player Fee

- \$110/Stop Clock Leagues (Top 2 most competitive Men’s Leagues).
- \$100/Running Clock Leagues (Remainder of Men’s and Women’s Leagues).
- Teams must pay for a minimum of 8 players by October 12 at 5:00 pm or the fee will increase to \$120/stop player and \$110/run player.

Deadline

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

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

2017-18 teams who pay the Sponsor Fee by October 1 will be given priority for their choice of which night they want to play.

2017-18 teams who pay the Sponsor Fee October 2 or later will need to provide 2 options for which nights they would like to play.

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

**Adult Basketball Officials,
Site Supervisors & Scorekeepers Needed!
Call Joe Ware 471-8684 for more information**

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
Sept. 17 - Oct. 24	M & W	5:45 - 6:30am	11075

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+

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

Date	Days	Time	Code
Sept. 19 - Nov. 7	W	8 - 8:45am	12181

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

Group Fitness 101

Not sure if you are doing exercises correctly in class? Too intimidated to try a class? Let us help! Come join our instructors as they go over proper form, share information on all the classes we offer, and answer any questions you may have. We will conclude the class with a 20-30 minute workout, this will allow the instructors to make sure your form is on point.

Date	Location	Time	Code
Thur., Sept 27	BSC AWC	6:45 - 7:45pm	12182
Tues., Oct. 23	CRFC	6:45 - 7:45pm	12183

Fees and Location

- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: Free; Non-Members: \$5.00
- (BSC AWC) BSC Aquatic & Wellness Center, 1601 Canary Ave
- (CRFC) Capital Racquet & Fitness Center, 3200 N 10th Street

Stroke, Spin and Stride Self-Paced Triathlon

Date	Fee	Code
Sept. 17 - Oct. 26	\$30	11120

Event Description

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

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 page 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.

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

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 - September 10 – October 21

League	Day	Times	Code
B/C	M	Noon	11100
B/C	W	Noon	11103
Men's B/C	-	Arrange own matches -	11101

Session 2 - October 29 – December 16

*Thanksgiving week off

League	Day	Times	Code
B/C	M	Noon	11105
B/C	W	Noon	11108
Men's B/C	-	Arrange own matches -	11106

Lessons

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
Oct. 1 - Nov. 5	M	7 - 8pm	11111

Softball - Coed

Summer may be nearly over, but softball is not. Bismarck Parks and Recreation District runs a fall coed softball program. Rosters and fees are due by August 18.

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

Date	Day	Time
August 28 - October 9	M or W	6:30pm Early Games
August 28 - October 9	M or W	8:45pm Late Games

Fees if paid by August 18

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

Fees received August 19 or later

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

League Tournament

- Sunday, September 17

Rainout/Inclement Weather Policy

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

Weekend Diamond Reservations

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

Softball Field Expansion

We're expanding Cottonwood Park to create four new adult softball fields and four new fastpitch softball fields. A group of community volunteers is working on a capital campaign to increase the number of softball fields, and in turn, maintain and improve the quality of life in Bismarck.

Bismarck Women's Slowpitch Softball Association, the Bismarck Men's Slowpitch Softball Association and the Bismarck Youth Fastpitch Softball Association wholeheartedly support this project. All three groups have made financial commitments to this campaign. The Campaign Committee's goal is to raise \$650,000 so that this project becomes a community reality. Players and their families, community advocates of youth and adult sports and fans of softball are encouraged to join us in building eight new softball diamonds. For more information, or to donate to this project, call 222-6455. Plans are available online at www.bisparks.org.

Swimming Lessons, Indoor

Adult Swim Skills Training

This class 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 class 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.
- Cost: \$55
- Minimum Enrollment 2: Maximum Enrollment 8
- Classes may be combined

Dates	Days	Times	Code
Oct. 16 - Nov. 8	T & Th	7:45 - 8:30pm	11045

Additional classes will resume in January.

Adult Swim Private Lessons

Private lessons are available for youth and adults. Please see page 8 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 - September 10 – October 31

See league descriptions for times.

League	Day	Code
Mixed Doubles	M	11280
Advanced Doubles	W	11281
Single(s) Ladder	F	11279

Session 2 - October 29 – December 16

(Thanksgiving week off)

See league descriptions for times.

Level	Day	Code
Mixed Doubles	M	11283
Advanced Doubles	W	11284
Single(s) Ladder	F	11282

League Descriptions

Mondays Mixed Doubles

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

- Session 1: 7 - 8:30pm; Session 2: 7:30 - 9pm

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)

- Session 1: 7 - 8:30pm and 8:30 - 10pm and Session 2: 7:30 - 9pm

Friday Singles Ladder

Singles Ladder League, NTRP: 3.5, 4.0, 4.5 (Intermediate/Advanced players)

- Session 1 and 2: 7 - 8:30pm

Beginner Adults

These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Lots of fun games and drills all taught by a 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
Sept. 10 - Oct. 14	W	10:30am - Noon	11055
Sept. 10 - Oct. 14	T	7 - 8:30pm	11054
Oct. 29 - Dec. 9	W	10:30am - Noon	11062
Oct. 29 - Dec. 9	T	7:30 - 9pm	11061

* Thanksgiving week off

Intermediate Adults

Players with some experience or advanced beginners. This fun class reinforces grips, preparation and swing path for forehands, backhands, volleys, overheads, serves and return of serves. Introduces spin and placement and emphasis on situational tennis. Singles and doubles positioning and strategy. Lots of fun games and drills, all taught by a 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
Sept. 10 - Oct. 14	M	10:30am - Noon	11049
Sept. 10 - Oct. 14	W	5:30 - 7pm	11057
Sept. 10 - Oct. 14	Th	10:30am - Noon	11050
Sept. 10 - Oct. 14	Sat	9 - 10:30am	11056
Oct. 29 - Dec. 9	M	10:30am - Noon	11064
Oct. 29 - Dec. 9	W	5:30 - 7pm	11063
Oct. 29 - Dec. 9	Th	10:30am - Noon	11066
Oct. 29 - Dec. 9	Sat	9 - 10:30am	11065

* Thanksgiving week off

Advanced Adults

Level 3.5 and above. These fun and competitive classes offer advanced stroke production techniques with emphasis on competitive situations and drills. Singles and doubles positioning and strategy for tournament and league competition. Lots of fun drills and games all taught by a 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
Sept. 10 - Oct. 14	M	5:30 - 7pm	11051
Sept. 10 - Oct. 14	Th	5:30 - 7pm	11053
Sept. 10 - Oct. 14	Th	12 - 1:30pm	11052
Oct. 29 - Dec. 9	M	5:30 - 7pm	11058
Oct. 29 - Dec. 9	Th	5:30 - 7pm	11060
Oct. 29 - Dec. 9	Th	12 - 1:30pm	11059

* Thanksgiving week off

Cardio Tennis

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

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

Dates	Day	Time
Starts Sept. 10	T	12:05 - 12:50pm

Fees and Location

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

Outdoor Court Reservation

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



Volleyball

Adult Fall & Winter Leagues

Bismarck Parks and Recreation District offers two separate volleyball seasons. Fall season sign-up will be in August. Winter season sign-up will be in December. Space is limited! Teams accepted on a first come, first served basis.

Fall Volleyball

- Registration: August 14 and 15, 7:30 - 5pm
- Program Dates: September 10 - November 29

Winter Volleyball

- Registration: December 5.
- Program Dates: January 7 - March 21

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
- Makeup matches will be held on Sundays
- Matches start at 6:30pm and run every 45 minutes. Last scheduled match at 9:30pm.

Player Fee

- \$40/player/per season
- Rosters and fees are due during fall volleyball registration days of August 14 and 15.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.
- Only Fall players fees are accepted in August.
- Winter fees will be due in December.

Sponsor Fee

- \$75/per season
- \$125/both Fall and Winter Seasons (player fees will still need to be paid separately each season)
- Refunds will not be given if a team drops out of the winter season.

League Schedules

- Online at bisparks.org by September 4.

Wallyball

League Fees, Dates and Location

- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Member: Free; Non-member - \$25
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Nov. 12 - Jan. 11

League	Day	Time	Code
Coed	T & Th	7pm	11068
Men's	M & Th	7pm	11069
Women's	M & W	7pm	11070

[BSC AQUATIC & WELLNESS CENTER]

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

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



Hours: 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 complete pool schedule and rules, visit www.bisparks.org

Fees

- For complete membership fees, refer to page 19
- Locker Rental (1 mo.) - \$15; (6 mo.) - \$50; (1 year) - \$75
- Rental of Room 1 or 2 - \$30/Hr.
- Please call for daily or extended use rental fees.

Fitness Classes held at BSC AWC

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

- Aqua Zumba®
- Barre
- Butts & Guts
- Core 30
- Forever Fit
- Kickbox Toning
- Kid's Yoga
- Les Mills BODYATTACK®
- Pilates
- PiYo®
- Tabata and Tabata Core
- Ugi®
- Water Works
- Yoga
- 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

Come and play! Turtle Beach, the indoor playground at the BSC Aquatic & Wellness Center, features many climbable animals that little ones will love. Turtle Beach is fully accessible with a poured rubber surfacing and is geared for children under 51" tall. Fee is \$1 per child. Members use the playground for free.

The Capital Racquet & Fitness Center, located in north Bismarck, has racquetball courts, Sauna/Hot tub, cardio equipment, indoor tennis courts, indoor track (Indoor 1/9 mile), wallyball courts, fitness center, and a weight room. The facility also offers group fitness classes and child care.



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

Hours: 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.

- Butts and Guts
- Cardio Tennis
- Cycling
- Forever Fit
- Kettlebells
- Les Mills BODYPUMP®
- Pilates
- S³ Fusion
- PiYo®
- Tabata
- Trim - N - Tone
- Yoga
- Zumba®
- Personal Training, refer to page 20

Fees

- For complete membership fees, refer to page 19
- Locker Rental (1 mo.) - \$15; (6 mo.) - \$50; (1 year) - \$75
- Please call for daily or extended use rental fees.

Kid Zone - Child Care

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

- Sept. - May 31, 2019
 - Mondays - Thursdays: 5 - 8:30pm
 - Unlimited hours per child - \$15/month for members
- See bisparks.org for Kid Zone policies

Birthday Parties

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

Pro Shop at Capital Racquet & Fitness Center

Our pro shop in the main lobby carries a variety of tennis, racquetball and pickleball merchandise.

Racquet stringing is available. Come check out our affordable prices!

Dual Membership

When you purchase a silver membership at either Capital Racquet & Fitness Center (CRFC) or BSC Aquatic & Wellness Center (BSC AWC), the membership will be a dual membership for **both** facilities.

BSC AWC: 50-meter competition pool, diving, recreation and lap pools, a wellness center that includes strength equipment and cardiovascular equipment, Turtle Beach indoor playground, and pool/group fitness classes.

CRFC: racquetball, wallyball court time and leagues, indoor track (Indoor 1/9 mile), cardio equipment, fitness center, weight room, group fitness classes, sauna/hot tub and reduced rates on tennis leagues, lessons and court time.

Silver Membership	Monthly Fee (w/6-month membership)	Monthly Fee (w/12-month membership)	Daily Fee for non-members
Kids 12 - 1 (11 months & younger, Free)	\$19/month	\$15/month	\$4.25
Student 13 - 18	\$38/month	\$30/month	\$5.25
College Student (w/College ID)	\$90/Spring or Fall Semester		
Adult 19 - 64	\$50/month	\$40/month	\$6.50
Household*	\$75/month	\$60/month	\$25 max.
Senior 65+	\$38/month	\$30/month	\$5.25
Senior Household - 2 adults, 65+	\$56/month	\$45/month	-
Daily Admission Coupon Book (12 passes)	-	-	\$65
CRFC Indoor Track	-	-	\$1.50
Mon. - Fri. 8am - 3pm (CRFC or BSC AWC)	-	-	\$4.00
Turtle Beach Play Area (adult supervisors are free) (BSC AWC)	-	-	\$1.00

Get money back on your membership each month with a qualifying health reimbursement program! Visit www.bisparks.org or www.silversneakers.com for details.

* A Household is up to two adults and their dependent children high school age and under including any children under their care.
NOTE: Prices are subject to change. Taxes will be added at the time of purchase.

Tennis Membership Package Option (Gold Membership)

Capital Racquet & Fitness Center also has an option where individuals and families may purchase a gold membership in which they receive all of the amenities a basic membership (described above) and some extra perks described below.

A 6-month Gold Membership includes the basic membership features PLUS:

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

A 12-month Gold Membership includes the basic membership features PLUS:

- Two hours of tennis per day; reservations up to seven days in advance
- 1 FREE tennis league, per person, per session
- 50% discount on member rate for additional tennis leagues in each session.
- Early tennis league sign-up

Monthly Fee

	6-month	12-month
12 & Under	\$59	\$55
Student (13 - 18 or College ID)	\$78	\$65
Adult (19 - 64)	\$100	\$83.75
Household*	\$150	\$125.63
Senior (65+)	\$88	\$73.75
Senior Household (2 adults, 65+)	\$131	\$110.63
Coupon Books	Members	Non-Members
Tennis Coupon Book (12 - 1.5 hour passes)	\$50	\$96
Summer Tennis Coupon Book (Valid Memorial Day - Labor Day)	\$25	\$48

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

Private Tennis Lessons

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

Court Reservation Policy

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



Wibits are back Sept. 15!

Most Saturdays and Sundays.

Check www.bisparks.org for schedule.

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

Youth & Adult Fitness Programs

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

- Activ8 - page 4
- Adult Swim Skills Training - page 16
- Cardio Tennis - page 17
- Fit Bootcamp - page 14
- Fit Fifty+ - page 14
- Friday Night Pool Games - page 6
- GlideFit - page 14
- Group Fitness 101 - page 14
- Kid's Fitness/Kid's Yoga - page 6
- Sports Conditioning - page 7
- Stroke, Spin and Stride Self-Paced Triathlon - page 14
- Toddler Splash Days - page 8
- Toddler Splash Training - page 10

Birthday Parties

BSC Aquatic & Wellness Center

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

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

Parties in Puklich Chevrolet Community Room 1:

- Seats 15 people
- June 1 - August 31
 - Saturdays only, 8:30-10:30am or 11am-1pm
- September 1 - May 31
 - Saturday from 11:30am-1:30pm; 2-4pm or 4:30-6:30pm
 - Sunday from 1-3pm or 3:30-5:30pm

Parties in Puklich Chevrolet Community Room 2:

- Seats 25 people
- June 1 - August 31
 - Saturdays only, 9-11am or 11:30am-1:30pm
- September 1 - May 31
 - Saturday from 11am-1pm; 1:30-3:30pm or 4-6pm
 - Sunday from 12:30-2:30pm or 3-5pm

Fees:

- Mid-May - Mid-September: Pool party no Wibits - \$75
- Now - Mid-May: Pool party with Wibits - \$100
- Playground party: \$60

Capital Racquet & Fitness Center

3200 North 10th Street • 221-6855

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

Tennis Party Perks at CRFC

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

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



Camping

General Sibley Park

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

Campsite reservations can be made online, in-person, or by phone (701-222-1844) through Sunday, October 7. The day-park is available year-round during daylight hours. Parking is permitted outside of the park gates.

Office Hours

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

Fees

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

- Call (701) 222-6455
- Shelter full day: \$40
- Shelter half day: \$25 (sunrise - 3pm OR 4pm - sunset)
- Amphitheater full day: \$30
- Amphitheater half day: \$20 (sunrise - 3pm OR 4pm - sunset)

Burleigh County Parks

Primitive camping is available at;

- Steckel Boat Landing, 292nd Avenue NW; off 1804
- Kimball Bottom 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 \$8/night. The campground is available through Sunday, October 7. For reservations, please call 222-6455. Registered campers only from 10pm-8am.

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

- Schaumberg Arena: Opens October 21. Sundays: 6 - 8pm
- Wachter Arena: Opens October 27. Saturdays: 3 - 5pm

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
- Large Basket - \$9.00

Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$70
- Large - \$90

Batting Cage

- \$13.00/30 minutes; \$7.00/15 minutes
- Batting Cage coupon book: 12 coupons for 30 mins each, \$130 or 12 coupons for 15 mins each, \$65.00

Golf Lessons

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

- Tim Doppler, 701-226-5641.

Soccer

Soccer players can rent the Fore Seasons Center for team practices and league games.

Group Rentals

Fore Seasons Center can be rented for birthday parties, teams, schools, civic and professional organizations.

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



Shade Tree Players

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



THEO Art School

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



Hillside Aquatic Complex

Located within Lions Park, 1719 E. Boulevard Ave.

Party Space Rentals

Hillside Aquatic Complex is a multi-use, indoor building that is open year-round. 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

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

VFW Sports Center

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

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

Public Skating Schedule

- Rink 1 - Opens September 4: Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2 - Opens September 16: 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
- 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

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

Hours: Now - September 3

- Monday & Wednesday: 10am - 6pm
- Tuesday & Thursday: Noon - 6pm
- Friday: 10am - 5pm
- Saturday & Sunday: Closed
- September 3: Closed

Hours: September 4 - 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 for sale at the Park District office now and at all Golf Courses, including the Fore Seasons Center. Season passes and green fee packages are great gifts.

Pebble Creek

2525 North 19th Street • 223-3600

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

Riverwood

725 Riverwood Drive • 222-6462 or 250-7677

- 18-hole, par 72
- Driving range and putting green, chipping and pitching practice area
- Riverwood is a heavily forested, championship golf course and offers 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

- August - Labor Day: 7:00am - 9:00pm
- September 4-30: 8:30am - Sunset
- October 1-31: 9:30am - Sunset

*Times are subject to change due to frost delays and required maintenance of courses and practice areas.

Riverwood and Pebble Creek Driving Range Prices

- Mini Basket - \$4.00
- Small Basket - \$5.00
- Medium Basket - \$7.00
- Large Basket - \$9.00

Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$70
- Large - \$90

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

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

Green Fees (Includes tax) Pebble Creek

Pebble Creek Golf Course operates from green fees only.

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

Twilight Rates:

Available at Tom O'Leary, Riverwood, and Pebble Creek Golf Courses

- Now until Sept. 3: Friday, Saturday and Sunday after 5pm
- Sept. 4 - 30: Friday, Saturday and Sunday after 3pm
- Oct. 1 - 30: Friday, Saturday and Sunday after 2pm

- \$25, includes green fee and a cart rental for as many holes as you wish to play until 30 minutes before sunset.
- Juniors (17 years old and younger) play for free during Twilight hours.
 - Fridays - Riverwood Golf Course
 - Saturdays - Tom O'Leary Golf Course
 - Sundays - Pebble Creek Golf Course
 - Cart seat \$9 for juniors during Twilight hours.
- Rate not available with the online tee time system. Discount will be applied when checking in at the golf courses.

Golf Cart Rental

- 18-Holes - \$18.00/seat
- 9-holes - \$9.00/seat
- The use of "Golf Boards" and/or private individual personal vehicles on the golf courses is prohibited.

Tee Times

Tee times may be made up to seven days in advance by calling the golf course of your choice or online at www.bisparks.org

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

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

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.

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 and one pleasure rink

North Central Park

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

Tatley-Eagles Park

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

VFW Post #1326 Family Recreational Park

- Solheim School, 325 Munich Drive, 221-3499
- One hockey rink 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:

Ends Labor Day Weekend (September 3)

Hours: 1:00pm - 9:00pm

Paddleboat, Canoe, Kayak:

\$5/half hour; \$8/hour; \$12/hour and half

Shelter Reservations:

Call 222-6455

Full day: \$40; Half day: \$25 (sunrise – 3pm OR 4pm – sunset)

Skate Parks

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

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

Park System Information

The Bismarck Parks and Recreation District owns, manages and maintains approximately 3,433 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 to reserve indoor or outdoor shelters.

Outdoor Shelters

The park district has many parks with picnic shelters. Some parks have smaller shade structures. A majority of shelters can be reserved. 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 2020 start October 1, 2018.

Shelter Reservations Fees	Full Day	Half Day
Outdoor Shelters – Half Day (8am – 3pm OR 4pm – 11pm)*	\$40	\$25
General Sibley Park Amphitheater, 5001 S Washington St. – For profit organization rentals	\$30 \$60	\$20 \$40
Custer Park Stage, 320 E. Custer Park St. – For profit organization rentals	\$30 \$60	\$20 \$40
Sleepy Hollow, 2899 E. Divide Ave.	\$75	\$50

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

Indoor Shelters

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

	Full Day	Half Day
Jaycee Park Leadership Hall, 321 East Century Ave. – For profit organization rentals	\$100 \$200	\$75 \$150
Lions Park Community Center, 1601 E. Boulevard. – For profit organization rentals	\$50 \$100	n/a n/a
Sertoma Club Community Center, 300 Riverside Park Road – For profit organization rentals	\$100 \$200	\$75 \$150
Hillside Aquatic Complex, 1719 E. Boulevard Ave. – For profit organization rentals	\$200 \$400	\$150 \$300

Reservations must be paid at the time of reservation. Picnic shelter rain checks will be granted only if the scheduled picnic or social gathering doesn't begin due to the weather. Rain checks may be received by stopping at the Bismarck Parks and Recreation District Office within 72 hours of the scheduled picnic.

Picnic Equipment Available

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

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

Aquastorm begins their Short Course (winter) season on October 2.

The Aquastorm diving club welcomes divers of any age and ability. Divers will learn discipline and sportsmanship that will be valuable to them throughout their lives. The Aquastorm Masters swim team is a fun swimming program for adults of all ages and abilities, and is a great way for adult swimmers to enhance their swimming technique, get a great work out and meet new friends. The Aquastorm Masters swim team welcomes individuals who want to compete in swimming events, individuals who compete in triathlons and want to improve their swimming, and individuals who simply want structured swim workouts as a part of their fitness plans.

For more information on the Aquastorm swim team, diving club and Masters program, please contact Thomas Wheeling at programdirector@aquastormswimming.com or go to www.aquastormswimming.com

BisMan Bombshellz Roller Derby

The BisMan Bombshellz is a local roller derby league that promotes the sport of women's flat track roller derby by fostering an environment of teamwork, empowerment, athleticism, and community involvement. Roller Derby is a fast action full-contact sport on roller skates where "jammers" score points by lapping the opposition and "blockers" try to stop them.

For more details about games or joining visit, www.bismanbombshellz.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. Bismarck, Century and Legacy High Schools offer competitive gymnastics through BGA.

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 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!

Capital City Gun Club

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

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

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

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

Capital City Sporting Clays

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

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

Capital Curling Club

The deadline for league registration for Grandfathered teams is Thursday October 4. Registration for all new teams will occur at the registration meeting at the Capital Curling Club (VFW Sports Center) on October 4 at 7:00 PM. Learn to Curl sessions will be scheduled prior to the start of league play with details posted on our website and Facebook.

Junior Curling on Saturday mornings is for elementary through junior high school age. Beginning in November and going through February, new curlers are welcomed anytime throughout the winter.

Ice rental with instructors is available

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 (the Arts Council), along with Bismarck Parks and Recreation District, sponsors a number of fun, free events throughout the year in our parks. Kids Summer Stage runs from June - August 9 at Custer Park.

The Arts Council is a 501(c) (3) non-profit organization that advocates and advances arts and culture in Bismarck. For more information go to: www.artscapital.org

Dakota Zoo

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

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

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

Downtown Bismarck Association

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

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.

• Aug. 17-19 ArtMay Fun Fly - McDowell Dam

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

Special Olympics

Special Olympics is the world's largest program of physical fitness, sports training and competition for children and adults with intellectual disabilities.

Sports offered include soccer, bocce, bowling, basketball, snow shoeing, alpine skiing, cross country skiing, figure skating, speed skating, volleyball, swimming, gymnastics, power lifting and track and field. Any individual with an intellectual disability, 8 years or older, is eligible to participate in Special Olympics. Volunteers are needed year round in Bismarck/Mandan and throughout North Dakota to coach, officiate, serve on the area management team, participate as a unified sports partner or work at tournaments.

Unified Sports is a program within Special Olympics that combines equal numbers of athletes with and without intellectual disabilities on sports teams for training and competition. Unified sports expands opportunities for athletes seeking a new challenge and dramatically increases inclusion in the community by helping break down the barriers that have kept people with and without intellectual disabilities apart. Special Olympics North Dakota is seeking school based Unified Volleyball teams to compete at the State Winter Games.

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

Superslide Amusement Park

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

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

Register for a Bismarck Parks and Recreation District Program!

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

Online www.bisparks.org

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

Walk-In or Mail-In

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

After Hours Drop Box

400 East Front Avenue
Bismarck, ND 58504

Refund Policy

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

To complete the registration form below:

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



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

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

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

Participant or Parent/Guardian Signature _____ Date _____

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

August

- Movie in the Park, see page 13 10
Missouri Slope Aero Club Fun Fly, see page 29 17-19
Indoor Swim Lessons Registration, see page 9 27

September

- Public Ice Skating opens VFW, see page 22 4 & 16
BMTA Sertoma Doubles Tennis (Adults) 8
Movie in the Park, see page 13 14
Wibits Return to BSC Aquatic & Wellness Center 15

October

- Capital Curling Club Registration, see page 28 4
Flag Football Jamboree, see page 6 6
Indoor Swim Lessons Registration, see page 9 8
Creepy Classic Tennis Tournament, see page 12 18 & 20
Public Ice Skating opens CIC, see page 21 21 & 27
Aquastorm Short Course Season starts, see page 27 2

November

- Red Cross Lifeguarding Instructor Course, see page 10 16-18

2018-19 Winter Activity Guide is mailed in December, which includes:

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

Employment Opportunities

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

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

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

Grievance Policy under Title II of the Americans with Disabilities Act

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

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

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

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

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

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

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

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

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

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



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

PRSRT STD
U.S. POSTAGE
PAID
United Printing



ECRWSS
Residential Customer



REGISTER FOR PROGRAMS ONLINE AT
WWW.BISPARKS.ORG

