

# ACTIVITY GUIDE

YOUTH AND ADULT PROGRAMS



Let's Play!



ACTIVITIES

FACILITIES

PARKS

SPECIAL EVENTS



# 2019-2020 WINTER



NATIONAL GOLD MEDAL WINNER  
**BISMARCK PARKS AND  
RECREATION DISTRICT**  
Est. 1927 [www.bisparcs.org](http://www.bisparcs.org)



Bismarck Parks and Recreation District Office  
400 East Front Avenue, Bismarck, North Dakota  
Phone: (701) 222-6455 • Fax: (701) 221-6838  
[www.bisparks.org](http://www.bisparks.org) • [bisparks@bisparks.org](mailto: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
Paul H. 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
- Julie Fornshell, Administrative Services Manager
- Megan Pederson, Accounting Specialist
- Holly Wardzinski, Accountant
- Tina Walker, Account Technician
- Rena Mehlhoff, Communications Specialist
- Tana Oswald, Receptionist/Customer Service Representative I
- Landa Boyd, Receptionist/Customer Service Representative II

### Facilities and Programs Division

- RaNae Jochim, Recreation Manager
- Ryan Geerdes, Facilities Manager
- Tim Doppler, Golf Operations Manager
- Mike Wald, Facilities Manager
- Jeremy Dykstra, Facility Specialist
- Katrina Hanenberg, Facility Specialist
- Dylan Thiem, Facility Specialist
- Cindy Gums, Recreation Specialist
- Ethan Eberle, Recreation Specialist
- Brandon Wilkens, Facility Specialist
- Lindsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Brent Weber, Facility Specialist
- Spencer Aune, Recreation Supervisor
- Dave Seefried, Facility Supervisor
- Cole Carroll, Facility Supervisor
- Dan Sedevie, Operations Superintendent
- Mike Page, Golf Course Superintendent
- Brad Schulz, Golf Course Superintendent
- Mac Weigel, Golf Course Superintendent
- Rod Morasch, Head Tennis Professional
- Maintenance and Operations Staff:  
Brandon Ripplinger, David Page, Kent Tardif,  
Michael Schaff, Pat Gilhooly, Rick Schuler,  
Tim Thiel, Cody Hagen

### Operations Division

- Riley Merkel, Sport Complexes Manager
- Tony Schmitt, Park Operations Manager
- Rod Knutson, Operations Superintendent
- Steve Gerding, Facility Specialist
- Colin Bales, Facility Specialist
- Martha Willand, Facility Specialist
- Bonnie Lahr, Office Coordinator
- Lynn Morgenson, Landscape Specialist
- David Robinson, McDowell Dam Supervisor
- Maintenance and Operations Staff:  
Adam Keller, Brad Volk, Cory Lang, Cullen Theisen,  
Jace Carroll, Jamie Bosch, Joey LaFave,  
Mike Roth, Pat Miller, Rich Hetzler, Ryan Miller,  
Steve Pulkrabek, Tim Nelson, Troy Fink,  
Jacob Bakken

### Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner

## 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](http://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](http://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 32nd year, the program has provided matching funds for 518 projects with total project costs of more than \$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 3 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.

REGISTER FOR PROGRAMS AT [WWW.BISPARKS.ORG](http://WWW.BISPARKS.ORG)



## Online Registration and Reservations

Visit [www.bisparks.org](http://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](http://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
Baseball.....	4-5
BLAST.....	5
DJGA Golf Clinics.....	6
Fencing.....	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.....	11
Private Swim Lessons.....	10
Toddler Splash Days.....	10
Toddler Splash Training.....	10
Tennis.....	
8 & Under and 10 & Under.....	12
Elite Program.....	13
High School.....	13
Tennis Events.....	13-14
Tiny Tots and Netters.....	12
Volleyball.....	14-15
Wibit Water Toys.....	15
Weekday Morning Play Dates.....	14

## Adult Programs

Adaptive Recreation.....	4
Basketball.....	16
Fencing.....	6
Fitness.....	
Fit Bootcamp.....	16
Fit Fifty+.....	16
GlideFit.....	16
Weight Room Basics.....	16
Golf Putting League.....	17
Karate.....	7
Open Gym.....	7
Pickleball.....	17
Racquetball.....	17-18
Swimming Lessons, Indoor.....	
Adult Swim Skills Training.....	18
Private Swim Lessons.....	10

## Tennis

Adult Leagues.....	18
Beginner, Intermediate & Advanced.....	18-19
Cardio Tennis.....	19
Outdoor Court Reservation.....	19
Volleyball Leagues.....	19
Wallyball.....	19

## Fitness and Wellness Centers

BSC Aquatic & Wellness Center.....	20
Membership.....	21
Capital Racquet & Fitness Center.....	20
Membership.....	21
Tennis Membership Package.....	21
Private Tennis Lessons.....	21
Birthday Parties.....	22
Personal Training.....	22
Small Group Personal Training.....	22

## Camping

Golf Courses.....	24
-------------------	----

## Cross Country Skiing,

## Snowshoeing,

## Ice Arenas and Skating..... 25

## Parks and Facilities

Fore Seasons Center.....	26
Frances Leach High Prairie.....	
Arts & Science Complex.....	26
World War Memorial Building.....	26-27
Parks.....	
Community Gardens & Orchard.....	27
Disc Golf Courses.....	27
Dog Park - Century Bark Park.....	27
Imagination Playground.....	27
McDowell Dam Recreation Area.....	27
Skate Parks.....	28
Park System Information.....	28
Bismarck Forestry Dept.....	28
Picnic Shelter Reservations.....	29
Grievance Policy under Title II ADA.....	28
Trails, Recreational.....	29
Educational Trails.....	29

## Other Programs & Partners

Aquastorm Swimming/Diving Club.....	30
BisMan Bombshellz Roller Derby.....	30
Bismarck Bobcats.....	30
Bismarck Figure Skating.....	30
Bismarck Gymnastics.....	30
Bismarck Hockey Boosters.....	30
Bismarck Horse Club & Park.....	30
Bismarck Mandan Bird Club.....	30
Bismarck Mandan Lacrosse.....	30
Bismarck Mandan Larks.....	30
Bismarck Mandan Tennis Assoc.....	30
Bismarck Men's & Women's.....	
Slowpitch Softball Assoc.....	31
Bismarck Table Tennis Club.....	31
Bismarck Youth Baseball.....	31
Bismarck Youth Fastpitch Assoc.....	31
Bismarck Youth Football League.....	31
BisMarket.....	31
Burleigh Country 4-H.....	31
Capital Curling Club.....	31
Central Dakota Cyclists.....	31
Cub Scouts & Boy Scouts.....	31
Dakota Junior Golf Association.....	31
Dakota United Soccer Club.....	32
Dakota West Arts Council.....	32
Dakota Zoo.....	32
Dreams in Motion Adaptive Sports.....	32
Fastrax BMX.....	32
Flickertail Woodcarvers.....	32
Girl Scouts.....	32
GO! Bismarck-Mandan.....	32
Great Plains Track & Field Club.....	32
Horseshoe Pitchers Association.....	32
Magic Soccer F.C.....	32
Midwest Adult Hockey League MAHL.....	32
Missouri River Adult Hockey League MRAHL.....	32
Missouri Slope Model Aero Club.....	33
Nishu Bowmen Archery Club.....	33
North Dakota Game & Fish Dept.....	33
Northern Plains Dance.....	33
Riverwood Men's & Women's Golf Assoc.....	33
Special Olympics.....	33
Superslide Amusement Park.....	33
Misc.....	
Employment Opportunities.....	35
Registration Information.....	34
Trail Map.....	Inner fold-out
Upcoming Events.....	35

## Our Vision

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

## Our Mission

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

## Core Purpose

Provide affordable, accessible, and sustainable public park and recreation services.

## Our Values

Accountability	Diversity
Collaboration	Integrity
Community	Professionalism

## Activ8

This program consists of structured water and nonwater activities for kids 8-12 years of age. Activ8 is designed to increase children's physical activity, self-confidence and nurture long term fitness habits.

Our goal is that every child finds their niche in physical activity. It doesn't matter if they are athletic or not, we want to inspire kids to MOVE and have FUN! **Children must be comfortable in the water.**



Date	Day	Time	Code
Feb. 3 - March 16*	M	7-7:45pm (Land)	18057
No class Feb. 17	Th	7-7:45pm (Water)	

### Age and Location

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

### Fees and Registration

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

## Adaptive Recreation

### Meet it or Beat it Bowling

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

Dates	Days	Time	Fee
Now - May 18	M	4 - 6pm	\$3.50/game*

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

## Archery, Indoor

### Beginners

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

Dates	Day	Time	Fee	Code
January 14 - March 3	Tues	6 - 7pm	\$44	18064
January 14 - March 3	Tues	7 - 8pm	\$44	18065
April 9 - May 14	Thur	6 - 7pm	\$35	18066
April 9 - May 14	Thur	7 - 8pm	\$35	18067

- All equipment is provided, including bows and arrows.
- Must be 8 years old to begin program.
- Maximum Participants: 12 (January-March) and 10 (April-May)
- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

## Intermediate

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

Dates	Day	Time	Fee	Code
January 14 - March 3	Tues	8 - 9pm	\$44	18071
April 9 - May 14	Thur	6 - 7pm	\$35	18069
April 9 - May 14	Thur	7 - 8pm	\$35	18070

- **Participants must have their own compound bows and arrows.**
- Must be 8 years old to begin program.
- Maximum Participants: 12 (January-March) and 10 (April-May)
- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

## Baseball

### Babe Ruth, Ages 13 - 15

Any player born prior to May 1, 2007, and on or after May 1, 2004, is eligible for Babe Ruth 13-15 League competition for the 2020 season.

### Informational Meeting

- Wednesday, April 29 at 6pm. Location TBD.
- North Dakota Babe Ruth [www.ndakbaberuth.com](http://www.ndakbaberuth.com).

### Dates

- May 6 - August (Depending upon Major League Tournament advancement)
- Major League games: May 26 - July 15
- Major League State Tournaments: July 17 - 22
- Minor League games: May 26 - July 1
- Minor League Tournament: July 6 - 9

\*Dates and times are subject to change depending upon the facility availability and High School Baseball schedule. Updates will be posted online at [www.bisparks.org](http://www.bisparks.org).

### Ages Code

Age 13	18423
Age 14	18424
Age 15	18425

### League Format

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

- **Major (Travel Baseball):** The Major league consists of 13's, 14's, and 15's advancing teams and a 13-15 non-advancing team.
- **Minor (League Baseball):** The Minor league consists of league teams with players ages 13-15. Depending on the number of participants, this league could be divided into a 13 year old minor division and a 14-15 year old minor division.

Tryouts are used to evaluate players and place them on teams based on a variety of categories. The criteria used to select these teams include: attitude, attendance, sportsmanship, versatility, and skill/ability. The Minor league will divide players to balance skills amongst the teams.

## Major League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 6: 6 - 7:30pm
- May 10: 2 - 3:30pm
- May 13: 6 - 7:30pm

## Minor League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 11: 6 - 7:30pm
- May 12: 6 - 7:30pm

## Major League Practice & Game Schedules

- Practice and game schedules will be provided after tryouts.
- Played at Haaland Field, 2506 South 12th Street., Tatley-Eagles Park, 602 Airport Rd., or Legacy High School, 3400 E Calgary Ave

## Minor League Practice Schedule

- May 19-21, Tuesday-Thursday
- 4:30 - 5:45pm, 6:00 - 7:15pm, 7:30 - 8:45pm
- Starting Tuesday, May 26, every Tuesday & Thursday
- 4:30 - 5:45pm, 6:00 - 7:15pm, 7:30 - 8:45pm
- Teams rotate practice times.
- Practices are held at Tatley-Eagles Park, 602 Airport Rd., or Haaland Field, 2506 South 12th Street.
- \*Schedule subject to change.

## Minor League Games - (Dependent on the number of teams)

- Mondays and Wednesdays on a rotating basis starting May 27.
- Played at Haaland Field, 2506 South 12th Street., Tatley-Eagles Park, 602 Airport Rd., or Legacy High School, 3400 E Calgary Ave
- \*Schedule subject to change.

## Fees

- \$160/player - if received on or before Monday, April 27.
- No more than \$320/household.
- \$170/player - if received Tuesday, April 28 or later.
- No more than \$340/household.

## Fees for Major League (In addition to base fee)

- Advancing \$165 & non-advancing \$90. Major League fees will be due after tryouts, by May 22.
- Major League players (advancing & non-advancing) are required to sell 5 raffle tickets at \$20 per raffle ticket for \$100.
- \* Your raffle ticket purchase doubles as a family season ticket to all Representatives, Senators, and Governors games for the 2020 regular season AND puts your name in the drawing for cash prizes.

## Uniform and Batting Helmet

- Players receive a team uniform jersey and hat to keep. Players are responsible for their own baseball pants. Grey baseball pants are recommended for all players.

- Recommended for players to purchase their own batting helmets. Team helmets are provided for league play.
- All bats must bear the USABat licensing mark to be permissible for play. More bat information can be found at: [www.baberuthleague.org/bat-rules.aspx](http://www.baberuthleague.org/bat-rules.aspx).

## 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 • Northridge
- Prairie Rose • Rita Murphy • Shiloh • Solheim • Sunrise

\* Bismarck Parks and Recreation does not manage the after school programs at Lincoln, Miller, Moses, Myhre, Will-Moore and Pioneer schools. If you are interested in attending the after school program at those schools, or need more information, you can contact Missouri River Educational Cooperative at 751-4041.

### Fees

- \$120/month
- \$240 due at time of registration. This will be applied to first and last month's bill.
- Children enrolled in the BLAST program must attend school at that site.

# NEEDED COACHES & UMPIRES

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

Visit [www.bisparks.org/jobs](http://www.bisparks.org/jobs)  
or call 415-0464

### Babe Ruth League Birth Chart for 2020

	January	February	March	April	May	June	July	August	September	October	November	December
2007	13	13	13	13	12	12	12	12	12	12	12	12
2006	14	14	14	14	13	13	13	13	13	13	13	13
2005	15	15	15	15	14	14	14	14	14	14	14	14
2004	16	16	16	16	15	15	15	15	15	15	15	15

## DJGA Golf Clinics

Enjoy free weekly winter junior golf clinics.

### February 9, 16, March 1 and 8

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

### Location and Registration

- Fore Seasons Center, 2525 North 19th Street.
- To register, please call Fore Seasons Center at 223-3600.

## Fencing

This class teaches Olympic style sport fencing for beginning and intermediate levels of lessons for people wanting to learn basic fencing skills or keep improving their fencing skills to an intermediate level.

Dates	Days	Code
December 2 - 30*	M & F	15789
January 3 - 31	M & F	17238
February 3 - 28	M & F	17239
March 2 - 30	M & F	17240
April 3 - 27	M & F	17241
May 1 - 29*	M & F	18427
June 1 - 29	M & F	18428

\*No class Dec. 23 and May 25

### Ages, Fees, Times, Location and Equipment Required

- Ages 12+
- \$35/month or \$150/5 months
- Mondays 6:30 - 8:30pm and Fridays 5 - 7pm
- 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.



## Karate, Traditional Japanese

This class teaches Traditional Japanese karate. Karate is a fun activity that also improves discipline, listening and cooperation and respect for others.

Days	Time	Month	Code
T & Th	6:30 - 8:30pm	December 3 - 19	15798
T & Th	6:30 - 8:30pm	January 7 - 30	18493
T & Th	6:30 - 8:30pm	February 4 - 27	18494
T & Th	6:30 - 8:30pm	March 3 - 31	18495
T & Th	6:30 - 8:30pm	April 2 - 30	18496
T & Th	6:30 - 8:30pm	May 5 - 28	18497

### Ages, Fees and Location

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

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

Class	Dates	Day	Time
Kid's Fitness	Jan. 16 - April 9	Thu	5:30 - 6pm
Kid's Yoga	Jan. 14 - April 7	T	5:45 - 6:15pm

### Fees and Location

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

# Open Gym

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

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

**November 2-3, 2019 - March 7-8, 2020**

## 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
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## Other locations:

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

\* These times/locations above are subject to change. Please visit [www.bisparks.org](http://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. 11 - Dec. 18	M, T & W	11:30am - 12:30pm
Jan. 6 - March 18	M, T & W	11:30am - 12:30pm

## Age and Location

- 5 and younger, Free of charge
- Capital Ice Complex, 1504 Wichita Drive
- \* 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 before signing up for this program. This is a progressive lesson program, so kids will learn the basics of racquetball and then move into supervised match play. Supervision is provided during the matches to help the student and keep the game moving. Learn, play and love this lifelong sport.

Level	Day	Time	Code
Beginners	Th	6:15 - 7pm	18110
Intermediate/Advanced	Th	7 - 7:45pm	18109

## Dates, Fees and Location

- For ages 7 - 14
- January 9 - February 13
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$15; Non-members: \$20
- Capital Racquet & Fitness Center, 3200 North 10th Street

# Sports Conditioning

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

## Fees, Location and Age

- 10-14 yrs old. Pre-registration only
- Meet at BSC Aquatic & Wellness Center
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$72; Non-members: \$84

Date	Days	Time	Code
January 21 - February 27	T & Th	6 - 7pm	18513

# 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.



## Winter Registration Session 1:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Wednesday, December 18** at 10am.

### Winter Session 1 - January 6 - February 5 (M & W)

### Winter Session 1 - January 7 - February 6 (T & Th)

Time	Class	Day	Code
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4:20 - 4:50pm	Preschool Level B	M & W	18276
4:20 - 4:50pm	Preschool Level C	M & W	18304
4:20 - 4:50pm	Ages 6+ Level 3	M & W	18421
4:20 - 4:50pm	Preschool Level A	T & Th	18243
4:20 - 4:50pm	Preschool Level B	T & Th	18277
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	18138

4:55 - 5:25pm	Preschool Level A	M & W	18244
4:55 - 5:25pm	Preschool Level B	M & W	18278
4:55 - 5:25pm	Ages 6+ Level 1	M & W	18139
4:55 - 5:25pm	Preschool Level C	T & Th	18305
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	18168
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	18195

5:30 - 6pm	Preschool Level A	M & W	18246
5:30 - 6pm	Preschool Level C	M & W	18306
5:30 - 6pm	Ages 6+ Level 2	M & W	18169
5:30 - 6pm	Preschool Level A	T & Th	18426
5:30 - 6pm	Preschool Level B	T & Th	18280
5:30 - 6pm	Ages 6+ Level 1	T & Th	18140

6:05 - 6:35pm	Preschool Level A	M & W	18248
6:05 - 6:35pm	Preschool Level B	M & W	18281
6:05 - 6:35pm	Preschool Level C	M & W	18307
6:05 - 6:35pm	Ages 6+ Level 3	M & W	18196
6:05 - 6:35pm	Preschool Level A	T & Th	18249
6:05 - 6:35pm	Preschool Level C	T & Th	18308
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	18142
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	18170

6:40 - 7:10pm	Preschool Level A	M & W	18250
6:40 - 7:10pm	Preschool Level B	M & W	18282
6:40 - 7:10pm	Preschool Level C	M & W	18309
6:40 - 7:10pm	Ages 6+ Level 1	M & W	18143
6:40 - 7:10pm	Preschool Level A	T & Th	18251
6:40 - 7:10pm	Preschool Level B	T & Th	18283
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	18144
6:40 - 7:10pm	Ages 6+ Level 3	T & Th	18198

7:15 - 7:45pm	Preschool Level A	M & W	18252
7:15 - 7:45pm	Ages 6+ Level 2	M & W	18172
7:15 - 7:45pm	Ages 6+ Level 3	M & W	18199
7:15 - 7:45pm	Preschool Level A	T & Th	18253
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	18145

7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	18211
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	18212
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	18213

## Winter Registration Session 2:

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

### Winter Session 2 - February 17 - March 18 (M & W)

### Winter Session 2 - February 18 - March 19 (T & Th)

Time	Class	Day	Code
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4:20 - 4:50pm	Preschool Level B	M & W	18267
4:20 - 4:50pm	Preschool Level C	M & W	18297
4:20 - 4:50pm	Ages 6+ Level 3	M & W	18187
4:20 - 4:50pm	Preschool Level A	T & Th	18231
4:20 - 4:50pm	Preschool Level B	T & Th	18268
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	18130

4:55 - 5:25pm	Preschool Level A	M & W	18232
4:55 - 5:25pm	Preschool Level B	M & W	18269
4:55 - 5:25pm	Ages 6+ Level 1	M & W	18131
4:55 - 5:25pm	Preschool Level C	T & Th	18298
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	18160
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	18188

5:30 - 6pm	Preschool Level A	M & W	18234
5:30 - 6pm	Preschool Level C	M & W	18299
5:30 - 6pm	Ages 6+ Level 2	M & W	18161
5:30 - 6pm	Preschool Level A	T & Th	18235
5:30 - 6pm	Preschool Level B	T & Th	18270
5:30 - 6pm	Ages 6+ Level 1	T & Th	18132

6:05 - 6:35pm	Preschool Level A	M & W	18236
6:05 - 6:35pm	Preschool Level B	M & W	18272
6:05 - 6:35pm	Preschool Level C	M & W	18300
6:05 - 6:35pm	Ages 6+ Level 3	M & W	18189
6:05 - 6:35pm	Preschool Level A	T & Th	18237
6:05 - 6:35pm	Preschool Level C	T & Th	18301
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	18134
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	18162

6:40 - 7:10pm	Preschool Level A	M & W	18238
6:40 - 7:10pm	Preschool Level B	M & W	18273
6:40 - 7:10pm	Preschool Level C	M & W	18302
6:40 - 7:10pm	Ages 6+ Level 1	M & W	18135
6:40 - 7:10pm	Preschool Level A	T & Th	18239
6:40 - 7:10pm	Preschool Level B	T & Th	18274
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	18136
6:40 - 7:10pm	Ages 6+ Level 3	T & Th	18191

7:15 - 7:45pm	Preschool Level A	M & W	18240
7:15 - 7:45pm	Ages 6+ Level 2	M & W	18164
7:15 - 7:45pm	Ages 6+ Level 3	M & W	18192
7:15 - 7:45pm	Preschool Level A	T & Th	18241
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	18137

7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	18208
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	18209
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	18210



## Spring Registration Session:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on **Monday, March 23** at 10am.

### Spring Session - March 30 - April 29 (M & W)

### Spring Session - March 31 - April 30 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level B	M & W	18258
4:20 - 4:50pm	Preschool Level C	M & W	18288
4:20 - 4:50pm	Ages 6+ Level 3	M & W	18178
4:20 - 4:50pm	Preschool Level A	T & Th	18218
4:20 - 4:50pm	Preschool Level B	T & Th	18259
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	18122
4:55 - 5:25pm	Preschool Level A	M & W	18221
4:55 - 5:25pm	Preschool Level B	M & W	18260
4:55 - 5:25pm	Ages 6+ Level 1	M & W	18123
4:55 - 5:25pm	Preschool Level C	T & Th	18290
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	18152
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	18180
5:30 - 6pm	Preschool Level A	M & W	18222
5:30 - 6pm	Preschool Level C	M & W	18291
5:30 - 6pm	Ages 6+ Level 2	M & W	18153
5:30 - 6pm	Preschool Level A	T & Th	18223
5:30 - 6pm	Preschool Level B	T & Th	18262
5:30 - 6pm	Ages 6+ Level 1	T & Th	18124
6:05 - 6:35pm	Preschool Level A	M & W	18225
6:05 - 6:35pm	Preschool Level B	M & W	18263
6:05 - 6:35pm	Preschool Level C	M & W	18293
6:05 - 6:35pm	Ages 6+ Level 3	M & W	18182
6:05 - 6:35pm	Preschool Level A	T & Th	18224
6:05 - 6:35pm	Preschool Level C	T & Th	18294
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	18126
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	18154
6:40 - 7:10pm	Preschool Level A	M & W	18227
6:40 - 7:10pm	Preschool Level B	M & W	18264
6:40 - 7:10pm	Preschool Level C	M & W	18295
6:40 - 7:10pm	Ages 6+ Level 1	M & W	18127
6:40 - 7:10pm	Preschool Level A	T & Th	18226
6:40 - 7:10pm	Preschool Level B	T & Th	18265
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	18128
6:40 - 7:10pm	Ages 6+ Level 3	T & Th	18184
7:15 - 7:45pm	Preschool Level A	M & W	18228
7:15 - 7:45pm	Ages 6+ Level 2	M & W	18156
7:15 - 7:45pm	Ages 6+ Level 3	M & W	18185
7:15 - 7:45pm	Preschool Level A	T & Th	18229
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	18129
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	18205
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	18206
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	18207

**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.

## Helpful Tips and Reminders:

- Come take a peek. It's very helpful if you and - especially your preschooler who has never attended lessons before - child come to the pool before lessons start. Take a look at the water and get them familiar with the setting. This mini introduction helps ease some nerves on the first day of lessons.
- Expect some repetition! Based on our experience, some students need additional time to work on skills. We don't rush students to the next level until they are ready. That would be unsafe, would shortcut their learning and could frustrate them. Sometimes younger students will repeat a level multiple times simply because their bodies are growing in spurts and it takes some time for their strength and coordination to sync up. Trust the process.

## Private Swim Lessons

Register at [www.bisparks.org](http://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. Private lessons dates and times will be posted on the 15th of the previous month.

### 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.



# Now Hiring

## LIFEGUARDS & SWIMMING INSTRUCTORS

Apply online at [www.bisparks.org](http://www.bisparks.org) or stop by our office at 400 East Front Ave. For more information, contact Jahna Gardiner at 751-4266. EOE

## Toddler Splash Days

Bismarck Parks and Recreation District invites parents/guardians and toddlers to come out and play in the water at the BSC Aquatic & Wellness Center. This special swim time means you can bring baby floats, U.S. Coast Guard approved lifejackets and small pool toys. (Sorry – no water wings.) Teaching platforms and swimming lesson toys will be available for your use (Please request if not out).

### Dates and Fees

- Monday -Thursday: 9 - 11am
- Parent/Guardian \$4
- Toddlers Free
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave

### Toddler Splash Days Guidelines:

- Toddler Splash Days are designed for parent(s)/guardian(s) and their toddlers, age infant through age five.
- Parent/guardian must be with their toddler in the water at all times and must be able to fully supervise all the toddlers in their care. Recommended ratio is **at least one parent/guardian to every two toddlers.**
- Toddlers not fully toilet trained are required to wear a water proof swim diaper, which are available for sale on site

## Toddler Splash Training

This is an **instructor lead** class that is designed to teach parents how to work with their children in the water to prepare them for swimming lessons or simply be comfortable and safe in the water. The instructor will follow the parent/child skills as determined by The American Red Cross while teaching the course. (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
- January 7 - April 30
- Ages 6 months to 3 years
- \$5 per parent/child unit per class for members and non-members (drop in class)
- Must give receipt of payment to the instructor before class starts
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave

## American Red Cross Lifeguarding Class

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

### Candidates must meet these requirements for class:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Complete the online learning portion of the course BEFORE class begins.
3. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast stroke or a combination of both, swimming on the back or side is NOT allowed. Swim goggles may be used.

4. Tread water for two minutes using only their legs. Candidates should place their hands under their armpits.
5. Complete a timed event with 1 minute, 40 seconds. Swim goggles are not allowed
  - a. Starting in the water, swim 20 yards, surface dive to a depth of 7-10 feet to retrieve a 10-pound object
  - b. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
  - c. Exit the water without using a ladder or steps.

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. If the candidate is not able to pass the prerequisite skills, they will be issued a full refund.
- **All Class times and dates are MANDATORY**
- Once registered, participants will receive instructions via email for the Red Cross Online Learning. The email will be sent no earlier than about 3 weeks before the class begins. 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
- No refunds will be given for "no shows" after the course begins. Please see BPRD refund policy on Page 34.

Dates	Code
December 12-13 (5-9pm) December 14-15 (9am-5pm)	17987
March 26-27 (5-9pm) March 28-29 (9am-5pm)	18112
April 16-17 (5-9pm) April 18-19 (9am-5pm)	18113

### Lifeguarding Recertification Class

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

Date/Time	Fee	Code
December 8, 9am - 7pm	\$150	17175
February 9, 9am - 7pm	\$150	18087
March 22, 9am - 7pm	\$150	18085

\* Must show proof of AMERICAN RED CROSS LIFEGUARD CERTIFICATION. This class does not re-certify for other lifeguard agencies.



## American Red Cross Lifeguarding Instructor Review Course

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

### Items you must bring to class

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

### Fees and Registration

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

Date/Time	Code
May 3, 9am - 6pm	18084

## American Red Cross Lifeguarding Instructor Course

- The 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 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: 12

Date/Time	Code
March 13-15, 9am - 6pm	18429

## Tennis

The 10 & under tennis programs brings kids into the game with specialized equipment and shorter court dimensions, all tailored to age and size. This new format makes learning tennis easy and fun! Kids should bring water and tennis shoes to lessons. Racquets are provided for those who don't have one.

### Registration

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

### Tiny Tots

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

### Ages, Fee and location

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

Session	Day	Times	Code
I – Jan. 6 – Feb. 9	M & W	5:30 - 6pm	18375
I – Jan. 6 – Feb. 9	M & W	6 - 6:30pm	18376
I – Jan. 6 – Feb. 9	M & W	6:30 - 7pm	18377
I – Jan. 6 – Feb. 9	T & Th	5:30 - 6pm	18378
I – Jan. 6 – Feb. 9	T & Th	6 - 6:30pm	18379
I – Jan. 6 – Feb. 9	T & Th	6:30 - 7pm	18380
II – Feb 24 – March 29	M & W	5:30 - 6pm	18394
II – Feb 24 – March 29	M & W	6 - 6:30pm	18395
II – Feb 24 – March 29	M & W	6:30 - 7pm	18396
II – Feb 24 – March 29	T & Th	5:30 - 6pm	18397
II – Feb 24 – March 29	T & Th	6 - 6:30pm	18398
II – Feb 24 – March 29	T & Th	6:30 - 7pm	18399

### 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 & Fitness Center, 3200 North 10th Street
- **5:30pm:** Class is for new players to tennis.
- **6:30pm:** Class is for returning players.

Session	Day	Times	Code
I – Jan. 6 – Feb. 9	M & W	5:30 - 6:30pm	18371
I – Jan. 6 – Feb. 9	M & W	6:30 - 7:30pm	18372
I – Jan. 6 – Feb. 9	T & Th	5:30 - 6:30pm	18373
I – Jan. 6 – Feb. 9	T & Th	6:30 - 7:30pm	18374
II – Feb 24 – March 29	M & W	5:30 - 6:30pm	18390
II – Feb 24 – March 29	M & W	6:30 - 7:30pm	18391
II – Feb 24 – March 29	T & Th	5:30 - 6:30pm	18392
II – Feb 24 – March 29	T & Th	6:30 - 7:30pm	18393

## 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 & Fitness Center, 3200 North 10th Street
- **5:30pm:** Class is for new players to tennis.
- **6:30pm:** Class is for returning players.

Session	Day	Times	Code
I – Jan. 6 – Feb. 9	M & W	5:30 - 6:30pm	18367
I – Jan. 6 – Feb. 9	M & W	6:30 - 7:30pm	18368
I – Jan. 6 – Feb. 9	T & Th	5:30 - 6:30pm	18369
I – Jan. 6 – Feb. 9	T & Th	6:30 - 7:30pm	18370
II – Feb 24 – March 29	M & W	5:30 - 6:30pm	18386
II – Feb 24 – March 29	M & W	6:30 - 7:30pm	18387
II – Feb 24 – March 29	T & Th	5:30 - 6:30pm	18388
II – Feb 24 – March 29	T & Th	6:30 - 7:30pm	18389

## 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 & Fitness Center, 3200 North 10th Street
- **5:30pm:** Class is for new players to tennis.
- **6:30pm:** Class is for returning players.

Session	Day	Times	Code
I – Jan. 6 – Feb. 9	M & W	5:30 - 6:30pm	18363
I – Jan. 6 – Feb. 9	M & W	6:30 - 7:30pm	18364
I – Jan. 6 – Feb. 9	T & Th	5:30 - 6:30pm	18365
I – Jan. 6 – Feb. 9	T & Th	6:30 - 7:30pm	18366
II – Feb 24 – March 29	M & W	5:30 - 6:30pm	18382
II – Feb 24 – March 29	M & W	6:30 - 7:30pm	18383
II – Feb 24 – March 29	T & Th	5:30 - 6:30pm	18384
II – Feb 24 – March 29	T & Th	6:30 - 7:30pm	18385

## 10 & Under Tennis - Advanced

This class is for 9-10 year olds who would like more in depth instruction before advancing to High School prep. Participants must be able to continuously rally and serve. Strategy in match play is introduced and focus on ball placement and control.

### Ages, Fee and location

- Ages 9 - 10 and Instructor permission
- \$52.50, 1 day a week only.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Jan. 6 – Feb. 9	Sat	10 - 11:30am	18362
II – Feb 24 – March 29	Sat	10 - 11:30am	18381



## High School Beginner

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

### Ages, Fee and location

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

Session	Day	Times	Code
I – Jan. 6 – Feb. 9	T & Th	7:30 - 9pm	18344
II – Feb 24 – March 29	T & Th	7:30 - 9pm	18352

## 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 & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Jan. 6 – Feb. 9	T & Th	4:00 - 5:30pm	18346
I – Jan. 6 – Feb. 9	Sat	2 - 3:30pm	18345
II – Feb 24 – March 29	T & Th	4:00 - 5:30pm	18354
II – Feb 24 – March 29	Sat	2 - 3:30pm	18353

## 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 & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I – Jan. 6 – Feb. 9	M & W	4:00 - 5:30pm	18347
I – Jan. 6 – Feb. 9	Sat	12:30 - 2pm	18349
I – Jan. 6 – Feb. 9	M	7:30 - 9pm	18348
II – Feb 24 – March 29	M & W	4:00 - 5:30pm	18355
II – Feb 24 – March 29	Sat	12:30 - 2pm	18357
II – Feb 24 – March 29	M	7:30 - 9pm	18356

## Elite Program

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

### Fee and location

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

Session	Day	Times	Code
I – Jan. 6 – Feb. 9	T & Th	7:30 - 9pm	18343
I – Jan. 6 – Feb. 9	Sat	11am - 12:30pm	18341
II – Feb 24 – March 29	T & Th	7:30 - 9pm	18351
II – Feb 24 – March 29	Sat	11am - 12:30pm	18350

## Tennis Night in America

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

### Dates, Registration and Code

- March 9, 5:30pm or 6:30pm (choose a 1 hour session to attend)
- There is no fee to participate, just show up ready to have fun! Reserve your spot at [bisparks.org](http://bisparks.org) in advance.
- 5:30pm - For new players to tennis.  
Registration CODE: 18411
- 6:30pm - For players with some tennis experience.  
Registration CODE: 18412
- Capital Racquet & Fitness Center, 3200 North 10th Street

## Winter Jam Junior Tennis Tournament

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

### Dates and Registration

- February 21-23
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Register at [tennislink.usta.com](http://tennislink.usta.com). Tournament ID: 550013520

## Junior Team Challenges

Participants get an introduction to competition for players 5-12 using a red, orange or green ball based on age. This low level competitive play experience highlights teamwork and skill development in a fun social environment.

Players enter as individuals and will be matched with others of like ability to form teams. Racquets are provided for those who need one. Parents are encouraged to sign up to be on court helpers. Awards are given to each participant for competing!

- \$7.00/player, 2nd child \$3.50/2nd child
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
January 24	F	4 - 5:30pm	18515
March 20	F	4 - 5:30pm	18516

## Blacklight Tennis - Feb. 7 and April 3

A fun, high energy event for all levels of tennis players. There will be 75 minutes of tennis games in a "glow in the dark" atmosphere. It will be dark, so wear white or neon colors to "glow"! Glow sticks and necklaces will be provided. Glow face painting will be onsite for children.

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

### Friday, Feb. 7

- Ages 5-11: 5:30 - 6:15 - Registration Code: 18075
- Ages 12-18: 6:45 - 8:00 - Registration Code: 18074
- Adults 18 and up: 8:00 - 9:15pm - Registration Code: 18073
- \$10.00/person

### Friday, April 3

- Ages 5-11: 5:30 - 6:15 - Registration Code: 18500
- Ages 12-18: 6:45 - 8:00 - Registration Code: 18499
- Adults 18 and up: 8:00 - 9:15pm - Registration Code: 18501
- \$10.00/person

## Special Tennis Events

### Snowball Smash Tennis Gameday: Thursday, Jan. 2

### Spring Fling Tennis Gameday: Monday, May 4

A couple of fun nights of tennis games! Goodie bags and prizes will be given away at both event! Plus, register for fall/winter tennis programs.

### Parent/Child

Join your child for a tennis fun night where you can play tennis together! An instructor will lead you through fun activities that will quickly have you and your child rallying by the end of the night. Parents are Free with a paid child registration. Designed for parents and their children ages 3-10.

- \$5.00/child, Parents Free
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
January 2	Th	5:30 - 6:15pm	18414
May 4	M	5:30 - 6:15pm	18503

### Ages 5-10 Gameday

A fun tennis activity filled night for your child! Falling in Love with Tennis Gameday is led by our tennis staff and kids play their favorite tennis games/activities during the session. There will be some giveaways, too! Join us!

- \$7.00/child
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
January 2	Th	6:15 - 7:30pm	18413
May 4	M	6:15 - 7:30pm	18502

## Volleyball (Coed)

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

## 3rd Grade Volleyball

### Informational Meeting

- 7pm, Wednesday, January 8 at the Frances Leach High Prairie Arts & Science Complex in theatre room, 1810 Schafer Street.

### Dates and Times

- January 27 - March 21
- 3rd Grade Jamboree March 20 - 21
- Practice will be held one day per week at the World War Memorial Building, 215 North 6th Street.
- Mondays - Fridays: 4pm or 5pm.
- Teams organized by school if possible.
- Games will be held Saturdays at the World War Memorial Building.

### Fees

- \$50/player - if received on or before January 10.
- \$60/player - if received January 11 or later.

School	Code
Cathedral	18435
Centennial	18436
Grimsrud	18437
Highland Acres	18438
Liberty	18439
Lincoln	18440
Martin Luther	18441
Miller	18442
Moses	18443
Murphy	18444
Myhre	18445
Northridge	18446
Pioneer	18447
Prairie Rose	18448
Roosevelt	18449
Shiloh	18450
Solheim	18451
St. Anne's	18452
St. Mary's	18453
Sunrise	18454
Will-Moore	18455



## 4th & 5th Grade Volleyball

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

### Information Meeting

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

### League Dates:

- Grade 4: February 3 – March 28
- Grade 5: February 3 – April 4

### Dates and Times

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

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

### Fees

- Grade 4: \$50/player - if received on or before January 17.
- Grade 4: \$60/player - if received January 18 or later.
- Grade 5: \$60/player - if received on or before January 17.
- Grade 5: \$70/player - if received January 18 or later.
- Participants must play at the school they attend.

School	4th Grade Code	5th Grade Code
Centennial	18456	18474
Grimsrud	18457	18475
Highland Acres	18458	18476
Liberty	18459	18477
Lincoln	18460	18478
Martin Luther	18461	18479
Miller	18462	18480
Moses	18463	18481
Murphy	18464	18482
Myhre	18465	18483
Northridge	18466	18484
Pioneer	18467	18485
Prairie Rose	18468	18486
Roosevelt	18469	18487
Shiloh	18470	18488
Solheim	18471	18489
Sunrise	18472	18490
Will-Moore	18473	18491

## Weekday Morning Play Dates

### Dates & Ages

- Now – April 24, 2020
- 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](http://www.bisparks.org) website and at facility sites.

## Wibit Water Toys

Come and play on the inflatable water toys at BSC AWC. Crawl, climb, jump and enjoy. For children ages 6+.

### Times, Location and Fees

- Most Saturdays and Sundays through mid-May.  
Check [www.bisparks.org](http://www.bisparks.org) for complete schedule.
- BSC Aquatic & Wellness Center, 1601 Canary Avenue.
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: Free
- Non-Members Entrance fees: Kids (6-12yrs) \$4.25, Students (13-18yrs) \$5.25 and Adults \$6.50.



## Adaptive Recreation

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

## Basketball

### State Amateur Basketball Tournament

March 27-29 in Bismarck. Please contact Brandon Wilkens at 222-6531 for more information.

## Fencing

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

## Fitness

### Fit Bootcamp

This 4-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
Jan. 20 - Feb. 12	M & W	5:45 - 6:30am	18505
Feb. 24 - March 18	M & W	5:45 - 6:30am	18506

#### 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: \$60; Non-Members: \$80

### 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.

Date	Days	Time	Code
Jan. 14 - Feb. 4	T	8 - 8:45am	18507
March 24 - April 14	T	8 - 8:45am	18508

#### 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: \$30; Non-Members: \$40

## GlideFit Drop-In Classes

GlideFit is a fitness class that takes place in the water on a hard surfaced mat. Imagine a paddle board, but it's tied down in a controlled environment. Burn calories, improve strength, balance and flexibility in a fun, new way.

While GlideFit provides challenges to even the most fit individuals, the program is designed for universal scalability, making it the perfect fitness program for all levels, regardless of experience.

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

### Pre-Registration Drop-In Classes:

- 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](http://www.bisparks.org) for schedule and to register

## GlideFit Private - Group or Individual

Receive private instruction for yourself, friends, family or organization.

#### Groups:

- Group session fee: \$100. Groups up to 11 participants.
- Participants must be at least 12 years old.
- Private one hour sessions are \$100 (group or individual)
- Call or email Lindsay at 701-751-4271 or [lberg@bisparks.org](mailto:lberg@bisparks.org) to schedule.

#### Individual:

- Receive one-on-one training with your chosen instructor.

Sessions	Member	Non-Member
1 - 1 hour	\$35	\$41
8 - 1 hour	\$233	\$281
8 - 45 min	\$198	\$246

## Weight Room Basics

"What's THAT machine for? Oh, that thing looks confusing." Increase your weight room knowledge and jump-start your confidence with this class. A certified, personal trainer will guide you through each cardio and weight machine to learn what each one does and what muscle group you'll strengthen. You'll get a personalized exercise log card for you to keep notes and to record your future workouts. That way you can keep track of machines, weights and your progress. This class consists of 2 - 45 minute sessions. You'll leave knowing how to have a safe and effective workout. Yay, you!

Location	Date	Days	Time	Code
BSC AWC	Jan. 21 & 23	T & Th	5:00 - 5:45pm	18415
CRFC	Jan. 27 & 29	M & W	5:30 - 6:15pm	18504

#### Fees and Location

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



## Golf

### Putting League

Maybe you don't golf, but everyone can putt! This 10-week league changes games and putting challenges each week to help improve your putting game in a fun and supportive environment.

#### January 7 - March 13

No need to pre-register, putters are welcome at any time during league hours.

- Tuesday and Wednesday: 10am - Noon
- 10-Week: \$20 for one day a week
- Weekly: \$2 each day
- Prizes will be awarded weekly for this fun league.
- Fore Seasons Center, 2525 North 19th Street.

## Karate, Traditional Japanese

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

## Open Gym

Open Gym is available for youth and adults. Please see page 7 for more information.

## Pickleball

### Drop-In Play

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

- **Beginner Players:** Capital Racquet & Fitness Center, 3200 N 10th St.  
- Wednesdays 1 – 2:30 pm
- **Intermediate/Advanced Players:** Capital Racquet & Fitness Center, 3200 N 10th St.  
- Monday and Friday 1 – 3:30pm and Wednesday 11am – 2pm
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: Free. Non-Members: \$3.00 (2019) \$4.00 (2020)

### Pickleball Court Time

Court time is available for you at Capital Racquet & Fitness Center, 3200 N 10th St. There are openings each weekday evening and especially after 3pm on Saturdays and Sundays. Call to 221-6855 reserve a court. Regular court reservation rates will apply. Come on in!

## Pickleball 101 - Beginners

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

Dates	Day	Times	Code
Jan. 6 - Feb. 9	W	12 - 1pm	18089
Jan. 6 - Feb. 9	W	3 - 4pm	18509
Feb. 24 - March 29	W	12 - 1pm	18090
Feb. 24 - March 29	W	3 - 4pm	18510

#### Fee and location

- \$40
- Capital Racquet & Fitness Center, 3200 N 10th Street

## Pickleball Intermediate

Want to advance your pickleball game? Learn drills and strategy to elevate your game to the next level! Taught by an experienced pickleball player.

Dates	Day	Times	Code
Jan. 6 - Feb. 9	W	8:30 - 9:30am	18511
Feb. 24 - March 29	W	8:30 - 9:30am	18512

#### Fee and location

- \$40
- Capital Racquet & Fitness Center, 3200 N 10th Street

## Racquetball

### Leagues

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

#### Ages, Fee and location

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

#### Session 1 - January 6 - February 16

League	Day	Times	Code
B/C	M	Noon	18096
Men's B/C	-	Arrange own matches -	18098

#### Session 2 - February 24 - April 5

League	Day	Times	Code
B/C	M	Noon	18102
Men's B/C	-	Arrange own matches -	18101

## Racquetball Lessons

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

### Ages, Fee and location

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

Dates	Day	Times	Code
Jan. 6 - Feb. 10	M	7 - 8pm	18107
Feb. 17 - March 23	M	7 - 8pm	18108



## 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

Dates	Days	Times	Code
Jan. 14 - Feb. 6	T & Th	7:45 - 8:30pm	18062

### Adult Swim Private Lessons

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

### American Red Cross Lifeguarding Class

For details on the American Red Cross Lifeguarding Class, please turn to page 10-11.

## Tennis

### Tennis Leagues

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

### Fee and location

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

### Session 1 - January 6 - February 16

See league descriptions for times.

League	Day	Code
Mixed Doubles	M	18405
Advanced Doubles	W	18406
Advanced Singles	- Arrange own matches -	18403

### Session 2 - February 24 - April 5

See league descriptions for times.

Level	Day	Code
Mixed Doubles	M	18409
Advanced Doubles	W	18410
Advanced Singles	- Arrange own matches -	18407

### 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

#### Advanced Singles Ladder

Singles League, NTRP: 3.5, 4.0, 4.5 (Intermediate/Advanced players) arrange own matches.

### Beginner Adults "Orange Crush"

These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Orange modified balls used to make tennis easier to learn. 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
Jan 6 - Feb. 16	T	5:30 - 7pm	18325
Feb. 24 - March 29	T	5:30 - 7pm	18337

## 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
Jan 6 - Feb. 16	M	10:30am - Noon	18316
Jan 6 - Feb. 16	W	5:30 - 7pm	18319
Jan 6 - Feb. 16	Th	10:30am - Noon	18318
Jan 6 - Feb. 16	Sat	9:30 - 11am	18317
Feb. 24 - March 29	M	10:30am - Noon	18333
Feb. 24 - March 29	W	5:30 - 7pm	18336
Feb. 24 - March 29	Th	10:30am - Noon	18335
Feb. 24 - March 29	Sat	9:30 - 11am	18334

## 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
Jan 6 - Feb. 16	M	5:30 - 7pm	18321
Jan 6 - Feb. 16	Th	5:30 - 7pm	18323
Jan 6 - Feb. 16	Th	12 - 1:30pm	18322
Feb. 24 - March 29	M	5:30 - 7pm	18328
Feb. 24 - March 29	Th	5:30 - 7pm	18330
Feb. 24 - March 29	Th	12 - 1:30pm	18329

## 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.

Dates	Day	Time
Now - May 26	T	12:05 - 12:50pm

Evening Class	Day	Time
Dec. 12	Thu	5:30 - 6:30pm

### 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

Outdoor tennis courts are reserved for high school teams, programs and special events April – October. An online calendar is available at [www.bisparks.org](http://www.bisparks.org). To reserve court time for a groups please contact Katrina Hanenberg at 701-221-6855 or [khanenberg@bisparks.org](mailto:khanenberg@bisparks.org). No individual reservations available.

## Volleyball

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

- Registration: December 4.
- Program Dates: January 6 - March 20
- Openings are limited! Please call the Bismarck Parks and Recreation District office the first week in December for additional information.

### Days and Times

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

### Player Fee

- \$40/player/per season
- New team rosters and fees are due Wednesday, December 4 or a late fee may be charged.
- Teams that signed up for both seasons (Fall and Winter) must have their winter player fees in by Wednesday, December 4 or a late fee may be charged.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.

### Sponsor Fee

- \$75

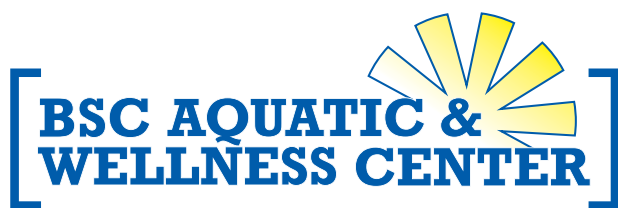
### League Schedules

- Online at [www.bisparks.org](http://www.bisparks.org) by January 2.

## Wallyball, Flurry Fest Tournament

### Dates and Location

- Saturday, February 1
- \$20/person
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Register online or in person. Registration code: 18076
- Kyle Kuether, tournament director, (701) 221-6855 or [crfc\\_wb@hotmail.com](mailto:crfc_wb@hotmail.com).



**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, a wellness center with strength and cardio equipment and group fitness classes. The facility also has Turtle Beach playground and meeting rooms.

#### Hours: September 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

- Pools closes 30 minutes prior to facility closing.
- For a pool schedule and rules, visit [www.bisparks.org](http://www.bisparks.org)

#### Fees

- For complete membership fees, refer to following page.

#### Turtle Beach Indoor Playground

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



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

The Capital Racquet & Fitness Center, located in north Bismarck, has indoor tennis courts, racquetball and wallyball courts, indoor track (1/9 mile), a fitness center with strength and cardio equipment, group fitness classes, saunas, and hot tubs. The facility also offers child care.

#### Hours: September 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

#### Fees

- For complete membership fees, refer to following page.

#### KidZone - Child Care

KidZone is our child care area designed for hours of fun. Includes a ball pit, bounce house, art and movie area and lots of other toys. Kids keep busy while you workout!

- October - April 30; Mondays - Thursdays: 5 - 8:30pm
- Members receive unlimited childcare for \$15/month. See [bisparks.org](http://bisparks.org) for KidZone policies

#### Pro Shop at Capital Racquet & Fitness Center

The Pro Shop carries a variety of tennis, racquetball and pickleball merchandise. Racquet stringing is available by certified racquet stringers on staff.

#### Group Fitness Classes

Group fitness classes are FREE with a dual membership. Guests are always welcome, and simply pay the daily admission fee. Visit [www.bisparks.org/group-fitness-classes](http://www.bisparks.org/group-fitness-classes) for a complete schedule and location information. Examples of classes:

- |                 |                      |                   |                      |                                  |
|-----------------|----------------------|-------------------|----------------------|----------------------------------|
| • Aqua Rock     | • Cycling            | • HIIT            | • Rollga® Meditation | • Yoga                           |
| • Aqua Zumba®   | • Deep Water         | • Les Mills       | • S3 Fusion          | • Personal Training, see page 22 |
| • Barre         | • Forever Fit        | • BODYPUMP®       | • Step               |                                  |
| • Butts & Guts  | • Kettlebells        | • Les Mills TONE® | • Tabata             |                                  |
| • Cardio Sculpt | • Kickbox Toning     | • Pilates         | • Ugi®               |                                  |
| • Core 30       | • Kid's Yoga/Fitness | • Pure Strength   | • Water Works        |                                  |

#### Birthday Parties

The BSC AWC and CRFC offers various birthday parties packages. See page 22 for complete details.

#### Facility/Group Reservations

Both fitness facilities may be reserved for special events and tournaments. Please contact BSC AWC at 701-751-4266 or CRFC at 701-221-6855 for more information and rates.

#### BSC AWC Puklich Chevrolet Community Rooms

BSC AWC has two community rooms ready for your meeting or group gathering needs. There are separate entrances to the lobby and to the pool deck.

- Room rental: \$30/hr (Call for discounted or extended event rates.)



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

**The Silver Membership includes use of:**

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

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

Silver Membership	Monthly Fee 6-month membership	Monthly Fee 12-month membership	Daily Fee for Non-Members
12 & Under (11 mo. & 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 (2019) \$7 (2020)
Household*	\$75/month	\$60/month	\$25 (2019) \$20 (2020)
Senior 65+	\$38/month	\$30/month	\$5.25 (2019) \$5.75 (2020)
Senior Household - 2 adults, 65+	\$56/month	\$45/month	—
Daily Admission Coupon Book (12 passes)			\$65
Turtle Beach Play Area (adult supervisors are free) at BSC AWC			\$1.00
Indoor Track at CRFC			\$1.50
Mon. - Fri. 8am - 3pm (CRFC or BSC AWC)			\$4.00
Locker Rental	\$15/One month	\$50/Six month	\$75/12 month

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

NOTE: Prices are subject to change. Taxes will be added at the time of purchase.

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

## NEW YEAR, NEW YOU!

Membership Special

January 6-31

Buy a 6-month  
membership get  
one month FREE.

Buy a 12-month  
membership get  
two months FREE.

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

\* Taxes will be added at the time of purchase.



**BSC AWC and CRFC participate in the SilverSneakers and Silver and Fit programs. Learn more at [www.silversneakers.com](http://www.silversneakers.com) or [www.silverandfit.com](http://www.silverandfit.com).**

## Tennis Membership (Gold Membership)

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

### 6-month Gold Membership:

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

### 12-month Gold Membership:

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

Monthly Fee	6-month	12-month
12 & Under	\$59	\$50
Student 13 - 18 (or w/College ID)	\$78	\$65
Adult 19 - 64	\$100	\$83.75
Household*	\$150	\$125.63
Senior 65+	\$88	\$73.75
Senior Household - 2 adults, 65+	\$131	\$110.63
Tennis 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

## Court Reservation Policy

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

## Private Tennis Lessons

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

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

## 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
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$90; Non-Members: \$140

### Semi Private

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

# GIVE A GIFT OF FUN!

**Struggling with holiday gift ideas for family or friends?**

**Gift certificates to the BSC Aquatic & Wellness Center and the Capital Racquet & Fitness Center can be used for a fun and memorable experience. Gift certificates can be used for a swimming lesson, a tennis class or a boot camp.**

**Buy \$50 in gift certificates and receive \$5 FREE!**

Offer ends December 24, 2019

## Birthday Parties

### BSC Aquatic & Wellness Center

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

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

### Pool Party Perks:

- 10 passes to the facility
- Gift for birthday boy/girl
- 2 hours of community room use
- Additional children may be added at regular daily fee.

### Mid-May – Mid-September Fee:

- Pool Party no Wibit Water Toys – \$75

### Mid-September – Mid-May Fee:

- Pool Party with Wibit Water Toys – \$100

### Turtle Beach Playground Party Perks:

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

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

### Puklich Community Room 1: (Seats 15)

#### June 1 – August 31

- Saturdays, 8:30-10:30am or 11am-1pm

#### September 1 – May 31

- Saturdays 11:30am-1:30pm; 2-4pm or 4:30-6:30pm
- Sundays 1-3pm or 3:30-5:30pm

### Puklich Community Room 2: (Seats 25)

#### June 1 – August 31

- Saturdays, 9-11am or 11:30am-1:30pm

#### September 1 – May 31

- Saturdays 11am-1pm; 1:30-3:30pm or 4-6pm
- Sundays 12:30-2:30pm or 3-5pm

### Capital Racquet & Fitness Center

3200 North 10th Street • 221-6855

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

### Tennis Party Perks:

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

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

### KidZone Party Perks:

- 1 hour group craft/activity in KidZone area
- 2 hours of private room and KidZone use
- Gift for birthday boy/girl
- KidZone party Fee: \$90

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

# Camping

## General Sibley Park

5001 South Washington St. • 222-1844

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

General Sibley Campground is currently closed for the season. The campground will open in May 2020. 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: 10am - 9pm
- \* Office hours vary during off-season.

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

### Fees and Rules

- Tent Camping: \$12/day
- Camper Sites with electricity: \$25/day
- Firewood: \$5/bundle
- Ice: \$3/bag
- Ice Cream Treats: \$1
- Gathering of firewood in not permitted
- Pruning, cutting or damage to trees and shrubs is prohibited.
- Digging and ground disturbance is prohibited.
- For complete rules, visit [www.bisparks.org](http://www.bisparks.org).

### Campsite Reservations

- Call (701) 222-1844 or visit [www.bisparks.org](http://www.bisparks.org).
- Please review the General Sibley Park reservation policies online before reserving a campsite.

### Shelter or Amphitheater Reservations

- See page 29 for shelter or amphitheater reservations.



## Burleigh County Parks

Primitive camping is available at;

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

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

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

### Hours

- 6:00am -10:00pm - unless fishing or camping

### Rules

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

## Eagles Park

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

Campsites are undesignated and are rented by camping unit at \$10/night. The campground will open early May 2020 and be available through Sunday, October 4. For reservations, please call 222-6455. Registered campers only and quiet hours within the park are from 10pm-8am.

The entire campground is reservable for 2 days at \$450 or 3 days at \$550. 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.





# Golf Courses

## Hours

- Opening Day - April 30: 9:30am- sunset
  - May 1 - 31: 8:30am - sunset
  - June 1 - September 2: 7:00am - sunset
  - September 3 - 30: 8:30am - sunset
  - October 1 - 31: 9:30am - sunset
- \*Hours may change with weather conditions.

## 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
- Sheila Schafer Junior 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 Lessons

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

## Golf Course Fees

Season passes are available for purchase at the Park District office, the golf courses and the Fore Seasons Center.

Green Fees	Pebble Creek	Riverwood	Tom O'Leary
Daily 18.....	\$25	\$32	\$30
Daily 9.....	\$19	\$22	\$21
Junior 18 or 9 (ages 17 and under).....	\$10	\$15	\$14
Senior 18 holes (65+) .....	\$23	\$25	\$24
Senior 9 holes (65+).....	\$17	\$19	\$18

Pebble Creek Golf Course operates from green fees only.

- Prices include tax.

## Green Fee Packages

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

## Golf Cart Rental

- 18-Holes - \$20.00/seat; 9-holes - \$10.00/seat
- **Season Cart:** Riverwood or Tom O'Leary \$675, Both \$995.
- The use of "Golf Boards" and/or private individual personal vehicles on the golf courses is prohibited.

## Golf Club Rental

- Juniors: \$2.50 for 9 or 18 holes
- Adults: \$9.50 for 9 holes or \$15.00 for 18 Holes. \$30 for premium clubs.

## Riverwood and Pebble Creek Driving Range Prices

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



A gift certificate from Bismarck Parks and Recreation District can be used for an individual or group round of golf. Season passes are also available.

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





## Cross Country Skiing & Snowshoeing

Riverwood Golf Course and General Sibley Park will be open and groomed for cross country skiing as soon as there is adequate snow cover.

### Hours (weather permitting)

- Riverwood, 725 Riverwood Drive  
Seven days a week 10am - Sunset
- General Sibley Park, 5001 South Washington St.  
Seven days a week during daylight hours

### Ski Rental (include skis, boots and poles) and Snowshoe Rental

Available at Riverwood Golf Course, but can be brought to General Sibley Park

- Adults: \$10/hour
- Youth: \$5/hour

### For more information

- Call Riverwood Golf Shop at 250-7677, or visit the General Sibley Park website for trail maps.

## Ice Arenas

### Capital Ice Complex

1504 Wichita Drive • 221-6813

The former Schaumburg 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.

### VFW Sports Center

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

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

### Ice Facility Rentals

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

### Drop-In Hockey

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

- **Wednesdays: 7:45-9:15pm**
- Youth hockey games for Squirrels to high school (ages 9-18).
- Cost: \$5 per player. Limited to 24 skaters, 2 goalies.
- Helmet w/face mask, hockey gloves & skates required.
- For complete rules visit [www.bisparks.org](http://www.bisparks.org).

## Ice Skating, Indoor & Outdoor

### Public Indoor Ice Skating

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.

### Capital Ice Complex/Schaumburg Arena and Wachter Arena

1504 Wichita Drive • 221-6813

- Schaumburg Arena: Sundays: 6 - 8pm
- Wachter Arena: Saturdays: 3 - 5pm
- Skating fee: \$2/Individual; \$5/family. Skate Rental: \$3

### VFW Sports Center, Rink 1 and 2

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

- Rink 1: Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2: Sundays: 3:00 - 5pm
- \$2/Individual; \$5/family. No skate rentals.

### 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

### New Generations Park

- 1021 Mustang Dr., 751-0690
- 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

## Facilities

### Fore Seasons Center

Located at Pebble Creek Golf Course, 2525 North 19th Street, 223-3600.

Try the Fore Seasons Center for your golf, soccer, and baseball needs! The Fore Seasons Center is also the golf shop for the Pebble Creek Golf Course.

#### Hours

- Monday – Sunday, 9:00am to 9:00pm
- \* Hours subject to change.

### Indoor Driving Range

- 31 Stations

### Bucket of Balls

- Mini Basket - \$4.00
- Small Basket - \$5.00
- Medium Basket - \$8.00
- Large Basket - \$10.00

### Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$80
- Large - \$100

### Batting Cage

- \$15.00/30 minutes; \$8.00/15 minutes
- Batting Cage coupon book:  
12 coupons for 30 mins each, \$150.00  
12 coupons for 15 mins each, \$80.00

### 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, or for team, school, or civic and professional organizations. Parking is available.

	One Field (150' x 69')	Two Fields (150' x 139')	Three Fields (150' x 208')
1-10 Hours	\$70/hr	\$150/hr	\$200/hr
11-24 Hours	\$65/hr	\$140/hr	\$190/hr
25-49 Hours	\$60/hr	\$130/hr	\$170/hr
50+ Hours	\$55/hr	\$120/hr	\$160/hr

### 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](http://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

- [www.gatewaytoscience.org](http://www.gatewaytoscience.org)
- 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](http://www.shadetreeplayers.com)
- Phone: 258-4998
- Shade Tree Players offers theatre classes and workshops for children 7 - 18.



#### THEO Art School

- [www.theoartschool.org](http://www.theoartschool.org)
- Phone: 222-6452
- Have a colorful, inspirational and active winter with art. Check out the complete list of class offerings online.



#### TruNorth Theatre Co.

- [www.trunorththeatre.us](http://www.trunorththeatre.us)
- Phone: 354-3806
- TruNorth produces shows year round, specializing in small cast, ensemble works that span the spectrum of genres and periods that relate to the people of North Dakota.



### World War Memorial Building

215 North 6th Street • 222-6454

#### Facility Features

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

#### Hours: Now - March 31

- 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 September 6.
- Sunday evenings: 5 - 9pm for \$30/hour

## Court Reservations

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

## Parks

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

## Community Gardens

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

- 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 or organizations should contact [bismarckgardens@gmail.com](mailto:bismarckgardens@gmail.com) for details in renting a garden plot.

## Community Orchard

The Bismarck Community Orchard is a collaborative project between Go! Bismarck Mandan, NDSU Extension/Burleigh County Family Nutrition Program, Bismarck-Burleigh Public Health, Bismarck Police Youth Bureau, the Bismarck Forestry Department and Bismarck Parks and Recreation District.

The Community Orchard is located at Clem Kelley Softball Complex, 517 W. Arbor Ave. The goal of the orchard is 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](http://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](http://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.

### June – September

Saturdays • 10 am – 1pm

Kiwanis Park, 318 S. Washington St.  
BisMarket

### October – May

Tuesdays, Thursdays • 10 am – Noon

World War Memorial Building, 215 North 6th Street  
Imagination Playground Room

## McDowell Dam Recreation Area

1951 93rd Street Northeast • 223-7016

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

### Park Hours Year Round:

Sunrise to sunset

### Equipment Rentals:

Memorial Day Weekend (May 24) through Labor Day Weekend (September 2)

**Hours:** 1:00pm - 9:00pm

### Paddleboat, Paddle Boards, Canoe, Kayak (single and tandem):

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

### Shelter Reservations:

Call 222-6455

Full day: \$45; Half day: \$30 (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.

## Bismarck Forestry Division

The Bismarck Forestry Division manages the trees on City and Park District properties. Bismarck has 15,000+ park trees, 24,000+ 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.

The Forestry Division provides private property tree inspections to homeowners in Bismarck for a nominal fee.

Wood chips suitable for landscape mulch are sold at the Bismarck Landfill for \$0.02 per pound, when available. There is a minimum charge of \$1 for loads less than 50 pounds. Stop at the Scale

House at the Bismarck Landfill for instructions. Purchaser must load the chips themselves.

For more information, call the Forestry Division at 701-355-1733 or visit our web page at [www.bismarcknd.gov/101/Forestry](http://www.bismarcknd.gov/101/Forestry).

## 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



## Shelter Reservations

Call 222-6455 or visit Bismarck Parks and Recreation District office, 400 East Front Ave. Office hours are Monday - Friday, 7:30am to 5pm. Reservations must be paid at the time of reservation. Outdoor and indoor shelters may be reserved for 2020 and 2021. Reservations for 2022 start October 1, 2020.

### Outdoor Shelter Reservations

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.

	Full Day 8am-11pm	Half Day 8am-3pm or 4-11pm
<b>Outdoor Park Shelters</b> .....	\$45	\$30
<b>General Sibley Park Amphitheater</b> , 5001 S Washington St. ....	\$35	\$25
– For profit organization rentals.....	\$70	\$50
<b>Custer Park Stage</b> , 320 E. Custer Park St.....	\$35	\$25
– For profit organization rentals.....	\$70	\$50
<b>Sleepy Hollow Shelter</b> , 2899 E. Divide Ave.....	\$75	\$50

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

### Indoor Shelter Reservations

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

	Full Day 8am-11pm	Half Day 8am-3pm or 4-11pm
<b>Hillside Aquatic Complex</b> , 1719 E. Boulevard Ave .....	\$225	\$175
– For profit organization rentals.....	\$450	\$350
<b>Lions Park Community Center</b> , 1601 E. Boulevard.....	\$55	n/a
– For profit organization rentals.....	\$110	n/a
<b>Farwest Rotary Community Center</b> , 1021 Mustang Dr .....	\$125	\$75
<b>Jaycee Leadership Hall</b> , 321 East Century Ave. ....	\$125	\$75
<b>Sertoma Club Community Center</b> , 300 Riverside Park Rd....	\$125	\$75
– For profit organization rentals (Farwest, Jaycee, Sertoma).....	\$250	\$150

### Picnic Equipment Rental

- 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.

### 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.

## Trails, Recreational

The Bismarck Parks and Recreation District provides more than 80+ miles of paved and unpaved recreational trails to the public.

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

### Educational Trails

#### 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.

#### Bill Mills Nature Trail

Stroll along this gravel trail and learn how the Missouri River is important to our history, community, and how it provides vital habitat for seasonal and year-round animal species. This quiet trail provides views of the river and its peaceful backwaters, and is a short jaunt from the main trails of Sertoma Park.

#### 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.

#### Atkinson Nature Park

This natural wooded area is located just south of the Walt Neuens Horse Arena on River Road. There is a 1.65 mile hiking and horse trail that has interpretive panels and lessons. The trail connects users to the existing trail system, too. Watch the 5,000 (yes, that is the correct number of zeros) trees that are to be planted here grow up. This park was made possible by a donation of land and funds from the Atkinson family, help with parking lot and trail construction from Doosan Bobcat and plantings from Dakota Audubon.

#### 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.

## 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.

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](mailto:programdirector@aquastormswimming.com) or go to [www.aquastormswimming.com](http://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](http://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](http://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](http://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](http://www.bismarckgymnastics.com) or email [office@bismarckgymnastics.com](mailto: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](http://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](http://www.bismarckhorseclub.com).

## Bismarck Mandan Bird Club

Bismarck Mandan bird club is all things about wild birds in our area for novice to expert birdwatchers.

Visit these sites for more information about field trips, field guide books, bird identifications, meetings and presentations. [www.facebook.com/groups/BisManBirdClub](http://www.facebook.com/groups/BisManBirdClub) [www.bismanbirding.wordpress.com](http://www.bismanbirding.wordpress.com) email [bismanbirding@gmail.com](mailto:bismanbirding@gmail.com)

## Bismarck Mandan Lacrosse

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

Interested players are welcome at any time. No experience or gear is necessary to try the sport once or twice. We are looking for boys from 4th to 12th grade. We have affordable sticks to use and purchase. Boys lacrosse is a contact sport. A girls program is one of our next goals.

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

Visit [www.bismanlacrosse.org](http://www.bismanlacrosse.org) and Facebook for information and details about our Spring season and any Summer events. Lacrosse is a spring sport. If you have any questions or interest please contact us.

## Bismarck Larks

The Bismarck Larks are members of the Northwoods League, the country's premier summer collegiate baseball league. The league has 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](http://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](http://www.bmta.usta.com).

## Bismarck Men's & Women's Slowpitch Softball Association

For more information, visit [www.bismarcksoftball.com](http://www.bismarcksoftball.com)

For more information visit [www.bismarckwomenssoftball.com](http://www.bismarckwomenssoftball.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](http://www.bismarcktabletennis.com) or contact Seth at 701-471-8908 or Jack at 701-527-1764.

## Bismarck Youth Baseball

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

For the most up-to-date registration information, visit [www.bismarckyouthbaseball.org](http://www.bismarckyouthbaseball.org).

## Bismarck Youth Fastpitch Softball Association

The goal of BYFSA is to enable players to learn the game of fastpitch softball in a fun and stimulating environment. Primary focus is placed on developing the skills necessary to help players 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](http://www.bismarckfastpitch.com) for all program details and to register.

## 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](http://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](http://www.bismarket.com) or like us on Facebook!

## Burleigh County 4-H

Did you now that 4-H isn't just about cows, rabbits and chickens? Do you have a child that likes to draw?

There is a 4-H project for that. Do you have a Lego builder in your house? There is a 4-H project for that.

4-H has something for everyone! If you have a child between the ages of five and 18 as of September 1, 2019, check out the options in Burleigh County 4-H.

For more information or to join 4-H, contact Burleigh County Extension at 221-6865 or [NDSU.Burleigh.Extension@ndsu.edu](mailto:NDSU.Burleigh.Extension@ndsu.edu) TODAY!

## Capital Curling Club

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

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

Ice rental with instructors are available for groups throughout the season. All ages and abilities are welcome. Visit us on Facebook or at [www.capitalcurlingclub.org](http://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](http://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](http://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](http://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](http://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](http://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

## 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](http://www.dreamsinmotioninc.com) or by emailing [dreamsinmotioninc@yahoo.com](mailto:dreamsinmotioninc@yahoo.com).

## Fastrax BMX

Fastrax BMX Track located adjacent to the Cottonwood Softball Complex on S 12th St.

### Schedule

- Normal races are held on Monday and Thursday evenings with registration from 6-7pm. Practice is held every Tuesday evening from 6-8pm. The racing season starts in June, weather permitting, and will continue through the end of October.

Boys and girls, men and women of any age are welcome to join. For more information on the class of bikes, awards, and how you can be a part of the fun of BMX, go to [bismarckfastrax.com](http://bismarckfastrax.com) or facebook. [com/fastraxbmxbismarck](https://www.facebook.com/fastraxbmxbismarck). Text the word FASTRAX to 84483 to receive updates on race schedule.

## 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](http://www.flickertail.org).

## Girl Scouts – Dakota Horizon

Girl Scouts is the preeminent leadership development organization for girls. Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure, and success. Our Mission: Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. To find out more about Girl Scouting and how to join in this area, go to [www.gsdakotahorizons.org](http://www.gsdakotahorizons.org), email [help@gsdakotahorizons.org](mailto:help@gsdakotahorizons.org) or call 223-7840.

## 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](http://www.gobismarckmandan.org) or like us on Facebook.

## Great Plains Track & Field Club

Great Plains Track Club invites you to join. The Great Plains Track Club's season begins Tuesday, May 28, 2019.

For complete information, visit the website: [greatplainstrackfield.shutterfly.com](http://greatplainstrackfield.shutterfly.com). Also find us under Partners at [www.bisparks.org](http://www.bisparks.org)

## Horseshoe Pitchers Association

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

## Magic Soccer F.C

Magic Soccer F.C is an elite youth soccer club offering high level, year round programs. The program is player centered and results driven. We take pride in skills development. The goal of Magic Soccer F.C is to be the best club in the region and develop youth players who are capable to compete at the national and international level. For more information, please visit [www.magicsoccerskills.com](http://www.magicsoccerskills.com)

## 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 through 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/](http://www.midwestadulthockey.com/)

## Missouri River Adult Hockey League MRAHL

The Missouri River Adult Hockey League (MRAHL) is an amateur hockey league operating in the Bismarck/Mandan area. With a league coordinating committee to help steer the development of the organization, the league has grown from a few players in 1997 to 10 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](http://www.mrahl.com).



## Missouri Slope Model Aero Club

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

For information on any club events or matters please contact: Doug Arndt at 391-0840. Visit [www.msmaarc.org](http://www.msmaarc.org)

## Nishu Bowmen Archery Club

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

For more information, contact Curt Pearson at 390-3756 or visit [www.nishubowmen.com](http://www.nishubowmen.com) or find us on Facebook.

## North Dakota Game & Fish Department

For more information, visit [www.gf.nd.gov](http://www.gf.nd.gov)

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

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

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

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

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

## Northern Plains Dance

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

## Riverwood Men's & Women's Golf Associations

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

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

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

## Special Olympics

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

Sports offered include soccer, bocce, bowling, basketball, snow shoeing, alpine skiing, cross country skiing, figure skating, speed skating, volleyball, swimming, gymnastics, power lifting and track and field. Any individual with an intellectual disability, 8 years or older, is eligible to participate in Special Olympics. Volunteers are needed year round in Bismarck/Mandan 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](mailto: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](http://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](http://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 (2019-20)
Address		City, State, Zip		
Phone (H)	Phone (W)	Other Phone	E-Mail Address	
Contact (First, Last)	Relationship		Phone (H)	Other Phone
Does Participant have any special limitations				

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

## December

Santa Run .....	7
Cookies & Crafts .....	7
Indoor Swim Lessons Registration, see page 8 .....	8
Santa's Hotline .....	17

## January

Membership Special BSC AWC and CRFC, see page 21....	6-31
Snowball Smash Tennis Gameday, see page 14.....	2

## February

Flurry Fest, see inner foldout .....	1-29
Wallyball Tournament, see page 19 .....	1
Blacklight Tennis, see page 14 .....	7
Indoor Swim Lessons Registration, see page 8 .....	10
Winter Jam Junior Tennis Tournament, see page 13.....	21-23

## March

Tennis Night in America, see page 13 .....	9
State Amateur Basketball Tournament .....	27-29
Indoor Swim Lessons Registration, see page 9 .....	23

## April

Blacklight Tennis, see page 14 .....	3
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## Employment Opportunities

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

- **Adult Basketball Officials, Scorekeepers & Supervisors**
- **Adult Volleyball Officials & Supervisors**
- **BLAST Supervisors (after school positions)**
- **Facility Attendants**
- **Lifeguards**
- **Open Gym Supervisors**
- **Swimming Instructors**
- **Warming House Attendants**
- **Youth Baseball Coaches and Officials**
- **Youth Volleyball Coaches and Officials**

Application forms are available online at [www.bisparks.org](http://www.bisparks.org) or at our office, 400 East Front Avenue. EOE

# Holiday Gift Ideas

*Give a gift of adventure and fun! Wrap up a memorable Bismarck Parks and Recreation District experience this year.*

**Teach Someone to Swim:** A gift certificate can be used to sign up for a swimming lesson. A fun, watery lesson, and a skill that can save a life.

**Get A Move On:** A gift certificate can be used to register for youth basketball or volleyball or baseball or tennis- or any youth program. Support a child's interest and help make a lifetime of memories.

**Rattle that Cage and Tote that Bucket:** Thirty minutes in a batting cage at the Fore Seasons Center can adjust an attitude. Hitting a bucket of golf balls with friends will make you smile.



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



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





**Bismarck Parks and Recreation District**  
**400 East Front Avenue**  
**Bismarck, ND 58504**  
**(701) 222-6455**  
**[www.bisparks.org](http://www.bisparks.org)**

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