

# ACTIVITY GUIDE



Let's Play!

YOUTH AND ADULT PROGRAMS



ACTIVITIES

FACILITIES

PARKS

SPECIAL EVENTS



2019

SPRING/SUMMER



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

- Tim Kuntz, Recreation Manager
- RaNae Jochim, Recreation Manager
- Ryan Geerdes, Facilities Manager
- Tim Doppler, Golf Operations Manager
- Mike Wald, Facilities Manager
- Jeremy Dykstra, Facility Specialist
- 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, 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, Nathan Schneider, Pat Gilhooly  
Rick Schuler, Tim Thiel

### 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
- Lynn Morgenson, Landscape Specialist
- David Robinson, McDowell Dam Supervisor
- Maintenance and Operations Staff:  
Adam Keller, Brad Volk, Cory Lang, Cullen Theisen,  
Garth Heupel, Jace Carroll, Jamie Bosch,  
Joey LaFave, Mike Roth, Pat Miller, Rich Hetzler,  
Ryan Miller, Ryan Savenko, Steve Pulkrabek,  
Tim Nelson

### Full-Time Seasonal

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

## General Information

### Cancellations

To get information such as program changes, weather cancellations, etc., please call our information line at (701) 222-6479 or visit [www.bisparks.org](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 504 projects with total project costs of more than \$4.8 million. Applications will be accepted from Bismarck associations, organizations, clubs or individuals interested in matching funds to sponsor a project in a Bismarck Parks and Recreation District facility or park. Matching funds are awarded twice per year. Applications are available at our office. Call 222-6455 for more information. DEADLINES: Annually, February 1 and June 3 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 and username and password and register for a variety of programs and activities.

## BPRD Inclusion Statement

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

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## Our Vision

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

## Our Mission

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

## Core Purpose

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

## Our Values

Accountability	Diversity
Collaboration	Integrity
Community	Professionalism

## Activity Centers

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

Ages	Dates	Days	Time
1st - 6th Grade	June 3 - Aug. 2	M - F	7:45am - 5:30pm

- **Must have completed kindergarten in the 2018-19 school year or be 6 years old by June 1, 2019. If your child is in kindergarten, but won't be 6 until after June 1, 2019, please come to Bismarck Parks and Recreation office to register.**
- Activity Centers will close at 12 noon on August 2
- No program on July 4-5
- There will be no supervision before 7:45am or after 5:30pm
- We do not provide lunch or snacks, so please bring your own.

### Fees

- \$425/child - if received on or before Thursday, May 2.
- \$435/child - if received Friday, May 3 or later.

### TWO - STEP REGISTRATION process

Registration starts April 2 at 8:00am

- **Step One:** Register your child(ren) for the selected Activity Center site either in person at the Administrative Offices or online. Once your child(ren) is registered, you can then move to Step Two.
- **Step Two:** You **MUST** print out or pick up the Activity Center Information Packet and fill out all the pages. Return the completed packet to the Administrative Office by the end of day Thursday, May 2. Once your completed packet is received, your child(ren)'s registration for Activity Center is complete.

School	Location	Code
Centennial	2800 Ithica Dr	13884
Grimsrud	716 St. Benedict Dr	13885
Liberty	5400 Onyx Dr.	13886
Northridge at Hughes	806 N. Washington St.	13887
Prairie Rose	2200 Oahe Bend	13888
Rita Murphy	611 N. 31st St.	13889
Robert Miller	1989 N. 20th St.	13890
Roosevelt	613 W. Ave. B	13891
Solheim	325 Munich Dr.	13892
Sunrise	3800 Nickerson Ave.	13893

### Junior Leader

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

Junior Leader Applications can be submitted from April 1-19. BPRD staff will do a random drawing April 25 and applicants will be notified of the results. The Junior Leader applications can be found online at [www.bisparks.org](http://www.bisparks.org).

### Fees

- \$75/junior leader
- Maximum of 4 leaders per site.
- Junior Leaders must be going into 7th grade or older.

## 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
April 8 - May 20	M Th	7-7:45pm (Land) 7-7:45pm (Water)	13882

\*No class April 22.

### Age and Location

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

### Fees and Registration

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness 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 20	M	4 - 6pm	\$3.50/game*

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

### Triple Star Day Camp

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

Dates	Days	Time	Code
June 3 - Aug. 2	M - F	9:30am - 3pm	14321

- For ages 10+.
- \$125/participant
- Lions Park Community Center, 1719 E. Boulevard Ave.
- \* No camp July 4-5

# 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
April 4 - May 23	Thur	6 - 7pm	\$44	13227
April 4 - May 23	Thur	7 - 8pm	\$44	13228
July 11 - August 15	Thur	6 - 7pm	\$35	15853
July 11 - August 15	Thur	7 - 8pm	\$35	15854

- Maximum: 10 students per class.
- All equipment is provided, including genesis bows.
- Must be 8 years old to begin program.
- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

## Intermediate

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

Dates	Day	Time	Fee	Code
April 4 - May 23	Thur	6 - 7pm	\$44	13639
April 4 - May 23	Thur	7 - 8pm	\$44	13640
July 11 - August 15	Thur	6 - 7pm	\$35	15855
July 11 - August 15	Thur	7 - 8pm	\$35	15856

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

# Baseball

## Coed, Mites, Squirts, Cal Ripken - Recreational

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

Any player born prior to May 1, 2014, and on or after May 1, 2006, are eligible for Coed, Mites, Squirts, Cal Ripken. Age is determined as of May 1, 2019 for Mites, Squirts and Cal Ripken.

Ages	Dates	Days	Time	Code
Mites 5-6	June 3 - July 24	M & W	10 - 11am	13910
Mites 5-6	June 4 - July 25	T & Th	10 - 11am	13911
Squirts 7-9	June 3 - July 24	M & W	8:30 - 9:45am	13913
Squirts 7-9	June 4 - July 25	T & Th	8:30 - 9:45am	13914
Cal Ripken 10-12	June 3 - July 24	M & W	11:15am - 12:45pm	13912

\*No Mites, Squirts, & Cal Ripkin baseball on July 3 and 4.

## Fees and Location

- \$55/player - if received on or before Friday, May 17
- No more than \$110 maximum/household
- \$65/player - if received Saturday, May 18 or later
- No more than \$130 maximum/household
- Sam McQuade Sr. Softball Complex, 1100 N Washington St.

## Youth Baseball Clinic

Any participant born prior to May 1, 2013, and on or after May 1, 2005, will be eligible for the Youth Baseball Clinic for the 2019 season. The program will focus on the development of baseball skills and fundamentals. The clinic will be at Sam McQuade Sr. Softball Complex, 1100 North Washington Street.

## Ages, Dates, & Times

- 5 - 12 years old
- Thursdays from June 6 - July 18 from 11:15 - 12:45pm
- \*No Youth Baseball Clinic on Thursday, July 4.

## Fee and Registration

- Free for registered Mites, Squirts, Cal Ripken Youth Baseball participants.
- To Register: Click "yes" for enrollment into Youth Baseball Clinic when signing up your child for Coed, Mites, Squirts, Cal Ripken.
- \$15.00 for non-registered youth baseball participants.
- **For non-registered - Enroll with Code: 13915**

## Babe Ruth, Ages 13 - 15

Any player born prior to May 1, 2006, and on or after May 1, 2003, is eligible for Babe Ruth 13-15 League competition for the 2019 season.

## Informational Meeting

- Wednesday, May 1 at 5:30pm at the Frances Leach High Prairie Arts & Science Complex in theatre room, 1810 Schafer Street.
- North Dakota Babe Ruth [www.ndakababerruth.com](http://www.ndakababerruth.com).

## Dates

- May 8 - August (Depending upon Major League Tournament advancement)
- Major League games: May 28 - July 16
- Major League State Tournaments: July 17 - 21
- Minor League games: May 28 - July 4
- Minor League Tournament: July 8 - 11

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

## Ages Code

Age 13	13231
Age 14	13232
Age 15	13233

## 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 8: 6 - 7:30pm
- May 12: 3 - 4:30pm
- May 15: 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 13: 6 - 7:30pm
- May 14: 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 20-23, Monday-Thursday
- 4:30 - 5:45pm, 6:00 - 7:15pm, 7:30 - 8:45pm
- **Starting Tuesday, May 28, 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)

- 4:30pm or 6:45pm
- Mondays and Wednesdays on a rotating basis starting May 28.
- 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

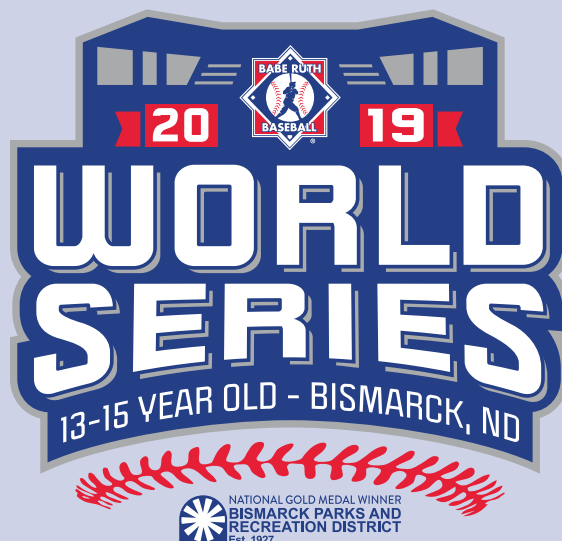
- \$160/player - if received on or before Monday, April 29.
- No more than \$320/household.
- \$170/player - if received Tuesday, April 30 or later.
- No more than \$340/household.

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

- Advancing \$165 & non-advancing \$90. Major League fees will be due after tryouts, by May 24.
- 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 2019 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).



Bismarck is set to host its first Babe Ruth League 13-15 World Series August 8-15 at the Bismarck Municipal Ballpark, home of Dakota Community Bank and Trust Field. The Babe Ruth World Series is one of the largest youth sporting events in the country. Bismarck will have a team in the tournament, competing against eight regional champions from across the country and the North Dakota Babe Ruth 13-15 State Champion.

## How can YOU get involved with this exciting baseball tournament?

1. **Sponsorships** – There are many sponsorship levels and packages for businesses or individuals to choose from. Contact Ethan Eberle at 701-415-0464 or [eeberle@bisparks.org](mailto:eeberle@bisparks.org) for details.
2. **Volunteers** – It takes many hands to run a tournament for nine days. Help out for a few hours or a day. Volunteer as a family or as a group. Contact Ethan Eberle at 701-415-0464 or [eeberle@bisparks.org](mailto:eeberle@bisparks.org) to help out.
3. **Games** – This is great baseball! Come to the games and see the best of the best compete. Watch [bisparks.org](http://bisparks.org) later this spring for ticket information.

**Play ball!**



## Babe Ruth League Birth Chart for 2019

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





# COACHES & UMPIRES NEEDED

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

Visit [www.bisparks.org/jobs](http://www.bisparks.org/jobs) or call 222-6455

## American Legion & Babe Ruth, Ages 16 - 18

### American Legion Baseball:

Competition in 2019 is open to players born on or after January 1, 2000. Any player born in 1999 or before is not eligible to play American Legion Baseball. 2018 High School graduates may only play for the Legion team they played for during the 2018 season. If a player is born 2000 or 2001, that player must play in the Senior Legion (Gov's) Baseball program.

### Babe Ruth Baseball:

Any player born prior to May 1, 2002, and on or after January 1, 1999, will be eligible for Babe Ruth Baseball 16 - 18 division. If there is enough interest, we will plan to have three teams. Please watch for specific information coming in mid-April. North Dakota Babe Ruth website is [www.ndakbaberuth.com](http://www.ndakbaberuth.com).

Age	Dates	Code
16	June 3 (practices)	13906
17	June 3 (practices)	13907
18 - 19	June 3 (practices)	13908

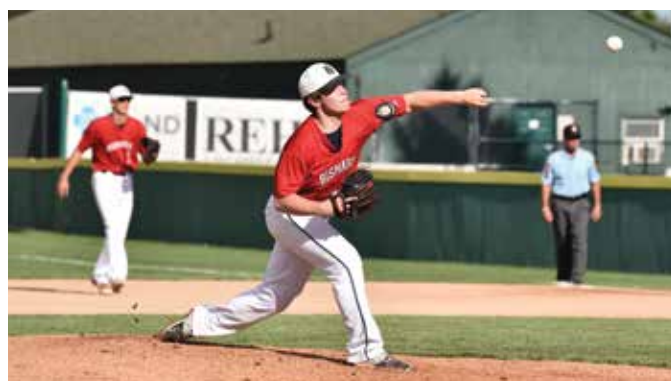
- Governor's: \$440 + 20 raffle tickets
- Babe Ruth 16 - 18: \$440 + 5 raffle tickets
- \* **Each Governors participant will also be required to sell raffle tickets.**
- \* Your raffle ticket purchase doubles as a family season ticket to all Representatives, Senators, and Governors games for the 2019 regular season AND puts your name in the calendar drawing for cash prizes, too.

### Game Schedules - Governors, Senators and Reps:

For full game schedule and updates, visit [www.bgovs.org](http://www.bgovs.org).

## Rain Out Policy

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



## Basketball

### Summer Coed Recreational

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

Grades	Dates	Days	Time	Code
Grades 3 & 4	June 4 - July 25	T & Th	6 - 7pm	13917
Grades 5 & 6	June 4 - July 25	T & Th	7:15 - 8:15pm	13918
Grades 7 & 8	June 4 - July 25	T & Th	8:30 - 9:30pm	13919

Grade determined by 2019-20 school year.  
No session on July 4.

### Fee and Location

- An information sheet will be available upon registration.
- \$55/player - if received on or before May 17.
- \$65/player - if received May 18 or later.
- World War Memorial Building, 215 North 6th Street

### Girls' 3rd Grade Basketball

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

### Informational Meeting

- TBA
- An information sheet will be available upon registration.

### League:

- August 26 - October 12
- Teams organized by school.
- Volunteer coaches needed.
- Coaches will register for practice one day per week at the World War Memorial Building, 215 North 6th Street. Coaches will notify you of practice times.
  - Mondays - Fridays: 4pm or 5pm
- Games are Saturdays at the World War Memorial Building.

### Fees

- \$50/player - if received on or before August 9.
- \$60/player - if received August 10 or later.

School	Code	School	Code
Cathedral	15710	Northridge	15721
Centennial	15711	Pioneer	15722
Grimsrud	15712	Prairie Rose	15723
High. Acres	15713	Roosevelt	15724
Liberty	15714	Shiloh	15725
Lincoln	15715	Solheim	15726
Martin Luther	15716	St. Anne's	15727
Miller	15717	St. Mary's	15728
Moses	15718	Sunrise	15729
Murphy	15719	Will-Moore	15730
Myhre	15720		

## Girls' 4th & 5th Grade Basketball

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

### League Dates:

- Girls' Grade 4: September 3 – October 26
- Girls' Grade 5: September 3 – November 2
- Grade 4 Jamboree: October 24 and 26
- Grade 5 Jamboree: November 1 and 2

### Days/Times for most schools:

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

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

### Fees

- Girls' Grade 4: \$50/player - if received on or before August 16.
- Girls' Grade 4: \$60/player - if received August 17 or later.
- Girls' Grade 5: \$60/player - if received on or before August 16.
- Girls' Grade 5: \$70/player - if received August 17 or later.
- Participants must play at the school they attend.

School	4th Grade Code	5th Grade Code
Centennial	15734	15752
Grimsrud	15735	15753
Highland Acres	15736	15754
Liberty	15737	15755
Lincoln	15738	15756
Martin Luther	15739	15757
Miller	15740	15758
Moses	15741	15759
Murphy	15742	15760
Myhre	15743	15761
Northridge	15744	15762
Pioneer	15745	15763
Prairie Rose	15746	15764
Roosevelt	15747	15765
Shiloh	15748	15766
Solheim	15749	15767
Sunrise	15750	15768
Will-Moore	15751	15769

\* Light of Christ Schools (LOC) participants will need to contact LOC to register for 4th & 5th grade basketball.

### Fall Boys'

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

## BLAST

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

### Fall 2019 Enrollment

The BLAST deadline for people currently enrolled through the last day of school, is June 20 at 5pm. BLAST packets will be mailed in mid-May for those currently enrolled in the program. The packets will be mailed to the parents.

Grades	Dates	Days	Time
K-5	School Year	M-F	3:05 - 6pm
*BLAST follows the school year calendar and is not held on site when school is not in session for school breaks/holidays/staff training.			

### Locations

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

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

### Fees

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

### Open - Enrollment Procedure for BLAST 2019-20

- **Mid-May:** BLAST registration information will be mailed to families currently enrolled in the BLAST program. This helps us determine who is coming back, and how many open positions there are available for other families at each school site.
- **June 20:** Registration packets from current BLAST families are due back at BPRD by 5pm .
- **June 10-28:** The new applicants that are interested in enrollment for 2019-20 will have this timeframe to stop in at the BPRD office and register their child(ren) in a drawing for the open positions.
- **July (second week):** BPRD will enlist the assistance of an auditing firm to do the drawing of all the names for each school and place them in the available spots and on the waiting list. By the end of that week, we will contact all the families to let them know the results of the drawing.

## Fencing

This 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
May 3 – 31*	M & F	12508
June 3 – 28	M & F	12512
September 6 – 30	M & F	15786
October 4 – 28*	M & F	15787
November 1 – 25*	M & F	15788
December 2 – 30*	M & F	15789

\*No class May 27, Oct. 25, Nov. 29 and Dec. 23



# Fencing, cont'd

## 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.

# Flag Football

This program is open to boys and girls in 3rd-6th grade. The focus of this recreational league is to teach the fundamentals of football in a team setting. This is a non-contact league with an emphasis of equal participation, sportsmanship and getting experience at all positions. Participants will learn through practices and games. After teams are organized, a schedule will be provided. All players need a mouth guard.

Grades	Dates	Days	Times
3rd & 4th	August 26 - October 3	M, T & Th	5 - 6pm
5th & 6th	August 26 - October 3	M, T & Th	6 - 7pm

- \* No session on Sept. 2
- Jamboree: Oct. 5 - Sam McQuade Sr. Softball Complex

## Fees and Location

- Information sheet will be available upon registration.
- \$55/player - if received on or before August 17.
- \$65/player - if received August 18 or later.
- Sam McQuade Sr. Softball Complex, 1100 North Washington St.

- \* 6th graders interested in playing flag football should register with the code of their 2018-19 elementary school.

School	3rd & 4th Grade	5th & 6th Grade
Cathedral	13922	13923
Centennial	13924	13925
Grimsrud	13926	13927
High. Acres	13928	13929
Liberty	13930	13931
Lincoln	13932	13933
Martin Luther	13934	13935
Miller	13936	13937
Moses	13938	13939
Murphy	13940	13941
Myhre	13942	13943
Northridge	13944	13945
Pioneer	13946	13947
Prairie Rose	13948	13949
Roosevelt	13950	13951
Shiloh	13952	13953
Solheim	13954	13955
St. Anne	13956	13957
St. Mary's	13958	13959
Sunrise	13960	13961
Will-Moore	13962	13963

# COACHES NEEDED

Bismarck Parks and Recreation District is looking for coaches for our Youth **Flag Football** Program.

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

# Golf

## Free Junior Golf, June - August

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

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

## Introductory - 5-6 year olds

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

## Fees and Location

- \$35/child
- Sheila Schafer Junior Links, 1200 North Washington St.

## Session 1: June 6, 13, 20, 27 (Thursdays)

## Session 2: July 11, 18, 25, Aug. 1 (Thursdays)

Times	Session 1 Code	Session 2 Code
9 - 9:45am	13979	13975
10 - 10:45am	13980	13976
11 - 11:45am	13981	13977
12 - 12:45pm	13982	13978
5 - 5:45pm	13972	13969
6 - 6:45pm	13973	13970
7 - 7:45pm	13974	13971

## Red Level - 7-17 year olds

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

## Fees and Locations

- Red Level \$45/session, Four one-hour lessons
- Pebble Creek, 2525 North 19th St. or Prairie West, 2709 Longspur Trail, Mandan

Dates	Time	Location	Code
June 3, 4, 5, 7	9 - 10am	Prairie West	13995
June 3, 4, 5, 7	6 - 7pm	Pebble Creek	13994
June 10, 11, 12, 14	9 - 10am	Prairie West	13989
June 10, 11, 12, 14	6 - 7pm	Pebble Creek	13988
June 17, 18, 19, 21	9 - 10am	Pebble Creek	13991
June 17, 18, 19, 21	6 - 7pm	Pebble Creek	13990
June 24, 25, 26, 28	9 - 10am	Pebble Creek	13993
June 24, 25, 26, 28	7:45 - 8:45pm	Pebble Creek	13992
July 8, 9, 10, 12	9 - 10am	Pebble Creek	13987
July 8, 9, 10, 12	6 - 7pm	Pebble Creek	13986
July 15, 16, 17, 19	11 - 12pm	Pebble Creek	13983
July 15, 16, 17, 19	6 - 7pm	Pebble Creek	13984
July 22, 23, 24, 26	9 - 10am	Pebble Creek	13985

## White Level - 7-17 year olds

This instruction for boys and girls ages 7-17, and is the second level of lessons offered to those students that have taken the Red Level lessons. This class focuses on getting students to learn to play golf on the golf course. It is recommended that students in White Level repeat at least one time before graduating to Blue Level. All clubs and equipment will be provided.

### Fees and Location

- White Level \$60/session, Four - 75-minute lessons
- Pebble Creek, 2525 North 19th St.

Dates	Time	Code
June 3, 4, 5, 7	11 - 12:15 pm	14007
June 3, 4, 5, 7	7:30 - 8:45 pm	14008
June 10, 11, 12, 14	11 - 12:15 pm	14001
June 10, 11, 12, 14	7:30 - 8:45 pm	14002
June 17, 18, 19, 21	11 - 12:15 pm	14003
June 17, 18, 19, 21	7:30 - 8:45 pm	14004
June 24, 25, 26, 28	11 - 12:15 pm	14005
June 24, 25, 26, 28	6 - 7:15 pm	14006
July 8, 9, 10, 12	11 - 12:15 pm	13999
July 8, 9, 10, 12	7:30 - 8:45 pm	14000
July 15, 16, 17, 19	9 - 10:15 am	13997
July 15, 16, 17, 19	7:30 - 8:45 pm	13996
July 22, 23, 24, 26	11 - 12:15 pm	13998

## Gold Level

This is competitive golf for middle school through graduating high school seniors. The focus of this two-hour group instruction includes competitive games and instruction for girls and boys. Retired golf professional Chuck Ruppert, with 40 years teaching experience, will lead instruction for these golfers.

### Fees and Location

- Gold Level \$100/session, Four - 2-hour lessons
- Must graduate from the White Level to enter Gold Level.
- Lessons held at Tom O'Leary, Riverwood or Pebble Creek
- Each group session has a maximum of 12 students.
- **No online registration. Register through Tim Doppler at Riverwood Golf Course, 222-6462.**

Dates	Day	Time
Session 1: June 6, 13, 20, 27	Th	6 - 8pm
Session 2: June 7, 14, 21, 28	F	9 - 11 am
Session 3: July 11, 18, 25, Aug 1	Th	6 - 8 pm
Session 4: July 12, 19, 26, Aug 2	Th	12 - 12:45pm

## Blue Level

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

### Fees and Location

- Blue Level \$125/session, Four - 2-hours lessons.
- Must graduate from the White Level to enter Blue Level.
- Pebble Creek, 2525 North 19th St.
- Each session has a maximum of 4 students.
- **No online registration. Register through Tim Doppler at Riverwood Golf Course, 222-6462.**

### Dates

- Times will be flexible with each group of up to four students.
- There will be three sessions each in June and July; final schedule to be determined.

## Karate, Traditional Japanese

Days	Time	Month	Code
T & Th	6:30 - 8:30pm	April 2 - 30	13656
T & Th	6:30 - 8:30pm	May 2 - 30	13657
T & Th	6:30 - 8:30pm	August 6 - 29	15794
T & Th	6:30 - 8:30pm	September 3 - 26	15795
T & Th	6:30 - 8:30pm	October 1 - 31	15796
T & Th	6:30 - 8:30pm	November 5 - 26*	15797
T & Th	6:30 - 8:30pm	December 3 - 19	15798

\*No class on Nov. 28.

### 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.

## Safety Village

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

### Age and Location

- Children who are five or six years of age by June 1, 2019.
- Frances Leach High Prairie Arts & Science Complex, 1810 Schafer St.

Session	Dates	Time	Fee	Code
1	June 3 - 14	10am - 12 noon	\$55	14032
1	June 3 - 14	1 - 3pm	\$55	14033
2	June 17 - 28	10am - 12 noon	\$55	14034
2	June 17 - 28	1 - 3pm	\$55	14035
3	July 8 - 19	10am - 12 noon	\$55	14036
3	July 8 - 19	1 - 3pm	\$55	14037
4	July 22 - Aug. 2	10am - 12 noon	\$55	14038
4	July 22 - Aug. 2	1 - 3pm	\$55	14039

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

## Table Teacher

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



# Soccer, Coed Recreational

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

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

## Ages

- Boys and Girls, K - 9 (Grade entering in Fall 2019)

## Fees

- An information sheet will be available upon registration.
- \$55/player - if received on or before May 17.
- \$65/player - if received May 18 or later.
- Number of Players at each site will be limited. Please check registration for details.

## Locations

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

Grade	Location	Dates	Day	Times	Code
K - 1	Cottonwood	June 3 - July 24	M & W	6:30-7:30p	14335
K - 1	Horizon	June 4 - July 25	T & TH	6:30-7:30p	14339
2 - 3	Cottonwood	June 3 - July 24	M & W	6:30-7:30p	14332
2 - 3	Horizon	June 4 - July 25	T & TH	6:30-7:30p	14336
4 - 6	Cottonwood	June 3 - July 24	M & W	7:45-8:45p	14333
4 - 6	Horizon	June 4 - July 25	T & TH	7:45-8:45p	14337
7 - 9	Cottonwood	June 3 - July 24	M & W	7:45-8:45p	14334
7 - 9	Horizon	June 4 - July 25	T & TH	7:45-8:45p	14338

\*No Soccer on July 3 and 4.



# 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, 1601 Canary Avenue
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$60; Non-members: \$72

Date	Days	Time	Code
April 16 - May 23	T & Th	6 - 7pm	14329

# Swimming Lessons, Indoor

## Fee and Location

- \$50/Session
- BSC Aquatic & Wellness Center, 1601 Canary Avenue

## Preschool Aquatics (3-5 yrs old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interaction with other children. As in all swimming and water safety courses, your child will always know that it's safety first.

**Preschool A-** Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ramp, steps, or side. Blow bubbles through mouth and nose. Submerge mouth, nose, and eyes. Open eyes underwater and retrieve submerged objects. Front glide and recover to a vertical position. Back glide and recover to a vertical position. Back float. Roll from front to back and back to front. Tread with arm and hand actions. Alternating and simultaneous arm and leg actions on front and back. Combined arm and leg actions on front and back. Age appropriate water safety topics.

**Preschool B-** Helps children gain greater independence in their skills and develop more comfort in and around the water.

- Enter water by stepping in from a deck or low height. Exit water using ladder, steps, or side. Bobbing. Open eyes underwater and retrieve submerged objects. Front float. Back glide and float and recover to a vertical position. Roll from front to back and back to front. Tread water using arm and leg actions. Combined arm and leg actions on front and back. Finning arm action on back. Age appropriate water safety topics.

**Preschool C-** Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water.

- Enter water by jumping in. Fully submerge and hold breath. Bobbing. Rotary breathing. Front, jellyfish, and tuck floats. Front and back float or glide and recover to a vertical position. Change direction of travel while swimming on front or back. Tread water using arm and leg actions. Combined arm and leg actions on front and back. Finning arm action on back. Age appropriate water safety topics.

## Learn-to-Swim (6 yrs-Teen)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival and swim skills.

**Level 1-** Introduction to water skills: Helps Participants feel comfortable in the water.

- Enter and exit the water using ramp, steps, or side. Blow bubbles through mouth and nose. Bobbing. Open eyes underwater and retrieve submerged objects. Front and back glides and recover to a vertical position. Back float. Roll from front to back and back to front. Tread water using arm and hand actions. Alternating and simultaneous arm and leg actions on front and back. Combined arm and leg actions on front and back. Age appropriate water safety topics.

**Level 2-** Fundamental Aquatic Skills: Gives participants success with fundamental skills.

- Enter water by stepping or jumping from the side. Exit water using ladder, steps, or side. Fully submerge and hold breath. Bobbing. Open eyes underwater and retrieve submerged objects. Rotary breathing. Front, jellyfish, and tuck floats. Back and front glide and recover to a vertical position. Roll from front to back and back to front. Tread water using arm and leg



actions. Change direction of travel while swimming on front or back. Combined arm and leg actions on front and back.

Finning arm action. Age appropriate water safety topics.

**Level 3-** Stroke Development: Builds on the skills in level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side. Headfirst entries from the side in sitting and kneeling positions. Bobbing while moving toward safety. Rotary breathing. Back float. Survival float. Change from vertical to horizontal position on front and back. Tread water. Flutter and dolphin kicks on front. Scissors and breaststroke kicks. Front crawl and elementary backstroke. Age appropriate water safety topics.

**Level 4-** Stroke Improvement: Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from the side in compact and stride positions. Swim underwater. Feet first surface dive. Survival swimming. Open turns on front and back. Tread water using two different kicks. Front and back crawl, elementary back stroke, breaststroke, sidestroke, and butterfly. Flutter and dolphin kicks on back. Age appropriate water safety topics.

**Level 5-** Stroke Refinement: Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke. Tuck and pike surface dives, submerge completely. Front flip turn and backstroke flip turn while swimming. Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. Sculling. Age appropriate water safety topics.

## Private Swim Lessons

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

### Register at [www.bispark.org](http://www.bispark.org)

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

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

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

### Small Group Private Lessons:

Small group private lessons are two or more participants at the same time with the same instructor. Please register one child, then call Jahna at 751-4270 to get the discounted rate and to register additional children.

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

## Toddler Splash Days

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

### Dates and Fees

- **Now - May 23;** Monday -Thursday: 9 - 11am
- **June 3 - August 29;** Monday -Thursday: 1:30 - 3:30pm
- **September;** Monday -Thursday: 9 - 11am
- Toddlers Free. Parent/Guardian \$4
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave

### Toddler Splash Days Guidelines

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

## Toddler Splash Training

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

### Dates, Fees and Location

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



# Swimming Lessons - Indoor

	<b>June 3 - July 3 • M &amp; W</b> <b>June 4 - July 9* • T &amp; Th</b> <small>*No class July 4.</small> <b>Registration Summer Session 1:</b> Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on <b>Tuesday, May 28 at 10am.</b>			<b>July 15 - August 14 • M &amp; W</b> <b>July 16 - August 15 • T &amp; Th</b> <b>Registration Summer Session 2:</b> Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on <b>Monday, July 8 at 10am.</b>		
Time	Class	M & W Code	T & Th Code	Class	M & W Code	T & Th Code
9 - 9:30am	Preschool Level A	14136	n/a	Preschool Level A	14130	n/a
	Preschool Level B	14158	n/a	Preschool Level C	14167	n/a
	Ages 6+ Level 1	14061	n/a	Ages 6+ Level 2	14071	n/a
9:35 - 10:05am	Preschool Level B	15804	15805	Preschool Level B	14147	15808
	Ages 6+ Level 1	14062	15816	Ages 6+ Level 1	14051	15820
	Ages 6+ Level 2	14083	15826	Ages 6+ Level 2	14072	15822
10:10 - 10:40am	Preschool Level A	14131	15790	Preschool Level A	14123	15799
	Preschool Level B	14154	15806	Preschool Level B	14141	15809
	Preschool Level C	14173	15811	Preschool Level C	14163	15814
10:45 - 11:15am	Preschool Level A	14132	15791	Preschool Level A	14124	15800
	Ages 6+ Level 2	14079	15827	Ages 6+ Level 2	14067	15823
	Ages 6+ Level 3	14099	15831	Ages 6+ Level 3	14089	15833
11:20 - 11:50am	Preschool Level C	14175	15812	Preschool Level A	14125	15801
	Ages 6+ Level 2	14080	15828	Ages 6+ Level 3	14090	15834
11:20am - 12:05pm	Ages 6+ Level 4 & 5	14111	15838	Ages 6+ Level 4 & 5	14107	15840
5 - 5:45pm	Ages 6+ Level 4 & 5	14112	15839	Ages 6+ Level 4 & 5	14108	15841
5:15 - 5:45pm	Preschool Level A	14133	15792	Preschool Level A	14126	15802
	Ages 6+ Level 2	14081	15829	Ages 6+ Level 2	14068	15824
	Ages 6+ Level 3	14100	15832	Ages 6+ Level 3	15837	15836
5:50 - 6:20pm	Preschool Level A	14134	15793	Preschool Level A	14127	15803
	Preschool Level B	14156	15807	Preschool Level C	14165	15815
	Ages 6+ Level 1	14059	15817	Ages 6+ Level 3	14091	15835
6:25 - 6:55pm	Preschool Level C	14177	15813	Preschool Level B	14145	15810
	Ages 6+ Level 1	15818	15819	Ages 6+ Level 1	14050	15821
	Ages 6+ Level 2	14082	15830	Ages 6+ Level 2	14070	15825

# Swimming Lessons - Outdoor

Lessons will be offered at:

**Elks Aquatic Center**, 321 W. Broadway Ave., 222-6607  
**Hillside Aquatic Complex**, 1719 E. Boulevard Ave., 222-6419  
**Paul H. Wachter Aquatic Complex**, 205 Reno Ave., 222-6614

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

## Fee

- \$35/child. No refunds. If inclement weather exists, instructors will hold classes in the facility.

## Registration

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

## Session

## Class Dates

## Registration Dates

Session 1	June 17 - 28	June 10, 11am; June 11 - 14, Noon
Session 2	July 8 - 19	July 1, 11am; July 2- 5, Noon
Session 3	July 29 - August 9	July 22, 11am; July 23- 26, Noon

For more information on outdoor pools, see page 27.

## American Red Cross Lifeguarding Class

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

### Candidates must meet these requirements for class:

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

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

### Fees and Registration

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

### Dates

May 16 - 17 (5-9pm) & May 18 - 19 (9am-5pm)	14025
May 31 (9am-5pm), June 1 (10am-6pm) & June 2 (9am-5pm)	14024
June 3 - 5 (9am-5pm)	14023

### Code

## 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

April 7, 9am - 7pm	\$150	13642
May 5, 9am - 7pm	\$150	14012
May 27, 9am - 7pm	\$150	14013

### Fee

### Code

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

## American Red Cross Lifeguarding Instructor Course

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

### Prerequisites

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

### Certification and Fees

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

### Date/Time

May 3-5, 9am - 6pm

### Code

15770

## American Red Cross Lifeguarding Instructor Review Course

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

### Items you must bring to class

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

### Fees and Registration

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

### Date/Time

April 7, 9am - 6pm

### Code

13659



## American Red Cross Water Safety Instructor (WSI) Certification

The Water Safety Instructor Certification Course trains WSI candidates how to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

### Prerequisites

- WSI candidates must be at least 16 years old
- Demonstrate the ability to perform the following swimming skills (Skills to be demonstrated on the first day of class):
- Swim the following strokes consistent with Level 4:
  - Front Crawl, Back Crawl, Breaststroke, Elementary Backstroke, Sidestroke – 25 yards; Butterfly – 15 yards
  - Back float for one minute (floating or sculling)
  - Tread water for one minute

### Required Online Course

- Prior to the in-class date, all WSI candidates must complete an online course through the Red Cross Learning Center for \$35. This is payable to the Red Cross and is non-Refundable.)
- Information on completing the online course will be emailed to WSI candidates upon registering for a class.

### Certification and Fees

- 2-year American Red Cross Water Safety Instructor certification
- All class times and dates are MANDATORY
- Cost \$215.

### Date/Time

May 31 - June 2 (9am - 5pm)

### Code

14026

## Tennis

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

### Session 1: June 3 - 27

### Session 2: July 8 - August 1

### Registration

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

### Tiny Tots

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

### Ages, Fee and Locations

- Ages 3 - 4
- \$25/child per session – includes 8 - 40-minute classes
- Youth T-shirt included with registration fee (one per child)
- Horizon Park Tennis Complex, 4800 Durango Drive
- Sertoma Park Tennis Complex, 300 Riverside Park Road
- Capital Racquet & Fitness Center (CRFC), 3200 North 10th Street
- Maximum enrollment per class: 8

### Session 1: June 3 - 27

Times	Location	M & W Code	T & Th Code
9 - 9:40am	Horizon	14297	14304
9 - 9:40am	Sertoma	14302	14309
10 - 10:40am	Horizon	14299	14306
10 - 10:40am	Sertoma	14296	14303
11 - 11:40am	Sertoma	14298	14305
6 - 6:40pm	CRFC	14301	14308

### Session 2: July 8 - August 1

Times	Location	M & W Code	T & Th Code
9 - 9:40am	Horizon	14314	14318
9 - 9:40am	Sertoma	14315	14320
10 - 10:40am	Horizon	14312	15842
10 - 10:40am	Sertoma	14310	14316
11 - 11:40am	Sertoma	14311	14317
6 - 6:40pm	CRFC	14313	14319

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or stop by our office at 400 E. Front Avenue.  
For more information, contact Jahna Gardiner at 751-4266 or  
[JGardiner@bisparks.org](mailto:JGardiner@bisparks.org). EOE

## Netters

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

### Ages, Fee and location

- Ages 5 - 6 or instructor permission
- \$35/child per session – includes 8 - 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Horizon Park Tennis Complex, 4800 Durango Drive
- Sertoma Park Tennis Complex, 300 Riverside Park Road
- Capital Racquet & Fitness Center (CRFC), 3200 North 10th Street
- Maximum enrollment per class: 10

### Session 1: June 3 - 27

Times	Location	M & W Code	T & Th Code
9 - 9:55am	Horizon	14270	14277
9 - 9:55am	Sertoma	14275	14282
10 - 10:55am	Horizon	14272	14279
10 - 10:55am	Sertoma	14269	14276
11 - 11:55am	Sertoma	14271	14278
6 - 6:55pm	CRFC	14274	14281

### Session 2: July 8 - August 1

Times	Location	M & W Code	T & Th Code
9 - 9:55am	Horizon	14285	14290
9 - 9:55am	Sertoma	14287	14292
10 - 10:55am	Horizon	15844	15843
10 - 10:55am	Sertoma	14283	14288
11 - 11:55am	Sertoma	14284	14289
6 - 6:55pm	CRFC	14286	14291

## 8 & Under Tennis

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

### Ages, Fee and location

- Ages 7 - 8
- \$35/child per session – includes 8 - 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Horizon Park Tennis Complex, 4800 Durango Drive
- Sertoma Park Tennis Complex, 300 Riverside Park Road
- Capital Racquet & Fitness Center (CRFC), 3200 North 10th Street
- Maximum enrollment per class: 10 (morning), 8 (evening)

### Session 1: June 3 - 27

Times	Location	M & W Code	T & Th Code
9 - 9:55am	Sertoma	14248	14254
10 - 10:55am	Sertoma	14244	14250
11 - 11:55am	Sertoma	14245	14251
11 - 11:55am	Horizon	14246	14252
6 - 6:55pm	CRFC	14247	14253

### Session 2: July 8 - August 1

Times	Location	M & W Code	T & Th Code
9 - 9:55am	Sertoma	14260	14265
10 - 10:55am	Sertoma	14256	14261
11 - 11:55am	Sertoma	14257	14262
11 - 11:55am	Horizon	14258	14263
6 - 6:55pm	CRFC	14259	14264

## 10 & Under Tennis

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

### Ages, Fee and location

- Ages 9 - 10
- \$35/child per session – includes 8 - 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, 300 Riverside Park Road
- Capital Racquet & Fitness Center (CRFC), 3200 North 10th Street
- Maximum enrollment per class: 10 (morning), 8 (evening)

### Session 1: June 3 - 27

Times	Location	M & W Code	T & Th Code
9 - 9:55am	Sertoma	14255	14230
10 - 10:55am	Sertoma	14221	14226
11 - 11:55am	Sertoma	14222	14227
6 - 6:55pm	CRFC	14224	14229

### Session 2: July 8 - August 1

Times	Location	M & W Code	T & Th Code
9 - 9:55am	Sertoma	14235	14240
10 - 10:55am	Sertoma	14231	14236
11 - 11:55am	Sertoma	14232	14237
6 - 6:55pm	CRFC	14234	14239

## High School Beginner

These lessons focus on preparing the beginning entry level player for playing on their high school team. These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Lots of fun games and drills, all taught by a CRFC certified USPTA tennis professional.

### Ages, Fee and location

- \$96
- Sertoma Park Tennis Complex, 300 Riverside Park Road

Session	Day	Times	Code
I - June 3 - 27	M & W	11am - 12:30pm	14216
II - July 8 - August 1	M & W	11am - 12:30pm	14217

## High School Prep

These lessons focus on preparing the beginning entry level player for playing on their high school team. These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Lots of fun games and drills, all taught by a CRFC certified USPTA tennis professional.

### Fee and location

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

Session	Day	Times	Code
I - June 3 - 27	M & W	1 - 2:30pm	14198
I - June 3 - 27	T & Th	1 - 2:30pm	14199
II - July 8 - August 1	M & W	1 - 2:30pm	14200
II - July 8 - August 1	T & Th	1 - 2:30pm	14201

## High School Team

These classes focus on the competitive aspects of tennis, including stroke production, spin, singles and doubles positioning and strategy, etiquette and sportsmanship. Lots of fun, yet challenging drills and competitive games, all taught by a CRFC certified USPTA tennis professional. No online registration, must test into this class or get prior approval.

### Fee and location

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

Session	Day	Times	Code
I - June 3 - 27	M & W	4 - 5:30pm	14213
II - July 8 - August 1	M & W	4 - 5:30pm	14214

## Elite Program

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

### Fee and location

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

Session	Day	Times	Code
I - June 3 - 27	T & Th	4 - 5:30pm	14206
II - July 8 - August 1	T & Th	4 - 5:30pm	14208

## Tennis in the Parks Week - July 15-21

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

## Junior Team Tennis Challenge

Participants get an introduction to competition for players 5-12 using a red or orange ball. 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.

### Dates and Registration

- Monday, July 1 from 9am - 12pm
- Sertoma Park Tennis Complex, 300 Riverside Park Road
- \$7.00 per person
- Pre-registration required. Registration Code: 14022

## 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.

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

## Track Meets

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

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

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

## Volleyball

### Boys & Girls

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

Grade*	Date	Days	Time	Code
Girls Grades 5-6	June 4 - Aug. 1	T & Th	8:30 - 9:45am	14325
Boys Grades 5-6	June 4 - Aug. 1	T & Th	8:30 - 9:45am	14323
Girls Grades 7-8	June 4 - Aug. 1	T & Th	10 - 11:30am	14326
Boys Grades 7-8	June 4 - Aug. 1	T & Th	10 - 11:30am	14324

\* In the Fall of 2019. Teams may be coed.

### Fee and Location

- World War Memorial Building, 215 North 6th Street and Sertoma Park Sand Volleyball Courts, 300 Riverside Park Road (Shelter 10 entrance)
- First week will be at the World War Memorial Building. Schedule to follow. Starting week three: Tuesdays at World War Memorial Building and Thursdays at Sertoma Sand Volleyball Courts
- \$55/player - if received on or before Thursday, May 2.
- \$65/player - if received Friday, May 3 or later.

## Coed Sand for High School

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

### Age and Fee

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

### Dates and Times

- June 3 - August (8 week session)
- Monday or Tuesday Evenings (choose one)
- 6, 6:45, or 7:15pm Alternate each week

### Registration

- **Deadline:** Wednesday, May 22
- Must register as a team
- Register at Park District office, 400 East Front Avenue



## Adaptive Recreation

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

## Fencing

Fencing lessons are available for youth and adults. Please see page 8-9 for more information.

## Fitness

### 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



## Golf

### Golf Putting League

Join an adult putting league. You'll have fun and improve your putting skills. This 15-week league will change formats and games each week; skins game, low putts, match play, alternate shot, scramble and other fun-filled events. Not everyone can play golf, but EVERYONE can PUTT! All putters are welcome at any time during instruction hours.

Date	Day	Time
May 14 - September 11	T or W	10am - 12pm

\* No league the weeks of Memorial Day, Independence Day, and Labor Day.

#### Fees, Times and Location

- 15-Week: \$30 for one day a week
- Weekly: \$2 each day
- Prizes will be awarded weekly for this fun league.
- Location rotates weekly between Riverwood Golf Course, 725 Riverwood Drive (1st week) and Tom O'Leary Golf Course, 1200 N Washington St.
- Register onsite.

## Karate, Traditional Japanese

Karate lessons are available for youth and adults. Please see page 10 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:** Johnny Gisi Memorial Park Tennis/Pickleball Complex, 2547 E. Calgary Ave.  
- Monday, Wednesday and Friday: 8am - 12pm
- **Intermediate/Advanced Players:** North Central Tennis Court Complex, 830 Central Ave.  
- Monday, Wednesday and Friday: 8am - 12pm

### Pickleball 101

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

Dates	Day	Times	Code
June 3 - June 27	T	9 - 10am	15849
June 3 - June 27	Th	6 - 7pm	15850
July 8 - August 1	T	9 - 10am	15851
July 8 - August 1	Th	6 - 7pm	15852

#### Fee and location

- \$32, Minimum of 4 participants needed for class to be held.
- Johnny Gisi Memorial Park Tennis/Pickleball Complex, 2547 E. Calgary Ave. (mornings). North Central Tennis Court Complex, 830 Central Ave (evenings).

## Pickleball Mixer

Part of July Celebration, the pickleball mixer will keep everyone playing in a social, fun, and competitive environment. Each individual will be matched with players of similar ability. The mixer is drop-in during the time frame of 8am-12pm and beverages and snacks will be provided. Come join the fun!

- Wednesday, July 17 from 8am - 12pm
- North Central Tennis Court Complex, 830 Central Ave.
- Pre-registration required. Registration Code: 15845

## Softball

### Coed Summer Softball

Grab some of your friends and play coed summer softball through Bismarck Parks and Recreation District. Rosters and fees are due by May 10.

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

Dates	Days	Time	Location
June 2 – July 21	Sun	6:30pm	Cottonwood, 2506 12th St. SE

#### Fees if paid by May 10

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

#### Fees received May 11 or later

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

### Coed Fall Softball

Summer may be nearly over, but softball is not. Bismarck Parks and Recreation District runs a fall coed softball program. Rosters and fees are due by August 16.

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

Date	Day	Time
August 26 - October 7	M or W	6:30pm Early Games
August 26 - October 7	M or W	8:45pm Late Games

#### Fees if paid by August 16

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

#### Fees received August 17 or later

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

#### League Tournament

- Saturday, September 14

## Rainout/Inclement Weather Policy

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

## Softball Weekend Diamond Reservations

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

## Softball Field Expansion

### Thanks For Pitching In!

The "Breaking New Ground" campaign for the expansion of Cottonwood Park was a success! With support from the Bismarck Men's Slowpitch Softball Association, the Bismarck Women's Slowpitch Softball Association, the Bismarck Youth Fastpitch Softball Association, a lead gift from Dakota Community Bank & Trust and a generous community, the campaign committee exceeded the campaign goal. The Board of Park Commissioners have authorized the project to move forward.

### Thank you!

These funds will help Bismarck Parks and Recreation provide the following:

- Four youth fastpitch softball fields
- Four adult softball fields
- Covered dugouts
- Grandstand and pressbox
- Recreational trail connections
- Additional parking
- Concessions, restrooms and ticketing booth
- New playgrounds
- New picnic shelters

The plan is to break ground this spring. Please watch the Bismarck Parks and Recreation District website, [www.bisparks.org](http://www.bisparks.org), for news of that event and join us!



# Swimming Lessons, Indoor

## Adult Swim Skills Training

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

### Fees and Location

- BSC Aquatic & Wellness Center, 1601 Canary Avenue
- Participants will need: Swimming suit, towel, goggles, and a great attitude to learn! Anyone with long hair must have their hair tied back. Swim cap is optional.
- Cost: \$55
- Minimum Enrollment 2: Maximum Enrollment 8

Dates	Days	Times	Code
April 16 - May 9	T & Th	7:45 - 8:30pm	13894

## Adult Swim Private Lessons

For details on the private swim lessons, please turn to page 12.



# Tennis

## Beginner Adults

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

### Fees and Location

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

Dates	Day	Time	Code
June 3 - 27	T & Th	10 - 11am	14185
June 3 - 27	T	5:30 - 7pm	14186
July 8 - August 1	T & Th	10 - 11am	14190
July 8 - August 1	T	5:30 - 7pm	14191

## Intermediate Adults

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

### Fees and Location

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

Dates	Day	Time	Code
June 3 - 27	M & W	10 - 11am	14187
June 3 - 27	M	5:30 - 7pm	14188
July 8 - August 1	M & W	10 - 11am	14192
July 8 - August 1	M	5:30 - 7pm	14193

## Advanced Adults

Level 3.5 and above. These fun and competitive classes offer advanced stroke production techniques with emphasis on competitive situations and drills. Singles and doubles positioning and strategy for tournament and league competition. Lots of fun drills and games all taught by a CRFC certified USPTA tennis professional. Come join us!

### Fees and Location

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

Dates	Day	Time	Code
June 3 - 27	Th	5:30 - 7pm	14184
July 8 - August 1	Th	5:30 - 7pm	14189

## Cardio Tennis

Cardio Tennis is not a tennis lesson, but a high energy fitness activity using all the best features of tennis. It delivers a full body, calorie burning, aerobic workout and is for all ability levels.

### Fee and Location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: Free; Non-Members: \$32/session
- Sertoma Park Tennis Complex, 300 Riverside Park Road
- Pre-registration is required so that we have the appropriate gear on hand for participants. No drop-ins for this program.

Dates	Day	Time	Code
June 3 - 27	T & Th	12:05 - 12:50pm	14042
July 8 - August 1	T & Th	12:05 - 12:50pm	14041



## BMTA Adult Leagues

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

### Dates and Fees

- May 28 - August 12
- BMTA Membership - \$25; First League Registration - \$25; Each additional League - \$15; Sub List Only - \$10

### Level

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

## USTA Adult League Tennis

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

### Dates and Location

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

### Fees and Registration

- USTA League Fee (USTA Membership fee required)
- Indoor Court Fees (depending on match location)
- Call Rod Morasch at 221-6855 for more information.

## 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

### Adult Sand Leagues

#### Registration

- April 10 and 11, 7:30 - 5pm
- Bismarck Parks and Recreation District Office, 400 East Front Ave.

**Teams accepted on a first come, first served basis.**

#### Dates, Times and Location

- May 19 - August (10 week season)
- 6pm start time for most locations with matches scheduled every 45-50 minutes. Latest start time is 8:15pm.
- Local Sand Volleyball Courts

### 6 Person - Recreation & Competitive

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

### 4 Person - Competitive

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

\* All leagues start at 6pm.

#### Fees

- \$100/Sponsor Fee
- All teams will receive a team beverage permit with their schedule
- \$40/player
- All rostered players must pay a fee.
  - 4 - person leagues must pay for 5 players
  - 6 - person leagues must pay for 7 players

#### Roster Deadline

The deadline is April 11. Roster forms are available at the Bismarck Parks and Recreation District Office and **must be returned on April 10 or 11 with the proper fees.** All teams must have seven players per roster, except Men's, Women's, and Coed 4-Person leagues, which must have five players.

## Adult Fall & Winter Leagues

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

#### Registration

- TBA
- Bismarck Parks and Recreation District

#### Dates

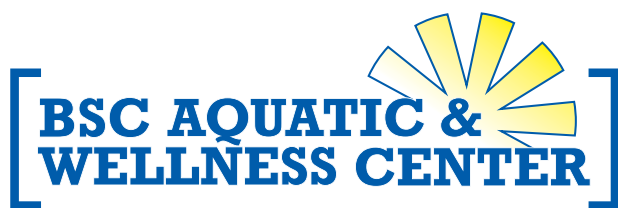
- Two 11-week seasons
- Fall: September 9 - November 28
- Winter: January 6 - March 19

#### Days

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

#### Fees

- More information available in the Fall Activity Guide.



**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.

#### **Kid Zone - Child Care**

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

- Now - April 29. Mondays - Thursdays: 5 - 8:30pm
- Members receive unlimited childcare for \$15/month. See [bisparks.org](http://bisparks.org) for Kid Zone 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     | • Cardio Tennis | • Kickbox Toning  | • Pilates   | • Water Works                    |
| • Aqua Zumba®   | • Core 30       | • Les Mills       | • Rollga    | • Yoga                           |
| • Barre         | • Cycling       | • BODYPUMP®       | • S3 Fusion | • Zumba®                         |
| • Butts & Guts  | • Forever Fit   | • Les Mills TONE® | • Tabata    | • Personal Training, see page 24 |
| • Cardio Sculpt | • Kettlebells   | • Mystery Burn    | • Ugi®      |                                  |

#### **Birthday Parties**

The BSC AWC and CRFC offers various birthday parties packages. See page 24 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
Household*	\$75/month	\$60/month	\$25 max.
Senior 65+	\$38/month	\$30/month	\$5.25
Senior Household - 2 adults, 65+	\$56/month	\$45/month	—
Daily Admission Coupon Book (12 passes)			\$65
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.

## MEMBERSHIP SPECIALS!

### Summer Student - \$60\*

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

- Taxes will be added at the time of purchase.

## TENNIS COURT TIME SPECIALS!

### 50% Off

### Individual Tennis Rates

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



**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

12 & Under  
Student 13 - 18 (or w/College ID)  
Adult 19 - 64  
Household\*  
Senior 65+  
Senior Household - 2 adults, 65+

#### 6-month

\$59  
\$78  
\$100  
\$150  
\$88  
\$131

#### 12-month

\$50  
\$65  
\$83.75  
\$125.63  
\$73.75  
\$110.63

#### Tennis Coupon Books

Tennis Coupon Book (12 - 1.5 hour passes)  
Summer Tennis Coupon Book  
(Valid Memorial Day - Labor Day)

#### Members

\$50  
\$25

#### Non-Members

\$96  
\$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

Private  
Semi - private  
Group of 3  
Group of 4  
Group of 5  
Hitting Lesson

#### Members

\$45/hr.  
\$23/hr.  
\$17/hr.  
\$14/hr.  
\$12/hr.  
\$32/hr.

#### Non-members

\$50/hr.  
\$25/hr.  
\$19/hr.  
\$16/hr.  
\$14/hr.  
\$37/hr.





## Adult & Youth Fitness Programs

BSC AWC and CRFC offer several fitness programs for adults and for youth. Members receive discounted registration fees to these additional fitness programs.

- Activ8 - page 4
- Adult Swim Skills Training - page 20
- GlideFit - page 18
- Sports Conditioning - page 11
- Toddler Splash Days - page 12

## 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

## 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. 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.



# Camping

## General Sibley Park

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

General Sibley Campground will begin accepting campsite reservations beginning Monday, April 1. Reservations can be made online, in-person, or by phone. The campground will be open Friday, May 3 through Sunday, October 6. The day-park is available year-round during daylight hours. Parking is permitted outside of the park gates.

### Office Hours

- Monday, April 1 from 8:00am-4:00pm
- Tuesday, April 2 – Tuesday, April 30 from 12:00-2:00pm
- Memorial Day – Labor Day, Mon-Sun: 10am-9pm
- \* Office hours vary during off-season.

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

### Fees and Rules

- Tent Camping: \$12/day
- Camper Sites with electricity: \$25/day
- Firewood: \$5/bundle
- Ice: \$3/bag
- 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 31 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 \$8/night. The campground will open Friday, May 3 and be available through Sunday, October 13. 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 \$350 or 3 days at \$450. Payment is required at the time of reservation. Entire park rentals are for camping only

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



# 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.

## Twilight Rates

### Pebble Creek, Riverwood and Tom O'Leary Golf Courses:

- \$25, includes green fee and a cart rental for 9 or 18 holes (until 30 minutes before sunset).
- Rate not available with the online tee time system. Discount will be applied when checking in at the golf courses.
- **May 17 - September 1:**  
Friday, Saturday and Sunday after 5pm
- **September 6 - 29:**  
Friday, Saturday and Sunday after 3pm
- **October 4 - 27:**  
Friday, Saturday and Sunday after 2pm
- **Juniors (ages 17 & under) play for free during Twilight hours.**
  - Fridays – Riverwood Golf Course
  - Saturdays – Tom O'Leary Golf Course
  - Sundays – Pebble Creek Golf Course
  - Cart seat \$9 for juniors during Twilight hours.

## 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.

Season Passes	Riverwood	Tom O'Leary	Both	Bis/Man
Adult (21+) .....	\$725	\$685	\$1,090	\$1,656
Household*.....	\$1,627.50	\$1,550	\$2,510	\$3,789
Intermediate (ages 18 – 20) .....	\$305	\$290	\$455	\$657
Junior (ages 17 and under) .....	\$210	\$200	\$315	\$531
Senior (65+) .....	\$575	\$575	\$855	\$1,309.50

- Prices include tax.

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

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

## 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





# Outdoor Pools and Splash Pad

**Dates: June 3 - August**

## Weekday Hours (Monday - Thursday)

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

## Weekend Hours (Friday, Saturday & Sunday)

- General Swim Session: 12 - 7pm

## Lap swim - Hillside only

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

## Elks Aquatic Center

321 W. Broadway Ave • 222-6607

- Splash pad
- Two small slides
- Large patio area with umbrellas
- Playground
- Concessions and three party rooms
- Across the street from Custer Park, with nearby green space

## Hillside Aquatic Complex

Located within Lions Park, 1719 E. Boulevard Ave • 222-6419

- Two longer slides (170 feet and 155 feet)
- Water slide, water gun, net climb
- Tipping cone, climbing wall, umbrella jet
- Lap lanes
- Concessions and large party room
- Located in Lions Park, with nearby green space, playgrounds, tennis courts and reservable shelters

## Paul H. Wachter Aquatic Complex

205 E. Reno Ave • 222-6614

- Also known as the "wave pool"
- Gentle, ocean style waves are created periodically throughout the swim session
- Located next to Wachter Park with nearby green space, playgrounds and reservable shelters

## Splash Pad at New Generations Park

Coming soon, in the summer of 2019, a splash pad in New Generations Park, 1021 Mustang Dr. Watch for the grand opening, hours and more information.

## Swimming Inclement Weather

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

## Rules

- Children 8 years old and under must be accompanied by someone 16 years old or older.
- Daycare Ratio: 6 children/daycare supervisor. No exceptions.
- For complete list of rules, visit [www.bisparks.org](http://www.bisparks.org).

## Swimming Pool Fees

### Daily Swim Fee

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

### Season Patch (All Outdoor Pools) (No online registration)

- \$75/person. Code: 14180
- \$100/person with Hillside Waterslide. Code: 14179
- Patch must be sewn on suit.
- Patches are for sale during regular swimming hours. Patches may also be purchased at the Park District Office, 400 East Front Ave., prior to the opening of the pools.

### Coupon Book for All Outdoor Pools

- 12 admissions for \$35
- 12 admissions with Hillside Waterslide for \$50
- Coupon books may be purchased at the pool or at the Park District Office, 400 East Front Ave, prior to the opening of the pools.

## Party Room Rentals - Elks Aquatic Center

Two party rooms are available during general swim, evening sessions and after hours. Reservations can also be made at the facility or by calling 222-6419 (Hillside) or 222-6455.

### Fees and Party Perks

- Includes 10 Elks Aquatic Center admissions (\$3.50 per additional person).
- **Monday - Thursday:** 12-3pm OR 4:30-7:30pm
- **Friday - Sunday:** 12-3pm OR 4-7pm
- Party Fee: \$80

## Party Space Rentals - Hillside Aquatic Complex

Party space is available during general swim, evening sessions and after hours. Reservations can also be made at the facility or by calling 222-6419 (Hillside) or 222-6455.

### Fees and Party Perks

- Includes 10 Hillside Aquatic Complex with waterslide admissions (\$3.50 or \$5.00 per additional person, depending on waterslide).
- **Monday - Thursday:** 12-3pm OR 4:30-7:30pm
- **Friday - Sunday:** 12-3pm OR 4-7pm
- Party Fee: \$90

## Private After Hours Rentals

All pools are available for private rentals after hours for \$200/hour. Please make rental reservations at least one week in advance to allow for staffing needs by calling Dylan Thiem at 222-6813.





## Facilities

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

1504 Wichita Drive • 221-6813

The Capital Ice Complex is complete, full of activities and a wonderful addition to Bismarck. 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.

#### Public Skating Schedule

- Check [www.bisparks.org](http://www.bisparks.org) for complete schedule.

#### Fees

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

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

#### Rentals

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

### Fore Seasons Center

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

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

#### Hours

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

#### Indoor Driving Range

- 31 Stations

#### Bucket of Balls

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

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

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

#### Batting Cage

- \$14.00/30 minutes; \$7.50/15 minutes
- Batting Cage coupon book:  
12 coupons for 30 mins each, \$140.00  
12 coupons for 15 mins each, \$70.00

#### Golf Lessons

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

- Tim Doppler, 701-226-5641.

#### Soccer

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

#### Group Rentals

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

- 1-10 hours - \$200/hour
- 11-24 hours - \$190/hour
- 25-49 hours - \$170/hour
- 50+ hours - \$160/hour

### Frances Leach High Prairie Arts & Science Complex

1810 Schafer Street, Just off I-94, Exit 157, N. of Bismarck State College Campus [www.highprairiecomplex.com](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 summer with art. Check out the complete list of summer 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.

### 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.

#### Rentals

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

## World War Memorial Building

215 North 6th Street • 222-6454

### Facility Features

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

### Hours: April 1 - May 27

- Monday - Thursday: 10am - 9pm
- Friday: 10am - 6pm
- Saturday & Sunday: Closed
- May 27: Closed

### Hours: May 28 - September 2

- Monday & Wednesday: 10am - 6pm
- Tuesday & Thursday: Noon - 6pm
- Friday: 10am - 5pm
- Saturday & Sunday: Closed
- September 2: Closed

### Birthday Party Special

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

### Party Perks:

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

### Racquetball

- 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

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- 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 the Garden Coordinator at [bismarckgardens@gmail.com](mailto:bismarckgardens@gmail.com) for details in renting a garden plot.

### Community Orchard

The Bismarck Community Orchards are collaborative project between Go! Bismarck Mandan, NDSU Extension/Burleigh County Family Nutrition Program, the Bismarck Forestry Department and Bismarck Parks and Recreation District.

There are three community orchards in Bismarck. The locations are: Clem Kelley Softball Complex, 517 W. Arbor Ave.; Ruth Meiers Hospitality House, 1100 E. Boulevard Ave., and Burleigh County Extension Office, 3715 E. Bismarck Expressway. The Community Orchard locations were chosen based on public accessibility, their proximity to lower income populations within Bismarck, ease of use for educational purposes and supplying food pantries.

The goal of the orchards are to provide fresh produce for the community and the Hunger Free ND Garden Program and to provide educational opportunities for using and preserving fruit.

### Disc Golf Courses

The Bismarck Parks and Recreation District maintains an 18-hole disc golf course within Lions Park, 1601 E. Boulevard. There's also a 24-hole disc golf course within General Sibley Park located on South Washington Street. For league and tournament information visit [discgolfgnd.pbworks.com](http://discgolfgnd.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: \$28 (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).

## 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 2019 and 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	\$28
<b>General Sibley Park Amphitheater</b> , 5001 S Washington St. ....	\$30	\$20
– For profit organization rentals.....	\$60	\$40
<b>Custer Park Stage</b> , 320 E. Custer Park St.....	\$30	\$20
– For profit organization rentals.....	\$60	\$40
<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 .....	\$220	\$165
– For profit organization rentals.....	\$440	\$330
<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 .....	\$100	\$75
<b>Jaycee Leadership Hall</b> , 321 East Century Ave. ....	\$100	\$75
<b>Sertoma Club Community Center</b> , 300 Riverside Park Rd....	\$100	\$75
– For profit organization rentals (Farwest, Jaycee, Sertoma).....	\$200	\$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 79+ miles of paved and unpaved recreational trails to the public.

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

The Park District asks citizens to abide by the following rules when using the trails:

- 1) Walkers, joggers and bikers please keep to the right when using the trails.
- 2) All dogs must be on a leash.
- 3) Be aware of traffic approaching and behind you.
- 4) Be aware of intersections and crossings.
- 5) Please pick up you and your pet's litter.

### Educational Trails

#### 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.

#### General Sibley Park and Campground Interpretive Trail

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

#### Rotary Club Arboretum Trail

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



## Aquastorm, Swimming/Diving Club

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

Aquastorm offers swim clinics during the months of April and September. The next clinic is April 1-25, 2019. Program registration, prices and details can be found at [www.aquastormswimming.com](http://www.aquastormswimming.com).

Aquastorm begins their Long Course (summer) season on May 1st. Anyone interested on joining the Best Swim in ND should contact Coach Steele or Coach Wheeling for details.

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 Program Director Thomas Wheeling at [programdirector@aquastormswimming.com](mailto:programdirector@aquastormswimming.com) or Head Coach Jeff Steele at [coachsteele@aquastormswimming.com](mailto:coachsteele@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.

### Home Games:

- Saturday, April 27
- Saturday, May 18
- Saturday, June 22
- Saturday, August 17

Games are played at either Capital Ice

Complex, 1504 Wichita Drive or VFW Sports Center, 1200 N Washington St.

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 Larks

Baseball is back and better than ever in Bismarck. The Bismarck Larks are a member of the Northwoods League, the country's premier summer collegiate baseball league. The Northwoods League was founded in 1994 with 5-teams in Minnesota, Wisconsin, and Iowa. Since that time, the league has expanded to 18-teams throughout Minnesota, Wisconsin, Iowa, Michigan, Canada – and now North Dakota. From using a wooden bat to playing games every day, the Northwoods League gives collegiate players the opportunity to experience what life as a minor or major league player is like during their grueling season. The Larks are playing 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 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-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.org](http://www.bismarckwomenssoftball.org)

## Bismarck Public Library

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

Detailed information will be available at the library and [www.bismarcklibrary.org](http://www.bismarcklibrary.org).

## 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 [bismarckyouthfootball.website.splay.com](http://bismarckyouthfootball.website.splay.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

Adventure awaits you at North Dakota 4-H camp! Camps provide youth with excellent opportunities to make friends, learn new skills, and have fun. 4-H camp is open to all youth, there is no need to be a 4-H member. Full camp descriptions can be found at <https://www.ndsu.edu/4h/camp>. Don't miss your opportunity to experience North Dakota 4H camp, sign up today! For more information, contact Amelia at 221-6865 or [Amelia.Doll@ndsu.edu](mailto:Amelia.Doll@ndsu.edu). See you at camp!

## Capital Curling Club

The Capital Curling Club will be hosting the 32st Annual Summerspiel July 18-21. It is open to 32 teams and features a three game guarantee on professional ice.

Winter leagues are forming for the upcoming curling season. New team and member registration is Thursday, October 3 at the Curling Club and is available for all ages and levels of experience.

We offer a variety of options depending on interested including winter leagues, learn-to-curl events, corporate events and a Saturday junior program. All ages and abilities are welcome.

Visit us on Facebook or at [www.capitalcurlingclub.org](http://www.capitalcurlingclub.org) and try the fastest growing sport in the US!

## 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.facebook.com/centraldakotacyclists](http://www.facebook.com/centraldakotacyclists)

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

## Dakota Zoo

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

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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. There are no obligations to be at every race. Join anytime!

### Fees and Contact Info

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

### Requirements and Equipment

Riders must be able to ride a bicycle without training wheels. Each racer must wear a full face helmet, long sleeve shirt, and pant to the ankle during a practice or race. Though not required, the track director recommends a pair of gloves and bike pads if you have them. Kickstands, trick - pegs, chainguards, and reflectors must be removed for safety reasons. Loaner helmets & bikes are available to use on a first come first serve basis. We encourage people to try it out before committing to buying a new bike or helmet!

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/fastraxbmx/bismarck](https://www.facebook.com/fastraxbmx/bismarck). 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).

## 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.magicsockerskills.com](http://www.magicsockerskills.com)

## Midwest Adult Hockey League

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 Sundays, Wednesdays 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

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

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

## Missouri Slope Model Aero Club

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

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

## Nishu Bowmen Archery Club

The Nishu Bowmen Indoor/Outdoor Archery Complex, 1409 Riverwood Drive, is maintained by the Nishu Bowmen Archery 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. 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

## 44th Annual Sam McQuade Sr., Charity Softball Tournament

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

### Date, Location and Deadline

- June 28-30
  - Bismarck-Mandan Softball Complexes
- For more information email [mcquadesoftball@yahoo.com](mailto:mcquadesoftball@yahoo.com) or visit [www.mcquades.com](http://www.mcquades.com)

## Sleepy Hollow Theatre & Arts Park

SHTAP proudly celebrates our 30th Anniversary of programming in Bismarck! Attracting hundreds of thousands of people and involving thousands of students, SHTAP continues to provide positive opportunities and quality events in the arts for the cultural enrichment of our communities and state.

From 1990-2005, SHTAP produced an annual musical, which expanded to two shows from 2006-2016, to three in 2017 and now to four annual musicals beginning in 2018.

**Theatre Camps/Classes:** Elementary and Middle School Theatre Camps in June

**2019 Season:** Enjoy theatre "under the stars" at Sleepy Hollow Arts Park with:

- MADAGASCAR JR: June 27-29
- NEWSIES: July 9-18
- MAMMA MIA: July 23-Aug. 2
- 30th Anniversary Reunion: July 26-28
- KANSAS CITY JAZZ MEETS BISMARCK JAZZ: August 14

Improvements to Sleepy Hollow Arts Park in 2019 Bismarck Parks and Recreation District Parking Lot, complete with bus turn-around and trees!

- Attractive Turrets with Park Signage on the corner of 26th and Divide
- Second Pergola in the Amphitheatre area
- State-of-the-Art Security System

For more information see [www.shtap.org](http://www.shtap.org) , call Stephanie Delmore, 319-0895 or Susan Lundberg, 319-0894

## 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)



**GAME! ON!**

NRPA'S PARK AND RECREATION MONTH - JULY 2019

# JULY CELEBRATION

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

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

Photo Contest	Tennis in the Parks Week
Family Pool Party	Rock the Deck
Pickleball Social	Movie in the Park
Free Fitness Facility Admission Day	Roller Skating Night
McDowell Dam Exploration Day	

Watch for details on Bismarck Parks and Recreation District's website and Facebook.



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

## **Grievance Policy under Title II of the Americans with Disabilities Act**

This Grievance Policy is established to meet the requirements of the Americans with Disabilities Act of 1990 ("ADA"). It may be used by anyone who wishes to file a complaint alleging discrimination on the basis of disability in the provision of services, activities, programs, or benefits by the Bismarck Parks and Recreation District. The Bismarck Parks and Recreation District Human Resource Policy and Procedure Handbook governs employment-related complaints of disability discrimination. The complaint should be in writing and contain information about the alleged discrimination such as name, address, phone number of complainant and location, date, and description of the problem. Alternative means of filing complaints, such as personal interviews or a tape recording of the complaint will be made available for persons with disabilities, upon request.

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

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

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

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

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

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

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

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

# Bismarck Parks and Recreation District Summer Employment Opportunities

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

Position	# of Hours	Contact Person	Other Information
<b>Activity Centers and Safety Village</b>	Up to 40 daytime hours	Cindy Gums, 222-6771	Planning and supervising activities for K-5 children. Teaching 5-6 year olds about safety.
<b>Cashier/concessions outdoor pools and softball complexes</b>	Hours vary	Outdoor Pools: Dylan Thiem, 221-6813 Softball Complexes: Ethan Eberle, 415-0464	
<b>Facility attendants and/or front desk staff</b>	Hours vary	BSC Aquatic & Wellness Center: Linsay Berg 751-4266  Capital Racquet & Fitness Center: Katrina Hanenberg, 221-6855  Fore Season Center/Pebble Creek Golf Course: Tim Kuntz, 223-3600  Ice Arenas: Mike Wald, 221-6814  World War Memorial Building: Jeremy Dykstra, 222-6641	
<b>General Sibley Park</b>	Up to 40	Martha Willand, 222-1844	Office/front desk and groundskeeping
<b>Golf course maintenance</b>	Up to 40, weather dependent	Riverwood: Brad Schulz, 222-6463 Tom O'Leary: Mike Page, 222-6465 Pebble Creek: Mac Weigel, 223-3600	
<b>Lifeguard and/or swimming lesson instructor, BSC Aquatic &amp; Wellness Center, indoor</b>	Hours vary, based on availability	Jahna Gardiner, 751-4270	Must be Lifeguard/First Aid/CPR/AED certified.
<b>Lifeguard and/or swimming lesson instructor, outdoor pools</b>	Up to 40, based on availability, weather dependent	Dylan Thiem, 221-6813	Must be Lifeguard/First Aid/CPR/AED certified.
<b>McDowell Dam Recreation Area maintenance and boat rentals</b>	Up to 40, weather dependent	David Robinson, 223-7016	Open positions include: Equipment Rental/ Concession Workers and Park Maintenance
<b>Operations general maintenance</b>	Up to 40, weather dependent	Parks: Tony Schmitt, 222-6464 Sports Complexes, Riley Merkel, 751-0126 Landscape Crew: Lynn Morgenson, 222-6464	Open positions include: Mower Operators, Park Maintenance, Athletic Field Maintenance, Landscape Workers and Spray Applicators.
<b>Sand volleyball officials</b>	Evening hours	RaNae Jochim, 222-6455	
<b>Triple Star Day Camp</b>	35 hours per week daytime hours	RaNae Jochim, 222-6455	Day camp for participants with special needs
<b>Youth and adult sport coaches and officials – baseball/softball, basketball, flag football, soccer, tennis instructors and volleyball</b>		Basketball & Soccer: Jeremy Dykstra, 222-6641 Baseball/Softball & Flag Football: Ethan Eberle, 415-0464 Volleyball: RaNae Jochim, 222-6455 Tennis: Rod Morasch, 221-6855	
<b>Outdoor pool manager and waterslide monitor at Hillside Aquatic Complex</b>	Manager: 40/week Monitor: Hours vary	Dylan Thiem, 221-6813	Monitor: Must be 16 yrs old

# 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.

## April

Race to Zero 5K, 10K run/walk for Sexual Assault Awareness & Prevention .....	6
Fort Abraham Lincoln State Park Crazy Fools Hike .....	14
Run4Change .....	20
Sanford Health Great American Bike Race .....	27
UTTC Thunderbird Spring Run (Half, 10K, 5K, Kids Run) .....	27
Race for Parkinsons .....	27
BisMan Bombshellz Roller Derby, see page 32 .....	27

## May

General Sibley Campground camping opens, see page 25 .....	3
Our Drive to Survive (5K/10K, Walk/Run) .....	4
Bismarck Wish Fast: Superhero 3 & 5K Walk/Run .....	4
Burleigh County Cup .....	11
Fort Abraham Lincoln State Park Mother's Day Hike .....	12
Student Membership Special BSC AWC & CRFC, see page 23 .....	12-Aug. 31
5th Grade Elementary Track Meet, see page 17 .....	15
BisMan Bombshellz Roller Derby, see page 32 .....	18
Walk to Defeat ALS .....	18
Walk MS .....	18
Indoor Swim Lessons Registration, see page 13 .....	28
Fort Abraham Lincoln State Park Never Forgotten Memorial Hike .....	29

## June

Free Junior Golf, see page 9 .....	All Month
Fort Abraham Lincoln State Park Trail Race (15K and 5K walk/run) .....	1
St. Gabriel's Community Duathlon .....	1
Outdoor Pools Open, see page 27 .....	3
Youth Baseball Clinic, see page 5 .....	6-July 18
Relentless Against Blood Cancer 5K .....	8
Great Strides Cystic Fibrosis Walk .....	8
Family 1K & 5K .....	15
Otter Creek 55 at Harmon Lake .....	15
Dirt Kicker Charity Run .....	16
Fort Abraham Lincoln State Park Father's Day Hike .....	16
Outdoor Swim Lessons Registration, see page 13 .....	17-28
BisMan Bombshellz Roller Derby, see page 32 .....	22
Sam McQuade Sr. Charity Softball Tournament, see page 35 .....	28-30

## July

Free Junior Golf, see page 9 .....	All Month
July Celebration, see page 36 .....	All Month
Junior Team tennis Challenge, see page 17 .....	1
Mandan rodeo days 4th of July Road Race .....	4
Fort Abraham Lincoln State Park Custer Trail Anniversary Hike .....	6
Outdoor Swim Lessons Registration, see page 13 .....	8-19
FCA BisMan 26.4 Triathlon .....	13
Pickleball Mixer, see page 19 .....	17
BisMan Bombshellz Roller Derby, see page 32 .....	17
Curling Summerspiel, see page 33 .....	18-21
Indoor Swim Lessons Registration, see page 13 .....	8
Fort Abraham Lincoln State Park Summertime Fun Hike .....	21
Outdoor Swim Lessons Registration, see page 13 .....	29-Aug 9

## August

Free Junior Golf, see page 9 .....	All Month
Babe Ruth World Series, see page 8 .....	8-15
Fort Abraham Lincoln State Park Fido's Hike .....	11
Kybiru Adventure Triathlon .....	11

## September

Fort Abraham Lincoln State Park Night Time Glow Hike .....	1
Walk to End Alzheimer's .....	7
Coed Fall Softball League Tournament, see page 19 .....	14
CDHS Shaddy Shuffle Walk .....	15
Fort Abraham Lincoln State Park Fall Colors Hike .....	15
BNSF Kid's Mini Marathon .....	20
Bismarck Marathon .....	21



### 2019 Fall Activity Guide is mailed in August, which includes:

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





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

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

