

2020 *spring/summer*

ACTIVITIES

FACILITIES

PARKS

EVENTS

Activity Guide

youth & adult programs



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

www.bisparks.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 • bisparks@bisparks.org
Hours: Monday-Friday, 7:30am-5pm

Telephone Directory

Baseball/Softball Diamonds

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

Facilities

BSC Aquatic & Wellness Center.....	751-4266
Capital Ice Complex	712-8918
Capital Racquet & Fitness Center....	221-6855
Forestry Department	222-6561
General Sibley Park	222-1844
McDowell Dam Recreation Area	223-7016
Park Maintenance Shop	222-6464
Sertoma Tennis Courts.....	222-6730
VFW Sports Center....	222-6588 or 221-6815
World War Memorial Building.....	222-6454

Frances Leach High Prairie Arts & Science Complex

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

Golf Courses

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

Other Programs & Partners

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

Swimming Pools

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

Board of Park Commissioners

- Brian Beattie, President
- Julie Jeske, Vice President
- Wayne Munson, Commissioner
- Mark Zimmerman, Commissioner
- Michael Gilbertson, Commissioner

Administration

- Randy Bina, Executive Director

Directors

- Kevin Klipfel, Facilities and Programs Director
- David Mayer, Operations Director
- Kathy Feist, Finance Director

Administration Division

- Paula Redmann, Community Relations Manager
- Julie Fornshell, Administrative Services Manager
- Megan Pederson, Accounting Specialist
- Holly Wardzinski, Accountant
- Tina Walker, Account Technician
- Rena Mehlhoff, Communications Specialist
- Tana Oswald, Receptionist/Customer Service Representative I
- Landa Boyd, Receptionist/Customer Service Representative II

Facilities and Programs Division

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

Operations Division

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

Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner

General Information

Cancellations

To get information such as program changes, weather cancellations, etc., please call our information line at (701) 222-6479 or visit www.bisparks.org.

Dog Ordinance

Section 1. May not permit an animal to run at large: "at large" means not effectively restrained by a chain, leash, or cord not more than six feet in length. Section 2. Any person who owns or is responsible for an animal shall, if the animal defecates upon park property, promptly clean up and dispose of the excrement. (For a full version of this ordinance, visit www.bisparks.org.)

Gift Certificates

Consider a Bismarck Parks and Recreation District gift certificate for recreation programs, programs, equipment use, shelter reservations and facility use. They can be purchased at the Parks District Office, Capital Racquet & Fitness Center and golf courses.

Insurance

The Bismarck Parks and Recreation District does not carry medical or accident insurance for the participants of the programs. The cost of doing so would be so high that fees charged for programs would become prohibitive. We suggest you review your family's personal health insurance plan to ensure it provides you with sufficient coverage. We also suggest you check with your family physician before participating in any Bismarck Parks and Recreation District programs which require physical exertion. If your physician should discover some factors that could limit you physically, please consider them when registering for programs.

Matching Grant Program

Bismarck Parks and Recreation District's Matching Grant programs provides matching funds for facility, grounds, and equipment projects. In its 33rd year, the program has provided matching funds for 524 projects with total project costs of more than \$5.1 million. Applications will be accepted from Bismarck associations, organizations, clubs or individuals interested in matching funds to sponsor a project in a Bismarck Parks and Recreation District facility or park. Matching funds are awarded twice per year. Applications are available at our office. Call 222-6455 for more information. DEADLINES: Annually, February 3 and June 1 at 5pm.

Photography/Video

The Bismarck Parks and Recreation District takes photographs/video footage of people enjoying our programs, events, parks and facilities. These photographs/video footage are used for Park District publications and informational videos. The photographs/video footage are used at the discretion of the Park District and become the sole property of the Bismarck Parks and Recreation District.

Rain Checks

The Bismarck Parks and Recreation District will grant rain checks for swimming pools, golf courses and picnic shelters whenever inclement weather warrants such action. All rain checks must be used during the season they are received.

Online Registration and Reservations

Visit www.bisparks.org to register for those activities with a code (unless otherwise noted), make a tee time up to three days in advance or reserve a campsite. Visit www.bisparks.org and create a username and password and register for a variety of programs and activities.

BPRD Inclusion Statement

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

Youth Programs

Activity Centers.....	4
Activ8.....	4
Adaptive Recreation, Bowling	4
Triple Star Day Camp.....	4
Archery	5
Baseball	5-6
Coed, Mites, Squirts, Cal Ripken	5
Babe Ruth	5-6
American Legion & Babe Ruth.....	6
Basketball.....	7
BLAST	8
Fencing.....	8
Flag Football.....	8
Golf.....	9-10
Karate	10
Safety Village.....	10
Soccer	10
Swimming Lessons, Indoor.....	11-14
Lifeguarding Classes.....	12-14
Instructor Classes	14
WSI Classes	14
Private Swim Lessons.....	11
Toddler Splash Days.....	12
Toddler Splash Training.....	12
Swimming Lessons, Outdoor.....	13
Tennis	14-17
8 & Under and 10 & Under	15-16
High School & Elite Program.....	16
Outdoor Court Reservation.....	17
Tiny Tots and Netters	14-15
Tennis Events.....	17
Track Meets.....	17
Volleyball.....	17

Adult Programs

Adaptive Recreation	4
Fencing	8
Fitness, GlideFit.....	18
Golf.....	18
Karate	10
Pickleball.....	18-19
Softball, Coed.....	19-20
Swimming Lessons, Indoor	
Adult Swim Skills Training	20
Private Swim Lessons.....	11
Tennis	
Adult Leagues	21
Beginner, Intermediate & Advanced.....	20
Private Lessons.....	20

Outdoor Court Reservation.....	21
Volleyball Leagues.....	21

Fitness and Wellness Centers

BSC Aquatic & Wellness Center.....	22
Membership	23
Capital Racquet & Fitness Center	22
Membership	23
Tennis Membership Package.....	23
Birthday Parties	24
Personal Training.....	24
Small Group Personal Training.....	24

Camping Golf

Outdoor Pools & Splash Pad

Parks and Facilities

Facilities	
Fore Seasons Center.....	28
Frances Leach High Prairie	
Arts & Science Complex.....	28
World War Memorial Building	28-29
Ice Arenas	
Capital Ice Complex/Schaumburg Arena	
and Wachter Arena	29
VFW Sports Center	29
Parks	
Community Gardens & Orchard.....	29
Disc Golf Courses	29
Dog Park-Century Bark Park.....	29
Imagination Playground.....	30
McDowell Dam Recreation Area.....	30
Skate Parks	30
Park System Information	30
Bismarck Forestry Dept.....	30
Picnic Shelter Reservations.....	31
Trails, Recreational.....	31
Educational Trails.....	31

Other Programs & Partners

Aquastorm Swimming/Diving Club.....	32
BisMan Bombshellz Roller Derby	32
Bismarck Bobcats.....	32
Bismarck Figure Skating.....	32
Bismarck Gymnastics	32
Bismarck Hockey Boosters.....	32
Bismarck Horse Club & Park	32
Bismarck-Mandan Larks.....	32

Bismarck-Mandan Lacrosse	32
Bismarck-Mandan Tennis Assoc.....	32
Bismarck Men's & Women's Slowpitch	
Softball Association	33
Bismarck Public Library.....	33
Bismarck Table Tennis Club.....	33
Bismarck Youth Baseball	33
Bismarck Youth Fastpitch Assoc.....	33
Bismarck Youth Football League	33
BisMarket.....	33
Burleigh Country 4-H.....	33
Capital Curling Club.....	33
Cub Scouts & Boy Scouts	33
Dakota Junior Golf Association	33
Dakota United Soccer Club	34
Dakota West Arts Council	34
Dakota Zoo.....	34
Dreams in Motion Adaptive Sports	34
Fastrax BMX.....	34
Flickertail Woodcarvers	34
GO! Bismarck-Mandan	34
Great Plains Track & Field Club.....	34
Horseshoe Pitchers Association	34
Magic Soccer F.C.	34
Midwest Adult Hockey League MAHL	34
Missouri River Adult Hockey League MRAHL.....	34
Missouri Slope Model Aero Club.....	34
Nishu Bowmen Archery Club.....	35
North Dakota Game & Fish Dept.....	35
Northern Plains Dance.....	35
Riverwood Men's & Women's Golf Assoc	35
Sam McQuade Softball Tournament	35
Sleepy Hollow Theatre & Arts Park	35
Special Olympics	35
Superslide Amusement Park.....	35

Misc.

Employment Opportunities	37
Registration Information.....	38
Trail Map	Inner fold-out
Upcoming Events.....	39
Grievance Policy under Title II ADA.....	36

Our Vision

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

Our Mission

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

Core Purpose

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

Our Values

Accountability	Diversity
Collaboration	Integrity
Community	Professionalism

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 1-Aug. 7	M-F	7:45am-5:30pm

- **Must have completed kindergarten in the 2019-20 school year or be 6 years old by June 1, 2020. If your child is in kindergarten, but won't be 6 until after June 1, 2020, please come to Bismarck Parks and Recreation office to register.**
- Activity Centers is close at 12 noon on August 7
- No program on July 3
- There is no supervision before 7:45am or after 5:30pm
- We do not provide lunch or snacks, so please bring your own.

Fees

- \$475/child-if received on or before Thursday, April 30.
- \$485/child-if received Friday, May 1 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 Registration Packet and fill out all the pages. Return the completed packet to the Bismarck Parks and Recreation District Office by the end of day Thursday, April 30. Once your completed packet is received, your child(ren)'s registration for Activity Center is complete.

School	Location	Code
Centennial	2800 Ithica Dr	17501
Grimsrud	716 St. Benedict Dr	17502
Liberty	5400 Onyx Dr.	17503
Northridge at Hughes	806 N. Washington St.	17504
Prairie Rose	2200 Oahe Bend	17505
Rita Murphy	611 N. 31st St.	17506
Roosevelt	613 W. Ave. B	17508
Solheim	325 Munich Dr.	17509
Sunrise	3800 Nickerson Ave.	17510

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 1-17. BPRD staff will do a random drawing April 23 and applicants will be notified of the results. The Junior Leader applications can be found online at 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 6-May 14	M Th	7-7:45pm (Land) 7-7:45pm (Water)	17499

Age and Location

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

Fees and Registration

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

Adaptive Recreation

Meet it or Beat it Bowling

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

Dates	Days	Time	Fee
Now-May 18	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 is given to age appropriate activities, as well as opportunities to participate in community activities and swimming.

Dates	Days	Time	Code
June 1-July 31	M-F	9:30am-3pm	17952

- For ages 10+.
- \$125/participant
- Lions Park Community Center, 1719 E. Boulevard Ave.
- * No camp July 3

Archery, Indoor

Beginners

These archery lessons are for the beginning archer or those with very little shooting experience. The focus is on basics that 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 9-May 14	Thur	6-7pm	\$35	18066
April 9-May 14	Thur	7-8pm	\$35	18067
July 14-August 18	Tues	6-7pm	\$35	17514
July 14-August 18	Tues	7-8pm	\$35	17515

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

Intermediate

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

Dates	Day	Time	Fee	Code
April 9-May 14	Thur	6-7pm	\$35	18069
April 9-May 14	Thur	7-8pm	\$35	18070
July 14-August 18	Tues	6-7pm	\$35	17516
July 14-August 18	Tues	7-8pm	\$35	17517

- Participants must have their own compound bows and arrows.
- Must be 8 years old to begin program.
- Maximum Participants: 12
- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

Advanced

This class is for those who have completed intermediate archery and are looking for further instruction to refine their shooting form and skills, improve shooting ability, and learning some of the finer points of archery. Participants must have their own compound bows and arrows.

Dates	Day	Time	Fee	Code
April 7-May 12	Tues	6-7pm	\$35	18671
April 7-May 12	Tues	7-8pm	\$35	18672
July 14-August 18	Tues	6-7pm	\$35	18778
July 14-August 18	Tues	7-8pm	\$35	18779

- Participants must have their own compound bows and arrows.
- Must be 8 years old to begin program.
- Maximum Participants: 8
- 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, 2015, and on or after May 1, 2007, are eligible for Coed, Mites, Squirts, Cal Ripken. Age is determined as of May 1, 2020 for Mites, Squirts and Cal Ripken.

Ages	Dates	Days	Time	Code
Mites 5-6	June 1-July 22	M & W	10-11am	17523
Mites 5-6	June 2-July 23	T & Th	10-11am	17524
Squirts 7-9	June 1-July 22	M & W	8:30-9:45am	17526
Squirts 7-9	June 2-July 23	T & Th	8:30-9:45am	17527
Cal Ripken 10-12	June 1-July 22	M & W	11:15am-12:45pm	17525

*No Mites, Squirts, & Cal Ripken baseball on July 1 and 2.

Fees and Location

- \$55/player – if received on or before Friday, May 15
- No more than \$110 maximum/household
- \$65/player – if received Saturday, May 16 or later
- No more than \$130 maximum/household
- Sam McQuade Sr. Softball Complex, 1100 N Washington St.

Youth Baseball Clinic

Participants born prior to May 1, 2015, and on or after May 1, 2007, are eligible for the Youth Baseball Clinic for the 2020 season. The program focuses on the development of baseball skills and fundamentals. The clinic is at Sam McQuade Sr. Softball Complex, 1100 North Washington Street.

Ages, Dates, & Times

- 5-12 years old
- Thursdays from June 4-July 16 from 11:15-12:45pm
- *No Youth Baseball Clinic on Thursday, July 2.

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: 17528**

Babe Ruth, Ages 13-15

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

Informational Meeting

- Wed., April 29 at 6pm, Capital Ice Complex, 1504 Wichita Dr.
- North Dakota Babe Ruth www.ndakbaberuth.com.

Babe Ruth League Birth Chart for 2020

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

Dates

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

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

Ages Code

Age 13	18423
Age 14	18424
Age 15	18425

League Format

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

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

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

Major League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

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

Minor League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

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

Major League Practice & Game Schedules

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

Minor League Practice Schedule

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

*Schedule subject to change.

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

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

Fees

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

Fees for Major League (In addition to base fee)

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

Uniform and Batting Helmet

- Players receive a team uniform jersey and hat to keep. Players are responsible for their own baseball pants. Grey baseball pants are recommended for all players.
- Recommended for players to purchase their own batting helmets. Team helmets are provided for league play.
- All bats must bear the USABat licensing mark to be permissible for play. More bat information can be found at: www.baberuthleague.org/bat-rules.aspx.

American Legion, Ages 16-18

American Legion Baseball:

Competition in 2020 is open to players born on or after January 1, 2001. Players born in 2000 or before are not eligible to play American Legion Baseball. Only 2019 High School graduates may play for the Legion team if they played during the 2019 season. If a player is born in 2001 or 2002, that player must play in the Senior Legion Baseball program. If there is enough interest, three teams will be formed.

Age	Dates	Code
16	June 1 (practices)	17519
17	June 1 (practices)	17520
18-19	June 1 (practices)	17521

- Governors: \$440 + 20 raffle tickets
- Reps and Senators: \$440 + 5 raffle tickets
- * **Each Governors participant are required to sell raffle tickets.**
- * Your raffle ticket purchase doubles as a family season ticket to all Reps, Senators, and Governors games for the 2020 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.

Rain Out Policy

In case of inclement weather, every effort is 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.) 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.



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 or call 222-6455

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 are assigned each night.

Grades	Dates	Days	Time	Code
Grades 3 & 4	June 2-July 23	T & Th	6-7pm	17530
Grades 5 & 6	June 2-July 23	T & Th	7:15-8:15pm	17531
Grades 7 & 8	June 2-July 23	T & Th	8:30-9:30pm	17532

Grade determined by 2020-21 school year.
No session on July 2.

Fee and Location

- An information sheet is available upon registration.
- \$55/player-if received on or before May 15.
- \$65/player-if received May 16 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 is available upon registration.

League:

- August 24-October 10
- 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 participants 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 7.
- \$60/player-if received August 8 or later.

School	Code	School	Code
Cathedral	18781	Northridge	18792
Centennial	18782	Pioneer	18793
Grimsrud	18783	Prairie Rose	18794
High. Acres	18784	Roosevelt	18795
Liberty	18785	Shiloh	18796
Lincoln	18786	Solheim	18797
Martin Luther	18787	St. Anne's	18798
Miller	18788	St. Mary's	18799
Moses	18789	Sunrise	18800
Murphy	18790	Will-Moore	18801
Myhre	18791		

Girls' 4th & 5th Grade Basketball

Girls youth basketball is a recreational program that teaches 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: August 31-October 17
- Girls' Grade 5: August 31-October 31
- Grade 4 Jamboree: October 16 & 17
- Grade 5 Jamboree: October 29 & 31

Days/Times for most schools:

- Information sheets are available upon registration.
- 4th grade has one practice a week and 5th grade has two practices a week.
- First week of practice is 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 are formed after the first week of practice and a schedule is provided for the remainder of the season. Every attempt is 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 14.
- Girls' Grade 4: \$60/player-if received August 15 or later.
- Girls' Grade 5: \$60/player-if received on or before August 14.
- Girls' Grade 5: \$70/player-if received August 15 or later.
- Participants must play at the school they attend.

School	4th Grade Code	5th Grade Code
Centennial	18805	18823
Grimsrud	18806	18824
Highland Acres	18807	18825
Liberty	18808	18826
Lincoln	18809	18827
Martin Luther	18810	18828
Miller	18811	18829
Moses	18812	18830
Murphy	18813	18831
Myhre	18814	18832
Northridge	18815	18833
Pioneer	18816	18834
Prairie Rose	18817	18835
Roosevelt	18818	18836
Shiloh	18819	18837
Solheim	18820	18838
Sunrise	18821	18839
Will-Moore	18822	18840

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

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 2020 Enrollment

The BLAST deadline for people currently enrolled through the last day of school, is June 18 at 5pm. BLAST packets are mailed in mid-May for those currently enrolled in the program. The packets are 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 • Northridge
- Prairie Rose • Rita Murphy • Solheim • Sunrise

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

Fees

- \$130/month
- \$260 due at time of registration. This is 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 2020-21

- Mid-May:** BLAST registration information is 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 18 by 5pm:** Registration packets from current BLAST families are due back at BPRD by 5pm.
- June 8-26:** The new applicants that are interested in enrollment for 2020-21 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 1-29*	M & F	18427
June 1-29	M & F	18428
September 4-28	M & F	18851
October 2-30	M & F	18850
November 2-30*	M & F	18849
December 4-28*	M & F	18843

*No class May 25, Sept. 7, Nov. 27 and Dec. 25.

Ages, Fees, Times, Location and Equipment Required

- Ages 12+
- \$35/month or \$150/5 months
- Mondays 6:30-8:30pm and Fridays 5-7pm
- World War Memorial Building, 215 North 6th Street
- Equipment is provided with the exception of a fencing glove. The fencing glove can be purchased when the session begins.
- Contact John Garness at 391-2081 for more information and purchasing a glove.

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 mouthguard.

Grades	Dates	Days	Times
3rd & 4th	August 24-October 1	M, T & Th	5-6pm
5th & 6th	August 24-October 1	M, T & Th	6-7pm

* No session on Sept. 7

- Jamboree: Oct. 3-Sam McQuade Sr. Softball Complex

Fees and Location

- An information sheet is available upon registration.
- \$55/player-if received on or before August 14.
- \$65/player-if received August 15 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 2019-20 elementary school.

School	3rd & 4th Grade	5th & 6th Grade
Cathedral	18864	18865
Centennial	18866	18867
Grimsrud	18868	18869
High. Acres	18870	18871
Liberty	18872	18873
Lincoln	18874	18875
Martin Luther	18876	18877
Miller	18878	18879
Moses	18880	18881
Murphy	18882	18883
Myhre	18884	18885
Northridge	18886	18887
Pioneer	18888	18889
Prairie Rose	18890	18891
Roosevelt	18892	18893
Shiloh	18894	18895
Solheim	18896	18897
St. Anne	18898	18899
St. Mary's	18900	18901
Sunrise	18902	18903
Will-Moore	18904	18905

COACHES NEEDED

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

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 are provided.

Fees and Location

- \$35/child
- Maximum Participants: 12
- Sheila Schafer Junior Links, 1200 North Washington St.

Session 1: June 1, 8, 15, 22 (Mondays)

Session 2: July 6, 13, 20, 27 (Mondays)

Times	Session 1 Code	Session 2 Code
9-9:45am	17550	17546
10-10:45am	17551	17547
11-11:45am	17552	17548
12-12:45pm	17553	17549
5-5:45pm	17543	17540
6-6:45pm	17544	17541
7-7:45pm	17545	17542
8-8:45pm	18758	18759

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 are provided.

Fees and Locations

- Red Level \$45/session, Four one-hour lessons
- Maximum Participants: 24
- Pebble Creek Golf Course, 2525 North 19th St.

Dates	Time	Days	Code
June 2-5	8:30-9:30am	T, W, Th, F	17566
June 2-5	11:45am-12:45pm	T, W, Th, F	18760
June 2-5	6-7pm	T, W, Th, F	17565
June 9-12	8:30-9:30am	T, W, Th, F	17560
June 9-12	11:45am-12:45pm	T, W, Th, F	18761
June 9-12	6-7pm	T, W, Th, F	17559
June 16-19	8:30-9:30am	T, W, Th, F	17562
June 16-19	11:45am-12:45pm	T, W, Th, F	18762
June 16-19	6-7pm	T, W, Th, F	17561
June 23-26	8:30-9:30am	T, W, Th, F	17564
June 23-26	11:45am-12:45pm	T, W, Th, F	18763
June 23-26	6-7pm	T, W, Th, F	17563
July 7-10	8:30-9:30am	T, W, Th, F	17558

July 7-10	11:45am-12:45pm	T, W, Th, F	18764
July 7-10	6-7pm	T, W, Th, F	17557
July 14-17	8:30-9:30am	T, W, Th, F	18765
July 14-17	11:45am-12:45pm	T, W, Th, F	17554
July 14-17	6-7pm	T, W, Th, F	17555
July 21-24	8:30-9:30am	T, W, Th, F	17556
July 21-24	11:45am-12:45pm	T, W, Th, F	18766
July 21-24	6-7pm	T, W, Th, F	18767
July 28-31	8:30-9:30am	T, W, Th, F	18768
July 28-31	11:45am-12:45pm	T, W, Th, F	18769
July 28-31	6-7pm	T, W, Th, F	18770

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 are provided.

Fees and Location

- White Level \$60/session, Four-75-minute lessons
- Maximum Participants: 20
- Pebble Creek, 2525 North 19th St.

Dates	Time	Days	Code
June 2-5	10-11:15am	T, W, Th, F	17578
June 2-5	7:30-8:45pm	T, W, Th, F	17579
June 9-12	10-11:15am	T, W, Th, F	17572
June 9-12	7:30-8:45pm	T, W, Th, F	17573
June 16-19	10-11:15am	T, W, Th, F	17574
June 16-19	7:30-8:45pm	T, W, Th, F	17575
June 23-26	10-11:15am	T, W, Th, F	17576
June 23-26	7:30-8:45pm	T, W, Th, F	17577
July 7-10	10-11:15am	T, W, Th, F	18771
July 7-10	7:30-8:45pm	T, W, Th, F	17571
July 14-17	10-11:15am	T, W, Th, F	18772
July 14-17	7:30-8:45pm	T, W, Th, F	17567
July 21-24	10-11:15am	T, W, Th, F	18773
July 21-24	7:30-8:45pm	T, W, Th, F	18775
July 28-31	10-11:15am	T, W, Th, F	18774
July 28-31	7:30-8:45pm	T, W, Th, F	18776

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-hour 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 Colton Murphy at 527-4067.**

Dates

- Times are flexible with each group of up to four students.
- Sessions are available in June, July and August; final schedule to be determined.

Gold Level

This is competitive golf for middle school through graduating high school seniors. The focus of this four-hour group instruction includes competitive games and instruction for girls and boys.

Fees and Location

- Gold Level \$100/session, Two 4-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 Colton Murphy at 527-4067.**

Dates

- Times are flexible with each group of up to four students.
- Sessions are available in June, July and August; final schedule to be determined.

Karate, Traditional Japanese

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

Days	Time	Month	Code
T & Th	6:30-8:30pm	May 5-28	18497
T & Th	6:30-8:30pm	August 4-27	18854
T & Th	6:30-8:30pm	September 1-29	18862
T & Th	6:30-8:30pm	October 1-29	18861
T & Th	6:30-8:30pm	November 3-24	18860
T & Th	6:30-8:30pm	December 1-17	18855

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, 2020.
- Frances Leach High Prairie Arts & Science Complex, 1810 Schafer St.

Session	Dates	Time	Fee	Code
1	June 1-12	10am-12 noon	\$55	17610
1	June 1-12	1-3pm	\$55	17611
2	June 15-26	10am-12 noon	\$55	17612
2	June 15-26	1-3pm	\$55	17613
3	July 6-17	10am-12 noon	\$55	17614
3	July 6-17	1-3pm	\$55	17615
4	July 20-31	10am-12 noon	\$55	17616
4	July 20-31	1-3pm	\$55	17617

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 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 and Fees

- Boys and Girls, K-9 (Grade entering in Fall 2020)
- An information sheet is available upon registration.
- \$55/player-if received on or before May 15.
- \$65/player-if received May 16 or later.
- The number of Players at each site is 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 1-July 22	M & W	6:30-7:30p	17622
K-1	Horizon	June 2-July 23	T & TH	6:30-7:30p	17626
2-3	Cottonwood	June 1-July 22	M & W	6:30-7:30p	17619
2-3	Horizon	June 2-July 23	T & TH	6:30-7:30p	17623
4-6	Cottonwood	June 1-July 22	M & W	7:45-8:45p	17620
4-6	Horizon	June 2-July 23	T & TH	7:45-8:45p	17624
7-9	Cottonwood	June 1-July 22	M & W	7:45-8:45p	17621
7-9	Horizon	June 2-July 23	T & TH	7:45-8:45p	17625

*No Soccer on July 1 and 2.

Rain Out Policy

In case of inclement weather, every effort is 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.) 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.



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.

Helpful Tips and Reminders:

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

Private Swim Lessons

Register at www.bisparks.org, Private Swim Lessons. Create or log into your account. Click on the instructor you want. If you don't have a preference on instructor, simply choose an instructor with the dates and times that work for your schedule. **Click on the blue description for the day/time you are looking at to see if it is full or has an opening.**

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

If you have any questions, please feel free to call Jahna at 701-751-4270. Private lessons dates and times are posted on the 15th of the previous month.

Small Group Private Lessons:

To register a small group private lesson, with two or more participants. Please register one child, then call Jahna at 751-4270 to get the discounted rate and to register the additional children.

Toddler Splash Days

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

Dates and Fees

- **Now-May 21.** Monday-Thursday: 9-11am
- Free for members, \$4.00 per child per class for non-members.
- 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.)

Dates, Fees and Location

- Tuesday and Thursday: 6-6:30pm
- **Now-April 30** (will return in September)
- Ages 6 months to 3 years
- \$5.00 per child per class for members and non-members
- **There must be one parent/adult** in the water for every child, but both Mom and Dad are welcome to be in the water
- Must give receipt of payment to the instructor before class starts
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave.

American Red Cross Lifeguarding Class

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

Candidates must meet these requirements for class:

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

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

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

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

Fees and Registration

- Cost \$250. Includes Fanny Pack, Adult and Infant CPR masks. If the candidate is not able to pass the prerequisite skills, a full refund is issued.
- **All Class times and dates are MANDATORY**
- Once registered, participants will receive instructions via email for the Red Cross Online Learning. The email will be sent no earlier than about 3 weeks before the class begins. The online material must be fully completed before the first day of class. Proof of completion is required before class begins.
- Maximum enrollment: 6
- No refunds are given for "no shows" after the course begins. Please see BPRD refund policy on Page 34.

Dates

April 16-17 (5-9pm) April 18-19 (9am-5pm)
May 14-15 (5-9pm) May 16-17 (9am-5pm)
May 29-30 (9am-6pm) May 31 (10am-7pm)
June 1-3 (9am-6pm)

Code

18113
18755
18756
18757

Daycare Swim Lessons

These swim programs are specifically designed for daycare centers to enroll their little ones in classes together.

Indoor

- June 1-July 1: Monday & Wednesday from 1:30-4pm
- June 2-July 2: Tuesday & Thursday from 1:30-4pm
- July 13-August 12: Monday & Wednesday from 1:30-4pm
- July 14-August 13: Tuesday & Thursday from 1:30-4pm

Cost is \$50/child per session.
BSC Aquatic & Wellness Center, 1601 Canary Ave.
Contact Jahna for more information and to schedule your group.
jgardiner@bisparks.org or 751-4270.

Outdoor

- June 15-26: 9-9:30am or 9:30-10am
Registration Date June 8, 9am
- July 6-17: 9-9:30am or 9:30-10am
Registration Date June 29, 9am
- July 27-August 7: 9-9:30am or 9:30-10am
Registration Date July 20, 9am

Cost is \$35/child per session.
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
Registration forms can be picked at park district main office, 400 East Front Ave.

Swimming Lessons-Indoor

	June 1-July 1 • M & W June 2-July 2 • T & Th			July 13-August 12 • M & W July 14-August 13 • T & Th		
	Registration Summer Session 1: Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Wednesday, May 20 at 10am.			Registration Summer Session 2: Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, July 6 at 10am.		
	Class	M & W Code	T & Th Code	Class	M & W Code	T & Th Code
9-9:30am	Preschool Level A Preschool Level B Ages 6+ Level 1	17747 17780 18711	N/A N/A N/A	Preschool Level A Preschool Level C Ages 6+ Level 2	17735 17795 17670	N/A N/A N/A
9:35-10:05am	Preschool Level B Ages 6+ Level 1 Ages 6+ Level 2	17781 17656 17682	17782 17657 17683	Preschool Level B Ages 6+ Level 1 Ages 6+ Level 2	17765 17644 17671	17766 17645 17672
10:10-10:40am	Preschool Level A Preschool Level B Preschool Level C	17738 17767 17796	17739 17768 17797	Preschool Level A Preschool Level B Preschool Level C	17724 17753 17786	17725 17754 17787
10:45-11:15am	Preschool Level A Ages 6+ Level 2 Ages 6+ Level 3	17740 18751 17702	17741 18752 17703	Preschool Level A Ages 6+ Level 2 Ages 6+ Level 3	17726 17661 17689	17727 17662 17690
11:20-11:50am	Preschool Level C Ages 6+ Level 2	17798 17675	17799 17676	Preschool Level A Ages 6+ Level 3	17728 17691	17729 17692
11:20am-12:05pm	Ages 6+ Level 4 & 5	17717	17718	Ages 6+ Level 4 & 5	17713	17714
4:40-5:10pm	Preschool Level B Preschool Level C Ages 6+ Level 1	17774 18753 18712	17775 18754 18713	Preschool Level B Preschool Level C Ages 6+ Level 1	17759 17792 18714	17758 17794 18715
5:15-5:45pm	Preschool Level A Ages 6+ Level 2 Ages 6+ Level 3	17743 17678 17705	17744 17679 17706	Preschool Level A Ages 6+ Level 2 Ages 6+ Level 3	17731 17666 17694	17732 17667 17695
5:50-6:20pm	Preschool Level A Preschool Level B Ages 6+ Level 1	17745 17776 17651	17746 17777 17652	Preschool Level A Preschool Level C Ages 6+ Level 3	17733 17790 17696	17734 17791 17697
6:25-6:55pm	Preschool Level C Ages 6+ Level 1 Ages 6+ Level 2	17800 17653 17680	17801 17654 17681	Preschool Level B Ages 6+ Level 1 Ages 6+ Level 2	17762 17641 17668	17763 17642 17669
7:00-7:30pm	Preschool Level B Ages 6+ Level 3	17778 17707	17779 17708	Preschool Level B Ages 6+ Level 3	18749 17699	18750 17698
7:00-7:45pm	Ages 6+ Level 4 & 5	17719	17720	Ages 6+ Level 4 & 5	17715	17716

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 are 30 minutes each, from 9:30-11:30am
- There are three, 2-week lesson sessions.

Fee

- \$35/child. No refunds. If inclement weather exists, instructors 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 15-26	June 8, 11am; June 9-12, Noon
Session 2	July 6-17	June 29, 11am; June 30-July 3, Noon
Session 3	July 27-August 7	July 20, 11am; July 21-31, Noon

For more information on outdoor pools, see page 27.

Lifeguarding Recertification Class

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

Date/Time	Fee	Code
May 2, 9am-7pm	\$150	17590
May 25, 9am-7pm	\$150	17589

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

American Red Cross Lifeguarding Instructor Review Course

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

Items you must bring to class

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

Fees and Registration

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

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

NOW HIRING
LIFEGUARDS &
SWIM INSTRUCTORS

All shifts available.
Accepting applications for indoor
and outdoor pools

For an application, please visit bisparks.org
or stop by our office at 400 E. Front Avenue.
For more information, contact Jahna Gardiner at 751-4266 or
JGardiner@bisparks.org. EOE

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 is 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	Code
May 27-29 (9am-5pm)	17604



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 1-25

Session 2: July 6-30

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 are informed prior to the first day of class and refunds are 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 1-25

Times	Location	M & W Code	T & Th Code
9-9:40am	Horizon	17931	17938
9-9:40am	Sertoma	17932	17939
10-10:40am	Horizon	17926	17933
10-10:40am	Sertoma	17927	17934
11-11:40am	Horizon	17929	17936
11-11:40am	Sertoma	17928	17935
6-6:40pm	CRFC	17930	17937

Session 2: July 6-30

Times	Location	M & W Code	T & Th Code
9-9:40am	Horizon	17944	17950
9-9:40am	Sertoma	17945	17951
10-10:40am	Horizon	17940	17947
10-10:40am	Sertoma	17941	17946
11-11:40am	Horizon	18906	18907
11-11:40am	Sertoma	17942	17948
6-6:40pm	CRFC	17943	17949

Tiny Tots Daycare Program

NEW! This tennis program is specifically designed for daycare centers to enroll their little ones in classes together.

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 3-5
- \$25/child - includes eight 40-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, 300 Riverside Park Road
- **Online registration is unavailable for this program.** Please call Katrina at 221-6855 to register multiple participants.

Dates	Day	Times
June 1-25 & July 6-30	Th	9-9:40am
June 1-25 & July 6-30	Th	10-10:40am
June 1-25 & July 6-30	Th	11-11:40am

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: 8

Session 1: June 1-25

Times	Location	M & W Code	T & Th Code
9-9:55am	Horizon	17902	17909
9-9:55am	Sertoma	17903	17910
10-10:55am	Horizon	17897	17904
10-10:55am	Sertoma	17898	17905
11-11:55am	Horizon	17900	17907
11-11:55am	Sertoma	17899	17906
6-6:55pm	CRFC	17901	17908

Session 2: July 6-30

Times	Location	M & W Code	T & Th Code
9-9:55am	Horizon	17915	17921
9-9:55am	Sertoma	17916	17922
10-10:55am	Horizon	17911	17917
10-10:55am	Sertoma	17912	17918
11-11:55am	Horizon	18912	18913
11-11:55am	Sertoma	17913	17919
6-6:55pm	CRFC	17914	17920

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), 320170 North 10th Street
- Maximum enrollment per class: 8

Session 1: June 1-25

Times	Location	M & W Code	T & Th Code
9-9:55am	Horizon	18914	17883
9-9:55am	Sertoma	17876	17881
10-10:55am	Sertoma	17872	17877
11-11:55am	Horizon	17873	17879
11-11:55am	Sertoma	17874	17878
6-6:55pm	CRFC	17875	17880

Session 2: July 6-30

Times	Location	M & W Code	T & Th Code
9-9:55am	Horizon	18915	18916
9-9:55am	Sertoma	17888	17893
10-10:55am	Sertoma	17884	17889
11-11:55am	Horizon	17885	17890
11-11:55am	Sertoma	17886	17891
6-6:55pm	CRFC	17887	17892

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)
- 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 1-25

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	17852	17857
10-10:55am	Horizon	18917	17855
10-10:55am	Sertoma	17848	17853
11-11:55am	Sertoma	17849	17854
6-6:55pm	CRFC	17851	17856

Session 2: July 6-30

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	17861	17866
10-10:55am	Horizon	17867	17863
10-10:55am	Sertoma	17858	17862
11-11:55am	Sertoma	17859	17864
6-6:55pm	CRFC	17860	17865

10 & Under Tennis Advanced

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

Ages, Fee and location

- Ages 9-10
- \$96/child per session
- Youth T-shirt included with registration fee (one per child)
- Capital Racquet & Fitness Center (CRFC), 3200 North 10th Street
- Maximum enrollment per class: 8

Session	Day	Times	Code
I-June 1-25	T & Th	10-11:30am	17850
II-July 6-30	T & Th	10-11:30am	17868



High School Beginner

This class is for all junior beginners that would like to learn tennis. Basic grips, strokes, scoring, rules, and etiquette are covered. Games are played to utilize strokes learned and to focus on fun and promote physical fitness. Taught by a CRFC certified USPTA tennis professional.

Ages, Fee and location

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

Session	Day	Times	Code
I-June 1-25	M & W	11:30am-1pm	17843
II-July 6-30	M & W	11:30am-1pm	17844

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 are 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 1-25	M & W	1-2:30pm	17825
I-June 1-25	T & Th	1-2:30pm	17826
II-July 6-30	M & W	1-2:30pm	17827
II-July 6-30	T & Th	1-2:30pm	17828

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. Participants 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 1-25	M & W	4-5:30pm	17840
II-July 6-30	M & W	4-5:30pm	17841

Elite Program

The elite program is for players beyond the high school team program in need of more advanced coaching and development. Focus is 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. Participants 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 1-25	T & Th	4-5:30pm	17833
II-July 6-30	T & Th	4-5:30pm	17835

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 are 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.

- \$7.00 per person/\$3.50 2nd person
- Sertoma Park Tennis Complex, 300 Riverside Park Road
- This program coincides with our free Advanced Beginner/Intermediate Adult Drop-In League

Session	Day	Times	Code
June 19	F	10:30am-12pm	17586
June 26	F	10:30am-12pm	17587
July 10	F	10:30am-12pm	17583
July 17	F	10:30am-12pm	17584
July 24	F	10:30am-12pm	17585

Spring Fling Tennis Gameday

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

Parent/Child

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

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

Dates	Day	Time	Code
May 4	M	5:30-6:15pm	18503

Ages 5-10 Gameday

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

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

Dates	Day	Time	Code
May 4	M	6:15-7:30pm	18502

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. To reserve court time for group please contact Katrina Hanenberg at 701-221-6855 or khanenberg@bisparks.org. Individual reservations are not available.

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 takes place through the Bismarck Public and Private Schools physical education classes.
- No pre-registration necessary.

Grade	Date	Time
5th Grade	Thursday, May 14	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 2-July 30	T & Th	8:30-9:45am	17956
Boys Grades 5-6	June 2-July 30	T & Th	8:30-9:45am	17954
Girls Grades 7-8	June 2-July 30	T & Th	10-11:30am	17957
Boys Grades 7-8	June 2-July 30	T & Th	10-11:30am	17955

* In the Fall of 2020. 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)
- The first week is at the World War Memorial Building. Schedule to follow. Starting the third week: Tuesdays at World War Memorial Building and Thursdays at Sertoma Sand Volleyball Courts
- \$55/player-if received on or before April 30.
- \$65/player-if received May 1 or later.

Coed Sand for High School

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

Ages and Fee

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

Dates and Times

- June 1-August (8-week session)
- Monday or Tuesday Evenings (choose one)
- 6pm, 6:45pm, or 7:15pm Alternate each week

Registration

- **Deadline:** Wednesday, May 20
- Must register as a team.
- Minimum of four teams.
- 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 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: \$4 per class; Non-Members: \$8 per class
- Visit 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 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

Group Golf Beginner Lessons

Have fun and learn to play golf. Group golf lessons are open to women or men over the age of 18. You will receive focused attention while learning to drive, chip, putt, swing and how to navigate the golf course. Clubs and range balls are included.

Group Lessons Available

- Coed
- Women Only
- Couples Only

Fees and Location

- Riverwood Golf Course, 725 Riverwood Drive
- \$100 per person
- 1-hour lesson each week for four weeks
- 6 students max per class

Day

Monday, Tuesday or Wednesday
Monday, Tuesday or Wednesday

Times

5:30-6:30pm
6:45-7:45pm

Lessons are held May, June, July or August.

To register for group lessons, please call Riverwood Golf Course at 222-6462 or Colton Murphy, golf instructor, at 527-4067.

Private Golf Lessons

Private golf lessons provide a one-on-one atmosphere with an experienced golf instructor. Lessons include any facet of the game that you would like to explore and can be taught on the range, practice area, or on-course; the choice is yours.

Fees and Location

- Lessons held at Tom O'Leary, Riverwood or Pebble Creek
- Lessons are half-hour sessions

To register for private lessons, please call Riverwood Golf Course at 222-6462 or Colton Murphy, golf instructor, at 527-4067.

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.

Date 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-Beginners

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

Dates	Day	Times	Code
June 1-25	T	10:30-11:30am	17596
June 1-25	W	6-7pm	17595
July 6-30	T	10:30-11:30am	17598
July 6-30	W	6-7pm	17597

Fee and location

- \$32, Minimum of 4 participants needed for class to be held.
- **Mornings:** Johnny Gisi Memorial Park Tennis/Pickleball Complex, 2547 E. Calgary Ave. **Evenings:** Horizon Park Tennis Complex, 4800 Durango Drive.

Pickleball Intermediate

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

Dates	Day	Times	Code
June 1-25	T	9-10:30am	18908
July 6-30	T	9-10:30am	18911

Fee and location

- \$48, Minimum of 4 participants needed for class to be held.
- Johnny Gisi Memorial Park Tennis/Pickleball Complex, 2547 E. Calgary Ave.

Pickleball Mixer

Part of July Celebration, the pickleball mixer will keep everyone playing in a social, fun, and competitive environment. Each individual is matched with players of similar ability. Beverages and snacks are provided. Come join the fun!

- Wednesday, July 15 from 9am-12pm
- North Central Tennis Court Complex, 830 Central Ave.
- Pre-registration required. Registration Code: 17599

Pickleball Tournament - Saturday, August 15

Join us in the capital city for some pickleball competition. Entries are limited. Tournament director reserves the right to fold divisions due to low numbers. Contact Katrina or Rod at 221-6855 for more information.

- \$20 for first event; \$10 for second event
- North Central Tennis Court Complex, 830 Central Ave.
- Registration Deadline: Tuesday, August 11
- **You must register with a partner.**

Division	Time	Code
2.5-3.0 Mixed Doubles	8-11am	18932
3.5-4.0 Mixed Doubles	8-11am	18933
2.5-3.0 Men's Doubles	11am-2pm	18934
3.5-4.0 Men's Doubles	11am-2pm	18935
2.5-3.0 Women's Doubles	11am-2pm	18936
3.5-4.0 Women's Doubles	11am-2pm	18937

Blacklight Pickleball - Friday, May 1

A fun, high energy event for all levels of pickleball players. There will be 30 minutes of pickleball social play in a "glow in the dark" atmosphere. It will be dark, so wear white or neon colors to "glow"! Glow sticks and necklaces will be provided.

Times, Fees and Location

- Capital Racquet & Fitness Center, 3200 North 10th Street
- Ages 12-18: 5-7pm - Registration Code: 18909
- Adults 18 and up: 7-9pm - Registration Code: 18910
- \$10.00/person

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 8.

- USA Softball approved bats only.
- Players/teams bring their own bats.
- Umpires are provided whenever possible.

Dates	Days	Time	Location
May 31-July 19	Sun	6:30pm	Cottonwood, 2506 12th St. SE

Fees and Location

- \$140 sponsor fee (Includes state sanction fee and beverage permit) and \$30/player - if received on or before May 8.
- \$150 sponsor fee (Includes state sanction fee and beverage permit) and \$35/player - if received May 8 or later.
- Minimum of 13 players
- Cottonwood Park, 2506 12th St.

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 14.

- This is an USA Softball wooden bat only league. Bats are provided by Bismarck Parks and Recreation District.
- Umpires are provided when possible.

Date	Day	Time
August 24-October 5	M or W	6:30pm Early Games
August 24-October 5	M or W	8:45pm Late Games

Fees and Location

- \$140 sponsor fee (Includes state sanction fee and beverage permit) and \$30/player - if received on or before August 14.
- \$150 sponsor fee (Includes state sanction fee and beverage permit) and \$35/player - if received August 15 or later.
- Minimum of 13 players
- Clem Kelley Athletic Complex, 517 West Arbor Ave.

League Tournament

- Saturday, September 19

Rainout/Inclement Weather Policy

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

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 are 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.

These funds helped provide the following:

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

Please check www.bisparks.org, for news on when this complex will be available for PLAY.

Swimming Lessons, Indoor

Adult Swim Skills Training

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

Fees and Location

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

Dates	Days	Times	Code
April 7-30	T & Th	7:45-8:30pm	17511

Adult Swim Private Lessons

For details on the private swim lessons, please turn to page 11.

Tennis

Beginner Adults

These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette are covered. Lots of fun games and drills 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 1-25	T	5:30-7pm	17814
July 6-30	T	5:30-7pm	17819

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
- \$96 two days a week, 1.5 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 1-25	M & W	10-11:30am	17815
June 1-25	M	5:30-7pm	17816
July 6-30	M & W	10-11:30am	17820
July 6-30	M	5:30-7pm	17821

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 1-25	Th	5:30-7pm	17812
July 6-30	Th	5:30-7pm	17817

Adv Beginner/Intermediate Drop-In League

Meet new players and find out what tennis is all about. Adult advanced beginner/intermediate drop-in league is non-competitive fun! This program coincides with the Junior Team Tennis Challenge so you can play while your kids are playing on the adjacent courts.

Dates, Fee and Location

- Free; 10:30am-12pm - Fridays: June 19, 26, July 10, 17 & 24
- Sertoma Park Complex, 300 Riverside Park Road
- Racquets are provide if needed.

Private Tennis Lessons

Private tennis lessons are available throughout the week and are held at Capital Racquet & Fitness Center, 3200 North 10th Street. Call 221-6855 to set up lessons with one of our certified tennis instructors. Discounts available for BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members.

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

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.

Dates and Fees

- May 26-August 3
- BMTA Membership-\$25; First League Registration-\$25; Each additional League-\$15; Sub List Only-\$10.
- BMTA Non-Members; First League Registration-\$40; Each additional League-\$15

Day, Level and Format

- Monday Night Advanced 3.0+
Team format with each player playing singles and doubles
- Monday Night Ladies Doubles 2.0-3.0
3 sets with rotating partners
- Tuesday Night Intermediate 2.0-3.0
Team format with each player playing singles and doubles
- Wednesday Night Doubles Advanced 3.5+
3 sets with rotating partners
- Wednesday Night Doubles Intermediate 2.0-3.0
3 sets with rotating partners
- Advanced Singles 3.5+
Opponent list provided; schedule your own matches
- Intermediate Singles 2.5-3.0
Opponent list provided; schedule your own matches

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.

Indoor Tennis Court Time Special - 50% Off

Individual tennis court rates at Capital Racquet & Fitness Center, 3200 North 10th Street, are 50% off during June-August. Call 221-6855 to reserve your court time. Offer excludes lessons and programs.

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. To reserve court time for group please contact Katrina Hanenberg at 701-221-6855 or khanenberg@bisparks.org. Individual reservations are not available.

Volleyball

Adult Sand Leagues

Registration

- April 8 & 9, 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 17-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 9. Roster forms are available at the Bismarck Parks and Recreation District Office and **must be returned on April 8 or 9 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 is in August. Winter season sign-up is in December. Space is limited! Teams accepted on a first-come, first-served basis.

Registration

- TBA
- Bismarck Parks and Recreation District

Dates

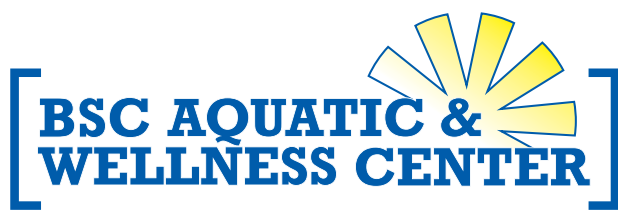
- Two 11-week seasons
- Fall: September 7-December 3
- Winter: January 4-March 18

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 are 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

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.

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 for a complete schedule and location information. Examples of classes:

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



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

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

Hours: September 1-May 31

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

Hours: June 1-August 31

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

Fees

- For complete membership fees, refer to following page.

KidZone-Child Care

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

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

Pro Shop at Capital Racquet & Fitness Center

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

Birthday Parties/Facility/Group Reservations

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

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.)



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

Memberships are dual memberships for both BSC Aquatic & Wellness Center (BSC AWC) and Capital Racquet & Fitness Center (CRFC). Members can use both fitness facilities.

Silver Membership includes:

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.

Gold Membership (Tennis) includes:

Want MORE tennis? Capital Racquet & Fitness Center has some extras for you with a 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

Memberships	Silver Membership 6-month monthly fee	Silver Membership 12-month monthly fee	Gold (Tennis) Membership 6-month monthly fee	Gold (Tennis) Membership 12-month monthly fee	Daily Fee for Non-Members
12 & Under (11 mo. & younger: Free)	\$19/month	\$15/month	\$59/month	\$50/month	\$4.25
Student 13-18	\$38/month	\$30/month	\$78/month	\$65/month	\$5.25
College Student (w/College ID)	\$90/Spring or Fall Semester \$60/Summer Semester		\$78/month	\$65/month	\$5.25
Adult 19-64	\$50/month	\$40/month	\$100/month	\$83.75/month	\$7.00
Household*	\$75/month	\$60/month	\$150/month	\$125.63/month	\$20.00
Senior 65+	\$38/month	\$30/month	\$88/month	\$73.75/month	\$5.75
Senior Household-2 adults, 65+	\$56/month	\$45/month	\$131/month	\$110.63/month	—
Monday-Friday: 8am-3pm (CRFC or BSC AWC)					\$4.00
Turtle Beach Play Area (adult supervisors are free) at BSC AWC					\$1.00
Indoor Track at CRFC					\$1.50
Locker Rental			\$15/One month	\$50/Six month	\$75/12 month
Daily Admission Coupon Book (12 passes)					\$70.00
Tennis Coupon Book (12 - 1.5 hour passes)		Members: \$50.00		Non-Members: \$96.00	
Summer Tennis Coupon Book (12 - 1.5 hour passes) Valid Memorial Day-Labor Day		Members: \$25.00		Non-Members: \$48.00	

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

NOTE: Prices are subject to change. Taxes are 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 and Midco. Contact your insurance provider for details.

Tennis 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.

Memberships can be purchased online at www.bisparks.org or at either BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center.

MEMBERSHIP SPECIALS!

Summer Student - \$60* Valid May 1-August 31

Back home from college and want to stay in shape-without having to sign up for a lengthy membership? The Summer Student membership is valid at both Capital Racquet & Fitness Center and BSC Aquatic & Wellness Center.

* Taxes are added at the time of purchase.

Get Ready for Summer Special - \$50 off a 6-month Silver Membership

Spring is the perfect season to help shake off those winter blues and get ready for summer! Jump-start your fitness goals with a membership from Capital Racquet & Fitness Center and BSC Aquatic & Wellness Center.

Special runs from April 6-30, 2020

Use Coupon Code: 50OFF

Adult & Youth Fitness Programs

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

- Activ8: page 4
- Adult Swim Skills Training: page 20
- GlideFit: page 18
- Toddler Splash Days and Training: 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 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

Party Rooms	June 1–Aug. 31	Sept. 1–May 31
Puklich Chevrolet Community Room 1 14' x 23' • Accessible • Bathrooms • Electricity – 6 outlets • Heated and A/C • Dry Erase Board Capacity: 15	Fridays: 1:30–3:30pm 4–6pm Saturdays: 8:30–10:30am 11am–1pm	Saturdays: 11:30am–1:30pm 2–4pm 4:30–6:30pm Sundays: 1–3pm 3:30–5:30pm
Puklich Chevrolet Community Room 2 14' x 37' • Accessible • Bathrooms • Electricity – 9 outlets • Heated and A/C • Small Sink Capacity: 25	Fridays: 2–4pm 4:30–6:30pm Saturdays: 9–11am 11:30am–1:30pm	Saturdays: 11am–1pm 1:30–3:30pm 4–6pm Sundays: 12:30–2:30pm 3–5pm

Capital Racquet & Fitness Center

3200 North 10th Street • 221-6855

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

Tennis Party Perks:

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

KidZone Party Perks:

- 30-45-minute group craft/activity in KidZone area
- 2 hours of private room and KidZone use
- Gift for birthday boy/girl
- KidZone party Fee: \$90*

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

Camping

General Sibley Park

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 **Wednesday, April 1**. Reservations can be made online, in-person, or by phone. The campground will be open Friday, May 1 through Sunday, October 11. The day-park is available year-round during daylight hours. Parking is permitted outside of the park gates.

Office Hours

- Wednesday, April 1: 8am-4pm
- Thursday, April 2–Friday, April 30: Noon-2pm
- 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.

Campsite Reservations

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

Shelter or Amphitheater Reservations

- See page 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 \$10/night. The campground opens early May 2020 and be available through Sunday, October 4. For reservations, please call 222-6455. Registered campers only and quiet hours within the park are from 10pm-8am.

The entire campground is reservable for 2 days at \$450 or 3 days at \$550. Payment is required at the time of reservation. Entire park rentals are for camping only

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



Golf Courses

Hours

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

*Hours may change with weather conditions.

Pebble Creek

2525 North 19th Street • 223-3600

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

Riverwood

725 Riverwood Drive • 222-6462 or 250-7677

- 18-hole, par 72
- Driving range and putting green, chipping and pitching practice area
- Riverwood is a heavily forested, championship golf course and offers five sets of tees for all ability levels.

Tom O'Leary

1200 North Washington Street • 222-6531

- 18-hole, par 69

No outside food or beverages are allowed into Riverwood, Tom O'Leary, or Pebble Creek Golf Courses.

Sheila Schafer Junior Links

1200 North Washington Street

- Free three-hole golf course

This course is open to ANY player, adults or juniors. If you're just learning the game of golf, or want additional practice head to this little gem of a course.

Golf Lessons

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

Golf Course Fees

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

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

Pebble Creek Golf Course operates from green fees only.

- Prices include tax.

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

Golf Club Rental

- Juniors: \$4.00 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

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 22-August 30:** Friday, Saturday and Sunday after 5pm
- **September 4-27:** Friday, Saturday and Sunday after 3pm
- **October 2-31:** 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 \$10 for juniors during Twilight hours.

Outdoor Pools and Splash Pad

Dates: June 1-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

New Generations Park, 1021 Mustang Dr.

- Open Memorial Day-Mid-September (Weather dependent)
- Daily 10am-8pm, Free
- The water is controlled by a button any user can push. (One push for 15 minutes of fun.)

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.

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: 17806
- \$100/person with Hillside Waterslide. Code: 17805
- 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

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

Indoor Driving Range

- 31 Stations

Bucket of Balls

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

Bucket of Balls Coupon Books (12 coupons/booklet)

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

Batting Cage

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

Terrific Turf Time (T3)

Toss a football, play some catch, play some lawn games, play some frisbee, toss around a beach ball, play some soccer, do your own workout, chase kids or have them chase you.

- Feel free to bring your own equipment or use some selected equipment on site. Please wear sport/tennis shoes. Cleats are not allowed.
- All ages and all abilities are welcome at T3. This is not a drop-off activity. Children 8 years old and under must be accompanied by someone 16 years old or older.
- \$3 per person, maximum of \$9 per family for each session.
- T3 sessions vary, depending on facility use. Please check the Fore Seasons Center schedule at www.bisparks.org

Indoor Walking

- Weekdays from 9-10am, free of charge, for walking.
- Free coffee for walkers.
- Open turf field: Six laps equals a half-mile
- Challenge track: Include the stairs and driving range platform, three laps equals a half-mile.

Group or Team Rentals

Fore Seasons Center can be rented for birthday parties, or for team, school, or civic and professional organizations. Parking is available.

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

Frances Leach High Prairie Arts & Science Complex

1810 Schafer Street, Just off I-94, Exit 157, N. of Bismarck State College Campus www.highprairiecomplex.com

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
- Phone: 258-1975
- North Dakota's only hands-on science center.
- Hours: Mon.-Thurs., Noon-7pm;
Fri.-Sat., Noon-5pm



Shade Tree Players

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



THEO Art School

- www.theoartschool.org
- Phone: 222-6452
- Have a colorful, inspirational and active summer with art. Check out the complete list of class offerings online.



TruNorth Theatre Co.

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



World War Memorial Building

215 North 6th Street • 222-6454

Facility Features

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

Hours: April 1-May 25

- Monday-Thursday: 10am-9pm
- Friday: 10am-6pm
- Saturday & Sunday: Closed
- * May 25 Closed

Hours: May 26-August 30

- Monday & Wednesday: 10am-6pm
- Tuesday & Thursday: Noon-6pm
- Friday: 10am-5pm
- Saturday & Sunday: 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 4.
- Sunday evenings: 5-9pm for \$30/hour

Ice Arenas**Capital Ice Complex**

1504 Wichita Drive • 221-6813

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

VFW Sports Center

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

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

Ice Facility Rentals

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

Public Indoor Ice Skating

- Check www.bisparks.org for complete schedule.
- Capital Ice Complex/Schaumburg Arena and Wachter Arena, 1504 Wichita Drive

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 Garden Coordinator at bismarckgardens@gmail.com for details in renting a garden plot.

Community Orchard

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

The Community Orchard is located at Clem Kelley Softball Complex, 517 W. Arbor Ave. The goal of the orchard is to provide fresh produce for the community and the Hunger Free ND Garden Program and to provide educational opportunities for using and preserving fruit.

Disc Golf Courses

The Bismarck Parks and Recreation District maintains an 18-hole disc golf course within Lions Park, 1601 E. Boulevard. There's also a 24-hole disc golf course within General Sibley Park located on South Washington Street. For league and tournament information visit discgolfnd.pbworks.com.

Dog Park-Century Bark Park

700 E. Century Avenue

Please park in the parking lot west of Century High School to enjoy the four 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.
- Furry Field, for all dogs.

These off-leash fields are gated and bags are provided for clean-up. For a complete list of safety rules for people and pets, please visit www.bisparks.org, or pick up a list at the Bismarck Parks and Recreation District offices at 400 East Front Avenue. The rules are also posted at the Century Bark Park.

Imagination Playground

Experience Imagination Playground and give your kids the opportunity to enjoy a completely new way to play! Children are 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 • 10am-1pm
Kiwanis Park, 318 S. Washington St.
BisMarket

October – May

Tuesdays, Thursdays • 10am-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 22) - Labor Day Weekend (Sept. 7)

Hours: Monday-Friday: 1pm-9pm; Saturday-Sunday: 11am-9pm

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

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

Shelter Reservations:

Call 222-6455

Full day: \$45; Half day: \$30 (sunrise-3pm OR 4pm-sunset)

Skate Parks

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

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

Park System Information

The Bismarck Parks and Recreation District owns, manages and maintains approximately 3,433 acres of public park land. These park facilities and sites appear on the inside foldout. Our parks are open year-round; however, some facilities are operated on a seasonal basis.

Park Hours

Park hours vary depending upon location. Please check for posted signage regarding hours. Restrooms are scheduled to open in early May and close in mid-October. These dates may change due to the weather.

Park Rules

For your safety and enjoyment, we ask you to abide by the following rules and regulations in our parks/recreation facilities:

- 1) Glass beverage containers are prohibited, and alcohol permits are required.
- 2) Fireworks are prohibited at all times.
- 3) Vehicles are restricted to established roads and parking lots.
- 4) Horses are prohibited except at the Horse Arena.
- 5) Fires are restricted to fire pits and grills.
- 6) Posting of posters and advertisements is prohibited.
- 7) Vendor permits are required.
- 8) Discharge of weapons is prohibited.
- 9) Pets must be on a leash, and please clean up after your pets.
- 10) Hunting, trapping or killing of animals or birds is prohibited.
- 11) No overnight camping is allowed in any city parks.

Bismarck Forestry Division

The Bismarck Forestry Division manages the trees on City and Park District properties. Bismarck has 15,000+ park trees, 24,000+ street trees, and many more trees standing on golf courses, along recreation trails, and in natural wooded areas. The division assists individuals and organizations planning memorial or dedication plantings and other special tree plantings in public areas. The forestry division organizes Bismarck's annual Arbor Day ceremony each May. Foresters are often invited to discuss tree related issues with civic organizations and in classrooms throughout the city.

Foresters consult with parks and recreation district administrators and planners concerning tree planting projects and activities or changes on park property where trees are involved.

Park trees are pruned on a seven-year rotation prune cycle. Routine inspections of park trees serve to identify hazardous trees and provide a safe environment for park users.

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

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

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

Shelter Reservations

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

Outdoor Shelter Reservations

The park district has many parks with picnic shelters. Some parks have smaller shade structures. A majority of shelters can be reserved. Amenities at each shelter can vary. Please call 701-222-6455 to verify the following: electricity, picnic tables, grills, volleyball courts, horseshoe pits and nearby restroom facilities.

	Full Day 8am-11pm	Half Day 8am-3pm or 4-11pm
Outdoor Park Shelters	\$45	\$30
General Sibley Park Amphitheater , 5001 S Washington St.	\$35	\$25
– For profit organization rentals.....	\$70	\$50
Custer Park Stage , 320 E. Custer Park St.....	\$35	\$25
– For profit organization rentals.....	\$70	\$50
Sleepy Hollow Shelter , 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
Hillside Aquatic Complex , 1719 E. Boulevard Ave.....	\$225	\$175
– For profit organization rentals.....	\$450	\$350
Lions Park Community Center , 1601 E. Boulevard.....	\$55	n/a
– For profit organization rentals.....	\$110	n/a
Farwest Rotary Community Center , 1021 Mustang Dr.....	\$125	\$75
Jaycee Leadership Hall , 321 East Century Ave.	\$125	\$75
Sertoma Club Community Center , 300 Riverside Park Rd ...	\$125	\$75
– For profit organization rentals (Farwest, Jaycee, Sertoma)....	\$250	\$150

Picnic Equipment Rental

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

All equipment is available on a first come, first served basis at the World War Memorial Building, 215 North 6th St., for a \$50 deposit plus a \$15 use fee. Equipment is for citizens who rent shelters from Bismarck Parks and Recreation District only. Deposit will be returned if equipment is returned cleaned within three days. Please Call 701-222-6454 for additional details.

Alcoholic Beverage Permits

Anyone wishing to have alcoholic beverages in parks and recreation areas must obtain a beverage permit at the Bismarck Parks and Recreation District Office, 400 East Front Avenue. You must be 21 years of age to purchase a permit.

- **Group Permit** - \$20: Allows the holder and his or her party to bring alcoholic beverages into property owned and operated by the Bismarck Parks and Recreation District.
- **Individual Permit** - \$10: Good for one person per calendar year. Valid from date of purchase through December 31 of the year of purchase. Valid for purchaser only.
- **Team Permit** - \$25: Valid from date of purchase through the ending date of the program/season.

Trails, Recreational

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

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

Educational Trails

Rotary Club Arboretum Trail

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

Bill Mills Nature Trail

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

Chief Lookings' Earthlodge Village Interpretive Trail

This 0.55 mile trail is as enjoyable as it is educational. Located on the Pioneer Park Overlook off Burnt Boat Road, this trail covers the layout and features of the Earthlodge Village occupied by the Mandan Indian Tribe dating back to 1675.

Atkinson Nature Park

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

General Sibley Park and Campground Interpretive Trail

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

Aquastorm, Swimming/Diving Club

The Aquastorm competitive swim team is a fun way to develop lifelong swimming skills and make great friends. The Aquastorm swim team competes in a fall/winter season and in a summer season. 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 1-23, 2020. Program registration, prices and details can be found at www.aquastormswimming.com. Aquastorm begins their Long Course (summer) season on May 4th. 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 or Head Coach Jeff Steele at coachsteele@aquastormswimming.com or go to www.aquastormswimming.com

BisMan Bombshellz Roller Derby

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

Home Games:

- Saturday, May 16
- Saturday, July 11
- Saturday, September 26

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.

Bismarck Bobcats

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

Bismarck Figure Skating Club

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

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

Bismarck Gymnastics Academy (BGA)

Bismarck Gymnastics Academy (BGA), in cooperation with Bismarck Parks and Recreation District, offers quality gymnastics programming 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 registration for all individuals, including home school, day care, and pre-school students. BGA also offers "Open Gym" for the public to enjoy supervised, unscripted 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 athletes who would like to compete at the USA Gymnastics Level.

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

Bismarck Hockey Boosters

The Bismarck Hockey Boosters Association provides quality youth ice hockey programming. Newcomers to ice hockey are invited to participate in the Intro to Hockey program, which takes place in October. The regular season is held from October to March. Registration begins in July. Summer programming and youth camps may also be available. For more information on youth hockey, go to www.bismarckhockey.com.

Bismarck Horse Club & Walt Neuens Memorial Horse Park

Membership includes use of the Walt Neuens Memorial Horse Park, located on Riverwood Drive. We have three arenas, a 50-stall stable, and trails for pleasure riding. For more info, visit www.bismarckhorseclub.com.

Bismarck 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.

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 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.

Bismarck Men's & Women's Slowpitch Softball Association

For more information, visit www.bismarcksoftball.com

For more information visit www.bismarckwomenssoftball.com

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.

Bismarck Table Tennis Club

Bismarck Table Tennis Club meets at the World War Memorial Building, 215 N 6th St., Tuesday and Thursday evenings. There is open play at no cost on five professional tournament quality tables. Beginners to advanced players are welcome, and please bring your own racket. For more information, go to www.bismarcktabletennis.com or contact Seth at 701-471-8908 or Jack at 701-527-1764.

Bismarck Youth 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.

Bismarck Youth Fastpitch Softball Association

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

Bismarck 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

BisMarket

BisMarket is your community farmers market! BisMarket includes fresh, local foods, ready-to-eat foods, baked goods, kid's activities, music and more. BisMarket also opens the Imagination Playground during its market hours. The Saturday market will begin the first Saturday in June and wrap up in October. For more information on location, days, and times, please visit www.bismarket.com or like us on Facebook!

Burleigh County 4-H

Are you interested in going camp this summer? Are you wanting to meet new friends? Have you always wanted to ride horse? Check out 4-H Summer Camps at: www.ndsu.edu/4h/camp. There are various camps throughout the summer including: Clover Camp, Livestock Camp, Wish I had a Horse Camp, Adventure Camp, and so much more! Located at ND 4-H Camp in Washburn, ND, these camps start May 26 and go until August 2. Camps are offered weekly and fill up fast! Registration opens March 1 at midnight.

Have you always been interested in 4-H? Come check out Burleigh County 4-H Achievement Days, June 6 and July 7-9, 2020. June 6 is the Horse Achievement Day, where youth compete in Western, Showmanship, and Speed Events at Walt Neuens Arena. July 7 is the Static Show where youth showcase their photography, baked goods, drawing, engineering, and much more at the Joann Hetzel 4-H Memorial Building! Small Animal Night is July 8, where youth showcase their rabbits, dogs, cats, poultry, and other pets at the Joann Hetzel Memorial 4-H Building. Livestock Day is July 8 at Kist Livestock where youth showcase beef, swine, goat, dairy, and sheep.

For more information about 4-H Camp or Achievement days please visit: www.ag.ndsu.edu/burleighcountyextension or contact Burleigh County Extension at 221-6865.

Capital Curling Club

The Capital Curling Club will be hosting the 33rd Annual Summerspiel July 15-18, 2021. 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 1 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 youth program. All ages and abilities are welcome.

Visit us on Facebook or at www.capitalcurlingclub.org and try the fastest growing sport in the US!

Cub Scouts & Boy Scouts

The Cub Scouting program (grades K-5) is designed to meet the needs of young boys & their parent(s), offering fun & challenging experiences that boys & their parent(s) do together. Youth are looking for fun (camping, hiking, racing, fishing & swimming) and Scouting provides values, a variety of learning experiences, chance to build friendships/self-confidence & learn social skills.

The Boy Scouting program (grades 5-12) fosters, self-esteem, sense of value/belonging/accountability & teamwork. Boys learn through the experiences of camping, hiking, building projects & community service and Scouting prepares them mentally, physically, socially & spiritually for the challenges they face throughout their lives.

To learn more about joining Scouts contact the Scout Office at 701-223-7204.

Dakota Junior Golf Association

Founded in 1988, the Dakota Junior Golf Association was developed by a group of golfers wanting to provide for and promote junior golf activities in the Bismarck-Mandan area. The mission of this organization is:

1. To teach the sport of golf to youth under the age of eighteen by holding clinics and instructional classes conducted by qualified instructors.
2. To provide or enhance the opportunity for participation in competitive golf activities by junior golfers, including organizing and conducting junior golf camps and tournaments.
3. To encourage the development of a lifelong recreational activity, emphasizing good sportsmanship, self-discipline and an enjoyable experience.
4. To educate the adult golfing community on the importance of junior golf in furthering the future of golf in the region.
5. To afford the youth the opportunity to give back to their community through participation in Junior Tours.
6. To enrich the lives of youth using golf as a vehicle.

For more information, go to www.djga.org.

Dakota United Soccer Club

Dakota United Soccer Club is a non-profit organization focused on developing the youth of Bismarck/Mandan through the world's most popular game. Dakota United organizes travel teams, local leagues (indoor and outdoor), & provides enhanced training opportunities on a year-round basis. Dakota United teams participate in a wide array of events ranging from elite regional competition to local grassroots fun. All Dakota United staff are trained & licensed by the US Soccer Federation. For more information about the Dakota United Soccer Club including registration forms, season dates, and full program descriptions please visit: www.dakotaunitedsoccer.com

Dakota West Arts Council

Dakota West Arts Council (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 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

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

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

Dreams in Motion Adaptive Sports

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

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

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 or facebook.com/fastraxbmxbismarck.

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 flickertailwoodcarvers.org.

GO! Bismarck-Mandan

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

Great Plains Track & Field Club

Great Plains Track Club invites you to join. The Great Plains Track Club's season begins Tuesday, May 26, 2020.

For complete information, visit the website: greatplainstrackfield.shutterfly.com. Also find us under Partners at 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 www.facebook.com/BisManHorseshoes/

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

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

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.

Missouri Slope Model Aero Club

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

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

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 or find us on Facebook.

North Dakota Game & Fish Department

For more information, visit 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.

OWLS Pond: May-September the OWLS pond will have cane poles equipped with basic tackle available to use first come, first served, seven days a week. The poles are located under the shelter on the way to the pond. Bring your own bait. Live bait is allowed, Night Crawlers are recommended.

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 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.com/ RiverwoodMensGA or Facebook.com/ groups/134582623355123

45th 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 26-28
 - Bismarck-Mandan Softball Complexes
- For more information email mcquadesoftball@yahoo.com or visit www.mcquades.com

Sleepy Hollow Theatre & Arts Park

SHTAP proudly celebrates our 31st 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 and three annual musicals beginning in 2017.

Theatre Camps/Classes: Elementary Theatre Camp and Classes in June.

Three separate weeks of instruction June 1-5, 8-12 and 15-19 taught by professional artists and directors.

2020 Season:

Under the Stars at Sleepy Hollow Arts Park, 26th and Divide Avenue:

- FROZEN JR.: July 7-16
Job Christenson, Director
- FOOTLOOSE: July 23-Aug. 1
Job Christenson, Director
- KANSAS CITY JAZZ MEETS BISMARCK JAZZ: August 12
Scott Prebys, Director

For more information see 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

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 www.ndsuperslide.com/

Proposed Indoor Community Recreation Complex

Bismarck residents will have a question on the June 9 ballot to increase city sales tax by one-half cent to fund construction of an Indoor Community Recreation Complex. The one half-cent sales tax will sunset (that is stop) when the bonds to finance up to \$108 million in costs to construct the complex are paid in full. In addition, a capital campaign committee is working to raise a minimum of 5-10% of the project cost.

More information about the proposed Indoor Community Recreation Complex is available at www.bisparks.org. If you or any community group have questions about the proposed Indoor Community Recreation Complex and are interested in a presentation to learn more, please email bisparks@bisparks.org.

The core components of the proposed Indoor Community Recreation Complex are:

- Six **tennis courts**. (with room for future expansion)
- Five **pickleball courts**. (with room for future expansion)
- Four **racquetball courts**.
- An **indoor turf field** for soccer, lacrosse, baseball, football, softball, and open play space for family activities.
- **Gymnastics space**.
- An **ice arena** (with room for future expansion) with seating for 2,500. The surface could also be used for non-ice activities like roller skating, roller hockey and community events.
- Two **gymnasiums** (with room for future expansion) for basketball, volleyball or family activities.
- A **walking track** with both level surfaces and an "adventure track" with changing elevations.
- **Group fitness space**; cardio and weights space.
- **Community rooms** for meetings, group gatherings, educational opportunities, crafts, cards and conversation.
- An **indoor playground** for ages 0-12.
- A **climbing wall**.
- **Concessions/coffee shop**.
- **Outdoor features** include a playground, trails, natural areas and could include additional tennis courts and a splash pad.

This proposed complex would replace the features at the Capital Racquet & Fitness Center as well as provide for other community needs.



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 under the Jobs link.

Position	# of Hours	Contact Person	Other Information
<ul style="list-style-type: none"> • Activity Centers • Safety Village 	Up to 40 daytime hours	Cindy Gums, 222-6771	Planning and supervising activities for K-5 children. Teaching 5-6 year olds about safety.
<ul style="list-style-type: none"> • Cashier/Concessions • Outdoor pools • Softball complexes 	Hours vary	Outdoor Pools: Dylan Thiem, 221-6813 Softball Complexes: Ethan Eberle, 415-0464	Softball concession workers must be 16 yrs old.
Equipment maintenance assistant	Up to 40	Tony Schmitt, 222-6464	Assist equipment maintenance specialist with various equipment repairs, purchasing parts, troubleshooting, and mowing operations.
Facility attendants and/or front desk staff	Hours vary	BSC Aquatic & Wellness Center: Linsay Berg 751-4266 Capital Racquet & Fitness Center: Katrina Hanenberg, 221-6855 Fore Seasons Center/Pebble Creek Golf Course: Brent Weber, 223-3600 Ice Arenas: Mike Wald, 221-6814 World War Memorial Building: Jeremy Dykstra, 222-6641	
Front Desk - General Sibley Park	Up to 40	Martha Willand, 222-1844	Office/front desk and groundskeeping
Golf course maintenance	Up to 40, weather dependent	Riverwood: Brad Schulz, 222-6463 Tom O'Leary: Mike Page, 222-6465 Pebble Creek: Mac Weigel, 250-7775	
McDowell Dam Recreation Area maintenance and boat rentals	Up to 40, weather dependent	David Robinson, 223-7016	Open positions include: Equipment Rental/Concession Workers and Park Maintenance
Pools: <ul style="list-style-type: none"> • Lifeguards • Swim lesson instructors • Outdoor pool managers • Outdoor water slide monitor 	Up to 40, based on availability. Outdoors weather dependent	BSC Aquatic & Wellness Center: Jahna Gardiner, 751-4270 Outdoor Pools: Dylan Thiem, 221-6813	<ul style="list-style-type: none"> • Lifeguard: Must be Lifeguard/First Aid/CPR/AED certified. • Instructor: preferred WSI certified. • The Park District offers courses to become certified. • Monitor: Must be 16 yrs old
Operations general maintenance	Up to 40, weather dependent	Parks: Tony Schmitt, 222-6464 Sports Complexes: Riley Merkel, 751-0126 Landscape Crew: Lynn Morgenson, 222-6464	Mower Operators Park Maintenance Athletic Field Maintenance Landscape Workers Spray Applicators
Triple Star Day Camp	35 hours, daytime hours	RaNae Jochim, 222-6455	Day camp for participants with special needs
Programs (youth & adult): Baseball/softball, basketball, flag football, soccer, tennis instructors and volleyball. <ul style="list-style-type: none"> • Coaches • Officials 	Sand volleyball officials: evening hours	Basketball & Soccer: Jeremy Dykstra, 222-6641 Baseball/Softball & Flag Football: Ethan Eberle, 415-0464 Volleyball: RaNae Jochim, 222-6455 Tennis: Rod Morasch, 221-6855	

Register for a Bismarck Parks and Recreation District Program!

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

Online www.bisparks.org

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

Walk-In or Mail-In

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

After Hours Drop Box

400 East Front Avenue
Bismarck, ND 58504

Refund Policy

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

To complete the registration form below:

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



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

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

Participant or Parent/Guardian Signature _____ Date _____

Activity	Code #	Fee	Cash/Check # /Credit Card	
Participant's Name (First, Last)	Gender	Participant's D.O.B.	Age	Grade (2020-21)
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

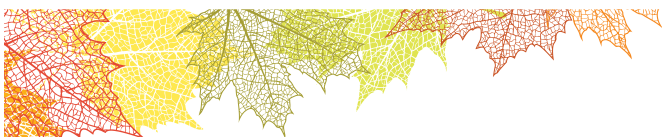
Race to Zero 5K, 10K run/walk for Sexual Assault Awareness & Prevention	4
Fort Abraham Lincoln State Park Crazy Fools Hike	5
Get ready for summer Membership Special BSC AWC & CRFC, see page 23	6-30
Run4Change.....	18
Live Your Legacy Race	19
Sanford Health Great American Bike Race	25
Race for Parkinsons	25

May

Student Membership Special BSC AWC & CRFC, see page 23	1-Aug. 31
Blacklight Pickleball, see page 19	1
Bismarck Wish Fast: Superhero 3 & 5K Walk/Run	2
Walk to Cure Arthritis	2
General Sibley Campground camping opens, see page 25	3
Spring Fling Tennis Gameday, see page 17	4
Burleigh County Cup.....	9
Fort Abraham Lincoln State Park Mother's Day Hike.....	10
5th Grade Elementary Track Meet, see page 17	14
BisMan Bombshellz Roller Derby, see page 32	16
Walk MS.....	16
Indoor Swim Lessons Registration, see page 13.....	20
Fort Abraham Lincoln State Park Memorial Hike	25
Walk to Defeat ALS.....	30

June

Free Junior Golf, see page 9	All Month
Outdoor Pools Open, see page 27	1
Youth Baseball Clinic, see page 5.....	4-July 16



2020 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!

Fort Abraham Lincoln State Park Trail Race (15K and 5K walk/run).....	6
Great Strides Cystic Fibrosis Walk.....	6
Race Against Homelessness	6
Outdoor Swim Lessons Registration, see page 13.....	8-12
Relentless Against Blood Cancer 5K	13
Family 1K & 5K.....	20
Otter Creek 55 at Harmon Lake.....	13
Dirt Kicker Charity Run.....	14
Fort Abraham Lincoln State Park Father's Day Hike	21
Sam McQuade Sr. Charity Softball Tournament, see page 35	26-28
Outdoor Swim Lessons Registration, see page 13	29-July 3

July

Free Junior Golf, see page 9	All Month
BPRD July Celebration	All Month
Mandan rodeo days 4th of July Road Race	4
Indoor Swim Lessons Registration, see page 13.....	6
Frozen Jr. Sleepy Hollow, See page 35.....	7-16
BisMan Bombshellz Roller Derby, see page 32	11
FCA BisMan 26.4 Triathlon	11
Pickleball Mixer, see page 19	17
Fort Abraham Lincoln State Park Root Beer Float Hike...	19
Outdoor Swim Lessons Registration, see page 13	20-31
American Legion Class AA State Baseball Tourn.....	24-29
Footloose Sleepy Hollow, see page 35.....	23-Aug. 1

August

Free Junior Golf, see page 9	All Month
Fort Abraham Lincoln State Park Fido's Hike	9
Kansas City Jazz Meets Bismarck Jazz Sleepy Hollow, see page 35.....	12
Pickleball Tournament, see page 19	15

September

Fort Abraham Lincoln State Park Night Time Glow Hike ...	5
Walk to End Alzheimer's	12
BNSF Kid's Mini Marathon	18
Bismarck Marathon.....	19
Coed Fall Softball League Tournament, see page 19	19
Fort Abraham Lincoln State Park Fall Colors Hike	20
Teddy Roosevelt Family Day McDowell Dam.....	20
BisMan Bombshellz Roller Derby, see page 32	26



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

PRSRT STD
U.S. POSTAGE
PAID
BISMARCK, ND
PERMIT NO. 433

ECRWSS



*****ECRWSEDDM****

Residential Customer



Register for Programs Online at
www.bisparks.org

