



ACTIVITIES

FACILITIES

PARKS

SPECIAL EVENTS

# 2021-22 WINTER ACTIVITY GUIDE



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

YOUTH & ADULT PROGRAMS REGISTRATION STARTS DEC. 1 AT 8AM





Bismarck Parks and Recreation District Office  
400 E. Front Ave., Bismarck, ND  
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 Ballpark .....	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 Division.....	355-1700
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

Dakota West Arts Council.....	222-6640
Gateway to Science .....	258-1975
Shade Tree Players.....	258-4998
Theo Art School.....	222-6452
TruNorth Theatre Co.....	557-1600

### 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

Bismarck Recreation Council .....	222-6455
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### 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

- Julie Jeske, President
- Wayne Munson, Vice President
- Mark Zimmerman, Commissioner
- Michael Gilbertson, Commissioner
- Andrew Jordan, Commissioner

### Administration

- Kevin Klipfel, Executive Director

### Directors

- Mike Wald, Facilities and Programs Director
- David Mayer, Operations Director
- Kathy Feist, Finance Director

### Administration Division

- Julie Fornshell, Administrative Services Manager
- Robin Richter, Accounting Specialist
- Landa Boyd, Account Technician
- Nick Miller, Accountant
- Dana Schaar Jahner, Community Relations Manager
- Rena Mehlhoff, Marketing Specialist
- Tana Oswald, Receptionist/Customer Service Representative I
- Ashley Price, Receptionist/Customer Service Representative II

### Facilities and Programs Division

- RaNae Jochim, Recreation Manager
- Ryan Geerdes, Facilities Manager
- Tim Doppler, Golf Operations 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
- 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, Travis Bergan

### 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, Cory Lang, Jace Carroll, Jamie Bosch, Joey LaFave, Mike Roth, Pat Miller, Rich Hetzler, Ryan Miller, Tim Nelson, Troy Fink, Jacob Bakken, Jerad Haadem, Brad Matzke

### Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner
- Claire Lowstuter, Local Foods Coordinator

## General Information

### Cancellations

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

### Dog Ordinance

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

### Gift Certificates

What's a great gift for ANY occasion? A Bismarck Parks and Recreation District gift certificate. Gift certificates can be used for anything - a program, a class, a league, a round of golf or a shelter reservation. Stop in and purchase a gift certificate for any amount at the Park District office, 400 E. Front Ave. Call 222-6455 with questions.

### 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 36th year, the program has provided matching funds for 545 projects with total project costs of more than \$5.6 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, Feb. 1 and June 1 at 5pm.

### Photography/Video

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

### Rain Checks

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



## Online Registration and Reservations

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

## BPRD Inclusion Statement

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

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## Our Vision

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

# 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 their previous week's scores. Emphasis is on participation.

Dates	Days	Time	Fee
Now-May 23	M	4-6pm	\$3.50/game*

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

## Archery, Indoor

### Beginners

These archery lessons are for the beginning archer or those with very little shooting experience. The focus is on basics that 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
Jan. 18-Feb. 22	Tues	6-7pm	\$35	22463
Jan. 18-Feb. 22	Tues	7-8pm	\$35	22464

- All equipment is provided, including bows and arrows.
- Must be 8 years old to begin program.
- Maximum Participants: 10
- Nishu Bowmen Indoor Archery Range, 1409 Riverwood Dr.

## Baseball

### Babe Ruth, Ages 13-15

Players born prior to May 1, 2009, and on or after May 1, 2006, are eligible for Babe Ruth 13-15 League competition for the 2022 season.

**BPRD Age Policy:** A player must participate in the Babe Ruth 13-15 League until they are no longer eligible to play according to Babe Ruth League age chart.

### Informational Meeting

- Wednesday, April 27 at 6pm. Location TBD.
- Complete program information will be online at [www.bisparks.org](http://www.bisparks.org) by mid-March.
- North Dakota Babe Ruth [www.ndakababerruth.com](http://www.ndakababerruth.com).

### Dates

- Registration opens Jan. 1
- Major League: May–August
- Minor League: May–July

\*Dates and times are subject to change. Updates are posted at [www.bisparks.org](http://www.bisparks.org).

Ages	Code
Age 13	22472
Age 14	22473
Age 15	22474

## 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.

## Major League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

- May 4 and 11
- Age 13: 4-5:30pm
- Age 14: 5:30-7pm
- Age 15: 7-8:30pm
- May 8
- Age 13: 12-1:30pm
- Age 14: 1:30-3pm
- Age 15: 3-4:30pm

## Minor League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

- May 10: 5:30-7:30pm
- May 11: 5:30-7pm

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 among the teams.

## Major League Practice and Game Schedules

- Practice and game schedules are provided after tryouts. Teams play weekdays and weekends.
- Haaland Field, 2506 S. 12th St., Tatley-Eagles Park, 602 Airport Rd., Legacy High School, 3400 E. Calgary Ave.

## Minor League Practice and Game Schedule

- Teams practice and play games Monday-Thursday between the hours of 3:30-10pm. Teams rotate practice and game times.
- Schedule are provided after tryouts.
- Haaland Field, 2506 S. 12th St., Tatley-Eagles Park, 602 Airport Rd., Legacy High School, 3400 E. Calgary Ave.

## Fees

- \$160/player-if received on or before Monday, April 25.
- No more than \$320/household.
- \$170/player-if received Tuesday, April 26, or later.
- No more than \$340/household.

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

- Additional fees TBD
- **Major League players (advancing and non-advancing) are required to sell raffle tickets at \$20 per raffle ticket.**

## 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.baberruthleague.org/bat-rules.aspx](http://www.baberruthleague.org/bat-rules.aspx).

Babe Ruth League Age Chart for 2022

	January	February	March	April	May	June	July	August	September	October	November	December
2009	13	13	13	13	12	12	12	12	12	12	12	12
2008	14	14	14	14	13	13	13	13	13	13	13	13
2007	15	15	15	15	14	14	14	14	14	14	14	14
2006	16	16	16	16	15	15	15	15	15	15	15	15

## BLAST

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

Grades	Dates	Days	Time
K-5	School Year	M-F	3:05-6pm

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

### Locations

- Centennial • Grimsrud • Liberty • Northridge
- Prairie Rose • Rita Murphy • 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, 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.

## DJGA Junior Golf Clinics

Enjoy free weekly winter junior golf clinics.

### Sunday, Jan. 30, and Sunday, Feb. 6 and 27

- Ages 5-14: 11-11:45am  
Snag Golf - 45 minutes of fun focused on the fundamentals of golf using snag golf equipment. Games and contests with a variety of sports being played using snag equipment.
- Middle School: 12-1pm  
Participants are responsible for paying the discounted rate of \$4 for their range balls.
- High School: 1-2pm  
Participants are responsible for paying the discounted rate of \$4 for their range balls. High school coaches and golf professionals teaching all aspects of golf.
- Participants will hit during these clinic sessions on launch monitors with video instruction.
- Equipment evaluation on site.

### Location and Registration

- Fore Seasons Center, 2525 N. 19th St.
- To register, call 223-3600.



## Fencing

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

Days	Times	Month	Code
M & F	6:30-8:30pm (M); 5-7pm (F)	Jan. 3-31	22349
M & F	6:30-8:30pm (M); 5-7pm (F)	Feb. 4-28	22348
M & F	6:30-8:30pm (M); 5-7pm (F)	March 4-28	22351
M & F	6:30-8:30pm (M); 5-7pm (F)	April 1-29	22346
M & F	6:30-8:30pm (M); 5-7pm (F)	May 2-27	22352
M & F	6:30-8:30pm (M); 5-7pm (F)	June 3-27	22909

### Ages, Fees, Location and Equipment Required

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

## Karate, Traditional Japanese

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

Days	Time	Month	Code
T & Th	6:30-8:30pm	Jan. 4-27	22361
T & Th	6:30-8:30pm	Feb. 1-24	22360
T & Th	6:30-8:30pm	March 3-31	22362
T & Th	6:30-8:30pm	April 5-28	22357
T & Th	6:30-8:30pm	May 3-26	22363

### Ages, Fees and Location

- For ages 10+
- \$40/month or \$175/5 months
- World War Memorial Building, 215 N. 6th St.
- Contact Bill Froelich at 226-3415 for more information.

## Kid's Fitness/Kid's Yoga

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

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

Class	Dates	Day	Time
Kid's Fitness	Feb. 10-March 24	Th	5:30-6pm
Kid's Yoga	Feb. 8-March 22	T	5:30-6pm

### Fees and Location

- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE; Non-Members: \$2 per session

# Open Gym

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

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

## Now-March 6

### Elementary School Locations

### Saturday Sunday

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

Centennial	2800 Ithica Dr.	1-5pm	1-5pm
Dorothy Moses	1312 S. Columbia Dr.	N/A	1-5pm
Liberty	5400 Onyx Dr.	1-5pm	1-5pm
Lincoln	3320 McCurry Way	1-5pm	1-5pm
Rita Murphy	611 N. 31st St.	N/A	1-5pm
Robert Miller	1989 N. 20th St.	N/A	1-5pm
Solheim	325 Munich Dr.	1-5pm	1-5pm
Sunrise	3800 Nickerson Ave.	1-5pm	1-5pm

### Middle School Locations

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

### Other Locations

World War Memorial Building	215 N. 6th St.		
• Volleyball Court Reservations	N/A		1-4pm

\* These times/locations above are subject to change. Please visit [www.bisparks.org](http://www.bisparks.org) for an updated schedule.

# Preschool Skate Date

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

Dates	Day	Time
Now-Dec. 15	M, T & W	11:30am-12:30pm
Jan. 3-March 16	M, T & W	11:30am-12:30pm

### Age and Location

- 5 and younger, free of charge
- Capital Ice Complex, 1504 Wichita Dr.
- \* No pre-registration is necessary.

# Racquetball

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

Level	Day	Time	Code
Beginners	Th	6:15-7pm	22527
Intermediate/Advanced	Th	7-7:45pm	22528

### Dates, Fees and Location

- Jan. 13-Feb. 17
- Ages 7-14
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$15; Non-Members: \$20
- Capital Racquet & Fitness Center, 3200 N. 10th St.

# Swimming Lessons, Indoor

### Fee and Location

- \$50/session
- BSC Aquatic & Wellness Center, 1601 Canary Ave.

### 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.

**Classes are subject to change. Check [www.bisparks.org](http://www.bisparks.org) for current information.**

### Winter Registration Session 1

Opens online or in person at the Park District office and the BSC Aquatic & Wellness Center on **Tuesday, Jan. 4, at 10am.**

**Jan. 10-Feb. 9 (M & W)  
Jan. 11-Feb. 10 (T & Th)**

Time	Class	M & W	T & Th
4:20-4:50pm	Preschool A	-	22685
4:20-4:50pm	Preschool B	-	22716
4:20-4:50pm	Preschool C	22739	-
4:20-4:50pm	Level 1	-	22568
4:20-4:50pm	Level 2	22601	-
4:20-4:50pm	Level 3	22627	-
5:00-5:30pm	Preschool A	22686	-
5:00-5:30pm	Preschool B	22717	-
5:00-5:30pm	Preschool C	-	22740
5:00-5:30pm	Level 3	-	22629
5:00-5:30pm	Level 4/5	22661	22662
5:40-6:10pm	Preschool A	22687	22688
5:40-6:10pm	Preschool B	-	22719
5:40-6:10pm	Preschool C	22741	-
5:40-6:10pm	Level 2	22603	22604
6:20-6:50pm	Preschool A	22690	22691
6:20-6:50pm	Preschool B	22720	-
6:20-6:50pm	Preschool C	22743	22744
6:20-6:50pm	Level 1	22572	22573
6:20-6:50pm	Level 2	-	22605
7:00-7:30pm	Preschool A	22692	-
7:00-7:30pm	Preschool B	-	22722
7:00-7:30pm	Level 1	22574	22575
7:00-7:30pm	Level 2	22606	22607
7:00-7:30pm	Level 3	22632	22633
7:40-8:10pm	Level 1	22576	22577
7:40-8:10pm	Level 2	22608	22609
7:40-8:10pm	Level 3	22634	22635
7:40-8:10pm	Level 4/5	22663	22664

### Winter Registration Session 2

Opens online or in person at the Park District office and the BSC Aquatic & Wellness Center on **Tuesday, Feb. 15, at 10am.**

**Feb. 21-March 23 (M & W)  
Feb. 22-March 24 (T & Th)**

Time	Class	M & W	T & Th
4:20-4:50pm	Preschool A	-	22676
4:20-4:50pm	Preschool B	-	22707
4:20-4:50pm	Preschool C	22733	-
4:20-4:50pm	Level 1	-	22555
4:20-4:50pm	Level 2	22591	-
4:20-4:50pm	Level 3	22614	-
5:00-5:30pm	Preschool A	22677	-
5:00-5:30pm	Preschool B	22708	-
5:00-5:30pm	Preschool C	-	22734
5:00-5:30pm	Level 3	-	22616
5:00-5:30pm	Level 4/5	22657	22658
5:40-6:10pm	Preschool A	22678	22680
5:40-6:10pm	Preschool B	-	22711
5:40-6:10pm	Preschool C	22735	-
5:40-6:10pm	Level 2	22594	22595
6:20-6:50pm	Preschool A	22681	22682
6:20-6:50pm	Preschool B	22712	-
6:20-6:50pm	Preschool C	22737	22738
6:20-6:50pm	Level 1	22561	22562
6:20-6:50pm	Level 2	-	22596
7:00-7:30pm	Preschool A	22684	-
7:00-7:30pm	Preschool B	-	22715
7:00-7:30pm	Level 1	22563	22565
7:00-7:30pm	Level 2	22597	22598
7:00-7:30pm	Level 3	22622	22623
7:40-8:10pm	Level 1	22566	22567
7:40-8:10pm	Level 2	22599	22600
7:40-8:10pm	Level 3	22625	22626
7:40-8:10pm	Level 4/5	22659	22660



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 your child-especially your preschooler who has never attended lessons before-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.

**Classes are subject to change.  
Check [www.bisparks.org](http://www.bisparks.org) for current information.**

## Spring Registration Session

Opens online or in person at the Park District office and the BSC Aquatic & Wellness Center on **Tuesday, March 29, at 10am.**

**April 4-May 4 (M & W)  
April 5-May 5 (T & Th)]**

Time	Class	M & W	T & Th
4:20-4:50pm	Preschool A	-	22669
4:20-4:50pm	Preschool B	-	22698
4:20-4:50pm	Preschool C	22727	-
4:20-4:50pm	Level 1	-	22544
4:20-4:50pm	Level 2	22582	-
4:20-4:50pm	Level 3	22636	-
5:00-5:30pm	Preschool A	22670	-
5:00-5:30pm	Preschool B	22699	-
5:00-5:30pm	Preschool C	-	22728
5:00-5:30pm	Level 3	-	22637
5:00-5:30pm	Level 4/5	22651	22652
5:40-6:10pm	Preschool A	22671	22672
5:40-6:10pm	Preschool B	-	22703
5:40-6:10pm	Preschool C	22729	-
5:40-6:10pm	Level 2	22584	22585
6:20-6:50pm	Preschool A	22673	22674
6:20-6:50pm	Preschool B	22702	-
6:20-6:50pm	Preschool C	22731	22732
6:20-6:50pm	Level 1	22549	22550
6:20-6:50pm	Level 2	-	22586
7:00-7:30pm	Preschool A	22675	-
7:00-7:30pm	Preschool B	-	22706
7:00-7:30pm	Level 1	22551	22552
7:00-7:30pm	Level 2	22587	22588
7:00-7:30pm	Level 3	22641	22642
7:40-8:10pm	Level 1	22553	22554
7:40-8:10pm	Level 2	22589	22590
7:40-8:10pm	Level 3	22643	22644
7:40-8:10pm	Level 4/5	22654	22655

- 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.

## 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, Fees and Location

- Monday-Thursday: 8-10am
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE; Non-Members: \$4 per child
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave.

## 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.

## Private Swim Lessons

Register at [www.bisparks.org](http://www.bisparks.org), Private Swim Lessons.

Private lessons consist of four 30-minute sessions.

If no classes show up when you click on the link for private lessons, this means all private lessons are currently full. We will post on BSC Aquatic and Wellness Center Facebook page when we have openings available. We do not offer a waiting list for private lessons.

If you have any questions, call Jahna at 701-751-4270.

## 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.





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

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

### Fee 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	Code
March 17-18 (5-9pm) 19-20 (9am-5pm)	22530
April 7-8 (5-9pm) 9-10 (9am-5pm)	22529
May 19-20 (5-9pm) 21-22 (9am-5pm)	22531
May 31-June 2 (9am-6pm)	22936
June 3-5 (9am-6pm)	22937

## 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
Dec. 4, 9am-7pm	\$150	22935
Jan. 29, 9am-7pm	\$150	22488
April 2, 9am-7pm	\$150	22487
May 30, 9am-7pm	\$150	22489

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

## Lifeguarding Instructor Course

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

### Prerequisites

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

### Certification and Fee

- 2-year American Red Cross Lifeguard Instructor certification
- All class times and dates are MANDATORY.
- Cost \$300. Maximum enrollment: 12

Date/Time	Code
March 11-13, 9am-6pm	22460

## 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
March 11, 9am-6pm	22485

# NOW HIRING

## LIFEGUARDS & SWIMMING INSTRUCTORS

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

## Tennis

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

### Registration

- **Session I: Jan. 10-Feb. 13**
- Registration deadline: Jan. 6 at 10pm.
- **Session II: Feb. 28-April 3**
- Registration deadline: Feb. 24 at 10pm.
- Parents may register for Session I and II at the same time.
- All classes require a minimum of 5 participants.

### Tiny Tots

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

### Ages, Fee and Location

- Ages 3-5
- \$35
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 10-Feb. 9	M & W	5:30-6pm	22808
I – Jan. 10-Feb. 9	M & W	6-6:30pm	22809
I – Jan. 10-Feb. 9	M & W	6:30-7pm	22810
I – Jan. 11-Feb. 10	T & Th	5:30-6pm	22811
I – Jan. 11-Feb. 10	T & Th	6-6:30pm	22812
I – Jan. 11-Feb. 10	T & Th	6:30-7pm	22813
II – Feb. 28-March 30	M & W	5:30-6pm	22829
II – Feb. 28-March 30	M & W	6-6:30pm	22830
II – Feb. 28-March 30	M & W	6:30-7pm	22831
II – March 1-31	T & Th	5:30-6pm	22832
II – March 1-31	T & Th	6-6:30pm	22833
II – March 1-31	T & Th	6:30-7pm	22834

### Tiny Tots Daycare Program

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
- \$35/child - includes five 45-minute classes
- Capital Racquet and Fitness Center, 3200 N. 10th St.
- **Online registration is unavailable for this program.** Please call Katrina at 221-6855 to inquire about a day/time that works for your daycare.

### Session

- I – Jan. 10-Feb. 13
- II – Feb. 28-April 3

## Netters

Kids use a 36-foot court and a 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
- \$70
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 10-Feb. 9	M & W	5:30-6:30pm	22804
I – Jan. 10-Feb. 9	M & W	6:30-7:30pm	22805
I – Jan. 11-Feb. 10	T & Th	5:30-6:30pm	22806
I – Jan. 11-Feb. 10	T & Th	6:30-7:30pm	22807
II – Feb. 28-March 30	M & W	5:30-6:30pm	22825
II – Feb. 28-March 30	M & W	6:30-7:30pm	22826
II – March 1-31	T & Th	5:30-6:30pm	22827
II – March 1-31	T & Th	6:30-7:30pm	22828

### 8 & Under Tennis

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

### Ages, Fee and Location

- Ages 7-8
- \$70
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 10-Feb. 9	M & W	5:30-6:30pm	22800
I – Jan. 10-Feb. 9	M & W	6:30-7:30pm	22801
I – Jan. 11-Feb. 10	T & Th	5:30-6:30pm	22802
I – Jan. 11-Feb. 10	T & Th	6:30-7:30pm	22803
II – Feb. 28-March 30	M & W	5:30-6:30pm	22821
II – Feb. 28-March 30	M & W	6:30-7:30pm	22822
II – March 1-31	T & Th	5:30-6:30pm	22823
II – March 1-31	T & Th	6:30-7:30pm	22824

### 8 & Under Tennis - Advanced

This class is for 7-8-year-olds who would like more in depth instruction before advancing to 10 & Under. Participants must be able to continuously rally over a mini-net and have an understanding of the serve. Ball placement and control will be introduced.

### Ages, Fee and Location

- Ages 7-8 and instructor permission
- \$35
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 8-Feb. 5	Sat	11am-12:30pm	22794
II – Feb. 19-March 26	Sat	11am-12:30pm	22816

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## 10 & Under Tennis

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

### Ages, Fee and Location

- Ages 9-10
- \$70
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 10-Feb. 9	M & W	5:30-6:30pm	22796
I – Jan. 10-Feb. 9	M & W	6:30-7:30pm	22797
I – Jan. 11-Feb. 10	T & Th	5:30-6:30pm	22798
I – Jan. 11-Feb. 10	T & Th	6:30-7:30pm	22799
II – Feb. 28-March 30	M & W	5:30-6:30pm	22817
II – Feb. 28-March 30	M & W	6:30-7:30pm	22818
II – March 1-31	T & Th	5:30-6:30pm	22819
II – March 1-31	T & Th	6:30-7:30pm	22820

## 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 is on ball placement and control.

### Ages, Fee and Location

- Ages 9-10 and instructor permission
- \$52.50
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 8-Feb. 5	Sat	9:30-11am	22793
II – Feb. 19-March 26	Sat	9:30-11am	22815

## High School Beginner

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

### Ages, Fee and Location

- Ages 11+
- \$120
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 11-Feb. 10	T & Th	7:30-9pm	22772
II – March 1-31	T & Th	7:30-9pm	22782



## High School Prep

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

### Fee and Location

- Ages 11+
- Prerequisite: be on a JV team
- \$120, 2 days a week; \$60, one day a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 11-Feb. 10	T & Th	4-5:30pm	22775
I – Jan. 14-Feb. 11	F	4-5:30pm	22773
I – Jan. 8-Feb. 5	Sat	2-3:30pm	22774
II – March 1-31	T & Th	4-5:30pm	22785
II – March 4-April 1	F	4-5:30pm	22783

## High School Team

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

### Fee and Location

- Ages 12+ and instructor permission
- Prerequisite: be on a high school varsity team
- \$120, 2 days a week; \$60, one day a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 10-Feb. 9	M & W	5:30-6:30pm	22776
I – Jan. 10-Feb. 7	M	5:30-6:30pm	22777
I – Jan. 8-Feb. 5	Sat	2-3:30pm	22778
II – Feb. 28-March 30	M & W	5:30-6:30pm	22786
II – Feb. 28-March 28	M	5:30-6:30pm	22787

## Elite Program

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

### Fee and Location

- Ages 12+ and instructor permission
- Prerequisite: Top players on a high school varsity team
- \$120, 2 days a week; \$60, one day a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 11-Feb. 10	T & Th	7:30-9pm	22771
I – Jan. 8-Feb. 5	Sat	11am-12:30pm	22770
II – March 1-March 31	T & Th	7:30-9pm	22781

## Junior Team Challenges

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

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

- \$7/player, \$3.50/2nd child
- Registration closes the day prior to event.

Dates	Day	Time	Code
Jan. 28	F	4-5:30pm	22483
March 18	F	4-5:30pm	22484

## Winter Jam Junior Tennis Tournament

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

### Dates and Registration

- Feb. 25-27
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Registration information TBA.

## Blacklight Tennis

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

- Capital Racquet & Fitness Center, 3200 N. 10th St.
- \$10/person
- Registration closes the day prior to event.

### Friday, Feb. 4

- Ages 5-11: 5:30-6:45pm - Registration Code: 22916
- Ages 5-11: 6:45-8pm - Registration Code: 22917
- Ages 12-18 8-9:15pm - Registration Code: 22918
- Adults 18+: 8-9:15pm - Registration Code: 22919

### Friday, April 8

- Ages 5-11: 5:30-6:45pm - Registration Code: 22920
- Ages 5-11: 6:45-8pm - Registration Code: 22921
- Ages 12-18 8-9:15pm - Registration Code: 22922
- Adults 18+: 8-9:15pm - Registration Code: 22923



## Tennis Night in America - March 7

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

### Dates and Registration

- 5:30pm or 6:30pm (choose a 1-hour session to attend)
- There is no fee to participate.
- Registration closes the day prior to event.
- **5:30pm - For new players to tennis.**  
Registration CODE: 22924
- **6:30pm - For players with some tennis experience.**  
Registration CODE: 22925
- Capital Racquet & Fitness Center, 3200 N. 10th St.

## Special Tennis Events

### Snowball Smash Tennis Gameday: Thursday, Jan. 6

### Spring Fling Tennis Gameday: Monday, May 2

A couple of fun nights of tennis games! Goodie bags and prizes will be given away at both events! 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/child, parents FREE
- Registration closes the day prior to event.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 6	Th	5:30-6:15pm	22926
May 2	M	5:30-6:15pm	22928

### Ages 5-10 Gameday

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

- \$7/child
- Registration closes the day prior to event.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 6	Th	6:15-7:30pm	22927
May 2	M	6:15-7:30pm	22929





# Volleyball (Coed)

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

## 3rd Grade Volleyball

### Informational Meeting

- 7pm, Wednesday, Jan. 12, at the Hillside Aquatic Complex, 1719 E. Boulevard Ave., in the community room.

### Dates and Times

- Jan. 24-March 12
- 3rd Grade Jamboree March 11-12
- Practice will be held one day per week at the World War Memorial Building, 215 N. 6th St.
- Mondays - Fridays: 4pm or 5pm.
- Teams organized by school if possible.
- Games will be held Saturdays at the World War Memorial Building.

### Fees

- \$50/player - if received on or before Jan. 7.
- \$60/player - if received Jan. 8 or later.

School	Code
Cathedral	22850
Centennial	22851
Grimsrud	22852
Highland Acres	22853
Liberty	22854
Lincoln	22855
Martin Luther	22856
Miller	22857
Moses	22858
Murphy	22859
Myhre	22860
Northridge	22861
Pioneer	22862
Prairie Rose	22863
Roosevelt	22864
Shiloh	22865
Solheim	22866
St. Anne's	22867
St. Mary's	22868
Sunrise	22869
Will-Moore	22870

## 4th & 5th Grade Volleyball

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

### Information Meeting

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

### League Dates

- Grade 4: Jan. 31-March 19
- Grade 5: Jan. 31-March 26

### Dates and Times

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

Teams will be formed after the first week of practice, and a schedule will be provided for the remainder of the season. Every attempt will be made to split the teams as equally as possible, when more than one team exists per grade at any school. If there are not enough 4th or 5th graders at one school to make a team, schools may be combined at the discretion of Bismarck Parks and Recreation District. Matches will begin Saturday, Feb. 12.

### Fees

- Grade 4: \$50/player - if received on or before Jan. 14.
- Grade 4: \$60/player - if received Jan. 15 or later.
- Grade 5: \$60/player - if received on or before Jan. 14.
- Grade 5: \$70/player - if received Jan. 15 or later.
- Participants must play at the school they attend.

School	4th Grade Code	5th Grade Code
Centennial	22871	22889
Grimsrud	22872	22890
Highland Acres	22873	22891
Liberty	22874	22892
Lincoln	22875	22893
Martin Luther	22876	22894
Miller	22877	22895
Moses	22878	22896
Murphy	22879	22897
Myhre	22880	22898
Northridge	22881	22899
Pioneer	22882	22900
Prairie Rose	22883	22901
Roosevelt	22884	22902
Shiloh	22885	22903
Solheim	22886	22904
Sunrise	22887	22905
Will-Moore	22888	22906

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



## Weekday Morning Play Dates

### Dates & Ages

- Now–April 22
- For children infant through age five and their parents.

This FREE Play Date time comes with assorted equipment and toys. You get to play and mess up our spaces and not yours. We provide the place. Parents provide the supervision. Please know this is not a drop-off Play Date. Everyone stays and plays. Play Date is an ideal play time and social interaction for stay-at-home parents and their infant through age five children.

### Times & Places

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

No need to register. Just come and play! Please review Weekday Morning Play Date guidelines at [www.bisparks.org](http://www.bisparks.org) and at facility sites.



## Wibit Water Toys

Climb, jump and enjoy inflatable water toys. For children ages 6+.

### Times, Location and Fees

- Most Saturdays and Sundays through mid-May
- BSC Aquatic & Wellness Center, 1601 Canary Ave.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE.
- Non-Members: Kids (6-12yrs) \$4.25, Students (13-18yrs) \$5.25 and Adults \$7



## 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 E. Front Ave., Bismarck, ND 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 Feb. 18, 2016.

## Title VI Nondiscrimination Policy Statement

The Bismarck Parks and Recreation District's Title VI Nondiscrimination Policy Statement and supporting materials can be found at [www.bisparks.org](http://www.bisparks.org) under Park Board/Ordinances and Policies.

## Adaptive Recreation

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

## Basketball

### State Amateur Basketball Tournament

The State Amateur Basketball Tournament is March 25-27 in Bismarck. Please contact Brandon Wilkens at 222-6531 for more information.

## Fencing

Fencing lessons are available for youth and adults. Please see page 5 for more information.

## Fitness

### Fit Fifty+

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

Date	Days	Time	Code
Jan. 24-Feb. 14	M	9-9:45am	22930

#### Fees and Location

- Pre-registration only
- Meet at BSC Aquatic & Wellness Center, 1601 Canary Ave.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$30; Non-Members: \$40

### NEW! Foam Rolling Workshop - Saturday, Jan. 22

Improve your post-exercise recovery with this hands-on workshop. This class demonstrates how to use the Rollga Foam Roller to reduce pain and soreness and increase joint range of motion for better muscle repair and recovery. Roll your way to better performance, in and out of the gym.

#### Time, Fees and Location

- 9-9:45am - Registration Code: 22931
- \$45 includes Rollga Foam Roller; \$15 without roller.
- Pre-registration only, limited 12 spots.
- Meet at BSC Aquatic & Wellness Center, 1601 Canary Ave.



## Weight Room Basics

Increase your weight room knowledge and jump start your confidence with this class. A certified personal trainer will guide you through each cardio and weight machine to learn what each one does and what muscle group you'll strengthen. You'll get a personalized exercise log card for you to keep notes and to record your future workouts. That way you can keep track of machines, weights and your progress. **This class consists of one 1-hour session.** You'll leave knowing how to have a safe and effective workout. Yay, you!

#### Dates, Fees and Location

- **Saturday, Jan. 22 from 10:15-11:15am**  
Registration Code: 22907  
BSC Aquatic & Wellness Center, 1601 Canary Ave.
- **Tuesday, Jan. 25 from 6-7pm**  
Registration Code: 22908  
Capital Racquet & Fitness Center, 3200 N. 10th St.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$15; Non-Members: \$20



## Golf

### Putting League

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

#### Jan. 4-March 9

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

#### Dates and Fees

- Tuesday or Wednesday: 9am-3pm
- 10-Week: \$20 for one day a week
- Weekly: \$2 each day
- Prizes will be awarded weekly for this fun league.
- Participants will receive 50% off range balls if purchased after competing in the putting league.
- Fore Seasons Center, 2525 N. 19th St.

## Karate, Traditional Japanese

Karate lessons are available for youth and adults. Please see page 5 for more information.

## Open Gym

Open Gym is available for youth and adults. Please see page 6 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.

### Pickleball Fall/Winter Hours

Capital Racquet & Fitness Center, 3200 N. 10th St.

- **Beginner/Intermediate Players**
  - Mondays and Wednesdays 10am-12:30pm
  - Fridays 10:30am-12:30pm
- **Beginner/Intermediate Players**
  - Saturdays 4:30-7pm
- **Intermediate/Advanced Players**
  - Mondays and Fridays 12:30-3:30pm
  - Wednesdays 1-3:30pm

## Pickleball 101-Beginners

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

Dates	Day	Times	Code
Jan. 10-Feb. 7	M	9:30-10:30am	22492
Jan. 12-Feb. 9	W	12-1pm	22490
Jan. 12-Feb. 9	W	3-4pm	22491
Feb. 28-March 28	M	9:30-10:30am	22495
March 2-30	W	12-1pm	22493
March 2-30	W	3-4pm	22494

### Fee and Location

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

## Pickleball Intermediate

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

Dates	Day	Times	Code
Jan. 11-Feb. 8	T	10:30am-12pm	22498
Jan. 13-Feb. 10	Th	5:30-7pm	22499
March 1-29	T	10:30am-12pm	22500
March 3-31	Th	5:30-7pm	22501

### Fee and Location

- \$60
- Capital Racquet & Fitness Center, 3200 N. 10th St.

## Pickleball League Mixer - Friday, Jan. 7

Aloha! Beat the cold and join us for a Hawaiian-themed pickleball mixer in January. A mini-vacation away from it all - relax indoors, enjoying the heat and playing some fun, social pickleball games. This event is for all levels. Light snacks and drinks will be provided, Hawaiian-themed, of course. We can't wait to see you in paradise at Capital Racquet & Fitness Center!

### Times, Fee and Location

- Capital Racquet & Fitness Center, 3200 N. 10th St.
- 5:30-8:30pm - Registration Code: 22475
- \$10/person

# Racquetball

## Leagues

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

### Ages, Fees and Location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE; Non-Members: \$48
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	League	Day	Times	Code
Jan. 10-Feb. 14	B/C	M	Noon	22519
Jan. 10-Feb. 20	Men's B/C	Arrange own matches		22518
Feb. 28-April 4	B/C	M	Noon	22521
Feb. 28-April 10	Men's B/C	Arrange own matches		22520

## Lessons

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

### Ages, Fees and Location

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

Dates	Day	Times	Code
Jan. 10-Feb. 14	M	7-8pm	22525
Feb. 21-March 28	M	7-8pm	22526

## Challenge Courts

### Ages, Fees and Location

- 18 and older; Open/A Level players
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE; Non-Members: day pass fee
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Drop-in class, no registration required.

Dates	Day	Times
Now-March 24	Thu	7-9pm





# Tennis

## Tennis Leagues

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

### Fees and Location

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

### Session 1 - Jan. 10-Feb. 20

See league descriptions for times.

League	Day	Code
Mixed Doubles	M	22840
Advanced Doubles	W	22841
Advanced Singles	- Arrange own matches -	22838

### Session 2 - Feb. 28-April 10

See league descriptions for times.

Level	Day	Code
Mixed Doubles	M	22844
Advanced Doubles	W	22845
Advanced Singles	- Arrange own matches -	22842

### League Descriptions

#### Monday Mixed Doubles

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

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

#### Wednesday Advanced Doubles

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

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

#### Advanced Singles Ladder

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

## Beginner Adults "Orange Crush"

These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Orange modified balls used to make tennis easier to learn. Lots of fun games and drills all taught by a certified USPTA tennis professional. Come join us!

### Fees and Location

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

Dates	Day	Time	Code
Jan. 11-Feb. 8	T	5:30-7pm	22755
March 1-29	T	5:30-7pm	22760

## Intermediate Adults

This league is for players with some experience or advanced beginners. This fun class reinforces grips, preparation and swing path for forehands, backhands, volleys, overheads, serves and return of serves. It introduces spin and placement and has emphasis on situational tennis. Singles and doubles positioning and strategy will be taught. There are lots of fun games and drills, all taught by a certified USPTA tennis professional.

### Fees and Location

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

Dates	Day	Time	Code
Jan. 10-Feb. 7	M	10:30am-Noon	22748
Jan. 12-Feb. 9	W	5:30-7pm	22751
Jan. 13-Feb. 10	Th	10:30am-Noon	22750
Jan. 8-Feb. 5	Sat	9:30-11am	22749
March 1-28	M	10:30am-Noon	22762
March 2-30	W	5:30-7pm	22765
March 3-31	Th	10:30am-Noon	22764
Feb. 19-March 26	Sat	9:30-11am	22763

## Advanced Adults

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

### Fees and Location

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

Dates	Day	Time	Code
Jan. 10-Feb. 7	M	5:30-7pm	22752
Jan. 13-Feb. 10	Th	12-1:30pm	22753
March 1-28	M	5:30-7pm	22757
March 3-31	Th	12-1:30pm	22758

## Cardio Tennis

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

Dates	Day	Time
Now-May 24	T	12:05-12:50pm

### Fees and Location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE; Non-Members: day pass fee
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Minimum of 5 participants needed for class to be held.

## Private Tennis Lessons

Private tennis lessons are available throughout the week and are held at Capital Racquet & Fitness Center, 3200 N. 10th St. 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.

## Holiday Tennis Mixer - Reindeer Games Friday, Dec. 10

For ages 18 and up, a fun holiday tennis social to bring the holiday spirit! Players should indicate their level when signing up and matches will be assigned by level onsite. Entry fee is a toy valued at \$10 or more, which will be donated to local charities this holiday season. We will have fun holiday goodies and beverages for everyone! Festive holiday outfits encouraged!

### Times, Fee and Location

- 6-9pm - Registration Code: 22533
- \$10 Toy or Cash Donation
- Capital Racquet & Fitness Center, 3200 N. 10th St.



## Volleyball

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

- Registration: Dec. 7
- Program Dates: Jan. 10-March 24
- Openings are limited! Please call the Bismarck Parks and Recreation District office the first week in December for additional information.

### Days and Times

- Monday: Women C, D, E, F
- Tuesday: Coed A-F
- Wednesday: Women A-F, Men C-D
- Thursday: Men A-C (4s), Coed D-F
- Matches start at 6:30pm and run every 45 minutes. Last scheduled match at 9:30pm.
- Makeup matches will be held on Sundays.

### Player Fee

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

### Sponsor Fee

- \$75

### League Schedules

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

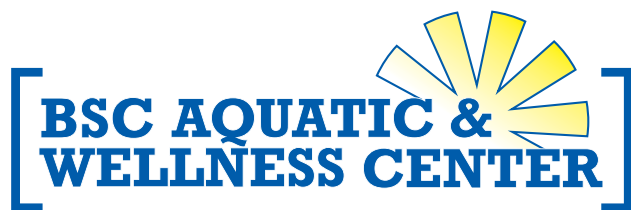
## Wallyball

### Flurry Fest Tournament - Saturday, Feb. 5

#### Fee and Location

- \$20/person - Registration Code: 22933
- Registration deadline is Feb. 2 at noon.
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Kyle Kuether, tournament director, (701) 221-6855 or [crfc\\_wb@hotmail.com](mailto:crfc_wb@hotmail.com)





**1601 Canary Ave., 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: Now-May 31

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

#### Hours: June 1-Aug. 31

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

#### Pool Hours

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

#### Fees

- For complete membership fees, refer to following page.

#### Turtle Beach Indoor Playground

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



**3200 N. 10th St., 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: Now-May 31

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

#### Hours: June 1-Aug. 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 with a ball pit, bounce house, art and movie area, and lots of other toys. Kids keep busy while you work out!

- Oct.-April 29; Mondays-Thursdays: 5-8:30pm
- Members receive unlimited childcare for \$15/month. See [www.bisparks.org](http://www.bisparks.org) for KidZone policies.

#### Pro Shop

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

#### Group Fitness Classes

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

- |                     |   |
|---------------------|---|
| • Aqua Dance        | • Les Mills BODYPUMP®                         |
| • Aquabata          | • Pilates                                     |
| • Aqua Rock Deep    | • PiYo®                                       |
| • Aqua Rock         | • S3 Fusion                                   |
| • Butts & Guts      | • Tabata                                      |
| • Cardio Kickboxing | • Total Body Toning                           |
| • Cardio Sculpt     | • Water Works                                 |
| • CORE30            | • Water Walking                               |
| • Cycling           | • Yoga  |
| • Deep Water        | • Yoga/Stretch                                |
| • Forever Fit       | • Personal Training, refer to following page. |
| • High Fitness®     |   |

#### Birthday Parties/Facility/Group Reservations

The BSC AWC and CRFC offer various birthday parties packages. See following pages 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.)

#### Fitness Incentive Programs

BSC AWC and CRFC participate in the SilverSneakers, Silver and Fit, Prime® Fitness and Healthy Contributions programs. Learn more at [www.silversneakers.com](http://www.silversneakers.com), [www.silverandfit.com](http://www.silverandfit.com), [www.tivityhealth.com](http://www.tivityhealth.com) or [www.healthycontributions.com](http://www.healthycontributions.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
Household*	\$75/month	\$60/month	\$150/month	\$125.63/month	\$20
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
Turtle Beach Play Area (adult supervisors are free) at BSC AWC					\$1
Indoor Track at CRFC					\$1.50
Locker Rental			\$15/One month	\$50/Six months	\$75/12 months
Daily Admission Coupon Book (12 passes)					\$70
Tennis Coupon Book (12 - 1.5 hour passes)		Members: \$50		Non-Members: \$96	
Summer Tennis Coupon Book (12 - 1.5 hour passes) Valid Memorial Day-Labor Day		Members: \$25		Non-Members: \$48	

\* 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 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/Racquetball 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 fitness members may reserve racquetball courts seven days in advance. Non-members can reserve racquetball courts two days in advance.

**Memberships can be purchased at [www.bisparks.org](http://www.bisparks.org) or at either BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center.**

## NEW YEAR, NEW YOU! MEMBERSHIP SPECIAL

Jan. 2-31

Buy a 6-month membership, get **one month FREE**.

Buy a 12-month membership, get **two months FREE**.

\* Free months are added after 6 months or 12 months of package. Silver Package only. Some restrictions may apply. Offer is only good for new members who have not been a fitness member in at least 6 months. \* Taxes will be added at the time of purchase.



## Birthday Parties

### BSC Aquatic & Wellness Center

1601 Canary Ave., 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-Sept. Fee:

- No Wibit Water Toys – \$75

#### Mid-Sept. – Mid-May Fee:

- 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
- Party Fee: \$60
- Additional children may be added at regular daily fee.

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

### Capital Racquet & Fitness Center

3200 N. 10th St. • 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 or KidZone Party Perks

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

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

Kidzone is also available for private group or preschool/daycare rentals. Contact Katrina for more information at 221-6855.

## Personal Training

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

#### Fees

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

### Small Group Personal Training

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

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

#### Small Group

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

#### Semi Private

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

# GIVE A GIFT OF FUN!

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

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

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

Offer ends Dec. 24, 2021

## Camping

### General Sibley Park

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

General Sibley Campground is currently closed for the season. The campground will open in May 2022.

The day park is available year-round during daylight hours. Parking is permitted outside of the park gates.

#### Office Hours

- Memorial Day–Labor Day, Monday-Sunday: 10am-9pm
- \* Office hours vary during off-season.

#### Amenities

- Camping sites for tents and campers with electrical hook-ups
- 18-hole disc golf course
- Boat ramp (small boats less than 15', canoes and kayaks)
- Horseshoes
- Geocaches
- 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 is not permitted.
- Pruning, cutting or damage to trees and shrubs is prohibited.
- Digging and ground disturbance is prohibited.
- For complete rules, visit [www.bisparks.org](http://www.bisparks.org).

#### Shelter or Amphitheater Reservations

- See page 29 for shelter or amphitheater reservations.



### Burleigh County Parks

Primitive camping is available at:

- Steckel Boat Landing, 292nd Ave. NW off Highway 1804
- Kimball Bottom Recreation Area, 10601 Desert Rd.
- Kniefel Boat Landing, 5716 Misty Waters Dr.

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

- 6am-10pm, 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 10pm-8am.
- 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 Double Ditch Indian Village State Historic Site.

Eagles Park campground is currently closed for the season. The campground will open in May 2022.

Campsites are undesignated and are rented by camping unit at \$10/night. One camping unit is a powered vehicle, motor home, camping bus, pull type camper, tent or any other device designed for sleeping.

The entire campground is reservable for 1 day at \$300, 2 days at \$450 or 3 days at \$550. Payment is expected at the time of reservation. Entire park rentals are for camping only. Call 701-222-6455 for information.



## Golf Courses

All Bismarck Parks and Recreation District golf courses are affordable, well maintained and welcome all skill levels. Each course is different in landscape, the amount of time it takes to play and in playing style. Players can get on a course very easily to learn or develop the game of golf. Each course has a pro shop. Club and cart rentals are available. Walk-ups are welcome at all courses and may be placed with another group.

### Hours

- June-Sept: 7:00am-sunset
- Sept.: 8:30am-sunset
- Oct. : 9:30am-sunset

\*Hours may change with weather conditions.

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

### Pebble Creek (PC)

2525 N. 19th St. • 223-3600

- Nine-hole, par-35 course
- Natural links course running along the Hay Creek corridor
- Beginning and experienced players enjoy this short and sweet course
- Indoor and outdoor putting green
- Indoor and outdoor driving range

### Riverwood (RW)

725 Riverwood Dr. • 222-6462 or 250-7677

- 18-hole, par-72 course on the Missouri River flood plain
- Parkland-style course with wide, tree-lined fairways and abundant wildlife
- Outdoor driving range and putting green; chipping and pitching practice areas
- Club house with concessions

### Tom O'Leary (TO)

1200 N. Washington St. • 222-6531

- 18-hole, par-69 course in central Bismarck
- Well manicured, shorter and challenging for players of all skill levels
- Wonderful views, mature trees and wide open fairways
- Putting green and concessions
- Practice area, free to use with your own golf balls
- Sheila Schafer Junior Links Course: 3-hole mini links (3 holes under 75 yards in length) open to ANY player

### Sheila Schafer Junior Links

1200 N. Washington St.

- 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

Tee times are available to book eight days in advance.

Green Fees	Pebble Creek	Riverwood	Tom O'Leary
Daily 9.....	\$19	\$25	\$21
Daily 18.....	\$25	\$35	\$30
Junior 18 or 9 (ages 17 and under).....	\$10	\$15	\$14
Senior 9 holes (65+).....	\$17	\$20	\$18
Senior 18 holes (65+).....	\$23	\$27	\$24

- Prices include tax.

Season Passes	PC	RW	TO	All 3
Adult (23+).....	\$525	\$745	\$685	\$1,240
Household*.....	\$1,250	\$1,657.50	\$1,550	\$2,500
Intermediate (ages 18-22).....	\$200	\$315	\$290	\$475
Junior (ages 17 and under).....	\$125	\$210	\$200	\$275
Senior (65+).....	\$415	\$595	\$575	\$900

- Prices include tax.

- Season passes are available for purchase at the Park District office or Fore Seasons Center.

\* 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: 18 holes \$250, 9 holes \$190
- **Riverwood:** 12 rounds: 18 holes \$350, 9 holes \$250
- **Tom O'Leary:** 12 rounds: 18 holes \$300, 9 holes \$210

### Green Fee Packages Senior (65+)

- **Pebble Creek:** 12 rounds: 18 holes \$230, 9 holes \$170
- **Riverwood:** 12 rounds: 18 holes \$270, 9 holes \$200
- **Tom O'Leary:** 12 rounds: 18 holes \$240, 9 holes \$180

### Golf Cart Rental

- 18 holes-\$20/seat; 9 holes-\$10/seat
- **Season Cart:** Pebble Creek, Riverwood or Tom O'Leary - \$675, All 3 - \$1,100
- The use of "Golf Boards" and/or private individual personal vehicles on the golf courses is prohibited.

### Golf Club Rental

- Juniors: \$4 for 9 or 18 holes
- Adults: \$10.50 for 9 holes or \$18 for 18 holes. \$30 for premium clubs.

### Riverwood and Pebble Creek Driving Range Prices

- Mini Basket-\$4
- Small Basket-\$5
- Medium Basket-\$8
- Large Basket-\$10
- **Bucket of Balls coupon book:**  
12 coupons for medium basket-\$80  
12 coupons for large basket-\$100

## Toptracer Range - NEW

This NEW ball-tracking system provides instant shot replays and statistical feedback on interactive screens, enabling you to make swing adjustments immediately. **See the inner foldout for more details.**

- Fore Season Center, 2525 N. 19th St.
- 10 indoor driving bays

- Rate per bay for up to four players
  - \$15 for 30 minutes
  - \$25 for 60 minutes
- Reserve online at [www.bisparks.org](http://www.bisparks.org) or call 223-3600.
- The indoor driving range closes 30 minutes prior to any scheduled event or facility rental.

## Ice Arenas

### Capital Ice Complex Schaumburg and Wachter Arenas

1504 Wichita Dr. • 712-8918

Capital Ice Complex is home to two sheets of ice – Schaumburg Arena and Wachter Arena. This complex is home to youth hockey, figure skating, public ice skating and roller skating. The mezzanine space is available to rent for birthday parties or business meetings. Capital Ice Complex is located next to Wachter Park, home to Magical Moments Playground and the Paul H. Wachter Aquatic Complex.

### VFW Sports Center, Rink 1 and 2

1200 N. Washington St. • 222-6588 or 221-6815

The VFW Sports Center has two separate ice rinks and curling rink. It is home to a multitude of recreation activities: hockey, figure skating, public skating 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)
- Reservations: call 221-6814

### Public Indoor Ice Skating

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

#### Capital Ice Complex

1504 Wichita Dr. • 712-8918

- Visit [www.bisparks.org](http://www.bisparks.org) for complete schedule
- Skating Fee: \$2/individual; \$5/family. Skate Rental: \$3

#### VFW Sports Center

1200 N. Washington St. • 222-6588 or 221-6815

- **Rink 1:** Now-March 24  
Tuesdays, Wednesdays and Thursdays: 12-1:15pm
- **Rink 2:** Now-March 28  
Sundays: 3-5pm
- Skating Fee: \$2/individual; \$5/family. No skate rentals.



### Drop-In Hockey

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

- Now-March 23
- Wednesdays: 7:45-9:15pm
- Youth hockey games for Squirts to high school (ages 9-18).
- Cost: \$5 per player. Limited to 24 skaters, 2 goalies.
- Helmet with face mask, hockey gloves and skates required.
- For complete rules visit [www.bisparks.org](http://www.bisparks.org).

### Puck & Stick Time

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

Open stick time is for individuals looking for little extra skate time on the ice.

- Now-March 10
- Visit [www.bisparks.org](http://www.bisparks.org) for complete schedule
- Cost: Free
- Open to all ages. Helmet with face mask and skates required. Pick-up games are not permitted during open stick time.

### Outdoor Ice Skating

Warming houses are located at the following parks:

#### Warming House Hours

- Monday-Friday: 3:30-9pm
- Saturday-Sunday and Public School Holidays: 1-9pm
- Christmas Eve: 11am-3pm. Christmas Day: CLOSED

#### Bismarck Municipal Ballpark

- 303 W. Front Ave., 222-6636
- One hockey rink

#### Jaycee Centennial Park

- 321 E. Century Ave., 222-6632
- One hockey rink and one pleasure rink

#### Lions Park

- 1001 N. 17th St., 222-6635
- One hockey rink and one pleasure rink

#### New Generations Park

- 1021 Mustang Dr., 751-0690
- One hockey rink and one pleasure rink

#### North Central Park

- 830 Central Ave., 221-6875
- One hockey rink and one pleasure rink

#### Solheim School/VFW Post 1326 Family Recreational Park

- 325 Munich Dr., 221-3499
- One hockey rink and one pleasure rink

#### Tatley-Eagles Park

- 602 Airport Rd., 222-6634
- One hockey rink and one pleasure rink



# Facilities

## Fore Seasons Center

Located at Pebble Creek Golf Course, 2525 N. 19th St., 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

- Daily 9am-9pm

### Indoor Driving Range

- 11 stations
- 10 Toptracer Range bays, see page 23 for details  
\$15/30 minutes, \$25/60 minutes

### Bucket of Balls

- Mini basket-\$4
- Small basket-\$5
- Medium basket-\$8
- Large basket-\$10
- Club rental (4 clubs)-\$4

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

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

### Batting Cage

- \$16/30 minutes; \$30/60 minutes
- Batting Cage coupon book:  
12 coupons for 30 mins. each, \$160  
12 coupons for 60 mins. each, \$300

### 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.

- Bring your own equipment or use selected equipment on site. Wear sport/tennis shoes. No cleats.
- All ages and all abilities are welcome. 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. Check the Fore Seasons Center schedule at [www.bisparks.org](http://www.bisparks.org).

### Indoor Walking

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



## Batting Cage or Driving Range Party

- 2-hour party time
- 1 hour of batting cages or 6 large buckets of balls
- Use of open turf field with recreation equipment
- Party fee: \$125 (Facility is open to other customers.)

## Group or Team Rentals

Fore Seasons Center can be rented for parties, practices or events.

	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 St., just off I-94, Exit 157, north of Bismarck State College Campus

### Dakota West Arts Council

- [www.artscapital.org](http://www.artscapital.org)
- 222-6640
- Dakota West Arts Council works with artists and arts organizations to provide excellent, inspiring, creative and educational programming and projects for the community.



### North Dakota's Gateway to Science

- [www.gatewaytoscience.org](http://www.gatewaytoscience.org)
- 258-1975
- North Dakota's only hands-on science center.
- Mon.-Thurs.: 12-6pm;  
Fri.: 12-5pm; Sat.: 10am-5pm



### Shade Tree Players

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



### THEO Art School

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



### TruNorth Theatre Co.

- [www.trunorththeatre.org](http://www.trunorththeatre.org)
- 557-1600
- 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 N. 6th St. • 222-6454

### Facility Features

- Fitness/dance/karate room
- Three basketball/volleyball courts
- Youth gymnasium
- One racquetball court

### Hours: Now-March 31

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

### Hours: April 1-May 31

- Monday-Thursday: 10am-9pm
- Friday: 10am-6pm
- Saturday & Sunday: Closed
- May 30 Closed

### Hours: June 1-August 31

- 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
- Fee: \$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 are 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.
- Sunday evenings: 5-9pm for \$30/hour



## Parks

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

## Community Gardens

Bismarck Parks and Recreation District (BPRD) is proud to support the Community Gardens. BPRD provides the land use and the water. Interested individuals and families put in their garden, keep it weed free and enjoy the harvest. There is a fee to rent the plot. Interested individuals or organizations should contact the Garden Coordinator at [bismarckgardens@gmail.com](mailto:bismarckgardens@gmail.com) for details in renting a garden plot at these locations.

- Bismarck Municipal Ballpark, 303 W. Front Ave.
- Elk Ridge Park, 3620 Cogburn Rd.
- Horizon Park, 4800 Durango Dr.
- Johnny Gisi Memorial Park, 2601 E. Calgary Ave.
- Tatley-Eagles Park, 602 Airport Rd.

BPRD manages the community gardens located at the Missouri Valley Complex, 3715 E. Bismarck Expressway. Information on renting a garden plot at this location will be available at [www.bisparks.org](http://www.bisparks.org) in early 2022.



## Community Orchard

The Bismarck Community Orchard is located at the Clem Kelley Softball Complex, 517 W. Arbor Ave. The Community Orchard location was chosen based on public accessibility, proximity to lower income populations within Bismarck, ease of use for educational purposes and supplying food pantries.

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.

For more information about the Community Orchard, including sponsorship and volunteering, please visit [www.bisparks.org/facilities/community-gardens-orchard](http://www.bisparks.org/facilities/community-gardens-orchard).





## Disc Golf Courses

The Bismarck Parks and Recreation District maintains an 9-hole disc golf course within Lions Park, 1601 E. Boulevard Ave. There's also a 18-hole disc golf course within General Sibley Park located on S. Washington St. For league and tournament information, visit [discgolfdnd.pbworks.com](http://discgolfdnd.pbworks.com).



## Dog Park-Century Bark Park

700 E. Century Ave.

Please park in the parking lot west of Century High School to enjoy the four dog park fields.

- Daily 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 is 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, visit [www.bisparks.org](http://www.bisparks.org) or pick up a list at the Bismarck Parks and Recreation District offices at 400 E. Front Ave. 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 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–Sept.

Saturdays • 10am-1pm  
BisMarket, Kiwanis Park, 318 S. Washington St.

### Oct.–May

Tuesdays, Thursdays • 10am-Noon  
World War Memorial Building, 215 N. 6th St.

## McDowell Dam Recreation Area

1951 93rd St. NE. • 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 (can be reserved for special occasions), horseshoe pits, a small concessions area, a playground and modern restrooms. There is a paved 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 - Labor Day Weekend

**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: \$50; Half day: \$35 (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 Ave., 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 Hours

## Park Rules

- 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

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) 355-1700, option 3, or visit [www.bismarcknd.gov/101/Forestry](http://www.bismarcknd.gov/101/Forestry).

## Trails, Recreational

The Bismarck Parks and Recreation District provides more than 75+ miles of paved and unpaved recreational trails to the public. A map of the trail system is posted at [www.bisparks.org](http://www.bisparks.org).

## Educational Trails

## Atkinson Nature Park

This natural wooded area is located just south of the Walt Neuens Horse Arena, 1921 Riverwood Dr. 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 4,000 trees that are 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, plantings from Audubon Dakota, and a grant from the ND Outdoor Heritage Fund.

## Bill Mills Nature Trail

Stroll along this 0.8-mile gravel trail and learn how the Missouri River is important to our history and 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 Looking's 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 Rd., this trail covers the layout and features of the earthlodge village occupied by the Mandan Indians dating back to 1675.

## General Sibley Park and Campground Interpretive Trail

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

## Rotary Club Arboretum Trail

This gravel trail on Divide Ave. and College Dr. (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. The George Bird Rotary Park Arboretum Trail is a cooperative project of the Park District, Bismarck Forestry Division and Bismarck Rotary Club.





# Shelter and Community Room Reservations

Call 222-6455 or visit Bismarck Parks and Recreation District office, 400 E. Front Ave. Office hours are Monday-Friday, 7:30am to 5pm. Payment is expected at the time of reservation. Outdoor shelters and indoor community rooms may be reserved for 2022 and 2023. Reservations for 2024 start Oct. 1, 2022.

## Outdoor Shelter Reservations

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

	Full Day: 8am–11pm	Half Day: 8am–3pm or 4–11pm
<b>Outdoor Park Shelters</b> .....	\$50.....	\$35
<b>General Sibley Park Amphitheater</b> , 5001 S. Washington St.....	\$40.....	\$30
– For-profit rentals .....	\$80.....	\$60
<b>Custer Park Stage</b> , 320 E. Custer Park St.....	\$35.....	\$25
– For-profit rentals .....	\$70.....	\$50
<b>Sleepy Hollow Shelter</b> , 2899 E. Divide Ave. ....	\$80.....	\$60

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

## Indoor Community Room Reservations

The Farwest Rotary Community Center, Hillside Aquatic Complex Community Room, Lions Park Community Center, Jaycee Leadership Hall, Joann Hetzel Memorial 4-H Building and Sertoma Club Community Center are multi-use, indoor buildings that are open year-round and heated. All indoor community rooms are air conditioned, except for the Joann Hetzel Memorial 4-H Building.

	Full Day: 8am–11pm	Half Day: 8am–3pm or 4–11pm
<b>Hillside Aquatic Complex</b> , 1719 E. Boulevard Ave.....	\$225 .....	\$175
– For-profit rentals .....	\$450 .....	\$350
<b>Lions Park Community Center</b> , 1001 N. 17th St.....	\$60 .....	n/a
– For-profit rentals .....	\$120 .....	n/a
<b>Farwest Rotary Community Center</b> , 1021 Mustang Dr.....	\$130 .....	\$80
<b>Jaycee Leadership Hall</b> , 321 E. Century Ave. ....	\$130 .....	\$80
<b>Sertoma Club Community Center</b> , 300 Riverside Park Rd .....	\$130 .....	\$80
– For-profit rentals (Farwest, Jaycee, Sertoma).....	\$260 .....	\$160

**Joann Hetzel Memorial 4-H Building**, 3715 E. Bismarck Expressway

Weekend Package=\$1,300; One-Day Rate without Alcohol = \$600; **for-profit \$800**; One-Day Rate with Alcohol = \$800; **for-profit \$1,000**

Please find more information on reservations of these spaces at [www.bisparks.org](http://www.bisparks.org).

## 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 N. 6th St., for a \$50 deposit plus a \$15 use fee. Equipment is for citizens who rent spaces 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 E. Front Ave. You must be 21 years of age to purchase a permit.

- **Group Permit**-\$25: Allows the holder and his or her party to bring alcoholic beverages into property owned and operated by the Bismarck Parks and Recreation District, where allowed.
- **Individual Permit**-\$10: Good for one person per calendar year. Valid from date of purchase through Dec. 31 of the year of purchase. Valid for the purchaser only.
- **Team Permit**-\$30: Valid from date of purchase through the ending date of the program/season.



## 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 (Oct-March) and in a summer season (May-July). Members range in age from 5 to 18. Everyone participates individually and as a team. Practice and coaching is ability based. The Aquastorm's head coach is Jeff Steele, and the team practices at the BSC Aquatic & Wellness Center. The Aquastorm diving club welcomes divers of any age and ability. Divers will learn discipline and sportsmanship that will be valuable to them throughout their lives. The Aquastorm Masters swim team is a fun swimming program for adults of all ages and abilities and is a great way for adult swimmers to enhance their swimming technique, get a great work out and meet new friends. The Aquastorm Masters swim team welcomes individuals who want to compete in swimming events, individuals who compete in triathlons and want to improve their swimming, and individuals who simply want structured swim workouts as a part of their fitness plans.

For more information on the Aquastorm swim team, diving club and Masters program, contact Thomas Wheeling at [programdirector@aquastormswimming.com](mailto:programdirector@aquastormswimming.com) or go to [www.aquastormswimming.com](http://www.aquastormswimming.com).

## BisMan Bombshellz Roller Derby

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

Games are played at either Capital Ice Complex, 1504 Wichita Dr., or VFW Sports Center, 1200 N. Washington St.

For more details about games or joining, visit [www.bismanbombshellz.com](http://www.bismanbombshellz.com).

## Bismarck Bobcats

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

## Bismarck Figure Skating Club

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

Anyone wishing to participate can visit [www.bismarckfigureskatingclub.com](http://www.bismarckfigureskatingclub.com).

## Bismarck Gymnastics Academy

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](http://www.bismarckgymnastics.org) or email [office@bismarckgymnastics.org](mailto: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 Oct. The regular season is held from Oct. to March. Registration begins in July. Summer programming and youth camps may also be available.

For more information on youth hockey, go to [www.bismarckhockey.com](http://www.bismarckhockey.com).

## Bismarck Horse Club & Walt Neuens Memorial Horse Park

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

## Bismarck Larks

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

Larks are playing their games at the Bismarck Municipal Ballpark. For more information on the Larks, their schedule, stats, community programs and how to get tickets, go to [www.northwoodsleague.com/bismarck-larks](http://www.northwoodsleague.com/bismarck-larks).

## Bismarck Mandan Bird Club

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

Visit these sites for more information about field trips, field guide books, bird identifications, meetings and presentations:

[www.facebook.com/groups/BisManBirdClub](http://www.facebook.com/groups/BisManBirdClub)

[www.bismanbirding.wordpress.com](http://www.bismanbirding.wordpress.com)

[bismanbirding@gmail.com](mailto:bismanbirding@gmail.com)

## Bismarck Mandan Lacrosse

Lacrosse continues to grow in Bismarck and the region. Be part of the fastest growing sport on two feet!

Our program teaches the game's traditions and values and stresses sportsmanship, skill development and fun. No experience is necessary to try the sport once or twice. Interested players should watch for our Try Lacrosse clinics but are also welcome to practice at any time.

We are looking for boys and girls from kindergarten through high school. Boys and girls will play separately, as the game play is different. Players are grouped by age in two-year age increments, up to high school.

All participants are required to have a US Lacrosse membership and must provide their own stick and protective equipment. Girls require goggles. Boys require a helmet, shoulder pads, elbow pads, gloves and protective cup. We have some grant gear equipment available for rental to those who are interested.

Lacrosse is a spring sport, and our season typically begins in April and ends in June. Practices and scrimmages are held throughout the week, while league travel teams play games on 5-6 weekends at locations throughout the Dakotas.

Adults are needed to officiate, coach and behind the scenes to continue to grow our association. No lacrosse experience is required.

Visit [www.bismanlacrosse.org](http://www.bismanlacrosse.org) and Facebook for more information and details about our program.

## 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, visit [www.bmta.usta.com](http://www.bmta.usta.com).

## Bismarck Mixed Martial Arts

Bismarck M.M.A. teaches a comprehensive system of self-defense for ages 10+ by mixing the dominant fighting styles proven to be extremely effective in combat. Mixed martial arts styles include boxing, Muay-Thai kickboxing, Brazilian jiu-jitsu, submission fighting and self-defense! Head Coach Roger Stiner is a 21-year veteran of M.M.A. and a 3x middle-weight champion! Assistant Coach Isaiah Spitzer is a 7x international submission fighting gold medalist! Hours are 4-5pm Monday-Thursday. Learn more at [www.BismarckMMA.com](http://www.BismarckMMA.com) or on Facebook. Call 701-712-1944 or email [info@BismarckMMA.com](mailto:info@BismarckMMA.com) for more information.

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

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

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

## Bismarck Table Tennis Club

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

## Bismarck Youth Baseball

Bismarck Youth Baseball, Inc., is a nonprofit 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 information, visit [www.bismarckyouthbaseball.org](http://www.bismarckyouthbaseball.org).

## Bismarck Youth Fastpitch Softball Association

The goal of BYFSA is to enable players to learn the game of fastpitch softball in a fun and stimulating environment. Primary focus is placed on developing the skills necessary to help players age 5-18 to succeed and be the best softball players they can be. We offer Pitching Clinics (Jan.), Winter Clinics (Feb./ March) and our main Summer League program (May-July). Visit [www.bismarckfastpitch.com](http://www.bismarckfastpitch.com) for all program details and to register.

## Bismarck Youth Football League

The Bismarck Youth Football League (BYFL) is a local organization 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 begin in Aug. 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 and also to inspire youth to develop life skills of sportsmanship, character, teamwork and have fun playing football. For more information, visit [bismarckyouthfootball.website.siplay.com](http://bismarckyouthfootball.website.siplay.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 Oct. For more information on location, days and times, visit [www.bismarket.com](http://www.bismarket.com) or like us on Facebook!

## Burleigh County 4-H

Looking for something new to do this winter? There is still time to join one of the nineteen 4-H Clubs in Burleigh County! 4-H is open to youth ages 5-18, who live in either urban or rural areas. Through monthly club meetings and activities 4-H members are able to work on projects such as archery, taking care of pets, food and nutrition, drawing and painting, horticulture, woodworking, photography, and STEM projects, just to name a few. 4-H is a great way to work with other youth and adults and learn some new skills, meet new friends and just have some fun! For more information about 4-H, visit [ndsu.burleigh.extension@ndsu.edu](mailto:ndsu.burleigh.extension@ndsu.edu) or contact Burleigh County Extension at 221-6865.

## Capital Curling Club

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](http://www.capitalcurlingclub.org) and try the fastest growing sport in the US!

## Central Dakota Resilience Track & Field

This new, competitive track club is for youth ages 4 and up. The club provides an opportunity for strengthening of skills, conditioning and competition with the chance of qualifying for regional and national meets. The club provides opportunities for running and field events. Find more information about coaches, schedules and registration at [centraldaktrack.weebly.com](http://centraldaktrack.weebly.com).

## Cub Scouts & Boy Scouts

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

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

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

## Dakota Junior Golf Association

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

1. To teach the sport of golf to youth under the age of 18 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.

For more information, go to [www.djga.org](http://www.djga.org).

## Dakota United Soccer Club

Dakota United Soccer Club is a nonprofit 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, visit [www.dakotaunitedsoccer.com](http://www.dakotaunitedsoccer.com)

## Dakota West Arts Council

The mission of Dakota West Arts Council is to advance art and culture in North Dakota's Capital City through advocacy, community engagement, partnerships and collaborations. DWAC works with artists and arts organizations to provide excellent, inspiring, creative and educational programming and projects for the community. DWAC is a 503 (c)(3) nonprofit organization. Find out more at [www.artscapital.org](http://www.artscapital.org).

## Dakota Zoo

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

Summer Hours-Late April to Sept.  
10:00am-7:00pm daily  
Winter Hours-Oct. 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. The organization offers scholarships and raises funds for athletes and participants to travel to sanctioned events.

More information is available on the Dreams in Motion website at [www.dreamsinmotioninc.com](http://www.dreamsinmotioninc.com) or by emailing [dreamsinmotioninc@yahoo.com](mailto:dreamsinmotioninc@yahoo.com).

## Fastrax BMX

Interested in trying BMX? The first race is FREE. Boys, girls, men and women of any age are welcome to join anytime. Loaner helmets & bikes available to try out with no obligation. Join anytime! There are no obligations to be at every race.

### Summer Schedule

Race every Mon. & Thurs. with registration from 6-7 pm. FREE Practice every Tues. from 6-8 pm. Once school starts we move into our Fall Schedule: Race every Sun. with registration from 1-2pm and FREE Practice every Tues. from 6-8pm until weather no longer cooperates.

### Race Categories

- Striders: 5 and under.
- Class Bikes: tire size of 20" or smaller and a single speed bicycle. Racers are grouped by age and proficiency into motos. There are three proficiencies including Novice, Intermediate and Expert. All new racers are placed in a Novice group and will compete against like age and proficiency racers.
- Cruiser Class: tire size of 24" or larger and a single speed bicycle. Racers are grouped by age when possible.

### Requirements & Equipment

Each racer must wear a full face helmet, long sleeve shirt and pant to the ankle during a practice or race. Kickstands, trick-pegs, chainguards and reflectors must be removed for safety reasons.

### 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.

Fastrax BMX Track is located adjacent to the Cottonwood Softball Complex on S. 12th St. Check Fastrax BMX out on Facebook or <https://www.usabmx.com/tracks/1486>. Contact Jamy Mills at 701-400-5909 or email [bismarckfastrax@gmail.com](mailto:bismarckfastrax@gmail.com).

## Flickertail Woodcarvers

We have fun carving and whittling wood. We provide education for people to become wood carvers and wood sculptors. We have regular meetings and events which provide learning and sharing opportunities for woodcarvers. We welcome and train novice and experienced wood carvers. For more information, go to [flickertailwoodcarvers.org](http://flickertailwoodcarvers.org).

## Girl Scouts - Dakota Horizon

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

## GO! Bismarck-Mandan

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

## Great Plains Track & Field Club

Great Plains Track Club invites you to join. The Great Plains Track Club's season begins in May.

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

## Horseshoe Pitchers Association

The Bismarck-Mandan Horseshoe Pitchers Association would like to invite all individuals interested in pitching horseshoes to come out and join our sanction leagues located at the Wildwoods Horseshoe Complex in Sertoma Park near shelter 10.

For more information, visit [www.facebook.com/BisManHorseshoes](http://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.magicsoccerskills.com](http://www.magicsoccerskills.com).

## Midwest Adult Hockey League

The Midwest Adult Hockey League (MAHL) is a very competitive hockey league that plays in Bismarck and Mandan from Sept. 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 [www.facebook.com/MidwestAdultHockey](http://www.facebook.com/MidwestAdultHockey)



## Missouri River Adult Hockey League

The Missouri River Adult Hockey League (MRAHL) is an amateur hockey league operating in the Bismarck/Mandan area. With a league coordinating committee to help steer the development of the organization, the league has grown from a few players in 1997 to 10 teams currently. The league promotes fun, safe play in a no check style. Our ice time comes in two flavors—nightly pick-up games and organized league games. For more information, go to [www.mrahl.com](http://www.mrahl.com).

## Missouri Slope Model Aero Club

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

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

## Nishu Bowmen Archery Club

The Nishu Bowmen Indoor/Outdoor Archery Complex, 1409 Riverwood Dr., 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, visit [www.nishubowmen.com](http://www.nishubowmen.com) or find us on Facebook.

## North Dakota Game & Fish Department

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

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

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

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

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

The Riverwood Men's and Women's Golf Associations are nonprofit 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 8:30am 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](https://www.facebook.com/RiverwoodMensGA) or Facebook.com/[groups/134582623355123](https://www.facebook.com/groups/134582623355123).

## Special Olympics

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

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

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

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

## Superslide Amusement Park

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

For more information, call 255-1107 or visit [www.ndsuperslide.com](http://www.ndsuperslide.com).

# Register for a Bismarck Parks and Recreation District Program!

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

## Online [www.bisparks.org](http://www.bisparks.org)

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

## Walk-In or Mail-In

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

## After Hours Drop Box

400 E. Front Ave.  
Bismarck, ND 58504

## Refund Policy

- Participants will receive a full refund when the program is canceled 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.



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**BISMARCK PARKS AND**  
**RECREATION DISTRICT**  
Est. 1927

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 (2021-22)
Address		City, State, Zip		
Phone (H)	Phone (W)	Other Phone	Email 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 E. Front Ave., Bismarck, ND 58504.

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## Employment Opportunities

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

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

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

# Holiday Gift Ideas

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

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

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

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



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



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

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