



ACTIVITIES

FACILITIES

PARKS

SPECIAL EVENTS

2021 FALL ACTIVITY GUIDE



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

YOUTH & ADULT PROGRAMS REGISTRATION STARTS AUG. 3 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.....	222-6561
General Sibley Park.....	222-1844
McDowell Dam Recreation Area	223-7016
Park Maintenance Shop	222-6464
Sertoma Tennis Courts.....	222-6730
VFW Sports Center.....	222-6588 or 221-6815
World War Memorial Building.....	222-6454

Frances Leach High Prairie Arts & Science Complex

Dakota West Arts Council.....	222-6640
Gateway to Science	258-1975
Shade Tree Players.....	214-1061
Theo Art School.....	222-6452
TruNorth Theatre Co.....	354-3806

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

- Randy Bina, Executive Director

Directors

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

Administration Division

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

Facilities and Programs Division

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

Operations Division

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

Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner

General Information

Cancellations

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

Dog Ordinance

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

Gift Certificates

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 35th year, the program has provided matching funds for 530 projects with total project costs of more than \$5.1 million. Applications will be accepted from Bismarck associations, organizations, clubs or individuals interested in matching funds to sponsor a project in a Bismarck Parks and Recreation District facility or park. Matching funds are awarded twice per year. Applications are available at our office. Call 222-6455 for more information. DEADLINES: Annually, 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 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 and create a username and password and register for a variety of programs and activities.

BPRD Inclusion Statement

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

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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
Sept. 6-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
Sept. 13-Oct. 25	M	6-7pm	\$35	21975

*No class on Sept. 27

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

Intermediate

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

Dates	Day	Time	Fee	Code
Sept. 13-Oct. 25	M	7-8pm	\$35	21978

*No class on Sept. 27

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

Baseball

Baseball

This is an 5-week fall baseball recreation league. Teams play two games per week. Games are supervised and officiated.

Ages and Fee

- Between 13 and 16
- \$30/player (minimum of 12 players/team)

Dates and Times

- Aug. 30-Sept. 30
- Games played on Mondays, Tuesdays or Thursdays
- 5:30 to 6:45 pm
- Games played at Tatley-Eagles Park, 602 Airport Rd.

Registration

- **Registration deadline:** Friday, Aug. 13
- Must register as a team.
- Minimum of four teams. Maximum of six teams.
- Register at Park District office, 400 E. Front Ave.

Basketball

3rd Grade Girls & Boys Basketball

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

Girls Informational Meeting

- Wednesday, Aug. 11, at 7pm at the World War Memorial Building in community room at 215 N. 6th St.
- An information sheet is available upon registration.

Boys Informational Meeting

- Wednesday, Oct. 13, at 7pm at the World War Memorial Building in community room at 215 N. 6th St.
- An information sheet is available upon registration.

League

- Girls: Aug. 23-Oct. 9
- Boys: Nov. 1-Jan. 8
- Teams organized by school.
- Volunteer coaches needed.
- Coaches will register for practice one day per week at the World War Memorial Building, 215 N. 6th St. Coaches will notify participants of practice times.
 - Mondays-Fridays: 4pm or 5pm
- Games are Saturdays at the World War Memorial Building.

Fees

- \$50/player - if received on or before Aug. 6 (Girls); Oct. 15 (Boys)
- \$60/player - if received Aug. 7 or later (Girls); Oct. 16 (Boys)

Schools and codes listed on next page.>>

COACHES & OFFICIALS NEEDED

Bismarck Parks and Recreation District is looking for coaches and officials for the Youth Basketball Program.

www.bisparks.org/jobs or call 222-6455

School	3rd Girls Code	3rd Boys Code
Cathedral	21602	21980
Centennial	21603	22386
Grimsrud	21604	22387
Highland Acres	21605	22388
Liberty	21606	22389
Lincoln	21607	22390
Martin Luther	21608	22391
Miller	21609	22392
Moses	21610	22393
Murphy	21611	22394
Myhre	21612	22395
Northridge	21613	22396
Pioneer	21614	22397
Prairie Rose	21615	22398
Roosevelt	21616	22399
Shiloh	21617	22400
Solheim	21618	22401
St. Anne's	21619	22402
St. Mary's	21620	22403
Sunrise	21621	22404
Will-Moore	21622	22405

4th & 5th Grade Girls & Boys Basketball

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

League Dates

- Girls Grade 4: Aug. 30-Oct. 16
- Girls Grade 5: Aug. 30-Oct. 30
- Girls Grade 4 Jamboree: Oct. 15 & 16
- Girls Grade 5 Jamboree: Oct. 28 & 30
- Boys Grade 4: Nov. 8-Jan. 15
- Boys Grade 5: Nov. 8-Jan. 22

Days/Times for Most Schools

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

Participants must play at the school they attend.

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

Fees

- Girls Grade 4: \$50/player-if received on or before Aug. 13.
- Girls Grade 4: \$60/player-if received Aug. 14 or later.
- Girls Grade 5: \$60/player-if received on or before Aug. 13.
- Girls Grade 5: \$70/player-if received Aug. 14 or later.
- Boys Grade 4: \$50/player-if received on or before Oct. 22.
- Boys Grade 4: \$60/player-if received Oct. 23 or later.
- Boys Grade 5: \$60/player-if received on or before Oct. 22.
- Boys Grade 5: \$70/player-if received Oct. 23 or later.

School	4th Girls Code	5th Girls Code
Centennial	21626	21644
Grimsrud	21627	21645
Highland Acres	21628	21646
Liberty	21629	21647
Lincoln	21630	21648
Martin Luther	21631	21649
Miller	21632	21650
Moses	21633	21651
Murphy	21634	21652
Myhre	21635	21653
Northridge	21636	21654
Pioneer	21637	21655
Prairie Rose	21638	21656
Roosevelt	21639	21657
Shiloh	21640	21658
Solheim	21641	21659
Sunrise	21642	21660
Will-Moore	21643	21661

School	4th Boys Code	5th Boys Code
Centennial	22004	22022
Grimsrud	22406	22023
Highland Acres	22407	22024
Liberty	22408	22025
Lincoln	22409	22026
Martin Luther	22410	22027
Miller	22411	22028
Moses	22412	22029
Murphy	22413	22030
Myhre	22013	22031
Northridge	22414	22032
Pioneer	22015	22033
Prairie Rose	22016	22034
Roosevelt	22017	22035
Shiloh	22018	22036
Solheim	22019	22037
Sunrise	22020	22038
Will-Moore	22021	22039



Youth Basketball
Programs sponsored by

MDC
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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.

Fencing

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

Dates Days Code

Sept. 3-27*	M & F	21844
Oct. 1-29	M & F	21845
Nov. 1-29*	M & F	21846
Dec. 3-31*	M & F	21847
Jan. 3-31	M & F	22349
Feb. 4-28	M & F	22348
March 4-28	M & F	22351
April 1-29	M & F	22346
May 2-27	M & F	22352

*No class Sept. 6, Nov. 26 and Dec. 24

Ages, Fees, Times, Location and Equipment Required

- Ages 12+
- \$35/month or \$150/5 months
- Mondays 6:30-8:30pm and Fridays 5-7pm
- World War Memorial Building, 215 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.



Flag Football

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

Grades Dates Days Times

3rd & 4th	Aug. 23-Sept. 30	M, T & Th	5-6pm
5th & 6th	Aug. 23-Sept. 30	M, T & Th	6-7pm

* No session on Sept. 6

- Jamboree: Oct. 2-Sam McQuade Sr. Softball Complex

Fees and Location

- An information sheet is available upon registration.
- \$55/player-if received on or before Aug. 13
- \$65/player-if received Aug. 14 or later
- Sam McQuade Sr. Softball Complex, 1100 N. Washington St.
- * 6th graders interested in playing flag football should register with the code of their 2021-22 elementary school.

School 3rd & 4th Grade 5th & 6th Grade

Cathedral	21663	21664
Centennial	21665	21666
Grimsrud	21667	21668
Highland Acres	21669	21670
Liberty	21671	21672
Lincoln	21673	21674
Martin Luther	21675	21676
Miller	21677	21678
Moses	21679	21680
Murphy	21681	21682
Myhre	21683	21684
Northridge	21685	21686
Pioneer	21687	21688
Prairie Rose	21689	21690
Roosevelt	21691	21692
Shiloh	21693	21694
Solheim	21695	21696
St. Anne	21697	21698
St. Mary's	21699	21700
Sunrise	21701	21702
Will-Moore	21703	21704

COACHES NEEDED

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

www.bisparks.org/jobs or call 222-6455

Youth Flag Football
Program sponsored by



MID DAKOTA CLINIC
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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	Aug. 3-31	21848
T & Th	6:30-8:30pm	Sept. 2-30	21849
T & Th	6:30-8:30pm	Oct. 5-28	21850
T & Th	6:30-8:30pm	Nov. 2-30*	21851
T & Th	6:30-8:30pm	Dec. 2-16	21852
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	22362

*No class on Nov. 25

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	Oct. 7-Dec. 9*	Th	5:30-6pm
Kid's Yoga	Oct. 5-Dec. 7	T	5:45-6:15pm

*No class Nov. 25

Fees and Location

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



Open Gym

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

Court reservations will be taken for adult teams interested in practicing. Call 222-6454 to reserve your court for one hour the Friday (8:30am-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.

Nov. 6-7, 2021 - March 5-6, 2022

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 for an updated schedule.



Preschool Skate Date

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

Dates	Day	Time
Nov. 8-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	22120
Intermediate/Advanced	Th	7-7:45pm	22121

Dates, Fees and Location

- Oct. 7-Nov. 4
- For ages 7-14
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness 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.



NOW HIRING

LIFEGUARDS & SWIMMING INSTRUCTORS

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

Fall Registration Session 1

Opens online or in person at the Park District office and the BSC Aquatic & Wellness Center on **Tuesday, Aug. 24, at 10am.**

Fall Session 1 - Sept. 6-Oct. 6 (M & W)

Fall Session 1 - Sept. 7-Oct. 7 (T & Th)

Time	Class	M & W	T & Th
4:20 – 4:50	Preschool A	-	22204
4:20 – 4:50	Preschool B	-	22223
4:20 – 4:50	Preschool C	22238	-
4:20 – 4:50	Level 1	22138	-
4:20 – 4:50	Level 3	22176	-
4:20 – 4:50	Level 4/5	-	22370
5:00-5:30	Preschool A	22205	-
5:00-5:30	Preschool B	22225	22381
5:00-5:30	Preschool C	-	22239
5:00-5:30	Level 3	-	22367
5:00-5:30	Level 4/5	22371	-
5:40-6:10	Preschool A	22206	22207
5:40-6:10	Preschool B	22226	-
5:40-6:10	Level 1	-	22378
5:40-6:10	Level 2	22159	22160
6:20-6:50	Preschool A	22208	22209
6:20-6:50	Preschool B	22227	22382
6:20-6:50	Preschool C	22241	22242
6:20-6:50	Level 1	22140	-
6:20-6:50	Level 2	-	22161
7:00-7:30	Preschool A	22211	-
7:00-7:30	Preschool B	-	22229
7:00-7:30	Level 1	22142	22143
7:00-7:30	Level 2	22162	22163
7:00-7:30	Level 3	22178	22179
7:40-8:10	Level 1	22144	22145
7:40-8:10	Level 2	22164	22165
7:40-8:10	Level 3	22180	22181
7:40-8:10	Level 4/5	22372	22373

Fall Registration Session 2

Opens online or in person at the Park District office and the BSC Aquatic & Wellness Center on **Tuesday, Oct. 12, at 10am.**

Fall Session 2 - Oct. 18-Nov. 17 (M & W)

Fall Session 2 - Oct. 19-Nov. 18 (T & Th)

Time	Class	M & W	T & Th
4:20 – 4:50	Preschool A	-	22195
4:20 – 4:50	Preschool B	-	22216
4:20 – 4:50	Preschool C	22233	-
4:20 – 4:50	Level 1	22129	-
4:20 – 4:50	Level 3	22169	-
4:20 – 4:50	Level 4/5	-	22374
5:00-5:30	Preschool A	22196	-
5:00-5:30	Preschool B	22218	22383
5:00-5:30	Preschool C	-	22234
5:00-5:30	Level 3	-	22170
5:00-5:30	Level 4/5	22377	-
5:40-6:10	Preschool A	22197	22198
5:40-6:10	Preschool B	22219	-
5:40-6:10	Level 1	-	22131
5:40-6:10	Level 2	22151	22152
6:20-6:50	Preschool A	22199	22200
6:20-6:50	Preschool B	22220	22221
6:20-6:50	Preschool C	22236	22237
6:20-6:50	Level 1	22132	-
6:20-6:50	Level 2	-	22153
7:00-7:30	Preschool A	22202	-
7:00-7:30	Preschool B	-	22222
7:00-7:30	Level 1	22134	22135
7:00-7:30	Level 2	22154	22155
7:00-7:30	Level 3	22172	22173
7:40-8:10	Level 1	22136	22137
7:40-8:10	Level 2	22156	22157
7:40-8:10	Level 3	22174	22175
7:40-8:10	Level 4/5	22376	22375



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

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

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

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

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

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

Helpful Tips and Reminders

- Come take a peek. It's very helpful if you and 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.
- 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

- **Starts Sept. 1** Monday-Thursday: 8-10am
- Free for members, \$4 per child per class for non-members.
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave.

Toddler Splash Days Guidelines

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

Toddler Splash Training

This is an **instructor led** class that is designed to teach parents how to work with their children in the water to prepare them for swimming lessons or simply be comfortable and safe in the water. The instructor will follow the parent/child skills as determined by The American Red Cross while teaching the course.

Dates, Fees and Location

- Tuesday and Thursday: 5:50-6:20pm
- **Starts: TBD**
- Ages 6 months to 3 years
- \$5 per child per class for members and non-members
- **There must be one parent/adult** in the water for every child, but both mom and dad are welcome to be in the water.
- Must give receipt of payment to the instructor before class starts
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave.

Private Swim Lessons

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

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

The private swim lesson schedule is set on a month-to-month basis. The available times and dates for the following month are posted on the 15th of each month. If you have any questions, please feel free to 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.



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.

Session I: Sept. 13-Oct. 17

Session II: Nov. 1-Dec. 12

Registration

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

Tiny Tots

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

Ages, Fee and Location

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

Session	Day	Times	Code
I – Sept. 13-Oct. 13	M & W	5:30-6pm	22276
I – Sept. 13-Oct. 13	M & W	6-6:30pm	22277
I – Sept. 13-Oct. 13	M & W	6:30-7pm	22336
I – Sept. 14-Oct. 14	T & Th	5:30-6pm	22278
I – Sept. 14-Oct. 14	T & Th	6-6:30pm	22279
I – Sept. 14-Oct. 14	T & Th	6:30-7pm	22337
II – Nov. 1-Dec. 8	M & W	5:30-6pm	22294
II – Nov. 1-Dec. 8	M & W	6-6:30pm	22295
II – Nov. 1-Dec. 8	M & W	6:30-7pm	22342
II – Nov. 2-Dec. 9	T & Th	5:30-6pm	22296
II – Nov. 2-Dec. 9	T & Th	6-6:30pm	22297
II – Nov. 2-Dec. 9	T & Th	6:30-7pm	22343

* Thanksgiving week off

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 – Sept. 13-Oct. 17

II – Nov. 1-Dec. 12 (Thanksgiving week off)

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, 2 days a week only
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Sept. 13-Oct. 13	M & W	5-6pm	22338
I – Sept. 13-Oct. 13	M & W	6-7pm	22273
I – Sept. 14-Oct. 14	T & Th	5-6pm	22274
I – Sept. 14-Oct. 14	T & Th	6-7pm	22275
II – Nov. 1-Dec. 8	M & W	5:30-6:30pm	22290
II – Nov. 1-Dec. 8	M & W	6:30-7:30pm	22291
II – Nov. 2-Dec. 9	T & Th	5:30-6:30pm	22292
II – Nov. 2-Dec. 9	T & Th	6:30-7:30pm	22293

* Thanksgiving week off

8 & Under Tennis

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

Ages, Fee and Location

- Ages 7-8
- \$70, 2 days a week only
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Sept. 13-Oct. 13	M & W	5-6pm	22339
I – Sept. 13-Oct. 13	M & W	6-7pm	22269
I – Sept. 14-Oct. 14	T & Th	5-6pm	22270
I – Sept. 14-Oct. 14	T & Th	6-7pm	22271
II – Nov. 1-Dec. 8	M & W	5:30-6:30pm	22284
II – Nov. 1-Dec. 8	M & W	6:30-7:30pm	22285
II – Nov. 2-Dec. 9	T & Th	5:30-6:30pm	22286
II – Nov. 2-Dec. 9	T & Th	6:30-7:30pm	22287

* Thanksgiving week off

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 – Sept. 18-Oct. 16	Sat	11am-12pm	22340
II – Nov. 6-Dec. 11	Sat	11am-12pm	22289

* Thanksgiving week off

Youth Tennis Programs
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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, 2 days a week only
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Sept. 13-Oct. 13	M & W	5-6pm	22341
I – Sept. 13-Oct. 13	M & W	6-7pm	22266
I – Sept. 14-Oct. 14	T & Th	5-6pm	22267
I – Sept. 14-Oct. 14	T & Th	6-7pm	22268
II – Nov. 1-Dec. 8	M & W	5:30-6:30pm	22280
II – Nov. 1-Dec. 8	M & W	6:30-7:30pm	22281
II – Nov. 2-Dec. 9	T & Th	5:30-6:30pm	22282
II – Nov. 2-Dec. 9	T & Th	6:30-7:30pm	22283

* Thanksgiving week off

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, 1 day a week only
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Sept. 18-Oct. 16	Sat	9:30-11am	22272
II – Nov. 6-Dec. 11	Sat	9:30-11am	22288

* Thanksgiving week off

High School Beginner

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

Ages, Fee and Location

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

Session	Day	Times	Code
I – Sept. 14-Oct. 14	T & Th	7-8:30pm	22252
II – Nov. 2-Dec. 9	T & Th	7:30-9pm	22261

* Thanksgiving week off



High School Prep

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

Fee and Location

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

Session	Day	Times	Code
I – Sept. 14-Oct. 14	T & Th	4-5:30pm	22250
II – Nov. 2-Dec. 9	T & Th	4-5:30pm	22257
II – Nov. 5-Dec. 10	F	4-5:30pm	22255
II – Nov. 6-Dec. 11	Sat	2-3:30pm	22256

* Thanksgiving week off

High School Team

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

Fee and Location

- Ages 12+ and instructor permission
- \$120, 2 days a week; \$60, one day a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Sept. 13-Oct. 13	M & W	4-5:30pm	22251
II – Nov. 1-Dec. 8	M & W	4-5:30pm	22258
II – Nov. 6-Dec. 11	Sat	12:30-2pm	22260

* Thanksgiving week off

Elite Program

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

Fee and Location

- Ages 12+ and Instructor permission
- \$120, 2 days a week only
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Sept. 14-Oct. 14	T & Th	7-8:30pm	22249
II – Nov. 2-Dec. 9	T & Th	7:30-9pm	22254
II – Nov. 6-Dec. 11	Sat	11am-12:30pm	22253

* Thanksgiving week off

Blacklight Tennis - Friday, Oct. 29

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.

- Ages 5-11: 5:30-6:45pm - Registration Code: 22045
- Ages 5-11: 6:45-8pm - Registration Code: 22344
- Ages 12-18 8-9:15pm - Registration Code: 22044
- Adults 18+: 8-9:15pm - Registration Code: 22043
- \$10/person

Creepy Classic Tennis Tournament

Thursday, Oct. 21 (Beginners)

Saturday, Oct. 23 (Competitive)

- Beginner - Registration Code: 22057
- Competitive Draw Junior Players - Registration Code: 22058

Location

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

For More Information

- Rod Morasch at 221-6855

Junior Team Challenges

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

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

- \$7/player, \$3.50/2nd child

Dates	Day	Time	Code
Sept. 24	F	4-5:30pm	22087
Nov. 12	F	4-5:30pm	22085

Outdoor Court Reservation

Outdoor tennis courts are reserved for high school teams, programs and special events April-Oct. An online calendar is available at www.bisparks.org. To reserve court time for a group, please contact Katrina Hanenberg at 701-221-6855 or khanenberg@bisparks.org. Individual reservations are not available.



Special Tennis Events

Falling in Love with Tennis Gameday: Thursday, Sept. 9

Great Gobbler Tennis Gameday: Tuesday, Nov. 23

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

Dates	Day	Time	Code
Sept. 9	Th	5:30-6:15pm	22075
Nov. 23	T	5:30-6:15pm	22081

Ages 5-10 Gameday

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

- \$7/child
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Sept. 9	Th	6:15-7:30pm	22074
Nov. 23	T	6:15-7:30pm	22080

Track, Cross Country

Ages and Fee

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

Dates and Locations

- Thursday, Sept. 9 at 3:45pm
Cottonwood Park, Soccer Field
- Thursday, Sept. 16 at 3:45pm
Sertoma Park, Shelter #7
- Monday, Sept. 20 at 3:45pm
Scheels Complex
- Tuesday, Sept. 28 at 3:45pm
Tom O'Leary Golf Course



Weekday Morning Play Dates

Dates & Ages

- Oct. 4–April 22, 2022
- 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 and at facility sites.

Wibit Water Toys

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

Times, Location and Fees

- Starts Sept. 18
- 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: daily admission rate.
- Non-Members Entrance Fees: Kids (6-12yrs) \$4.25, Students (13-18yrs) \$5.25 and Adults \$7 .



Adaptive Recreation

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

Basketball

Bismarck Parks and Recreation District's adult basketball program is open to all men's and women's teams. Participants must be at least 18 years old and out of high school.

League Schedule

- Women's and Sunday Men's: Starts Nov. 14
- Men's (Tuesday, Wednesday, Thursday): Starts Nov. 16, 17, 18
- The schedules will available online by 5pm on Nov. 11

Days

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

Locations

- Sunday: Bismarck High School
- Tuesday: World War Memorial Building
- Wednesday: Century High School, Bismarck High School and Shiloh Christian School (if needed)
- Thursday: World War Memorial Building

Sponsor Fee

- \$170 if received between Sept. 16 and Sept. 30
- \$190 if received Oct. 1 or later

Player Fee

- Fees TBA

Deadline

Registration deadline for all fees and a completed roster is Oct. 15 at 5pm.

Teams who do not have their fees and rosters in on time will not be included in a league schedule. The team manager or representative is responsible to collect all player fees and submit them by the deadline of Oct. 15. Please do not send players to our office to pay individually. Make checks payable to Bismarck Parks and Recreation District.

The 2020-21 teams who pay the Sponsor Fee by Oct. 5 will be given priority for their choice of which night they want to play. 2020-21 teams who pay the Sponsor Fee Oct. 6 or later will need to provide two options for which nights they would like to play. New teams will need to provide three options for which nights they would like to play.

**Adult basketball officials,
site supervisors & scorekeepers
needed!**

Call Joe Ware at 471-8684 for more information.

State Amateur Basketball Tournament

The State Amateur Basketball Tournament is March 25-27, 2022, in Bismarck. Please contact Brandon Wilkens at 222-6531 for more information.

Fencing

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

Fitness

AARP FitLot Outdoor Fitness Park

This new outdoor fitness space is located at Jaycee Centennial Park, 321 E. Century Ave., and is open and available for all ages and abilities.

No-Cost FitLot Method Circuit Training Series

These no-cost 45-minute outdoor circuit training classes held multiple times each week for a multi-week series provide a full-body and fun workout that all ages and abilities can benefit from.

- Aug. 2-Sept. 17
- Mondays, Wednesdays and Fridays at 5:45-6:30am
- *No class Aug. 20-27, Sept. 6
- Register at www.bisparks.org/fitlot

No-Cost FitLot Method Drop-In Classes

In these 45-minute drop-in classes, you will experience a full FitLot Method circuit training workout without having to sign up for the multi-week commitment of a FitLot Method Circuit Training Series.

- Aug. 2-Sept. 29
- Mondays at 8:30-9:15am
- Wednesdays at 11:30-12:15pm
- Register at www.bisparks.org/fitlot



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
Oct. 7-28	Th	9-9:45am	22079

Fees and Location

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

Stroke, Spin and Stride Self-Paced Triathlon

Date	Fee	Code
Sept. 13-Oct. 22	\$30	22123

Event Description

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

Golf

Toptracer Range - NEW

This NEW ball-tracking system delivers the same technology that traces the shots of the best golf players on TV. The Toptracer Range provides instant shot replays and statistical feedback on interactive screens, enabling you to make swing adjustments and immediately see the impact on your golf shot. Games and modes are suited for all ages and skill levels.

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
- Call 223-3600 to make a reservation.
 - Center Hours: Monday-Sunday: 9am-9pm
 - The indoor driving range closes 30 minutes prior to any scheduled event or facility rental.



Karate, Traditional Japanese

Karate lessons are available for youth and adults. Please see page 7 for more information.

Open Gym

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

Pickleball

Drop-In Play

Pickleball is a fun paddle sport that combines many elements of tennis, badminton and ping-pong. It can be played both indoors or outdoors. Pickleball is played with a paddle and a plastic balls with holes and can be played as doubles or singles. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Summer Hours

Beginner Players

- N. Central Tennis/Pickleball Complex, 830 Central Ave.
– Monday, Wednesday and Friday: 8am-12pm
- Elk Ridge Pickleball Complex, 3620 Cogburn Rd.
– Tuesday and Thursday: 8am-12pm

Beginner/Intermediate Players

- Capital Racquet & Fitness Center, 3200 N. 10th St.
– Saturday 11:30am-1:30pm, ends Aug. 28
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: Free. Non-Members: \$4

Intermediate/Advanced Players

- Elk Ridge Pickleball Complex, 3620 Cogburn Rd.
– Monday, Wednesday and Friday: 8am-12pm
- N. Central Tennis/Pickleball Complex, 830 Central Ave. , 2547 E. Calgary Ave.
– Tuesday and Thursday: 8am-12pm

Pickleball Fall/Winter Hours

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

- **Beginner/Advanced Players**
– Mondays and Wednesdays 10am-12pm
– Fridays 10:30am-12:30pm
- **Beginner/Intermediate Players**
– Saturday 5-7pm
- **Intermediate/Advanced Players**
– Monday and Friday 12:30-3:30pm
– Wednesday 11am-2pm

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
Sept. 15-Oct. 13	W	12-1pm	22095
Sept. 15-Oct. 13	W	3-4pm	22096
Nov. 3-Dec. 8	W	12-1pm	22379
Nov. 3-Dec. 8	W	3-4pm	22380

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
Sept. 14-Oct. 14	T	10:30am-12pm	22097
Nov. 2-Dec. 9	T	10:30am-12pm	22098

Fee and location

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

"A Big Dill" Pickleball Social - Tuesday, Oct. 19

Come play and meet new players. Learn about drop-in play and sign up for upcoming lesson opportunities. This is a FREE event. It's going to be a big "dill"!

- 5-7pm
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Pre-register to win door prizes. Registration Code: 21944

Blacklight Pickleball - Friday, Nov. 19

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

Times, Fees and Location

- Capital Racquet & Fitness Center, 3200 N. 10th St.
- 6-8pm - Registration Code: 22040
- \$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, Fee and Location

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

Session 1 - Sept. 13-Oct. 24

League	Day	Times	Code
B/C	M	Noon	22111
Men's B/C	-	Arrange own matches -	

Session 2 - Nov. 1-Dec. 19

*Thanksgiving week off

League	Day	Times	Code
B/C	M	Noon	22112
Men's B/C	-	Arrange own matches -	



Lessons

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

Ages, Fee and Location

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

Dates	Day	Times	Code
Oct. 4-Nov. 8	M	7-8pm	22118

Challenge Courts

Ages, Fee and Location

- 18 and older; Open/A Level players
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness 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
Oct. 7-March 24	Thu	7-9pm

Softball

Coed Fall Softball

Summer may be nearly over, but softball is not. Bismarck Parks and Recreation District runs a fall coed softball program. Rosters and fees are due by Aug. 13.

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

Date	Day	Times
Aug. 23-Oct. 4	M or W	6:30pm Early Games
Aug. 23-Oct. 4	M or W	8:45pm Late Games

Fees and Location

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

League Tournament

- Saturday, Sept. 18

Rainout/Inclement Weather Policy

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

Tennis

Tennis Leagues

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

Fee and Location

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

Session 1 - Sept. 13-Oct. 24

See league descriptions for times.

League	Day	Code
Mixed Doubles	M	22302
Advanced Doubles	W	22303
Advanced Singles	- Arrange own matches -	22301

Session 2 - Nov. 1 - Dec. 19

(Thanksgiving week off)

See league descriptions for times.

Level	Day	Code
Mixed Doubles	M	22305
Advanced Doubles	W	22306
Advanced Singles	- Arrange own matches -	22304

League Descriptions

Mondays Mixed Doubles

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

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

Wednesday Advanced Doubles

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

- Session 1: 7-8:30pm and 8:30-10pm; 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
Sept. 14-Oct. 12	T	5:30-7pm	21954
Nov. 2-Dec. 9	T	5:30-7pm	21960

* Thanksgiving week off

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
Sept. 13-Oct. 11	M	10:30am-Noon	21950
Sept. 15-Oct. 13	W	5:30-7pm	21956
Sept. 16-Oct. 14	Th	10:30am-Noon	21951
Sept. 18-Oct. 16	Sat	9:30-11am	21955
Nov. 1-Dec. 6	M	10:30am-Noon	21963
Nov. 3-Dec. 8	W	5:30-7pm	21962
Nov. 4-Dec. 9	Th	10:30am-Noon	21965
Nov. 6-Dec. 11	Sat	9:30-11am	21964

* Thanksgiving week off

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
Sept. 13-Oct. 11	M	5:30-7pm	21952
Sept. 16-Oct. 14	Th	12-1:30pm	21953
Nov. 1-Dec. 6	M	5:30-7pm	21957
Nov. 4-Dec. 9	Th	12-1:30pm	21958

* Thanksgiving week off

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.

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
Sept. 14-May 24	T	12:05-12:50pm

Fees and Location

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

Outdoor Court Reservation

Outdoor tennis courts are reserved for high school teams, programs and special events April-Oct. An online calendar is available at www.bisparks.org. To reserve court time for a group, please contact Katrina Hanenberg at 701-221-6855 or khanenberg@bisparks.org. Individual reservations are not available.



Volleyball

Adult Fall & Winter Leagues

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

Fall Volleyball

- Registration: Aug. 10 and 11, 7:30-5pm
- Program Dates: Sept. 12-Dec. 1

Winter Volleyball

- Registration: Dec. 7.
- Program Dates: Jan. 10-March 24

Days and Times

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

Player Fee

- \$40/player/per season
- Rosters and fees are due during fall volleyball registration days of Aug. 10 and 11.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.
- Only fall players fees are accepted in Aug.
- Winter fees will be due in Dec.

Sponsor Fee

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

League Schedules

- Online at bisparks.org by Sept. 6.

Wallyball

League Fees, Dates and Location

- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Member: Free; Non-member - \$25
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Nov. 15-Jan. 8

League	Day	Time	Code
Coed	T & Th	7pm	21967
Men's	M & Th	7pm	21968
Women's	M & W	7pm	21969

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.

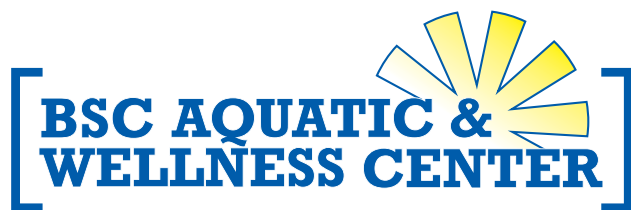
All written complaints received by the ADA Coordinator or his/her designee, appeals to the Executive Director or his/her designee and responses from these two offices will be retained by the Park District for at least three years. The right of a person to a prompt an equitable resolution of the grievance 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 under Park Board/Ordinances and Policies.



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: Sept. 1-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.

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: Sept. 1-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 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 for a complete schedule and location information. Examples of classes:

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

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, www.silverandfit.com, www.tivityhealth.com or 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 Court Reservation Policy

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

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

**Wibits are back Sept. 18.
Most Saturdays and Sundays.**
Check www.bisparks.org for schedule.



Personal Training

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

Fees

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

Small Group Personal Training

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

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

Small Group

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

Semi Private

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



Birthday Parties

BSC Aquatic & Wellness Center

1601 Canary 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

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

Capital Racquet & Fitness Center

3200 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 groups or preschools/daycares rentals. Contact Katrina for more information at 221-6855.

Camping

General Sibley Park

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

Campsite reservations can be made at www.bisparks.org or by phone 701-222-1844 through Sunday, Oct. 10. Please review the General Sibley Park reservation policies online before reserving a campsite.

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 (for small boats less than 15' and for canoes and kayaks)
- Horseshoes
- Interpretive trail
- Little Free Library
- Picnic shelters
- Playgrounds
- Poetry Boxes
- Restrooms and showers
- Sand volleyball court
- Water and dump stations

Fees and Rules

- Tent camping: \$12/day
- Camper sites with electricity: \$25/day
- Firewood: \$5/bundle
- Ice: \$3/bag
- Gathering of firewood 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.

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 historic Double Ditch Indian Village site.

Campsites are undesigned and are rented by camping unit at \$10/night. The campground is available through Sunday, Oct. 10. For reservations, please call 222-6455. Registered campers only and quiet hours within the park are from 10pm–8am.

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

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



Golf Courses

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 1-Sept. 2: 7:00am-sunset
- Sept. 3-30: 8:30am-sunset
- Oct. 1-31: 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

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

Green Fees	Pebble Creek	Riverwood	Tom O'Leary
Daily 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.

Green Fee Packages

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

Green Fee Packages Senior (65+)

- **Pebble Creek:** 12 rounds of golf: 18 holes \$230, 9 holes \$170
- **Riverwood:** 12 rounds of golf: 18 holes \$270, 9 holes \$200
- **Tom O'Leary:** 12 rounds of golf: 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 delivers the same technology that traces the shots of the best golf players on TV. The Toptracer Range provides instant shot replays and statistical feedback on interactive screens, enabling you to make swing adjustments and immediately see the impact on your golf shot. Games and modes are suited for all ages and skill levels.

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
- Call 223-3600 to make a reservation.
- Center Hours:
Monday-Sunday: 9am-9pm
- The indoor driving range closes 30 minutes prior to any scheduled event or facility rental.

Games and Modes

- **My Practice:** Store shot data over time to learn more about the characteristics of each club in your bag.
- **Virtual Golf:** Play the world's most iconic courses right from your bay.
- **Long Dr.:** Tee it high and let it fly in this game mode that's all about distance.
- **Capture the Flag:** Aim at physical targets on the range in order to collect flags in this 15-shot game.
- **Closest to the Pin:** Take aim at the flagstick in this classic golf contest gone virtual.
- **Points Game:** The object is simple: Score points based on accuracy and distance.

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

Ice Facility Rentals

- Ice rentals: \$85/hour (limited availability)
- Dry floor: \$40/hour; \$600/day (hockey rink)
- Curling Rink (VFW Sports Center): \$500/day
- Building: \$1,200/day (commercial non-ice event)
- Parking available
- Reservations: call Mike at 221-6814

Indoor Ice Skating

Public Indoor Ice Skating

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

Capital Ice Complex/Schaumburg Arena and Wachter Arena

1504 Wichita Dr. • 712-8918

- **Schaumburg Arena:** Nov. 14-March 20
Sundays: 6-8pm
- **Wachter Arena:** Nov. 13-March 5
Sundays: 3-5pm
*No skating on Dec. 4, 18, 25, Jan. 29 and Feb. 12
- Skating Fee: \$2/Individual; \$5/family. Skate Rental: \$3

VFW Sports Center

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

- **Rink 1:** Aug. 31-March 24
Tuesdays, Wednesdays and Thursdays: 12-1:15pm
- **Rink 2:** Sept. 12-March 28
Sundays: 3-5pm
- \$2/Individual; \$5/family. No skate rentals.

Drop-In Hockey

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

- Nov. 10-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 w/face mask, hockey gloves & skates required.
- For complete rules visit 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.

- Nov. 9-March 10
- Tuesdays, Wednesdays and Thursdays: 12-1pm
*No Puck & Stick on March 16-17
- Cost: Free
- Open to all ages. Helmet w/face mask & 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

Jaycee Centennial Park

- Manitoba and Century Avenue, 222-6632
- One hockey rink and one pleasure rink

Lions Park

- 17th Street and Avenue F, 222-6635
- One hockey rink and one pleasure rink

Municipal Ball Park

- Washington Street and Sweet Avenue, 222-6636
- One hockey rink and one pleasure rink

New Generations Park

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

North Central Park

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

Tatley-Eagles Park

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

VFW Post #1326 Family Recreational Park

- Solheim School, 325 Munich Dr., 221-3499
- 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

- Monday–Sunday, 9am–9pm

Indoor Driving Range

- 21 stations
- 10 Toptracer Range bays, see page 24 for details

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.

- Feel free to bring your own equipment or use some selected equipment on site. Please wear sport/tennis shoes. No cleats.
- All ages and all abilities are welcome at T3. This is not a drop-off activity. Children 8 years old and under must be accompanied by someone 16 years old or older.
- \$3 per person, maximum of \$9 per family for each session.
- T3 sessions vary, depending on facility use. Please check the Fore Seasons Center schedule at www.bisparks.org.

Indoor Walking

- Weekdays from 9-10am, free of charge, for walking
- 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
- 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.



Gateway to Science

- www.gatewaytoscience.org
- 258-1975
- N. Dakota's only hands-on science center.
- Mon.-Thurs.: 1-6pm; Fri.: 1-5pm;
Sat.: 10am-5pm



Shade Tree Players

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



THEO Art School

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



World War Memorial Building

215 N. 6th St. • 222-6454

Facility Features

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

Hours: Now-Aug. 29

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

Hours: Aug. 30-March 31

- Monday-Thursday: 10am-9pm
- Friday: 10am-6pm
- Saturday: 9am-5pm
- Sunday: Noon-9pm
- * Sept. 6 Closed

Birthday Party Special

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

Party Perks:

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

Racquetball

- One racquetball court
- Call 222-6454 for reservations (one reservation per day)
- \$8/hour/court
- Noontime Racquetball Special: Anyone interested in playing racquetball from 11am-2pm Monday-Friday may reserve a court for \$5. Reservations 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 starting on Sept. 3.
- 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 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. For more information on renting a garden plot at this location, call 222-6455 or email bisparks@bisparks.org. More information is also available at www.bisparks.org.

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.

Disc Golf Courses

The Bismarck Parks and Recreation District maintains an 18-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 discgolfnd.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.

- Hours: 5am-11pm
- Big Paws Field is for dogs over 30 pounds.
- Wiggly Field is for dogs less than 30 pounds.
- Fetch Field is for all dogs and owners interested in a training and obedience area.
- Furry Field 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, please visit 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 System Information

The Bismarck Parks and Recreation District owns, manages and maintains approximately 3,464 acres of public park land. These park facilities and sites appear on the inside foldout. Our parks are open year-round; however, some facilities are operated on a seasonal basis.

Park Hours

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

Park Rules

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

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

Bismarck Forestry Division

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

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

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

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

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

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

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. Reservations must be paid at the time of reservation. Outdoor shelters and indoor community rooms may be reserved for 2021 and 2022. Reservations for 2023 start Oct. 1, 2021.

Outdoor Shelter Reservations

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

	Full Day 8am–11pm	Half Day 8am–3pm or 4–11pm
Outdoor Park Shelters	\$50	\$35
General Sibley Park Amphitheater , 5001 S. Washington St. \$40		\$30
– For-profit rentals	\$80	\$60
Custer Park Stage , 320 E. Custer Park St.....	\$35	\$25
– For-profit rentals	\$70	\$50
Sleepy Hollow Shelter , 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
Hillside Aquatic Complex , 1719 E. Boulevard Ave.....	\$225	\$175
– For-profit rentals	\$450	\$350
Lions Park Community Center , 1601 E. Boulevard Ave	\$60	n/a
– For-profit rentals	\$120	n/a
Farwest Rotary Community Center , 1021 Mustang Dr.....	\$130	\$80
Jaycee Leadership Hall , 321 E. Century Ave.	\$130	\$80
Sertoma Club Community Center , 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 Rate=\$1,000; Tables/Chairs Rental=\$100; Full Day Rate=\$400; for-profit=\$600

Please find more information on reservations of these spaces at 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 shelters from Bismarck Parks and Recreation District only. Deposit will be returned if equipment is returned cleaned within three days. Please call 701-222-6454 for additional details.

Alcoholic Beverage Permits

Anyone wishing to have alcoholic beverages in parks and recreation areas must obtain a beverage permit at the Bismarck Parks and Recreation District Office, 400 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.

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 complete trail system is online at www.bisparks.org.

Educational Trails

Rotary Club Arboretum Trail

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

Bill Mills Nature Trail

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

Chief 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.

Atkinson Nature Park

This natural wooded area is located just S. 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 5,000 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, and plantings from Dakota Audubon.

General Sibley Park and Campground Interpretive Trail

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

Aquastorm, Swimming/Diving Club

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) and 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, please contact Thomas Wheeling at programdirector@aquastormswimming.com or go to www.aquastormswimming.com.

BisMan Bombshellz Roller Derby

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

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.

Bismarck Bobcats

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

Bismarck Figure Skating Club

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

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

Bismarck Gymnastics Academy

Bismarck Gymnastics Academy (BGA), in cooperation with Bismarck Parks and Recreation District, offers quality gymnastics programming for ages 18 months through 18 years. Gymnasts work on developing strength, agility, speed, flexibility, balance, coordination and self-confidence, skills used in gymnastics, other sports and in life!

Classes are open registration for all individuals, including home school, day care and pre-school students. BGA also offers "Open Gym" for the public to enjoy supervised, unscripted time in the gym. BGA has two show teams with tryouts held each spring. These teams perform at various sporting, community and business events. BGA's competitive team is for athletes who would like to compete at the USA Gymnastics Level.

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

Bismarck Hockey Boosters

The Bismarck Hockey Boosters Association provides quality youth ice hockey programming. Newcomers to ice hockey are invited to participate in the Intro to Hockey program, which takes place in 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.

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.

Bismarck Larks

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

player is like during their grueling season. The Larks are playing their games at the Bismarck Municipal Ballpark. For more information on the Larks, their schedule, stats, community programs and how to get tickets, go to www.northwoodsleague.com/bismarck-larks.

Bismarck Mandan 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
www.bismanbirding.wordpress.com
email 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 and Facebook for more information and details about our program. If you have any questions or interest, please contact us!

Bismarck-Mandan Tennis Association

The purpose of BMTA is to promote tennis and to work with all individuals, organizations and businesses interested in promoting tennis within the Bismarck-Mandan area. For more information on leagues and programs, www.bmta.usta.com.

Bismarck Men's & Women's Slowpitch Softball Association

For more information, visit www.bismarcksoftball.com

For more information, visit www.bismarckwomenssoftball.com

Bismarck Table Tennis Club

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

Bismarck Youth Baseball

Bismarck Youth Baseball, Inc., is a 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 the most up-to-date registration information, visit www.bismarckyouthbaseball.org.

Bismarck Youth Fastpitch Softball Association

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

Bismarck Youth Football League

The Bismarck Youth Football League (BYFL) is a local organization operated for the benefit of children entering the 3rd, 4th, 5th and 6th grade in the fall of the year who wish to participate in the game of tackle football. The BYFL consists of two football age divisions 3rd-4th grade and 5th-6th grade-with practices beginning in 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. The emphasis of the program will also be to inspire youth to develop life skills of sportsmanship, character, teamwork and have fun playing football. For more information please visit bismarckyouthfootball.website.splay.com

BisMarket

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

Burleigh County 4-H

Now is the best time to join 4-H! Burleigh County 4-H offers great opportunities for youth while making new friends, having fun and learning new skills. In 4-H, you will engage in club meetings, create projects and have the opportunity to give back to the community. The 4-H year runs Sept. 1 through Aug. 31 and is open to youth ages 5-18. Clubs meet once or twice a month for a business meeting, project work, demonstrations and social time. Enroll your youth into 4-H today and watch them grow into leaders for tomorrow! For more information about 4-H, visit www.ag.ndsu.edu/burleighcountyextension 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 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.

Cub Scouts & Boy Scouts

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

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

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

Dakota Junior Golf Association

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

1. To teach the sport of golf to youth under the age of 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.
6. To enrich the lives of youth using golf as a vehicle.

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

Dakota United Soccer Club

Dakota United Soccer Club is a 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, please visit 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.

Dakota Zoo

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

Summer Hours-Late April to 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 or by emailing 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 Sunday 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.

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.

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, email 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 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. Also find us under Partners at www.bisparks.org.

Horseshoe Pitchers Association

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

For more information, visit www.facebook.com/BisManHorseshoes.

Magic Soccer F.C

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

Missouri River Adult Hockey League

The Missouri River Adult Hockey League (MRAHL) is an amateur hockey league operating in the Bismarck/Mandan area. 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.

Missouri Slope Model Aero Club

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

For information on any club events or matters, please contact, Doug Arndt at 391-0840. Visit www.msmacrc.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, contact Curt Pearson at 390-3756 or visit www.nishubowmen.com or find us on Facebook.

North Dakota Game & Fish Department

For more information, visit www.gf.nd.gov

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

Fishing: Open fishing-7 days a week during daylight hours for do-it-yourself fishing. Catch and release only, with no bait restrictions. Bluegill, trout, bass and catfish are stocked annually. A North Dakota fishing license is required for anglers age 16 and older and are available in the main building Monday-Friday. Handicap accessible, no bicycles or pets are permitted. Portable restroom June-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.N.ernplainsdance.org
701-530-0986

Riverwood Men's & Women's Golf Associations

The Riverwood Men's and Women's Golf Association 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 or 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.

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.

Register for a Bismarck Parks and Recreation District Program!

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

Online www.bisparks.org

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

Walk-In or Mail-In

400 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.



NATIONAL GOLD MEDAL WINNER
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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2021-22 Winter Activity Guide is mailed in December, which includes:

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

Employment Opportunities

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

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

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





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