



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

2022-23 **WINTER** ACTIVITY GUIDE



ACTIVITIES

FACILITIES

PARKS

SPECIAL EVENTS

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



Bismarck Parks and Recreation District Office
400 E. Front Ave., Bismarck, ND
Phone: (701) 222-6455 • Fax: (701) 221-6838
www.bisparks.org • bisparks@bisparks.org
Hours: Monday-Friday, 7:30am-5pm

Telephone Directory

Baseball/Softball Diamonds

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

Facilities

BSC Aquatic & Wellness Center	751-4266
Capital Ice Complex	712-8918
Capital Racquet & Fitness Center....	221-6855
Forestry Division.....	355-1700
General Sibley Park	222-1844
McDowell Dam Recreation Area	223-7016
Park Maintenance Shop	222-6464
Sertoma Tennis Courts.....	222-6730
VFW Sports Center....	222-6588 or 221-6815
World War Memorial Building.....	222-6454

Frances Leach High Prairie Arts & Science Complex

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

Golf Courses

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

Other

Bismarck Recreation Council	222-6455
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Swimming Pools

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

Board of Park Commissioners

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

Administration

- Kevin Klipfel, Executive Director

Directors

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

Administration Division

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

Facilities and Programs Division

- RaNae Jochim, Recreation Manager
- Ryan Geerdes, Facilities Manager
- Tim Doppler, Golf Operations Manager
- Dylan Thiem, Facilities Manager
- Jeremy Dykstra, Facility Specialist
- Katrina Hanenberg, Facility Specialist
- Cindy Gums, Recreation Specialist
- Ethan Eberle, Recreation Specialist
- Brandon Wilkens, Facility Specialist
- Adam Chaussee, Facility Specialist
- Mike Sullivan, Facility Specialist
- Lindsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Spencer Aune, Recreation Specialist
- Dave Seefried, Facility Supervisor
- Cole Carroll, Facility Specialist
- 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, Michael Schaaf, Pat Gilhooly, Rick Schuler, Tim Thiel, Travis Bergan

Operations Division

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

Full-Time Seasonal

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

General Information

Cancellations

For 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

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 program provides matching funds for facility, grounds and equipment projects. In its 36th year, the program has provided matching funds for 556 projects with total project costs of more than \$6.1 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

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

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, make a tee time or reserve a campsite.

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 modifications to participate, please let us know at the time of registration. We will work with you in order to make reasonable modifications. If you have questions or accessibility concerns or suggestions for improvement, please contact us.

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Our Vision

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

Our Mission

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

Core Purpose

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

Our Values

Accountability	Diversity
Collaboration	Integrity
Community	Professionalism

Adaptive Recreation

Meet It or Beat It Bowling

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

Dates	Days	Time	Fee
Now-May 22	M	4-6pm	\$3.50/game*

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

Baseball

Babe Ruth, Ages 13-15

Players born prior to May 1, 2010, and on or after May 1, 2007, are eligible for Babe Ruth 13-15 League competition for the 2023 season. **BPRD Age Policy:** A player must participate in the Babe Ruth 13-15 League until they are no longer eligible to play according to Babe Ruth League age chart.

Informational Meeting

- Wednesday, April 19, at 6pm. Location TBD.
- Complete program information will be online at www.bisparks.org by mid-March.
- North Dakota Babe Ruth www.ndakababerruth.com

Dates

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

*Dates and times are subject to change. Updates are posted at www.bisparks.org.

Ages	Code
Age 13	24853
Age 14	24854
Age 15	24855

League Format

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

- **Major (Travel Baseball):** The Major league consists of 13's, 14's and 15's advancing teams and a 13-15 non-advancing team.
- **Minor (League Baseball):** The Minor league consists of league teams with players ages 13-15.

Major League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

- April 26, May 3 and May 10
 - Age 13: 4-5:30pm
 - Age 14: 5:30-7pm
 - Age 15: 7-8:30pm

Minor League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

- May 8: 5:30-7:30pm
- May 9: 5:30-7pm

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

Major League Practice and Game Schedules

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

Minor League Practice and Game Schedules

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

Fees

- \$170/player-if received on or before Monday, April 17.
 - No more than \$340/household.
- \$180/player-if received Tuesday, April 18, or later.
 - No more than \$360/household.

Fees for Major League (In addition to base fee)

- Additional fees: Advancing: \$175, Non-Advancing: \$100
- **Major League players (advancing and non-advancing) are required to sell raffle tickets at \$20 per raffle ticket.**

Uniform and Batting Helmet

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



Babe Ruth League Age Chart for 2023

	January	February	March	April	May	June	July	August	September	October	November	December
2010	13	13	13	13	12	12	12	12	12	12	12	12
2009	14	14	14	14	13	13	13	13	13	13	13	13
2008	15	15	15	15	14	14	14	14	14	14	14	14
2007	16	16	16	16	15	15	15	15	15	15	15	15

BLAST

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

Grades	Dates	Days	Time
K-5	School Year	Mon.-Fri.	3:05-6pm

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

Locations

- Centennial • Elk Ridge • Grimsrud • Liberty • Northridge
- Prairie Rose • Rita Murphy • Silver Ranch • Solheim • Sunrise

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

Fees

- \$130/month
- \$260 due at time of registration. This is applied to first and last month's bill.
- Children enrolled in the BLAST program must attend school at that site.

DJGA Junior Golf Clinics

Enjoy free weekly winter junior golf clinics.

Sundays, Jan. 15 and 29 and Feb. 6

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

Location and Registration

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

Fencing

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

Dates	Days	Times	Code
Jan. 2-30	M & F	6:30-8:30pm (M); 5-7pm (F)	24721
Feb. 3-27	M & F	6:30-8:30pm (M); 5-7pm (F)	24723
March 3-31	M & F	6:30-8:30pm (M); 5-7pm (F)	24724
April 3-28	M & F	6:30-8:30pm (M); 5-7pm (F)	24725
May 1-26	M & F	6:30-8:30pm (M); 5-7pm (F)	24726
June 2-30	M & F	6:30-8:30pm (M); 5-7pm (F)	24727

Ages, Fees, Location and Equipment Required

- Ages 12+
- \$40/month or \$175/5 months
- World War Memorial Building, 215 N. 6th St.
- Equipment is provided with the exception of a fencing glove, which can be purchased when the session begins.
- Contact John Garness at 701-391-2081 for more information and to purchase a glove.

Karate, Traditional Japanese

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

Days	Time	Month	Code
T & Th	6:30-8:30pm	Jan. 3-31	24722
T & Th	6:30-8:30pm	Feb. 2-28	24728
T & Th	6:30-8:30pm	March 2-30	24729
T & Th	6:30-8:30pm	April 4-27	24730
T & Th	6:30-8:30pm	May 2-25	24731

Ages, Fees and Location

- Ages 10+
- \$40/month or \$175/5 months
- World War Memorial Building, 215 N. 6th St.
- Contact Bill Froelich at 701-226-3415 for more information.

Kid's Fitness/Kid's Yoga

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

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

Class	Dates	Day	Time
Kid's Fitness	Feb. 9-March 30	Th	5:30-6pm
Kid's Yoga	Feb. 7-March 28	T	5:30-6pm

Fees and Location

- FREE for members of BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center; \$2 per session for non-members
- Capital Racquet & Fitness Center, 3200 N. 10th St.

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. 5-March 6

Elementary School Locations

Saturday Sunday

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

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

Middle School Locations

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

Other Locations

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

* These times/locations above are subject to change. Please visit www.bisparks.org 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. 7-Dec. 14	M, T & W	11:30am-12:30pm
Jan. 2-March 15	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	24266
Intermediate/Advanced	Th	7-7:45pm	24900

Dates, Fees and Location

- Jan. 12-Feb. 16
- 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

- \$55/Session
- BSC Aquatic & Wellness Center, 1601 Canary Ave.

Winter Registration Session 1

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

Winter Session 1 - Jan. 16 - Feb. 15 (M & W)

Winter Session 1 - Jan. 17 - Feb. 16 (T & Th)

Winter Registration Session 2

Opens online or in person at the Park District office at BSC Aquatic & Wellness Center on **Wednesday, Feb. 22, at 10am.**

Winter Session 2 - Feb. 27 - March 29 (M & W)

Winter Session 2 - Feb. 28 - March 30 (T & Th)

Spring Registration Session 1

Opens online or in person at the Park District office at BSC Aquatic & Wellness Center on **Wednesday, April 5, at 10am.**

Spring Session 1 - April 11 - May 11 (T & Th)

Spring Session 1 - April 12 - May 10 (M & W)

*No class April 10. No fun day.

Lessons will be offered between 4:20-8:10pm. The schedule will be posted online www.bisparks.org prior to registration. Lesson levels are summarized on the next page. Learn more details at www.bisparks.org.



Preschool Aquatics (3-5 Yrs Old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all 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.

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

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

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.

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

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

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

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

Private Swim Lessons

Private lessons consist of four 30-minute sessions; the fee is \$80. The private swim lesson schedule is set on a month-to-month basis based on instructor availability. Notice is posted on Facebook. If no instructors appear on the website after selecting the register button, there are no openings.

Register at www.bisparks.org, Private Swim Lessons. During registration, you must choose four dates and times or you cannot proceed. Detailed registration instructions are provided on the website. Call Jahna at 701-751-4270 with questions.

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 register additional children. The fee is \$70/participant.

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 use (request from lifeguards if not out).

Dates and Fees

- **Ends May 11** Monday-Thursday: 8-10am
- Free for members, \$5 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 waterproof swim diapers, which are available for sale on site.

Swim Safety

American Red Cross Lifeguarding Class

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

Candidates must meet these requirements for class:

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

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

Fees and Registration

- Cost \$250. Includes fanny pack, adult and infant CPR masks. If the candidate is not able to pass the prerequisite skills, a full refund is issued.
- **All class times and dates are MANDATORY.**
- Once registered, participants will receive instructions via email for the Red Cross Online Learning. The email will be sent no earlier than about 3 weeks before the class begins. The online material must be fully completed before the first day of class. Proof of completion is required before class begins.
- No refunds are given for "no shows" after the course begins.

Date	Time	Code
Dec. 28-30	9am-6pm	24798
March 23-24; March 25-26	5-9pm; 9am-5pm	24799
April 13-14; April 15-16	5-9pm; 9am-5pm	24800

Lifeguarding Recertification Class

Need to be recertified? Please see course description and requirements for the Lifeguarding class, as they are the same requirements for recertification. The course fee is \$150. Questions? Call Jahna at 701-751-4270.

Date	Time	Code
Dec. 3	9am-7pm	24754
Jan. 29	9am-7pm	24826
April 1	9am-7pm	24827

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

American Red Cross Lifeguard Instructor Course

The American Red Cross Lifeguard Instructor course trains instructor candidates how to teach American Red Cross Lifeguarding, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterfront Skills, Waterpark Skills, First Aid, CPR/AED for Professional Rescuers, Administering Emergency Oxygen and Bloodborne Pathogens.

- This course shows instructor candidates how to use course and presentation materials, conduct training sessions and evaluate the progress of candidates in a professional-level course.

Prerequisites

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

Certification and Fee

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

Date	Time	Code
March 24; March 25-26	4-9pm; 8am-7pm	24220

Lifeguard Instructor Review Course

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

Items You Must Bring to Class

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

Fees and Registration

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

Date	Time	Code
March 24	4-9pm	24241

Tennis

The 10 & Under tennis programs bring kids into the game with specialized equipment and shorter court dimensions, all tailored to age and size. This 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: Jan. 9-Feb. 12

- Registration Deadline: Jan. 5 at 10pm

Session II: Feb. 27-April 2

- Registration Deadline: Feb. 23 at 10pm

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
- \$50
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 9-Feb. 8	M & W	5:30-6pm	24828
I – Jan. 9-Feb. 8	M & W	6-6:30pm	24829
I – Jan. 9-Feb. 8	M & W	6:30-7pm	24830
I – Jan. 10-Feb. 9	T & Th	5:30-6pm	24831
I – Jan. 10-Feb. 9	T & Th	6-6:30pm	24832
I – Jan. 10-Feb. 9	T & Th	6:30-7pm	24833
II – Feb. 27-March 29	M & W	5:30-6pm	24835
II – Feb. 27-March 29	M & W	6-6:30pm	24836
II – Feb. 27-March 29	M & W	6:30-7pm	24837
II – Feb. 28-March 30	T & Th	5:30-6pm	24838
II – Feb. 28-March 30	T & Th	6-6:30pm	24839
II – Feb. 28-March 30	T & Th	6:30-7pm	24840

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
- \$50/child - includes five 45-minute classes
- Capital Racquet and Fitness Center, 3200 N. 10th St.
- **Online registration is unavailable for this program.** Please call Katrina at 221-6855 to inquire about a day/time that works for your daycare.

Session

I – Jan. 9-Feb. 12
II – Feb. 27-April 2

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
- \$100
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 9-Feb. 8	M & W	5:30-6:30pm	24842
I – Jan. 9-Feb. 8	M & W	6:30-7:30pm	24843
I – Jan. 10-Feb. 9	T & Th	5:30-6:30pm	24844
I – Jan. 10-Feb. 9	T & Th	6:30-7:30pm	24845
II – Feb. 27-March 29	M & W	5:30-6:30pm	24847
II – Feb. 27-March 29	M & W	6:30-7:30pm	24848
II – Feb. 28-March 30	T & Th	5:30-6:30pm	24849
II – Feb. 28-March 30	T & Th	6:30-7:30pm	24850

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
- \$100
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 9-Feb. 8	M & W	5:30-6:30pm	24852
I – Jan. 9-Feb. 8	M & W	6:30-7:30pm	24856
I – Jan. 10-Feb. 9	T & Th	5:30-6:30pm	24857
I – Jan. 10-Feb. 9	T & Th	6:30-7:30pm	24858
II – Feb. 27-March 29	M & W	5:30-6:30pm	24860
II – Feb. 27-March 29	M & W	6:30-7:30pm	24861
II – Feb. 28-March 30	T & Th	5:30-6:30pm	24862
II – Feb. 28-March 30	T & Th	6:30-7:30pm	24863

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
- \$50
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 7-Feb. 4	Sat	11am-12pm	24865
II – March 4-April 1	Sat	11am-12pm	24867

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
- \$100
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 9-Feb. 8	M & W	5:30-6:30pm	24869
I – Jan. 9-Feb. 8	M & W	6:30-7:30pm	24870
I – Jan. 10-Feb. 9	T & Th	5:30-6:30pm	24871
I – Jan. 10-Feb. 9	T & Th	6:30-7:30pm	24872
II – Feb. 27-March 29	M & W	5:30-6:30pm	24874
II – Feb. 27-March 29	M & W	6:30-7:30pm	24875
II – Feb. 28-March 30	T & Th	5:30-6:30pm	24876
II – Feb. 28-March 30	T & Th	6:30-7:30pm	24877

10 & Under Tennis - Advanced

This class is for 9-10-year-olds who would like more in depth instruction before advancing to Junior Beginner. 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
- \$75
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 7-Feb. 4	Sat	9:30-11am	24879
II – March 4-April 1	Sat	9:30-11am	24881

Junior 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+
- \$150
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 10-Feb. 9	T & Th	7:30-9pm	24883
II – Feb. 28-March 30	T & Th	7:30-9pm	24885



Youth Tennis Programs
sponsored by



Essentia Health

Junior Varsity

For junior varsity players and "C" squad players, these classes focus on 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 in or get prior approval.

Fee and Location

- Ages 13+
- Prerequisite: Junior Beginner or instructor permission
- \$150, 2 days a week; \$60, one day a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 10-Feb. 9	T & Th	4-5:30pm	24887
II – Feb. 28-March 30	T & Th	4-5:30pm	24889

Varsity

For varsity players 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 13+
- Prerequisite: Junior Varsity or instructor permission
- \$150, 2 days a week only; \$60, one day a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I – Jan. 9-Feb. 8	M & W	4-5:30pm	24903
II – Feb. 27-March 29	M & W	4-5:30pm	24905

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

Dates	Day	Time	Code
Jan. 27	F	4-5:30pm	24239
March 24	F	4-5:30pm	24240

Blacklight Tennis

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

- Capital Racquet & Fitness Center, 3200 N. 10th St.
- \$12.50/person
- Registration closes the day prior to the event.

Fri., Feb. 3

- Ages 5-11: 5:30-6:45pm - Registration Code: 24822
- Ages 5-11: 6:45-8pm - Registration Code: 24823
- Ages 12-18 8-9:15pm - Registration Code: 24824
- Adults 18+: 8-9:15pm - Registration Code: 24825

Fri., April 7

- Ages 5-11: 5:30-6:45pm - Registration Code: 24892
- Ages 5-11: 6:45-8pm - Registration Code: 24893
- Ages 12-18 8-9:15pm - Registration Code: 24894
- Adults 18+: 8-9:15pm - Registration Code: 24895

Winter Jam Junior Tennis Tournament

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

Dates and Registration

- Feb. 24-26
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Registration information TBA

Tennis Night in America - March 6

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

Dates and Registration

- 5:30pm or 6:30pm (choose a 1-hour session to attend)
- There is no fee to participate.
- Registration closes the day prior to event.
- **5:30pm - For players new to tennis.**
Registration Code: 24219
- **6:30pm - For players with some tennis experience.**
Registration Code: 24896



Special Tennis Events

Snowball Smash Tennis Gameday: Thursday, Jan. 5

Spring Fling Tennis Gameday: Monday, May 1

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.

- \$7.50/child, Parents Free
- Registration closes the day prior to event.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 5	Th	5:30-6:15pm	24232
May 1	M	5:30-6:15pm	24897

Ages 5-10 Gameday

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

- \$10/child, \$5/2nd child
- Registration closes the day prior to event.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 5	Th	6:30-7:30pm	24899
May 1	M	6:30-7:30pm	24898

Volleyball (Coed)

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

3rd Grade Volleyball

Informational Meeting

- 7pm, Wednesday, Jan. 11, at World War Memorial Building, 215 N. 6th St.

Dates, Times and Schedules

- Jan. 23-March 11
- Jamboree March 10-11
- Teams organized by school if possible.
- Practice will be held one day per week at the World War Memorial Building Mondays-Fridays at 4pm or 5pm.
- Games will be held Saturdays at the World War Memorial Building.
- Schedules will be posted by 5pm on Jan. 18 at www.bisparks.org.

Fees

- \$60/player - if received on or before Jan. 6.
- \$70/player - if received Jan. 7 or later.
- Participants must register for the school they attend.

School	3rd Grade Code
Cathedral	24755
Centennial	24757
Elk Ridge	24758
Grimsrud	24759
Highland Acres	24760
Liberty	24761
Lincoln	24762
Martin Luther	24763
Miller	24764
Moses	24765
Murphy	24766
Myhre	24767
Northridge	24768
Pioneer	24769
Prairie Rose	24770
Roosevelt	24771
Shiloh	24772
Silver Ranch	24773
Solheim	24774
St. Anne's	24775
St. Mary's	24776
Sunrise	24777
Will-Moore	24778



COACHES & OFFICIALS NEEDED

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

www.bisparks.org/jobs or call (701) 222-6641

4th & 5th Grade Volleyball

Informational Meeting

- No informational meeting for 4th and 5th grades. An information sheet will be posted at www.bisparks.org.

League Dates

- Grade 4: Jan. 30-March 18
- Grade 5: Jan. 30-March 25
- Grade 4 Jamboree: March 17-18
- Grade 5 Jamboree: March 24-25

Location, Schedules and Teams

- 4th grade will practice once a week.
- 5th grade will practice twice a week.
- Practices are held at the schools.
- First practice times are posted by 5pm on Jan. 25 at www.bisparks.org.
- Teams will be formed after the first week of practice, and a schedule will be provided for the remainder of the season. Every attempt will be made to split the teams as equally as possible when more than one team exists per grade at any school. If there are not enough 4th or 5th graders at one school to make a team, schools may be combined at the discretion of BPRD.
- Due to gym availability, schools may have different practice schedules. You will be notified through the school office and/or team coach.
- Matches will begin Saturday, Feb. 11.

Fees

- Grade 4: \$60/player - if received on or before Jan. 13.
- Grade 4: \$70/player - if received Jan. 14 or later.
- Grade 5: \$70/player - if received on or before Jan. 13.
- Grade 5: \$80/player - if received Jan. 14 or later.
- Participants must register for the school they attend.

School	4th Grade Code	5th Grade Code
Centennial	24756	24801
Elk Ridge	24779	24802
Grimsrud	24780	24803
Highland Acres	24781	24804
Liberty	24782	24805
Lincoln	24783	24806
Martin Luther	24784	24807
Miller	24785	24808
Moses	24786	24809
Murphy	24787	24810
Myhre	24788	24811
Northridge	24789	24812
Pioneer	24790	24813
Prairie Rose	24791	24814
Roosevelt	24792	24815
Shiloh	24793	24816
Silver Ranch	24794	24817
Solheim	24795	24818
Sunrise	24796	24819
Will-Moore	24797	24820

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

Weekday Morning Play Dates

Dates & Ages

- Now-April 21
- 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

- Most Saturdays and Sundays through mid-May
(See schedule at www.bisparks.org.)
- 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

State Amateur Basketball Tournament

The State Amateur Basketball Tournament is March 24-26 in Minot. Please contact Brandon Wilkens at 223-3600 for more information.

Fencing

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

Fitness

Fit Fifty+

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

Date	Days	Time	Code
Jan. 23-Feb. 13	M	9-9:45am	24230

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

Weight Room Basics

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

Dates, Fees and Location

- **Saturday, Jan. 21 from 10:15-11:15am**
Registration Code: 24689
BSC Aquatic & Wellness Center, 1601 Canary Ave.
- **Tuesday, Jan. 24 from 6-7pm**
Registration Code: 24890
Capital Racquet & Fitness Center, 3200 N. 10th St.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$15; Non-Members: \$20

Golf

Putting League

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

Jan. 3-March 8

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

Dates and Fees

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

Toptracer Range League

Join the new Toptracer Range 10-week league featuring the same extremely accurate technology used on the PGA Tour. The technology offers 18 separate courses, as well as multiple game modes. Play different game modes and formats each week.

Dates and Location

- Jan. 2-March 12
- Fore Seasons Center, 2525 N. 19th St.
- Call 701-223-3600 to register.
- Registration Deadline: Dec. 16

Fees

- \$45 bay rental per week
- \$10 per player for weekly game payouts (paid in shop credit)

Details

- 3 players per team (players can change each week)
- Team schedules their own tee time weekly – must finish the round within that week, 2.5 hours to finish a round.
- Scoring is live through Golf Genius app. Follow the leaderboard as you play and see where you stand.
- Divisions will be created based off the number of teams registered. We will create gross and net divisions each week based on players' GHIN handicaps. If you do not have a handicap, please contact one of the golf courses and get signed up.

Karate, Traditional Japanese

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

Open Gym

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

Pickleball

Drop-In Play

Pickleball is a fun paddle sport that combines many elements of tennis, badminton and ping-pong. 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.

Fall/Winter Hours

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

Beginner Players

– Monday, Wednesday and Friday: 8am-10am

Intermediate Players

– Monday, Wednesday and Friday: 10am-12:30pm

– Saturday: 4-6:30pm

Advanced Players

– Monday, Wednesday and Friday: 12:30-3:30pm

Pickleball 101-Beginners

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

Dates	Day	Times	Code
I – Jan. 11-Feb. 8	W	12-1pm	24906
I – Jan. 11-Feb. 8	W	3-4pm	24907
II – March 1-29	W	12-1pm	24909
II – March 1-29	W	3-4pm	24910

Fee and Location

- \$50
- 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
I – Jan. 10-Feb. 7	T	10:30am-12pm	24908
II – Feb. 28-March 28	T	10:30am-12pm	24911

Fee and Location

- \$75
- Capital Racquet & Fitness Center, 3200 N. 10th St.

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.

Dates	League	Day	Times	Code
Jan. 9-Feb. 14	B/C	M	Noon	24934
Jan. 9-Feb. 20	Men's B/C	Arrange own matches		24935
Feb. 27-April 3	B/C	M	Noon	24936
Feb. 27-April 9	Men's B/C	Arrange own matches		24937

Lessons

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

Ages, Fee and Location

- Age 18+; 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
Jan. 9-Feb. 13	M	6-7pm	24268
Feb. 20-March 27	M	6-7pm	24901

Challenge Courts

Ages, Fee and Location

- Age 18+; 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
Now-March 23	Th	7-9pm

Tennis

Tennis Leagues

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

Fee and Location

- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$40/doubles; \$45/singles
- Annual Gold Members: FREE (first league session), \$18 (second league session)
- Non-members: \$58/doubles; \$70/singles
- Sub Fees - Members: Free, Non-members: \$6/time
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Session 1 - Jan. 9-Feb. 19

See league descriptions for times.

League	Day	Code
Mixed Doubles	M	24912
Advanced Doubles	W	24913
Advanced Singles	- Arrange own matches -	24914

Session 2 - Feb. 27-April 9

See league descriptions for times.

Level	Day	Code
Mixed Doubles	M	24918
Advanced Doubles	W	24916
Advanced Singles	- Arrange own matches -	24917

League Descriptions

Mondays Mixed Doubles

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

- Session 1: 7:30-9pm; 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: 7:30-9pm; 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 are used to make tennis easier to learn. Lots of fun games and drills all taught by a USTA certified safe play tennis instructor. Come join us!

Fees and Location

- 5-week sessions
- \$75
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 10-Feb. 7	T	5:30-7pm	24919
Feb. 28-March 28	T	5:30-7pm	24929

Intermediate Adults

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 taught by a certified USPTA tennis professional.

Fees and Location

- 5-week sessions, \$75
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 9-Feb. 6	M	10:30am-Noon	24920
Jan. 11-Feb. 8	W	5:30-7pm	24921
Jan. 12-Feb. 9	Th	10:30am-Noon	24922
Jan. 7-Feb. 4	Sat	9:30-11am	24923
Feb. 27-March 27	M	10:30am-Noon	24930
March 1-29	W	5:30-7pm	24933
March 2-30	Th	10:30am-Noon	24932
March 4-April 1	Sat	9:30-11am	24931

Advanced Adults

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. There are lots of fun drills and games taught by a certified USPTA tennis professional.

Fees and Location

- 5-week sessions, \$75
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 9-Feb. 6	M	5:30-7pm	24924
Jan. 12-Feb. 9	Th	12-1:30pm	24925
Feb. 27-March 27	M	5:30-7pm	24927
March 2-30	Th	12-1:30pm	24928

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	\$50/hr.	\$55/hr.
Semi-private	\$25/hr.	\$27/hr.
Group of 3	\$19/hr.	\$21/hr.
Group of 4	\$16/hr.	\$18/hr.
Group of 5	\$14/hr.	\$16/hr.
Hitting Lesson	\$34/hr.	\$39/hr.

Cardio Tennis

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

Dates	Day	Time
Now-April 25	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.

Volleyball

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

- Registration: Dec. 6, 7:30-5pm
- Program Dates: Jan. 9-March 23

Days and Times

- Monday: Women C,D,E,F
- Tuesday: Coed A - F
- Wednesday: Women A - F, Men C - D
- Thursday: Men A - C (4s), Coed D - F
- 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
- New team rosters and fees are due Tuesday, Dec. 6.
- Teams that signed up for both seasons (Fall and Winter) must have their winter player fees in by Tuesday, Dec. 6, or the spot may be forfeited.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.

Sponsor Fee

- \$75/per season

League Schedules

- Online at bisparks.org by Jan. 2.

Glow Volleyball Tournament - Saturday, April 8

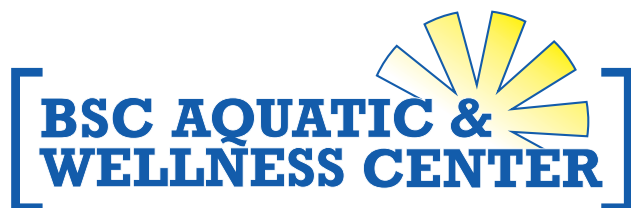
- \$20/person - Registration Code: 24938
- Registration deadline is April 3 at noon.
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Kyle Kuether, tournament director, (701) 221-6855 or crfc_wb@hotmail.com

Wallyball

Flurry Fest Tournament - Saturday, Feb. 4

Fee and Location

- \$20/person - Registration Code: 24939
- Registration deadline is Feb. 1 at noon.
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Kyle Kuether, tournament director, (701) 221-6855 or crfc_wb@hotmail.com



**1601 Canary Ave.
701-751-4266**

BSC Aquatic & Wellness Center, located on the Bismarck State College campus, has a 50-meter competition pool, diving, recreation and lap pools, a wellness center with strength and cardio equipment and group fitness classes. The facility also has Turtle Beach playground and meeting rooms.

Hours: Now-May 31

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

Hours: June 1-Aug. 31

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

Pool Hours

- Pools closes 30 minutes prior to facility closing.
- For a pool schedule and rules, visit www.bisparks.org

Fees

- For complete membership fees, refer to following page.

Turtle Beach Indoor Playground

Turtle Beach is a self-contained area with natural looking climbing, tunnel and sliding elements. It also features a poured-in-place rubber surfacing to mimic water and sand! Have fun watching your baby or young child play with the turtles, crocodiles, sand castle and rowboat! Members can use the playground for free, non-members \$2 per child.



**3200 N. 10th St.
701-221-6855 or 701-221-6856**

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

Hours: Now-May 31

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

Hours: June 1-Aug. 31

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

Fees

- For complete membership fees, refer to following page.

KidZone

KidZone at Capital Racquet & Fitness Center is designed for hours of fun with a ball pit, bounce house, art and movie area, and lots of other toys.

- This indoor play space is open during regular CRFC hours.
- This is not a drop-off program; parents/guardians must stay and provide supervision.
- Members: free; Non-Members: \$2 per child.
- See www.bisparks.org for KidZone calendar.

Pro Shop

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

Fitness Incentive Programs:

BSC AWC and CRFC participate in the SilverSneakers, Silver and Fit, Prime® Fitness, Renew Active and One Pass™ programs. Learn more at www.silversneakers.com, www.silverandfit.com, www.tivityhealth.com, www.uhcrenewactive.com or www.medicare.com/fitness.

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 | • Cardio Sculpt | • Do You Bounce? | • PiYo® | • Water Walking |
| • Aqua Balance | • Cardio + Strength | • Forever Fit | • S3 Fusion | • Yoga/Stretch |
| • Aqua Dance | • CBS - Core, Balance, Stretch | • Kick'n Spirit | • Strength + Core | • Personal Training, refer to page 18. |
| • Aqua Rock | • Cycling | • Les Mills BODYPUMP® | • Tabata | |
| • Aqua Rock Deep | • Deep Water | • Pilates | • Total Body Toning | |
| • Butts & Guts | | | • Water Works | |

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)	\$21/month	\$17/month	\$61/month	\$52/month	\$4.25
Student 13-18	\$40/month	\$32/month	\$80/month	\$67/month	\$5.25
College Student (w/College ID)	\$95/Spring or Fall Semester \$65/Summer Semester		\$78/month	\$65/month	\$5.25
Adult 19-64	\$52/month	\$42/month	\$103/month	\$86/month	\$7
Household*	\$78/month	\$63/month	\$155/month	\$130/month	\$20
Senior 65+	\$40/month	\$32/month	\$90/month	\$76/month	\$5.75
Senior Household-2 adults, 65+	\$58/month	\$47/month	\$133/month	\$113/month	—
Monday-Friday: 8am-3pm (CRFC or BSC AWC)					\$5
Turtle Beach Play Area at BSC AWC; KidZone at CRFC (adult supervisors are free)					\$2
Indoor Track at CRFC					\$2.50
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 provider for details.

Court Reservations

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

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

NEW YEAR, NEW YOU! MEMBERSHIP SPECIAL
Jan. 2-31

Buy a 6-month membership, get **one month FREE**.
Buy a 12-month membership, get **two months FREE**.

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

Birthday Parties

BSC Aquatic & Wellness Center

1601 Canary Ave. • 701-751-4266

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/Turtle Beach Playground Perks

Turtle Beach Playground is an indoor playground and play space. Wibit Water Toys are not available mid-May to mid-September. See schedule at www.bisparks.org.

- 10 passes to the facility
- Gift for birthday child
- 2 hours of community room use
- Party Fee: \$100

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

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. • 701-221-6855

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 child
- Party Fee: \$100

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

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

Fitness Facility Rentals

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.

Fitness Studios and Community Rooms

The fitness studios at both BSC AWC and CRFC are available to rent during non-class hours. BSC AWC has two community rooms ready for your meeting or group gathering needs.

- Fitness studio or community room: \$30/hr
(Call for discounted or extended event rates.)

Personal Training

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

Fees

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

Small Group Personal Training

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

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

Small Group

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

Semi Private

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

GIVE A GIFT OF FUN!

Gift certificates to the **BSC Aquatic & Wellness Center** and the **Capital Racquet & Fitness Center** can be used for a fun and memorable experience.

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

Offer expires Saturday, Dec. 24, 2022.

Camping

General Sibley Park

General Sibley Park is located on S. Washington St., four miles south of the Bismarck Expressway. The day park is available year-round during daylight hours. Parking is permitted outside of the park gates.

Office Hours

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

Amenities

- Camping sites for tents and campers with electrical hook-ups
- 18-hole disc golf course
- Boat ramp (small boats less than 15', canoes and kayaks)
- Horseshoes
- Geocaches
- Interpretive trail
- Little Free Library
- Picnic shelters
- Playgrounds
- Poetry Boxes
- Restrooms and showers
- Sand volleyball court
- Water and dump stations

Fees and Rules

- Tent camping: \$12/day
- Camper sites with electricity: \$25/day
- Firewood: \$6/bundle
- Ice: \$4/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.

Campsite Reservations

- Call 701-222-1844 or visit www.bisparks.org.
- The campground is currently closed for the season. Reservations for the 2023 camping season open March 30 at 8am. The 2023 season runs from May 5 to Oct. 9.
- Please review the General Sibley Park reservation policies online before reserving a campsite.

Shelter or Amphitheater Reservations

- See page 25 for shelter or amphitheater reservations.



Burleigh County Parks

Primitive camping is available at:

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

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

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

Hours

- 6am–10pm, unless fishing or camping

Rules

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

Eagles Park

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

The campground is currently closed for the season. Reservations for the 2023 camping season open March 30 at 8am. The 2023 season runs from May 5 to Oct. 9.

Campsites are undesignated and are rented by camping unit at \$12/night. One camping unit is a powered vehicle, motor home, camping bus, pull type camper, tent or any other device designed for sleeping. The entire campground is reservable for 1 day at \$300, 2 days at \$500 or 3 days at \$600. Payment is expected at the time of reservation. Entire park rentals are for camping only.

Call 701-222-6455 for information or to make a reservation.



Golf Courses

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

Hours

- June-Sept: 7:00am-30 minutes before sunset
 - Sept.: 8:30am-30 minutes before sunset
 - Oct. : 9:30am-30 minutes before sunset
- *Hours may change with weather conditions.

No outside food or beverages are allowed into Riverwood or Tom O'Leary Golf Courses. Pebble Creek Golf Course allows outside food and beverage as there are no concessions there.

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
- Small cooler allowed if it fits into cart basket.

Riverwood (RW)

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

- 18-hole, par-72 course in a gallery forest near the Missouri River
- 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

Golf Lessons

Group or individual (adult and junior) by appointment at all facilities. For more information, contact Riverwood Golf Course at 701-222-6462 or contact Adam at 701-223-3600 for Pebble Creek Golf Course.

Golf Course Fees

Tee times are available to book eight days in advance online at www.bisparks.org.

Green Fees	Pebble Creek	Riverwood	Tom O'Leary
Daily 9.....	\$19	\$28	\$21
Daily 18.....	\$25	\$38	\$30
Junior 18 or 9 (ages 17 and under).....	\$10	\$15	\$14
Senior 9 holes (65+)	\$17	\$22	\$18
Senior 18 holes (65+).....	\$23	\$28	\$24

- Prices include tax.

Season Passes	PC	RW	TO	All 3
Adult (23+).....	\$525	\$795	\$700	\$1,240
Household*.....	\$1,250	\$1,750.....	\$1,575	\$2,500
Intermediate (ages 18-22).....	\$200	\$360	\$300	\$475
Junior (ages 17 and under)	\$125	\$210	\$200	\$275
Senior (65+).....	\$415	\$640	\$600	\$900

- Prices include tax.

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

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

Green Fee Packages

- **Pebble Creek:** 12 rounds: 18 holes \$250, 9 holes \$190
- **Riverwood:** 12 rounds: 18 holes \$380, 9 holes \$280
- **Tom O'Leary:** 12 rounds: 18 holes \$300, 9 holes \$210

Green Fee Packages Senior (65+)

- **Pebble Creek:** 12 rounds: 18 holes \$230, 9 holes \$170
- **Riverwood:** 12 rounds: 18 holes \$280, 9 holes \$220
- **Tom O'Leary:** 12 rounds: 18 holes \$240, 9 holes \$180

Golf Cart Rental

- 18 holes-\$24/seat; 9 holes-\$12/seat
- **Season Cart:** Pebble Creek, Riverwood or Tom O'Leary - \$710, All 3 - \$1,200
- The use of "Golf Boards" and/or private individual personal vehicles on the golf courses is prohibited.

Golf Club Rental

- Juniors: \$5 for 9 or 18 holes
- Adults: \$12 for 9 holes or \$24 for 18 holes. \$40 for premium clubs.

Riverwood and Pebble Creek Driving Range Prices

- Small Basket-\$5
- Large Basket-\$10

- **Bucket of Balls coupon book:**
12 coupons for large basket-\$100

Toptracer Range

This ball-tracking system provides instant shot replays and statistical feedback on interactive screens, enabling you to make swing adjustments immediately.

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

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

Ice Arenas

Capital Ice Complex Schaumburg and Wachter Arenas

1504 Wichita Dr. • 712-8918

Capital Ice Complex is home to two sheets of ice – Schaumburg Arena and Wachter Arena. This complex hosts 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, which includes Magical Moments Playground and 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 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: \$100/hour (limited availability)
- Dry floor: \$50/hour; \$600/day (hockey rink)
- Curling Rink (VFW Sports Center): \$500/day
- Building: \$1,200/day (commercial non-ice event)
- Parking available
- Reservations: call Dylan 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:** Now-March 26
Sundays: 6-8pm
- **Wachter Arena:** Now-March 18
Saturdays: 3-5pm
*No skating on Nov. 5, Dec. 10, 17, 24, and 25, Jan. 7 and 21, Feb. 4, 11 and 18, March 4 and 25.
- Skating Fee: \$2/Individual; \$5/family. Skate Rental: \$3 each

VFW Sports Center

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

- **Rink 1:** Now-March 30
Tuesdays, Wednesdays and Thursdays: 12-1:15pm
- **Rink 2:** Nov. 13-March 26
Sundays: 3-5pm
- Skating Fee: \$2/Individual; \$5/family. No skate rentals.

*Public indoor ice skating schedule subject to change. Check www.bisparks.org for updates.

Drop-In Hockey

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

- Nov. 9-March 22
- Wednesdays: 7:45-9:15pm
*No Drop-In Hockey on Dec. 28
- 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. 8-March 9
- Tuesdays, Wednesdays and Thursdays: 12-1pm
*No Puck & Stick Time on Nov. 10
- 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

Bismarck Municipal Ballpark

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

Jaycee Centennial Park

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

Lions Park

- 1001 N. 17th St., 220-7135
- One hockey rink and one pleasure rink

New Generations Park

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

North Central Park

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

Tatley-Eagles Park

- 602 Airport Rd., 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

- Daily 9am-9pm

Indoor Driving Range

- 26 stations
- 10 Toptracer Range bays, see page 20 for details
\$15/30 minutes; \$30/60 minutes

Bucket of Balls

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

Bucket of Balls Coupon Books (12 coupons/booklet)

- Large-\$100

Batting Cage

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

Terrific Turf Time (T3)

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

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

Indoor Walking

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

Batting Cage or Driving Range Party

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

Group or Team Rentals

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

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

Frances Leach High Prairie Arts & Science Complex

1810 Schafer St.

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.



North Dakota's Gateway to Science

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



Shade Tree Players

- www.shadetreeplayers.com
- 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
- 557-1600
- TruNorth produces shows year round, specializing in small cast, ensemble works that span the spectrum of genres and periods that relate to the people of North Dakota.



World War Memorial Building

215 N. 6th St. • 222-6454

Facility Features

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

Hours: April 1-May 30

- Monday-Thursday: 10am-9pm
- Friday: 10am-6pm
- Saturday & Sunday: Closed
- May 29 Closed

Hours: June 1-Aug. 28

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

Hours: Aug. 29-March 31

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

WWMB 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

- 1 hour gym use
- 2 hours of balcony room use for games, gifts and food
- Fee: \$60

Racquetball

- One racquetball court
- Call 222-6454 for reservations (one reservation per day)
- \$8/hour/court
- Noontime Racquetball Special: Anyone interested in playing racquetball from 11am-2pm Monday-Friday may reserve a court for \$5. Reservations are taken one day in advance.
- Wednesday Special: \$5/hr any time during the day

Court Reservations

- \$40/hour/per court
- Basketball and volleyball adult teams may reserve a court for one hour by calling 222-6454 after 8:30am on the preceding Friday starting Sept. 8.
- 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 on park district property. 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 a plot. Locations include:

- 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 also manages the community gardens located at the Missouri Valley Complex, 3715 E. Bismarck Expressway.

Information on renting garden plots at the above locations will be available at www.bisparks.org in February.

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.

Disc Golf Courses

The Bismarck Parks and Recreation District maintains an 9-hole disc golf course within Lions Park, 1601 E. Boulevard Ave. There is also a 18-hole disc golf course within General Sibley Park located on S. Washington St. For league and tournament information, visit discgolfrnd.pbworks.com.

Dog Park-Century Bark Park

700 E. Century Ave.

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

- Daily 5am-11pm
- Big Paws Field is for dogs over 30 pounds.
- Wiggly Field is for dogs less than 30 pounds.
- Fetch Field is for all dogs and owners interested in a training and obedience area.
- Furry Field is for all dogs.

These off-leash fields are gated, and bags are provided for clean-up. For a complete list of safety rules for people and pets, visit www.bisparks.org 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

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

Bismarck Parks and Recreation District owns and manages almost 3,500 acres of parkland. Our parks are open year-round; however, some facilities operate on a seasonal basis.

Park Hours

Park hours vary depending on location. Please check posted signage regarding hours.

Park restrooms are scheduled to open in mid-May and close in mid-October, depending on 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 mission of the Bismarck Forestry Division is to manage and improve the health of the urban forest while enhancing the quality of life for our growing community. The Forestry Division manages the trees on city and park district properties, as well as organizes Bismarck's annual Arbor Day ceremony each May.

Contact the Forestry Division at 701-355-1700, option 3, or visit www.bismarcknd.gov/101/Forestry for more information.

Trails, Recreational

The Bismarck Parks and Recreation District provides almost 85 miles of paved and unpaved recreational trails to the public. A map of the trail system is posted at www.bisparks.org.

Educational Trails

Atkinson Nature Park

1921 Riverwood Dr. - This natural wooded area has a 1.65-mile hiking and horse trail with interpretive panels and lessons. Watch the 4,000 trees that are planted here grow up.

Bill Mills Nature Trail

300 Riverside Park Rd. - This quiet 0.8-mile gravel trail provides views of the river and its peaceful backwaters. Learn how the Missouri River is important to our history and community and how it provides vital habitat for seasonal and year-round animal species.

Chief Looking's Earthlodge Village Interpretive Trail

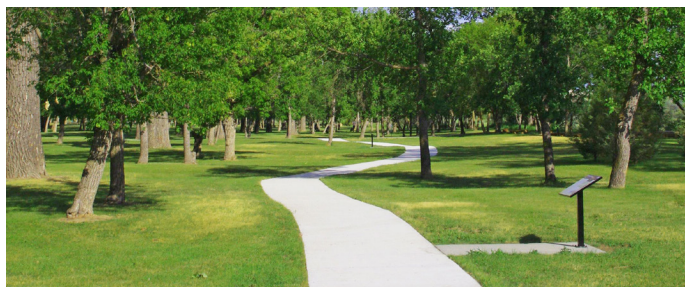
2023 Burnt Boat Dr. - This 0.55-mile trail is as enjoyable as it is educational. This trail covers the layout and features of the earthlodge village occupied by the Mandan Indians dating back to 1675.

General Sibley Park and Campground Interpretive Trail

5001 S. Washington St. - Stroll along this 0.6 mile interpretive trail and involve yourself with the historical and environmental panels that tell a unique story. The trail winds along the western edge of the park, with views of the mighty Missouri River.

Rotary Club Arboretum Trail

Corner of Divide Ave. and College Dr. - This gravel trail is designed to showcase a variety of plant life, including native trees and shrubbery, as well as non-native plant life. The George Bird Rotary Park Arboretum Trail is a cooperative project of the Park District, Bismarck Forestry Division and Bismarck Rotary Club.



Shelter and Community Room Reservations

Call 701-222-6455 or visit Bismarck Parks and Recreation District office, 400 E. Front Ave. Office hours are Monday-Friday, 7:30am to 5pm. Payment is expected at the time of reservation. Outdoor shelters and indoor community rooms may be reserved for 2023 and 2024. Reservations for 2025 start Oct. 2, 2023.

Outdoor Shelter Reservations

The park district has many parks with picnic shelters or smaller shade structures. Most shelters can be reserved. Amenities at each shelter, such as electricity, picnic tables, grills and restrooms, vary. Visit www.bisparks.org for a list of amenities by shelter, along with photos and park maps.

	Full Day: 8am–11pm	Half Day: 8am–3pm or 4–11pm
Outdoor Park Shelters	\$50.....	\$35
General Sibley Park Amphitheater, 5001 S. Washington St.	\$50.....	\$35
– For-profit rentals	\$110.....	\$65
Custer Park Stage, 320 E. Custer Park St.....	\$50.....	\$35
– For-profit rentals	\$110.....	\$65
Sleepy Hollow Shelter, 2899 E. Divide Ave.	\$80.....	\$60

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

Indoor Community Room Reservations

These spaces are multi-use, indoor buildings that are heated and air conditioned. Visit www.bisparks.org for a list of amenities for each space, as well as photos and floor plans.

	Full Day: 8am–11pm	Half Day: 8am–3pm or 4–11pm
Hillside Aquatic Complex, 1719 E. Boulevard Ave.	\$250	\$200
– For-profit rentals	\$500	\$400
Lions Park Community Center, 1001 N. 17th St.....	\$80	n/a
– For-profit rentals	\$160	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

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

Picnic Equipment Rental

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

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

Alcoholic Beverage Permits

Anyone wishing to have alcoholic beverages in parks and recreation areas, where allowed, 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.



Aquastorm Swimming/Diving Club

Aquastorm is a competitive swim team that competes in a fall/winter season (Oct.-March) and a summer season (May-July). Members range in age from 5 to 18. Practice and coaching are ability based. Aquastorm's Head Coach is Jeff Steele.

The Aquastorm diving club welcomes divers of any age and ability (Runs April-July).

The Aquastorm Masters swim team is a fun swimming program for adults of all ages and abilities.

For more information on the Aquastorm swim team, diving and Masters, please contact Thomas Wheeling at programdirector@aquastormswimming.com or go to 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 bismanbombshellz.com.

Bismarck Bobcats

The Bismarck Bobcats are a perennial top hockey team in the prestigious North American Hockey League. Established in 1997, the Bobcats have been providing great hockey and terrific entertainment! The action is fast and furious and the crowds are nutty fun.

You can get our schedule at bismarckbobcats.com or call 222-3300 to party like a Bobcat! GO CATS GO!

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 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 bismarckgymnastics.org or email office@bismarckgymnastics.org.

Bismarck Hockey Boosters

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

For more information on youth hockey, go to bismarckhockey.com.

Bismarck Horse Club & Walt Neuens Memorial Horse Park

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

For more info, visit bismarckhorseclub.com.

Bismarck Larks

Looking for FUN, family-friendly entertainment? Take back your summer and put FUN first with the Bismarck Larks! 2023 marks the Bismarck Larks' 7th season in the Northwoods League (NWL). The NWL is the country's premier summer collegiate baseball league with 24 teams across North Dakota, Minnesota, Wisconsin, Iowa and Michigan. Come enjoy delicious ballpark food, top-notch baseball and entertainment for all-ages at a Bismarck Larks game. The Larks play at Bismarck Municipal Ballpark, Home of Dakota Community Bank and Trust Field.

For more information on the Larks, schedule, stats, community programs, and how to get tickets, visit larksbaseball.com.

Bismarck Mandan Bird Club

Bismarck Mandan Bird Club is all things about wild birds in our area for novice to expert birdwatchers. Visit these sites for more information about field trips, field guide books, bird identifications, meetings and presentations.

facebook.com/groups/BisManBirdClub
bismanbirding.wordpress.com
[email bismanbirding@gmail.com](mailto:bismanbirding@gmail.com)

Bismarck-Mandan Lacrosse

Lacrosse continues to grow in Bismarck-Mandan. Watch for our Try Lacrosse clinics! The season runs April to June for kids grades K-12. Boys and girls are separate, as the game and equipment are different. Players are grouped by age. All participants are required to have a USA Lacrosse membership and must provide their own stick and protective equipment. We have some rental gear available. Practices and games are held during the week, while travel teams play games on 5-6 weekends throughout the Dakotas.

Visit bismanlacrosse.org, for more information.

Bismarck Mandan Pickleball Club

The Bismarck Mandan Pickleball Club was established to promote pickleball in the Bismarck Mandan area through advocacy, education, leagues and tournaments. Please consider becoming a member of the Bismarck Mandan Pickleball Club.

See our website:
bismarckmandanpickleball.com.

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, bmta.usta.com.

Bismarck Men's & Women's Slowpitch Softball Associations

Men's: For more information, visit bismarcksoftball.com

Women's: For more information, visit bismarckwomenssoftball.com

Bismarck Mixed Martial Arts

Bismarck M.M.A. teaches a comprehensive system of self-defense for ages 10+ by mixing the dominant fighting styles proven to be extremely effective in combat. Mixed martial arts styles include boxing, Muay-Thai kickboxing, Brazilian jiu-jitsu, submission fighting and self-defense!

Call 701-712-1944 or visit BismarckMMA.com.

Bismarck Table Tennis Club

Bismarck Table Tennis Club meets at the World War Memorial Building, 215 N 6th St., Tuesday and Thursday evenings at 6:30pm and Sundays at 1pm. There is open play at no cost on five professional tournament quality tables. Beginners to advanced players are welcome. Please bring your own racket.

For more information go to 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 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. Our programs include summer league, competitive travel teams, and camps/clinics throughout the year.

Please visit 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 August.

The BYFL would like to remind all coaches, parents and players that the BYFL was formed to promote youth football in the Bismarck-Mandan area. The BYFL is intended to be, at both age divisions, an instructional league that places an emphasis on the fundamentals of football. The emphasis of the program will also be to inspire youth to develop life skills of sportsmanship, character, teamwork and have fun playing football.

For more information, visit bismarckfootball.com

BisMarket

BisMarket is your community farmers market! BisMarket includes fresh, local foods, ready-to-eat foods, baked goods, kid's activities, music, and more. BisMarket accepts SNAP benefits and has a Double Up program. BisMarket also opens the Imagination Playground during its market hours. The Saturday market will begin the first Saturday in June and wrap up in October.

For more information on location, days, and times, please visit bismarket.com or like us on Facebook!

Burleigh County 4-H

4-H is a fun, learn-by-doing educational program for youth ages 5-18. Burleigh County offers seventeen different clubs for 4-H members to join, depending on your interests and where you live. No matter what your interest is, 4-H is right for you because the activities are endless, such as taking care of pets, photography, sewing, baking, gardening, showing livestock, art, woodworking, welding, hippology, STEM, and so much more.

As a 4-H'er, youth participate in club meetings once a month, with an opportunity to also attend monthly project nights at the 4-H Building, attend 4-H camp in Washburn or Extension Youth Conference in Fargo, and enter project exhibits during 4-H Achievement Days held in July. Enroll in Burleigh County 4-H today for a great opportunity to create positive change in your community and your life.

For more information about 4-H please visit: ag.ndsu.edu/burleighcountyextension or contact Burleigh County Extension at 701-221-6865.

Capital Curling Club

We offer a variety of options depending on interest, 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 capitalcurlingclub.org.

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

We provide ready-made opportunities for your family to do fun things together and grow into our best future selves! Cub Scouts is a program for all boys and girls in grades K-5, providing values-based learning through adventures such as camping, hiking, racing, fishing, and so much more! Scouts BSA is for youth ages 11-17. This is the traditional Scouting experience where boys and girls can have their share of outdoor adventure! Develop a love of service by volunteering, boost your leadership skills, and create memories of a lifetime!

To learn more, contact the Bismarck Scout Center at (701) 223-7204 or at bismarck@nlcbsa.org!

Dakota Junior Golf Association

Founded in 1988, the Dakota Junior Golf Association was developed to provide and promote junior golf activities. The mission of the organization is to grow the game through instruction and competition. DJGA is committed to becoming the premier junior golf organization in the Upper Midwest & creating the next generation of lifelong golf enthusiasts.

DJGA:

1. Teaches golf by holding youth clinics and instructional classes conducted by qualified instructors.
2. Provides the opportunity for participation in competitive golf activities by junior golfers, including organizing and conducting junior golf camps and tournaments.
3. Encourages the development of a lifelong recreational activity, emphasizing good sportsmanship, self-discipline and an enjoyable experience.

For more information, visit 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), and 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 and 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: dakotaunitedsoccer.com

Dakota West Arts Council

Dakota West Arts Council (DWAC) is the arts council of North Dakota's Capital City of Bismarck. DWAC serves as an umbrella arts agency and the voice of arts and culture in the area. DWAC's mission to "bring the arts to the everyday" happens through advocacy, community engagement, partnerships, and collaboration. We provide accessible arts programming and public arts projects by supporting artists and peer organizations in our city with an emphasis on underserved populations. DWAC is a 501(c)(3) nonprofit organization.

Find out more at
dakotawestartscouncil.org.

Dakota Zoo

Daily educational chats and animal presentations. Several special events throughout the year including Zoo Boo, Photos with Santa, Winter Day Camps, Breakfast at the Zoo, Children's Day, Family Zoo Snooze Camp Out, and much more. For more information, call 223-7543 or check the website at dakotazoo.org.

Summer Hours: Late April to September
 Daily from 10am to 6pm
Winter Hours: October to late April
 Friday, Saturday, Sunday from 1pm to 5pm

Dreams in Motion Adaptive Sports

Dreams in Motion offers competitive and recreational sports programs for youth and adults with mobility challenges or visual impairments. The organization offers wheelchair basketball, sled hockey, soccer, dance, downhill skiing, track and field, tennis, and more. Programs are free and open to all ages and skill levels. Equipment and coaching are provided; and the organization offers scholarships and raises funds for athletes and participants to travel to sanctioned events. Dreams in Motion is a member of Move United.

More information is at
dreamsinmotioninc.com or email
dreamsinmotioninc@yahoo.com.

Fastrax BMX

Interested in trying BMX? The first race is FREE. Loaner helmets and bikes available. Join anytime!

Summer Schedule: Race every Monday & Thursday. Registration from 6-7 pm. FREE Practice every Tuesday from 6-8 pm.

Race Categories:
 • Striders: 5 and under.
 • Class Bikes: tire size of 20" or smaller
 • Cruiser Class: tire size of 24" or larger

Check out bismarckfastrax.com or Facebook for more information.

Flickertail Woodcarvers

Learn to craft handmade wooden carving projects while trading ideas with other carving enthusiasts. The Flickertail Woodcarvers have regular meetings and Whittle-Ins twice a month in the winter, and a potluck gathering during the summer months. We provide frequent learning and sharing opportunities for new and experienced woodcarvers. Never carved before? Come join us, and we'll teach you how. We have more formal class sessions in fall and spring for beginner carvers.

For more information, visit
flickertailwoodcarvers.org or find us on social media.

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. We are committed to building girls of courage, confidence and character who make the world a better place.

To learn how to join Girl Scouts, go to gsdakotahorizons.org, email help@gsdakotahorizons.org, or call 1-800-666-2141.

GO! Bismarck-Mandan

Go! Bismarck Mandan is a coalition of local organizations and individuals that work together to "build a healthier community where we live, learn, work, and play." The coalition shares information regarding programs, activities, and resources that highlight healthy living, local foods, physical activity, and built environment improvements.

For more information please visit
gobismarckmandan.org or like us on Facebook.

Great Plains Track & Field Club

Ages 5-15
 Location: Community Bowl
 Registration: Tuesday, May 30, 2023

For more information, visit
greatplainstrackfield.shutterfly.com.

Horseshoe Pitchers Association

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

For more information, please visit facebook.
[com/BisManHorseshoes](https://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
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 September through March. Currently, there are 13 teams that play each week on Sundays, Wednesdays and Fridays. Summer league, Friday Noon Skate and Pre-Season games are pick-up style and a good way to get on a team.

We are always looking for more players and teams to join our fast-paced league! Find us on Facebook by searching "Midwest Adult Hockey League".

Missouri River Adult Hockey League

The Missouri River Adult Hockey League (MRAHL) is an amateur hockey league operating in the Bismarck/Mandan area of North Dakota. With a league coordinating committee to help steer the development of the organization, the league has grown from a few players in 1997 to 17 teams currently in two different divisions. The league promotes fun, safe play in a no check style.

For more information, go to mrahl.com.

Missouri Slope Model Aero Club

The Missouri Slope Model Aero Club flying field is located just south of McDowell Dam. MSMAC offers a family oriented fun environment for watching or learning to fly model aircraft of all sizes. Spectators are always welcome. For information on any club events or matters please contact: Doug Arndt at 391-0840. Visit msmacrc.org.

Nishu Bowmen Archery Club

The Nishu Bowmen Indoor/Outdoor Archery Complex, 1409 Riverwood Drive, is maintained by the Nishu Bowmen Archery Club. The outdoor range features two 14-target NFAA ranges used to host NDBA state field tournaments. Along with both North and South ranges, there is another practice range which allows shooting from ranges of 10-70 yards. The indoor archery complex has a lower level range capable of shooting just beyond 30 yards and an upper-level 20-yard target range. Nishu offers a variety indoor and outdoor leagues for both the competitive and non-competitive archers from youth to adults. Archery instructional classes are held throughout the year. Nishu Bowmen has affiliations with the NDBA and the NFAA.

For more information, visit nishubowmen.com or find us on Facebook.

North Dakota Game & Fish Department

Outdoor Wildlife Learning Site located adjacent to the North Dakota Game and Fish Department headquarters office at 100 N. Bismarck Expressway. Bicycles and pets are not permitted. Portable restroom June-August. Fishing: Open during daylight hours. Catch and release only. No bait restrictions. Bluegill, trout, bass and catfish. Fishing license required 16 and older. Handicap accessible. Walking Trails, Bird Watching and Nature Photography: Prairie, wetlands, tree and shrub plantings, and a creek flows through the area. A self-interpretive guide and map is available. For more information, visit gf.nd.gov.

Northern Plains Dance

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

northernplainsdance.org
701-530-0986

Riverwood Men's & Women's Golf Associations

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

The Riverwood Women's Golf association has a Wednesday morning and Wednesday evening league. Golfers can choose to golf in the morning starting at 8:30am 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 ndsuperslide.com.



Holiday Gift Ideas

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

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

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

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

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 Programs and Partners section.

Online at www.bisparks.org

Online registration is available for all programs listed with a code.
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 in BPRD adult and youth programs will receive a full refund when the program is cancelled or has not officially begun.
- All refunds will be issued in the form of a check or credit, if applicable, for programs.
- The issuance of a refund check will take 10-12 working days and will be mailed to the participant.

To complete the registration form below:

- Use one form per child. Be sure information is correct and the program code number is listed. (Multiple code numbers may be listed on one form if 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 (First, Last)		Participant D.O.B.	Age	Grade (2022-23)
Address		City, State, Zip		
Email		Phone (H / W / C)		Phone (H / W / C)
Does participant need any modifications due to a disability? If so, please explain.				
Parent/Guardian (First, Last)		Parent/Guardian D.O.B.	Phone (if different than above)	

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

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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, North Dakota 58504

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

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

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

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

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

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

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.

Employment Opportunities

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

- Adult Basketball Officials, Scorekeepers & Supervisors
- Adult Volleyball Officials & Supervisors
- Archery Instructors
- BLAST Supervisors (after-school positions)
- Facility Attendants & Front Desk Staff at BSC Aquatic & Wellness Center and Capital Racquet & Fitness Center
- Facility Attendants (Zamboni Drivers) at Capital Ice Complex & VFW Sports Center
- Facility Attendants at World War Memorial Building
- Group Fitness Instructors & Personal Trainers
- Lifeguards
- Open Gym Supervisors
- Swimming Instructors
- Water Aerobics Instructors
- Warming House Attendants
- Youth Baseball, Basketball and Youth Volleyball Coaches & Officials

Application forms are available online
at www.bisparks.org or at our office,
400 E. Front Ave., Bismarck, ND 58504.
EOE

REGISTER FOR PROGRAMS AT
WWW.BISPARKS.ORG

