



BISMARCK PARKS AND
RECREATION DISTRICT
Est. 1927



2023 Fall ACTIVITY GUIDE

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

www.bisparks.org

ACTIVITIES



FACILITIES



PARKS



SPECIAL EVENTS



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

Bismarck Municipal Ballpark.....	222-3089
McQuade Diamonds.....	224-9907
Tatley-Eagles 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
Operations Maintenance Building....	222-6464
Sertoma Tennis Courts.....	222-6730
VFW Sports Center.....	221-6815
World War Memorial Building.....	222-6454

Frances Leach High Prairie Arts & Science Complex

Dakota West Arts Council.....	222-6640
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
Riverwood Golf Shop.....	222-6462
Tom O'Leary/Evan E. Lips Golf Shop..	222-6531

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
- Jennifer Odell, 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
- Lindsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Spencer Aune, Recreation Specialist
- Matt Guenther, Facility Supervisor
- Cole Carroll, Facility Specialist
- Dan Sedevie, Operations Superintendent
- Brad Schulz, Golf Course Superintendent
- Mac Weigel, Golf Course Superintendent
- Michael Schaaf, Golf Course Superintendent
- Rod Morasch, Head Tennis Professional
- **Maintenance and Operations Staff:**
 Brandon Ripplinger, Pat Gilhooly, Rick Schuler, Tim Thiel, Travis Bergan, Christopher Pate, Jordan Kainz, Brandon Rittenbach

Operations Division

- Mike Sullivan, Park Operations Manager
- Riley Merkel, Sport Complexes Manager
- Steve Gerding, Facility Specialist
- Colin Bales, Operations Superintendent
- Martha Willand, Facility Specialist
- Bonnie Lahr, Office Coordinator
- Lynn Morgenson, Landscape Specialist
- Jeff Oster, Facility 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, Mike Renner

Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner
- Jenna Nieters, 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 558 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 3 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 up to eight days in advance 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
Sept. 4-May 21	M	4-6pm	\$3.50/game*

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

Archery, Indoor

Beginners

These archery lessons are for the beginning archer or those with very little shooting experience. The focus is on basics that get students safely shooting and get a general feel for archery. The classes cover the fundamentals of shooting, emphasizing form and technique.

Dates	Day	Time	Fee	Code
Sept. 11-Oct. 16	M	6-7pm	\$40	25798
Sept. 11-Oct. 16	M	7-8pm	\$40	25799
Sept. 11-Oct. 16	M	8-9pm	\$40	25800

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



Basketball

3rd Grade Girls' & Boys' Basketball

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

Girls' Informational Meeting

- Wednesday, Aug. 9, at 7pm at World War Memorial Building in community room at 215 N. 6th St.
- An information sheet is available at www.bisparks.org.

Boys' Informational Meeting

- Wednesday, Oct. 11, at 7pm at World War Memorial Building in community room at 215 N. 6th St.
- An information sheet is available at www.bisparks.org.

League

- Girls: Aug. 21-Oct. 7
- Boys: Oct. 30-Jan. 6
- Teams organized by school.
- Volunteer coaches needed.
- Coaches will register for practice one day per week at the World War Memorial Building, 215 N. 6th St. Coaches will notify participants of practice times.
 - Mon.-Fri.: 4pm or 5pm
- Games are Saturdays at the World War Memorial Building.

Fees

- \$70/player-if received on or before Aug. 4 (Girls); Oct. 13 (Boys)
- \$80/player-if received Aug. 5 or later (Girls); Oct. 14 (Boys)

School	3rd Girls' Code	3rd Boys' Code
Cathedral	25405	25965
Centennial	25490	25966
Elk Ridge	25491	25967
Grimsrud	25492	25968
Highland Acres	25493	25969
Liberty	25494	25970
Lincoln	25495	25971
Martin Luther	25496	25972
Miller	25497	25973
Moses	25498	25974
Murphy	25499	25975
Myhre	25500	25976
Northridge	25501	25977
Pioneer	25502	25978
Prairie Rose	25503	25979
Roosevelt	25504	25980
Shiloh	25505	25981
Silver Ranch	25506	25982
Solheim	25507	25983
St. Anne's	25508	25984
St. Mary's	25509	25985
Sunrise	25510	25986
Will-Moore	25511	25987

COACHES & OFFICIALS NEEDED

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

www.bisparks.org/jobs or call 222-6641

4th & 5th Girls' & Boys' Grade Basketball

Youth basketball is a recreational program that teaches the fundamentals, skills and sportsmanship of the game. These basics include passing, dribbling, shooting and teamwork. Participants will learn through drills, scrimmages and games. Our emphasis is on equal play time, and most of all, FUN!

League Dates:

- Girls' Grade 4: Aug. 28-Oct. 14
- Girls' Grade 5: Aug. 28-Oct. 28
- Girls' Grade 4 Jamboree: Oct. 13 and 14
- Girls' Grade 5 Jamboree: Oct. 26 and 28
- Boys' Grade 4: Nov. 6-Jan. 13
- Boys' Grade 5: Nov. 6-Jan. 20
- Boys' Grade 4 Jamboree: Jan. 12 and 13
- Boys' Grade 5 Jamboree: Jan. 19 and 20

Days/Times for Most Schools

- Information sheets are available at www.bisparks.org.
- 4th grade has one practice a week, and 5th grade has two practices a week.
- First week of practice is Mon., Tues., Thurs. and/or Fri.
- Due to gym availability, some schools may have different practice schedules. You will be notified through the school office and/or team coach.

Participants must play at the school they attend.

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

Fees

- Girls' Grade 4: \$70/player-if received on or before Aug. 11
- Girls' Grade 4: \$80/player-if received Aug. 12 or later
- Girls' Grade 5: \$80/player-if received on or before Aug. 11
- Girls' Grade 5: \$90/player-if received Aug. 12 or later
- Boys' Grade 4: \$70/player-if received on or before Oct. 20
- Boys' Grade 4: \$80/player-if received Oct. 21 or later
- Boys' Grade 5: \$80/player-if received on or before Oct. 20
- Boys' Grade 5: \$90/player-if received Oct. 21 or later

School	4th Girls' Code	5th Girls' Code
Centennial	25406	25408
Elk Ridge	25407	25512
Grimsrud	25557	25513
Highland Acres	25558	25514
Liberty	25559	25515
Lincoln	25560	25516
Martin Luther	25561	25517
Miller	25562	25518
Moses	25563	25519
Murphy	25564	25520
Myhre	25565	25521
Northridge	25566	25522
Pioneer	25567	25523
Prairie Rose	25568	25524
Roosevelt	25569	25525
Shiloh	25571	25526
Silver Ranch	25574	25527
Solheim	25576	25528
Sunrise	25579	25529
Will-Moore	25580	25530

School	4th Boys' Code	5th Boys' Code
Centennial	25989	26010
Elk Ridge	25990	26011
Grimsrud	25991	26012
Highland Acres	25992	26013
Liberty	25993	26014
Lincoln	25994	26015
Martin Luther	25995	26016
Miller	25996	26017
Moses	25997	26018
Murphy	25998	26019
Myhre	25999	26020
Northridge	26000	26021
Pioneer	26001	26022
Prairie Rose	26002	26023
Roosevelt	26003	26024
Shiloh	26004	26025
Silver Ranch	26005	26026
Solheim	26006	26027
Sunrise	26007	26028
Will-Moore	26008	26029

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

BLAST

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

Grades	Dates	Days	Time
K-5	School Year	M-F	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

* Please contact your school directly regarding after-school program options if not listed above.

Details

- \$140/month
- \$280 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.
- Limited enrollment may be available during the school year. For information, call 701-222-6455.



Basketball Program
sponsored by

Essentia Health

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
Sept. 1-29	M & F	6:30-8:30pm (M); 5-7pm (F)	25381
Oct. 2-30	M & F	6:30-8:30pm (M); 5-7pm (F)	25382
Nov. 3-27*	M & F	6:30-8:30pm (M); 5-7pm (F)	25383
Dec. 1-29*	M & F	6:30-8:30pm (M); 5-7pm (F)	25384

*No class Sept. 4, Nov. 24 and Dec. 22 and 25.

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 391-2081 for more information and to purchase a glove.

Flag Football

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

Grades	Dates	Days	Times
3rd & 4th	Aug. 21-Sept. 28	M, T & Th	5:30-6:30pm
5th & 6th	Aug. 21-Sept. 28	M, T & Th	6:30-7:30pm

* No session on Sept. 4

- Jamboree: Sept. 30-Sam McQuade Sr. Softball Complex

Fees and Location

- An information sheet is available at www.bisparks.org.
- \$60/player-if received on or before Aug. 11.
- \$70/player-if received Aug. 12 or later.
- Sam McQuade Sr. Softball Complex, 1100 N. Washington St.
- * 6th graders interested in playing flag football should register with the code of their 2022-23 elementary school.

School	3rd & 4th Grade	5th & 6th Grade
Cathedral	25409	25412
Centennial	25410	25452
Elk Ridge	25431	25453
Grimsrud	25432	25454
Highland Acres	25433	25456
Liberty	25434	25457
Lincoln	25435	25458
Martin Luther	25436	25459
Miller	25437	25460
Moses	25438	25461
Murphy	25448	25455
Myhre	25439	25462
Northridge	25440	25463
Pioneer	25441	25464
Prairie Rose	25442	25474
Roosevelt	25443	25465
Shiloh	25444	25466
Silver Ranch	25445	25467
Solheim	25446	25468
St. Anne's	25447	25469
St. Mary's	25449	25470
Sunrise	25450	25471
Will-Moore	25451	25472

Junior Blacklight Pickleball

A fun, high energy event for all levels of junior pickleball players. There will be 90 minutes of drop-in style pickleball play in a "glow in the dark" atmosphere. It will be dark so wear neon colors to glow. Glow sticks and necklaces will be provided. Pickleball paddles will be provided if you do not have one. We will also have some fun challenges throughout the night!

Times, Fees and Location

- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Friday, Nov. 3
- Ages 10-18: 5-7pm
- \$12.50/person
- Registration Code: 26137

Karate, Traditional Japanese

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

Dates	Time	Days	Code
Aug. 8-31	6:30-8:30pm	T & Th	25385
Sept. 5-28	6:30-8:30pm	T & Th	25386
Oct. 3-26	6:30-8:30pm	T & Th	25387
Nov. 2-30*	6:30-8:30pm	T & Th	25388
Dec. 5-14	6:30-8:30pm	T & Th	25389

*No class on Oct. 31 and Nov. 23

Ages, Fees and Location

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



COACHES NEEDED

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

www.bisparks.org/jobs or call 415-0464

Flag Football Program
sponsored by



Essentia Health

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. 4-5, 2023 - March 2-3, 2024

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. 6-Dec. 13	M, T & W	11:30am-12:30pm
Jan. 2-March 13	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	26135
Intermediate/Advanced	Th	7-7:45pm	26136

Dates, Fees and Location

- Oct. 5-Nov. 9
- For ages 7-14
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$15; Non-members: \$20
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Swimming Lessons, Indoor

Fee and Location

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

Fall lessons will start in September. Classes run two days a week for five weeks. Lessons will be offered between 4:20-8:10pm.

The schedule will be posted online at www.bisparks.org approximately one week prior to registration.

Lesson levels are summarized below. Learn more details online 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 per 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 your use (please request from lifeguards if not out).

Dates and Fees

- **Starts Sept. 1**
- 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 parents/guardians and their toddlers, age infant through age five.
- Parents/guardians 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

NOW HIRING

LIFEGUARDS & SWIMMING INSTRUCTORS

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



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

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

Fees and Registration

- \$250 or **FREE when you submit a job application to work at BPRD**. 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

TBD

Lifeguarding Recertification Class

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

Date/Time

TBD

Fee

\$150

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

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: Sept. 11-Oct. 15

- Registration Deadline: Sept. 7 at 10pm

Session II: Oct. 30-Dec. 10

- Registration Deadline: Oct. 26 at 10pm
- Thanksgiving week off

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
- \$50/2 days a week
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Sept. 11-Oct. 11	M & W	5:30-6pm	26090
I - Sept. 11-Oct. 11	M & W	6-6:30pm	26091
I - Sept. 12-Oct. 12	T & Th	5:30-6pm	26093
I - Sept. 12-Oct. 12	T & Th	6-6:30pm	26094
II - Oct. 30-Dec. 6	M & W	5:30-6pm	26097
II - Oct. 30-Dec. 6	M & W	6-6:30pm	26098
II - Oct. 30-Dec. 6	M & W	6:30-7pm	26099
II - Oct. 31-Dec. 7	T & Th	5:30-6pm	26100
II - Oct. 31-Dec. 7	T & Th	6-6:30pm	26101
II - Oct. 31-Dec. 7	T & Th	6:30-7pm	26102

* Thanksgiving week off

Tiny Tots Daycare Program

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

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

- Ages 3-5
- \$37.50/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 - Sept. 11-Oct. 15
- II - Oct. 30-Dec. 6 (Thanksgiving week off)

Netters

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

Ages, Fee and Location

- Ages 5-6
- \$100, 2 days a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Sept. 11-Oct. 11	M & W	5:30-6:30pm	26085
I - Sept. 12-Oct. 12	T & Th	5:30-6:30pm	26087
II - Oct. 30-Dec. 6	M & W	5:30-6:30pm	26080
II - Oct. 30-Dec. 6	M & W	6:30-7:30pm	26081
II - Oct. 31-Dec. 7	T & Th	5:30-6:30pm	26082
II - Oct. 31-Dec. 7	T & Th	6:30-7:30pm	26083

* Thanksgiving week off

8 & Under Tennis

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

Ages, Fee and Location

- Ages 7-8
- \$100, 2 days a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Sept. 11-Oct. 11	M & W	5:30-6:30pm	26064
I - Sept. 12-Oct. 12	T & Th	5:30-6:30pm	26066
II - Oct. 30-Dec. 6	M & W	5:30-6:30pm	26059
II - Oct. 30-Dec. 6	M & W	6:30-7:30pm	26060
II - Oct. 31-Dec. 7	T & Th	5:30-6:30pm	26061
II - Oct. 31-Dec. 7	T & Th	6:30-7:30pm	26062

* Thanksgiving week off

8 & Under Tennis - Advanced

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

Ages, Fee and Location

- Ages 7-8 and instructor permission
- \$50, 1 day a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Sept. 16-Oct. 14	Sat	11am-12pm	26055
II - Nov. 4-Dec. 9	Sat	11am-12pm	26151

* Thanksgiving week off

Youth Tennis Programs
sponsored by



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

Session	Day	Times	Code
I - Sept. 11-Oct. 11	M & W	5:30-6:30pm	26050
I - Sept. 12-Oct. 12	T & Th	5:30-6:30pm	26052
II - Oct. 30-Dec. 6	M & W	5:30-6:30pm	26045
II - Oct. 30-Dec. 6	M & W	6:30-7:30pm	26046
II - Oct. 31-Dec. 7	T & Th	5:30-6:30pm	26047
II - Oct. 31-Dec. 7	T & Th	6:30-7:30pm	26048

* Thanksgiving week off

10 & Under Tennis - Advanced

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

Ages, Fee and Location

- Ages 9-10 and instructor permission
- \$75, 1 day a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Sept. 16-Oct. 14	Sat	9:30-11am	26041
II - Nov. 4-Dec. 9	Sat	9:30-11am	26152

* Thanksgiving week off

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

Session	Day	Times	Code
I - Sept. 12-Oct. 12	T & Th	7:30-9pm	26071
II - Oct. 31-Dec. 7	T & Th	7:30-9pm	26153

* Thanksgiving week off



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 11+
- \$150, 2 days a week; \$75, 1 day a week (Saturday only)
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Sept. 12-Oct. 12	T & Th	4-5:30pm	26156
II - Oct. 31-Dec. 7	T & Th	4-5:30pm	26155
II - Nov. 4-Dec. 9	Sat	12-1:30pm	26154

* Thanksgiving week off

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 12+ and instructor permission
- \$150, 2 days a week; \$75, 1 day a week (Saturday only)
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Sept. 11-Oct. 11	M & W	4-5:30pm	26108
II - Oct. 30-Dec. 6	M & W	4-5:30pm	26157
II - Nov. 4-Dec.9	Sat	1:30-3pm	26158

* Thanksgiving week off

Blacklight Tennis - Friday, Oct. 27

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. The cost is \$12.50/person.

Ages	Times	Code
5-11	5:30-6:45pm	26031
5-11	6:45-8pm	26032
12-18	8-9:15pm	26033
Adults 19+	8-9:15pm	26034

Creepy Classic Tennis Tournament

Thursday, Oct. 19 (Beginners)

Saturday, Oct. 21 (Competitive)

- Beginner - Registration Code: 26191
- Competitive Draw Junior Players - Registration Code: 26192

Location

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

For More Information

- Rod Morasch at 221-6855

Junior Team Challenges

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

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

- \$7/player, \$3.50/2nd child
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Sept. 22	F	4-5:30pm	26036
Nov. 10	F	4-5:30pm	26037

Special Tennis Events

Falling in Love with Tennis Gameday: Thursday, Sept. 7

Great Gobbler Tennis Gameday: Tuesday, Nov. 21

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

Dates	Day	Time	Code
Sept. 7	Th	5:30-6:15pm	26111
Nov. 21	T	5:30-6:15pm	26115

Ages 5-10 Gameday

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

- \$10/child; \$5/2nd child
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Sept. 7	Th	6:15-7:30pm	26112
Nov. 21	T	6:15-7:30pm	26114



Track, Cross Country

Ages and Fee

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

Dates and Locations

- Thursday, Sept. 7, at 3:45pm
Cottonwood Park, Soccer Field
- Monday, Sept. 11, at 3:45pm
Sertoma Park, Shelter #7
- Thursday, Sept. 21, at 3:45pm
Scheels Complex
- Tuesday, Sept. 26, at 3:45pm
Tom O'Leary Golf Course

Weekday Morning Play Dates

Dates & Ages

- Oct. 2, 2023–April 19, 2024
- 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 & Fridays • 10am - Noon
BSC Aquatic & Wellness Center, 1601 Canary Ave.
Turtle Beach Playground
- Tuesdays & Wednesdays • 10am - Noon
Capital Racquet & Fitness Center, 3200 N. 10th St.
KidZone
- Thursdays • 10am - Noon
World War Memorial Building, 215 N. 6th St.
Imagination Playground Room

No need to register. Just come and play! Please review Weekday Morning Play Date guidelines at www.bisparks.org and at facility sites.

Wibit Water Toys

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

Times, Location and Fees

- Starts Sept. 16
- Most Saturdays and Sundays through mid-May
- BSC Aquatic & Wellness Center, 1601 Canary Ave.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE. Non-Members: daily admission rate.
- Non-Members Entrance Fees: Kids (6-12yrs) \$4.25, Students (13-18yrs) \$5.25 and Adults \$7.

Adaptive Recreation

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

Basketball

Bismarck Parks and Recreation District's adult basketball program is open to all men's and women's teams. Participants must be at least 18 years old and out of high school. Information will be available at www.bisparks.org in August.

Fencing

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

Fitness

30-Day Reset

Ready to reprogram your body? Get your nutritional habits back in order and increase your physical activity level. Weekly group workouts plus individual guidance from a personal trainer, including pre/post individual assessment, nutritional assistance, exercise plan and communication via a fitness app.

Dates, Fees and Location

- Kickoff: Group Meeting with personal trainer at 6:30pm, Tuesday, Oct. 3
- Weekly Group Workouts: 6:30-7:15pm on Tuesdays, Oct. 10-31
- BSC Aquatic & Wellness Center (BSC AWC), 1601 Canary Ave.
- \$75 BSC AWC and Capital Racquet & Fitness Center member; \$100 non-member (includes 30-day membership to BSC AWC and CRFC)
- Registration Code: 26184

Fit Fifty+

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

Date	Days	Time	Code
Oct. 2-23	M	9-9:45am	26185

Fees and Location

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



Stroke, Spin and Stride Self-Paced Triathlon

Date	Fee	Code
Sept. 11-Oct. 20	\$30	26186

Event Description

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

Karate, Traditional Japanese

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

Open Gym

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

Pickleball

Drop-In Play

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

Summer Hours (June 1-Aug. 31)

Beginner

- Johnny Gisi Memorial Park Tennis/Pickleball Complex, 2547 E. Calgary Ave.
- Monday-Friday: 8am-12pm

Intermediate

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

Advanced

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

Fall/Winter Hours (Sept. 1-May 31)

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

Beginner

– Monday, Wednesday and Friday: 8-10am

Intermediate

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

– Saturday: 4-6:30pm

Advanced

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

World War Memorial Building, 215 N. 6th St.

All Levels

– Aug. 7-May 31

– Tuesday and Thursday: 11am-1pm

– FREE

– Played on the east and lower courts

To determine what level you should play in, please use the USA Pickleball rating guide. If you cannot determine your rating, contact Rod Morasch for a player assessment at 701-221-6855. Never played? Consider signing up for Pickleball 101 lessons before attending drop-in for the first time.

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 – Sept. 13-Oct. 11	W	12-1pm	26121
I – Sept. 13-Oct. 11	W	3-4pm	26126
II – Nov. 1-Dec. 6	W	12-1pm	26122
II – Nov. 1-Dec. 6	W	3-4pm	26127

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 – Sept. 12-Oct. 10	T	10:30am-12pm	26117
II – Oct. 31-Dec. 5	T	10:30am-12pm	26118

*Thanksgiving week off

Fee and Location

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

“A Big Dill” Pickleball Social - Tuesday, Oct. 17

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

- 5-7pm
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Pre-register to win door prizes.
- Registration Code: 26124

Blacklight Pickleball - Friday, Nov. 3

A fun, high-energy event for all levels of pickleball players. There will be 2 hours of pickleball social play in a “glow in the dark” atmosphere. It will be dark, so wear white or neon colors to “glow”! Glow sticks and necklaces will be provided.

Times, Fees and Location

- Capital Racquet & Fitness Center, 3200 N. 10th St.
- 7-9pm
- \$12.50/person
- Registration Code: 26125

Racquetball

Leagues

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

Ages, Fee and Location

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

Session 1 - Sept. 11-Oct. 22

League	Day	Times	Code
B/C	M	Noon	26130
Men's B/C	-	Arrange own matches -	26129

Session 2 - Oct. 30-Dec. 17

*Thanksgiving week off

League	Day	Times	Code
B/C	M	Noon	26132
Men's B/C	-	Arrange own matches -	26131

Lessons

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

Ages, Fee and Location

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

Dates	Day	Times	Code
Oct. 2-Nov. 6	M	7-8pm	26133

Challenge Courts

Ages, Fee and Location

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

Dates	Day	Times
Oct. 6-March 24	Th	7-9pm

Softball

Coed Fall Softball

Bismarck Parks and Recreation District runs a fall coed softball program. Rosters and fees are due by Aug. 11.

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

Date	Day	Times
Aug. 28-Oct. 9	M or W	6:30pm Early Games
Aug. 28-Oct. 9	M or W	8:45pm Late Games

Fees and Location

- \$150 sponsor fee (includes state sanction fee and beverage permit) and \$40/player - deadline Aug. 11
- Minimum of 13 players
- Clem Kelley Athletic Complex, 517 W. Arbor Ave.

League Tournament

- Saturday, Sept. 23

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 - Sept. 11-Oct. 22

See league descriptions for times.

League	Day	Code
Mixed Doubles	M	26147

Session 2 - Oct. 30-Dec. 17

*Thanksgiving week off

See league descriptions for times.

Level	Day	Code
Mixed Doubles	M	26149
Advanced Singles	- Arrange own matches -	26148

League Descriptions

Mondays Mixed Doubles

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

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

Advanced Singles Ladder

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

Beginner "Orange Crush"

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

Fees and Location

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

Dates	Day	Time	Code
Sept. 12-Oct. 10	T	5:30-7pm	26160
Oct. 31-Dec. 5	T	5:30-7pm	26159

* Thanksgiving week off

Intermediate Adults

This class is for players with some experience or advanced beginners. This fun class reinforces grips, preparation and swing path for forehands, backhands, volleys, overheads, serves and return of serves. It introduces spin and placement and has emphasis on situational tennis. Singles and doubles positioning and strategy will be taught. There are lots of fun games and drills 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
Sept. 11-Oct. 9	M	10:30am-Noon	26161
Sept. 13-Oct. 11	W	5:30-7pm	26162
Sept. 14-Oct. 12	Th	10:30am-Noon	26163
Sept. 16-Oct. 14	Sat	9:30-11am	26166
Oct. 30-Dec. 4	M	10:30am-Noon	26165
Nov. 1-Dec. 6	W	5:30-7pm	26168
Nov. 2-Dec. 7	Th	10:30am-Noon	26167
Nov. 4-Dec. 9	Sat	9:30-11am	26164

* Thanksgiving week off

Advanced Adults

This class is for players Level 3.5 and above. These fun and competitive classes offer advanced stroke production techniques with emphasis on competitive situations and drills. Singles and doubles positioning and strategy for tournament and league competition. 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
Sept. 11-Oct. 9	M	5:30-7pm	26170
Sept. 14-Oct. 12	Th	12-1:30pm	26171
Oct. 30-Dec. 3	M	5:30-7pm	26172
Nov. 2-Dec. 7	Th	12-1:30pm	26173

* Thanksgiving week off

Private Tennis Lessons

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

Lesson	Members	Non-members
Private	\$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
Sept. 12-May 21	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.

Red Ball Mini Tournament - Tuesday, Aug. 29

It's time for the grown-ups to make a "racquet" this summer! It's time for the inaugural Bismarck "Red" Ball Tournament. Adults will compete on the pickleball courts with 23-inch tennis racquets and low compression balls which will equal the playing field no matter your level! Registration includes your tournament fee, music, treats and prizes! Red low compression balls make the best equalizer on the tennis court no matter your level, and don't worry, if you get pegged it won't hurt.

Fees and Location

- \$20/person
- Elk Ridge Pickleball Complex, 3620 Cogburn Rd.
- Draws formed on site. Show up ready to play!

Level	Time	Code
Beginner 2.5-3.0	6-8pm	26175
Intermediate 3.0-3.5	6-8pm	26176
Advanced 3.5-4.0	6-8pm	26177



Volleyball

Adult Fall & Winter Leagues

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

Fall Volleyball

- Registration: Aug. 8 and 9, 7:30am-5pm
- Program Dates: Sept. 11-Nov. 30

Winter Volleyball

- Registration: Dec. 5
- Program Dates: Jan. 8-March 21

Days and Times

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

Player Fee

- \$45/player/season
- Rosters and fees are due during fall volleyball registration days of Aug. 8 and 9.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.
- Only fall player fees are accepted in August.
- Winter fees will be due in December.

Sponsor Fee

- \$100/season
- \$150/both fall and winter seasons (player fees will still need to be paid separately each season)
- Refunds will not be given if a team drops out of the winter season.

League Schedules

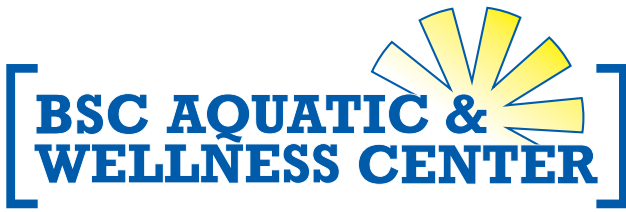
- Online at bisparks.org by Sept. 5.

Wallyball

League Fees, Dates and Location

- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Member: Free; Non-member - \$25
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Nov. 13-Jan. 4

League	Day	Time	Code
Coed	T & Th	7pm	26179
Men's	M & Th	7pm	26182
Women's	M & W	7pm	26183



1601 Canary Ave., Bismarck, ND 58503
701-751-4266

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

Hours: Sept. 1-May 31

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

Hours: June 1-Aug. 31

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

Pool Hours

- Pools 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.

Fun Fitness Trail

Add some meaningful movement to your day with the Fun Fitness Trail. Jump, crawl, hop, and push on the colorful stickers for some active and engaging fun! It's perfect for releasing some energy and renewing your focus. This playful activity challenges your gross motor skills and provides lots of sensory input. Available during facility hours for all ages.



3200 N. 10th St., Bismarck, ND 58503
701-221-6855 or 701-221-6856

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

Hours: Sept. 1-May 31

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

Hours: June 1-Aug. 31

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

Fees

- For complete membership fees, refer to following page.

KidZone

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

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 (adult supervisors are free) at BSC AWC					\$2
Indoor Track at CRFC					\$2
Locker Rental			\$15/One month	\$50/Six months	\$75/12 months
Daily Admission Coupon Book (12 passes)					\$70
Tennis Coupon Book (12 - 1.5 hour passes)		Members: \$50		Non-Members: \$96	
Summer Tennis Coupon Book (12 - 1.5 hour passes) Valid Memorial Day-Labor Day		Members: \$25		Non-Members: \$48	

* A Household is up to two adults and their dependent children high school age and under including any children under their care.
NOTE: Prices are subject to change. Taxes are added at the time of purchase.

Health Reimbursements

Get money back on your membership each month with a qualifying health reimbursement program, including Sanford, Blue Cross Blue Shield of ND and Midco. Contact your insurance provider for details.

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.

**Wibits are back Sept. 16.
Most Saturdays and Sundays.
Check www.bisparks.org for schedule.**



Birthday Parties

BSC Aquatic & Wellness Center

1601 Canary Ave., Bismarck, ND 58503 • 751-4266

BSC AWC offers parties in the community rooms with direct access to the recreation pool and indoor playground. The rooms include tables and chairs with plenty of space for food and gifts.

Pool Party/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. • 221-6855

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

Tennis or KidZone Party Perks

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



Camping

General Sibley Park

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

The camping season at General Sibley Campground runs through Monday, Oct. 9. See below for reservation details.

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 open through 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 2023 Eagles Park camping season runs through Monday, Oct. 9. Call 701-222-6455 to make a reservation.

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.



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

Tom O'Leary (TO)

1200 N. Washington St. • 222-6531

- 18-hole, par-69 course in central Bismarck
- Well manicured, shorter and challenging for players of all skill levels
- Wonderful views, mature trees and wide open fairways
- Putting green and concessions
- Practice area, free to use with your own golf balls

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.

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.

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 \$270, 9 holes \$200
- **Tom O'Leary:** 12 rounds: 18 holes \$240, 9 holes \$180

Golf Cart Rental

- 18 holes-\$24/seat; 9 holes-\$12/seat
- The use of "Golf Boards" and/or private individual personal vehicles on the golf courses is prohibited.

Golf Cart Coupon Books

- 12 coupons/book
- 9 holes-\$120
- 18 holes-\$240

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

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.



Ice Arenas

Capital Ice Complex

1504 Wichita Dr. • 221-6813

Capital Ice Complex is home to two sheets of ice – Schaumberg 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

1200 N. Washington St. • 222-6588 or 221-6814

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

1504 Wichita Dr. • 712-8918

- **Schaumberg Arena:**
Oct. 21-March 16 -Saturdays: 3-5pm
- **Wachter Arena:**
Sept. 4-March 17 -Sundays: 6-8pm;
- Skating Fee: \$2/Individual; \$5/family.
- Skate Rental: \$3 each
- Cash/check only.

VFW Sports Center

1200 N. Washington St. • 222-6588 or 221-6814

- **Rink 1:** Sept. 5-March 28
-Tuesdays, Wednesdays and Thursdays: 12-1:15pm
- Skating Fee: FREE
- **Rink 2:** Nov. 5-March 10
-Sundays: 3-5pm
- Skating Fee: \$2/Individual; \$5/family.
- No skate rentals.
- Cash/check only.

*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. 8-March 6
- Wednesdays: 7:45-9:15pm
- Youth hockey games for Squirrels 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. 7-March 7
- Tuesdays, Wednesdays and Thursdays: 12-1pm
*No Puck & Stick on March 16-17
- Cost: Free
- Open to all ages. Helmet w/face mask & skates required. Pick-up games are not permitted during open stick time.

Outdoor Ice Skating

Warming Houses are located at the following parks:

Warming House Hours

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

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. Call facility for hours.

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.



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

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

Hours: April 1-May 31

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

Hours: June 1-Aug. 31

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

Hours: Sept. 1-March 31

- Monday-Thursday: 10am-9pm
- Friday: 10am-6pm
- Saturday: 9am-5pm
- Sunday: Noon-9pm
- Sept. 4 Closed

WWMB Birthday Party Special

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

Party Perks

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

Racquetball

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

Court Reservations

- \$40/hour/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
- See the WWMB webpage at www.bisparks.org for pickleball and ping pong opportunities.

Parks

For a complete listing of parks, addresses and amenities, see www.bisparks.org.

Community Gardens

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

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

BPRD manages the community gardens located at the Missouri Valley Complex, 3715 E. Bismarck Expressway. Information on renting a garden plot at this location is available at www.bisparks.org/parks-trails/community-gardens or by calling 701-222-6455.

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/parks-trails/community-orchard.

Disc Golf Courses

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

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 more than 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 Walt Neuens Memorial Horse Arena and Atkinson Nature Park.
- 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 more than 78+ 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
– <i>For-profit rentals</i>	\$110.....	\$65
Custer Park Stage , 320 E. Custer Park St.....	\$50.....	\$35
– <i>For-profit rentals</i>	\$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
– <i>For-profit rentals</i>	\$500	\$400
Lions Park Community Center , 1001 N. 17th St.....	\$80	n/a
– <i>For-profit rentals</i>	\$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
– <i>For-profit rentals (Farwest, Jaycee, Sertoma)</i>	\$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 (October-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 Masters swim team is a fun swimming program for adults of all ages and abilities.

For more information on the Aquastorm swim team or Masters, 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 the Capital Ice Complex, 1504 Wichita Dr., April through September.

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, flexibility, self-confidence, and more; skills used in gymnastics, other sports and in life!

Class registration is held every 3 months and is open to all individuals. BGA maintains a USAG competitive team and Show Team. They offer different opportunities for athletes to compete at a higher level. BGA also offers "open gym" for the public to enjoy supervised, unscripted time in the gym.

For more information, visit 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? Put FUN first with the Bismarck Larks! 2023 marked the Bismarck Larks' 7th season in the Northwoods League (NWL). The NWL is a 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, promotions, events 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](https://facebook.com/groups/BisManBirdClub)
bismanbirding.wordpress.com
email 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, but we do 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 at bismarckmandanpickleball.com.

Bismarck-Mandan Tennis Association

The purpose of the Bismarck-Mandan Tennis Association is to promote tennis, and to work with all individuals, organizations, and businesses interested in promoting tennis within the Bismarck-Mandan area.

For more information on leagues and programs, visit bmta.usta.com.

Bismarck Men's & Women's Slowpitch Softball Associations

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

Women's: Bismarck Women's Slowpitch Softball will have their first organizational meeting in February of 2024 - date and place to be determined. To be eligible to play, girls must be 13 by Dec. 31, 2024.

Check the Bismarck Women's Slowpitch softball website and Facebook page for additional information. Any questions can be directed to bwssa@live.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.

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.

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 began the first Saturday in June and will wrap up in October.

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

Burleigh County 4-H

Looking to try something new? 4-H provides hands-on, real life experiences through projects, activities and events to all youth in Burleigh County ages 5-18. Make new friends at monthly club meetings or project days, or attend 4-H camp. No matter what your interest is, 4-H provides activities related to STEM, pets, photography, baking, woodworking, gardening, welding, sewing, hippology, livestock, and so much more.

For more information on how to enroll in 4-H, contact Burleigh County Extension at nds.burleigh.extension@nds.edu or call 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 (DJGA) 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

The primary goal of Dakota United Soccer Club is to provide a quality opportunity to children from the age of 4 through 6th grade. We welcome all playing abilities in an environment that is designed to support athletic and personal development. Our academy program is led by experienced, paid coaching staff who teach the fundamentals of soccer through fun and engaging practices. Recreation leagues are provided in the spring and fall where players will practice once a week and scrimmage on Saturdays.

Visit dakotaunitedsoccer.com for more information and registration.

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

Dakota Zoo features daily animal presentations and educational zookeeper chats. Special events occur throughout the year including our annual Easter Egg Hunt, Breakfast at the Zoo, Children's Day, Brew at the Zoo, and Zoo Boo. The Zoo also puts on many educational camps including Summer Zoo Camp and the Family Zoo Snooze camp over.

Summer Hours: Late April to September, daily from 10am to 6pm

Winter Hours: October to late April, Friday, Saturday, and Sunday from 1pm to 5pm

For more information, call 701-223-7543 or check our website at dakotazoo.org.

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 available 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!

Fall Schedule: Race every Sunday. Registration from 12-1pm. FREE Practice every Tuesday from 6-8 pm.

Race Categories:

- Balance Bikes: 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 visit gobismarckmandan.org or like us on Facebook.

Great Plains Track & Field Club

Ages 5-15

For complete information go to greatplainstrackclub.webador.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.

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 (MSMAC) 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](https://www.facebook.com/RiverwoodMensGA) or [facebook.com/groups/134582623355123](https://www.facebook.com/groups/134582623355123).

Shade Tree Players

Shade Tree Players is a local theatrical group for children 7-18 years old. This educational group focuses on teaching skills and techniques to becoming confident actors. Shade Tree Players offers year-round programming!

2023 Fall Classes:

- Twisted Tales (7-13 yrs)
Create and perform your own version of re-imagined fairy tales in this weekly class!
- Zombie Makeup (10-18 yrs)
Mmmmm....Brains! Register for our DIY Zombie Makeup seminar, and show off your design that evening at our Zombie Prom, taking place at High Prairie!

Follow us on Facebook and/or Instagram for more information and registration details.
www.dakotastageltd.com

Sleepy Hollow Theatre & Arts Park

SHTAP provides unique youth development programs which result in high quality entertainment for the cultural enrichment of our communities and state.

Hundreds of thousands of audience members have enjoyed live musical productions and events.

Performances take place at Sleepy Hollow Arts Park, 26th and Divide. The setting features attractive entrance turrets and corner signage, a 100' stage, two event sites, four pergolas, a shelter and supporting facilities along with an attractive parking lot.

For latest information and tickets, visit www.shtap.org. For other questions, call Stephanie Delmore 319-0895 or Susan Lundberg, 319-0894.

Special Olympics

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

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

Unified Sports is a program within Special Olympics that combines equal numbers of athletes with and without intellectual disabilities on sports teams for training and competition.

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

Super Slide Amusement Park

Located within Sertoma Park, the Super Slide Amusement Park has been locally owned and operated for over 50 years. The park features a 160 foot 6-six-lane super slide. Other attractions include a ferris wheel, carousel, teacups, rock climbing wall, batting cages, an 18-hole mini golf course, bank shot basketball, go carts, bumper cars, water wars, critter train, bounce house, swing ride, and North Dakota's only roller coaster. The concession stand includes ice cream, hot dogs, nachos, slushies, and more!

For more information, call 255-1107 or visit ndsuperslide.com.

Register for a Bismarck Parks and Recreation District Program!

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



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 (2023-24)
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.

August

Summer Grand Slam Youth Tennis Tournament	7-8
Movie in the Park, Riverwood Golf Course.....	11
Summer Songs Concert Series at General Sibley	17
Tennis Red Ball Mini Tournament, see page 15	29

September

Public Ice Skating opens CIC, see page 21	4
Public Ice Skating opens VFW, see page 21.....	5
Falling in Love with Tennis Gameday, see page 11	7
Walk to End Alzheimer's	9
Bismarck Marathon.....	14-16
Wibits Water Toys, see page 11	16
Junior Team Tennis Challenge, see page 11.....	22
Movie in the Park, General Sibley Park.....	23
Flag Football Jamboree, see page 6.....	30

October

Weekday Morning Play Dates begin, see page 11.....	2
Girls' Gr 4 Basketball Jamboree, see page 5.....	13 & 14
"A Big Dill" Pickleball Social, see page 13.....	17
Creepy Classic Tennis Tournament, see page 10....	19 & 21
Girls' Gr 5 Basketball Jamboree, see page 5.....	26 & 28
Blacklight Tennis, see page 10.....	27

November

Blacklight Pickleball, see pages 6 & 13.....	3
Open Gym begins, see page 7	4
Puck & Stick Time starts, see page 21	7
Drop-In Hockey starts, see page 21.....	8
Junior Team Tennis Challenge, see page 11.....	10
Great Gobbler Tennis Gameday, see page 11	21

The 2023-24 Winter Activity Guide will be posted online in November:

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

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
- Facility Attendants, including Zamboni drivers, at Capital Ice Complex & VFW Sports Center
- Facility Attendants at World War Memorial Building
- Flag Football Coaches & Referees
- Group Fitness Instructors & Personal Trainers
- Lifeguards
- Open Gym Supervisors
- Swimming Instructors
- Warming House Attendants
- Youth Basketball Coordinators, Coaches & Officials

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

**REGISTER FOR PROGRAMS AT
WWW.BISPARKS.ORG**

