



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

2023 **Spring/Summer** ACTIVITY GUIDE

YOUTH & ADULT PROGRAM REGISTRATION STARTS APRIL 4 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
- Mike Sullivan, 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
- Rod Morasch, Head Tennis Professional
- **Maintenance and Operations Staff:**
Brandon Ripplinger, Michael Schaaf, Pat Gilhooly, Rick Schuler, Tim Thiel, Travis Bergan, Christopher Pate, Jordan Kainz

Operations Division

- 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, Jr., 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 Peneueta, Local Foods Coordinator

General Information

Cancellations

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

Dog Ordinance

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

Gift Certificates

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

Insurance

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

Matching Grant Program

Bismarck Parks and Recreation District's Matching Grant program provides matching funds for facility, grounds and equipment projects. In its 36th year, the program has provided matching funds for 556 projects with total project costs of more than \$6.1 million. Applications will be accepted from Bismarck associations, organizations, clubs or individuals interested in matching funds to sponsor a project in a Bismarck Parks and Recreation District facility or park. Matching funds are awarded twice per year. Applications are available at our office. Call 222-6455 for more information. DEADLINES: Annually, Feb. 1 and June 1 at 5pm.

Photography/Video

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

Rain Checks

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

Online Registration and Reservations

Visit www.bisparks.org to register for those activities with a code, make a tee time or reserve a campsite.

BPRD Inclusion Statement

The Bismarck Parks and Recreation District is committed to making all of our programs, facilities, services, and activities accessible to everyone. If you feel that you or your child may require auxiliary aid or special modifications to participate, please let us know at the time of registration. We will work with you in order to make reasonable modifications. If you have questions or accessibility concerns or suggestions for improvement, please contact us.

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Our Vision

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

Our Mission

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

Core Purpose

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

Our Values

Accountability	Diversity
Collaboration	Integrity
Community	Professionalism

Activity Centers

Activity Centers provide summer recreational programming at selected elementary schools in a day-camp style setting for **kids entering grades 1-6**. Daily games, crafts, projects and outdoor fun and movement help participants increase social skills and enjoy active play in a safe and caring supervised environment. Activity Centers have limited enrollment. Child may be enrolled at any site.

Ages	Dates	Days	Time
1st-6th Grade	June 5-Aug. 4	M-F	7:45am-5:30pm

- **Must have completed kindergarten in the 2022-23 school year or be 6 years old by June 1, 2023. If your child is in kindergarten, but won't be 6 until after June 1, 2023, please come to Bismarck Parks and Recreation office to register.**
- Activity Centers close at noon on Aug. 4.
- No program on July 3 and 4
- There is no supervision before 7:45am or after 5:30pm.
- We do not provide lunch or snacks, so please bring your own.

Fees

- \$500/child-if received on or before Thursday, April 27
- \$510/child-if received Friday, April 28, or later
- When registering, the registration fee for Activity Center can be paid in one payment, or you may choose to split the payment in two.

TWO-STEP REGISTRATION PROCESS

Registration starts April 4 at 8am

- **Step One:** Register your child(ren) for the selected Activity Center site online or in person at the BPRD office, 400 E. Front Ave. Once your child(ren) is registered, you can then move to Step Two.
- **Step Two:** You **MUST** complete the fillable PDF online or pick up a registration packet from the BPRD office. Submit the completed packet at the BPRD office or email it to blast@bisparks.org within **48 hours of registering**. Once your completed packet is received, your child(ren)'s registration is complete.

School	Location	Code
Centennial	2800 Ithica Dr.	25379
Elk Ridge	4401 Ivory Ln.	25594
Grimsrud	716 St. Benedict Dr.	25595
Highland Acres	1200 Prairie Dr.	25600
Liberty	5400 Onyx Dr.	25596
Northridge	1727 N. 3rd St.	25597
Prairie Rose	2200 Oahe Bend	25598
Rita Murphy	611 N. 31st St.	25599
Roosevelt	under construction	
Silver Ranch	4511 Silver Blvd.	25601
Solheim	325 Munich Dr.	25602
Sunrise	3800 Nickerson Ave.	25603

Junior Leader

Junior Leaders will learn the skills necessary to perhaps become an Activity Center Leader one day. A Junior Leader will assist the Leaders in organizing the games and daily activities, helping the Activity Center participants and helping prepare for the activities each day. The Junior Leaders assist the Leaders and learn leadership and problem-solving skills in a fast-paced, recreational environment.

Junior Leader applications can be submitted from April 3-14. BPRD staff will do a random drawing April 20, and applicants will be notified of the results. The Junior Leader applications can be found at www.bisparks.org.

Fees

- \$75/Junior Leader
- Maximum of 4 leaders per site.
- Junior Leaders must be going into 7th grade or older.

Adaptive Recreation

Meet It or Beat It Bowling

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

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

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

Triple Star Day Camp

Triple Star Day Camp is offered to individuals ages 10 and up with disabilities. Emphasis is given to age appropriate activities, as well as opportunities to participate in community activities and swimming.

Dates	Days	Time	Code
June 5-Aug. 4	M-F	9:30am-3pm	25195
* No camp July 3 and 4			

- For ages 10+.
- \$150/participant
- Lions Park Community Center, 1001 N. 17th St.

Baseball

Coed Mites, Squirts, Cal Ripken-Recreational

Coed youth baseball is a recreational program that teaches youth ages 5-12 the fundamentals, skills and sportsmanship of the game. These basics include throwing, catching, hitting and teamwork. Participants will learn through drills, scrimmages and games. Our emphasis is on equal play time, and most of all, FUN!

Any player born prior to May 1, 2018, and on or after May 1, 2010, is eligible for Coed Mites, Squirts and Cal Ripken. Age is determined as of May 1, 2023.

Ages	Dates	Days	Time	Code
Mites 5-6	June 5-July 26	M & W	10-11am	25697
Mites 5-6	June 6-July 27	T & Th	10-11am	25698
Squirts 7-9	June 5-July 26	M & W	8:30-9:45am	25709
Squirts 7-9	June 6-July 27	T & Th	8:30-9:45am	25710
Cal Ripken 10-12	June 5-July 26	M & W	11:15am-12:45pm	25336
*No baseball on July 3 and 4				

Fees and Location

- \$65/player – if received on or before Friday, May 12
- No more than \$130 maximum/household
- \$75/player – if received Saturday, May 13, or later
- No more than \$150 maximum/household
- Sam McQuade Sr. Softball Complex, 1100 N. Washington St.

Youth Baseball Clinic

Participants born prior to May 1, 2018, and on or after May 1, 2010, are eligible for the 2023 Youth Baseball Clinic. The program focuses on the development of baseball skills and fundamentals.

Ages, Dates, Times and Location

- 5-12 years old
- Thursdays from June 8-July 20 from 11:15am-12:45pm
- Sam McQuade Sr. Softball Complex, 1100 N. Washington St.

Fee and Registration

- Free for registered Mites, Squirts and Cal Ripken participants
 - To Register: Click "yes" for enrollment into Youth Baseball Clinic when signing up your child for Coed Mites, Squirts, Cal Ripken.
- \$15 for non-registered youth baseball participants
- **For non-registered, enroll with Code: 24968**

Babe Ruth, Ages 13-15

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

Informational Meeting

- Wednesday, April 19, at 6pm in the community room at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer St.
- North Dakota Babe Ruth: www.ndakbaberuth.com

Dates

- Registration open
- Major League: May-August
- Minor League: May-July
- Major League Tournament: July 26-30
- Minor League Tournament: July 17-24

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

Ages Code

Age 13	24853
Age 14	24854
Age 15	24855

League Format

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

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

Major League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

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

Minor League Tryouts

Tatley-Eagles Park, 602 Airport Rd.

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

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

Major League Practice and Game Schedules

- Practice starts May 22. Practice and game schedules are provided after tryouts. Teams play weekdays and weekends.
- Haaland Field, 2506 S. 12th St.
Tatley-Eagles Park, 602 Airport Rd.
Legacy High School, 3400 E. Calgary Ave.

Minor League Practice and Game Schedules

- Practice starts May 22. Teams practice and play games Monday-Thursday between the hours of 3:30-10pm. Teams rotate practice and game times.
- Schedules are provided after tryouts.
- Haaland Field, 2506 S. 12th St.
Tatley-Eagles Park, 602 Airport Rd.
Legacy High School, 3400 E. Calgary Ave.

Fees

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

Fees for Major League (In addition to base fee)

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

Uniform and Batting Helmet

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

American Legion, Ages 16-18

American Legion Baseball

Competition in 2023 is open to players born on or after Jan. 1, 2004. Only 2022 High School graduates may play for the Legion team if they played during the 2022 season. **BPRD Age Rule:** A player must participate in the Babe Ruth 13-15 League until they are no longer eligible to play according to Babe Ruth League age chart.

Age	Dates	Code
16	June 6 (practices)	25693
17	June 6 (practices)	25694
18-19	June 6 (practices)	25695

- Governors: \$450 + raffle tickets
- Reps and Senators: \$450 + raffle tickets
- * **Each participant is required to sell raffle tickets.**
- * Your raffle ticket purchase doubles as a family season ticket to all Reps, Senators and Governors games for the 2023 regular season AND puts your name in the calendar drawing for cash prizes, too.

Game Schedules-Governors, Senators and Reps

For full game schedule and updates, visit www.bgovs.org.

Babe Ruth League Age Chart for 2023

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

Basketball

Summer Coed Recreational

The concept of this program is similar to a summer-long camp for participants to work on improving their skills. Teams are assigned each night.

Grades	Dates	Days	Time	Code
Grades 3 & 4	June 6-July 27	T & Th	6-7pm	25402
Grades 5 & 6	June 6-July 27	T & Th	7:15-8:15pm	25403
Grades 7 & 8	June 6-July 27	T & Th	8:30-9:30pm	25404

Grade determined by 2023-24 school year.
No session on July 4.

Fee and Location

- An information sheet is available at www.bisparks.org.
- \$65/player-if received on or before May 12
- \$75/player-if received May 13 or later
- World War Memorial Building, 215 N. 6th St.

Girls' 3rd Grade Basketball

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

Informational Meeting

- TBA
- An information sheet is available at www.bisparks.org.

League

- Aug. 21-Oct. 7
- 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
- \$80/player-if received Aug. 5 or later

School	Code
Cathedral	25405
Centennial	25490
Elk Ridge	25491
Grimsrud	25492
Highland Acres	25493
Liberty	25494
Lincoln	25495
Martin Luther	25496
Miller	25497
Moses	25498
Murphy	25499
Myhre	25500
Northridge	25501
Pioneer	25502
Prairie Rose	25503
Roosevelt	25504
Shiloh	25505
Silver Ranch	25506
Solheim	25507
St. Anne's	25508
St. Mary's	25509
Sunrise	25510
Will-Moore	25511

Girls' 4th & 5th Grade Basketball

Girls' youth basketball is a recreational program that teaches the fundamentals, skills and sportsmanship of the game. These basics include passing, dribbling, shooting and teamwork. Participants will learn through drills, scrimmages and games. Our emphasis is on equal play time, and most of all, FUN! The 4th and 5th grade programs have season-ending jamborees.

League Dates

- Girls' Grade 4: Aug. 28-Oct. 14
- Girls' Grade 5: Aug. 28-Oct. 28
- Grade 4 Jamboree: Oct. 13 and 14
- Grade 5 Jamboree: Oct. 26 and 28

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., Wed., 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.

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
- Participants must play at the school they attend.

School	4th Grade Code	5th Grade 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

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

Flag Football
and Basketball
Programs
sponsored by



Essentia Health

BLAST

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

Fall 2023 Enrollment

The BLAST deadline for people currently enrolled through the last day of school is June 15 at 5pm. BLAST packets are mailed to parents in mid-May for those currently enrolled in the program.

Grades	Dates	Days	Time
K-5	School Year	Mon.-Fri.	3:05-6pm
*BLAST follows the school year calendar and is not held when school is not in session for school breaks/holidays/staff training.			

Locations

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

* BPRD does not manage programs at Lincoln, Miller, Moses, Myhre, Pioneer, Shiloh, and Will-Moore schools. If interested in attending those schools, contact Central Regional Educational Cooperative (CREA) at 751-4041.

Fees

- \$140/month
- \$280 due at time of registration (applied to first and last month's bill)
- Children enrolled in BLAST must attend school at that site.

Open-Enrollment Procedure for BLAST 2023-24

- Mid-May:** BLAST registration information is mailed to families currently enrolled in the BLAST program. This helps us determine who is coming back and how many open positions there are available for other families at each school site.
- June 15 by 5pm:** Registration packets from current BLAST families are due at BPRD by 5pm .
- June 5-23:** The new applicants that are interested in enrollment for 2023-24 will have this timeframe to stop in at the BPRD office and register their child(ren) in a drawing for the open positions.
- July (second week):** BPRD will draw the names for each school and place them in the available spots and on the waiting list. By the end of that week, we will contact all the families to let them know the results of the drawing.

Disc Golf

For youth entering grades 3-6, this program teaches the fundamentals of disc golf. Learn the basic rules, terminology, grips and throwing skills. Play will include singles and doubles, along with an end-of-season tournament.

Fee and Location

- \$65/participant, includes 3-disc starter set
- Lions Park Disc Golf Course (meet at parking lot east of Hillside Aquatic Complex)

Dates	Days	Times	Codes
June 6-29	T & Th	10-11:30am	25615
July 11-Aug. 3	T & Th	10-11:30am	25616

Fencing

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

Dates	Days	Times	Code
May 1-26	M & F	6:30-8:30pm (M); 5-7pm (F)	24726
June 2-30	M & F	6:30-8:30pm (M); 5-7pm (F)	24727
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 fencing on Sept. 4, Nov. 23, Dec. 22, and Dec. 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 701-391-2081 for more information and to purchase a glove.

Flag Football

This program is open to youth 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.
- \$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
High. 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	25447	25469
St. Mary's	25449	25470
Sunrise	25450	25471
Will-Moore	25451	25472

Golf

Free Junior Golf, June-Aug.

Juniors age 17 and under play golf for free on selected courses from 7:30-11 am. Please call the golf courses to make tee time reservations. Juniors play from the forward tee markers and may be paired up with other juniors if they have less than four players.

Day	Location	Phone
Mon.	Mandan Municipal, 1002 7th St. SW, Mandan	751-6172
Tues.	Riverwood, 725 Riverwood Dr.	222-6462
Tues.	Pebble Creek, 2525 N. 19th St.	223-3600
Thur.	Tom O'Leary, 1200 N. Washington St.	222-6531

Introductory, 5-6 Year Olds

This is an introduction to golf for kids ages 5-6. Lessons have relocated from Tom O'Leary Golf Clubhouse to Tom O'Leary Practice Site (North of Tom O'Leary Tennis Courts, near Municipal Country Club). This class teaches the basics and fun of playing golf for even the youngest members of your household. All clubs and equipment are provided.

Fees and Location

- \$40/child, four 45-minute lessons
- Tom O'Leary Practice Site, 1060 N. Griffin St.

	Session 1	Session 2
	June 5, 12, 19, 26	July 10, 17, 24, 31
Times	Mondays	Mondays
8-8:45am	25337	25346
9-9:45am	25338	25347
10-10:45am	25339	25348
11-11:45am	25340	25349
5-5:45pm	25341	25350
6-6:45pm	25342	25351
7-7:45pm	25343	25352
8-8:45pm	25345	25353

Red Level, 7-17 Year Olds

This instruction is for youth ages 7-17 and is the first level available to students who have not taken a lesson with Dakota Junior Golf Association. Basic short game, range practice, learning about play on the course, and course terminology are the focus in this level. Introductory lessons do not qualify as a Red Level class. All clubs and equipment are provided.

Fees and Locations

- \$50/session, four one-hour lessons
- Pebble Creek Golf Course, 2525 N. 19th St.
- (PW) Prairie West Golf Course, 2709 Longspur Trail, Mandan

Dates	Time	Days	Code
May 30-June 2	8-9am	T, W, Th, F	25354
May 30-June 2	10:45-11:45am	T, W, Th, F	25355
May 30-June 2 (PW)	6-7pm	T, W, Th, F	25356
June 6-9	9:30-10:30am	T, W, Th, F	25358
June 6-9	10:45-11:45am	T, W, Th, F	25359
June 6-9	7:30-8:30pm	T, W, Th, F	25360
June 13-16	8-9am	T, W, Th, F	25399
June 13-16	9:15-10:15am	T, W, Th, F	25400
June 13-16	6-7pm	T, W, Th, F	25401
June 20-23	8-9am	T, W, Th, F	25475
June 20-23	10:45-11:45am	T, W, Th, F	25476
June 20-23 (PW)	6-7pm	T, W, Th, F	25477
June 27-30	9:30-10:30am	T, W, Th, F	25478
June 27-30	10:45-11:45am	T, W, Th, F	25479
June 27-30	7:30-8:30pm	T, W, Th, F	25480

Dates	Time	Days	Code
July 11-14	8-9am	T, W, Th, F	25481
July 11-14	9:15-10:15am	T, W, Th, F	25482
July 11-14	6-7pm	T, W, Th, F	25483
July 18-21	8-9am	T, W, Th, F	25484
July 18-21	10:45-11:45am	T, W, Th, F	25485
July 18-21 (PW)	6-7pm	T, W, Th, F	25486
July 25-28	9:30-10:30am	T, W, Th, F	25487
July 25-28	10:45-11:45am	T, W, Th, F	25488
July 25-28	7:30-8:30pm	T, W, Th, F	25489

White Level, 7-17 Year Olds

This instruction is for youth ages 7-17 and is offered to those students that have taken the Red Level lessons. This class focuses on further practice, short game skill development, swing coaching individualized to child, review of play on course, terminology and rules, and simulated course play to prepare students for play on the golf course. It is recommended that students in White Level repeat at least one time before graduating to Blue Level. All clubs and equipment are provided.

Fees and Location

- \$65/session, four 75-minute lessons
- Pebble Creek Golf Course, 2525 N. 19th St.
- (PW) Prairie West Golf Course, 2709 Longspur Trail, Mandan

Dates	Time	Days	Code
May 30-June 2	9:15-10:30am	T, W, Th, F	25361
May 30-June 2 (PW)	7:15-8:30pm	T, W, Th, F	25362
June 6-9	8-9:15am	T, W, Th, F	25363
June 6-9	6-7:15pm	T, W, Th, F	25364
June 13-16	10:30-11:45am	T, W, Th, F	25369
June 13-16	7:15-8:30pm	T, W, Th, F	25370
June 20-23	9:15-10:30am	T, W, Th, F	25371
June 20-23 (PW)	7:15-8:30pm	T, W, Th, F	25372
June 27-30	8-9:15am	T, W, Th, F	25373
June 27-30	6-7:15pm	T, W, Th, F	25374
July 11-14	10:30-11:45am	T, W, Th, F	25375
July 11-14	7:15-8:30pm	T, W, Th, F	25376
July 18-21	9:15-10:30am	T, W, Th, F	25773
July 18-21 (PW)	7:15-8:30pm	T, W, Th, F	25774
July 25-28	8-9:15am	T, W, Th, F	25377
July 25-28	6-7:15pm	T, W, Th, F	25378

August Youth Golf

This instruction is for youth ages 5-17 of all skill levels. Lessons and activities are tailored to each individual's skills and knowledge of the game. All clubs and equipment are provided.

Fees and Location

- \$50/session, four one-hour lessons
- Pebble Creek Golf Course, 2525 N. 19th St.
- (PW) Prairie West Golf Course, 2709 Longspur Trail, Mandan

Dates	Time	Days	Code
Aug. 1-4	9:15-10:15am	T, W, Th, F	25365
Aug. 1-4	10:30-11:30am	T, W, Th, F	25366
Aug. 8-11 (PW)	9:15-10:15am	T, W, Th, F	25368
Aug. 8-11 (PW)	10:30-11:30am	T, W, Th, F	25367

Blue Level

Blue Level prepares White Level graduate students with the skills and knowledge needed to tee it up on the golf course. Participants learn a pre-shot routine, advanced short game techniques, scoring strategies, golf course management, on the golf course training, rules of golf and course etiquette.

Fees and Location

- \$125/session, four 2-hour lessons
- Must graduate from the White Level to enter Blue Level.
- Pebble Creek Golf Course, 2525 N. 19th St.
- **No online registration. Register through Riverwood Golf Course at 222-6462.**

Dates

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

Gold Level

This is competitive golf for middle school through graduating high school seniors and focuses on competitive games and group instruction.

Fees and Location

- \$100/session, two 4-hour lessons
- Must graduate from the White Level to enter Gold Level.
- Lessons held at Tom O'Leary, Riverwood or Pebble Creek
- **No online registration. Register through Riverwood Golf Course at 222-6462.**

Dates

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

Rain Out Policy

In case of inclement weather, every effort is made to determine course playability by 7am for day programs or 5pm for evening programs. Please check the website ALERT bar on the front page of our website, www.bisparks.org. You may also choose to "Like" the BPRD Facebook page, since weather notifications are also posted there. You can also call the BPRD information line at 222-6479.

Karate, Traditional Japanese

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

Month	Days	Time	Code
May 2-25	T & Th	6:30-8:30pm	24731
Aug. 8-31	T & Th	6:30-8:30pm	25385
Sept. 5-28	T & Th	6:30-8:30pm	25386
Oct. 3-26	T & Th	6:30-8:30pm	25387
Nov. 2-30	T & Th	6:30-8:30pm	25388
Dec. 5-14	T & Th	6:30-8:30pm	25389

*No class on Oct. 31 and Nov. 23

Ages, Fees and Location

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

Safety Village

Safety Village is a preschool safety education program that teaches children home, car, pedestrian, bike, fire and other safety topics. Safety Village is a child-size town complete with buildings, sidewalks, signed intersections, streets and marked crosswalks. Classroom instruction and guest speakers teach and encourage safety lessons.

Ages, Fees and Location

- Fee: \$60/child
- Children who are five or six years of age by June 1, 2023.
- Frances Leach High Prairie Arts & Science Complex, 1810 Schafer St.

Dates	Time	Code
June 5-16	10am-12 noon	25391
June 5-16	1-3pm	25392
June 19-30	10am-12 noon	25413
June 19-30	1-3pm	25416
July 10-21	10am-12 noon	25414
July 10-21	1-3pm	25417
July 24-Aug. 4	10am-12 noon	25415
July 24-Aug. 4	1-3pm	25418

Please do not register children who have attended previously. Enrollment is limited to 40 per session and pre-registration is necessary.

Table Teacher

If you are interested in being a Table Teacher, please fill out the Table Teacher application available at the Bismarck Parks and Recreation District office. Table Teachers must enjoy working with young children and singing. The Table Teacher assists children with activities throughout the day. They must be going into 7th grade or older. **This is a volunteer position.**

WE'RE HIRING!
Visit www.bisparks.org/jobs
to see job openings and apply.



Soccer, Coed Recreational

Coed youth soccer is a recreational program that teaches students going into grades K-9 the fundamentals, skills and sportsmanship of the game. These basics include passing, dribbling, shooting and teamwork. Participants learn through drills, scrimmages and games. Participants must wear shin guards. Soccer cleats are optional-NO METAL CLEATS. Our emphasis is on equal play time, and most of all, FUN!

Ages and Fees

- Youth grades K-9 (grade entering in fall 2023)
- An information sheet is available
- \$65/player-if received on or before May 12
- \$75/player-if received May 13 or later
- The number of players at each site is limited.

Locations

- Horizon Middle School, 500 Ash Coulee Dr.
- if you live north of Divide Ave.
- Cottonwood Park, 2506 12th St. SE.
- if you live south of Divide Ave.

Grade	Location	Dates	Day	Times	Code
K-1	Cottonwood	June 5-July 26	M & W	6:30-7:30pm	25393
K-1	Horizon	June 6-July 27	T & Th	6:30-7:30pm	25394
2-3	Cottonwood	June 5-July 26	M & W	6:30-7:30pm	25395
2-3	Horizon	June 6-July 27	T & Th	6:30-7:30pm	25396
4-6	Cottonwood	June 5-July 26	M & W	7:45-8:45pm	25397
4-6	Horizon	June 6-July 27	T & Th	7:45-8:45pm	25398
7-9	Cottonwood	June 5-July 26	M & W	7:45-8:45pm	25277

*No soccer on July 3 and 4

Minimum of 42 players registered needed for 7-9 grade group at Cottonwood.

Swimming Lessons, Indoor

Fee and Location

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

TENTATIVE SESSION DATES: Please check www.bisparks.org for the most accurate registration and class information. All dates below are TENTATIVE.

Spring Registration Session 1

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

Spring Session 1 - April 17-May 17 (M & W)

Spring Session 1 - April 18-May 18 (T & Th)

Summer Registration Session 1

Opens online or in person at the Park District office or at BSC Aquatic & Wellness Center on **Wednesday, May 31, at 10am.**

Summer Session 1 - June 5-July 5 (M & W)

Summer Session 1 - June 6-July 6 (T & Th)

*No classes July 3-4.

Summer Registration Session 2

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

Summer Session 2 - July 10-Aug. 9 (M & W)

Summer Session 2 - July 11-Aug. 10 (T & Th)

The schedule will be posted online www.bisparks.org prior to registration. Lesson levels are summarized on the next page. Learn more details at www.bisparks.org.

Preschool Aquatics (3-5 Yrs Old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interaction with other children. As in all swimming and water safety courses, your child will always know that it's safety first.

Preschool A- Orients children to the aquatic environment and helps them gain basic aquatic skills.

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

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

Learn-to-Swim (6 Yrs-Teen)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival and swim skills.

Level 1- Introduction to Water Skills: Helps participants feel comfortable in the water.

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

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

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

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

Private Swim Lessons

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

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

Small Group Private Lessons

To register a small group private lesson with two or more participants, please register one child. Then call Jahna at 751-4270 to get the discounted rate and register additional children. The fee is \$55/participant.

Swimming Lessons, Outdoor

Locations

Elks Aquatic Center, 321 W. Broadway Ave., 222-6607
Hillside Aquatic Complex, 1719 E. Boulevard Ave., 222-6419
Paul H. Wachter Aquatic Complex, 205 Reno Ave., 222-6614

- Participants must be at least 3 years old.
- Lessons are 30 minutes each, from 9:30-11:30am.
- There are three, 2-week lesson sessions.

Fee and Registration

- \$40/child. No refunds. If inclement weather exists, instructors hold classes in the facility.
- No online registration is available. Please register at the pool where you wish to take lessons. Please call each pool for more detailed information.

Session Class Dates Registration Dates

Session 1	June 19-30	June 12, 11am; June 13, Noon
Session 2	July 10-21	June 29, 11am; June 30, Noon
Session 3	July 31-Aug. 11	July 24, 11am; July 25, Noon

For more information on outdoor pools, see page 25.

Swimming Lessons, Daycare

These swim programs are specifically designed for daycare centers to enroll their little ones in classes together. Lessons are two days a week for five weeks, either Monday/Wednesday or Tuesday/Thursday options are available.

Indoor

- June 5-July 6
- July 10-Aug. 10

Cost is \$55/child per session.
 BSC Aquatic & Wellness Center, 1601 Canary Ave.
 Contact Jahna for more information and to schedule your group:
 jgardiner@bisparks.org or 751-4270.

Outdoor

- June 19-30: 9-9:30am or 9:30-10am
Registration Date June 12, 9am; June 13, noon
- July 10-21: 9-9:30am or 9:30-10am
Registration Date June 29, 9am; June 30, noon
- July 31-Aug. 11: 9-9:30am or 9:30-10am
Registration Date July 24, 9am; July 25, noon

Cost is \$40/child per session.
Elks Aquatic Center, 321 W. Broadway Ave., 222-6607
Hillside Aquatic Complex, 1719 E. Boulevard Ave., 222-6419
Paul H. Wachter Aquatic Complex, 205 Reno Ave., 222-6614
 Registration forms can be picked up at park district main office, 400 E. Front Ave.

Swim Safety

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.

REGISTER FOR PROGRAMS AT WWW.BISPARKS.ORG

Candidates must meet these requirements for class:

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

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

Fees and Registration

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

Date and Time

April 13-14 (5-9pm); April 15-16 (9am-5pm)	24800
May 18-19 (5-9pm); May 20-21 (9am-5pm)	25422
May 30-June 1 (9am-6pm)	25423
June 2 (1:30-9:30pm); June 3-4 (9am-6pm)	25424
June 5-7 (9am-6pm)	25425

Code

Lifeguarding Recertification Class

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

Date

April 1
 May 29
 June 9

Time

9am-7pm
 9am-7pm
 9am-7pm

Code

24827
 25419
 25420

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



Lifeguard Instructor Course

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

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

Prerequisites

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

Certification and Fee

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

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

Lifeguard Instructor Review Course

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

Items You Must Bring to Class

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

Fees and Registration

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

Date	Time	Code
March 24	4-9pm	24241



Water Safety Instructor (WSI) Certification

The American Red Cross Water Safety Instructor Certification Course trains WSI candidates how to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

Prerequisites

- WSI candidates must be at least 16 years old
- Demonstrate the ability to perform the following swimming skills on the first day of class:
 - Swim the following strokes consistent with Level 4:
 - Front Crawl, Back Crawl, Breaststroke, Elementary Backstroke, Sidestroke – 25 yards; Butterfly – 15 yards
 - Back float for one minute (floating or sculling)
 - Tread water for one minute

Required Online Course

- 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.

Certification and Fees

- 2-year American Red Cross Water Safety Instructor certification
- All class times and dates are MANDATORY
- Cost \$250

Date	Time	Code
May 30-June 1	9am-6pm	25791
June 2; June 3-4	1:30-9:30pm; 9am-6pm	25792

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: June 5-29

Session II: July 10-Aug. 3

Registration

- Registration ends three days before classes start. If minimum enrollment is met, registrations will be taken after the deadline if there is room in the class. Registrations after the deadline will be taken in person only.
- If classes reach capacity, more class times may be added and will be available for registration online. Those who are on waiting lists will have first priority in added classes.
- Instructor reserves the right to combine or cancel classes due to low enrollment.
- If classes are cancelled, participants are informed prior to the first day of class and refunds are issued.
- All classes have a minimum of 5 participants.

Tiny Tots

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

Ages, Fee and Location

- Ages 3-4
- \$25/child per session – includes 8 40-minute classes
- Youth T-shirt included with registration fee (one per child)
- Horizon Park Tennis Complex, 4800 Durango Dr.
- Sertoma Park Tennis Complex, 300 Riverside Rd.
- Capital Racquet & Fitness Center (CRFC), 3200 N. 10th St.
- Maximum enrollment per class: 8

Session 1: June 5-29

Times	Location	M & W Code	T & Th Code
9-9:40am	Horizon	25256	25259
9-9:40am	Sertoma	25258	25261
10-10:40am	Horizon	25661	25260
10-10:40am	Sertoma	25663	25664
11-11:40am	Horizon	25666	25668
11-11:40am	Sertoma	25670	25669
6-6:40pm	CRFC	25657	25658

Session 2: July 10-Aug. 3

Times	Location	M & W Code	T & Th Code
9-9:40am	Horizon	25688	25690
9-9:40am	Sertoma	25696	25699
10-10:40am	Horizon	25700	25701
10-10:40am	Sertoma	25702	25703
11-11:40am	Horizon	25704	25705
11-11:40am	Sertoma	25707	25708
6-6:40pm	CRFC	25711	25712

Daycare Program Field Trips

This tennis program is specifically designed for daycare centers to bring their kids to a 45-minute class designed to teach them basic tennis skills, hand-eye coordination and games. Focus is on fun, improving social skills and physical fitness.

- Ages 3-8
- \$5 per child - for one 45-minute class
- **Online registration is unavailable.** Please call Katrina at 221-6855 to schedule a date and time.

Child/Parent Class

Join your child and learn to play tennis together! A fun class that teaches a progression to learning tennis. This is also a great class for children already in tennis lessons. Parents can learn along with their child and help them progress. Parents are free with a paid child registration. Designed for parents and their children ages 3-6.

- \$35/child per session – includes 8 45-minute classes
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Dates	Day	Times	Code
June 6-29	T & Th	5:15-6pm	25659
July 11-Aug. 3	T & Th	5:15-6pm	25713

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 or instructor permission
- \$35/child per session – includes 8 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Horizon Park Tennis Complex, 4800 Durango Dr.
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.
- Capital Racquet & Fitness Center (CRFC), 3200 N. 10th St.
- Maximum enrollment per class: 8

Session 1: June 5-29

Times	Location	M & W Code	T & Th Code
9-9:55am	Horizon	25251	25253
9-9:55am	Sertoma	25252	25254
10-10:55am	Horizon	25721	25722
10-10:55am	Sertoma	25723	25725
11-11:55am	Horizon	25726	25727
11-11:55am	Sertoma	25728	25729
6-6:55pm	CRFC	25665	25667

Session 2: July 10-Aug. 3

Times	Location	M & W Code	T & Th Code
9-9:55am	Horizon	25740	25741
9-9:55am	Sertoma	25743	25744
10-10:55am	Horizon	25745	25746
10-10:55am	Sertoma	25747	25762
11-11:55am	Horizon	25763	25764
11-11:55am	Sertoma	25748	25765
6-6:55pm	CRFC	25766	25767

8 & Under Tennis

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

Ages, Fee and Location

- Ages 7-8
- \$35/child per session – includes 8 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Horizon Park Tennis Complex, 4800 Durango Dr.
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.
- Capital Racquet & Fitness Center (CRFC), 3200 N. 10th St.
- Maximum enrollment per class: 8

Session 1: June 5-29

Times	Location	M & W Code	T & Th Code
9-9:55am	Horizon	25242	25245
9-9:55am	Sertoma	25243	25770
10-10:55am	Sertoma	25714	25771
11-11:55am	Horizon	25769	25768
11-11:55am	Sertoma	25715	25772
6-6:55pm	CRFC	25662	25244

Session 2: July 10-Aug. 3

Times	Location	M & W Code	T & Th Code
9-9:55am	Horizon	25754	25758
9-9:55am	Sertoma	25750	25755
10-10:55am	Sertoma	25751	25756
11-11:55am	Horizon	25753	25759
11-11:55am	Sertoma	25752	25757
6-6:55pm	CRFC	25761	25760

8 & Under Tennis - Advanced

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

Ages, Fee and Location

- Ages 7-8 and instructor permission
- \$35/child per session, 2 days a week
- Horizon Park Tennis Complex, 4800 Durango Dr.

Session	Day	Times	Code
I - June 6-29	T & Th	12-1pm	25240
II - July 11-Aug. 3	T & Th	12-1pm	25689

10 & Under Tennis

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

Ages, Fee and Location

- Ages 9-10
- \$35/child per session – includes 8 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Horizon Park Tennis Complex, 4800 Durango Dr.
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.
- Capital Racquet & Fitness Center (CRFC), 3200 N. 10th St.
- Maximum enrollment per class: 8

Session 1: June 5-29

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	25236	25237
10-10:55am	Horizon	25716	25238
10-10:55am	Sertoma	25717	25719
11-11:55am	Sertoma	25718	25720
6-6:55pm	CRFC	25235	25687

Session 2: July 10-Aug. 3

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	25730	25735
10-10:55am	Horizon	25737	25736
10-10:55am	Sertoma	25731	25734
11-11:55am	Sertoma	25732	25733
6-6:55pm	CRFC	25739	25742

10 & Under Tennis - Advanced

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

Ages, Fee and Location

- Ages 9-10
- \$35/child per session
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.
- Maximum enrollment per class: 8

Session	Day	Times	Code
I-June 6-29	T & Th	10-11:30am	25233
II-July 11-Aug. 3	T & Th	10-11:30am	25691

Junior Beginner

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

Ages, Fee and Location

- \$120, 2 days a week
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.

Session	Day	Times	Code
I-June 5-28	M & W	11:30am-1pm	25618
II-July 10-Aug. 2	M & W	11:30am-1pm	25619

Junior Varsity

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

Fees and Location

- \$120, 2 days a week
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.

Session	Day	Times	Code
I-June 5-28	M & W	1-2:30pm	25622
I-June 6-29	T & Th	1-2:30pm	25623
II-July 10-Aug. 2	M & W	1-2:30pm	25624
II-July 11-Aug. 3	T & Th	1-2:30pm	25625

Varsity

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

Fees and Location

- \$120, 2 days a week
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I-June 5-28	M & W	4-5:30pm	25627
II-July 10-Aug. 2	M & W	4-5:30pm	25628
I-June 6-29	T & Th	4-5:30pm	25629
II-July 11-Aug. 3	T & Th	4-5:30pm	25630



Junior Team Tennis Challenges

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

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

- \$7/player
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.

Dates	Day	Time	Code
June 16	F	10:30am-12pm	25642
June 23	F	10:30am-12pm	25643
July 14	F	10:30am-12pm	25644
July 21	F	10:30am-12pm	25645
July 28	F	10:30am-12pm	25647

Pop-Up Tennis

Bismarck Parks and Recreation District (BPRD) is bringing tennis to you. We will be 'popping' up all over Bismarck this summer to share our love of tennis. Look for us at BisMarket, Riverwalk, BPRD Movie Nights, schools, etc. We like to show that you can play tennis anywhere.

Summer Grand Slam Youth Tennis Tournament

We are ending the summer with a grand slam event! Whether you were in tennis lessons during session one, two or both, you are invited to a free tournament to showcase your tennis skills! Want to sign up and you weren't in summer lessons? No problem, then only a \$5 registration fee applies. There will be medals and prizes for all who participate.

Ages, Fee and Location

- Free – if enrolled in summer 2023 tennis lessons
- \$5 – no enrollment in summer 2023 tennis lessons
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.

Date	Times	Ages	Code
Monday, Aug. 7	9am-12pm	6-10	25191
Tuesday, Aug. 8	9am-12pm	11-18	25192


Outdoor Court Reservation

Outdoor tennis courts are reserved for high school teams, programs and special events April-October. View the online calendar at www.bisparks.org.

NEW Court Cubby

Don't have equipment but want to play tennis? Sponsored by USTA, Court Cubby is a locker filled with tennis balls and racquets that will rotate throughout BPRD's outdoor tennis courts this summer. Watch BPRD's Facebook page for the current location during the summer months.

Youth Tennis Programs
sponsored by



Essentia Health

Track Meet

The Elementary Track Meet is sponsored by the Bismarck Public Schools and the Bismarck Parks and Recreation District. There is no fee to participate in the Elementary Track Meet.

- Located at MDU Resources Community Bowl, 1701 Canary Ave.
- Registration takes place through the Bismarck public and private school physical education classes.
- No pre-registration necessary.

Grade	Date	Time
5th Grade	Wed., May 17	9:15am-3:15pm

Volleyball

Coed Youth

Summer youth volleyball is a camp-style morning program. Focus is on fundamental skill building through passing, hitting and serving drills, games/scrimmages and fun in the sand.

Grade*	Date	Days	Time	Code
5-6	June 6-Aug. 3	T & Th	8:30-9:45am	25429
7-8	June 6-Aug. 3	T & Th	10-11:30am	25430

* In fall 2023

Fee and Location

- World War Memorial Building (WWMB), 215 N. 6th St., and Sertoma Park Sand Volleyball Courts, 300 Riverside Park Rd. (Shelter 10 entrance)
- The first week is at WWMB. Schedule to follow. Starting the third week: Tuesdays at WWMB and Thursdays at Sertoma.
- \$65/player-if received on or before May 1
- \$75/player-if received May 2 or later

Coed Sand for High School

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

Ages and Fee

- Between ages 13 and 19
- \$35/player (minimum of 8 players/team)

Dates and Times

- June 5-Aug. (8-week session)
- Monday or Tuesday evenings (choose one)
- 6pm, 6:45pm or 7:15pm; alternate each week

Registration

- **Deadline:** Wednesday, May 24
- Must register as a team.
- Minimum of four teams.
- Register at Park District office, 400 E. Front Ave.

Adaptive Recreation

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

Fencing

Fencing lessons are available for youth and adults. Please see page 7 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 two private sessions, nutritional assistance, exercise plan and communication via a fitness app.

Dates, Fees and Location

- Kickoff: Group Meeting with Personal Trainer at 6:30pm, Tuesday, May 2
- Weekly Group Workouts: 6:30-7:15pm on Tuesdays, May 9-30
- 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: 25626

AARP FitLot Outdoor Fitness Park

This outdoor fitness space at Jaycee Centennial Park, 321 E. Century Ave., is open and available for all ages and abilities. For complete schedule and to register, visit www.bisparks.org/fitlot.

FREE FitLot Intro Classes

Learn proper form, safe equipment use and the format of FitLot method circuit training classes in a slower-paced, light-effort instructional setting.

FREE FitLot Method Circuit Training Series

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

FREE FitLot Method Drop-In Classes

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

Golf

Group Golf Beginner Lessons

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

Group Lessons Available

- Coed
- Women Only
- Couples Only

Fees and Location

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

Day	Times
Monday, Tuesday or Wednesday	5:30-6:30pm
Monday, Tuesday or Wednesday	6:45-7:45pm

Lessons are held May, June, July or Aug.
To register for group lessons, please call Tim Doppler at Riverwood Golf Course at 222-6462.

Private Golf Lessons

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

Fees and Location

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

To register for private lessons, please call Tim Doppler at Riverwood Golf Course at 222-6462 or Adam Chaussee at Pebble Creek at 223-3600.

Karate, Traditional Japanese

Karate lessons are available for youth and adults. Please see page 9 for more information.

Pickleball

Drop-In Play

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

Summer Hours

Beginners

- 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

Pickleball 101-Beginners

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

Dates	Day	Times	Code
June 6-27	T	10:30-11:30am	25531
June 7-28	W	6-7pm	25604
July 11-Aug. 1	T	10:30-11:30am	25605
July 12-Aug. 2	W	6-7pm	25606

Fee and Location

- \$40, minimum of 4 participants needed for class to be held.
- **Mornings:** Sertoma Park Tennis/Pickleball Complex, 300 Riverside Park Rd.
- **Evenings:** Elk Ridge Park Pickleball Complex, 3620 Cogburn Rd.

Pickleball Intermediate

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

Dates	Day	Times	Code
June 6-27	T	9-10:30am	25533
June 6-27	T	5:30-7pm	25607
July 11-Aug. 1	T	9-10:30am	25608
July 11-Aug. 1	T	5:30-7pm	25609

Fee and Location

- \$60, minimum of 4 participants needed for class to be held.
- **Mornings:** Sertoma Park Tennis/Pickleball Complex, 300 Riverside Park Rd. **Evenings:** Elk Ridge Park Pickleball Complex, 3620 Cogburn Rd.

Pickleball Mixer - Wednesday, July 12

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

- FREE 9am-12pm
- Elk Ridge Park Pickleball Complex, 3620 Cogburn Rd.
- Pre-registration required. Registration Code: 25534

Bismarck-Mandan Pickleball Club Tournament and Leagues

Bismarck-Mandan Pickleball Club is planning on bringing tournaments and leagues to the area this summer. Keep up to date at their website bismarckmandanpickleball.com.

Softball

Coed Summer Softball

Grab some of your friends and play coed summer softball through Bismarck Parks and Recreation District. Rosters and fees are due by May 12.

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

Dates	Days	Time
June 4-July 23	Sun	6:30pm

Fees and Location

- \$150 sponsor fee (includes state sanction fee and beverage permit) and \$40/player - if received on or before May 12
- Minimum of 13 players
- Cottonwood Park, 2506 12th St.

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. 21-Oct. 2	M or W	6:30pm Early Games
Aug. 21-Oct. 2	M or W	8:45pm Late Games

Fees and Location

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

League Tournament

- Saturday, Sept. TBA

Softball Weekend Diamond Reservations

All BPRD softball and baseball diamonds are available for practice on weekends on a reservation basis. To reserve a diamond, call 222-6455 for field assignment and reservation slip. All softball association teams are assigned practice times prior to the start of the season, beginning in April. Once the season begins, teams must call the BPRD Office to reserve a diamond. Call Friday for weekend reservations. Time limit is one hour.

Tennis

USTA Tennis in Your Park

Sponsored by USTA Northern, these fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Lots of fun games and drills are taught by a USTA safe play certified tennis instructor. Everyone that registers will receive a free adult tennis racquet!

During the session, Thursday court time will be reserved for drop-in match play for participants. A schedule will be distributed the first night of lessons.

Fees and Location

- \$60
- Minimum of 5 participants needed for class to be held.
- Horizon Park Tennis Complex, 4800 Durango Dr.

Dates	Day	Time	Code
June 6-27	T	5:30-7pm	25535
July 11-Aug. 1	T	5:30-7pm	25614

Intermediate Adults

This class is for players with some tennis experience or advanced beginners. This fun class reinforces grips, preparation and swing path for forehands, backhands, volleys, overheads, serves and return of serves. Introduces spin and placement and emphasis on situational tennis. Singles and doubles positioning and strategy. Lots of fun games and drills, all taught by a CRFC certified USPTA tennis professional. Come join us!

Fees and Location

- \$60 one day a week, 1.5 hour each session
- \$120 two days a week, 1.5 hour each session
- Minimum of 5 participants needed for class to be held.
- **Mornings:** Sertoma Park Tennis Complex, 300 Riverside Park Rd.
- **Evenings:** Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
June 5-28	M & W	10-11:30am	25546
June 5-26	M	5:30-7pm	25611
July 10-Aug. 2	M & W	10-11:30am	25612
July 10-31	M	5:30-7pm	25613

Advanced Adults

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

Fees and Location

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

Dates	Day	Time	Code
June 8-29	Th	5:30-7pm	25549
July 13-Aug. 3	Th	5:30-7pm	25610

BMTA Adult Leagues

Whether you are a beginning player or an advanced player, the Bismarck/Mandan Tennis Association (BMTA) has a league for you! The leagues are a team tennis format. Visit playtennis.usta.com/bmta/SocialLeagues for more information on leagues offered and membership and league fee.

League Dates

- May 31-Aug. 2 (summer league)
- Aug. 9-Sept. 13 (fall league)

Tennis Tournaments

- Friends of Jackie Dockter Memorial Tournament, June 10-12
- Mandan Open: adults, July 22
- Mandan Open: juniors, July 23
- Bismarck Open: juniors, Aug. 3-4
- Bismarck Open: adults, Aug. 5-6

Private Tennis Lessons

Private tennis lessons are available throughout the week 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.

Indoor Tennis Court Time Special - 50% Off

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

Outdoor Court Reservation

Outdoor tennis courts are reserved for high school teams, programs and special events April-October. View the calendar at www.bisparks.org.

NEW Court Cubby

Don't have equipment but want to play tennis? Sponsored by USTA, Court Cubby is a locker filled with tennis balls and racquets that will rotate throughout BPRD's outdoor tennis courts this summer. Watch BPRD's Facebook page for the current location during the summer months.

Volleyball

Adult Sand Leagues

Registration

- April 3-14, 7:30am-5pm
- Bismarck Parks and Recreation District Office, 400 E. Front Ave., or email rjochim@bisparks.org.

Teams accepted on a first-come, first-served basis. Please see the website for complete registration instructions.

Dates, Times and Location

- May 21-Aug. (10-week season)
- 6pm start time for most locations with matches scheduled every 45-50 minutes. Latest start time is 8:15pm.
- Local Sand Volleyball Courts

6 Person-Recreation & Competitive

League	Day
Coed	Sun, T & Th
Women's	M & W

4 Person-Competitive

League	Day
Coed	T
Men's	W
Women's	W

* All leagues start at 6pm.

Fees

- \$125 Sponsor Fee
- All teams will receive a team beverage permit with their schedule
- \$45/player
- All rostered players must pay a fee.
 - 4-person leagues must pay for 5 players
 - 6-person leagues must pay for 7 players

Roster Deadline

Roster forms are available at the Bismarck Parks and Recreation District Office and **must be returned by April 14 with the proper fees.**

Adult Fall & Winter Leagues

We offer two separate volleyball seasons. Fall season sign-up is in August. Winter season sign-up is in December. Space is limited! Teams accepted on a first-come, first-served basis.

Registration

- TBA
- Bismarck Parks and Recreation District office

Dates

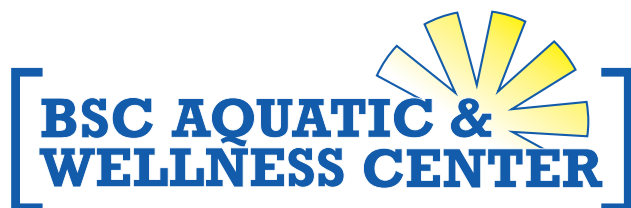
- Two 11-week seasons
- Fall: Sept. 11-Nov. 30
- Winter: Jan. 10-March 21

Days

- Monday: Women C,D,E,F
- Tuesday: Coed A-F
- Wednesday: Women A-F, Men C-D
- Thursday: Men A-C, Coed D-F
- Makeup matches are held on Sundays

Fees

- More information available in the Fall Activity Guide.



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

BSC Aquatic & Wellness Center (BSC AWC), 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.



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

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

Hours: Sept. 1-May 31

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

Hours: June 1-Aug. 31

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

Fees

- For complete membership fees, refer to following page.

KidZone

KidZone is designed for hours of fun with a ball pit, bounce house, art and movie area, and lots of other toys.

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

Pro Shop

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

Fitness Incentive Programs

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

Group Fitness Classes

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

- | | | | | |
|--------------------|--------------------------------|-----------------------|---------------------|--|
| • Aquabata | • Cardio + Strength | • Forever Fit | • SHINE Dance | • Yoga/Stretch |
| • Aqua Dance | • CBS - Core, Balance, Stretch | • Les Mills BODYPUMP® | • Strength + Core | • Personal Training, refer to page 22. |
| • Aqua Rock | • Cycling | • Pilates | • Tabata | |
| • Aqua Rock Deep | • Deep Water | • PiYo® | • Total Body Toning | |
| • Butts & Guts | • Do You Bounce? | • S3 Fusion | • Water Works | |
| • Candlelight Yoga | | | • Water Walking | |

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? CRFC has some extras for you with a Gold Membership. Includes the Silver Membership features PLUS:

6-month Gold Membership:

- Two hours of tennis per day; reservations made up to seven days in advance

12-month Gold Membership:

- Two hours of tennis per day; reservations made up to seven days in advance
- 1 FREE tennis league, per person, per session
- 50% discount on member rate for additional tennis leagues in each session.
- Early tennis league sign-up

Memberships	Silver Membership 6-month monthly fee	Silver Membership 12-month monthly fee	Gold (Tennis) Membership 6-month monthly fee	Gold (Tennis) Membership 12-month monthly fee	Daily Fee for Non-Members
12 & Under (11 mo. & younger: Free)	\$21/month	\$17/month	\$61/month	\$52/month	\$4.25
Student 13-18	\$40/month	\$32/month	\$80/month	\$67/month	\$5.25
College Student (w/College ID)	\$95/Spring or Fall Semester \$65/Summer Semester		\$78/month	\$65/month	\$5.25
Adult 19-64	\$52/month	\$42/month	\$103/month	\$86/month	\$7
Household*	\$78/month	\$63/month	\$155/month	\$130/month	\$20
Senior 65+	\$40/month	\$32/month	\$90/month	\$76/month	\$5.75
Senior Household-2 adults, 65+	\$58/month	\$47/month	\$133/month	\$113/month	—
Monday-Friday: 8am-3pm (CRFC or BSC AWC)					\$5
Turtle Beach Play Area at BSC AWC; KidZone at CRFC (adult supervisors are free)					\$2
Indoor Track at CRFC					\$2
Locker Rental			\$15/One month	\$50/Six months	\$75/12 months
Daily Admission Coupon Book (12 passes)					\$70
Tennis Coupon Book (12 - 1.5 hour passes)		Members: \$50		Non-Members: \$96	
Summer Tennis Coupon Book (12 - 1.5 hour passes) Valid Memorial Day-Labor Day		Members: \$25		Non-Members: \$48	

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

NOTE: Prices are subject to change. Taxes are added at the time of purchase.

Health Reimbursements

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

Court Reservations

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

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

MEMBERSHIP SPECIALS!

Summer Student - \$60*
Valid May 1-Aug. 31, 2023

Back home from college and want to stay in shape without having to sign up for a lengthy membership? The Summer Student membership is valid at both CRFC and BSC AWC.

* Taxes are added at the time of purchase.

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

Spring is the perfect season to help shake off those winter blues and get ready for summer! Jump start your fitness goals with a membership from CRFC and BSC AWC.

Special runs from April 1-30, 2023. *Some restrictions apply.

Birthday Parties

BSC Aquatic & Wellness Center

1601 Canary Ave. • 701-751-4266

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

Pool Party/Turtle Beach Playground Perks

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

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

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

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

Capital Racquet & Fitness Center

3200 N. 10th St. • 701-221-6855

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

Tennis or KidZone Party Perks

- 1 hour group tennis lesson or KidZone craft activity
- 2 hours of private room use
- Gift for birthday child
- Party Fee: \$100

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

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

Fitness Facility Rentals

Both fitness facilities may be reserved for special events and tournaments. Please contact BSC AWC at 701-751-4266 or CRFC at 701-221-6855 for more information and rates.

Fitness Studios and Community Rooms

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

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

Personal Training

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

Fees

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

Small Group Personal Training

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

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

Small Group

- Min/Max Enrollment: 4–6 people
- 12 – 1-hour sessions
- CRFC or BSC AWC Members: \$90; Non-Members: \$140

Semi Private

- Min/Max Enrollment: 2–3 people
- 12 – 1-hour sessions
- CRFC or BSC AWC 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 day park is available year-round during daylight hours. Parking is permitted outside of the park gates.

Office Hours

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

Amenities

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

Fees and Rules

- Tent camping: \$12/day
- Camper sites with electricity: \$25/day
- Firewood: \$6/bundle
- Ice: \$4/bag
- Gathering of firewood is not permitted.
- Pruning, cutting or damage to trees and shrubs is prohibited.
- Digging and ground disturbance is prohibited.
- For complete rules, visit www.bisparks.org.

Campsite Reservations

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

Shelter or Amphitheater Reservations

- See page 29 for shelter or amphitheater reservations.



Burleigh County Parks

Primitive camping is available at:

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

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

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

Hours

- 6am–10pm, unless fishing or camping

Rules

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

Eagles Park

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

Eagles Park campground is currently closed for the season. Reservations for the 2023 camping season open March 30. The 2023 season runs from May 5 to 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 Golf Course allows outside food and beverage as there are no concessions available.

Pebble Creek (PC)

2525 N. 19th St. • 223-3600

- Nine-hole, par-35 course
- Natural links course running along the Hay Creek corridor
- Beginning and experienced players enjoy this short and sweet course
- Indoor and outdoor putting green
- Indoor and outdoor driving range
- Small cooler allowed if it fits into cart basket.

Riverwood (RW)

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

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

Tom O'Leary (TO)

1200 N. Washington St. • 222-6531

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

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.

Season Passes	PC	RW	TO	All 3
Adult (23+).....	\$525	\$795	\$700	\$1,300
Household*.....	\$1,250	\$1,750	\$1,575	\$2,600
Intermediate (ages 18-22).....	\$200	\$360	\$300	\$525
Junior (ages 17 and under).....	\$125	\$210	\$200	\$275
Senior (65+).....	\$415	\$640	\$600	\$950

- Prices include tax.

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

Green Fee Packages

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

Green Fee Packages Senior (65+)

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

Golf Cart Rental

- 18 holes-\$24/seat; 9 holes-\$12/seat
- **Season Cart:** Pebble Creek or Tom O'Leary-\$700, Riverwood - \$710, All 3 -\$1,200
- 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.

Outdoor Pools and Splash Pad

Dates: June 5-August

Weekday Hours (Monday-Thursday)

- General Swim Session: 12-4pm
- Evening Swim Session: 4:30-8pm
- Pools are closed daily from 4-4:30pm

Weekend Hours (Friday, Saturday & Sunday)

- General Swim Session: 12-7pm

Lap Swim-Hillside Only

- Monday-Friday: 11:30am-12:30pm
- \$1 entrance fee

Elks Aquatic Center

321 W. Broadway Ave. • 222-6607

- Splash pad
- Two small slides
- Large patio area with umbrellas
- Playground
- Concessions and three party rooms
- Across the street from Custer Park with nearby green space

Hillside Aquatic Complex

1719 E. Boulevard Ave. • 222-6419

- Two longer slides (170 feet and 155 feet)
- Water slide, water gun, net climb
- Tipping cone, climbing wall, umbrella jet
- Lap lanes
- Concessions and large party room
- Located in Lions Park with nearby green space, playgrounds, tennis courts and reservable shelters

Paul H. Wachter Aquatic Complex

205 E. Reno Ave. • 222-6614

- Also known as the "wave pool"
- Gentle, ocean style waves are created periodically throughout the swim session
- Located next to Wachter Park with nearby green space, playgrounds and reservable shelters

Splash Pad at New Generations Park

New Generations Park, 1021 Mustang Dr.

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

Swimming Inclement Weather

Whenever inclement weather threatens participants or lightning is spotted, the pools will close. If the air temperature is not 66 degrees by 11am, the pools will not open. If the pool closes during a session, you will receive a rain check. Rain checks must be used during the pool season.

Rules

- Children 8 years old and under must be accompanied by someone 16 years old or older.
- Daycare Ratio: 6 children/daycare supervisor. No exceptions.
- For complete list of rules, visit www.bisparks.org.

Swimming Pool Fees

Daily Swim Fee

- \$4/session
- \$5/session with Hillside Waterslide
- Infants 11 months and younger, Free

Season Patch for all Outdoor Pools (no online registration)

- \$75/person. Code: 25194
- \$100/person with Hillside Waterslide. Code: 25193
- Patch must be sewn on suit.
- Patches are for sale during regular swimming hours. Patches may also be purchased at the Park District Office, 400 E. Front Ave., prior to the opening of the pools.
- No refunds for season pool patches.

Coupon Book for All Outdoor Pools

- 12 admissions for \$40
- 12 admissions with Hillside Waterslide for \$50
- Coupon books may be purchased at the pool or at the Park District Office, 400 E. Front Ave., prior to the opening of the pools.

Party Room Rentals-Elks Aquatic Center

Two party rooms are available during general swim, evening sessions and after hours. Reservations can also be made at the facility or by calling 222-6407 (Elks) or emailing Mike Sullivan at msullivan@bisparks.org.

Fees and Party Perks

- Includes 10 Elks Aquatic Center admissions (\$4 per additional person).
- **Monday-Thursday:** 12-3pm OR 4:30-7:30pm
- **Friday-Sunday:** 12-3pm OR 4-7pm
- Party Fee: \$100

Party Space Rentals-Hillside Aquatic Complex

Party space is available during general swim, evening sessions and after hours. Reservations can also be made at the facility or by calling 222-6419 (Hillside) or emailing Mike Sullivan at msullivan@bisparks.org.

Fees and Party Perks

- Includes 10 Hillside Aquatic Complex with waterslide admissions (\$4 or \$5 per additional person, depending on waterslide).
- **Monday-Thursday:** 12-3pm OR 4:30-7:30pm
- **Friday-Sunday:** 12-3pm OR 4-7pm
- Party Fee: \$110

Private After Hours Rentals

All pools are available for private rentals after hours.

Elks Aquatic Center: \$275/hr.

Hillside Aquatic Complex: \$325/hr.

Paul H. Wachter Aquatic Complex: \$225/hr.

Please make rental reservations at least one week in advance to allow for staffing needs by calling Dylan Thiem at 222-6814.

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 24 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

- 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/per court
- BPRD 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

Ice Arenas

Capital Ice Complex

1504 Wichita Dr. • 221-6813

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

VFW Sports Center

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

The VFW Sports Center has two separate ice rinks and curling rink. It is home to a multitude of recreation activities: hockey, figure skating, public skating and golf. Located near the facility are the Sam McQuade Sr. Softball Complex 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)
- Reservations: call 221-6814

Public Indoor Ice Skating

- Check www.bisparks.org for complete schedule.

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 on park district property. BPRD provides the land use and the water. Interested individuals and families put in their garden, keep it weed free and enjoy the harvest. There is a fee to rent a plot. Locations include:

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

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

Information on renting garden plots at the above locations is available at www.bisparks.org.

Community Orchard

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

The goal of the orchard is to provide fresh produce for the community and the Hunger Free ND Garden Program and to provide educational opportunities for using and preserving fruit from plant species that grow well in the local climate.

For more information about the Community Orchard, including sponsorship and volunteering, visit www.bisparks.org.

Disc Golf Courses

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 Washington St. For league and tournament information, visit discgolfnd.pbworks.com.

Dog Park-Century Bark Park

700 E. Century Ave.

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

- 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.

May–Sept.

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

Oct.–April

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

McDowell Dam Recreation Area

1951 93rd St. NE. • 223-7016

McDowell Dam Recreation Area is a 271-acre park located five miles east of Bismarck on Old Highway 10 and one mile north. The park is owned by the Burleigh County Water Resource District and managed by the Bismarck Parks and Recreation District. Available activities include swimming, boating, fishing and paddle boating. There is a public beach, picnic shelters (can be reserved for special occasions), horseshoe pits, a small concessions area, a playground and modern restrooms. There is a paved trail on the grounds and wooded area for nature walks or runs. There is also a nature trail encircling the banks of McDowell Dam.

Park Hours Year Round

Sunrise to sunset

Equipment Rentals

Memorial Day Weekend - Labor Day Weekend
Hours: Monday-Friday: 1pm-9pm; Saturday-Sunday: 11am-9pm

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

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

Shelter Reservations

Call 222-6455
Full day: \$50; Half day: \$35 (sunrise-3pm OR 4pm-sunset)

Skate Parks

Skateboard, bike and rollerblade enthusiasts will enjoy Bismarck's two outdoor skate parks. The parks are located at Lions Park, 1601 E. Boulevard Ave., and Sons of Norway Park, 1502 E. Bismarck Expressway. Skateboards, in-line skates and bicycles are allowed at each skate park. We ask users to abide by the skate park rules posted at each facility.

Park System Information

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

Park Hours

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

Park restrooms are scheduled to open in mid-May and close in mid-October, depending on weather.

Park Rules

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

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

Bismarck Forestry Division

The mission of the Bismarck Forestry Division is to manage and improve the health of the urban forest while enhancing the quality of life for our growing community. The Forestry Division manages the trees on city and park district properties, as well as organizes Bismarck's annual Arbor Day ceremony each May.

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

Trails, Recreational

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

Educational Trails

Atkinson Nature Park

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

Bill Mills Nature Trail

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

Chief Looking's Earthlodge Village Interpretive Trail

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

General Sibley Park and Campground Interpretive Trail

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

Rotary Club Arboretum Trail

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

Shelter and Community Room Reservations

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

Outdoor Shelter Reservations

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

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

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

Indoor Community Room Reservations

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

	Full Day: 8am–11pm	Half Day: 8am–3pm or 4–11pm
Hillside Aquatic Complex, 1719 E. Boulevard Ave.	\$250	\$200
– For-profit rentals	\$500	\$400
Lions Park Community Center, 1001 N. 17th St.	\$80	n/a
– For-profit rentals	\$160	n/a
Farwest Rotary Community Center, 1021 Mustang Dr.	\$130	\$80
Jaycee Leadership Hall, 321 E. Century Ave.	\$130	\$80
Sertoma Club Community Center, 300 Riverside Park Rd	\$130	\$80
– For-profit rentals (Farwest, Jaycee, Sertoma).....	\$260	\$160

Joann Hetzel Memorial 4-H Building, 3715 E. Bismarck Expressway
One-Day Rate without Alcohol = \$600; for-profit \$800; One-Day Rate with Alcohol = \$800; for-profit \$1,000

Picnic Equipment Rental

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

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

Alcoholic Beverage Permits

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



Aquastorm Swimming/Diving Club

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

The Aquastorm 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, please contact Thomas Wheeling at programdirector@aquastormswimming.com or go to aquastormswimming.com.

BisMan Bombshellz Roller Derby

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

Games are played at 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 marks 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
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:
bismarckmandanpickleball.com.

Bismarck-Mandan Tennis Association

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

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

Bismarck Men's & Women's Slowpitch Softball Associations

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

Women's: Women having reached the age of 13 by December 31, 2023 are eligible to play. A manager's meeting will be held on March 23 at 6 PM at the Bismarck Amvets Club. For additional information - email BWSSA@live.com

Also check our website at bismarckwomenssoftball.org or our Facebook page Bismarck Womens Slowpitch Softball Assoc.

Bismarck Mixed Martial Arts

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

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

Bismarck Table Tennis Club

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

For more information go to bismarcktabletennis.com or contact Seth at 701-471-8908 or Jack at 701-527-1764.

Bismarck Youth Baseball

Bismarck Youth Baseball Inc. is a nonprofit charitable organization and a chartered member of the Cal Ripken Association. It is volunteer driven: parents serve as board members, coaches, team coordinators and umpires. Bismarck Youth Baseball serves Bismarck children ages 6-12; their age on April 30 determines eligibility.

For the most up-to-date registration information, visit bismarckyouthbaseball.org.

Bismarck Youth Fastpitch Softball Association

The goal of BYFSA is to enable players to learn the game of fastpitch softball in a fun and stimulating environment. Primary focus is placed on developing the skills necessary to help players age 5-18 to succeed and be the best softball players they can be. Our programs include summer league, competitive travel teams, and camps/clinics throughout the year.

Please visit bismarckfastpitch.com for all program details and to register.

Bismarck Youth Football League

The Bismarck Youth Football League (BYFL) is a local organization operated for the benefit of children entering the 3rd, 4th, 5th and 6th grade in the fall of the year who wish to participate in the game of tackle football. The BYFL consists of two football age divisions- 3rd-4th grade and 5th-6th grade with practices beginning in August.

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

For more information, visit bismarckfootball.com.

BisMarket

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

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

Burleigh County 4-H

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

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

Dreams in Motion Adaptive Sports

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

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

Fastrax BMX

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

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

Race Categories:

- 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 please visit gobismarckmandan.org or like us on Facebook.

Great Plains Track & Field Club

Ages 5-15

Location: Community Bowl

Registration: Tuesday, May 30, 2023

For 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](https://www.facebook.com/BisManHorseshoes).

Magic Soccer F.C

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

For more information, please visit magicsoccerskills.com

Midwest Adult Hockey League

The Midwest Adult Hockey League (MAHL) is a very competitive hockey league that plays in Bismarck and Mandan from September through March. Currently, there are 13 teams that play each week on Sundays, Wednesdays and Fridays. Summer league, Friday Noon Skate and Pre-Season games are pick-up style and a good way to get on a team.

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

Missouri River Adult Hockey League

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

For more information, go to mrhl.com.

Missouri Slope Model Aero Club

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

Nishu Bowmen Archery Club

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

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

North Dakota Game & Fish Department

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

Northern Plains Dance

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

northernplainsdance.org
701-530-0986

Riverwood Men's & Women's Golf Associations

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

The Riverwood Women's Golf association has a Wednesday morning and Wednesday evening league. Golfers can choose to golf in the morning starting at 8:30am or set a tee time for the afternoon or evening. Tee times can be set one week in advance. Casual play, with tee times made in advance, is also encouraged on Monday and Friday AM.

Membership applications and additional information is available at the Riverwood Pro-Shop or on facebook.com/RiverwoodMensGA or facebook.com/groups/134582623355123.

Shade Tree Players

Shade Tree Players, a local theatrical group for children 7-18 years old. This educational group encourages learning skills and techniques to becoming confident and strong actors. It offers two Summer programs: Academy (7-13 yrs) and Conservatory (13-18 yrs). Both programs offer musical and play productions. Every registrant gets a part! Conservatory will hold auditions on 3/12/23.

2023 Summer Shows:

- Academy Play Robin Hood
- Academy Musical How I Became a Pirate
- Conservatory Play Puffs
- Conservatory Musical Disney's Descendants

Follow us on Facebook and/or Instagram for current information and registration details. 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. Unified sports expands opportunities for athletes seeking a new challenge and dramatically increases inclusion in the community by helping break down the barriers that have kept people with and without intellectual disabilities apart. Special Olympics North Dakota is seeking school based Unified Volleyball teams to compete at the State Winter Games.

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

Superslide Amusement Park

Located within Sertoma Park, the Super Slide Amusement Park 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 nds superslide.com.

Bismarck Parks and Recreation District Summer Employment Opportunities

- Starting wage varies and may be based on experience. An equal opportunity employer.
- May be able to work multiple positions, depending on skills, interests and availability
- Please complete a job application at the Park District office (400 E. Front Ave.) or www.bisparks.org under the Jobs link.

POSITION	# OF HOURS	OTHER INFORMATION	CONTACT PERSON
Activity Centers	Up to 40 daytime hours	Planning and supervising activities for K-5 children. Must be 16 yrs old.	Cindy Gums, 222-6771
Cashier/Concessions <ul style="list-style-type: none"> • Outdoor pools • Softball complexes 	Hours vary	Softball concession workers must be 16 yrs old. Pool concession workers must be 15 yrs old.	Outdoor Pools: Mike Sullivan, 712-8918 Softball Complexes: Ethan Eberle, 415-0464
BSC Aquatic & Wellness Center, Capital Racquet & Fitness Center and World War Memorial Building <ul style="list-style-type: none"> • Facility attendants • Front desk staff • Group fitness instructor 	Hours vary	<ul style="list-style-type: none"> • Prefer 18 and older for front desk staff. • Group fitness instructors receive paid prep-time. 	BSC Aquatic & Wellness Center and Group Fitness Instructors: Linsay Berg, 751-4266 Capital Racquet & Fitness Center: Katrina Hanenberg, 221-6855 World War Memorial Building: Jeremy Dykstra, 222-6641
Equipment maintenance assistant	Up to 40 hours	Assist equipment maintenance specialist with various equipment repairs, purchasing parts, mowing, troubleshooting, and operations.	Tony Schmitt, 222-6464
Facility Attendant <ul style="list-style-type: none"> • Ice Arenas • Outdoor Pools 	25-30 hours	Must be 18 yrs old to drive Zamboni.	Ice Arenas: Cole Carroll, 221-6813 Outdoor Pools: Mike Sullivan, 712-8918
General Sibley Park <ul style="list-style-type: none"> • Office attendants • Park maintenance 	Up to 40 hours, weather dependent	Office/front desk and groundskeeping must be 18 yrs old.	Martha Willand, 222-1844
Golf Courses <ul style="list-style-type: none"> • Facility attendant • Maintenance 	Attendant: 20-30 hours per week Maintenance: Up to 40 hours, weather dependent		Attendant: <ul style="list-style-type: none"> • Pebble Creek/Fore Seasons: Adam Chaussee, 223-3600 • Riverwood: Tim Doppler, 222-6462 • Tom O'Leary: Brandon Wilkens, 222-6531 Maintenance: <ul style="list-style-type: none"> • Riverwood: Brad Schulz, 222-6463 • Tom O'Leary: Mike Page, 222-6465 • Pebble Creek: Mac Weigel, 250-7775
McDowell Dam Recreation Area <ul style="list-style-type: none"> • Equipment rental/concessions • Park maintenance 	Up to 40 hours, weather dependent	<ul style="list-style-type: none"> • Equipment rental/concessions must be 16 yrs old. • Park maintenance must be 18 yrs old. 	David Robinson, 223-7016
Operations general maintenance	Up to 40 hours, weather dependent	Must be 18 yrs old. <ul style="list-style-type: none"> • Mower Operators • Park Maintenance • Athletic Field Maintenance 	Parks: Tony Schmitt, 222-6464 Sports Complexes: Riley Merkel, 751-0126
Pools <ul style="list-style-type: none"> • Lifeguards • Swim lesson instructors • Outdoor pool managers • Outdoor waterslide monitor 	Up to 40 hours, based on availability Outdoors weather dependent	<ul style="list-style-type: none"> • Lifeguard: Must be Lifeguard/First Aid/CPR/AED certified. • Instructor: Preferred WSI certified. The Park District offers courses to become certified. • Monitor: Must be 16 yrs old. 	BSC Aquatic & Wellness Center: Jahna Gardiner, 751-4270 Outdoor Pools: Mike Sullivan, 712-8918
Programs (youth & adult) Archery, baseball/softball, basketball, flag football, soccer, tennis and volleyball <ul style="list-style-type: none"> • Coaches • Officials 	Sand volleyball officials: evening hours		Archery, Basketball, Soccer & Youth Volleyball: Jeremy Dykstra, 222-6641 Baseball & Softball: Ethan Eberle, 415-0464 Flag Football: Spencer Aune, 250-7780 Volleyball: RaNae Jochim, 222-6455 Tennis: Rod Morasch, 221-6855
Safety Village		Teaching 5-6 year olds about safety.	Cindy Gums, 222-6771
Triple Star Day Camp	35 daytime hours	Day camp for participants with special needs.	RaNae Jochim, 222-6455

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.

April

Get Ready for Summer Membership Special

BSC AWC & CRFC, see page 20 1-30

Indoor Swim Lessons Registration, see page 10..... 12

May

Student Membership Special

BSC AWC & CRFC, see page 20 1-Aug. 31

General Sibley Park camping season opens,
see page 22..... 5

5th Grade Elementary Track Meet, see page 15..... 17

Indoor Swim Lessons Registration, see page 10..... 31

June

Free Junior Golf, see page 8 All Month

Outdoor Pools Open, see page 24 5

Youth Baseball Clinic, see page 4..... 8-July 20

Outdoor Swim Lessons Registration,
see page 11..... 12-13; 29-30

July

Free Junior Golf, see page 8 All Month

BPRD July Celebration All Month

Indoor Swim Lessons Registration, see page 10..... 5

Pickleball Mixer, see page 19 13

Outdoor Swim Lessons Registration,
see page 11..... 24-25

August

Free Junior Golf, see page 8 All Month

Grand Slam Youth Tennis Tournament,
see page 15..... 7-8



2023 Fall Activity Guide is available in July, includes:

- adaptive programs • basketball
- BLAST • cross country meets
- fencing • hockey • karate
- open gym • racquetball • tennis
- volleyball and much 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.

Thank You

Bismarck Parks and Recreation District appreciates the partnership for 2022 programs, facilities and special events of the following businesses and organizations.

Youth/Adult Programs and Special Events

AARP North Dakota
Bareknuckle Baseball
Biomat USA
Bismarck Figure Skating Club
Bismarck Gymnastics Academy
Bismarck Hockey Boosters
Bismarck Public Schools
Bismarck Rotary Club
Bismarck Sports Group
Bismarck-Mandan Convention & Visitors Bureau
Capital Curling Club
City of Bismarck
Coca-Cola
Dakota Junior Golf Association
Essentia Health
Face and Jaw Surgery
First International Bank and Trust
Flash Printing
HuHot Mongolian Grill
Kirkwood Bank and Trust
Kiwanis Club
Kramer Subaru
Lindtech Services Inc.
Mann Signs
McQuade Tournament
Montana-Dakota Utilities
ND Amateur Basketball Inc.
ND Insurance Reserve Fund
Puklich Chevrolet
Railway Credit Union
Scheels
Shoe Carnival
Sidelines Sports Bar
Sons of Norway
Starion Bank
Starion Insurance

Facilities and Parks

Bismarck Public Schools
Bismarck Rotary Club
Burleigh County
Capital Curling Club
Farwest Rotary Club
Garrison Diversion Conservancy District
ND Forest Service - ATB
ND Game and Fish Department
ND Parks and Recreation Department
St. Mary's Tennis Boosters
USTA Northern

Matching Grant Program

Bismarck Gymnastics Academy
Bismarck Mandan Lacrosse Association
Bismarck Rotary Club
Bismarck Youth Baseball
Bismarck Youth Fastpitch Softball Association
BisMarket
Burleigh County 4-H
Capital Curling Club
Farwest Rotary Club
Fraternal Order of the Eagles

Golf Course Tee Box Sign Sponsorships

Bain Agency
Brady, Martz & Associates
Bravera Bank
Dakota Eye Institute
Dakota Junior Golf Association
Fertilawn
GolfBest Golf Shops
HUB Insurance
Huntington Homes
KLJ
Kramer Agency
Mann Signs
Northern Improvement Co.
Northwest Contracting
Oaktree Realtors and PC
Quality Title, Inc.
Riverwood Mens' Golf Association
Securian Financial
Smith Porsborg Schweigert
Armstrong Moldenhauer & Smith
Tri-Energy Cooperative CENEX

BisParks BCycle Bike Share Sponsorships

Basin Electric Power Cooperative
BCBS ND Caring Foundation
Daniel Companies
First International Bank and Trust
Hatch Realty
Lewis & Clark Riverboat
MDU Resources Foundation
ND Department of Health
Security First Bank of North Dakota
Terry's Health Products



BISMARCK PARKS AND RECREATION DISTRICT
Est. 1927