

# 2024 SPRING/SUMMER ACTIVITY GUIDE



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



**YOUTH & ADULT PROGRAM  
REGISTRATION STARTS  
APRIL 4 AT 8AM**

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.....	221-6814
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
- Adrienne Gillick, 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
- Matt Guenther, Facility Specialist
- Cindy Gums, Recreation Specialist
- Ethan Eberle, Recreation Specialist
- Brandon Wilkens, Facility Specialist
- Adam Chaussee, Facility Specialist
- Linsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Spencer Aune, Recreation Specialist
- Scott Nustad, Facility Specialist
- Drew Lenertz, Facility Specialist
- Matthew Lundberg, Facility Supervisor
- Dan Sedevie, Operations Superintendent
- Brad Schulz, Golf Course Superintendent
- Mac Weigel, Golf Course Superintendent
- Michael Schaaf, Golf Course Superintendent
- Rod Morasch, Head Tennis Professional
- **Maintenance and Operations Staff:**  
Brandon Ripplinger, Pat Gilhooly, Rick Schuler, Tim Thiel, Christopher Pate, Jordan Kainz, Brandon Rittenbach, Chad Boehm

### Operations Division

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

### Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner
- Jenna Nieters, Local Foods Coordinator

## General Information

### Cancellations

For information such as program changes, weather cancellations, etc., please visit [www.bisparks.org](http://www.bisparks.org).

### Dog Ordinance

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

### Gift Certificates

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

### Insurance

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 38th year, the program has provided matching funds for 567 projects with total project costs of more than \$6.2 million. Applications will be accepted from Bismarck associations, organizations, clubs or individuals interested in matching funds to sponsor a project in a Bismarck Parks and Recreation District facility or park. Matching funds are awarded twice per year. Applications are available at our office. Call 222-6455 for more information. DEADLINES: Annually, Feb. 1 and June 3 at 5pm.

### Photography/Video

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

### Rain Checks

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



## Online Registration and Reservations

Visit [www.bisparks.org](http://www.bisparks.org) to register for those activities with a code, make a tee time up to eight days in advance or reserve a campsite, shelter or pool birthday party.

## 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 3-Aug. 2	M-F	7:45am-5:30pm

- **Must have completed kindergarten in the 2023-24 school year or be 6 years old by June 1, 2024. If your child is in kindergarten, but won't be 6 until after June 1, 2024, please come to Bismarck Parks and Recreation office to register.**
- Activity Centers close at noon on Aug. 2.
- No program on July 3, 4 and 5.
- There is no supervision before 7:45am or after 5:30pm.
- We do not provide lunch or snacks, so please bring your own.

### Fees

- \$525/child-if received on or before Thursday, April 25
- \$535/child-if received Friday, April 26, 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 available 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](mailto: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.	26737
Elk Ridge	4401 Ivory Ln.	26738
Grimsrud	716 St. Benedict Dr.	26739
Liberty	5400 Onyx Dr.	26741
Northridge	1727 N. 3rd St.	26742
Prairie Rose	2200 Oahe Bend	26743
Rita Murphy	611 N. 31st St.	26744
Roosevelt	613 W. Ave. B	26740
Silver Ranch	4511 Silver Blvd.	26745
Solheim	325 Munich Dr.	26746
Sunrise	3800 Nickerson Ave.	26747

## 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 1-12. BPRD staff will do a random drawing April 23, and applicants will be notified of the results. The Junior Leader applications can be found at [www.bisparks.org](http://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 20	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 3-Aug. 2	M-F	9:30am-3pm	27139
* No camp July 3-5			

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

## Archery, Indoor

### Beginners

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

Dates	Day	Time	Fee	Code
May 16-June 20	Th	6-7pm	\$40	27144
May 16-June 20	Th	7-8pm	\$40	27145
July 25- Aug. 29	Th	6-7pm	\$40	27212
July 25-Aug. 29	Th	7-8pm	\$40	27211

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

### Intermediate

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

Dates	Day	Time	Fee	Code
May 16-June 20	Th	8-9pm	\$40	27213
July 25-Aug. 29	Th	8-9pm	\$40	27214

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

# Baseball

## Ages 13-18

In 2024, Bismarck Youth Baseball is expanding its community-based program to include Babe Ruth and American Legion baseball. Visit [bismarckyouthbaseball.org](http://bismarckyouthbaseball.org) for information.

## 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, 2019, and on or after May 1, 2011, is eligible for Coed Mites, Squirts and Cal Ripken. Age is determined as of May 1, 2024.

Ages	Dates	Days	Time	Code
Mites 5-6	June 3-July 24	M & W	10-11am	26751
Mites 5-6	June 4-July 25	T & Th	10-11am	26752
Squirts 7-9	June 3-July 24	M & W	8:30-9:45am	26754
Squirts 7-9	June 4-July 25	T & Th	8:30-9:45am	26755
Cal Ripken 10-12	June 3-July 24	M & W	11:15am-12:45pm	26748
*No baseball on July 3 and 4				

### Fees and Location

- \$65/player – if received on or before Friday, May 10
  - No more than \$130 maximum/household
- \$75/player – if received Saturday, May 11, 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, 2019, and on or after May 1, 2011, are eligible for the 2024 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 6-July 18 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: 26749**



Basketball  
Program  
sponsored by



Essentia Health

# 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 4-July 25	T & Th	6-7pm	26757
Grades 5 & 6	June 4-July 25	T & Th	7:15-8:15pm	26758
Grades 7 & 8	June 4-July 25	T & Th	8:30-9:30pm	26759

Grade determined by 2024-25 school year.  
No session on July 4.

### Fee and Location

- An information sheet is available at [www.bisparks.org](http://www.bisparks.org).
- \$65/player-if received on or before May 10
- \$75/player-if received May 11 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](http://www.bisparks.org).

### League

- Aug. 19-Oct. 5
- 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. 2
- \$80/player-if received Aug. 3 or later

School	Code
Cathedral	26761
Centennial	26762
Elk Ridge	26763
Grimsrud	26764
Highland Acres	26765
Liberty	26766
Lincoln	26767
Martin Luther	26768
Miller	26769
Moses	26770
Murphy	26771
Myhre	26772
Northridge	26773
Pioneer	26774
Prairie Rose	26775
Roosevelt	26776
Shiloh	26777
Silver Ranch	26778
Solheim	26779
St. Anne's	26780
St. Mary's	26781
Sunrise	26782
Will-Moore	26783

## 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. 26-Oct. 12
- Girls' Grade 5: Aug. 26-Oct. 26
- Grade 4 Jamboree: Oct. 11 and 12
- Grade 5 Jamboree: Oct. 24 and 26

### Days/Times for Most Schools

- Information sheets are available at [www.bisparks.org](http://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. 9
- Girls' Grade 4: \$80/player-if received Aug. 10 or later
- Girls' Grade 5: \$80/player-if received on or before Aug. 9
- Girls' Grade 5: \$90/player-if received Aug. 10 or later
- Participants must play at the school they attend.

School	4th Grade Code	5th Grade Code
Centennial	26785	26806
Elk Ridge	26786	26807
Grimsrud	26787	26808
Highland Acres	26788	26809
Liberty	26789	26810
Lincoln	26790	26811
Martin Luther	26791	26812
Miller	26792	26813
Moses	26793	26814
Murphy	26794	26815
Myhre	26795	26816
Northridge	26796	26817
Pioneer	26797	26818
Prairie Rose	26798	26819
Roosevelt	26799	26820
Shiloh	26800	26821
Silver Ranch	26801	26822
Solheim	26802	26823
Sunrise	26803	26824
Will-Moore	26804	26825

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

## COACHES & OFFICIALS NEEDED

Apply today at [bisparks.org/jobs](http://bisparks.org/jobs).

Adult & Youth - Archery, Basketball, Volleyball  
Youth - Baseball/Softball, Flag Football, Soccer, Tennis

## 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 2024 Enrollment

The BLAST deadline for people currently enrolled through the last day of school is June 13 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

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

### 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 2024-25

- **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 13 by 5pm:** Registration packets from current BLAST families are due at BPRD by 5pm.
- **June 3-21:** New applicants that are interested in enrollment for 2024-25 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
- Six 60-minute sessions
- Lions Park Disc Golf Course (meet at parking lot east of Hillside Aquatic Complex)
- Each class must have a minimum of 6 participants.

Dates	Days	Times	Codes
June 4-27	T & Th	10-11am	26839
July 9-Aug. 1	T & Th	10-11am	26838

# 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 3-31	M & F	6:30-8:30pm (M); 5-7pm (F)	26352
June 3-28	M & F	6:30-8:30pm (M); 5-7pm (F)	26350
Sept. 6-30	M & F	6:30-8:30pm (M); 5-7pm (F)	26355
Oct. 4-28	M & F	6:30-8:30pm (M); 5-7pm (F)	26354
Nov. 1-25	M & F	6:30-8:30pm (M); 5-7pm (F)	26353
Dec. 2-30	M & F	6:30-8:30pm (M); 5-7pm (F)	26347

\*No class May 27, Nov. 29, Dec. 23 and Dec. 27.

## Ages, Fees, Location and Equipment Required

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

# Flag Football

This program is open to youth in 3rd-6th grade. This recreational league teaches 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. 19-Sept. 28	M, T & Th	5:30-6:30pm
5th & 6th	Aug. 19-Sept. 28	M, T & Th	6:30-7:30pm

\* No session on Sept. 2

- Jamboree: Sept. 28-Sam McQuade Sr. Softball Complex

## Fees and Location

- An information sheet is available at [www.bisparks.org](http://www.bisparks.org).
- \$60/player-if received on or before Aug. 9
- \$70/player-if received Aug. 10 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 2023-24 elementary school.

School	3rd & 4th Grade	5th & 6th Grade
Cathedral	26842	26866
Centennial	26843	26867
Elk Ridge	26844	26868
Grimsrud	26845	26869
High. Acres	26846	26870
Liberty	26847	26871
Lincoln	26848	26872
Martin Luther	26849	26873
Miller	26850	26874
Moses	26851	26875
Murphy	26852	26876
Myhre	26853	26877
Northridge	26854	26878
Pioneer	26855	26879
Prairie Rose	26856	26880
Roosevelt	26857	26881
Shiloh	26858	26882
Silver Ranch	26859	26883
Solheim	26860	26884
St. Anne	26861	26885
St. Mary's	26862	26886
Sunrise	26863	26887
Will-Moore	26864	26888

# Golf

## Free Junior Golf, June-Aug.

Juniors age 17 and under play golf for free on selected courses from 7:30-11am. 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
Tues.	Riverwood, 725 Riverwood Dr.	222-6462
Tues.	Pebble Creek, 2525 N. 19th St.	223-3600
Wed.	Mandan Municipal, 1002 7th St. SW, Mandan	751-6172
Thur.	Tom O'Leary, 1200 N. Washington St.	222-6531

## Introductory, 5-6 Year Olds

Introducing our golf lessons for ages 5-6! Designed as an engaging introduction, these classes provide a fun and basic understanding of playing golf. Hosted at our new location at Pebble Creek Golf Course, the lessons ensure a joyful experience for the youngest members of your household. All necessary clubs and equipment are provided for a hassle-free and enjoyable learning adventure. Join us as we make the world of golf accessible and enjoyable for your little ones!

## Fees and Location

- \$40/child, four 45-minute lessons
- Pebble Creek Golf Course, 2525 N. 19th St.
- Drop-offs and pickups will be located at the North putting green.
- Day 1 & 2 - all outside; day 3 & 4 - all inside

	Session 1	Session 2
	June 3, 10, 17, 24	July 8, 15, 22, 29
Times	Mondays	Mondays
8-8:45am	26908	26900
9-9:45am	26910	26902
10-10:45am	26903	26895
11-11:45am	26904	26896
5-5:45pm	26905	26897
6-6:45pm	26906	26898
7-7:45pm	26907	26899
8-8:45pm	26909	26901



Flag Football  
Program  
sponsored by





## Red Level, 7-17 Year Olds

This summer, our Red Level golf lessons are tailored for youth ages 7-17. In a concise 4-day program, we focus on specific skills in key aspects of the game, providing targeted daily lessons for practice throughout the week. Graduation to the White Level, marked by receiving a chip, may require multiple Red Level sessions. All equipment, including clubs and balls, is provided for a streamlined learning experience. Elevate your golf game with focused and effective lessons.

### Fees and Locations

- \$50/session, four 45-minute lessons
- Pebble Creek Golf Course, 2525 N. 19th St.
- (PW) Prairie West Golf Course, 2709 Longspur Trail, Mandan, drop off at main gate
- Day 1 & 2 - all outside; day 3 & 4 - all inside, except PW

Dates	Time	Days	Code
May 28-31	9-9:45 am	T, W, Th, F	26935
May 28-31	10-10:45am	T, W, Th, F	26933
May 28-31 (PW)	5-5:45pm	T, W, Th, F	26934
June 4-7	11:30am-12:15pm	T, W, Th, F	26930
June 4-7	6:15-7pm	T, W, Th, F	26932
June 4-7	7:15-8pm	T, W, Th, F	26931
June 11-14	9-9:45am	T, W, Th, F	26922
June 11-14	10-10:45am	T, W, Th, F	26923
June 11-14	5-5:45pm	T, W, Th, F	26921
June 18-21	11:30am-12:15pm	T, W, Th, F	26926
June 18-21 (PW)	6:15-7pm	T, W, Th, F	26924
June 18-21 (PW)	7:15-8pm	T, W, Th, F	26925
June 25-28	9-9:45am	T, W, Th, F	26929
June 25-28	10-10:45am	T, W, Th, F	26927
June 25-28	5-5:45pm	T, W, Th, F	26928
July 9-12	11:30am-12:15pm	T, W, Th, F	26914
July 9-12	6:15-7pm	T, W, Th, F	26913
July 9-12	7:15-8pm	T, W, Th, F	26912
July 16-19	9-9:45am	T, W, Th, F	26917
July 16-19	10-10:45am	T, W, Th, F	26915
July 16-19	5-5:45pm	T, W, Th, F	26916
July 23-26	11:30am-12:15pm	T, W, Th, F	26918
July 23-26 (PW)	6:15-7pm	T, W, Th, F	26919
July 23-26 (PW)	7:15-8pm	T, W, Th, F	26920
July 30-Aug. 2	9-9:45 am	T, W, Th, F	27222
July 30-Aug. 2	10-10:45am	T, W, Th, F	27223
July 30-Aug. 2	5-5:45pm	T, W, Th, F	27224

## White Level, 7-17 Year Olds

This summer, we're offering White Level golf lessons for youth ages 7-17. The program includes an initial skills evaluation and instruction on making tee times. Participants will then learn check-in procedures, short game skills using the Toptracer Range, golf course etiquette, continuous putting methods, and match play formats. The final segment focuses on Toptracer Range 3-hole matches, golf course management strategies, and overall skill enhancement. Join us for a comprehensive and practical introduction to the world of golf. All clubs and equipment are provided.

### Fees and Location

- \$65/session, four 60-minute lessons
- Pebble Creek Golf Course, 2525 N. 19th St.
- (PW) Prairie West Golf Course, 2709 Longspur Trail, Mandan, drop off at main gate
- Day 1 & 3 - all outside; day 2 & 4 - all inside, except PW

Dates	Time	Days	Code
May 28-31	11am-12pm	T, W, Th, F	26952
May 28-31	6-7pm	T, W, Th, F	27225
May 28-31 (PW)	7:15-8:15pm	T, W, Th, F	26951
June 4-7	9-10am	T, W, Th, F	26950

Dates	Time	Days	Code
June 4-7	10:15-11:15am	T, W, Th, F	27226
June 4-7	5-6pm	T, W, Th, F	26949
June 11-14	11am-12pm	T, W, Th, F	26943
June 11-14	6-7pm	T, W, Th, F	27227
June 11-14	7:15-8:15pm	T, W, Th, F	26944
June 18-21	9-10am	T, W, Th, F	26946
June 18-21	10:15-11:15am	T, W, Th, F	27228
June 18-21 (PW)	5-6pm	T, W, Th, F	26945
June 25-28	11am-12pm	T, W, Th, F	26948
June 25-28	6-7pm	T, W, Th, F	26947
June 25-28	7:15-8:15pm	T, W, Th, F	27229
July 9-12	9-10am	T, W, Th, F	26937
July 9-12	10:15-11:15am	T, W, Th, F	27230
July 9-12	5-6pm	T, W, Th, F	26938
July 16-19	11am-12pm	T, W, Th, F	26940
July 16-19	6-7pm	T, W, Th, F	27231
July 16-19	7:15-8:15pm	T, W, Th, F	26939
July 23-26	9-10am	T, W, Th, F	26942
July 23-26	10:15-11:15am	T, W, Th, F	27232
July 23-26 (PW)	5-6pm	T, W, Th, F	26941
July 30-Aug. 2	11am-12pm	T, W, Th, F	27233
July 30-Aug. 2	6-7pm	T, W, Th, F	27234
July 30-Aug. 2	7:15-8:15pm	T, W, Th, F	27235

## 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.

Dates	Time	Days	Code
Aug. 6-9	9:15-10:15am	T, W, Th, F	26891
Aug. 6-9	10:30-11:30am	T, W, Th, F	26890
Aug. 13-16	9:15-10:15am	T, W, Th, F	26893
Aug. 13-16	10:30-11:30am	T, W, Th, F	26892

## Blue Level

Blue Level is designed for White Level graduates (staff approval), equipping them with the essential skills and knowledge to confidently navigate the golf course. Participants will gain proficiency in a pre-shot routine, master advanced short game techniques, develop scoring strategies, understand golf course management, receive on the golf course training, and familiarize themselves with the rules of golf and course etiquette.

### Fees and Location

- \$125/session, four 1-hour lessons
- Must graduate from the White Level to enter Blue Level.
- Pebble Creek Golf Course, 2525 N. 19th St.

Dates	Time	Days	Code
June 11-July 9	1-2pm	T	27237
June 12-July 10	1-2pm	W	27238
July 16-Aug. 6	1-2pm	T	27239
July 17-Aug. 7	1-2pm	W	27240

\*No class July 2 or 3.

## Rain Out Policy

In case of inclement weather, golf lessons will be moved inside the Fore Seasons Center. Please check the website ALERT bar on the front page of our website, [www.bisparks.org](http://www.bisparks.org). You may also choose to "Follow" the BPRD Facebook page since weather notifications are also posted there.



## Karate, Traditional Japanese

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

Dates	Time	Days	Code
May 2-30	6:30-8:30pm	T & Th	26366
Aug. 6-29	6:30-8:30pm	T & Th	27217
Sept. 3-26	6:30-8:30pm	T & Th	27218
Oct. 1-29	6:30-8:30pm	T & Th	27219
Nov. 5-26	6:30-8:30pm	T & Th	27220
Dec. 3-12	6:30-8:30pm	T & Th	27221

### Ages, Fees and Location

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

## 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

- \$60/child
- Children who are five or six years of age by June 1, 2024.
- Frances Leach High Prairie Arts & Science Complex, 1810 Schafer St.

Dates	Time	Code
June 3-14	10am-12 noon	26977
June 3-14	1-3pm	26978
June 17-28	10am-12 noon	26975
June 17-28	1-3pm	26976
July 8-19	10am-12 noon	26971
July 8-19	1-3pm	26972
July 22-Aug. 2	10am-12 noon	26973
July 22-Aug. 2	1-3pm	26974

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.**



## 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

- Grades K-9 (grade entering in fall 2024)
- An information sheet is available at [www.bisparks.org](http://www.bisparks.org).
- \$65/player-if received on or before May 10
- \$75/player-if received May 11 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 3-July 24	M & W	6:30-7:30pm	26987
K-1	Horizon	June 4-July 25	T & Th	6:30-7:30pm	26988
2-3	Cottonwood	June 3-July 24	M & W	6:30-7:30pm	26980
2-3	Horizon	June 4-July 25	T & Th	6:30-7:30pm	26981
4-6	Cottonwood	June 3-July 24	M & W	7:45-8:45pm	26983
4-6	Horizon	June 4-July 25	T & Th	7:45-8:45pm	26984
7-9	Cottonwood	June 3-July 24	M & W	7:45-8:45pm	26985

\*No soccer on July 3 and 4

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

## Swimming Lessons, Indoor

### Fee and Location

- \$60/Session
- BSC Aquatic & Wellness Center, 1601 Canary Ave.

TENTATIVE SESSION DATES: Please check [www.bisparks.org](http://www.bisparks.org) for the most accurate registration and class information. All dates below are TENTATIVE.

The schedule will be posted online at [www.bisparks.org](http://www.bisparks.org) prior to registration. Lesson levels are summarized below. Learn more details online at [www.bisparks.org](http://www.bisparks.org).

### Spring Registration Session 1

Opens online or in person at the Park District office or at BSC Aquatic & Wellness Center on **Thursday, April 4, at 10am**. Classes run two days a week for five weeks. Lessons will be offered between 4:20-8:10pm.

**Spring Session 1 - April 8-May 8 (M & W)**

**Spring Session 1 - April 9-May 9 (T & Th)**

### Summer Registration Session 1

Opens online or in person at the Park District office or at BSC Aquatic & Wellness Center on **Thursday, May 30, at 10am**. Lessons will be offered between 9am-1pm and 4:15-7:30pm.

**Summer Session 1 - June 3-July 1 (M & W)**

**Summer Session 1 - June 4-July 2 (T & Th)**

\*No classes July 3-4. No fun day.

## Summer Registration Session 2

Opens online or in person at the Park District office or at BSC Aquatic & Wellness Center on **Tuesday, July 2, at 10am**. Lessons will be offered between 9am-1pm and 4:15-7:30pm.

### Summer Session 2 - July 8-July 24 (M & W)

### Summer Session 2 - July 9-July 25 (T & Th)

\*Only 6 lessons due to pool deck repair. The cost for this session is \$36.

## 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 \$85. 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](http://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

During online registration, you may register one participant and add two more participants for a small group private lesson at the same time with the same instructor. Children must be of similar age and skill level to be in lesson together. Small group lessons are \$75 per 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

- \$45/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 17-28	June 10, 11am; June 11, Noon
Session 2	July 8-19	June 27, 11am; June 28, Noon
Session 3	July 29-Aug. 9	July 22, 11am; July 23, Noon

For more information on outdoor pools, see page 24.

## 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

- Summer I: June 3-July 2
- Summer II: July 8-25

- Cost is \$60/child for Summer I and \$36 for Summer II
- BSC Aquatic & Wellness Center, 1601 Canary Ave.

Contact Jahna for more information and to schedule your group: [jgardiner@bisparks.org](mailto:jgardiner@bisparks.org) or 751-4270.

### Outdoor

- Summer I: June 17-28: 9-9:30am or 9:30-10am  
Registration Date: June 10, 9am; June 11, noon
- Summer II: July 8-19: 9-9:30am or 9:30-10am  
Registration Date: June 27, 9am; June 28, noon
- Summer III: July 29-Aug. 9: 9-9:30am or 9:30-10am  
Registration Date: July 22, 9am; July 23, noon

- Cost is \$45/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.

## NOW HIRING LIFEGUARDS & SWIMMING INSTRUCTORS

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

# Swim Safety

## American Red Cross Lifeguarding Class

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

### Candidates must meet these requirements for class:

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

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

### Fees and Registration

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

Dates	Time	Code
April 25-26; April 27-28	5-9pm; 9am-5pm	26512
May 16-17; May 18-19	5-9pm; 9am-5pm	27148
May 28-30	9am-6pm	27149
May 31; June 1-2	1:30-9:30pm; 9am-6pm	27150
June 3-5	9am-6pm	27151
June 3-6	1:30-8pm	27152
June 7; June 8-9	1:30-9:30pm; 9am-6pm	27153

## 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. **FREE for BPRD employees. Must have application submitted or be currently working.** Questions? Call Jahna at 751-4270.

Dates	Time	Code
April 7	9am-7pm	27249
May 11	9am-7pm	27155
May 27	9am-7pm	27156
June 7	9am-7pm	27157

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

## American Red Cross Lifeguard Instructor Course

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

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

### Prerequisites

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

### Certification and Fee

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

Date	Time	Code
April 19; April 20-21	4-9pm; 8am-7pm	26514





## 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
- When registering, there is an option to renew your lifeguard certification for an additional fee.

See [www.bisparks.org](http://www.bisparks.org) for upcoming dates and times.

## 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 28-30	9am-6pm	27159
May 31; June 1-2	1:30-9:30pm; 9am-6pm	27160



A LEADER... I AM A LIFEGUARD

## 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 3-27

- Registration Closes: May 29 at 10pm

### Session II: July 8-Aug. 1

- Registration Closes: July 3 at 10pm

### Registration

- Registration closes five 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
- \$30/child per session – includes 8 40-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, 300 Riverside Rd.
- Capital Racquet & Fitness Center (CRFC), 3200 N. 10th St.
- Maximum enrollment per class: 8

### Session 1: June 3-27

Times	Location	M & W Code	T & Th Code
9-9:40am	Sertoma	27126	27133
10-10:40am	Sertoma	27121	27128
11-11:40am	Sertoma	27123	27130
6-6:40pm	CRFC	27124	27131

### Session 2: July 8-Aug. 1

Times	Location	M & W Code	T & Th Code
9-9:40am	Sertoma	27111	27118
10-10:40am	Sertoma	27106	27113
11-11:40am	Sertoma	27108	27115
6-6:40pm	CRFC	27109	27116

Youth Tennis Programs  
sponsored by



Essentia Health

## 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 Matt at 401-4360 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 4-27	T & Th	5:15-6pm	27002
July 9-Aug. 1	T & Th	5:15-6pm	27001

## 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
- \$40/child per session – includes 8 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- 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 3-27

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	27096	27103
10-10:55am	Sertoma	27091	27098
11-11:55am	Sertoma	27093	27100
6-6:55pm	CRFC	27094	27101

### Session 2: July 8-Aug. 1

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	27081	27088
10-10:55am	Sertoma	27076	27083
11-11:55am	Sertoma	27078	27085
6-6:55pm	CRFC	27079	27086



## 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
- \$40/child per session – includes 8 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- 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 3-27

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	27050	27056
10-10:55am	Sertoma	27045	27051
11-11:55am	Sertoma	27047	27053
6-6:55pm	CRFC	27048	27054

### Session 2: July 8-Aug. 1

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	27037	27043
10-10:55am	Sertoma	27032	27038
11-11:55am	Sertoma	27034	27040
6-6:55pm	CRFC	27035	27041

## 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
- \$40/child per session, 2 days a week
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.

Session	Day	Times	Code
I - June 4-27	T & Th	12-1pm	27030
II - July 9-Aug. 1	T & Th	12-1pm	27029



## 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
- \$40/child per session – includes 8 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- 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 3-27

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	27022	27027
10-10:55am	Sertoma	27019	27024
11-11:55am	Sertoma	27020	27025
6-6:55pm	CRFC	27021	27026

### Session 2: July 8-Aug. 1

Times	Location	M & W Code	T & Th Code
9-9:55am	Sertoma	27011	27016
10-10:55am	Sertoma	27008	27013
11-11:55am	Sertoma	27009	27014
6-6:55pm	CRFC	27010	27015

## 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
- \$120, 2 days a week
- 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 4-27	T & Th	10-11:30am	27005
II-July 9-Aug. 1	T & Th	10-11:30am	27004

## 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 3-26	M & W	10:30am-12pm	27062
II-July 8-31	M & W	10:30am-12pm	27061

## 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 3-26	M & W	12-1:30pm	27072
I-June 4-27	T & Th	12-1:30pm	27073
II-July 8-31	M & W	12-1:30pm	27070
II-July 9-Aug. 1	T & Th	12-1:30pm	27071

## 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 3-26	M & W	4-5:30pm	27137
I-June 4-27	T & Th	4-5:30pm	27138
II-July 8-31	M & W	4-5:30pm	27135
II-July 9-Aug. 1	T & Th	4-5:30pm	27136

## Junior Team Challenges

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

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

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

Dates	Day	Time	Code
June 14	F	10:30am-12pm	27067
June 21	F	10:30am-12pm	27068
July 19	F	10:30am-12pm	27064
July 26	F	10:30am-12pm	27065
Aug. 2	F	10:30am-12pm	27066

## Pop-Up Tennis

Bismarck Parks and Recreation Disitric (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 2024 tennis lessons
- \$5 – no enrollment in summer 2024 tennis lessons
- Sertoma Park Tennis Complex, 300 Riverside Park Rd.

Date	Times	Ages	Code
Monday, Aug. 5	9am-12pm	6-10	27059
Tuesday, Aug. 6	9am-12pm	11-18	27058

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

## 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.

## Track Meet

The Elementary Track Meet is sponsored by Bismarck Public Schools and 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 15	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 4-Aug. 1	T & Th	8:30-9:45am	27141
7-8	June 4-Aug. 1	T & Th	10-11:30am	27142

- \* In fall 2024
- No volleyball July 4.

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

### Registration

- **Deadline:** Wednesday, May 22
- 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 pre/post individual assessment, nutritional assistance, exercise plan and communication via a fitness app.

Date	Days	Time	Code
April 30-May 28	T	7:15-8pm	26840

### Fees and Location

- BSC Aquatic & Wellness Center (BSC AWC), 1601 Canary Ave.
- \$90 BSC AWC and Capital Racquet & Fitness Center member; \$115 non-member (includes 30-day membership to BSC AWC and CRFC)



## 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](http://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 the fundamentals of golf. Group golf lessons are open to women or men over the age of 18. You will receive focused attention while learning long game, short game, and how to navigate the golf course. Clubs and range balls are included.

#### Group Lessons Available

- Coed
- Women Only
- Couples Only

#### Fees and Location

- Offered at Riverwood and Pebble Creek Golf Courses
- \$100 per person
- 1-hour lesson each week for four weeks
- 6 students max per class

Lessons are held May, June, July or Aug.

To register for group lessons, please call Tyce Halter at 400-2430.

### Private Golf Lessons

Private golf lessons offer personalized, one-on-one instruction with an experienced golf instructor. Tailored to your preferences, lessons cover any aspect of the game and can take place on the range, practice area, or on the course.

#### 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 Riverwood Golf Course at 222-6462.



## 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. 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 4-25	T	10:30-11:30am	26959
June 4-25	T	11:30am-12:30pm	26960
June 5-26	W	6-7pm	26961
July 9-30	T	10:30-11:30am	26954
July 9-30	T	11:30am-12:30pm	26955
July 10-31	W	6-7pm	26956

#### 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 4-25	T	9-10:30am	26967
June 4-25	T	5:30-7pm	26968
July 9-30	T	9-10:30am	26965
July 9-30	T	5:30-7pm	26966

#### 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 10

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: 26969

## 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](http://bismarckmandanpickleball.com).

## Softball

### Coed Summer Softball

Grab some of your friends and play coed summer softball through Bismarck Parks and Recreation District.

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

Dates	Days	Time
June 2-July 21	Sun	6:30pm

#### Fees and Location

- Rosters and fees are due by May 10.
- \$150 sponsor fee (includes state sanction fee and beverage permit) and \$45/player
- Minimum of 13 players
- Cottonwood Park, 2506 12th St.

### Coed Fall Softball

Bismarck Parks and Recreation District runs a fall coed softball program.

- 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. 26-Oct. 7	M or W	6:30pm Early Games
Aug. 26-Oct. 7	M or W	8:45pm Late Games

#### Fees and Location

- Rosters and fees are due by Aug. 9.
- \$150 sponsor fee (includes state sanction fee and beverage permit) and \$45/player
- 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 (Beginner Adults)

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 4-25	T	5:30-7pm	26999
June 6-27	Th	10:30am-12pm	26998
July 9-30	T	5:30-7pm	27241
July 11-Aug. 1	Th	10:30am-12pm	27242

### 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 3-26	M & W	9-10:30am	26995
June 3-24	M	5:30-7pm	26996
July 8-31	M & W	9-10:30am	26993
July 8-29	M	5:30-7pm	26994





## 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 6-27	Th	5:30-7pm	26991
July 11-Aug. 1	Th	5:30-7pm	26990

## 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](http://playtennis.usta.com/bmta/SocialLeagues) for more information on leagues offered and membership and league fee.

### League Dates

- May 29-Aug. 7 (summer league)
- Aug. 14-Sept. 18 (fall league)

## Tennis Tournaments

- Friends of Jackie Dockter Memorial Tournament, June 7-9
- Mandan Open: adults, June 22
- Mandan Open: juniors, June 21
- Bismarck Open: juniors, Aug. 1-2
- Bismarck Open: adults, Aug. 2-4

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

## 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 1-12, 7:30am-5pm
- Bismarck Parks and Recreation District Office, 400 E. Front Ave., or email [rjochim@bisparks.org](mailto: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 19-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 12 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

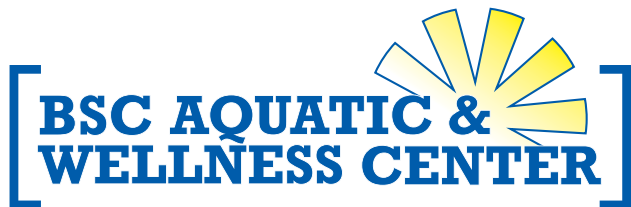
- Two 11-week seasons
- Fall: Sept. 9-Nov. 21
- Winter: Jan. 6-March 20

### 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., Bismarck, ND 58503  
701-751-4266**

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

#### **Hours: Sept. 1-May 31**

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

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

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

#### **Pool Hours**

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

#### **Fees**

- For complete membership fees, refer to following page.

#### **Turtle Beach Indoor Playground**

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

#### **Fun Fitness Trail**

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



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

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

#### **Hours: Sept. 1-May 31**

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

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

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

#### **Fees**

- For complete membership fees, refer to following page.

#### **KidZone**

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

- This indoor play space is open during regular CRFC hours.
- This is not a drop-off program; parents/guardians must stay and provide supervision.
- Members: free; Non-Members: \$2 per child.
- See [www.bisparks.org](http://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](http://www.silversneakers.com), [www.silverandfit.com](http://www.silverandfit.com), [www.tivityhealth.com](http://www.tivityhealth.com), [www.uhcrenewactive.com](http://www.uhcrenewactive.com) or [www.medicare.com/fitness](http://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](http://www.bisparks.org/group-fitness-classes) for a complete schedule and location information. Examples of classes:

- |                      |                     |                                |                       |                        |  |
|----------------------|---------------------|--------------------------------|-----------------------|------------------------|--|
| • Aquabata           | • Aqua Rock Deep    | • CBS - Core, Balance, Stretch | • Kick'n Aqua         | • SHiNe Dance Fitness™ | • Water Works                          |
| • Aqua CORE          | • Back to Basics    | • CORE 30                      | • Kick'n Step         | • S3 Fusion            | • Water Walking                        |
| • Aqua Dance         | • Butts & Guts      | • Cycling                      | • Les Mills BODYPUMP™ | • Strength + Core      | • Yoga/Stretch                         |
| • Aqua FIT           | • Candlelight Yoga  | • Deep Water                   | • Pilates             | • Tabata               | • Personal Training, refer to page 21. |
| • Aqua Rock Fitness® | • Cardio + Strength | • Forever Fit                  | • PiYo®               | • Total Body Toning    |  |

**Memberships are dual memberships for both BSC Aquatic & Wellness Center (BSC AWC) and Capital Racquet & Fitness Center (CRFC). Members can use both fitness facilities.**

**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.

**Tennis Membership includes:**

Want MORE tennis? Capital Racquet & Fitness Center has some extras for you with a Tennis Membership. Includes the basic membership features PLUS:

**6-month Tennis Membership:**

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

**12-month Tennis 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 per session
- Early tennis league sign-up

Memberships	Membership 6-month monthly fee	Membership 12-month monthly fee	Tennis Membership 6-month monthly fee	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 and 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.

## Insurance Reimbursement Programs

Get money back on your membership each month with a qualifying reimbursement program, including Sanford and Blue Cross Blue Shield of ND. Visit [www.bisparks.org](http://www.bisparks.org) or call your insurance provider directly.

## Court Reservations

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

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

## MEMBERSHIP SPECIALS!

**Summer Student - \$65\***

**Valid May 1-Aug. 31, 2024**

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 Fitness 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, 2024. \*Some restrictions apply.**

## Birthday Parties

### BSC Aquatic & Wellness Center

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

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

#### Pool/Turtle Beach Playground Party 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](http://www.bisparks.org).

- 10 passes to the facility
- Gift for birthday child
- 2 hours of community room use
- Party Fee: \$110
- Reserve online at [www.bisparks.org](http://www.bisparks.org)

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

### Capital Racquet & Fitness Center

3200 N. 10th St. • 221-6855

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

#### Tennis/KidZone Party Perks

- 2 hours of court time, access to KidZone and a private room
- 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 Matt for more information at 221-6855.**

## Fitness Facility Rentals

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

### Fitness Studios and Community Rooms

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

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

## Personal Training

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

### Fees

- Members: \$40/1-Hour Session, \$30/Half-Hour Session
- Non-Members: \$46/1-Hour Session, \$36/Half-Hour Session
- Package rates are available
- Other services available: Body Composition & Fitness Assessments

### Small Group Personal Training

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

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

### Small Group

- Min/Max Enrollment: 4-6 people
- 12 – 1-hour sessions
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$120; Non-Members: \$168

### Semi Private

- Min/Max Enrollment: 2-3 people
- 12 – 1-hour sessions
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$240; Non-Members: \$288





# Camping

## General Sibley Park

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

The campground is currently closed for the season. Reservations for the 2024 season will be accepted starting Wednesday, March 27. The campground will open Friday, May 3, and close Monday, Oct. 7.

A new online reservation system will be used in 2024. Information about setting up an online account and tips for making reservations will be posted on the campground webpage by mid-March.

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: \$14/day
- Camper sites with electricity: \$27/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](http://www.bisparks.org).

### Shelter or Amphitheater Reservations

- See page 28 for shelter or amphitheater reservations.



## Burleigh County Parks

Primitive camping is available at:

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

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

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

### Hours

- 6am–10pm, unless fishing or camping

### Rules

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

## Eagles Park

Primitive camping is available at Eagles Park, located nine miles north of Pioneer Park on Highway 1804, just south of Double Ditch Indian Village State Historic Site. The 2024 season runs from May 3 to Oct. 7.

### Reservations

Reservations for the 2024 camping season open March 27, and sites may be reserved 60 days in advance. 30 undesignated campsites may be reserved online at [www.bisparks.org](http://www.bisparks.org) or by calling 701-222-6455. The fee is \$12 per night per camping unit (powered vehicle, motorhome, camping bus, pull-type camper, tent or any other device designed for sleeping).

In addition, the entire campground (campsites only) is reservable for 1 day at \$300, 2 days at \$500 or 3 days at \$600. Call 701-222-6455 for information.

### First-Come, First-Served Campsites

4 campsites with 50amp service and 60ft gravel pads are available on a first-come, first-served basis at the campground. The fee is \$20 per night per campsite and payment is only accepted by cash or check. These sites cannot be reserved in advance.



## Golf Courses

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

### Hours

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

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

### Pebble Creek (PC)

2525 N. 19th St. • 223-3600

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

### Riverwood (RW)

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

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

### Tom O'Leary (TO)

1200 N. Washington St. • 222-6531

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

### Golf Lessons

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

### 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.
- 16 indoor driving bays

### Golf Course Fees

Tee times are available to book eight days in advance online at [www.bisparks.org](http://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+).....	\$560 .....	\$850 .....	\$740 .....	\$1,350 .....
Household*.....	\$1,350 .....	\$1,850.....	\$1,675 .....	\$2,650 .....
Intermediate (ages 18-22).....	\$220 .....	\$380 .....	\$320 .....	\$575 .....
Junior (ages 17 and under) .....	\$125 .....	\$210 .....	\$200 .....	\$275 .....
Senior (65+).....	\$435 .....	\$660 .....	\$620 .....	\$1,000 .....

- 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, Riverwood or Tom O'Leary - \$700, 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-\$6
- Large Basket-\$12

- **Bucket of Balls coupon book:**  
12 coupons for large basket-\$120

# Outdoor Pools and Splash Pad

**Dates: June 3-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

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

## 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 Pool Fees

### Daily Swim Fee

- \$5/session
- \$6/session with Hillside Waterslide
- Infants 11 months and younger, Free

### Season Pass for Outdoor Pools

- NEW for 2024: We're swapping swim patches for pass cards!
- \$100/person
- \$130/person with Hillside Waterslide
- Purchase online starting April 4 or in person at the BPRD office, 400 E. Front Ave.
- All passholders need to visit the BPRD office, 400 E. Front Ave., to receive their pass and have their photo taken. Special extended hours until 7pm on April 29 and May 1-2. Everyone who picks up their season pass and gets their photo taken at the BPRD office before May 3 will be automatically enrolled in a drawing to win one of four \$25 BPRD gift certificates.
- No refunds.

### Coupon Book for All Outdoor Pools

- 12 admissions for \$50
- 12 admissions with Hillside Waterslide for \$60
- 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 regular hours. Reservations will be accepted starting May 1, 2024, for the upcoming season. Reservations will be available online at [www.bisparks.org](http://www.bisparks.org) or by calling 222-6455.

### Fees and Party Perks

- Includes 10 Elks Aquatic Center admissions (\$5 per additional person).
- **Monday-Thursday:** 12-3pm OR 4:30-7:30pm
- **Friday-Sunday:** 12-3pm OR 4-7pm
- Party Fee: \$125

## Party Space Rentals-Hillside Aquatic Complex

Party space is available during regular hours. Reservations will be accepted starting May 1, 2024, for the upcoming season. Reservations will be available online at [www.bisparks.org](http://www.bisparks.org) or by calling 222-6455.

### Fees and Party Perks

- Includes 10 Hillside Aquatic Complex with waterslide admissions (\$5 or \$6 per additional person, depending on waterslide).
- **Monday-Thursday:** 12-3pm OR 4:30-7:30pm
- **Friday-Sunday:** 12-3pm OR 4-7pm
- Party Fee: \$135

## 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
- 16 Toptracer Range bays, see page 20 for details  
\$15/30 minutes; \$30/60 minutes

#### Bucket of Balls

- Small basket-\$6
- Large basket-\$12
- Club rental (4 clubs)-\$4

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

- Large-\$120

#### Batting Cage

- \$18/30 minutes; \$34/60 minutes
- Batting Cage coupon book:  
12 coupons for 30 mins. each, \$180  
12 coupons for 60 mins. each, \$340

#### 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.
- \$4 per person, maximum of \$12 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: \$175 for Driving Range; \$135 for Batting Cage (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	\$80/hr	\$160/hr	\$210/hr
11-24 Hours	\$75/hr	\$150/hr	\$200/hr
25-49 Hours	\$70/hr	\$140/hr	\$180/hr
50+ Hours	\$65/hr	\$130/hr	\$170/hr

### Frances Leach High Prairie Arts & Science Complex

1810 Schafer St.

#### Dakota West Arts Council

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



#### THEO Art School

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



#### TruNorth Theatre Co.

- [www.trunorththeatre.org](http://www.trunorththeatre.org)
- 557-1600
- TruNorth produces shows year round, specializing in small cast, ensemble works that span the spectrum of genres and periods that relate to the people of North Dakota.



### World War Memorial Building

215 N. 6th St. • 222-6454

#### Facility Features

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

#### Hours: April 1-May 31

- Monday-Thursday: 10am-9pm
- Friday: 10am-6pm
- Saturday & Sunday: Closed
- May 27 Closed

#### Hours: June 1-Aug. 30

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

#### Hours: Aug. 31-March 31

- Monday-Thursday: 10am-9pm
- Friday: 10am-6pm
- Saturday: 9am-5pm
- Sunday: Noon-9pm
- Sept. 2 Closed



## WWMB Birthday Party Special

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

### Party Perks

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

### Racquetball

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

### Court Reservations

- \$40/hour/court
- Basketball and volleyball adult teams may reserve a court for one hour by calling 222-6454 after 8:30am on the preceding Friday starting Sept. 6.
- 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. • 221-6814

The VFW Sports Center has three separate ice rinks (Rink 1, H.A. Thompson & Sons Arena and First International Bank & Trust Arena) and a 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](http://www.bisparks.org) for complete schedule.

## Parks

For a complete listing of parks, addresses and amenities, see [www.bisparks.org](http://www.bisparks.org).

### Community Gardens

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

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

BPRD manages the community gardens located at the Missouri Valley Complex, 3715 E. Bismarck Expressway. Information on renting a garden plot at this location will be available at [www.bisparks.org/parks-trails/community-gardens](http://www.bisparks.org/parks-trails/community-gardens) in March, or by contacting the Local Foods Coordinator, Jenna, at [jpeneueta@bisparks.org](mailto:jpeneueta@bisparks.org) or 701-415-0044.

### Community Orchard

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

The goal of the orchard is to provide fresh produce for the community and the Hunger Free ND Garden Program and to provide educational opportunities for using and preserving fruit. For more information about the Community Orchard, including sponsorship and volunteering, please visit [www.bisparks.org/parks-trails/community-orchard](http://www.bisparks.org/parks-trails/community-orchard).

### Disc Golf Courses

The Bismarck Parks and Recreation District maintains an 9-hole disc golf course within Lions Park, 1601 E. Boulevard Ave. There is also a 18-hole disc golf course within General Sibley Park located on S. Washington St. For league and tournament information, visit [discgolfnd.pbworks.com](http://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](http://www.bisparks.org) or pick up a list at the Bismarck Parks and Recreation District offices at 400 E. Front Ave. The rules are also posted at the Century Bark Park.

## Imagination Playground

Experience Imagination Playground and give your kids the opportunity to enjoy a completely new way to play! Children are invited to experience Imagination Playground in a Box, a concept that offers a changing array of elements that allow children to constantly reconfigure their environment and to design their own course of play. Giant foam blocks, moveable and buildable play pieces overflow with creative potential for children to play, dream, build and explore endless possibilities.

### June–Sept.

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

### Oct.–May

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)

\$6/half hour; \$10/hour; \$14/hour and half

### Shelter Reservations

- See page 28.
- Full day: \$70; Half day: \$40 (sunrise-3pm OR 4pm-sunset)

## Skate Parks

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

## Park System Information

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

### Park Hours

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

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

## Park Rules

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

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

## Bismarck Forestry Division

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

Contact the Forestry Division at 701-355-1700, option 3, or visit [www.bismarcknd.gov/101/Forestry](http://www.bismarcknd.gov/101/Forestry) for more information.

## Trails, Recreational

The Bismarck Parks and Recreation District provides more than 78+ miles of paved and unpaved recreational trails to the public. A map of the trail system is posted at [www.bisparks.org](http://www.bisparks.org).

## Educational Trails

### Atkinson Nature Park

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

### Bill Mills Nature Trail

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

### Chief Looking's Earthlodge Village Interpretive Trail

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

### General Sibley Park and Campground Interpretive Trail

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

### Rotary Club Arboretum Trail

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

# Shelter Reservations – Now Available Online

Shelters (outdoor picnic and indoor centers) may be reserved for 2024 and 2025. Reservations for 2026 will open in January 2025 (date TBA).

Reserve shelters online at [www.bisparks.org](http://www.bisparks.org) using the blue Online Account button on the homepage. Or call BPRD at 701-222-6455 or visit the Administrative Office at 400 E. Front Ave. (7:30am-5pm Monday through Friday). Reservation requests by email are not accepted. Payment is due at the time of reservation.

## 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](http://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
<b>Outdoor Park Shelters</b> .....	\$70.....	\$40
<b>General Sibley Park Amphitheater</b> , 5001 S. Washington St.....	\$50.....	\$35
– For-profit rentals.....	\$110.....	\$65
<b>Custer Park Stage</b> , 320 E. Custer Park St.....	\$50.....	\$35
– For-profit rentals.....	\$110.....	\$65
<b>Sleepy Hollow Shelter</b> , 2899 E. Divide Ave. ....	\$90.....	\$70

\*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](http://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
<b>Hillside Aquatic Complex</b> , 1719 E. Boulevard Ave.....	\$275 .....	\$225
– For-profit rentals.....	\$550 .....	\$450
<b>Lions Park Community Center</b> , 1001 N. 17th St.....	\$150 .....	n/a
<b>Farwest Rotary Community Center</b> , 1021 Mustang Dr.....	\$150 .....	\$100
<b>Jaycee Leadership Hall</b> , 321 E. Century Ave. ....	\$150 .....	\$100
<b>Sertoma Club Community Center</b> , 300 Riverside Park Rd .....	\$150 .....	\$100
– For-profit rentals (Lions, Farwest, Jaycee, Sertoma).....	\$300 .....	\$200

## Joann Hetzel Memorial 4-H Building

Located within the Missouri Valley Complex, this space at 3715 E. Bismarck Expressway offers an open floor plan for large gatherings. A Rental Guide with details is posted at [www.bisparks.org](http://www.bisparks.org). Call 701-222-6455 to inquire about availability and secure rental space (email requests are not accepted).

## 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 residents who rent spaces from Bismarck Parks and Recreation District only. Deposit will be returned if equipment is returned cleaned within three days. Please call 701-222-6454 for additional details.

## Alcoholic Beverage Permits

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



## **Aquastorm Swimming/Diving Club**

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

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

For more information on the Aquastorm swim team or Masters, contact Thomas Wheeling at [programdirector@aquastormswimming.com](mailto:programdirector@aquastormswimming.com) or go to [aquastormswimming.com](http://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](http://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](http://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](http://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](http://bismarckgymnastics.org)!

## **Bismarck Hockey Boosters**

The Bismarck Hockey Boosters is a community-based organization dedicated to promoting and fostering the sport of ice hockey. Established to provide opportunities for youth to participate in organized hockey, the association offers a range of programs, from youth development leagues, tournaments and clinics. The Bismarck Hockey Boosters plays a crucial role in building a strong hockey community, nurturing skills and instilling values like teamwork, discipline and sportsmanship among its members while contributing to the local sports culture.

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

## **Bismarck Horse Club & Walt Neuens Memorial Horse Park**

Bismarck Horse Club was started in 1947 by a small group of trail riders. The club has expanded throughout the decades to over 100 members. In addition to trail rides, BHC offers four playdays during the summer. Events range from English to Western and gaming events. All ages and experience levels welcome! Membership includes use of the Walt Neuens Memorial Horse Park which includes three arenas, a 50-stall stable, and trails for riding.

For more information visit our Facebook page Bismarck Horse Club or [bismarckhorseclub.com](http://bismarckhorseclub.com).

## **Bismarck Larks**

Looking for FUN for the whole family? Look no further than the Bismarck Larks! They are more than a baseball team. Larks games provide non-stop entertainment including in-between inning promotions, giveaways, inflatables, mascots, and the largest videoboard in ND. The Larks play in the Northwoods League, a summer collegiate baseball league with 24 teams across the Upper Midwest. In 30 years, over 350 players reached the MLB. Enjoy delicious food, top-notch baseball and entertainment for all at a Larks game.

For more information or to get tickets, visit [larksbaseball.com](http://larksbaseball.com).

## **Bismarck Mandan Bird Club**

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

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

## **Bismarck-Mandan Lacrosse**

Lacrosse continues to grow in Bismarck-Mandan. Watch for our Try Lacrosse clinics! The season runs April to June for kids grades K-12. Boys and girls are separate, as the game and equipment are different. Players are grouped by age. All participants are required to have a USA Lacrosse membership and must provide their own stick and protective equipment, 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](http://bismanlacrosse.org) for more information.

## **Bismarck Mandan Pickleball Club**

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

See our website at [bismarckmandanpickleball.com](http://bismarckmandanpickleball.com).

## **Bismarck-Mandan Tennis Association**

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

For more information on leagues and programs, visit [bmta.usta.com](http://bmta.usta.com).

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

Men's: For more information, visit [bismarcksoftball.com](http://bismarcksoftball.com) or the "Bismarck Slowpitch Softball Association" Facebook page.

Women's: Check the Bismarck Women's Slowpitch softball website and Facebook page for additional information. To be eligible to play, girls must be 13 by Dec. 31, 2024. Any questions can be directed to [bwssa@live.com](mailto:bwssa@live.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. There is open play at no cost. Beginners to advanced players are welcome. Please bring your own racket.

For more information go to [bismarcktabletennis.com](http://bismarcktabletennis.com).

## **Bismarck Youth Baseball**

Established in 1991, Bismarck Youth Baseball (BYB) is a non-profit youth baseball organization for ages 6-19 in the Bismarck area. BYB offers both recreational and competitive baseball programs. In 2024, BYB is expanding its community-based program to include Babe Ruth and American Legion baseball. As a community-based program, we are "A Kid First Organization" and aim to provide baseball opportunities for all skill levels. BYB is a chartered member of Cal Ripken, Babe Ruth, and American Legion baseball associations.

For the most up-to-date registration information, visit [bismarckyouthbaseball.org](http://bismarckyouthbaseball.org).

## **Bismarck Youth Fastpitch Softball Association**

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

Visit [bismarckfastpitch.com](http://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](http://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 will wrap up in October.

For more information on location, days, and times, visit [bismarket.com](http://bismarket.com) or like us on Facebook!

## **Burleigh County 4-H**

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 [ndsu.burleigh.extension@ndsu.edu](mailto:ndsu.burleigh.extension@ndsu.edu) or call 701-221-6865.

## **Capital Curling Club**

Have you ever watched curling on TV and thought, "I'd like to try that!" or "How hard can that be?" If so, the Capital Curling Club is the place for you! We offer something for everyone, from the skeptic beginner to the passionate future Olympian! Our corporate events and instructional programs are open to all ages and ability levels. The club even has equipment available for new curlers to use. Winter leagues, learn-to-curl, and youth programs are forming now.

Visit us on Facebook or at [capitalcurlingclub.org](http://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 [centralsdaktrack.weebly.com](http://centralsdaktrack.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](http://bismarck@nlcbsa.org)!

## **Dakota Junior Golf Association**

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

DJGA:

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

For more information, visit [djga.org](http://djga.org) or find us on Facebook, Twitter, or Instagram.

## **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](http://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

During the spring and summer months, Dakota Zoo features daily wild happenings and educational zookeeper chats. Special events occur throughout the summer including Breakfast at the Zoo, Children's Day and Brew at the Zoo. The Zoo also hosts many educational camps including Conservation Camp and the Family Zoo Snooze Campout.

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

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

For more information, call 701-223-7543  
or check our website, dakotazoo.org, or  
Facebook page for details.

## Dreams in Motion Adaptive Sports

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

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

## Fastrax BMX

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

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

Race Categories:

- Balance Bikes: 5 and under
- Class Bikes: tire size of 20" or smaller
- Cruiser Class: tire size of 24" or larger

Check out bismarckfastrax.com or Facebook for more information.

## Flickertail Woodcarvers

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

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

## Girl Scouts – Dakota Horizons

Girl Scouts is the preeminent leadership development organization for girls. Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure and success. We are committed to building girls of courage, confidence and character who make the world a better place.

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

## GO! Bismarck-Mandan

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

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

## Great Plains Track & Field Club

Ages 5-15  
Location: Community Bowl  
For complete information go to  
greatplainstrackclub.webador.com.

## Horseshoe Pitchers Association

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

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

## Magic Soccer F.C

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

For more information, please visit  
magicsoccerskills.com.

## Midwest Adult Hockey League

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

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

## Missouri River Adult Hockey League

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

For more information, go to mrahl.com.

## Missouri Slope Model Aero Club

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

For information on any club events or matters, please contact: Doug Arndt at 391-0840. Visit msmacrc.org.

## Nishu Bowmen Archery Club

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

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

## Northern Plains Dance

Northern Plains Dance (NPD) has been engaging and connecting dance with the community since 1998. With a broad range of classes for both children and adults, NPD allows dance to be easily accessible to all individuals. NPD prides itself on its commitment to provide professional faculty and upholds the highest level of respect for its students, committing to challenging dancers to reach their fullest potential.

NPD presents dynamic performances that appeal to a wide range of audiences while its community engagement programs encourage awareness of dance.

To learn more, visit [northernplainsdance.org](http://northernplainsdance.org) or call 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](http://facebook.com/RiverwoodMensGA) or [facebook.com/groups/134582623355123](http://facebook.com/groups/134582623355123).

## Sam McQuade Sr. Charity Softball Tournament

The USA's largest non-profit, one weekend slowpitch softball tournament brings together players, families and fans from all over the country.

-June 28-30

-Bismarck-Mandan Softball Complexes

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

## Shade Tree Players

Shade Tree Players, an educational theatre group for children 7-18 years old, teaches skills and techniques to becoming confident and strong actors. Shade Tree Players offers a variety of fun classes in Fall and Winter, and 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 2/25/24, 3/10/24 and 3/15/24. Academy registration closes on 4/30/24.

2024 Summer Shows:

- Academy Play: *Channeling Grimm*
- Academy Musical: *Star Wars: The Umpire Strikes Back*
- Conservatory Play: *Just Another High School Play*
- Conservatory Musical: *The Lightning Thief: The Percy Jackson Musical*

Follow us on Facebook and Instagram for current information and registration details. For more information, visit [dakotastageltd.com/education](http://dakotastageltd.com/education).

## Sleepy Hollow Theatre & Arts Park

Sleepy Hollow Theatre & Arts Park (SHTAP) is the only venue/programming of its kind in ND. Showcasing Broadway-style musicals under the stars in an attractive park setting, it annually attracts thousands of people to Bismarck with professional lights, sound, sets and costumes. Under professional direction, young people entering 1st grade-graduating seniors provide quality entertainment while learning character building skills that positively impact their lives.

March: Auditions for summer musicals

June: Camps/classes in the Arts

July-Aug: Musicals at SHTAP TBA

SHTAP features sidewalks, handicapped parking, seating and bathrooms. Professional signage for the deaf is offered at specific show performances.

Visit [www.shtap.org](http://www.shtap.org) or call Susan Lundberg, E.D. at 701-319-0894 for more information.

## Special Olympics

Do you like sports or want to be part of a team? We want you! Special Olympics is a global movement that transforms lives through programming in sports, health, education and community building. Through programming, Special Olympics is tackling the inactivity, stigma, isolation, and injustice that people with intellectual disabilities (ID) face. Our work goes far beyond sports events, driving social change that enables full social participation for people with ID.

A wide variety of sports are offered to meet specific interests. Any individual with an ID, 8 years or older, is eligible to participate at no charge! Volunteers are needed year-round in Bismarck/Mandan and throughout ND 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 IDs on sports teams for training and competition.

For further information, to volunteer or to participate, visit [specialolympicsnd.org](http://specialolympicsnd.org) or contact Special Olympics North Dakota at 746-0331 or [info@specialolympicsnd.org](mailto:info@specialolympicsnd.org).

## Super Slide Amusement Park

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

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

# Register for a Bismarck Parks and Recreation District Program!

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

## Online at [www.bisparks.org](http://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.
- Refunds may be issued directly to the credit card used to pay for the original transaction or by check.
- The issuance of a refund check will take 10-12 working days and will be mailed to the payer.

## 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 for 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 (2024-25)
Address		City, State, Zip		
Email	Primary Phone		Secondary Phone	
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 9 .....4

## May

Student Membership Special

BSC AWC & CRFC, see page 20.....1-Aug. 31  
Gneral Sibley Park camping season opens, see page 22.....3  
5th Grade Elementary Track Meet, see page 15..... 15  
Indoor Swim Lessons Registration, see page 9 ..... 30

## June

Free Junior Golf, see page 7 ..... All month  
Outdoor Pools Open, see page 24 .....3  
Youth Baseball Clinic, see page 5.....6-July 18  
Outdoor Swim Lessons Registration, see page 10 .....10-11

## July

Free Junior Golf, see page 7 ..... All month  
BPRD July Celebration ..... All month  
Indoor Swim Lessons Registration, see page 9 .....2  
Pickleball Mixer, see page 17 ..... 10  
Outdoor Swim Lessons Registration, see page 10 .....22-23

## August

Free Junior Golf, see page 7 ..... All month  
Grand Slam Youth Tennis Tournament, see page 15 .....5-6



### 2024 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](http://www.bisparks.org) under Park Board/Ordinances and Policies.

# Bismarck Parks and Recreation District Summer Jobs

**Great Benefits!**  
Golf-Pool-Fitness Passes and More



- Starting wage varies and may be based on experience.
- Number of positions in each area varies.
- May be able to work multiple positions, depending on skills and availability.
- An equal opportunity employer.

POSITION/MIN. AGE	HRS/WK	OTHER INFO	CONTACT PERSON
<b>Activity Center Leader, 15</b>	Up to 40 daytime	Planning and supervising activities for K-5 children.	Cindy, 222-6771, blast@bisparks.org
<b>BSC Aquatic &amp; Wellness Center</b> • Facility attendant, 16 • Front desk staff, 16 • Group fitness instructor, 18 • Lifeguard, 15 * • Swim lesson instructor, 16 **	vary	Group fitness instructors receive paid prep-time. * Must be Lifeguard/First Aid/CPR/AED certified. ** Preferred WSI certified. Certification training available.	<b>Aquatics:</b> Jahna, 751-4270, jgardiner@bisparks.org <b>Facility attendant:</b> Matthew, 751-4274, mlundberg@bisparks.org <b>Fitness/front desk:</b> Lindsay, 751-4266, lberg@bisparks.org
<b>Capital Racquet &amp; Fitness Center</b> • Facility attendant, 14 • Front desk staff, 16	vary		Matt, 401-4360, mguenther@bisparks.org
<b>General Sibley Park</b> • Office attendant, 18 • Park maintenance, 18	Up to 40, weather dependent		Martha, 222-1844, mwilland@bisparks.org
<b>Golf Courses</b> • Facility attendant, 15 • Maintenance, 18	<b>Facility attendant:</b> 20-30  <b>Maintenance:</b> Up to 40, weather dependent		<b>Facility attendant:</b> • Pebble Creek/Fore Seasons: Adam, 223-3600, achausee@bisparks.org • Riverwood: Tim, 222-6462, tdoppler@bisparks.org • Tom O'Leary: Brandon, 222-6531, bwilkins@bisparks.org <b>Maintenance:</b> • Pebble Creek: Mike, 250-7775 • Riverwood: Brad, 222-6463 • Tom O'Leary: Mac, 222-6465
<b>Ice Arenas</b> • Facility attendant I, 16 • Facility attendant II (Zamboni), 18	25-30		Drew, 221-6813, dlenertz@bisparks.org
<b>Maintenance, Operations</b> • Athletic field maintenance, 18 • Equipment maintenance assistant, 18 • Mower operator, 18 • Park maintenance, 18	Up to 40, weather dependent		<b>Parks:</b> Mike, 222-6464, msullivan@bisparks.org <b>Sports Complexes:</b> Riley, 751-0126, rmerkel@bisparks.org
<b>McDowell Dam Recreation Area</b> • Equipment rental/concessions, 16 • Park maintenance, 18	Up to 40, weather dependent		David, 223-7016, drobinson@bisparks.org
<b>Pools</b> • Lifeguard, 15 * • Outdoor concessions cashier, 15 • Outdoor facility attendant, 16 • Outdoor pool manager, 18 • Outdoor waterslide monitor, 16 • Swim lesson instructor, 16 **	Up to 40, weather dependent	* Must be Lifeguard/First Aid/CPR/AED certified. ** Preferred WSI certified. Certification training available.	<b>BSC Aquatic &amp; Wellness Center:</b> Jahna, 751-4270, jgardiner@bisparks.org  <b>Outdoor Pools:</b> Scott, 712-8918, snustad@bisparks.org
<b>Programs Coaches &amp; Officials (youth &amp; adult):</b> Archery, 18; baseball/softball, 15; basketball, 15; flag football, 16; soccer, 14; tennis, 14; volleyball, 14	vary		• <b>Archery, Basketball, Soccer &amp; Youth Volleyball:</b> Jeremy, 222-6641, jdykstra@bisparks.org • <b>Baseball &amp; Softball:</b> Ethan, 415-0464, eeberle@bisparks.org • <b>Flag Football:</b> Spencer, 250-7780, saune@bisparks.org • <b>Tennis:</b> Rod, 221-6855, rmorasch@bisparks.org • <b>Volleyball:</b> RaNae, 222-6455, rjochim@bisparks.org
<b>Safety Village Teacher, 16</b>	about 30	Teaching 5-6 year olds about safety.	Cindy, 222-6771, blast@bisparks.org
<b>Softball Complex</b> Cashier/Concessions, 16	vary		Ethan, 415-0464, eeberle@bisparks.org
<b>Triple Star Day Camp Leader, 15</b>	35 daytime	Day camp for participants with special needs.	RaNae, 222-6455, rjochim@bisparks.org
<b>World War Memorial Building</b> • Facility attendant, 16	vary		Jeremy, 222-6641, jdykstra@bisparks.org

Please complete a job application at the Park District Office (400 E. Front Ave.) or online at [www.bisparks.org/jobs](http://www.bisparks.org/jobs).



# Thank You

Bismarck Parks and Recreation District appreciates  
the partnership for 2023 programs, facilities and special events  
of the following businesses and organizations.

## Youth/Adult Programs and Special Events

AARP North Dakota  
American Legion Lloyd Spetz  
Post No. 1  
Bareknuckle Baseball  
Bismarck Burleigh Public Health  
Bismarck Figure Skating Club  
Bismarck Hockey Boosters  
Bismarck Mandan Convention &  
Visitors Bureau  
Bismarck Public Schools  
Bismarck Sports Group  
Buffalo Wings & Rings  
Capital Curling Club  
CHI St. Alexius  
City of Bismarck  
Cornerstone Bank  
Dakota Junior Golf Association  
Downtown Bismarck Community  
Foundation  
Essentia Health  
Fetzer Electric  
Fireside Office Solutions  
First International Bank & Trust  
First Western Bank & Trust  
Flash Printing  
HuHot Mongolian Grill  
Kiwanis  
Lindtech Services Inc.  
Mann Signs Inc.  
Montana Dakota Utilities  
ND Insurance Reserve Fund  
PepsiCo  
Prairie Engineering  
Railway Credit Union  
Scheels  
Shoe Carnival  
Sons of Norway  
Starion Bank  
Tom & Frances Leach Foundation

## Facilities and Parks

Bismarck Public Schools  
Bismarck Rotary Club  
City of Bismarck  
Farwest Rotary Club  
Garrison Diversion Conservancy  
District  
Midcontinent Foundation  
ND Department of Commerce  
ND Forest Service - ATB  
ND Game and Fish Department  
ND Parks and Recreation  
Department  
ND State Water Commission  
South East Education Cooperative  
USTA Northern

## Matching Grant Program

Bareknuckle Baseball  
Bismarck Fastrax  
Bismarck Gymnastics Academy  
Bismarck Mandan Lacrosse  
Association  
Bismarck Rotary Club  
Bismarck Youth Baseball  
Capital Curling Club  
Dakota Junior Golf Association  
Missouri River Baseball Club  
Nishu Bowmen  
Sleepy Hollow & Arts Park Theater

## 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  
KLJ  
Kramer Agency  
Mann Signs Inc.  
Markwed Excavating  
Northern Improvement Co.  
Northwest Contracting  
Oaktree Realtors and PC  
Quality Title Inc.  
Riverwood Men's Golf Association  
Securian Financial  
Smith Porsborg Schweigert  
Armstrong Moldenhauer & Smith  
Tri-Energy Cooperative CENEX



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

follow us on social media

