

*Your Season of Play Awaits!*



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

**2026  
Spring & Summer  
Activity Guide**



*Activities - Facilities - Parks - Special Events*

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### CONTACT US

**Phone:** 701-222-6455

**Email:** [bisparks@bisparks.org](mailto:bisparks@bisparks.org)

**Office:** 400 E. Front Ave., Bismarck, ND 58504

**Hours:** Monday-Friday, 7:30am-5:00pm

**Website:** [www.BisParks.org](http://www.BisParks.org)

# ABOUT US

Bismarck Parks and Recreation District owns and manages more than 2,700 acres of park land and more than 85 miles of recreational trails. Its diverse facilities and programs offer recreation opportunities for residents and visitors year-round.

## BPRD STRATEGIC FOCUS

### Vision

Provide the highest quality public parks, programs, facilities, and leisure services.

### Mission

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

### Core Purpose

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

### Values

Accountability, Collaboration, Community, Inclusion, Integrity, Professionalism

## PARK BOARD AND STAFF

### Board of Park Commissioners

Mark Zimmerman, President  
Julie Jeske, Vice President  
Michael Gilbertson, Commissioner  
Kate Herzog, Commissioner  
Paula Redmann, Commissioner

### Administrative Division

Kevin Klipfel, Executive Director  
Kathy Feist, Finance Director  
Julie Fornshell, Administrative Services Manager  
Dana Schaar Jahner, Community Relations Manager

### Facilities and Programs Division

Mike Wald, Facilities & Programs Director  
Tim Doppler, Golf Operations Manager  
Ryan Geerdes, Facilities Manager, Fitness Facilities  
RaNae Jochim, Recreation Manager  
Dylan Thiem, Facilities Manager, Arenas & Outdoor Pools

### Operations Division

David Mayer, Operations Director  
Riley Merkel, Sport Complexes Manager  
Mike Sullivan, Park Operations Manager

## PHONE DIRECTORY

BSC Aquatic & Wellness Center	701-751-4266
Capital Ice Complex	701-221-6813
Capital Racquet & Fitness Center	701-221-6855
Elks Aquatic Center	701-222-6607
Fore Seasons Center	701-223-3600
General Sibley Park and Campground	701-222-1844
Hillside Aquatic Complex	701-222-6419
McDowell Dam Recreation Area	701-223-7016
Operations Maintenance Building	701-222-6464
Paul H. Wachter Aquatic Complex	701-222-6614
Pebble Creek Golf Course	701-223-3600
Riverwood Golf Course	701-222-6462
Tom O'Leary Golf Course	701-222-6531
VFW Sports Center	701-221-6814
World War Memorial Building	701-222-6454

## PARKS AND RECREATION = POSITIVE IMPACTS

Public parks and recreation is essential infrastructure that helps make Bismarck a healthy, active, and sustainable community.

Among the many benefits provided by Bismarck Parks and Recreation District are:

### Economic Benefits

- Retaining and attracting businesses and workforce
- Creating employment opportunities
- Increasing property values for homeowners
- Attracting visitors to our community

### Health Benefits

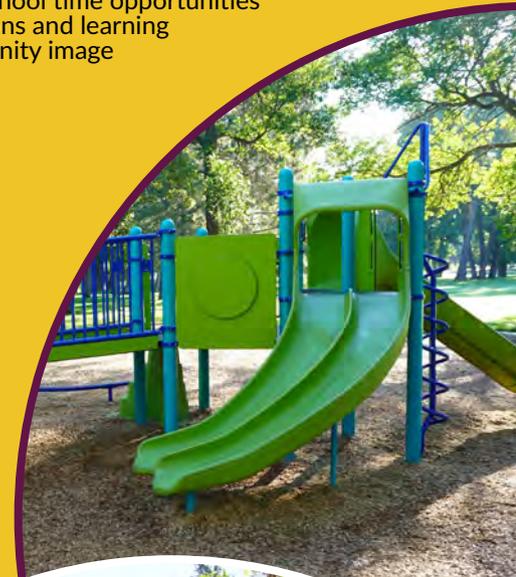
- Improving physical, mental, and social well-being
- Reducing health care costs
- Providing alternative and active transportation options
- Connecting us with nature and the outdoors

### Environmental Benefits

- Providing open space and habitat for wildlife
- Preserving water and air quality
- Managing stormwater
- Supporting a healthy urban forest

### Community Benefits

- Offering safe, affordable, and accessible spaces
- Providing quality out-of-school time opportunities
- Increasing social connections and learning
- Creating a positive community image



# BISMARCK RECREATION COUNCIL

Bismarck Recreation Council is the foundation of Bismarck Parks and Recreation District. BRC is a 501(c)(3) nonprofit that contributes to the betterment of the community by supporting the development of recreational programs and facilities in Bismarck.

## ENDOWMENT FUND FOR THE FUTURE

The BRC Endowment Fund accepts gifts from individuals, businesses, and organizations interested in making a permanent impact in our community by supporting the future of public parks and recreation.

### Purpose

The Endowment Fund supports BPRD recreational programs and facilities, focusing on youth activities and scholarships.

- Ensuring all youth can participate in BPRD activities, regardless of ability to pay.
- Providing opportunities for everyone to be active and healthy.
- Building a connected community for all people to live, work, learn and play.

### Recognition

Annual gifts are recognized on our virtual donor wall for the year following the gift. In addition, lifetime gifts are permanently recognized in Peace Park.

### How to Contribute

Visit our website and search for "Bismarck Recreation Council" to learn more about legacy investing in public parks and recreation in Bismarck.



## 3RD ANNUAL BRC GOLF SCRAMBLE

Bismarck Recreation Council is excited to host its 3rd Annual Golf Scramble on June 16 at Riverwood Golf Course to support the BRC Endowment Fund.

### SCRAMBLE HIGHLIGHTS

- Hole-In-One, Putting, and 50/50 Raffle Contests
- Team Awards: Top 2 Teams for Low Gross and Low Net Scores
- Individual Awards: Closest to the Hole, Longest Drive, Longest Putt
- Raffle Prizes for Teams and Individuals
- Lunch and Prime Rib Dinner
- Silent Auction

### HOW TO PARTICIPATE

To learn more, contact Dana via at [BRC@bisparks.org](mailto:BRC@bisparks.org) or call 701-222-6455.

- Be a sponsor: \$500 or \$1,000 options
- Contribute a silent auction item
- Register a team: \$500 per team (maximum of 36 teams)



# PROGRAM REGISTRATION

## Spring/Summer Programs: Register Starting April 1 at 8:00am

Bismarck Parks and Recreation District offers programs for children and adults that you need to sign up for ahead of time. If spring, summer, and fall programs don't open on April 1, specific registration dates are listed with program information in this guide or on our website.

## How to Register

You can register on our website for most programs or in person at the BPRD office, 400 E. Front Ave. You must pay when you sign up for a program. You cannot sign up for programs by email. BPRD may cancel or combine programs if not enough people sign up. Contact partner organizations directly for assistance with programs held on park district property but not run by BPRD.

## Refunds

Participants in BPRD adult and youth programs will receive a full refund when the program is canceled or has not officially begun. All refunds will be issued in the form of a check or credit, if applicable. The issuance of a refund check will take 10-12 working days and will be mailed to the participant/renter.

## Activity Guide Changes

BPRD is switching from three to two Activity Guides per year in 2026: a Spring/Summer Activity Guide published in March and a Fall/Winter Activity Guide published in September. Going forward, most spring and summer programs, along with early fall programs, will open for registration the first week in April. Registration for fall and winter programs will open the first week in October. Other programs, including adult team sports, BLAST, swim lessons, and youth tennis, have specific registration dates listed on program pages.

# HELPFUL TO KNOW

## Closures and Construction

BPRD is committed to reinvesting in existing parks, trails, and facilities to maximize community access and usability. Check our website for the latest temporary and long-term closures for maintenance and improvements.

## Gift Certificates and Coupon Books

A BPRD gift certificate can be used for program registration, birthday parties, golf rounds, equipment rental, shelter and campsite reservations, memberships, and more! Gift certificates in any amount can be purchased at the BPRD office, fitness facilities, and golf courses. BPRD also offers coupon books for golf courses, outdoor pools, and fitness facilities.

## Photography and Video

Bismarck Parks and Recreation District takes photographs and videos of people enjoying our programs, events, parks, and facilities to use for informational and promotional purposes at our discretion. These photographs and videos become the sole property of BPRD.

# INCLUSION STATEMENT

BPRD 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, accessibility concerns, or suggestions for improvement, please contact us.

Learn about accessibility and scholarships on our website or call 701-222-6455.



# After School & Summer Care

## ACTIVITY CENTERS Grades 1-6: Summer

Activity Centers provide summer recreational programming in a day-camp style setting. Daily games, crafts, projects, outdoor fun, and movement help participants increase social skills and enjoy active play in a safe, supervised environment. Lunch and snacks are not provided.

**Dates and Times:** June 1-July 31 on Mondays-Fridays from 7:45am-5:30pm (No program July 2-3, ends at 12:00pm July 31.)

**Elementary School Locations:** Centennial, Elk Ridge, Grimsrud, Liberty, Northridge, Prairie Rose, Rita Murphy, Roosevelt, Silver Ranch, Solheim, and Sunrise

**Fees:** \$625 if received by April 23 or \$635 if received April 24 or later. Fee may be split with second payment due May 13.

### Registration Details

- Kids must have completed kindergarten during 2025-2026 school year or be age 6 before June 1, 2026. If your child is in kindergarten but won't be 6 until June 1, 2026 or later, you must register at BPRD office.
- Children may be enrolled at any site; they do not have to attend school at that location.
- Registration is first-come, first-served (limited enrollment).

### Registration Process Steps

1. Register for Activity Center site online or at BPRD office.
2. Complete the registration packet online or pick up a paper packet. Submit packet within 48 hours to complete registration.

## ACTIVITY CENTER JUNIOR LEADERS

Junior Leaders will learn the skills necessary to perhaps become an Activity Center Leader one day. They will assist Leaders in organizing the games and daily activities, assisting participants, and helping prepare for the activities each day.

**Need to Know:** Must be going into grade 7 or older. Maximum of 4 Junior Leaders per site.

**Fee:** \$100

**Application Process:** Complete online application between April 1-10. Random drawing on April 23, applicants will be notified.

## BLAST Grades K-5: School Year

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

**Dates and Times:** BLAST follows Bismarck Public Schools school year calendar and is not held when school is not in session. Monday through Friday until 6:00pm. Locations: Centennial, Elk Ridge, Grimsrud, Liberty, Northridge, Prairie Rose, Rita Murphy, Silver Ranch, Solheim, and Sunrise

**Need to Know:** Children enrolled in BLAST program must attend school at that site. Online registration is not available. In-person registration is at BPRD office.

**Fees:** \$300 at registration (applied to first and last month's bill), then \$150 per month

### Open-Enrollment Procedure for 2026-2027

- Mid-May: Information is mailed to families currently enrolled in BLAST.
- June 11 by 5:00pm: Registration packets from current BLAST families are due at BPRD office.
- June 2-19: New applicants can stop at BPRD office and register for drawing (only contact information is needed).
- Second week of July: BPRD will draw names for each school. You will receive a phone call if you can enroll in BLAST. Postcards are mailed to families on waiting list.



## Early Childhood

## SAFETY VILLAGE Ages 5-6: Summer

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.

**Dates, Times, and Location:** Weekdays for 2 weeks: 10:00am-12:00pm or 1:00-3:00pm at Frances Leach High Prairie Arts & Science Complex

- Session 1: June 1-12
- Session 2: June 15-26
- Session 3: July 6-17
- Session 4: July 20-31

**Need to Know:** For children ages 5 or 6 by June 1, 2026. Please do not register children who have attended previously.

**Fee:** \$65

## SUMMER GOLF LESSONS

### INTRODUCTORY GOLF

#### Ages 5-6

Designed as an engaging introduction, these classes provide a fun and basic understanding of playing golf. Lessons ensure a joyful experience.

**Fee:** \$45

**Dates, Times, and Location:** June 1-22 and July 6-27. Four 45-minute lessons on Mondays between 8:00am-12:00pm and 5:00-9:00pm at Pebble Creek Golf Course

**Need to Know:** Clubs and balls are provided. Drop off and pick up at the north PC putting green. Day 1-2: outside; Day 3-4: inside

### RED LEVEL (1)

#### Ages 7-17

We focus on specific golf skills in key aspects of the game, providing targeted daily lessons for practice. Elevate your golf game with focused and effective lessons.

**Fee:** \$55

**Dates, Times, and Location:** May 26-July 31. Four 45-minute lessons per week on Tuesdays-Fridays between 9:00am-12:15pm and 5:00-8:15pm at Pebble Creek Golf Course and Prairie West Golf Course (drop off at main gate)

**Need to Know:** Clubs and balls are provided. Day 1-2: outside; Day 3-4: inside (except PW). Graduation to the White Level-2, may require multiple Red Level-1 sessions.

### WHITE LEVEL (2)

#### Ages 7-17

This program includes initial skills evaluation and instruction on making tee times. Participants will learn check-in procedures, short game skills using Toptracer Range, golf course etiquette, continuous putting methods, and match play formats. The final segment focuses on 3-hole matches, golf course management strategies, and skill enhancement.

**Fee:** \$70

**Dates, Times, and Location:** May 26-July 31. Four 60-minute lessons per week on Tuesdays-Fridays between 9:00am-12:15pm and 5:00-8:15pm at Pebble Creek Golf Course and Prairie West Golf Course

**Need to Know:** Clubs and balls provided. Day 1-2: outside; Day 3-4: inside (except Prairie West)

### AUGUST GOLF

#### Ages 5-17

Lessons at activities are tailored to each individual's skills and knowledge of the game. Clubs and balls provided.

**Fee:** \$55

**Dates, Times, and Location:** August 4-7. Four 60-minute lessons Tuesday-Friday at 9:15am or 10:30am at Pebble Creek Golf Course

## FREE JUNIOR GOLF

### FREE MORNING ROUNDS

From June through August, juniors age 17 and under golf for FREE on selected courses from 7:30-11:00am. Juniors play from forward tee markers and may be paired with other juniors if they have less than four players.

#### Call to Reserve a Tee Time

- Mondays: Mandan Municipal, 701-751-6172
- Tuesdays: Riverwood, 701-222-6462, or Pebble Creek, 701-223-3600
- Thursdays: Tom O'Leary, 701-222-6531

### GOLFING WITH YOUTH

From June through October, juniors age 17 and under play FREE with a paying adult. Play as many holes as you wish until 30 minutes before sunset at Pebble Creek, Riverwood, or Tom O'Leary. Call the course to reserve a tee time.

#### Fridays, Saturdays, and Sundays

- June-August: after 5:00pm
- September: after 3:00pm
- October: after 2:00pm

#### Green & Cart Fees

- Pebble Creek: \$27
- Riverwood: \$32
- Tom O'Leary: \$30
- Additional \$12 cart fee for juniors ages 11-17 who ride.

### SHEILA SCHAFFER JUNIOR LINKS

Always FREE for ages 17 and under – check in at Pebble Creek Golf Course.



# Youth Track and Cross Country

## TRACK MEET Grade 5: May

The elementary track meet is sponsored by Bismarck Public Schools and BPRD.

**Date, Time, and Location:** May 13 from 9:00am-2:00pm at MDU Resources Community Bowl

**Registration and Fees:** Register through Bismarck public and private school physical education classes. Pre-registration not required for homeschool students: find staff on site at the meet. FREE.

## CROSS COUNTRY Grades 3-5: Fall

Cross country meets are sponsored by Bismarck Public Schools and BPRD.

**2026 Dates and Locations:** September 3: Cottonwood Park; September 8: Sertoma Park; September 14: Scheels Sports Complex; September 22: Tom O'Leary Golf Course

**Need to Know:** Participants must run with their current grade level. Grades 3-5 run 0.5 mile. A fun run is offered for preschool through grade 2.

**Registration and Fees:** Register on site prior to start time. FREE.

## Youth Team Sports

### COED BASEBALL Ages 5-12 - Summer

This recreational program teaches youth the fundamentals, skills, and sportsmanship of baseball. Basics include throwing, catching, hitting, and teamwork. Participants learn through drills, scrimmages, and games. Our emphasis is on equal play time and fun!

**Dates and Times:** June 1-July 23 at Sam McQuade Sr. Softball Complex (No baseball July 1-2.)

- Mites Ages 5-6: 10:00-11:00am, Mondays/Wednesdays or Tuesdays/Thursdays
- Squirts Ages 7-9: 8:30-9:45am, Mondays/Wednesdays or Tuesdays/Thursdays
- Cal Ripken Ages 10-12: 11:15-12:45pm, Mondays/Wednesdays only

**Youth Baseball Clinic:** Focuses on development of baseball skills and fundamentals. It is optional for program participants and open to all. June 4-July 16, Thursdays, 11:15am-12:45pm

#### Need to Know

- Age Requirements: Any player born prior to May 1, 2021, and on or after May 1, 2013, is eligible to play. Age is determined as of May 1, 2026.
- Teammate Request Deadline: June 2 (not guaranteed).
- Participants are required to purchase and wear baseball-softball gloves. Cleats are optional.

#### Registration and Fees

- \$70 if received by May 8 or \$80 if received May 9 or later.
- Youth Baseball Clinic: free for registered baseball participants; \$20 for non-registered youth.

### COED BASKETBALL Grades 3-8 - Summer

Summer youth basketball is a summer-long camp for participants to work on improving their skills.

**Dates and Times:** June 2-July 23: on Tuesdays and Thursdays. (No basketball July 2.)

- Grades 3-4: 6:00-7:00pm
- Grades 5-6: 7:15-8:15pm
- Grades 7-8: 8:30-9:30pm

**Location and Schedule:** World War Memorial Building. Teams are assigned nightly.

**Registration and Fees:** \$70 if received by May 8 or \$80 if received May 9 or later. Register for grade in Fall 2026.



## BASKETBALL Grades 3-5 - Fall

This recreational program teaches participants the fundamentals, skills, and sportsmanship of the game. Participants learn through drills and scrimmages. Win/loss records are not kept. Our emphasis is on equal play time and FUN!

**Need to Know:** Teams organized by school if possible (may be combined). Jewelry is not allowed, nor is taping of earrings. Exceptions are medical bracelets or medical necklaces taped to the chest inside of shirts. Wear shorts or sweats and non-marking tennis shoes.

### Girls' Grade 3

**Program Dates and Location:** August 17-October 3. Informational Meeting: 7:00pm August 5 at World War Memorial Building. Practices and games held at WWMB.

**Schedules:** One-hour practices one day per week Mondays-Fridays at 4:00pm or 5:00pm. Games are Saturday mornings and early afternoons.

**Registration and Fees:** \$75 if received by July 31 or \$85 if received August 1 or later. Register for elementary school they attend.

### Girls' Grade 4

**Program Dates:** August 24-October 10. Jamboree: October 9-10.

**Locations and Schedules:** One-hour practices one day per week Mondays-Fridays at schools. Games played at schools on Saturdays 8:00am-5:00pm.

**Registration and Fees:** \$75 if received by August 7 or \$85 if received August 8 or later. Register for elementary school they attend, except Light of Christ students register directly through LOC school.

### Girls' Grade 5

**Program Dates:** August 24-October 17. Jamboree: October 16-17.

**Locations and Schedules:** One-hour practices two days per week Mondays-Fridays at schools. Games played at schools on Saturdays 8:00am-5:00pm.

**Registration and Fees:** \$85 if received by August 7 or \$95 if received August 8 or later. Register for elementary school they attend, except Light of Christ students register directly through LOC school.

### Boys' Grade 3

**Program Dates and Location:** October 26-December 19. Informational Meeting: 7:00pm October 7 at World War Memorial Building. Practices and games held at WWMB.

**Schedules:** One-hour practices one day per week Mondays-Fridays at 4:00pm or 5:00pm. Games are Saturday mornings and early afternoons.

**Registration and Fees:** \$75 if received by October 9 or \$85 if received October 10 or later. Register for elementary school they attend.

### Boys' Grade 4

**Program Dates:** November 2-January 9. Jamboree: January 8-9.

**Locations and Schedules:** One-hour practices one day per week Mondays-Fridays at schools. Games played at schools on Saturdays 8:00am-5:00pm.

**Registration and Fees:** \$75 if received by October 16 or \$85 if received October 17 or later. Register for elementary school they attend, except Light of Christ students register directly through LOC school.

### Boys' Grade 5

**Program Dates:** November 2-January 16. Jamboree: January 15-16.

**Locations and Schedules:** One-hour practices two days per week Mondays-Fridays at schools. Games played at schools on Saturdays 8:00am-5:00pm.

**Registration and Fees:** \$85 if received by October 16 or \$95 if received October 17 or later. Register for elementary school they attend, except Light of Christ students register directly through LOC school.



# Youth Team Sports

## COED FLAG FOOTBALL Grades 3-6 - Fall

This recreational program teaches the fundamentals in a team setting. This non-contact league emphasizes equal participation, sportsmanship, and getting experience at all positions. Participants learn through practices and games.

### Dates, Times, and Location

- August 17-September 26 on Mondays, Tuesdays, and Thursdays (No practice September 7.)
- Grades 3-4: 5:30-6:30pm
- Grades 5-6: 6:30-7:30pm
- Sam McQuade Sr. Softball Complex

**Need to Know:** Participants are required to purchase and wear a mouthguard. No metal cleats allowed.

**Registration and Fees:** \$60 if received by August 7 or \$70 if received August 8 or later. Register for elementary school they attend; 6th graders register for their 2025-2026 elementary school.

## COED SOCCER Grades K-9 - Summer

This recreational program teaches the fundamentals, skills, and sportsmanship of soccer. Basics include passing, dribbling, shooting, and teamwork. Participants learn through drills, scrimmages, and games. Win/loss records are not kept. Our emphasis is on equal play time and FUN!

### Dates, Times, and Location

- June 1-July 23 (No soccer July 1-2.)
- Grades K-1 and 2-3: 6:30-7:30pm
- Grades 4-6 and 7-9: 7:45-8:45pm
- Cottonwood Park on Mondays and Wednesdays
- Horizon Middle School on Tuesdays and Thursdays

**Need to Know:** Teammate Request Deadline: May 19 (not guaranteed). Participants are required to purchase and wear shin guards, and metal cleats are not allowed. No jewelry during practices or games (no taping). Exceptions are medical bracelets or medical necklaces taped to the chest inside of shirts.

**Registration and Fees:** \$70 if received by May 8 or \$80 if received May 9 or later. Register for grade in Fall 2026. Register for Horizon if you live north of Divide Avenue and Cottonwood if you live south of Divide. Grades 7-9 only at Cottonwood.

## COED VOLLEYBALL Grades 5-8 - Summer

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

### Dates and Times:

- June 2-July 30 on Tuesdays and Thursdays (No volleyball July 2.)
- Grades 5-6: 8:30am-9:45am
- Grades 7-8: 10:00am-11:30am

**Locations and Schedule:** First two weeks: World War Memorial Building. Third week through season: Tuesdays at WWMB and Thursdays at Sertoma Park Sand Volleyball Courts.

**Need to Know:** Only small, secured stud earrings are allowed (no dangling earrings, necklaces, or bracelets). Exceptions are medical bracelets or medical necklaces taped to the chest inside of shirts. Wear shorts, team t-shirt, and tennis shoes. Knee pads recommended at WWMB.

**Registration and Fees:** \$70 if received by May 8 or \$80 if received May 9 or later. Register for grade in Fall 2026.

## HIGH SCHOOL SAND VOLLEYBALL Summer

This is an 8-week summer league.

**Dates, Times, and Location:** June 1-August. Play one match per week on Mondays or Tuesdays at 6:00pm, 6:45pm, 7:15pm, or 8:00pm (alternate weekly).

**Need to Know:** For ages 13-19. Matches are supervised and officiated.

**Registration and Fees:** \$40 per player. Must register as a team (minimum of 8 players). Bring roster and full payment to BPRD office by May 18.



## BSC AQUATIC & WELLNESS CENTER

Reserve online or call 701-751-4266.

**Indoor Pool/Turtle Beach Playground Party:** \$110. 10 facility passes (additional passes for daily fee). 2 hours' room use with tables and chairs, access to indoor pool and playground, and gift for birthday child.

### Party Times for September 1-May 31:

- Puklich Chevrolet Community Room 1
  - o Saturdays: 11:30am, 2:00pm, 4:30pm
  - o Sundays: 1:00pm, 3:30pm
- Puklich Chevrolet Community Room 2
  - o Saturdays: 11:00am, 1:30pm, 4:00pm
  - o Sundays: 12:30pm, 3:00pm

### Party Times for June 1-August 31:

- Puklich Chevrolet Community Room 1
  - o Fridays: 1:30pm, 4:00pm
  - o Saturdays: 8:30am, 11:00pm
- Puklich Chevrolet Community Room 2
  - o Fridays: 2:00pm, 4:30pm
  - o Saturdays: 9:00am, 11:30am

## CAPITAL RACQUET & FITNESS CENTER

Reserve online or call 701-221-6855.

**KidZone Party:** \$100. 10 facility passes (additional passes for daily fee). 2 hours' access to KidZone and private room with tables and chairs.

### Party Times:

- September 1-May 31
  - o Saturdays: 10:00am; 1:00pm; 4:00pm
  - o Sundays: 12:00pm; 3:00pm
  - o Mondays-Fridays: Call for availability
- June 1-August 31: call 701-221-6855 for availability

## FORE SEASONS CENTER

Reserve by calling 701-223-3600.

**Batting Cage Party:** \$135. 2 hours of party time (facility open to public). 1 hour of batting cages and use of open turf field. Reserved space for food and drinks.

**Driving Range Party:** \$175. 2 hours of party time (facility open to public). 6 large buckets of balls and use of open turf field. Reserved space for food and drinks.

## WORLD WAR MEMORIAL BUILDING

Reserve by calling 701-222-6454.

**Gym Party:** \$60. 1 hour of gym use and 2 hours of balcony room use with tables and chairs. WWMB is closed weekends April through August.

## ARENAS

Reservations: Check rink availability on online calendars for Capital Ice Complex or VFW Sports Center. Call 701-221-6814.

**Ice Skating Party:** \$150 for 1-hour ice time plus 1-hour meeting room or \$200 for 1.5-hour ice time plus 1-hour meeting room. Rentals: ice skates and broomball equipment.

**Roller Skating Party:** Only during summer months. \$80 for 1-hour dry floor time, 1-hour meeting room. Rentals: roller skates and broomball equipment.

## OUTDOOR POOLS

Reservations open May 1 - reserve online or call 701-222-6455.

### Party Times during General and Evening Swim Sessions

- Monday-Thursday: 12:00pm, 4:30pm
- Friday-Sunday: 12:00pm, 4:00pm

**Elks Aquatic Center:** \$125. 10 admissions (additional passes for daily fee). Indoor party space with tables and chairs for 3 hours (2 party rooms).

**Hillside Aquatic Complex:** \$135. 10 admissions with waterslide (additional passes available for daily fee). Indoor party space with tables and chairs for 3 hours.



## YOUTH TENNIS: 10 & UNDER AND JUNIORS

- Summer Session 1: June 1-25
  - Registration opens April 1 at 8:00am
  - Closes May 27 at 10:00pm
- Summer Session 2: July 6-30
  - Registration opens April 1 at 8:00am
  - Closes July 1 at 10:00pm
- Fall Session 1: September 8-October 10
  - Registration opens August 12 at 10:00am
  - Closes September 2 at 10:00pm

**Locations:** Indoor at Capital Racquet & Fitness Center; Outdoor at Sertoma Park Tennis Courts

### 10 & UNDER TENNIS

The program brings kids into the game with special equipment (racquets and balls) and smaller courts. This format makes learning tennis easy and fun!

**Need to Know:** Racquets provided if needed. One t-shirt included with summer registration.

### TINY TOTS Ages 3-5

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

**Summer Days, Times, and Fee:** 40-minute classes at 9:00am, 10:00am, 11:00am, 6:00pm on Mondays/Wednesdays OR Tuesdays/Thursdays at Sertoma, evenings at CRFC. Fee: \$30.

**Fall Days, Times, and Fee:** 30-minute classes at 5:30pm and 6:00pm on Mondays/Wednesdays OR Tuesdays/Thursdays at CRFC. Fee: \$45 for M/W or \$50 for T/TH.

### NETTERS Ages 5-6

Kids use a 36-foot court and a red ball to expand skills. Basic strokes are introduced, including volleys, forehands, and backhands. Tennis etiquette and sportsmanship are taught. Games are played to use strokes learned, focus on fun, and promote physical fitness.

**Summer Days, Times, and Fee:** 55-minute classes at 9:00am, 10:00am, 11:00am, 6:00pm on Mondays/Wednesdays OR Tuesdays/Thursdays at Sertoma, evenings at CRFC. Fee: \$40.

**Fall Days, Times, and Fee:** 60-minute classes at 5:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays at CRFC. Fee: \$90 for M/W or \$100 for T/TH.

### CHILD/PARENT CLASS Ages 3-6

You and your child learn to play tennis together. This class is great for children already in tennis lessons and helps parents learn along with their child.

**Summer Days, Time, and Fee:** 45-minute classes on Tuesdays and Thursdays at 5:15pm at CRFC. \$35 per child (parent free).

### 8 & UNDER Ages 7-8

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

**Summer Days, Times, and Fee:** 55-minute classes at 9:00am, 10:00am, 11:00am, and 6:00pm on Mondays/Wednesdays OR Tuesdays/Thursdays at Sertoma, evenings at CRFC. Fee: \$40.

**Fall Days, Times, and Fee:** 60-minute classes at 5:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays at CRFC. Fee: \$90 for M/W or \$100 for T/TH.

### 8 & UNDER - ADVANCED Ages 7-8

This class is for kids who would like more in-depth instruction before advancing to 10 & Under. Participants must be able to continuously rally over a mini-net and understand serving. Ball placement and control are introduced.

**Summer Days, Times, and Fee:** 60-minute classes at 12:00pm on Tuesdays/Thursdays at Sertoma. Fee: \$40.

### 10 & UNDER Ages 9-10

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

**Summer Days, Times, and Fee:** 55-minute classes at 9:00am, 10:00am, 11:00am, 6:00pm on Mondays/Wednesdays OR Tuesdays/Thursdays at Sertoma, evenings at CRFC. Fee: \$40.

**Fall Days, Times, and Fee:** 60-minute classes at 5:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays at CRFC. Fee: \$90 for M/W or \$100 for T/TH.

### 10 & UNDER - ADVANCED Ages 9-10

This class is for kids who would like more in-depth instruction before advancing to Juniors. Participants must be able to continuously rally and serve. Strategy in match play is introduced, and focus is on ball placement and control.

**Summer Days, Times, and Fee:** 90-minute classes at 10:30am on Tuesdays/Thursdays at Sertoma. Fee: \$120.

**Fall Days, Times, and Fee:** 90-minute classes at 9:30am on Saturdays at CRFC. Fee: \$75.

## TENNIS EVENTS

### SPRING FLING TENNIS GAMEDAY Ages 3-10

Bring the family and let spring serve up some fun!

- **Location:** Capital Racquet & Fitness Center
- **Parent/Child Tennis Class:** May 4 from 5:30-6:15pm.  
Play tennis with your child in a fun, social setting, ages 3-10.
  - o **Fee:** \$7.50 per child (parent free)
- **Tennis Gameday:** May 4 from 6:30-7:30pm.  
Games, drills, and fun for ages 5-10.
  - o **Fee:** \$10 per child
- **Registration Deadline:** Sunday, May 3 at 5:00pm

### JUNIOR TEAM TENNIS CHALLENGES Ages 7-12

This low-level introduction to competitive play highlights teamwork and skill development in a fun, social environment using a red, orange, or green ball based on age. Players will be matched with others of similar ability to form teams. Awards are given to each participant!

- **Dates, Time, and Fee:** June 12, June 19, July 17, and July 24 on Fridays from 10:30am-12:00pm. Fee: \$7.
- **Location:** Sertoma Park Tennis Complex

### SUMMER GRAND SLAM YOUTH TENNIS TOURNAMENT Ages 6-18

We are ending the summer with a grand slam tournament where youth can showcase their tennis skills! Don't miss this grand finale to a great tennis season.

- **Dates, Times, and Ages:** August 3 from 9:00am-12:00pm for ages 6-10 and August 4 from 9:00am-12:00pm for ages 11-18
- **Location:** Sertoma Park Tennis Complex
- **Fee:** Free if enrolled in summer tennis lessons, \$5 if not
- **Registration Deadline:** July 29 by 5:00pm
- Medals and prizes will be awarded for all participants.

## JUNIOR TENNIS

### JUNIOR BEGINNER Ages 11+

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.

**Summer Days, Times, and Fee:** 90-minute classes at 10:30am on Mondays/Wednesdays at Sertoma. Fee: \$120.

**Fall Days, Times, and Fee:** 75-minute classes at 4:15pm on Mondays/Wednesdays at CRFC. Fee: \$112.50.

### JUNIOR VARSITY Ages 11+

For junior varsity players and "C" squad players, these classes focus on competitive aspects of tennis, including stroke production, spin, singles and doubles positioning and strategy, etiquette and sportsmanship. Lots of fun, yet challenging drills and competitive games, all taught by a certified USPTA tennis professional.

**Summer Days, Times, and Fee:** 90-minute classes at 12:00pm on Mondays/Wednesdays OR Tuesdays/Thursdays at Sertoma. Fee: \$120.

**Fall Days, Times, and Fee:** 75-minute classes at 4:15pm on Tuesdays/Thursdays at CRFC. Fee: \$125.

### VARSITY Ages 11+

For varsity players in need of more advanced coaching and development. Focus will be on multiple game style development, situation-based tactics/strategy, point development, mental/emotional strength training, stress management, strength training and agility/quickness training.

**Summer Days, Times, and Fee:** 90-minute classes at 4:00pm on Mondays/Wednesdays OR Tuesdays/Thursdays at CRFC. Fee: \$120.

**Fall Days, Times, and Fee:** 75-minute classes at 4:15pm on Mondays/Wednesdays at CRFC. Fee: \$112.50.

## YOUTH RACQUETBALL

### COED RAQUETBALL Ages 7-14 - Fall

Youth racquetball matches are offered for beginner and intermediate/advanced levels in the fall and winter.

**Dates, Times, and Location:** October 1-November 5 at Capital Racquet & Fitness Center

- Beginner: Thursdays from 6:15-7:00pm
- Intermediate/Advanced: Thursdays from 7:00-7:45pm

**Need to Know:** Kids should be able to consistently hit the ball to the front wall and have a basic knowledge of serving. Supervision will be given during the matches to help games along. Racquets and equipment provided.

**Fees:** CRFC and BSC Aquatic & Wellness Center Members: \$15; Non-Members: \$20



## LIFEGUARD & SWIM INSTRUCTOR COURSES

All class times and dates are MANDATORY for courses at BSC Aquatic & Wellness Center. Register online or in person at BSC AWC.

### AMERICAN RED CROSS LIFEGUARD COURSE

American Red Cross courses provide participants with knowledge and skills needed to prevent, recognize, and respond to aquatic emergencies and provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services professionals take over. Lifeguarding (including Deep Water) training is in water ranging from 0-7 feet plus (8-12 feet maximum).

#### Course Prerequisites

- Be age 15+ on or before final session of course
- Complete online learning BEFORE class begins
- Successfully complete swimming skills evaluation

**Online Learning:** The Lifeguarding course online session has 16 modules and takes approximately 6 hours to complete. Online material is emailed to participants after course registration or about 3 weeks in advance.

### LIFEGUARD RECERTIFICATION COURSE

Need to be recertified for American Red Cross lifeguarding? See course description and requirements for lifeguard course above.

**Course Prerequisites:** Must have current American Red Cross lifeguard certification or certification expired by no more than 30 days. Course does not recertify for other lifeguard agencies. If not originally certified by BPRD, proof of certification required before class begins.

**Fee:** \$150

**Dates and Times:** March 16, April 19, May 9, May 25, or June 4 from 8:00am-7:00pm

### LIFEGUARD INSTRUCTOR COURSE

This 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.

**Course Prerequisites:** Be age 17+. Possess a current Red Cross certification in lifeguarding/first aid/CPR/AED. Complete online learning BEFORE class begins. Pass two rescue skill scenarios that test lifeguarding and CPR on first day of class.

**Fee:** \$300

**Dates and Times:** March 14-15 from 8:00am-6:00pm (2 sessions)

#### Swimming Skills Evaluation

- Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest.
- Prerequisite 2: Complete a timed event within 1 minute, 40 seconds. Visit [www.BisParks.org](http://www.BisParks.org) for details.
- If the candidate cannot pass the prerequisite swimming skills, they will be issued a full refund. No refunds will be given after the skills session.

**Fee:** \$250 (includes fanny pack, adult/infant CPR masks, Red Cross online materials). Successful course completion results in 2-year certification.

#### Dates and Times

- March 13-15 from 9:00am-6:00pm (3 sessions)
- April 9-10 from 5:00-9:00pm and April 11-12 from 9:00am-5:00pm (4 sessions)
- May 14-15 from 5:00-9:00pm and May 16-17 from 9:00am-5:00pm (4 sessions)
- May 26-28 from 9:00am-6:00pm (3 sessions)
- May 29 from 1:30-9:00pm and May 30-31 from 9:00am-6:00pm (3 sessions)
- June 1-3 from 9:00am-6:00pm (3 sessions)
- June 5 from 1:30-9:00pm and June 6-7 from 9:00am-6:00pm (3 sessions)

### LIFEGUARD INSTRUCTOR REVIEW COURSE

This in-person skills orientation is for current Red Cross Lifeguard Instructors and Instructor Trainers who must complete in-person skills to update LGI/LGIT certification(s).

**Course Prerequisites:** Complete online update BEFORE class begins. Bring to class: proof of online update completion and blended learning online completion (lifeguard renewal), lifeguard Instructors manual, and infant/adult CPR mask.

**Fee:** \$60

**Dates and Times:** March 13 or April 6 from 8:00am-3:00pm

### WATER SAFETY INSTRUCTOR COURSE

This course trains how to teach courses in the American Red Cross Swimming and Water Safety program by developing understanding of how to use course materials conduct training sessions and evaluate participants' progress.

**Course Prerequisites:** Be age 15+. Complete online learning BEFORE class begins. Demonstrate ability to perform swimming skills on first day of class: 1) Swim the following strokes consistent with Level 4: front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke for 25 yards, and butterfly for 15 yards 2) Back float for one minute (floating or sculling) 3) Tread water for one minute

**Fee:** \$250

#### Dates and Times

- May 26-28 from 9:00am-6:00pm (3 sessions)
- June 1-3 from 9:00am-6:00pm (3 sessions)
- June 8-10 from 9:00am-6:00pm (3 sessions)
- June 15 from 2:00-6:00pm, June 16-17 from 2:00-9:00pm, and June 18 from 2:00-6:00pm (4 sessions)
- July 20-22 from 9:00am-6:00pm (3 sessions)

**Join the BPRD team as lifeguard or swim instructor and take our training courses for FREE.**

**Contact Jahna at 701-751-4270 or [jgardiner@bisparcs.org](mailto:jgardiner@bisparcs.org).**

## SWIM LESSONS

### Class Descriptions

#### Preschool Aquatics, Ages 3-5

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

#### Learn-to-Swim, Ages 6-Teen

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

### GROUP INDOOR

**Location:** BSC Aquatic & Wellness Center

**Sessions and Dates:** One session generally includes two 30-minute classes per week for 5 weeks.

#### Spring Session I

- April 7-May 7
- Registration opens March 31 at 10:00am

#### Summer Session I

- June 8-July 9
- Registration opens June 2 at 10:00am

#### Summer Session II

- July 13-August 13
- Registration opens July 8 at 10:00am

#### Fall Session 1

- September 14-October 15
- Registration opens September 8 at 10:00am

**Need to Know:** Lessons are posted online about one week prior to registration. Subject to change.

**Registration and Fee:** \$60. Register online or at BSC AWC or BPRD office.

### ADAPTIVE GROUP INDOOR

These group lessons for individuals with disabilities teach the foundation for safely enjoying aquatic environments and promoting as much independent movement in the water as possible. This program is not aquatic therapy.

**Dates and Time:** April 3-24 on Fridays from 4:30-5:00pm

**Location:** BSC AWC

**Need to Know:** For ages 3-12. Each participant MUST have an in-water parent/guardian/adult volunteer to help the individual during the lessons.

**Registration and Fee:** \$24. Register online or at BSC AWC or BPRD office.

### PRIVATE INDOOR

**Availability:** BPRD offers private swim lessons based on instructor availability. Openings are posted on Facebook.

**Location and Schedule:** BSC AWC. Consists of four 30-minute sessions. Choose 4 dates and times that work for your schedule. Small Group Private Lessons: Register up to 3 participants at the same time with the same instructor. Children must be of similar age and skill level.

**Registration and Fees:** \$85 for 1 participant; \$75 each for up to 3 participants

### GROUP OUTDOOR

**Locations:** Elks Aquatic Center, Hillside Aquatic Complex, and Paul H. Wachter Aquatic Complex

**Sessions and Dates:** One session includes 2 weeks of 30-minute classes Mondays-Fridays between 9:30am and 11:30am.

#### Session 1

- June 15-26
- Registration June 8 at 10:00am, June 9-12 at 12:00pm

#### Session 2

- July 6-17
- Registration June 29 at 10:00am, June 30-July 3 at 12:00pm

#### Session 3

- July 27-August 7
- Registration July 20 at 10:00am, July 28-31 at 12:00pm

**Need to Know:** Registration forms may be picked up at BPRD office in advance. Classes will be held inside facilities if weather is poor (no cancellations).

**Registration and Fee:** \$45. Register in person at the pool where you wish to take lessons.

### DAYCARE SWIM LESSONS

These lessons are specifically designed for daycare centers to enroll their children in classes together.

**Indoor:** Location, summer session dates, and fees are same as indoor group lessons. Contact Jahna at [jgardiner@bisparks.org](mailto:jgardiner@bisparks.org) or call 701-751-4270.

**Outdoor:** Location, summer session dates, and fees are same as outdoor group lessons. Register in person at the pool where you wish to take lessons.

- Session 1 registration: June 8 at 9:00am
- Session 2 registration: June 29 at 9:00am
- Session 3 registration: July 20 at 9:00am



# Multi-Age Activities

## ADAPTIVE RECREATION

### MEET IT OR BEAT IT BOWLING

This program for all ages and abilities is designed for individual bowlers to meet or beat their previous week's scores. Emphasis is on participation.

**Dates, Times, and Location:** Mondays from 4-6pm at Midway Lanes, Mandan.

**Fee:** \$3.50 per game (includes shoe rental). Drop-in: no registration required.

### TRIPLE STAR DAY CAMP

This program is offered to individuals with disabilities. Emphasis is given to age-appropriate activities, as well as opportunities to participate in community activities and swimming.

**Dates, Times, and Location:** June 1-July 31, Mondays-Fridays from 9:30am-3:00pm at Lions Park Community Center (No program July 2-3.)

**Need to Know:** For ages 10+. Fee: \$150.

## ARCHERY

### ARCHERY BEGINNERS

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

**Dates, Times, and Location:** June 11-July 23. Thursdays from 6:00-7:00pm OR 7:00-8:00pm at Nishu Bowmen Indoor Archery Range. No archery on July 2.

**Need to Know:** For ages 8+. All equipment is provided, including bows and arrows. Fee: \$40.

### ARCHERY INTERMEDIATE

This class is for those who have completed Beginners Archery and have some shooting experience. It 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, Times, and Location:** June 11-July 23. Thursdays from 8:00-9:00pm at Nishu Bowmen Indoor Archery Range. No archery on July 2.

**Need to Know:** For ages 8+. Must have your own compound bows and arrows. Fee: \$40.

## FENCING

This class teaches Olympic-style sport fencing for people who want to learn basic fencing skills or keep improving their skills to an intermediate level.

**Dates, Times, and Location:** Monthly sessions except July and August. Meets twice per week on Mondays (6:30-8:30pm) and Fridays (5:00-7:00pm) at World War Memorial Building. No fencing on September 7 and November 27.

**Need to Know:** For ages 12+. Equipment is provided except for a fencing glove, which can be purchased when the session begins. Fees: \$40 or \$175 for five months.

## KARATE

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

**Dates, Times, and Location:** Monthly sessions except June and July. Summer karate starts August 11. Meets twice per week on Tuesdays and Thursdays from 6:30-8:30pm at World War Memorial Building.

**Need to Know:** For ages 10+. Fees: \$40 or \$175 for five months.



## FITNESS CLASSES

BPRD offers fitness classes led by certified personal trainers year-round at BSC Aquatic & Wellness Center and Capital Racquet & Fitness Center.

Visit our website for our group drop-in class schedule. Registration closes the day before class begins for advance registration fitness classes.

### 6-WEEK STRENGTH

This class is the “sweet spot” of keeping the fitness experience large enough to be a fun interactive experience while small enough to maintain focus on quality. A nationally certified personal trainer will take you through a variety of workouts while assessing proper form. Focus on functional strength and getting stronger while learning proper movement patterns.

#### Dates, Times, and Location

- April 21-May 28. Tuesdays and Thursdays from 6:30-7:30pm at BSC AWC.
- June 1-26. Mondays, Wednesdays, and Fridays from 5:45-6:30am at BSC AWC.

**Need to Know:** For ages 14+. Certified Personal Trainer: Maggie

**Fees:** BSC AWC/CRFC members: \$120; Non-Members: \$168

### 30-DAY RESET

Ready to reprogram your body? Get your nutritional habits back in order and increase your physical activity level. Enjoy 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. Follow the plan for 30 days and see what happens to your body!

**Dates, Times, and Location:** April 28-May 26. Tuesdays from 5:30-6:15pm at BSC AWC.

**Need to Know:** For ages 16+. Certified Personal Trainer: Maggie

**Fees:** BSC AWC/CRFC members: \$90; Non-Members: \$115 (includes 30-day membership)

### FIT FITY +

Stumped on what to do for a workout? Join this class to learn the correct way to enjoy an effective and safe workout in the weight room. Use the cardio and strength machines and learn balance, core, and flexibility exercises.

**Dates, Times, and Location:** May 5-26. Tuesdays from 10:00-10:45am at BSC AWC.

**Need to Know:** For ages 50+. Certified Personal Trainer: Maggie

**Fees:** BSC AWC/CRFC members: \$40; Non-Members: \$50



## FOAM ROLLING WORKSHOP

Improve your post-exercise recovery with this hands-on workshop. Learn how to use the Rollga Foam Roller to reduce pain and soreness and increase joint range of motion for better muscle repair and recovery. Roll your way to better performance, in and out of the gym.

**Dates, Times, and Location:** April 18 or May 9. Saturday from 9:00-9:45am at BSC AWC.

**Need to Know:** For ages 12+. One 45-minute session. Certified Personal Trainer: Maggie.

**Fee:** \$15

## STROKE, SPIN, AND STRIDE SELF-PACED TRIATHLON

**Dates, Times, and Location:** September 21-October 16. Anytime within these 40 days anywhere indoors or outdoors.

#### Need to Know

- For ages 10+.
- You do not need to be a member of BSC Aquatic & Wellness Center. If registered, you can use our facility for swimming only for the duration of the program.
- You have 40 days to reach your triathlon goal. Work your way up to the Ultra Ironman!
- Record your results on tracking sheets, which can be picked up at BSC Aquatic & Wellness Center.
- We will rely completely on the honor system for all competitors when recording mileage totals.
- All competitors that reach the Sprint level or higher by the end of the event will receive a shirt.

**Fee:** \$30

## WEIGHT ROOM BASICS

Increase your weight room knowledge and jump start your confidence! A certified personal trainer will guide you through each cardio and weight machine to learn what each one does and what muscle group you'll strengthen. You'll get a personalized exercise log card to keep notes and record your future workouts to keep track of machines, weights, and your progress. You'll leave knowing how to have a safe and effective workout.

**Dates, Times, and Location:** April 18 or May 9. Saturday from 10:00-11:00am at BSC AWC.

**Need to Know:** For ages 12+. One 60-minute session. Certified Personal Trainer: Maggie.

**Fees:** BSC AWC/CRFC members: \$20; Non-Members: \$25

## PERSONAL TRAINING

We offer personal and group training options by BPRD employees certified through an accredited organization. We also offer body composition testing and fitness assessments. Personal Training sessions include cardiovascular exercise and weight training individualized for each person.

First-time personal training clients receive a FREE consultation. Call 701-751-4266 or email Linsay at lberg@bisparks.org.

#### Fees

- Members: \$40/1-Hour Session, \$30/Half-Hour Session
- Non-Members: \$46/1-Hour Session, \$36/Half-Hour Session
- Package rates are available for 8 or 12 sessions.

# Adult Sports

## ADULT PICKLEBALL

### Pickleball Lesson Sessions

- Summer Session 1: June 1-25
- Summer Session 2: July 6-30
- Fall Session 1: September 8-October 10

### Locations:

- Indoor: Capital Racquet & Fitness Center
- Outdoor: Sertoma Park Tennis/Pickleball Courts

## PICKLEBALL 101 BEGINNERS LESSONS

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

**Summer Days, Times, and Fee:** 60-minute classes at 8:00am on Tuesdays at Sertoma or 4:00pm on Tuesdays at CRFC. Fee: \$40.

**Fall Days, Times, and Fee:** 60-minute classes at 9:30am on Mondays, 12:00pm on Wednesdays, OR 12:30pm on Saturdays at CRFC. Fee: \$50, Mondays \$40.

## PICKLEBALL INTERMEDIATE LESSONS

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

**Summer Days, Times, and Fee:** 90-minute classes at 9:00am on Tuesdays at Sertoma. Fee: \$60.

**Fall Days, Times, and Fee:** 60-minute classes at 12:30pm on Saturdays at CRFC. Fee: \$75.

## PICKLEBALL DROP-IN PLAY

**Need to Know:** Use the USA Pickleball skill level guide to determine what level to play. Contact Rod at 701-221-6855 for assistance.

### Spring Season: September 1-May 31

**Location:** Capital Racquet & Fitness Center

**Fees:** CRFC and BSC Aquatic & Wellness Center Members: FREE; Non-Members: \$5

### Mondays, Wednesdays, Fridays

- Beginner (2.0-2.5): 8:00-10:00am
- Intermediate (3.0-3.5): 10:00am-12:30pm
- Advanced (3.5+): 12:30-3:30pm

**Tuesdays, Thursdays:** all levels 11:00am-3:00pm

**Saturdays:** all levels from 3:00-6:00pm

### Spring & Summer Season: August 5-May 31

**Location:** World War Memorial Building

- FREE on East and Lower Courts
- Tuesdays and Thursdays: all levels 11:00am-1:00pm

### Summer Season: June 1-August 31

- Beginner Players
  - Mondays-Fridays 8:00am-12:00pm at Johnny Gisi Memorial Park Tennis/Pickleball Complex and North Central Park Tennis/Pickleball Complex
- Intermediate Players
  - Mondays, Wednesdays, Fridays 8:00am-12:00pm at Lions Park Tennis/Pickleball Complex
  - Tuesdays, Thursdays 8:00am-12:00pm at Elk Ridge Park Pickleball Complex
- Advanced Players
  - Mondays, Wednesdays, Fridays 8:00am-12:00pm at Elk Ridge Park Pickleball Complex
  - Tuesdays, Thursdays 8:00am-12:00pm at Lions Park Tennis/Pickleball Complex

## PICKLEBALL MIXER

This July Celebration mixer provides a social, fun, and competitive environment. Beverages and snacks are provided.

- July 15 from 9:00am-12:00pm at Elk Ridge Park Pickleball Complex
- FREE but pre-registration required

## ADULT GOLF

### BEGINNER GROUP GOLF LESSONS

Have fun and learn to play golf with group lessons. Receive focused attention while learning to drive, chip, putt, and swing, as well as how to navigate a golf course.

**Dates and Locations:** May-August at Pebble Creek Golf Course or Riverwood Golf Course

### Need to Know

- One-hour lesson weekly for 4 weeks
- For ages 18+
- Groups may be coed, women only, or couples
- Maximum of 6 students per group
- Includes clubs and range balls

### Registration and Fees

- \$100 per person
- Call Riverwood, 701-222-6462 (option 1)

### PRIVATE GROUP GOLF LESSONS

Learn one-on-one with an experienced golf instructor. It's your choice which facets of the game to explore and where you learn.

- Summer: Pebble Creek, Riverwood, Tom O'Leary
- Lessons are half-hour sessions.
- Call Riverwood, 701-222-6462.



## ADULT TENNIS

### Tennis Leagues and Lessons

**Locations:** Indoor: Capital Racquet & Fitness Center; Outdoor: Sertoma Park Tennis Courts or Horizon Park Tennis Courts

### TENNIS LESSONS: BEGINNER ORANGE CRUSH

These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy, and etiquette will be covered. Orange modified balls are used to make tennis easier to learn.

**Summer Days, Times, and Fees:** 90-minute classes at 5:30pm on Tuesdays at Horizon or 9:00am on Thursdays at Sertoma. \$60. Summer USTA Tennis in Your Park is sponsored by USTA Northern. Everyone receives a free adult racquet.

**Fall Days, Times, and Fees:** 90-minute classes at 5:30pm on Tuesdays at CRFC or 10:30am on Wednesdays at CRFC. \$75.

### TENNIS LESSONS: INTERMEDIATE ADULTS

This class is for players with some experience or advanced beginners. It reinforces grips, preparation, and swing path for forehands, backhands, volleys, overheads, serves, and return of serves. It introduces spin and placement and has emphasis on situational tennis. Singles and doubles positioning and strategy will be taught.

**Summer Days, Times, and Fee:** 90-minute classes at 5:30pm on Mondays at CRFC. \$60.

**Fall Days, Times, and Fee:** 90-minute classes at 11:00am on Saturdays at CRFC, 10:30am on Mondays at CRFC, 5:30pm on Wednesdays at CRFC, or 10:30am on Thursdays at CRFC. \$75, Mondays \$60.

### TENNIS LESSONS: ADVANCED ADULTS

This class for players Level 3.5 and above are fun and competitive, offering advanced stroke production techniques with emphasis on competitive situations and drills. Singles and doubles positioning and strategy for tournament and league competition.

**Summer Days, Times, and Fee:** 90-minute classes at 5:30pm on Thursdays at CRFC. \$60.

**Fall Days, Times, and Fee:** 90-minute classes at 5:30pm on Mondays at CRFC or 12:00pm on Thursdays at CRFC. \$75, Mondays \$60.

### Sessions

- Summer Session 1: June 1-25
- Summer Session 2: July 6-30
- Fall Session 1: September 8-October 10

### TENNIS DRILLS: DYNAMIC DOUBLES

Doubles strategy drills open to all level of players. Participants will work on triangles and diamonds, line cues, excelling at taking the ball out of the air, and what shot to hit, when, where, and how. Your doubles partner wants you in these drills.

**Summer Days, Times, and Fee:** 90-minute classes at 9:00am on Mondays and Wednesdays at Sertoma. \$120.

### TENNIS LEAGUE: MIXED DOUBLES

CRFC offers six-week league play for 1.5 hours per week for players with a combined NTRP of 6.0-7.0 (intermediate players).

#### Fees

- CRFC and BSC Aquatic & Wellness Center Members: \$40 per session
- CRFC Tennis Members: FREE first league per session, \$20 second league per session
- Non-Members: \$58 per person per session
- Subs: FREE for members, \$8 per time for non-members

**Fall Days and Times:** Mondays from 7:30-9:00pm at CRFC

### CARDIO TENNIS

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

**Days and Times:** Now-May 19 at CRFC and September 9-May 18 at CRFC.

Tuesdays from 12:05-12:50pm.

**Fees:** CRFC and BSC AWC Members: FREE; Non-Members: daily fee

### PRIVATE TENNIS LESSONS

Call CRFC at 701-221-6855 to set up lessons with a certified tennis instructor. See website for pricing.

## ADULT RACQUETBALL

### Challenge Courts

**Dates, Times, and Location:** Now-March 19 and October 1-March 18, 2027. Thursdays from 7:00-9:00pm at CRFC.

**Need to Know:** Ages 18+; for open/A level players. Drop-in class (no registration required).

**Fees:** CRFC and BSC AWC members: FREE; Non-Members: day pass fee



# Adult Team Sports

## ADULT COED SOFTBALL

### Summer

**Dates, Times, and Locations:** June 7-July 26, Sundays at 6:30pm at Clem Kelley Athletic Complex or Cottonwood Park.

**Need to Know:** USA Softball approved bats only. Players and teams bring their own bats. Umpires are provided whenever possible. Minimum of 13 players per team. Minimum of 6 teams needed to host this league.

**Fees:** \$150 sponsor fee (includes state sanction fee and beverage permit). \$50 per player.

**Registration:** Deadline: May 8 at 5:00pm. Roster and Payment: in-person at BPRD office.

## ADULT COED SOFTBALL

### Fall

**Dates, Times, and Location:** August 24-October 5 on Mondays or Wednesdays at 6:30pm or 8:45pm at Clem Kelley Athletic Complex.

**Need to Know:** USA Softball wooden bat only league: bat provided by BPRD. Umpires are provided whenever possible. Minimum of 13 players per team.

**Fees:** \$150 sponsor fee (includes state sanction fee and beverage permit). \$50 per player.

**Registration:** Deadline: August 7 at 5:00pm. Roster and Payment: in-person at BPRD office.

## ADULT SAND VOLLEYBALL LEAGUES

Teams are accepted on a first-come, first-served basis.

**Dates, Times, and Locations:** May 17-August (10-week season). 6:00pm start time for most locations with matches scheduled every 45-50 minutes. The latest start time is 8:15pm.

### Leagues

6 Person-Recreation and Competitive

- Coed: Sunday, Tuesday, and Thursday
- Women's: Monday and Wednesday

4 Person-Competitive

- Coed: Tuesday
- Men's: Wednesday
- Women's: Wednesday

**Fees:** \$125 sponsor fee (all teams receive beverage permit with schedule). \$50 per player: 4-person leagues pay for 5 players. 6-person leagues pay for 7 players.

**Registration Dates:** Review registration instructions on our website. March 30-April 10.

## ADULT VOLLEYBALL LEAGUES

### Fall and Winter

Space is limited! Teams are accepted on a first-come, first-served basis.

**Season Dates:** Two 11-week seasons

- Fall: September 8-November 23
- Winter: January 11-March 26

### Days of Week and Times

- Mondays: Women C-F
- Tuesdays: Coed A-F
- Wednesdays: Women A-F and Men C-D
- Thursdays: Men 4 A-C and Coed D-F
- Sundays: makeup matches
- Matches start at 6:30pm and run every 45 minutes. Last scheduled match at 9:30pm

**Player Fees:** \$50 per person per season. Minimum of 7 players per team. Every player on roster must pay fee.

**Sponsor Fees:** \$100 per season. \$150 for fall and winter seasons. No refunds if team drops out of winter season.

**Registration Dates:** Review registration instructions on our website. Rosters and fees must be submitted between 7:30am-5:00pm as follows:

- Fall: August 4-5
- Winter: December 1



## INDOOR POOLS

### WIBIT WATER TOYS

Enjoy inflatable water toys for ages 6+ in the dive well at BSC Aquatic & Wellness Center. You must pass a swim test to participate.

**Dates and Times:** Most Saturdays and Sundays through May 17 and back in September. Saturdays 11:00am-6:30pm, Sundays 12:00-6:00pm. Always check online calendar before heading to pool.

## SKATING

### INDOOR PUBLIC ICE SKATING

**Dates, Times, and Location:** April 5-August 16, Sundays 5:15-6:45pm, VFW Sports Center, International Bank & Trust Arena. Always check online calendar before going skating.

**Fees and Rentals:** Skating Fee: \$5 per person or \$10 per family. Skate Rental: \$5 each (sizes available 9 junior to 15 adult).

### INDOOR PUBLIC ROLLER SKATING

Roller skates and roller blades are welcome during the summer season.

**Dates, Times, and Location:** June 4-August 13, Thursdays 5:30-7:30pm, Capital Ice Complex. Always check online calendar before going skating.

**Fees and Rentals:** Skating Fee: \$5 per person or \$10 per family. Skate Rental: \$5 each (sizes available 10 junior to 13 adult).

## Park Activities

### BISPARKS BCYCLE BIKE SHARE PROGRAM

Rent a bike 7:00am-11:00pm May-September at BSC Aquatic & Wellness Center, Cottonwood Park (near Haaland Field), Peace Park, or Sertoma Park (near Sertoma Club Community Center).

**Fees:** Classic Pedal Bike: \$5 plus \$.02 per minute. Pedal Assist e-Bike: \$10 plus \$.04 per minute. Pay through the app. Cash is not accepted.

### BPRD GEOCACHE CHALLENGE

1. Use our passport to track the 12 caches that you find. Take passport from first cache you visit or pick up passport from BPRD office.
2. When you find a cache, match the hole punch to the coordinating number on the passport.
3. Bring completed passport to BPRD office Monday-Friday from 7:30am-5:00pm to claim your prize.

### PLAYGROUNDS

BPRD has a long history of creating inclusive and accessible playgrounds. There are playgrounds with special features, including ramps, musical play panels, sensory input panels, and sand and water features. Many playgrounds have themes. Check out all the features on our website.

Imagination Playground, giant moveable foam blocks, are available at BisMarket from 10:00am-1:00pm May through September on Saturdays at Kiwanis Park.



# Fitness & Wellness Centers

## BSC AQUATIC & WELLNESS CENTER

1601 Canary Ave., 701-751-4255

### Features

- Olympic Pool: Pool 2 (8-lane 25-yard pool) and Dive Well, Summer: Competition Pool (8-lane 50-meter pool mid-May through July)
- Program Pool: 6-lane 25-yard program pool with no lane ropes (warmer temperature than competition pool)
- Fitness classes: drop-in and advance registration (see page 17)
- Fitness equipment for cardio and strength
- Playground: self-contained Turtle Beach play area with natural-looking climbing, a tunnel, sliding elements
- Locker rooms
- Meeting rooms
- Nutrition shop

**Fees:** see daily options and memberships on page 23

### Hours

#### September 1-May 31

- Monday-Thursday: 5:30am-10:00pm
- Friday: 5:30am-8:00pm
- Saturday: 7:00am-7:00pm
- Sunday: 12:00-7:00pm

#### June 1-August 31

- Monday-Thursday: 5:30am-8pm
- Friday: 5:30am-7:00pm
- Saturday: 7:00am-2:00pm
- Sunday: closed

## CAPITAL RACQUET & FITNESS CENTER

3200 N. 10th St., 701-221-6855

### Features

- Tennis/pickleball courts: 4/8
- Racquetball/wallyball courts: 3
- Fitness classes: drop-in and advance registration (see page 17)
- Fitness equipment for cardio and strength
- Track: 1/9 of a mile
- Play space: KidZone with ball pit, bounce house, art and movie area, other toys
- Locker rooms
- Saunas and hot tubs
- Pro shop with tennis, pickleball, and racquetball merchandise

**Fees:** see daily options and memberships on page 23

### Hours

#### September 1-May 31

- Monday-Thursday: 5:30am-10:00pm
- Friday: 5:30am-9:00pm
- Saturday: 7:00am-7:00pm
- Sunday: 10:00am-7:00pm

#### June 1-August 31

- Monday-Thursday: 5:30am-9:00pm
- Friday: 5:30am-8:00pm
- Saturday: 7:00am-2:00pm
- Sunday: closed

## WORLD WAR MEMORIAL BUILDING

215 N. 6th St., 701-222-6454

### Features

- Basketball/volleyball courts: 3
  - FREE open gym is available whenever courts are not scheduled.
  - Pickleball Drop-in (see page 18)
  - \$40 per court per hour; Sunday Special: \$30 per court per hour from 5:00-9:00pm
- Community room
- Fitness/dance/karate room
- Racquetball court: 1
  - \$8 per hour
  - Noon Special: Reserve the court from 11am-2pm Monday-Friday for \$5. Reservations available one day in advance.
  - Wednesday Special: \$5 per hour any time
- Youth gymnasium

### Hours

#### April 1-May 24, 2026

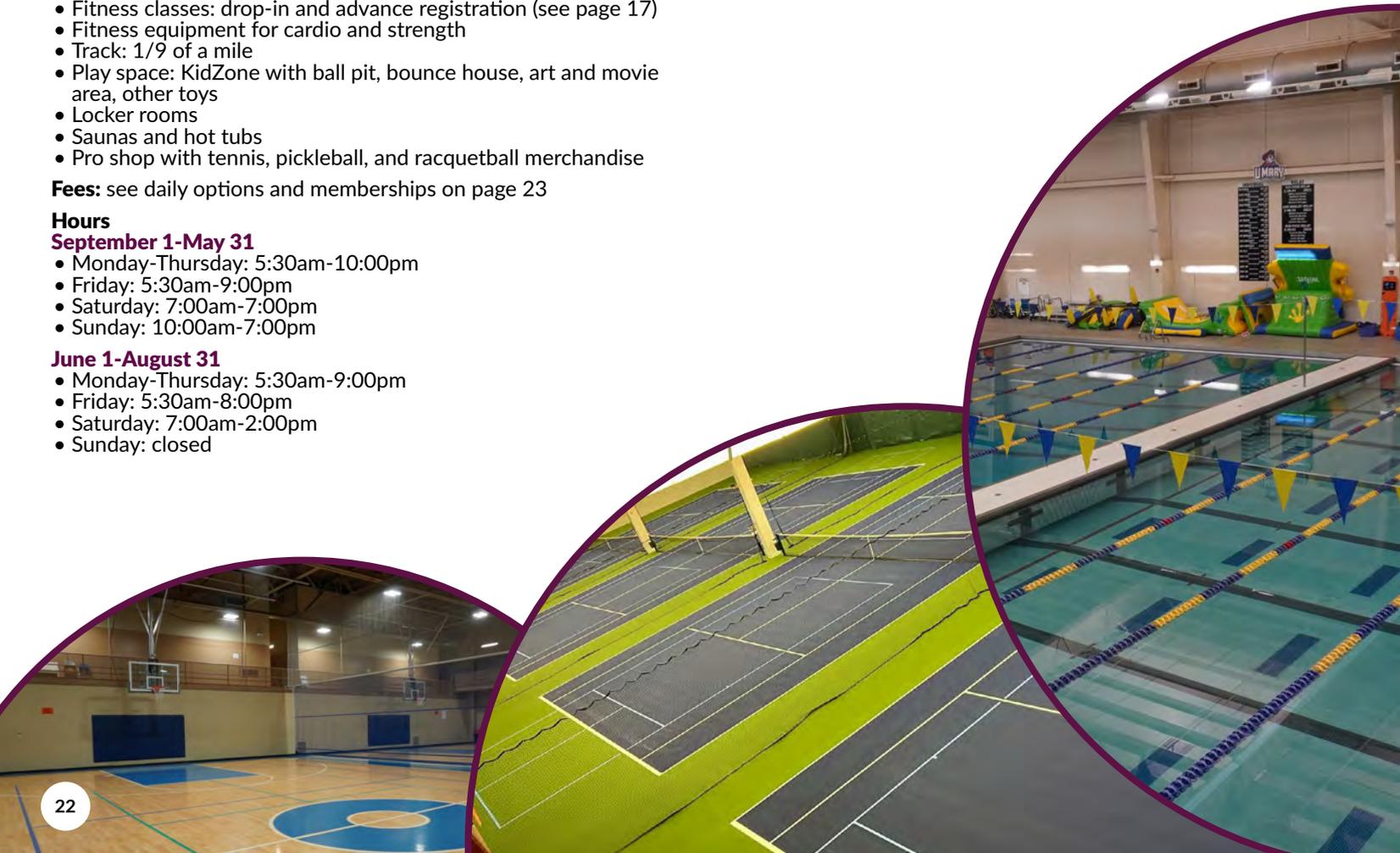
- Monday-Thursday: 10:00am-9:00pm
- Friday: 10:00am-6:00pm
- Saturday & Sunday: closed
- Closed: May 25

#### May 26-August 28, 2026

- Monday & Wednesday: 10:00am-6:00pm
- Tuesday & Thursday: 12:00-6:00pm
- Friday: 10:00am-5:00pm
- Saturday & Sunday: closed

#### August 29, 2026-March 31, 2027

- Monday-Thursday: 10:00am-9:00pm
- Friday: 10:00am-6:00pm
- Saturday: 9:00am-5:00pm
- Sunday: 12:00-9:00pm



## BSC AQUATIC & WELLNESS CENTER AND CAPITAL RACQUET & FITNESS CENTER

### DUAL MEMBERSHIP

Purchase in person at either facility or online.

#### Dual Membership Benefits

- BSC AWC access: recreation and lap pools and diving well, wellness center with strength and cardio equipment, group fitness classes, Turtle Beach playground, reduced rates on select fitness programs
- CRFC access: racquetball and wallyball court time and leagues, indoor track, fitness center with strength and cardio equipment, group fitness classes, sauna, hot tub, KidZone play space, and reduced rates on tennis leagues, lessons, court time, select fitness programs

Dual Membership Type	Monthly Fee for 6 Months	Monthly Fee for 12 Months
Youth 12 & Under	\$21	\$17
Student 13-18	\$40	\$32
Adult 19-64	\$52	\$42
Household	\$78	\$63
Senior 65+	\$40	\$40
Senior Household 65+	\$58	\$47

**College Student Membership:** Fall or Spring Semester = \$95. Requires a valid college ID. In-person purchase only.

**Student Membership Special:** Summer Break: May 1-August 31 = \$65. For students ages 13 through college (college students must present class schedule and valid college ID). In-person purchase only.

**Insurance Reimbursement Programs:** Get money back on your membership each month with a qualifying reimbursement program, including Sanford and Blue Cross Blue Shield of North Dakota. Contact your insurance company directly with questions.

**Fitness Incentive Programs:** BSC AWC and CRFC accept the following programs:

- One Pass™
- Prime® Fitness
- Renew Active
- Silver and Fit
- SilverSneakers

### DAILY RATES FOR NON-MEMBERS

- Infant: Free
- Youth 1-12: \$5
- Student 13-18 and College with ID: \$6
- Adult 19-64: \$8
- Senior 65+: \$6.50
- Household: \$20
- Track at CRFC: \$2
- Turtle Beach Play Area at AWC: \$2 per child, adult supervisors free
- KidZone at CRFC: \$2 per child, adult supervisors free
- Lock Rental: \$1
- Daily Admission Coupon Book (12 passes): \$80
- Tennis Coupon Books (12 1.5-hour passes)
  - o Member: \$62
  - o Non-Member: \$108
  - o Member-Summer: \$31
  - o Non-Member-Summer: \$54

### CRFC TENNIS MEMBERSHIP BENEFITS

- A 6-month membership includes Dual Membership benefits plus 2 hours of tennis per day with reservations up to 7 days in advance.
- A 12-month membership includes Dual Membership benefits plus 2 hours of tennis per day with reservations up to 7 days in advance, 1 free tennis league per person per session, 50% discount on member rate for additional tennis leagues each session, and early tennis league sign-up.

Tennis Membership Type	Monthly Fee for 6 Months	Monthly Fee for 12 Months
Youth 12 & Under	\$61	\$52
Student 13-18	\$80	\$67
Adult 19-64	\$103	\$86
Household	\$155	\$130
Senior 65+	\$90	\$76
Senior Household 65+	\$133	\$113

Membership Notes: A Household is up to two adults and any children high school age or younger. A Senior Household is two adults. All prices are subject to change. Taxes will be 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. Special runs from April 1-30, 2026. Some restrictions apply.

### CRFC COURT RESERVATIONS

Call 701-222-6855.

#### Tennis/Pickleball

- Members and Non-Members: reserve courts 2 days in advance
- Tennis Members: reserve courts 7 days in advance; 2 hours of court time daily, additional time available at member rates

#### Racquetball/Wallyball

- Members: FREE, reserve courts 7 days in advance
- Non-Members: daily admission, reserve courts 2 days in advance



# Golf Courses

## PEBBLE CREEK GOLF COURSE

2525 N. 19th St., 701-223-3600

This short and sweet course along the Hay Creek corridor is a great option for beginning and experienced players.

- 9-hole, par-34 natural links course
- Outdoor driving range with range ball dispenser
- 2 outdoor practice greens with a practice bunker
- Pro shop inside Fore Seasons Center
- Vending machines (outside food and beverage allowed)

## RIVERWOOD GOLF COURSE

725 Riverwood Dr., 701-222-6462

This parkland-style course on the Missouri River flood plain has wide, tree-lined fairways and abundant wildlife.

- 18-hole, par-72 championship course
- Outdoor driving range with range ball dispenser
- 2 outdoor practice greens with pitching green/short game area
- Pro shop/clubhouse
- Concessions (no outside food or beverage allowed)

## TOM O'LEARY GOLF COURSE

1200 N. Washington St., 701-222-6531

This shorter course with wonderful views, mature trees, and wide-open fairways in central Bismarck offers challenging play for all skill levels.

- 18-hole, par-69 course
- 2 outdoor putting/chipping greens
- Outdoor practice area (free to use with your own golf balls)
- Pro shop
- On-course beverage and snack service (no outside food or beverage allowed)

**TEE TIMES:** Reserve online 3 days in advance.

### HOURS

- April-May: Courses open for the season. Hours are weather dependent.
- June-September: 7:00am to 30 minutes before sunset
- September: 8:30am to 30 minutes before sunset
- October: 9:30am to 30 minutes before sunset

## GOLF FEES

Daily Green Fee Category	Pebble Creek	Riverwood	Tom O'Leary
Adult 9 Holes	\$20	\$30	\$22
Adult 18 Holes	\$26	\$40	\$32
Junior (17 & Under) 9 or 18 Holes	\$10	\$15	\$14
Senior (65+) 9 Holes	\$18	\$23	\$19
Senior (65+) 18 Holes	\$24	\$30	\$25

Season Pass Category	Pebble Creek	Riverwood	Tom O'Leary	All Three
Adult (23-64)	\$575	\$875	\$760	\$1,390
Household	\$1,390	\$1,900	\$1,725	\$2,730
Intermediate (18-22)	\$225	\$390	\$330	\$590
Junior (17 & Under)	\$130	\$215	\$205	\$285
Senior (65+)	\$450	\$680	\$640	\$1,030
Season Cart (1 seat)	\$760	\$760	\$760	\$1,300

Green Fee Package Category	Pebble Creek	Riverwood	Tom O'Leary
9 Holes	\$200	\$300	\$220
18 Holes	\$260	\$400	\$320
Senior (65+) 9 Holes	\$180	\$230	\$190
Senior (65+) 18 Holes	\$240	\$300	\$250

### Driving Range Bucket of Balls

Available at Pebble Creek/Fore Seasons Center and Riverwood.

- Small Basket: \$7
- Large Basket: \$13
- Coupon Book: \$130 for 12 large baskets

## SHEILA SCHAFER JUNIOR LINKS

2525 N. 19th St., 701-223-3600

The course provides an ideal setting for beginning golfers and families.

- 4-hole, par-12 junior links course
- Outdoor practice area
- Within Pebble Creek complex

### Junior Links Fees

- Always FREE for juniors age 17 and under.
- Adult Junior Links: \$5 per day or \$75 for season pass
- Adult Practice Area: \$5 per day or \$50 for season pass
- Adult Junior Links & Practice Area: \$100 for season pass

### Junior Golf Discounts

See page 7.

### Golf Clubs Rentals

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

### Golf Cart Rentals

- Per seat per round: 18 Holes-\$26, 9 Holes-\$13
- Use of "Golf Boards" and private individual personal vehicles is prohibited.

### Season Cart Rental

- Single Course: \$760 per seat
- Three Courses: \$1,300 per seat

### Cart Coupon Books

- 18 Holes: \$260 for one seat for 12 rounds
- 9 Holes: \$130 for one seat for 12 rounds

## FORE SEASONS CENTER

2525 N. 19th St., 701-223-3600

**Hours:** 9:00am-9:00pm daily

### Indoor Golf Driving Range

- 26 stations
- Buckets of balls
  - o \$7 for small basket or \$13 for large basket
  - o \$130 for coupon book (12 large baskets)
- 16 Toptracer Range bays
  - o This ball-tracking system provides instant shot replays and statistical feedback on interactive screens.
  - o \$20 for 30 minutes or \$40 for 60 minutes
  - o Reserve up to 3 days in advance online or call.

### Batting Cages

- 2 cages with baseball and softball machines (bats available)
- Fees:
  - o \$18 for 30 minutes or \$34 for 60 minutes
  - o \$180 for coupon book for 12 30-minute sessions
  - o \$340 for coupon book for 12 60-minute sessions
- Reserve up to 3 days in advance online or call.

**Artificial Turf:** There are three fields with the "third field" separated from the driving range by a net.

### Indoor Walking

- FREE on weekdays from 9:00-10:00am
- Open turf field: six laps equals 0.5 miles
- Challenge track (includes stairs and driving range platform): three laps equals 0.5 miles

### Terrific Turf Time (T3)

- Play on the turf with your own equipment or limited on-site equipment. T3 is available when there are no events on the calendar – check online schedule.
- Fee: \$4 per person (maximum of \$12 per family)
- Rules: Sport or tennis shoes are required (no cleats allowed). This is not a drop-off activity. Children under age 9 must be accompanied by someone age 16 or older.

## ICE COMPLEXES

- **Capital Ice Complex:** ice rinks, dry floor, training rooms, meeting rooms
- **VFW Sports Center:** ice rinks, curling rink, dry floor, meeting rooms

### How to Rent Ice

1. Check ice availability on online calendars.
2. Call 701-221-6814.
3. Payment is due when you rent the ice, unless you have a long-term user agreement.
4. Waivers must be signed in your online account or in person at the BPRD office prior to your reservation date.

## BSC AQUATIC & WELLNESS CENTER

Pools, fitness studio, and meeting rooms. Call 701-751-4266.

## CAPITAL RACQUET & FITNESS CENTER

Tennis/pickleball courts, racquetball/wallyball courts, fitness studio, and KidZone. Call 701-221-6855.

## JOANN HETZEL MEMORIAL 4-H BUILDING

This popular space for wedding receptions, fundraising events, sales, and large gatherings within the Missouri Valley Complex is owned by BPRD. Reservation requirements and building details are posted online. Call 701-222-6455.

## FORE SEASONS CENTER

Indoor turf fields, golf driving bays, and batting cages. Call 701-223-3600.

## WORLD WAR MEMORIAL BUILDING

Basketball/volleyball courts, community room, and fitness room. Call 701-222-6454.



# Camping

## GENERAL SIBLEY PARK & CAMPGROUND

5001 S. Washington St.

**Camping Season:** May 1-October 12, 2026 (reservations open on March 26 at 8:00am)

### Features

- RV campsites with electrical hook-ups
- Tent campsites
- Showers, water and dump station

### Campground Office

- Phone: 701-222-1844 (during camping season)
- Hours: 10:00am-9:00pm daily from Memorial Day-Labor Day (hours vary in off-season)

### Camping Fees

- RV campsites with electricity: \$27 per night
- Tent campsites: \$14 per tent per night

Tips for using the online reservation system are posted on our website along with campsite maps and photos, arrival and departure information, and rules.

## EAGLES PARK & CAMPGROUND

10900 NW Highway 1804

**Camping Season:** May 1-October 12, 2026

**Features:** Primitive camping with portable restrooms

### Tent Campsite Reservations

- Reservations: open for 2026 season on March 26
- Fee: \$12 per camping unit per night
- Undesignated campsites: 30
  - Reserve 60 days in advance online or by calling 701-222-6455 (requires license plate number)
  - Guarantees space to camp on particular date but not specific site
- Power: 12 outlets on three posts are scattered throughout undesignated camping area
  - First-come, first-served basis
  - 20-amp/100-volt electricity will not power larger campers

### First-Come, First-Served RV Campsites

- Fee: \$20 per night (cash or check only paid on site)
- Campsites: 9
  - 50-amp service and 60-foot gravel pads
  - First-come, first-served basis (cannot be reserved)

### Entire Campground Rental

- Reservations: open for 2026 season
- Fees: 1 day at \$300, 2 days at \$500, or 3 days at \$600
- Reserve all campsites by calling 701-222-6455.

### Day Use Area

**Hours:** sunrise to sunset year-round (gates opened at 8:00am and locked at sunset during camping season but closed rest of year)

### Features

- Amphitheater: reservable
- Boat ramp: small boats less than 15 feet, canoes, and kayaks
- Disc golf course: 18-hole
- Horseshoe pits
- Little Free Library and Poetry Boxes
- Playgrounds: 3
- Sand volleyball court
- Shelter-outdoor picnic: 2 reservable
- Trail: 1.2-mile unpaved nature
- Trail: 0.6-mile paved shared use interpretive
- Trail: connection to paved shared use South Washington Street trail from park entrance

## Recreation Area

## MCDOWELL DAM RECREATION AREA

1951 93rd St. NE

Day use park open sunrise to sunset located five miles east of Bismarck on Old Highway 10 and one mile north. Owned by Burleigh County Water Resource District and managed by BPRD.

### Features

- Beach
- Boat ramp: electric motors only, no combustion motors
- Kayak launch: accessible
- Fishing piers
- Playgrounds: 2
- Gaga ball pit
- Volleyball poles: net from Memorial to Labor Day
- Shelter-outdoor picnic: 4 reservable
- Restrooms: permanent and vault
- Trail: 0.6-mile paved shared use loop
- Trail: 2.4-mile unpaved biking and hiking loop

### Concessions and Equipment Rentals

- Phone: 701-223-7016
- Memorial Day weekend to Labor Day weekend
  - Monday-Friday: 1:00pm-9:00pm
  - Saturday-Sunday: 11:00am-9:00pm
- Paddleboats, paddle boards, canoe, kayaks (single and tandem): \$6 for 30 minutes; \$10 for 60 minutes; \$14 for 90 minutes



# Outdoor Pools and Splash Pads

## OUTDOOR POOLS

### SEASON & HOURS

June 1-August

- Monday-Thursday: 12:00-4:00pm and 4:30-8:00pm
- Friday-Sunday: 12:00-7:00pm
- Hillside lap swim Monday-Friday: 11:30am-12:30pm

### Weather Closure Details

When weather threatens participants or lightning is spotted, pools will close. If the air temperature is not 66 degrees by 11:00am, pools will not open. If pools close during a session, you will receive a rain check (must be used during current pool season).

### ADMISSION

#### Session Swim Fee

- Per person per session: \$5
- Per person per session with Hillside waterslide (must 48 inches tall): \$6
- Infants 11 months and younger: free
- Hillside lap swim per person per session: \$1

#### Coupon Books

- 12 admissions: \$50
- 12 admissions with Hillside waterslide: \$60
- Purchase at the BPRD office or at the pools

#### Season Pass

- Per person: \$100
- Per person with Hillside waterslide: \$130
- Purchase online or at BPRD office. You must visit office to receive your pass card and have your photo taken. No refunds.
- Save your pass card after the season – then reactivate it for next outdoor pool season!

### BIRTHDAY PARTIES

See page 11.

### PRIVATE AFTER-HOURS RENTALS

Reservations must be made at least one week in advance during the outdoor pool season June through mid-August. Call 701-712-8918.

- Elks Aquatic Center: \$275 per hour
- Hillside Aquatic Complex: \$325 per hour
- Paul H. Wachter Aquatic Complex: \$225 per hour

## FACILITIES

### Elks Aquatic Center

321 W. Broadway Ave., Pool Season Phone: 701-222-6607

#### Features

- Slides: 2 small
- Splash pad
- Large patio area with umbrellas
- Concessions
- Changing rooms
- Playground

### Hillside Aquatic Complex

1719 E. Boulevard Ave., Pool Season Phone: 701-222-6419

#### Features

- Slides: 2 (170 feet and 155 feet)
- Water slide, water gun, net climb, tipping cone, climbing wall, umbrella jet
- Lap lanes
- Concessions
- Locker rooms: bring your own lock for lockers
- Family changing rooms

### Paul H. Wachter Aquatic Complex

205 E. Reno Ave., Pool Season Phone: 701-222-6614

#### Features

- "Wave pool" with ocean-style waves
- Locker rooms: bring your own lock for lockers

## NEW GENERATIONS PARK SPLASH PAD

1021 Mustang Dr.

This splash pad is FREE for all. Push the button for 15 minutes of water fun.

#### Season

- Memorial Day to mid-September (weather permitting)
- 10:00am-8:00pm daily



## SHELTER RESERVATIONS

### How to Reserve

- Reserve most outdoor picnic shelters and community buildings online.
- To reserve community building within next 7 days or outdoor shelter within next 3 days or prefer not to book online, call 701-222-6455 or visit the BPRD office.

### Need to Know

- Full day reservation is 8:00am-11:00pm, half day is 8:00am-3:00pm or 4:00-11:00pm. General Sibley Park and McDowell Dam Recreation Area close at sunset.
- You must pay when you reserve a shelter.
- All reservations are tentative until payment is made and waivers are signed.
- Special requests and events in parks require approval.
- A \$30 alcohol permit may be added to your reservation.
- Shelters may be reserved through 2027.

### Community Buildings (Indoor Shelters)

- Farwest Rotary Community Center, New Generations Park (available March 16-November 30)
- Hillside Aquatic Complex Community Room, Lions Park (limited reservations and no alcohol allowed during swim season June-August)
- Jaycee Leadership Hall, Jaycee Centennial Park (available March 16-November 30)
- Lions Park Community Center, Lions Park (available March 16-late May and mid-August-November 30)
- Sertoma Club Community Center, Sertoma Park

### Fees

- Full Day: \$150 (for-profit \$300)
- Half Day: \$100 (for-profit \$200)
- Hillside Full Day: \$275 (for-profit \$550)
- Hillside Half Day: \$225 (for-profit \$450)

### Outdoor Picnic Shelters

- Full Day: \$75
- Half Day: \$45
- Sleepy Hollow Full Day: \$90
- Sleepy Hollow Half Day: \$70

**Outdoor Stage and Amphitheater:** Stage at Custer Park, amphitheater with bench seating at General Sibley Park

- Full Day: \$50 (for-profit \$110)
- Half Day: \$35 (for-profit \$65)

**Renting Equipment with Shelter Reservations:** Rental equipment is for BPRD shelter renters. Volleyballs and nets, bats and balls, horseshoes, and frisbees are available first-come, first-served at World War Memorial Building. Call 701-222-6454.

Fee: \$50 deposit and \$20 use fee (deposit and use fee must be paid separately, cash or check only). If you return the equipment clean within 3 days, you'll get your deposit back.

## COMMUNITY GARDENS

The 2026 community garden season runs from May 16 through October 11. BPRD offers garden plots for rent at:

- Elk Ridge Park
- Horizon Park
- Johnny Gisi Memorial Park
- Missouri Valley Complex
- Municipal Ballpark/Hannifin
- Tatley-Eagles Park

### Fees

- 10-foot by 10-foot plot: \$15
- 20-foot by 20-foot plot: \$60 (only available at MVC and Tatley-Eagles)

**Interest List:** Anyone who did not have a community garden plot in 2025 may call the BPRD office at 701-222-6455 to be placed on the interest list for 2026. Those on the list will be contacted by email in mid-March regarding availability of garden plots. New gardener registration forms and payment will be accepted on a first-come, first-served basis starting March 19. Learn more on our website.

## COURTS & FIELDS

Basketball, racquetball, tennis/pickleball, and volleyball courts are located in many parks, along with baseball, soccer, and softball fields. Visit our website for location and reservation information.

## OUTDOOR FITNESS EQUIPMENT

Enjoy the fresh air while you work out at the AARP Outdoor Fitness Park at Jaycee Centennial Park, Horizon Park Fitness Trail, Kiwanis Park Fitness Trail, and Sertoma Park FitLot.



## PARK SYSTEM

Bismarck Parks and Recreation District owns and manages more than 2,700 acres of park land, almost 100 parks and facilities, and more than 80 miles of trails.

- Hours are posted in parks and on park webpages.
- Seasonal park restrooms generally open in mid-May and close in mid-October, depending on the weather.

## PARK RULES

For your safety and enjoyment, we ask you to abide by the following rules and regulations in our parks and 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, except at the dog park, and please clean up after your pets. Only service animals are allowed in buildings, including indoor park shelters.
10. Hunting, trapping or killing of animals or birds is prohibited
11. No overnight camping is allowed in any city parks.

## BOAT RAMPS AND FISHING

BPRD manages three boat ramps on the Missouri River (General Sibley Park & Campground, Fox Island Boat Ramp, and Hoge Island Park), as well as one at McDowell Dam Recreation Area. Shore fishing is allowed on public land along the Missouri River and at Cottonwood Park Pond and McDowell Dam Recreation Area. Learn more on our website. Always follow boating and fishing regulations from the North Dakota Game and Fish Department.

## DOG ORDINANCE AND DOG PARK

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. See more at [www.BisParks.org](http://www.BisParks.org).

**Century Bark Park**, 700 E. Century Ave., is the only leash-free area within the BPRD system. Hours are 5:00am-11:00pm. Park in the parking lot west of Century High School. The park includes four gated fields, water, and a portable restroom.

## SPECIALTY PARKS

**Arboretum:** Located within Tom O'Leary Golf Course at 1329 Ward Rd., Bismarck Rotary Arboretum entrance is off Ward Road, just south of Divide Avenue. It features 29 varieties of native trees along with natural grasses.

**Archery Ranges:** The free public outdoor space at Nishu Bowmen Archery Ranges, 1409 Riverwood Dr., includes a practice range for shooting up to 70 yards from sunrise to sunset.

**Community Orchard:** The orchard is located within the Clem Kelley Athletic Complex, south of fields 5 and 6, at 517 W. Arbor Ave. The orchard is open to everyone. See the rules on our website.

**Disc Golf Courses:** General Sibley Park & Campground, 5001 S. Washington, has an 18-hole course, and Lions Park, 1601 E. Boulevard Ave., has a 9-hole course.

**Skate Parks:** Skateboards, in-line skates, and bikes are allowed at skate parks at Lions Park, 1601 E. Boulevard Ave., and Sons of Norway Park, 1502 E. Bismarck Expy.

## TRAILS

BPRD owns and manages more than 80 miles of trails throughout the City of Bismarck and Burleigh County.

- Paved shared use trails
- Unpaved biking and hiking trails
- Interpretive trails

Use our Find a Park search on our website for trail options within our parks. View our Park Map to see all trail options.



# Other Programs and Partners

## 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.

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

## Bismarck Aircraft Modelers

The Bismarck Aircraft Modelers is a local group of radio-controlled aircraft enthusiasts who enjoy flying, learning, and sharing its passion for model aviation. Our members range from beginners to experienced pilots, and we gather to fly together, plan seasonal events, host fly-ins, and share tips, photos, and equipment.

If you're interested in RC aircraft and want to connect with others who enjoy taking to the skies, we welcome you to join us this spring and summer. Visit [facebook.com/groups/791958880939506](https://www.facebook.com/groups/791958880939506) for more information.

## 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 Bricks Soccer Club

Bismarck Bricks Soccer Club is a parent-driven organization dedicated to shaping young adolescents through soccer. With both licensed and parent coaches, we provide affordable, high-quality training in a competitive, yet supportive environment. Our players develop teamwork, respect and sportsmanship while gaining valuable life skills that extend beyond the game. We believe soccer should be fun, accessible and fulfilling, helping young athletes grow on and off the field.

For more information, email [bismarckbricks@gmail.com](mailto:bismarckbricks@gmail.com).

## Bismarck Figure Skating Club

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

Anyone wishing to participate can visit [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

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. 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

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

For more info, visit [bismarckhorseclub.com](http://bismarckhorseclub.com).

## Bismarck Larks

The Bismarck Larks are celebrating their 10th anniversary season in Summer 2026, opening at home on Memorial Day. The Season 10 ballpark entertainment lineup includes drone shows, viral promotions, five fireworks nights, and special guests. Welcoming families, businesses, civic groups, and fans of all ages, the Larks' mission is to create core memories, lifelong fans, and a stronger community. Check out the 36 home game schedule and all-inclusive ticket options at [larksbaseball.com](http://larksbaseball.com).

The Larks play in the Northwoods League with 24 teams, including two in-state rivals, made up of collegiate baseball players from around the country.

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

## Bismarck-Mandan Horseshoe Pitchers Association

The Bismarck-Mandan Horseshoe Pitchers Association (BMHPA) is a sanctioned horseshoe club located at Sertoma Park in Bismarck that hosts a coed and mixed horseshoe pitching league on Tuesdays and Wednesdays in the summer. All leagues are handicapped creating a level playing field for pitchers of all skill levels. Players of all ages are welcomed. Whether you're new to horseshoes or have maybe played at a family reunion, come give horseshoes a try with us!

For more information, find us on Facebook at [facebook.com/BismanHorseshoes](https://www.facebook.com/BismanHorseshoes) or email us at [bismanhorseshoes@gmail.com](mailto:bismanhorseshoes@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

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

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

## Bismarck-Mandan Tennis Association

Looking to play the "world's healthiest sport"? Tennis has the incredible power to add years to your life - and life to your years!

Bismarck-Mandan Tennis Association (BMTA) is passionate about promoting, supporting, and growing tennis in our community. We offer an exciting variety of leagues, tournaments, drills, and socials designed to encourage friendly competition, foster community, and build skills. BMTA welcomes players of all ages and abilities. Ready to have fun, boost your fitness, and make new friends? Visit [BMTA.USTA.com](http://BMTA.USTA.com) to learn more and start playing today!

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

**Men's:** For 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 information. To be eligible to play, girls must be 13 by December 31, 2026. 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. The club meets on Tuesday and Thursday evenings at 6:30pm and Sundays at 1:00pm. From April 1-Sept. 1, the club does not meet on weekends. Beginners to advanced players are welcome. There is open play at no cost.

For more information, go to [bismarcktabletennis.com](http://bismarcktabletennis.com) or contact Seth at 701-471-8908.

## Bismarck Youth Baseball

Established in 1991, Bismarck Youth Baseball (BYB) is a non-profit youth baseball organization for ages 5-19 in the Bismarck area. BYB offers both recreational and competitive baseball programs. In 2026, BYB is expanding its community-based program to include Little League. 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, Little League, 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 Bismarck Youth Fastpitch Softball Association 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, baked goods, artisan crafts, food trucks, kid's activities, live music, and more. BisMarket accepts SNAP benefits and participates in the Double Up program. BisMarket also opens the Imagination Playground during its market hours (weather permitting). The market is every Saturday from June through October, 10:00am-1:00pm, rain or shine!

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

## Burleigh County 4-H

Burleigh County 4-H offers hands-on, real-life learning experiences through projects, activities, and events for youth ages 5-18. Members can make new friends at monthly club meetings and project days, attend 4-H camp, and explore interests in STEM, pets, photography, baking, woodworking, gardening, welding, sewing, hippology, livestock, and much more.

For more information on enrolling in 4-H, contact the Burleigh County Extension office at [ndsu.burleigh.extension@ndsu.edu](mailto:ndsu.burleigh.extension@ndsu.edu) or call 701-221-6865.

## Capital City Soccer Club

Capital City is a nonprofit travel soccer club that aims to provide a competitive and inclusive environment for soccer players of all ages, where excellence, positivity, and skill development are the core focus. Through dedicated coaching and expanded training, we want to inspire players to reach their full potential, both on and off the field, while promoting teamwork, respect, community, and a passion for the game. Our fall/winter season runs May 18-August 1, 2026.

For more information and registration, visit [capitalcitysoccernd.com](http://capitalcitysoccernd.com).

## 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).

## 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).

## 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 [dakotauitedsoccer.com](http://dakotauitedsoccer.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](http://dakotawestartscouncil.org).

## Dakota Zoo

From riding a train around the zoo, to coming face to face with your favorite animal during a Wild Happenings keeper chat, every visit to the Dakota Zoo is sure to create lifelong memories. The zoo also hosts special events throughout the year to guarantee you have a blast at the wildest place in town.

**Winter Hours:** October-late April, Friday, Saturday, and Sunday - 1:00-5:00pm

**Summer Hours:** Beginning late April-September 2026, daily - 10:00am-6:00pm

For more information and a list of dates and times, call 701-223-7543 or check our website at [dakotazoo.org](http://dakotazoo.org).

# Other Programs and Partners

## 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](http://dreamsinmotioninc.com) or email [dreamsinmotioninc@yahoo.com](mailto:dreamsinmotioninc@yahoo.com).

## Fastrax BMX

Interested in trying BMX? The first race is FREE. Loaner helmets and bikes available. Join anytime! Summer Schedule: Race every Monday and Thursday. Registration from 6:00-7:00pm. FREE Practice every Tuesday from 6:00-8:00pm.

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](http://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 spring and fall for beginner carvers.

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

## Girl Scouts - Dakota Horizons

Girl Scouts provides every girl the opportunity to build courage, confidence and character to make the world a better place. We offer programs to meet girls where they are and how they want to participate. Girls can join a troop for the traditional Girl Scout experience or go solo by earning badges and attending programs independently. Girl Scouts is made to fit her interests and her schedule.

Available for girls in grades K-12, we offer a diverse range of age-appropriate programs and activities year-round, including our entrepreneurial programs, unique outdoor camps and community service opportunities.

To learn more, visit our website, [gsdakotahorizons.org](http://gsdakotahorizons.org), call us at 1-800-666-2141 or send us an email at [help@gsdakotahorizons.org](mailto:help@gsdakotahorizons.org).

## 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](http://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 14 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 18 teams currently in two different divisions. The league promotes fun and a safe play environment with no checking. For more information, go to [mrahl.com](http://mrahl.com) or email [codyfleck78@gmail.com](mailto:codyfleck78@gmail.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: Zac Heskin at 701-340-2039. Visit [msmacr.org](http://msmacr.org).

## Nishu Bowmen Archery Club

Located at 1409 Riverwood Dr., the Nishu Bowmen Archery Complex is proudly maintained by the Nishu Bowmen Archery Club. The facility has two 14-target NFAA-certified outdoor ranges, regularly used to host state-level field tournaments. Another practice area allows archers to shoot from distances ranging from 10-90 yards. Indoors, the complex features two levels: a lower range with shooting distances just beyond 30 yards, and an upper-level range set for 20-yard target shooting. Nishu Bowmen offers a wide variety of leagues—both indoor and outdoor—for archers of all ages and skill levels, from beginners to seasoned competitors. The club is affiliated with NDACA, NDBA, NFAA, and USA Archery, reinforcing its commitment to excellence in the sport.

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. A Fishing license is required for ages 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 provides every student the opportunity to build confidence, creativity, and a love of movement. Serving ages 10 months through adult, our programs include classes, camps, workshops, performances, and community engagement activities. We offer programs that meet students where they are and how they want to participate. Northern Plains Dance is designed to fit each student's interests and schedule. New students can try their first class free, and registration is open year-round.

To learn more, visit [northernplainsdance.org](http://northernplainsdance.org), call 701-530-0986, or email us at [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org).

## 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

This annual charity softball event held in Bismarck-Mandan draws approximately 400 teams from the US and Canada, as well as roughly 15,000 fans. The event is hosted at several softball complexes every June and is considered to be the largest charity softball event in the world. The McQuade Charity Softball Tournament is celebrating our 51st Anniversary this summer and since the tournaments inception we have donated over \$2 million to local charities!

- June 26-28

- Bismarck-Mandan Softball Complexes

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

## Scouting America

Scouting America is for boys and girls who want to experience an outdoor adventure. We have two distinct programs: Cub Scouts (Grades K-5) and Scouts BSA (Ages 11-17) that offer a wide range of opportunities such as camping, leadership skills, teamwork, hiking, and more! Our program is designed to provide opportunities in leadership, citizenship, personal fitness, and character.

To learn more, contact the Bismarck Scout Center at 701-223-7204 or [beascout.org](http://beascout.org).

## Shade Tree Players

Shade Tree Players is an educational theatre organization for children 7-18 years old, that focuses on teaching skills and techniques to becoming confident actors. Shade Tree offers two summer programs: Academy (7-13 yrs) and Conservatory (13-18 yrs). Both programs offer musicals and plays for a total of 6 productions each summer. Every registrant gets a role! Conservatory will hold auditions on March 8, 13, and 22.

2026 Summer Shows:

- Junie B. Jones is Not a Crook! (Academy Play)
- Rock Bottom (The Prehistoric, Hysterical Rock Musical) (Academy Musical)
- Beetlejuice, Jr. (Conservatory Musical)
- A Wrinkle in Time (Conservatory Play)

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

## Sleepy Hollow Theatre & Arts Park

SHTAPS is the only venue/programming of its kind in the entire state. Showcasing Broadway-style musicals outdoors under the stars, in an attractive park setting, it annually attracts thousands of people to the capital city with professional level lights, sound, sets and costumes showcasing live casts and orchestras on their 100 ft. stage.

The 2026 Broadway-style music dates are:  
Fiddler on the Roof: July 9-18  
Shrek the Musical: July 23-August 1

Visit [www.shtap.org](http://www.shtap.org), call 701-319-0894 or email [susan@shtap.org](mailto:susan@shtap.org) for more information.

## Special Olympics

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

Any individual with an intellectual disability, 8 years or older, is eligible to participate in Special Olympics. Sports offered include unified soccer, unified and traditional bocce, bowling, basketball, snowshoeing, cross-country skiing, unified volleyball, unified and traditional cornhole, swimming, powerlifting, and track and field. Unified Sports is a program within Special Olympics that combines equal numbers of athletes with and without intellectual disabilities on sports teams for training and competition.

Want to get involved? Volunteers are needed year-round in Bismarck/Mandan and throughout North Dakota to coach, officiate, participate as a unified sports partner, or be a day-of volunteer to work at tournaments.

For further information, to volunteer or to participate, contact Special Olympics North Dakota at 1-800-279-4201 or [info@specialolympicsnd.org](mailto:info@specialolympicsnd.org). Visit us on our website at [specialolympicsnd.org](http://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).

## Theo Art School

Theo Art School is a nonprofit, year-round art school offering educational artistic enrichment to our community of Bismarck, North Dakota, and surrounding cities. Theo Art School has been Bismarck-Mandan's premier art school since 1992, with more than 80,000 student registrations! We provide affordable and enriching art instruction for anyone from 10 months old to 100 years young. We teach painting, drawing, paper arts, 3D art and more, sharing our love of Impressionism, Realism, Pop Art, and other artistic styles. You bring your enthusiasm, we supply the materials and inspiration you need to create fun and fabulous art.

Our studios are located in the upper and lower levels of the Frances Leach High Prairie Arts and Science Complex at 1810 Schafer Street in Bismarck. With large rooms, ample parking, a very safe environment, excellent instruction, and a load of inspiration to share, Theo Art School offers students a fabulous art experience. For more information, visit [theoartschool.org](http://theoartschool.org) or call 701-222-6452.

## Program Registration Opening Dates

Program	Registration Opening Date
Adult Sand Volleyball	March 30 at 7:30am
Indoor Swim Lessons: Spring Session 1	March 31 at 10:00am
Spring/Summer Programs	April 1 at 8:00am
BLAST for New Families/Children	June 2 at 7:30am
Indoor Swim Lessons: Summer Session 1	June 2 at 10:00am
Outdoor Swim Lessons: Summer Session 1	June 8 at 10:00am
Outdoor Swim Lessons: Summer Session 2	June 29 at 10:00am
Indoor Swim Lessons: Summer Session 2	July 8 at 10:00am
Outdoor Swim Lessons: Summer Session 3	July 20 at 10:00am
Adult Fall & Winter Volleyball	August 4 at 7:30am
Youth Tennis: Fall Session 1	August 12 at 10:00am
Indoor Swim Lessons: Fall Session 1	September 8 at 10:00am

## JULY CELEBRATION

Come out and play during National Park and Recreation Month!

Join us in celebrating:

- The Power of Connection
- The Power of Play
- The Power of Community
- The Power of Nature
- The Power of Belonging

Visit our website in June for a complete calendar of events!

**THE  
POWER  
OF PARKS AND  
RECREATION**



# ADA Access and Inclusion Solution Process

This ADA Access and Inclusion Solutions Process (ADA Solutions Process) may be used by anyone who believes that a Bismarck Parks and Recreation District (BPRD) program, service, or facility is not available to them because of their disability. The ADA Solutions Process does not apply to the employment relationship between BPRD and its employees, which is governed by the BPRD Human Resource Policy and Procedure Handbook.

## Solutions Process Steps

### Step 1: Submit a Written Request for Solution

A Request for Solution should be made in writing and contain information about the issue requiring a solution. There is a preferred Request for Solution Form for this purpose available on the BPRD website or by request from BPRD's ADA Coordinator. The information provided should include, at a minimum, the name, address, email, and phone number of the person seeking a solution and the location, date, and a brief description of the issue and the requested solution.

Upon request, BPRD will accept alternative means of making a Request for Solution, such as through a face-to-face discussion with BPRD staff or via the submission of a recording or audio file containing the relevant information.

The Request for Solution should be submitted to BPRD's ADA Coordinator by the person with a disability, or their authorized representative, as soon as possible but no later than 60 calendar days after the date on which the issue first arose or occurred:

ADA Coordinator: RaNae Jochim  
Phone: 701-222-6455; Email: rjochim@bisparcs.org; Address: 400 East Front Avenue, Bismarck, ND 58504  
The Request for Solution may be submitted by U.S. mail, email, or hand delivery.

### Step 2: Schedule a Meeting

Within 7 calendar days after receipt of the Request for Solution, the ADA Coordinator, or designee, will schedule a meeting with the person seeking a solution to discuss the Request for Solution and the possible solutions.

The communications to schedule the meeting may take place by phone, by text, in person, or by email. The meeting shall occur within 15 calendar days after the ADA Coordinator's receipt of the Request for Solution.

### Step 3: Meeting to Discuss the Request for Solution

Within 15 calendar days after receipt of the Request for Solution, the ADA Coordinator, or designee, will meet with the person seeking a solution to discuss the Request for Solution and the possible solutions. The meeting may take place in person, virtually, or by phone based on the preference of the person requesting a solution. The person requesting a solution may bring other persons to the meeting, such as a family member, advocate, or attorney, but must provide advance notice to the ADA Coordinator regarding the attendance of an additional person(s) and their relationship to the person seeking a solution. The ADA Coordinator may reasonably limit the number of persons attending this meeting. Other BPRD staff may also attend the meeting at the request of the ADA Coordinator.

### Step 4: Provide a Solution

Within 15 calendar days of the meeting, the ADA Coordinator, or designee, will provide a written decision regarding the Request for Solution. Where appropriate, the response will be provided in a format accessible to the person seeking the solution, such as large print, Braille, or audio format. The response will explain the position of BPRD and offer a solution, if available, to the Request for Solution. There may be times where more than one solution will be effective, and in such cases, the written response will describe the possible solutions.

### Step 5: Appealing a Request for Solution Decision

If the response by the ADA Coordinator, or designee, does not satisfy the person requesting a solution, they and/or their authorized representative may appeal the decision to the Executive Director, or designee, within 5 calendar days after receipt of the ADA Coordinator's response. An appeal made more than 5 calendar days after the receipt of the ADA Coordinator's response will not be considered.

Within 15 calendar days after receipt of the appeal, the Executive Director, or designee, will meet with the appellant to discuss the appeal and the original decision regarding the Request for Solution. The meeting may take place in person, virtually, or by phone based on the preference of the person requesting a solution.

Within 15 calendar days after the meeting, the Executive Director, or designee, will respond in writing, and, where appropriate, in a format accessible to the appellant, with a final resolution of the appeal.

**BPRD Designees:** The ADA Coordinator and Executive Director may delegate their authority to act under this ADA Solutions Process to other BPRD personnel as their designees. The person requesting a solution will be informed, in writing, when such a delegation of authority has been made.

**Authorized Representative:** The person requesting a solution may be represented throughout the steps of the ADA Solutions Process by a representative authorized to act on the requester's behalf. The person requesting a solution must inform BPRD in writing when a representative is authorized to represent the requester's interests before BPRD.

**Deadlines:** When a deadline for an action under this ADA Solutions Process falls on a weekend or holiday, the deadline will be extended to the next working day the BPRD main office is open for business. Deadlines for actions to be taken by BPRD may be extended, in writing, by the Executive Director where business necessity warrants or by mutual agreement of the parties. Deadlines for actions to be performed by the requesting party may be extended only by mutual consent of the parties.

**Costs:** BPRD and the requesting party will each bear their own costs incurred in participating in the ADA Solutions Process. BPRD will not charge a surcharge to persons with disabilities to cover the cost of implementing measures taken to comply with the requirements of the ADA.

**Records:** Records related to the ADA Solution Process, including all written requests, appeals, and responses, will be retained by BPRD for a minimum of six years from the date of final disposition.

**Other Options:** BPRD believes an internal solution is an effective and efficient approach to accessibility and inclusion issues, offering greater flexibility to all parties. That said, participation in the ADA Solutions Process is not a prerequisite to pursuing any other options for bringing an ADA-related complaint provided by law. Members of the public are free to seek a resolution to their complaints through the appropriate federal agencies or the courts.

**Information:** Bismarck Parks and Recreation District is committed to access and inclusion and believes that both make Bismarck a better community. To further discuss access and inclusion issues and initiatives, contact the ADA Coordinator at 701-222-6455 or rjochim@bisparcs.org.

APPROVED BY THE BOARD OF PARK COMMISSIONERS MARCH 21, 2024

## 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 Policies & Rules in the quick links at the bottom of the home page.

# Thank You

**Bismarck Parks and Recreation District appreciates the partnership for 2025 programs, facilities, and special events of the following businesses and organizations.**

## **Programs and Special Events**

Bareknuckle Baseball  
Bismarck Figure Skating Club  
Bismarck Gymnastics Academy  
Bismarck Hockey Boosters  
Bismarck Mandan CVB  
Bismarck Public Schools  
Bismarck Sports Group  
Capital Credit Union  
Capital Curling Club  
CHI St. Alexius  
Choice Bank  
Cornerstone Bank  
Dakota Junior Golf Association  
Downtown Bismarck Community Foundation  
Essentia Health  
Fetzer Electric  
First International Bank & Trust  
First Western Bank & Trust  
Flash Printing  
HuHot Mongolian Grill  
Kiwanis Club  
Lindtech Services Inc.  
Mann Signs  
Montana Dakota Utilities  
ND Amateur Basketball Inc.  
ND Insurance Reserve Fund  
Northern Plains Heritage Foundation  
Nurturing Wellness Pediatrics  
PepsiCo  
Petro-Hunt LLC  
Puklich Chevrolet  
Sanford Health  
Scheels  
Starion Bank  
Terry's Health Products

## **Facilities and Parks**

BCBS Wellness Funds  
Bis-Man Pickleball Club  
Bismarck Aircraft Modelers  
Bismarck Rotary Club  
Garrison Diversion Conservancy District  
ND Department of Commerce  
ND Department of Transportation  
ND Game and Fish Department  
ND Parks and Recreation Department  
ND Workforce Safety Insurance  
North Dakota Forest Service  
Southeast Education Cooperative

## **Matching Grant Program**

Bareknuckle Baseball  
Bismarck Mandan Lacrosse Association  
Bismarck Optimist Park  
Bismarck Rotary Club  
Bismarck Youth Baseball  
Bismarck Youth Fastpitch  
Dakota United Soccer Club  
Fastrax BMX  
Missouri River Baseball Club  
Nishu Bowmen  
Sleepy Hollow Theater & Arts Park  
Teddy Roosevelt Family Day

## **Golf Course Tee Box Signs**

Dakota Eye Institute  
Dakota Junior Golf  
Golf Best Golf Shops  
Hatch Realty  
KLJ  
Kramer Agency  
Lux Wealth Advisors  
Mann Signs  
Markwed Excavating  
Northern Improvement Co.  
Northwest Contracting  
Outdoor Services Inc.  
Quality Title Inc.  
Riverwood Mens' Golf Association  
Singles Club  
Smith Porsborg Schweigert  
Armstrong Moldenhauer & Smith  
Tri-Energy Cooperative CENEX  
VUE

# Summer Jobs - Join Our Team!

Bismarck Parks and Recreation District offers fun and flexible jobs at our parks and in our facilities. We offer great perks for people who work with us: a benefits pass that provides rounds of golf, driving range balls, pool passes, fitness passes, and an outdoor picnic shelter reservation.

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

## Age 14+

- Coaches for youth soccer and tennis
- Volleyball officials
- Facility attendants – Capital Racquet & Fitness Center

## Age 15+

- Activity Center leaders – work with kids in grades K-5
- Coaches for youth baseball, basketball, and volleyball
- Concessions – outdoor pools
- Lifeguards and swim instructors – FREE training if you join our team!
- Triple Star Day Camp leader – work with kids with disabilities

## Age 16+

- Coaches for flag football
- Concessions – McDowell Dam Recreation Area, softball complexes
- Facility attendants – BSC Aquatic & Wellness Center, golf courses, ice arenas, outdoor pools, World War Memorial Building
- Front desk attendants – BSC AWC and CRFC
- Waterslide monitor – Hillside Aquatic Complex

## Age 18+

- Camp host – Eagles Park & Campground
- Group fitness instructors, personal trainers, and water aerobics instructors – BSC AWC and CRFC
- Maintenance, mowers, landscape crew – golf courses, parks, sports complexes, recreation areas
- Office attendants – General Sibley Park & Campground
- Outdoor pool managers
- Program coordinators for youth basketball, flag football, and soccer
- Safety Village teachers
- Zamboni drivers

Apply online at  
[www.BisParks.org/Jobs](http://www.BisParks.org/Jobs)  
or visit our office at  
400 E. Front Ave.  
in Bismarck.



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