

Your Season of Play Awaits!



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

2026-2027 Fall & Winter Activity Guide



Activities - Facilities - Parks - Special Events

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CONTACT US

Phone: 701-222-6455

Email: bisparks@bisparks.org

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

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

Website: 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**
Julie Jeske, President
Michael Gilbertson, Vice President
Russ Hanson, Commissioner
Kate Herzog, Commissioner
Paula Redmann, Commissioner
- Administrative Division**
Dave Leker, 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
Colin Bales, Facilities Manager, Arenas & Outdoor Pools
Tim Doppler, Golf Operations Manager
Ryan Geerdes, Facilities Manager, Fitness Facilities
RaNae Jochim, Recreation Manager
- 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.



ANNUAL BRC GOLF SCRAMBLE

The 3rd Annual Bismarck Recreation Council Golf Scramble at Riverwood Golf Course on June 16 was a huge success thanks to our sponsors, teams, and silent auction donors. All funds raised support the BRC Endowment Fund. Check out the list of sponsors, teams, and auction donors on our website.

Save the date for our 4th Annual Scramble on June 15, 2027! Details will be available this fall for returning sponsors and teams.



PROGRAM REGISTRATION

Fall/Winter Programs: Register Starting August 12 at 10:00am

Bismarck Parks and Recreation District offers programs for children and adults that you need to sign up for ahead of time. If fall and winter programs don't open on August 12, 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.

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.



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.

Rain Check Policy for Golf Courses and Outdoor Swimming Pools

Rain checks will be given to those individuals unable to complete their 18 or 9 holes of golf or to continue swimming at outdoor pools due to weather. No refunds are given for season pool passes or swimming lessons. Rain checks must be used within the current season.

Weather Cancellations

Check our website alert bar or Facebook for program or activity cancellations. Air quality guidelines are posted on our website.

After School & School Breaks

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.
- Limited enrollment may be available during the school year. For information, call 701-222-6455.

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

BLAST Day Camp Grades K-5: School Breaks

BLAST Day Camps offer elementary students opportunities to participate in organized gym games, crafts, and free play that help them increase social skills and enjoy active play in a safe and caring environment. Camps are supervised by current BLAST leaders.

Dates, Times, and Location

- Teacher's Convention: October 22-23
- Christmas Break: December 28-31
- 7:30am-6:00pm daily
- World War Memorial Building

Need to Know

- For grades K-5
- Lunch and snacks are not provided. Please send two snacks and a lunch for your child(ren) daily.

Fee

- \$25 per child per day
- Cancellations received after deadlines will not be refunded.

Registration Details

- Registration is first-come, first-served. Space is limited to 70 students per day.
- Priority registration for current BLAST participants opens September 14 at 8:00am for both camps.

Teacher's Convention

- Registration opens: September 28 at 8:00am
- Registration deadline: October 9 at 5:00pm
- Cancellation deadline: October 16 at 5:00pm

Christmas Break

- Registration opens: November 23 at 8:00am
- Registration deadline: December 11 at 5:00pm
- Cancellation deadline: December 16 at 5:00pm

Registration Process Steps

1. Register for BLAST Day Camp 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.



Youth Cross Country

CROSS COUNTRY

Grades 3-5: Fall

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

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.

GOLFING WITH YOUTH

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 \$13 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 Team Sports

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 VOLLEYBALL Grades 3-5 - Winter

This recreational program teaches basic skills, sportsmanship, and techniques. The program's purpose is for participants to have fun, get exercise, and develop skills. Children of all abilities are encouraged to participate. Win-loss records are not kept. Emphasis is placed on equal participation and skill development.

Need to Know: Teams organized by school if possible (may be combined). 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 or sweats, tennis shoes, and knee pads to practices and games.

Grade 3

Program Dates and Location: January 18-March 6. Jamboree: March 5-6. Informational Meeting: 7:00pm January 6 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 January 1 or \$85 if received January 2 or later. Register for elementary school they attend.

Grade 4

Program Dates: January 25-March 13. Jamboree: March 12-13.

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 January 8 or \$85 if received January 9 or later. Register for elementary school they attend, except Light of Christ students register directly through LOC school.

Grade 5

Program Dates: January 25-March 20. Jamboree: March 19-20.

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 January 8 or \$95 if received January 9 or later. Register for elementary school they attend, except Light of Christ students register directly through LOC school.



INDOOR GYMS

OPEN GYM PROGRAM

The Open Gym program provides an opportunity for youth and adults to use school gyms in a supervised, free play situation. The program is provided by BPRD with Bismarck Public Schools.

Dates: November 7-March 7

Need to Know

- FREE for all ages
- Basketball pick-up games may be played at Horizon and Simle.
- Schedule subject to change. Check our website for updates.

Locations, Days, and Times

- Centennial Elementary: Saturdays 1:00-5:00pm;
- Sundays 1:00-5:00pm
- Dorothy Moses Elementary: Sundays 1:00-5:00pm
- Liberty Elementary: Saturdays 1:00-5:00pm;
- Sundays 1:00-5:00pm
- Lincoln Elementary: Saturdays 1:00-5:00pm;
- Sundays 1:00-5:00pm
- Rita Murphy Elementary: Sundays 1:00-5:00pm
- Robert Miller Elementary: Sundays 1:00-5:00pm
- Solheim Elementary: Saturdays 1:00-5:00pm;
- Sundays 1:00-5:00pm
- Sunrise Elementary: Saturdays 1:00-5:00pm;
- Sundays 1:00-5:00pm
- Horizon Middle: Sundays 1:00-5:00pm
- Simle Middle: Sundays 1:00-5:00pm
- Wachter Middle: Sundays 1:00-5:00pm

Court Reservations

- BPRD registered volleyball teams can reserve one hour of practice time from 1:00-4:00pm on Sundays at WWMB during the Open Gym program. To reserve a court, call 701-222-6454 from 8:30am-5:00pm on Friday before Sunday play.
- Youth travel teams interested in reserving gym space during non-Open Gym hours must contact the schools or WWMB.

INDOOR PLAYGROUNDS

WEEKDAY MORNING PLAY DATES

Play Date time comes with assorted equipment and toys. Play and mess up our spaces and not yours. Play Date is an ideal play time and social interaction for stay-at-home parents and their young children.

Dates, Times, and Location

- October 5-April 26 from 10:00am to 12:00pm
- Mondays and Fridays: Turtle Beach Playground,
- BSC Aquatic & Wellness Center
- Tuesdays and Wednesdays: KidZone,
- Capital Racquet & Fitness Center
- Thursdays: Imagination Playground Room,
- World War Memorial Building

Need to Know

- For infants through age 5 and their parents/guardians
- This is not a drop-off program: everyone stays and plays. We provided the place – parents provide the supervision.
- FREE (no registration required)

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 starting September 12 through mid-May. Saturdays 11:00am-6:30pm, Sundays 12:00-6:00pm. Always check online calendar before heading to pool.

INDOOR SKATING

PUBLIC ICE SKATING

Dates, Times, and Location

- September 13-March 7, Sundays 3:00-5:00pm, VFW Sports Center, First International Bank & Trust Arena
- October 24-March 6, Saturdays 3:00-5:00pm, Capital Ice Complex, Schaumburg Arena
- October 25-March 7, Sundays 6:00-8:00pm, Capital Ice Complex, Wachter Arena
- November 10-March 4, Tuesdays, Wednesdays, and Thursdays 12:00-1:15pm, VFW Sports Center, H.A. Thompson & Sons Arena
- Always check online calendar before going skating.

Fees and Rentals: Skating Fee: \$5 per person or \$10 per family, except free during 12:00-1:15pm sessions.

Skate Rental: \$5 each (sizes available 9 junior to 15 adult).

PRESCHOOL SKATE DATE

Designed for parents and their preschool child(ren) to spend time on the ice together, this not an instructional program. Just skate together, get comfortable on the ice, and have fun.

Dates, Times, and Location: October 19-December 16 and January 4-March 17; Mondays, Tuesdays, and Wednesdays from 12:00-1:00pm; Capital Ice Complex. Always check online calendar before going skating.

Need to Know: Free drop-in program for ages 5 and under with parents/guardians. Preschool skaters must wear helmets and elbow pads.

PUCK AND STICK TIME

Open stick time is for people looking for a little extra skate time on the ice.

Dates, Times, and Location: November 10-March 4; Tuesdays, Wednesdays, and Thursdays from 12:00-1:00pm; VFW Sports Center, First International Bank & Trust Arena. Always check online calendar before going skating.

Fees and Rentals: Free for all ages. Skate Rental: \$5 each (sizes available 9 junior to 15 adult).

Need to Know: Helmets with face masks and skates are required. Pick-up games are not permitted.

YOUTH HOCKEY

Drop-in youth hockey games are for squirts to high school players.

Dates, Times, and Location: November 11-March 3; Wednesdays from 7:45-9:15pm; VFW Sports Center, First International Bank & Trust Arena. Always check online calendar before going skating.

Fees and Rentals: Skating Fee: \$5 per person for ages 9-18. Skate Rental: \$5 each (sizes available 9 junior to 15 adult).

YOUTH TENNIS: 10 & UNDER AND JUNIORS

Fall Session 1: September 8-October 10

- Registration opens August 12 at 10:00am
- Closes September 2 at 10:00pm

Fall Session 2: October 19-November 21

- Registration opens September 23 at 10:00am
- Closes October 14 at 10:00pm

Winter Session 1: January 4-February 6

- Registration opens December 9 at 10:00am
- Closes December 30 at 10:00pm

Winter Session 2: February 22-March 27

- Registration opens January 27 at 10:00am
- Closes February 17 at 10:00pm

Location: Capital Racquet & Fitness Center

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.

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.

Fall Session 1 Days, Times, and Fee: 30-minute classes at 5:30pm and 6:00pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$45 for M/W or \$50 for T/TH.

Fall Session 2 Days, Times, and Fee: 30-minute classes at 5:30pm, 6:00pm, and 6:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$50.

Winter Sessions 1 and 2 Days, Times, and Fee: 30-minute classes at 5:30pm, 6:00pm, and 6:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$50.

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.

Fall Session 1 Days, Times, and Fee: 60-minute classes at 5:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$90 for M/W or \$100 for T/TH.

Fall Session 2 Days, Times, and Fee: 60-minute classes at 5:30pm and 6:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$100.

Winter Sessions 1 and 2 Days, Times, and Fee: 60-minute classes at 5:30pm and 6:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$100.

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.

Fall Session 1 Days, Times, and Fee: 60-minute classes at 5:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$90 for M/W or \$100 for T/TH.

Fall Session 2 Days, Times, and Fee: 60-minute classes at 5:30pm and 6:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$100.

Winter Sessions 1 and 2 Days, Times, and Fee: 60-minute classes at 5:30pm and 6:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$100.

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.

Fall Session 1 Days, Times, and Fee: 60-minute classes at 5:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$90 for M/W or \$100 for T/TH.

Fall Session 2 Days, Times, and Fee: 60-minute classes at 5:30pm and 6:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$100.

Winter Sessions 1 and 2 Days, Times, and Fee: 60-minute classes at 5:30pm and 6:30pm on Mondays/Wednesdays OR Tuesdays/Thursdays. Fee: \$100.

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.

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



TENNIS EVENTS

BLACKLIGHT TENNIS

Ages 5-11, 12-18, and Adults 19+

Enjoy an hour of tennis games in a “glow in the dark” atmosphere.

- **Date, Times, and Ages:** October 23 from 5:30-6:30pm for ages 5-11, 6:30-7:30pm for ages 12-18 and Adults 19+
- **Location and Fee:** CRFC. Fee: \$12.50 per person.
- **Registration Deadline:** October 22 at 5:00pm

CREEPY CLASSIC TENNIS TOURNAMENT

Ages 7-18

Bring your best game to this hauntingly fun tennis tournament!

- **Date, Times, and Ages:** October 15 from 4:00-7:00pm for beginners ages 7-8 and 9-10, October 17 from 8:30am-5:30pm for competitive juniors ages 11-18.
- **Location and Fee:** CRFC. Fee: \$23 for beginners; \$25 per event for competitive juniors.

JUNIOR TEAM TENNIS CHALLENGES

Ages 7-12

This low-level introduction to competitive play highlights teamwork and skill development.

- **Dates, Time, and Fee:** September 18 and November 6 on Fridays from 4:00-5:30pm. Fee: \$7.
- **Location:** CRFC

TENNIS GAMEDAYS

Ages 3-10

Join us for a couple of fun evenings for kids of all tennis levels!

Parent & Child Ages 3-10 Gameday

Kids and parents enjoy a fun night playing instructor-led tennis!

- **Dates, Time, and Fee:** Falling in Love with Tennis Gameday, September 3, and Great Gobbler Tennis Gameday, November 24, from 5:30-6:15pm. Fee: \$7.50 per child, free for parents.
- **Location:** CRFC

Ages 5-10 Gameday

Our tennis staff lead kids to play their favorite tennis games.

- **Dates, Time, and Fee:** September 3 and November 24 from 6:15-7:30pm. Fee: \$10 per child.
- **Location:** CRFC

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.

Fall Session 1 Days, Times, and Fee: 75-minute classes at 4:15pm on Mondays/Wednesdays at CRFC. Fee: \$112.50.

Fall Session 2 and Winter Sessions Days, Times, and Fee: 75-minute classes at 4:15pm on Mondays/Wednesdays at CRFC. Fee: \$125.

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 at CRFC.

Fall Session 1 Days, Times, and Fee: 75-minute classes at 4:15pm on Tuesdays/Thursdays at CRFC. Fee: \$125.

Fall Session 2 and Winter Sessions 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.

Winter Sessions Days, Times, and Fee: 75-minute classes at 4:15pm on Mondays/Wednesdays at CRFC. Fee: \$125.

YOUTH RACQUETBALL

COED RAQUETBALL

Ages 7-14

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

Dates, Times, and Location: October 1-November 5; January 7-February 4 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

Visit www.BisParks.org for course prerequisites and dates and times. All class times and dates are MANDATORY for courses at BSC Aquatic & Wellness Center. Register online or in person at BSC AWC. **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.**

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).

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

LIFEGUARD RECERTIFICATION COURSE

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

Fee: \$150

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.

Fee: \$300

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 LGL/LGIT certification(s).

Fee: \$60

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.

Fee: \$250

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.

ADAPTIVE GROUP INDOOR

Visit www.BisParks.org for details.

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.

Fees

- Fall Sessions: \$85 for 1 participant; \$75 each for up to 3
- Winter/Spring Sessions: \$90 for 1 participant; \$80 each for up to 3

Registration: Register online.

GROUP INDOOR

Location: BSC Aquatic & Wellness Center

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

- Fall Session 1: September 14-October 15; Registration opens September 8 at 10:00am
- Fall Session 2: October 19-November 19; Registration opens October 14 at 10:00am
- Winter Session 1: January 11-February 11; Registration opens January 5 at 10:00am
- Winter Session 2: February 22-March 25; Registration opens February 17 at 10:00am
- Spring Session 1: April 5-May 6; Registration opens March 30 at 10:00am

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

Registration: Register online or at BSC AWC or BPRD office.

Fees

- Fall Sessions: \$60
- Winter/Spring Sessions: \$65

BSC AQUATIC & WELLNESS CENTER

Reserve online or call 701-751-4266.

Indoor Pool/Turtle Beach Playground Party: \$115 (2027). 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
 - Saturdays: 11:30am, 2:00pm, 4:30pm
 - Sundays: 1:00pm, 3:30pm
- Puklich Chevrolet Community Room 2
 - Saturdays: 11:00am, 1:30pm, 4:00pm
 - Sundays: 12:30pm, 3:00pm

Party Times for June 1-August 31

- Puklich Chevrolet Community Room 1
 - Fridays: 1:30pm, 4:00pm
 - Saturdays: 8:30am, 11:00pm
- Puklich Chevrolet Community Room 2
 - Fridays: 2:00pm, 4:30pm
 - 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
 - Saturdays: 10:00am; 1:00pm; 4:00pm
 - Sundays: 12:00pm; 3:00pm
 - 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: \$140 (2027). 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: \$180 (2027). 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.



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 4:00-6:00pm at Midway Lanes, Mandan.

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

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: November 5-December 17. Thursdays from 6:00-7:00pm OR 7:00-8:00pm at Nishu Bowmen Indoor Archery Range. No archery on November 26.

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: November 5-December 17. Thursdays from 8:00-9:00pm at Nishu Bowmen Indoor Archery Range. No archery on November 26.

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.

Need to Know: Equipment is provided except for a fencing glove, which can be purchased when the session begins.

FENCING AGES 12+ - FALL

2026 Dates, Times, and Location: Monthly sessions through December. Meets twice per week on Mondays (6:30-8:30pm) and Fridays (5:00-7:00pm) at World War Memorial Building. No fencing on November 27.

Fees: \$40 per month; \$25 discount if you sign up for five months.

FENCING AGES 12-17 - WINTER/SPRING

2027 Dates, Times, and Location: Monthly sessions except June and July. Meets twice per week on Mondays (5:30-7:00pm) and Fridays (4:30-6:00pm) at World War Memorial Building.

Fees: \$45 per month; \$25 discount if you sign up for five months.

FENCING AGES 18+ - WINTER/SPRING

2027 Dates, Times, and Location: Monthly sessions except June and July. Meets twice per week on Mondays (7:00-8:30pm) and Fridays (5:30-7:00pm) at World War Memorial Building.

Fees: \$45 per month; \$25 discount if you sign up 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: October 6-November 12 or January 12-February 18. Tuesdays and Thursdays from 6:30-7:30pm 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: September 29-October 27 or January 26-February 23. 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: September 15-October 6, November 10-December 1, January 5-26, or March 2-23. 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: September 19, October 17, November 7, December 5, January 9, February 6, or March 13, 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: September 19, October 17, November 7, December 5, January 9, February 6, or March 13, 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

- Fall Session 1: September 8-October 10
- Fall Session 2: October 19-November 21
- Winter Session 1: January 4-February 6
- Winter Session 2: February 22-March 27

Location

Capital Racquet & Fitness Center

PICKLEBALL 101 BEGINNERS LESSONS

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

Fall Days, Times, and Fee: 60-minute classes at 9:30am on Mondays, 12:00pm on Wednesdays, OR 12:30pm on Saturdays. Fee: Session 1, \$50, Mondays \$40. Session 2, \$50.

Winter Days, Times, and Fee: 60-minute classes at 9:30am on Mondays, 12:00pm on Wednesdays, or 12:30pm on Saturdays. Fee: \$50.

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.

Fall Days, Times, and Fee: 60-minute classes at 12:30pm on Saturdays. Fee: \$50.

Winter Days, Times, and Fee: 60-minute classes at 12:30pm on Saturdays. Fee: \$50.

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.

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

August 4-May 31

Location: World War Memorial Building

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

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 EVENTS

"A Big Dill" Pickleball Social

Come play and meet new players. Learn about drop-in play. It's going to be a big "dill"!

- **Date, Times, and Ages:** October 13 from 5:00-7:00pm for ages 18+
- **Location and Fee:** CRFC. Fee: Free
- **Registration:** Pre-registration required. Register online or at CRFC. Deadline: October 12 at 5:00pm

ADULT GOLF

PUTTING LEAGUE - WINTER

Maybe you don't golf, but everyone can putt! Improve your putting game in a fun and supportive environment.

Dates and Hours: January 5-March 10; Tuesdays from 9:00am-3:00pm and Wednesdays from 9:00am-9:00pm

Need to Know: All ages are welcome. Games and putting challenges change weekly.

Registration and Fees: No pre-registration required. 10-Week League: \$30 for one day per week. Weekly Prizes: \$3 per day

TOPTRACER RANGE LEAGUE - WINTER

Toptracer Range technology offers the opportunity to play several virtual golf courses, as well as multiple game modes.

Dates and Hours: December 7-March 14, except December 21-January 3, February 15-21, and March 1-7. Daily from 9:00am-9:00pm.

Need to Know: All ages are welcome. Divisions created based on number of teams. Game modes and formats change weekly. 3 players per team (players can change weekly). Teams schedule their own tee times each week and must finish the round in 2.5 hours within that week.

Registration Deadline: November 30, call 701-223-3600 to register.

Fees: 10-Week League: \$55 per driving bay per week. Weekly Prizes: \$10 per player for game payouts (shop credit).



ADULT TENNIS

Tennis Leagues and Lessons

Location: Indoor: Capital Racquet & Fitness Center

Sessions

- Fall Session 1: September 8-October 10
- Fall Session 2: October 19-November 21
- Winter Session 1: January 4-February 6
- Winter Session 2: February 22-March 27

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.

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

Fall Session 1 Days, Times, and Fee: 90-minute classes at 11:00am on Saturdays, 10:30am on Mondays, 5:30pm on Wednesdays, or 10:30am on Thursdays. \$75, Mondays \$60.

Fall Session 2 and Winter Sessions Days, Times, and Fee: 90-minute classes at 11:00am on Saturdays, 10:30am on Mondays, 5:30pm on Wednesdays, or 10:30am on Thursdays. \$75.

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.

Fall Session 1 Days, Times, and Fee: 90-minute classes at 5:30pm on Mondays or 12:00pm on Thursdays. \$75, Mondays \$60.

Fall Session 2 and Winter Sessions Days, Times, and Fee: 90-minute classes at 5:30pm on Mondays or 12:00pm on Thursdays. \$75.

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 and Winter Days and Times: Mondays from 7:30-9:00pm. Starts on the first date of each session.

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: September 8-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: October 1-March 18. 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 BASKETBALL LEAGUES Winter

Open to all men's and women's teams. Participants must be age 18+ and out of high school.

Season Dates: Women's and Sunday Men's: starts January 3; Men's Tuesday, Wednesday, and Thursday: starts January 5-7

Sponsor Fee: \$170 per team

Player Fee: \$95 per player if received on or before December 4. \$105 per player if received after December 5. Team must pay for at least 8 players.

Registration Deadline: All fees, completed roster, and rules agreement due by December 14 at 5:00pm. See registration instructions on our website.

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 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

ADULT WALLYBALL LEAGUES Spring

Dates, Times, and Location: March 29-May 6;
Capital Racquet & Fitness Center

- Coed: Tuesdays and Thursdays at 7:00pm
- Men's: Mondays and Thursdays at 7:00pm
- Women's: Mondays and Wednesdays at 7:00pm

Need to Know: For ages 18+. No league on holidays.

Fees: CRFC and BSC Aquatic & Wellness Center Members: FREE; Non-Members: \$25

Registration Deadline: March 22 at 10:00pm



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.

Winter Activities

Outdoor winter activities depend on weather and snow conditions.

CROSS-COUNTRY SKIING

Locations and Hours

- Riverwood Golf Course: 10:00am-5:00pm daily
- General Sibley Park: sunrise to sunset daily
- Atkinson Nature Park: sunrise to sunset daily

Ski Rental (skis, boots, and poles)

- Riverwood Golf Course: Adult: \$13; Youth (21 and younger): \$8
- Other BPRD Location: Adult: \$20; Youth (21 and younger): \$14

Need to Know

- Cross-country ski trails are groomed for the season when there is adequate snow cover (at least 7 inches of uniform-depth snow is required).
- Riverwood Cross-Country Trail Fee: \$3 per person per use payable at the Riverwood pro shop
- Call Riverwood at 701-222-6462 with questions.

KICKSLEDDING

Locations and Hours

- Riverwood Golf Course: 10:00am-5:00pm daily

Need to Know

- Kicksled Rental: \$5
- Kicksleds may be used at other BPRD locations, but must be returned to Riverwood.
- Call Riverwood at 701-222-6462 with questions.

SNOWSHOEING

Locations: Snowshoeing is allowed on any non-paved trail, such as Sleepy Hollow Park bike trail, Bill Mills Nature Trail, East Sibley Nature Trail, and McDowell Dam Recreation Area trail loop. You can also snowshoe along the sides of paved trails and in open park space.

Need to Know

- Snowshoeing is allowed alongside ski trails but not on them.
- Snowshoes may be used at other BPRD locations, but must be returned to Riverwood.
- Snowshoe Rental at Riverwood Golf Course: Adult: \$10; Youth (21 and younger): \$5
- Call Riverwood at 701-222-6462 with questions.

OUTDOOR ICE SKATING

Warming House Hours

- Monday-Friday: 3:30-9:00pm
- Saturday-Sunday and Public School Holidays: 1:00-9:00pm
- Christmas Eve: 11:00am-3:00pm; Christmas Day: Closed

Outdoor Rink Locations

- Bismarck Municipal Ballpark: one hockey rink
- Jaycee Centennial Park: one hockey rink and one pleasure rink
- Lions Park: one hockey rink and one pleasure rink
- New Generations Park: one hockey rink and one pleasure rink
- North Central Park: one hockey rink and one pleasure rink
- Solheim School/ VFW Post #1326 Family Recreational Park: one hockey rink and one pleasure rink
- Tatley-Eagles Park: one hockey rink and one pleasure rink

SLEDDING

Location: Tom O'Leary Sledding Hill

- Northwest of the intersection of North Griffin Street and West Boulevard Avenue
- Enter road into Tom O'Leary Golf Course at intersection to get to warming house

Warming House Hours

- Saturday-Sunday and Public School Holidays: 12:00-5:00pm
- Thanksgiving Day and Christmas Day: closed
- Christmas Eve: 11:00am-3:00pm



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 15)
- 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 21

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 15)
- 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 21

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 16)
 - \$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

August 29, 2026-March 31, 2027

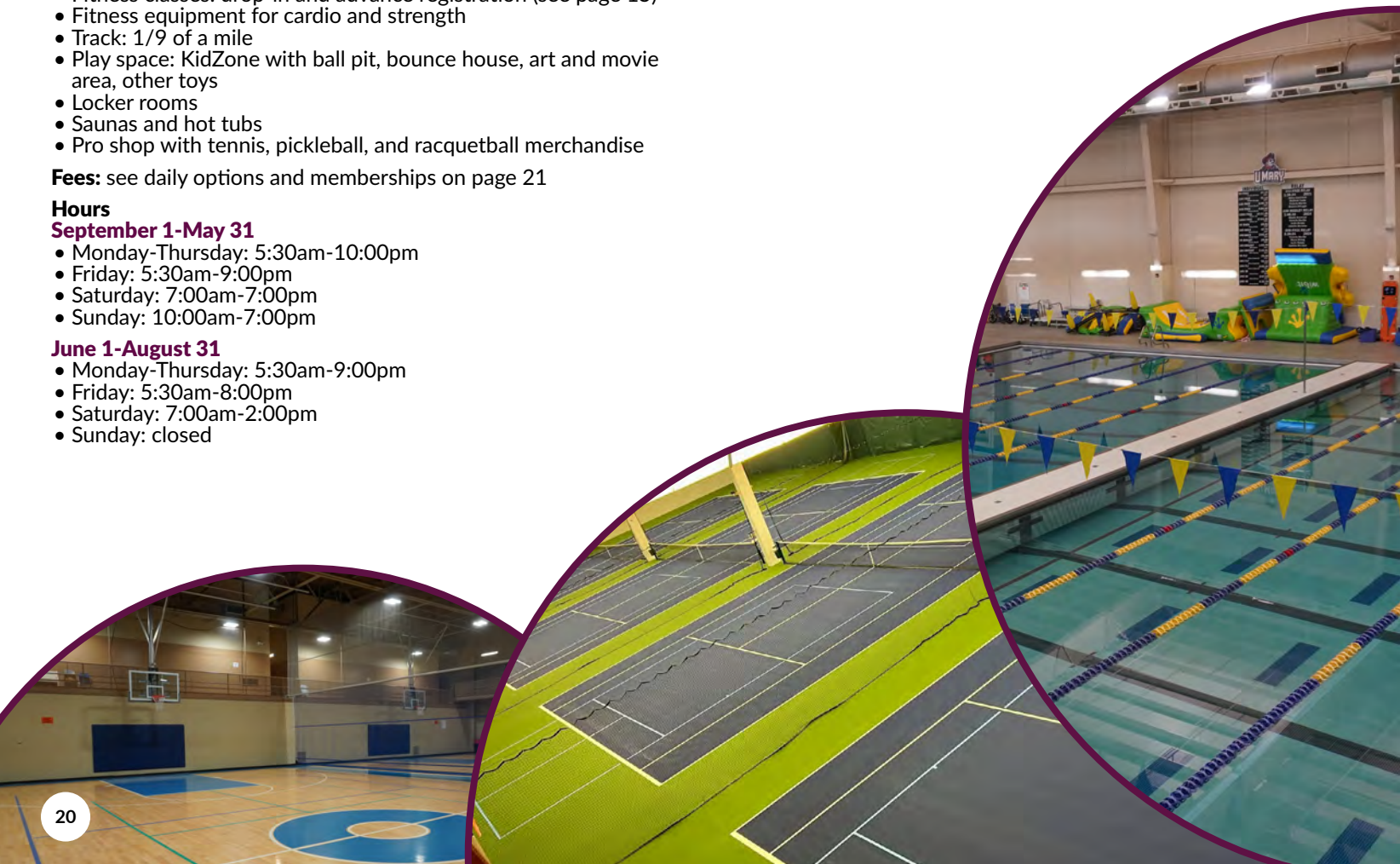
- Monday-Thursday: 10:00am-9:00pm
- Friday: 10:00am-6:00pm
- Saturday: 9:00am-5:00pm
- Sunday: 12:00-9:00pm
- Closed: September 7

April 1-May 30, 2027

- Monday-Thursday: 10:00am-9:00pm
- Friday: 10:00am-6:00pm
- Saturday & Sunday: closed
- Closed: May 31

June 1-August 28, 2027

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



BSC AQUATIC & WELLNESS CENTER AND CAPITAL RACQUET & FITNESS CENTER

DUAL MEMBERSHIP

Purchase in person at either facility or online. Fees effective October 1.

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	\$22	\$18
Student 13-18	\$41	\$33
Adult 19-64	\$54	\$43
Household	\$80	\$65
Senior 65+	\$41	\$33
Senior Household 65+	\$60	\$48

College Student Membership: Fall or Spring Semester = \$100. Requires a valid college ID. In-person purchase only.

Student Membership Special: Summer Break: May 1-August 31 = \$70. 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)
 - Member: \$62
 - Non-Member: \$108
 - Member-Summer: \$31
 - 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	\$63	\$54
Student 13-18	\$82	\$69
Adult 19-64	\$106	\$89
Household	\$160	\$134
Senior 65+	\$93	\$78
Senior Household 65+	\$137	\$116

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.

NEW YEAR, NEW YOU! MEMBERSHIP SPECIAL

New members get one month free with a 6-month membership purchase or get two months free with a 12-month membership purchase. Start fresh on your fitness goals for the new year. Special runs from January 2-31. Purchase at the front desk at either fitness facility. 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

2026 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

2026 season golf passes are 50% off.				
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

2027 golf season passes and coupon books will be available by mid-November.

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
 - \$8 for small basket or \$14 for large basket
 - \$140 for coupon book (12 large baskets)
- 16 Toptracer Range bays
 - This ball-tracking system provides instant shot replays and statistical feedback on interactive screens.
 - \$21 for 30 minutes or \$42 for 60 minutes
 - Reserve up to 3 days in advance online or call.

Batting Cages

- 2 cages with baseball and softball machines (bats available)
- Fees:
 - \$20 for 30 minutes or \$36 for 60 minutes
 - \$200 for coupon book for 12 30-minute sessions
 - \$360 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: \$5 per person (maximum of \$13 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.

Rates effective for 2027.

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

- 2026: Through October 12
- 2027: May 7-October 11 (reservations open March 24 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: \$30 per night (2027)
- Tent campsites: \$15 per tent per night (2027)

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

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

EAGLES PARK & CAMPGROUND

10900 NW Highway 1804

Camping Season

- 2026: Through October 12
- 2027: May 7-October 11

Features: Primitive camping with portable restrooms

Tent Campsite Reservations

- Reservations: open for 2027 season March 24
- 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 2028 season on January 4
- Fees: 1 day at \$350, 2 days at \$550, or 3 days at \$700
- Reserve all campsites by calling 701-222-6455.

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



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.
- Reservations for 2028 will open at 8:00am on January 7.

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 ends October 11. The 2027 season runs May 15 through October 10. 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)

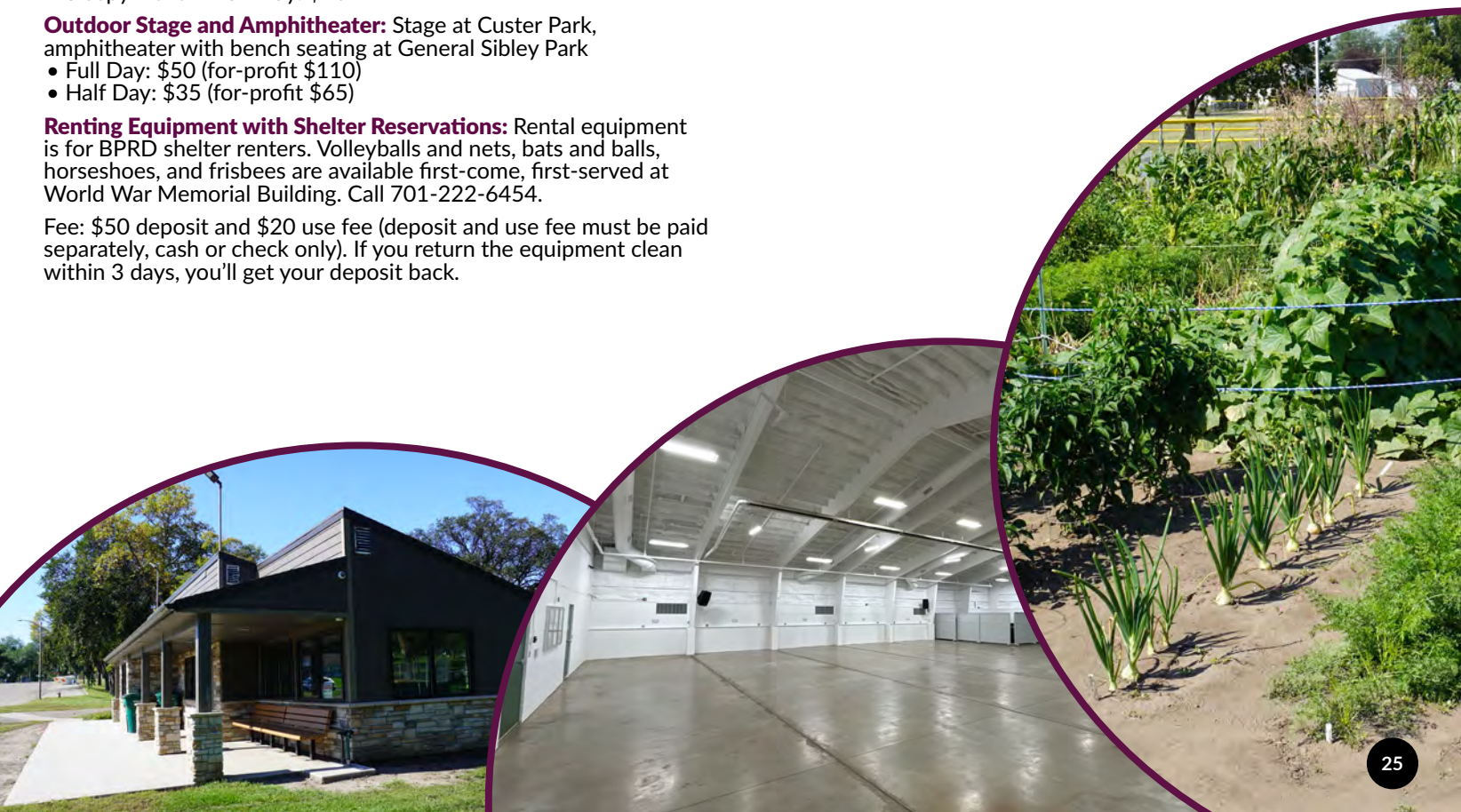
Interest List: Anyone who did not have a community garden plot in 2026 may call the BPRD office at 701-222-6455 to be placed on the interest list for 2027. Those on the list will be contacted by email in mid-March regarding availability of garden plots. New gardener registration forms and payment will be accepted on a first-come, first-served basis starting March 17. 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.

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.



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 or go to 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](https://www.facebook.com/bismarckaircraftmodelers) for more information.

Bismarck Bobcats

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

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

Bismarck 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.

Bismarck Figure Skating Club

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

Bismarck Gymnastics Academy

Bismarck Gymnastics Academy, 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, unscheduled time in the gym. For more information, visit 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 bismarckhockey.com.

Bismarck Horse Club & Walt Neuens Memorial Horse Park

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

For more info, visit bismarckhorseclub.com.

Bismarck Larks

The Bismarck Larks are celebrating their 11th anniversary season in summer 2027. The Season 11 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 home game schedule and all-inclusive ticket options at 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.

For more information, visit bismanbirding.wordpress.com or email bismanbirding@gmail.com.

Bismarck-Mandan Horseshoe Pitchers Association

The Bismarck-Mandan Horseshoe Pitchers Association 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.

Bismarck-Mandan Lacrosse

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

Bismarck Mandan Pickleball

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.

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 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 to learn more and start playing today!

Bismarck Men's & Women's Slowpitch Softball Associations

Men's: For information, visit 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.

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-September 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 or contact Seth at 701-471-8908.

Bismarck Youth Baseball

Established in 1991, Bismarck Youth Baseball is a non-profit youth baseball organization for ages 5-19 in the Bismarck area. BYB offers both recreational and competitive baseball programs. 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.

Other Programs and Partners

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 for all program details and to register.

Bismarck Youth Football League

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

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

BisMarket

BisMarket is your community farmers market! BisMarket includes fresh, local foods, 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 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 nds.burleigh.extension@nds.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.

For more information and registration, visit 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.

Dakota Junior Golf Association

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

DJGA:

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

For more information, visit djga.org.

Dakota United Soccer Club

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

Visit dakotaunitedsoccer.com for more information and registration.

Dakota West Arts Council

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

Find out more at dakotawestartscouncil.org.

Dakota Zoo

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, 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.

Dreams in Motion Adaptive Sports

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

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

Fastrax BMX

Interested in trying BMX? The first race is FREE. Loaner helmets and bikes available. Join anytime! 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 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 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, call at 1-800-666-2141 or email us at 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.

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 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 or email codyfleck78@gmail.com.

Missouri Slope Model Aero Club

The Missouri Slope Model Aero Club flying field is located just south of McDowell Dam. MSMAC offers a family oriented fun environment for watching or learning to fly model aircraft of all sizes. Spectators are always welcome. For information on any club events or matters, please contact: Zac Heskin at 701-340-2039. Visit msmacrc.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 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.

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, call 701-530-0986, or email us at dance@northernplainsdance.org.

Riverwood Men's & Women's Golf Associations

The Riverwood Men's and Women's Golf Association are nonprofit 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 mornings.

Membership applications and additional information is available at the Riverwood Pro-Shop or on the [Riverwood Men's Golf Association Facebook page](#) or the [Riverwood Women's Golf Association Facebook page](#).

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 52nd Anniversary next summer and since the tournaments inception we have donated over \$2 million to local charities!

- June 25-27
- Bismarck-Mandan Softball Complexes
For more information, visit 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.

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 years) and Conservatory (13-18 years). Both programs offer musicals and plays for a total of 6 productions each summer. Every registrant gets a role! Conservatory will hold auditions in February and March. 2027 Summer Shows are yet to be announced.

Follow us on Facebook and Instagram for current information and registration details. For more information, visit 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 2027 Broadway-style music dates are yet to be announced.

Visit shtap.org, call 701-319-0894 or email susan@shtap.org for more information.

Other Programs and Partners

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. Visit us on our website at 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 nndsuperslide.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 or call 701-222-6452.

Program Registration Opening Dates

Program	Registration Opening Date
Adult Fall & Winter Volleyball	August 4 at 7:30am
Fall & Winter Programs	August 12 at 10:00am
Youth Tennis: Fall Session 1	August 12 at 10:00am
Indoor Swim Lessons: Fall Session 1	September 8 at 10:00am
Youth Tennis: Fall Session 2	September 23 at 10:00am
Indoor Swim Lessons: Fall Session 2	October 14 at 10:00am
Youth Tennis: Winter Session 1	December 9 at 10:00am
Indoor Swim Lessons: Winter Session 1	January 5 at 10:00am
Youth Tennis: Winter Session 2	January 27 at 10:00am
Indoor Swim Lessons: Winter Session 2	February 17 at 10:00am
Indoor Swim Lessons: Spring Session 1	March 30 at 10:00am

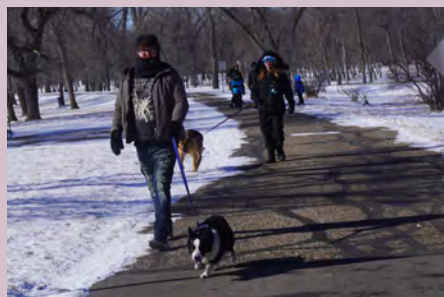
FLURRY FEST

February brings Flurry Fest, a full month of winter fun.

Join us in making winter memories at:

- Movie on Ice
- Skate with the Bobcats
- Ski & Glow
- S'mores Walk

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



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

Fall & Winter 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 tennis
- Facility attendants – Capital Racquet & Fitness Center
- Officials for youth basketball and volleyball
- Scorekeepers for adult basketball
- Supervisors for open gym

Age 15+

- BLAST leaders – work with kids in grades K-5 after school
- Coaches for youth basketball, flag football, and volleyball
- Lifeguards and swim instructors – FREE training if you join our team!

Age 16+

- Facility attendants – BSC Aquatic & Wellness Center, golf courses, ice arenas, and World War Memorial Building
- Front desk attendants – BSC AWC and CRFC
- Officials for adult basketball and volleyball
- Warming house attendants

Age 18+

- Group fitness instructors, personal trainers, and water aerobics instructors – BSC AWC and CRFC
- Maintenance - golf courses
- Program coordinators for youth basketball, flag football, and volleyball
- Zamboni drivers

**Apply online at
www.BisParks.org/Jobs
or visit our office at
400 E. Front Ave.
in Bismarck.**



follow us on social media