

35 YEARS OF FUN

JULY CELEBRATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>NATIONAL GOLD MEDAL WINNER BISMARCK PARKS AND RECREATION DISTRICT Est. 1927 www.bisparks.org</p> <p>Celebrating National Parks & Recreation Month <i>See event details on back.</i></p>			<p>1 FREE Roller Skate Rink Night July 1 & 15 6-8pm Capital Ice Complex Schaumberg</p>	<p>2 FREE Junior Golf Tues & Thur 7:30-11am Fri-Sun after 5pm Riverwood, Pebble Creek, and Tom O'Leary Golf Courses</p>	<p>3 FREE Indoor Ice Skating July 3, 10, 17 & 31 1:30-2:30pm VFW Sports Center, Rink 2</p>	<p>4  Happy Birthday America!</p>
<p>5 FREE Photo Contest July 5-31 Enter and you could win a prize package from Bismarck Parks and Recreation.</p>	<p>6 Community Orchard Day July 6, 17, 22 & 28 Bismarck Community Orchard FREE Roller Skating July 6, 8, 13, 20, 22, 27, 29 6-8pm Capital Ice Complex</p>	<p>7 FREE Fitness Facility Admission 5:30am-8pm BSC Aquatic & Wellness Center</p>	<p>8 FREE Kid's Summer Stage 12-1pm, Wednesdays through August 12 Custer Park FREE Roller Skating July 6, 8, 13, 20, 22, 27, 29 6-8pm Capital Ice Complex</p>	<p>9 FREE Fitness Facility Admission 5:30am-9pm Capital Racquet & Fitness Center Rock the Deck, 4:30-8pm Hillside Aquatic Complex</p>	<p>10 Twilight Golf Special \$25 with cart Play golf at Riverwood, Tom O'Leary or Pebble Creek Golf Courses after 5pm on Friday, Saturday and Sunday.</p>	<p>11 BisMarket 10am-1pm Saturdays thru October Kiwanis Park FREE Yoga in the Park 11-11:45am General Sibley Park and Campground</p>
<p>12 Aqua Rock Fitness Class 11-11:45am July 12, 19 & 26 Hillside Aquatic Complex</p>	<p>13 FREE Roller Skating July 6, 8, 13, 20, 22, 27, 29 6-8pm Capital Ice Complex Schaumberg Have you tried disc golf? Free, fun and fabulous at two courses at Lions Park and General Sibley Park and Campground Ever played sand volleyball? Go try it today at one of the many courts.</p>	<p>14 FREE Women's Golf Clinic 11am-12pm Riverwood Golf Course FREE Disc in the Dark 9:30pm General Sibley Park and Campground</p>	<p>15 FREE Pickleball Social 9am-12pm North Central Tennis Courts FREE Family Day Riverwalk 10am-8pm Sertoma Park FREE Roller Skate Rink Night July 1 & 15 6-8pm Capital Ice Complex Schaumberg</p>	<p>16 Get rolling! Check out the two skate parks today. Skateboards, inline skates and bicycles are allowed.</p>	<p>17 Community Orchard Day July 6, 17, 22 & 28 Bismarck Community Orchard FREE Indoor Ice Skating July 3, 10, 17, 31 1:30-2:30pm VFW Sports Center, Rink 2 FREE Bat Program 6-8pm General Sibley Park and Campground FREE Movie in the Park Free Willy 9pm McDowell Dam</p>	<p>18 FREE Gateway to Science Summer STEM Spectacular 1-4pm Frances Leach High Prairie Arts & Science Complex</p>
<p>19 Aqua Rock Fitness Class 11-11:45am July 12, 19, & 26 Hillside Aquatic Complex</p>	<p>20 FREE BPRD Geocache Challenge Find all 12 of them in Bismarck's park and trail system. The caches are available year-round. FREE Roller Skating July 6, 8, 13, 20, 22, 27, 29 6-8pm Capital Ice Complex Schaumberg</p>	<p>21 FREE McDowell Dam Recreation Area Fun Day 1-9pm</p>	<p>22 FREE Swimming at all outdoor pools • 12-1:45pm & 2:15-4pm • 4:30-5:45pm & 6:15-8pm Hillside, Elks and Wachter Tennis in the Parks July 22-24 Community Orchard Day July 6, 17, 22 & 28 Bismarck Community Orchard</p>	<p>23 Take your pup to the Dog Park at 700 E. Century Avenue for FREE tennis balls (while supplies last). Tennis in the Parks July 22-24</p>	<p>24 Explore the educational Chief Looking's Village trail today. Tennis in the Parks July 22-24</p>	<p>25 FREE Tent Camping at General Sibley Park and Campground</p>
<p>26 Aqua Rock Fitness Class 11-11:45am July 12, 19, & 26 Hillside Aquatic Complex</p>	<p>27 50% off Driving Range Balls, 7am-8pm Pebble Creek Golf Course FREE Roller Skating July 6, 8, 13, 20, 22, 27, 29 6-8pm Capital Ice Complex</p>	<p>28 Community Orchard Day July 6, 17, 22 & 28 Bismarck Community Orchard FREE Men's Golf Clinic 11am-12pm Riverwood Golf Course</p>	<p>29 FREE Roller Skating July 6, 8, 13, 20, 22, 27, 29 6-8pm Capital Ice Complex Schaumberg Bike or hike one of our non-paved trails today.</p>	<p>30 Get active at one of our 52 playgrounds.</p>	<p>31 FREE Indoor Ice Skating; July 3, 10, 17, 31 1:30-2:30pm VFW Sports Center, Rink 2 Community Pool Party, 4:30-8pm Elks Aquatic Center</p>	

July Celebration Celebrating National Parks and Recreation Month

Bismarck Parks and Recreation District has been celebrating National Parks and Recreation Month with July Celebration fun for 35 years. YOU are invited to celebrate with us. Attend a special event. Try a new activity. Just JOIN IN the celebration of the benefits of parks and recreation. Let's Play!

Wednesday, July 1 & 15
FREE Roller Skate Rink Nights
6-8pm

Capital Ice Complex, Schaumburg, 1504 Wichita Drive
This event brings back the nostalgic roller skating rink experience. Music, prizes and skating games! Grab some friends and bring your roller skates or blades to this free event. Co-sponsored by the BisMan Bombshellz.

FREE Junior Golf
Tuesdays & Thursdays from 7:30-11am (thru August 31)
Friday-Sundays after 5pm (thru Labor Day)
7:30-11am

Juniors ages 17 & under must tee off from the forward tees on free junior golf mornings. Call courses for tee time. Tuesday mornings and Friday evenings at Riverwood, 222-6462. Tuesday mornings and Sunday evenings at Pebble Creek, 223-3600. Thursdays mornings and Saturday evenings at Tom O'Leary, 222-6531.

Friday, July 3, 10, 17 & 31 • FREE Indoor Ice Skating
1:30-2:30pm

VFW Sports Center - Rink 2, 1200 N Washington St
Slip-on those ice skates during the summer and enjoy indoor ice skating. Sorry, no skate rentals available.

Sunday, July 5-31 • FREE Photo Contest

Send us your pictures of summer fun and you could win a prize package from Bismarck Parks and Recreation. Plus - your photo may just show up in one of our publications or online.
www.bisparks.org/july-celebration-photo-contest

July 6, 17, 22 & 28 • Community Orchard Day

July 6: 5-6:30pm; July 17: 9-10:30am

July 22: 12-1:30pm; July 28: 9-10:30am

Bismarck Community Orchard

Join us for our first-ever Bismarck Community Seek & Find! Follow the hints along the Clem Kelly walking path and join us at the Orchard for lemonade, cookies, and hopefully ripe raspberries ready for the picking! We will have volunteers and staff available to answer questions and give you a brief tour of the Orchard. Plus, attendees will be entered to win free prizes and giveaways!

July 6, 8, 13, 20, 22, 27, 29 • FREE Roller Skating
6-8pm

Capital Ice Complex, Schaumburg, 1504 Wichita Drive
Grab your roller skates or rollerblades and enjoy skating at the rink. Sorry, no roller skate rentals available.

Tuesday, July 7 • FREE Fitness Facility Admission
BSC Aquatic & Wellness Center, 1601 Canary Ave
5:30am-8pm

Check out the fitness facility for free today!

Wednesday, July 8-August 12

FREE Kid's Summer Stage
12-1pm

Custer Park, 320 E. Custer Park St.

Kids of all ages love this free interactive hour of music and song. Bring a blanket or your own chair. Pack a lunch. A Dakota West Arts Council event showcasing local talent and kids!

Thursday, July 9 • FREE Fitness Facility Admission
Capital Racquet & Fitness Center, 3200 N. 10th St.
5:30am-9pm

Check out the fitness facility for free today!

Thursday, July 9 • Rock the Deck

4:30-8pm

Hillside Aquatic Complex, 1719 E. Boulevard Ave.

Rock the Deck is a pool party for middle school students. Come enjoy the pool on the night set aside just for incoming 6th, 7th, and 8th graders. Bring a pal to enjoy open swim, music from Y93, prizes, and a departing treat. Regular admission rates apply.

Friday-Sunday • Summer Twilight Golf Special

Tee Times after 5pm

Special Twilight Rate at Tom O'Leary, Riverwood, and Pebble Creek Golf Courses through Labor Day. For \$25, you get a green fee and a cart rental for as many holes as you wish to play until 30 minutes before sunset.

Saturdays, 10am-1pm • BisMarket

Kiwanis Park, 318 S. Washington St.

BisMarket is your neighborhood farmer's market. High quality, locally produced or made products, along with activities for children, entertainment and educational topics presented throughout the season.
www.bismarket.com

Saturday, July 11 • FREE Yoga in the Park
11-11:45am

General Sibley Park and Campground,
5001 S. Washington St.

Located at the amphitheater, or in the event of inclement weather at Picnic Shelter #1. Please bring a yoga mat, towel or blanket.

Sunday July 12, 19 & 26 • Aqua Rock Fitness Class
11-11:45am

Hillside Aquatic Complex, 1719 E. Boulevard Ave.

This high energy, low impact group fitness class is for everyone. Burn calories while moving to classic rock music at the outdoor pool. Class fee: \$4. Class is first come, first served basis.

Tuesday, July 14 • FREE Women's Golf Clinic
11am-12pm

Riverwood Golf Course, 725 Riverwood Dr.

All women are welcome to a free clinic about the golf swing, long game and short game. All levels welcomed.

Tuesday, July 14 • FREE Disc in the Dark
9:30pm

General Sibley Park and Campground,
5001 S. Washington St.

Enjoy a 9-hole glow course filled with colored lights and glowing baskets. Bring a glow-in-the-dark disc or add free LED lights to your disc (while supplies last). No registration needed.

Wednesday, July 15 • FREE Pickleball Social
9am-12pm

North Central Tennis Courts, 830 Central Ave.

There will be on-site guidance from our local players and you will get a chance to play as well! Snacks will be provided as well as more information on drop-in play. For more information contact Capital Racquet & Fitness Center, 221-6855.

Wednesday, July 15 • FREE Family Day Riverwalk
10am-8pm

Sertoma Park, 300 Riverside Park Road

A free outdoor event along Bismarck's beautiful Missouri River. Entertainment, food vendors, kid's activities. Join in the festivities for families. More details at facebook.com/FamilyDayRiverwalk1.

Friday, July 17 • FREE Bat Program
8-9pm

General Sibley Park and Campground,
5001 S. Washington St.

Learn about bats found in North Dakota. Presented by students and researchers from United Tribes Technical College. Register for this free event at www.bisparks.org.

Friday, July 17

FREE Movie in the Park: Free Willy

Starts at sunset, approx. 9pm

McDowell Dam Recreation Area, 1951 93rd St. NE

Hollywood stars will show up in Bismarck's skies this summer, as Bismarck Parks and Recreation District plans for a movie a month, through September.

Saturday, July 18 •

FREE Gateway to Science STEM Spectacular
1-4pm

Frances Leach High Prairie Arts & Science Complex,
1810 Schafer St.

A STEM (science, technology, engineering and math) free event with hands-on activities for all ages. Check gatewaytoscience.org for more event details.
www.gatewaytoscience.org

Monday, July 20 • FREE BPRD Geocache Challenge

It's like searching for treasure by using Global Positioning System (GPS) coordinates that are posted at www.geocaching.com. It's free. It's fun. Find all 12 and turn your passport in at the park district for a prize. Passports available online www.bisparks.org or at the BPRD Administration office, 400 E. Front Ave.

Tuesday, July 21 • FREE McDowell Dam Fun Day
1-9pm

McDowell Dam Recreation Area, 1951 93rd St. NE

Grab a sack lunch or supper and head to McDowell Dam Recreation Area. There will be free use of paddleboats, paddleboards, canoes, kayaks and rowboat.

Wednesday, July 22

FREE swimming at the outdoor pools

• Noon-1:45pm and 2:15-4pm

• 4:30-5:45pm and 6:15-8pm

Enjoy some swim time at Hillside Aquatic Complex (includes waterslide), Elks Aquatic Center and Wachter Aquatic Complex for FREE. www.bisparks.org

July 22-24 • Tennis in the Parks

Surprises at the tennis courts during tennis in the parks days! Watch BPRD social media for updates on where to find FREE tennis gear and prizes for your family. We will also post virtual challenges for you to complete at home or on the courts with prizes for completion. It's three days of tennis fun!

Saturday, July 25 • FREE Tent Camping
General Sibley Park and Campground,
5001 S. Washington St.

You'll enjoy camping, trails, playgrounds, picnic shelters, a disc golf course and river access. No reservations are needed, simply register at the office upon arrival. For additional information, please call 222-1844.

Monday, July 27 • 50% off Driving Range Balls
7am-8pm

Pebble Creek Golf Course, 2525 N. 19th St.

Tuesday, July 28 • FREE Men's Golf Clinic
11am-12pm

Riverwood Golf Course, 725 Riverwood Dr.

All men are welcome to a free clinic about the golf swing, long game and short game. All levels welcomed.

Friday, July 31 • Community Pool Party
4:30-8pm

Elks Aquatic Center, 321 W. Broadway Ave.

We invite families and friends to join the pool party. This evening swim will include music, prizes, and a departing treat. Regular admission rates apply.

