

# 2022 July Celebration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>NATIONAL GOLD MEDAL WINNER BISMARCK PARKS AND RECREATION DISTRICT</b> Est. 1927 <a href="http://www.bisparks.org">www.bisparks.org</a>					<b>1</b> 50% OFF Toptracer Range 5-9pm July 1, 8, 15, 22, 29 Fore Seasons Center	<b>2</b> FREE Story Time 11am-Noon July 2 & 9 General Sibley Park
<b>Celebrating National Park &amp; Recreation Month</b> <i>See event details on back.</i>						
<b>3</b> Bike or hike one of our non-paved trails today.  Ever played sand volleyball? Go try it today at one of the many courts.	<b>4</b>  <b>Happy Birthday America!</b>	<b>5</b> FREE Photo Contest July 5-31 Enter and you could win a prize package from Bismarck Parks and Recreation.	<b>6</b> FREE Kid's Summer Stage 12-1pm, Wednesdays Custer Park  FREE FitLot Drop-In Classes 11:30am-12:15pm July 6, 13, 20, 27 Jaycee Centennial Park	<b>7</b> FREE Visual Arts in the Parks 12:30-2pm July 1, 7, 20, Aug. 4 Lions Park Shelter #1	<b>8</b> Golfing with Youth \$30 with cart Friday, Saturday, Sunday Juniors play FREE with paying adult after 5pm Riverwood, Tom O'Leary, Pebble Creek Golf Courses	<b>9</b> BISMAN Triathlon McDowell Dam Recreation Area
<b>10</b> Aqua Rock Fitness Class 11-11:45am July 10, 24, Aug. 7, 14 Hillside Aquatic Complex  Explore the educational Chief Looking's Village trail today.	<b>11</b> FREE FitLot Drop-In Classes 8:30-9:15am July 11, 18, 25 Jaycee Centennial Park	<b>12</b> FREE McDowell Dam Recreation Area Fun Day 1-9pm  FREE Junior Golf Tuesdays & Thursdays 7:30-11am Riverwood, Pebble Creek, Tom O'Leary Golf Courses	<b>13</b> FREE Pickleball Social 9am-12pm Elk Ridge Park  FREE AARP ND FitLot Demo 5-7pm Jaycee Centennial Park  FREE Golf Advice 6-7pm, Wednesdays Riverwood Golf Course	<b>14</b> Rock the Deck 4:30-8pm Hillside Aquatic Complex  Roller Skating Thursdays 6-8pm Capital Ice Complex  FREE Summer Songs Concert Series 7-9pm General Sibley Park	<b>15</b> FREE Fitness Facility Admission 5:30am-8pm BSC Aquatic & Wellness Center  Junior Team Tennis Challenge 10:30am-12pm July 15, 22, 29 Sanford Sports Complex, Legacy High School	<b>16</b> BisMarket 10am-1pm Saturdays Kiwanis Park  Sleepy Hollow Theater 8pm July 14-23, July 28-Aug. 6 Sleepy Hollow Park
<b>17</b> Get rolling! Check out the two skate parks today. Skateboards, inline skates and bicycles are allowed.	<b>18</b> FREE Fitness Facility Admission 5:30am-9pm Capital Racquet & Fitness Center  FREE Story Time and More! 11am Bismarck Community Orchard	<b>19</b> FREE Girls Only Golf 9-10am July 19, 26 Riverwood Golf Course  FREE Story Time and More! July 19 & 26 at 6:30pm July 27 at 2pm Bismarck Community Orchard	<b>20</b> FREE Family Day Riverwalk 10am-8pm Sertoma Park  13-Year-Old Babe Ruth State Baseball Tournament July 20-24 Bismarck Municipal Ballpark	<b>21</b> FREE Swimming All Outdoor Pools Regular Pool Hours Hillside, Elks and Wachter  Roller Rink Night with Bombshellz 6-8pm Capital Ice Complex FREE Rentals Available	<b>22</b> FREE Movie in the Park Hocus Pocus 9pm McDowell Dam Sponsored by Biomat USA	<b>23</b> Bring some friends and get to know the game of golf at Sheila Schafer Junior Links. This free three-hole golf course is open to ANY player. Need some clubs? No problem. Clubs can be rented at Tom O'Leary Golf Course Pro Shop.
<b>24</b> Get active at one of our 53 playgrounds.	<b>25</b> BPRD Geocache Challenge Find all 12 in Bismarck's park and trail system. Available year-round.	<b>26</b> Take your pup to the Dog Park at 700 E. Century Ave. for FREE tennis balls (while supplies last).	<b>27</b> FREE Indoor Ice Skating 6-8pm Capital Ice Complex	<b>28</b> Tennis in the Parks July 28-29	<b>29</b> FREE FitLot Drop-In Classes 10-10:45am July 15, 29 Jaycee Centennial Park	<b>30</b> FREE Tent Camping at General Sibley Park and Campground
<b>31</b> Have you tried disc golf? Free, fun and fabulous at courses at Lions Park and General Sibley Park.	<b>Bismarck Parks and Recreation District celebrates Bismarck's Sesquicentennial!</b>					

**July 1, 7 & 20; Aug. 4 • FREE Visual Arts in the Parks**  
12:30-2pm

**Lions Park Shelter #1, 1601 E. Boulevard Ave.**

Artist Ali LaRock presents this free art event for kids. Adult must be present to supervise their child. Hosted by Dakota West Arts Council (DWAC).

**Fridays, July 1, 8, 15, 22 & 29**

**50% Off Toptracer Range**  
5-9pm

**Fore Seasons Center, 2525 N. 19th St.**

**Fridays-Sundays • Golfing with Youth Special**  
Tee Times after 5pm

Juniors (17 and younger) play for FREE with paying adult, \$30 with cart. Play as many holes as you wish until 30 minutes before sunset. Special is good at Pebble Creek, Riverwood and Tom O'Leary Golf Courses.

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

High-quality, locally produced or made products, along with activities for children, entertainment and educational topics presented throughout the season.  
[www.bismarket.com](http://www.bismarket.com)

**Saturday, July 2 & 9 • FREE Story Time**  
11am-12pm

**General Sibley Park, 5001 S. Washington St.**

Share the fun of reading with your kids in the great outdoors! Located at the amphitheater (picnic shelter #1 if inclement weather).

**Tuesday, July 5-31 • FREE Photo Contest**

Send us your pictures of summer fun and you could win a prize package. Plus - your photo may just show up in one of our publications or online.

[www.bisparks.org/july-celebration-photo-contest](http://www.bisparks.org/july-celebration-photo-contest)

**Tuesdays & Thursdays-Aug. 30 • FREE Junior Golf**  
7:30-11am

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

**Wednesdays, July 6, 13, 20 & 27**

**FREE FitLot Drop-In Classes**

11:30am-12:15pm

**Jaycee Centennial Park, 321 E. Century Ave.**

Bismarck's AARP Sponsored Outdoor Fitness Park has the benefits of an indoor fitness facility, but it's free and accessible to everyone. All ages and abilities are welcome. Registration required at [www.bisparks.org/fitlot](http://www.bisparks.org/fitlot).

**Wednesdays, July 6-Aug. 17 • 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 (DWAC) event.

**Wednesdays • FREE Golf Advice**

6-7pm

**Riverwood Golf Course, 725 Riverwood Dr.**

You can ask for advice on your golf swing, short game or putting. Whatever your question or concern, Dr. Guy Otteson can help. No registration required.

**Saturday, July 9 • BISMAN Triathlon**

**McDowell Dam Recreation Area, 1915 93rd St. NE**

[www.trirreg.com/bisman](http://www.trirreg.com/bisman)

**Sundays, July 10, 24, Aug. 7, 14 • Aqua Rock Fitness Class**  
11-11:45am

**Hillside Aquatic Complex, 1719 E. Boulevard Ave.**

Move to classic rock with this high-energy, low-impact group fitness class. Fee: \$4. First-come, first-served.

**Mondays, July 11, 18 & 25 • FREE FitLot Drop-In Classes**  
8:30-9:15am

**Jaycee Centennial Park, 321 E. Century Ave.**

Registration required at [www.bisparks.org/fitlot](http://www.bisparks.org/fitlot).

**Tuesday, July 12 • FREE McDowell Dam Fun Day**  
1-9pm

**McDowell Dam Recreation Area, 1951 93rd St. NE**

Free use of paddleboats, paddleboards, canoes, kayaks and rowboat.

**Wednesday, July 13 • FREE Pickleball Social**  
9am-12pm

**Elk Ridge Park, 3620 Cogburn Rd**

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

**Wednesday, July 13 • FREE AARP ND FitLot Outdoor Fitness Demonstration**

5-7pm

**Jaycee Centennial Park, 321 E. Century Ave.**

AARP sponsors a FitLot park in each state, and Bismarck is home to North Dakota's FitLot! Join AARP ND for a demonstration by BPRD instructors, and discover how you can benefit from this versatile and adaptable outdoor fitness park. Snacks and water will be provided. Register at [www.states.aarp.org/north-dakota/](http://www.states.aarp.org/north-dakota/).

**Thursday, July 14 • Rock the Deck**  
4:30-8pm

**Hillside Aquatic Complex, 1719 E. Boulevard Ave.**

Come enjoy the pool on the night set aside just for incoming 6th, 7th and 8th graders. Enjoy open swim, music, prizes and a departing treat. Regular admission rates apply.

**Thursdays, July 14-Aug. 25 • Roller Skating**  
6-8pm

**Capital Ice Complex, Schaumburg, 1504 Wichita Dr.**

Grab your roller skates or rollerblades and enjoy skating at the rink. \$2 per individual and \$5 per family. Roller skate rentals are \$3.

**Thursday, July 14 • FREE Summer Songs Concert Series**  
7-9pm

**General Sibley Park, 5001 S. Washington St.**

A summer concert series located at the amphitheater. A Dakota West Arts Council (DWAC) event.

**Thursday, July 14 • Sleepy Hollow Summer Theater**  
8pm

**Disney's The Little Mermaid Jr.: July 14-23**

**Footloose: July 28-Aug. 6**

**Sleepy Hollow Park, 2899 E. Divide Ave.**

It's a summer tradition! An evening under the stars watching the stars. [www.shtap.org](http://www.shtap.org)

**Friday, July 15 • FREE Fitness Facility Admission**

5:30am-8pm

**BSC Aquatic & Wellness Center, 1601 Canary Ave.**

Check out the fitness facility or a group fitness class for free today!

**Fridays, July 15, 22, 29 • Junior Team Tennis Challenge**  
10:30am-12pm

**Sanford Sports Complex, Legacy High School, 3406 E. Calgary Ave.**

Players age 5-12 experience low-level competitive play in a fun social environment. \$7/person; \$3.50 second person. Registration required at [www.bisparks.org](http://www.bisparks.org).

**Fridays, July 15 & 29 • FREE FitLot Drop-In Classes**  
10-10:45am

**Jaycee Centennial Park, 321 E. Century Ave.**

Registration required at [www.bisparks.org/fitlot](http://www.bisparks.org/fitlot).

**Monday, July 18 • FREE Fitness Facility Admission**  
5:30am-9pm

**Capital Racquet & Fitness Center, 3200 N. 10th St.**

Check out the fitness facility or a group fitness class for free today!

**July 18 at 11am, July 19 & 26 at 6:30pm, July 27 at 2pm**  
**FREE Story Time and More!**

**Bismarck Community Orchard, 517 W. Arbor Ave.**

Hear a story from Miss Sparkles and stay to enjoy cookies, lemonade and hopefully ripe raspberries. Staff and volunteers will answer questions and give brief tours.

**Tuesdays, July 19 & 26 • FREE Girls Only Golf**  
9-10am

**Riverwood Golf Course, 725 Riverwood Dr.**

BPRD and DJGA team up for golf instruction for girls ages 5-17 of all skill levels. No registration required.

**Wednesday, July 20 • FREE Family Day Riverwalk**  
10am-8pm

**Sertoma Park, 300 Riverside Park Rd**

A free outdoor event along Bismarck's beautiful Missouri River. Entertainment, food vendors, kid's activities. Join in the festivities for families.  
[facebook.com/FamilyDayRiverwalk1](https://facebook.com/FamilyDayRiverwalk1)

**July 20-24 • 13-Year-Old Babe Ruth State Baseball Tournament**

**Bismarck Municipal Ballpark, 303 W. Front Ave.**

Tickets available at the gate. Adult tickets \$10, youth 3-17 \$5, and children under 2 free. Tournament pass for families \$60, adult \$35 and for youth \$15.

**Thursday, July 21 • FREE Swimming at Outdoor Pools**  
**Regular Pool Hours**

Enjoy some swim time at Hillside Aquatic Complex (includes waterslide), Elks Aquatic Center and Wachter Aquatic Complex. [www.bisparks.org](http://www.bisparks.org)

**Thursday, July 21 • Roller Skate Rink Night**  
6-8pm

**Capital Ice Complex, Schaumburg, 1504 Wichita Dr.**

Music, prizes and skating games! Grab some friends and bring your roller skates or blades. **FREE roller skate rentals** available on first-come, first-served basis. Co-sponsored by BisMan Bombshellz.

**Friday, July 22 • FREE Movie in the Park: Hocus Pocus**  
**Starts at sunset, approx. 9pm**

**McDowell Dam Recreation Area, 1951 93rd St. NE**

Hollywood stars will show up in Bismarck's skies this summer, with movies once a month through September. Sponsored by Biomat USA.

**Monday, July 25 • FREE BPRD Geocache Challenge**

Find all 12 Geocaches to win a prize. Passports available online at [www.bisparks.org](http://www.bisparks.org) or at the BPRD Administrative Office at 400 E. Front Ave.

**Tuesday, July 26 • FREE Tennis Balls for Your Pup**  
**Century Bark Park, 700 E. Century Ave.**

Free tennis balls for your dog while supplies last.

**Wednesday, July 27 • FREE Indoor Ice Skating**  
6-8pm

**Capital Ice Complex, Wachter, 1504 Wichita Dr.**

Slip on those ice skates during the summer and enjoy indoor ice skating. Ice skate rentals available for \$3.

**July 28-29 • 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.

**Saturday, July 30 • FREE Tent Camping**

**General Sibley Park and Campground,**

**5001 S. Washington St.**

No reservations are needed, simply register at the office upon arrival. For additional information, call 222-1844.

