2023 July Celebration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrating National Park & Recreation Month *See event details on back.*						**1** FREE Photo Contest • July 1-31 Enter and you could win a prize package from BPRD.
2 Bike or hike one of our non-paved trails today. Ever played sand volleyball? Go try it today at one of the many courts.	**3** FREE FitLot Drop-In Classes 5:45-6:30am July 3 & 5 Jaycee Centennial Park	**4** Happy Birthday America!	**5** FREE FitLot Drop-In Classes 11:30am-12:15pm Wednesdays Jaycee Centennial Park FREE Kid's Summer Stage 12-1pm, Wednesdays Custer Park	**6** Roller Skating July 6 & 11 • 6:30-8pm Capital Ice Complex	**7** FREE Visual Arts in the Parks 12:30-2pm July 7; Aug. 9 Lions Park Shelter #1	**8** BisMarket • 10am-1pm Saturdays • Kiwanis Park Golfing with Youth $30 with cart Fri-Sun Juniors play FREE with paying adult after 5pm Riverwood, Tom O'Leary, Pebble Creek Golf Courses
9 Aqua Rock Fitness Class 11-11:45am July 9, 16, 23 & 30, Aug. 6 & 13 Hillside Aquatic Complex	**10** FREE FitLot Method Circuit Training Series 5:45-6:30am Mondays & Wednesdays Jaycee Centennial Park	**11** FREE Junior Golf Tuesdays & Thursdays 7:30-11am Riverwood, Pebble Creek, Tom O'Leary Golf Courses	**12** FREE Pickleball Mixer 9am-12pm Elk Ridge Park FREE McDowell Dam Recreation Area Fun Day 1-9pm	**13** FREE Roller Rink Night with Bombshellz 6-8pm Capital Ice Complex Sleepy Hollow Theater 8pm July 13-22, July 27-Aug. 5 Sleepy Hollow Park	**14** Junior Team Tennis Challenge • 10:30am-12pm July 14, 21, 28 • Sertoma Park Tennis Complex FREE Movie in the Park Lilo & Stitch 10pm • McDowell Dam Sponsored by Starion Bank	**15** FREE Dakota Zoo Raptor Rehabilitation 2-2:30pm General Sibley Park
16 Get rolling! Check out the two skate parks today. Skateboards, inline skates and bicycles are allowed.	**17** BPRD Geocache Challenge Find all 12 in Bismarck's park and trail system. Available year-round.	**18** FREE Girls Only Golf 9-10am July 18, 25 Riverwood Golf Course	**19** FREE Family Day Riverwalk 10am-8pm Sertoma Park FREE Golf Advice 6:30-7:30pm, Wednesdays Riverwood Golf Course	**20** Rock the Deck 4:30-8pm Hillside Aquatic Complex	**21** 50% OFF Toptracer Range 5-9pm July 7, 21 Fore Seasons Center	**22** Explore the educational Chief Looking's Village trail today.
23 FREE Indoor Ice Skating 6-8pm Capital Ice Complex Get active at one of our 56 playgrounds.	**24** FREE Story Time and More! 10:30am Bismarck Community Orchard	**25** FREE Fitness Facility Admission 5:30am-9pm Capital Racquet & Fitness Center Community Pool Party 4:30-8pm Elks Aquatic Center FREE Story Time and More! 6:30pm Bismarck Community Orchard	**26** Play a game of horseshoes at one of 12 parks with horseshoe pits (Cottonwood Park, General Sibley Park, Jaycee Centennial Park, Kiwanis Park, Lions Park, McDowell Dam Recreation Area, North Central Park, Optimist Family Park, Pioneer Park, Sertoma Park, Sons of Norway Park, and Wachter Park).	**27** FREE Swimming 12-1:45pm, 2:15-4pm, 4:30-5:45, 6:15-8pm Outdoor Pools Tennis in the Parks July 27-28 FREE Summer Songs Concert Series 7-9pm	**28** FREE Fitness Facility Admission 5:30am-7pm BSC Aquatic & Wellness Center	**29** FREE Tent Camping at General Sibley Park and Campground
30 Have you tried disc golf? Free, fun and fabulous at courses at Lions Park and General Sibley Park.	**31** Take your pup to the Dog Park at 700 E. Century Ave. for FREE tennis balls (while supplies last).	BISMARCK PARKS AND RECREATION DISTRICT Est. 1927 www.bisparks.org				

July 1-31 • 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

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

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.

Monday, July 3 & Wednesday, July 5
FREE FitLot Drop-In Classes
5:45-6:30am
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.

Tuesdays & Thursdays-Aug. 31 • 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 • FREE FitLot Drop-In Classes
11:30am-12:15pm
Jaycee Centennial Park, 321 E. Century Ave.
Registration required at www.bisparks.org/fitlot.

Wednesdays, July 5-Aug. 16 • 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
6:30-7:30pm
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.

Tuesdays & Thursdays, July 6 & 11, Aug. 1-24
Roller Skating • 6:30-8pm
Capital Ice Complex, Schaumberg, 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.

July 7; Aug. 9 • FREE Visual Arts in the Parks
12-1:30pm
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 7 & 21
50% Off Toptracer Range
5-9pm
Fore Seasons Center, 2525 N. 19th St.

Sundays, July 9, 16, 23, 30, Aug. 6, 13
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: $5. First-come, first-served.

July 10-Aug. 2, Mondays & Wednesdays
FREE FitLot Method Circuit Training Series
5:45-6:30am
Jaycee Centennial Park, 321 E. Century Ave.
Registration required at www.bisparks.org/fitlot.

Wednesday, July 12 • FREE Pickleball Mixer
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. Registration required at www.bisparks.org.

Wednesday, 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.

Thursday, July 13 • FREE Roller Skate Rink Night
6-8pm
Capital Ice Complex, Schaumberg, 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.

Thursday, July 13 • Sleepy Hollow Summer Theater
8pm
Willy Wonka Jr.: July 13-22
Matilda: July 27-Aug. 5
Sleepy Hollow Park, 2899 E. Divide Ave.
It's a summer tradition! An evening under the stars watching the stars. www.shtap.org

Fridays, July 14, 21, 28 • Junior Team Tennis Challenge
10:30am-12pm
Sertoma Park Tennis Complex, 300 Riverside Park Rd.
Players age 5-12 experience low-level competitive play in a fun social environment. $7/person. Registration required at www.bisparks.org.

Friday, July 14 • FREE Movie in the Park: Lilo & Stitch
Starts 30 minutes after sunset, approx. 10pm
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 Starion Bank.

Saturday, July 15 • FREE Dakota Zoo Raptor Rehabilitation
2-2:30pm
General Sibley Park & Campground,
5001 S. Washington St.
Learn more about Dakota Zoo's raptor rehabilitation program from a zookeeper.

Monday, July 17 • FREE BPRD Geocache Challenge
Find all 12 Geocaches to win a prize. Passports available online at www.bisparks.org or at the BPRD Administrative Office at 400 E. Front Ave.

Tuesdays, July 18 & 25 • 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 19 • 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

Thursday, July 20 • 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.

Sunday, July 23 • 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 24 at 10:30am & July 25 at 6:30pm
FREE Story Time and More!
Bismarck Community Orchard, 517 W. Arbor Ave.
Hear a story from Miss Sparkles, create art with Hughes Hues and stay to enjoy cookies, lemonade and hopefully ripe raspberries. Staff and volunteers will answer questions and give brief tours.

Tuesday, July 25 • 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!

Tuesday, July 25 • 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.

July 27-28 • 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.

Thursday, July 27 • FREE Swimming at Outdoor Pools
12-1:45pm, 2:15-4pm, 4:30-5:45, 6:15-8pm
Enjoy some swim time at Hillside Aquatic Complex (includes waterslide) and Elks Aquatic Center.
www.bisparks.org

Thursday, July 27 • 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.

Friday, July 28 • FREE Fitness Facility Admission
5:30am-7pm
BSC Aquatic & Wellness Center, 1601 Canary Ave.
Check out the fitness facility or a group fitness class for free today!

Saturday, July 29 • 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

Monday, July 31 • FREE Tennis Balls for Your Pup
Century Bark Park, 700 E. Century Ave.
Free tennis balls for your dog while supplies last.

BISMARCK PARKS AND RECREATION DISTRICT
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