

# 2019 JULY CELEBRATION



NRPA'S PARK AND RECREATION MONTH - JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> FREE Photo Contest July 1 - 31 Enter and you could win a prize package from Bismarck Parks and Recreation.	<b>2</b> FREE Junior Golf Tuesdays & Thursdays 7:30 - 11am Friday - Sundays after 5pm Riverwood, Pebble Creek, and Tom O'Leary Golf Courses	<b>3</b> FREE Kid's Summer Stage Every Wednesday through August 14 Noon - 1pm Custer Park	<b>4</b>  <b>Happy Birthday America!</b>  Listen to the symphony on the capitol grounds.	<b>5</b> FREE Indoor Ice Skating July 5 & 19 12 - 1pm VFW Sports Center Rink 2	<b>6</b> BisMarket Every Saturday through October 10am - 1pm Kiwanis Park
<b>7</b> 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.	<b>8</b> Community Pool Party 4:30 - 8pm Elks Aquatic Center	<b>9</b> FREE Roller Skating July 9, 15, 22, 24, 29, 30 6 - 8pm VFW Sports Center  FREE Intro to Golf July 9 & 16 8:30 - 10am or 10:30 - Noon	<b>10</b> FREE McDowell Dam Recreation Area Fun Day 1 - 9pm McDowell Dam Recreation Area	<b>11</b> BUDDY DAY FREE Fitness Facility Admission 5:30am - 8pm BSC Aquatic & Wellness Center 5:30am - 9pm Capital Racquet & Fitness Center	<b>12</b> FREE Movie in the Park: Finding Nemo Starts at sunset, approx. 9pm McDowell Dam Recreation Area	<b>13</b> Parent/Child Aqua Yoga July 13 & 24 11 - 11:30am Elks Aquatic Center
<b>14</b> FREE BPRD Geocache Challenge Find all of them (in a week, in two months, six months, whenever) in Bismarck's park and trail system. The caches are here to stay.	<b>15</b> Tennis in the Parks Week July 15 - 21 Surprises at all Bismarck Park's outdoor tennis facilities all week.	<b>16</b> FREE Roller Skate Rink Night July 16 & 31 6 - 8pm VFW Sports Center Rink 1  FREE Cardio Tennis 12:05 - 12:50pm Sertoma Park Tennis Complex	<b>17</b> FREE Pickleball Social 9 - 11am North Central Tennis Courts  FREE Family Day Riverwalk 10am - 8pm Sertoma Park  FREE Disc in the Dark 9:30pm General Sibley Park and Campground	<b>18</b> Urban Harvest Every Thursday through August 15 11am - 9pm Downtown Bismarck	<b>19</b> FREE Aqua Rock Fitness Class 11:30am - Noon Hillside Aquatic Complex  Walk from Pioneer Park to Sertoma Park and enjoy the series of five eagle sculptures.	<b>20</b> FREE Gateway to Science Summer STEM Spectacular 1 - 4pm Frances Leach High Prairie Arts & Science Complex
<b>21</b> Have you tried disc golf? Free, fun and fabulous at two courses at Lions Park and General Sibley Park and Campground	<b>22</b> Glow Group Fitness Classes July 22 - 27 BSC Aquatic & Wellness Center and Capital Racquet & Fitness Center	<b>23</b> Rock the Deck 4:30 - 8pm Hillside Aquatic Complex  Sleepy Hollow Summer Theater July 23 - August 2 8pm	<b>24</b> Ever played sand volleyball? Go try it today at one of the many courts.	<b>25</b> FREE Swimming at all outdoor pools • Noon - 1:45pm and 2:15 - 4pm • 4:30 - 5:45pm and 6:15 - 8pm Hillside, Elks and Wachter	<b>26</b> Get rolling! Check out the two skate parks today. Skateboards, inline skates and bicycles are allowed.	<b>27</b> FREE Tent Camping at General Sibley Park and Campground  FREE Family Fest at BisMarket 10am - 1pm Kiwanis Park
<b>28</b> Get active at one of our 52 playgrounds.	<b>29</b> Take your pup to the Dog Park at 700 E. Century Avenue for FREE tennis balls (while supplies last).	<b>30</b> Explore the educational Chief Looking's Village Trail today.	<b>31</b> Bike or hike one of our non-paved trails today.	 <b>Celebrating National Parks &amp; Recreation Month</b> <a href="http://www.bisparks.org">www.bisparks.org</a> <i>See event details on back.</i>		

# July Celebration Celebrating National Parks and Recreation Month

## Monday, July 1 - 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](http://www.bisparks.org/july-celebration-photo-contest)

## 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.

## Wednesday, July 3 - August 14

### FREE Kid's Summer Stage

**Noon - 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!

## Friday, July 5 & 19 • FREE Indoor Ice Skating

**12 - 1pm**  
**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.

## 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](http://www.bismarket.com)

## 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.

## Monday, July 8 • 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 9, 15, 22, 24, 29, 30 • FREE Roller Skating

**6 - 8pm**  
**VFW Sports Center - Rink 1, 1200 N Washington St**  
Grab your roller skates or roller blades and enjoy skating at the rink. Sorry no roller skate rentals available.

## Tuesday, July 9 & 16 • FREE Intro to Golf

**8:30 - 10am or 10:30 - Noon**  
**July 9: Riverwood Golf Course, 725 Riverwood Drive**  
**July 16: Tom O'Leary Golf Course, 1200 N Washington St**  
Learn the basics of golf with this free two-day class. Instructions will include how to hold and swing the club, basics of the short game and golf course etiquette and management. Clubs will be available. For ages 18 and older. Register by calling Pebble Creek Golf Course, 223-3600.

## Wednesday, July 10 • 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. Y93 will provide music from 4 - 7pm.

## Thursday, July 11 • Buddy Day Fitness Facilities

**5:30am - 8pm**  
**BSC Aquatic & Wellness Center, 1601 Canary Ave**  
**5:30am - 9pm**  
**Capital Racquet & Fitness Center, 3200 N. 10th St.**  
Members can bring a buddy for free.

## Friday, July 12

**FREE Movie in the Park: Finding Nemo**  
**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 13 & Wednesday, July 24

**Parent/Child Aqua Yoga**  
**11 - 11:30am**  
**Elks Aquatic Center, 321 W. Broadway Ave.**  
Come enjoy Basic Yoga poses in the zero depth water with your child. Class fee: \$7 per parent/child unit. Additional adult or child \$3 (3 children per adult). Register online at [www.bisparks.org](http://www.bisparks.org).

## Sunday, July 14 • FREE BPRD Geocache Challenge

It's like searching for treasure by using Global Positioning System (GPS) coordinates that are posted at [www.geocaching.com](http://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](http://www.bisparks.org) or at the BPRD Administration office, 400 E. Front Ave.

## Monday, July 15 - 21 • Tennis in the Parks Week

Special surprises at all Bismarck Park's outdoor tennis facilities all week long. Sponsored by Capital Racquet & Fitness Center.

## Tuesday, July 16 • FREE Cardio Tennis

**12:05 - 12:50pm**  
**Sertoma Park Tennis Complex, 300 Riverside Park Road**  
Cardio Tennis is not a tennis lesson, but a high energy fitness activity using all the best features of tennis. It delivers a full body, calorie burning, aerobic workout and is for all ability levels.

## Tuesday, July 16 & Wednesday, July 31

**FREE Roller Skate Rink Nights**  
**6 - 8pm**  
**VFW Sports Center - Rink 1, 1200 N Washington St**  
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.

## Wednesday, July 17 • FREE Pickleball Social

**9 - 11am**  
**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 17 • 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, kids activities. Join in the festivities for families. More details at [facebook.com/FamilyDayRiverwalk1](https://facebook.com/FamilyDayRiverwalk1).

## Wednesday, July 17 • 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.

## Thursday, July 18 - August 15 • Urban Harvest

**11am - 9pm**  
Urban Harvest is open in Downtown Bismarck on the corner of 4th and Broadway every Thursday from July 11 through August 15. The market includes vendors selling fresh produce, arts and crafts and ready-to-eat foods. Urban Harvest also includes entertainment.

## Friday, July 19 • FREE Aqua Rock Fitness Class

**11:30am - Noon**  
**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 is first come, first served basis.

## Saturday, July 20 •

**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](http://gatewaytoscience.org) for more event details.  
[www.gatewaytoscience.org](http://www.gatewaytoscience.org)

## Monday, July 22 - 27 • Glow Group Fitness Classes

**BSC Aquatic & Wellness Center, 1601 Canary Ave**  
**Capital Racquet & Fitness Center, 3200 N. 10th St.**  
Stretch, lift or move under the crazy glow of blacklights. Members free, non-members pay daily admission rate. For complete group fitness schedule, visit [www.bisparks.org/group-fitness-classes](http://www.bisparks.org/group-fitness-classes)

## Tuesday, July 23 • 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. Featuring Aqua Rock from 5 - 5:45pm. Regular admission rates apply.

## Tuesday, July 23 - August 2

**Sleepy Hollow Summer Theater**  
**8pm**  
*Newsies the Musical: July 9 - 18*  
*Mamma Mia!: July 23 - August 2*  
**Sleepy Hollow Park, 2899 E. Divide Ave.**  
It's a summer tradition! Mark your calendars and enjoy not one, but two choices for your musical pleasure. An evening under the stars, watching the stars.  
[www.shst.org](http://www.shst.org)

## Thursday, July 25

**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](http://www.bisparks.org)

## Saturday, July 27 • 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.

## Saturday, July 27 • FREE Family Fest at BisMarket

**10am - 1pm**  
**Kiwanis Park, 318 S. Washington St.**  
Family Fest, hosted by Bismarck Parks and Recreation District, is held in conjunction with BisMarket. Kids can enjoy free carnival games while parents enjoy the BisMarket vendors. Come play, eat and shop at this free event.