



2014-15

WINTER ACTIVITY GUIDE

YOUTH & ADULT PROGRAMS ACTIVITIES | FACILITIES PARKS | SPECIAL EVENTS



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

www.bisparks.org



Bismarck Parks and Recreation District Office
 400 East Front Avenue, Bismarck, North Dakota
 Phone: (701) 222-6455 • Fax: (701) 221-6838
 www.bisparks.org • bisparks@bisparks.org
 Hours: Monday - Friday, 7:30am - 5pm

Telephone Directory

Baseball/Softball Diamonds

16th Street Diamonds.....	222-6625
Clem Kelley Diamonds.....	224-0135
Cottonwood Park.....	222-6664
McQuade Diamonds	224-9907
Municipal Baseball Park	222-3089
Tatley Diamonds.....	222-6634

Facilities

BSC Aquatic & Wellness Center.....	751-4266
Capital Racquet & Fitness Center	221-6855
Forestry Department	222-6561
General Sibley Park	222-1844
McDowell Dam Recreation Area	223-7016
Park Maintenance Shop	222-6464
Schaumberg Ice Arena.....	221-6813
Sertoma Tennis Courts.....	222-6730
VFW Sports Center.....	221-6814 or 221-6815
World War Memorial Building.....	222-6454

Frances Leach High Prairie Arts & Science Complex

Central Dakota Children's Choir	258-6516
Gateway to Science	258-1975
Shade Tree Players.....	214-1061
Theo Art School.....	222-6452

Golf Courses

Fore Seasons Center	223-3600
Pebble Creek Golf Course.....	223-3600
Pebble Creek Maintenance Shop	250-7775
Riverwood Golf Shop.....	222-6462
Riverwood Maintenance Shop.....	222-6463
Tom O'Leary/Evan E. Lips Golf Shop	222-6531
Tom O'Leary Maintenance Shop.....	222-6465

Other Programs & Partners

Bismarck Art & Galleries Association.....	223-5986
Bismarck Gymnastics Academy	258-8956
Bismarck Recreation Council.....	222-6455
Municipal Country Club	221-6836
N.D. State Parks & Recreation	328-5357
Superslide Amusement Park	255-1107

Swimming Pools

BSC Aquatic & Wellness Center.....	751-4266
Elks Aquatic Center.....	222-6607
Hillside Pool	222-6419
Wachter Aquatic Complex	222-6614

Board of Park Commissioners

- Julie Jeske, President
- Wayne Munson, Vice President
- Brian Beattie, Commissioner
- Mike Schwartz, Commissioner
- Jason Starck, Commissioner

Administration

- Randy Bina, Executive Director

Directors

- Kevin Klipfel, Facilities and Programs Director
- Greg Smith, Operations Director
- Kathy Feist, Finance Director

Administration Division

- Paula Redmann, Community Relations Manager
- Rena Mehlhoff, Communications Specialist
- Holly Wardzinski, Accountant
- Julie Fornshell, Human Resources & Administration Coordinator
- Tana Oswald, Receptionist/Customer Service Representative
- Landa Boyd, Receptionist/Customer Service Representative

Facilities and Programs Division

- Tim Kuntz, Recreation Manager
- RaNae Jochim, Recreation Manager
- Mike Wald, Facilities Manager
- Dan Waldoch, Golf Operations Manager
- Dennis Nybo, Facilities Manager
- Jeremy Dykstra, Recreation Specialist
- Cindy Gums, Recreation Specialist
- Nikki Preskey, Recreation Supervisor
- Kevin Olson, Facility Specialist
- Katrina Hanenberg, Facility Specialist
- Lindsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Rod Morasch, Head Tennis Professional
- Dylan Thiem, Facility Specialist
- Ryan Geerdes, Building and Grounds Specialist
- Dan Sedeve, Arena/ Pools Foreman
- Mike Page, Golf Course Superintendent
- Brad Schulz, Golf Course Superintendent
- Chuck Vedvick, Golf Course Superintendent
- Maintenance and Operations Staff:
 Mac Weigel, Rick Schuler, Bev LaBelle, Tim Thiel, Kent Tardif, Brandon Ripplinger, David Page, Nathan Schneider

Operations Division

- Riley Merkel, Sport Complexes Manager
- Rod Knutson, Park Operations Superintendent
- Forrest Ecklund, McDowell Dam Recreation Area
- Martha Willand, Facility Specialist (General Sibley Park)
- Maintenance and Operations Staff:
 Rich Hetzler, Garth Heupel, Tim Nelson, Steve Gerding, Steve Pulkrabek, David Robinson, Lynn Morgenson, Adam Keller, Cullen Theisen, Quentin Schmidt, Pat Miller, Cory Lang

Forestry

- Jackson Bird, City Forester
- Jerry Henke, Arborist II
- Mike Miller, Arborist I
- Eric Gabbert, Arborist I
- Julius Lorz, Arborist I
- Beth Peske, Urban Forestry Specialist

Cancellations

To get information such as program changes, weather cancellations, etc., please call our information line at (701) 222-6479 or visit www.bisparks.org.

General Information

Dog Ordinance

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. (For a full version of this ordinance, visit www.bisparks.org.)

Gift Certificates

Consider a Bismarck Parks and Recreation District gift certificate for recreation programs, programs, equipment use, shelter reservations and facility use. They can be purchased at the Parks District Office, Capital Racquet & Fitness Center and golf courses.

Insurance

The Bismarck Parks and Recreation District does not carry medical or accident insurance for the participants of the programs. The cost of doing so would be so high that fees charged for programs would become prohibitive. We suggest you review your family's personal health insurance plan to ensure it provides you with sufficient coverage. We also suggest you check with your family physician before participating in any Bismarck Parks and Recreation District programs which require physical exertion. If your physician should discover some factors that could limit you physically, please consider them when registering for programs.

Matching Grant Program

Bismarck Parks and Recreation District's Matching Grant programs provides matching funds for facility, grounds, and equipment projects. In its 27th year, the program has provided matching funds for 434 projects with total project costs of more than \$3.7 million. Applications will be accepted from Bismarck associations, organizations, clubs or individuals interested in matching funds to sponsor a project in a Bismarck Parks and Recreation District facility or park. Matching funds are awarded twice per year. Applications are available at our office. Call 222-6455 for more information. DEADLINES: Annually, February 1 and June 1 at 5pm.

Photography/Video

The Bismarck Parks and Recreation District takes photographs/video footage of people enjoying our programs, events, parks and facilities. These photographs/video footage are used for Park District publications and informational videos. The photographs/video footage are used at the discretion of the Park District and become the sole property of the Bismarck Parks and Recreation District.

Rain Checks

The Bismarck Parks and Recreation District will grant rain checks for swimming pools, golf courses and picnic shelters whenever inclement weather warrants such action. All rain checks must be used during the season they are received.

Online Registration and Reservations

Visit www.bisparks.org to register for those activities with a code (unless otherwise noted), make a tee time up to three days in advance or reserve a campsite. Visit www.bisparks.org and create a username and password and register for a variety of programs and activities.

Let's All Play!

The Bismarck Parks and Recreation District 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 accommodations to participate, please let us know at the time of registration. We will work with you in order to make safe and respectful accommodations.

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Our Vision

To be the leader and premier provider of public parks, programs, facilities and leisure services.

Our Mission

To work with the community to provide residents and visitors the highest quality parks, programs, facility and event experience.

Core Purpose

To provide affordable and accessible public park and recreation services

Our Values

Integrity
Teamwork/Cooperation
Professionalism
Community

Diversity
Honesty/
Accountability
Respect

Activ8

This fun and active program consists of 45-minute structured water and non-water activities twice a week for kids 8-12 years of age. It is designed to increase children's physical activity, self confidence, and nurture long term behavior. Our goal is that every child finds their niche in physical activity. It doesn't matter if they are athletic or not, we want to inspire kids to MOVE and have FUN!

Date	Day	Time	Code
Jan. 12 - Feb. 19	M & Th	6:45pm - 7:30pm	7212
Feb. 23 - April 2	M & Th	6:45pm - 7:30pm	7213
April 6 - May 14	M & Th	6:45pm - 7:30pm	7214

Age and Location

- 8-12 yrs old
- BSC Aquatic & Wellness Center, 1601 Canary Avenue
- Monday (land) and Thursday (pool)

Fees and Registration Code

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$55; Non-members: \$65



Adaptive Recreation

Meet it or Beat it Bowling

This bowling program is offered to individuals of all ages and abilities. This short program is designed for the individual bowler to meet or beat his/her previous week's scores. Emphasis is on participation.

Dates	Days	Time	Fee
Now - June 1	M	4 - 6pm	\$2.50/game*

- Located at Midway Lanes, 3327 Memorial Highway, Mandan.
- No registration is necessary.
- * Price includes shoe rental.

Archery, Indoor

Archery lessons are available for youth and adults. Please see Adult Programs for more information on adult archery. For more information on archery practice ranges, please see page 34 (Nishu Bowmen Indoor/Outdoor Range).

Level	Dates	Day	Time	Code
Beginners	Jan. 6 - March 24	Tues	6pm	6536
Beginners	Jan. 6 - March 24	Tues	7pm	6537
Challengers/Advanced	Jan. 6 - March 24	Tues	8pm	6538

- Fee is \$60. Maximum: 14 students per class.
- Must be 8 years old to begin program.
- All equipment is provided.
- All registrants must complete the beginners class before they move to the next level.
- Located at Nishu Bowmen Indoor Archery Range, 1409 Riverwood Drive.

Baseball/Softball

2015 Coed Major League Baseball® Pitch, Hit, & Run Local Event

Pitch, Hit & Run™ is the official skills competition of Major League Baseball®. This grassroots program is designed to provide youngsters with an opportunity to compete, free of charge, in a competition that recognizes individual excellence in core baseball/softball skills.

Boys and girls are divided into four age divisions: 7/8, 9/10, 11/12, 13/14, and have the chance to advance through four levels of competition, including Team Championships at Major League ballparks and the National Finals at the 2015 MLB™ All-Star Game®.

Date, Times, Ages and Location

- Saturday, April 25 from 1:00 - 4:00pm
- 7 - 14 years old
- Tatlet North/South Park (Airport Road and Michigan Avenue)
- Fee: FREE!!!
- Please bring completed Registration form and copy of birth certificate.

Registration form and more information will be made available in March-April on the BPRD website and at the BPRD office.

Volunteers needed for this baseball event.

Please contact Jeremy at 250-7780 with your interest.

Basketball

4th Grade Boys

Boys Informational Meeting

- An information sheet will be available upon registration.

League:

- Boys': November 10 - January 17
- Teams organized by school. Volunteer coaches needed.
- Coaches will register for practice one day per week at the World War Memorial Building, 215 North 6th Street. Coaches will notify you of practice times.
 - Mondays - Fridays: 4pm or 5pm
- Games are Saturdays at the World War Memorial Building.

Fees

- \$45/player - if received on or before October 31.
- \$55/player - if received November 1 or later.

School	Code	School	Code
Cathedral	5891	Northridge	5901
Centennial	5892	Pioneer	5902
Grimsrud	5893	Prairie Rose	5903
High. Acres	5894	Roosevelt	5904
Liberty	5895	Saxvik	5905
Lincoln	6704	Shiloh	5906
Martin Luther	5896	Solheim	5907
Miller	5897	St. Anne's	5908
Moses	5898	St. Mary's	5909
Murphy	5899	Sunrise	5910
Myhre	5900	Will-Moore	5911

5th Grade Boys

Information Meeting

- An information sheet will be available upon registration.

League:

- November 13 - January 31

Days/Times for most schools:

- Practices are held at the school. First practice times will be posted online at www.bisparks.org the week prior.
- Due to gym availability, some schools may have different practice schedules. You will be notified through the school office and/or team coach.

Fees

- \$55/player - if received on or before November 7.
- \$65/player - if received November 8 or later.
- Participants must play at the school they attend.**

Jamboree

- Boys' Grade 5: January 30 and 31

School	Code	School	Code
Centennial	5912	Myhre	5919
Grimsrud	5913	Northridge	5920
High. Acres	5914	Pioneer	5921
Liberty	6705	Prairie Rose	5922
Lincoln	6706	Roosevelt	5923
Martin Luther	5915	Saxvik	5924
Miller	5916	Shiloh	5925
Moses	5917	Solheim	5926
Murphy	5918	Sunrise	5927
		Will-Moore	5928

B.L.A.S.T.

Bismarck's Life After School Time (B.L.A.S.T.) is an after school activities program that offers security to parents and a fun time for kids.

- There is limited enrollment at all sites.
- 20 full-time students are needed to begin a program at a site.

Locations

- Centennial • Grimsrud • Liberty • Miller • Northridge • Pioneer • Prairie Rose • Rita Murphy • Shiloh • Solheim • Sunrise
- * Bismarck Parks and Recreation does not manage the after school programs at Lincoln, Moses, Myhre, Will-Moore and Saxvik schools. If you are interested in attending those schools or for more information, you can contact Missouri River Educational Cooperative at 751-4041.

Days, Times and Grades

- Monday - Friday from 3 - 6pm
- Extended Day program available during Christmas break if numbers allow.
- K - 5th Grade

Fees

- \$110/month
- \$220 due at time of registration. This will be applied to first and last month's bill.
- Children enrolled in the B.L.A.S.T. program must attend school at that site.

For More Information

- Call the BLAST office at 222-6771.

REGISTER FOR PROGRAMS AT WWW.BISPARKS.ORG

Fencing

Session 2 includes both an introduction and more advanced training. Continuing Fencing offers advanced instruction for those who have completed beginning fencing or have equivalent fencing experience.

Age	Dates	Days	Fee	Code
12+	Session 1, Feb. 9 - April 17	M & F	\$70	6828
12+	Session 2, April 20 - June 26	M & F	\$70	6829
12+	Continuing Fencing, Feb. 9 - June 26	M & F	\$135	6827

Time, Location and Equipment Required

- 6:30 - 8:30pm (Mondays) and 5 - 7pm (Fridays)
- World War Memorial Building, 215 North 6th Street
- Fencing Glove

For More Information

- John Garness at 391-2081

DJGA Golf Clinics

Free weekly winter junior golf clinics at the Fore Seasons Center, located at Pebble Creek Golf Course, 2525 North 19th street. This program was formerly known as "The Dome Tour." Participants are responsible for paying the discounted rate of \$4.00 for their range balls.

- Juniors ages 5-11 • 12:00 - 12:45pm
- Juniors ages 12-18 • 1:00 - 2:00pm
- Sunday Feb. 8, 15, 22, March 1, 8, 15, 22
- High School coaches and Golf Professionals teaching all aspects of golf
- Hitting on two launch monitors and video instruction
- Equipment evaluation

Hockey, Pre-School

Dates	Day	Time
Nov. 3 - Dec. 17	M, T & W	11:45am - 12:30pm
Jan. 5 - Feb. 11	M, T & W	11:45am - 12:30pm

Age, Location and Equipment

- 5 and younger, Free of charge
- Schaumburg Ice Arena, 221 Reno Avenue
- Players need skates, helmet with face mask, knee pads, elbow pads, and hockey stick
- * No pre-registration is necessary.

Karate - Traditional Japanese Karate

Age	Days	Time	Month	Code
10+	T & Th	6:30 - 8:30pm	January	7256
10+	T & Th	6:30 - 8:30pm	February	7257
10+	T & Th	6:30 - 8:30pm	March	7258
10+	T & Th	6:30 - 8:30pm	April	7259
10+	T & Th	6:30 - 8:30pm	May	7260

Dates, Fees and Location

- January 6 - May 28
- \$40/month or \$175/5 months
- World War Memorial Building, 215 North 6th Street

Online registration is not available for Karate.

For more information

- Bill Froelich, 226-3415

Open Gym

The Open Gym Program is designed to provide an opportunity for both youth and adults to use a neighborhood gymnasium in a supervised, free play situation. The Open Gym is FREE of charge.

Court reservations will be taken for adult teams interested in practicing. Call 222-6454 to reserve your court for one hour the Friday (8:30a - 5p) preceding weekend play. Only Bismarck Parks and Recreation District registered adult teams are permitted to reserve practice time at Simle or the World War Memorial Building during the free Open Gym program. Youth travel teams interested in reserving /renting gym space during non-Open Gym hours must contact the schools or the World War Memorial Building. The Open Gym Program is provided by Bismarck Parks and Recreation District, in cooperation with Bismarck Public School District.

Now - March 7-8, 2015

Elementary School Locations Saturday Sunday

The following elementary school locations are for elementary age children and/or families:

Centennial	2800 Ithica Drive	1 - 5pm	1 - 5pm
Dorothy Moses	1312 S. Columbia Dr.	N/A	1 - 5pm
Liberty	5400 Onyx Dr.	1 - 5pm	1 - 5pm
Lincoln	3320 McCurry Way	1 - 5pm	1 - 5pm
Rita Murphy	611 North 31st St.	N/A	1 - 5pm
Robert Miller	1989 North 20th Street	N/A	1 - 5pm
Solheim	325 Munich Drive	1 - 5pm	1 - 5pm
Sunrise	3800 Nickerson Ave	1 - 5pm	1 - 5pm

Middle School locations:

Horizon	500 Ash Coulee Dr.	N/A	1 - 4pm
Simle	1215 North 19th Street		
• Basketball Pick-up Games		N/A	1 - 4pm
• Basketball Court Reservations		N/A	4 - 9pm
Wachter	1107 South 7th Street	N/A	1 - 5pm

Preschool Locations:

Preschool age children only. Parents are required to stay with child. Older children are not allowed at this site.

BECEP at Richholt	720 North 14th St.	N/A	3 - 5pm
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Other locations:

World War Memorial Building	215 N 16th Street		
• Volleyball Court Reservations	N/A		1 - 4pm

* These times/locations above are subject to change. Please visit www.bisparks.org for an updated schedule.



Racquetball

Kids should be able to consistently hit the ball to the front wall and also have a basic knowledge of serving. Supervision will be given during the matches to help the game along. Racquets and equipment are provided.

Level	Age	Day	Time	Code
Beginners	7 - 14	Th	6:15 - 7pm	6337
Intermediate	7 - 14	Th	6:15 - 7pm	6338
Advanced	7 - 14	Th	7 - 7:45pm	6336

Dates, Fees and Location

- January 8 - February 12
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$15; Non-members: \$20
- Capital Racquet & Fitness Center, 3200 North 10th Street

Sports Conditioning

Take your skills to the next level!

Sport conditioning is a unique and fun class that utilizes Speed, Agility, Quickness, Coordination, Endurance, Strength. This 12-session class is designed to strengthen your core and improve your strength, endurance and technique. The exercises are designed to make you a better and more conditioned athlete.



Fees and Location

- Pre-registration only
- Meet at BSC Aquatic & Wellness Center
- Members - \$55 (13 - 18 yrs.) \$35 (8 - 12 yrs.); Non-members - \$65 (13 - 18 yrs.) \$45 (8 - 12 yrs.)

Date	Age	Days	Time	Code
Jan. 13 - Feb. 19	13 - 18 yrs.	T & Th	4 - 5pm	7151
Jan. 13 - Feb. 19	8 - 12 yrs.	T & Th	5 - 5:30pm	7152
Feb. 24 - April 2	13 - 18 yrs.	T & Th	4 - 5pm	7153
Feb. 24 - April 2	8 - 12 yrs.	T & Th	5 - 5:30pm	7154

Swimming Lessons, Indoor

Fee and Location

- \$45/Session
- BSC Aquatic & Wellness Center, 1601 Canary Avenue

New Course Descriptions from the Red Cross:

These course descriptions are exit skill requirements to move onto the next level. These descriptions went into effect in the Summer of 2014.

Now Hiring

Accepting applications for LIFEGUARDS & SWIMMING INSTRUCTORS

We offer flexible work schedules and training. Apply online at www.bisparks.org or stop by our office at 400 East Front Ave. For more information, contact Jahna Gardiner at 751-4266.

EOE

Parent and Child Aquatics (6 months-3 yrs)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. It gives parents safety information and teaches techniques to help orient their child into the water. This level is fun filled and helps introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

Preschool Aquatics (3-5 yrs old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interaction with other children. As in all swimming and water safety courses, your child will always know that it's safety first.

Preschool A- Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ramp, steps, or side. Blow bubbles through mouth and nose. Submerge mouth, nose, and eyes. Open eyes underwater and retrieve submerged objects. Front glide and recover to a vertical position. Back glide and recover to a vertical position. Back float. Roll from front to back and back to front. Tread with arm and hand actions. Alternating and simultaneous arm and leg actions on front and back. Combined arm and leg actions on front and back. Age appropriate water safety topics.

Preschool B- Helps children gain greater independence in their skills and develop more comfort in and around the water.

- Enter water by stepping in from a deck or low height. Exit water using ladder, steps, or side. Bobbing. Open eyes underwater and retrieve submerged objects. Front float. Back glide and float and recover to a vertical position. Roll from front to back and back to front. Tread water using arm and leg actions. Combined arm and leg actions on front and back. Finning arm action on back. Age appropriate water safety topics.

Preschool C- Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water.

- Enter water by jumping in. Fully submerge and hold breath. Bobbing. Rotary breathing. Front, jellyfish, and tuck floats. Front and back float or glide and recover to a vertical position. Change direction of travel while swimming on front or back. Tread water using arm and leg actions. Combined arm and leg actions on front and back. Finning arm action on back. Age appropriate water safety topics.

Learn-to-Swim (6 yrs-Teen)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival and swim skills.

Level 1- Introduction to water skills: Helps Participants feel comfortable in the water.

- Enter and exit the water using ramp, steps, or side. Blow bubbles through mouth and nose. Bobbing. Open eyes underwater and retrieve submerged objects. Front and back glides and recover to a vertical position. Back float. Roll from front to back and back to front. Tread water using arm and hand actions. Alternating and simultaneous arm and leg actions on front and back. Combined arm and leg actions on front and back. Age appropriate water safety topics.

Level 2- Fundamental Aquatic Skills: Gives participants success with fundamental skills.

- Enter water by stepping or jumping from the side. Exit water using ladder, steps, or side. Fully submerge and hold breath. Bobbing. Open eyes underwater and retrieve submerged objects. Rotary breathing. Front, jellyfish, and tuck floats. Back and front glide and recover to a vertical position. Roll from front to back and back to front. Tread water using arm and leg actions. Change direction of travel while swimming on front or back. Combined arm and leg actions on front and back. Finning arm action. Age appropriate water safety topics.

Level 3- Stroke Development: Builds on the skills in level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side. Headfirst entries from the side in sitting and kneeling positions. Bobbing while moving toward safety. Rotary breathing. Back float. Survival float. Change from vertical to horizontal position on front and back. Tread water. Flutter and dolphin kicks on front. Scissors and breaststroke kicks. Front crawl and elementary backstroke. Age appropriate water safety topics.

Level 4- Stroke Improvement: Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from the side in compact and stride positions. Swim underwater. Feet first surface dive. Survival swimming. Open turns on front and back. Tread water using two different kicks. Front and back crawl, elementary back stroke, breaststroke, sidestroke, and butterfly. Flutter and dolphin kicks on back. Age appropriate water safety topics.

Level 5- Stroke Refinement: Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke. Tuck and pike surface dives, submerge completely. Front flip turn and backstroke flip turn while swimming. Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. Sculling. Age appropriate water safety topics.

Private Lessons

Private lessons are available to individuals ages three to adult. Private lessons are taught by a Red Cross Certified Instructor. These lessons consist of four one-on-one sessions of 30 minutes for \$65. Private lessons are dependent upon an available instructor. Arrangements to be put on our waiting list can be made by calling 751-4266.

**Winter Swimming Sessions,
times and codes, are listed
on the following pages.**

***You can only register for one session at a time.**

Winter Registration Session 1:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, January 5 at 10am.

Winter Session 1 - January 12 - February 11 (M & W)

Winter Session 1 - January 13 - February 12 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level A	T & Th	6641
4:20 - 4:50pm	Preschool Level B	T & Th	6667
4:20 - 4:50pm	Preschool Level C	M & W	6690
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	6558
4:20 - 4:50pm	Ages 6+ Level 2	M & W	6579
4:20 - 4:50pm	Ages 6+ Level 3	M & W	6598
4:55 - 5:25pm	Preschool Level A	M & W	6640
4:55 - 5:25pm	Preschool Level B	M & W	6668
4:55 - 5:25pm	Preschool Level C	T & Th	6691
4:55 - 5:25pm	Ages 6+ Level 1	M & W	6559
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	6580
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	6599
5:30 - 6pm	Preschool Level A	M & W	6642
5:30 - 6pm	Preschool Level A	T & Th	6643
5:30 - 6pm	Preschool Level B	T & Th	6669
5:30 - 6pm	Preschool Level C	M & W	6692
5:30 - 6pm	Ages 6+ Level 2	M & W	6582
5:30 - 6pm	Ages 6+ Level 2	T & Th	6581
6:05 - 6:35pm	Parent and Child	M & W	6617
6:05 - 6:35pm	Preschool Level A	M & W	6644
6:05 - 6:35pm	Preschool Level A	T & Th	6645
6:05 - 6:35pm	Preschool Level B	M & W	6670
6:05 - 6:35pm	Preschool Level C	T & Th	6693
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	6561
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	6583
6:05 - 6:35pm	Ages 6+ Level 3	M & W	6600
6:40 - 7:10pm	Preschool Level A	M & W	6646
6:40 - 7:10pm	Preschool Level A	T & Th	7248
6:40 - 7:10pm	Preschool Level B	M & W	6672
6:40 - 7:10pm	Preschool Level B	T & Th	6671
6:40 - 7:10pm	Ages 6+ Level 1	M & W	6562
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	6563
6:40 - 7:10pm	Ages 6+ Level 2	M & W	6584
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	7224
7:15 - 7:45pm	Preschool Level A	M & W	7250
7:15 - 7:45pm	Preschool Level A	T & Th	7249
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	6564
7:15 - 7:45pm	Ages 6+ Level 2	M & W	7225
7:15 - 7:45pm	Ages 6+ Level 3	M & W	6601
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	6602
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	6611
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	6612

***You can only register for only one session at a time.**

Winter Registration Session 2:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Tuesday, February 17 at 10am.

Winter Session 2 - February 23 - March 25 (M & W)

Winter Session 2 - February 24 - March 26 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level A	T & Th	6630
4:20 - 4:50pm	Preschool Level B	T & Th	6659
4:20 - 4:50pm	Preschool Level C	M & W	6683
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	6550
4:20 - 4:50pm	Ages 6+ Level 2	M & W	6573
4:20 - 4:50pm	Ages 6+ Level 3	M & W	6592
4:55 - 5:25pm	Preschool Level A	M & W	6631
4:55 - 5:25pm	Preschool Level B	M & W	6660
4:55 - 5:25pm	Preschool Level C	T & Th	6684
4:55 - 5:25pm	Ages 6+ Level 1	M & W	6551
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	6574
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	6593
5:30 - 6pm	Preschool Level A	M & W	6632
5:30 - 6pm	Preschool Level A	T & Th	6633
5:30 - 6pm	Preschool Level B	T & Th	6661
5:30 - 6pm	Preschool Level C	M & W	6685
5:30 - 6pm	Ages 6+ Level 2	M & W	6576
5:30 - 6pm	Ages 6+ Level 2	T & Th	6575
6:05 - 6:35pm	Parent and Child	M & W	6616
6:05 - 6:35pm	Preschool Level A	M & W	6635
6:05 - 6:35pm	Preschool Level A	T & Th	6634
6:05 - 6:35pm	Preschool Level B	M & W	6662
6:05 - 6:35pm	Preschool Level C	T & Th	6686
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	6552
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	6577
6:05 - 6:35pm	Ages 6+ Level 3	M & W	6594
6:40 - 7:10pm	Preschool Level A	M & W	6636
6:40 - 7:10pm	Preschool Level A	T & Th	6637
6:40 - 7:10pm	Preschool Level B	M & W	6663
6:40 - 7:10pm	Preschool Level B	T & Th	6664
6:40 - 7:10pm	Ages 6+ Level 1	M & W	6553
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	6554
6:40 - 7:10pm	Ages 6+ Level 2	M & W	6578
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	7231
7:15 - 7:45pm	Preschool Level A	M & W	6638
7:15 - 7:45pm	Preschool Level A	T & Th	6639
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	6555
7:15 - 7:45pm	Ages 6+ Level 2	M & W	7233
7:15 - 7:45pm	Ages 6+ Level 3	M & W	6595
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	6596
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	6609
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	6610

***You can only register for only one session at a time.**

Spring Registration Session:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, March 30 at 10am.

Spring Session - April 6 - May 6 (M & W)

Spring Session - April 7 - May 7 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level A	T & Th	6622
4:20 - 4:50pm	Preschool Level B	T & Th	6652
4:20 - 4:50pm	Preschool Level C	M & W	6677
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	6543
4:20 - 4:50pm	Ages 6+ Level 2	M & W	6569
4:20 - 4:50pm	Ages 6+ Level 3	M & W	6589

4:55 - 5:25pm	Preschool Level A	M & W	6623
4:55 - 5:25pm	Preschool Level B	M & W	6653
4:55 - 5:25pm	Preschool Level C	T & Th	6678
4:55 - 5:25pm	Ages 6+ Level 1	M & W	6544
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	6570
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	6590

5:30 - 6pm	Preschool Level A	M & W	6625
5:30 - 6pm	Preschool Level A	T & Th	6624
5:30 - 6pm	Preschool Level B	T & Th	6654
5:30 - 6pm	Preschool Level C	M & W	6679
5:30 - 6pm	Ages 6+ Level 2	M & W	6571
5:30 - 6pm	Ages 6+ Level 2	T & Th	6572

6:05 - 6:35pm	Parent and Child	M & W	7247
6:05 - 6:35pm	Preschool Level A	M & W	6627
6:05 - 6:35pm	Preschool Level A	T & Th	6626
6:05 - 6:35pm	Preschool Level B	M & W	6655
6:05 - 6:35pm	Preschool Level C	T & Th	6680
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	6545
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	7242
6:05 - 6:35pm	Ages 6+ Level 3	M & W	6591

6:40 - 7:10pm	Preschool Level A	M & W	6629
6:40 - 7:10pm	Preschool Level A	T & Th	6628
6:40 - 7:10pm	Preschool Level B	M & W	6656
6:40 - 7:10pm	Preschool Level B	T & Th	6657
6:40 - 7:10pm	Ages 6+ Level 1	M & W	6546
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	6547
6:40 - 7:10pm	Ages 6+ Level 2	M & W	7244
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	7243

7:15 - 7:45pm	Preschool Level A	M & W	7251
7:15 - 7:45pm	Preschool Level A	T & Th	7252
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	6548
7:15 - 7:45pm	Ages 6+ Level 2	M & W	7245
7:15 - 7:45pm	Ages 6+ Level 3	M & W	7253
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	7254
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	6607
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	6608

Tennis

Register for all tennis programs online at www.bisparks.org, the Park District office or at Capital Racquet & Fitness Center, 3200 North 10th Street. All tennis equipment is provided; however, children may bring their own racquet. *Court shoes must be worn in order to participate.* Students are encouraged to bring water and a positive attitude to the courts!

Registration

Late registration will only be accepted with the Head Tennis Professional's approval.

- Parents may register for Sessions I and 2 at the same time.

	Start Dates	Registration Deadlines
Session 1	Monday, Jan. 5	Thursday, Jan. 1
Session 2	Monday, Feb. 23	Thursday, Feb 19

Tiny Tots

Ages, Fee and location

- Ages 3 - 5
- \$17.50
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Jan. 5 - Feb. 8	Saturday	9:10 - 9:40am	6399
I - Jan. 5 - Feb. 8	Saturday	9:45 - 10:15am	6398
I - Jan. 5 - Feb. 8	Saturday	10:20 - 10:50am	7155
II - Feb. 23 - March 29	Saturday	9:10 - 9:40am	6416
II - Feb. 23 - March 29	Saturday	9:45 - 10:15am	6417
II - Feb. 23 - March 29	Saturday	10:20 - 10:50am	7162

Netters

Ages, Fee and location

- Ages 5 - 6 or instructor permission
- \$70
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Jan. 5 - Feb. 8	M & W	6 - 7pm	6395
I - Jan. 5 - Feb. 8	T & Th	6 - 7pm	6397
II - Feb. 23 - March 29	M& W	6 - 7pm	6413
II - Feb. 23 - March 29	T & Th	6 - 7pm	6415

8 & Under Tennis

Ages, Fee and location

- Ages 7 - 8
- \$70
- 2 days a week only.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Jan. 5 - Feb. 8	M & W	6 - 7pm	6391
I - Jan. 5 - Feb. 8	T & Th	6 - 7pm	6393
II - Feb. 23 - March 29	M& W	6 - 7pm	6409
II - Feb. 23 - March 29	T & Th	6 - 7pm	6411

10 & Under Tennis

Ages, Fee and location

- Ages 9 - 10
- \$70
- 2 days a week only.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Jan. 5 - Feb. 8	M & W	6 - 7pm	6383
I - Jan. 5 - Feb. 8	T & Th	6 - 7pm	6385
II - Feb. 23 - March 29	M & W	6 - 7pm	6401
II - Feb. 23 - March 29	T & Th	6 - 7pm	6403

High School Prep

These lessons focus on preparing the beginning entry level player for playing on their high school team. These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Lots of fun games and drills, all taught by a CRFC certified USPTA tennis professional.

Fee and location

- \$105
- 2 days a week.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Jan. 5 - Feb. 8	T & Th	4 - 5:30pm	6358
II - Feb. 23 - March 29	T & Th	4 - 5:30pm	6372

High School Team

These classes focus on the 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 CRFC certified USPTA tennis professional. No online registration, must test into this class or get prior approval.

Fee and location

- \$105
- 2 days a week.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Jan. 5 - Feb. 8	M & W	4 - 5:30pm	6362
II - Feb. 23 - March 29	M & W	4 - 5:30pm	6374

FAMILY TENNIS DISCOUNT

Now families with multiple children in tennis lessons get a discount. For every second child in lessons each session, receive 50% off the regular price. The first child pays regular price and the discount will be taken off the lessor fee. This discount can not be redeemed online. Please register at CRFC or at the Park District office to receive your Family Tennis Discount.

Elite Program

The elite program is for players beyond the high school team program 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. No online registration, must test into this class.

Fee and location

- \$135
- 2 days a week.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I - Jan. 5 - Feb. 8 (strength/agility training)	M & W	4 - 5:30pm 5:30 - 6pm	7157
II - Feb. 23 - March 9 (strength/agility training)	M & W	4 - 5:30pm 5:30 - 6pm	6376

Bismarck Holiday Classic Junior Tennis Tournament

Three-day tournament for competitive junior players. Entry fee includes t-shirt, goody bag and player social.

Dates and Registration

- February 13 - 14
- Register at tennislink.usta.com

For more information

- Rod Morasch, tournament director, 221-6855

Tennis Night in America

A youth registration night across America. Sign-up early for spring/summer tennis programs before our regular registration period opens! Plus play on-court games and win prizes! The event is free to youth ages five - 14. This night is merged with regularly scheduled lessons. Bring your friends!

Dates, Registration and Code

- March 2, 5:30 - 7pm
- There is no fee to participate, just show up ready to have fun! Reserve your spot at bisparks.org in advance.
- CODE: 5782

For more information

- Rod Morasch, 221-6855

USTA Tennis Block Party

Come check out what tennis is all about in Bismarck/Mandan. Open to youth and adults, come enjoy a day of tennis in a carnival like atmosphere. Prizes, food, fun and everything is free. Open to all ages! Pre-register to win the grand prize!

Dates and Registration

- May 2 from 1 - 2:30pm
- There is no fee to participate, just show up ready to have fun!
- CODE: 7165

For more information

- Rod Morasch, 221-6855

Bismarck Mandan Tennis Association Special Events

Doubles Tennis Tournament – February 28

Capital Racquet & Fitness Center Special Events

Winter Classic Racquetball Tournament – January 16-17

Flurry Fest Wallyball Tournament – January 31

Bismarck Holiday Classic Junior Level 6 & 7 Championship –
February 13-14

University of Mary Tennis Invitational – February 20-22

Subway Cut Throat Racquetball Tournament – February 21

USTA Tennis Night in America – March 2

Free Tennis Play Day – April 11

USTA “Free” Tennis Block Party – May 2

5th Grade Volleyball Information

Information Meeting

- No informational meeting for 5th grade. An information sheet will be available upon registration.

Dates and Times

- February 9 – April 11
- 5th Grade Jamboree April 10 and 11
- 5th Grade: Practices held at the school. First practice times posted online at www.bisparks.org the week prior.
- Due to gym availability, some schools may have different practice schedules. You will be notified through the school office and/or team coach.

Teams will be formed after the first week of practice and a schedule will be provided for the remainder of the season. Every attempt will be made to split the teams as equally as possible, when more than one team exists per grade at any school. If there are not enough 5th graders at one school to make a team, schools may be combined at the discretion of Bismarck Parks and Recreation District. Matches will begin Saturday, February 21.

Fees

- \$55/player - if received on or before January 23.
- \$65/player - if received January 24 or later.

5th Grade	Code	5th Grade	Code
Centennial	6488	Myhre	6495
Grimsrud	6489	Northridge	6496
High. Acres	6490	Pioneer	6497
Liberty	7240	Prairie Rose	6498
Lincoln	7241	Roosevelt	6499
Martin Luther	6491	Saxvik	6500
Miller	6492	Shiloh	6501
Moses	6493	Solheim	6502
Murphy	6494	Sunrise	6503
		Will-Moore	6504

Volleyball (Coed)

The Youth Volleyball Program is designed to teach the basic skills, sportsmanship and techniques involved in the game of volleyball. The purpose of the program is for the participants to have fun, get exercise and develop skills. Children of all abilities are encouraged to participate. Emphasis will be placed on equal participation and skill development. Win/Loss records are not kept and the program will conclude with a jamboree.

4th Grade Information

Informational Meeting

- 7pm, Wednesday, January 21 at the Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.

Dates and Times

- February 9 - March 28
- 4th Grade Jamboree March 27 - 28
- Practice will be held one day per week at the World War Memorial Building, 215 North 6th Street.
- Mondays - Fridays: 4pm or 5pm.
- Teams organized by school if possible.
- Games will be held Saturdays at the World War Memorial Building.

Fees

- \$45/player - if received on or before January 24.
- \$55/player - if received January 25 or later.

School	Code	School	Code
Cathedral	6466	Northridge	6477
Centennial	6467	Pioneer	6478
Grimsrud	6468	Prairie Rose	6479
Highland Acres	6469	Roosevelt	6480
Liberty	6470	Saxvik	6481
Lincoln	6471	Shiloh	6482
Martin Luther	6472	Solheim	6483
Miller	6473	St. Anne's	6484
Moses	6474	St. Mary's	6485
Murphy	6475	Sunrise	6486
Myhre	6476	Will-Moore	6487

**Youth Volleyball Coaches
and Officials needed!
If interested,
please call BPRD at 222-6455.**



Adaptive Recreation

Meet it or Beat it Bowling

This bowling program is offered to individuals of all ages and abilities. This short program is designed for the individual bowler to meet or beat his/her previous week's scores. Emphasis is on participation.

Dates	Days	Time	Fee
Now - June 1	M	4 - 6pm	\$2.50/game*

- Located at Midway Lanes, 3327 Memorial Highway, Mandan.
- No registration is necessary.
- * Price includes shoe rental.

Archery, Indoor

Archery lessons are available for youth and adults. Please see page 4 for more information on archery.

Basketball

State Amateur Basketball Tournament

March 27-29 • Minot
Contact Tim Kuntz at 223-3600 for more information.

Fencing

Fencing lessons are available for youth and adults. Please see page 5 for more information on fencing.

Golf Clinics

Free weekly winter golf clinics at the Fore Seasons Center, located at Pebble Creek Golf Course, 2525 North 19th street. Participants are responsible for paying the discounted rate of \$4.00 for their range balls.

- Men and Women ages 18 and up, 10:30-11:30
- Sunday Feb. 22, March 8, 22
- Golf Professionals and Fitting Professionals teaching all aspects of golf
- Hitting on two launch monitors and video instruction
- Equipment evaluation

Karate - Traditional Japanese Karate

Karate lessons are available for youth and adults. Please see page 5 for more information on karate.

Open Gym

The Open Gym Program is designed to provide an opportunity for both youth and adults to use a neighborhood gymnasium in a supervised, free play situation. The Open Gym is FREE of charge.

Court reservations will be taken for adult teams interested in practicing. Call 222-6454 to reserve your court for one hour the Friday (8:30a - 5p) preceding weekend play. Only Bismarck Parks and Recreation District registered adult teams are permitted to reserve practice time at Simle or the World War Memorial Building during the free Open Gym program. Youth travel teams interested in reserving /renting gym space during non-Open Gym hours must contact the schools or the World War Memorial Building. The Open Gym Program is provided by Bismarck Parks and Recreation District, in cooperation with Bismarck Public School District.

November 1-2, 2014 - March 7-8, 2015

Elementary School Locations

Saturday Sunday

The following elementary school locations are for elementary age children and/or families:

Centennial	2800 Ithica Drive	1 - 5pm	1 - 5pm
Dorothy Moses	1312 S. Columbia Dr.	N/A	1 - 5pm
Liberty	5400 Onyx Dr.	1 - 5pm	1 - 5pm
Lincoln	3320 McCurry Way	1 - 5pm	1 - 5pm
Rita Murphy	611 North 31st St.	N/A	1 - 5pm
Robert Miller	1989 North 20th Street	N/A	1 - 5pm
Solheim	325 Munich Drive	1 - 5pm	1 - 5pm
Sunrise	3800 Nickerson Ave	1 - 5pm	1 - 5pm

Middle School locations:

Horizon	500 Ash Coulee Dr.	N/A	1 - 4pm
Simle	1215 North 19th Street		
• Basketball Pick-up Games		N/A	1 - 4pm
• Basketball Court Reservations		N/A	4 - 9pm
Wachter	1107 South 7th Street	N/A	1 - 5pm

Preschool Locations:

Preschool age children only. Parents are required to stay with child. Older children are not allowed at this site.

BECEP at Richholt	720 North 14th St.	N/A	3 - 5pm
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Other locations:

World War Memorial Building	215 N 16th Street		
• Volleyball Court Reservations		N/A	1 - 4pm

* These times/locations above are subject to change. Please visit www.bisparks.org for an updated schedule.

Bismarck Mandan Tennis Association

Special Events

Doubles Tennis Tournament – February 28

Capital Racquet & Fitness Center

Special Events

- Winter Classic Racquetball Tournament – January 16-17
- Flurry Fest Wallyball Tournament – January 31
- Bismarck Holiday Classic Junior Level 6 & 7 Championship – February 13-14
- University of Mary Tennis Invitational – February 20-22
- Subway Cut Throat Racquetball Tournament – February 21
- USTA Tennis Night in America – March 2
- Free Tennis Play Day – April 11
- USTA "Free" Tennis Block Party – May 2

Racquetball

Leagues

Ages, Fee and location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE; Non-members: \$48
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session 1 - January 5 - February 15

League	Day	Times	Code
B/C	M	Noon	6321
Men's A	T	7pm	6322
Women's C	- Arrange own matches -		6324
Men's B/C	W	Noon	6323
Men's B/C	Th	7pm	6325

Session 2 - February 23 - April 2

League	Day	Times	Code
B/C	M	Noon	6327
Men's A	T	7pm	6329
Women's C	- Arrange own matches -		6326
Men's B/C	W	Noon	6330
Men's B/C	Th	7pm	6328

Lessons

Ages, Fee and location

- 18 and older; All Levels
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$25; Non-members: \$30
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Times	Code
Jan. 5 - Feb. 9	M	7 - 8pm	6334
Feb. 23 - March 30	M	7 - 8pm	6335

Swimming Lessons, Indoor

Adult Swim

American Red Cross Adult Swim is intended for teens and adults who wish to improve their knowledge and skill for many reasons. It may be to overcome their fear of the water and to learn the basic skills and achieve a minimum level of water competency to improve their skill and technique either to increase their level of safety to improve their health and fitness or perhaps compete in triathlons or to join a master's swim team. There are three forms of lessons that can be taught: Learning the Basics, Improving Skills and Swimming Strokes, and Swimming for Fitness. These levels will be taught in a private lesson setting. These lessons will consist of four one-on-one sessions of 30 minutes for \$65. Private lessons are dependent upon an available instructor. Arrangements can be made by calling 751-4266.

Tennis

Tennis Leagues

League play is 1.5 hours and is held at Capital Racquet & Fitness Center (CRFC). All leagues are based on your NTRP ranking. NTRP descriptions are available at CRFC. For help with your NTRP rating, contact Head Tennis Professional, Rod Morasch at 221-6855. Leagues are 6 weeks in length. All league matches should be played at their scheduled time. All doubles league players must find a substitute if they are unable to play. You may sign up without a partner for some leagues.

CRFC will provide tennis balls for all leagues. Winners of each league receive a \$20 CRFC gift certificate and recognition within the facility. Results and scores will be posted on the bulletin board at CRFC and distributed via email. A current email must be provided for league updates.

Fee and location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$36/doubles; \$42/singles
- Annual Gold members: FREE (first league session) \$18 (second league session)
- Non-members: \$54/doubles; \$66/singles;
- Sub Fees - Members: Free, Non-members: \$6/time
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session 1 - January 5 - February 15

See league descriptions for times.

League	Day	Code	Code
		(Intermediate Players)	(Advanced Players)
Mixed Doubles	M	6441	6440
NTRP Doubles	W	6449	6448
Women's Progressive	Th	6445	6444
Single(s) Ladder	F	6439	6438

Session 2 - February 23 - April 5

(Thanksgiving week off)

See league descriptions for times.

Level	Day	Code	Code
		(Intermediate Players)	(Advanced Players)
Mixed Doubles	M	6454	6453
NTRP Doubles	W	6460	6459
Women's Progressive	Th	6456	6455
Single(s) Ladder	F	6452	6451

League Descriptions

Mondays Mixed Doubles

- 7 - 8:30pm: Players with a combined NTRP of 6.0-7.0 (Intermediate players)
- 8:30 - 10pm: Players with a combined NTRP of 8.0 - 9.0 (Advanced players)

Wednesday NTRP Doubles

- 7 - 8:30pm and 8:30 - 10pm: Players must sign up with partner at same NTRP level or greater. Teams will be placed with opponents of similar ratings. NTRP: 3.5, 4.0, 4.5, 5.0

Thursday Women's Progressive

- 7 - 8:30pm: Players with an individual NTRP of 2.5-3.0 (Intermediate player)
- 8:00 - 9:30pm: Players with an individual NTRP of 3.5 - 4.0 (Intermediate/Advanced players)

Friday Singles Ladder

- 6 - 7:30pm and 7:30 - 9pm: Singles Ladder League, NTRP: 3.5, 4.0, 4.5 (Intermediate/Advanced players)

* League times may rotate each week depending on each league size. Expect to play at both the earlier and later times every other week when registering.

Beginner Adults

These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Lots of fun games and drills all taught by a CRFC certified USPTA tennis professional. Come join us!

Fees and Location

- 5-week sessions
- 2 days/week - \$105; 1 day/week - \$52.50
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
Jan. 5 - Feb. 8	M & W	9 - 10:30am	6345
Jan. 5 - Feb. 8	T	7 - 8:30pm	7226
Feb. 23 - March 29	M & W	9 - 10:30am	6347
Feb. 23 - March 29	T	7 - 8:30pm	7234

Intermediate Adults

Players with some experience or advanced beginners. This fun class reinforces grips, preparation and swing path for forehands, backhands, volleys, overheads, serves and return of serves. Introduces spin and placement and emphasis on situational tennis. Singles and doubles positioning and strategy. Lots of fun games and drills, all taught by a CRFC certified USPTA tennis professional. Come join us!

Fees and Location

- 5-week sessions
- 2 days/week - \$105; 1 day/week - \$52.50
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
Jan. 5 - Feb. 8	M	10:30am - Noon	6343
Jan. 5 - Feb. 8	T	5:30 - 7pm	7228
Jan. 5 - Feb. 8	W	5:30 - 7pm	7229
Jan. 5 - Feb. 8	Th	10:30am - Noon	7227
Feb. 23 - March 29	M	10:30am - Noon	6348
Feb. 23 - March 29	T	5:30 - 7pm	7236
Feb. 23 - March 29	W	5:30 - 7pm	7237
Feb. 23 - March 29	Th	10:30am - Noon	7235

Advanced Adults

Level 3.5 and above. These fun and competitive classes offer advanced stroke production techniques with emphasis on competitive situations and drills. Singles and doubles positioning and strategy for tournament and league competition. Lots of fun drills and games all taught by a CRFC certified USPTA tennis professional. Come join us!

Fees and Location

- 5-week sessions
- 2 days/week - \$105; 1 day/week - \$52.50, Thurs Noon Class \$35
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Dates	Day	Time	Code
Jan. 5 - Feb. 8	M	5:30 - 7pm	6344
Jan. 5 - Feb. 8	Th	5:30 - 7pm	7230
Jan. 5 - Feb. 8	Th	Noon - 1pm	7232
Feb. 23 - March 29	M	5:30 - 7pm	6346
Feb. 23 - March 29	Th	5:30 - 7pm	7238
Feb. 23 - March 29	Th	Noon - 1pm	7239

Cardio Tennis

This is a fast paced workout set to music. Emphasis will be 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 sign up required.

- This class is part of CRFC group fitness programming and is on our Group Fitness Class schedule.

Day	Time
W	12:05 - 12:50pm

Fees and Location

- Free: Must be a member of Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center. Non-members: Day pass fee.
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Minimum of 5 participants needed for class to be held.

Volleyball

Teams accepted on a first - come, first - served basis. Space is limited! Register at the Bismarck Parks and Recreation District from 7:30am - 5pm.

Winter Volleyball

- Registration: December 9
- Program Dates: January 12 - March 26
- Openings are limited! Please call the Bismarck Parks and Rec office the first week in December for additional information.

Days

- Monday: Women C, D, E, F
- Tuesday: Coed A - F
- Wednesday: Women A - F, Men C - D
- Thursday: Men A - C, Coed D - F
- Makeup matches will be held on Sundays

Player Fee

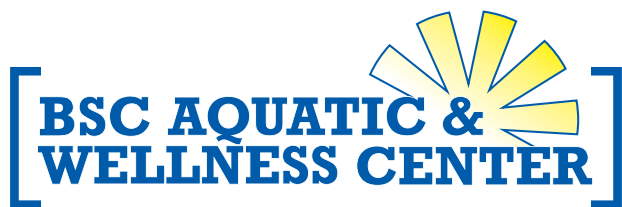
- \$35/player
- New team rosters and fees are due Tuesday, December 9 or a late fee may be charged.
- Teams that signed up for both seasons (Fall and Winter) must have their winter player fees in by Tuesday, December 9 or a late fee may be charged.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.

Sponsor Fee

- \$60

League Schedules

- Online at bisparks.org by January 5.



BSC AQUATIC & WELLNESS CENTER

1601 Canary Avenue, Bismarck, ND 58503 • 701-751-4266

The BSC Aquatic & Wellness Center, located on the Bismarck State College Campus, has a 50-meter competition pool, diving, recreation and lap pools, and the Tesoro wellness center that includes strength equipment and cardiovascular equipment with personal viewing screens. The facility also has Turtle Beach playground, a group fitness/dance studio and meeting rooms.



TESORO



Hours - Now - May 22, 2015

- Monday - Thursday: 5:30am - 10pm
- Friday: 5:30am - 8pm
- Saturday: 7am - 7pm • Sunday: Noon - 7pm

Hours - May 23, 2015 - September 1, 2015

- Monday - Thursday: 5:30am - 8pm
- Friday: 5:30am - 7pm
- Saturday: 7am - 2pm • Sunday: Closed

Pool Hours

- Swimming pools will close 30 min. before the rest of the facility.
- For a complete pool schedule and rules, visit www.bisparks.org

Fees

- For complete membership fees, refer to page 16
- Locker Rental (6 mo.) - \$50; (1 year) - \$75
- Rental of Room 1 or 2 - \$30/Hr.
- Please call for daily or extended use rental fees.

Fitness Classes held at BSC AWC

For class description, refer to page 17

- Butts & Guts
- Cardio Kickboxing
- Combat Strength
- Cycling
- Deep Water Aerobics
- Kids Yoga
- Les Mills BODYATTACK®
- Pilates
- Six Pack Abs
- Tabata
- Water Works
- Yoga
- Zumba®
- Personal Training, refer to page 18

Birthday Parties

The BSC Aquatic & Wellness Center offers birthday parties, see page 19 for complete details.

Turtle Beach Indoor Playground

Come and play! Turtle Beach, the indoor playground at the BSC Aquatic & Wellness Center, features many climbable animals that little ones will love. Turtle Beach is fully accessible with a poured rubber surfacing and is geared for children age seven and under. Fee is \$1 per child. Members use the playground for free.

The Capital Racquet & Fitness Center, located in north Bismarck, has racquetball courts, Sauna/Jacuzzi, cardio equipment, indoor tennis courts, indoor track (Indoor 1/9 mile), walleyball courts, fitness center, and a weight room. The facility also offers group fitness classes and child care.



CAPITAL RACQUET & FITNESS CENTER

3200 North 10th Street, Bismarck, ND 58503
701-221-6855 or 701-221-6856

Hours - Now - May 22, 2015

- Monday - Thursday: 5:30am - 10pm
- Friday: 5:30am - 9pm
- Saturday: 7am - 7pm • Sunday: 10am - 7pm

Hours - May 23, 2015 - September 2, 2015

- Monday - Thursday: 5:30am - 9pm
- Friday: 5:30am - 8pm
- Saturday: 7am - 2pm • Sunday: Closed

Fitness Classes held at CRFC

For class description, refer to page 17

- Cardio Tennis
- Cycling
- Kettlebells
- Kids Fitness
- Les Mills BODYPUMP®
- Pilates
- Rip 'n Ride
- Six Pack Abs
- Tabata
- Trim - N - Tone
- Yoga
- Zumba®
- Personal Training, refer to page 18

Fees

- For complete membership fees, refer to page 16
- Locker Rental (6 mo.) - \$50
- Locker Rental (1 year) - \$75
- Please call for daily or extended use rental fees.

Kid Zone - Child Care

Kid Zone is our childcare area designed for hours of fun. Includes a ball pit, bounce house, art and movie area and lots of other toys. Kids keep busy while you workout! This area is open and staffed by a Capital Racquet & Fitness Center employee at the following times:

- Mondays - Thursdays: 4 - 8pm
- Now - April 30, 2015
- \$10/month for members - unlimited hours per child
See bisparks.org for Kid Zone policies

Birthday Parties

The Capital Racquet & Fitness Center offers birthday parties. See page 19 for complete details.

Pro Shop at Capital Racquet & Fitness Center

Our pro shop in the main lobby carries healthy snacks along with a variety of tennis and racquetball merchandise.

Racquet stringing is available. Come check out our affordable prices!

Dual Membership

When you purchase a silver membership at either Capital Racquet & Fitness Center (CRFC) or BSC Aquatic & Wellness Center (BSC AWC), the membership will be a dual membership for **both** facilities.

BSC AWC: 50-meter competition pool, diving, recreation and lap pools, a wellness center that includes strength equipment and cardiovascular equipment, Turtle Beach indoor playground, and pool/group fitness classes.

CRFC: racquetball, wallyball court time and leagues, indoor track (Indoor 1/9 mile), cardio equipment, fitness center, weight room, group fitness classes, sauna/jacuzzi and reduced rates on tennis leagues, lessons and court time.

Silver Membership	Monthly Fee (w/6-month membership)	Monthly Fee (w/12-month membership)	Daily Fee for non-members
12 & Under	\$19/month	\$15/month	\$4.25
Student (13 - 18)	\$38/month	\$30/month	\$5.25
College Student (w/College ID)	\$90/Spring or Fall Semester		
Adult (19 - 64)	\$50/month	\$40/month	\$6.50
Household*	\$75/month	\$60/month	\$25 max.
Senior (65+)	\$38/month	\$30/month	\$5.25
Senior Household (2 adults, 65+)	\$56/month	\$45/month	-
Daily Admission Coupon Book (12 passes)	-	-	\$65
CRFC Indoor Track	-	-	\$1.50
Mon. - Fri. 8am - 3pm (CRFC or BSC AWC)	-	-	\$3.00
Turtle Beach Play Area (adult supervisors are free) (BSC AWC)	-	-	\$1.00

Get money back on your membership each month with a qualifying health reimbursement program! Visit www.bisparks.org for details.

* A Household is up to two adults and their dependant children high school age and under including any children under their care.

NOTE: Prices are subject to change. Taxes will be added at the time of purchase.

Tennis Membership Package Option (Gold Membership)

Capital Racquet & Fitness Center also has an option where individuals and families may purchase a gold membership in which they receive all of the amenities a basic membership (described above) and some extra perks described below.

A 6-month Gold Membership includes the basic membership features PLUS:

- Two hours of tennis per day; reservations up to seven days in advance

A 12-month Gold Membership includes the basic membership features PLUS:

- Two hours of tennis per day; reservations up to seven days in advance
- 1 FREE tennis league, per person, per session
- 50% discount on member rate for additional tennis leagues in each session.
- Early tennis league sign-up

Monthly Fee	6-month	12-month
12 & Under	\$59	\$55
Student (13 - 18 or College ID)	\$78	\$65
Adult (19 - 64)	\$100	\$83.75
Household*	\$150	\$125.63
Senior (65+)	\$88	\$73.75
Senior Household (2 adults, 65+)	\$131	\$110.63
Tennis Coupon Book (12 - 1.5 hour passes)	\$50	\$96
Summer Tennis Coupon Book (Valid Memorial Day - Labor Day)	\$25	\$48

* A Household is up to two adults and their dependant children high school age and under including any children under their care.

MEMBERSHIP SPECIAL!

New Year, New You! Available January 1-15

- Buy a 6-month package & get one month free!
- Buy a 12-month package & get two months free!

Current Members:

- Refer a new member and get one month FREE. Good for up to 6 referrals.

* Free months are added after 6 months or 12 months of package. Silver Package only. New members only.

* Taxes will be added at the time of purchase.

Private Tennis Lessons

The following lessons are available throughout the week. Call 221-6855 to set up lessons with one of our certified tennis instructors. See pages 19 for more tennis programming.

Lesson	Members	Non-members
Private	\$37/hr.	\$42/hr.
Semi - private	\$19/hr.	\$21/hr.
Group of 3	\$13/hr.	\$15/hr.
Group of 4	\$10/hr.	\$12/hr.
Group of 5	\$8/hr.	\$10/hr.
Hitting Lesson	\$28/hr.	\$33/hr.

Court Reservation Policy

Silver members and Non-members can reserve a tennis court two days in advance (one court/person). Gold members can reserve tennis courts seven days in advance (one court/person). All members may reserve racquetball courts seven days in advance.

Group Fitness Classes

Visit www.bisparks.org for schedule and location information.

BSC AWC = BSC Aquatic & Wellness Center

CRFC = Capital Racquet & Fitness Center

Butts & Guts - 35 MINUTES (BSC AWC)

This class will focus on those hard to reach areas that we'd all like to improve. Exercises target and tone your entire core and lower body.

Combat Strength - 30 MINUTES (BSC AWC)

This is the ultimate strength and conditioning workout. This program uses everything from mixed martial arts techniques to circuit training. Get ready to work your way into shape with agility/balance training, battle ropes, and TRX training. Whether you are just trying something new or needing to break that threshold, this dynamic training will not disappoint.

Cardio Kickboxing - 45 MINUTES (BSC AWC)

A fast - paced cardiovascular workout incorporating a broad range of punches, kicks, dance, and athletic drills. Burn calories, relieve stress, and have fun!

Cardio Tennis - 45 MINUTES (CRFC)

Cardio Tennis is a fun group activity featuring cardio and drills to give players of all abilities an ultimate, high energy workout, especially if you've never picked up a racquet! It's a must - try!

Cycling - 30/50 MINUTES (BSC AWC & CRFC)

A cardiovascular training activity performed indoors in a group setting. No complicated choreography, intensity controlled by you and easy to learn techniques will make you want to come back class after class!

Deep Water Aerobics - 45 MINUTES (BSC AWC)

A great workout, where the intensity is increased through the resistance of the water. Using floatation devices, you power walk or run with enough vertical space so your feet do not touch the bottom. Comfort in Deep Water required.

Kettlebells - 30 MINUTES (CRFC)

Training with Kettlebells will set your fat on fire like no other form of exercise. They allow you to combine cardio and strength training in one quick workout to maximize results. You will burn fat by adding muscle, thus increasing your metabolism. Kettlebells also help you move more efficiently by addressing your body's weaknesses and muscular imbalances.

Kids Fitness - 30 MIN (CRFC)

Catered to children from the ages of 4 - 10 years old. The instructor will conduct a half hour of fun, creative and invigorating activities for the children to enjoy such as leap frog, red light/green light, running on our indoor track, yoga and much more!

Kid's Yoga - 30 MINUTES (BSC AWC)

For ages 4-10 years. This class will introduce the most basic yoga postures to children in a fun, playful way. Class in Community Room 1.

Les Mills BODYATTACK® - 60 MINUTES (BSC AWC)

A sports - inspired cardio workout for building strength and stamina. This high - energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone toward their fitness goals.

Les Mills BODYPUMP® - 60 MINUTES (CRFC)

This is the fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for anyone who wants to add strength training into their aerobic workout. The simplicity of the class makes Les Mills Body Pump a great starting point to develop strength and confidence. Motivating music and compelling choreography keep you going through the workout. You'll use a step platform, barbell and a set of weights. You will burn up to 600 calories/class.

Pilates - 40 MINUTES (BSC AWC & CRFC)

Pilates focuses on the body's core using breathing to energize the muscles. We will use our own body weight to focus on our symmetry in strength, flexibility, tension, range of motion, and weight distribution. Be prepared to lengthen and strengthen your muscles.

Rip'n Ride - 75 MIN (CRFC)

This class offers you the perfect "weekend warrior" cardiovascular training combined with strength training...get it all done in one workout. Cycle intervals will be alternated with challenging muscle work in this fast-paced class. Top it off with abs and stretching and you'll have worked yourself head to toe, inside and out! This class will jump start your weight loss and fitness goals by developing lean muscle mass and incorporating calorie-burning cardio into one all-inclusive workout.

Six Pack Abs - 15 MINUTES (BSC AWC & CRFC)

Engages all your core muscles.

Tabata - 30 MINUTES (BSC AWC & CRFC)

Is a High Intensity Interval Training (HIIT) class that works your entire body. This quick and effective workout includes a 20 second high-intensity anaerobic work interval followed by a 10-second recovery, repeated 8 times in a row.

Trim - N - Tone - 60 MINUTES (CRFC)

This class incorporates muscle strengthening and conditioning using bands, tubing, hand weights and your own body weight for resistance. You will work your major muscle groups from head to toe.

Water Works - 40 MINUTES (BSC AWC)

This shallow water workout includes aerobic and anaerobic training exercises. You will improve cardiovascular stamina, muscular endurance, and flexibility without putting stress on your joints. No swimming ability required.

Yoga - 45 MINUTES (BSC AWC & CRFC)

Combining functional strength and flexibility while focusing on the mind/body connection through movement.

Zumba® - 45 MINUTES (BSC AWC & CRFC)

Add some spice and flare to your workout and shake your cha - cha! Zumba® combines high energy & motivating music with unique moves and combinations that allow participants to dance away their worries. This Latin based class is fun and easy to do - no dance experience required!

Basic Zumba® - 30 MINUTES (BSC AWC)

This easy to follow class allows you to move at a slower pace with modified/low impact options, it is a great way to get started and introduced to ZUMBA®

Personal Training

Capital Racquet & Fitness Center and the BSC Aquatic & Wellness Center offer a variety of personal and group training options. Our trainers are District employees certified through an accredited organization. Programs consist of cardiovascular exercise and weight training individualized for each person. Personal Training is available to members and non-members. First time clients receive a FREE consultation.

Fees

- Members - \$30/1-Hour Session, \$20/Half Hour Session, **January Special - 8 - 45-Minute Sessions \$190**
- Non-Members - \$36/1-Hour Session, \$26/Half Hour Session **January Special - 8 - 45-Minute Sessions \$238**
- Package rates are available.

Body Composition Testing

Body composition testing is a great way to see how your body is responding to your fitness routine and eating plans. A certified personal trainer will conduct the test and answer your questions on how to improve your overall health and increase your results!

Fees

- Members - \$10; Non-Members - \$16

Body Composition + Fitness Assessment

Fees

- Members - \$30; Non-Members - \$36

Fitness Assessment

This in-depth session includes measuring of cardio-respiratory endurance muscular strength and endurance and flexibility.

Fees

- Members - \$25; Non-Members - \$31

Programs

Fit and Trim Bootcamp

This 8-week program is designed to push you to your limit and get your attitude and body into shape. Bootcamp takes the very best exercises from aerobics classes, weight training, body weight training, and cardiovascular training and puts them into a 45-minute fat-blasting, interval workout. Classes will be held both indoors and outdoors, as weather permits. This program is not designed for beginners.

Fees and Location

- Pre-registration only
- Meet at Capital Racquet & Fitness Center
- Members - \$82; Non-Members - \$106

Date	Days	Time	Code
Jan. 5 - Feb. 25	M & W	5:45 - 6:30am	6315
March 16 - May 6	M & W	5:45 - 6:30am	6316

Activ8

This fun and active program consists of 45-minute structured water and non-water activities twice a week for kids 8-12 years of age. It is designed to increase children's physical activity, self confidence, and nurture long term behavior. Our goal is that every child finds their niche in physical activity. It doesn't matter if they are athletic or not, we want to inspire kids to MOVE and have FUN!

Date	Day	Time	Code
Jan. 12 - Feb. 19	M & Th	6:45pm - 7:30pm	7212
Feb. 23 - April 2	M & Th	6:45pm - 7:30pm	7213
April 6 - May 14	M & Th	6:45pm - 7:30pm	7214

Age and Location

- 8-12 yrs old
- BSC Aquatic & Wellness Center, 1601 Canary Avenue
- Monday (land) and Thursday (pool)

Fees and Registration Code

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$55; Non-members: \$65



Mommy & Me Bootcamp

This class is designed to allow moms to work out with their child. You don't have to choose between working out and doing something fun with your little one! You will be using your body weight, child, and stroller for resistance. Choose between the 4-week twice a week or 8-week once a week programs. Located at BSC Aquatic & Wellness Center, 1601 Canary Avenue.

Date	Day	Time	Code
Jan. 6 - 29	T & Th	10-10:45am	7219
Feb. 3 - 26	T & Th	10-10:45am	7220
Feb. 7 - March 28	Sat.	10-10:45am	7222
March 3 - 26	T & Th	10-10:45am	7221

Registration and Fees

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$60; \$80 non-members

Requirements

- One child under the age of three years per adult
- Enrollment: Four minimum/15 maximum

Sports Conditioning

Take your skills to the next level! Sport conditioning is a unique and fun class that utilizes Speed, Agility, Quickness, Coordination, Endurance, Strength. This 12-session class is designed to strengthen your core and improve your strength, endurance and technique. The exercises are designed to make you a better and more conditioned athlete.



Fees and Location

- Pre-registration only
- Meet at BSC Aquatic & Wellness Center
- Members - \$55 (13 - 18 yrs.) \$35 (8 - 12 yrs.);
Non-members - \$65 (13 - 18 yrs.) \$45 (8 - 12 yrs.)

Date	Age	Days	Time	Code
Jan. 13 - Feb. 19	13 - 18 yrs.	T & Th	4 - 5pm	7151
Jan. 13 - Feb. 19	8 - 12 yrs.	T & Th	5 - 5:30pm	7152
Feb. 24 - April 2	13 - 18 yrs.	T & Th	4 - 5pm	7153
Feb. 24 - April 2	8 - 12 yrs.	T & Th	5 - 5:30pm	7154

Shred Challenge

The new improved Meltdown! The focus of this weight loss team challenge is EXERCISE. You will meet with your team once a week for 45 minutes. The team meetings consist of a group workout, weigh in, and a team challenge.



	Location	Day	Time	Code
Team Black	BSC AWC	T	5:45pm	7149
Team White	CRFC	W	6:45pm	7150

Dates and Fees

- Starts January 13 or 14
- Registration deadline is January 11.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$60; \$125 non-members
- Non-members are able to use both facilities at no cost during the 8 week program.

Weight Room Orientation

This class consists of three 45-minute sessions. A personal trainer will give you the knowledge you need to know how to have a safe and effective workout. In these sessions you will learn how to use the cardio/weight machines properly to prevent injury and what muscle groups the machines will strengthen. By the end of this program, you will feel confident in the weight room.

Fees

- Members only - \$15
- BSC Aquatic & Wellness Center (BSC AWC) or Capital Racquet & Fitness Center (CRFC)
- Enrollment: Four minimum/12 maximum

Date	Day	Time	Location	Code
Jan. 14, 21 & 28	W	7pm	CRFC	7261
Feb. 4, 11 & 25	W	7pm	BSC AWC	7262
March 17, 24 & 31	T	7pm	CRFC	7263
April 1, 8 & 22	W	7pm	BSC AWC	7264

Fitathalon Challenge

Free eight week program at Capital Racquet & Fitness Center. Track your miles doing various activities including cardio equipment, fitness classes, racquetball and tennis. A standings board will be placed in the weight room to watch your progress. At the end of the challenge, a small prize will be given away for all Fitathalon finishers. New session begins January 12. Sign-up in the Capital Racquet & Fitness Center weight room starting December 29.

Birthday Parties

BSC Aquatic & Wellness Center

1601 Canary Avenue, Bismarck, ND 58503 • 751-4266

The BSC Aquatic & Wellness Center offers birthday parties in the Puklich Chevrolet community rooms. Party groups get 10 passes to the pool or the indoor playground, 2-hours of community room use and a t-shirt for the birthday child. Reservations must be paid in full at the time of reservation. Refunds will be granted only if the scheduled party is canceled prior to 72 hours of the scheduled party. For a complete list of birthday party and pool rules go to www.bisparks.org. For more information call the BSC Aquatic & Wellness Center.

Parties offered in Puklich Chevrolet community room 2:

- Saturday from 11am-1pm; 1:30-3:30pm; 4-6pm
- Sunday from 12:30-2:30pm; 3-5pm

Parties offered in Puklich Chevrolet community room 1:

- Saturday from 11:30am-1:30pm; 2-4pm; 4:30-6:30pm
- Sunday from 1-3pm; 3:30-5:30pm

Fees:

- Pool party with Wibits: \$90
- Playground party: \$50

Capital Racquet & Fitness Center

3200 North 10th Street • 221-6855

CRFC offers private rooms with access to the indoor tennis courts. The rooms include tables and chairs with plenty of space for food and gifts galore!

Tennis Party Perks at CRFC

- One hour group tennis lesson*
- Two hours of private room use for games, gifts and food.
- Gift for birthday boy/girl
- No mess in your home!
- All for only \$90

*Eight children are included in fee. Additional children may be added for \$4.25 each based on instructor availability.



Camping, General Sibley Park

General Sibley Park is located on South Washington Street four miles south of the Bismarck Expressway.

General Sibley Campground is currently closed for the season. The campground will open again in May of 2015. The day-park is available year-round during daylight hours. Parking is permitted outside of the park gates.

- Camping sites for tents and campers with electrical hook-ups
- Restrooms and showers
- Picnic shelters
- Playgrounds
- 24 - hole disc golf course
- Boat ramp.

Fees

- Tent Camping: \$10/day
- Camper Sites with electricity: \$22/day
- Firewood: \$4/bundle
- Ice: \$2.50/bag

Campsite Reservations

- Campsite reservations can be made through October 1.
- Call (701) 222-1844 or visit www.bisparks.org.
- Please review the General Sibley Park reservation policies online before reserving a campsite.

Shelter Reservations

- Call (701) 222-6455
- Full day: \$30
- Half day: \$20 (8am - 3pm OR 4pm - sunset)

Eagles Park

Primitive camping is also available at Eagles Park located 9 miles north of Pioneer Park on Highway 1804 – just south of historic Double Ditch Indian Village site.

Individual campsites or the entire park are reservable by calling 222-6455.

Cross Country Skiing

Riverwood Golf Course and General Sibley will be open and groomed for cross country skiing as soon as there is adequate snow cover.

Hours - Riverwood (weather permitting)

- Monday - Thursday: 11am - 5pm
- Friday - Sunday: 10am - 5pm

Hours - General Sibley Park (weather permitting)

- Seven days a week during daylight hours

Ski Rental

(Available at Riverwood Golf Course, but can be brought to General Sibley Park)

- Adults: \$7/hour
- Youth: \$3/hour

For more information

- Call Riverwood Golf Shop at 250-7677, or visit the General Sibley Park website for trail maps.

Facilities

Fore Seasons Center

Located at Pebble Creek Golf Course, 2525 North 19th Street, 223-3600 or 221-3384

Try the Fore Seasons Center for your golf, soccer, and baseball needs! The Fore Seasons Center is also the golf shop for the Pebble Creek Golf Course.

Hours

- Monday – Sunday, 9:00am to 9:00pm

Indoor Driving Range

- 31 Stations

Bucket of Balls

- Mini Basket - \$3.50
- Small Basket - \$5.00
- Medium Basket - \$6.50
- Large Basket - \$7.50

Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$65
- Large - \$75

Batting Cage

- \$11.50/30 minutes

Golf Lessons

Group or individual (adult and junior) by appointment at all facilities. For more information contact the instructor directly or call Riverwood Golf Course at 222-6462.

- Tim Doppler, 226-5641.
- Michael Herzog's, PGA Professional, 701-989-4547.
- Andrew Schmitz, PGA Professional, 480-329-9221.
- Chuck Ruppert, 701-400-4296.
- Jordan Berglund, 701-870-2573.

Soccer

Soccer players can rent the Fore Seasons Center for team practices and league games.

Group Rentals

Fore Seasons Center can be rented by teams, schools, civic and professional organizations for meetings, conventions, practices, clinics and birthday parties.

- One to four hours - \$170/hour
- Over four hours - \$140/hour



Frances Leach High Prairie Arts & Science Complex

1810 Schafer Street, Just off I-94, Exit 157, N. of Bismarck State College Campus www.highprairiecomplex.com

Central Dakota Children's Choir

- Phone: 258-6516
- Inspiring tomorrow's voices by enriching lives, building friendships and serving the community.



Gateway to Science

- Phone: 258-1975
- North Dakota's only hands-on science center.
- Hours: Mon. - Thurs., Noon - 7pm; Fri. - Sat., Noon - 5pm



Shade Tree Players

- www.shadetreeplayers.com
- Phone: 214-1061
- Shade Tree Players offers theatre classes and workshops for children 6 - 16.



THEO Art School

- www.highprairiecomplex.com/theo
- Phone: 222-6452
- Have a colorful, inspirational and active winter with art. Check out the complete list of class offerings online.



Schaumburg Ice Arena

221 Reno Avenue • 221-6813

Schaumburg Ice Arena is east of Wachter Park and Aquatic Center, more commonly called the wave pool. They're both just across the street from Dorothy Moses Elementary School. All facilities are just south on 3rd Street from Kirkwood Mall. The facility is site to hockey and figure skating activities and during the summer months, Triple Star Day Camp.

Public Skating Schedule

- Sundays: 6 - 8pm

Fees

- \$2/Individual
- \$5/family
- No skate rentals.

There will be skate monitors on duty during Sunday public skating. We cannot be responsible for accidents, so please be careful.

Private Ice Rentals

- \$85/hour (limited availability)
- Reservations: call Dennis at 221-6814

VFW Sports Center

1200 North Washington Street • 222-6588 or 221-6815

The VFW Sports Center has two separate rinks and is home to a multitude of recreation activities: hockey, figure skating, public skating, curling, golf. Located near the facility are the Sam McQuade Sr. Softball Complex, Bismarck Capital Curling Club, and Tom O'Leary Tennis Courts. The facility and grounds are surrounded by 2.4 miles of recreational trails.

Public Skating Schedule

- Rink 1: Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2: Sundays: 3:00 - 5pm

Fees Sunday Only

- \$2/Individual
- \$5/Family
- Free at VFW Sports Center Tuesday, Wednesday and Thursdays
- No skate rentals

There will be skate monitors on duty during Sunday public skating. We cannot be responsible for accidents, so please be careful.

World War Memorial Building

215 North 6th Street • 222-6454

Facility Features

- Aerobic/Dance/Karate Room
- Three Basketball/Volleyball Courts
- Youth Gymnasium
- Two Racquetball Courts

Hours Now - April 12

- Monday - Thursday: 10am - 9pm
- Friday: 10am - 6pm
- Saturday: 9am - 5pm
- Sunday: Noon - 9pm

Birthday Party Special

For more information or to make a reservation, call the World War Memorial Building at 222-6454. Reserve a room and gym for three hours for \$55.

Racquetball

- Two regulation size courts.
- Call 222-6454 for reservations. (One reservation per day.)
- \$8/hour/court
- Noontime Racquetball Special: Anyone interested in playing racquetball from 11am - 2pm Monday - Friday, may reserve a court for \$5. Reservations taken one day in advance
- Wednesday Special: \$5/hr any time during the day.

Court Reservations

- Basketball and volleyball teams may reserve a court for one hour by calling 222-6454 after 8:30am on the preceding Friday.

Golf Courses

Pebble Creek

2525 North 19th Street • 223-3600 or 221-3384

- 9-hole, par 35
- Natural links course
- Outdoor and Indoor putting green
- Outdoor and Indoor driving range

Riverwood

725 Riverwood Drive • 222-6462 or 250-7677

- 18-hole, par 72
- Driving range & putting green

Tom O'Leary

1200 North Washington Street • 222-6531 or 221-2738

- 18-hole, par 69
- Mini-Links, a 3-hole golf course for junior players.

No outside food or beverages are allowed into Riverwood, Tom O'Leary, or Pebble Creek Golf Courses.

2015 Golf Courses Information

Riverwood and Pebble Creek Driving Range Prices

- Mini Basket - \$3.50
- Small Basket - \$5.00
- Medium Basket - \$6.50
- Large Basket - \$7.50

Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$65
- Large - \$75

Green Fees (Includes tax) Tom O'Leary and Riverwood

- Daily 18 - \$30.00
- Daily 9 - \$20.00
- Junior 18 or 9 (ages 17 and under) - \$13.00
- Senior 18 or 9 (65+) - \$20.00

Green Fees (Includes tax) Pebble Creek

Pebble Creek Golf Course operates from green fees only.

- Daily 18 - \$23.00
- Daily 9 - \$17.00
- Junior 18 or 9 (ages 17 and under) - \$8.50
- Senior 18 or 9 (65+) - \$17.00

Season Passes Tom O'Leary or Riverwood

- Adult - \$660
- Household* - \$1,490
- Junior (ages 17 and under) - \$190
- Intermediate (ages 18 - 20) - \$280
- Senior (65+) - \$630

Season Passes Tom O'Leary and Riverwood

- Adult - \$1,000
- Household* - \$2,300
- Junior (ages 17 and under) - \$285
- Intermediate (ages 18 - 20) - \$420
- Senior (65+) - \$925

Green Fee Packages

- **Bismarck/Mandan:** 12 rounds of golf (9 or 18 holes) for \$300. For Riverwood, Tom O'Leary, Prairie West and Mandan Municipal golf courses.
- **Bismarck Only:** 12 rounds of golf (9 or 18 holes) for \$300. For Riverwood, Tom O'Leary, and Pebble Creek.
- **Bismarck Only:** 12 rounds of golf (9 holes only) for \$200. For Riverwood, Tom O'Leary and Pebble Creek.
- **Pebble Creek:** 12 rounds of golf (9 holes only) for \$170.

Note: must be used during the 2015 season.

* A Household is up to two adults and their dependent children high school age and under including any children under their care.

Golf Lessons

Group or individual (adult and junior) by appointment at all facilities. For more information contact the instructor directly or call Riverwood Golf Course at 222-6462.

- Tim Doppler, 226-5641.
- Michael Herzog's, PGA Professional, 989-4547.
- Andrew Schmitz, PGA Professional, 480-329-9221.
- Chuck Ruppert, 400-4296.
- Jordan Berglund, 870-2573.

Ice Skating, Indoor Fees Sunday Only

- \$2/Individual
- \$5/Family
- Free at VFW Sports Center Tuesday, Wednesday and Thursdays
- No skate rentals

There will be skate monitors on duty during Sunday public skating. We cannot be responsible for accidents, so please be careful.

* Watch for notification at the arenas for special public skating sessions during holiday vacations.

Rules

- Skate with the flow.
- No racing or dodging other skaters.
- No food on the ice.
- No spins - both feet must be on the ice.
- Be courteous to other skaters.
- Always use caution - be aware of other skaters.

VFW Sports Center

1200 North Washington Street • 222-6588, 221-6815 or 221-6814

- Rink 1: Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2: Sundays: 3:00 - 5pm

Schaumberg Ice Arena

221 Reno Avenue • 221-6813

- Sundays: 6 - 8pm

Ice Skating, Outdoor

Warming Houses are located at the following parks:

Jaycee Centennial Park

- 321 E. Century Ave., 222-6632
- One hockey rink and one pleasure rink

Lions Park

- 1601 E. Boulevard, 222-6635
- One hockey rink and one pleasure rink

Municipal Ball Park

- 303 W. Front Ave., 222-6636
- One hockey rink

North Central Park

- 830 Central Ave., 221-6875
- One hockey rink and one pleasure rink

Tatley-Eagles Park

- 602 Airport Rd., 222-6634
- One hockey rink and one pleasure rink

VFW Post #1326 Family Recreational Park

- Solheim School, 325 Munich Drive, 221-3499
- One hockey rink and one pleasure rink

Warming House Hours

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



Parks

For a complete listing of parks, addresses and amenities, refer to the trail map insert.

Community Gardens

Bismarck Parks and Recreation District is proud to support the Community Gardens. The Community Gardens are located just west of the Municipal Ballpark (south of Memorial Highway and east of Hannifin Street). A second location is in Tatley - Eagles Park on Airport Road and Michigan Avenue. Bismarck Parks and Recreation provides the land use and the water. Interested individuals and families put in their garden, keep it weed free and enjoy the harvest. There is a fee to rent the plot. Interested individuals should contact volunteer coordinator Kent Morrow at 255-1344 for details on renting a garden space.

Disc Golf Courses

The Bismarck Parks and Recreation District maintains an 18 - hole disc golf course within Lions Park, located at East Boulevard Avenue and 16th Street. There's also a 24-hole disc golf course within General Sibley Park located on South Washington Street. For league and tournament information, contact Troy at 258-1994 or visit www.discgolfnd.com.

Dog Park - Century Bark Park

This off - leash park is located at the Century Recreation Complex on the corner of North 4th Street and East Century Avenue in Bismarck. Please park in the parking lot west of Century High School and enjoy three dog park fields.

- Hours: 5am - 11pm
- Big Paws Field is for dogs over 30 pounds.
- Wiggly Field is for dogs less than 30 pounds.
- Fetch Field is for all dogs and owners interested in a training and obedience area.

The fields are gated and bags are provided for clean - up. For a complete list of safety rules for people and pets, please visit www.bisparks.org, or pick up a list at the Bismarck Parks and Recreation District offices at 400 East Front Avenue. The rules are also posted at the Century Bark Park.

Imagination Playground

Experience Imagination Playground and give your kids the opportunity to enjoy a completely new way to play! Children will be invited to experience Imagination Playground in a Box, a new concept that offers a changing array of elements that allow children to constantly reconfigure their environment and to design their own course of play. Giant foam blocks, moveable and buildable play pieces overflow with creative potential for children to play, dream, build and explore endless possibilities.

World War Memorial Building, 215 North 6th Street • 222-6454

- Monday – Thursday 10am – 6pm
- Friday – Saturday 10am – 5pm
- Sunday Noon – 6pm

McDowell Dam Recreation Area

1951 93rd Street Northeast • 223-7016

McDowell Dam Recreation Area is a 271 acre park located five miles east of Bismarck on Old Highway 10 and one mile north. The park is owned by the Burleigh County Water Resource District and managed by the Bismarck Parks and Recreation District. Available activities include swimming, boating, fishing and paddle boating. There is a public beach, picnic shelters that are available (and can be reserved for special occasions), horseshoe pits, a small concessions area, a playground and modern restrooms. There is a paved recreational trail on the grounds, as well as a wooded area for nature walks or runs. There is also a Nature Trail encircling the banks of McDowell Dam.

Hours

Opening Date – September: 6am – 11pm daily

Equipment Rentals

Paddleboats: \$5/hour

Canoes: \$5/hour

Kayak: \$5/hour

Shelter Reservations

Call 222-6455

Full day: \$30; Half day: \$20 (8am – 3pm OR 4pm – sunset)

Skate Parks

Skateboard, bike, and rollerblade enthusiasts will enjoy Bismarck's two outdoor skate parks. The parks are located at Lions Park, East Boulevard Avenue & 16th Street; and Sons of Norway Park, East Bismarck Expressway & East of Jeannette Myhre School.

Skateboards, in-line skates and bicycles are allowed at each skate park. We ask users to abide by the skate park rules posted at each facility.

Park System Information

The Bismarck Parks and Recreation District owns, manages and maintains approximately 2,910 acres of public park land. These park facilities and sites appear on the inside foldout. Our parks are open year-round; however, some facilities are operated on a seasonal basis.

Park Hours

6am - 11pm daily. Restrooms are scheduled to open May 1 and close November 1. This may change due to the weather.



Park Rules

For your safety and enjoyment, we ask you to abide by the following rules and regulations in our parks/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 Horse Arena.
- 5) Fires are restricted to fire pits and grills.
- 6) Posting of posters and advertisements is prohibited.
- 7) Vendor permits are required.
- 8) It is illegal to carry a weapon into any park area.
- 9) Pets must be on a leash, and please clean up after your pets.
- 10) Hunting, trapping or killing of animals or birds is prohibited.
- 11) No overnight camping is allowed in any city parks, with the exception of General Sibley Park and Eagles Park.

Alcohol Beverage Permits

Anyone wishing to have alcohol beverages in parks and recreation areas must obtain a beverage permit at the Bismarck Parks and Recreation District Office, 400 East Front Avenue. You must be 21 years of age to purchase a permit.

- Group Permit - \$20: Valid for one use only and is necessary anytime 11 or more adults are present in one group.
- Individual Permit - \$20: Good for up to 10 adults in one group. Valid from date of purchase through December 31 of the year of purchase.
- Team Permit - \$25: Valid from date of purchase through December 31 of the year of purchase.

Bismarck Forestry Division

The Bismarck Forestry Division manages the trees on City and Park District properties. Bismarck has 15,000+ park trees, 20,000+ street trees, and many more trees standing on golf courses, along recreation trails, and in natural wooded areas. The division assists individuals and organizations planning memorial or dedication plantings and other special tree plantings in public areas. The forestry division organizes Bismarck's annual Arbor Day ceremony each May. Foresters are often invited to discuss tree related issues with civic organizations and in classrooms throughout the city.

Foresters consult with parks and recreation district administrators and planners concerning tree planting projects and activities or changes on park property where trees are involved.

Park trees are pruned on a seven-year rotation prune cycle. Routine inspections of park trees serve to identify hazardous trees and provide a safe environment for park users.

Technical assistance for tree and shrub problems on private property is provided by appointment for a nominal fee.

Wood chips suitable for landscape mulch are available for sale at the City Landfill for \$.02 per pound (minimum charge of \$1). Tree logs suitable for firewood are available for sale at the City Landfill for \$15.00 per ton. To purchase either wood chips or tree logs stop at the Scale House at the City Landfill for instructions.

For more information, call the Forestry Division at 701-355-1733 or visit our web page at www.bismarck.org/forestry.

Picnic Shelter Reservations

Call 222-6455 to reserve indoor or outdoor shelters.

Outdoor Shelters

The city has 13 parks with picnic shelters. Most shelters have concrete floors and provide restroom facilities nearby. Shelters are equipped with electricity, a picnic grill, volleyball courts and horseshoe pits. Picnic shelters/buildings may be reserved for 2015 and 2016. Reservations for 2016 started on Oct. 1, 2014.

Indoor Shelters

The Jaycee Leadership Hall and the Sertoma Club Community Center are multi-use, indoor buildings that are open year-round and heated in the winter. The Sertoma Club Community Center is air-conditioned in the summer.

Shelter Reservations Fees

- Full day: \$30
- Half day: \$20 (8am - 3pm OR 4pm - 11pm, General Sibley Park and McDowell Dam Recreation Area closes at sunset)
- Exceptions: Sleepy Hollow fees are \$50 for 1/2 day and \$75 for a full day. The Jaycee Park Leadership Hall and the Sertoma Club Community Center fees are \$75 for 1/2 day and \$100 for a full day. The buildings are \$150 for 1/2 day and \$200 for a full day when rented by a for-profit organization.
- Reservations must be paid at the time of reservation. Picnic shelter rain checks will be granted only if the scheduled picnic or social gathering doesn't begin due to the weather. Rain checks may be received by stopping at the Bismarck Parks and Recreation District Office within 72 hours of the scheduled picnic.

Picnic Equipment Available

- Volleyballs and nets
- Bats and balls
- Horseshoes
- Frisbees

All equipment is available on a first come, first serve basis for a \$50 deposit plus a \$15 use fee. Equipment is for citizens who rent shelters from Bismarck Parks and Recreation District only. Deposit will be returned if equipment is returned cleaned within three days. Equipment may be picked up at the World War Memorial Building (WWMB), 215 North 6th Street, from 8:30am to 5pm Monday - Friday. The WWMB is closed Saturday and Sunday.

Sledding

Tom O'Leary Sledding Facility

- Entrance is at the corner of N Griffin St. and W Boulevard Ave.
- 222-6588 or 221-6815
- Northwest of the intersection of North Griffin Street and Boulevard Avenue

Hours

- Weekends and School Holidays: 12 Noon - 5pm
- Christmas Day: CLOSED

* Note: If there is an inadequate amount of snow on the hill, the warming house and hill will be closed.

THINK SAFETY!

Bismarck Parks and Recreation District reminds citizens to use extreme caution and keep safety in mind when using the sledding hills and all outdoor facilities.

Trails, Recreational

For a complete listing of trails and addresses, refer to the trail map insert.

The Bismarck Parks and Recreation District provides more than 50 miles of paved and unpaved recreational trails to the public, including:

Miles	Trails
3.78Sleepy Hollow Trail
3.62Riverwood Golf Course Loop
3.14Hay Creek Trail Loop
3.1Sertoma Park Loop
2.5Burleigh Avenue Trail
2.3Tom O'Leary Golf Course Loop
2.25Pebble Creek Loop
2.17University Drive Trail
2.11Washington Street Trail North
2.05Riverfront Trail
1.06Cottonwood Park Loop
0.83Valley Drive Greenway Trail
0.45Gateway Pond Loop
0.36Igoe Park Loop Trail

Miles Non-Paved Trails

4Sleepy Hollow Mt. Bike Trail
3.9River Bluffs Mt. Bike Trails
1.13Bill Mills Nature Trail
1.1Chief Lookings Village Trail

The Park District asks citizens to abide by the following rules when using the trails:

- 1) Walkers, joggers and bikers please keep to the right when using the trails.
- 2) All dogs must be on a leash.
- 3) Be aware of traffic approaching and behind you.
- 4) Be aware of intersections and crossings.
- 5) Please pick up you and your pet's litter.

Educational Trails

Chief Lookings' Earthlodge Village Interpretive Trail

This 3/4 mile trail is as enjoyable as it is educational. Located on the Pioneer Park Overlook off Burnt Boat Road, this trail covers the layout and features of the Earthlodge Village occupied by the Mandan Indian Tribe dating back to 1675.

Rotary Club Arboretum Trail

This gravel trail on Divide Avenue and College Drive (the north corner of Tom O'Leary Golf Course) is designed to showcase a variety of plant life, including native trees and shrubbery, as well as non-native plant life. "George Bird" Rotary Park Arboretum Trail is a cooperative project of the Park District, Bismarck Forestry Department and the Bismarck Rotary Club.

Aquastorm, Swimming/Diving Club

The Aquastorm competitive swim team is a fun way to develop lifelong swimming skills and make great friends. The Aquastorm swim team competes in a fall/winter season and in a summer season, and members range in age from five to 18. Everyone participates individually and as a team. Practice and coaching is ability based. The Aquastorm's head coach is Jeff Steele.

For children interested in trying competitive swimming, the Aquastorm offers swim clinics during the months of April and September. At the swim clinics, elementary school kids (kindergarten through grade 6) will experience the fun and excitement of competitive swimming. During practice, the coaches will work closely with the swimmers as they gain confidence in the water and work on proper stroke technique, starts and turns. At the conclusion of each swim clinic, the swimmers will compete in a fun meet.

The Aquastorm diving club welcomes divers of any age and ability. Divers will learn discipline and sportsmanship that will be valuable to them throughout their lives.

The Aquastorm Masters swim team is a fun swimming program for adults of all ages and abilities, and is a great way for adult swimmers to enhance their swimming technique, get a great work out and meet new friends. The Aquastorm Masters swim team welcomes individuals who want to compete in swimming events, individuals who compete in triathlons and want to improve their swimming, and individuals who simply want structured swim workouts as a part of their fitness plans.

For more information on the Aquastorm swim team, diving club and Masters program, please contact Jeff Steele at coachsteele@aquastormswimming.com or go to www.aquastormswimming.com. You can also mail inquiries to BSC Aquatic & Wellness Center, Attention Aquastorm, 1601 Canary Avenue, Bismarck, ND 58503.

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 www.bismarckfigureskatingclub.com.

Bismarck Gymnastics Academy (BGA)

3200 North 10th Street • 258-8956
www.bismarckgymnastics.com
execdir@bismarckgymnastics.com

Office Hours

- Monday - Friday: 10:00am-5:00pm
- Summer hours may vary

Proshop Hours

- Monday-Thursday: 10:00am-7:00pm

The Bismarck Gymnastics Academy in cooperation with the Bismarck Parks and Recreation District offers a quality gymnastics program for ages 2 through high school. Our gymnasts work on developing strength, agility, speed, flexibility, balance, coordination, and self-respect. The gymnasts are introduced to all events in gymnastics (tumbling, balance beam, trampoline, uneven bars, rings, mini tramp, vault, parallel bars, high bar, and pommel horse) so they are prepared to go into Acro, recreational, or competitive gymnastics.

Preschool: At the preschool level we offer the following classes: Little Hoppers (2-3 yrs. old), Wiggle Worms (3-4 yrs. old), Tumble Bugs (5 yrs. old) and the Mighty Mites (Advanced 5-6 yrs. old). The Little Hoppers classes require a parent in class with them. The levels of preschool classes are designed to introduce basic gymnastics training and eventually improving their level of skill with emphasis on technique, flexibility, strength, and form at the advanced level. The gymnasts are moved from one level to the next at the recommendations of the instructors who monitor their progress.

Grade School: These classes are for boys and girls. Classes offered are: White Stars (Girls 6-7 yrs. old), White Star Bursts (Advanced girls 6-7 yrs. old), Black Stars (Girls 8-10 yrs. old), Black Star Bursts (Advanced girls 8-12 yrs. old), Silver Stars (Girls 11 yrs. old+), Gold Stars (Precomp girls 6 yrs. old +), Flares (Boys 5-8 yrs. old), Giants (Boys 9 yrs. old +), Iron Crosses (Advanced Boys 6 yrs. old +), and Tumble Stars (Girls and boys Tumbling 7 yrs old +). The Precomp and Advanced Grade School classes are offered by invitation only and are designed to prepare the gymnast for skills used on the competitive and acro teams.

Competitive Program: Our gymnasts compete in levels 1 through 10, from 10 possible levels in the Girls USA System.

Acro Teams: We have two Acro Teams, the Black Gems and the Gold Gems. Tryouts for these teams are held in May. Call the BGA office for additional show team information.

BGA also offers Home School Classes and Special Needs classes. Please call the office for more details.

Student/Teacher Ratio

For preschool classes is five students per instructor. The grade school ratio is seven students per instructor. A minimum of three students is required to hold a class. The teaching staff consists of adults and young adults extensively trained in the sport of gymnastics. We take pride in our organization, and strive to give a high level of education.

Registration: For each session must be made through the BGA office. Tuition is due at the time you register.

Membership Fees: Membership Fees: Each gymnast is required to pay a \$20 fee each year with a \$35 maximum per family. This is due at the time you register and paid only once every 12 months.

Parties: Schedule a party! Birthday, special occasion or just for fun, at BGA. Call 258-8956 for more information or check our website.

Schedule and Tuition:

Registration hours are, 9:00 a.m. – 6 p.m. Monday –Thursday.

SESSIONS

Fall II 2014

Registration..... Oct. 20-23, 2014
 Program Dates..... Oct. 27-Jan 11, 2014

Winter 2014

Registration Jan. 5-8, 2015
 Program Dates Jan. 12-March 15, 2015

Please call 258-8956 for class schedule or visit www.bismarckgymnastics.com.

9-WEEK SESSION FEE IF ATTENDING:

Preschool, Grade School, Tumbling

Once/Week\$80
 Twice/Week\$120

Advanced Grade School and

Pre-comp
 Once/Week\$90
 Twice/Week\$135

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 www.bismarckhorseclub.com.

Bismarck-Mandan Lacrosse

Lacrosse has arrived! Be part of the fastest sport on two feet.

We had four successful months of practices this past summer. Over 60+ players participated with ages between eight and 16. Please monitor our website for developments about spring/summer 2015 events and other useful information.

New players (boys and girls) of any age are welcome at any time. We have been able to offer affordable sticks bulk purchases. Hockey gear can be used initially.

We are passionate about teaching the skills and traditions of the game. Programs exist in Fargo, Grand Forks, Rapid City, Billings, and other regional locations.

www.bismanlacrosse.org

Bismarck Youth Baseball

Bismarck Youth Baseball, Inc. is a non-profit charitable organization and a chartered member of the Cal Ripken Association. It is volunteer driven: parents serve as board members, coaches, team coordinators and umpires. Bismarck Youth Baseball serves Bismarck children ages 5 - 12; their age on April 30th determines eligibility.

There are five divisions of play:

- T - Ball: 5 - 6 years old
- Rookies: 7 - 8 years old
- AA: 9 - 10 years old
- AAA and Majors: 11 - 12 years old

NOTE: Registration for the 2015 season is tentatively scheduled to open on 1/26/15 - and some divisions fill up quickly. For the most up-to-date registration information, visit www.bismarckyouthbaseball.org.

Bismarck Youth Hockey

The Bismarck Youth Hockey Season begins in October. A participant's level is determined by their age as of July 1st, 2014. Bismarck Hockey is one of the largest youth hockey associations in North Dakota. Last year the association had over 560 participants enrolled from Termites through Bantams. An Intro to Hockey session is offered to first time hockey players, beginning at age 4. The cost for this program is \$35 and includes all the gear needed to begin hockey. The gear can be kept if the skater enrolls in the regular season. The season ranges from early October to the end of March, depending on the level of play. For additional information, please visit www.bismarckhockey.com or feel free to email questions to president@bismarckhockey.com.

Termites - Boys and Girls ages 4 through 7

- Birthdate from 7/1/07 through 6/30/10

Mites - Boys & Girls ages 8 & 9

- Birthdate after 7/1/05 to 6/30/07

Squirts & Girls 10 & under

- Birthdate 7/1/03 - 6/30/05

Pee Wees & Girls 12 & under (Travel)

- Birthdate 7/1/01- 6/30/03

Bantams & Girls 14 & under (Travel)

- Birthdate 7/1/99 - 6/30/01

Capital City Gun Club

Location: 4 miles N. of Bismarck on Hwy 83, Telephone: 223-9542

The Capital City Gun Club provides a safe and convenient location to practice with your shotgun and participate in league trap shooting.

It is open to the public during the hours listed below. We have 9 regulation traps with voice releases.

For more information, contact Jerry Gulke at 328-6303 or Bruce Birkeland at 255-0822 Website: bis.midco.net/ccgc/ccgc.html

Capital Curling Club

Curling leagues began in late October with league times and information on our website. Junior curling for elementary through high school will begin in early December. Juniors wanting to try curling can come to any of the Saturday morning sessions.

The Capital Curling Club working with Dreams in Motion offers wheelchair curling in mid winter. Check Dreams in Motion web site for details.

For those interested in watching elite curlers, the Capital Curling Club will be hosting the 2015 USCA Women's National Challenge Round, a qualifying event to determine those Women's teams who will advance to Women's Nationals and earn points toward the 2018 Winter Olympics. The event takes place at the Capital Curling Club January 8th-11th.

Ice rental with instructors are available for groups throughout the season. Learn to Curl sessions will be posted on our website at www.capitalcurlingclub.org.

Dakota United Soccer Club

Dakota United Soccer Club is a non-profit organization focused on developing the youth of Bismarck/Mandan through the world's most popular game. Dakota United organizes travel teams, local leagues (indoor and outdoor), & provides enhanced training opportunities on a year-round basis. Dakota United teams participate in a wide array of events ranging from elite regional competition to local grassroots fun. All Dakota United staff are trained & licensed by the US Soccer Federation. For more information about the Dakota United Soccer Club including registration forms, season dates, and full program descriptions please visit: www.dakotaunitedsoccer.com

Dakota West Arts Council Offers - Arts in the Parks

Dakota West Arts Council
Dakota West Arts Council (DWAC), a 501(c)(3) non - profit organization, works to strengthen and enrich Bismarck and Mandan by growing appreciation, participation, and support of the arts. We believe that being active mentally and physically through arts and recreation strikes a healthy balance like none other. Both stimulate your mind. Creativity and resourcefulness are spurred. And, kids and adults have fun.

For over 30 years, Dakota West Arts Council has supported local arts organizations and artists. Collectively, these cultural groups and individuals bring laughter, comfort, and rejuvenation to thousands of people every year through hundreds of events and classes. For more local events and information, please go to dakotawestarts.org or like our Dakota West Arts Council Facebook page.

Arts Events Calendar

Do you have an arts event you are looking to promote? Send information about your event to us! We prepare a bi-monthly calendar of events for local publications and websites and post all events on our website, dakotawestarts.org. Contact Dakota West Arts Council for more information at dwac4arts@hotmail.com or call 222-6640.

Dakota Zoo

Several special events including Breakfast at the Zoo, Children's Day, Family Zoo Snooze Campover, and much more. For more information, call 223-7543 or check the website, www.dakotazoo.org

Winter Hours from October 4-April 25

1:00 - 5:00pm Friday thru Sunday
(weather permitting)

GO! Bismarck - Mandan

Go! Bismarck Mandan is a coalition of local agencies, organizations and individuals that work together to "build a healthier community" through the development of an annual work plan and a long - term healthy community plan. The coalition shares information regarding programs and activities regarding healthy eating, physical activity and large - scale community changes. For more information and to see how your family and your community can be healthier, please visit www.gobismarckmandan.org or like us on Facebook.

Horseshoe Pitchers Association

The Bismarck-Mandan Horseshoe Pitchers Association would like to invite all individuals interested in pitching horseshoes to come out and join our sanction leagues located at the Wildwoods Horseshoe Complex in Sertoma Park near shelter 10. We have leagues for all individuals. Each league will be approximately 12-14 weeks and is a sanctioned NHPA league. Individuals will be required to bring their own horseshoes. League play is scheduled once a week and will last approximately 2 hours. Leagues start at 7pm. For more information please contact Mike Lund at 255-4879 or 426-9361.

Midget Football League

Bismarck Midget Football League is a full-contact tackle football program with 14 teams designed for 5th and 6th graders between the ages of 10 and 12 years. Established in 1974, the league is a non-profit organization staffed with volunteers which provides participants an opportunity to learn and develop football skills in a safe and structured environment. The season runs from Aug-Oct.

- Registration is open from March 1-May 1.
- For more information
www.bismarckmidgetfootball.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: Rod Matzke at 701-220-0728 or Jeff Kohler at 701-667-7200 (hobby shop). Visit www.msmaarc.org

Nishu Bowmen Archery Club

This facility is located at the existing outdoor range in south Bismarck next to the Riverwood Golf Course and is maintained by the Nishu Bowmen Club. The outdoor range features two 14-target NFAA ranges used to host NDBA state field tournaments. Along with both North and South ranges, there is another practice range which allows shooting from ranges of 10-70 yards. The indoor archery complex has a lower level range capable of shooting just beyond 30 yards and an upper-level 20-yard target range. Nishu offers a variety indoor and outdoor leagues for both the competitive and non-competitive archers from youth to adults. Archery instructional classes are held throughout the year along. Nishu Bowmen has affiliations with the NDBA and the NFAA.

Summer League Information

Leagues start mid-June.

- Outdoor 3D
- Outdoor Field

Membership

- \$50 yearly membership - single
- \$75 yearly membership - family

Key Cards

Shoot year round in our Archery Complex from 5:30am - 11:00pm, 7 days a week with the purchase of a key card. Must be a Nishu Bowmen member to obtain a key card.

- \$100 - Single
- \$175 - Family

For more information, contact Curt Pearson at 390-3756 or visit www.nishubowmen.com or find us on Facebook.

North Dakota Game & Fish Department

For more information, visit <http://gf.nd.gov>

The following activities are located at the OWLS (Outdoor Wildlife Learning Site) Headquarters, a wildlife demonstration area located at the North Dakota Game and Fish Department Main office, 100 N Bismarck Expressway on the corner of Expressway and Main, immediately east of the State Prison.

Fishing: Open fishing - 7 days a week during daylight hours for do it yourself fishing. Catch and release and no bait restrictions. Bluegill, trout, bass and catfish are stocked annually. A North Dakota fishing license is required for anglers 16 years and older and are available in the main building Monday - Friday. Handicap accessible, no bicycles or pets are permitted. Portable restroom June - August.

Family Fishing Days: June - August on the OWLS pond on Wednesdays and Saturdays from 9a - 4p (except for holidays). Volunteers are present to check fishing rods out to the public, provide basic fishing instruction to beginners and bait is provided to kids free of charge. Residents of any age do not need a fishing license when Family Fishing days are open.

Walking Trail: Several miles of walking trails meander through the OWLS site, including a 1.0 mile marked fitness trail. There are approximately 40 different stops along the trail that describe North Dakota wildlife and wildlife habitat. A self - interpretive guide and map that follows along with the stops is available at the beginning of the trail. Bicycles and pets are not permitted.

Bird Watching & Nature Photography: Several different habitats are represented on the OWLS which include areas of prairie, tree & shrub plantings, wetlands and a creek also flows through the area. These diverse habitat types provide opportunities to view a wide variety of birds and other wildlife species.

The Purple School

The Purple School™ Spanish And Other Languages for Kids

Young children can learn any language! Brain chemistry changes as children age so it's important to learn early. Our enthusiastic teachers use The Purple School's fun, child-centered curriculum, song, and play to teach Spanish and other languages. Contact 701-205-1962 or info@ThePurpleSchool.com For registration details.

- Spanish for baby/toddler/preschoolers, Fridays, 3:15-4 pm, Saturdays, 12:15-1 pm
- Spanish for K-6, Fridays, 4-6 pm, Saturdays, 10:15 am-12:15 pm
- French for kids, call to inquire
- Chinese for kids, call to inquire

See www.ThePurpleSchool.com for more information.

Special Olympics

Special Olympics is the world's largest program of physical fitness, sports training and competition for children and adults with intellectual disabilities.

Sports offered include soccer, bocce, bowling, basketball, snow shoeing, alpine skiing, cross country skiing, team handball, figure skating, speed skating, volleyball, swimming, gymnastics, power lifting and track and field. Any individual with an intellectual disability, 8 years or older, is eligible to participate in Special Olympics. Volunteers are needed year round in Bismarck/Mandan and throughout North Dakota to coach, officiate, serve on the area management team, participate as a unified sports partner or work at tournaments.

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. Unified sports expands opportunities for athletes seeking a new challenge and dramatically increases inclusion in the community by helping break down the barriers that have kept people with and without intellectual disabilities apart.

Winter Games

Sports include: Cross Country Skiing, Alpine Skiing, Snow Shoeing, Figure Skating, and Speed Skating

- Training Season held Nov. - Jan.
- State Winter Games held in January

Basketball

- Training Season held December - March
- State Basketball Tournament in Minot

Summer Games

Sports included: Unified Volleyball, Aquatics, Gymnastics, Powerlifting, Bocce, and Track & Field

- Training Season held March - May
- State Summer Games in Fargo

For further information, to volunteer, or to participate, contact Special Olympics North Dakota at 1-800-279-4201 or sond@midconetwork.com

Superslide Amusement Park

Located within Sertoma Park, the Super Slide Amusement Park includes a 160 foot 6-six-lane super slide, ferris wheel, carousel, tubs of fun, rock climbing wall, batting cages, an 18-hole mini golf course, bank shot basketball, go carts, bumper cars, water wars, critter train, inflatable jumper, swing ride and a concession stand.

For more information, call 255-1107 or visit bismarcksuperslide.com

Register for a Bismarck Parks and Recreation District Program!

The registration information and form below only applies to BPRD programs, not to activities listed in the Other Partners and Programs section.

Online www.bisparks.org

Online registration is available for all programs listed with a code, except Karate. All other BPRD programs will list registration details.

Walk-In or Mail-In

400 East Front Avenue
Bismarck, ND 58504

After Hours Drop Box

400 East Front Avenue
Bismarck, ND 58504

Refund Policy

- Participants will receive a full refund when the program is cancelled due to lack of participants, facilities or qualified instruction, or the program has not officially begun.
- No refunds will be given once the program has started.
- All refunds will be issued in the form of a check. The issuance of a refund check will take 10 - 12 working days and will be mailed to the participant or guardian.

To complete the registration form below:

- This registration form only applies to BPRD programs, not to activities listed in the Other Partners and Programs section.
- Use one form per child. Be sure all information is correct and the program code number is included. (Multiple code numbers may be listed on one form if the programs are for the same child.)
- All fees must be paid in full.
- Additional registration forms are available online or at the Park District office.



Please read this form carefully and be aware that in registering yourself or your child/ward for participation in the below program(s), you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the below program(s).

I recognize and acknowledge that there are certain risks of physical injury and/or death to participant in the below program(s) and, I agree to assume the full risk of any such injuries, death, damages, or loss regardless of severity which I or my child/ward may sustain as a result of involvement with the below program(s). Further, I hereby waive and relinquish all claims that I, my insurer, or my child/ward may have against the Park District and its officers, servants, and employees from any and all claims for injuries, damages, or loss which I or my child/ward may have or which may accrue to me or my child/ward in relation to his/her involvement with the below program(s), regardless whether the activities involved are supervised or unsupervised. I also agree to hold the Park District harmless for any injuries, death, or damages sustained in relation to my child/ward's involvement with the below program(s). Nothing in this release shall be intended to release the Park District from responsibility of fraud or willful injury to person or property, nor for any violation of law. This release is intended to and releases only claims for negligence and/or non-willful or non-criminal claims. **I HAVE READ AND FULLY UNDERSTAND THE ABOVE AGREEMENT OUTLINING MY ASSUMPTION OF RISK AND WAIVER AND RELEASE OF ALL CLAIMS.**

Participant or Parent/Guardian Signature _____ Date _____

Activity	Code #	Fee	Cash/Check #	/Credit Card
Participant's Name (First, Last)	Gender	Participant's D.O.B	Age	Grade (2015-16)
Address		City, State, Zip		
Phone (H)	Phone (W)	Other Phone	E-Mail Address	
Contact (First, Last)	Relationship		Phone (H)	Other Phone
Does Participant have any special limitations				

Please make all checks payable to BPRD. Mail registration forms to 400 East Front Avenue, Bismarck, ND 58504.

December

Winter Adult Volleyball Registration, see page 14 9
 Fitathalon sign-up, see page 19..... 29

January

Personal Training Special, see page 18..... 1-31
 Fitness Membership Special, see page 16 1-15
 Winter I Swim Registration, see page 8 5
 National Curling Bonspiel, see page 27 8-11
 Winter Classic Racquetball Tournament 16-17
 Flurry Fest Wallyball Tournament..... 31
 5th Grade Boys Basketball Jamboree, see page 5 30-31

February

Holiday Junior Tennis Tournament, see page 10 13-14
 Free Golf Clinic, see page 5 14, 21 & 28
 USCA Women’s National
 Challenge Round , see page 27..... 8-11
 Winter II Swim Registration, see page 8 17
 West Regional Boys Hockey Tournament 19-21
 University of Mary Tennis Invitational 20-22
 Subway Cut Throat Racquetball Tournament..... 21

March

Tennis Night in America, see page 10 2
 Free Golf Clinic, see page 5 7, 14 & 21
 4th Grade Volleyball Jamboree, see page 11 27-28
 Spring Swim Registration, see page 9 30

April

State High School Archery Shoot 10-11
 Free Tennis Play Day..... 11
 3rd Annual Run4Change 18
 Pitch, Hit, & Run Baseball Event, see page 4 25

May

USTA Tennis Block Party, see page 10..... 2

2015 Spring/Summer Activity Guide is mailed in April, and will include:

- activity centers ◦ adaptive recreation
- archery ◦ youth baseball ◦ basketball
- fencing ◦ safety village ◦ golf ◦ karate
- soccer ◦ adult softball ◦ swimming
- tennis ◦ volleyball ◦ and much more!

Employment Opportunities

Bismarck Parks and Recreation District has several seasonal positions available throughout the year:

- **Adult Basketball Officials**
- **Adult Basketball Scorekeepers and Supervisors**
- **Adult Volleyball Officials**
- **Adult Volleyball Supervisors**
- **B.L.A.S.T. Supervisors (after school positions)**
- **Facility Attendants at the World War Memorial Building and Fore Seasons Center**
- **Lifeguards, Indoor and Outdoor**
- **Open Gym Supervisors**
- **Outdoor Skating Rink**
- **Swimming Instructors Indoor**
- **Warming House Attendants**
- **Youth Basketball Coaches**
- **Youth Basketball Coordinators**
- **Youth Basketball Officials**
- **Youth Basketball Volunteers**
- **Youth Hockey Coordinators**

Application forms are available online at www.bisparks.org or at our office, 400 East Front Avenue. EOE



Give the gift of Health!

Capital Racquet & Fitness Center
 and BSC Aquatic & Wellness Center

For every \$25 in gift certificates purchased, you'll receive \$5 FREE! Offer expires December 24.



Bismarck Parks and Recreation District
400 East Front Avenue
Bismarck, ND 58504
(701) 222-6455
www.bisparks.org

PRSRST STD
U.S. POSTAGE
PAID
BISMARCK, ND
PERMIT NO. 433



Register for programs online at www.bisparks.org



Let's Play!