



# 2014

# SPRING SUMMER

## ACTIVITY GUIDE

### YOUTH & ADULT PROGRAMS

ACTIVITIES | FACILITIES  
PARKS | SPECIAL EVENTS



BISMARCK PARKS AND  
RECREATION DISTRICT  
Est. 1927

[www.bisparks.org](http://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

- Mike Schwartz, President
- Julie Jeske, Vice President
- Wayne Munson, Commissioner
- Jennifer DeForest, Commissioner
- Brian Beattie, Commissioner

### Administration

- Randy Bina, Executive Director

### Directors

- Kevin Klipfel, Facilities and Programs Director
- Greg Smith, Operations Director
- Augie Ternes, 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
- Linsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Dylan Thiem, Facility Specialist
- Ryan Geerdes, Building and Grounds Specialist
- Dan Sedevie, 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

### Operations Division

- Riley Merkel, Sport Complexes Manager
- Rod Knutson, Park Operations Foreman
- 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, Mike Roth, Cory Lang, Brandyn Kuske

### Forestry

- Jackson Bird, City Forester
- Jerry Henke, Arborist II
- Mike Miller, Arborist I
- Eric Gabbert, Arborist I
- Brian Gaschk, 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](http://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](http://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 419 projects with total project costs of more than \$3.5 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, March 3 and August 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](http://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](http://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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## Activity Centers

Activity Centers provide summer recreational programming at selected elementary schools in Bismarck for kids grades K - 5. Activities include games, crafts, projects, and outdoor fun, all in a supervised setting. Activity sites have limited enrollment.

Ages	Dates	Days	Time
K - 5th Grade	June 2 - Aug. 1	M - F	7:45am - 5:15pm

- **Must have completed kindergarten in the 2013-14 school year or be 6 years old by June 1, 2014. If your child is in kindergarten, but won't be 6 until after June 1, 2014, please come to Bismarck Parks office to register.**
- Activity Centers will close at 12 noon on August 1
- No program on July 3-4
- There will be no supervision before 7:45am or after 5:15pm
- We are open during the lunch hour. Participants may stay or go home during that time. However, we do not provide lunch or snacks, so please bring your own.

### Fees

- \$325/child - if received on or before Thursday, May 8.
- \$335/child - if received Friday, May 9 or later.

### TWO - STEP REGISTRATION process Registration starts April 2 at 8:00am

**Step One:** Register your child(ren) for the selected Activity Center site either in person at the Administrative Offices or online at [www.bisparks.org](http://www.bisparks.org). Once your child(ren) is registered, you can then move to Step Two.

**Step Two:** You **MUST** print out or pick up the Activity Center Information Packet and fill out all the pages. Return the completed packet to the Administrative Office by the end of day on Thurs. May 8. Once your completed packet is received, your child(ren)'s registration for Activity Center is complete.

School	Location	Code
Centennial	2800 Ithica Dr.	5252
Grimsrud	716 St. Benedict Dr.	5254
Northridge	1727 N. 3rd St.	5255
Pioneer	1400 Braman Ave.	5256
Prairie Rose	2200 Oahe Bend	5257
Rita Murphy	611 N. 31st St.	5258
Robert Miller	1989 N. 20th St.	5259
Roosevelt	613 W. Ave. B	5260
Solheim	325 Munich Dr.	5261
Sunrise	3800 Nickerson Ave.	5262

### Junior Leader

Junior Leaders will learn the skills necessary to perhaps become an Activity Center leader one day. A Junior Leader will assist the Leaders in organizing the games and daily activities, helping the Activity Center participants when needed, and helping prepare for the activities each day. The Junior Leaders assist the Leaders and learn leadership and problem solving skills in a fast paced, recreational environment.

Junior Leader Applications can be submitted from April 1-30. BPRD staff will do a random drawing May 7 and applicants will be notified of the results. The Junior Leader applications can be found on the BPRD website, [www.bisparks.org](http://www.bisparks.org), under Human Resources and also on the Activity Center page.

### Fees

- \$50/junior leader
- Maximum of 4 leaders per site.
- Junior Leaders must be going into 6th grade or older.

## 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
June 2 - July 28	M	4 - 6pm	\$2.50/game*

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

### Triple Star Day Camp

The Triple Star Day Camp is offered to individuals ages 10 and up with varying abilities. Emphasis will be given to age appropriate activities, as well as opportunities to participate in community activities and summer activity centers. Field trips may be scheduled weekly.

Ages	Dates	Days	Time	Code
10+	June 2 - Aug. 1	M - F	9:30am - 3pm	5298

- \$100/participant
- Located at Schaumberg Arena, 221 Reno Avenue.
- \* No camp July 3 & 4

## 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	June 3 - Aug. 19	Tues	6pm	5796
Beginners	June 3 - Aug. 19	Tues	7pm	5797
Challengers/Advanced	June 3 - Aug. 19	Tues	8pm	5798

- 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

## Coed, Mites, Squirts, Cal Ripken

Any player born prior to May 1, 2010, and on or after May 1, 2001, will be eligible for Coed, Mites, Squirts, Cal Ripken (ages 12 & under) Baseball League competition for the 2014 season. All levels will play at Sam McQuade Sr. Softball Complex, 1100 North Washington Street. Age is determined as of May 1, 2014 for Mites, Squirts and Cal Ripken.

Ages	Dates	Days	Time	Code
Mites 5 - 6	June 2-July 31	M & W	10 - 11am	5264
Mites 5 - 6	June 2-July 31	T & Th	10 - 11am	5265
Squirts 7 - 9	June 2-July 31	M & W	8:30 - 9:45am	5267
Squirts 7 - 9	June 2-July 31	T & Th	8:30 - 9:45am	5268
Cal Ripken 10- 12	June 2-July 31	M & W	11:15am - 12:45pm	5266

### Fees

- \$55/player
- \$110 maximum/household
- 72 players maximum

## Babe Ruth, Ages 13 - 15

Any player born prior to May 1, 2010, and on or after May 1, 2001, will be eligible for Cal Ripken (ages 12 & under) Baseball League competition for the 2014 season. Any player born prior to May 1, 2001, and on or after May 1, 1998, will be eligible for Babe Ruth 13 - 15 League competition for the 2014 season.

Every player will be placed on a league team after the evaluation period. The first week will be used to evaluate players in a variety of categories. This assists us in forming league teams. The criteria used to select these teams include: attitude, attendance, sportsmanship, versatility, coach ability and skill/ability. Our emphasis will be on the development and maintenance of our league teams. Our extra baseball program will come after the league is established.

### Informational Meeting

- TBA

### Dates

- May 14 – August 11 (open to everyone)
- League games: June 3 – July 17
- Tournaments: (See Tournament Schedule)
- \* Dates and times are subject to change depending upon the facility availability and High School Baseball schedule. Updates will be posted online at [bisparks.org](http://bisparks.org).

Ages	Code
Age 13	5305
Age 14	5306
Age 15	5307

## All Star Tryouts – Tatley\*

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 14: First All Star Tryout: 5:30 - 7pm
- May 18: 4:30 - 6pm
- May 21: 5:30 - 7pm

## League Tryouts – Tatley\*

- Age 13 at South Field and Ages 14 & 15 at North Field
- May 18: First League Tryout: 2:30 - 4pm
- May 19: 5 - 6:30pm
- May 20: 5 - 6:30pm

## Practice Schedule – May 27, 28, 29, & June 2\*

Times	Teams
4:30 – 5:45pm	Teams will rotate times
6:00 – 7:15pm	Teams will rotate times

## Practice Schedule - Beginning June 4

Days	Times	Teams
M & W	4:30 – 5:45pm	Teams will rotate times
M & W	6:00 – 7:15pm	Teams will rotate times

- Practices may be scheduled for late afternoon or early evening at Tatley North/South Park (Airport Road and Michigan Avenue), or Haaland Field (South 12th St.).

## Games - (Dependent on the number of teams)

- Scheduled for Mondays, Tuesdays, Wednesdays and Thursdays on a rotating basis beginning June 3.
- Played at Haaland Field, South 12th St., Tatley North/South Park (Airport Road and Michigan Avenue), University of Mary (7500 University Drive) or Mandan.

### Times

- TBA (dependent on the number of teams)
- Example: 4:30 or 7pm (game schedule subject to change)

### Fees

- Base league fee \$160/player - if received on or before Thursday, May 1 (includes \$30 uniform deposit + \$10 uniform replacement)
- No more than \$320/household
- \$170/player - if received Friday, May 2 or later
- No more than \$340/household

## Fees for Extra Baseball (In addition to base fee)

- Advancing \$150
- Non-advancing \$75

**Babe Ruth League Birth Chart for 2014**

	January	February	March	April	May	June	July	August	September	October	November	December
2001	13	13	13	13	12	12	12	12	12	12	12	12
2000	14	14	14	14	13	13	13	13	13	13	13	13
1999	15	15	15	15	14	14	14	14	14	14	14	14
1998	16	16	16	16	15	15	15	15	15	15	15	15

## Baseball, cont'd

### American Legion & Babe Ruth, Ages 16 - 18

#### American Legion Baseball:

Competition in 2014 is open to players born on or after January 1, 1995. Any player born in 1994 or before, is not eligible to play American Legion Baseball. 2013 High School graduates may only play for the Legion team they played for during the 2013 season. If a player is born in 1995 or 1996, that player must play in the Senior Legion Baseball program.

#### Babe Ruth Baseball:

Any player born prior to May 1, 1998, and on or after January 1, 1995, will be eligible for Babe Ruth Baseball 16 - 18 division.

If there is enough interest, we will plan to have three teams. Please watch for specific information coming in mid-April.

Age	Dates	Code
16	June 3 (practices)	5309
17	June 3 (practices)	5310
18 - 19	June 3 (practices)	5311

- Governor's \$400
- Babe Ruth 16 - 18 \$400 will have option to sell raffle tickets to earn a portion of fee back.

\* **Each Governor's participant will also be required to sell raffle tickets.**

#### Rainout Policy

In case of inclement weather, every effort will be made to determine diamond playability by 7:45 am for day programs or 4 pm for evening programs. Please check the Bismarck Parks and Recreation District website ALERT bar on the front page of the website ([www.bisparks.org](http://www.bisparks.org).) You may also choose to "Like" the BPRD Facebook page, since weather notifications are also posted there. You can also call the BPRD information line at 222-6479.

#### Babe Ruth State Tournaments

13 Year Old State  
July 18 - 21 • Williston

14 Year Old State  
July 18 - 21 • Fargo

13 - 15 Year Old State "A"  
July 25 - 28 • Devils Lake

16 - 18 Year Old State  
July 11 - 14 • West Fargo

#### Cal Ripken Tournaments

State Cal Ripken (Advancing) Age 9  
July 11 - 14 • Bismarck

State Cal Ripken (Advancing) Age 10  
July 11 - 14 • Mandan

State Cal Ripken (Advancing) Age 11  
July 11 - 14 • Wahpeton

State Cal Ripken (Advancing) Age 12  
July 11 - 14 • Grand Forks

#### Midwest Plains Regional Tournaments

Cal Ripken Age 9  
July 24 - 29 • Gering, NE

Cal Ripken Age 10  
July 24 - 29 • Chadron, NE

Cal Ripken Age 11  
July 31 - August 5 • Minot, ND

Cal Ripken Age 12  
July 22 - 27 • Burlington, CO

Cal Ripken Age 12 (70')  
July 24 - 29 • Baxter, MN

Babe Ruth Age 13  
July 31 - August 5 • Liberal, KS

Babe Ruth Age 14  
July 30 - August 4 • Booneville, MO

Babe Ruth Age 15  
August 6 - 11 • Albia, IA

Babe Ruth Age 16 - 18  
July 23 - 28 • Dickinson, ND

### Bismarck Governors Home Games For full Governors schedule, visit [www.bgovs.org](http://www.bgovs.org)

June 2 • Tryouts/First Practice – 9:30am

June 5 • Grand Forks (9-INNING GAME) – 5:30p

June 6-8 • ND-SD Challenge – Mandan, ND

June 9 • Mandan (9-INNING GAME) – 7:30p\*  
Minnesota Twins Night at the ballpark

June 10 • West Fargo, ND (2) – 5:30p\*

June 13-15 • Fargo, ND - 8th Annual Joe Parmer  
Red River Diamond Classic Baseball Tournament

June 18-22 • Omaha, NE - Decker Sports College  
World Series Tournament

June 24 • Dickinson (9-INNING GAME) – 7:00p\*

June 25 • Minot (2) – 5:30p

July 1 • Williston (2) – 5:30p

July 2 • Dickinson (9-Inning Game) – 7:00p\*

July 3 • Mandan (9-Inning Game) – 7:30p

July 4 • Mandan (9-Inning Game) – 4:30p\*

July 11 • Jamestown (2) – 5:30p\*

July 12 • Fargo Post 400 (2) – 3:00p\*

July 13 • Minot (9-INNING GAME) – 2:00p\*

July 14 • Minot (9-INNING GAME) – 6:30p\*

July 16 • Mandan (9-Inning game) – 7:30p\*  
Minnesota Twins Night at the ballpark

July 17 • Grand Forks (2) – 5:00p\*

July 18 • West Fargo (9-Inning game) – 4:00p

July 21 • Fargo Post 2 (2) – 5:30p\*

July 23 • Williston (2) – 5:30p\*  
\*denotes games that count in statewide  
standings

July 22 – Team Picnic (players, parents,  
coaches and families) – 5:30p

July 29-August 3 - Jamestown -  
ND State Class 'AA' Tournament

Aug 7-11 - Fargo, ND - Central Plains  
Regional Tournament

Aug 15-19 - Shelby, NC - American Legion  
World Series

## Basketball Summer Coed

The concept of this program is similar to a summer-long camp for participants to work on improving their skills. Teams will be assigned each night.

### Informational Meeting

- Wednesday, May 22, 7pm, World War Memorial Building, 215 North 6th Street

Grades	Dates	Days	Time	Code
Grades 4 & 5*	June 3 - July 24	T & Th	6 - 7pm	5270
Grades 6 & 7*	June 3 - July 24	T & Th	7:15 - 8:15pm	5271
Grades 8 & 9*	June 3 - July 24	T & Th	8:30 - 9:30pm	5272

\* Grade going into Fall 2014

### Fee and Location

- \$55/player
- Located at World War Memorial Building, 215 North 6th Street

## Fall Girls'

Fall Boys' Basketball information will be included in the Fall Activity Schedule. The program's objective is to teach 4th and 5th grade students the fundamentals, skills, and sportsmanship of the game. Participants will learn through drills and scrimmages. The 5th grade program has a season-ending jamboree.

## Girls' 4th Grade

### Informational Meeting

- August 20, 7pm, at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.
- An information sheet will be available upon registration.

### League:

- September 8 - October 25
- 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 August 29.
- \$55/player - if received August 30 or later.

School	Code	School	Code
Cathedral	5802	Northridge	5812
Centennial	5803	Pioneer	5813
Grimsrud	5804	Prairie Rose	5814
High. Acres	5805	Roosevelt	5815
Liberty	5806	Saxvik	5816
Lincoln	6110	Shiloh	5817
Martin Luther	5807	Solheim	5818
Miller	5808	St. Anne's	5819
Moses	5809	St. Mary's	5820
Murphy	5810	Sunrise	5821
Myhre	5811	Will-Moore	5822

## Girls' 5th Grade

### League:

- September 4 - November 1

### Information Meeting

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

### Days/Times for most schools:

- First day of practice will be Thursday, September 4
- Second week of practice should be Monday and Tuesday
- 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 Tuesday 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 at any school.

### Fees

- \$55/player - if received on or before August 29.
- \$65/player - if received August 30 or later.
- **Participants must play at the school they attend.**

### Jamboree

- Girls' Grade 5: October 30 and November 1

School	Code
Centennial	5823
Grimsrud	5824
High. Acres	5825
Liberty	6122
Lincoln	6123
Martin Luther	5827
Miller	5829
Moses	5830
Murphy	5831
Myhre	5832
Northridge	5833
Pioneer	5834
Prairie Rose	5835
Roosevelt	5836
Saxvik	5837
Shiloh	5838
Solheim	5841
Sunrise	5842
Will-Moore	5844

**Volunteer Coaches Needed  
for 4th Grade Basketball**

**Contact Kevin Olson at  
222-6454 for more information.**

## 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.

### Fall 2014 Enrollment

The B.L.A.S.T. deadline for people currently enrolled as of May 22, 2014, is 5pm June 26. B.L.A.S.T. packets will be distributed in Mid-May for those currently enrolled in the program. The packets will be mailed to the parents.

### Locations

- Centennial • Grimsrud • Liberty • Miller • Northridge
- Pioneer I and II • Prairie Rose • Rita Murphy I and II • Shiloh
- Solheim I, II and III • Sunrise I, II and III

\* 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.

### 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.

### Open - Enrollment Procedure for B.L.A.S.T. '14-15

- Mid-May: B.L.A.S.T. registration information will be mailed to current families enrolled in the B.L.A.S.T. program. This helps us determine who is coming back, and how many open positions there are available for other families at each school site.
- June 26: Registration packets from current B.L.A.S.T. families are due back at BPRD by 5pm .
- June 16 - July 3: The new applicants that are interested in enrollment for 2014-15 will have this timeframe to stop in at the BPRD office and register their child(ren) in a drawing for the open positions.
- July 9: BPRD will enlist the assistance of an auditing firm to do the drawing of all the names for each school and place them in the available spots and on the waiting list. By the end of that week, we will contact all the families to let them know the results of the drawing.

## 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 2, April 21 - June 27	M & F	\$70	5174
12+	Continuing Fencing, Feb. 10 - June 27	M & F	\$135	5172

### Time and Location

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

### Equipment Required

- Fencing Glove

### For More Information

- John Garness at 391-2081

## Flag Football

Open to boys and girls in 3rd, 4th, 5th, and 6th grades. The program meets every Monday, Tuesday, and Thursday at the Sam McQuade Sr. Softball Complex, 1100 North Washington Street (except September 1 due to the holiday). After teams are organized, a schedule will be provided. Information forms will be available online or upon request.

### Informational Meeting and 6th Grade Registration

- Monday, August 25, 7pm, Sertoma Club Community Center, located in Sertoma Park, Riverside Park Road & W Arbor Ave.
- \* 6th graders interested in playing flag football should register with the code of their 2013-2014 elementary school.

Grades	Dates	Times
3rd & 4th	September 2 - October 11	5 - 6pm
5th & 6th	September 2 - October 11	6 - 7pm

### Fees

- \$55/player - if received on or before Friday, August 22.
- \$65/player - if received August 23 or later.

School	3rd & 4th Grade	5th & 6th* Grade
	Code	Code
Cathedral	5846	5847
Centennial	5848	5849
Grimsrud	5850	5851
Highland Acres	5852	5853
Liberty	5854	6107
Lincoln	6105	6106
Martin Luther	5855	5856
Miller	5857	5858
Moses	5859	5860
Murphy	5861	5862
Myhre	5863	5864
Northridge	5865	5866
Pioneer	5867	5868
Prairie Rose	5869	5870
Roosevelt	5871	5872
Saxvik	5873	5874
Shiloh	5875	5876
Solheim	5877	5878
St. Anne's	5879	5880
St. Mary's	5881	5882
Sunrise	5883	5884
Will-Moore	5885	5886

### Jamboree

- Oct. 11 - Sam McQuade Sr. Softball Complex

## Golf, Junior

### Free Junior Golf, June - August

Call courses for tee times. Sorry, no fivesomes on free days. Juniors ages 18 and under must tee off from the forward tees on free junior golf mornings. Must tee off by 11am - Tee times for juniors are from 7:30 - 11am.

Day	Location	Phone
Mon	Mandan Municipal, 1002 7th St SW, Mandan	751-6172
Tues	Riverwood, 725 Riverwood Drive	222-6462
Tues	Pebble Creek, 2525 North 19th St.	223-3600
Thur	Tom O'Leary, 1200 North Washington St.	222-6531



## Golf, Junior Instruction

Questions on golf lessons? Contact Andrew Schmitz at Riverwood Golf Course - 701-222-6462 or Tim Doppler at 226-5641.

### Introductory - 5-6 year olds

Instruction for boys and girls ages 5 to 6 years of age. Lessons are at the Sheila Schafer Mini-Links located between VFW Sports Center and the YMCA. Each class consists of four 45 minute sessions that teach the basics and fun of playing golf for even the youngest members of your household. All clubs and equipment will be provided.

#### Fees and Location

- \$20/child
- Sheila Schafer Mini-Links, 1200 N. Washington

Dates	Day	Times	Code
June 5, 12, 19, 26	Th	9 - 9:45am	5563
June 5, 12, 19, 26	Th	10 - 10:45am	5564
June 5, 12, 19, 26	Th	11 - 11:45am	5565
June 5, 12, 19, 26	Th	12 - 12:45pm	6109
June 5, 12, 19, 26	Th	6 - 6:45pm	5558
June 5, 12, 19, 26	Th	7 - 7:45pm	5559
July 10, 17, 24, 31	Th	9 - 9:45am	5560
July 10, 17, 24, 31	Th	10 - 10:45am	5561
July 10, 17, 24, 31	Th	11 - 11:45am	5562
July 10, 17, 24, 31	Th	12 - 12:45pm	6108
July 10, 17, 24, 31	Th	6 - 6:45pm	5556
July 10, 17, 24, 31	Th	7 - 7:45pm	5557

### Red Level - 7-17 year olds

Instruction for boys and girls ages 7-17, and is the first level available to students who have not taken a lesson with DJGA. The lessons offered at the Sheila Schafer mini-links do not qualify as a red level class. All clubs and equipment will be provided.

#### Fees

- Red Level \$30/session, 4 - one-hour lessons
- Scholarships are available for these sessions by request, contact Dan Waldoch at 222-6462.

#### (Monday, Tuesday, Wednesday and Friday)

Location	Dates	Time	Code
Pebble Creek	July 7, 8, 9, 11	9am	5566
Pebble Creek	July 14, 15, 16, 18	9am	5567
Pebble Creek	July 21, 22, 23, 25	9am	5568
Pebble Creek	July 28, 29, 30, Aug 1	9am	5569
Prairie West	June 2, 3, 4, 6	9am	5570
Prairie West	June 9, 10, 11, 13	9am	5571
Prairie West	June 16, 17, 18, 20	9am	5572
Prairie West	June 23, 24, 25, 27	9am	5573
Pebble Creek	June 2, 3, 4, 6	11am	5574
Pebble Creek	June 9, 10, 11, 13	11am	5575
Pebble Creek	June 16, 17, 18, 20	11am	6111
Pebble Creek	June 23, 24, 25, 27	11am	6112
Pebble Creek	June 2, 3, 4, 6	6:30pm	6113
Pebble Creek	June 9, 10, 11, 13	6:30pm	6114
Pebble Creek	June 16, 17, 18, 20	6:30pm	6115
Pebble Creek	June 23, 24, 25, 27	6:30pm	6116

#### (Monday and Wednesday)

Location	Dates	Time	Code
Pebble Creek	July 7, 9, 14, 16	6pm	6117
Pebble Creek	July 21, 23, 28, 30	6pm	6118

### White Level - 7-17 year olds

Instruction for boys and girls ages 7-17, and is the second level of lessons offered to those students that have taken the Red level lessons. Each class consists of four 75 minute lessons that will expand on what they learned in the Red Level classes. All clubs and equipment will be provided.

#### Fees

- White Level \$45/session, 4 - 75-minute lessons
- Scholarships are available for these sessions by request, contact Dan Waldoch at 222-6462.

#### (Monday, Tuesday, Wednesday and Friday)

Location	Dates	Time	Code
Pebble Creek	June 2, 3, 4, 6	12:30pm	5576
Pebble Creek	June 9, 10, 11, 13	12:30pm	5577
Pebble Creek	June 16, 17, 18, 20	12:30pm	5578
Pebble Creek	June 23, 24, 25, 27	12:30pm	5579
Pebble Creek	July 7, 8, 9, 11	10:45am	5580
Pebble Creek	July 14, 15, 16, 18	10:45am	5581
Pebble Creek	July 21, 22, 23, 25	10:45am	5582
Pebble Creek	July 28, 29, 30, Aug 1	10:45am	5583

#### (Monday and Wednesday)

Location	Dates	Time	Code
Pebble Creek	July 7, 9, 14, 16	7:30pm	5584
Pebble Creek	July 21, 23, 28, 30	7:30pm	5585

### Blue Level

Blue Level prepares students with the skills and knowledge needed to tee it up on the golf course. Participants learn a pre-shot routine, new types of shots and additional golf rules, advanced short game techniques, scoring strategies, golf course management, on the golf course training and etiquette, and distance control and management.

These lessons are taught by lead instructors Andrew Schmitz, Michael Herzog and Justin Zainhofsky. Each session has a maximum of 4 students.

Sessions will be offered in June, July and August. Registration will be handled through Andrew Schmitz at Riverwood Golf Course (701) 222-6462. Once a 4 person session is filled, that group will meet for 4 (2-Hour) sessions at four scheduled times set by the instructors.

#### Fees and Location

- Blue Level \$125/session, 8 hours of instruction. Each session is 2 hours.
- Junior golfers must graduate from the White level to enter Blue level.
- Riverwood Golf Course, 725 Riverwood Drive
- Scholarships are available for these sessions by request, contact Dan Waldoch at 222-6462.

## Karate

Age	Days	Time	Month	Code
12+	T & Th	6:30 - 8:30pm	April	5175
12+	T & Th	6:30 - 8:30pm	May	5179
12+	T & Th	6:30 - 8:30pm	August	6127
12+	T & Th	6:30 - 8:30pm	September	6128
12+	T & Th	6:30 - 8:30pm	October	6129
12+	T & Th	6:30 - 8:30pm	November	6130
12+	T & Th	6:30 - 8:30pm	December	6131

### Dates, Fees and Location

- April 1 - May 29 and August 5 - December 18
- \$40/month or \$175/5 months
- World War Memorial Building, 215 North 6th Street



### For more information

- Bill Froelich, 226-3415

## Safety Village

Safety Village is a preschool safety education program that teaches children home, car, pedestrian, bike, fire and other safety topics. Safety Village is a child-size town complete with buildings, sidewalks, signed intersections, streets and marked crosswalks. Classroom instruction and guest speakers teach and encourage safety lessons.

### Age and Location

- Children who are five or six years of age by June 1, 2014.
- Frances Leach High Prairie Arts & Science Complex, 1810 Schafer St.

Session	Dates	Time	Fee	Code
1	June 2 - 13	10am - 12 noon	\$50	5280
1	June 2 - 13	1 - 3pm	\$50	5281
2	June 16 - June 27	10am - 12 noon	\$50	5282
2	June 16 - June 27	1 - 3pm	\$50	5283
3	July 7 - 18	10am - 12 noon	\$50	5284
3	July 7 - 18	1 - 3pm	\$50	5285
4	July 21 - August 1	10am - 12 noon	\$50	5286
4	July 21 - August 1	1 - 3pm	\$50	5287

Please do not register children who have attended previously. Enrollment is limited to 40 per session and pre-registration is necessary. A confirmation will be sent to you.

### Table Teacher

If you are interested in being a Table Teacher you can fill out the Table Teacher application, available at the Bismarck Parks and Recreation District Office. Table Teachers must enjoy working with young children and singing. The table teacher assists children with activities throughout the day. They must be going into 7th grade or older. This is a volunteer position.



## Soccer

Bismarck Parks and Recreation District offers coed youth soccer programs. The program's objective is to teach students going into grades K-9 the fundamentals, skills, and sportsmanship of the game. Participants will learn through drills, scrimmages, and games.

Participants must wear shin guards. Soccer cleats are optional - NO METAL CLEATS. Our emphasis is on equal play time, and most of all, FUN!

Parents, an information form will be available online at [www.bisparks.org](http://www.bisparks.org).

### Ages

- Boys and Girls, K - 9 (Grade entering in Fall 2014)

### Fees

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

### Locations

- Horizon Middle School, 500 Ash Coulee Drive - if you live north of Divide Avenue.
- Cottonwood Park, 2506 12th Street Southeast - if you live south of Divide Avenue.

Grade	Location	Dates	Day	Times	Code
K - 1	Cottonwood	June 2-July 23	M & W	6:30 - 7:30pm	5292
K - 1	Horizon	June 2-July 23	M & W	6:30 - 7:30pm	5296
2 - 3	Cottonwood	June 2-July 23	M & W	6:30 - 7:30pm	5289
2 - 3	Horizon	June 2-July 23	M & W	6:30 - 7:30pm	5293
4 - 6	Cottonwood	June 2-July 23	M & W	7:45 - 8:45pm	5290
4 - 6	Horizon	June 2-July 23	M & W	7:45 - 8:45pm	5294
7 - 9	Cottonwood	June 2-July 23	M & W	7:45 - 8:45pm	5291
7 - 9	Horizon	June 2-July 23	M & W	7:45 - 8:45pm	5295

## 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
June 24 - August 5*	13 - 18 yrs.	T & Th	4 - 5pm	5679
June 24 - August 5*	8 - 12 yrs.	T & Th	5 - 5:30pm	5682
Aug. 12 - Sept. 18	13 - 18 yrs.	T & Th	4 - 5pm	5678
Aug. 12 - Sept. 18	8 - 12 yrs.	T & Th	5 - 5:30pm	5681

\* No class July 3.

## 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 will go into effect starting Summer of 2014.

### 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.

**Summer Sessions schedules  
and Code listed on  
following page.**

## Swimming Lessons - Indoor cont'd

**\*Please register for only one session at a time.**

### Summer Registration Session 1:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, June 9 at 10am.

### Summer Registration Session 2:

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

### Summer Registration Session 3:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center Monday, July 21 at 10am.

### Summer Registration Session 4 (Tentative):

August 18 - 29. More details to be announced. Check website or our Facebook page for more details.

	Summer Session 1 June 16 - 27 • M-F		Summer Session 2 July 7 - 18 • M-F		Summer Session 3 July 28 - Aug. 8 • M-F	
Time	Class	Code	Class	Code	Class	Code
9 - 9:30am	Preschool Level A.....	5446	Preschool Level A .....	5439	Preschool Level B .....	5465
	Preschool Level B .....	5473	Preschool Level C .....	5491	Preschool Level C .....	5488
	Ages 6+ Level 1 .....	5341	Ages 6+ Level 2.....	5366	Ages 6+ Level 2.....	5360
9:35 - 10:05am	Preschool Level B .....	5474	Preschool Level B .....	5470	Preschool Level A .....	5432
	Ages 6+ Level 1 .....	5342	Ages 6+ Level 1 .....	5335	Ages 6+ Level 1.....	5331
	Ages 6+ Level 2.....	5372	Ages 6+ Level 2.....	5367	Ages 6+ Level 2.....	5361
10:10 - 10:40am	Preschool Level A.....	5442	Preschool Level A .....	5433	Preschool Level A .....	5427
	Preschool Level C.....	5492	Preschool Level B .....	5468	Ages 6+ Level 1.....	5330
	Preschool Level B .....	5471	Preschool Level C .....	5489	Preschool Level C .....	5486
10:45 - 11:15am	Preschool Level A.....	6119	Preschool Level A .....	5434	Preschool Level A .....	6125
	Ages 6+ Level 2.....	5368	Ages 6+ Level 2.....	5363	Ages 6+ Level 2.....	5357
	Ages 6+ Level 3.....	5391	Ages 6+ Level 3.....	5387	Ages 6+ Level 3.....	5384
11:20 - 11:50am	Preschool Level C.....	5493	Preschool Level A .....	5435	Preschool Level C .....	6120
	Ages 6+ Level 2.....	5369	Ages 6+ Level 3.....	5388	Ages 6+ Level 3.....	5385
11:20am - 12:05pm	Ages 6+ Level 4 & 5 .....	5409	Ages 6+ Level 4 & 5.....	5406	Ages 6+ Level 4 & 5.....	5403
5 - 5:45pm	Ages 6+ Level 4 & 5 .....	5410	Ages 6+ Level 4 & 5.....	5407	Ages 6+ Level 4 & 5.....	5404
5:15 - 5:45pm	Preschool Level A.....	5443	Preschool Level A .....	5437	Preschool Level A .....	5429
	Ages 6+ Level 3.....	5393	Ages 6+ Level 3.....	5389	Preschool Level B .....	5462
	Ages 6+ Level 2.....	5370	Ages 6+ Level 2.....	5364	Ages 6+ Level 2.....	5358
5:50 - 6:20pm	Ages 6+ Level 1 .....	5338	Parent and Child.....	5414	Preschool Level B .....	5463
	Parent and Child .....	5415	Preschool Level A .....	5438	Preschool Level A .....	5430
	Preschool Level B .....	5472	Ages 6+ Level 3.....	5390	Ages 6+ Level 3.....	5386
6:25 - 6:55pm	Ages 6+ Level 1 .....	5340	Ages 6+ Level 2.....	5365	Ages 6+ Level 2.....	5359
	Ages 6+ Level 2.....	5371	Ages 6+ Level 1 .....	5333	Preschool Level C .....	5487
	Preschool Level C.....	5494	Preschool Level B .....	5469	Preschool Level B .....	6121

## Now Hiring

### Accepting applications for LIFEGUARDS & SWIMMING INSTRUCTORS

Early morning and late evening shifts available.

We offer flexible work schedules and training.

Apply online at [www.bisparks.org](http://www.bisparks.org) or stop by our office at 400 East Front Ave.

For more information, contact Jahna Gardiner at 751-4266. EOE

## Red Cross WSI (Water Safety Instructor Class)

The American Red Cross Water Safety Instructor course trains instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. Successful candidates are eligible to teach Red Cross Swimming Lessons along with basic water safety. Participants must be at least 16 years of age before the last session of the class and be proficient swimmers.

### Fees, Registration and Dates

- Cost \$200 Register at BSC Aquatic & Wellness Center or call 751-4266
- June 2-6 from 9am-12pm and June 10-12 from 9am-12pm
- \* All class times are mandatory
- \* Please note times may change depending on new program release requirements

## American Red Cross Lifeguarding Class

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Candidates must be at least 15 years of age before the scheduled session. Males must wear boxer style swimming suit and females must wear a one piece swimming suit.

### Pre-Requisites, Fees and Registration:

- 300 yard swim using front crawl and breast-stroke (not timed)
- Swim 20 yards, surface dive and retrieve an object from the deep end.
- Tread water for 2 minutes without using arms.
- Must be completed before the first day of class.
- Cost is \$200 Register at BSC Aquatic & Wellness Center or call 751-4266

### Dates:

- 1st class- May 26: 6-9pm; May 27: 9am-1pm; May 28: 1-4pm; May 29: 9am-3pm; May 30: 9am-3pm
- 2nd class- June 2-6: 1-6pm each day
- \* All class times are mandatory. Breaks will be included

## Swimming Lessons, Outdoor

Lessons will be offered at:

Wachter Aquatic Complex, 205 Reno Ave  
Elks Aquatic Center, 321 W. Broadway Ave  
Hillside Pool, East Boulevard Ave and North 19th St.

- Participants must be at least 3 years old.
- Lessons will be 30 minutes each, from 9:30 - 11:30am
- There will be three, 2-week lesson sessions.

### Fee

- \$30/child. No refunds. If inclement weather exists, instructors will hold classes in the facility.

## Swimming Lessons, Outdoor cont'd

### Registration

No online registration is available. Please register at the pool you wish to take lessons at. Please call each pool for more detailed information.

Session	Dates	Registration Date
Session 1	June 16 - 27	June 9 at 11:00am
Session 2	July 7 - 18	June 30 at 11:00am
Session 3	July 28 - August 8	July 21 at 11:00am

For more information on outdoor pools, see page 29.

## Tennis

Register for all tennis programs online at [www.bisparks.org](http://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 sunscreen, water and a positive attitude to the courts!

### Session 1: June 2 - 26

### Session 2: July 7 - 31

### Registration

- Registration ends two days before classes start. If minimum enrollment is met registrations will be taken after the deadline if there is room in the class. Registrations after the deadline will be taken in person only.
- If classes reach capacity, more class times may be added and will be available for registration online. Those who are on waiting lists will have first priority in added classes.
- Instructor reserves the right to combine or cancel classes due to low enrollment.
- If classes are cancelled, participants will be informed prior to the first day of class and refunds will be issued.
- All classes have a minimum of 5 participants.

## Tiny Tots

### Ages, Fee and location

- Ages 3 - 4
- \$25/child per session – includes 8 - 40-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue
- Maximum enrollment per class: 8

### Session 1: June 2 - 26

Times	M & W Code	T & Th Code
9 - 9:40am	5516	5519
10 - 10:40am	5514	5517
11 - 11:40am	5515	5518

### Session 2: July 7 - 31

Times	M & W Code	T & Th Code
9 - 9:40am	5522	5525
10 - 10:40am	5520	5523
11 - 11:40am	5521	5524

## Netters

### Ages, Fee and location

- Ages 5 - 6 or instructor permission
- \$35/child per session – includes 8 - 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue
- Maximum enrollment per class: 10

### Session 1: June 2 - 26

Times	M & W Code	T & Th Code
9 - 9:55am	5501	5504
10 - 10:55am	5499	5502
11 - 11:55am	5500	5503

### Session 2: July 7 - 31

Times	M & W Code	T & Th Code
9 - 9:55am	5507	5510
10 - 10:55am	5505	5508
11 - 11:55am	5506	5509

## 8 & Under Tennis

### Ages, Fee and location

- Ages 7 - 8
- \$35/child per session – includes 8 - 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue (morning classes)
- Capital Racquet & Fitness Center, 3200 North 10th Street (evening classes)
- Maximum enrollment per class: 12 (morning), 6 (evening)

### Session 1: June 2 - 26

Times	M & W Code	T & Th Code
9 - 9:55am	5659	5663
10 - 10:55am	5656	5660
11 - 11:55am	5657	5661
6 - 6:55pm	5658	5662

### Session 2: July 7 - 31

Times	M & W Code	T & Th Code
9 - 9:55am	5667	5671
10 - 10:55am	5664	5668
11 - 11:55am	5665	5669
6 - 6:55pm	5666	5670

## 10 & Under Tennis

### Ages, Fee and location

- Ages 9 - 10
- \$35/child per session – includes 8 - 55-minute classes
- Youth T-shirt included with registration fee (one per child)
- Sertoma Park Tennis Complex, Riverside Park Road & West Arbor Avenue (morning classes)
- Capital Racquet & Fitness Center, 3200 North 10th Street (evening classes)
- Maximum enrollment per class: 12 (morning), 6 (evening)

### Session 1: June 2 - 26

Times	M & W Code	T & Th Code
9 - 9:55am	5629	5633
10 - 10:55am	5626	5630
11 - 11:55am	5627	5631
6 - 6:55pm	5628	5632

### Session 2: July 7 - 31

Times	M & W Code	T & Th Code
9 - 9:55am	5637	5641
10 - 10:55am	5634	5638
11 - 11:55am	5635	5639
6 - 6:55pm	5636	5640

## 12 & Under Tennis

### Ages, Fee and location

- Ages 11 - 12
- \$40/child per session – includes 8 - 1-hour classes
- Tennis Bag included with registration fee (one per child)
- Capital Racquet & Fitness Center (evening classes)
- Maximum enrollment per class: 8

### Session 1: June 2 - 26

Times	M & W Code	T & Th Code
5 - 6pm	5646	5648

### Session 2: July 7 - 31

Times	M & W Code	T & Th Code
5 - 6pm	5650	5652



## Aces

### Ages, Fee and location

- Child in Middle School
- \$40/child per session – includes 8 - 1-hour classes
- Tennis Bag included with registration fee (one per child)
- Capital Racquet & Fitness Center (evening classes)
- Maximum enrollment per class: 8

### Session 1: June 2 - 26

Times	M & W Code	T & Th Code
5 - 6pm	5598	5600

### Session 2: July 7 - 31

Times	M & W Code	T & Th Code
5 - 6pm	5602	5604

## 10 & Under Tennis Tournament

A new youth tournament that utilizes modified court sizes and equipment so kids 10 & under have more success on the court! Please visit [10andundertennis.com](http://10andundertennis.com) for more information on this new format for kids.

### Date and Location

- Saturday, April 12
- Capital Racquet & Fitness Center, 3200 North 10th Street.

### Fees and Information

- \$20 registration fee - one event or both
- Beginner & Intermediate players
- Tournament T-shirt and Lunch included
- 2 match minimum
- Racquets provided
- Register online at [tennislink.usta.com](http://tennislink.usta.com)

### Age

- 8 & under - singles
- 8 & under - doubles
- 10 & under - singles
- 10 & under - doubles

### Summer Tennis Tournaments and Capital Racquet & Fitness Center Special Events

10 & Under Tennis Tournament  
April 12

West Region Girls Tennis Tournament  
May 15 - 17

State Girls Tennis Tournament  
May 22 - 24

Jackie Dockter Memorial Tournament (BMTA)  
June 5 - 8

Bismarck Open Juniors and Adults (BMTA)  
July 31 - August 3

BMTA World Team Tennis (Adults)  
September 13

## Tennis in the Parks Week - July 21 - 27

Join us and celebrate tennis in the parks during the week of July 22-28! Special surprises at all BPRD outdoor tennis facilities all week long!! Tennis in the Parks week is in conjunction with Bismarck Parks and Recreation's July Celebration. Sponsored by Capital Racquet & Fitness Center. Check [bisparks.org](http://bisparks.org) for more information in June.

### Free Tennis Lessons, Wednesday, July 23, 5 - 6pm

FREE tennis lessons for all ages will be held Wednesday, July 24 from 5-6pm at Sertoma Park Tennis Complex - Located at Riverside Park Road & West Arbor Avenue

We will showcase 10 & under tennis for kids and Cardio Tennis for adults. The first 25 kids will receive a free tennis bag! Pre-register for Wednesday, July 23 at [bisparks.org](http://bisparks.org) to be entered into our grand prize drawing for a Capital Racquet & Fitness Center gift certificate. Check [bisparks.org](http://bisparks.org) for more information in June.

- FREE Registration Code: 5527

## USTA Tennis Block Party Saturday, May 3, 1 - 3pm

FREE EVENT! Ninety minutes of skill games in a carnival atmosphere for all ages and abilities. For anyone interested in learning more about tennis, don't miss this! There will be lots of prizes to win, carnival games, food and music. Racquets will be provided for those who do not have one. For more information call Capital Racquet & Fitness Center (CRFC) at 221-6855 or visit [bisparks.org](http://bisparks.org). This event is sponsored by CRFC and the Bismarck Mandan Tennis Association.

- Located at Capital Racquet & Fitness Center, 3200 North 10th Street
- No pre-registration needed, however pre-register at [bisparks.org](http://bisparks.org) to be entered into our grand prize drawing at the event. Must be present to win.
- FREE Registration Code: 5526

## Outdoor Court Reservation

Sertoma, Tom O'Leary, North Central and Lions Park tennis courts are reserved for high school teams, programs and special events April - October. To reserve court time for practices or events please contact Katrina Hanenberg at 701-221-6855 or [khanenberg@bisparks.org](mailto:khanenberg@bisparks.org). At this time, only groups may reserve tennis courts. No individual reservations please. A schedule of availability will be located at [bisparks.org](http://bisparks.org) for those who are interested in open public outdoor court time.

## Track Meets

The Elementary Track Meets are sponsored by the Bismarck Public Schools and the Bismarck Parks and Recreation District. There is no fee to participate in the Elementary Track Meets.

- Located at the Bismarck Community Bowl, 1701 Canary Avenue.
- Registration will take place through the Bismarck Public and Private Schools physical education classes.
- No pre - registration necessary.

Grade	Date	Time
6th Grade	Wednesday, May 14	9:15am - 3:15pm
5th Grade	Thursday, May 15	9:15am - 3:15pm

### Hershey's National Track & Field Program

The first and second place winners in the District will advance to the State Hershey's Meet. No special equipment is utilized in the program.

PARTICIPANTS ARE NOT ALLOWED TO WEAR TRACK SHOES!  
Registration forms may be picked up at the Mandan Parks and Recreation Office.

- This program is open to any ND resident boy or girl, between the ages 9 - 14, as of December 31st of the current year.

#### Local Meet

- Wednesday, May 28, 5:00pm
- Faris Field, 8th Ave SW, Mandan
- \* Rain date is June 5, 5:00pm

#### For More Information

- Dave Frueh, Mandan Parks and Recreation, 751-6166

#### State Meet

The 2014 ND Hershey's Track and Field State Meet will be held in West Fargo on Saturday, June 21. Winners of the state meet will have a chance to be selected to an all expense paid trip to the 2014 Hershey National Track & Field Finals in Hershey, Pennsylvania in early August.

This will be the final year of the Hershey's Track and Field Program as we know it. There will be major changes to the program after this year and this will possibly be the last year of the Hershey National Track and Field Finals.

### 2014 USATF Dakotas Junior Olympics Track and Field Championships

On June 6-7, 2014, there will be an age group track and field championships at the Shelley Ellig complex on the campus of North Dakota State University in Fargo, ND for ages 8 and under, 9 -10, 11 - 12, 13 - 14, 15 - 16, 17- 18 as well as open 19 and up and Masters. This is a meet where athletes compete in their age group and the top 6 in each event can then move on to the Region VII Meet July 3 thru 6 in Omaha, Nebraska.

For further information about this meet contact: Rory Beil at rorybeil@dakmed.org or go to www.dakotas.usatf.org

## Volleyball Boys & Girls

Grade*	Date	Days	Time	Code
Girls Grades 5 - 6	June 3-July 24	T & Th	8:30 - 9:45am	5302
Boys Grades 5 - 6	June 3-July 24	T & Th	8:30 - 9:45am	5300
Girls Grades 7 - 8	June 3-July 24	T & Th	10 - 11:30am	5303
Boys Grades 7 - 8	June 3-July 24	T & Th	10 - 11:30am	5301

\* In the Fall of 2014. Teams may be coed.

#### Fee and Location

- World War Memorial Building, 215 North 6th Street and Sertoma Sand Volleyball Courts, Riverside Park Road and West Arbor Ave.
- First week will be at the World War Memorial Building. Schedule to follow.
- \$55/player - if received on or before Thursday, May 8.
- \$65/player - if received Friday, May 9 or later.

### Coed Sand for High School

#### Age and Fee

- Between 13 and 19.
- \$30/player (minimum of 8 players/team)

#### Dates and Times

- June 2 - August (8 - week session)
- Monday or Tuesday Evenings (choose one)
- 6, 6:45, or 7:15pm Alternate each week

#### Registration

- Deadline: Wednesday, May 21
- Must register as a team
- Register at Park District office, 400 East Front Avenue





## 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
June 2 - July 28	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.

## 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 2, April 21 - June 27	M & F	\$70	5174
12+	Continuing Fencing, Feb. 10 - June 27	M & F	\$135	5172

### Time and Location

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

### Equipment Required

- Fencing Glove

### For More Information

- John Garness at 391-2081

## Karate

Age	Days	Time	Month	Code
12+	T & Th	6:30 - 8:30pm	April	5175
12+	T & Th	6:30 - 8:30pm	May	5179
12+	T & Th	6:30 - 8:30pm	August	6127
12+	T & Th	6:30 - 8:30pm	September	6128
12+	T & Th	6:30 - 8:30pm	October	6129
12+	T & Th	6:30 - 8:30pm	November	6130
12+	T & Th	6:30 - 8:30pm	December	6131

### Dates, Fees and Location

- April 1 - May 29 and August 5 - December 18
- \$40/month or \$175/5 months
- World War Memorial Building, 215 North 6th Street

### For more information

- Bill Froelich, 226-3415

Online registration is not available for Karate.

## Softball

### Coed Summer Softball

Information will be available online at [www.bisparks.org](http://www.bisparks.org) and upon request. Rosters and fees are due by May 16.

Dates	Days	Time	Location
June - July	Sun	6:30pm	Cottonwood, 2506 12th St. SE

### Fees if paid by May 16

- \$140 sponsor fee (incl. state sanction fee and beverage permit)
- \$25/player (minimum of 13 players)

### Fees received May 17 or later

- \$150 sponsor fee (incl. state sanction fee and beverage permit)
- \$30/player (minimum of 13 players)

### Coed Fall Softball

The Bismarck Parks and Recreation District will offer fall leagues for adult men, women and coed. Rosters and fees are due by August 22.

- This is a wooden bat only league! Bats will be provided by Bismarck Parks and Recreation District.
- Umpires will be provided whenever possible.
- League information will be available at [www.bisparks.org](http://www.bisparks.org) or call 222-6455

Date	Day	Time
September 3 - October 8	M or W	6:30pm Early Games
September 3 - October 8	M or W	8:45pm Late Games

### Fees if paid by August 22

- \$140 sponsor fee (Includes state sanction fee and beverage permit)
- \$25/player (minimum of 13 players)

### Fees received August 23 or later

- \$150 sponsor fee (Includes state sanction fee and beverage permit)
- \$30/player (minimum of 13 players)

### League Tournament

- Sunday, September 21

### Rainout/Inclement Weather Policy

Decisions will be made by 5pm. All games will be at the discretion of the umpire should conditions be questionable at game time. Please check the Bismarck Parks and Recreation District website ALERT bar on the front page of the website ([www.bisparks.org](http://www.bisparks.org).) You may also choose to "Like" the BPRD Facebook page, since weather notifications are also posted there. You can also call the BPRD information line at 222-6479.

### Weekend Diamond Reservations

All Bismarck Parks and Recreation District softball and baseball diamonds are available for practice on weekends on a reservation basis. To reserve a diamond call 222-6455 for field assignment and reservation slip. All softball association teams will be assigned practice times prior to the start of the season, beginning in April. Once the season begins, teams must call the Bismarck Parks and Recreation District Office to reserve a diamond. Call Friday for weekend reservations. Time limit is one hour.

## 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.

### 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.

### Red Cross WSI (Water Safety Instructor Class)

The American Red Cross Water Safety Instructor course trains instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. Successful candidates are eligible to teach Red Cross Swimming Lessons along with basic water safety. Participants must be at least 16 years of age before the last session of the class and be proficient swimmers.

#### Fees, Registration and Dates

- Cost \$200 Register at BSC Aquatic & Wellness Center or call 751-4266
- June 2-6 from 9am-12pm and June 10-12 from 9am-12pm
- \* All class times are mandatory
- \* Please note times may change depending on new program release requirements

### American Red Cross Lifeguarding Class

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Candidates must be at least 15 years of age before the scheduled session. Males must wear boxer style swimming suit and females must wear a one piece swimming suit.

#### Pre-Requisites, Fees and Registration:

- 300 yard swim using front crawl and breast-stroke (not timed)
- Swim 20 yards, surface dive and retrieve an object from the deep end.
- Tread water for 2 minutes without using arms.
- Must be completed before the first day of class.
- Cost is \$200 Register at BSC Aquatic & Wellness Center or call 751-4266

#### Dates:

- 1st class-May 26: 6-9pm; May 27: 9am-1pm; May 28: 1-4pm; May 29: 9am-3pm; May 30: 9am-3pm
- 2nd class- June 2-6: 1-6pm each day
- \* All class times are mandatory. Breaks will be included

## Tennis

### Beginner Tennis Clinic

Five reasons to learn the game of tennis:

- 1) Tennis is a lifetime sport.
  - 2) It's great exercise.
  - 3) It's a stress reducer.
  - 4) It's a sport that can be shared with your children.
  - 5) It's fun!!
- Six weeks of lessons at Capital Racquet & Fitness Center (CRFC).
  - Minimum of 5 participants needed.

#### Fees

- CRFC Member - \$28; Non CRFC Member - \$36

Dates	Day	Time	Code
June 2 - 26	Th	7 - 8pm	5591
July 7 - 31	Th	7 - 8pm	5593

### Advanced Beginner/Intermediate Tennis Clinic

For those players who are ready for more advanced instruction or have moved past the beginner level clinic.

- Six weeks of lessons at Capital Racquet & Fitness Center (CRFC).
- Minimum of 5 participants needed.

#### Fees

- CRFC Member - \$28; Non CRFC Member - \$36

Dates	Day	Time	Code
June 2 - 26	T	7 - 8pm	5590
July 7 - 31	T	7 - 8pm	5592

### BMTA Adult Leagues

Whether you are a beginning player or an advanced player, the Bismarck/Mandan Tennis Association (BMTA) has a league for you! The leagues are a team tennis format. Look for social opportunities throughout the summer for BMTA members. Registration forms available at Capital Racquet & Fitness Center or [www.bmta.usta.com](http://www.bmta.usta.com).

#### Dates and Fees

- June 2 – August 15
- BMTA Membership - \$20; First League Registration - \$25; Each additional League - \$15; Sub List Only - \$10

#### Level

Level	Day
Advanced 4.0 & Up	Monday pm
Intermediate 3.0 - 4.0	Tuesday pm
Intermediate Doubles 3.0 - 4.0	Wednesday pm
Advanced Doubles 4.0 & up	Wednesday pm
Beginner Doubles up to 3.0	Wednesday pm
Advanced Beginner up to 3.0	Thursday pm
Progressive Doubles 3.0	Tuesday pm
Progressive Doubles 3.0 - 4.0	Thursday pm

### Summer Tennis Tournaments and Capital Racquet & Fitness Center Special Events

- 10 & Under Tennis Tournament • April 12
- West Region Girls Tennis Tournament • May 15 - 17
- State Girls Tennis Tournament • May 22 - 24
- Jackie Dockter Memorial Tournament (BMTA) • June 5 - 8
- Bismarck Open Juniors and Adults (BMTA) • July 31 - August 3
- BMTA World Team Tennis (Adults) • September 13

## USTA Adult League Tennis

Competitive team match play for men and women 19 years of age or older. Players compete in various leagues based on the National Tennis Rating Program so participants are competing against players of equal skills and ability. Teams have the opportunity to move on to Regionals and Nationals if they win their local league.

### Dates and Location

- April – August (teams and captains set match dates and schedule)
- 5 - 8 matches depending on the number of teams per league
- Located at Capital Racquet & Fitness Center or outdoor tennis complexes

### Fees

- \$18 USTA League Fee (USTA Membership fee required)
- Indoor Court Fees (depending on match location)

### Registration

- Call 221-6855 for more information.

## Tennis in the Parks Week - July 21 - 27

Special surprises at all BPRD outdoor tennis facilities all week long!! Tennis in the Parks week is in conjunction with Bismarck Parks and Recreation's July Celebration. Sponsored by Capital Racquet & Fitness Center. Check [bisparks.org](http://bisparks.org) for more information in June.

### Free Tennis Lessons, Wednesday, July 23, 5 - 6pm

FREE tennis lessons for all ages will be held Wednesday, July 24 from 5-6pm at Sertoma Park Tennis Complex - Located at Riverside Park Road & West Arbor Avenue

We will showcase 10&under tennis for kids and Cardio Tennis for adults. The first 25 kids will receive a free tennis bag! Pre-register for Wednesday, July 23 at [bisparks.org](http://bisparks.org) to be entered into our grand prize drawing for a Capital Racquet & Fitness Center gift certificate. Check [bisparks.org](http://bisparks.org) for more information in June.

- FREE Registration Code: 5527

## USTA Tennis Block Party Saturday, May 3, 1 - 3pm

FREE EVENT! Ninety minutes of skill games in a carnival atmosphere for all ages and abilities. For anyone interested in learning more about tennis, don't miss this! There will be lots of prizes to win, carnival games, food and music. Racquets will be provided for those who do not have one. For more information call Capital Racquet & Fitness Center (CRFC) at 221-6855 or visit [bisparks.org](http://bisparks.org). This event is sponsored by CRFC and the Bismarck Mandan Tennis Association.

- Located at Capital Racquet & Fitness Center, 3200 North 10th Street
- No pre-registration needed, however pre-register at [bisparks.org](http://bisparks.org) to be entered into our grand prize drawing at the event. Must be present to win.
- FREE Registration Code: 5526

## Outdoor Court Reservation

Sertoma, Tom O'Leary, North Central and Lions Park tennis courts are reserved for high school teams, programs and special events April – October. To reserve court time for practices or events please contact Katrina Hanenberg at 701-221-6855 or [khanenberg@bisparks.org](mailto:khanenberg@bisparks.org). At this time, only groups may reserve tennis courts. No individual reservations please. A schedule of availability will be located at [bisparks.org](http://bisparks.org) for those who are interested in open public outdoor court time.

REGISTER FOR PROGRAMS AT [WWW.BISPARKS.ORG](http://WWW.BISPARKS.ORG)

## Volleyball Adult Sand Leagues

### Registration

- April 16 and 17, 7:30 - 5pm
  - Bismarck Parks and Recreation District Office, 400 East Front Ave.
- TEAMS ACCEPTED ON A FIRST-COME FIRST-SERVE BASIS

### Dates and Location

- May 18 - August (10 week season)
- Local Sand Volleyball Courts

### 6 Person - Recreation & Competitive

League	Day
Coed	Sun, T & Th
Women's	M & W

### 4 Person - Competitive

League	Day
Coed	T
Men's	W
Women's	W

### Fees

- \$85/Sponsor Fee
- All teams will receive a team beverage permit with their schedule
- \$35/player - if received on or before Thursday, April 17.
- All rostered players must pay a fee.
- Late fees may apply if payment is received April 18 or later.
  - 4 - person leagues must pay for 5 players
  - 6 - person leagues must pay for 7 players

### Roster Deadline

The deadline is April 17. Roster forms are available at the Bismarck Parks and Recreation District Office and must be returned by April 17 with the proper fees. All teams must have seven players per roster, except Men's, Women's, and Coed 4-Person leagues, which must have five players.

## Adult Fall & Winter Leagues

We offer two separate volleyball seasons. Fall season sign-up will be in August. Winter season sign-up will be in December. Space is limited! Teams accepted on a first-come, first-served basis.

### Registration

- August 14 and 15, 7:30 - 5pm
- Bismarck Parks and Recreation District

### Dates

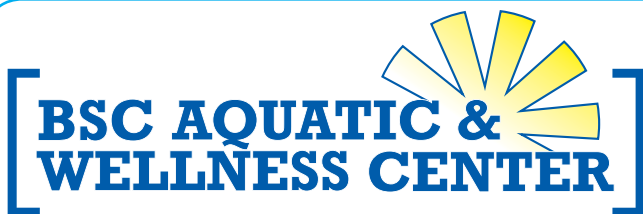
- Two 11-week seasons
- Fall: September 15 - December 4
- Winter: January 5 - March 20

### 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

### Fees

- More information available in the Fall Activity Schedule.



# 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.



### Hours - Now - May 23

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

### Hours - May 24 - September 7

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

### Fitness Classes held at BSC Aquatic & Wellness Center

For class description, refer to page 22

- Butts & Guts
- Combat Strength
- Cardio Kickboxing
- Cycling
- Deep Water Aerobics
- Les Mills BODYATTACK®
- Night Ride
- Pilates
- Six Pack Abs
- Water Works
- Yoga
- Zumba®
- Personal Training, refer to page 23

### Fees

- For complete membership fees, refer to page 21
- 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.

### Birthday Parties

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. For more information, call the Aquatic Center or visit [www.bisparks.org](http://www.bisparks.org).

### Fees

- Pool Party without Wibits (Mid-May - September) - \$65
- Pool Party with Wibits (September - Mid-May) - \$90
- Playground Party - \$50

### 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 ages 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 24

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

### Hours - May 25 - September 1

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

### Fitness Classes held at Capital Racquet & Fitness Center

For class description, refer to page 22

- Cardio Tennis
- Cycling
- Kettlebells
- Les Mills BODYPUMP®
- Pilates
- Six Pack Abs
- Tabata
- Trim - N - Tone
- Yoga/Stretch
- Zumba®
- Personal Training, refer to page 23

### Fees

- For complete membership fees, refer to page 21
- Locker Rental (6 mo.) - \$30
- Locker Rental (1 year) - \$40
- 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
  - Kid Zone will be closed May 1 - September 21
  - \$10/month for members - unlimited hours per child
- See [bisparks.org](http://bisparks.org) for Kid Zone policies

### 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. We also have a full line of Prince tennis racquets available for purchase or demo through Sandy's Slammin' Racquets.

Racquet stringing is available by certified racquet stringers. 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.

### The silver membership includes use of:

**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 or College ID)	\$38/month	\$30/month	\$5.25
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

**Get money back on your membership each month with a qualifying health reimbursement program! Visit [www.bisparks.org](http://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 June 1 - August 31 only)	\$25	\$48

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

## MEMBERSHIP SPECIALS!

### Summer Student - \$60\*

Back home from college and want to stay in shape - without having to sign up for a lengthy membership? Then take advantage of this **Summer Student Membership valid May 12 - August 31.** Silver membership valid at both Capital Racquet & Fitness Center and BSC Aquatic & Wellness Center.

\* Taxes will be added at the time of purchase.

## TENNIS COURT TIME SPECIALS!

### 50% Off Individual Tennis Rates

In June, July and August!  
(excludes lessons and programs)

## 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](http://www.bisparks.org) for schedule and location information.

**BSC AWC = BSC Aquatic & Wellness Center**

**CRFC = Capital Racquet & Fitness Center**

### Butts & Guts - 45 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.

### 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!

### 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 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 - 45/50 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.

### 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.

### Night Ride - 45 MINUTES (BSC AWC)

Join us for this new, high energy class offered at the BSC AWC! The group fitness studio will be transformed into a nightclub. The difference? We'll cycle and get fit on the bikes, instead of on a dance floor. This new class takes participants through flat roads, hills, intervals, and more. Night Ride is for everyone - from beginners to seasoned cyclers. Each participant controls their own bike and work level. Join us on the Night Ride every Thursday at 7 pm. Ride on.

### 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.

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

Engages all your core muscles.

### 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.

### Tabata - 30 MINUTES (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.

### 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!

## 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, June Special - 8 - 45-Minute Sessions \$190
- Non-Members - \$36/1-Hour Session, \$26/Half Hour Session, June 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

### 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
- April dates are for BSC Aquatic & Wellness Center
- May dates are for Capital Racquet & Fitness Center

Date	Day	Time	Code
April 7, 14 & 28	M	7pm	6141
May 7, 14 & 21	W	7pm	6142

## Beginners Running Class

This 8-week class is designed for new runners looking to run their first road race. An experienced trainer will lead outdoor runs designed to challenge and train for a 5K road race. Class leads up to the Bismarck Parks and Recreation 6th annual Subway GET FIT Road Race on Sat., August 9. Participants in the running class receive \$5 off their race registration fee. Register online, at the Bismarck Parks and Recreation Office, Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center.

### Fees and Location

- Members - Free; Non-Members - \$40
- Meet at Capital Racquet & Fitness Center

Date	Days	Time	Code
June 9 - Aug. 6	M & W	6am	5312
* No class July 2 & 7			



## 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
June 2 - July 23	M & W	5:45am	5274
June 2 - July 23	M & W	7pm	5273

## 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
June 24 - August 5*	13 - 18 yrs.	T & Th	4 - 5pm	5679
June 24 - August 5*	8 - 12 yrs.	T & Th	5 - 5:30pm	5682
Aug. 12 - Sept. 18	13 - 18 yrs.	T & Th	4 - 5pm	5678
Aug. 12 - Sept. 18	8 - 12 yrs.	T & Th	5 - 5:30pm	5681

\* No class July 3.

## Stroke, Spin and Stride Self-Paced Triathlon

Date	Fee	Code
May 5 - June 13	\$30	6136

### Event Description

- Competitors will have 40 days to reach their triathlon goal. Work your way up to the Ultra Ironman!
- Competitors will be asked to record their results on tracking sheets. The sheets can be picked up at the BSC Aquatic & Wellness Center.
- We will rely completely on the honor system for all competitors when recording their mileage totals.
- All competitors that reach the Sprint level or higher by the end of the event will receive a long sleeved dri-fit shirt.
- Mileage may be accumulated indoors or outdoors.

### Divisions

- Ultra Ironman (Double) - 4.8 mi. swim (158 laps), 52.4 mi. run/walk, 224 mi. bike
- Ironman - 2.4 mi. swim (79 laps), 26.2 mi. run/walk, 112 mi. bike
- Tinman - 1.2 mi. swim (40 laps), 13.1 mi. run/walk, 56 mi. bike
- Olympic - .9 mi. swim (33 laps), 6.2 mi. run/walk, 24 mi. bike
- Sprint - 750 yard swim (15 laps), 3.1 mi. run, 12.4 mi. bike

\* 1 lap is down and back in the 25 yd pool. Starting May 13th 1 lap is all the way down the 50 meter pool.

### For More Information

- BSC AWC at 751-4266 or visit [www.bisparks.org](http://www.bisparks.org) for a registration form

## SUBWAY Get Fit Challenge!

A FREE program to challenge yourself with an 8-week fitness challenge leading up to the SUBWAY Get Fit Roadrace. Each week you will be assigned a challenge to complete and your progress is updated on a standings board. For more information, call 221-6855.

Date	Fee	Code
June 16 (8-week program)	Free	5313

## 6th Annual SUBWAY Get Fit Roadrace

Saturday, August 9.  
Register online at [www.bisparks.org](http://www.bisparks.org).

Event	Code
10K Run	5315
5k Run	5316
5k Walk	5317
Youth Silly String Run	5318





## Camping, General Sibley Park

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

General Sibley Campground will begin accepting campsite reservations for the dates between Memorial Day weekend and Labor Day weekend beginning Tuesday, April 1st at 8:00 am Central Time. Reservations can be made online, in-person, or by phone. The camping season will likely begin prior to Memorial weekend, but is weather dependent. Therefore, no reservations are needed to camp prior to May 23, 2014, Memorial Day Weekend or after the Labor Day weekend.

### Camping available starting May 2014 (Weather dependent) through October 14

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

### Office Hours

- Monday, April 1: 8am - Noon
- April 2 - April 30: Noon - 2pm (Monday-Friday)
- May - September: 10am - 9pm
- \* Regular office hours begin when camping season starts.

### Fees

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

### Campsite Reservations

- Campsite reservations may be made for the upcoming season starting April 1, 2014 at 8:00am Central Time.
- Call (701) 222-1844 or visit [www.bisparks.org](http://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

## 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 - \$3.00
- Small Basket - \$4.50
- Medium Basket - \$6.00
- Large Basket - \$7.00

### Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$60
- Large - \$70

### Batting Cage

- \$11.00/30 minutes

### Golf Lessons

Tim Doppler, contact him at 226-5641 or call Riverwood Golf Course at 222-6462.

Michael Herzog's, PGA Professional, contact him at 701-989-4547 or call Riverwood Golf Course at 222-6462.

Andrew Schmitz, PGA Professional, contact him at 480-329-9221 or call Riverwood Golf Course at 222-6462.

### 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 4 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 summer with art. Check out the complete list of class offerings online.



## 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.

## World War Memorial Building

215 North 6th Street • 222-6454

### Facility Features

- Aerobic/Dance/Karate Room
- Arts and Crafts Room
- 3 Basketball/Volleyball Courts
- Youth Gymnasium
- 2 Racquetball Courts

### Hours April 1 - May 30

- May 26 - CLOSED
- Monday - Thursday: 10am - 9pm
- Friday: 10am - 6pm
- Saturday - Sunday: CLOSED

### Hours June 2 - September 1

- July 4 and September 1 - CLOSED
- Monday & Wednesday: 10am - 6pm
- Tuesday & Thursday: Noon - 6pm
- Friday: 10am - 5pm
- Saturday - Sunday: CLOSED

### 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 3 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.

## Golf Courses

Season passes are for sale at the Park District office now and at all Golf Courses, including the Fore Seasons Center during the season.

### 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.

## Golf Courses Information

### Hours

- Opening Date through May 31: 8am - 9pm
- June 1 - August 31:
  - 7am - 9pm (Monday - Friday)
  - 7am - 9pm (Saturday & Sunday)
- September 1 - 30: 7am - 7pm
- October 1 - 31: 9am - 6pm

\*Hours may change with weather conditions.

### Tee Times

Tee times may be made up to seven days in advance by calling the golf course of your choice or online at [www.bisparks.org](http://www.bisparks.org)

### Riverwood and Pebble Creek Driving Range Prices

- Mini Basket - \$3.00
- Small Basket - \$4.50
- Medium Basket - \$6.00
- Large Basket - \$7.00

### Bucket of Balls Coupon Books (12 coupons/booklet)

- Medium - \$60
- Large - \$70

### Season Passes Tom O'Leary or Riverwood

- Adult - \$635
- Household\* - \$1,450
- Junior (ages 17 and under) - \$190
- Intermediate (ages 18 - 20) - \$280
- Senior (65+) - \$600

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

### Season Passes Tom O'Leary and Riverwood

- Adult - \$950
  - Household\* - \$2,200
  - Junior (ages 17 and under) - \$285
  - Intermediate (ages 18 - 20) - \$420
  - Senior (65+) - \$900
- \* A Household is up to two adults and their dependent children high school age and under including any children under their care.

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

- Daily 18 - \$29.00
- 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 - \$22.50
- Daily 9 - \$16.50
- Junior 18 or 9 (ages 17 and under) - \$8.50
- Senior 18 or 9 (65+) - \$16.50

Rain checks will be given to those individuals unable to complete their 18 or 9-holes of golf due to inclement weather. Rain checks issued on rainouts must be used within the 2014 season.

### Golf Cart Rental

- 18-Holes - \$15.00/seat
- 9-holes - \$7.50/seat

### Green Fee Packages

- Bismarck/Mandan: 12 rounds of golf (9 or 18 holes) for \$290. The green fees are for Riverwood, Tom O'Leary, Prairie West and Mandan Municipal golf courses.
- Bismarck Only: 12 rounds of golf (9 or 18 holes) for \$290. The green fees are for Riverwood, Tom O'Leary, and Pebble Creek.
- Pebble Creek: 12 rounds of golf (9-holes only) for \$165 at Pebble Creek.
- Bismarck Only: 9-hole: 12 rounds of golf (9 holes only) for \$200 at Riverwood, Tom O'Leary and Pebble Creek.

Note: must be used during the 2014 season.

### Golf Lessons

Group or individual (adult and junior) by appointment at all facilities. For appointments call Tim Doppler 226-5641, or staff at Riverwood Golf Course 250-7677, 222-6462.



## 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). New for 2014: A second location is in Tatley - Eagles Park on Airport Road and Michigan Avenue. Bismarck Parks and Recreation provides the land use and also 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](http://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](http://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

This large set of moveable, buildable play pieces will be featured at Magical Moments Playground in Wachter Park, 205 Reno Avenue, April - May and August - October. The playground will tour the Activity Centers June - July. The Imagination Playground is for all ages and abilities. Check our website for hours and information, [www.bisparks.org](http://www.bisparks.org).



### McDowell Dam Recreation Area

1951 93rd Street Northeast • 223-7016

McDowell Dam 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 Management Board and managed by the Bismarck Parks and Recreation District. Available activities include swimming, boating, fishing and paddle boating.

#### 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](http://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 2014 and 2015. Reservations for 2016 will begin Wednesday, October 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 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 \$10 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.

## Swimming Pools, Outdoor

June 2 - August TBA

- Children 8 years old and under must be accompanied by someone 16 years old or older.
- Daycare Ratio: 6 children/daycare supervisor. No exceptions.

### Daily Swim Fee

- \$3.50/session
- Infants 11 months and younger, Free

### Season Patch Fee - NOT valid at Elks Aquatic Center

- \$55/person
- Patch is valid at Wachter and Hillside pools only. Patch must be sewn on suit!
- A second patch costs an additional \$55. No refunds.
- Patches are for sale during regular swimming hours. Patches may also be purchased at the Park District Office prior to the opening of the pools.

### Coupon Book for Elks Aquatic Center

- 12 admissions for \$35

### Weekday Hours (Monday - Thursday)

- General Swim: 12 - 4pm
- Evening General Swim: 4:30 - 8pm
- Pools are closed daily from 4 - 4:30pm
- \$1 night every Wednesday evening from 4:30 - 8pm at Wachter and Hillside pools only

### Weekend Hours (Friday, Saturday & Sunday)

- General Swim, 12 - 7pm

## Swimming Pools, cont'd

### Swimming Inclement Weather

Whenever inclement weather threatens participants, or lightning is spotted, the pools will close. If the air temperature is not 66 degrees by 11am, the pools will not open. If the pool closes during a session, you will receive a rain check. Rain checks must be used during the 2014 pool season.

### Elks Aquatic Center

321 W Broadway Ave  
For daily schedule info, call 222-6607.

#### Party Room Rentals

Two party rooms are available during general swim and evening sessions. Fee includes 10 Elks Aquatic Center admissions (\$3.50 per additional person). Reservations can also be made at the facility or by calling 222-6607.

#### Fee

- Party Rooms (Mon. - Thurs.): \$70, 12 - 3:30pm OR 4:30 - 7:30pm
- Party Rooms (Fri. - Sun.): \$70, 12 - 3:30pm OR 4 - 7pm

#### Private Rentals

The Elks Aquatic Center is available for private rentals after 8pm Monday through Thursday or after 7pm Friday, Saturday and Sunday.

Please make rental reservations at least one week in advance to allow for staffing needs by calling Dylan Thiem at 222-6607.

#### Fee

- \$175/hour
- Available after all general swim hours.

### Hillside Pool

Located within Lions Park, East Boulevard Avenue and 19th Street  
For daily schedule info or facility rental, call 222-6419.

#### Facility Rental

- \$175/hour
- Available after all general swim hours.

#### Lap swim

- June 16 - August 1; Monday - Friday: 11:30am - 12:30pm

### Wachter Aquatic Complex

205 Reno Avenue. For daily schedule info or facility rental, call 222-6614.

#### Facility Rental

- \$175/hour
- Available after all general swim hours.

## Now Hiring

### Accepting applications for LIFEGUARDS & SWIMMING INSTRUCTORS

Early morning and late evening shifts available.

We offer flexible work schedules and training.

Apply online at [www.bisparks.org](http://www.bisparks.org) or stop by our office at 400 East Front Ave. For more information, contact Jahna Gardiner at 751-4266. EOE

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

### Miles Non-Paved Trails

4	.....Sleepy Hollow Mt. Bike Trail
3.9	.....River Bluffs Mt. Bike Trails
1.13	.....Bill Mills Nature Trail
1.1	.....Chief 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 Masters swim team is a fun, competitive swimming program for adults of all ages and abilities. The team participates in local competitions throughout the year. Don't want to compete? The Masters swim team is a great way to enhance your swimming technique, get a great work out and meet new friends.

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

## **Bicycle Motocross Racing (BMX)**

Fastrax BMX Track located adjacent to the Cottonwood Softball Complex on South 12th Street.

### **Schedule and Sanctioning Body**

- Normal races are held on Monday and Thursday evenings with registration at 6:00 to 7:00 pm. The racing season starts May 19, weather permitting, and will continue through the end of October. There are no obligations to be at every race. Join us at your convenience.
- USA BMX Canada, [www.usabmx.com](http://www.usabmx.com) [bismarckfastrax@gmail.com](mailto:bismarckfastrax@gmail.com)

### **Fees and Contact**

- \$60 Sanctioning Fee for USA BMX Canada, that is good for a 12 month period at any USA BMX Canada track in the nation. There is also a Race Fee per class each night of racing.
- Lisa Sailer 400-0976 or [bismarckfastrax@gmail.com](mailto:bismarckfastrax@gmail.com)

### **Race Categories**

Boys and girls, men and women of any age are welcome to join.

- **Class Bikes:** Have a tire size of 20" or smaller and are a single speed bicycle. Racers are grouped by age and proficiency into motos. There are three proficiencies including Novice, Intermediate, and Expert. All new racers are placed in a novice grouping and will compete against like age and proficiency racers. Racers can move up in the ranks based on the number of wins they achieve.
- **Cruiser Class:** Have a tire size of 24" or larger and are a single speed bicycle. Racers are grouped by age when possible. There are no proficiencies associated with this class.

Racers can enter in both the 20" and Cruiser Class on the same night. Awards will be presented to a minimum of the top three racers in each group. Awards vary from plaques and ribbons to trophies dependent on the importance of the race. In addition, USA BMX Canada district points will be awarded to all participants. These points are used to determine your ranking amongst other racers in the state at the end of the year.

### **Requirements**

Riders must be able to ride a bicycle without training wheels. Each racer must wear a full face helmet, long sleeve shirt, and pant to the ankle during a practice or race. Though not required, the track director recommends a pair of gloves and bike pads if you have them. Kickstands, trick - pegs, chainguards, and reflectors must be removed for safety reasons. Track officials can assist, if needed.

## **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](http://www.bismarckfigureskatingclub.com).

## **Bismarck Gymnastics Academy (BGA)**

3200 North 10th Street • 258-8956  
[www.bismarckgymnastics.com](http://www.bismarckgymnastics.com)  
[www.facebook.com/bismarckgymnasticsacademy](http://www.facebook.com/bismarckgymnasticsacademy)

### **Office Hours**

- Monday - Friday: 9:00am-5:00pm

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 classes for Primary (2 year olds), Beginning, Intermediate, and Advanced (3-6 year olds) gymnasts. The primary classes require the presence of a parent. 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 in grades K-6. The students are observed the first day of class and placed into groups according to their abilities. 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.

**Tumbling:** Recreation classes for anyone from 8 years old and older.

**Competitive Program:** Our gymnasts compete in levels 4 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.

The 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 trained in the sport of gymnastics. Linda Grina, Recreation Director, and Sarah Feist, Assistant Recreation Director, have training sessions that are held for preschool through competitive teachers to insure a competent staff for all skill levels.

**Registration:** New members must register through the BGA office or come in before registration to create an online account. Returning members should register online through our website [www.bismarckgymnastics.com](http://www.bismarckgymnastics.com). Tuition is due at the time you register. We accept credit/debit cards, check or cash.

**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: [www.bismarckgymnastics.com](http://www.bismarckgymnastics.com).

**Schedule and Tuition:** Registration for both summer sessions can be made at the same time. No classes will be held Monday, May 26 and Friday, July 4. Registration hours are Monday-Thursday, 9:00a – 6:00p.

## SESSIONS

### Summer 1

Program Dates May 27 – June 28 (5 weeks)  
Registration May 12 – 15

### Summer 2

Program Dates June 30 – August 1 (5 weeks)  
Registration June 23 – 26

### Fall 1

Program starts in late August

Please call 258-8956 for class schedule or visit [www.bismarckgymnastics.com](http://www.bismarckgymnastics.com).

## Tuition for 5-week Session

### Primary and all Preschool

One Day/Week \$43  
Two Days/Week \$62

### Grade School and Junior/Senior High

One Day/Week \$43  
Two Days/Week \$62

## Advanced Grade School and Pre-comp

One Day/Week \$48  
Two Days/Week \$69

## Tumbling

One Day/Week \$34

If you have 3 or more children in the program, the tuition of the youngest child(ren) will be half price.

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

## Bismarck Men's Slowpitch Softball Association

For more information, visit [www.bismarcksoftball.com](http://www.bismarcksoftball.com)

## Bismarck Women's Slowpitch Softball Association

For more information visit [www.bismarckwomenssoftball.com](http://www.bismarckwomenssoftball.com)

## Bismarck Public Library

### Summer Reading Program for Children

The program is open to children from birth through Grade 5. The summer reading program is self-directed with incentives. Sign-up starts May 30 at the Summer Reading Kick-off at the ND Heritage Center from 10:00 a.m.- 3:00 p.m.

### Summer Story Times: June - July (no story times week of July 4)

- Toddler Tales:  
Tuesdays, 9:30 am, 10:15 am, and 11 am
- Preschool Adventures:  
Wednesdays 9:30 am and 10:15 am and Thursdays 10:15 am
- Baby and Me: Thursdays 9:30 a.m.

### Bismarck-Burleigh Health story time series for kids and parents

- Thursdays 11:00 am

### Puppet Shows at Dakota Zoo

- Wednesdays 7:00 pm (June 25 & July 23)
- Cost is admission to Dakota Zoo

### Other Programs:

- Family Movie Days
- Miss Sparkles' Day Camps
- B.A.R.K. (Reading with Dogs) and more!

### End of Summer Reading Ice Cream Social

- Monday, August 4, 6:30 pm

All programs are free and open to the public and held in the Children's Library Story Room unless otherwise noted. For more information, contact the Children's Library at 355-1489, [tjuhala@cdln.info](mailto:tjuhala@cdln.info), or visit the web site: [www.bismarcklibrary.org](http://www.bismarcklibrary.org).

## Teen Summer Reading Program 2014 "Spark a Reaction"

Friday, May 23 - Thursday, July 31, 9 pm. Awards night and ice cream social Monday, August 4. Detailed information will be available at the library and [www.bismarcklibrary.org](http://www.bismarcklibrary.org) in May.



## **Bismarck Youth Fastpitch Softball Association**

Game nights will be scheduled Sunday-Thursday and will depend upon number of teams.

In order to better our program, all players will be asked to participate in a fundraiser. The proceeds will go towards equipment, uniforms, umpire fees, etc.

Players will have the opportunity to try out for a traveling team. Traveling team age groups are 10u, 12u, 14u, 16u and 18u. All players are highly encouraged to play in the summer league program but all traveling team players in the 10u and 12u age groups are REQUIRED to also play league night. Additional information regarding future tryouts will be available on our website.

See [www.bismarckfastpitch.com](http://www.bismarckfastpitch.com) for start dates and registration information

### **Summer League Season:**

Girls will be placed in one of the following divisions based on their ages as of December 31, 2013. A copy of a birth certificate will be required for all new players. This is an ASA (Amateur Softball Association) rule.

### **6-8 year olds (8u Division)**

In this division, young girls will learn the fundamentals of fastpitch. There will be one structured practice during the week (coaches choice) and one game/ scrimmage. This will be run similar to a t-ball league, using a tee and adult/coach pitching.

\$75.00 per player, which includes a t-shirt. Contact Mark Wax at [wax@bis.midco.net](mailto:wax@bis.midco.net) or 255-6928.

### **9-10 year olds (10u Division)**

In this division, there will be two games per week and coach(es) will determine a practice night for their team. ASA rules will begin to be implemented. The cost is \$100.00 per player, which includes a t-shirt. Contact Billy Schmidt at [wjschmidt99@hotmail.com](mailto:wjschmidt99@hotmail.com) or at 220-0293.

### **11 year olds and up (11u Division)**

This division will have two games per week and coach(es) will determine a practice night for their team. These games will adhere to ASA fastpitch rules. The cost is \$100.00 per player, which includes a t-shirt. Contact Christy Gass at [christy.gass09@gmail.com](mailto:christy.gass09@gmail.com) or at 1-320-522-1839.

## **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.

### **Public Shooting Hours:**

- April 15 - 30, Aug 26 - Sept 11  
Tues and Thurs; 6:30 pm - dark
- April 30 - Aug 21  
Tues, Wed, and Thurs; 6:30 pm - dark

### **Fees**

- 25 target round
- \$5.50/member
- \$6.50/non-member
- \$4.50/junior under the age of 18
- \$50 member practice card (10 rounds)
- Family membership \$30/year

### **League - One round/week for 14 weeks.**

May 6 - August 14: Teams consist of 4 to 7 shooters, \$65 sponsor fee (per team), \$72/shooter, Membership required

### **Youth Program:**

Youth under the age of 19 who have completed a hunter safety course may participate in our youth program where coaches will provide instruction on the fundamentals of shotgun shooting. May 19 - July 21: Mondays at 6:00 p.m.

\$20/participant, Targets and shells provided by the club, Enrollment is limited, Membership required

### **Tournament Schedule:**

June 13-15: 125th Statehood Anniversary Shoot  
August 16-17: Sharp-tail Shoot

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

## **Capital Curling Club**

The Capital Curling club will be hosting the 27th Annual Summerspiel July 17 - 20, 2014. It is an open spiel format and features a three game guarantee on dehumidified ice in conjunction with a golf tournament on Bismarck's Tom O'Leary golf course.

Leagues are forming for the upcoming curling season. League registration is the first Thursday in October. Leagues are available for all ages and levels of experience.

To register for the Summerspiel or get more information on leagues or Kid Curl visit [www.capitalcurlingclub.org](http://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](http://www.dakotaunitedsoccer.com)

## Dakota West Arts Council Offers - Arts in the Parks

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.

Throughout the summer, DWAC showcases local arts and artists through programming in our parks. We offer free events for kids and adults. Descriptions, dates and times of our events are highlighted on both our website {[dakotawestarts.org](http://dakotawestarts.org)} and/or our Facebook page titled Dakota West Arts.

### myNDarts.com

Click on myNDarts.com and you'll open a window to dates, times, locations and costs for concerts, shows, plays, art exhibits, classes, lectures, and other events happening throughout North Dakota. Click again on Bismarck, and you'll zero-in on what's happening in Bismarck, Mandan, Dickinson and beyond. And, it's free! Free to list and view.

The site is brought to you by Dakota West Arts Council, Arts North Dakota and the North Dakota Council on the Arts. Contact Dakota West Arts Council for more information at [dakotawestarts.org](http://dakotawestarts.org), [dwac4arts@hotmail.com](mailto:dwac4arts@hotmail.com) or 222-6640. Be sure to tell your family and friends about myNDarts.com. Get clicking!

## Dakota Zoo

Dakota Zoo's summer hours start Saturday, April 27 (weather permitting), hours are 10am - 7pm. Several special events are planned, 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](http://www.dakotazoo.org)

## 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](http://www.gobismarckmandan.org) or like us on Facebook.

## Great Plains Track & Field Club

The Great Plains Track & Field Club's season begins Tuesday, May 27. For complete information, visit the website: [greatplainstrackfield.shutterfly.com](http://greatplainstrackfield.shutterfly.com)

## 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 designed for 5th and 6th graders between the ages of 10 and 12 years. 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 operates from Aug - Oct.

- The cost per player is \$120.
- Registration is open from March 1-May 1. Registration forms can be downloaded at [www.bismarckmidgetfootball.com](http://www.bismarckmidgetfootball.com). Hard copies are available at the Bismarck Parks and Recreation District office and the YMCA.

For more information, visit [www.bismarckmidgetfootball.com](http://www.bismarckmidgetfootball.com) or contact the League Representative by: Email: [bmfl@bismarckmidgetfootball.com](mailto:bmfl@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.

### Summer event:

- Aug. 15-17 Art May Memorial Fun Fly

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](http://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 NBA 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 NBA 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](http://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.

## OHV Safety Certification Class

North Dakota law requires youth between the ages of 12 and 16, who do not have a valid driver's license or permit, to be certified in order to legally operate Off Highway Vehicles on land other than that owned by their parents.

Email [ridesafe.nd.gov](mailto:ridesafe.nd.gov) or go to [ridesafe.nd.gov](http://ridesafe.nd.gov) for more information.

## Pheasants Forever, Dakota Chapter

**When:** Every Wednesday Night  
May - August  
4:30 - 6:00 - 7:30

**Where:** Capital City Sporting Clays  
1-94 East to exit 170, 3 miles  
North to 71st Avenue, 2 miles  
West to the shooting range.

**What:** A program for youth 17 and under, which provides safety and guidance in the handling of firearms through repetition.

The program promotes:

- healthy outdoor activities and the hunting heritage
- builds self-esteem,
- reduces firearms related accidents,
- teaches safe gun handling at home or in the field,
- creates family memories.

The purpose of the organization shall be to educate youth in the safe, responsible shooting activities, to provide a safe, organized firearms training and recreational shooting opportunity for the youth and the management of target shooting ranges and competitions, the concepts of hunting and conservation and to develop among its members those qualities of leadership, loyalty, cooperation and good sportsmanship, which are essential to good citizenship.

The facility is located 10 miles East of Bismarck on the grounds of Capital City Sporting Clays. An area set aside only for the youth that consist of 6 automatic traps, 5 shooting cages, 3 small outdoor classrooms, and a bathroom all handicap accessible designed to provide a safe firearms training.

## 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](mailto:info@ThePurpleSchool.com) For registration details.

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

See [www.ThePurpleSchool.com](http://www.ThePurpleSchool.com) for more information.

## Races and Walks

Race for Parkinson's .....	April 26
Thunderbird Spring Run .....	April 26
Walk to Defeat ALS.....	May 31
Color Splash Fun Dash.....	June 1
Epic Sports Race to Sunset	
Mountain Bike Festival .....	June 6-7
Cancer Relay for Life Walk/Run .....	June 7
Bismarck Triathlon.....	June 14
Medieval Rush .....	June 21
Mandan 4th of July Run .....	July 4
Miles for Smiles .....	Aug. TBA
St. Gabriel's Community Duathlon ...	Aug. 2
6th Annual Get Fit Roadrace.....	Aug. 9
BisMan Bombshellz Roller Disco 5k..	Aug. 16
9th Annual Thunderbird	
Half Marathon .....	Aug. 23
Apple Dash.....	Sept. TBA
Powwow 10k and 5k Run/walk .....	Sept. 6
ND Army Aviation Association	
10-Miler.....	Sept. 6
Krolls Diner Bismarck Marathon .....	Sept. 20
Designer Genes Walk .....	Sept. 27
Monster Dash Run .....	October
Turkey Trot.....	November

## Riverwood Men's Golf

The Riverwood Men's Golf Association is a non-profit organization intended to promote the game of golf by providing golf handicaps, and organizing league and tournament competitions for its members. The association operates solely on membership dues, tournament and league entry fees, and business sponsorships. Currently we have over 300 members. Membership applications and additional information is available at the Riverwood Pro-Shop.

## Riverwood Women's Golf

The Riverwood Women's Golf Association has a morning and twilight league. Each league meets on Wednesdays throughout the summer season. The morning league begins league play on the first Wednesday in May continuing through September. The twilight league begins the first Wednesday in June and continues through August. Membership dues may be paid at the annual spring kick - off meeting to be held on the first Saturday morning in May of each year. All area women golfers are invited and welcome to join either or both leagues. Membership applications and/or additional information is available at the Riverwood Pro-Shop.

## 39th Annual Sam McQuade Sr., Charity Softball Tournament

The USA's Largest non-profit, one weekend slowpitch softball tournament brings together players, families and fans from all over the country.

### Date, Location and Deadline

- June 27, 28, & 29, 2014.
- Bismarck - Mandan Softball Complexes
- Entry Deadline for Men's Class A/Supers: April 15, 2014
- Entry Deadline for all other classes: May 9, 2014 or when division is filled.

### Contact

- Mike Wolf 701-400-2255, email mcquadesoftball@yahoo.com or visit www.mcquades.com

## Sleepy Hollow Summer Theatre

Sleepy Hollow Theatre & Arts Park's mission is to nurture youth by providing quality pre-professional, educational opportunities in the arts that result in the cultural enrichment of our communities and state.

Musicals "Under the Stars" at Sleepy Hollow Arts Park July 14 - August 6

- Shrek: The Musical
- Chicago: A Musical Vaudeville

Tickets available at [www.shtap.org](http://www.shtap.org) or call 319-0894. Group rates of 15 or more receive 20% discount

### Classes in the Arts

Schedules at [www.shtap.org](http://www.shtap.org) or pick up copies at Bismarck Parks and Recreation office or at any Bismarck/Mandan school.

### Midsummer Celebration

- Saturday, June 14

For updated information: [www.shtap.org](http://www.shtap.org) or call 701-319-0895

## 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 for 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.

### Basketball

- Training Season held January 7-March 14
- Bismarck/Mandan Area Tournament in Mandan - February 17
- State Basketball Tournament in Minot - March 15-16

### Summer Games

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

- Training Season held March 24-May 29
- State Summer Games in Fargo - May 30-31

### Soccer/Bocce

Sports included: Unified & Traditional Soccer, Team and Doubles Bocce

- Training Season held July 21-Sept 12
- State Soccer/Bocce Tournament in Grand Forks - Sept. 13-14

### Bowling

- Training Season held Sept. 8-Oct. 31
- State Bowling Tournament in Mandan - Nov. 1-2

### 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 Jan.

## Basketball

- Training season Jan-March
- State Basketball Tournament in Minot in March

For further information, to volunteer, or to participate, contact Special Olympics North Dakota at 1-800-279-4201 or [sond@midconetwork.com](mailto: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](http://bismarcksuperslide.com)

# Summer Employment Opportunities

- Starting wage varies and may be based on experience. An equal opportunity employer.
- May be able to work multiple positions, depending on skills, interests and availability.
- Number of positions in each area varies.
- Please complete a job application at the Park District Office (400 East Front Avenue) or online at [www.bisparks.org](http://www.bisparks.org) under the Jobs link.

Position	Number of Hours	Contact Person	Other Information
Activity Centers	Up to 40 daytime hours	Cindy Gums	Planning and supervising activities for K – 5 children.
Cashier/concessions for outdoor pools and Municipal Ballpark	Hours vary	Dylan Thiem	
Facility attendants and/or front desk staff	Hours vary	Mike Wald - BSC Aquatic & Wellness Center Katrina Hanenberg - Capital Racquet & Fitness Center Tim Kuntz - Fore Seasons Center/ Pebble Creek Golf Course Dennis Nybo - Ice Arenas Kevin Olson - World War Memorial Building	
Facility maintenance	Hours vary	Katrina Hanenberg - Capital Racquet & Fitness Center Dennis Nybo - Ice Arenas	
General Sibley Park	Up to 40	Martha Willand	Office/front desk and groundskeeping
Golf course maintenance	Up to 40, weather dependent	Brad Schulz - Riverwood Mike Page - Tom O’Leary Chuck Vedvick - Pebble Creek	
Lifeguard and/or swimming lesson instructor, BSC Aquatic & Wellness Center, indoor	Up to 40, based on availability Hours vary	Jahna Gardiner	Must be Lifeguard/First Aid/CPR/AED certified - the Park District offers these courses to become certified.
Lifeguard and/or swimming lesson instructor, outdoor pools	Up to 40, based on availability, weather dependent	Dylan Thiem	Must be Lifeguard/First Aid/CPR/AED certified - the Park District offers these courses to become certified.
McDowell Dam Recreation Area maintenance and boat rentals		Forrest Ecklund	
Operations general maintenance	Up to 40 weather dependent	Greg Smith	Includes ball diamond maintenance, soccer, etc.
Sand volleyball officials	Evening hours	RaNae Jochim	
Triple Star Day Camp	35 hours per week daytime hours	RaNae Jochim	Day camp for participants with special needs
Youth and adult sport coaches and officials – baseball/softball, soccer, volleyball, basketball, & tennis instructors		Baseball/Softball – Tim Kuntz Soccer – Jeremy Dykstra Volleyball – RaNae Jochim Basketball – Kevin Olson Tennis – Katrina Hanenberg	

# 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](http://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.**

**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 (2014-15)
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.

## April

10 & Under Tennis Tournament, see page 15 .....12  
 Race for Parkinson's..... 26  
 Thunderbird Spring Run ..... 26

## May

USTA Tennis Block Party, see page 15..... 4  
 Student Membership Special  
 BSC AWC & CRFC, see page 21 ..... 12-Aug. 31  
 6th Grade Elementary Track Meet, see page 16.....14  
 5th Grade Elementary Track Meet, see page 16.....15  
 West Region Girls' Tennis Tournament ..... 15-17  
 State Girls' Tennis Tournament..... 22-24  
 Walk to Defeat ALS.....31

## June

Color Splash Fun Dash..... 1  
 Free Junior Golf, see page 8 ..... All Month  
 Outdoor Pools Open, see page 29 ..... 2  
 Jackie Dockter Memorial Tournament (BMTA) .....5-8  
 Epic Sports Race to Sunset  
 Mountain Bike Festival .....6-7  
 Cancer Relay for Life Walk/Run ..... 7  
 Outdoor Swim Lessons Registration, see page 13 ..... 9  
 Indoor Swim Lessons Registration, see page 12 ..... 9  
 Bismarck Triathlon.....14  
 Midsummer Festival (Sleepy Hollow), see page 36.....14  
 Medieval Rush .....21  
 Sam McQuade Sr. Charity Softball  
 Tournament, see page 36.....27-29  
 Local Hershey's Track and Field Meet, see page 16..... 28  
 Outdoor Swim Lessons Registration, see page 13 ..... 30  
 Indoor Swim Lessons Registration, see page 12 ..... 30



**Celebrate National Park and Recreation month in July!**

We've got a month full of programs, play and fun for the whole family. Watch for more information coming in June on [www.bisparks.org](http://www.bisparks.org).

## July

Free Junior Golf, see page 8 ..... All Month  
 July Celebration Special Events, see page 37 ... All Month  
 Mandan 4th of July Run ..... 4  
 Shrek: The Musical (Sleepy Hollow), see page 36 .....14-18  
 Curling Summerspiel, see page 33 ..... 17-20  
 Chicago: A Musical Vaudeville (Sleepy Hollow), see page 36.....19-25  
 Outdoor Swim Lessons Registration, see page 13 .....21  
 Indoor Swim Lessons Registration, see page 12 .....21  
 Tennis in the Parks Week, see page 15 ..... 21-27  
 Free Tennis Lessons, see page 15..... 23  
 Shrek: The Musical (Sleepy Hollow), see page 36 .....23-Aug. 1  
 ND State Long Course Swim Meet .....25-27  
 ASA Northern Territory 16UB National Fastpitch Championship ..... 30-Aug. 3  
 Bismarck Open Adults & Juniors Tennis Tournament (BMTA).....31-Aug. 3

## August

Free Junior Golf, see page 8 ..... All Month  
 St. Gabriel's Community Duathlon ..... 2  
 Chicago: A Musical Vaudeville (Sleepy Hollow), see page 36.....2-6  
 5th Annual Get Fit Roadrace, see inner foldout ..... 9  
 Art May Memorial Fun Fly, see page 34 ..... 15-17  
 BisMan Bombshellz Roller Disco 5k.....16  
 8th Annual Thunderbird Half Marathon ..... 23  
 Miles for Smiles ..... TBA

## September

Powwow 10k and 5k Run/walk ..... 6  
 ND Army Aviation Association 10-Miler ..... 6  
 BMTA World Team Tennis (Adults).....13  
 Krolls Diner Bismarck Marathon ..... 20  
 Coed Fall Softball League Tournament, see page 17 .....21  
 Designer Genes Walk .....27  
 Apple Dash..... TBA

### 2014 Fall Activity Schedule is mailed in August, which includes:

- adaptive programs • basketball • B.L.A.S.T. cross country meets • fencing • hockey • karate • open gym • racquetball • skating • tennis • volleyball • and much more!



**Bismarck Parks and Recreation District**  
400 East Front Avenue  
Bismarck, ND 58504  
(701) 222-6455  
[www.bisparks.org](http://www.bisparks.org)

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



Register for programs online at [www.bisparks.org](http://www.bisparks.org)



Let's Play!