



2015 FALL ACTIVITY GUIDE

YOUTH AND ADULT PROGRAMS
ACTIVITIES - FACILITIES - PARKS - SPECIAL EVENTS



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

www.bisparks.org





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

Telephone Directory

Baseball/Softball Diamonds

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

Facilities

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

Frances Leach High Prairie Arts & Science Complex

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

Golf Courses

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

Other Programs & Partners

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

Swimming Pools

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

Board of Park Commissioners

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

Administration

- Randy Bina, Executive Director

Directors

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

Administration Division

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

Facilities and Programs Division

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

Operations Division

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

Forestry

- Beth Peske, City Forester
- Jerry Henke, Arborist II
- Mike Miller, Arborist I
- Eric Gabbert, Arborist I
- Julius Lorz, Arborist I

Cancellations

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

General Information

Dog Ordinance

Section 1. May not permit an animal to run at large: "at large" means not effectively restrained by a chain, leash, or cord not more than six feet in length. Section 2. Any person who owns or is responsible for an animal shall, if the animal defecates upon park property, promptly clean up and dispose of the excrement. (For a full version of this ordinance, visit www.bisparks.org.)

Gift Certificates

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

Insurance

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

Matching Grant Program

Bismarck Parks and Recreation District's Matching Grant programs provides matching funds for facility, grounds, and equipment projects. In its 28th year, the program has provided matching funds for 450 projects with total project costs of more than \$3.9 million. Applications will be accepted from Bismarck associations, organizations, clubs or individuals interested in matching funds to sponsor a project in a Bismarck Parks and Recreation District facility or park. Matching funds are awarded twice per year. Applications are available at our office. Call 222-6455 for more information. DEADLINES: Annually, February 1 and June 1 at 5pm.

Photography/Video

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

Rain Checks

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

Online Registration and Reservations

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

Let's All Play!

The Bismarck Parks and Recreation District is committed to making all of our programs, facilities, services, and activities accessible to everyone. If you feel that you or your child may require auxiliary aid or special accommodations to participate, please let us know at the time of registration. We will work with you in order to make safe and respectful accommodations.

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Our Vision

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

Our Mission

Working with the community to provide residents and visitors the highest quality park, program, facility and event experience.

Core Purpose

To provide affordable, accessible, and sustainable public park and recreation services.

Our Values

Integrity	Diversity
Teamwork/Cooperation	Honesty/
Professionalism	Accountability
Community	Respect

Activ8

This fun and active 6-week program consists of 45-minute structured water and non-water activities twice a week for kids 8-12 years of age. It is designed to increase children's physical activity, self confidence, and nurture long term behavior. Our goal is that every child finds their niche in physical activity. It doesn't matter if they are athletic or not, we want to inspire kids to MOVE and have FUN!



Date	Day/Time	Code
Sept. 21 - Oct. 29	M: 6:45 - 7:30pm & Th: 7 - 7:45pm	8038

Classes will resume January.

Age and Location

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

Fees and Registration

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$55; Non-members: \$65
- To register visit www.bisparks.org or call BSC Aquatic & Wellness Center, 1601 Canary Avenue, at 751-4266

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
Sept. 14 - May 31	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. For more information on archery practice ranges, please see page 28 (Nishu Bowmen Indoor/Outdoor Range).

Level	Dates	Day	Time	Code
Beginners	Sept. 15 - Dec. 1	Tues	6pm	7382
Beginners	Sept. 15 - Dec. 1	Tues	7pm	7383
Challengers/Advanced	Sept. 15 - Dec. 1	Tues	8pm	7384

- 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.

Basketball

4th Grade

The program's objective is to teach the fundamentals, skills, and sportsmanship of the game. Participants will learn through drills and scrimmages.

Girl's Informational Meeting

- August 19, 7pm, at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.
- An information sheet will be available upon registration.

Boy's Informational Meeting

- November 4, 7pm, at Frances Leach High Prairie Arts & Science Complex, 1810 Schafer Street.
- An information sheet will be available upon registration.

League:

- Girl's: August 31 - October 24 (no games Oct. 10)
- Boy's: November 9 - January 9
- 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 14 (Girls) or November 6 (Boys).
- \$55/player - if received August 15 or later (Girls) or November 7 or later (Boys).

School	Girls	Boys
Cathedral	7291	7388
Centennial	7292	7389
Grimsrud	7293	7390
High. Acres	7294	7391
Liberty	7295	7392
Lincoln	7296	7393
Martin Luther	7297	7394
Miller	7298	7395
Moses	7299	7396
Murphy	7300	7397
Myhre	7301	7398
Northridge	7302	7399
Pioneer	7303	7400
Prairie Rose	7304	7401
Roosevelt	7305	7402
Saxvik	7306	7403
Shiloh	7307	7404
Solheim	7308	7405
St. Anne	7309	7406
St. Mary's	7310	7407
Sunrise	7311	7408
Will-Moore	7312	7409

5th Grade

The program's objective is to teach the fundamentals, skills, and sportsmanship of the game. Participants will learn through drills and scrimmages. The 5th grade program has a season-ending jamboree.

League:

- Girls': September 8 – October 31
- Boys': November 9 – January 23

Information Meeting

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

Days/Times for most schools:

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

Fees

- \$55/player - if received on or before August 21 (Girls) or October 23 (Boys).
- \$65/player - if received August 22 or later (Girls) or October 24 or later (Boys).
- **Participants must play at the school they attend.**

Jamboree

- Girls' Grade 5: October 29 and 31
- Boys' Grade 5: January 22 and 23

School	Girls	Boys
Centennial	7313	7410
Grimsrud	7314	7411
High. Acres	7315	7412
Liberty	7316	7413
Lincoln	7317	7414
Martin Luther	7318	7415
Miller	7319	7416
Moses	7320	7417
Murphy	7321	7418
Myhre	7322	7419
Northridge	7323	7420
Pioneer	7324	7421
Prairie Rose	7325	7422
Roosevelt	7326	7423
Saxvik	7327	7424
Shiloh	7328	7425
Solheim	7329	7426
Sunrise	7330	7427
Will-Moore	7331	7428

B.L.A.S.T.

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

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

Locations

- Centennial • Grimsrud • Liberty • Miller • Northridge • Pioneer
- Prairie Rose • Rita Murphy • Shiloh • Solheim • Sunrise

- * Bismarck Parks and Recreation does not manage the after school programs at Lincoln, Moses, Myhre, Will-Moore and Saxvik schools. If you are interested in attending those schools or for more information, you can contact Missouri River Educational Cooperative at 751-4041.

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. '15-16

- 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 25: Registration packets from current B.L.A.S.T. families are due back at BPRD by 5pm .
- June 15 - July 2: The new applicants that are interested in enrollment for 2015-16 will have this timeframe to stop in at the BPRD office and register their child(ren) in a drawing for the open positions.
- July 8: 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 1, Sept. 14 - Nov. 20	M & F	\$70	8017
12+	Session 2, Nov. 23 - Feb. 12	M & F	\$70	8018
12+	Continue Fencing, Sept. 14 - Feb. 12	M & F	\$135	8019

Time, Location and Equipment Required

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

For More Information

- John Garness at 391-2081

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 7 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 24, 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 2014-2015 elementary school.

Grades	Dates	Times
3rd & 4th	August 31 - October 10	5 - 6pm
5th & 6th	August 31 - October 10	6 - 7pm

Fees

- \$55/player - if received on or before Friday, August 21.
- \$65/player - if received August 22 or later.

School	3rd & 4th Grade	5th & 6th Grade
	Code	Code
Cathedral	7167	7168
Centennial	7169	7170
Grimsrud	7171	7172
Highland Acres	7173	7174
Liberty	7175	7176
Lincoln	7177	7178
Martin Luther	7179	7180
Miller	7181	7182
Moses	7183	7184
Murphy	7185	7186
Myhre	7187	7188
Northridge	7189	7190
Pioneer	7191	7192
Prairie Rose	7193	7194
Roosevelt	7195	7196
Saxvik	7197	7198
Shiloh	7199	7200
Solheim	7201	7202
St. Anne	7203	7204
St. Mary's	7205	7206
Sunrise	7207	7208
Will-Moore	7209	7210

Jamboree

- Oct. 10 - Sam McQuade Sr. Softball Complex

Karate - Traditional Japanese Karate

Age	Days	Time	Month	Code
10+	T & Th	6:30 - 8:30pm	September	7349
10+	T & Th	6:30 - 8:30pm	October	7350
10+	T & Th	6:30 - 8:30pm	November	7351
10+	T & Th	6:30 - 8:30pm	December	7352

Dates, Fees and Location

- August 4 - December 17
- \$40/month or \$175/5 months
- World War Memorial Building, 215 North 6th Street

Online registration is not available for Karate.

For more information

- Bill Froelich, 226-3415

Open Gym

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

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

November 7-8, 2015 - March 5-6, 2016

Elementary School Locations Saturday Sunday

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

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

Middle School locations:

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

Preschool Locations:

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

BECEP at Richholt	720 North 14th St.	N/A	TBA
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Other locations:

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

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

Preschool Skate Date

This free program is designed for parents and their preschool child(ren) to spend time on the ice together. It is not an instructional program. Just skate together, get comfortable on the ice and have fun. Ice skates are not supplied. We require all preschool skaters wear helmets and elbow pads.

Dates	Day	Time
Nov. 9 - Dec. 16	M, T & W	11:30am - 12:30pm
Jan. 4 - Feb. 10	M, T & W	11:30am - 12:30pm

Age and Location

- 5 and younger, Free of charge
- Schaumburg Ice Arena, 221 Reno Avenue
- * No pre-registration is necessary.

Racquetball

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

Level	Age	Day	Time	Code
Beginners	7 - 14	Th	6:15 - 7pm	7484
Intermediate	7 - 14	Th	6:15 - 7pm	7485
Advanced	7 - 14	Th	7 - 7:45pm	7483

Dates, Fees and Location

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

Sports Conditioning

Take your skills to the next level! This 12 session 45-minute class is for children ages 8-14. Sport conditioning is a unique and fun class that utilizes Speed, Agility, Quickness, Coordination, Endurance, Strength. The 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, Location and Age

- Pre-registration only
- 8-14 yrs old
- Meet at BSC Aquatic & Wellness Center
- Members - \$55; Non-members - \$65

Date	Days	Time	Code
Nov. 3 - Dec. 15	T & Th	5 - 5:45pm	7486
* No class Nov. 26			

Swimming Lessons, Indoor American Red Cross Lifeguarding Class

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 and have their hair tied back or in a swimming cap.

Pre-Requisites: To be tested on the first day of class.

- 300 yard swim using breaststroke and front crawl (not timed)
- Swim 20 yards, surface dive and retrieve an object from the deep end.
- Tread water for 2 minutes without using arms.

If the candidate is not able to pass the swim test required by the Red Cross they will receive the \$200 refund, but the \$35 to the Red Cross is non-refundable.

Fees

- Cost \$200
- There will be an additional \$35 online fee paid directly to the Red Cross for online learning materials. (non-refundable)
- All Class times and dates are MANDITORY
- Participants will receive instructions via e-mail for the Red Cross online learning after they register for the class. The online material must be fully completed before the first day of class.

Dates and Registration

- For dates and registration visit www.bisparks.org or call Jahna at BSC Aquatic & Wellness Center, 1601 Canary Avenue, at 751-4270

Swimming Lessons, Indoor Fee and Location

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

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 Swim Lessons

For details on the private swim lessons, please turn to page 14.

Fall Registration Session 1:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, August 31 at 10am.

Fall Session 1 - Sept. 9 - Oct. 12 (M & W)*

* Sept. 7 make-up date will be Mon. Oct. 12. Report cards will be handed out Oct. 7

Fall Session 1 - Sept. 8 - Oct. 8 (T & Th)

Time	Class	Day	Code
4:20 - 4:50pm	Preschool Level A	T & Th	7561
4:20 - 4:50pm	Preschool Level B	T & Th	7580
4:20 - 4:50pm	Preschool Level C	M & W	7593
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	7500
4:20 - 4:50pm	Ages 6+ Level 2	M & W	7517
4:20 - 4:50pm	Ages 6+ Level 3	M & W	7533
4:55 - 5:25pm	Preschool Level A	M & W	7562
4:55 - 5:25pm	Preschool Level B	M & W	7581
4:55 - 5:25pm	Preschool Level C	T & Th	7594
4:55 - 5:25pm	Ages 6+ Level 1	M & W	7501
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	7518
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	7534
5:30 - 6pm	Preschool Level A	M & W	7563
5:30 - 6pm	Preschool Level A	T & Th	7564
5:30 - 6pm	Preschool Level B	T & Th	7582
5:30 - 6pm	Preschool Level C	M & W	7595
5:30 - 6pm	Ages 6+ Level 2	M & W	7519
5:30 - 6pm	Ages 6+ Level 2	T & Th	7520
6:05 - 6:35pm	Preschool Level C	M & W	8020
6:05 - 6:35pm	Preschool Level A	M & W	7565
6:05 - 6:35pm	Preschool Level A	T & Th	7566
6:05 - 6:35pm	Preschool Level B	M & W	7583
6:05 - 6:35pm	Preschool Level C	T & Th	8021
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	7502
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	7521
6:05 - 6:35pm	Ages 6+ Level 3	M & W	7535
6:40 - 7:10pm	Preschool Level A	M & W	7567
6:40 - 7:10pm	Preschool Level A	T & Th	7568
6:40 - 7:10pm	Preschool Level B	M & W	7584
6:40 - 7:10pm	Preschool Level B	T & Th	7585
6:40 - 7:10pm	Ages 6+ Level 1	M & W	7503
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	7504
6:40 - 7:10pm	Ages 6+ Level 2	M & W	7522
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	7523
7:15 - 7:45pm	Preschool Level A	M & W	7569
7:15 - 7:45pm	Preschool Level A	T & Th	7570
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	7505
7:15 - 7:45pm	Ages 6+ Level 2	M & W	7524
7:15 - 7:45pm	Ages 6+ Level 3	M & W	7536
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	7537
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	7540
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	7542

Fall Registration Session 2:

Opens online or in person at the Park District Office and the BSC Aquatic & Wellness Center on Monday, October 12 at 10am.

Fall Session 2 - Oct. 19 - Nov. 18 (M & W)

Fall Session 2 - Oct. 20 - Nov. 19 (T & Th)

Time	Class	Day	Code
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4:20 - 4:50pm	Preschool Level A	T & Th	7551
4:20 - 4:50pm	Preschool Level B	T & Th	7574
4:20 - 4:50pm	Preschool Level C	M & W	7589
4:20 - 4:50pm	Ages 6+ Level 1	T & Th	7494
4:20 - 4:50pm	Ages 6+ Level 2	M & W	7509
4:20 - 4:50pm	Ages 6+ Level 3	M & W	7528

4:55 - 5:25pm	Preschool Level A	M & W	7552
4:55 - 5:25pm	Preschool Level B	M & W	7575
4:55 - 5:25pm	Preschool Level C	T & Th	7590
4:55 - 5:25pm	Ages 6+ Level 1	M & W	7495
4:55 - 5:25pm	Ages 6+ Level 2	T & Th	7510
4:55 - 5:25pm	Ages 6+ Level 3	T & Th	7529

5:30 - 6pm	Preschool Level A	M & W	7553
5:30 - 6pm	Preschool Level A	T & Th	7554
5:30 - 6pm	Preschool Level B	T & Th	7576
5:30 - 6pm	Preschool Level C	M & W	7591
5:30 - 6pm	Ages 6+ Level 2	M & W	7511
5:30 - 6pm	Ages 6+ Level 2	T & Th	7512

6:05 - 6:35pm	Preschool Level C	M & W	8022
6:05 - 6:35pm	Preschool Level A	M & W	7555
6:05 - 6:35pm	Preschool Level A	T & Th	7556
6:05 - 6:35pm	Preschool Level B	M & W	7577
6:05 - 6:35pm	Preschool Level C	T & Th	8023
6:05 - 6:35pm	Ages 6+ Level 1	T & Th	7496
6:05 - 6:35pm	Ages 6+ Level 2	T & Th	7513
6:05 - 6:35pm	Ages 6+ Level 3	M & W	7530

6:40 - 7:10pm	Preschool Level A	M & W	7557
6:40 - 7:10pm	Preschool Level A	T & Th	7558
6:40 - 7:10pm	Preschool Level B	M & W	7578
6:40 - 7:10pm	Preschool Level B	T & Th	7579
6:40 - 7:10pm	Ages 6+ Level 1	M & W	7497
6:40 - 7:10pm	Ages 6+ Level 1	T & Th	7498
6:40 - 7:10pm	Ages 6+ Level 2	M & W	7514
6:40 - 7:10pm	Ages 6+ Level 2	T & Th	7515

7:15 - 7:45pm	Preschool Level A	M & W	7559
7:15 - 7:45pm	Preschool Level A	T & Th	7560
7:15 - 7:45pm	Ages 6+ Level 1	T & Th	7499
7:15 - 7:45pm	Ages 6+ Level 2	M & W	7516
7:15 - 7:45pm	Ages 6+ Level 3	M & W	7531
7:15 - 7:45pm	Ages 6+ Level 3	T & Th	7532
7:15 - 8pm	Ages 6+ Level 4 & 5	M & W	7539
7:15 - 8pm	Ages 6+ Level 4 & 5	T & Th	7541

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 or stop by our office at 400 East Front Ave. For more information, contact Jahna Gardiner at 751-4266. EOE

Toddler Splash Days

Bismarck Parks and Recreation District invites parents/guardians and toddlers to come out and play in the water at the BSC Aquatic & Wellness Center. This special swim time means you can bring baby floats, U.S. Coast Guard approved lifejackets and small pool toys. (Sorry – no water wings.) Teaching platforms and swimming lesson toys will be available for your use.

Dates and Fees

- Tuesday and Thursday from 9 - 11am
- Toddlers Free. Parent/Guardian \$3
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave

Toddler Splash Days Guidelines:

- Toddler Splash Days are designed for parent(s)/guardian(s) and their toddlers, age infant through age five.
- Parent/guardian must be with their toddler in the water at all times and must be able to fully supervise all the toddlers in their care. Recommended ratio is **at least one parent/guardian to every two toddlers.**
- Toddlers not fully toilet trained are required to wear a water proof swim diaper, which are available for sale on site.

Toddler Splash Training

This is an **instructor lead** class that is designed to teach parents how to work with their children in the water to prepare them for swimming lessons or simply be comfortable and safe in the water. The instructor will follow the parent/child skills as determined by The American Red Cross while teaching the course. (This course is previously known as Parent and Child class.) There must be one parent/adult in the water for every child, but both Mom and Dad are welcome to be in the water.

Dates, Fees and Location

- September 8 - November 19 (classes will resume in January)
- Ages 6 months to 3 years
- Tuesday and Thursday from 6- 6:30pm
- \$4.50 per parent/child unit per class for members and non-members
- Must give receipt of payment to the instructor before class begins
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave

Tennis

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

Registration

Registration will continue until one week prior to the first day of class. Late registration will only be accepted with the Head Tennis Professional's approval.

- Parents may register for Sessions I and II at the same time.
- All classes require a minimum of 5 participants.

Tiny Tots

Ages, Fee and location

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

Session	Day	Times	Code
I - Sept. 14 - Oct. 18	Saturday	9:10 - 9:40am	7634
I - Sept. 14 - Oct. 18	Saturday	9:45 - 10:15am	7635
I - Sept. 14 - Oct. 18	Saturday	10:20 - 10:50am	8027
II - Nov. 2 - Dec. 13*	Saturday	9:10 - 9:40am	7642
II - Nov. 2 - Dec. 13*	Saturday	9:45 - 10:15am	7643
II - Nov. 2 - Dec. 13*	Saturday	10:20 - 10:50am	8028

* Thanksgiving week off

Netters

Ages, Fee and location

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

Session	Day	Times	Code
I - Sept. 14 - Oct. 18	M & W	6 - 7pm	7632
I - Sept. 14 - Oct. 18	T & Th	6 - 7pm	7633
II - Nov. 2 - Dec. 13*	M & W	6 - 7pm	7640
II - Nov. 2 - Dec. 13*	T & Th	6 - 7pm	7641

* Thanksgiving week off

8 & Under Tennis

Ages, Fee and location

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

Session	Day	Times	Code
I - Sept. 14 - Oct. 18	M & W	6 - 7pm	7630
I - Sept. 14 - Oct. 18	T & Th	6 - 7pm	7631
II - Nov. 2 - Dec. 13*	M & W	6 - 7pm	7638
II - Nov. 2 - Dec. 13*	T & Th	6 - 7pm	7639

* Thanksgiving week off

10 & Under Tennis

Ages, Fee and location

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

Session	Day	Times	Code
I - Sept. 14 - Oct. 18	M & W	6 - 7pm	7628
I - Sept. 14 - Oct. 18	T & Th	6 - 7pm	7629
II - Nov. 2 - Dec. 13*	M & W	6 - 7pm	7636
II - Nov. 2 - Dec. 13*	T & Th	6 - 7pm	7637

* Thanksgiving week off

High School Prep

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

Fee and location

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

Session	Day	Times	Code
I - Sept. 14 - Oct. 18	T & Th	4 - 5:30pm	7622
II - Nov. 2 - Dec. 13*	T & Th	4 - 5:30pm	7624

* Thanksgiving week off

High School Team

These classes focus on the competitive aspects of tennis, including stroke production, spin, singles and doubles positioning and strategy, etiquette and sportsmanship. Lots of fun, yet challenging drills and competitive games, all taught by a CRFC certified USPTA tennis professional.

Fee and location

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

Session	Day	Times	Code
I - Sept. 14 - Oct. 18	M & W	4 - 5:30pm	7621
II - Nov. 2 - Dec. 13*	M & W	4 - 5:30pm	7623

* Thanksgiving week off

Elite Program

The elite program is for players beyond the high school team program in need of more advanced coaching and development. Focus will be on multiple game style development, situation based tactics/strategy, point development, mental/emotional strength training, stress management, strength training and agility/quickness training. No online registration, must test into this class.

Fee and location

- \$157.50
- 3 days a week.
- Capital Racquet & Fitness Center, 3200 North 10th Street

Session	Day	Times	Code
I -Sept. 14 - Oct. 18	M, W & F	4 - 5:30pm	8029
II - Nov. 2 - Dec. 13*	M, W & F	4 - 5:30pm	8030

* Thanksgiving week off

Creepy Classic Tennis Tournament

Saturday, October 24:

- Beginner - Registration Code: 7438
- Competitive Draw Junior players - Registration Code: 7439

Location

- Capital Racquet & Fitness Center, 3200 North 10th Street

For more information

- Rod Morasch at 221-6855 or visit bisparks.org

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. At this time, only groups may reserve tennis courts. No individual reservations please. A schedule of availability will be located at bisparks.org for those who are interested in open public outdoor court time.



Track, Cross County

Ages and Fee

- Grades 3, 4 and 5
- Free
- All age groups will run 1/2 mile.

Dates and Locations

- Tuesday, September 8 at 3:45p
Cottonwood Park, Soccer Field
- Tuesday, September 15 at 3:45p
Sertoma Park, Shelter #7
- Monday, September 21 at 3:45p
Sleepy Hollow Park
- Monday, September 28 at 3:45p
Tom O'Leary Golf Course



Weekday Morning Play Dates

Dates & Ages

- September 14, 2015 – May 13, 2016
- For children infant through age five and their parents.

Come out and play! Bismarck Parks and Recreation District invites parents and young kids to gather at our "houses" to play. This FREE Play Date time comes with assorted equipment and toys. You get to play and mess up our spaces, and not yours. We provide the place. Parents provide the supervision. Please know this is not a drop-off Play Date. Everyone stays and plays. Play Date is an ideal play time and social interaction for stay at-home parents and their infant through age five children.

Times & Places

- Mondays, Wednesdays & Fridays • 10am - Noon
BSC Aquatic & Wellness Center, 1601 Canary Avenue
Turtle Beach Playground
- Tuesdays & Thursdays • 10am – Noon
World War Memorial Building, 215 North 6th Street
Imagination Playground Room

No need to register. Just come and play! Please review weekday morning play date guidelines on the www.bisparks.org website and at facility sites.

Adaptive Recreation

Adaptive recreation programs are available for youth and adults. Please see pages 4 for more information

Fencing

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

Fitness

Combat Bootcamp

Challenge yourself mentally and physically during this 4-week bootcamp. You will have 8 sessions of high intensity interval training, indoors and outdoors, with a variety of equipment. You will not regret these 45 minute sessions, they will leave you feeling sweaty and accomplished!

Fees and Location

- Pre-registration only
- Minimum enrollment: 4
- Maximum enrollment: 20
- Members - \$60; Non-Members - \$80
- Meets at BSC Aquatic & Wellness Center, 1601 Canary Avenue

Date	Days	Time	Code
Aug. 10 - Sept. 2	M & W	5:45 - 6:30pm	6852

Fit and Trim Bootcamp

This 4-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, 3200 N 10th Street
- Members - \$90; Non-Members - \$120

Date	Days	Time	Code
Sept. 9 - Oct. 5	M, W & F	5:45 - 6:30am	7459
Oct. 7 - Nov. 2	M, W & F	5:45 - 6:30am	8031

Maintain Don't Gain Holiday Wellness

This program is designed for you to enjoy a healthy holiday season! This program is focused on motivating you to exercise and MOVE and in doing so, eliminate or limit any holiday weight gain.

Non-members will receive a 10 class pass for our fitness classes. You can attend any class at either facility. All passes will expire Dec. 30, 2015. Participants' first and final weigh-in must be done and initialed by a fitness specialist. Participants will weigh-in

weekly at the front desk of the BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center. If you have not gained any weight at the end of the program, you will be entered in a drawing for a FREE One Month membership.

Fees and Dates and Registration Code

- Members - Free; Non-Members - \$50
- Nov. 2 - Dec. 30. Kickoff meeting on November 2 at 5:30pm at BSC Aquatic & Wellness Center lobby.
- CODE: 8032

Maintain Don't Gain – Bonus Bootcamp

Meet in a group setting with a certified Personal Trainer/Weight Specialist one day a week for 45 minutes for 8 weeks.

Fees, Dates, Times and Registration Code

- Members - \$60; Non-Members - \$80
- Meet at BSC Aquatic & Wellness Center, 1601 Canary Avenue

Date	Days	Time	Code
Nov. 9 - Dec. 28	M	6 - 6:45am	8033

Stroke, Spin and Stride Self-Paced Triathlon

Date	Fee	Code
Sept. 14 - Oct. 23	\$30	7490

Event Description

- Competitors do not need to be a member of BSC Aquatic & Wellness Center to participate - they are able to use our facility for swimming only for the duration of the program.
- 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 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.

Karate - Traditional Japanese Karate

Karate lessons are available for youth and adults. Please see page 6 for more information.

Open Gym

Open Gym is available for youth and adults. Please see page 6 for more information.

Racquetball

Leagues

Ages, Fee and location

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

Session 1 - September 14 - October 25

League	Day	Times	Code
B/C	M	Noon	7470
Men's A	T	7pm	7472
Women's C	-	- Arrange own matches -	7474
Men's B/C	W	Noon	7473
Men's B/C	Th	7pm	7471

Session 2 - November 2 - December 20

(Thanksgiving week off)

League	Day	Times	Code
B/C	M	Noon	7475
Men's A	T	7pm	7477
Women's C	-	- Arrange own matches -	7479
Men's B/C	W	Noon	7478
Men's B/C	Th	7pm	7476

Lessons

Ages, Fee and location

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

Dates	Day	Times	Code
Oct. 5 - Nov. 9	M	7 - 8pm	7481

Softball

The Bismarck Parks and Recreation District will offer fall leagues for adult men, women and coed. Rosters and fees are due by August 21.

- Fall Adult Coed Softball Manager's Meeting which will be on Thursday, August 27 at 5:30pm at the Bismarck Parks and Recreation Office, 400 E. Front Ave.
- 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 or call 222-6455

Date	Day	Time
August 31 - October 12	M or W	6:30pm Early Games
August 31 - October 12	M or W	8:45pm Late Games

Fees if paid by August 21

- \$140 sponsor fee (Includes state sanction fee and beverage permit)
- \$30/player (minimum of 13 players)

Fees received August 22 or later

- \$150 sponsor fee (Includes state sanction fee and beverage permit)
- \$35/player (minimum of 13 players)

League Tournament

- Sunday, September 20

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.) 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 Skills Training

These swim classes are designed specifically for adults who are comfortable in the water, but would like to learn more about swimming for recreation, health and wellness.

Adult Swim Skills I: This class establishes the participant's foundation of water skills and then moves on to teach the strokes for fitness swimming or triathlons. The instructor will focus on different strokes; freestyle, backstroke, elementary backstroke, side stroke and breaststroke. The end result is to be able to swim laps, comfortably and confidently.

Adult Swim Skills II: This program is for adults who want to perfect their swimming skills and endurance in order to begin a training program. The instructor will focus on drills for each stroke as well as building endurance for swimming continuous laps. This class will start with the basics of the strokes and teach a variety of drills to help maximize your efforts in the water.

Each class will run two times per week for four weeks, for a total of eight - 45 minute sessions.

Fees and Location

- BSC Aquatic & Wellness Center, 1601 Canary Avenue
- Participants will need: Swimming suit, towel, goggles, and a great attitude to learn! Anyone with long hair must have their hair tied back. Swim cap is optional.
- Cost: \$55
- Minimum Enrollment 2: Maximum Enrollment 8

Dates	Level	Days	Times	Code
Sept. 14 - Oct. 7	I	M & W	7:45pm - 8:30pm	8025
Sept. 14 - Oct. 7	II	M & W	7:45pm - 8:30pm	8026

Classes will resume January.

Private Swim Lessons

Private lessons are available to individuals age three to adult. The cost for four 30-minute sessions is \$65. Private lessons are based on instructor availability and are on a first come, first served basis. Specific days/times/months cannot be guaranteed.

You can put your name on a private lesson waiting list at by registering under Code 7671.

The waiting list will hold 20 names. If all 20 spots are full, please feel free to check the list again, as often as you like, to see if there is an opening. A name can only appear once on the waiting list. (In other words, you can't put your name on the list multiple times.)

Here's the process: When an instructor has an opening, we check the waiting list. The Aquatic Specialist will contact you with open dates and times. If your availability is a match for our instructor, you will be enrolled. Specific days/times/months cannot be guaranteed. Payment is required at the time of enrollment. We are not able to keep your name on the waiting list if you are unable to take the lesson schedule that is provided when you are called or if you do not return a call within 24 hours. If the schedule provided doesn't work for you, simply add your name to the waiting list again, if there is space available, and you can start the process again.

American Red Cross Lifeguarding Class

For details on the American Red Cross Lifeguarding Class, please turn to page 15.

Tennis Tennis Leagues

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

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

Fee and location

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

Session 1 - September 14 - October 25

See league descriptions for times.

League	Day	Code	Code
		(Intermediate Players)	(Advanced Players)
Mixed Doubles	M	7650	7649
NTRP Doubles	W	7654	7653
Women's Progressive	Th	7652	7651
Single(s) Ladder	F	7648	7647

Session 2 - November 2 - December 20

(Thanksgiving week off)

See league descriptions for times.

Level	Day	Code	Code
		(Intermediate Players)	(Advanced Players)
Mixed Doubles	M	7660	7659
NTRP Doubles	W	7662	7661
Women's Progressive	Th	7656	7655
Single(s) Ladder	F	7658	7657

League Descriptions

Mondays Mixed Doubles

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

Wednesday NTRP Doubles

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

Thursday Women's Progressive

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

Friday Singles Ladder

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

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

Beginner Adults

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

Fees and Location

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

Dates	Day	Time	Code
Sept. 14 - Oct. 18	W	10:30am - Noon	7609
Sept. 14 - Oct. 18	T	7 - 8:30pm	7607
Nov. 2 - Dec. 13*	W	10:30am - Noon	7613
Nov. 2 - Dec. 13*	T	7 - 8:30pm	7614

* Thanksgiving week off

Summer Tennis Tournaments and Capital Racquet & Fitness Center Special Events

Jackie Dockter Memorial Tournament (BMTA) • June 11 - 14
 Bismarck Open Juniors and Adults (BMTA) • July 30 - August 2
 BMTA World Team Tennis (Adults) • September 12

Intermediate Adults

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

Fees and Location

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

Dates	Day	Time	Code
Sept. 14 - Oct. 18	M	10:30am - Noon	7604
Sept. 14 - Oct. 18	T	5:30 - 7pm	7610
Sept. 14 - Oct. 18	W	5:30 - 7pm	7608
Sept. 14 - Oct. 18	Th	10:30am - Noon	8034
Nov. 2 - Dec. 13*	M	10:30am - Noon	8036
Nov. 2 - Dec. 13*	T	5:30 - 7pm	7617
Nov. 2 - Dec. 13*	W	5:30 - 7pm	7615
Nov. 2 - Dec. 13*	Th	10:30am - Noon	7616

* Thanksgiving week off

Advanced Adults

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

Fees and Location

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

Dates	Day	Time	Code
Sept. 14 - Oct. 18	M	5:30 - 7pm	7605
Sept. 14 - Oct. 18	Th	5:30 - 7pm	7606
Sept. 14 - Oct. 18	Th	12 - 1:30pm	8035
Nov. 2 - Dec. 13*	M	5:30 - 7pm	7611
Nov. 2 - Dec. 13*	Th	5:30 - 7pm	7612
Nov. 2 - Dec. 13*	Th	12 - 1:30pm	8037

* Thanksgiving week off

Cardio Tennis

This is a fast paced workout set to music. Emphasis will be placed on movement. Open to all ability levels. Work up a sweat, hit a ton of balls and have fun, too. This is a drop in class, no sign up required.

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

Dates	Day	Time
Starts Sept. 9	W	12:05 - 12:50pm

Fees and Location

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

Volleyball

Adult Fall & Winter Leagues

We offer two separate 11 week volleyball seasons. Teams accepted on a first-come, first-served basis. Space is limited! Register at the Bismarck Parks and Recreation District office from 7:30am-5pm

Fall Volleyball

- August 13 and 14, 7:30 - 5pm
- Program Dates: September 14 - December 3

Winter Volleyball

- Registration: December 9
- Program Dates: January 11 - March 24

Days

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

Player Fee

- \$35/player/per season
- Rosters and fees are due during fall volleyball registration days of August 13 and 14, or a late fee may be charged.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.
- Only Fall players fees are accepted in August.
- Winter fees will be due in December.

Sponsor Fee

- \$60/per season
- \$100/both Fall and Winter Seasons (player fees will still need to be paid separately each season)
- Refunds will not be given if a team drops out of the winter season.

League Schedules

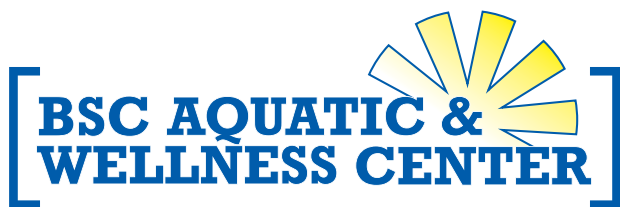
- Online at bisparks.org by September 8.

Wallyball

League Fees, Dates and Location

- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Member: Free; Non-member - \$25
- Capital Racquet & Fitness Center, 3200 North 10th Street
- Nov. 9 - Jan. 10

League	Day	Time	Code
Coed	T & Th	7pm	7378
Men's	M & Th	7pm	7379
Women's	M & W	7pm	7380



BSC AQUATIC & WELLNESS CENTER

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

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



TESORO



Hours - Now - September 1

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

Hours - September 2 - May 31, 2016

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

Pool Hours

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

Fees

- For complete membership fees, refer to page 17
- Locker Rental (6 mo.) - \$50; (1 year) - \$75
- Rental of Room 1 or 2 - \$30/Hr.
- Please call for daily or extended use rental fees.

Fitness Classes held at BSC AWC

Visit www.bisparks.org/group-fitness-classes for class description.

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

Birthday Parties

The BSC Aquatic & Wellness Center offers birthday parties, see page 18 for complete details.

Turtle Beach Indoor Playground

Come and play! Turtle Beach, the indoor playground at the BSC Aquatic & Wellness Center, features many climbable animals that little ones will love. Turtle Beach is fully accessible with a poured rubber surfacing and is geared for children under 51" tall. 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 - September 1

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

Hours - September 2 - May 31

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

Fitness Classes held at CRFC

Visit www.bisparks.org/group-fitness-classes for class description.

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

Fees

- For complete membership fees, refer to page 17
- Locker Rental (6 mo.) - \$50
- Locker Rental (1 year) - \$75
- Please call for daily or extended use rental fees.

Kid Zone - Child Care

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

- Sept. 14 - April 28, 2016
Mondays - Thursdays: 4 - 8pm
 - Unlimited hours per child
- \$10/month for members (2015); \$15/month (2016)
- See bisparks.org for Kid Zone policies

Birthday Parties

The Capital Racquet & Fitness Center offers birthday parties, see page 18 for complete details.

Pro Shop at Capital Racquet & Fitness Center

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

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

Dual Membership

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

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

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

Silver Membership	Monthly Fee (w/6-month membership)	Monthly Fee (w/12-month membership)	Daily Fee for non-members
Kids 12 - 1 (11 months & younger, Free)	\$19/month	\$15/month	\$4.25
Student 13 - 18	\$38/month	\$30/month	\$5.25
College Student (w/College ID)	\$90/Spring or Fall Semester		
Adult 19 - 64	\$50/month	\$40/month	\$6.50
Household*	\$75/month	\$60/month	\$25 max.
Senior 65+	\$38/month	\$30/month	\$5.25
Senior Household - 2 adults, 65+	\$56/month	\$45/month	-
Daily Admission Coupon Book (12 passes)	-	-	\$65
CRFC Indoor Track	-	-	\$1.50
Mon. - Fri. 8am - 3pm (CRFC or BSC AWC)	-	-	\$3.00
Turtle Beach Play Area (adult supervisors are free) (BSC AWC)	-	-	\$1.00

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

* A household is up to two adults and any children under their care, high school age and under.

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

Tennis Membership Package Option (Gold Membership)

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

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

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

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

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

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

* A household is up to two adults and any children under their care, high school age and under.

MEMBERSHIP SPECIAL!

Fall into Fitness (September 1 - 15)

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

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

* Taxes will be added at the time of purchase.

Private Tennis Lessons

The following lessons are available throughout the week. Call 221-6855 to set up lessons with one of our certified tennis instructors.

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.

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 - \$35/1-Hour Session, \$20/Half Hour Session, **October Special - 8 - 45-Minute Sessions \$190**
- Non-Members - \$41/1-Hour Session, \$26/Half Hour Session **October 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

Youth & Adult Fitness Programs

Please view the youth and adults sections for programs offered through BSC Aquatic & Wellness Center and Capital Racquet & Fitness Center.

- Activ8 - page 4
- Sports Conditioning - page 7
- Combat Bootcamp - page 12
- Fit & Trim Bootcamp - page 12
- Maintain Don't Gain Holiday Wellness - page 12
- Stroke, Spin and Stride Self-Paced Triathlon - page 12
- Adult Swim Skills Training - page 13



Wibits are back Sept. 19!
Most Saturdays and Sundays.

Birthday Parties

BSC Aquatic & Wellness Center

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

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

Parties offered in Puklich Chevrolet community room 1:

- Now - August 31
 - Saturdays only, 8:30-10:30am or 11am-1pm
- September 1 - May 31
 - Saturday from 11:30am-1:30pm; 2-4pm or 4:30-6:30pm
 - Sunday from 1-3pm or 3:30-5:30pm

Parties offered in Puklich Chevrolet community room 2:

- Now - August 31
 - Saturdays only, 9-11am or 11:30am-1:30pm
- September 1 - May 31
 - Saturday from 11am-1pm; 1:30-3:30pm or 4-6pm
 - Sunday from 12:30-2:30pm or 3-5pm

Fees:

- Now - Mid-September: Pool party no Wibits - \$65
- September 19 - Mid-May: Pool party with Wibits - \$90
- Playground party: \$50

Capital Racquet & Fitness Center

3200 North 10th Street • 221-6855

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

Tennis Party Perks at CRFC

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

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



Camping, General Sibley Park

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

General Sibley Campground is now accepting reservations through October 1st and will accept reservations for dates after October 1st based on weather predictions and the projected campground closing date. Reservations can be made online, in-person, or by phone.

Camping available through October (Weather dependent)

Office Hours

- May - Labor Day: 10am - 9pm
- * Office hours vary during off-season.

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

Fees

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

Campsite Reservations

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

Shelter Reservations

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



Eagles Park

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

The entire park is reservable for 3 or 6 days for 2015 and 2016. Individual campsites are not reservable. Call 222-6455 to reserve the entire park.

Facilities

Fore Seasons Center

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

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

Hours

- Monday – Sunday, 9:00am to 9:00pm

Indoor Driving Range

- 31 Stations

Bucket of Balls

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

Bucket of Balls Coupon Books (12 coupons/booklet)

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

Batting Cage

- \$11.50/30 minutes

Golf Lessons

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

- Tim Doppler, 701-226-5641.
- Andrew Schmitz, PGA Professional, 480-329-9221.

Soccer

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

Group Rentals

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

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



Frances Leach High Prairie Arts & Science Complex

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

Central Dakota Children's Choir

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



Gateway to Science

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



Shade Tree Players

- www.shadetreeplayers.com
- Phone: 258-4998
- Shade Tree Players offers theatre classes and workshops for children 7 - 18.



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.



Hillside Aquatic Complex

Located within Lions Park, 1719 E. Boulevard Ave.

Party Space Rentals

Hillside Aquatic Complex is a multi-use, indoor building that is open year-round that is heated in the winter and air-conditioned in the summer.

Reservations can also be made at the facility or by calling 222-6419 (Hillside) or 222-6455.

Fees

- \$150 - half day (8am - 3pm OR 4pm - 11pm)
- \$200 - full day.
- For profit organization rentals: \$300 - half day; \$400 - full day



Schaumberg Ice Arena

221 Reno Avenue • 221-6813

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

Dry floor rental April 15 - September 15. For prices contact, Dennis, 221-6814,

No tables and chairs are available for rentals.

Public Skating Schedule

- Opens TBA (check www.bisparks.org for start dates in early Nov.)
- Sundays: 6 - 8pm

Fees

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

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

Private Ice Rentals

- \$75/hour (limited availability)
- Reservations: call Dennis at 221-6814

Schaumberg Arena Expansion

A group of community volunteers is currently working with Bismarck Parks and Recreation District to raise funds for the expansion of Schaumberg Area. The growth in the number of kids in the hockey and figure skating programs, as well as the need to create more public skating opportunities, has placed a crunch on existing facilities. The end goal: a second sheet of ice at Schaumberg Arena.

Details of the facility improvements, including the sheet of ice, additional seating, a large lobby, new concessions, a mezzanine viewing area, eight new locker rooms, storage and offices can be found at www.bisparks.org.

We invite you to join us in a capital campaign to raise \$8 million to fund the addition of a second sheet of ice at Schaumberg Ice Arena.

VFW Sports Center

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

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

Public Skating Schedule

- Opens TBA (check www.bisparks.org for start dates in early Oct.)
- Rink 1: Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2: Sundays: 3:00 - 5pm

Fees

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

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

World War Memorial Building

215 North 6th Street • 222-6454

Facility Features

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

Hours Now - September 7

- Monday & Wednesday: 10am - 6pm
- Tuesday & Thursday: Noon - 6pm
- Friday: 10am - 5pm
- Saturday and Sunday: CLOSED
- September 7: CLOSED

Hours September 8 - April 9, 2016

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

Birthday Party Special

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

Racquetball

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

Court Reservations

- Basketball and volleyball teams may reserve a court for one hour by calling 222-6454 after 8:30am on the preceding Friday.
- Sunday evenings: 5 - 9pm for \$30/hour

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 and 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

- Now - 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

Riverwood and Pebble Creek Driving Range Prices

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

Bucket of Balls Coupon Books (12 coupons/booklet)

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

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

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

Green Fees (Includes tax) Pebble Creek

- Pebble Creek Golf Course operates from green fees only.
- Daily 18 - \$23.00
 - Daily 9 - \$17.00
 - Junior 18 or 9 (ages 17 and under) - \$8.50
 - Senior 18 or 9 (65+) - \$17.00

Golf Cart Rental

- 18-Holes - \$16.00/seat
- 9-holes - \$8.00/seat

Golf Lessons

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

- Tim Doppler, 701-226-5641.
- Andrew Schmitz, PGA Professional, 480-329-9221.

Ice Skating, Indoor

Admission

- \$2/Individual
- \$5/Family
- No skate rentals

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

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

Rules

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

VFW Sports Center

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

- Opens TBA (check www.bisparks.org for start dates in early Oct.)
- Rink 1: Tuesdays, Wednesdays and Thursdays: 12 - 1:15pm
- Rink 2: Sundays: 3:00 - 5pm

Schaumberg Ice Arena

221 Reno Avenue • 221-6813

- Opens TBA (check www.bisparks.org for start dates in early Nov.)
- Sundays: 6 - 8pm

Ice Skating, Outdoor

Warming Houses are located at the following parks:

Jaycee Centennial Park

- Manitoba and Century Avenue, 222-6632
- One hockey rink and one pleasure rink

Lions Park

- 17th Street and Avenue F, 222-6635
- One hockey rink and one pleasure rink

Municipal Ball Park

- Washington Street and Sweet Avenue, 222-6636
- One hockey rink and one pleasure rink

North Central Park

- North 8th Street and Capitol Avenue, 221-6875
- One hockey rink and one pleasure rink

Tatley-Eagles Park

- Michigan Avenue and Airport Road, 222-6634
- One hockey rink and one pleasure rink

VFW Post #1326 Family Recreational Park

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

Ice Skating, Outdoor cont'd

Warming House Hours

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

Parks

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

Community Gardens

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

Disc Golf Courses

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

Dog Park - Century Bark Park

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

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

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

Imagination Playground

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

Check our website for hours and information, www.bisparks.org.

McDowell Dam Recreation Area

1951 93rd Street Northeast • 223-7016

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

Hours

Opening Date – September: Sunrise to sunset

Equipment Rentals

Paddleboats: \$5/hour

Canoes: \$5/hour

Kayak: \$5/hour

Shelter Reservations

Call 222-6455

Full day: \$30; Half day: \$20 (sunrise – 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

Park hours vary depending upon location. Please check for posted signage regarding hours. Restrooms are scheduled to open May 1 and close November 1. This may change due to the weather.

Park Rules

For your safety and enjoyment, we ask you to abide by the following rules and regulations in our parks/recreation facilities:

- 1) Glass beverage containers are prohibited, and alcohol permits are required.
- 2) Fireworks are prohibited at all times.
- 3) Vehicles are restricted to established roads and parking lots.
- 4) Horses are prohibited except at the Horse Arena.
- 5) Fires are restricted to fire pits and grills.
- 6) Posting of posters and advertisements is prohibited.
- 7) Vendor permits are required.
- 8) It is illegal to carry a weapon into any park area.
- 9) Pets must be on a leash, and please clean up after your pets.
- 10) Hunting, trapping or killing of animals or birds is prohibited.
- 11) No overnight camping is allowed in any city parks, with the exception of General Sibley Park and Eagles Park.

Alcohol Beverage Permits

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

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

Bismarck Forestry Division

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

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

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

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

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

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

Picnic Shelter Reservations

Call 222-6455 to reserve indoor or outdoor shelters.

Outdoor Shelters

The city has 13 parks with picnic shelters. Most shelters have concrete floors and provide restroom facilities nearby. Shelters are equipped with electricity, a picnic grill, volleyball courts and horseshoe pits. Picnic shelters/buildings may be reserved for 2015 and 2016. Reservations for 2017 started on Oct. 1, 2015.

Indoor Shelters

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

Shelter Reservations Fees

- Full day: \$30
- Half day: \$20 (8am - 3pm OR 4pm - 11pm)
General Sibley Park and McDowell Dam Recreation Area closes at sunset.
- **Exceptions:** Sleepy Hollow: \$50 - half day; \$75 - full day. Jaycee Park Leadership Hall and Sertoma Club Community Center fees: \$75 - half day; \$100 - full day. For profit organization rentals: \$150 - half day; \$200 - full day Hillside Aquatic Complex: \$150 - half day; \$200 - full day. For profit organization rentals: \$300 - half day; \$400 - full day
- Reservations must be paid at the time of reservation. Picnic shelter rain checks will be granted only if the scheduled picnic or social gathering doesn't begin due to the weather. Rain checks may be received by stopping at the Bismarck Parks and Recreation District Office within 72 hours of the scheduled picnic.

Picnic Equipment Available

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

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

Sledding

Tom O'Leary Sledding Hill

- 1200 North Washington Street • 222-6588 or 221-6815
- Northwest of the intersection of North Griffin Street and Boulevard Avenue

Warming House Hours

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

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

THINK SAFETY!

Bismarck Parks and Recreation District reminds citizens to use extreme caution and keep safety in mind when using the sledding

hills and all outdoor facilities.

Trails, Recreational

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

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

Miles	Trails
3.78	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, and the team practices at the BSC Aquatic and Wellness Center.

For children interested in trying competitive swimming, the Aquastorm offers swim clinics during the months of April and September. The next swim clinic is scheduled September 8-October 1, 2015, with registration from 5:30 to 6:30 pm on September 2 and 3. At the swim clinics, elementary school kids (kindergarten through grade 6) will experience the fun and excitement of competitive swimming. During practice, the coaches will work closely with the swimmers as they gain confidence in the water and work on proper stroke technique, starts and turns. At the conclusion of each swim clinic, the swimmers will compete in a fun meet.

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

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

For more information on the Aquastorm swim team, diving club and Masters program, please contact Jeff Steele at coachsteele@aquastormswimming.com or go to www.aquastormswimming.com.

Bismarck Figure Skating Club

Bismarck Figure Skating club offers a variety of learn to skate programs for youth and adults. The lessons feature a fun format to teach beginners techniques in skating to prepare them for advanced figure skating and hockey.

Anyone wishing to participate can visit www.bismarckfigureskatingclub.com.

Bismarck Gymnastics Academy (BGA)

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

Office Hours

- School Year: Monday – Thursday 9:00am-6:00pm; Friday 9:00am – 12:00pm
- Summer Hours: Monday - Thursday 9:00am-6pm; Friday 9:00am - 2:00pm

Bismarck Gymnastics Academy in cooperation with the Bismarck Parks and Recreation District offers a quality gymnastics program for ages 18 months through 18 years. Our gymnasts work on developing strength, agility, speed, flexibility, balance, coordination, and self-confidence. Athletes are not only prepared for gymnastics, but gain physical and mental skills that will prepare them for other sports, as well as, the real world.

Preschool Program: BGA's preschool program is designed to encourage whole body exercise, including development in strength, flexibility, and coordination. Classes are structured, but not rigid so that children can channel their physical energy, while learning to socialize with other students in a safe and fun environment. Our staff, skilled in both gymnastics and child development, begins each class with an opening activity designed to facilitate participation and creative movement. Once warmed up, the instructors assist their classes through a series of obstacle courses. Each obstacle course provides a variety of motor skills exercises and gymnastics skills for the class to work through and master.

Classes offered:

Little Hoppers (18 months - 3 yrs. old w/ parent helper)
Wiggle Worms (3 yrs. old)
Tumble Bugs (4 yrs. old)

Girls Beginner Program: BGA's Girls Beginner Program is designed for gymnasts to receive instruction on all of the Women's Olympic events: Balance Beam, Uneven Bars, Vault, and Floor Exercise. Tumble-Trak, Mini-Tramps, Trampolines, and our massive Foam Pit are used to supplement skill acquisition and strength training. Skill evaluations are done each session to assess where each gymnast fits in our gymnastics programs.

Classes offered:

Kinder Stars (5-6 yrs. old) – Geared toward gymnasts enrolled in kindergarten
White Stars (Girls 6-9 yrs. old)
Black Stars (Girls 10+ yr. old)

Girls Advanced and PreTeam Program:

BGA's Girls Advanced and Preteam Program is geared for gymnasts with intermediate and advanced skills. Gymnasts increase

time in the gym to prepare more complex skills and develop strength, coordination and flexibility training. Gymnasts must be invited to these classes. Skill evaluations are done each session to assess where each gymnast fits in our gymnastics programs.

Classes offered:

Mighty Mites (3-7 yrs. old) - Advanced/ Beginner
Rising Stars (5-18 yrs. old) - Intermediate
Hot Shots (5-18 yrs. old) - Advanced/ PreTeam

Boys Program: BGA's Boys Program is designed for gymnasts to receive instruction on all of the Men's Olympic events: Rings, Parallel Bars, Pommel Horse, High Bar, Vault, and Floor Exercise. Tumble-Trak, Mini-Tramps, Trampolines, and our massive Foam Pit are used to supplement skill acquisition and strength training. Skill evaluations are done each session to assess where each gymnast fits in our gymnastics programs.

Classes Offered:

Flares (5-8 yrs. old) – Beginner
Giants (9+ yrs. old) – Beginner
Iron Crosses (5+ yrs. old) – Advanced, By invitation only

Tumbling and Trampoline Program: BGA's Tumbling and Trampoline Program is for gymnasts, tumblers, dancers, cheerleaders, ninja warriors, and anyone else looking to improve skills. Tumbling and trampoline classes and show teams utilize the Floor, Trampoline, Mini-Tramps, Tumble Trak, and massive Foam pit to develop beginner and advanced skills, strength, coordination, and flexibility. Skill evaluations are done each session to assess where each gymnast fits in our Tumbling and Trampoline Program.

Classes Offered:

Tumbling and Trampoline 5+ (5-9 yrs. old): Beginner/Intermediate
Tumbling and Trampoline 10+ (10+ yrs. old): Beginner/Intermediate
Advanced Tumbling and Trampoline (5+ yrs. old): Advanced, by invitation only
Gold Gems Show Team (Kindergarten – 3rd Graders)*: Invitation only
Black Gems Show Team (4th grade+)*: Invitation only

*Show Teams hold trial classes each spring session and tryouts are in May for the following season.

Cheer: BGA is offering cheer classes this fall. A precompetitive/competitive program may be offered with high athlete interest. Please call or email for more information.

Competitive Gymnastics Program: Our gymnasts compete USA Gymnastics Women's Levels 3-10. Bismarck and Century High Schools also offer competitive gymnastics programs through BGA.

OTHER CLASSES:

Home School (3 yrs-18 yrs) – Gymnasts are introduced to all of the various gymnastics

events and supplemental equipment. Groups may be split by age, gender, and/or ability.

Special Needs: Special needs classes are available for a wide variety of ages and abilities. Please call to see what we are offering this session or to set up future classes for your athlete or a group.

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

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.

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

SESSIONS

Fall I 2015

Registration Aug. 8-Sept. 3, 2015
 Program Dates Sept. 8 – Nov. 8, 2015

Fall II 2015

Registration..... Nov. 2 – Nov. 5, 2015
 Program Dates..... Nov. 9, 2015 – Jan. 24, 2016

Please call (701) 258-8956 for class schedule or visit www.bismarckgymnastics.com.

Bismarck Horse Club & Walt Neuens Memorial Horse Park

Membership includes use of the Walt Neuens Memorial Horse Park, located on Riverwood Drive. We have three arenas, a 50 - stall stable, and trails for pleasure riding. For more info, visit www.bismarckhorseclub.com.

Bismarck-Mandan Lacrosse

Lacrosse has arrived! Be part of the fastest growing sport on two feet! Please see our website for further information. www.bismanlacrosse.org

We had a successful spring/summer 2015. Lacrosse is a spring sport. We played our first games in Grand Forks at the end of May.

New players (boys and girls) from high school to fourth graders are welcome at any time. No experience is necessary. We have affordable sticks for purchase. Boys lacrosse is a contact sport. Hockey gear can be used initially.

We are passionate about teaching the game's traditions, values, and skills. Programs exist in Fargo, Grand Forks, Rapid City, Billings, and other locations. See you in the spring.

Bismarck-Mandan Tennis Association

The purpose of BMTA is to promote tennis, and to work with all individuals, organizations, and businesses interested in promoting tennis within the Bismarck - Mandan area.

For more information on leagues and programs, www.bmta.usta.com.

BisMarket

BisMarket is your community farmers market! The market is held at Sertoma Park, shelter 5, near the Amusement Park. BisMarket includes fresh, local foods, ready-to-eat foods, baked goods, kid's activities, and more. BisMarket also opens the Imagination Playground during its market hours. The Saturday market will continue into October and the Tuesday market will go through the end of August. For more information, please visit www.bismarket.com or like us on Facebook!

Tuesdays 3pm-6pm
Saturdays 10am-1pm

Bismarck Youth Football League

The Youth Football League (YFL) is a local organization (located in Bismarck, ND) operated for the benefit of children entering the 3rd and 4th grade in the fall of the year who wish to participate in the game of tackle football. The YFL would like to remind all Coaches, Parents and Players that the YFL was formed to promote youth football in the Bismarck-Mandan area. The YFL is intended to be an instructional league that places an emphasis on the fundamentals of football. The emphasis of the program will also be to inspire youth to develop life skills of sportsmanship, character and teamwork. For more information, go to www.youthfbleague.com.

Bismarck Youth Hockey

The Bismarck Youth Hockey Season begins in October. A participant's level is determined by their age as of July 1st, 2015. Bismarck Hockey is one of the largest youth hockey associations in North Dakota. Last year the association had over 630 participants enrolled from Termites through Bantams. An Intro to Hockey session is offered to first time hockey players, beginning at age 4. The cost for this program is \$35 and includes all the gear needed to begin hockey. The gear can be kept if the skater enrolls in the regular season. The season ranges from early October to the end of March, depending on the level of play. For additional information, please visit www.bismarckhockey.com or feel free to email questions to president@bismarckhockey.com.

Termites - Boys and Girls ages 4 through 7
 • Birthdate from 7/1/08 through 6/30/11

Mites – Boys & Girls ages 8 & 9
 • Birthdate after 7/1/06 to 6/30/08

Squirts & Girls 10 & under (Some Travel)
 • Birthdate 7/1/04 - 6/30/06

Pee Wees & Girls 12 & under (Travel)
 • Birthdate 7/1/02- 6/30/04

Bantams & Girls 14 & under (Travel)
 • Birthdate 7/1/00 - 6/30/02

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.

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

Capital City Sporting Clays

Capital City Sporting Clays is North Dakota's premier sporting clays facility, located just outside the Bismarck/Mandan area. CCSC offers great fun for the casual shooter as well as those serious about honing their shooting skills. Each course is designed to accommodate all skill levels with instruction for the novice as well as the expert.

For more information on events and leagues, go to www.ccsclays.com.

Capital Curling Club

The deadline for registration for Grandfathered teams is Thursday October 1st. Registration for non-Grandfathered teams will occur at the registration meeting at the Capital Curling Club (VFW Sports Center) on October 1st at 7:00 PM. Learn to Curl sessions will be scheduled prior to the start of league play. For more information refer to the Calendar on our website.

Junior Curling for elementary through junior high school age, will begin in early December. A short season for wheelchair only will take place in mid-winter with the help of Dreams in Motion.

Bismarck and the Capital Curling Club will be hosting the United States Curling Association (USCA) Men's & Women's Club Nationals March 5-12. Ten Men's and ten Women's teams who have qualified through Regional Playdowns will compete to determine the National Club Man's and Women's Champions. Club Nationals requires that teams be made up of members from the same curling club.

Ice rental with instructors are available for groups throughout the season. There is a place for all ages and abilities. Come and try the coolest sport in town.

Dakota United Soccer Club

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

Dakota West Arts Council Offers - Arts in the Parks

FREE FALL CONCERT.

Dakota West Arts Council (DWAC), along with Bismarck Parks and Recreation District, sponsors a number of fun, free events throughout the year in Bismarck's parks. Don't miss HarmonyFest on August 15, 2015 from 1-7 p.m. in Custer Park. The highlight of this free event is local musicians along with local foods, brew beer and some art. Bring a blanket or chair and kick back for the afternoon in the park.

Dakota West Arts Council (DWAC), a 501(c)(3) non-profit organization, advocates and advances arts and culture in North Dakota's Capital City. For other events and information follow Dakota West Arts Council on Facebook or dakotawestarts.org

Dakota Zoo

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

Summer Hours from April 26 - Sept. 28

1:00 - 7:00pm Friday thru Sunday
(weather permitting)

Winter Hours from October 4 - April 25

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

Downtown Bismarck Association

The mission of the Downtowners is to serve and support the growth and development of downtown Bismarck to benefit our members and the entire community.

For more information on the Downtowners, what's happening downtown and a list of upcoming events, go to www.downtownbismarck.com

Flickertail Woodcarvers

We have fun carving and whittling wood. We provide education for people to become wood carvers and wood sculptors. We have regular meetings and events which provide learning and sharing opportunities for woodcarvers. We welcome and train novice and experienced wood carvers. For more information, go to www.flickertail.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 or like us on Facebook.

Horseshoe Pitchers Association

The Bismarck-Mandan Horseshoe Pitchers Association would like to invite all individuals interested in pitching horseshoes to come out and join our sanction leagues located at the Wildwoods Horseshoe Complex in Sertoma Park near shelter 10. For more information please visit www.bismanhorseshoepitching.com.

Midget Football League

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

- Registration is open from March 1-May 1.
- For more information www.bismarckmidgetfootball.com

Missouri Slope Model Aero Club

The Missouri Slope Model Aero Club flying field is located just south of McDowell Dam. MSMAC offers a family oriented fun environment for watching or learning to fly model aircraft of all sizes. Spectators are always welcome.

- Aug. 14-16 Art May Memorial Fun Fly

For information on any club events or matters please contact: Doug Arndt at 391-0840. Visit www.msmaarc.org

Missouri River Adult Hockey League

The Missouri River Adult Hockey League (MRAHL) is an amateur hockey league operating in the Bismarck/Mandan area of North Dakota, USA. With a league coordinating committee to help steer the development of the organization, the league has grown from a few players in 1997 to ten teams currently. The league promotes fun, safe play in a no check style. Our ice time comes in two flavors - nightly pick-up games and organized league games. For more information, go to www.mrahl.com.

Nishu Bowmen Archery Club

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

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

North Dakota Game & Fish Department

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

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

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

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

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

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

The Purple School

The Purple School™ Spanish And Other Languages for Kids

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

- Spanish for baby/toddler/preschoolers/homeschoolers
- Spanish for K-6
- French for kids
- Chinese for kids

See www.ThePurpleSchool.com for more information.

Races and Walks

Cycling for the Corps	Aug. 15
9th Annual Thunderbird Half Marathon	Aug. 22
Kybiru Adventure Triathlon.....	Aug. 29
Powwow 10k and 5k Run/walk	Sept. 12
North Dakota Army National Guard Aviation Association 10 Miler	Sept. 12
Apple Dash.....	Sept. 13
Krolls Diner Bismarck Marathon	Sept. 19
Designer Genes Walk	Sept. 26
4th Annual Beefin it up fuel for the finish.....	Oct. 3
Atti's Country Fun Run/Walk	Oct. 3
Friends of the Poor® Walk/Run.....	Oct. 4
Monster Dash Run	Oct. 31
Turkey Trot.....	Nov. 26

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

Unified Sports is a program within Special Olympics that combines equal numbers of athletes with and without intellectual disabilities on sports teams for training and competition. Unified sports expands opportunities for athletes seeking a new challenge and dramatically increases inclusion in the community by helping break down the barriers that have kept people with and without intellectual disabilities apart. Special Olympics North Dakota is seeking school based Unified Volleyball teams to compete at the State Winter Games.

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

Superslide Amusement Park

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

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

Bark Park Parade and Social

Sunday, August 23



Century Bark Park, 700 E. Century Ave.
Jaycee Centennial Park, 321 E. Century Ave.

Sponsored by: Bismarck Parks and Recreation District,
 Dakota Heartland Group, Critter Sitter, Pooper Scooper Brothers.

Join us for this first ever parade and social, all for fun, all for the furry ones, and all to raise funds for the Bark Park. All two legged people with four legged family members are invited to join in. There will be a parade, complete with contests and judges, prizes, vendors and food.

10:30-11:30am

Yappy Hour and Registration at the Bark Park. Parade packet pick up.

11:30am-12pm

Parade Line up

12pm-12:45pm

Parade

1-1:30pm

Judging and announcement of winners

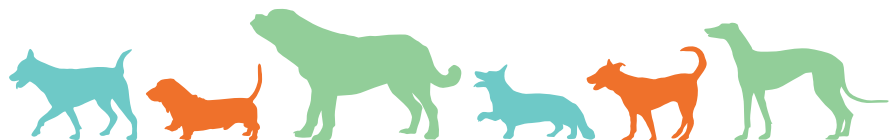
1:30-2:30pm

Jaycee Centennial Park Social/Food/Vendors. The fun isn't over.

Join other Bark Park and pet supporters for more fun. Visit with vendors and enjoy other surprises. Eat, laugh and enjoy the fun.

We're still working on all the fine and furry details for this event, so for now, bark it, ummm, mark it on your calendar and watch bisparks.org for more details on how to participate and how to be a sponsor.

(Alternate date August 25. Time and schedule to be announced.)



Register for a Bismarck Parks and Recreation District Program!

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

Online www.bisparks.org

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

Walk-In or Mail-In

400 East Front Avenue
Bismarck, ND 58504
7:30am - 5pm Mon.-Fri.

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 (2015-16)
Address			City, State, Zip		
Phone (H)	Phone (W)	Other Phone	E-Mail Address		
Contact (First, Last)	Relationship		Phone (H)	Other Phone	
Does Participant have any special limitations					

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

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 credit, debit
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*Your community
 farmer's market!*

Now thru October

Saturdays 10am-1pm	Tuesdays 4pm - 7pm
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www.bismarket.com
facebook.com/bismarketnd



2015-16 Winter Activity Guide is mailed in December, which includes:

- adaptive programs ◦ archery
- basketball ◦ cross country skiing
- Flurry Fest ◦ open gym ◦ racquetball
- skating ◦ sledding ◦ tennis
- volleyball ◦ and more!

Employment Opportunities

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

- **Adult Basketball Officials**
- **Adult Basketball Scorekeepers and Supervisors**
- **Adult Volleyball Officials**
- **Adult Volleyball Supervisors**
- **B.L.A.S.T. Supervisors (after school positions)**
- **Flag Football Coaches**
- **Flag Football Referees**
- **Lifeguards Indoor and Outdoor**
- **Open Gym Supervisors**
- **Outdoor Skating Rink**
- **Warming House Attendants**
- **Swimming Instructors Indoor and Outdoor**
- **Youth Basketball Coaches (5th grade)**
- **Youth Basketball Volunteers (4th grade)**
- **Youth Basketball Officials**
- **Youth Basketball Coordinators**
- **Facility Attendants at the World War Memorial Building**

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



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

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Register for programs online at
www.bisparks.org
Let's Play!