

2024-25 WINTER ACTIVITY GUIDE



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



**YOUTH & ADULT PROGRAM
REGISTRATION STARTS
DEC. 5 AT 8AM**



Bismarck Parks and Recreation District Office
 400 E. Front Ave., Bismarck, ND
 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

Bismarck Municipal Ballpark.....	222-3089
McQuade Diamonds.....	224-9907
Tatley-Eagles Diamonds.....	222-6634

Facilities

BSC Aquatic & Wellness Center.....	751-4266
Capital Ice Complex.....	221-6813
Capital Racquet & Fitness Center....	221-6855
Forestry Division.....	355-1700
General Sibley Park.....	222-1844
McDowell Dam Recreation Area.....	223-7016
Operations Maintenance Building....	222-6464
Sertoma Tennis Courts.....	222-6730
VFW Sports Center.....	221-6814
World War Memorial Building.....	222-6454

Frances Leach High Prairie Arts & Science Complex

Dakota West Arts Council.....	222-6640
Shade Tree Players.....	258-4998
Theo Art School.....	222-6452
TruNorth Theatre Co.....	557-1600

Golf Courses

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

Other

Bismarck Recreation Council.....	222-6455
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Swimming Pools

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

Board of Park Commissioners

- Mark Zimmerman, President
- Julie Jeske, Vice President
- Michael Gilbertson, Commissioner
- Kate Herzog, Commissioner
- Paula Redmann, Commissioner

Administration

- Kevin Klipfel, Executive Director

Directors

- Mike Wald, Facilities and Programs Director
- David Mayer, Operations Director
- Kathy Feist, Finance Director

Administration Division

- Julie Fornshell, Administrative Services Manager
- Landa Boyd, Account Technician
- Nick Miller, Accountant
- Dana Schaar Jahner, Community Relations Manager
- Ashley Busch, Marketing Specialist
- Tana Oswald, Receptionist/Customer Service Representative I
- Dawnelle Red Horn, Receptionist/Customer Service Representative II

Facilities and Programs Division

- RaNae Jochim, Recreation Manager
- Ryan Geerdes, Facilities Manager
- Tim Doppler, Golf Operations Manager
- Dylan Thiem, Facilities Manager
- Jeremy Dykstra, Facility Specialist
- Matt Guenther, Facility Specialist
- Cindy Gums, Recreation Specialist
- Ethan Eberle, Recreation Specialist
- Brandon Wilkens, Facility Specialist
- Adam Chaussee, Facility Specialist
- Linsay Berg, Fitness/Wellness Specialist
- Jahna Gardiner, Aquatic Specialist
- Spencer Aune, Recreation Specialist
- Scott Nustad, Facility Specialist
- Drew Lenertz, Facility Specialist
- Matthew Lundberg, Facility Supervisor
- Dan Sedevie, Operations Superintendent
- Brad Schulz, Golf Course Superintendent
- Mac Weigel, Golf Course Superintendent
- Michael Schaaf, Golf Course Superintendent
- Rod Morasch, Head Tennis Professional
- **Maintenance and Operations Staff:**
 Brandon Ripplinger, Pat Gilhooly, Rick Schuler, Tim Thiel, Christopher Pate, Jordan Kainz, Brandon Rittenbach, Chad Boehm

Operations Division

- Mike Sullivan, Park Operations Manager
- Riley Merkel, Sport Complexes Manager
- Steve Gerding, Facility Specialist
- Colin Bales, Operations Superintendent
- Martha Willand, Facility Specialist
- Bonnie Lahr, Office Coordinator
- Lynn Morgenson, Landscape Specialist
- Jeff Oster, Facility Specialist
- David Robinson, McDowell Dam Supervisor
- **Maintenance and Operations Staff:**
 Adam Keller, Cory Lang, Jace Carroll, Jamie Bosch, Joey LaFave, Pat Miller, Rich Hetzler, Ryan Miller, Tim Nelson, Troy Fink, Jacob Bakken, Jerad Haadem, Brad Matzke, Emmy Videen, Josh Becker, Mike Renner, Cody Ruff, Brandon Hoepfner

Full-Time Seasonal

- Wendy Anderson-Berg, Park Planner

General Information

Cancellations

For information such as program changes, weather cancellations, etc., please visit www.bisparks.org.

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

What's a great gift for ANY occasion? A Bismarck Parks and Recreation District gift certificate. Gift certificates can be used for anything - a program, a class, a league, a round of golf or a shelter reservation. Stop in and purchase a gift certificate for any amount at the Park District office, 400 E. Front Ave. Call 222-6455 with questions.

Insurance

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 program provides matching funds for facility, grounds and equipment projects. In its 39th year, the program has provided matching funds for 586 projects with total project costs of more than \$6.7 million. Applications will be accepted from Bismarck associations, organizations, clubs or individuals interested in matching funds to sponsor a project in a Bismarck Parks and Recreation District facility or park. Matching funds are awarded twice per year. Applications are available at our office. Call 222-6455 for more information. DEADLINES: Annually, Feb. 3 and June 2, 2025, at 5pm.

Photography/Video

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

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, make a tee time up to eight days in advance or reserve a campsite, shelter or pool birthday party.

BPRD Inclusion Statement

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 modifications to participate, please let us know at the time of registration. We will work with you in order to make reasonable modifications. If you have questions or accessibility concerns or suggestions for improvement, please contact us.

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Our Vision

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

Our Mission

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

Core Purpose

Provide affordable, accessible, and sustainable public park and recreation services.

Our Values

Accountability	Diversity
Collaboration	Integrity
Community	Professionalism

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 their previous week's scores. Emphasis is on participation.

Dates	Days	Time	Fee
Now-May 19	M	4-6pm	\$3.50/game*

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

BLAST

Bismarck's Life After School Time (BLAST) is an after-school recreation based program that takes place at selected elementary school sites. Participants enjoy games and activities with their peers and leaders in a safe and supervised environment.

Grades	Dates	Days	Time
K-5	School Year	M-F	3:05-6pm

*BLAST follows the school year calendar and is not held when school is not in session for school breaks/holidays/staff training.

Locations

- Centennial • Elk Ridge • Grimsrud • Liberty • Northridge
- Prairie Rose • Rita Murphy • Silver Ranch • Solheim • Sunrise

* Please contact your school directly regarding after-school program options if not listed above.

Details

- \$140/month
- \$280 due at time of registration. This is applied to first and last month's bill.
- Children enrolled in the BLAST program must attend school at that site.
- Limited enrollment may be available during the school year. For information, call 701-222-6455.



Cross Country Skiing & Snowshoeing

Cross country ski trails are groomed for the season as soon as there is adequate snow cover.

Hours (weather permitting)

- Riverwood Golf Course, 725 Riverwood Dr.: 10am-6:30pm daily
- General Sibley Park, 5001 S. Washington St.: Sunrise to sunset daily
- Atkinson Nature Park, 1921 Riverwood Dr.: Sunrise to sunset daily

Ski Rental (includes skis, boots & poles)

Available at Riverwood Golf Course, but can be brought to General Sibley Park or Atkinson Nature Park and returned to Riverwood when finished.

- Riverwood Golf Course
 - Adult: \$12
 - Youth (21 and younger): \$7
- Other BPRD Location
 - Adult: \$18
 - Youth (21 and younger): \$12

Showshoe Rental

Available at Riverwood Golf Course. Snowshoeing is allowed on any non-paved trail, such as Sleepy Hollow Park bike trail, Bill Mills Nature Trail, East Sibley Nature Trail and McDowell Dam Recreation Area trail loop. You can also snowshoe along the sides of paved trails and in open park space.

- Adult: \$10
- Youth (21 and younger): \$5

For More Information

Call Riverwood Golf Shop at 222-6462.

DJGA Junior Golf Clinics

Enjoy FREE weekly winter junior golf clinics.

Sundays, Jan. 19 & 26

- Ages 5-14: 11am-12pm and 12:15-1:15pm (max of 50 participants per session)
- Snag Golf - 45 minutes of fun focused on the fundamentals of golf using snag golf equipment. Games and contests with a variety of sports being played using snag equipment. Use of multiple game modes on Toptracer Range technology inside the Fore Seasons Center.
- Middle School and High School: Individual sessions will be made available with DJGA teaching staff. Please contact the Fore Seasons Center at 223-3600 and ask for Brandon or Adam for more information.

Location and Registration

- Fore Seasons Center, 2525 N. 19th St.
- To register, call 223-3600.



Fencing

This class teaches Olympic style sport fencing for beginning and intermediate levels of lessons for people wanting to learn basic skills or keep improving their skills to an intermediate level.

Dates	Days	Times	Code
Jan. 3-31	M & F	6:30-8:30pm (M); 5-7pm (F)	27525
Feb. 3-28	M & F	6:30-8:30pm (M); 5-7pm (F)	27524
March 3-31	M & F	6:30-8:30pm (M); 5-7pm (F)	27527
April 4-28	M & F	6:30-8:30pm (M); 5-7pm (F)	27522
May 2-30	M & F	6:30-8:30pm (M); 5-7pm (F)	27528
June 2-30	M & F	6:30-8:30pm (M); 5-7pm (F)	27526

*No class May 26.

Ages, Fees, Location and Equipment Required

- Ages 12+
- \$40/month or \$175/5 months
- World War Memorial Building, 215 N. 6th St.
- Equipment is provided with the exception of a fencing glove, which can be purchased when the session begins.
- Contact John Garness at 391-2081 for more information and to purchase a glove.

Karate, Traditional Japanese

This class teaches traditional Japanese karate. Karate is a fun activity that improves discipline, listening and cooperation and respect for others.

Dates	Time	Days	Code
Jan. 7-30	6:30-8:30pm	T & Th	27537
Feb. 4-27	6:30-8:30pm	T & Th	27536
March 4-27	6:30-8:30pm	T & Th	27538
April 1-29	6:30-8:30pm	T & Th	27533
May 1-29	6:30-8:30pm	T & Th	27539

Ages, Fees and Location

- Ages 10+
- \$40/month or \$175/5 months
- World War Memorial Building, 215 N. 6th St.
- Contact Bill Froelich, 226-3415, for more information.

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 (8:30am-5pm) 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 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 Schools.

Nov. 2-3, 2024 - March 1-2, 2025

Elementary School Locations

Saturday Sunday

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

Centennial	2800 Ithica Dr.	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 N. 31st St.	N/A	1-5pm
Robert Miller	1989 N. 20th St.	N/A	1-5pm
Solheim	325 Munich Dr.	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 N. 19th St.		
	• Basketball Pick-up Games	N/A	1-5pm
Wachter	1107 S. 7th St.	N/A	1-5pm

Other Locations

World War Memorial Building	215 N. 6th St.		
	• 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. We require all preschool skaters wear helmets and elbow pads. Limited skate sizes available.

Dates	Day	Time
Oct. 21-Dec. 18	M, T & W	12-1pm
Jan. 6-March 19	M, T & W	12-1pm

Age and Location

- 5 and younger, free of charge
- Capital Ice Complex, 1504 Wichita Dr.
- * 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	Day	Time	Code
Beginners	Th	6:15-7pm	27978
Intermediate/Advanced	Th	7-7:45pm	27979

Dates, Fees and Location

- Jan. 9-Feb. 6
- Ages 7-14
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$15; Non-members: \$20
- Capital Racquet & Fitness Center, 3200 N. 10th St.



Swimming Lessons, Indoor

Fee and Location

- \$60/Session
- BSC Aquatic & Wellness Center, 1601 Canary Ave.

TENTATIVE SESSION DATES: Please check www.bisparks.org for the most accurate registration and class information. All dates below are TENTATIVE.

The schedule will be posted online at www.bisparks.org prior to registration. Lesson levels are summarized below. Lessons run two days a week for five weeks between 4:20-8:10pm. Learn more details online at www.bisparks.org.

Winter Registration Session 1

Opens online or in person at the Park District office or at BSC Aquatic & Wellness Center on **Tuesday, Jan. 7, at 10am.**

Winter Session 1 - Jan. 13-Feb. 12 (M & W)

Winter Session 1 - Jan. 14-Feb. 13 (T & TH)

Winter Registration Session 2

Opens online or in person at the Park District office or at BSC Aquatic & Wellness Center on **Wednesday, Feb. 19, at 10am.**

Winter Session 2 - Feb. 24-March 26 (M & W)

Winter Session 2 - Feb. 25-March 27 (T & TH)

Spring Registration Session 1

Opens online or in person at the Park District office or at BSC Aquatic & Wellness Center on **Tuesday, April 1, at 10am.**

Spring Session 1 - April 7-May 7 (M & W)

Spring Session 1 - April 8-May 8 (T & TH)

*No class April 21.

Preschool Aquatics (3-5 Yrs Old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all 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.
- **Preschool B-** Helps children gain greater independence in their skills and develop more comfort in and around the water.
- **Preschool C-** Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water.



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.
- **Level 2-** Fundamental Aquatic Skills: Gives participants success with fundamental skills.
- **Level 3-** Stroke Development: Builds on the skills in level 2 through additional guided practice in deeper water.
- **Level 4-** Stroke Improvement: Develops confidence in the skills learned and improves other aquatic skills.
- **Level 5-** Stroke Refinement: Provides further coordination and refinement of strokes.

Private Swim Lessons

Private lessons consist of four 30-minute sessions; the fee is \$85. The private swim lesson schedule is set on a month-to-month basis based on instructor availability. Notice is posted on Facebook. If no instructors appear on the website after selecting the register button, there are no openings.

Register at www.bisparks.org, Private Swim Lessons. During registration, you must choose four dates and times or you cannot proceed. Detailed registration instructions are provided on the website. Call Jahna at 701-751-4270 with questions.

Small Group Private Lessons

During online registration, you may register one participant and add two more participants for a small group private lesson at the same time with the same instructor. Children must be of similar age and skill level to be in lesson together. Small group lessons are \$75 per participant.

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 are available for your use (please request from lifeguards if not out).

Dates and Fees

- **Now-May 1, 2025**
- Monday-Thursday: 8-10am
- Free for members, \$5 per child per class for non-members.
- Program Pool at BSC Aquatic & Wellness Center, 1601 Canary Ave.

Toddler Splash Days Guidelines

- Toddler Splash Days are designed for parents/guardians and their toddlers, age infant through age five.
- Parents/guardians 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 waterproof swim diapers, which are available for sale on site.

Swim Safety

American Red Cross Lifeguarding Course

The primary purpose of the courses in the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies.
- Provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) professionals take over.

Lifeguarding (Including Deep Water) training is conducted and evaluated in water depths ranging from 0 feet to water 7 feet and greater (ranging from 8-12 feet maximum). This is a blended learning course combining online sessions with in-person sessions. The online session for the Lifeguarding course has 16 modules and takes approximately 6 hours to complete all modules of the online session.

Course Prerequisites:

- Be at least 15 years old on or before the final scheduled session of the course.
- Complete the online learning portion of the course BEFORE class begins.
- Successfully complete the following two prerequisite swimming skills evaluations:
 1. Complete a swim-tread-swim sequence without stopping to rest.
 2. Complete a timed event within 1 minute, 40 seconds.

Males must wear boxer-style swimming suit and females must wear a one-piece swimming suit. Any person with long hair is required to put it up or wear a swim cap.

Fees and Registration

- \$250 or **FREE when you submit a job application to work at BPRD.** Includes fanny pack, adult and infant CPR masks. If the candidate is not able to pass the prerequisite skills, a full refund is issued.
- **All class times and dates are MANDATORY.**
- Once registered, participants will receive instructions via email for the Red Cross Online Learning. The email will be sent no earlier than about 3 weeks before the class begins. The online material must be fully completed before the first day of class. Proof of completion is required before class begins.
- No refunds are given for "no shows" after the course begins.

Dates	Time	Code
Nov. 21-22; Nov. 23-24	5-9pm; 9am-6pm	27868
Dec. 12-13; Dec. 14-15	5-9pm; 9am-6pm	27949
March 14-16	9am-6pm	27951
April 4-6	9am-6pm	27948

Lifeguarding Recertification Course

The lifeguarding recertification class will refresh your lifeguard knowledge and skills and update your certification for another two years. You must have a current AMERICAN RED CROSS lifeguard certification, or certification expired by no more than 30 days to participate. This class does not recertify for other lifeguard agencies. If you were not originally certified by BPRD then proof of certification will be required before the class begins.

Successful completion of the course certifies you in Lifeguarding (including Deep Water) with CPR/AED for Professional Rescuers and First Aid that is valid for two years. The class fee is \$150. **FREE for BPRD employees. Must have application submitted or be currently working.** Questions? Call Jahna at 751-4270.

Dates	Time	Code
Feb. 16	8am-7pm	27957
April 12	8am-7pm	27954

American Red Cross Lifeguard Instructor Course

The American Red Cross Lifeguard Instructor course trains instructor candidates how to teach American Red Cross Lifeguarding, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterfront Skills, Waterpark Skills, First Aid, CPR/AED for Professional Rescuers, Administering Emergency Oxygen and Bloodborne Pathogens.

- This course shows instructor candidates how to use course and presentation materials, conduct training sessions and evaluate the progress of candidates in a professional-level course.

Prerequisites

- Must be at least 17 years old.
- Possess a current Red Cross certification in Lifeguarding/First Aid/CPR/AED.
- Complete the online Lifeguard Instructor course through the ARC learning center before the first day of class. An email will be sent with instructions after registration.
- Pass two rescue skill scenarios that test lifeguarding and CPR (on the first day of class).

Certification and Fee

- \$300
- 2-year American Red Cross Lifeguard Instructor certification
- All class times and dates are MANDATORY.

Date	Time	Code
Nov. 22; Nov. 23-24	4-8pm; 8am-5pm	27869
April 4; April 5-6	12-4pm; 8am-5pm	27958

NOW HIRING LIFEGUARDS & SWIMMING INSTRUCTORS

Apply online at www.bisparks.org or
stop by our office at 400 E. Front Ave.
For more information, contact
Jahna at 751-4266. EOE



Tennis

The 10 & Under tennis programs bring kids into the game with specialized equipment and shorter court dimensions, all tailored to age and size. This format makes learning tennis easy and fun! Kids should bring water and tennis shoes to lessons. Racquets are provided for those who don't have one.

Session I: Jan. 4-Feb. 6

- Registration Opens: Dec. 18 at 10am
- Registration Closes: Jan. 2 at 10pm

Session II: Feb. 24-March 29

- Registration Opens: Feb. 5 at 10am
- Registration Closes: Feb. 19 at 10pm

Registration

- Late registration will only be accepted with the head tennis professional's approval.
- All classes require a minimum of 5 participants.

Tiny Tots

Kids are introduced to tennis on a 36-foot court using a foam ball. Basic skills of tennis are introduced through hand eye coordination and games. Focus is on fun, improving social skills and physical fitness.

Ages, Fee and Location

- Ages 3-5
- \$50/2 days a week
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Jan. 6-Feb. 5	M & W	5:30-6pm	28168
I - Jan. 6-Feb. 5	M & W	6-6:30pm	28169
I - Jan. 6-Feb. 5	M & W	6:30-7pm	28170
I - Jan. 7-Feb. 6	T & Th	5:30-6pm	28171
I - Jan. 7-Feb. 6	T & Th	6-6:30pm	28172
I - Jan. 7-Feb. 6	T & Th	6:30-7pm	28173
II - Feb. 24-March 26	M & W	5:30-6pm	28161
II - Feb. 24-March 26	M & W	6-6:30pm	28162
II - Feb. 24-March 26	M & W	6:30-7pm	28163
II - Feb. 25-March 27	T & Th	5:30-6pm	28164
II - Feb. 25-March 27	T & Th	6-6:30pm	28165
II - Feb. 25-March 27	T & Th	6:30-7pm	28166

Netters

Kids use a 36-foot court and a red ball and expand their skills learned in Tiny Tots. Basic strokes are introduced including volleys, forehand and backhand. Tennis etiquette and sportsmanship is introduced. Games are played to utilize strokes learned and to focus on fun and promote physical fitness.

Ages, Fee and Location

- Ages 5-6
- \$100, 2 days a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Jan. 6-Feb. 5	M & W	5:30-6:30pm	28156
I - Jan. 6-Feb. 5	M & W	6:30-7:30pm	28157
I - Jan. 7-Feb. 6	T & Th	5:30-6:30pm	28158
I - Jan. 7-Feb. 6	T & Th	6:30-7:30pm	28159
II - Feb. 24-March 26	M & W	5:30-6:30pm	28151
II - Feb. 24-March 26	M & W	6:30-7:30pm	28152
II - Feb. 25-March 27	T & Th	5:30-6:30pm	28153
II - Feb. 25-March 27	T & Th	6:30-7:30pm	28154

8 & Under Tennis

Kids are introduced to a 36-foot court using a red ball. Basic strokes are expanded upon, and serving and match play is introduced. Games are played to utilize strokes learned and to focus on fun and promote physical fitness.

Ages, Fee and Location

- Ages 7-8
- \$100, 2 days a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Jan. 6-Feb. 5	M & W	5:30-6:30pm	28138
I - Jan. 6-Feb. 5	M & W	6:30-7:30pm	28139
I - Jan. 7-Feb. 6	T & Th	5:30-6:30pm	28140
I - Jan. 7-Feb. 6	T & Th	6:30-7:30pm	28141
II - Feb. 24-March 26	M & W	5:30-6:30pm	28133
II - Feb. 24-March 26	M & W	6:30-7:30pm	28134
II - Feb. 25-March 27	T & Th	5:30-6:30pm	28135
II - Feb. 25-March 27	T & Th	6:30-7:30pm	28136

10 & Under Tennis

Kids are introduced to a 60-foot court when ready using an orange ball. Tennis strokes are more in depth and rallying is emphasized. Serving and match play are expanded on, and games are played to utilize techniques learned and to focus on fun and promote physical fitness.

Ages, Fee and Location

- Ages 9-10
- \$100, 2 days a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Jan. 7-Feb. 6	T & Th	5:30-6:30pm	28127
I - Jan. 7-Feb. 6	T & Th	6:30-7:30pm	28128
II - Feb. 25-March 27	T & Th	5:30-6:30pm	28122
II - Feb. 25-March 27	T & Th	6:30-7:30pm	28123

10 & Under Tennis - Advanced

This class is for 9-10-year-olds who would like more in depth instruction before advancing to Junior Beginner. Participants must be able to continuously rally and serve. Strategy in match play is introduced and focus is on ball placement and control.

Ages, Fee and Location

- Ages 9-10 and instructor permission
- \$75, 1 day a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Jan. 4-Feb. 1	Sat	9:30-11am	28117
II - March 1-29	Sat	9:30-11am	28118

WANTED: YOUTH TENNIS INSTRUCTORS

If interested, contact Matt at 701-221-6855
or email mguenther@bisparks.org.

Junior Varsity

For junior varsity players and "C" squad players, these classes focus on 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 certified USPTA tennis professional.

Fee and Location

- Ages 11+
- \$150, 2 days a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Jan. 7-Feb. 6	T & Th	4-5:30pm	28149
II - Feb. 25-March 27	T & Th	4-5:30pm	28147

Varsity

For varsity players 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.

Fee and Location

- Ages 12+ and instructor permission
- \$150, 2 days a week
- Capital Racquet and Fitness Center, 3200 N. 10th St.

Session	Day	Times	Code
I - Jan. 6-Feb. 5	M & W	4-5:30pm	28176
II - Feb. 24-March 26	M & W	4-5:30pm	28175

Blacklight Tennis - Friday, Feb. 7

A fun, high-energy event for all levels of tennis players. There will be 60 minutes of tennis games in a "glow in the dark" atmosphere. It will be dark, so wear white or neon colors to "glow"! Glow sticks and necklaces will be provided. Glow face painting will be on-site for children. The cost is \$12.50/person.

Ages	Times	Code
5-11	5:30-6:30pm	28106
5-11	5:30-6:30pm	28105
12-18	6:30-7:30pm	28103
Adults 19+	6:30-7:30pm	28104

Winter Jam Junior Tennis Tournament

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

Dates and Registration

- Feb. 21-23
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Registration information TBA



Junior Team Challenges

Participants ages 5-12 get an introduction to competition using a red, orange or green ball based on age. This low level competitive play experience highlights teamwork and skill development in a fun social environment.

Players enter as individuals and will be matched with others of like ability to form teams. Racquets are provided for those who need one. Parents are encouraged to sign up to be on court helpers. Awards are given to each participant for competing!

- \$7/player
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 24	F	4-5:30pm	28108
March 21	F	4-5:30pm	28109

Special Tennis Events

Snowball Smash Tennis Gameday: Thursday, Jan. 2

Spring Fling Tennis Gameday: Monday, May 5

A couple of fun nights of tennis games! Goodie bags and prizes will be given away at both events!

Parent/Child

Join your child for a tennis fun night where you can play tennis together! An instructor will lead you through fun activities that will quickly have you and your child rallying by the end of the night. Parents are FREE with a paid child registration. Designed for parents and their children ages 3-10.

- \$7.50/child, Parents Free
- Registration closes the day prior to the event.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 2	Th	5:30-6:15pm	28112
May 5	M	5:30-6:15pm	28111

Ages 5-10 Gameday

A fun tennis activity filled night for your child! Falling in Love with Tennis Gameday is led by our tennis staff, and kids play their favorite tennis games/activities during the session. There will be some giveaways, too! Join us!

- \$10/child, \$5/2nd child
- Registration closes the day prior to the event.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 2	Th	6:30-7:30pm	28114
May 5	M	6:30-7:30pm	28115



Volleyball (Coed)

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

3rd Grade Volleyball

Informational Meeting

- 7pm, Wednesday, Jan. 8, at World War Memorial Building, 215 N. 6th St.

Dates, Times and Schedules

- Jan. 20-March 8
- Jamboree March 7-8
- Teams organized by school if possible.
- Practice will be held one day per week at the World War Memorial Building Mondays-Fridays at 4pm or 5pm.
- Games will be held Saturdays at the World War Memorial Building.
- Schedules will be posted by 5pm on Jan. 15 at www.bisparks.org.

Fees

- \$70/player - if received on or before Jan. 3.
- \$80/player - if received Jan. 4 or later.
- Participants must register for the school they attend.

School	3rd Grade Code
Cathedral	28180
Centennial	28181
Elk Ridge	28182
Grimsrud	28183
Highland Acres	28184
Liberty	28185
Lincoln	28186
Martin Luther	28187
Miller	28188
Moses	28189
Murphy	28190
Myhre	28191
Northridge	28192
Pioneer	28193
Prairie Rose	28194
Roosevelt	28195
Shiloh	28196
Silver Ranch	28197
Solheim	28198
St. Anne's	28199
St. Mary's	28200
Sunrise	28201
Will-Moore	28202

4th & 5th Grade Volleyball

Informational Meeting

- No informational meeting for 4th and 5th grades. An information sheet will be posted at www.bisparks.org.

League Dates

- Grade 4: Jan. 27-March 15
- Grade 5: Jan. 27-March 22
- Grade 4 Jamboree: March 14-15
- Grade 5 Jamboree: March 21-22

Location, Schedules and Teams

- 4th grade will practice once a week.
- 5th grade will practice twice a week.
- Practices are held at the schools.
- First practice times are posted by 5pm on Jan. 22 at www.bisparks.org.
- Teams will be formed after the first week of practice, and a schedule will be provided for the remainder of the season. Every attempt will be made to split the teams as equally as possible when more than one team exists per grade at any school. If there are not enough 4th or 5th graders at one school to make a team, schools may be combined at the discretion of BPRD.
- Due to gym availability, schools may have different practice schedules. You will be notified through the school office and/or team coach.
- Matches will begin Saturday, Feb. 8.

Fees

- Grade 4: \$70/player - if received on or before Jan. 10.
- Grade 4: \$80/player - if received Jan. 11 or later.
- Grade 5: \$80/player - if received on or before Jan. 10.
- Grade 5: \$90/player - if received Jan. 11 or later.
- Participants must register for the school they attend.

School	4th Grade Code	5th Grade Code
Centennial	28204	28225
Elk Ridge	28205	28226
Grimsrud	28206	28227
Highland Acres	28207	28228
Liberty	28208	28229
Lincoln	28209	28230
Martin Luther	28210	28231
Miller	28211	28232
Moses	28212	28233
Murphy	28213	28234
Myhre	28214	28235
Northridge	28215	28236
Pioneer	28216	28237
Prairie Rose	28217	28238
Roosevelt	28218	28239
Shiloh	28219	28240
Silver Ranch	28220	28241
Solheim	28221	28242
Sunrise	28222	28243
Will-Moore	28223	28244

*Light of Christ Schools (LOC) participants will need to contact LOC to register for 4th and 5th grade volleyball.

YOUTH VOLLEYBALL COACHES & OFFICIALS NEEDED

If interested, contact Jeremy at 701-222-6641
or email jdykstra@bisparks.org.

Weekday Morning Play Dates

Dates & Ages

- Now-April 18
- For children infant through age five and their parents.

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 & Fridays • 10am – Noon
BSC Aquatic & Wellness Center, 1601 Canary Ave.
Turtle Beach Playground
- Tuesdays & Wednesdays • 10am – Noon
Capital Racquet & Fitness Center, 3200 N. 10th St.
KidZone
- Thursdays • 10am – Noon
World War Memorial Building, 215 N. 6th St.
Imagination Playground Room

No need to register. Just come and play! Please review Weekday Morning Play Date guidelines at www.bisparks.org and at facility sites.



Wibit Water Toys

Climb, jump and enjoy inflatable water toys. For children ages 6+.

Times, Location and Fees

- Most Saturdays and Sundays through mid-May - Visit www.bisparks.org for the most current schedule.
- BSC Aquatic & Wellness Center, 1601 Canary Ave.
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: FREE
- Non-Members Entrance Fees: Kids (6-12yrs) \$4.25, Students (13-18yrs) \$5.25 and Adults \$7



REGISTER FOR PROGRAMS AT WWW.BISPARKS.ORG

Feb. 1-28



Celebrate winter
the entire month of
**February with Flurry
Fest, a variety of free
and low-cost activities
for everyone.**

**Watch for details
at bisparks.org.**

Adaptive Recreation

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

Basketball

State Amateur Basketball Tournament

The State Amateur Basketball Tournament is March 21-23, 2025, in Bismarck. Please contact Brandon at 223-3600 for more information.

Fencing

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

Fitness

6-Week STRENGTH

6-Week STRENGTH is the “sweet spot” of keeping the fitness experience large enough to be a fun, interactive experience while small enough to maintain focus on quality. A nationally certified Personal Trainer will take you through a variety of workouts while assessing proper form. This program focuses on functional strength and getting stronger while learning proper movement patterns.

Dates	Day	Times	Code
Jan. 7-Feb. 13	T & Th	6:30-7:30pm	28248
Feb. 18-March 27	T & Th	6:30-7:30pm	28249

Fees and Location

- BSC Aquatic & Wellness Center (BSC AWC), 1601 Canary Ave.
- \$120 BSC AWC and Capital Racquet & Fitness Center member; \$168 non-member
- Personal Trainer: Maggie

30-Day Reset

Ready to reprogram your body? Get your nutritional habits back in order and increase your physical activity level. Weekly group workouts plus individual guidance from a personal trainer, including pre/post individual assessment, nutritional assistance, exercise plan and communication via a fitness app.

Dates	Day	Times	Code
Jan. 14-Feb. 11	T	5:30-6:15pm	27940
March 4-April 1	T	5:30-6:15pm	27941

Fees and Location

- BSC Aquatic & Wellness Center (BSC AWC), 1601 Canary Ave.
- \$90 BSC AWC and Capital Racquet & Fitness Center member; \$115 non-member (includes 30-day membership to BSC AWC and CRFC)
- Personal Trainer: Maggie



Fit Fifty+

Stumped on what to do for a workout? This class is for ages 50+ to learn the correct way to enjoy an effective and safe workout in the weight room. Participants will use the cardio and strength machines and also do balance, core and flexibility exercises. Participants will be in a group setting and work with a certified personal trainer.

Dates	Days	Time	Code
Jan. 22-Feb. 12	W	9-9:45am	27942

Fees and Location

- Pre-registration only
- Meet at BSC Aquatic & Wellness Center, 1601 Canary Ave.
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$40; Non-Members: \$50
- Personal Trainer: Maggie

Foam Rolling Workshop

Improve your post-exercise recovery with this hands-on workshop. This class demonstrates how to use the Rollga Foam Roller to reduce pain and soreness and increase joint range of motion for better muscle repair and recovery. Roll your way to better performance, in and out of the gym.

Dates	Day	Times	Code
Jan. 18	Sat	9-9:45am	28251
Feb. 8	Sat	9-9:45am	28252
March 8	Sat	9-9:45am	28253

Fee and Location

- BSC Aquatic & Wellness Center (BSC AWC), 1601 Canary Ave.
- \$15
- Pre-registration only
- Personal Trainer: Maggie

Weight Room Basics

Increase your weight room knowledge and jump start your confidence with this class. A certified personal trainer will guide you through each cardio and weight machine to learn what each one does and what muscle group you'll strengthen. You'll get a personalized exercise log card for you to keep notes and to record your future workouts. That way you can keep track of machines, weights and your progress. You'll leave knowing how to have a safe and effective workout.

Dates	Day	Times	Code
Jan. 18	Sat	10-11am	27945
Feb. 8	Sat	10-11am	27944
March 8	Sat	10-11am	27946

*This class consists of one 1-hour session.

Fees and Location

- BSC Aquatic & Wellness Center (BSC AWC), 1601 Canary Ave.
- Capital Racquet & Fitness Center or BSC AWC Members: \$20; Non-Members: \$25
- Personal Trainer: Maggie



Golf

Putting League

Maybe you don't golf, but everyone can putt! This 10-week league changes games and putting challenges each week to help improve your putting game in a fun and supportive environment. No need to pre-register, putters are welcome at any time during league hours. Prizes will be awarded weekly for this fun league. Participants will receive 50% off range balls if purchased after competing in the putting league. All ages are welcome to play.

Dates	Day	Times
Jan. 7-March 11	T	9am-3pm
Jan. 8-March 12	W	9am-9pm

Fees and Location

- 10 Weeks: \$30 for one day a week
- Weekly: \$3 each day
- Fore Seasons Center, 2525 N. 19th St.

Toptracer Range League

Join the Toptracer Range 10-week league featuring the same extremely accurate technology used on the PGA Tour. The technology offers 22 separate courses, as well as multiple game modes. Play different game modes and formats each week. All ages are welcome to play.

Dates	Day	Times
Jan. 6-March 14	Any	9am-9pm

Fees and Location

- \$45 bay rental per week
- \$10 per player for weekly game payouts (paid in shop credit)
- Fore Seasons Center, 2525 N. 19th St.

Details

- 3 players per team (players can change each week)
- Team schedules their own tee time weekly – must finish the round within that week, 2.5 hours to finish a round.
- Scoring is live through Golf Genius app. Follow the leaderboard as you play and see where you stand.
- Divisions will be created based off the number of teams registered.
- **Registration Deadline: Dec. 20 - Call 701-223-3600 to register.**

Karate, Traditional Japanese

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

Open Gym

Open Gym is available for youth and adults. Please see page 5 for more information.



Pickleball

Drop-In Play

Pickleball is a fun paddle sport that combines many elements of tennis, badminton and ping-pong.

Fall/Winter Hours (Sept. 1-May 31)

Capital Racquet & Fitness Center, 3200 N. 10th St.

Beginner

– Monday, Wednesday and Friday: 8-10am

Intermediate

– Monday, Wednesday and Friday: 10am-12:30pm

– Saturday: 4-6:30pm

Advanced

– Monday, Wednesday and Friday: 12:30-3:30pm

All Levels

– Tuesday: 11am-3pm

– Saturday: 3-6pm

World War Memorial Building, 215 N. 6th St.

All Levels

– Now-May 30

– Tuesday and Thursday: 11am-1pm

– FREE

– Played on the east and lower courts

To determine what level you should play in, please use the USA Pickleball rating guide. If you cannot determine your rating, contact Rod for a player assessment at 701-221-6855. Never played? Consider signing up for Pickleball 101 lessons before attending drop-in for the first time.

Pickleball 101-Beginners

Learn the basics of pickleball with other beginners. The class will focus on court layout, rules and beginner drills. Paddles are provided.

Dates	Day	Times	Code
I – Jan. 6-Feb. 3	M	9:30-10:30am	27960
I – Jan. 8-Feb. 5	W	12-1pm	27962
I – Jan. 8-Feb. 5	W	3-4pm	27963
II – Feb. 24-March 24	M	9:30-10:30am	27961
II – Feb. 26-March 26	W	12-1pm	27964
II – Feb. 26-March 26	W	3-4pm	27965

Fee and Location

- \$50
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Pickleball Intermediate

Want to advance your pickleball game? Learn drills and strategy to elevate your game to the next level! Taught by an experienced pickleball player.

Dates	Day	Times	Code
I – Jan. 7-Feb. 4	T	10:30am-12pm	27968
II – Feb. 25-March 25	T	10:30am-12pm	27967

Fee and Location

- \$75
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Racquetball

Lessons

Whether learning the game or fine-tuning your strategy, racquetball lessons will ensure you have fun on the court.

Ages, Fee and Location

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

Dates	Day	Times	Code
Jan. 6-Feb. 10	M	6-7pm	27976
Feb. 24-March 24	M	6-7pm	27975

Challenge Courts

Ages, Fee and Location

- 18 and older; Open/A Level players
- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: FREE; Non-members: day pass fee.
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Drop-in class, no registration required.

Dates	Day	Times
Now-March 27	Th	7-9pm

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 Rod 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.

Fee and Location

- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members: \$40/doubles; \$45/singles
- Annual Gold Members: FREE (first league session), \$18 (second league session)
- Non-members: \$58/doubles; \$70/singles
- Sub Fees - Members: Free, Non-members: \$6/time
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Session 1 - Jan. 6-Feb. 15

League	Day	Time	Code
Mixed Doubles	M	7:30-9pm	28077

Session 2 - Feb. 24-April 5

League	Day	Time	Code
Mixed Doubles	M	7:30-9pm	28076

League Description

Mondays Mixed Doubles

Players with a combined NTRP of 6.0-7.0 (Intermediate players)

Beginner “Orange Crush”

These fun classes emphasize the basic strokes of tennis. Scoring, basic singles and doubles play, basic strategy and etiquette will be covered. Orange modified balls used to make tennis easier to learn. Lots of fun games and drills all taught by a certified USPTA tennis professional.

Fees and Location

- 5-week sessions
- \$75
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 7-Feb. 4	T	5:30-7pm	28086
Jan. 8-Feb. 5	W	10:30am-12pm	28087
Feb. 25-March 25	T	5:30-7pm	28084
Feb. 26-March 26	W	10:30am-12pm	28085

Intermediate Adults

This class is for 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. It introduces spin and placement and has emphasis on situational tennis. Singles and doubles positioning and strategy will be taught. There are lots of fun games and drills taught by a certified USPTA tennis professional.

Fees and Location

- 5-week sessions, \$75
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 4-Feb. 1	SAT	11am-12:30pm	28093
Jan. 6-Feb. 3	M	10:30am-Noon	28092
Jan. 8-Feb. 5	W	5:30-7pm	28095
Jan. 9-Feb. 6	TH	10:30am-Noon	28094
Feb. 24-March 24	M	10:30am-Noon	28089
Feb. 26-March 26	W	5:30-7pm	28091
Feb. 27-March 27	TH	10:30am-Noon	28090
March 1-29	SAT	11am-12:30pm	28096



Advanced Adults

This class is for players 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. There are lots of fun drills and games taught by a certified USPTA tennis professional.

Fees and Location

- 5-week sessions, \$75
- Minimum of 5 participants needed for class to be held.
- Capital Racquet & Fitness Center, 3200 N. 10th St.

Dates	Day	Time	Code
Jan. 6-Feb. 3	M	5:30-7pm	28081
Jan. 9-Feb. 6	TH	12-1:30pm	28082
Feb. 24-March 24	M	5:30-7pm	28079
Feb. 27-March 27	TH	12-1:30pm	28080

Private Tennis Lessons

Private tennis lessons are available throughout the week and are held at Capital Racquet & Fitness Center, 3200 N. 10th St. Call 221-6855 to set up lessons with one of our certified tennis instructors. Discounts available for BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Members.

Lesson	Members	Non-members
Private	\$50/hr.	\$55/hr.
Semi-private	\$25/hr.	\$27/hr.
Group of 3	\$19/hr.	\$21/hr.
Group of 4	\$16/hr.	\$18/hr.
Group of 5	\$14/hr.	\$16/hr.
Hitting Lesson	\$34/hr.	\$39/hr.

Cardio Tennis

This is a fast-paced workout set to music. Emphasis is 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.

Dates	Day	Time
Now-May 20	T	12:05-12:50pm

Fees and Location

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



Volleyball

Winter season sign-up will be in December. Space is limited! Teams accepted on a first-come, first-served basis.

- Registration: Dec. 3
- Program Dates: Jan. 6-March 20

Days and Times

- 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.
- Matches start at 6:30pm and run every 45 minutes. Last scheduled match at 9:30pm.

Player Fee

- \$45/player/season
- New team rosters and fees are due Tuesday, Dec. 3.
- Teams that signed up for both seasons (Fall and Winter) must have their winter player fees in by Monday, Nov. 25, or the spot may be forfeited.
- Teams must pay for at least 7 players.
- Every player listed on roster must pay a player fee.
- The team manager or representative is responsible to collect all player fees and submit them by the deadline. Please do not send players to our office to pay individually.

Sponsor Fee

- \$100/season

League Schedules

- Online at bisparks.org by Dec. 31.

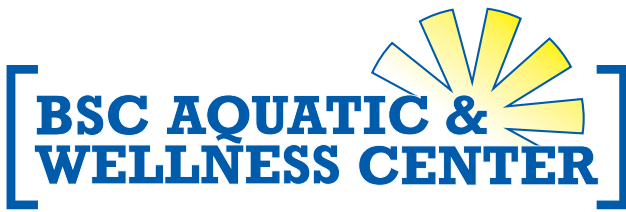
Wallyball

League Fees, Dates and Location

- BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center Member: Free; Non-member - \$25
- Capital Racquet & Fitness Center, 3200 N. 10th St.
- Nov. 11-Jan. 9

League	Day	Time	Code
Coed	T & TH	7pm	27662
Men's	M & TH	7pm	27663
Women's	M & W	7pm	27664





1601 Canary Ave., 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, a wellness center with strength and cardio equipment and group fitness classes. The facility also has Turtle Beach playground and meeting rooms.

Hours: Sept. 1-May 31

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

Hours: June 1-Aug. 31

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

Pool Hours

- Pools closes 30 minutes prior to facility closing.
- For a pool schedule and rules, visit www.bisparks.org

Fees

- For complete membership fees, refer to following page.

Turtle Beach Indoor Playground

Turtle Beach is a self-contained area with natural looking climbing, tunnel and sliding elements. It also features a poured-in-place rubber surfacing to mimic water and sand! Have fun watching your baby or young child play with the turtles, crocodiles, sand castle and rowboat! Members can use the playground for free, non-members \$2 per child.

Fun Fitness Trail

Add some meaningful movement to your day with the Fun Fitness Trail. Jump, crawl, hop, and push on the colorful stickers for some active and engaging fun! It's perfect for releasing some energy and renewing your focus. This playful activity challenges your gross motor skills and provides lots of sensory input. Available during facility hours for all ages.



3200 N. 10th St., Bismarck, ND 58503
701-221-6855

The Capital Racquet & Fitness Center, located in north Bismarck, has indoor tennis courts, racquetball and wallyball courts, indoor track (1/9 mile), a fitness center with strength and cardio equipment, group fitness classes, saunas and hot tubs.

Hours: Sept. 1-May 31

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

Hours: June 1-Aug. 31

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

Fees

- For complete membership fees, refer to following page.

KidZone

KidZone at Capital Racquet & Fitness Center is designed for hours of fun with a ball pit, bounce house, art and movie area, and lots of other toys.

- This indoor play space is open during regular CRFC hours.
- This is not a drop-off program; parents/guardians must stay and provide supervision.
- Members: free; Non-Members: \$2 per child.
- See www.bisparks.org for KidZone calendar..

Pro Shop

The Pro Shop carries a variety of tennis, racquetball and pickleball merchandise. Racquet stringing is available by certified racquet stringers on staff.

Fitness Incentive Programs

BSC AWC and CRFC participate in the SilverSneakers, Silver and Fit, Prime® Fitness, Renew Active and One Pass™ programs. Learn more at www.silversneakers.com, www.silverandfit.com, www.tivityhealth.com, www.uhcrenewactive.com or www.medicare.com/fitness.

Group Fitness Classes

Group fitness classes are FREE with a dual membership. Guests are always welcome and simply pay the daily admission fee. Visit www.bisparks.org/group-fitness-classes for a complete schedule and location information. Examples of classes:

- | | | | | |
|--------------|--------------------------------|-----------------------|---------------------|--|
| • Aquabata | • Aqua Rock Fitness® | • Forever Fit | • S3 Fusion | • Water Walking |
| • Aqua CORE | • CBS - Core, Balance, Stretch | • Les Mills BODYPUMP™ | • Strength + Core | • Yoga/Stretch |
| • Aqua Dance | • Cycling | • Pilates | • Tabata | • Personal Training, refer to page 18. |
| • Aqua FIT | • Deep Water | • Step | • Total Body Toning | |
| | | | • Water Works | |

Memberships are dual memberships for both BSC Aquatic & Wellness Center (BSC AWC) and Capital Racquet & Fitness Center (CRFC). Members can use both fitness facilities.

Membership includes:

BSC AWC: 50-meter competition pool, diving, recreation and lap pools, a wellness center with strength and cardio equipment, group fitness classes, Turtle Beach playground and reduced rates on select fitness programs.

CRFC: Racquetball and wallyball court time and leagues, indoor track (1/9 mile), a fitness center with strength and cardio equipment, group fitness classes, sauna, hot tub and reduced rates on tennis leagues, lessons, court time and select fitness programs.

Tennis Membership includes:

Want MORE tennis? Capital Racquet & Fitness Center has some extras for you with a Tennis Membership. Includes the basic membership features PLUS:

6-month Tennis Membership:

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

12-month Tennis Membership:

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

Memberships	Membership 6-month monthly fee	Membership 12-month monthly fee	Tennis Membership 6-month monthly fee	Tennis Membership 12-month monthly fee	Daily Fee for Non-Members
12 & Under (11 mo. & younger: Free)	\$21/month	\$17/month	\$61/month	\$52/month	\$4.25
Student 13-18	\$40/month	\$32/month	\$80/month	\$67/month	\$5.25
College Student (w/College ID)	\$95/Spring or Fall Semester \$65/Summer Semester		\$78/month	\$65/month	\$5.25
Adult 19-64	\$52/month	\$42/month	\$103/month	\$86/month	\$7
Household*	\$78/month	\$63/month	\$155/month	\$130/month	\$20
Senior 65+	\$40/month	\$32/month	\$90/month	\$76/month	\$5.75
Senior Household-2 adults, 65+	\$58/month	\$47/month	\$133/month	\$113/month	—
Monday-Friday: 8am-3pm (CRFC or BSC AWC)					\$5
Turtle Beach Play Area at BSC AWC and KidZone at CRFC (adult supervisors are free)					\$2
Indoor Track at CRFC					\$2
Locker Rental			\$20/One month	\$55/Six months	\$80/12 months
Daily Admission Coupon Book (12 passes)					\$70
Tennis Coupon Book (12 - 1.5 hour passes)		Members: \$62		Non-Members: \$108	
Summer Tennis Coupon Book (12 - 1.5 hour passes) Valid Memorial Day-Labor Day		Members: \$31		Non-Members: \$54	

* A Household is up to two adults and their dependent children high school age and under including any children under their care.
NOTE: Prices are subject to change. Taxes are added at the time of purchase.

Insurance Reimbursement Programs

Get money back on your membership each month with a qualifying reimbursement program, including Sanford and Blue Cross Blue Shield of ND. Visit www.bisparks.org or call your insurance provider directly.

Court Reservations

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

Memberships can be purchased at www.bisparks.org or either BSC Aquatic & Wellness Center or Capital Racquet & Fitness Center.

NEW YEAR, NEW YOU! MEMBERSHIP SPECIAL

Jan. 2-31

Buy a 6-month membership, get **one month FREE.**

Buy a 12-month membership, get **two months FREE.**

* Free months are added after 6 months or 12 months of package. Regular membership only. Some restrictions may apply. Offer is only good for new members who have not been a fitness member in at least 6 months. * Taxes will be added at the time of purchase.

Birthday Parties

BSC Aquatic & Wellness Center

1601 Canary Ave., Bismarck, ND 58503 • 751-4266

BSC AWC offers parties in the community rooms with direct access to the recreation pool and indoor playground. The rooms include tables and chairs with plenty of space for food and gifts.

Pool/Turtle Beach Playground Party Perks

Turtle Beach Playground is an indoor playground and play space. Wibit Water Toys are not available mid-May to mid-September. See schedule at www.bisparks.org.

- 10 passes to the facility (additional passes available for daily fee)
- Gift for birthday child
- 2 hours of community room use and access to indoor pool and playground
- No inflatable flotation devices are allowed, including water wings and learn to swim belts.
- Party Fee: \$110
- Reserve online at www.bisparks.org

Party Rooms	June 1–Aug. 31	Sept. 1–May 31
Puklich Chevrolet Community Room 1 14' x 23' • Accessible • Bathrooms • Electricity – 6 outlets • Heated and A/C • Dry Erase Board Capacity: 15	Fridays: 1:30–3:30pm 4–6pm Saturdays: 8:30–10:30am 11am–1pm	Saturdays: 11:30am–1:30pm 2–4pm 4:30–6:30pm Sundays: 1–3pm 3:30–5:30pm
Puklich Chevrolet Community Room 2 14' x 37' • Accessible • Bathrooms • Electricity – 9 outlets • Heated and A/C • Small Sink Capacity: 25	Fridays: 2–4pm 4:30–6:30pm Saturdays: 9–11am 11:30am–1:30pm	Saturdays: 11am–1pm 1:30–3:30pm 4–6pm Sundays: 12:30–2:30pm 3–5pm

Capital Racquet & Fitness Center

3200 N. 10th St. • 221-6855

CRFC offers parties with access to the indoor tennis courts and KidZone area. The rooms include tables and chairs with plenty of space for food and gifts.

Tennis/KidZone Party Perks

- 2 hours of court time, access to KidZone and a private room
- Party Fee: \$100

*Eight children are included in fee. Additional children may be added at regular daily fee based on availability.

KidZone is also available for private group or preschool/daycare rentals. Contact Matt for more information at 221-6855.

Fitness Facility Rentals

Both fitness facilities may be reserved for special events and tournaments. Please contact BSC AWC at 701-751-4266 or CRFC at 701-221-6855 for more information and rates.

Fitness Studios and Community Rooms

The fitness studios at both BSC AWC and CRFC are available to rent during non-class hours. BSC AWC has two community rooms ready for your meeting or group gathering needs.

- Fitness studio or community room: \$30/hr (Call for discounted or extended event rates.)

Personal Training

Capital Racquet & Fitness Center and BSC Aquatic & Wellness Center offer a variety of personal and group training options. Our trainers are BPRD 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 personal training clients receive a FREE consultation.

Fees

- Members: \$40/1-Hour Session, \$30/Half-Hour Session
- Non-Members: \$46/1-Hour Session, \$36/Half-Hour Session
- Package rates are available
- Other services available: Body Composition & Fitness Assessments

Small Group Personal Training

Create your OWN small group personal training experience. Contact one of our nationally certified personal trainers and arrange the days/times that work best for your group.

It all comes together for you and friends or family in a small group setting. You can keep each other on track as you all work toward increased strength and fitness.

Small Group

- Min/Max Enrollment: 4-6 people
- 12 – 1-hour sessions
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$120; Non-Members: \$168

Semi Private

- Min/Max Enrollment: 2-3 people
- 12 – 1-hour sessions
- Capital Racquet & Fitness Center or BSC Aquatic & Wellness Center Members: \$240; Non-Members: \$288



Camping

General Sibley Park

General Sibley Park is located on S. Washington St., four miles south of the Bismarck Expressway.

The campground is currently closed for the season. Reservations for the 2025 season will be accepted starting Thursday, March 27. The campground will open Friday, May 2, and close Monday, Oct. 13. Tips for using our reservation system can be found at bisparks.org/facilities/general-sibley-park-campground.

The day park is available year-round during daylight hours. Parking is permitted outside of the park gates.

Office Hours

- Memorial Day–Labor Day, Monday–Sunday: 10am–9pm
- * Office hours vary during off-season.

Amenities

- Camping sites for tents and campers with electrical hook-ups
- 18-hole disc golf course
- Boat ramp (small boats less than 15', canoes and kayaks)
- Horseshoes
- Geocaches
- Interpretive trail
- Little Free Library
- Picnic shelters
- Playgrounds
- Poetry Boxes
- Restrooms and showers
- Sand volleyball court
- Water and dump stations

Fees and Rules

- Tent camping: \$14/day
- Camper sites with electricity: \$27/day
- Firewood: \$6/bundle
- Ice: \$7/bag
- Gathering of firewood is not permitted.
- Pruning, cutting or damage to trees and shrubs is prohibited.
- Digging and ground disturbance is prohibited.
- For complete rules, visit www.bisparks.org.

Shelter or Amphitheater Reservations

- See page 25 for shelter or amphitheater reservations.



Burleigh County Parks

Primitive camping is available at:

- Steckel Boat Landing, 292nd Ave. NW off Highway 1804
- Kimball Bottom Recreation Area, 10601 Desert Rd.
- Kniefel Boat Landing, 5716 Misty Waters Dr.

Sites are non-reservable, available on a first-come, first-served basis.

Camping at any one or more of the Burleigh County Parks for a period longer than 14 days during any 30-consecutive-day period is prohibited. Placement of camping equipment or other items on a campsite and/or personal appearance at a campsite without daily occupancy for the purpose of reserving that campsite for future occupancy is prohibited. Camping allowed only where authorized by site posting.

Hours

- 6am–10pm, unless fishing or camping

Rules

- Use of snowmobiles and off-road vehicles is prohibited except as posted.
- Vehicles may travel only on established roadway and must be parked in designated parking areas.
- Dogs must be leashed or penned. Pet excrement must be collected and properly disposed.
- Horses, cattle and other livestock prohibited.
- Discharge of firearms and propelled projectiles prohibited.
- Fires must be contained in a fire ring.
- Quiet must be maintained from 10pm–8am.
- No loud or amplified music without a permit.
- No littering.
- No glass beverage containers.
- Fireworks and firecrackers prohibited.

Eagles Park

Primitive camping is available at Eagles Park, located nine miles north of Pioneer Park on Highway 1804, just south of Double Ditch Indian Village State Historic Site. The campground is currently closed for the season.

Reservations

Campsite reservations for the 2025 season will be accepted starting Thursday, March 27. The campground will open Friday, May 2, and close Monday, Oct. 13.

30 undesignated campsites may be reserved online at www.bisparks.org or by calling 701-222-6455. The fee is \$12 per night per camping unit (powered vehicle, motorhome, camping bus, pull-type camper, tent or any other device designed for sleeping).

In addition, the entire campground (campsites only) is reservable for 1 day at \$300, 2 days at \$500 or 3 days at \$600. Call 701-222-6455 to make a reservation. Entire campground reservations open Jan. 2 for the 2025 season.

First-Come, First-Served Campsites

Four campsites with 50amp service and 60ft gravel pads are available on a first-come, first-served basis at the campground. The fee is \$20 per night per campsite and payment is only accepted by cash or check. These sites cannot be reserved in advance.



Golf Courses

All Bismarck Parks and Recreation District golf courses are affordable, well maintained and welcome all skill levels. Each course is different in landscape, the amount of time it takes to play and in playing style. Players can get on a course very easily to learn or develop the game of golf. Each course has a pro shop. Club and cart rentals are available. Walk-ups are welcome at all courses and may be placed with another group.

Hours

- June-Sept: 7am-30 minutes before sunset
 - Sept.: 8:30am-30 minutes before sunset
 - Oct. : 9:30am-30 minutes before sunset
- *Hours may change with weather conditions.

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

Pebble Creek (PC)

2525 N. 19th St. • 223-3600

- Nine-hole, par-34 course
- Natural links course running along the Hay Creek corridor
- Beginning and experienced players enjoy this short and sweet course
- Indoor and outdoor putting green
- Indoor and outdoor driving range
- Small cooler allowed if it fits into cart basket.

Riverwood (RW)

725 Riverwood Dr. • 222-6462 or 250-7677

- 18-hole, par-72 course on the Missouri River flood plain
- Parkland-style course with wide, tree-lined fairways and abundant wildlife
- Outdoor driving range and putting green; chipping and pitching practice areas
- Club house with concessions

Tom O'Leary (TO)

1200 N. Washington St. • 222-6531

- 18-hole, par-69 course in central Bismarck
- Well manicured, shorter and challenging for players of all skill levels
- Wonderful views, mature trees and wide open fairways
- Putting green and concessions
- Practice area, free to use with your own golf balls

Golf Lessons

Group or individual (adult and junior) by appointment at all facilities. For more information, contact Riverwood Golf Course at 701-222-6462 or contact Adam at 701-223-3600 for Pebble Creek Golf Course.

Toptracer Range

This ball-tracking system provides instant shot replays and statistical feedback on interactive screens, enabling you to make swing adjustments immediately.

- Fore Season Center, 2525 N. 19th St.
- 16 indoor driving bays

Golf Course Fees

Tee times are available to book eight days in advance online at www.bisparks.org.

Green Fees	Pebble Creek	Riverwood	Tom O'Leary
Daily 9.....	\$20	\$30	\$22
Daily 18.....	\$26	\$40	\$32
Junior 18 or 9 (ages 17 and under).....	\$10	\$15	\$14
Senior 9 holes (65+).....	\$18	\$23	\$19
Senior 18 holes (65+).....	\$24	\$30	\$25

- Prices include tax.

Season Passes	PC	RW	TO	All 3
Adult (23+).....	\$560	\$850	\$740	\$1,350
Household*.....	\$1,350	\$1,850	\$1,675	\$2,650
Intermediate (ages 18-22).....	\$220	\$380	\$320	\$575
Junior (ages 17 and under).....	\$125	\$210	\$200	\$275
Senior (65+).....	\$435	\$660	\$620	\$1,000

- Prices include tax.

- Season passes are half off the listed prices starting July 15.

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

Green Fee Packages

- **Pebble Creek:** 12 rounds: 18 holes \$260, 9 holes \$200
- **Riverwood:** 12 rounds: 18 holes \$400, 9 holes \$300
- **Tom O'Leary:** 12 rounds: 18 holes \$320, 9 holes \$220

Green Fee Packages Senior (65+)

- **Pebble Creek:** 12 rounds: 18 holes \$240, 9 holes \$180
- **Riverwood:** 12 rounds: 18 holes \$300, 9 holes \$230
- **Tom O'Leary:** 12 rounds: 18 holes \$250, 9 holes \$190

Golf Cart Rental

- 18 holes-\$24/seat; 9 holes-\$12/seat
- **Season Cart:** Pebble Creek, Riverwood or Tom O'Leary - \$700, All 3 - \$1,200
- The use of "Golf Boards" and/or private individual personal vehicles on the golf courses is prohibited.

Golf Cart Coupon Books

- 12 coupons/book
- 9 holes-\$120
- 18 holes-\$240

Golf Club Rental

- Juniors: \$5 for 9 or 18 holes
- Adults: \$12 for 9 holes or \$24 for 18 holes. \$40 for premium clubs.

Riverwood and Pebble Creek Driving Range Prices

- Small Basket-\$6
- Large Basket-\$12

- **Bucket of Balls coupon book:**
12 coupons for large basket-\$120

Rate per bay for up to four players

- \$15 for 30 minutes
- \$30 for 60 minutes
- Reserve online at www.bisparks.org or call 223-3600.
- The indoor driving range closes 30 minutes prior to any scheduled event or facility rental.

Ice Arenas

Capital Ice Complex

1504 Wichita Dr. • 221-6813

Capital Ice Complex is home to two sheets of ice – Schaumberg Arena and Wachter Arena. This complex hosts youth hockey, figure skating, public ice skating and roller skating. The mezzanine space is available to rent for birthday parties or business meetings.

VFW Sports Center

1200 N. Washington St. • 221-6814

The VFW Sports Center has three separate ice rinks (Rink 1, H.A. Thompson & Sons Arena and First International Bank & Trust Arena) and a curling rink. It is home to a multitude of recreational activities: hockey, figure skating, public skating and golf.

Ice Facility Rentals

- Ice rentals: \$120/hour (limited availability)
- Dry floor: \$50/hour; \$600/day (hockey rink)
- Curling Rink (VFW Sports Center): \$500/day
- Building: \$1,200/day (commercial non-ice event)
- Parking available
- Reservations: view online calendars at www.bisparks.org; call Dylan at 221-6814 to reserve open ice time

Indoor Ice Skating

Public Indoor Ice Skating

There will be skate monitors on duty during Sunday public skating. We cannot be responsible for accidents, so please be careful. No pucks or sticks.

Capital Ice Complex

1504 Wichita Dr. • 221-6813

- **Schaumberg Arena:**
Now-March 9 - Sundays: 6-8pm
- **Wachter Arena:**
Now-March 8 - Saturdays 3-5pm
* No public skating on Nov. 2 & 23, Dec. 7 & 14, Jan. 11 & 25, and Feb. 1, 8 & 15
- Skating Fee: \$5/Individual; \$10/family
- Skate Rental: \$5 each

VFW Sports Center

1200 N. Washington St. • 221-6814

- **First International Bank & Trust Arena:** Now-March 2
-Sundays: 3-5pm
- Skating Fee: \$5/Individual; \$10/family
- Skate Rental: \$5 each
- **H.A. Thompson & Sons Arena :** Nov. 12-March 6
-Tuesdays, Wednesdays and Thursdays: 12-1:15pm
* No public skating on Nov. 28, Dec. 24-26, Dec. 31, and Jan 1
- Skating Fee: FREE

*Public indoor ice skating schedule subject to change. Check www.bisparks.org for updates.

Drop-In Hockey

VFW Sports Center, H.A. Thompson & Sons Arena, 1200 N. Washington St.

- Nov. 13-March 5
- Wednesdays: 7:45-9:15pm
- * No Drop-In Hockey on Dec. 25 and Jan. 1
- Youth hockey games for Squirts to high school (ages 9-18).
- Cost: \$5 per player. Limited to 24 skaters, 2 goalies.
- Helmet with face mask, hockey gloves and skates required.
- For complete rules visit www.bisparks.org.

Puck & Stick Time

VFW Sports Center, First International Bank & Trust Arena, 1200 N. Washington St.

Open stick time is for individuals looking for little extra skate time on the ice.

- Nov. 12-March 6
- Tuesdays, Wednesdays and Thursdays: 12-1pm
- *No Puck & Stick on Nov. 28, Dec. 3-5, Dec. 24-26, Dec. 31, and Jan. 1
- Cost: Free
- Open to all ages. Helmet with face mask and skates required. Pick-up games are not permitted during open stick time.

Outdoor Ice Skating

Warming Houses are located at the following parks:

Warming House Hours

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

Bismarck Municipal Ballpark

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

Jaycee Centennial Park

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

Lions Park

- 1001 N. 17th St., 751-1827
- One hockey rink and one pleasure rink

New Generations Park

- 1021 Mustang Dr., 751-0690
- One hockey rink and one pleasure rink

North Central Park

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

Tatley-Eagles Park

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

VFW Post #1326 Family Recreational Park

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

Facilities

Fore Seasons Center

Located at Pebble Creek Golf Course, 2525 N. 19th St., 223-3600.

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

- Daily 9am-9pm

Indoor Driving Range

- 26 stations
- 16 Toptracer Range bays, see page 20 for details
\$15/30 minutes; \$30/60 minutes

Bucket of Balls

- Small basket-\$6
- Large basket-\$12
- Club rental (4 clubs)-\$5

Bucket of Balls Coupon Books (12 coupons/booklet)

- Large-\$120

Batting Cage

- \$18/30 minutes; \$34/60 minutes
- Batting Cage coupon book:
12 coupons for 30 mins. each, \$180
12 coupons for 60 mins. each, \$340

Terrific Turf Time (T3)

Toss a football, play some catch, play some lawn games, play some Frisbee, toss around a beach ball, play some soccer, do your own workout, chase kids or have them chase you.

- Bring your own equipment or use selected equipment on site. Wear sport/tennis shoes. No cleats.
- All ages and all abilities are welcome. This is not a drop-off activity. Children 8 years old and under must be accompanied by someone 16 years old or older.
- \$4 per person, maximum of \$12 per family for each session.
- T3 sessions vary, depending on facility use. Call facility for hours.

Indoor Walking

- Weekdays from 9-10am, free of charge
- Open turf field: Six laps equals a half-mile
- Challenge track: Include the stairs and driving range platform, three laps equals a half-mile

Batting Cage or Driving Range Party

- 2-hour party time
- 1 hour of batting cages or 6 large buckets of balls
- Use of open turf field with recreation equipment
- Party fee: \$175 for Driving Range; \$135 for Batting Cage (Facility is open to other customers.)

Group or Team Rentals

Fore Seasons Center can be rented for parties, practices or events.

One Field (150' x 69')	Two Fields (150' x 139')	Three Fields (150' x 208')
\$80/hr	\$160/hr	\$210/hr

Frances Leach High Prairie Arts & Science Complex

1810 Schafer St.

Dakota West Arts Council

- www.dakotawestartscouncil.org
- 222-6640
- Dakota West Arts Council works with artists and arts organizations to provide excellent, inspiring, creative and educational programming and projects for the community.



Shade Tree Players

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



THEO Art School

- www.theoartschool.org
- 222-6452
- Have a colorful, inspirational and active season with art. Check out the complete list of class offerings online.



TruNorth Theatre Co.

- www.trunorththeatre.org
- 557-1600
- TruNorth produces shows year round, specializing in small cast, ensemble works that span the spectrum of genres and periods that relate to the people of North Dakota.



World War Memorial Building

215 N. 6th St. • 222-6454

Facility Features

- Community Room
- Fitness/dance/karate room
- Three basketball/volleyball courts
- Youth gymnasium
- One racquetball court

Hours: April 1-May 26

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

Hours: May 27-Aug. 29

- Monday & Wednesday: 10am-6pm
- Tuesday & Thursday: Noon-6pm
- Friday: 10am-5pm
- Saturday & Sunday: Closed

Hours: Aug. 30-March 31

- Monday-Thursday: 10am-9pm
- Friday: 10am-6pm
- Saturday: 9am-5pm
- Sunday: Noon-9pm
- Sept. 1 Closed

WWMB Birthday Party Special

WWMB offers a balcony room with access to the indoor gym. The room include tables and chairs with plenty of space for food and gifts.

Party Perks

- 1 hour gym use
- 2 hours of balcony room use for games, gifts and food
- Fee: \$60

Pickleball

- Aug. 12-May 30
- Tuesday and Thursday: 11am-1pm
- FREE
- Played on the East Court and Lower Court
- Planning on playing pickleball? Call 222-6454 by 10am that day and we'll make sure the net is up and ready for you to play!

Ping Pong

- Bismarck Table Tennis Club meets all year on Tuesday and Thursday evenings from 6pm to close.
- Open play on five Professional Tournament Quality Tables.
- Beginner to advanced players are welcome.
- Please bring your own racket.
- For more details, contact Seth at 701-471-8908.

Racquetball

- One racquetball court
- 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 are taken one day in advance.
- Wednesday Special: \$5/hr any time during the day

Court Reservations

- \$40/hour/court
- Basketball and volleyball adult teams may reserve a court for one hour by calling 222-6454 after 8:30am on the preceding Friday starting Sept. 5.
- Sunday evenings: 5-9pm for \$30/hour

Parks

For a complete listing of parks, addresses and amenities, see www.bisparks.org.

Community Gardens

Bismarck Parks and Recreation District (BPRD) is proud to support the Community Gardens. BPRD and Burleigh County provide the land use and the water. Interested individuals and families put in their gardens, keep them weed free and enjoy the harvest. There is a fee to rent a plot.

- Bismarck Municipal Ballpark, 303 W. Front Ave.
- Elk Ridge Park, 3620 Cogburn Rd.
- Horizon Park, 4800 Durango Dr.
- Johnny Gisi Memorial Park, 2601 E. Calgary Ave.
- Missouri Valley Complex, 3715 E. Bismarck Expressway
- Tatley-Eagles Park, 602 Airport Rd.

Information on renting 2025 garden plots will be available at www.bisparks.org early next year.

Community Orchard

The Bismarck Community Orchard is located at the Clem Kelley Softball Complex, 517 W. Arbor Ave. The Community Orchard location was chosen based on public accessibility, proximity to lower income populations within Bismarck, ease of use for educational purposes and supplying food pantries.

The goal of the orchard is to provide fresh produce for the community and the Hunger Free ND Garden Program and to provide educational opportunities for using and preserving fruit. For more information about the Community Orchard, including sponsorship and volunteering, please visit www.bisparks.org/parks-trails/community-orchard.

Disc Golf Courses

The Bismarck Parks and Recreation District maintains an 9-hole disc golf course within Lions Park, 1601 E. Boulevard Ave. There is also a 18-hole disc golf course within General Sibley Park located on S. Washington St. For league and tournament information, visit discgolfnd.pbworks.com.

Dog Park-Century Bark Park

700 E. Century Ave.
Please park in the parking lot west of Century High School to enjoy the four dog park fields.

- Daily 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.
- Furry Field is for all dogs.

These off-leash fields are gated, and bags are provided for clean-up. For a complete list of safety rules for people and pets, visit www.bisparks.org or pick up a list at the Bismarck Parks and Recreation District offices at 400 E. Front Ave. 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 are invited to experience Imagination Playground in a Box, a 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.

June-Sept.

Saturdays • 10am-1pm
BisMarket, Kiwanis Park, 318 S. Washington St.

Oct.-May

World War Memorial Building, 215 N. 6th St.



McDowell Dam Recreation Area

1951 93rd St. NE. • 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 (can be reserved for special occasions), horseshoe pits, a small concessions area, a playground and modern restrooms. There is a paved trail on the grounds and wooded area for nature walks or runs. There is also a nature trail encircling the banks of McDowell Dam.

Park Hours Year Round

Sunrise to sunset

Equipment Rentals

Memorial Day Weekend - Labor Day Weekend

Hours: Monday-Friday: 1pm-9pm; Saturday-Sunday: 11am-9pm

Paddleboat, Paddle Boards, Canoe, Kayak (single and tandem)

\$6/half hour; \$10/hour; \$14/hour and half

Shelter Reservations

- See page 25.
- Full day: \$70; Half day: \$40 (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, 1601 E. Boulevard Ave., and Sons of Norway Park, 1502 E. Bismarck Expressway. 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

Bismarck Parks and Recreation District owns and manages more than 3,500 acres of parkland. Our parks are open year-round; however, some facilities operate on a seasonal basis.

Park Hours

Park hours vary depending on location. Please check posted signage regarding hours. Park restrooms are scheduled to open in mid-May and close in mid-October, depending on 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 Walt Neuens Memorial Horse Arena and Atkinson Nature Park.
- 5) Fires are restricted to fire pits and grills.
- 6) Posting of posters and advertisements is prohibited.
- 7) Vendor permits are required.
- 8) Discharge of weapons is prohibited.
- 9) Pets must be on a leash, except at the dog park, and please clean up after your pets. Only service animals are allowed in buildings, including indoor park shelters.
- 10) Hunting, trapping or killing of animals or birds is prohibited.
- 11) No overnight camping is allowed in any city parks.

Bismarck Forestry Division

The mission of the Bismarck Forestry Division is to manage and improve the health of the urban forest while enhancing the quality of life for our growing community. The Forestry Division manages the trees on city and park district properties, as well as organizes Bismarck's annual Arbor Day ceremony each May.

Contact the Forestry Division at 701-355-1700, option 3, or visit www.bismarcknd.gov/101/Forestry for more information.

Trails, Recreational

The Bismarck Parks and Recreation District provides more than 78+ miles of paved and unpaved recreational trails to the public. A map of the trail system is posted at www.bisparks.org.

Educational Trails

Atkinson Nature Park

1921 Riverwood Dr. - This natural wooded area has a 1.65-mile hiking and horse trail with interpretive panels and lessons. Watch the 4,000 trees that are planted here grow up.

Bill Mills Nature Trail

300 Riverside Park Rd. - This quiet 0.8-mile gravel trail provides views of the river and its peaceful backwaters. Learn how the Missouri River is important to our history and community and how it provides vital habitat for seasonal and year-round animal species.

Chief Looking's Earthlodge Village Interpretive Trail

2023 Burnt Boat Dr. - This 0.55-mile trail is as enjoyable as it is educational. This trail covers the layout and features of the earthlodge village occupied by the Mandan Indians dating back to 1675.

General Sibley Park and Campground Interpretive Trail

5001 S. Washington St. - Stroll along this 0.6 mile interpretive trail and involve yourself with the historical and environmental panels that tell a unique story. The trail winds along the western edge of the park, with views of the mighty Missouri River.

Rotary Club Arboretum Trail

Corner of Divide Ave. and College Dr. - This gravel trail is designed to showcase a variety of plant life, including native trees and shrubbery, as well as non-native plant life. The George Bird Rotary Park Arboretum Trail is a cooperative project of the Park District, Bismarck Forestry Division and Bismarck Rotary Club.



Shelter Reservations – Available Online

Shelters (outdoor picnic and indoor centers) may be reserved for 2024 and 2025. Reservations for 2026 will open online on Thursday, Jan. 9, at 8am. On Jan. 9, staff will handle in-person reservations first and then return voicemail messages in the order they are received. Anyone who can make reservations online is encouraged to do so, as this is the fastest option to reserve space for your event.

Reserve shelters online at www.bisparks.org using the blue Online Account button on the homepage. Or call BPRD at 701-222-6455 or visit the Administrative Office at 400 E. Front Ave. (7:30am-5pm Monday through Friday). Reservation requests by email are not accepted. Payment is due at the time of reservation.

Outdoor Shelter Reservations

The park district has many parks with picnic shelters or smaller shade structures. Most shelters can be reserved. Amenities at each shelter, such as electricity, picnic tables, grills and restrooms, vary. Visit www.bisparks.org for a list of amenities by shelter, along with photos and park maps.

	Full Day: 8am–11pm	Half Day: 8am–3pm or 4–11pm
Outdoor Park Shelters	\$70.....	\$40.....
General Sibley Park Amphitheater , 5001 S. Washington St.....	\$50.....	\$35.....
– For-profit rentals.....	\$110.....	\$65.....
Custer Park Stage , 320 E. Custer Park St.....	\$50.....	\$35.....
– For-profit rentals.....	\$110.....	\$65.....
Sleepy Hollow Shelter , 2899 E. Divide Ave.	\$90.....	\$70.....

*General Sibley Park and McDowell Dam Recreation Area close at sunset.

Indoor Community Room Reservations

These spaces are multi-use, indoor buildings that are heated and air conditioned. Visit www.bisparks.org for a list of amenities for each space, as well as photos and floor plans.

	Full Day: 8am–11pm	Half Day: 8am–3pm or 4–11pm
Hillside Aquatic Complex , 1719 E. Boulevard Ave.....	\$275.....	\$225.....
– For-profit rentals.....	\$550.....	\$450.....
Lions Park Community Center , 1001 N. 17th St.....	\$150.....	n/a.....
Farwest Rotary Community Center , 1021 Mustang Dr.....	\$150.....	\$100.....
Jaycee Leadership Hall , 321 E. Century Ave.	\$150.....	\$100.....
Sertoma Club Community Center , 300 Riverside Park Rd.....	\$150.....	\$100.....
– For-profit rentals (Lions, Farwest, Jaycee, Sertoma).....	\$300.....	\$200.....

Shelter Refunds

- Outdoor park shelter reservation cancellation requests must be made at least 7 days prior to the reservation date to be considered for a refund. There is a \$5 fee for all cancellations.
- Indoor shelter (community room) reservation cancellation requests must be made at least 28 days prior to the reservation date to be considered for a refund. There is a \$10 fee for all cancellations.

Joann Hetzel Memorial 4-H Building

Located within the Missouri Valley Complex, this space at 3715 E. Bismarck Expressway offers an open floor plan for large gatherings. A Rental Guide with details is posted at www.bisparks.org. Call 701-222-6455 to inquire about availability and secure rental space (email requests are not accepted).

Picnic Equipment Rental

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

All equipment is available on a first-come, first-served basis at the World War Memorial Building, 215 N. 6th St., for a \$50 deposit plus a \$15 use fee. Equipment is for citizens who rent spaces from Bismarck Parks and Recreation District only. Deposit will be returned if equipment is returned cleaned within three days. Please call 701-222-6454 for additional details.

Alcoholic Beverage Permits

Anyone wishing to have alcoholic beverages in parks and recreation areas, where allowed, must obtain a beverage permit at the Bismarck Parks and Recreation District office, 400 E. Front Ave. You must be 21 years of age to purchase a permit.



Aquastorm Swimming/Diving Club

Aquastorm is a competitive swim team that competes in a fall/winter season (October-March) and a summer season (May-July). Members range in age from 5 to 18. Practice and coaching are ability based. Aquastorm's Head Coach is Jeff Steele.

For more information on the Aquastorm swim team, contact Thomas Wheeling at programdirector@aquastormswimming.com or go to aquastormswimming.com.

BisMan Bombshellz Roller Derby

The BisMan Bombshellz is a local roller derby league that promotes the sport of women's flat track roller derby by fostering an environment of teamwork, empowerment, athleticism and community involvement. Roller derby is a fast action full-contact sport on roller skates where "jammers" score points by lapping the opposition and "blockers" try to stop them.

Games are played at the Capital Ice Complex, 1504 Wichita Dr., April through September. For more details about games or joining, visit bismanbombshellz.com.

Bismarck Bobcats

The Bismarck Bobcats are a perennial top hockey team in the prestigious North American Hockey League. Established in 1997, the Bobcats have been providing great hockey and terrific entertainment! The action is fast and furious and the crowds are nutty fun.

You can get our schedule at bismarckbobcats.com or call 222-3300 to party like a Bobcat! GO CATS GO!

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 bismarckfigureskatingclub.com.

Bismarck Gymnastics Academy

Bismarck Gymnastics Academy (BGA), in partnership with Bismarck Parks and Recreation District, provides high-quality gymnastics programs for children ages 18 months to 18 years. Our programs emphasize building strength, flexibility, self-confidence, and other valuable skills that benefit not only gymnastics but also other sports and life in general.

We offer quarterly class registration, open to all. BGA proudly supports a USAG competitive team, Show Team, and recreational classes, giving athletes opportunities to compete at advanced levels. Additionally, our "open gym" sessions allow the public to enjoy supervised, unstructured time in the gym.

For more information, visit bismarckgymnastics.org.

Bismarck Hockey Boosters

The Bismarck Hockey Boosters Association provides quality youth ice hockey programming. Newcomers to ice hockey are invited to participate in the Intro to Hockey program, which takes place in October. The regular season is held from October to March. Registration begins in July. Summer programming and youth camps may also be available. For more information on youth hockey, go to bismarckhockey.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 bismarckhorseclub.com.

Bismarck Larks

Looking for FUN for the whole family? Look no further than the Bismarck Larks! They are more than a baseball team. Larks games provide non-stop entertainment including in-between inning promotions, giveaways, inflatables, mascots, and the largest videoboard in ND. The Larks play in the Northwoods League, a summer collegiate baseball league with 24 teams across the Upper Midwest. In 30 years, over 350 players reached the MLB. Enjoy delicious food, top-notch baseball and entertainment for all at a Larks game. For more information or to get tickets, visit larksbaseball.com.

Bismarck Mandan Bird Club

Bismarck Mandan Bird Club is all things about wild birds in our area for novice to expert birdwatchers. Visit these sites for more information about field trips, field guide books, bird identifications, meetings and presentations.

facebook.com/groups.BisManBirdClub
bismanbirding.wordpress.com
[email bismanbirding@gmail.com](mailto:bismanbirding@gmail.com)

Bismarck-Mandan Lacrosse

Lacrosse continues to grow in Bismarck-Mandan. Watch for our Try Lacrosse clinics! The season runs April to June for kids grades K-12. Boys and girls are separate, as the game and equipment are different. Players are grouped by age. All participants are required to have a USA Lacrosse membership and must provide their own stick and protective equipment, but we do have some rental gear available. Practices and games are held during the week, while travel teams play games on 5-6 weekends throughout the Dakotas. Visit bismanlacrosse.org for more information.

Bismarck Mandan Pickleball

Bismarck Mandan Pickleball was established to promote pickleball in the Bismarck Mandan area through advocacy, education, leagues and tournaments. Please consider becoming a member of the Bismarck Mandan Pickleball Club. bismarckmandanpickleball.com

Bismarck-Mandan Tennis Association

Looking to play the "world's healthiest sport"? Tennis has the incredible power to add years to your life - and life to your years!

Bismarck-Mandan Tennis Association (BMTA) is passionate about promoting, supporting and growing tennis in our community. We offer an exciting variety of leagues, tournaments, drills, and socials designed to encourage friendly competition, foster community and build skills. BMTA welcomes players of all ages and abilities. Ready to have fun, boost your fitness and make new friends? Visit BMTA.USTA.com to learn more and start playing today!

Bismarck Men's & Women's Slowpitch Softball Associations

Men's: For more information, visit bismarcksoftball.com.

Women's: To be eligible to play, girls must be 13 by Dec. 31, 2024. Check the Bismarck Women's Slowpitch softball website and Facebook page for additional information. Any questions can be directed to bwssa@live.com.

Bismarck Table Tennis Club

Bismarck Table Tennis Club meets at the World War Memorial Building, 215 N 6th St., Tuesday and Thursday evenings at 6:30pm as well as Sundays at 1pm starting September 1. There is open play at no cost. Beginners to advanced players are welcome. Please bring your own racket. For more information go to bismarcktabletennis.com or contact Seth at 701-471-8908.



**BISMARCK
RECREATION
COUNCIL**

Formed in 1984, Bismarck Recreation Council (BRC) is the foundation and fundraising arm of Bismarck Parks and Recreation District.

BRC donors have helped fund numerous capital campaigns through the years.

Visit www.bisparks.org/brc or call Kevin at 701-222-6455 for more information.

Bismarck Youth Baseball

Established in 1991, Bismarck Youth Baseball (BYB) is a nonprofit youth baseball organization for ages 6-19 in the Bismarck area. BYB offers both recreational and competitive baseball programs. In 2024, BYB expanded its community-based program to include Babe Ruth and American Legion baseball. As a community-based program, we are "A Kid First Organization" and aim to provide baseball opportunities for all skill levels. BYB is a chartered member of Cal Ripken, Babe Ruth, and American Legion baseball associations. For the most up-to-date registration information, visit bismarckyouthbaseball.org.

Bismarck Youth Fastpitch Softball Association

The goal of BYFSA is to enable players to learn the game of fastpitch softball in a fun and stimulating environment. Primary focus is placed on developing the skills necessary to help players age 5-18 to succeed and be the best softball players they can be. Our programs include summer league, competitive travel teams, and camps/clinics throughout the year. Visit bismarckfastpitch.com for all program details and to register.

Invest in the Future of Parks and Recreation in Bismarck

Bismarck Recreation Council Endowment Fund

The BRC Endowment Fund accepts gifts from those interested in making a permanent impact in our community by supporting the future of public parks and recreation.

The fund supports park district recreational programs and facilities, focusing on youth activities and scholarships.

North Dakota residents and businesses may qualify for a 40 percent state tax credit on the value of their endowment gift, even those who don't itemize. All donations are tax deductible to the extent provided by law.

Visit www.bisparks.org/brc or call Kevin at 701-222-6455 to make a donation.

Bismarck Youth Football League

The Bismarck Youth Football League (BYFL) is a local organization operated for the benefit of children entering grades 3-6 in the fall of the year who wish to participate in the game of tackle football. The BYFL consists of two football age divisions-3rd-4th grade and 5th-6th grade with practices beginning in August.

The emphasis of the program is to inspire youth to develop life skills of sportsmanship, character, teamwork and have fun playing football. For more information, visit bismarckfootball.com.

BisMarket

BisMarket is your community farmers market! BisMarket includes fresh, local foods, ready-to-eat foods, baked goods, kid's activities, music, and more. BisMarket accepts SNAP benefits and has a Double Up program. BisMarket also opens the Imagination Playground during its market hours. The Saturday market begins the first Saturday in June and wraps up in October. For more information on location, days and times, visit bismarket.com or like us on Facebook!

Burleigh County 4-H

Looking to try something new? 4-H provides hands-on, real life experiences through projects, activities and events to all youth in Burleigh County ages 5-18. Make new friends at monthly club meetings or project days, or attend 4-H camp. No matter what your interest is, 4-H provides activities related to STEM, pets, photography, baking, woodworking, gardening, welding, sewing, hippology, livestock, and so much more.

For more information on how to enroll in 4-H, contact Burleigh County Extension at ndsu.burleigh.extension@ndsu.edu or call 701-221-6865.

Capital Curling Club

Have you ever watched curling on TV and thought, "I'd like to try that!" or "How hard can that be?" If so, the Capital Curling Club is the place for you! We offer something for everyone, from the skeptic beginner to the passionate future Olympian! Our corporate events and instructional programs are open to all ages and ability levels. The club even has equipment available for new curlers to use. Winter leagues, learn-to-curls, and youth programs are forming now. Visit us on Facebook or at capitalcurlingclub.org.

Central Dakota Resilience Track & Field

This new competitive track club is for youth ages 4 and up. The club provides an opportunity for strengthening of skills, conditioning and competition with the chance of qualifying for regional and national meets. The club provides opportunities for running and field events. Find more information about coaches, schedules and registration at centraldaktrack.weebly.com.

Dakota Junior Golf Association

Founded in 1988, the Dakota Junior Golf Association (DJGA) was developed to provide and promote junior golf activities. The mission of the organization is to grow the game through instruction and competition. DJGA is committed to becoming the premier junior golf organization in the Upper Midwest & creating the next generation of lifelong golf enthusiasts. DJGA:

1. Teaches golf by holding youth clinics and instructional classes conducted by qualified instructors.
2. Provides the opportunity for participation in competitive golf activities by junior golfers, including organizing and conducting junior golf camps and tournaments.
3. Encourages the development of a lifelong recreational activity, emphasizing good sportsmanship, self-discipline and an enjoyable experience.

For more information, visit djga.org.

Dakota United Soccer Club

The primary goal of Dakota United Soccer Club is to provide a quality opportunity to children from the age of 4 through 6th grade. We welcome all playing abilities in an environment that is designed to support athletic and personal development. Our academy program is led by experienced, paid coaching staff who teach the fundamentals of soccer through fun and engaging practices. Recreation leagues are provided in the spring and fall where players will practice once a week and scrimmage on Saturdays. Visit dakotaunitedsoccer.com for more information and registration.

Dakota West Arts Council

Dakota West Arts Council (DWAC) is the arts council of North Dakota's Capital City of Bismarck. DWAC serves as an umbrella arts agency and the voice of arts and culture in the area. DWAC's mission to "bring the arts to the everyday" happens through advocacy, community engagement, partnerships, and collaboration. We provide accessible arts programming and public arts projects by supporting artists and peer organizations in our city with an emphasis on underserved populations. DWAC is a 501(c)(3) nonprofit organization. Find out more at dakotawestartscouncil.org.

Dakota Zoo

The Dakota Zoo is open year-round, so be sure to grab your stocking hat and mittens for a fun day at the Zoo! Dakota Zoo features a number of special events that occur throughout the winter months including our ever-popular Zoo Boo as well as Storytime and Photos with Santa. The Zoo also puts on many educational camps, keeper led animal presentations and additional animal-related activities that are sure to be a delight for the entire family. For more information and a schedule of upcoming events, call 701-223-7543 or check our website at dakotazoo.org.

Winter Hours: October to late April, Friday, Saturday and Sunday from 1-5pm

Dreams in Motion Adaptive Sports

Dreams in Motion offers competitive and recreational sports programs for youth and adults with mobility challenges or visual impairments. The organization offers wheelchair basketball, sled hockey, soccer, dance, downhill skiing, track and field, tennis, and more. Programs are free and open to all ages and skill levels. Equipment and coaching are provided; and the organization offers scholarships and raises funds for athletes and participants to travel to sanctioned events. Dreams in Motion is a member of Move United.

More information is available at dreamsinmotioninc.com or email dreamsinmotioninc@yahoo.com.

Fastrax BMX

Interested in trying BMX? The first race is FREE. Loaner helmets and bikes available. Join anytime!

Fall Schedule: Race every Sunday. Registration from 12-1pm. FREE Practice every Tuesday from 6-8 pm.

Race Categories:

- Balance Bikes: 5 and under
- Class Bikes: tire size of 20" or smaller
- Cruiser Class: tire size of 24" or larger

Check out bismarckfastrax.com or Facebook for more information.

Flickertail Woodcarvers

Learn to craft handmade wooden carving projects while trading ideas with other carving enthusiasts. The Flickertail Woodcarvers have regular meetings, whittle-ins twice a month in the winter and a potluck gathering during the summer months. We provide frequent learning and sharing opportunities for new and experienced woodcarvers. Never carved before? Come join us, and we'll teach you how. We have more formal class sessions in fall and spring for beginner carvers.

For more information, visit flickertailwoodcarvers.org or find us on Facebook.

Girl Scouts - Dakota Horizon

Girl Scouts provides every girl the opportunity to build courage, confidence and character to make the world a better place. We offer programs to meet girls where they are and how they want to participate. Girls can join a troop for the traditional Girl Scout experience or go solo by earning badges and attending programs independently. Girl Scouts is made to fit her interests and her schedule.

Available for girls in grades K-12, we offer a diverse range of age-appropriate programs and activities year-round, including our entrepreneurial programs, unique outdoor camps and community service opportunities. To learn more, visit our website, gsdakotahorizons.org, call us at 1-800-666-2141 or send us an email at help@gsdakotahorizons.org.

GO! Bismarck-Mandan

Go! Bismarck Mandan is a coalition of local organizations and individuals that work together to "build a healthier community where we live, learn, work, and play." The coalition shares information regarding programs, activities, and resources that highlight healthy living, local foods, physical activity, and built environment improvements.

For more information, visit 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 facebook.com/BisManHorseshoes.

Magic Soccer F.C

Magic Soccer F.C is an elite youth soccer club offering high level, year round programs. The program is player centered and results driven. We take pride in skills development. The goal of Magic Soccer F.C is to be the best club in the region and develop youth players who are capable to compete at the national and international level. For more information, please visit magicsoccerskills.com.

Midwest Adult Hockey League

The Midwest Adult Hockey League (MAHL) is a very competitive hockey league that plays in Bismarck and Mandan from September through March. Currently, there are 13 teams that play each week on Sundays, Wednesdays and Fridays. Summer league, Friday Noon Skate and Pre-Season games are pick-up style and a good way to get on a team.

We are always looking for more players and teams to join our fast-paced league! Find us on Facebook by searching "Midwest Adult Hockey League."

Missouri River Adult Hockey League

The Missouri River Adult Hockey League (MRAHL) is an amateur Adult hockey league operating in the Bismarck/Mandan area of North Dakota. The league has grown from a few players in 1997 to 18 teams currently in two different divisions. The league promotes officiated games in a fun, safe playing environment with no checking.

For more information, visit www.mrahl.com.

Missouri Slope Model Aero Club

The Missouri Slope Model Aero Club (MSMAC) flying field is located just south of McDowell Dam. MSMAC offers a family oriented fun environment for watching or learning to fly model aircraft of all sizes. Spectators are always welcome. For information on any club events or matters, please contact: Doug Arndt at 391-0840. Visit msmacrc.org.

Nishu Bowmen Archery Club

The Nishu Bowmen Indoor/Outdoor Archery Complex, 1409 Riverwood Drive, is maintained by the Nishu Bowmen Archery 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. Nishu Bowmen has affiliations with the NDBA and the NFAA. For more information, visit nishubowmen.com or find us on Facebook.

The 2025 Spring-Summer Activity Guide will be posted online in March:

- activity centers • adaptive programs • archery • baseball • basketball • disc golf • golf
- July Celebration • roller skating • safety village • soccer • tennis • volleyball • and more!

North Dakota Game & Fish Department

Outdoor Wildlife Learning Site located adjacent to the North Dakota Game and Fish Department headquarters office at 100 N. Bismarck Expressway. Bicycles and pets are not permitted. Portable restroom June-August. Fishing: Open during daylight hours. Catch and release only. No bait restrictions. Bluegill, trout, bass and catfish. Fishing license required 16 and older. Handicap accessible. Walking trails, bird watching and nature photography: prairie, wetlands, tree and shrub plantings, and a creek flows through the area. A self-interpretive guide and map is available. For more information, visit gf.nd.gov.

Northern Plains Dance

Northern Plains Dance is known for producing professional-quality productions and unforgettable experiences for the community. Classes in all styles of dance encourage students to lead an active and healthy lifestyle, while building confidence and nurturing creativity. Northern Plains Dance's programs benefit more than 20,000 community members each year. northernplainsdance.org
701-530-0986

Riverwood Men's & Women's Golf Associations

The Riverwood Men's and Women's Golf Association are nonprofit organizations intended to promote the game of golf by providing golf handicaps and organizing league and tournament competitions for its members. The associations operate solely on membership dues, tournament and league entry fees, and business sponsorships.

The Riverwood Women's Golf association has a Wednesday morning and Wednesday evening league. Golfers can choose to golf in the morning starting at 8:30am or set a tee time for the afternoon or evening. Tee times can be set one week in advance. Casual play, with tee times made in advance, is also encouraged on Monday and Friday AM.

Membership applications and additional information is available at the Riverwood Pro-Shop or on [facebook.com/RiverwoodMensGA](https://www.facebook.com/RiverwoodMensGA) or [facebook.com/groups/134582623355123](https://www.facebook.com/groups/134582623355123).

Scouting America

Scouting America is for boys and girls who want to experience an outdoor adventure. We have two distinct programs: Cub Scouts (Grades K-5) and Scouts BSA (Ages 11-17) that offer a wide range of opportunities such as camping, leadership skills, teamwork, hiking, and more! Our program is designed to provide opportunities in leadership, citizenship, personal fitness, and character. To learn more, contact the Bismarck Scout Center at 701-223-7204 or beascout.org.

Shade Tree Players

Shade Tree Players is a local theatrical group for children 7-18 years old. This educational group focuses on teaching skills and techniques to becoming confident actors. Shade Tree Players offers year-round programming!

2025 Winter Classes:
Heat up your performance by developing your physical theatre skills this winter with Shade Tree Players! Shade Tree will be offering a variety of physical theatre opportunities, such as stage combat and dance for theatre.

Follow us on Facebook and Instagram for more information and registration details. dakotastage.org

Sleepy Hollow Theatre & Arts Park

SHTAPS is the only venue/programming of its kind in the entire state. Showcasing Broadway-style musicals outdoors under the stars, in an attractive park setting, it annually attracts thousands of people to the capital city with professional level lights, sound, sets and costumes on their 100 ft. stage.

Under the direction of professional directors, young people entering 1st grade-graduating seniors provide quality entertainment while learning character building skills that positively impact their lives. And they enjoy a summer outdoors! Sleepy Hollow Arts Park features sidewalks, accessible parking, seating and bathrooms plus attractive wedding/event venues. Professional signage for the deaf is offered at specific show performances. Visit www.shtap.org or call Susan Lundberg, E.D., at 701-319-0894 for more information.

Special Olympics

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

Any individual with an intellectual disability, 8 years or older, is eligible to participate in Special Olympics. Sports offered include unified soccer, unified and traditional bocce, bowling, basketball, snowshoeing, cross-country skiing, unified volleyball, swimming, powerlifting, and track and field. 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.

Want to get involved? Volunteers are needed year-round in Bismarck/Mandan and throughout North Dakota to coach, officiate, participate as a unified sports partner, or be a day-of volunteer to work at tournaments. For further information, to volunteer or to participate, contact Special Olympics North Dakota at 1-800-279-4201 or info@specialolympicsnd.org. Visit us on our website at specialolympicsnd.org.

Super Slide Amusement Park

Located within Sertoma Park, the Super Slide Amusement Park has been locally owned and operated for over 50 years. The park features a 160 foot 6-lane super slide. Other attractions include a ferris wheel, carousel, teacups, rock climbing wall, batting cages, an 18-hole mini golf course, bank shot basketball, go carts, bumper cars, water wars, critter train, bounce house, swing ride, and North Dakota's only roller coaster. The concession stand includes ice cream, hot dogs, nachos, slushies, and more! For more information, call 255-1107 or visit ndsuperslide.com.



Santa's Hotline!
Register by 5pm on Dec. 12 to get a free personalized phone call from Santa or Mrs. Claus on Tuesday, Dec. 17.





COOKIES & CRAFTS
Saturday, Dec. 14

Join us for a happy holiday party for families with children pre-school through 5th grade. Everyone will DECORATE SUGAR COOKIES and make two different HOLIDAY CRAFTS. We'll supply the elf helpers and all the materials.

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 Programs and Partners section.

Online at www.bisparks.org

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

Walk-In or Mail-In

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

After Hours Drop Box

400 E. Front Ave.
Bismarck, ND 58504

Refund Policy

- Participants in BPRD adult and youth programs will receive a full refund when the program is cancelled or has not officially begun.
- All refunds will be issued in the form of a check or credit, if applicable, for programs.
- The issuance of a refund check will take 10-12 working days and will be mailed to the participant.

To complete the registration form below:

- Use one form per child. Be sure information is correct and the program code number is listed. (Multiple code numbers may be listed on one form if 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 for fraud or willful injury to person or property, nor for any violation of law. This release is intended to and releases only claims for negligence and/or non-willful or non-criminal claims. **I HAVE READ AND FULLY UNDERSTAND THE ABOVE AGREEMENT OUTLINING MY ASSUMPTION OF RISK AND WAIVER AND RELEASE OF ALL CLAIMS.**

Participant or Parent/Guardian Signature _____ Date _____

Activity	Code #	Fee	Cash/Check # _____ /Credit Card _____
Participant (First, Last)		Participant D.O.B.	Age _____ Grade (2024-25) _____
Address		City, State, Zip	
Email		Phone (H / W / C) _____	Phone (H / W / C) _____
Does participant need any modifications due to a disability? If so, please explain.			
Parent/Guardian (First, Last)		Parent/Guardian D.O.B.	Phone (if different than above)

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

ADA Access and Inclusion Solution Process

This ADA Access and Inclusion Solutions Process (ADA Solutions Process) may be used by anyone who believes that a Bismarck Parks and Recreation District (BPRD) program, service, or facility is not available to them because of their disability. The ADA Solutions Process does not apply to the employment relationship between BPRD and its employees, which is governed by the BPRD Human Resource Policy and Procedure Handbook.

Solutions Process Steps

Step 1: Submit a Written Request for Solution

A Request for Solution should be made in writing and contain information about the issue requiring a solution. There is a preferred Request for Solution Form for this purpose available on the BPRD website or by request from BPRD's ADA Coordinator. The information provided should include, at a minimum, the name, address, email, and phone number of the person seeking a solution and the location, date, and a brief description of the issue and the requested solution.

Upon request, BPRD will accept alternative means of making a Request for Solution, such as through a face-to-face discussion with BPRD staff or via the submission of a recording or audio file containing the relevant information.

The Request for Solution should be submitted to BPRD's ADA Coordinator by the person with a disability, or their authorized representative, as soon as possible but no later than 60 calendar days after the date on which the issue first arose or occurred:

ADA Coordinator: RaNae Jochim

Phone: 701-222-6455; Email: rjochim@bisparcs.org; Address: 400 East Front Avenue, Bismarck, ND 58504

The Request for Solution may be submitted by U.S. mail, email, or hand delivery.

Step 2: Schedule a Meeting

Within 7 calendar days after receipt of the Request for Solution, the ADA Coordinator, or designee, will schedule a meeting with the person seeking a solution to discuss the Request for Solution and the possible solutions.

The communications to schedule the meeting may take place by phone, by text, in person, or by email. The meeting shall occur within 15 calendar days after the ADA Coordinator's receipt of the Request for Solution.

Step 3: Meeting to Discuss the Request for Solution

Within 15 calendar days after receipt of the Request for Solution, the ADA Coordinator, or designee, will meet with the person seeking a solution to discuss the Request for Solution and the possible solutions. The meeting may take place in person, virtually, or by phone based on the preference of the person requesting a solution. The person requesting a solution may bring other persons to the meeting, such as a family member, advocate, or attorney, but must provide advance notice to the ADA Coordinator regarding the attendance of an additional person(s) and their relationship to the person seeking a solution. The ADA Coordinator may reasonably limit the number of persons attending this meeting. Other BPRD staff may also attend the meeting at the request of the ADA Coordinator.

Step 4: Provide a Solution

Within 15 calendar days of the meeting, the ADA Coordinator, or designee, will provide a written decision regarding the Request for Solution. Where appropriate, the response will be provided in a format accessible to the person seeking the solution, such as large print, Braille, or audio format. The response will explain the position of BPRD and offer a solution, if available, to the Request for Solution. There may be times where more than one solution will be effective, and in such cases, the written response will describe the possible solutions.

Step 5: Appealing a Request for Solution Decision

If the response by the ADA Coordinator, or designee, does not satisfy the person requesting a solution, they and/or their authorized representative may appeal the decision to the Executive Director, or designee, within 5 calendar days after receipt of the ADA Coordinator's response. An appeal made more than 5 calendar days after the receipt of the ADA Coordinator's response will not be considered.

Within 15 calendar days after receipt of the appeal, the Executive Director, or designee, will meet with the appellant to discuss the appeal and the original decision regarding the Request for Solution. The meeting may take place in person, virtually, or by phone based on the preference of the person requesting a solution.

Within 15 calendar days after the meeting, the Executive Director, or designee, will respond in writing, and, where appropriate, in a format accessible to the appellant, with a final resolution of the appeal.

BPRD Designees: The ADA Coordinator and Executive Director may delegate their authority to act under this ADA Solutions Process to other BPRD personnel as their designees. The person requesting a solution will be informed, in writing, when such a delegation of authority has been made.

Authorized Representative: The person requesting a solution may be represented throughout the steps of the ADA Solutions Process by a representative authorized to act on the requester's behalf. The person requesting a solution must inform BPRD in writing when a representative is authorized to represent the requester's interests before BPRD.

Deadlines: When a deadline for an action under this ADA Solutions Process falls on a weekend or holiday, the deadline will be extended to the next working day the BPRD main office is open for business. Deadlines for actions to be taken by BPRD may be extended, in writing, by the Executive Director where business necessity warrants or by mutual agreement of the parties. Deadlines for actions to be performed by the requesting party may be extended only by mutual consent of the parties.

Costs: BPRD and the requesting party will each bear their own costs incurred in participating in the ADA Solutions Process. BPRD will not charge a surcharge to persons with disabilities to cover the cost of implementing measures taken to comply with the requirements of the ADA.

Records: Records related to the ADA Solution Process, including all written requests, appeals, and responses, will be retained by BPRD for a minimum of six years from the date of final disposition.

Other Options: BPRD believes an internal solution is an effective and efficient approach to accessibility and inclusion issues, offering greater flexibility to all parties. That said, participation in the ADA Solutions Process is not a prerequisite to pursuing any other options for bringing an ADA-related complaint provided by law. Members of the public are free to seek a resolution to their complaints through the appropriate federal agencies or the courts.

Information: Bismarck Parks and Recreation District is committed to access and inclusion and believes that both make Bismarck a better community. To further discuss access and inclusion issues and initiatives, contact the ADA Coordinator at 701-222-6455 or rjochim@bisparcs.org.

Approved by the Board of Park Commissioners March 21, 2024

Title VI Nondiscrimination Policy Statement

The Bismarck Parks and Recreation District's Title VI Nondiscrimination Policy Statement and supporting materials can be found at www.bisparcs.org under Park Board/Ordinances and Policies.

Employment Opportunities

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

- Adult Basketball Officials, Scorekeepers & Supervisors
- Adult Volleyball Officials & Supervisors
- BLAST Supervisors (after-school positions)
- Facility Attendants & Front Desk Staff at BSC Aquatic & Wellness Center
- Facility Attendants, including Zamboni drivers, at Capital Ice Complex & VFW Sports Center
- Facility Attendants at World War Memorial Building
- Group Fitness Instructors & Personal Trainers
- Lifeguards
- Open Gym Supervisors
- Swimming Instructors
- Warming House Attendants
- Youth Basketball Coordinators, Coaches & Officials
- Youth Volleyball Coaches, Coordinators & Officials

Application forms are available online at www.bisparks.org/jobs or at our office, 400 E. Front Ave., Bismarck, ND 58504.

EOE

REGISTER FOR PROGRAMS AT
WWW.BISPARKS.ORG

follow us on social media

