

# 2024 July Celebration

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## Celebrating National Park & Recreation Month

*See event details on back.*

	<p><b>1</b> FREE Park Clue June 21-July 3 Normandy Park</p> <p>FREE Photo Contest - July 1-31 Enter and you could win a prize package from BPRD.</p>	<p><b>2</b> FREE Junior Golf Tuesdays &amp; Thursdays 7:30-11am Riverwood, Pebble Creek, Tom O'Leary Golf Courses</p>	<p><b>3</b> FREE - FitLot Drop-In Classes - 11:30am-12:15pm Wednesdays Jaycee Centennial Park</p> <p>FREE - Kid's Summer Stage 12-1pm - Wednesdays Custer Park</p> <p>FREE - Golf Advice 6:30-7:30pm - Wednesdays Riverwood Golf Course</p>	<p><b>4</b></p> <p></p>	<p><b>5</b> 50% OFF Toptracer Range 5-9pm July 5, 19 Fore Seasons Center</p>	<p><b>6</b> BisMarket 10am-1pm, Saturdays Kiwanis Park</p> <p>FREE Dakota Zoo Program 2-2:30pm General Sibley Park</p>
<p><b>7</b> Golfing with Youth Fri-Sun Juniors play FREE with paying adult after 5pm - Riverwood Golf Course - \$30, Tom O'Leary Golf Course - \$28, Pebble Creek Golf Course - \$25</p>	<p><b>8</b> FREE FitLot Method Circuit Training Series 5:45-6:30am Mondays &amp; Wednesdays Jaycee Centennial Park</p>	<p><b>9</b> Explore the educational Chief Looking's Village trail today.</p>	<p><b>10</b> FREE Pickleball Mixer 9am-12pm Elk Ridge Park</p>	<p><b>11</b> Rock the Deck 4:30-8pm Hillside Aquatic Complex</p> <p>Roller Skating July 11 &amp; 18 6:30-8pm VFW Sports Center</p>	<p><b>12</b> Bike or hike one of our non-paved trails today.</p>	<p><b>13</b> Sleepy Hollow Theater 8pm July 11-20, July 25-Aug. 3 Sleepy Hollow Park</p>
<p><b>14</b> Aqua Rock Fitness Class 11-11:45am July 14, 21 &amp; 28, Aug. 4 Hillside Aquatic Complex</p> <p>Indoor Public Ice Skating - July 14, 21 &amp; 28 VFW Sports Center</p>	<p><b>15</b> FREE Fitness Facility Admission 5:30am-9pm Capital Racquet &amp; Fitness Center</p>	<p><b>16</b> BPRD Geocache Challenge Find all 12 in Bismarck's park and trail system. Available year-round.</p>	<p><b>17</b> FREE Family Day Riverwalk 10am-8pm Sertoma Park</p> <p>FREE McDowell Dam Recreation Area Fun Day 1-9pm</p>	<p><b>18</b> Community Pool Party 4:30-8pm Elks Aquatic Center</p>	<p><b>19</b> Junior Team Tennis Challenge - 10:30am-12pm July 19, 26 - Sertoma Park Tennis Complex</p> <p>FREE Movie in the Park The Little Mermaid 10pm - McDowell Dam Recreation Area</p>	<p><b>20</b> Get rolling! Check out the two skate parks today. Skateboards, inline skates and bicycles are allowed.</p>
<p><b>21</b> Play a game of horseshoes at one of 12 parks with horseshoe pits (Cottonwood, General Sibley, Jaycee Centennial, Kiwanis, Lions, McDowell Dam, North Central, Optimist, Pioneer, Sertoma, Sons of Norway, and Wachter).</p>	<p><b>22</b> FREE Fitness Facility Admission 5:30am-8pm BSC Aquatic &amp; Wellness Center</p>	<p><b>23</b> Take your pup to the Dog Park at 700 E. Century Ave. for FREE tennis balls (while supplies last).</p>	<p><b>24</b> Take a BisParks BCycle bike for a spin at BSC Aquatic &amp; Wellness Center, Peace Park, Pioneer Park, or Sertoma Park.</p>	<p><b>25</b> FREE Swimming 12-1:45pm, 2:15-4pm, 4:30-5:45, 6:15-8pm Outdoor Pools</p> <p>FREE Roller Skate Rink Night with Bombshellz 6:30-8pm VFW Sports Center</p> <p>FREE Summer Songs Concert Series - 7-9pm General Sibley Park</p>	<p><b>26</b> Tennis in the Parks July 25-26</p> <p>FREE - Larks Movie Night Approx. 6pm Bismarck Municipal Ballpark</p>	<p><b>27</b> FREE Tent Camping at General Sibley Park and Campground</p> <p>Aqua Dance Class 10-10:45am Hillside Aquatic Complex</p> <p>AquaFIT Class 11-11:45am Hillside Aquatic Complex</p>
<p><b>28</b> FREE Indoor Ice Skating 6-8pm Capital Ice Complex</p>	<p><b>29</b> Have you tried disc golf? Free, fun and fabulous at courses at Lions Park and General Sibley Park.</p>	<p><b>30</b> Ever played sand volleyball? Go try it today at one of the many courts.</p>	<p><b>31</b> Get active at one of our 55 playgrounds.</p>	 <p><b>WHERE YOU BELONG</b> NORTH DAKOTA PARKS AND RECREATION MONTH</p>  <p><b>BISMARCK PARKS AND RECREATION DISTRICT</b> Est. 1927</p> <p><a href="http://www.bisparks.org">www.bisparks.org</a></p>		

**June 21-July 3 • FREE Park Clue Normandy Park, 3924 Normandy St.**

Find out who the suspect is, what weapon was used and the location of the crime in the BPRD's edition of the classic game Clue. Learn how to play and what the prizes are at [www.bisparks.org/park-clue](http://www.bisparks.org/park-clue).

**July 1-31 • FREE Photo Contest**

Send us your pictures of summer fun and you could win a prize package. Plus - your photo may just show up in one of our publications or online. [www.bisparks.org/july-celebration-photo-contest](http://www.bisparks.org/july-celebration-photo-contest)

**July 1-31, Mondays & Wednesdays  
FREE FitLot Method Circuit Training Series  
5:45-6:30am**

Jaycee Centennial Park, 321 E. Century Ave.  
Registration required at [www.bisparks.org/fitlot](http://www.bisparks.org/fitlot).

**Tuesdays & Thursdays-Aug. 31 • FREE Junior Golf  
7:30-11am**

Juniors ages 17 & under must tee off from the forward tees on free junior golf mornings. Call courses for tee time. Tuesdays at Riverwood, 222-6462, and Pebble Creek, 223-3600. Thursdays at Tom O'Leary, 222-6531.

**July 3-31, Wednesdays • FREE FitLot Drop-In Classes  
11:30am-12:15pm**

Jaycee Centennial Park, 321 E. Century Ave.  
Registration required at [www.bisparks.org/fitlot](http://www.bisparks.org/fitlot).

**Wednesdays, July 3-Aug. 14 • FREE Kid's Summer Stage  
12-1pm**

Custer Park, 320 E. Custer Park St.  
Kids of all ages love this free interactive hour of music and song. Bring a blanket or your own chair. Pack a lunch. A Dakota West Arts Council (DWAC) event.

**Wednesdays • FREE Golf Advice  
6:30-7:30pm**

Riverwood Golf Course, 725 Riverwood Dr.  
You can ask for advice on your golf swing, short game or putting. Whatever your question or concern, Dr. Guy Otteson can help. No registration required.

**Fridays-Sundays • Golfing with Youth Special  
Tee Times after 5pm**

Juniors (17 and younger) play for FREE with paying adult. Play as many holes as you wish until 30 minutes before sunset. Green fees for adults: Riverwood - \$30, Tom O'Leary - \$28 and Pebble Creek - \$25. \*Additional \$12 cart fee applies with juniors ages 11-17 who ride.

**Fridays, July 5 & 19  
50% Off Toptracer Range  
5-9pm**

Fore Seasons Center, 2525 N. 19th St.

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

High-quality, locally produced or made products, along with activities for children, entertainment and educational topics presented throughout the season. [www.bismarket.com](http://www.bismarket.com)

**Saturdays, July 6 & Aug. 10 • FREE Dakota Zoo Program  
2-2:30pm**

General Sibley Park & Campground, 5001 S. Washington St.  
A Dakota Zoo staff member will present one of the zoo's animals in a fun and educational way. This is a unique animal experience you will be sure to remember.

**Wednesday, July 10 • FREE Pickleball Mixer  
9am-12pm**

Elk Ridge Park, 3620 Cogburn Rd.  
There will be on-site guidance from our local players, and you will get a chance to play as well! Snacks provided. Contact Capital Racquet & Fitness Center at 221-6855 for more information. Registration required at [www.bisparks.org/adult-programs/pickleball-summer](http://www.bisparks.org/adult-programs/pickleball-summer).

**Thursday, July 11 • Rock the Deck  
4:30-8pm**

Hillside Aquatic Complex, 1719 E. Boulevard Ave.  
Come enjoy the pool on the night set aside just for incoming 6th, 7th and 8th graders. Enjoy open swim, music, prizes and a departing treat. Regular admission rates apply.

**Thursdays, July 11 & 18 & Aug. 1  
Roller Skating • 6:30-8pm**

VFW Sports Center, 1200 N. Washington St.  
Grab your roller skates or rollerblades and enjoy skating at the rink. \$2 per individual and \$5 per family. Roller skate rentals are \$3. Sizes available: 10 Junior - 13 Adult. Cash or check only. [www.bisparks.org/roller-skating](http://www.bisparks.org/roller-skating)

**Sleepy Hollow Summer Theater  
8pm**

Cinderella: July 11-20  
Jersey Boys: July 25-Aug. 3  
Sleepy Hollow Park, 2899 E. Divide Ave.  
It's a summer tradition! An evening under the stars watching the stars. [www.shtap.org](http://www.shtap.org)

**Sundays, July 14, 21 & 28, Aug. 4**

**Aqua Rock Fitness Class  
11-11:45am**  
Hillside Aquatic Complex, 1719 E. Boulevard Ave.  
Move to classic rock with this high-energy, low-impact group fitness class. Fee: \$5. First-come, first-served.

**Sundays, July 14 & 21 - 5:30-7pm; July 28 - 4:15-5:45pm**

**Indoor Public Ice Skating  
VFW Sports Center, 1200 N. Washington St.**  
Stay cool with indoor public ice skating. Skating fee: \$2/individual or \$5/family. Skate rental: \$3 (sizes available: 9 Junior-15 Adult). Cash/check only. [www.bisparks.org/youth-programs/ice-skating-and-warming-houses](http://www.bisparks.org/youth-programs/ice-skating-and-warming-houses)

**Monday, July 15 • FREE Fitness Facility Admission  
5:30am-9pm**

Capital Racquet & Fitness Center, 3200 N. 10th St.  
Check out the fitness facility or a group fitness class for free today!

**Tuesday, July 16 • FREE BPRD Geocache Challenge**

Find all 12 Geocaches to win a prize. Passports available online at [www.bisparks.org/parks-trails/bprd-geocache-challenge](http://www.bisparks.org/parks-trails/bprd-geocache-challenge), at the BPRD Administrative Office at 400 E. Front Ave. or at your first cache.

**Wednesday, July 17 • FREE Family Day Riverwalk  
10am-8pm**

Sertoma Park, 300 Riverside Park Rd.  
A free outdoor event along Bismarck's beautiful Missouri River. Entertainment, food vendors, kid's activities. Join in the festivities for families. [facebook.com/FamilyDayRiverwalk1](https://facebook.com/FamilyDayRiverwalk1)

**Wednesday, July 17 • FREE McDowell Dam Fun Day  
1-9pm**

McDowell Dam Recreation Area, 1951 93rd St. NE  
Free use of paddleboats, paddleboards, canoes, kayaks and rowboat.

**Thursday, July 18 • Community Pool Party  
4:30-8pm**

Elks Aquatic Center, 321 W. Broadway Ave.  
We invite families and friends to join the pool party. This evening swim will include music, prizes and a departing treat. Regular admission rates apply.

**Fridays, July 19, 26, Aug. 2 • Junior Team Tennis Challenge  
10:30am-12pm**

Sertoma Park Tennis Complex, 300 Riverside Park Rd.  
Players age 5-12 experience low-level competitive play in a fun social environment. \$7/person. Registration required at [www.bisparks.org/programs/youth-programs/tennis-summer-youth](http://www.bisparks.org/programs/youth-programs/tennis-summer-youth).

**Friday, July 19 • FREE Movie in the Park:  
The Little Mermaid**

Starts 30 minutes after sunset, approx. 10pm  
McDowell Dam Recreation Area, 1951 93rd St. NE  
Hollywood stars will show up in Bismarck's skies this summer, with movies once a month through September.

**Monday, July 22 • FREE Fitness Facility Admission  
5:30am-8pm**

BSC Aquatic & Wellness Center, 1601 Canary Ave.  
Check out the fitness facility or a group fitness class for free today!

**Tuesday, July 23 • FREE Tennis Balls for Your Pup  
Century Bark Park, 700 E. Century Ave.**

Free tennis balls for your dog while supplies last.

**July 25-26 • Tennis in the Parks**

Surprises at the tennis courts during tennis in the parks days! Watch BPRD social media for updates on where to find FREE tennis gear and prizes for your family.

**Thursday, July 25 • FREE Swimming at Outdoor Pools  
12-1:45pm, 2:15-4pm, 4:30-5:45, 6:15-8pm**

Enjoy some swim time at Hillside Aquatic Complex (includes waterslide), Elks Aquatic Center and Wachter Aquatic Complex.

**Thursday, July 25 • FREE Roller Skate Rink Night  
6:30-8pm**

VFW Sports Center, 1200 N. Washington St.  
Music, prizes and skating games! Grab some friends and bring your roller skates or blades. FREE admission. Roller skate rentals available for \$3 (sizes available: 10 Junior - 13 Adult). Co-sponsored by BisMan Bombshellz.

**Thursday, July 25 • FREE Summer Songs Concert Series  
7-9pm**

General Sibley Park, 5001 S. Washington St.  
A summer concert series located at the amphitheater. A Dakota West Arts Council (DWAC) event. Performance by MZ Mondegreen from Bismarck.

**Friday, July 26 • FREE Larks Movie Night: Migration  
Starts at approximately 6pm**

Bismarck Municipal Ballpark, 303 W. Front Ave.  
See the comedy/adventure movie Migration on the big screen at the ballpark.

**Saturday, July 27 • FREE Tent Camping  
General Sibley Park and Campground,  
5001 S. Washington St.**

No reservations are needed, simply register at the office upon arrival. For additional information, call 222-1844.

**Saturdays, July 27 & Aug. 3 • Aqua Dance Fitness Class  
10-10:45am**

Hillside Aquatic Complex, 1719 E. Boulevard Ave.  
Dance to the beat of the music in the water! Enjoy the fun of dancing with little or no impact on your joints. BSC AWC & CRFC members: scan your membership card for free admission; non-members: \$5.

**Saturdays, July 27 & Aug. 3 • AquaFIT Fitness Class  
11-11:45am**

Hillside Aquatic Complex, 1719 E. Boulevard Ave.  
Use the resistance of water to improve cardiovascular fitness, core strength, endurance and overall tone. BSC AWC & CRFC members: scan your membership card for free admission; non-members: \$5.

**Sunday, July 28 • FREE Indoor Ice Skating  
6-8pm**

Capital Ice Complex, Wachter, 1504 Wichita Dr.  
Slip on those ice skates during the summer and enjoy indoor ice skating. Ice skate rentals available for \$3. Sizes available: 9 Junior - 15 Adult.