



Bismarck Public Schools will not have classes Dec. 23-Jan. 1 due to the holiday break. Classes will resume Monday, January 4.

BHS Demon Den school store Last Chance Christmas Sale

Friday, Dec. 18

Bismarck High School's Demon Den school store will have a Last Chance Christmas sale Friday, Dec. 18 from 10:30 am-4:30 pm outside the Karlgaard gym for all your holiday shopping needs. There are a ton of new items! Bring a non-perishable food item for the BHS food pantry and receive 10% off your entire purchase. Make a purchase and get your name in a drawing for a BHS backpack. Hot chocolate and treats will also be available while you shop!

Big Cat Wrestling Club



Big Cat Wrestling Club will start practices January 4 in the Legacy High School wrestling room with Head Coach and former Division I All-American for the NDSU Bison, Steven Monk. COVID restrictions will be in place such as limiting the sizes of our groups, minimizing traffic in the building, and strict sanitation protocols between practices. Big Cat wrestling club will have a virtual organizational meeting on Monday, December 28 via Microsoft Teams meeting. A link to the organizational meeting will be posted at www.bigcat-wrestlingnd.com. Older wrestlers (Grade 3 and above) will practice Monday, Tuesday, and Thursday nights and cost is \$50 per month; younger wrestlers will practice Tuesday and Thursday nights and cost is \$40 per month. Times will be set when wrestler numbers are finalized, and practice groups are determined. All wrestlers (grades K-8) will need a USA wrestling card to begin wrestling and those are easily acquired on the USA wrestling website. If you have any questions, call Steven Monk at 715-573-5027 or Brett Mitchell at 701-333-9202.

ND Behavioral Health services & support



Especially now, people may be unsure about exactly where they can go for help. "I'm feeling alone." "Is this normal?" "How can I find help for my mom?" Simply put: Help is here. ND Behavioral Health can connect you with information, resources and support built specifically for North Dakotans. For issues big or small, help is here when you need it most. To connect to all Behavioral Health services and support, go to www.behavioralhealth.nd.gov/helpishere.

MATPAC Wrestling



MATPAC Wrestling Club is one of eight clubs in the U.S. to be awarded by USAW as a Gold Club Wrestling Organization and nationally ranked by TrackWrestling.com. Coaches and mentors focus on teaching the fundamentals of wrestling, sportsmanship, hard work, and teamwork. All practices are in the MATPAC Wrestling Facility, 228 West Front Street. Here's what MATPAC is doing to decrease the chance of COVID or other transmissions to its members: https://www.matpacwrestling.org/news_article/show/1124525.

Assistance is available to qualified families and all are welcome to join no matter where you live in town. For more details, call coach Jeff Schumacher, 701-471-9237 or email info@matpacwrestling.org.

Registration is available at www.matpacwrestling.org, click "How to Join." Dues are \$50 per month. Registration for Feb., March, April, and May is during the first practice of the month from 5-6:30 pm. Visit www.matpacwrestling.org or Facebook for more information.

- **K-3rd grade wrestlers** practice Tuesdays & Thursdays 6-7 pm starting Tuesday, Jan. 5.
- **4th-12th grade wrestlers** practice Mondays 6-7:30 pm, Tuesdays & Thursdays 7-8:30 pm starting Monday, Jan. 4.



Ben Berg Baseball Academy

Winter Training : Jan. 4-March 5

Improve your baseball performance during Sanford POWER's 9-week player development program January

4-March 5. By learning how to move efficiently and maximize your output on the field, you'll gain the body awareness and movement knowledge you need to maintain your health and prepare for the upcoming spring season.

Winter Camp: January 10-February 14

Help your elementary, middle or high school student prepare for the upcoming baseball season with fundamental skills training in hitting, pitching and fielding. Your student will learn from baseball skills development coach Lane Hanzel and work alongside coaching staff from Bismarck State College and the University of Mary.

Register online at sanfordpower.com or call 701-323-1125. [Click here](#) for more information.

McQuade Softball Winter Camp

January 9-February 13

Sanford POWER and Bismarck Youth Fastpitch Softball Association are partnering to bring you hitting, pitching and fielding training sessions. This winter, use the offseason to improve your performance. Register online at sanfordpower.com or call 701-323-1125. [Click here](#) for more information.



Kindergarten registration

January 14-March 12

Fall kindergarten registration runs from Thursday, January 14 to Friday, March 12 for children who will be 5 years old on or before July 31, 2021. Go to <https://www.bismarckschools.org/Page/3781> to get information to complete your child's registration. If you don't have access to a computer, you can visit any public elementary school to use one or stop by Central Registration at 806 N. Washington St., door #2. If you need assistance, call 701-323-4110 or email registrar@bismarckschools.org. Students who attend BECEP can be registered for kindergarten at BECEP by March 12. NOTE: Parents who do not register any student, grades K-5, by August 1 may not be assured a spot in their neighborhood school due to lack of space, so register early!

Food Drive for BECEP

Donate by: Tuesday, January 5



Goldstone is teaming up with Quality Title and Wold Engineering to help BECEP provide food for their kids. If you wish to donate cash, Goldstone Realty will be going shopping to collect items on BECEP's behalf. Goldstone agents can also pick up any donations from your location. Contact any one of them to set up a pick up date and time! You can find agent information at www.GoldstoneRealtyND.com. For details, go to <https://bit.ly/2K65Cd2>.

Youth & Family Programs @ YMCA & Family Wellness

the Y [®] **YMCA**: Always there for our community.
1608 N Washington St.
701-255-1525
www.bismarckymca.org
Family Wellness: For your active family, for our growing community.
2700 46th Ave. SE Mandan
701-751-9800
www.familywellnessbismar.org

Youth Sports YMCA & Family Wellness

When children participate in youth sports programs, they experience the excitement of teamwork, determination, competition, leadership and athleticism. Registration fees vary by program. Register now at bismarckymca.org.

How the Y & Family Wellness are working hard to run a fun, safe youth program and keep all our participants healthy:

- Thoroughly cleaning all equipment after each game & practice.
- Staggering game & practice times to minimize group sizes.
- Requiring participants to wear masks while on the bench.
- Requesting all spectators wear masks.
- Operating our facility under cleaning & distancing protocols.

Volleyball YMCA: 7th-8th Grade Girls

Session: Jan. 10-Feb. 26
Practices: 1 hr/wk, Mon-Thurs 8:30 pm or Sun 1 or 2 pm
Games: Friday evening beginning Jan 22
Registration: now-Dec. 21, \$41 member;\$89 non-member
*Roster sign up league. Minimum 6 players.

Basketball YMCA: 2nd, 3rd & 4th/5th & 6th Gr. Girls

Development & Competitive Session: Jan. 4-Feb. 20
Practices: 1 hour/week, Mon-Thurs 4:30 or 7 pm
2nd & Developmental Games: Sat mornings starting Jan. 16
Competitive Games: Friday evenings starting Jan. 15
Registration: now through Dec.14
2nd Gr. & Developmental: \$45 member; \$97 non-member
Competitive: \$65 member; \$117 non-member

Basketball FW: 2nd, 3rd & 4th/5th & 6th Gr. Girls

Development & Competitive Session: Jan. 4-Feb. 20
 Practices: 1 hour/week, Mon-Thurs 4:30 or 7 pm
 2nd & Developmental Games: Sat mornings starting Jan. 16
 Competitive Games: Friday evenings starting Jan. 15
 Registration: now through Dec.14
 2nd Gr. & Developmental: \$45 member; \$97 non-member
 Competitive: \$65 member; \$117 non-member

Volleyball YMCA: 7th-8th Grade Boys

Session: Apr. 11-May 28
 Practices: 1 hr/wk, Mon-Thurs 8:30 pm or Sun 1 or 2 pm
 Games: Friday evening beginning Apr. 23
 Registration: March 1-22, \$41 member; \$89 non-member
 *Roster sign up league. Minimum 6 players.

Basketball YMCA: 2nd, 3rd & 4th/5th & 6th Gr. Boys

Development & Competitive Session: Feb. 22-Apr. 10
 Practices: 1 hour/week, Mon-Thurs 4:30 or 7 pm
 2nd & Developmental Games: Sat mornings starting Mar. 6
 Competitive Games: Friday evenings starting Mar. 5
 Registration: Jan. 4-25 member; Jan. 7-25 non-member
 2nd Gr. & Developmental: \$45 member; \$97 non-member
 Competitive: \$65 member; \$117 non-member

Basketball YMCA: Pre-K (4-5 yrs) & K-1 Boys & Girls

Session: Jan. 4-Feb. 20
 Practices: 45 mins/week, Mon-Thurs 4:30, 5:30, or 6:30 pm
 Games: Saturday mornings starting Apr. 24
 Registration: Mar. 1-22 member; Mar. 4-22 non-member
 Cost: \$45 member; \$97 non-member

Basketball FW: 2nd-6th Gr. Boys

2nd Grade Boys: Mon. 7 pm, Tues. 7 pm, Wed. 4:30 or 7 pm, Thurs. 4:30 pm

Games: Saturday mornings starting Mar. 6
 Registration: Jan. 4-25; \$45 member; \$97 non-member

3rd & 4th Grade Boys

Developmental: Tues. 4:30pm, Wed. 7 pm

Games: Saturday mornings starting Mar. 6

Competitive: Mon. 7 pm

Games: Fri. evenings starting Mar. 5

Registration: Jan. 4-25; \$45 member; \$97 non-member

5th & 6th Grade Boys

Developmental: Tues. 4:30 pm

Games: Saturday morning starting Mar 6

Competitive: Tue 7pm, Wed 4:30pm

Games: Fri. evenings starting Mar. 5

Registration: Jan. 4-25; \$45 member; \$97 non-member

Basketball FW: Pre-K-1st Gr. Boys & Girls

Pre-K (4 & 5 Year Olds) Boys & Girls: Mon. 6:30 pm,

Tues. 4:30 pm, Wed. 5:30 pm, Thurs. 5:30 pm

Games: Saturday mornings starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

Kindergarten Girls: Mon. 5:30 pm, Tues. 4:30 pm or 6:30

pm, Wed. 4:30 pm, Thurs. 5:30 pm

Games: Saturday mornings starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

Kindergarten Boys: Mon. 5:30 pm, Tues. 6:30 pm, Wed. 4:30 pm or 5:30 pm

Games: Saturday morning starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

1st Grade Boys: Mon. 6:30 pm, Tues. 5:30 pm, Wed. 6:30, Thurs. 6:30 pm

Games: Saturday morning starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

1st Grade Girls: Tues 5:30 pm, Wed 6:30 pm, Thurs 6:30pm

Games: Saturday mornings starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

Itty Bitty Activities YMCA & Family Wellness

A fun and exciting program designed to introduce basic sports skill and concepts to participants ages 3-5 years. Fees for all Itty Bitty Activities are \$30 for members and \$50 for non-members. Register now at bismarckymca.org.

Itty Bitty Play YMCA

Session: Feb. 7-28, Sun. 1 or 2 pm

Registration: Jan. 4-25

Itty Bitty Baseball YMCA

Session: Jan. 7-28, Thurs. 9, 10, or 11 am

Registration: Dec. 7-28

Session: Feb. 2-23, Tues. 9, 10, or 11 am

Registration: Jan. 4-25

Itty Bitty Sports YMCA

Session: Jan. 10-31, Sun. 2, 3, or 4 pm

Registration: Dec. 14-Jan. 4

Sessions: Mar. 7-28, Sun. 2, 3, or 4

Mar. 3-24, Wed. 9, 10, or 11 am

Registration: Feb. 8-Mar. 1

Itty Bitty Soccer YMCA

Session: Jan. 5-26, Tues. 9, 10, or 11 am

Registration: Dec. 7-28

Session: Feb. 4-25, Thurs. 9, 10, or 11 am

Registration: Mar. 15-Apr. 5

Itty Bitty Volleyball YMCA

Session: Feb. 7-28, Sun. 3 or 4 pm

Registration: Jan. 4-25

Itty Bitty Basketball YMCA

Session: Mar. 31-Apr. 21, Wed. 9, 10, or 11 am

Registration: Mar. 1-22

Session: May 3-25, Mon or Tues 4:30, 5:30 or 6:30 pm

Registration: Apr. 5-26

Itty Bitty Football YMCA

Session: Apr. 11-May 2, Sun. 2, 3, or 4 pm

Registration: Mar. 15-Apr. 5

Itty Bitty Sports Family Wellness

Session: Jan. 10-31, Sun. 3 or 4 pm

Registration: Dec. 14-Jan. 4

Session: Feb. 3-24, Wed. 9 or 10 am

Registration: Jan. 4-25

Session: Mar. 11-Apr. 1, Thurs. 10 or 11 am

Registration: Feb. 8-Mar. 1

Session: Mar. 7-28, Sun. 3 or 4 pm

Registration: Feb. 8-Mar. 1



Continued on next page...

Aquatics YMCA

Kids who take swimming lessons at the Y learn much more than how to swim. YMCA instructors work with children on confidence, fun and the Safety Around Water program. Now in the NEW Family Splash Center! \$55 members; \$85 non-members. Register at [bismarckymca.org](http://www.bismarckymca.org).

How the Y and Family Wellness are working hard to run a fun, safe youth program and keep all participants healthy:

- Continuous cleaning all equipment.
- Spacing out & staggering lesson groups.
- Requiring instructors to wear face shields.
- Requesting all spectators wear masks & view from bleacher area.
- Operating under cleaning & distancing protocols.

2x/wk for 4 wks - Mon./Wed. or Tues./Thurs.

Sessions: Jan. 4-Feb. 1
Feb. 8-Mar. 8
Mar. 15-Apr. 12

Registration: Open

1x/wk for 4 wks - Sat. or Sun.

Sessions: Jan. 9-Feb. 13
Feb. 20-Apr. 27
Apr. 10-May 15

Registration: Open



First International Bank & Trust Family Splash Center

This addition to the Y boasts a variety of special features! Water slides, play structures, fountains, therapy jets and lap lanes, all accessible from a zero depth entry, make this safe, clean and welcoming warm water pool the place to be for the whole family: and it's always FREE for members! Visit www.bismarckymca.org for more information.

Adaptive Swim YMCA

Children with Down Syndrome, Autism, or other sensory disorders, work with certified instructors to learn water safety and swim skill, in a calm, soothing environment. Sessions held regularly. FREE for members. Visit www.bismarckymca.org for more information.

Youth Development Centers YMCA & FW Preschool & Kindergarten Readiness Programs:

Through a tiered learning approach, children 3-4 and 4-5 grow academically and build a foundation for school readiness. Structured daily experiences include gym time and swim lessons, and the classroom curriculum develops early writing, literacy and math skills. Registration NOW OPEN. To enroll or for more information, go to www.bismarckymca.org, Childcare.



Adventure Camp: An exciting and educational place to learn and play on school off days for K-5th grade children. Dec. 23, 28, 29, 30 & 31. Registration is OPEN. To enroll or for more details, go to www.bismarckymca.org.

Youth Fitness Family Wellness

Children enjoy a guided group fitness class designed to keep them moving, active and having fun. Offered Tuesdays from 6:30-7:15 pm, Labor Day - Memorial Day. FREE for members. More at www.familywellnessbisman.org/.

Step Into You Yoga Family Wellness

Young women, ages 12-19, come together in a guided virtual yoga class that helps them find their footing, find their voice and find balance. Offered weekly. FREE for the community. More information at familywellnessbisman.org.

Intro to Fitness Family Wellness

Mon & Wed, Jan 4-27, 4:30-5:30pm: Young people, ages 10-19, learn the fundamentals of safe and effective strength and cardio training, in a fitness center, led by a certified trainer. \$100 for members, \$125 non. Visit www.familywellnessbisman.org/ for more information.

Jr. Chefs YMCA

Kids get cookin' in this fun and flavorful program. Our culinarians put young people ages 6-10 to work in the kitchen learning about safety, healthy eating and fun family recipes! Sessions are held regularly with special rates for members. Visit www.bismarckymca.org for more information.

Babysitter Training Course YMCA

This fun, interactive and hands-on class will help future caregivers, ages 11-14, develop the knowledge, skills, and confidence they need to effectively and safely supervise and manage children. Upon completion, participants will be certified in both babysitting and first aid/cpr/aed, which is valid for two years. Dates: Jan 16, Apr 17 or July 17, 9 am-5 pm, \$75. Visit www.bismarckymca.org for info.

Family Fun Gym Time YMCA & Family Wellness

YMCA: Tuesdays & Thursdays, 10 am-noon; Family Wellness: Wednesdays & Fridays, 10:30 am-noon. Families can enjoy playing together with ride-on toys, sports activities and climbing on the bouldering wall. Offered Labor Day through Memorial Day. FREE for members. Visit bismarckymca.org for more information.