

Bismarck Youth Fastpitch Clinics & Travel Tryouts



January 9, January 10 and March 14

BYFSA has partnered with Sanford POWER to bring you the 2021 McQuade Winter Camp! Professional training will focus on hitting, throwing and fielding. Camp starts on Saturday, January 9 and runs for 6 weeks. Clinics for girls 10 & under are from 12-1pm for \$125 and girls 11Up are from 1:30-3:30pm for \$225. All players receive a camp T-shirt.

2021 BYFSA Pitching Clinics are at the Fore Seasons Center beginning January 10. Players will receive instruction on proper pitching form and mechanics. Each pitcher is asked to provide their own catcher. Clinics for girls aged 7-10 are from 1-2pm and girls aged 11-18 are from 2-3pm. The fee is \$75. Registration closes January 8.

2021 BYFSA Sparks Travel Team tryouts are on Sunday, March 14 from 1-5pm at Sanford POWER. Please bring glove, face mask, bats, etc. BYFSA will have helmets and bats available to use if needed. We're committed to fielding teams in the 14U, 12U and 10U divisions for the 2021 season!

Register online at www.bismarckfastpitch.com. For questions call 701-471-5997 or email bismarckyouthfastpitch@gmail.com.

Great Plains Track & Field Club



The Great Plains Track & Field Club invites youth ages 5-15 to join the May-June 2021 program. Enjoy fundamental track & field activities. More information at <https://greatplainstrackfield.shutterfly.com> or <https://www.bisparks.org> under Partners.

Kindergarten registration

January 14-March 12

Fall kindergarten registration runs 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 K-5 student by August 1 may not be assured a spot in their neighborhood school due to lack of space, so register early!

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.

Register at www.matpacwrestling.org, click "How to Join." Dues are \$50 per month. Registration for February, 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 practice Tuesdays & Thursdays 6-7 pm.
4th-12th grade practice Mondays 6-7:30 pm, Tuesdays & Thursdays 7-8:30 pm.

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.

Youth & Family Programs @ YMCA & Family Wellness



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.familywellnessbisman.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: 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: Mar. 1-22, \$41 member; \$89 non-member

*Roster sign up league. Minimum 6 players.

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

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: now-Jan. 25

2nd Gr. & Developmental: \$45 member; \$97 non-member

Competitive: \$65 member; \$117 non-member

Basketball YMCA: PreK (4 & 5 yr. olds) & K-1st Gr. Boys & Girls

Session: Apr. 12-May 29

Practices: 45 min/week, Mon-Thurs 4:30, 5:30, or 6:30

Games: Sat. mornings starting Apr. 24

Registration: Mar. 1-22, \$45 members;

Mar. 4-22, \$97 non-members

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: Tues 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 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

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Itty Bitty Play YMCA

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

Registration: Jan. 4-25

Itty Bitty Sports YMCA

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

Registration: Jan. 4-25

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: 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

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: Feb. 8-Mar. 8

Mar. 15-Apr. 12

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

Sessions: Feb. 20-Apr. 27

Apr. 10-May 15

Private Swim Lessons Sale: Now through Jan. 15 - Single and dual, buy 4 session get one free, buy 8 sessions get 2 free. Visit www.bismarckymca.org for more information.



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.



Adventure Camp: An exciting and educational place to learn and play on school off days for K-5th grade children. Jan 18, Feb. 12 & 15, Mar. 15, Apr. 5 & 30, May 3. Registration is OPEN. To enroll or for more details, go to www.bismarckymca.org.

Summer Care & Camps: An exciting, educational and safe way for school age kids to spend their summer, learning and growing with friends. Kinder Camp, Y Explorers and Camp Nakota programs available. Registration opens Jan 11. To enroll or for more details, go to www.bismarckymca.org.

Youth Fitness Family Wellness

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

Step Into You Yoga Family Wellness

Virtual, Weekly: 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. FREE for the community. More information at familywellnessbisman.org.

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. More information at www.bismarckymca.org.

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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: Apr 17 or July 17, 9 am-5 pm, \$75. Visit www.bismarckymca.org for more information.

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 www.bismarckymca.org for more information.

The Friday Flier is emailed to parents of public & private school students in Bismarck, grades Pre-K-8, every other Friday during the school year. It's produced by Bismarck Public Schools as a service to non-profit community organizations that provide positive events and activities for students and families. With the exception of official BPS activities, these events are not sponsored/endorsed by BPS. Fundraising events such as benefit breakfasts or auctions/dinners will not be allowed, nor will notices that directly compete with BPS events, activities and services. For the guidelines, deadlines and fees, visit www.bismarckschools.org under Departments, Community Relations, email community_relations@bismarckschools.org or call 701-323-4092 to submit items for a small fee.