

### Assistance available



Community Action agencies statewide are under taking a COVID Awareness campaign in partnership with the State of ND. The purpose of the campaign is to get information and resources into the hands of individuals/households that may qualify for some sort of assistance if they have been directly impacted by the COVID-19 pandemic (ie: rental assistance, food assistance, utility assistance, other community resources, etc.). To see what Community Action Program ND (CAPND) can do for you, [view the handout](#). For resources from CAPND and other community resources, [view the brochure](#).

Call Community Action Program Region VII at 701-258-2240 if you need assistance or visit [capnd.org](http://capnd.org). CAPND serves all 53 counties in ND. Income guidelines are required. A variety of programs are available to assist.

### High School Clay Target Team Sign-Up



Starting Monday, February 1

Registration for all six Bismarck-Mandan High School Clay Target League Teams competing in the 2021 Spring North Dakota State High School Clay Target League (ND CTL) will begin on Feb 1. The spring season consists of eight weeks: two practice weeks, a reserve week, and five weeks of league competition on Sunday afternoons from Mar. 28 to May 16 at Capital City Gun Club. Participants from all six Bis-Man middle and high schools in grades 6-12 with hunter's education may register at <http://mrctl.org/>.

The Spring 2021 season cost is \$340.00 via credit card online to MR CTL and \$35.00 by credit card online to the ND CTL for league registration at a later date. Costs cover all shells and targets for the entire spring season and include a team jersey and five pre-paid raffle tickets. Learn more about the teams by contacting Nick Simonson at 507-829-9553 or [mrctl25@gmail.com](mailto:mrctl25@gmail.com). For more on MR CTL and the teams' recent success, visit <http://mrctl.org/>.

### Bis-Man Rattlers Youth Lacrosse



The Bismarck-Mandan Lacrosse Association is a recreational youth lacrosse program for boys and girls in grades K-12. Lacrosse is one of the fastest growing sports in the country, and now is your child's opportunity to try it out for only \$5! The event is Thursday, February 11 starting at 6 pm at the Fore Seasons Center Dome. All equipment is provided. Advanced registration is required. Go to [www.bismanlacrosse.org](http://www.bismanlacrosse.org) from details.

League registration is also open. Practices begin in March and the regular season runs from mid-April to mid-June. Equipment is available to rent for a refundable deposit for first year players. Participants play small-sided games; kids 10 & up can travel across North and South Dakota for 4-5 weekend competitions. For more information go to [www.bismanlacrosse.org](http://www.bismanlacrosse.org) or find them on Facebook.

### Kindergarten Registration

BPS kindergarten registration is open for children who will be 5 years old on or before July 31, 2021. Go to <https://www.bismarckschools.org/kreg> 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 Hughes at 806 N. Washington St., door #2. If you need assistance, call 701-323-4110 or email [registrar@bismarckschools.org](mailto:registrar@bismarckschools.org). Students who attend BECEP can be registered for kindergarten at BECEP through 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!

### Head Start



Head Start is accepting applications for the Early Head Start program, which serves families and children ages birth-3 years, and for the Head Start Preschool which serves children ages 3-5 years. Head Start is running two, half day sessions this year: 8:15-11:15 am and 12:15-3:15 pm. Both programs are FREE to eligible families. For more info, call 323-4400.

## Bismarck Tribune Sports Show

The 51st *Bismarck Tribune* Sport Show is Friday, February 12 from 3-8 pm, Saturday, Feb. 13 from 10 am-7 pm, and Sunday, Feb. 14 from 11 am-4 pm.

They are once again hosting DOCKDOGS, the largest presenter of dock jumping and dock diving dog performance sports in the world. Enjoy amazing VENDORS displaying campers, RVs, motor sports, boats, ice houses, fishing and hunting products, resorts, specialty foods, and much more!

Don't miss out on amazing SEMINARS from Pro-Anglers Ted Takasaki, Zach Axtman, Jason Mitchell, Jr Carter, and Kris Walcker, Ultimate Outdoor Adventures, Former Pro Cyclist & Coach Jairo Ramos and more!

FAMILY FUN DAY on Friday, February 12 is bigger and better than ever! Make sure to participate in the Mascot Scavenger Hunt from 5-7 pm sponsored by the Bismarck Larks, participate in KIDS Seminars on Friday night for your chance to win a door prize. Kids (ages 6-12) get in on Friday for only \$1 and kids (5 & under) are FREE! Parking is FREE all weekend! Check out the new MINI GOLF Zone & Photo Booth in the ADVENTURE ZONE. Head left of the Arena to find the WING ZONE with food sponsored by Laughing Sun Brewery and Buffalo Wings & Rings.

For the full seminar schedule and more information, visit [www.bismarcksportshow.com](http://www.bismarcksportshow.com). Several Covid Safety Measures will be in place during the event.

## BPS Summer Band Camp

BPS summer band camp is for students entering 6th grade and will take place August 9-13 & 16-19 at Simle Middle School, 1218 Simle Dr. Choose the morning (9-11:30 am) or afternoon session (12:30-3 pm). Reminders about the camp will be sent via email by the district. For up-to-date information, go to [www.bismarckschools.org/Page/162](http://www.bismarckschools.org/Page/162). For questions, contact Nicole Fitzgerald, Fine Arts Secretary, 323-4082, [nicole\\_fitzgerald@bismarckschools.org](mailto:nicole_fitzgerald@bismarckschools.org).

Hardcopy registration \*return to music teacher by Apr. 30  
ONLINE registration \*due by June 1

## Free Speech Screenings



The Scottish Rite Speech Therapy Center for Children in Bismarck is presently accepting applications. Services are free of charge to children ages 2 through 7. An application is available online at [www.scottishritespeech.org](http://www.scottishritespeech.org). Call 701-258-9132 or email [speechtherapy@bismarckscottishrite.org](mailto:speechtherapy@bismarckscottishrite.org) for further information.

## BPS Children's Choir (Gr. 4-5)

The BPS Choral Department invites your child to participate in the 4th & 5th Grade Children's Choir. Each year the secondary schools provide an elementary children's choir opportunity for their respective feeder elementary students. This choral experience is an excellent opportunity for students to develop their musical skills and have the enjoyment of singing with other students. For questions, contact BPS Fine Arts Secretary Nicole Fitzgerald at 701-323-4082.

Horizon/Century Feeder - Centennial, Grimsrud, Highland Acres, Liberty, Northridge & Roosevelt.  
Director: Connie Stordalen

Rehearsals: Thursdays, 4:30-5:30 pm, starting Feb. 4  
For the parent letter and to register, [click here](#).

Simle/Legacy Feeder - Miller, Murphy, Pioneer & Sunrise.  
Director: Rachel Schaffner  
Rehearsals: Mon. & Thurs., 3:45-4:45 pm, starting Feb. 1  
For the parent letter and to register, [click here](#).

Wachter/Bismarck High Feeder - Lincoln, Moses, Myhre, Prairie Rose, Solheim & Will-Moore  
Director: Alyssa Peterson  
Rehearsals: Mon. & Thurs., 3:45-4:30 pm, starting Feb. 1  
For the parent letter and to register, [click here](#).

## 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](http://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](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](mailto:info@matpacwrestling.org).

Register at [www.matpacwrestling.org](http://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](http://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.

Continued on next page...

# Youth & Family Programs @ YMCA & Family Wellness



**YMCA:** Always there for our community.  
1608 N Washington St.  
701-255-1525

[www.bismarckymca.org](http://www.bismarckymca.org)

**Family Wellness:** For your active family,  
for our growing community.

2700 46th Ave. SE Mandan

701-751-9800

[www.familywellnessbisman.org](http://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](http://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 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: Mar. 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: 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: now-Jan. 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: now- Jan. 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: now- Jan. 25; \$65 member; \$117 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](http://bismarckymca.org).

## **Itty Bitty Play YMCA**

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

Registration: open through Jan. 25

## **Itty Bitty Baseball YMCA**

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

Registration: open through Jan. 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 open

## **Itty Bitty Volleyball YMCA**

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

## **Itty Bitty Football YMCA**

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

Registration: Mar. 15-Apr. 5





### **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 Sports Family Wellness**

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

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

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



### **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](http://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](http://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. To enroll or for more information, go to [www.bismarckymca.org](http://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](http://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](http://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/](http://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](http://familywellnessbisman.org).

### **Intro to Fitness Family Wellness**

In-person, 4-week programs: 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-members. More information at [familywellnessbisman.org](http://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](http://www.bismarckymca.org).

### **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](http://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](http://www.bismarckymca.org) for more information.