

## Ice Show

March 19-21



The Bismarck Figure Skating Club's annual ice show is March 19-21. Shows are Friday, March 19 at 7 pm; Saturday, March 20 at 2 pm and 7 pm; and Sunday, March 21 at 2 pm at the VFW Sports Center. Tickets are \$10/person and ages 4 & under are free. Tickets will be available 2 hrs prior to the show. More information at [www.bismarckfigureskatingclub.com](http://www.bismarckfigureskatingclub.com) or [2021 Bismarck Figure Skating Club Ice Show](#).

## Parenting in a Pandemic Series

This FREE webinar series is designed to build on parents' strengths, deliver practical strategies and reinforce connections. Each session is 7-8 pm via Zoom with presenter Erin Walsh of Spark and Stitch Institute. Register at [www.ag.ndsu.edu/pen](http://www.ag.ndsu.edu/pen). For questions, call 701-845-8528.

- **Mar. 24:** Screen time During COVID-19: Three Supportive Insights From the Research to Guide Your Parenting Today
- **Apr. 28:** Setting Limits and Avoiding Power Struggles
- **May 26:** Loosen But Don't Let Go: Helping Teens Cope With COVID

## Visiting Scientist Series

Thursday, March 25

Visiting Scientists Series Presents: Non-Invasive Imaging Approach to Personalized Medical Treatment with Patrick Carberry, Ph.D on March 25, 7-8:30 pm. Free and open to the public. Microsoft Live Event Link: (<https://tinyurl.com/3vj3fk>). PET (positron emission tomography) imaging is a diagnostic tool used to identify cancers and other abnormalities in the body. PET imaging enables doctors and scientists to non-invasively monitor a patient or subject in real-time; this is achieved by using radiotracers. New radiotracers play a crucial role in the advancement of PET imaging and allows for personalized medicine. The design and synthesis of radiotracers, and their use in pre-clinical and clinical studies will be discussed.

## Jump In

If you love the water, we would love to talk. The BSC Aquatic & Wellness Center is looking for lifeguards, especially daytime guards able to work varying shifts between 5:00 am – 3:00 pm. Let's have a conversation to discuss the next steps. Training sessions are coming up soon. Flexible daytime hours, great work environment and a free membership. Please contact Jahan Gardiner at 701-751-4270 or apply at [www.bisparks.org/jobs](http://www.bisparks.org/jobs).

## Bismarck Earth Day Festival

Tuesday, April 13



The Bismarck Earth Day Festival is a FREE community event that will be held on Tuesday, April 13 from 4-7:30 pm at the Bismarck Event Center – Hall C, 315 S. 5th Street. There will be activities for all ages, free trees, shrubs and flowers, door prizes, scavenger hunt, and take-home activities, including bird feeders, t-shirt totes, pocket prairies, and much more! There will also be a recycled art contest. Students K-12 and adults are welcome to submit artwork. Prizes will be awarded in several age categories. Art submission can be dropped off at the Bismarck Event Center – Hall C on Tuesday, April 13, from 11 am-4 pm. All entries will be exhibited during the Festival. Winning entries will be displayed at the ND Heritage Center! For an entry form and information, go to <https://drive.google.com/file/d/1C0WB6Fz338fa7QwEsxFNw5s8Qi6lzzmq/view?usp=sharing>. For more information about the Earth Day Festival, go to <https://www.facebook.com/BismarckEarthDayFestival/> or contact Kathy Duttonhefner 701-328-5370, cell 701-220-3377, [kgduttonhefner@nd.gov](mailto:kgduttonhefner@nd.gov).

## 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.shutterstock.com> or <https://www.bisparks.org> under Partners.

# Central Dakota Resilience Track & Field Club

Interested in a competitive track program for the summer? Registration is open for the Central Dakota Resilience Track and Field Club, right here in Bismarck! This is open to ages 4 -18. They are affiliated with USATF and will compete in the Dakotas Meet (in Bismarck), Regionals Meet (Omaha), and hopefully have some in the Nationals Meet! You can find more information at [www.centraldaktrack.weebly.com](http://www.centraldaktrack.weebly.com).

## 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.

## Valley City State 3 on 3 Basketball Tournament



Saturday, April 17

There will be a 3 on 3 Basketball Tournament for both Boy's and Girl's teams in grades 3-12. The tournament is held at W.E. Osmon Fieldhouse ("The Bubble") in Valley City, ND. The cost is \$90 per team and includes a guaranteed 3 games. The registration deadline is April 9. To sign up or for more information, [click here](#). Registration is limited to the first 70 teams. For questions, contact Ryan Montgomery at 701-845-7173 or [ryan.montgomery@vcsu.edu](mailto:ryan.montgomery@vcsu.edu).

## Live Your Legacy 5K/10K

Sunday, April 25

The public is invited to register to participate in the Live Your Legacy 5K/10K event to support Brave the Shave. It will take place Sunday, April 25 at Sertoma Park Community Center with registration at 1:30 and race at 3 pm. The event is being sponsored by the Legacy High School Health Occupations Students of America (HOSA). Cost is \$25 and includes a shirt on race day if you register by April 8. Register at <https://donate.bravetheshave.net/Campaign/LiveYourLegacy>.

# The Afterschool Place



The Afterschool Place has provided positive out of school time activities through youth and community development since 2008. The schools include, Sunrise, Miller, Murphy, Grimsrud, Northridge and Will-Moore. Check the web site for expanded route information as they respond to community needs. The Afterschool Place is conveniently located across the street from Bismarck High School at 800 N 7th St in the Fellowship hall of First Lutheran Church.

Now enrolling for 2021/2022! To enroll, call 701-250-3109.

### Community and COVID-19 Response

The Afterschool Place is on the road two to three days a week with field trips. Currently, field trips have been limited. Students wear face masks. We provide hand sanitizer, tables are sanitized several times throughout the day, and sneeze guards are in use at each table.

### Wednesday's Art Block

Students participate in a wide variety of artful experiences through field trips that include BAGA, the Gannon, BDAC, and the Capital Gallery. Students work with print making, drawing, clay building, textiles, and experimental art forms.

### Thursday's Lego Lab

The kids are tasked with creating Lego solutions for everyday challenges along with free play.

### Friday Flicks and Chess Club

Chess is the perfect board game to teach the art of strategy and patience.

### Reel Time Productions



The Afterschool Place offers video production and puppet theater. Together we learn script writing, costume design, filming, directing, acting, make-up, and puppeteering.

### Summer Camp YaGottaWanna

The ultimate old fashioned summer camp. The kids spend every day in the swimming pool; swim lessons offered. After the pool they head back to camp central and the sundae bar. The kids spend their mornings baking, making art, going on adventures, and roasting marshmallows. Transportation is provided at noon from Camp Ed.



**June 7-July 19** noon-5:30 pm  
**July 20-Aug 13** 7:30 am -5:30 pm

**\*Room for 18 campers.**

For more information, call Lori and the Kids at 701-250-3109 or visit [www.afterschoolplace.org](http://www.afterschoolplace.org).

# Theo Art School

SmART- RestART guidelines and information available at [www.theoartschool.org](http://www.theoartschool.org).



Contact Theo at [www.theoartschool.org/contact](http://www.theoartschool.org/contact), call 701-222-6452, or visit the Theo Art School Facebook or Twitter.

- Safety first
- Smaller-size classes/camps
- Twenty-nine years of experience
- Affordable Art for All
- Save with annual membership \$15/student; \$30/family

## SUMMER CAMPS

**" Art a'La Mode 2.0"** © is back with a new twist into the world of art, from pop art to cubism! Art a'La Mode format is unique to Theo like no other art camp setting in the country. Our summer art camp program is designed to explore the exciting world of art and creativity through a wide range of multi-media activities. Campers will explore diverse themes and art media, focus on the creative process, and develop their imagination and creativity! In addition, we are breaking the "mold" in honor of our 29th Anniversary we are bringing **Clay with a' Flare** © pottery clay, modeling clay, air dry clay, bisque, sculpture and more! Hand building techniques, sensor adapting skills by age group.

© **Theo Art School Art Attack Summer Camps** provide quality art instruction that mixes techniques and skill-building with opportunities for creative freedom and self-expression in a fun and relaxing atmosphere.

## CAMPS INFORMATION

- Registration will available online and in person;
- **3/19 Information/cost** goes out to the local schools;
- **3/22 Camp registration opens**
- A parent packet will be emailed the Thursday prior to

## SCHOOL AGE CAMPS COST PER WEEK

All day: 8 am - 5:30 pm, \$180 member/\$185 non-member

Half day: 1 pm-5:30 pm, \$90 member/\$95 non-member

## AUGUST DAY CAMPS 23, 24, 25 PER DAY

\$30 Members/\$35 Non-members

Week 1	May 31-June 4	Chagall
Week 2	June 7-11	Nevelson
Week 3	June 14-18	Ross (Bob)
Week 4	June 21-25	Kusama
Week 5	June 28-July 2	Pollock
Week 6	July 5-9	Chihuly
Week 7	July 12-16	Van Gogh
Week 8	July 19-23	Klee

Week 9	July 26-30	Matisse
Week 10	August 2-6	O'Keeffe
Week 11	August 9-13	Miro
Week 12	August 16-20	Kandinsky
Day 1	August 23	Ocean Blue
Day 2	August 24	Jungle Green
Day 3	August 25	Technicolor Fun

## PRESCHOOL AGE CAMPS COST PER WEEK

Morning session 9-11:30 am, \$50 member/\$55 non-member

Week 1	May 31-June 4	Aquarama
Week 2	June 7-11	Jungle Rocks
Week 3	June 14-18	Mac's Farm
Week 4	June 21-25	Go Van Gogh
Week 5	June 28-July 2	Flower Power
Week 6	July 5-9	Klee Cats
Week 7	July 12-16	Picasso Birds
Week 8	July 19-23	Matisse Butterflies
Week 9	July 26-30	Otters Friends
Week 10	August 2-6	Ocean Blue
Week 11	August 9-13	Jungle Green
Week 12	August 16-20	Technicolor Fun

## OTHER CAMPS & PROGRAMS



**Odyssey Art Camps Series:** When School is Out, Theo is in! The 11th Annual Odyssey Art Camps are all about exploring and creating! Having fun with Art! Upcoming dates: Apr. 2, Apr. 5, Apr. 30, and May 3 from 8 am-5:30 pm. Ages 5 & up. Cost per day is \$20 members/\$25 non-members. Dates are based on the BPS calendar.

## After School Art Club at the Studios

Mondays, 3:45-5 pm, 1st grade & up, cost is \$35/month.

## Private Art Lessons

All ages, Mondays-Saturdays, set up time with instructor, \$35 for 4 lessons.

**Family Art Events are back!** The Families that do ART together have FUN together! Go to the website for dates and times. Ages 5 & up, cost is \$5-\$10/person

**Art Camps - GO VAN GOGH:** We come to you! One-day camps - All day/Half day, 8:30-5 OR 1-5 pm, ages 3 & up, \$5/student. Chaperones are free.

**Field Trips** - Come to the studios, virtually or offsite! All art supplies are included. All groups are welcome. **For end of the school year field trips, make your reservations soon!** Ages 3 & up, \$3/student, Chaperones are free.

### Having a birthday party at Theo is ARTastic!

For all ages, Birthday package: 2 hours of art and birthday celebration. Cost is \$100 member/\$110 non-member.

## ART IS FUN!

Art Kits Special of the Month - Sketched canvas, paint, brushes, and step by step instructions. \$10 per kit.

Monthly Theo Art Box Club - The box includes 3 projects in 3 different mediums, all the art supplies you need, pictures for reference, and instructions! Cost is \$20/month.

## 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.familywellnessbismar.org](http://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](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: PreK (age 4-5) & K-1 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; \$97 non-members

### **Basketball FW: PreK-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 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

### **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://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.

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

Sessions: Apr. 10-May 15



Continued on next page...

### **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!

### **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.

### **Youth Development Centers YMCA & FW**

**Adventure Camp:** An exciting and educational place to learn and play on school off days for K-5th grade children. Apr. 5 & 30, May 3. [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 is OPEN. To enroll or for more details, go to [www.bismarckymca.org](http://www.bismarckymca.org).



**Before & After School Program:** A fun, safe, active place for school age kids to play outside of classroom hours. Some transportation and various locations available Sept-May. To enroll or more info., go to [www.bismarckymca.org](http://www.bismarckymca.org).

**Early Learning Academy:** An exciting, engaging, part time educational program for kids ages 3-5. Various schedules available Sept-May. 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.

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](http://www.bismarckschools.org) under Departments, Community Relations, email [community\\_relations@bismarckschools.org](mailto:community_relations@bismarckschools.org) or call 701-323-4092 to submit items for a small fee.