

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.

Human Rights Essay & Poetry Contest

Deadline: Friday, April 16, 5 pm

The Bismarck Mayor's Human Relations Committee will host a Human Rights Essay and Poetry contest for students in grades 4 thru 5, calling upon them to write an essay or a poem that fosters respect for Human Rights. Students in grades 6 thru 8, are invited to write an essay or a poem about their concept of leadership for Human Rights. Entries must be postmarked or e-mailed by 5:00 p.m. April 16, 2021. Please limit entries to one page. For more information visit www.bismarcknd.gov/humanrelationscommittee. One outstanding essay and poem from each age grouping will be selected. Submit entries to: City of Bismarck, Administration, Human Relations Committee Essay Contest, 221 N 5th St., Bismarck, ND 58506-5503 or e-mail entries to bismarckadmin@bismarcknd.gov.

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.

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; race at 3 pm. The event is being sponsored by the Legacy High Health Occupations Students of America (HOSA). Cost is \$25 and includes a shirt on race day if you register by April 8. Register at donate.bravetheshave.net/Campaign/LiveYourLegacy.

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. Register at www.ag.ndsu.edu/pen. For questions, call 701-845-8528.

- **Apr. 28:** Setting Limits and Avoiding Power Struggles
- **May 26:** Loosen But Don't Let Go: Helping Teens Cope With COVID

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. Call 701-258-9132 or email speechtherapy@bismarckscottishrite.org for further information.

Farmers Union Camp

June-August



Farmers Union Camp is like no other camp on earth for city and farm kids in grades 3-6 and 7-12. Kids gain leadership skills in a fun summer camp setting. Camps are held near Elgin and Jamestown in June, July and Aug. Transportation is provided. Cost includes meals, lodging, t-shirt and educational materials. Register by May 15 to get \$25 off camp fee. Financial scholarships are available. To learn more, go to ndfu.org, check out “North Dakota Farmers Union” on Facebook, or call 800-366-8331.

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 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

Tball YMCA: Boys & Girls ages 3-6

Session: June 7-July 15

3-4 years: Tuesdays 5:30 or 6:30 pm

Games: Thursdays 4:45 or 5:45 pm

5-6 years: Wednesdays 5:30 or 6:30 pm

Games: Thursdays 6:45 or 7:45 pm

Registration: \$41 member; \$89 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 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 Soccer YMCA

Session: June 7-30 or July 12-Aug. 4

Mon or Wed 10 or 11 am, 5:30 or 6:30 pm.

Itty Bitty Sports YMCA

Session: June 8-29 or July 13-Aug. 3

Tues 10 or 11 am, 5:30 or 6:30 pm

Itty Bitty Baseball YMCA

Session: June 10-July 1 or July 15-Aug. 5

Thurs 10 or 11 am, 5:30 or 6:30 pm



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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. \$55 members; \$85 non-members. Register at 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.: 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!

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.

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.

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.

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.

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.

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.

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.

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.