

You're invited to the Cub Scouts Pack 117 Celebration!

Saturday, May 15

You're Invited to the Cub Scouts Pack 117 Spring Celebration Saturday, May 15 from 1-3 pm at General Sibley Park, 5001 S. Washington St., Shelter 2.

Join your Scout friends for free fun activities:

- Create Fire Starter Kits
- Rope Tying & Knots
- Frisbee Gold
- Rocket Blasters
- Make Goodies
- Hike
- Set Up Shelters



Cub Scouts Pack 117 is chartered by Moses Elementary PTO. For questions, call Sheila Herman 701-214-0987.

Auditions

Monday, May 17



The Bismarck-Mandan Symphony Youth Orchestra will be holding auditions for the 2021-2022 season on Monday, May 17 from 4-6 pm at the Bismarck Mandan Symphony office, 215 N 6th St., Bismarck (the Memorial Building). Auditions are open for string players with at least one year of experience through college level; and brass, woodwind and percussion players at a high school to college level of playing. Please call 258-8345 or email bmsyo@midconet-work.com for more information or to reserve your audition time.

Champ Camps

Champ Camps basketball camps for boys grades K-10 will be held June 15-17 and June 22-24 at Legacy High School. Visit legacyboysbasketball.com for details and registration.

Mandan Marlins Swim Club



The Mandan Marlins Swim Club is starting the Long Course summer swim season on May 17. Give it a try for FREE on Monday (May 17), Tuesday (May 18), Wednesday (May 19). Come learn about the sport of competitive swimming. Practices are 6-7:30 pm at the Mandan Aquatic Center.*

*Please email Coach Alicia at coachbungum@gmail.com to reserve a spot.

Central Dakota Resilience Track and 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. The club is affiliated with USATF, so 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.

Inspire Academy Orchestra Camps

Now is the time to register for Inspire Academy Summer Orchestra camps.

Orchestra students going into 5th-8th grade can register for these fun summer camps and improve their skills and have a great time. The Summer Orchestra Academy is run by a team of the finest music teachers in our region. All of our senior staff have degrees in teaching music and work with students on a regular basis. Contact tim.peske@inspirefamily.org or your school orchestra teacher for more information. Current 4-5th graders register: <https://forms.gle/EtU4wyjvDDUa967h9> Current 6-8th graders register: <https://forms.gle/KWCxZhw4CaX3t6GdA>. Check out inspirefamily.org for more details!

Stars and Spikes Volleyball Camp



Century High School Girls Volleyball Coach Jamie Zastoupil and staff will be offering six youth volleyball camps at CHS. The Stars and Spikes Volleyball Camp will be a rewarding and satisfying experience for your child, both in what they can learn on the court and from the association and competition with others their own age group who likewise love volleyball. We assure you that your child will be kept busy learning the fundamentals of the game of volleyball. The camp brochure can be found at

<https://sites.google.com/bismarckschools.org/chs-chsathletics-volleyball/camps?authuser=0>.

Entering Grades 2-4: Basic Skills camp works on passing, setting, serving, and team play.

June 16-18, Century High School, 12:30-2:30 pm, \$70

Entering Grades 5-6: Basic Skills camp works on passing, setting, hitting, serving, and team play.

June 16-18, Century High School, 3:00-5:00 pm, \$70

Entering Grade 7: This will be a skills camp working on passing, setting, serving, hitting, blocking, defense and offense, as well as teamwork.

June 14-15, Century High School, 12:00-3:00 pm, \$70

Entering Grade 8: This will be a skills camp working on passing, setting, serving, hitting, blocking, defense and offense, as well as teamwork.

June 14-15, Century High School, 3:00-6:00 pm, \$70

Entering Grade 9: This will be a skills camp working on passing, setting, serving, hitting, blocking, defense and offense, as well as teamwork.

June 21-23, Century High School, 12:30-3:30 pm, \$85

2021 Fastbreak Girls Basketball

Camps @ Legacy High School

Grades K-2 Intro Camp

June 7-8, 6:45-7:45PM - \$25

Grades 3-5 Skills/Competition Camp

June 7-8-9, 12:15 - 3:15PM - \$65

Grades 6-8 Skills/Competition Camp

June 7-8-9, 3:30-6:30PM - \$65

Shooting Camp: July 6-7-8, Grades 3-5 (12:15 - 2:15)

Grades 6-8 (2:30-4:30) - \$55

Call Coach Petrik at 391-6972

Speech Therapy Services for Children



The Scottish Rite Speech Therapy Center for Children in Bismarck is presently accepting applications. Online applications can be printed from www.scottishritespeech.org. All services are free of charge to qualifying children ages 2 through 7. For more information, call 701-258-9132 or email speechtherapy@bismarckscottishrite.org.

Lemonade Day

Saturday, June 19

Lemonade Day Bismarck-Mandan will be June 19.

Lemonade Day is a fun, experiential learning program that teaches kids how to start, own, and operate their own business. To learn more and register, visit <https://lemonadeday.org/bismarck-mandan>. Contact Christine Nelson at the Chamber EDC for more information at cnelson@bmcedc.com or 701-223-5660.

Hoop Stars Girls Basketball Camp

June 1 - 4 @ Century High School, for girls entering grades 3-8 in Fall 2021

Session 1: Grades 3-5; 8AM - 10:30AM, \$70

Session 2: Grades 6-8, 11AM - 1:30PM, \$70

These camps will be led by Nate Welstad, Century High School girls' basketball coach. Coach Welstad along with additional coaches from the current staff will pass their basketball knowledge on to campers to give them an opportunity to excel as basketball players. Individual and team instruction will focus on the fundamentals of basketball provided in competitions and game-like situations. Visit this link for the form: <https://www.bismarckschools.org/cms/lib/ND02203833/Centricity/Domain/87/2021%20Hoop%20Stars%20Camp.pdf>

For questions call Nate Welstad at 701.471.0791

North Dakota One Call

Coloring Contest



Visit <https://www.ndonecall.com/resources-education/2021-coloring-contest/> to see the North Dakota One Call coloring contest webpage where you can print off your copy to have a chance at winning 4 tickets to a Bismarck Larks game! To be entered, be sure to color the 5 utility flags the correct color!

BSC Summer Camps



MedAdventure Camp

Have you ever wondered how the food you eat gives you energy or how your bones hold you up? How do “bugs” make you sick? And how does your body heal up when you have a cut or scrape? Join us for a week and experience a wide variety of health careers and the connection to wellness, science, skills and knowledge! Each day will feature a different topic--from muscles and bones, the brain and nervous system, and you will get to try your hand at simple (vegetable) surgery, casting with plaster, making fake blood and chyme...and much, much more. Meet nurses, dietitians, exercise physiologists, paramedics, music therapists, child life specialists and many more real-life people in the health care "neighborhood!" See the class online for the full hands-on lineup! This camp is geared toward students ages 8-12. June 21-25, 2021, 9:00 am-12:00 pm in BSC Werner Hall 140 \$99

Cybersecurity Discovery Camp

Come explore the world of cybersecurity through fun hands-on activities. Students will learn foundational skills in cybersecurity as well as discover the many opportunities available in the world of cyber. The camp is for students entering grades 6 through 9. The camp is geared towards beginners, but all levels are welcome! Camp is sponsored in part by Palo Alto Networks. Spots are limited.

June 15-16, 2021. 8:00 am-12:00 pm.

BSC Technical Center Room 102 -- \$30

Welding Camp

Welding is a skill and an art! It's a great field to work in as well, if you like to work with your hands and be creative. Welders have a wide variety of work, and there are very few products that we use today that haven't been impacted by welding at some point - from the machines they are manufactured on to the vehicles they are delivered on. In this hands-on camp, you will learn the basics - welding safety, basic math concepts, materials, basic welding and much more. You will find how welding influences what we do every day. Ages 12-15. June 14-18, 2021, 1:00-5:00 pm BSC Technical Center 105 -- \$195

Seats are limited! For more information and to register call 701-224-5600 or visit our website at

https://bit.ly/STEM_CAMPS

U Mary Basketball Camps



Elite Skills Camp

June 22, 2021 | 12:30-6:30 pm

Girls Grades 8-12 Rising Stars Camp

July 12-14, 2021

Girls Grades 5-10 Marauders Day Camp

July 12-14, 2021 | 1-4 pm

Girls and Boys Grades Pre-K

thru 4th grade

Camp Location

The Marauders Girls Basketball Camps will be held on the beautiful campus of the University of Mary in Bismarck. Facilities include the McDowell Activity Center and the Fieldhouse. These facilities have a combined five basketball courts. Basketball resident campers will be housed in campus residence halls and all campers will be fed in our dining halls.

Letter from Coach Neumann

Dear Campers and Parents:

My staff and I are so excited to again offer our girls basketball camps this summer, including our tenth competition camp. We are working hard preparing for camps and have put together an all-star list of coaches and counselors. Campers will enjoy a plethora of basketball-related drills, games and competition. I know you will enjoy what we will be offering during our University of Mary basketball camps this summer. See you at the gym! - Coach Neumann

Camp Contact Information

Rick Neumann | 701-355-8054 | neumann@umary.edu

Brooke LeMar | 701-355-8278 | blemar@umary.edu

Are You an Athlete Wanting to Take Your Game to the Next Level? Register now for QuickSAND – High-Intensity Training.



This workout will improve quickness and build explosive strength. In just eight sessions, gain strength, speed and stamina.

- Tuesdays and Thursdays from 6-6:45 a.m.
- o Session 1: June 1-24
- o Session 2: June 29-July 22
- Sertoma Park Sand Volleyball Courts
- Ages 14+

Register at <https://www.bisparks.org/> - search QuickSAND. Call Linsay at 751-4266 with questions.

BMX Racing



Interested in trying BMX?

The first race is FREE. Boys, girls, men and women of any age are welcome to join anytime. Loaner helmets & bikes available to try out with no obligation. Practices will start the last week of May; racing starting the 1st week of June. Check our [Facebook page](#) for changes.

Schedule

Race every Mon & Thurs with registration from 6-7 pm.
FREE Practice every Tues from 6-8 pm.

Race Categories

- Striders: 5 and under.
- Class Bikes: tire size of 20" or smaller and a single speed bicycle. Racers are grouped by age and proficiency into motos. There are three proficiencies including Novice, Intermediate, and Expert. All new racers are placed in a Novice group and will compete against like age and proficiency racers.
- Cruiser Class: tire size of 24" or larger and a single speed bicycle. Racers are grouped by age when possible.

Requirements & Equipment

Each racer must wear a full face helmet, long sleeve shirt, and pant to the ankle during a practice or race. Kickstands, trick-pegs, chainguards, and reflectors must be removed for safety reasons.

Contact

Jamy Mills at bismarckfastrax@gmail.com or 701-400-5909.

Fastrax BMX Track is located adjacent to the Cottonwood Softball Complex on South 12th Street. Check Fastrax BMX out on Facebook or <https://www.usabmx.com/tracks/1486>.

2021 University of Mary Volleyball Camps

Camps will be held at the McDowell Activity Center or the Fieldhouse on the University of Mary campus in Bismarck, ND. Visit our website at maraudersvolleyballcamps.com for registration info. Marauders Volleyball coaches and players hope to see you and/or your siblings and friends on the court at one of their camps!

- July 22nd – Youth Camp – Grades 5th - 9th
 - o Price: \$175
 - July 23rd – Team Competition Camp – Grades 9-12
 - o Price: \$200/team
 - July 25th-26th – Elite Camp – Grades 8th - 12th
 - o Price: ranges from \$325 - \$375
 - July 27th – Youth Advanced Camp – Grades 5-9
 - o Price: \$175
 - July 28th-29th – Hitter/Setter/Libero Camp (NEW!)
Grades 7th - 12th
 - o Price: ranges from \$325 - \$375
- **Grade as of Fall 2021

Vision Hockey 701 Spring & Summer Hockey

Looking for off-season hockey and skating skills? Vision Hockey offers flexible, affordable hockey and skating programs for all levels. Experienced hockey, skating and goalie coaches! Visit visionhockey701.com or call 701-426-5354 for more information.

Register now for Weekend Coach Dean Stork Hockey Camps. University of Jamestown Head Coach Dean Stork will help your player get to the next level with instruction on power skating, stick handling, and game systems. Register early! Group sizes limited!

Termites & Mites/8U
Squirts/10U & PeeWee/12U-14U-15U
Bantam/19U & High School/College/Juniors
SCHEDULE BY GROUP

May 15-16 (4 Hrs) \$90/Skaters and \$70/Goalies. Register by May 6.

May 22-23 (4 Hrs) \$90/Skaters and \$70/Goalies. Register by May 14.

June 11-12-13 (5 Hrs) \$90/Goalies and \$120/Skaters. Register by May 24.

July 9-10-11 (5 Hrs) \$90/Goalies and \$120/Skaters. Register by July 1.

Summer Hockey: June 3 - August 6. All levels. \$15 per session. Game Changer Skills & Games!

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.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.

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 Soccer YMCA

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

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

Session: June 7-28 or July 12-Aug. 2

Mon 10 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

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.

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 6 wks - Fridays, June 4-July 16

1x/wk for 6 wks - Saturdays, June 5-July 17

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

Sessions: June 7-17

June 21-July 1

July 12-22

July 26- August 5

4x/wk for 2 wks - Mon.-Thurs.

Sessions: June 7-July 1

July 12-August 5



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

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.

Continued on next page...

Full Time Preschool: Some spots are currently available for children who will be 3 by Sept. 1, 2021. To enroll or for more information visit 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 2 years. Visit www.bismarckymca.org for details.

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.

Northern Plains Dance Summer Camps

Looking for something unique to do this summer? Northern Plains Dance offers a variety of summer camps and workshops for all ages and interests. Taught by an outstanding summer faculty, our camps offer a unique alternative to traditional summer activities for children and adults. In addition to dance class, each children's camp features crafts, story time, games, and a special opportunity to perform for friends and family on the last day of camp, creating those summer memories that last a lifetime.

American Girl Dance Camp (offered for ages 5-8)
Animal Crossing Dance Camp (offered for ages 9-11)
Baby Yoda Dance Camp (offered for ages 3-6)
Boys Only Dance Camp (offered for ages 5-11)
Dance Camp Olympics (offered for ages 9-11)
Dance with Me, Dolly (offered for ages 3-4)
Daniel Tiger Dance Camp (offered for ages 3-4)
Frozen Dance Camp (offered for ages 3-8)
Greatest Showman Dance Camp (offered for ages 5-11)
Hamilton Dance Camp (offered for ages 9-11)
Hip Hop Dance Camp (offered for ages 7-11)
Hogwarts School of Dance (offered for ages 7-8)
Little Mermaids' Under the Sea Dance Camp (ages 3-6)
LOL Surprise Dance Camp (offered for ages 3-8)
Moana Dance Camp (offered for ages 3-6)
Musical Theater Dance Camp (offered for ages 7-12)
My Little Pony Dance Camp (offered for ages 5-8)
PAW Patrol Dance Camp (offered for ages 3-4)
Pokemon Dance Camp (offered for ages 5-8)
Pretty Princess Dance Camp (offered for ages 3-6)
Raya Dance Camp (offered for ages 5-8)
Unicorn Magic Dance Camp (offered for ages 3-11)
Work of Art Dance Camp (offered for ages 7-11)
Camps fill up quickly, so register today at <https://www.northernplainsdance.org/summer-camps>. Call 701.530.0986 or email dance@northernplainsdance.org for more info.

Baseball Skills Camps

June 23 and 24

The Bismarck Optimist Club, Bismarck Larks and Sanford Power are teaming up to host baseball skills camps on June 23 and 24. Spend the day developing your baseball skills and hanging out with the Larks players and staff. Players also receive a t-shirt, hat, lunch and ticket to the June 25 Larks game. Limited slots are available.

To register:

- Go to www.larksbaseball.com
- Select Community/Community Programs
- Select Youth Camps

All camps will be held at the Bismarck Municipal Ballpark (303 West Front Ave).

- 6-9 years old (suggested ages): June 23 from 9 am-12:30 pm (\$50/player)
- 10-13 years old (suggested ages): June 24 from 9 am-3 pm (\$75/player)

Arrow Service Team Safety Day



May 22, 11AM - 4PM

Come out to 2925 E. Broadway Ave in Bismarck for Safety Day. Enjoy inflatables, free food, and a pop-a-balloon raffle! 100% of proceeds go to supporting crisis care chaplaincy! We will also be hosting a free will garage sale from 8am-5pm. Call 223.9249 with questions.

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.