

BisMan Lacrosse Clinic

Thursday, June 1

The Bis-Man Lacrosse Association will hold a clinic for players June 1 at Cottonwood Fields 13 & 15. Frankie Brier, Division 1 All MAAC Player from Marist, will lead the clinic. New players are welcome. Cost is \$20. For more information, visit www.bismanlacrosse.org.

JV (U16): 8 – 9:30 am

U14: 9:45 – 11:15 am

U12: 11:30 am – 1pm

Hunting Dog Demos

Saturday, June 3



Central Dakota NAVHDA's FREE "Pointing the Way to Conservation Day" is June 3 from 8:30 am-1 pm at 3501 N Hwy. 1806, Mandan. Anyone age 8+ who is interested in dogs, hunting dogs, and/or hunting is invited. Youth participants must be accompanied by an adult. Attendees are asked to wear closed-toe shoes (preferably water resistant), long pants and appropriate outerwear for the conditions. Bring insect repellent and sunscreen; the event will be held rain or shine! Demonstrations to include:

- Water retrieves
- Pointing dogs on live birds
- Dogs tracking game drags
- Education on hunting heritage, the North American Model for Wildlife Conservation, and North American Versatile Hunting Dog Association.

[Click here](#) for more information. To register or ask questions, email centraldakotनावhda@ymail.com or call/text chapter vice president Joe Leibel at 934-2367. Registration is limited to first 40 participants to sign up. Lunch will be served.

BECEP in-home evaluations

BECEP Early Intervention program provides FREE in-home developmental evaluations to help parents help their children during every day routines. If you have a concern or to see if your child qualifies, contact 323-4402.

BPSF Larks Night

Friday, June 2

BPS Foundation Larks Night is Friday, June 2 starting at 7:35 pm at Dakota Community Bank & Trust Field, 303 W. Front Ave. Tickets are \$15 and include reserved seats, Larks cap, and \$4 of every ticket will be donated to the BPS Foundation. Purchase tickets at larkstickets.com and enter promo code BPSF. For information, contact Paul Adelman, 595-7525, paul@larksbaseball.com.

Girls Basketball Camps



Skills Camp - Grades 3-8:

June 12-15 at Bismarck High, \$50 (\$60 after May 31)

Grades 3-5: noon-2:30 pm

Grades 6-8: 3-5:30 pm

[Registration form](#)

Basketball Camp - Grades K-2:

June 20-21, 12-1:15 pm at Bismarck High, \$25

[Registration form](#)

For information, contact Bill Shetler, 516-3521, billshetler@bismarckschools.org.

The Little Free Pantry

Bismarck-Mandan offers a place for neighbors to help neighbors. The Little Free Pantry (LFP) is a give and take system, similar to the Little Free Libraries, but with food and hygiene items instead of books! Little Free Pantries will have the most presence in areas of higher need. Students from the BPS Career Academy have built six beautiful pantries to be placed in our community.

The LFP program is currently looking for sponsors to donate the \$150 it cost to build each box as well as locations to host the Pantries. Contact Kim Dockter at 400-5377 if you are interested in getting involved and check out their Facebook Group "Little Free Pantry – Bismarck Mandan" to stay up to date as the project progresses.

U-Mary Men's Basketball Mini Marauders



June 20

This basketball camp is for boys entering grades K-6. It will take place June 20, 8 am-5 pm, at the McDowell Activity Center on the U-Mary campus. Cost is \$50 per child and includes a t-shirt. For the registration form, [click here](#). For questions, contact coach Casey at cabruggeman@umary.edu or call 218-329-5799.

Cooking Camp

NDSU Extension Services of Morton & Burleigh Counties are holding two 3-day Cooking Camps for youth entering grades 5-7. They will be held at Wachter Middle School, 1107 S. 7th St. Date and times are: June 21-22 (12:30 pm-4:30 pm) & June 23 (8:30 am-noon) OR July 5-6 (12:30 pm-4:30 pm) & July 7 (8:30 am-noon). The cost is \$25 per camp per youth and includes a cookbook and utensils kit. Scholarships are available if needed. Seating is limited. For more information and registration, www.tinyurl.com/2017CookingCamp. For questions, call Vanessa Hoines at 667-3340 or Shaundra Ziemann at 221-6865.

Central Dakota Football Camps



Youth Football Camp - Grades 3-6:

June 26-28, 9-11:30 am at Hughes field, \$45.

Football Camp - Grades 7-10:

June 26-28, 12:30-3 pm at Hughes field, \$45.

Drills and games will be conducted by BHS coaches and former players at Hughes, 806 N. Washington St. Registration forms at <http://www.demonfootball.net/index.html>. Contact Mark Gibson at 527-0115 for further details.

PATH

PATH X NORTH DAKOTA

Has your family ever considered foster care? You don't have to be extraordinary, just a family who is willing to give a little extra, to welcome children into their homes. They are part of a child's life, providing unconditional love and support they need to grow. Being a PATH Family can be part-time, as-needed, or full-time. PATH Families are part of a professional team who ensure a child gets the support and love they need. For more information, call 224-9611.

BMX Racing



Schedule and Sanctioning Body

- The racing season has started! Normal races are held on Monday and Thursday evenings with registration at 6-6:45 pm. There is no obligation to be at every race. First race is FREE. Open practice is on Tuesdays from 6-8 pm and open to the public.

Race Categories

- Boys, girls, men and women of any age are welcome.
- 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 grouping 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

- Riders must be able to ride a bicycle without training wheels. Each racer must wear a full face helmet, long sleeve shirt, and pants to the ankle during a practice or race. Kickstands, trick-pegs, chainguards, and reflectors must be removed for safety reasons. Loaner helmets & bikes are available to see if your child is interested.

Contact

- Contact Jamy Mills 400-5909 or bismarckfastrax@gmail.com for more information. Text the word FASTRAX to 84483 to receive updates on race schedule.

Fastrax BMX Track is located adjacent to the Cottonwood Softball Complex on South 12th Street. Check Fastrax BMX out on Facebook or bismarckfastrax.com.

Middle School Volleyball Camp



June 26-28

Simple volleyball coaches will be offering a summer volleyball camp for any girls entering grades 5-8 this fall. Players will focus on developing fundamental skills including: serving, passing, setting, and hitting. Girls will be active in daily competitions to further refine skills in game-like situations. This camp will help increase volleyball knowledge in all areas of play. For the brochure, www.simle.bismarckschools.org/simle/smsathletics/.

Grades 5-6: 1-3 pm, \$45

Grades 7-8: 3:30-5:30 pm, \$45

Feeney Football Camp

June 26-28



Camp will be June 26-28 from 9 am-12 pm at Horizon Middle School for boys entering grades 3-8. Registration is \$50 before June 21; \$55 after June 21. Information and registration form at www.horizon.bismarckschools.org/horizon/hmsathletics/. For more information contact CHS Assistant Football coach Steve Feeney at 258-7739 (Home), 323-5056 (Work), or steve_feeney@bismarckschools.org.

Woodside-Moormann Basketball Camp

July 18-20

Live Your Dreams basketball is a satellite basketball camp that looks to teach, improve, and develop young adults and kids basketball skills. The camps are coached by Ben Woodside, Lucas Moormann, and Dexter Werner.

Grade 2-5 (boys): Tues.-Thurs. 8-9:30 am, \$85
Grades 6-8 (boys): Tues.-Thurs. 10 am-12 pm, \$110
Grades 5-12 (girls): Tues.-Thurs. 4-6 pm, \$110
Grades 9-12 (boys): Tues.-Thurs. 1-3:30 pm, \$135

All camps will be at Century High School. Limit of 40 campers per age group. Campers receive a t-shirt, water bottle, basketball drills sheet, autographed photo of Ben Woodside and Dexter Werner. To register, go to <http://www.woodside-moormanncamps.com/>.

Wildcat Girls' Basketball Camp

July 17-19



This camp is designed to assist girls in the development of basic skills needed to compete and succeed in basketball. The skills to be developed include defense, shooting, rebounding, post play, passing, dribbling and teamwork.

July 17-19, 4:30-7:30 pm
Wachter Middle School gym
Grades: incoming 5th-8th
Cost: \$60 includes a t-shirt

For the registration form, go to <http://www.wachter.bismarckschools.org/wachter/wmsathletics/camps/>.

Summer feeding program

June 5-July 28

Free lunches will be served this summer for ALL kids in Bismarck ages 18 and under at five locations regardless of which school they attend. A hot or cold meal will be served Monday through Friday, June 5-July 28, but not on July 3 and 4. Here are the times and locations of the BPS Summer Feeding Program:

Wachter Middle School, off 7th St. and Expressway Ave. at 1107 S. 7th St., 11 to 11:45 am.

Sons of Norway Park, east of Myhre School on Expressway Ave., 12 to 1 pm.

Moses School Playground, off 3rd St. east of the Wave Pool at 1312 Columbia Dr., 11:45 am to 1 pm.

Will-Moore School Playground, off 4th St. and Ave. E, 11:45 am to 1 pm.

Lions Park, at Boulevard Ave. & 16th St. Lunch served at the shelter next to the playground SW of Hillside Pool, 11:45 am to 1:15 pm.

Baseball Camps



The Bismarck Larks and Optimist Club of Bismarck are co-hosting youth baseball camps, with instruction provided by Larks players and staff at Bismarck Municipal Ballpark, 303 W. Front Ave. Included in the camps are several hours of professional skills training, t-shirt, baseball cap, lunch, ticket to the Larks game the evening of the camp and recognition at the Larks game. Cost is \$99.

Ages 7-9: Thursday, June 8, 9:30 am-2 pm
Ages 10-13: Saturday, July 8, 8:30 am-3 pm
Ages 14-17: Monday, July 10, 8:30 am-3:30 pm

To register, contact Paul at 595-7525, paul@larksbaseball.com or visit larksbaseball.com and click Youth Camps under the Community tab.

FREE Inflight Meal!

Sky Zone Bismarck invites students to its indoor trampoline park for a FREE meal, admission not included. [Click here](#) to access the voucher for a free slice of pizza and small soda. Sky Zone Bismarck is located at 5003 Ottawa Ave. Summer hours and more online at skyzone.com/Bismarck.

Northern Plains Dance Summer Camps



Northern Plains Dance offers a variety of summer camps and workshops taught by an outstanding summer faculty, these camps offer a unique alternative to traditional summer activities for children and adults. 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.

Camps for ages 3-4

Doc McStuffins Dance Camp	June 6-8
Be a Ballerina Like Angelina	June 20-22
TinkerBell's Pixie Dust Dance Camp	June 27-29
Little Mermaid's Under the Sea Dance Camp	July 11-13
Frozen Dance Camp	July 18-20
Princess Tea Party Dance Camp	July 25-27
Elena of Avalor Dance Camp	August 1-3
A Bug's Life Dance Camp	August 8-10
Belle's Ballet Camp	August 15-17

Camps for ages 4-5

NEW – Belle's Ballet Camp	June 6-8
NEW – Zootopia Dance Camp	June 13-15
Frozen Dance Camp	June 27-29
NEW – Trolls Dance Camp	July 11-13
Little Mermaid's Under the Sea Dance Camp	July 18-20
Finding Dory Dance Camp	July 25-27
Rapunzel's Tangled Dance Camp	August 1-3
TinkerBell's Pixie Dust Dance Camp	August 8-10
Little Rockstar Dance Camp	August 15-17

Camps for ages 5-8

Ever After High Dance Camp	June 6-8
NEW – Belle's Ballet Camp	June 6-8
Frozen Dance Camp	June 13-15
Descen(dance) Camp	June 20-22
Big Top Circus Camp	June 27-29
Rapunzel's Tangled Dance Camp	July 11-13
Little Rockstar Dance Camp	July 18-20
NEW – Alice's Adventure Dance Camp	July 18-20
Little Mermaid's Under the Sea Dance Camp	July 25-27
NEW – Trolls Dance Camp	August 1-3
American Girl Dance Camp	August 8-10
NEW – Finding Dory Dance Camp	August 8-10
NEW – Moana Dance Camp	August 15-17

Camps for ages 8-11

Alice's Adventure Dance Camp	June 6-8
NEW – Nutcracker Camp	June 13-15
No Girls Allowed – a Boys-ONLY Intro	June 13-15
NEW – Star Wars Dance Camp	June 20-22
Pop Star Dance Camp	June 27-29
Story Time Ballet Camp	July 11-13

Work of Art Dance Camp with Ali LaRock	July 11-13
NEW – Moana Dance Camp	July 18-20
American Girl Dance Camp	July 25-27
Descen(dance) Camp	August 1-3
Break it Down: Hip Hop Dance Camp	August 8-10
Ever After High Dance Camp	August 15-17

Camps for adults are also available. Each camp costs \$60. Get \$5 off each camp when you register for 3 or more. Camps fill up quickly, so register today at <http://www.northernplainsdance.org>. For more information, call us at 530-0986 or email dance@northernplainsdance.org.

BPS Foundation

BPS Foundation has partnered with First International Bank & Trust (FIB&T) in its Bismarck Community Give Back Program! Now through August 31, when you open a new personal checking account at FIB&T with eStatements and a monthly direct or mobile deposit, you'll get \$75 – plus, FIB&T will donate \$25 to the Bismarck Public Schools Foundation! Stop in at their branch in Bismarck at the corner of State St. & Divide to open your new account and support the BPS Foundation! For more information, firstintlbank.com/GiveBack.

BisMarket



BisMarket provides access to a variety of locally-grown, high-quality, farm-fresh products direct from local producers. This family-friendly market enhances community building, fosters local business development, and encourages healthy food choices. SNAP/EBT benefits are accepted on eligible items.

Saturdays

June 3-October
Kiwanis Park
10 am-1 pm

Tuesdays

July 11-August 29
Good Shepherd Lutheran Church
4-7 pm

Kids Market is September 9. If you have an entrepreneurial student, they can sell their handmade/grown goods at BisMarket! FREE for kids under 18 years of age.

Go! Play at BisMarket, a community-wide health and wellness block party, will be August 12 from 10 am – 2 pm at Kiwanis Park and Municipal Ballpark. Featuring local foods, kids activities, music, health & wellness booths, food trucks, fitness jams, and more.

BisMarket is still accepting vendor applications for the 2017 season. For vendor applications and details on events go to: www.bismarket.com.

Ehrmantraut's Music Maintenance & Self Defense

Summer Music Maintenance Program

Private music lessons are offered by appointment throughout the summer season; new students welcome. Quality lessons for piano, strings, woodwinds, brass, and percussion instruments available. Summer maintenance and enrichment for musician (beginner-advanced) Professional piano tuning services are also available. Openings are limited! The instructor has a BS in Music Ed. and is a substitute teacher for BPS. Contact Ben Ehrmantraut at 400-7367 or bene@bis.midco.net.

Summer Self Defense

Mini Camps are available for learnings stranger danger awareness, kidnapper tricks, self defense techniques and strategies. Traditional Taekwondo, Hapkido, and weapons classes also available. Self Defense Camps: Tues., June 13, 10 am-noon, Wed., July 19, 1-3 pm, and Thurs., August 10, 10 am-noon. All sessions are held at 2215 East Main Ave. Contact Grand Master Ben Ehrmantraut at 400-7367, bene@bis.midco.net.

iCan Bike Camp

July 31-Aug. 4

Designer Genes, along with other community partners, will once again bring the iCan Bike camp to Bismarck. This camp offers participants 75 minutes each day for 5 days of specialized training to become independent two wheel bike riders. Since the camp started in Bismarck, a total of 79 individuals of all ages have worked on their bike riding skills and many left the camp as new 2 wheel bikers. Participants must be 8 & older and walk independently. Cost is \$100. For more information, call Heather at 471-5615 or email info@designergenesnd.com. Registration is open at www.designergenesnd.com. They're also looking for volunteers to work with the riders!

The Friday Flier is e-mailed 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 a copy of the guidelines, deadlines and fees, e-mail community_relations@bismarckschools.org or call 701-323-4092 to submit items for a small fee. For current and past issues, visit bismarckschools.org under the "Parents" tab.

The Amazing Chemistry Show

Saturday, Aug. 27

This FREE 3-hour family experience will be hands-on with over 150 science experiments plus a stage show from 4-7 pm at McCabe United Methodist Church, 1030 N. 6th St., Bismarck.

Awana

Starting Sept. 6

Awana offers Biblical teaching, games and activities, positive friendships, support for parents, awards and recognition for accomplishments, and more. Wednesday evenings beginning September 6. For more information, contact McCabe UMC at 255-1160 or McCabeUMC.com.

U-Mary Girls' Basketball Camps



Elite Skills Camp - Grades 6-12:

June 5-6, 1-5 pm, \$80

Competition Camp - Grades 6-12:

June 10-13, resident \$250, commuter \$205

[Elite Skills & Competition registration form.](#)

Mini Marauders Camp - Grades K-5:

June 10-12, 1-4 pm, \$70, \$60 each for multiple children

[Registration form.](#)

For questions contact Jason Schmitz at jmschmitz@umary.edu or call 355-8278.

Start Smart Basketball Camps



Start Smart Camp - Grade K-5

July 17-19, 1-2:30 pm at Centennial Elementary, \$70

[Registration form](#)

June 17-19, 6-7:30 pm at Liberty Elementary, \$70

[Registration form](#)

Point Guard/Perimeter Camp - Grade K-12

June 27, 1-3:30 pm at Century High, \$65

For more information and to register, [click here.](#)

For more information go to the [CHS boys basketball website](#) or call Darin Mattern at 226-6898.

Missouri Valley Family YMCA



YMCA

1608 N Washington St.
701-255-1525
www.bismarckymca.org

Family Wellness

2700 46th Ave. SE Mandan
701-751-9800
www.familywellnessbisman.org

Youth Sports

7th & 8th Grade Boys & Girls Basketball

Tuesdays at 6 pm, June 6-August 1, register May 15-June 5

7th & 8th Grade Gear Up Volleyball Camp

August 7-9, register June 26-July 17

K-6 Grade Boys & Girls Basketball Camp

July 17-19, register May 22-June 26

Grade K-3 Boys & Girls Cheerleading

September 10-October 15, register July 31-August 21

Grade K-3 Boys & Girls Flag Football

September 10-October 15, register July 31-August 21

Grade K-1 & 2-3 Girls Volleyball

Sept. 11-Oct. 21, register July 31-August 21

For more youth sports information, [click here](#).

Youth Development Pass: FREE for youth grades K-6 in Bismarck-Mandan; includes use of swimming pools, basketball courts, locker room, and youth fitness classes. Pick up an application at the Member Services Desk.

Summer 2017 Swimming Lessons: Kids who take swimming lessons learn important water safety techniques and skills. More information at bismarckymca.org.

Monday - Thursday (4x/week for 2 weeks), register NOW!

Sessions: June 5-15, June 19-29, July 10-21, July 24-August 1, and July 24-August 4.

Monday/Wednesday or Thursday (2x/week for 4 weeks), register NOW!

Sessions: June 5-29 and July 10-August 4.

Itty Bitty Activities

Itty Bitty Activities are designed to get children ages 3-5 moving and learning. Parents and guardians are encouraged to participate with their child. All participants will receive an Itty Bitty water bottle.

Itty Bitty Soccer

YMCA : June 5-8, register through May 29; July 10-Aug. 2, register June 12-July 3

Family Wellness: June 5-8, register through May 29; July 10-Aug. 2, register June 12-July 3

Itty Bitty Water Play

YMCA: June 6-27, register through May 29; July 11-Aug. 1, register June 12-July 3

Itty Bitty Baseball

YMCA: June 8-29, register through May 29; July 13-Aug. 3, register June 12-July 3

Family Wellness: June 8-29, register through May 29; July 13-Aug. 3, register June 12-July 3.

2018 Preschool

Part-time preschool: for ages 3-5. Options include: 8:30-11:30 am or 12:15-3:15 pm, Mon., Wed., and Fri.

Full-time preschool: Options include: ages 4-5 Mon.-Fri., 8:30 am-3:30 pm and ages 3-5 Mon.-Fri. 8:30-11:30 am or 12-3 pm.

2017-18 School Year Y After School Care

The Youth Development Center offers after school programming for K-6th grade students. Some transportation and AM care options may be available. Registration opens June 28 at 10 am.

Summer Camps at the Y

June 5-August 11, Monday-Friday from 7:30 am- 5:30 pm

- Explorers (students entering grades 1-4)
- Nakota (students entering grades 3-7)
- Kinder (ages 4-5)

Summer Food & Fun Festival: FREE family event with inflatables, face painting and more! Food will be available for purchase from various trucks as well as hotdogs from YDC. Friday, June 9, 11 am-5 pm in the Y lot and lawn. All proceeds benefit the Youth Development Center.