

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 are available to try out as well.

Schedule

- Races will be every Sunday starting August 25 until sometime in October. Registration is 1-2 pm with the race immediately following; just show up at the registration building to get started!

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 pants to the ankle during a practice or race. Kickstands, trick-pegs, chainguards, and reflectors must be removed for safety reasons.

Contact

- Jamy Mills, 701-400-5909, or bismarckfastrax@gmail.com. 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 www.usabmx.com/tracks/1486.

Free youth event

Wednesday, August 28

Fun games, good community, and a chance to get plugged in: Fall Launch is the kickoff party for students in grades 6-12 that emphasizes connect groups, FREE food, and fun! This event will be held at Evangel's East Auditorium, 3220 N. 19th St. Doors will open at 5:30 pm.



Missouri River Clay Target League



Register by Saturday, Aug. 31

Registration for Clay Target League Teams competing in the 2019 Spring North Dakota State High School Clay Target League (ND CTL) is now through August 31. Students in grades 6-12 with hunter's education are eligible to register at mrctl.org under the Fall Registration tab.

The Fall 2019 season cost is \$170. Parents can learn more about the teams by calling Nick Simonson at 507-829-9553 or emailing mrctl25@gmail.com. For more on MR CTL and the teams' recent successes, visit mrctl.org.

Bismarck-Mandan Symphony Youth Orchestra auditions



Wednesday, September 4

The Bismarck-Mandan Symphony Youth Orchestra will hold auditions for the 2019-2020 season on Wednesday evening, Sept. 4 at the Bismarck Veterans Memorial Public Library, Room C. Auditions are open for all 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. Call 701-258-8345 or email bmsyo@midconetwork.com for more information or to reserve your audition time.

The Prince Charming Ball

Saturday, September 7

Tickets are on sale for Bismarck-Mandan's third annual mother-son dance, The Prince Charming Ball. The event will be held Saturday, Sept. 7 at the Bismarck Elks Club and will feature a photo booth, dance, treats, crafts, and a great night of dancing to remember for a lifetime! The Prince Charming Ball is a dance for boys ages 5-12 and that special lady in their lives, whether it be mom, aunt, or grandma. Tickets are \$20 per person and are on sale at northernplainsdance.org/prince-charming-ball-tickets.

Volleyball Officials Needed!

Bismarck Public Schools needs volleyball officials, particularly at the middle school level for the Fall 2019 season. If you are interested, contact the BPS Activities Office at 701-323-4080.

Orchestra Make-Up Camp

Tuesday, September 3-Thursday, September 5

The BPS Elementary Orchestra Make-Up Camp will be Sept. 3-5 from 4-5:30 pm at Miller Elementary School, 1989 N. 20th St. This camp is a crash course. For a list of supplies & contact information, [click here for the postcard](#).

Remembrance Event

5K Fun Run/Walk

Sunday, September 8



The Bismarck Share Pregnancy & Infant Loss Support Group is hosting its first Remembrance 5K Run/Walk on Sunday, Sept. 8 at Sertoma Park Community Center. The cost is \$25 per person or \$75 per family (max of 6 participants). To register online, go to www.active.com and search Bismarck Share Walk. On-site registration starts at 8 am; 5K run at 9:30 am; and 5K walk at 9:35 am.

Funds raised will help support the mission of the Bismarck Share Support Group. For more information, call Emily at 701-425-1340 or visit the [Bismarck Share Pregnancy & Infant Loss Support Group Facebook page](#).

Fly-in & Drive-in Pancake Breakfast

Sunday, September 8



All are welcome to the 9th Annual Bismarck Fly-In & Drive-In Pancake Breakfast presented by Puklich Chevrolet Sunday, September 8 from 8 am to 1 pm at Bismarck Aero Center on the Bismarck Airport grounds.

This year's event will feature a variety of vintage aircraft and car displays, flight simulators, airplane rides and much more to keep the whole family busy. There will also be door prizes given away and airplane rides available to purchase. Don't forget, all funds raised go to support the [Scottish Rite Speech Therapy Center for Children](#). For more information, visit the [Bismarck Aero Center Facebook page](#).

Group for parents/caregivers of kids with aggression issues

The parent-to-parent group called BisMan Parents/Caregivers of Kids with Aggression Issues invites parents to FREE informal, supportive, and welcoming monthly chat session with NO judgment. Meetings are held the 2nd Sunday of the month from 2:30-5:45 pm at the Bismarck Veterans Memorial Public Library, 515 N 5th St. The next meeting is Sunday, Sept. 8. Childcare is provided with advanced notice. For more information, join the [Facebook group](#) or call Cathy at 701-426-0553 or Carl at 701-214-3921. For the flyer, [click here](#).

Free presentation on Raising Kids in a Digital World



Wednesday, Sept. 11 & Thursday, Sept. 12

Representatives from Common Sense Media are coming to Bismarck to help families support K-12th grade students in this digital world. Panelists will discuss the education benefits of technology in the classroom, provide tips for keeping kids safe online, and discuss how schools foster good digital citizenship skills. A question and answer session will follow.

To learn more, attend one of these sessions: Wednesday, Sept. 11 at Wachter Middle School or Thursday, Sept. 12 at Horizon Middle School from 6:30-7:30 pm.

BPS is a Common Sense certified school district. To learn more about Common Sense Media strategies, go to www.common sense media.org.

Office Depot program: "Give Back to Schools"

Deadline: Saturday, September 28

If you shop for qualifying school supplies at Office Depot, they will give money back to a school of your choice. The cashier can look up the school ID or go to www.officedepot.com/cm/school-supplies/give-back for that information and more! If you have questions, contact zachary.miller@officedepot.com, 701-516-2480.

CHS Cheerleading Kids Camp

Saturday, September 28

The Century High Cheerleading Kids Camp will be Saturday, Sept. 28 in the Olson gym at CHS. Check-in is 8:45-9 am; camp 9-11:15; parent performance 11:15. Campers (grades K-8) will receive supervised, safe instruction on cheers, chants, dance, jumps and stunts as well as a camp gift & snack. Cost is \$20; after Sept. 23 cost is \$30. For more information and to register, [click here](#).

Join Cub Scouts

Boys & girls in grades K-5 can join Cub Scouting. Sign-up nights are happening all over Bismarck in September. Find your school's group at beascout.org.



Activities - Adventure field trips, Pinewood Derby, camping, family outings, community service and fun.

Costs - Fees vary by pack based on their program.

Financial assistance is available to ensure every family can participate.

Benefits - Making new friends and life-long memories, learning new skills, building self-reliance, responsibility, confidence, and teamwork. The skills learned in Scouting will last a lifetime and change how they see the world with a new SCOUTLOOK on life.

For questions or to find a group near you, visit beascout.org or call 701-223-7204.

Valley City State 3 on 3 Basketball Tournament

Sunday, Oct. 6

There will be a 3 on 3 Basketball Tournament for both boys' and girls' 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. For the registration form, [click here](#). To sign up or for more information, contact Karl Sorby at 701-845-7170 or k.sorby@vcsu.edu. Registration limited to first 70 teams.



Northern Plains Dance class registration is open

Northern Plains Dance holds a variety of classes that appeal to dancers of all levels from ages 3 to adult: Ballet, Modern, Jazz, Tap, Hip Hop, Lyrical, Creative Movement, and Dance Together. Registration is open all year. For more information, visit www.northernplainsdance.org, call 701-530-0986, or email dance@northernplainsdance.org.

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.familywellnessbismarck.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 at bismarckymca.org.

Volleyball YMCA: 4th-6th Grade Girls

Session: Oct. 28-Dec. 14

Registration: Sept. 16-Oct. 7, \$41 member

Sept. 19-Oct. 7, \$89 non-member

Volleyball YMCA: 7th-8th Grade Girls

Session: Jan. 5-Feb. 14

Registration: Dec. 2-23, \$41 member; \$89 non-member

Basketball YMCA: 2nd, 3rd & 4th/5th & 6th Gr. Girls

Development & Competitive Session: Jan. 6-Feb. 15

Registration: Nov. 25-Dec.16 member

Nov. 28-Dec. 16 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member

Competitive: \$65 member; \$117 non-member

Volleyball Family Wellness: 4th-6th Grade Girls

Session: Oct. 28-Dec. 14

Registration: Sept. 16-Oct. 7, \$41 member

Sept. 19-Oct. 7, \$89 non-member

Volleyball Family Wellness: 7th-8th Grade Girls

Session: Jan. 5-Feb. 14

Registration: Dec. 2-23, \$41 member; \$89 non-member

Basketball FW: 2nd, 3rd & 4th/5th & 6th Gr. Girls

Development & Competitive Session: Jan. 6-Feb. 15

Registration: Nov. 25-Dec.16 member

Nov. 28-Dec. 16 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member

Competitive: \$65 member; \$117 non-member.

Continued on next page...

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; \$50 for non-member. Register at bismarckymca.org.

Itty Bitty Basketball YMCA

Session: Sept. 16-Oct. 8, Mon. or Tues. 4:30, 5:30, or 6:30

Registration: now through Sept. 9

Session: Oct. 14-Nov. 5, Mon. 4:30, 5:30, or 6:30 pm or
Tues. 9, 10, or 11 am

Registration: Sept. 16-Oct. 7

Session: April 1-22, Wed. 9, 10, or 11 am

Registration: March 2-23

Session: May 4-June 1, Mon. or Tues. 4:30, 5:30, or 6:30

Registration: April 6-27

Itty Bitty Football YMCA

Session: Oct. 13-Nov. 3, Sun. 2, 3, or 4 pm

Registration: Sept. 16-Oct. 7

Session: April 5-26, Sun. 2, 3, or 4 pm

Registration: March 2-23

Itty Bitty Sports YMCA

Session: Nov. 17-Dec. 15, Sun. 2, 3, or 4 pm

Nov. 20-Dec. 11, Wed. 9, 10, or 11 am

Registration: Oct. 21-Nov. 11

Session: Jan. 5-26, Sun. 2, 3, or 4 pm

Registration: Dec. 9-30

Session: March 1-22, Sun. 2, 3, or 4 pm

Registration: Feb. 3-24

Session: March 4-25, Wed. 9, 10, or 11 am

Registration: Feb. 3-24

Itty Bitty Soccer YMCA

Session: Jan. 7-28, Tues. 9, 10, or 11 am

Registration: Dec. 9-30

Session: Feb. 6-27, Thurs. 9, 10, or 11 am

Registration: Jan. 6-27

Itty Bitty Baseball YMCA

Session: Jan. 9-30, Thurs. 9, 10, or 11 am

Registration: Dec. 9-30

Session: Feb. 4-25, Tues. 9, 10, or 11 am

Registration: Jan. 6-27

Itty Bitty Play YMCA

Session: Feb. 2-23, Sun. 1 or 2 pm

Registration: Jan. 6-27

Itty Bitty Volleyball YMCA

Session: Sept. 15-Oct. 6, Sun. 2, 3, or 4 pm

Registration: Now through Sept. 9

Session: Feb. 2-23, Sun. 3 or 4 pm

Registration: Jan. 6-27

Itty Bitty Basketball Family Wellness

Session: Sept. 15-Oct. 6, Sun. 3 or 4 pm

Registration: now through Sept. 9

Session: Oct. 15-Nov. 5, Tues. 9 or 10 am

Registration: Sept. 16-Oct. 7

Itty Bitty Football Family Wellness

Session: Oct. 13-Nov. 3, Sun. 3 or 4 pm

Registration: Sept. 16-Oct. 7

Itty Bitty Sports Family Wellness

Session: Jan. 5-26, Sun. 3 or 4 pm

Registration: Dec. 2-23

Session: Feb. 5-26, Wed. 9 or 10 am

Registration: Jan. 6-27

Session: March 1-22, Sun. 3 or 4 pm

Registration: Feb. 3-24

Session: March 5-26, Thurs. 10 or 11 am

Registration: Feb. 3-24

Itty Bitty Volleyball Family Wellness

Session: Nov. 17-Dec. 15, Sun. 3 or 4 pm

Registration: Oct. 21-Nov. 11

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! Cost is \$55 for members; \$85 non-members Register at bismarckymca.org.

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

Sessions: Sept. 9-Oct. 3

Oct. 14-Nov. 7

Nov. 18-Dec. 17

Registration: Now open

1x/wk for 6 wks - Fri. or Sat.

Sessions: Sept. 6-Oct. 11

Oct. 18-Dec. 13

Registration: Now open

Youth Triathlon

Have fun with your friends in a non-competitive swim, bike and run Sat., Aug. 24 at 9 am. This event is for kids ages 6-16. Cost is \$10. Register at bismarckymca.org.

First International Bank & Trust Family Splash Center

This new 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. Birthday party packages are available in the private Scheels Party Room for just \$135 for members; \$175 for non-members. Parties include 2 hours access to the party room and use of the splash center, goodie bags for up to 10 kids, a t-shirt for the guest of honor and a personal party attendant. Party packages are available Fri. 6:30-8:30 pm, Sat & Sun 1-3 pm or 3:30-5:30 pm. Register at bismarckymca.org.

Youth Development Centers YMCA & Family Wellness

Before & After School Program 2019-2020 Registration:

At the Y, kids build self-esteem and values in a fun, safe environment. Children will have time to stretch their minds and their bodies. Program available in 3 locations with some transportation available. To enroll or for details, visit www.bismarckymca.org/before-after-school-program.aspx.

Kinder Camp Preschool Registration: Sept. 2019-May 2020. Kinder Camp is a part time preschool option for families at the YMCA main campus. This program is intended to give children ages 3-5 skills that will help them build a foundation for school readiness. Using “Get Set for School Curriculum,” children will receive hands-on experiences and develop early writing, literacy and math skills. Kinder Camp also provides swimming lessons and structured gym experiences. To enroll or for details, visit www.bismarckymca.org/part-time-kinder-camp-preschool-ages-3-5-years.aspx.

Adventure Camp: An exciting place to play on days off school! Activities include STEM, gym time, outdoor games and lots of positive fun with friends. Program available at the YMCA main campus with some meals provided. Register Sept. 1 for fall dates: Oct. 17 & 18, Nov. 1, Nov. 11, and Dec. 23, 26 & 27, 30 & 31. To enroll or for details, visit www.bismarckymca.org/adventure-camp-school-out-days.aspx.

Family Fun Gym Time YMCA

Tues. & Thurs. 10:30 am-noon & 5:30-7 pm and Sat. 10 am-noon Labor Day through Memorial Day. Families have fun bouncing, climbing and riding together during these special open gym hours. Featuring a bouncy house, bouldering wall, and various scooters. Parental supervision required. FREE for members.

Family Fun Gym Time Family Wellness

Wed. & Fri. 10:30 am-noon Labor Day through Memorial Day. A bounce house, play and sport equipment are available for families to enjoy together. FREE for members.

Family Free Fun Time YMCA

Families that play together, stay together! Enjoy a wide variety of family friendly activities including movie, game and arts and crafts nights, and much more. Offered monthly, Labor Day through Memorial Day, these regular get togethers will give your family a great opportunity for quality time. FREE for members. Visit bismarckymca.org for more information.

Youth Fitness YMCA & Family Wellness

An exciting, energetic group exercise program for kids ages 6-12. Meeting weekly, this program is set up in monthly sessions and pre-registration is required. Offered Labor Day through Memorial Day. FREE for members. Visit bismarckymca.org for more information.

Parents' Night Out YMCA

This program is designed to give kids ages 3-10 a fun, safe supervised experience, while their parents enjoy a night out. Sessions are held monthly, with special rates for members and pre-registration is required. Offered Labor Day through Memorial Day. Visit bismarckymca.org for more information.

Jr. Chefs YMCA

Kids get cookin' in this fun, flavorful program. Culinarians put young people ages 6-13 to work in the kitchen learning about safety, healthy eating and fun family recipes. Sessions are held regularly with special rates for members. Visit bismarckymca.org for more information.

Healthy Weight and Your Child YMCA

This program focuses on healthy eating, regular physical activity, and behavior change to empower children to live a healthier and more active lifestyle. Families will work with trained leaders for 25 sessions to guide youth ages 7-13 down the right path for more positive eating and exercise habits. Sessions are offered at various times with special rates for members. All participants in this program must have a physician's referral. Visit 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.