

www.jamestownparksandrec.com

2017 - 2018

P.O. Box 2014 1002 2nd Ave. SE Jamestown, North Dakota 58401 701-252-3982







GENERAL INFORMATION

JAMESTOWN PARKS AND RECREATION PROGRAM POLICY

The Jamestown Parks & Recreation Department programs are open to everyone. The department does not discriminate on the basis of race, color, sex, religion, age or ability.

MISSION STATEMENT

The Jamestown Parks & Recreation Department is dedicated to providing and preserving the highest quality of parks and program services for our citizens as possible with the resources available.

| BOARD OF COMMISSIONSERS | PARK – RECREATION STAFF |
|----------------------------|------------------------------|
| Larry KnoblichChairman | Doug HoganDirector |
| Ron OlsonVice-Chairman | Bonnie UkestadBusiness Mgr. |
| Mike LandscootCommissioner | Ted KappForeman |
| Richard Ryan Commissioner | Junior KautzArena Mgr. |
| Mark UkestadCommissioner | John MillerGolf Course Supt. |
| | John RuffPro Shop Mgr. |
| | Amy WaltersTRAC Mgr. |

BOARD MEETING: Second Monday of every month at 4:00PM, at Jamestown Parks and Recreation office, 1002 2nd Ave. SE. Open to the public.

PARK PHONE DIRECTORY

| Office Hours: 7:30am-4:30pm - | Maintenance Hours: 7:00am-3:30pm |
|----------------------------------|----------------------------------|
| Park & Recreation Office | 252-3982 |
| Fax | 252-3914 |
| Email at office@jam | estownparksandrec.com |
| Bunker | 252-6152 |
| Hillcrest Golf Course Clubhouse. | 252-4320 |
| Hillcrest Softball Complex | 252-3212 |
| | 252-2152 |
| John L. Wilson Arena | 252-3939 |
| Municipal Swimming Pool | 251-1388 |
| | 252-0901 |
| Soccer Complex | 252-3752 |
| TRAC Two Rivers Activity Cent | er952-TRAC (8722) |

INTERNET WEBSITE - www.jamestownparksandrec.com

For upcoming events, registrations, league schedules and standings, memberships and other information please check out our website at

www.jamestownparksandrec.com and www.tracjamestown.com,

NEW!!! ONLINE REGISTRATION AND PAYMENT

All Jamestown Parks and Recreation, TRAC and Hillcrest Golf course programs and memberships are available online at www.jamestownparksandrec.com and www.tracjamestown.com. No phone registrations will be accepted. Late registrations will result in late fees.

| GENERAL INFORMATION |
|---|
| ADULT LEAGUES(Basketball, Volleyball) |
| B 4 BASEBALL 4 BASKETBALL 5 BICYCLING AND WALKING 6-7 BIRDING 8 |
| DDISC GOLF |
| <u>E</u> EASTER EGG HUNT |
| <u>F</u> FOOTBALL10 |
| GOLF - HILLCREST MUNICIPAL GOLF COURSE |
| P PARKS AND RECREATION FOUNDATION .14 PARKS AND AMENITIES .15-16 PARKS PROGRAM .17 POOL .18-22 |
| <u>R</u> ROLLER SKATING |
| SSKATEBOARD PARK22SKATING & HOCKEY23-24SOCCER24SOFTBALL25SPECIAL INTEREST GROUPS - (Arts Center, Library, Babysitting class, Special Olympics, Buffalo Museum, Scouts, Horseshoe, TAPS/ARTS, Buffalo City RC,25-29 |
| T 29 TWO RIVERS ACTIVTIY CENTER 30-33 TRACK 34 V VOLLEYB 34 |
| W WINTER ACTIVITIES (Cabin Fever Days, Cross Country Skiing, Warming houses, Lap Swimming, Public Skating) |
| <u>Y</u> YOGA36 |
| GENERAL INFORMATION37-39 |

ADULT LEAGUES

VOLLEYBALL LEAGUES - WOMEN'S/CO-ED

| League | Fall/Winter | Fall/ Winter Fee | Spring | Spring Fee | Place |
|--|-----------------------------|------------------------|------------------------|---------------|-------|
| Women's Monday Night | September 25– December 4 | \$250.00 | January 8– March 26 | \$250.00 | TRAC |
| Co-Ed Div.A&B Wednesday Night | October 4 – February 7 | \$300.00 | February 14 – April 4 | \$200.00 | TRAC |

ADULT BASKETBALL

Winter adult basketball leagues play Thursday nights from November 2, 2017 – March 1, 2018 for 14 weeks with two week tournament play.

League games are played at TRAC.

November 2, 9, 16, 30 December 7, 14 January 11, 18, 25 February 1, 8, 15, 22 March 1

All teams must register online at

www.jamestownparksandrec.com. For more information call the Parks and Recreation office, 252-3982. Cost: \$575.00



ARCHERY & TRAPSHOOTING

STUTSMAN COUNTY WILDLIFE FEDERATION

Stutsman County Wildlife Federation offers Archery open shooting in the basement of Home Design store on Main Street, open January through April, Wednesday and Thursday evenings 6:30PM-9:00PM. For more information Contact Blaine Jacobs @ 320-6438, email hunter_102002@yahoo.com.

TRAPSHOOTING

The Buffalo City Gun Club has league shooting every Tuesday and Thursday evening at 6:00 PM to dusk at the Stutsman County Fairgrounds April 1st through September 15th. The public is welcome. You do not have to be a member to participate. There will be youth events during the summer. For more information about the youth activities and Gun Club operations call Chris Falk, 320-9434.

BASEBALL

JAYBAL (JAMESTOWN AREA YOUTH BASEBALL ASSOCIATION)

| JAYBAL LEAGUE FEES | Early Bird Fee (March 1 st -31 st) | Regular Fee (April 1 - July 31) |
|-----------------------------|--|------------------------------------|
| T-Ball | | \$40 |
| House League | \$80 | \$100 |
| 9 & 10 Traveling | \$140 | \$175 |
| Cal Ripken (11&12) | \$180 | \$225 |
| Babe Ruth (13&14) | \$180 | \$225 |
| Legion/Legion Blues (15-19) | \$320 | \$400 |

<u>**T-Ball**</u> - Is offered for children that are **currently in Kindergarten**, and will take place during the month of June. This will run on Mondays and Thursday. T-ball will be played at Al Boelke fields from 5:30 - 6:30. Registration is also available at http://www.jaybal.com.

HOUSE LEAGUES - The **House League** Instructional League spring baseball will take to the fields May thru July at Al Boelke fields. As in the past, House League will run 2 nights per week, with practices on Monday's, and games on Thursday's. The league is open to boys and girls that are 1st **thru 6**th **grade** of the current school year. There are three divisions of House League play:

Rookies - 1st/2nd grade, Minors - 3rd/4th grade, and Majors - 5th/6th grade. Each division will play 8 games. The rookie and minor divisions will use a pitching machine.

The intent of House League is to teach fundamentals, proper techniques and enjoyment for the development of future baseball and girls fast pitch players. (Practice and game nights subject to change due to weather)

9/10 YEAR OLD TRAVEL TEAMS - There will be opportunities for players ages 9 and 10 to also register for a travel team. In order to participate on a travel team, these players must also play in the House League program. Travel teams will depend on registrants.

CAL RIPKEN/BABE RUTH/LEGION BASEBALL - Participants will continue to learn the basic fundamentals of the game of baseball and be given the opportunity to develop those skills and to apply them to the game situations. Keep an eye on the above website to see when these teams will start their tryouts/practices, which may depend on the completion of the High School season.

The Jamestown Post 14 "AA" plays a total of about 30-40 games per summer which includes a trip to watch the College World Series in Omaha. Youth between the ages of 15 & 19 are invited. Post 14 is a member of the North Dakota Class AA Baseball and will compete in the AA State Legion Tournament.

For additional information and registration, please go to http://www.jaybal.com, Jeff Douty is the President of JAYBAL 701-320-3282.

Email - board@JAYBAL.com.

TWILIGHT LEAGUE - This baseball organization is formed to provide baseball experience for the adult and players beyond the junior program. The season starts early June thru July, cost is \$50.00 per person. Games are usually played Tuesday and Thursday nights with other games added. Anyone interested in playing amateur baseball is asked to call Tom Gould, 320-7658. There will be an organizational meeting mid-May at the KC Hall.

JAMESTOWN POST 14 ALUMNI GAME – The Post 14 Alumni baseball game will be held on June 24, 2017. Anyone interested in playing is asked to call Tom Gould, 320-7658.

BASKETBALL

Jamestown Parks and Recreation will be offering one hour instructional programs Saturday mornings for children in grades 1-4. Participants practice fundamental skills the first half and play a game the second half with an emphasis on teamwork and sportsmanship throughout the program. Registration forms will be distributed to the schools, and <u>online registration is available on our website</u> <u>www.jamestownparksandrec.com</u>. For more information please call the Jamestown Parks and Recreation, 252-3982.

GIRLS BASKETBALL PROGRAM – GRADES 1-4

September 9 – October 14, 2017 (6wks) Registration fee is \$20.00, after the deadline of September 1^{st,} fee will be \$30.00.

BOYS BASKETBALL PROGRAM – GRADES 1-4

January 20– February 24, 2018 (6wks) Registration fee is \$20.00, after the deadline of January 12^{th;} fee will be a \$30.00.

ADULT BASKETBALL

Winter adult basketball leagues play Thursday nights from November 2, 2017 – March 1, 2018 for 14 weeks with two week tournament play.

League games are played at TRAC.

All teams must register online at www.jamestownparksandrec.com. For more information call the Parks and Recreation office, 252-3982. Cost: \$575.00



"BAN THE BRICK" BASKETBALL LEAGUE

This league is for boys and girls in 6th, 7th and 8th grades and will be held at the Senior High School gym Monday - Thursday at 11am during May and June. Cost: \$15.00 fee includes a T-shirt or \$10.00 fee does not include T-shirt. For more information email Tom Gould, gouldee12@gmail.com. League is limited to 32 participants.

BICYCLING

GEAR GRINDER MOUNTAIN BIKE RACE

The Jamestown Parks and Recreation Department is sponsoring an off road mountain bike race on Sunday, August 20, 2017. Registration starts at 8:45am at Pipestem Creek Trail, located next to the Pipestem Dam, 4 miles North of Jamestown just off Highway 281. The race is open to anyone who would like to test his or her mountain biking skills. With four



divisions of off road racing (Beginner's, Recreational, Sport, and Advanced) you're sure to find a race that will fit your skill level. And for the young riders, there's a Children's race that remains on the parks roads and lawn. There will be a male and female class in each division and many age categories in those divisions. Each participant will get a T-shirt and water bottle. Awards, merchandise or cash could be yours, too, if you are a top finisher! For more information: pick up a race flyer at the Jamestown Parks and Recreation Office, 252-3982. Come join us for a challenging test of your endurance, and we'll guarantee mountains of fun! Happy trails! Maps are available on our website www.jamestownparksandrec.com, registration forms will be available closer to the event date.

PIPESTEM CREEK TRAIL RUN

The Parks and Recreation Department is sponsoring a Trail Run at Pipestem Creek Trail on August 19, 2017. Registration will be at 8AM with race starting at 9:00AM. The race will include a 3 mile and 8 mile race with age group competition. For more



information contact the Jamestown Parks and Recreation Office, 252-3982. Come Run on Saturday and Ride your bike Sunday! Maps are available on our website

www.jamestownparksandrec.com, registration forms will be available closer to

the event date.

BIKE AND WALKING TRAILS

There are a few multi-use trails throughout Jamestown available for bicycles and walkers.

ANNE CARLSEN SCHOOL – 0.25 miles – 301 7th Ave. NW, enter SW Corner - E

NICKEUS PARK - 0.3 miles - 1st Ave. N. - M P E

SOLIEN-DENAULT PARK - 0.5 miles-3rd St. SE (Across from Hillcrest Golf Course) – M P E

KLAUS PARK - 0.6 miles-4th St. SW - M P E

BLUE JAY TRAIL -0.8 miles -5^{th} Street NE & 14^{th} Avenue NE - Enter at Intersection and follow tree line north and then east. - E NT

MCELROY PARK - 0.9 miles-2nd Ave. SE. - M P E

MEIDINGER PARK - 1 miles-17th St. and 17th Ave. SW. - MPE

JAMESTOWN RESERVOIR - 1.3 miles from entrance to marina on paved path. Marina around island is 0.5 miles. Boy Scout trail is 0.25 miles. – M P E NT

SPILLWAY -2.0 miles - Enter at the steps on the east end of the bridge over the Jamestown Reservoir - E NT

COLLEGE FITNESS TRAIL - 2 miles - 7th St. & 12th Ave. NE. Enter at swimming pool parking lot – E NT

HILLCREST GOLF COURSE- 2.5 miles - 1520 3rd St. SE -Enter at Bunker MPE

**PIPESTEM CREEK TRAIL - 8 miles – 4 miles North on Hwy 281, trail head is on East side of Dam, South of Pipestem Dam office – C NT

**NORTHRIDGE TRAIL – 6 miles – Pipestem Dam, trail head, Northeast corner of lake – C NT

**WHITE CLOUD NATURE TRAIL - 10.7 miles - Enter at McElroy Park Veteran's Memorial Bridge. Signs are posted – C NT

**SPLIT ROCK TRAIL – 1.8 miles – Jamestown Reservoir - Trail head at entrance to swimming area, goes south - C NT

**OVERLOOK TRAIL – 3.0 miles – Jamestown Reservoir – Trail head at entrance to swimming area, goes north – C NT

**Indicates maps available on the website www.jamestownparksandrec.com.

Code- M- Maintained year round P - Paved E - Easy NT - Nature Trail C - Challenging

BIRDING DRIVES DAKOTA

Discover the sport of birding with Birding Drives Dakota (BDD), a nonprofit organization lead by volunteers from the Carrington and Jamestown area to promote economic development in central North Dakota through nature-based tourism focused on birding.



BDD, in conjunction with local national wildlife refuges, and with the support of other state and local agencies and businesses, has developed a network of local birding trails mapped in full-color birding guides who are designed to help birders of all ages and levels explore the richness of North Dakota, which boasts more than 300 species of birds.

While instilling a sense of stewardship for our wildlife environment in our communities, BDD is dedicated to attracting a growing number of birding tourists each year (more than 22 million American birders travel each year to enjoy the sport) by developing central North Dakota's reputation nationwide as the prime birding attraction that it is.

In large part due to the efforts of BDD, the Jamestown/Carrington area has been named in the recently published book, "Fifty Places to Go Birding Before You Die: Birding Experts Share The World's Greatest Destinations."

To celebrate the joy of birding, join BDD at the 14th Annual Potholes & Prairie Birding Festival June 14 – 18, 2017 in Carrington, North Dakota which offers four days of tours guided by experts, seminars given by professionals, and fun socials.

For more information regarding the Potholes & Prairie Birding Festival, or about BDD and/or its birding drives, visit www.birdingdrives.com; call toll free 1-888-921-2473, write to: Birding Drives Dakota, 871 Main Street, Carrington, ND 58421. Email info@birdingdrives.com.

DISC GOLF

Klaus Park Disc Golf Course

An 18-hole disc golf course is located in Klaus Park with Innova Discatchers and cement tees. The course was designed in this scenic park alongside the James and Pipestem Rivers. The 18-hole course is roughly 4689' long. The pro par on the course is 57 and the amateur par is 64. The course is relatively flat but the abundance of trees and water will make for some interesting technique shots.

The Island Disc Golf Course

The Island Disc Golf Course is located at the Jamestown Reservoir and is North Dakota's most challenging and scenic. There is an excellent variety of shots from big boomer to finesse. Good elevation, abundance of water and tricky pin placements make this a jewel course.

The course is 27 holes (Discatcher) with concrete tee pads. The normal layout is 10,514ft (Par 88) with an alternate length of 12,726 ft (Par 95). **Course map is available on the website – **www.jamestownparksandrec.com**.

PEPPERS DOG PARK

PEPPERS DOG PARK

After land was generously donated by Reuben and Clarice Liechty, land was developed into the current Peppers Dog Park. Peppers Dog Park consists of approximately 2 acres, located at 103 13th ST. SW. Peppers Dog Park consists of two fenced in areas; for small and large dogs. Water and doggie pots are available.

Dog Park Rules

- 1. Hours of operation are from dawn to dusk
- 2. Owners are legally responsible for their dogs & any injuries caused by them.
- 3. The dog park is tobacco free smoking and chewing tobacco are not permitted in the parks or on the grounds, including the parking area.
- 4. Alcohol and Food are not permitted in the park or on the grounds including the parking area.
- No children under the age of 12 are permitted in the dog park. Children 12 and under must be accompanied by an adult.
- 6. Female dogs in heat are prohibited from entering the dog park.
- 7. No puppies under four months are allowed in the dog park.
- 8. No more than three dogs per handler are permitted.
- 9. Dogs must wear a collar, carry ID tags, be properly licensed, inoculated and in healthy condition.
- 10. Owners must carry a leash at all times; Dogs should be leashed before entering and prior to leaving the park. Do not leave leashes on the dogs in the park.
- 11. Dogs 17 inches or less at the shoulders use the small dog section of the park.
- 12. One family of dogs through the gate at a time.
- 13. Dogs must not be left unattended or out of sight. Owners must remain in the park with their dog at all times.
- 14. Owners must clean up after their dogs and repair any holes left by their pet.
- 15. Dogs must be removed from the dog park at the first sign of aggression.

16. Violators will be subject to removal from the park and suspension of park privileges.



EASTER EGG HUNT

The 57th Annual Easter Egg Hunt is sponsored by the Elks #995 & Parks & Recreation Dept. and will be held



Saturday, April 15, 2017 (weather permitting) March 31, 2018 At 11:00am in McElrov Park (Always held the Saturday before Easter Sunday weather permitting)

*2 age divisions, pre-school & grades1-4

*4 Bikes to be given away

*Easter Candy for ALL kids

*Please bring container for Easter goodies

*Parents are not allowed to hunt with children

For more information call the Parks and Recreation office at 252-3982.

FOOTBALL

YOUTH FLAG FOOTBALL – GRADES 1-4

September 9 – October 14, 2017 (6wks)

Jamestown Parks and Recreation will be offering one hour instructional programs Saturday mornings. Participants practice fundamental skills the first half and play a game the second half with an emphasis on teamwork and sportsmanship throughout the program. Registration fee is \$20.00, after the deadline of September 1st fee will be \$30.00. Registration forms will be distributed to the schools, and online registration is available on our website www.jamestownparksandrec.com. For more information please call the Jamestown Parks and Recreation 252-3982.

BLUE IAY YOUTH FOOTBALL (GRADES 5 & 6)

(August – October)

Blue Jay Youth Football sign up for 5th and 6th graders will be *Thursday, August 10th, 2017* at the Hillcrest Softball Complex, from 6:30 p.m., to 8:30 p.m. All equipment will be handed out at the time of sign up. The first practice will be Monday, August 14th at 6:30pm-8pm.

Parents and/or guardians must accompany your athlete to registration. Player permission slips must be signed in order to participate.

Football practices are Monday, Tuesday, and Thursday nights, from 6:30pm-8pm. (Please be courteous to the coaches by being on time to pick up your student/athlete(s) after practice and games. There will be NO football practice on Labor Day, Monday, Sept 4th. Game nights will be Thursdays. Schedules will be handed out at a later date. Teams will be divided up evenly after a week & half of drills & skills so coaches can get to know the athletes and their abilities.

The goal of Blue Jay Youth Football is to learn the fundamentals of the game of football in a disciplined, enthusiastic, & safe manner. For half of these 5th & 6th graders in Jamestown, this is get a chance to put on equipment for the first time, we want this to be a positive, safe, & fun experience.

A mandatory Parents Meeting is Thursday, September 7th, 2017 at 6:40 p.m.

The cost is \$65/athlete (includes football jersey & use of equipment) Make Checks Payable to: Jamestown Football Boosters.

Ouestions may be directed to Bill Nelson at (701) 320-8441 or William.Nelson1@k12.nd.us Blue Jay FB Coaches and Players will get into each classroom before the end of the school year to hand out registrations.

GOLF

HILLCREST MUNICIPAL GOLF COURSE

Hillcrest Golf Course is an 18-hole course, which is operated by the Jamestown Parks and Recreation Department. Hours of the Club House are 7:00AM-9:00PM. (Hours are subject to change due to weather and daylight)

Conveniences available at Hillcrest:

*Clubhouse (Seasonal) *pro shop *practice putting green *driving range *club rental *Locker rentals *concessions *golf car rentals *golf car storage unit's *Conference room available for rent

Golf lessons - available for adult, youth or groups. For more information call the Club House at 252-4320.

Ladies Day is on Tuesday and Men's Day is on Thursday. Must be 21 years of age to golf on Men's Day, under 21 can golf before 11 am on Men's Day.

For more information or tee times please call the clubhouse at 252-4320. Online tee times are available at www.jamestownparksandrec.com.

| Season Tickets: (excludes tax) | Daily Green Fees: (includes tax) | | | | |
|--------------------------------|--------------------------------------|--|--|--|--|
| Family\$550.00 | 9 Holes\$15.00 | | | | |
| Man & Wife475.00 | Additional 9 Holes (18 holes)10.00 | | | | |
| Adult425.00 | 18 Holes25.00 | | | | |
| Intermediate235.00 | Electric Car 9 Holes8.00 per seat | | | | |
| Junior135.00 | Electric Cars 18 Holes14.00 per seat | | | | |
| Senior400.00 | Electric Cars Add. 9 Holes6.00 | | | | |
| Senior Man & Wife450.00 | Pull Cart4.00 | | | | |
| Punch Card- green fees135.00 | Club Rental 9 Holes5.00 | | | | |
| Punch Card- range balls40.00 | Club Rental 18 Holes8.00 | | | | |
| Yearly car lease550.00 | Range Balls Season Pass125.00 | | | | |
| Gift Certificates available in | Range Balls (Large Bucket)5.00 | | | | |
| \$5.00 increments | Range Balls (small Bucket)3.00 | | | | |

SEASON TICKETS: Family – Husband, Wife, Children under 21

Adult - All persons 22 years and older

Intermediate – All persons ages 18-21 years of age

Junior - All persons 17 and under Senior - All persons 65 years and older



YOUTH GOLF CAMP

June 19th & 20th - 10am-Noon, June 21st - 9:30am-Noon
Jamestown Parks and Recreation, Hillcrest Golf Course will be holding a junior golf camp for children ages 9-17 to learn the fundamentals of the game of golf. Some of the topics that will be covered in

fundamentals of the game of golf. Some of the topics that will be covered in the camp will include rules, etiquette, terminology, grip, putting, chipping and much, much more. Participants must have their own equipment or make arrangements with the Hillcrest Pro Shop. For information call 252-4320, ask for John.

Cost of the camp: \$25.00. After the deadline of Wednesday June 14th, the registration fee will be \$30.00. Limited enrollment.

REGISTER ONLINE AT: www.jamestownparksandrec.com

(Includes instruction, green fees, t-shirt, range balls, 2 new golf balls, golf contests, and lunch at noon on the last day)

JUNIOR GOLF PROGRAM: Sticks for Kids

Hillcrest Golf Course will be hosting a Junior Golf Program this summer for ages 9-17. Volunteer coaches will assist with basic skills, scoring, rules, and etiquette and course management. Program starts

June 28th and runs Wednesday mornings from 10:30am – 12:00pm. Program players will receive a shirt. For more information call Hillcrest Proshop, 252-4320. Cost will be \$20.00. Register Online at www.jamestownparksandrec.com

GRADES 1 – 4 PROGRAMS

Jamestown Parks and Recreation will be offering one hour instructional programs Saturday mornings for children in grades 1-4. Participants practice fundamental skills the first half and play a game the second half with an emphasis on teamwork and sportsmanship throughout the program. Registration forms will be distributed to the schools, and <u>online registration is available on our website</u> <u>www.jamestownparksandrec.com</u>. For more information

www.jamestownparksandrec.com. For more information please call the Jamestown Parks and Recreation 252-3982.

GIRLS BASKETBALL PROGRAM

September 9 – October 14, 2017 (6wks)

Registration fee is \$20.00, after the deadline of September 1st, fee will be \$30.00.

YOUTH FLAG FOOTBALL

September 9– October 14, 2017 (6wks) Registration fee is \$20.00, after the deadline of September 1st, fee will be \$30.00.

GIRLS VOLLEYBALL

December 2, 2017 – January 20, 2018 (6wks) Registration fee is \$20.00 after the deadline November 22nd, fee will be \$30.00.

BOYS BASKETBALL PROGRAM

January 20 – February 24, 2018 (6wks) Registration fee is \$20.00, after the deadline of January 12th, fee will be \$30.00.

GYMNASTICS

JAMESTOWN GYMNASTICS CLUB

1310 10th Ave. NE • 252-7446 • jgc@daktel.com

Home of the Starz Showteam Team USAG (Junior Olympic & Xcel) Jamestown High School Blue Jay Gymnastics

Registration Forms with the price list can be picked up at the Club, emailed, or found on Facebook starting in late April.

Check Facebook in April for Summer Registration Date & Time at the club!!

Pre Registration is required and classes fill quickly!!

Children do not need to be currently enrolled in gymnastics to participate.



Classes offered: Dates TBD

Gymnastics Camps - Summer Fun Gymnastics Camp: For Boys & Girls Ages 3- $\,$

5 (Kindergarten & Below)!!

Fun & Fit Gymnastics Camp: For Girls & Boys Ages 6 & Up (Must have completed Kindergarten)!!

2-Week (8 Classes) Gymnastics Lessons:

| Class | Age | Days | Time | | | | |
|---|--------------|-------------------|----------------|--|--|--|--|
| Tumble Tykes | 3 – 4 | Monday - Thursday | 5:15 - 6:00 PM | | | | |
| Tumble Giants | Advanced 3-4 | Monday - Thursday | 6:00 - 7:00 PM | | | | |
| Flips 1 5 + | | Monday - Thursday | 5:15 - 6:30 PM | | | | |
| Flips 2/3/4 & Boys | | | | | | | |
| Session #1 June 19-June 29 - Registration deadline June 5 | | | | | | | |

Have your Birthday Party @ the Club! 1 and half hours of fun!

Session #1 July 24-Aug. 3 - Registration deadline July 10

Call 252-7446 to book your party!

Scholarships are available upon approval. See Andrea for an application.

Ask about our family discount!

JAMESTOWN PARKS AND RECREATION FOUNDATION. INC

JAMESTOWN PARKS AND RECREATION FOUNDATION, INC.

The Jamestown Parks and Recreation Foundation, Inc. is a 501(c) (3) foundation, founded in 2006, to enhance recreational opportunities in the Jamestown area. **Mission statement:** To raise money to enhance the facilities and programming of recreational opportunities for the Citizens and Visitors to the City of Jamestown. Including those offered by the Jamestown Parks and Recreation Department. *Gifts made to the Two Rivers Activity Center endowment fund are eligible for the 40% tax credit.

For more information or to make a donation: contact the Jamestown Parks and Recreation, 1002 2nd Ave. SE, 701- 252-3982.



KITE FESTIVAL

JAMESTOWN KITE FESTIVAL

The Jamestown Parks and Recreation Department and the "Wings on Strings" Kite Club are sponsoring the 23rd annual kite festival at Meidinger Park Field (10th ST. & 17th AVE. S.W.).



June 9-11, 2017

June 9—10am—5pm Learn Kiting from the Pros

June 10—10:30am—4pm Kids Kite Building



Concessions, Music and Door Prizes Inflatable Air Games by Victory Lutheran Church

> June 11— 10:30am-4pm Concessions, Music and Door Prizes

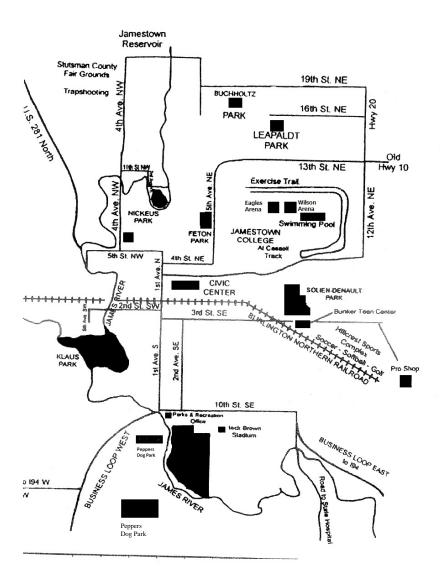
Kite Fest has become a premier kiting event, attracting kite enthusiasts from across the country and Canada. The event is free and open to everyone. Events include fun contests for kids, kite making, candy drops, demonstrations, door prizes and music. For more information call Jamestown Parks and Recreation at 252-3982, Mike Gee at 952-1965 or Chris Dodson at 251-9212. Visit the Wings on Strings website at www.wingsonstrings.org.

KITE BUILDING CLASS

The "Wings on Strings" Kite Club and the Parks and Recreation Department will be conducting a kite building class during the Kite Festival, June 10th. Materials will be provided. Children 8 years old and under must be accompanied by an adult. You will be able to fly your kite after the Kite Building Class. April is National Kite Month. Find out more at www.nationalkitemonth.org.

PARKS

The Jamestown Parks and Recreation Department maintains the finest park system around. The Jamestown parks provide for a wide range of activities. Whether it's a stroll through the park, a family picnic, or a friendly game, you'll enjoy the well groomed facilities. So come on out and enjoy.



PARKS AMENITIES

| | | ACRES | PLAY EQUIPMENT | PICNIC SHELTER | PICNIC TABLE | GRILLS | RESTROOM | BALL DIAMONDS | TENNIS COURTS | LIGHTED TENNIS COURTS | BASKETBALL | SAND VOLLEYBALL | WALKING/ EXERCISE | DISC GOLF COURSES | SKATE BAORD PARK |
|-------|-------------------------------|-------|-------------------|-------------------|-----------------|--------|----------|------------------|------------------|-----------------------------|------------|--------------------|----------------------|----------------------|---------------------|
| SW | MEIDINGER | 26.3 | × | × | × | × | | × | | | × | | 0.75 MI | | |
| SW | KLAUS | 20.89 | × | × | × | × | × | × | | | × | | IM 90. | 18 | |
| SW | PEPPERS DOG PARK | 2 | | | | | | | | | | | | | |
| NW | BOLINGER | 1.9 | | | × | | | | × | × | | | | | |
| NW | NICKEUS | 6.77 | × | × | × | × | × | × | | | | | .03 MI | | |
| NE | LEAPALDT | 2.1 | × | × | × | × | | × | | | × | | | | |
| NE | FETON | 9 | | | × | | | | X | | | | | | |
| NE | BUCHOLTZ | 1.2 | × | × | × | X | | × | | | | | | | |
| NE | WILSON ARENA | 1.2 | × | | × | × | | | | | | × | 2 MI. | | |
| NE | SOLIEN-DENAULT | 11 | | × | × | | | | | | | | .IM sv | | |
| SE | HILLCREST ATHLETIC COMPLEX | 20 | × | | × | | × | × | | | | | 2.5 MI | | |
| SE | MCELROY | 63.13 | × | × | × | × | × | × | | | × | × | IM 6: | | × |
| NORTH | PIPESTEM DAM | | | | | | | | | | | | IM 8 | | |
| NORTH | JAMESTOWN RESERVIOR | | | | | | | | | | | | | 27 Hole | |

PICNIC SHELTER RENTAL

McElroy, Klaus, and Nickeus reserved shelters will have electricity & water available. For more information call the Jamestown Parks & Recreation office at 252-3982.

Picnic shelters will be rented at the following rates:

Small Shelters - \$25.00 Half Day (8:00am-1:00pm) (2:00pm-7:00pm)

\$50.00 Full Day (8:00am-8:00pm)

Large Shelters- \$50.00 Half Day (8:00am-1:00pm) (2:00pm-7:00pm)

\$75.00 Full Day (8:00am-8:00pm)

<u>To guarantee the reservation:</u> Fees, along with the signed contract, must be paid in full at the Parks and Recreation office no later than seven (7) working days prior to use.

EQUIPMENT FOR USE: The Parks and Recreation Department has equipment available to be used for your picnics and reunions at No Charge. Equipment available: volleyballs and nets, horseshoes and poles, baseball bases. Call 252-3982 for more information

PARKS PROGRAM

The parks programs are available in Meidinger, Nickeus, McElroy and Leapaldt Parks beginning Monday, June 5th and ending Friday, July 28th for children ages 6-12. These parks will provide supervised activities Monday – Friday, 9:00am to 12:00pm and 1:00-4:30pm. Some of the activities will include arts, crafts, hiking, fishing, biking and much, much more. This program is free to those who wish to participate, sponsored by the Jamestown Parks and Recreation.

Parents are responsible for all transportation.

Special Events of the Parks Program:

*On special event days supervisors will not be at their regular park, they will be assisting with the special events at the designated park/location.

JUNE:

5th- *Parks Program Begins – Monday-Friday, 9:00am-12:00pm, 1:00-4:30pm, at McElroy, Meidinger, Nickeus and Leapaldt parks.

 7^{th} - Summer Track 5:00PM at Taylor Stadium, the University of Jamestown Track 9^{th} - $*22^{nd}$ Annual Kite Festival –12:00pm to 8:00pm @ Meidinger Park –Learn to

fly Kites from Pros. All Parks Program attending – 1:00pm-4:30pm.

10th -11th - *22nd Annual Kite Festival – 10:30am to 4:00pm @ Meidinger Park Everyone is Welcome! No Charge

13th – *34th Annual Dog Show @ Ave Maria Village – 10:30am (Show off your dog, awards by categories)

14th - Summer Track 5:00PM at Taylor Stadium, the University of Jamestown Track 15th *Boat Safety @ the Marina, Jamestown Reservoir -Classes will be held at 10:00am and 1:00pm. ** Parks program will attend the 10:00am class

16th - *Pool Carnival @ Jamestown Municipal Pool 1:00pm to 3:45pm

20th *Leapaldt Park Day – 1:30pm - Come have fun and games at Leapaldt Park

21st - Summer Track 5:00PM at Taylor Stadium, the University of Jamestown Track

22nd - *Kids Safety Day – Tentatively 9am-3pm at the Jamestown Civic Center– (Formerly the Bike Rodeo)

26th - Water Fun Day @ Nickeus and Meidinger Parks, 1:00PM

27th - *34th Annual Dog Show @ Roseadele – 1:30pm

28th -*Summer Track 5:00PM at Taylor Stadium, the University of Jamestown Track

29th – Minute to Win It Day @ all parks

30th - *Tennis Carnival - 10:00-11:30am Bolinger Courts

JULY

4th - No Parks Program



7^{th-} - *Pool Carnival @ the Jamestown Municipal Pool 1:00-3:45pm 11th - *34th Annual Dog Show @ Hi Acres Manor – 2:00pm

13th – Minute to Win It Day @ all parks

18th – Outdoor sports game day @ Meidinger & Nickeus parks

20th - Water Fun Day @ Nickeus and Meidinger Parks, 1:00PM

25th - *Pool Carnival @ the Jamestown Municipal Pool 1:00-3:45pm

28th - * Picnic at all Parks! Come to the end of the year sack lunch picnic. Come Join the FUN! *Last day of the parks program

POOL

JAMESTOWN MUNICIPAL SWIMMING POOL 2017 SWIMMING SEASON-OPENING DATE: JUNE 5th - 1:00PM

The Jamestown Parks & Recreation Department operates and maintains an Olympic size pool that includes a separate diving bay as well as two separate wading pools. The pools provide an environment of recreational swimming, competitive swimming, American Red Cross -Learn to Swim programs, water safety instruction, adult programs, and other special activities.

POOL LOCATION:

12th Ave & 7th St NE

(Across from the Larson Sports Center, by the John L Wilson Arena Complex)

ADMISSION/SEASON PASS RATES:

Daily Session Pass / Season Pass (tax included)

Family \$7.00 \$80.25 Per Person \$3.00 \$42.80

Season swim passes are available for purchase at the pool during regular pool hours. *Plastic swim badges representing a season pass must be presented each time the season pass holder enters the pool facility. Season passes must be used by the purchaser ONLY! If a season ticket/badge is lost or stolen a replacement fee will be charged of \$5.00.

POOL POLICIES:

Pool policies must be followed for safety & health reasons. These policies are for your protection.

ANYONE entering the pool must pay an admission fee.

*Bleachers are available for non-swimmers outside the pool area.

Street shoes are not permitted on the swimming deck.

All patrons must shower before entering the pool.

Children under 5 years of age must be accompanied by someone

13 years of age or older.

6:30-8:30pm

NO Diapers Allowed! All children wearing diapers must wear "swimming diapers". These diapers are available for purchase from the pool cashier.

NO floatation devices allowed.

POOL HOURS:

| I OOL HOOKS. | | |
|---------------|----------------|--------------------------------|
| Monday-Friday | 7:30-9:30am | Swim Team Practice |
| | 9:30-12:00pm | Learn to Swim Program |
| | 1:00-4:15pm | Recreational Swimming |
| | 4:30-5:30pm | Swim Team Practice |
| Monday | -Thursday | |
| | 12:00-12:45pm | TAPS/Noon Lap Swim |
| | 5:30-6:45pm | Learn to Swim Program |
| | 6:15-7:00pm | Family Swim/Lap Swim |
| | 7:00-8:30pm | Recreational Swimming/Lap Swim |
| Saturday | //Sunday | |
| | 1:00-4:15pm | Recreational Swimming |
| Friday/S | aturday/Sunday | |
| | 5:30-6:30pm | Family Swim/Lap Swim |
| | | |

Recreational Swimming/Lap Swim

LEARN TO SWIM PROGRAM

The Jamestown Parks & Recreation Municipal Swimming Pool follows the American Red Cross guidelines for swimming lessons. The IPAP (Infant & Preschool Aquatics Program) and the Learn to Swim programs offer different levels of lessons for all age ranges.

In case of inclement weather, dry land lessons maybe held or lessons may be moved to the High School Pool.

***Lesson Class size is limited. Registrations must be completed and fees paid prior to the first day of lessons, registrations are a first come basis.

Swimming lesson registration signup dates are: Cost is \$20.00 Late Fee \$25.00

Sessions 1 & 2 on June 2 - 5:00 PM - 8:00 PM

June 3 – 8:00 AM - 8:00PM

(Registrations are held at the Swimming Pool)

Sessions 3 & 4 June 30 - 5:00 PM - 8:00 PM

July 1 - 1:00 PM- 8:00 PM



Registrations need to be submitted and paid for before the start date. You can register anytime during regular pool hours and during registration dates.

Register Online at www.jamestownparksandrec.com

Sessions:

Session #1- June 5th – 16th (Morning lessons only at High School Pool)
Session #2 – June 19th – June 30th

Session #2 – June 19th – June 30th **Session #3** – July 10th – July 21st

Session #**3** – July 10 – July 21 **Session** #**4** – July 24th – August 4th

Monday-Friday 10:30-11:00am..... Preschool Levels 1-3, Levels 1-4

11:15-11:45am..... Preschool Levels 1-3, Levels 1-6

(Levels 5 & 6 based on Instructor availability)

Monday-Thursday 5:30-6:00pm..... Preschool Levels 1-3, Levels 1-6

(Levels 5 & 6 based on Instructor availability)

Cost: \$20.00 Late Fee: \$25.00

LEARN-TO-SWIM teaches aquatic and safety skills. The objective is to teach people to swim and to be safe in, on and around the water.

Skills are categorized in the following way:

*Buoyancy *Changing Direction and Position

*Treading *Swimming on Front, Back and Side

*Helping Others *General and Personal Water Safety

The six learn-to-swim levels and the objectives for each level include:

Level 1 – Introduction to Water Skills – Helps students feel comfortable in the water and to enjoy the water safely.

Level 2 – Fundamental Aquatic Skills – Gives students' success with fundamental skills.

Level 3 – Stroke Development – Builds on the skills of Level 2 by providing additional guided practice.

Level 4 – Stroke Improvement – Develops confidence in the strokes learned and improves other aguatic skills.

Level 5 – Stroke Refinement – Provides further coordination and refinement of strokes

Level 6 – Swimming and Skill Proficiency – refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Level 6 is designed with "menu" options that focus on preparing students to participate in more advanced courses, including Water Safety Instructor and Lifeguard Training Courses. These options include: Personal Water Safety Fundamentals of diving Fitness Swimmer.

6A.) Personal Water Safety

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke 50 yards; butterfly, 50 yards, and choice of stroke, 100 yards.
- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.
- Tread water, 5 minutes in deep water
- Swimming while clothed, demonstrate for 50 yards of any stroke

6B.) Fundamentals of Diving

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke 50 yards; butterfly, 50 yards, and choice of stroke, 100 yards.
- Perform a front approach and hurdle with a feet-first entry from a 1 meter springboard.
- Perform a front approach and hurdle with a head-first entry from a 1-meter springboard.
- Complete forward dives, one in the tuck position, one in the pike position

6C.) Lifeguard Readiness

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke 50 yards; butterfly, 50 yards, and choice of stroke, 100 yards.
- Swim 20 yards using front crawl or breaststroke to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back or side to the starting point with the object (student must hold object with both hands and keep his or her face out of the water)
- Perform a compact jump into the water from a height with rescue tube
- Perform both pike and tuck surface dives
- Demonstrate rescue breathing, use of a backboard, and two person removals from water.

6D.) Fitness Swimmer

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke 50 yards; butterfly, 50 yards, and choice of stroke, 100 yards.
- Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.
- Calculate target heart rate
 - Demonstrate the following turns while swimming:

-Front crawl open turn

-Breaststroke turn

-Sidestroke open turn

-Backstroke flip turn

-Backstroke open turn

-Front flip turn

-Butterfly turn

Preschool Aquatics – gives young children ages 4-5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts

Level 1 – Helps students feel comfortable in the water and enjoy the water safely.

Level 2 – Builds on the skills of Level skills and gives students success with fundamental skills such as floating and basic locomotion.

Level 3 –Builds on the skills of Level 2 and improves students' simultaneous arm and leg action.

SPECIAL EVENTS AT THE POOL

2nd - Swim Lesson Registrations – Sessions 1 & 2 – 5pm-8pm

3rd - Swim Lesson Registrations – Sessions 1 & 2 – 8am-8pm

5th - Pool Opens for the summer

7th – Coin Dive......1:00-3:45pm

12th – Chalk Drawing Contest.....1:30-2:30pm Prizes awarded to best drawings in the following age divisions

4 & under, 5-7, 8-10, 11-12, 13 & older

16th – Pool Carnival......1:00-3:45pm

18th – Father's Day......All parents admission \$1.00

19th – Big Splash Contest......1:00-3:45pm

23rd – Relav Races......1:00-3:45pm

25th - Trivial Question Day.....1:00-3:45pm Prizes awarded

30th – Swim Lesson Registration – Session 3 & 4 – 5:00pm - 8:00pm

July:



1st – Swim Lesson Registration – Session 3 & 4 – 1:00pm - 8:00pm 4th – Red/White/Blue Day..... Wear a red, white, & blue swimming

Suit gets in free.

5th - Coin Dive......1:00-3:45pm 7th – Pool Carnival......1:00-3:45pm

10th – Relay Races......1:00-3:45pm Prizes awarded

12th – Trivial Question Day ...1:00-3:45pm/6:00-8:30pm Prizes awarded.

16th – Coin Dive, Pop Dive1:00-3:45pm 25th – Pool Carnival......1:00-3:45pm

27th - Cool Sunglass Contest......1-3:45pm Prizes awarded

29th – Pop Dive......1:00-3:45pm



August

3rd – Relay Races......1:00-3:45pm/6:00-8:30pm Prizes awarded

8th – Pool Carnival......1:00-3:45pm

10th – Coin Dive. Pop Dive6:00-8:30pm

18th - Pool Closes

JAMESTOWN JAWS SWIM TEAM (SWIM CLUB)

JAWS Swim Club is a swim team that is affiliated with USA Swimming for boys and girls ages 5 and up, with some statewide competitions. Summer session runs all of June and July. Winter session runs November through March. For more information visit our website. www.jamestownjaws.com or email jawsswimteam@gmail.com

LIFEGUARD TRAINING/LIFEGUARD TRAINING INSTRUCTORS

The American Red Cross Lifeguard Training provides the training instruction needed to become a Lifeguard. If you are 15 years or older and would like to work at a swimming pool and are interested in becoming a lifeguard contact the American Red Cross for more information. If you're not yet 15 years old, but are interested in becoming a lifeguard in the future, Junior Lifeguarding could be for you! For more information regarding the training and dates contact the American Red Cross at 1-800-RedCross (1-800-733-2767) or website www.redcross.org/aquatics.

CPR/AED 1st Aid Training:

Would you know what to do in a cardiac, breathing or first aid emergency? The American Red Cross provides training in Adult, Child, Infant CPR, First Aid and Automated External Defibrillator (AED) classes. With an emphasis on hands-on learning, the class gives you the skills to save a life. Brand new simulation learning, an immersive online learning experience that allows you to make decisions (and mistakes) without fear, is now available followed by an in-person skills session. Free online refreshers are available with all course options. Learn today – save a life tomorrow. For more information regarding the training and dates contact the American Red Cross at 1-800-RedCross (1-800-733-2767) or website www.redcross.org/takeaclass

WATER SAFETY INSTRUCTOR COURSE

The American Red Cross Water Safety Instructor Course provides instruction candidates the training needed to teach courses in the American Red Cross Swimming and Water Safety Program. Minimum age is 16 years old and course time is approximately 30 hours. So if you are interested in helping kids and teach them to swim, help children or adults refine their strokes or teach diving safety techniques, you can do it as an American Red Cross Water Safety Instructor. Qualified instructors can also help prepare swim coaches to prevent and respond to emergency situations. For more information regarding the training and dates contact the American Red Cross at 1-800-RedCross (1-800-733-2767) or website www.redcross.org/aquatics

SKATEBOARD PARK

The outdoor Skate Park is located in McElroy Park hours are sunrise to sunset. Users are asked to abide by the skate park rules posted at the park.

RULES AND REGULATIONS FOR SKATEBOARD PARK:

- WARNING! Skating can be dangerous. Know your abilities and skate within them. Failing to do so can result in serious injury or death.
- Wearing protective equipment (helmet, wrist guards, and elbow and knee guards/pads) is STRONGLY RECOMMENDED.
- Weather conditions such as snow, ice or rain can make the skating surface dangerous.
- Be courteous to other skaters.
- Be alert. Skate parks are prone to flying boards and bodies.

PROHIBITED

- Tobacco products, alcohol, and controlled substances.
- Horseplay and fighting.
- Bikes, scooters and motorized equipment.
- Outside objects such as benches, tables or other objects.
- Glass containers.
- Watch your language. Profanity is unacceptable.
- Skating is permitted only during daylight hours.
- Eating and drinking only off of the skating surface.
- Keep your skate park clean. Place all trash in waste receptacles.
- Spectators please watch (and encourage) skaters from off the skating surface.

- Skate park hours are Sun-up to Sun-down.

- Pets must be leashed and kept off the skating surface. - Report damaged equipment immediately. Call 252-3982.





SKATING & HOCKEY

John L. Wilson Arena and Eagles Arena are regulation hockey arenas, and the home of the Jamestown Blue Jay, Prowl Hockey and University of Jamestown Jimmies Hockey Teams. Eagles Arena has a sand floor and Wilson arena has a concrete floor. During the months of September through March the Arenas are used for hockey, figure skating, youth hockey games and tournaments, the annual Ice Show, public indoor walking and public skating. The arena may also be rented for private parties and events or just to have a skating party. So when it starts to get chilly out remember John L. Wilson Arena for Fun!!!!!!!! If you have any questions call the arena office at 252-3939. Follow us on Facebook for updated events and schedules https://www.facebook.com/JohnLWilsonArena/

PUBLIC SKATING AT WILSON ARENA

The Jamestown Parks and Recreation Department offers public skating from September through February. Daily Admission is: Children - \$2.00, Adults - \$3.00 and Families - \$5.00. Punch cards (12 punches) are now available – Children - \$20.00, Adults - \$30.00, Family - \$50.00. (6 punches) are now available – Children - \$10.00, Adults - \$15.00, Family - \$25.00. Skate Rentals are available - \$2.00 or 12 Skate Rentals - \$20.00. Skate sharpening is available. Follow us on Facebook https://www.facebook.com/JohnLWilsonArena/ or our website www.jamestownparksandrec.com for dates, times and updates on public skating.

ROLLER SKATING - JOHN L. WILSON ARENA

The Jamestown Parks and Recreation Department is sponsoring roller skating, starting April thru May after the ice is out of Wilson Arena. Skating will be Sundays, from 6-8PM at Wilson Arena. Length of season will depend on participation. Cost is \$5.00 per person. Bring your own skates; there are a limited number of skate rentals available. Come join the FUN!!

SKATE SHARPENING

Keep your skates sharp throughout the skating season. Buy an individual sharpening ticket for \$5.00 or buy a booklet for \$50.00 for 12 or \$25 for 6 sharpening, available at the Wilson Arena office.

JAMESTOWN YOUTH HOCKEY

The Jamestown Hockey Boosters is a non-profit volunteer oriented program which has committed itself to provide competitive hockey to youths, ages 4 – 14 ranging from Mini Mites, Termites, Mites, Squirts, Boys and Girls, Peewee, and Bantams. Along with the normal hockey season calendar the Jamestown Hockey Boosters sponsor a summer and fall hockey camp that is available for all youth and high school players.

The Jamestown Hockey Boosters offer a scholarship program that is available to individuals that qualify for the program. For more information contact Community Representative Matt Stockert at 269-2595 or email board@prowlhockey.com. You can also visit us at www.jamestown-hockey.com.

FIGURE SKATING

James River Figure Skating Club's skating season begins in September and ends with the annual Ice Show in March. The season is broken into three 7- week sessions. Registration for the first session is held at the end of August.

Classes are available for all levels of skaters, and are taught by the club professional, Mark Vasarhelyi, who is in his 21st year with the club. **Basic Levels 1-Pre-Free Skate** are the beginning class levels, which teach the fundamentals of skating. **Free Skate 1-6**



teach more advanced skating techniques. Competitive training programs are also available for those skaters wishing to further advance their skills for competition, with private lessons given by Coach Mark. In addition to figure skating, the club offers Hockey Skate classes to teach hockey skating fundamentals to young hockey players. We also offer an Adult learn-to-skate class. This class is offered for those "older" students that never got the chance to learn to skate when they were young, but always wanted to. The James River Figure Skating Club is a member of the United States Figure Skating Association, and follows the Learn to Skate USA curriculum. For more information on skating, call Kent Sortland at 320-1497 or email registration@jamesriverfsc.org. Additional information can also be found on our website www.jamesriverfsc.org.

SOCCER

JAMESTOWN SOCCER CLUB

Recreational Soccer League, Spring and Fall, Grades K-5

The recreation program is for beginning players aged 5-10 who have little to no experience playing. The program is designed to engage the players in fun activities while learning basic skills. Players are randomly placed into groups, not teams and are led by a parent volunteer coach. Practice is offered twice per week, though players are only expected to attend at least one. Games are Sundays. The games focus on smaller numbers (3v3, or 6v6) to allow more opportunities for players to touch the ball.

Competitive Soccer Ages 8-18

The competitive program is designed for the experienced player, ages 8-18 who seek to continue their growth and development in a team setting. Players are grouped into teams based on skill, then age. The focus of the program is on advanced individual skill development, then team development. Practices are a minimum of three times per week. Teams participate in appropriate leagues and tournaments. Travel is a necessary part of this program.

Preschool Soccer, ages 3-5 – Summer/Fall

The Pre-K program is designed as an introduction to soccer for 3 to 5 year olds. The concept is to teach simple skills and get them excited about playing soccer! Parents are actively involved with their child during this program. Practices are once per week and involve fun, age-skill appropriate activities that both child and parents can enjoy together.

Soccer - Adult Coed

JSF Adult Coed Soccer - 6v6 Adult Coed soccer is played Wednesday evenings May/June (spring season) and September/October (Fall season). We offer A, B, and C divisions to allow for all ability levels. Players can join with their friends as a team, or join individually to be placed on a team. For more info, please access Jamestown Adult Soccer on Facebook, or email ggrugel@csicable.net

For more info, please access Jamestown Soccer website - http://www.jamestownsoccer.org/ or follow them on Facebook, https://www.facebook.com/Jamestown-Soccer-Club-327061627346151/ Registrations need to be mailed to Jamestown Soccer Club P.O. Box 1804, Jamestown, ND 58402.

SOFTBALL

MEN'S SLOW PITCH SOFTBALL

The Men's Slow-Pitch Softball League plays at the Hillcrest Athletic Complex Monday – Thursday evenings, beginning the first Monday in May. The league has teams in Class D to Rec. 4 classifications. For more information call Levi Serfoss, 701-269-8741 or email Jamestownsoftball@icloud.com or www.jamestownsoftball.com, we are also on Facebook and Twitter, just search Jamestown Softball.

CO-ED SLOW PITCH SOFTBALL

The start date for Co-ed has yet to be determined. We ask that you check our Facebook page for the latest information. The league is held at the Hillcrest Athletic Complex. For more information call Levi Serfoss, 701-269-8741 or email Jamestownsoftball@icloud.com or www.jamestownsoftball.com, we are also on Facebook and Twitter, just search Jamestown Softball

WOMEN'S SLOW PITCH SOFTBALL

Women's Slow-Pitch Softball will have a Tuesday and Thursday night league, beginning May 2 & 4. For more information contact Bonnie Ukestad, 952-4996. Check us out on Facebook - https://www.facebook.com/Jamestown-Womens-Slowpitch-Softball-124435277572476/.

FRONTIER LEAGUE - YOUTH FASTPITCH SOFTBALL

Practice and games for the Frontier League youth Fastpitch Softball for youth Ages 7 – 16 will be scheduled on Trapper Field & 8 in McElroy Park. Practice will start 5:30 or 6:00 on Monday May 15, 2017 depending on your age. Schedule of games will be determined following the on-line sign up. For more information email, kgall@uj.edu. Or check out the website at www.jaybal.com/page/show/786547-frountier-league-fastpitch

SPECIAL INTEREST GROUPS

BABYSITTING, CPR AND FIRST AID CLASSES

The American Red Cross babysitting course prepares you with the training every parent wants in a babysitter – including safety, basic childcare, safe play, first aid and critical emergency action skills. Participants must be at least 11 years of age for Babysitting Basics and 16 years of age for Advanced Child Care Training. For dates and times call 1-800-RedCross (1-800-733-2767) or www.redcross.org/takeaclass.

BUFFALO CITY R/C SQUADRON

The Buffalo City Radio Control Squadron is a club organized to promote the enjoyment of safely flying and building radio controlled airplanes. We encourage both family and individual participation for all ages. Our membership is open to everyone.

We encourage new and beginning flyers to join us on Tuesdays for assistance and guidance from the club instructors and members at our flying field located north on Hwy 281 just south of the Pipestem Dam. Every summer we host an Electric Fun Fly at Meidinger Park North. Everyone is invited. Bring your electric plane and we'll assist you with learning how to fly it. For more information contact Dave Nelson 252-5438 or email danelson@csicable,net

Flying Field Directions: North of Jamestown on Highway 281 for 1.5 miles. Turn left (west) at the sign for 1.3 miles. Our flying field is 1 mile south of the Pipestem Dam. You can drive over the dam (an additional mile North, watch for the signs) and take the first gravel road to the south. It will lead you directly to our site.

JAMES RIVER VALLEY LIBRARY SYSTEM

2017 Summer Reading Program & Activities Theme: Build a Better World!

We are planning to have a fun summer here at the library! We hope that you will join us for all the fun and exciting programs that we have planned. There is something for everyone!



- All programs are free and open to the public.
- Crafts are first come, first served, while supplies last.
- You must pre-register for Book Club, Lego Club, and Movies 1 week prior to the event.
- Please no large groups, space & supplies are limited.
- All children under age 9 are required to be accompanied by an adult while at the library and while participating in library events.

Below is a list of children's programs that the library offers during the summer. A complete schedule with dates and times for these events will be available by June 1, 2017 at the library, or on our website: www.jrvls.org.

Treasure Chest Reading Program

Preschool - age 12

Registration for the Treasure Chest Reading Program will begin on June 5, 2017. To participate in this program, you will keep track of the number of books you read or the number of pages you read using the provided reading log from the library to earn PRIZES!

All reading logs must be completed and turned in by August 31, 2017 to qualify for the grand prize drawing.

To learn more about this program, please contact the children's department at the library.

Teen Reading Program

Ages: 11-17

Registration for the Teen Summer Reading Program begins on June 5, 2017.

To participate in the reading program you will keep track of the number of books you read using the provided reading log from the library to earn PRIZES!

Once you have completed the reading log, you will receive a prize and your name will go in to the drawing for the Grand Prize!

All reading logs must be completed and turned in by August 31, 2017 to qualify for the grand prize drawing.

To learn more about this program, please contact the children's department at the library. 701-252-2990.

Storytime

Toddlers & Preschoolers

This program is designed for toddlers and preschoolers, or any child who still enjoys listening to stories and singing songs.

We read stories, do stretches, sing songs and much more! Parent/child participation is also encouraged. Each storytime session usually lasts between 25-30 minutes. Registration is not required for this event.

Movie @ The Library!

Ages 5-17

Come watch a FREE Movie on the BIG screen at the library! Free popcorn and juice will be provided.

Registration is required for this event; please contact the children's department at the library to find out when and where to sign up for your free ticket. 701-252-2990.

Simple Crafts

Ages: 3-10

Join us at the library for simple crafts. All supplies will be provided first come, first served. We do use paint and other messy stuff sometimes, so please wear something you won't mind getting messy.

To find out what we will be making, please contact the children's department at the library. 701-252-2990.

Please no large groups, supplies are limited. Registration is not required for this event.

Book Zone Book Club

A book club for ages 9-13

We will talk about the book, play some games and win some prizes! Registration is required for this event; please contact the children's department at the library to find out which books we will be reading and how to register. 701-252-2990.

Lego Club

Ages 5-17 (ages 5-8 welcome with parent supervision)

At each meeting, we will provide a theme to inspire the children to design their creations. At the end of each meeting the children will have the opportunity to present their design to the group. All creations will go on display in the children's department for at least one week after each event.

Registration is required for this event. Registration will be open beginning 1 week prior to the event. You may register in person at the Children's Desk at Alfred Dickey Library, or by calling the Children's Department at 701-252-2990.

All children under age 9 need to be accompanied by an adult while at the library. All supplies will be provided, please do not bring your own Legos.

Tween & Teen Crafts

Ages 10-17

Join us at the library for crafts. All supplies will be provided first come, first served. We do use paint and other messy stuff sometimes, so please wear something you won't mind getting messy.

To find out what we will be making, please contact the children's department at the library. 701-252-2990.

Please no large groups, supplies are limited. Registration is not required for this event.

For questions or for more information about these programs, please call the Alfred Dickey Library, Children's Department: 252-2990 or visit our website at www.jrvls.org or send us an email at adpl@daktel.com.

All programs, dates, and times are subject to change without notice.

JAMESTOWN ARTS CENTER SUMMER CAMPS

The 2017 camp season features a variety of classes for all ages including ceramics, painting, print-making, mosaic, dance, mixed media, collage and theatre.

Camps begin June 5th through July 27th (*no classes held over the July 4th holiday week*). Detailed camp descriptions and registration available online at www.jamestownarts.com

SPECIAL OLYMPICS NORTH DAKOTA – AREA 9

"LET ME WIN. BUT IF I CANNOT WIN, LET ME BE BRAVE IN THE ATTEMPT" Special Olympic Oath

Providing year round sports training and competition for children and adults; with intellectual disabilities in the following sports. All costs associated with our program are obtained through community fundraisers.

Bowling Basketball Volleyball Bocce Ball Soccer Swimming Track & Field Power Lifting Snow Shoeing

To become an athlete or to volunteer contact Colette Heilman at 252-6952 or email cheilman@csicable.net.

T.A.P.S. (THERAPY & PLAY SESSION) A.R.T.S. (ARTS & RECREATION FOR TEENS)

These are a 12 week (May 30 - Aug. 17), Monday – Thursday, summer day camp. <u>T.A.P.S.</u> is available to special needs youngsters in the Jamestown area. Activities to be included are a swimming program, arts and crafts as well as fun and games.

<u>A.R.T.S.</u> designed for special needs teens from 13-21, who could benefit from extended summer programming. Activities to be included are swimming, field trips, bowling, and arts and crafts. For more information call Linda Barnick, 252-2847.

NATIONAL BUFFALO MUSEUM & PRAIRIE WINDS GIFT SHOP

Museum and Gift Shop are open year round.

Museum Admission:

- \$8 adults.
- \$6 seniors (62 and over)
- \$6 active military
- \$6 children 5-14 (children under 5 admitted free)

Hours of Operation:

Memorial Day to Labor Day

• 8 am - 8 pm daily

Tuesday following Labor Day through Sunday before Memorial Day

• Mon – Sat 10 am - 5 pm

Our Gift Shop carries unique buffalo and prairie home décor, gifts, and souvenirs. It also carries frozen buffalo meat including steak, hot dogs, brats, and ground burger, and buffalo jerky.

Events:

June 14th: 24th Annual Fundraiser Auction and Dinner at the Jamestown Civic Center. Social, Hors d' oeuvres, Bison Prime Rib Dinner, Live Auction, Silent Auctions & Raffles.

July 7th - 9th: White Cloud Festival. City-wide events and activities.

For more information please contact the National Buffalo Museum closer to the events. Call 701-252-8648 or email director@buffalomuseum.com Visit our website at www.buffalomuseum.com

BOY SCOUTS

Northern Lights Council, Flickertail District: Building character, fitness and citizenship. Cub Scouts for boys in grades 1-5, Boy Scouts for boys in grades 6-12 and Venturing for girls and boys from ages 14-21. Call 1-877-293-5011 or visit www.nlcbsa.org, to help you locate a contact person in Jamestown.



GIRL SCOUTS

You know that feeling when you just can't wait for tomorrow? The feeling you get when you're with your friends and you're talking about all the fun things that could happen? We love that feeling! So let's do all the cool stuff you imagined—like exploring the outdoors, creating your own artistic masterpiece, or helping the community with new friends. At Girl Scouts, we'll always be counting down to the next adventure—and the next one, and the next one—together.

Ready? Start the fun now at www.gsdakotahorizons.org or call 1-877-904-8168

HORSESHOE

The horseshoe complex at McElroy Park has 16 courts available for your fun and relaxation. The James River Horseshoe Club offers a mixed Adult league that runs May to September. For more information call Joe Martin 701-269-9848 or email at ndjoe0103@yahoo.com. North Dakota Horseshoe Pitchers Association - http://horseshoepitching.com/links/NDinf.html and National Horseshoe Pitchers www.horseshoepitching.com. Nationally sanctioned tournaments are hosted by the local club in July and September. Horseshoes are available for use at the Parks and Recreation office. Join us on facebook at https://www.facebook.com/pages/North-Dakota-Horseshoe-Pitchers-

Association/133048463481916

TENNIS

TENNIS BLOCK PARTY – Bolinger Tennis Courts

Thursday, June 1st 6:30-8pm

The Tennis Block Party is a fun-filled event offering free tennis instruction by teaching professionals along with plenty of games, activities, music, food and prizes for kids and adults. You can learn about and register for all summer Parks and Recreation tennis programs.

QUICKSTART YOUTH LESSONS

All lessons are held at the Bolinger Tennis Complex. During inclement weather, lessons will continue at Wilson Arena.

Lessons: There will be two sessions of lessons offered throughout the summer. The sessions will run Monday – Thursday with the last day of each session holding a novice tournament.

Session 1 - June 5 – June 29

Session 2 - July 10 – August 3.

Times Lessons will be offered each session:

9:00-9:50am – 5-7 years old 10:00-10:50am – 8-10 years old 11:00-11:50am – 11-12 years old 12:00-12:50pm – 13-18 years old



Register Online at <u>www.jamestownparksandrec.com</u>. For information call the Jamestown Parks & Recreation office. 252-3982.

Cost: One 4 week session-\$35.00 or two 4 week sessions -\$65.00.

QUICKSTART TENNIS CARNIVAL – Bolinger Courts

June 30th 10:00-11:30am

A special day of tennis just for the kids. Games, prizes, music, food and fun. Kids of all ages and skill levels are welcome. This is a great way to introduce young kids to the sport if they have never tried it before.

TWO RIVERS ACTIVITY CENTER

OPENING FALL OF 2017! 1501 5th St NE 952-TRAC(8722)

Two Rivers Activity Center (TRAC) is a community recreation center for all ages designed to support health and wellness in Jamestown, North Dakota. TRAC is owned and operated by Jamestown Parks and Recreation Department.

Our cause is to make the community the best place to live and play by providing resources, programs and opportunities that promote health and well-being. Our work focuses on; health and wellness programming, recreational and leisure activities and youth development.



The Two Rivers Activity Center facility is located at 1501 5th St NE, north of Gussner Elementary School.

We value the following in the services we provide to the community;

Community – We are all in this together.

Quality – We provide an exceptional experience.

Integrity – We act with high ethical standards.

Inspiration – We believe in what we do to make a difference.

Activities, programs and services offered at TRAC include:

- Aquatics Center with two water slides, lap swim area, lazy river, zero-entry
 play area, climbing wall, warm water lesson and therapy pool, whirlpool/hot
 tub and sauna.
- Learning Center childcare for children 3-5 years old; and before, after and summer programming for school age children.
- Individual cardio and weight training equipment.
- Group fitness activity classrooms.
- Multi-use courts (basketball, tennis, volleyball, pickle ball, etc.)
- Walking/jogging track.
- Multi-use indoor field turf.
- Multi-purpose rooms for parties, meetings, etc.
- Locker rooms (companion, men's, women's)

To learn more visit our website www.tracjamestown.com or follow us on Facebook www.facebook.com/TwoRiversActivityCenter.

TRAC MEMBERSHIP

Two Rivers Activity Center offers youth, senior, individual and family memberships with Monthly or Annual payment options. A membership gives you full access to the facility. We also offer daily guest passes. Early bird rates are available until June 1, 2017, are effective for one year from TRAC opening.

TRAC memberships can be purchased at the Jamestown Parks and Recreation office located at 1002 2nd Ave. SE, Jamestown, ND. Membership registration and payment processing can be completed on our website, **www.tracjamestown.com.**

| _ | , Ver | | | | |
|---|------------|------------|------------|---------|----------------|
| | <u>.,</u> | Enrollment | Early Bird | Monthly | Yearly Fee |
| (| | Fee | Monthly by | Fee | (12 months for |
| 3 | | | June 1st | | price of 11) |
| | Individual | \$45 | \$40 | \$45 | \$495 |
| | Family | \$80 | \$72 | \$80 | \$880 |
| | Youth | \$35 | \$31 | \$35 | \$385 |
| | Senior* | \$35 | \$31 | \$35 | \$385 |

SEASON TICKETS: Individual - All persons 22 years and older

Family – Husband, Wife, Children under 21

Youth - All persons 21 and under Senior - All persons 65 years and older

*TRAC will participate in senior benefit programs and other insurance reimbursement programs so out of pocket expense may be less than advertised price

TRAC FACILITY RENTAL FEES

| SPACE | RATE | TIME PERIOD | | | | | |
|--|---------------------------|---------------------------|--|--|--|--|--|
| Turf/Tennis | \$25.00 per quarter/court | Per hour | | | | | |
| Court | \$25.00 per cross court | Per hour | | | | | |
| Multipurpose Room | \$25.00 per room | Per hour | | | | | |
| Group Fitness Room | \$45.00 per room | Per hour | | | | | |
| Pool Party | \$100.00 | 3 hours/up to 10 children | | | | | |
| Gym Party | \$100.00 | 3 hours/up to 18 children | | | | | |
| Turf Party | \$100.00 | 3 hours/up to 18 children | | | | | |
| Therapy Pool | \$100.00 | Per hour* | | | | | |
| Recreational Pool | \$1000.00 | 4 hours* | | | | | |
| Entire TRAC Facility | \$2000.00 | 4 hours* | | | | | |
| *Available on a limited basis. Additional staff costs may apply. | | | | | | | |

TRAC FACILITY RENTAL

Birthday Parties

- Pool Party Includes 2 hours of rental with access to the recreational pool and one party room. We require 1 adult per every 5 children in the pool, actively supervising the children. We allow a maximum of 10 children in the pool with 2-3 adults supervising in the pool for each party. All pool rules must be followed.
- Gym Party Includes 2 hours of rental with access to one cross court and one party room. We require 1 adult per every 5 children in the gym, actively supervising the children. We allow a maximum of 18 children in the gym for each party. An additional \$5.00 per child is charged after 10 children.
- Turf Party Includes 2 hours of rental with access to one quarter of the turf space and one party room. We require 1 adult per every 5 children in the turf, activity supervising the children. We allow a maximum of 18 children in the turf for each party. An additional \$5.00 per child is charged after 10 children.
- Party coach: A coach can be requested to lead 1 hour of activity in the gym or turf for an additional charge of \$25.00 /hour. A coach much be requested on Rental Application Form. This service is dependent on availability of staff.

For more information visit our website at www.tracjamestown.com. Or call the Two Rivers Activity Center at 952-TRAC(8722). Follow us on Facebook: https://www.facebook.com/TwoRiversActivityCenter

BUILDING COMMUNITY CAPITAL CAMPAIGN

A building community capital campaign is underway to raise an additional \$12 million for phase two priority needs that include:

- an outdoor waterpark
- endowment fund
- expanded court space
- · indoor playground
- indoor climbing wall
- racquetball/walleyball courts

*Gifts made to the Two Rivers Activity Center endowment fund are eligible for the 40% tax credit, through the Jamestown Parks & Recreation Foundation.

For more information about Two Rivers Activity Centers memberships, classes and programs and building community campaign please check our website at www.tracjamestown.com. Or call TRAC at 952-TRAC(8722). Follow us on Facebook: https://www.facebook.com/TwoRiversActivityCenter



TRACK

ND YOUTH DISTRICT TRACK AND FIELD

The Jamestown Parks and Recreation is hosting the District State Qualifying Track and Field Meet will be held at the University of Jamestown track on Tuesday, May 9, 2017 at 5:00pm. The meet is for boys and girls ages 7-14 as of December 31, 2016. Events include: 50, 100, 200, and 400 meter dash, 4 x 100 meter relay, 800 and 1600 meter run, standing long jump and softball throw. The first three places, for ages 9-14, in each event will advance to the North Dakota State Track Meet which will be held in June 17 in Fargo.

Registration is at 4:00pm. Registration forms may be picked up at the Parks and Recreation office. For more information call the Parks and Recreation office, 252-3982.

SUMMER TRACK FOR KIDS & ADULTS

Track events for all ages will be held **Wednesdays** during June at 5:00PM at Taylor Stadium, the University of Jamestown Track. Dates will be June 7, 14, 21, 28. Competition age levels are 5 & under, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17 and 18 & over.

Events will include 50, 100, 200, 400, 800 and 1600 meter dashes and relays. A favorite event of kids and adults is the Run, Walk or Crawl, Guess Your Time Mile. Ribbons will be awarded for the first 7 places in each event. Ken Gardner is the meet coordinator. For more information call the Parks and Recreation office, 252-3982.

VOLLEYBALL

VOLLEYBALL LEAGUES WOMEN'S/CO-ED

| League | Fall/Winter | Fall/ Winter Fee | Spring | Spring Fee | Place |
|--|-----------------------------|------------------------|------------------------|---------------|-------|
| Women's Monday Night | September 25– December 4 | \$250.00 | January 8– March 26 | \$250.00 | TRAC |
| Co-Ed Div.A&B Wednesday Night | October 4 – February 7 | \$300.00 | February 14 – April 4 | \$200.00 | TRAC |

GIRLS VOLLEYBALL – December 2, 2017 – January 20, 2018 (6wks)

Jamestown Parks and Recreation will be offering one hour instructional programs Saturday mornings. Participants practice fundamental skills the first half and play a game the second half with an emphasis on teamwork and sportsmanship throughout the program. Registration fee is \$20.00, after the deadline of September 22nd fee will be \$30.00. Registration forms will be distributed to the schools, and <u>online registration is available on our website www.jamestownparksandrec.com</u>. For more information please call the Jamestown Parks and Recreation 252-3982.

WINTER ACTIVITIES

CABIN FEVER DAYS

The Jamestown Parks and Recreation Department works with the community to sponsor Cabin Fever Days, February 2-11, 2018. Activities to include Cross Country Skiing, Sleigh Rides at the Bunker, Basketball Tournament, Co-Ed softball tournament and other community activities. For more information call John at 252-3982.

CROSS COUNTRY SKI TRAILS & RENTALS

The Jamestown Parks and Recreation Department offers around 10 miles of groomed cross-country ski trails at Hillcrest Golf Course, weather permitting. Cross Country

Skis are also available to rent for \$5.00 at Hillcrest ProShop, Saturdays from 10am-5pm and Sundays from 11:30AM-5PM more days will be added during Christmas and New Year's, weather permitting. For more information call 252-3982 or Hillcrest Proshop at 252-4320.



BUNKER WINTER ACTIVITIES

The Bunker is open as a warming house for sledding, a warm place to play games, and have concessions.

The hours of operation: Mon-Fri. 3:30-5:30pm

Saturday and Sunday 11:00am-5:30pm

****The Bunker will NOT open if Outdoor Temperature and/or Wind Chill Temperature are 15 below*****

Hours are extended during Christmas vacation. For more information contact the Parks and Recreation office, 252-3982 or the Bunker at 252-6152, or our website www.jamestownparksandrec.com.

OUTDOOR SKATING AND WARMING HOUSES

Warming houses will be open (weather permitting) for skaters at

McElroy, Meidinger and Leapaldt Parks

The hours of operations: Mon-Fri. 3:30-8:00pm.

> Saturday: 11:00am-7:00pm Sunday: 12:00pm-6:00pm

****The Warming houses will NOT open if Outdoor Temperature and/or Wind Chill Temperature are 15 below*****

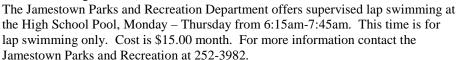
Hours are extended during Christmas vacation. For more information contact the Parks and Recreation Office, 252-3982, or our website www.jamestownparksandrec.com.

PUBLIC SKATING AT WILSON ARENA

The Jamestown Parks and Recreation Department offers public skating from September through February. Daily Admission is: Children - \$2.00, Adults - \$3.00 and Families - \$5.00. Punch cards (12 punches) are now available - Children - \$20.00, Adults - \$30.00, Family - \$50.00. (6 punches) are now available - Children - \$10.00, Adults - \$15.00, Family - \$25.00. Skate Rentals are available - \$2.00 or 12 Skate Rentals - \$20.00. Skate sharpening is available. Follow us on Facebook https://www.facebook.com/JohnLWilsonArena/ or our website www.jamestownparksandrec.com for dates, times and updates on public skating.

INDOOR LAP SWIMMING

(Jamestown High School)



YOGA

Yoga Journey, LLC

YOGA, JOURNEY, LLC -

"It's not a destination or a process, it's a journey." Enrich Your Life!

Enjoy a light-hearted teaching approach to vinyasa flow yoga which incorporates fluid movements with deep, rhythmic breathing. Linking movement with breath enhances the health benefits of yoga, including improved muscular strength and tone, flexibility, joint mobility, and circulation. Yoga also helps to create a more focused, calm, meditative state of awareness in (and out) of class.

Class Location:

The Legacy Center, 419 5th St NE, Jamestown ND. (former Jamestown Hospital location) in the new Wink Studio (ground floor to the left of the cafeteria). Class nights are typically Mondays/Wednesdays - but schedule does occasionally vary. If you have questions, please contact Yoga Journey, LLC via contact information listed on this site.

- * Happy Hour (5:40p -6:40pm) great class for individuals who want to add more energy to their yoga practice. Enjoy enthusiastic flow sequences and enhanced poses.
- * Want a little more relaxation? Join us in our Yoga Flow class (6:45 7:45pm). Slower paced classes for those who want to lower their stress level and improve their overall awareness of the mind/body connection.
- * Saturday Wakeup Yoga (8:30 am 9:30am). This class will be a "wake up" yoga class and will be structured to fit the needs of the beginner to the advanced student.

For more information call Sherry Schutt, RYT at <u>701-320-3038</u>, email: <u>your.yogajourney@gmail.com</u> or visit <u>www.yogajourneyllc.com</u>

GENERAL INFORMATION

BUNKER RENTAL

The Bunker, 1520 3rd St. SE, located on the west end of Hillcrest Golf Course, is a great place to rent for any gathering. Rent by the hour or by the day. Kitchen facilities are available. Activities available are music and big screen TV. For rental information call the Parks and Recreation office, 252-3982.

PICNIC SHELTER RENTAL

McElroy, Klaus, and Nickeus reserved shelters will have electricity & water available. For more information call the Jamestown Parks & Recreation office at 252-3982.

Picnic shelters will be rented at the following rates:

Small Shelters - \$25.00 Half Day (8:00am-1:00pm) (2:00pm-7:00pm)

\$50.00 Full Day (8:00am-8:00pm)

Large Shelters- \$50.00 Half Day (8:00am-1:00pm) (2:00pm-7:00pm) \$75.00 Full Day (8:00am-8:00pm)

<u>To guarantee the reservation:</u> Fees, along with the signed contract, must be paid in full at the Parks and Recreation office no later than seven (7) working days prior to use.

EQUIPMENT FOR USE: The Parks and Recreation Department has equipment available to be used for your picnics and reunions at No Charge. Equipment available: volleyballs and nets, horseshoes and poles, baseball bases. Call 252-3982 for more information.

POLICY FOR USE OF FACILITIES

Our facilities are operated and maintained for your enjoyment. Anyone misusing a facility or disregarding the rules may be subject to having their privileges revoked at the discretion of the management. All Parks close at 10:30 PM.

JOHN L. WILSON ARENA RENTAL

Looking for a place to have a birthday party, celebrations or a get together? The Wilson Arena may be the place for you. Rent ice time for skating and a room to have your party in. Times and dates vary. Please calls the arena for rental times and dates 252-3939, ask for Junior.

ALCOHOL PERMIT

Parks and Recreation policy states no glass containers are permitted in the parks, but alcohol is permitted. If alcohol is going to be served whether catered or private, the Police Chief needs to be contacted by the tenant; notification is required within 48 hours of the event. Contact the Police Chief at 252-2414.

NO SMOKING POLICY

There is a no smoking policy in place for all indoor facilities.

DATES AND TIMES

The dates and times printed are subject to change. For information call the contact person.

REFUND POLICY

No refunds will be given once the program has started. Participants will receive a full refund if a program is cancelled due to lack of participants; lack of facilities, lack of qualified instructors or the program has not yet officially begun. All refunds will be issued in the form of a check.

POLICY FOR DOMESTICATED ANIMAL ORDINACE



Section 3 – Control and Duty of Owner

Every owner of any dog, cat, or other animal on Park District property shall maintain control of such animal by use of a chain, leash, and reins or by confinement with a vehicle or otherwise.

Each owner shall be equipped to and shall collect the animal's solid waste when eliminated. Any waste shall be deposited in a refuse container or removed from the Park District property.

No owner shall allow any animal required to be licensed under an ordinance of the City of Jamestown, ND to be present on Park District property unless it is licensed.

*Parks property includes, but is not limited to, all parks, playgrounds, diamonds, trails, indoors & outdoors facilities.

Section 5-Penalties

Any person found guilty of an act in violation of the provisions of Section 3 hereof shall be subject to imposition of penalties as follows:

A fine of not less than \$50.00 no more than \$100.00.

INSURANCE

The Jamestown Parks and Recreation Department does not carry medical or accident insurance for the participants of the programs. The cost of doing so would be so high that fees charged for programs would become prohibitive. We suggest that you review your family's health insurance plan to be sure that it provides sufficient coverage.

NEW!!!! ONLINE REGISTRATION AND PAYMENT

All Jamestown Parks and Recreation, TRAC and Hillcrest Golf course programs and memberships are available online at www.jamestownparksandrec.com and www.tracjamestown.com. Some registration forms for youth activities will be distributed to the Jamestown elementary schools. No phone registrations will be accepted. Payment for activities is due upon registration. Late registrations will result in late fees. Registration and Membership fees may be subject to change without notice.

GIFT CERTIFICATES

Need a Gift? Consider a Jamestown Parks and Recreation, Hillcrest Golf Course or Two Rivers Activity Center (TRAC) gift certificates!! Ideas: recreational programs, fitness classes, rentals, golf course purchases, memberships. Whatever the occasion, keep this unique gift opportunity in mind. Accepted at any Jamestown Parks and Recreation facility.



SCHOLARSHIPS

Scholarships are available for Jamestown Parks and Recreation and Two Rivers Activity Center (TRAC) programs. Call for information 252-3982.

BE A VOLUNTEER!!!

Many of our programs owe their existence to the many parents, grandparents, aunts, uncles, brothers, sisters, students, teachers, coaches and talented individuals who **VOLUNTEER** their time and talents to benefit the youth of our community.

Would you like to make a difference for the youth of our community? Please consider supervising, coaching, or refereeing an activity, please contact the Jamestown Parks and Recreation office, 252-3982 or at 1002 2nd Ave. SE.

THANK
YOU FOR
YOUR
SUPPORT!