



# FRIDAY FLIER

August 27, 2010

## The Brain Train Saturday, Aug. 28

St. Alexius Medical Center will host "The Brain Train: Get on Board" on Saturday, August 28, from 10 a.m. to 3 p.m. at the ND State Capitol.

This family-friendly event is geared to raise awareness and provide education about brain disorders and prevention of brain disease and injury. Activities include a community awareness walk, educational exhibits, train rides, ambulance tours, a Gateway to Science brain exhibit, food, dunk tank and much more. A \$1 registration fee provides you with a train ride pass, free root beer float and a chance to win prizes (must be present to win). Brain Train t-shirts can also be purchased for \$5 each.

In addition, kids are encouraged to participate in the "Use Your Brain" contest. Download the coloring or puzzle form at [www.st.alexius.org](http://www.st.alexius.org) by clicking on the Brain Train link and visiting the participant section. Bring your completed form to the event in order to be registered for prizes!

## Aquastorm

Aquastorm Stroke Clinic: September 7-30: The Aquastorm Swim Team just completed a successful summer season, taking first place at the ND long course state championship (with the most points per swimmer). In September, the Aquastorm will host a stroke clinic for elementary school kids (K-6) of all abilities in the new Bismarck Aquatics and Wellness Center.

Join the Aquastorm for a month of swim instruction in the brand new, state-of-the-art pool. During practice, coaches will work closely with each swimmer to gain confidence in the water and to work on proper stroke technique, starts and turns. On September 30, swimmers will compete in a "fun meet." Registration is September 1-3, from 5-6 pm in the lobby of the Bismarck Aquatics and Wellness Center on the Bismarck State College campus. Practices will run Monday through Thursday from 5:45 pm-6:45 pm (or 7:15 for more advanced swimmers); but attendance is not required each day. Cost: \$45. Contact Coach Loic at 701-400-0593 if you have questions or view the team website at [www.bismarckaquatics.com](http://www.bismarckaquatics.com).

Aquastorm Open Practices: If a swimmer is at least 12 years old and wants to get in shape for the high school or club short course seasons, the Aquastorm will be offering swim practices in September, Monday through Friday, from 6:00 am to 7:30 am. Cost: \$45. Call Coach Loic at 701-400-0593 with questions.

Central Dakota Diving Club: This club welcomes divers of any age and ability to try springboard diving. If you want to learn to dive in a friendly, supportive atmosphere, contact Coach Claudia at [centralsdakotadivingclub@hotmail.com](mailto:centralsdakotadivingclub@hotmail.com).



## Apple Dash Sunday, Sept. 12



Apple Dash Run-Walk for Education is Sunday, September 12 at 4 p.m. at Hughes, 806 N. Washington Street. Events are 1/2 mile, 1 mile and 5k run/walk. The BPS Foundation raises money for teacher mini-grants and other projects. Registration brochures are at any school office and at [bismarckschools.org](http://bismarckschools.org) under "Alumni/BPSF" on the left.

## Buddy Walk Saturday, Sept. 18



Want to be a Buddy? Join us for this year's Designer Genes Buddy Walk to support the inclusion of people with Down syndrome and all abilities. The walk will be held at the State Capitol grounds on Saturday, September 18 starting at 10 am with fun and registration and the walk at 11. No pre-registration is necessary. For more information, check out: [www.designergenesnd.com](http://www.designergenesnd.com).

## Youth Bowling Fun Day Saturday, Sept. 18

Free bowling, hot dogs, pop and ice cream at Midway Lanes, 3327 Memorial Highway, Saturday, Sept. 18. Bring a friend and sign up for youth bowling. Fall leagues start September 25 & 26. First time league bowlers who join get a free bowling ball! Call 663-0277 if you have questions.

## Shaggy Shuffle Sunday, Sept. 19

The Central Dakota Humane Society's Shaggy Shuffle and 50th Anniversary Party will be held at the State Capitol Grounds on Sunday, September 19, from 11:00 a.m. to 3:00 p.m. Registration for the walk will start at 1:00 p.m. and walk starts at 2:00 p.m. This event will include food, fun, inflatables, balloon clown, face painting, music and lots of dogs and walkers.

The entire family is invited to attend and if you can't walk you can still come and enjoy the day. Shelter dogs will be at the event. Central Dakota Humane Society is a no-kill shelter doing great things for pets and people!

## Fall flu clinics

Watch for information coming home about influenza immunization clinics in Bismarck schools this fall for students grades K-12 who have permission slips from parents.

## Leap of Faith Dance Fall 2010

Come join A Leap of Faith Dance with classes for all ages in Ballet, Pointe, Jazz, KinderDance, KinderDance Plus, and Baby, Let's Dance. And new this year-FREE BOYS CLASS-for ages 8 to 12! Providing quality instruction in dance and related performing arts, classes are limited in size and taught by qualified instructors. Visit or try a class anytime. E-mail [admin@aleapoffaithdance.com](mailto:admin@aleapoffaithdance.com) for more information, call 224-9173, or go to [www.aleapoffaithdance.com](http://www.aleapoffaithdance.com).

## Fire safety poster contest Deadline: Wednesday, Sept. 22

Attention parents: does your child want to win a ride to school in a fire truck?!

The Bismarck Fire Dept. is sponsoring a fire safety poster contest open to students in grades 4-6. Posters are to be done on 8 ½" x 11" paper only and must relate to this year's fire prevention theme: "Smoke Alarms: A Sound You Can Live With"

Submit posters to the fire station at 1020 Central Avenue by 4 pm September 22. Please print the following information on the back:

- \*Student's full name
- \*Parent or guardian's name
- \*Phone number
- \*Teacher's name, school, & grade level.

The first place winner in grades 4-6 will be notified by the end of the day on Wednesday, September 29. First place winners will receive a ride to their school in a fire truck. Rides will be given October 5, 6, and 7. Call the Bismarck Fire Department, 355-1400, with questions.

## Barry's Kids Saturday, Sept. 25

There will be a Bowling Fun Day on Saturday, September 25 at 1 pm to raise money for special needs children in Bismarck-Mandan. Barry's Kids wants to fill all 52 lanes for this fundraiser, so call Midway Lanes today to reserve an individual (\$25) or team (\$100) spot. Call 663-0277; all ages are welcome!

## Demonettes Mini Drill Team Camp Saturday, October 16

Join the BHS Demonettes for a fun morning of dance at this annual Mini-Camp! K-6 grade boys and girls are invited to learn about the fundamental skills of dance pertaining to Hip Hop, Jazz and High Kick. Children will work with the Demonettes 2010 National High Kick Finalist Dance team to learn a specially choreographed routine for their age group!

Date: Saturday, October 16

Time: 8:30-11:30 a.m. (Parent Show at 11 a.m.)

Place: BHS Karlgaard Auditorium

Cost: \$25 (includes snack & T-shirt!)

Registration: Forms can be found at [www.bismarckdemonettes.com](http://www.bismarckdemonettes.com), call 471-6377, or e-mail [lbakken@bis.midco.net](mailto:lbakken@bis.midco.net) for more information. **Registration deadline: October 1.**

## YMCA

A complete list of YMCA activities can be found in the Program Guide available at the YMCA. To learn more, stop in at 1608 N. Washington Street, phone 255-1525, or visit [bismarckymca.org](http://bismarckymca.org). Register for all the following at the Member Services desk.



YMCA Seals Swim Team: Goggles- check, swim cap- check, fun- check! The Seals Swim Team is great way to improve competitive swimming skills, get exercise, meet new friends and most of all, have FUN! Parents – Seals Swim Team is affordable with flexible practice days and monthly fun meets at the Y. If you want to come and get a feel for the team or join, contact Head Coach Shelby Bierwagen at (605)430-3248 or [shelby.bierwagen@bismarckymca.org](mailto:shelby.bierwagen@bismarckymca.org) Fall session starts Sept.7. Register anytime beginning August 23.

YMCA Golf Lessons: Registration is underway for lessons September 13-October 5 at the Fore Seasons Center Golf Dome. Lessons are open to kids ages 4-12 and are available Mondays or Tuesdays from 4:30 to 5:15, 5:30 to 6:15, or 6:30 to 7:15 pm each night. Fees are \$27 for YMCA members and \$39 for non-members. Contact [brent.kleinjan@bismarckymca.org](mailto:brent.kleinjan@bismarckymca.org) for more information or call 255-1525.

Youth Volleyball: Registration has started, with leagues offered for kindergarten/1st grade girls and 2nd/3rd grade girls. Players will sign up on a team by school and will have practice one night a week with games on Saturdays. League dates are September 20- October 30. Fees are \$32 for YMCA members and \$74 for non-members. Volunteer coaches are needed! Contact [brent.kleinjan@bismarckymca.org](mailto:brent.kleinjan@bismarckymca.org) for more information or call the YMCA, 255-1525.

Flag Football: Registration is underway for this Sunday afternoon league which runs September 12-October 24 at the McQuade softball diamonds. Kids grades K-1 will play from 1-2 pm and kids in 2nd/3rd grade will play from 2:30-3:30 pm. Fees are \$32 for YMCA members and \$74 for non-members. Volunteer coaches are needed! Contact [brent.kleinjan@bismarckymca.org](mailto:brent.kleinjan@bismarckymca.org) or call 255-1525.

The Friday Flier is sent home with public and private school students in Bismarck every other Friday during the school year. It is produced by Bismarck Public Schools as a service to other non-profit community groups that provide positive events and activities for students and parents. Activities that directly compete with similar Bismarck Public School activities will not be accepted. Call Community Relations, 323-4092, to learn how to submit items for a small fee. For current and past issues, visit: [www.bismarckschools.org](http://www.bismarckschools.org) under the "Parents" link.