ADULT PROGRAMS 16+



2026 SAND VOLLEYBALL CHAMPS

ADULT RECREATION

Volleyball	**Feb 22-Apr 28**

VISIT OUR WEBSITE FOR FULL DETAILS

ADULT FITNESS

Swim Fit	**Jan 5-Feb 25 & Mar 2-Apr 22**
Boot Camp	**Jan 6-Feb 10 & Feb 15-Mar 31**
Pink Gloves Boxing	**Jan 12-Apr 8**
Les Mills SD	**Jan 12-Feb 18 & Mar 16-Apr 22**
Women & Weights	**Jan 12-Feb 18 & Mar 16-Apr 22**

ACTIVE SENIORS

L&L: CHI St. Alexius Diabetes	**Jan 20**
L&L: McKenzie Health Orthopedic	**Feb 24**
L&L: Bethel Nursing & Rehabiliation Center	**Mar 23**
Senior Marathon in a Month	**May 1-31**

WONDERS

FREE ADAPTIVE PROGRAMS

Bowling	**Jan 4-Mar 8**

ARC FITNESS COMMUNITY WELLNESS FAIR



2026 ARC FITNESS COMMUNITY WELLNESS FAIR

SAVE THE DATE

March 20 | 10:00am-3:00pm
@Williston ARC

YOUR PATH TO WELLNESS

ARC Fitness proudly presents its annual Community Wellness Fair, which is the perfect way to explore a variety of vendors and discover valuable resources that support all Seven Dimensions of Wellness. Take the opportunity to connect with your community, gain new insights, and learn inspiring ways to enhance your well-being through education and engagement.

The first 200 guests will receive a free lunch, and participants who complete a vendor bingo card will earn a free day pass to ARC.

SEE YOU THERE AND WIN!

Get a sneak peek at the vendors you'll meet by visiting our website! Prizes will be raffled throughout the day and you could win just for coming!

FIND MORE INFORMATION ON OUR WEBSITE!

PROGRAMS & EVENTS

JANUARY TO APRIL 2027



HERE'S A QUICK LOOK AT OUR UPCOMING PROGRAMS. FIND FULL DETAILS ONLINE!

willistonparks.com

Williston Parks & Recreation District

#WILLISTONPARKS

YOUTH PROGRAMS



YOUTH RECREATION

Sporties for Shorties	Jan 4-20
Learn to Curl	Jan 4-28
Boys Basketball	Jan 5-Feb 25
Learn To Skate	Jan 9-Feb 13
Off-Season Baseball Training	Jan 10-Mar 14
Off-Season Softball Training	Jan 10-Feb 28
Boys Break Through	Mar 15-Apr 21
Volleyball	Mar 15-May 5
Girls Run Strong	Mar 16-May 6
Girls Flag Football	Apr 1-May 22
Soccer	Mar-Apr | Visit our website!
Track	Mar-Apr | Visit our website!

VISIT OUR WEBSITE FOR FULL DETAILS

YOUTH FITNESS

Youth Boot Camp	Jan 12-Feb 4 & Mar 16-Apr 8
Teenfit Academy:	
Strength	Jan 11-Feb 3 & Mar 15-Apr 17
Endurance	Jan 12-Feb 4 & Mar 16-Apr 8
EmpowHER	Feb 8-Mar 3 & Apr 12-May 5

AQUATICS

Swim Lessons	
Guppy Intro to Water	
Youth & Adult Swim Fit	
Lifeguard Class	Jan 25-29 | Mar 8-9 | Apr 26-30
Babysitter Class	April 17

VISIT OUR WEBSITE FOR FULL DETAILS

Date Night Weekend



"PARIS, I LOVE YOU"

GET READY FOR OUR BIGGEST PARTY OF THE YEAR!

A Paris Adventure | A Mother-Son Dance

February 19 from 6:00pm-8:00pm

Moms and mother figures, grab your sons for a charming Parisian adventure! Dress to shine, hit the dance floor, and enjoy an evening filled with laughter and special memories together.

A Parisian Afternoon | A Daddy-Daughter Event

February 20 from 1:00pm-3:00pm

Dads, grab your daughters for a magical Parisian afternoon at the Daddy-Daughter Dance! Dress to shine and enjoy dancing, laughter, and unforgettable memories together.

Paris After Dark | A Dance for Everyone!

February 20 from 5:00pm-7:00pm

Paris After Dark is the dance for anyone! With no designated pairings, you can bring parents, grandparents, siblings, friends, or anyone special to you. Whether this dance fits your family best or you want one more chance to celebrate together, everyone has a place on the dance floor!

HOW TO REGISTER

ONLINE

willistonparks.com

IN PERSON

822 18th St E
Williston, ND 58801

PHONE

(701) 572-9272

SCAN ME

SPECIAL EVENTS



IGNITE 2027 ARC FITNESS CHALLENGE

Jan 1-27 | Anywhere! Find all the details online.

NERF WARS | TODDLER BLACK LIGHT

Jan 9-10 @Raymond Center

PUZZLE PALOOZA

Jan 12 | Feb 9 | Mar 9 | Apr 13 | May 11 | @ARC

COMMUNITY CPR

Jan 22 | Feb 27 | Apr 23 | @ARC

INTERNATIONAL LEGO DAY

Jan 28 | @ARC

PARENTS NIGHT OUT

Feb 26 | @ARC

SHAMROCK DUCK HUNT

Mar 7-15 | @ARC Waterpark

EASTER EGG DIVE

Mar 26 | @ARC Waterpark

BETTER TOGETHER: MOM & ME

Apr 24 | @ARC

NEON KNOCKOUT

May 1-2 | @Raymond Center

OPEN ICE SKATING

Almost Every Sun, Mon & Tues @Raymond Center