



**CONNECT
AND
STAY
HEALTHY
IN
GLENDIVE**

A Guide to CASHING in on Local Recreational Opportunities



Assembled by the
Glendive Recreation Department

The **Glendive Recreation Department** wants to help you get active and connect with others who share your interests.

The Department offers a wide variety of **programming including:**

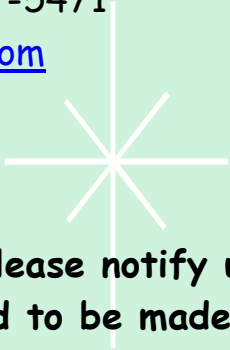
- 
- ❖ **Men's Basketball Leagues**
 - ❖ **Junior Jazz Basketball (3rd & 4th grades)**
 - ❖ **Volleyball Leagues (Women's and Co-ed)**
 - ❖ **Youth volleyball programs**
 - ❖ **Hershey's Track and Field Games**
 - ❖ **Fun track meets**
 - ❖ **Tennis lessons**
 - ❖ **Hoole Tennis Tournament**
 - ❖ **Swimming lessons**
 - ❖ **Water Olympics**
 - ❖ **Park program summer day camps**
 - ❖ **Challenger Sports British Soccer Camp**
 - ❖ **Youth Soccer**
 - ❖ **Open gym**
 - ❖ **Cross country ski rental**

Check our website: www.glendiverec.com for details.

The Rec Center is located at: 314 North River Avenue, Glendive

For more information, call 406/377-5471

Or email: recdept@midrivers.com



This guide will be updated periodically. Please notify us of any corrections or additions that need to be made.

Fitness Centers/Classes

Name: **Black Bridge Fitness Center**
Address: 420 South Merrill Avenue, Glendive
Phone: 406/377-7777
Contact: Donna Houck
For: Everyone
Hours: 24/7 with keyless entry for members
Offering: Weights, cardio, racquetball, wallyball, basketball, tanning, sauna, and private women's area.

Name: **Body & Soul Gym**
Address: 115 West Bell Street, Glendive
Phone: 406/377-YOGA
Contact: Teresea Olson or Myki Evans
Email: bodysoulgym@live.com
Facebook: Body N Soul Gym
For: Everyone over 13 years old
Hours: 24 hour key fob access, various staffed hours M-F
Offering: Cardio equipment, weight, and circuit training.
Yoga and fitness classes.

Name: **DCC Toepke Center**
Address: 300 College Drive, Glendive
Phone: 406/377-3396
Website: www.dawson.edu
Facebook: Dawson Community College
For: Everyone
Hours: M-F 7 a.m. - 10 p.m., Sat. & Sun 2 - 4 p.m.
Offering: Weight machines, free weights, cardio equipment
Indoor walking track 7 a.m. - 3 p.m. & 6 - 10 p.m. M -F

Fitness Centers/Classes

Name: **Glendive Rec Center Open Gym**
Address: 314 North River Road, Glendive
Phone: 406/377-5471
Contact: Dean Senvold
Email: recdept@midrivers.com
Website: www.glendiverec.com
Facebook: Glendive Rec Department
For: Everyone
Hours: M & T 12:30 - 8, W 12:30 - 3:30, Th 12:30 - 3:30, F 12:30 - 5, S 2 - 5, Su 6 - 8 p.m.
Offering: Basketball, volleyball, badminton, table tennis and foosball. Half-court can be reserved for groups of six or more. Entire gym can be reserved during non-open gym hours for practices and parties.

Name: **Iron Girl Boot Camp**
Address: 235 River Road, Glendive
Phone: 406/939-3295
Email: tammi@irongirl.us
Website: www.bookeo.com/irongirlfitness
Facebook: Iron Girl Boot Camp
For: Females
Hours: Monday, Wednesday, Friday 5:15 a.m. to 6:30 p.m.
Offering: Functional fitness: muscle ropes, TRX suspension training, slam balls, sand bags, kettle balls, tires, free weights. It's a gym playground!

Name: **Yoga**
Address: Body & Soul Gym, 115 West Bell Street, Glendive,
Contact: Dr. Jeanne Stewart
For: Everyone
Hours: Mondays & Wednesdays, 6:30 - 7:30 p.m.
Offering: Yoga classes to help those who need to modify their practice due to medical or physical limitations. You do not have to be a gym member to attend.

Fitness Centers/Classes

Name: **Zumba in Glendive**
Address: Elks Lodge, 112 West Bell Street, Glendive
Phone: 406/989-1303
Contact: Sue Veroye
Email: mariaveroye@yahoo.com
Facebook: Zumba-in Glendive
For: Everyone 11 and older
Hours: Monday - Thursday 6:30 - 7:30 p.m. (Zumba);
Wednesday & Thursday 5:30 - 6:30 a.m. (Zumba)
Tuesday 5:30 - 6:30 a.m. (Zumba Sentao - toning with chairs)
Thursday 5:15 - 6:15 & Saturday 8:00 - 9:00 a.m. (Zumba Toning)
Offering: Zumba is a fun dance fitness class. Fun, easy way to burn major calories without even realizing you are getting a workout!

Name: **Zumba with Myki**
Address: 115 West Bell Street, Glendive
Phone: 406/941-3911
Contact: Myki Evans
Email: glendivezumba@hotmail.com
Facebook: zumbawithmyki
For: Everyone
Hours: Tuesday & Thursday 6:30 p.m., Wednesday 5:15 p.m.
Offering: Zumba—high energy dance fitness classes

Name: _____
Address: _____
Phone: _____
Contact: _____
Email: _____
Website: _____
Facebook: _____
For: _____
Hours: _____
Offering: _____

Martial Arts/Dance

Name: **Eastern Montana Martial Arts Academy**
Address: 1311 West Bell Street, Glendive
Phone: 406/377-1599
Contact: Master Karen Ballentine
Email: emmaatkd@gmail.com
Website: www.emmaa.net
Facebook: Eastern Montana Martial Arts Academy
For: Ages 7 - adult
Hours: Tuesday & Thursday 5:15 - 8:45 p.m.
Offering: Taekwondo training from beginner to first degree black belt. Students learn respect, discipline, self-defense, self-control, and good manners while building confidence and self-esteem.

Name: **LaDonna's School of Dance**
Address: 603 Regal Street, Glendive
Phone: 406/365-6677
Contact: LaDonna Jimison
Email: jjimison@midrivers.com
Facebook: LaDonna's School of Dance
For: Youth ages 3 - 18 (and occasional adult classes)
Hours: Sunday - Thursday 3:30 to 9:00, September through May
Offering: Dance classes in ballet, pointe, tap, jazz, clog, and hip hop. Students perform in the annual production of *The Nutcracker*, a spring recital, many community events, and nationally affiliated competitions.

Name: **Vigor Dance Academy**
Address: 115 West Bell Street, Glendive (in Body & Soul Gym)
Phone: 406/486-5467
Contact: Katie Holden
Email: katesy1502@hotmail.com
Facebook: Vigor Dance Academy
For: Ages 3 and older
Offering: Ballet and Tap lessons for ages 3 and older.
Irish dance for ages 8 and older.

Gymnastics/AAU Sports

Name: **Devil Dog Gymnastics**
Address: In West Plaza at 1515 Bell Street, Glendive
Phone: 406/939-2075
Contact: Lisa Swanson Rebecca Bailey
Email: devildoggymnastics@gmail.com
Facebook: Devil Dog Gymnastics
For: Ages 3 -16
Hours: Monday - Thursday 3:30 - 7:00 p.m.
Offering: Preschool classes, advanced floor tumbling, and recreational and competitive gymnastics. Facility also available for birthday parties.

Name: **Glendive Mat Devils Wrestling**
Address: In West Plaza at 1515 Bell Street, Glendive
Phone: 406/989-1485, 406/939-1640
Contact: Tracey Rod, Jamie Ausk Crisafulli
Email: trod@mt.gov
Facebook: Glendive Mat Devils
For: Youth 5 - 18
Season: January through April
Offering: Wrestling instruction and mentorship. Competition is not required, but many members travel to several tournaments throughout the season.

Name: **Glendive Knights Football**
Phone: 406/939-4430
Contact: Dan Bartl
Email: dpbartl@gmail.com
For: Boys 4th - 6th grade
Season: Mid-August through October
Offering: An opportunity for young boys to learn tackle football basics and to compete with teams from other Montana towns.

Baseball

Name: **Babe Ruth Baseball**
Phone: 406/939-5160 406/939-3599
Contact: Dake Pulse Jason Ackerman
Email: dpulse52@gmail.com
Facebook: Glendive Babe Ruth Baseball
For: Boys ages 13 - 15
Season: May through July

Name: **Glendive Blue Devils**
Phone: 406/989-0639
Contact: Brent Diegel
Email: pwc@middrivers.com
Facebook: Glendive Blue Devils Baseball
For: Boys ages 16-18
Season: April - August
Offering: An American Legion traveling baseball team
playing 50-60 games per season

Name: **ABC Cal Ripken Baseball**
Phone: 406/941-0807
Contact: Ty Dufner
Website: <http://glendive.baberuthonline.com>
Facebook: Glendive ABC Baseball
For: Boys and girls ages 5-12 years
Season: April through July
Offering: T-ball for 5-6 year olds;
Graduated baseball divisions for 7-8, 9-10, and 11-12 year olds

Softball

Name: **Glendive Co-ed Softball**
Phone: 406/989-0356
Contact: P. J. Torres
Email: mextorez@live.com
Facebook: Glendive Coed Softball
For: Everyone 16 years old and older
Season: June through August. Games played Fridays & Saturdays.
Offering: Teams are 5 guys and 5 girls on the field.
Season ends with a two day tournament.

Name: **Glendive Girls Softball**
Address: P.O. Box 252, Glendive
Phone: 406/939-4501 406/939-3443
Contact: Lesa Schock James Ward
Facebook: Glendive Girls Softball Association
For: Boys ages 4-5; Girls 4-14
Season: April through June
Offering: T-ball for boys & girls ages 4-5; coach-pitch for girls 6-8;
fast pitch for girls 9-10 and 11-14

Name: _____
Address: _____
Phone: _____
Contact: _____
Email: _____
Website: _____
Facebook: _____
For: _____
Hours: _____
Offering: _____

Aquatics

Name: **Glendive Pool**
Address: Lloyd Square Park (1000 block of North Meade Avenue), Glendive
Phone: 406/377-POOL (7665) or 406/377-5471
Contact: Dean Senvold, Tina Carter
Email: recdept@middrivers.com
Website: www.glendiverec.com
Facebook: Glendive Rec Department
For: Everyone
Open: June - August
Offering: Open swim, Lap swim, Swimming lessons.
Check website for times and classes.

Name: **Wet Devils Swim Team**
Phone: 406/939-4581
Contact: Erin Kaufman
Email: wet.devils@gmail.com
Website: <https://sites.google.com/site/wetdevils>
Facebook: Glendive Wet Devils Swim Team
For: Members must be able to swim the width of the pool
and can compete until senior year.
Season: June 1st to August 1st
Offering: A team sponsored by Kiwanis and dedicated to sharing the love
of competitive swimming with the youth of the community

Name: **Water Exercise**
Address: Astoria Hotel, 201 California Street
Phone: 406/939-2342
Contact: Dee Hall
For: Anyone tall enough to exercise in the shallow end of the pool
Hours: 7 p.m. on Tuesdays & Thursdays September through May
Offering: One hour exercise classes in the pool.

Aquatics

Name: **Splash Park**
Address: Whipkey Park
Phone: 406/377-5471
Contact: Dean Senvold
Email: recdept@middrivers.com
Website: www.glendiverec.com
Facebook: Glendive Rec Department
For: Everyone
Hours: 10 am - 6 pm during the summer
Offering: A great way to have fun and cool off in the summer.

Name: **Astoria Hotel & Suites**
Address: 201 California Street, Glendive
Phone: 406/377-6000
Email: info@glendiveastoria.com
Website: www.glendiveastoria.com
Facebook: Astoria Hotel & Suites Glendive
For: Everyone
Hours: 5 - 11 a.m. everyday
Offering: Use of the indoor pool, hot tub, and fitness center for a monthly fee

Name: **Water Aerobics at Comfort Inn**
Address: 1918 North Merrill Avenue, Glendive
Phone: 406/365-6000
Contact: Ann Hoff
For: Everyone
Hours: MWF 6:30 - 7:30 a.m. and 8:00 - 9:00 a.m.
Offering: Water exercise

Outdoor Recreation

Name: **Glendive Community Shooting Range**
Address: Highway 200 W/ 4 miles NW of Highway 94
Phone: 406/377-6256
Contact: Nathan Powell
Email: makoshika@mt.gov
For: Everyone
Hours: Dawn to Dusk
Offering: The shooting range is open for all shooting activities, except shotguns and .50 cal. No homemade targets or clay birds allowed.

Name: **Makoshika State Park**
Address: 1301 Snyder Avenue, Glendive
Phone: 406/377-6856
Contact: Nathan Powell
Email: makoshika@mt.gov
Website: <http://stateparks.mt.gov/makoshika/>
For: Everyone
Hours: Park is open 24/7. Visitor's Center is open 9-5 daily.
Offering: 11,531 acres of badlands, hiking trails, archery range, disc golf course, amphitheatre, campground, group shelter

Name: **Glendive Short Pine OHV Area**
Address: Six and a half miles south of Glendive on Fas 335
Phone: 406/233-2800
Contact: Dena Lang
Email: dslang@blm.gov
Website: www.blm.gov/mt
Facebook: Bureau of Land Management - Montana/Dakotas
For: Everyone
Hours: 24/7 year round
Offering: OHV trails, a shooting area, fossil collecting, wildlife viewing, and camping

Outdoor Recreation

Name: **Glendive Trap Club**
Address: Beside Glendive Prison
Phone: 406/377-5216
Contact: Roger Redland, Jeff Diegel
Email: jeffd@midrivers.com
For: Anyone who has (preferably) taken a Hunter's Safety course
Hours: Wed & Fri 5 - 7 p.m., Sun 12 - 3 p.m. April 30 - September 30
Offering: Trap/Skeet shooting. League or practice all spring & summer.
Offer special shoots, a turkey shoot, and other games.

Name: **Makoshika Bowmen**
Address: Makoshika State Park
Phone: 406/377-2994
Contact: Ed Williamson
Email: wilmson@midrivers.com
For: Members
Season: May 1 to October 15
Offering: The archery range has two scenic and challenging courses with groomed trails and approximately 14 targets on each course. It takes about 45 minutes for each course. We have a 3-D Soor on Father's Day weekend.

Name: **Badlands Geocaching Group**
Phone: 406/377-8992 406/989-0576
Contact: Naomi Burbach Colleen Lee
Email: nabur@midrivers.com
Website: www.badlandsgeocachinggroup.webs.com
Facebook: Badlands Geocaching Group
For: Everyone
Offering: A group for all the cachers in eastern Montana & western North Dakota. Check out our website for information on upcoming meetings and events. Also visit www.geocaching.com to learn how to get involved in this fun family activity.

Golf/Bowling

Name: **Cottonwood Country Club**
Address: 504 Country Club Drive, Glendive
Phone: 406/377-8797
Contact: Chuck Page
Email: cottonwoodcc@midrivers.com
Website: www.cottonwoodcc.com
For: Everyone
Hours: Daybreak to Sunset
Offering: A nine-hole golf course, a driving range, practice green, pro shop, and a fully stocked lounge

Name: **Glen Bowl Lanes**
Address: 2802 West Towne Street, Glendive
Phone: 406/365-5316
Contact: Joe Kessel
Email: jobowler@midrivers.com
Facebook: ROSE Theatre
For: Everyone
Hours: Everyday 1 p.m. to close.
Offering: Bowling. Movies. Casino. Storage.

Name: _____
Address: _____
Phone: _____
Contact: _____
Email: _____
Website: _____
Facebook: _____
For: _____
Hours: _____
Offering: _____

Equine/Canine Activities

Name: **Big Sky Shires & Equine Services**
Address: 285 Highway 200 South, Glendive
Phone: 406/687-3004
Contact: Leanne Hoaglund
Email: bsshires@midrivers.com
Website: www.midrivers.com
Facebook: Big Sky shires & Equine Services
For: Everyone
Offering: Group or private lessons in showmanship, English, western, driving, and in horse care & management. Check website for other services offered.

Name: **VS Natural Horsemanship**
Address: 388 FAS 335, Glendive
Phone: 406/941-0578
Contact: Tori Shoopman
Email: tori@vsnaturalhorsemanship.com
Website: www.vsnaturalhorsemanship.com
Facebook: VS Natural Horsemanship
For: Everyone
Hours: By appointment
Offering: Horse training. Riding lessons in English and western. Showmanship instruction. Clinics and demonstrations.

Name: **Lazy Hearts Kennel**
Address: Glendive
Phone: 406/989-2480
Contact: Nancy Lane
Email: lzyharts@midrivers.com
Website: www.lazyheartskennel.com
For: Everyone
When: Six week group classes offered in spring and fall
Offering: Basic dog obedience and dog show conformation handling. Behavior issue solutions for owners and their dogs. "AKC Canine Good Citizen" and "Love on a Leash" evaluator and testing.

Other Activities

Name: **Glendive Community Orchestra**
Address: Washington Middle School band room
Phone: 406/670-6121 406/377-1143
Contact: Sonja Tuma
Email: mrs.s.tuma@gmail.com
Facebook: Glendive Community Orchestra
For: People with at least 2-3 years experience playing their instrument
Hours: Mondays 6:45 - 8:00 p.m.
Offering: Weekly rehearsals to prepare for performances around the community: nursing homes, community events, church appearances, and concerts

Name: **Boy Scouts of America**
Phone: 406/377-6012 406/939-4584
Contact: Jonathon Westenskow
Email: jon.westenskow@live.com
Website: www.scouting.org www.montana.bsa.org
Facebook: Boy Scout Troop 139 Glendive Montana
For: Boys 1st grade to 21 years; Girls 14 to 21 years
Hours: Varies
Offering: Cub Scouts (boys 1st grade to 10 years), Boy Scouts (boys 11-18 years), Venturing (co-ed 14-21 years). Call to connect with a troop/pack.

Name: **Cub Scouts Pack 111**
Phone: 406/939-7859
Contact: Jay Fleming
Email: caessar95@gmail.com
Website: www.scouting.org
For: Boys 1st grade - 10 years

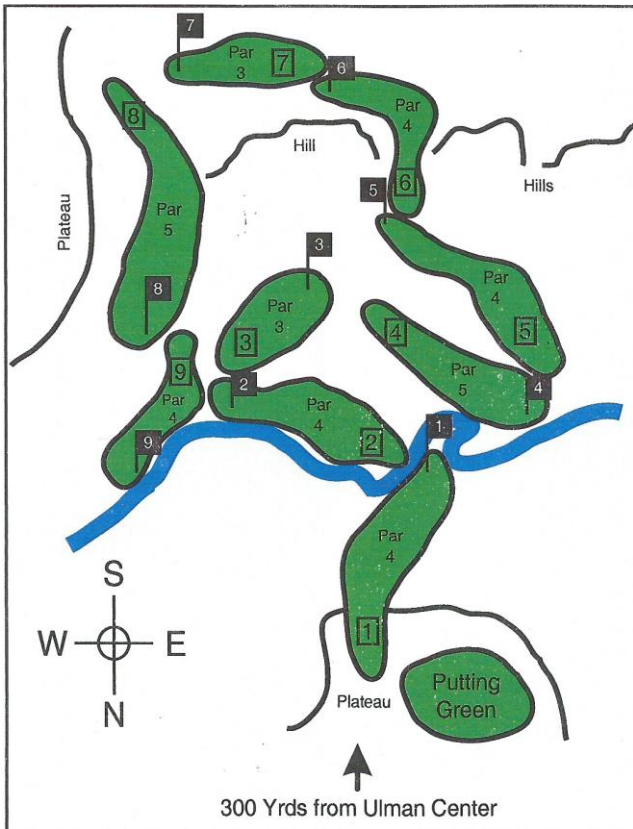
Other Activities

Name: **Badlands Drifters Car Club**
Address: P.O. Box 1022, Glendive, MT 59330
Phone: 406/377-6290
Contact: Jason Ryan
Email: jcdryan@midrivers.com
Website: www.badlandsdrifters.com
Facebook: Badlands Drifters Car Club, Inc.
For: Everyone
Meetings: 1st Sunday of each month in the library basement
Offering: The Badlands Drifters Car Club was started in 1990. Our main purpose was to encourage the preservation and enjoyment of antique, classic, and present-day vehicles. You don't need a vehicle to be a member.

Name: **Glendive Noon Toastmasters**
Phone: 406/377-5708
Contact: Jim Squires
Email: csquires@midrivers.com
Website: www.toastmasters.org
Facebook: Glendive Noon Toastmasters
For: Everyone
Meetings: 2nd & 4th Thursdays downstairs of The Coffee Den
Offering: We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

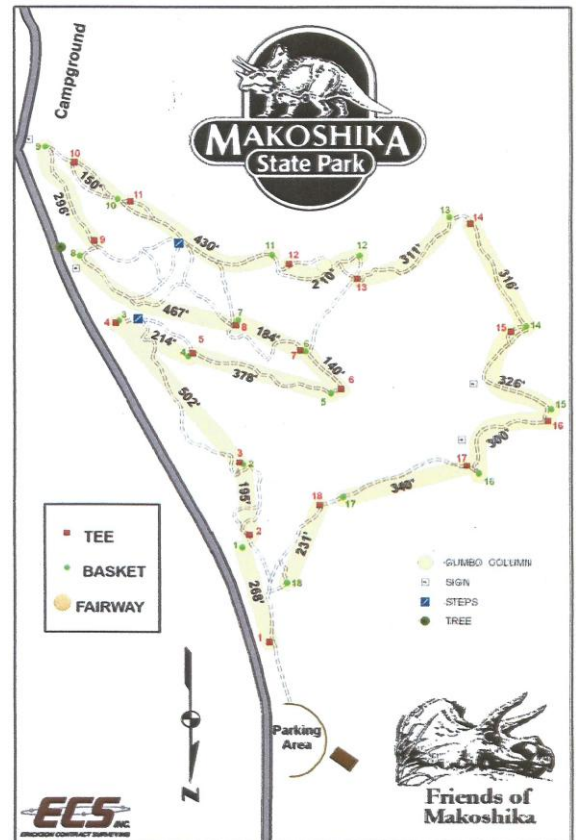
Name: _____
Address: _____
Phone: _____
Contact: _____
Email: _____
Website: _____
Facebook: _____
For: _____
Hours: _____
Offering: _____

Disc Golf Courses



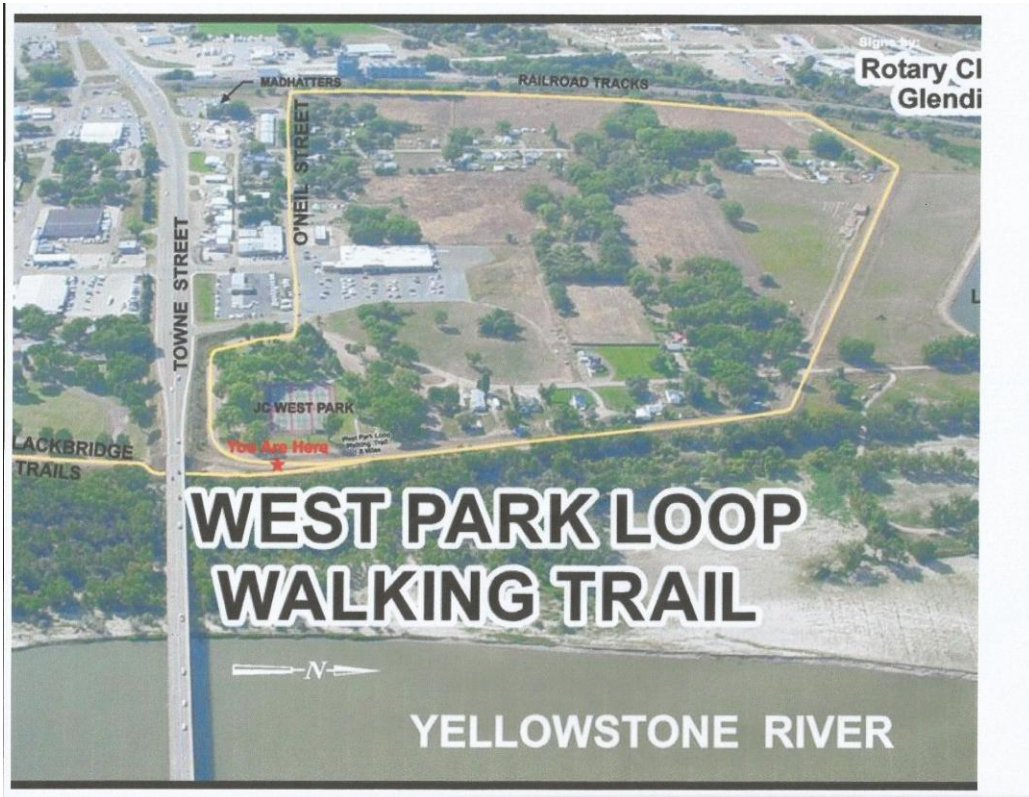
Dawson Community College

Makoshika State Park

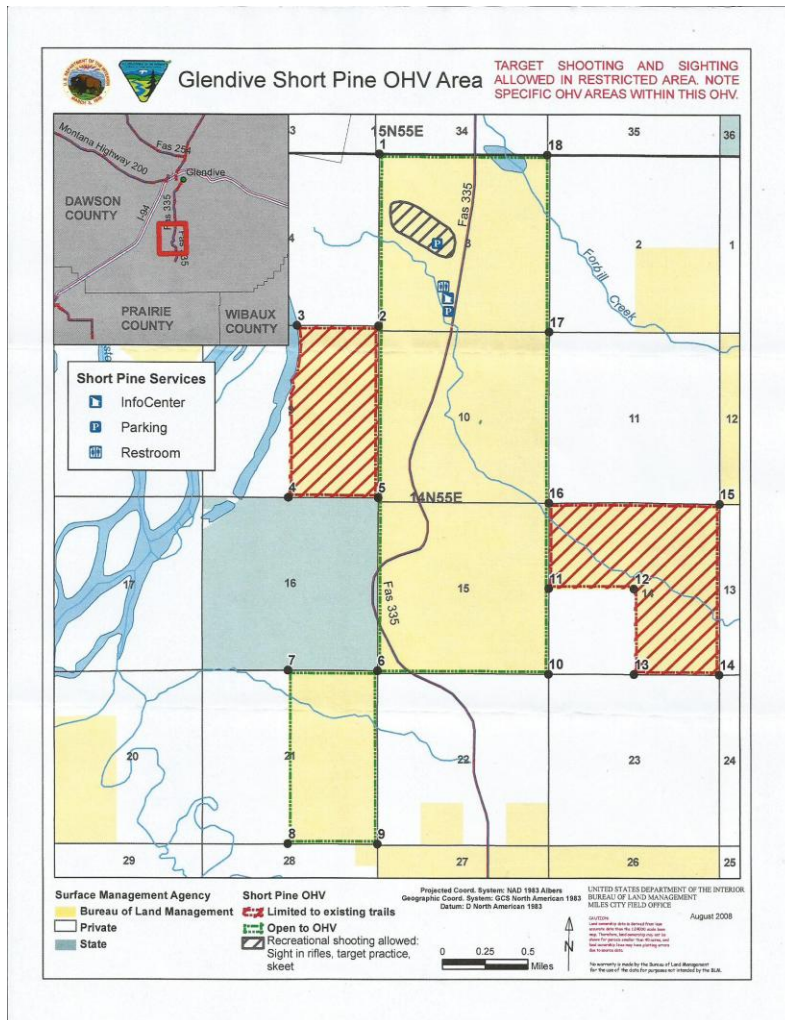
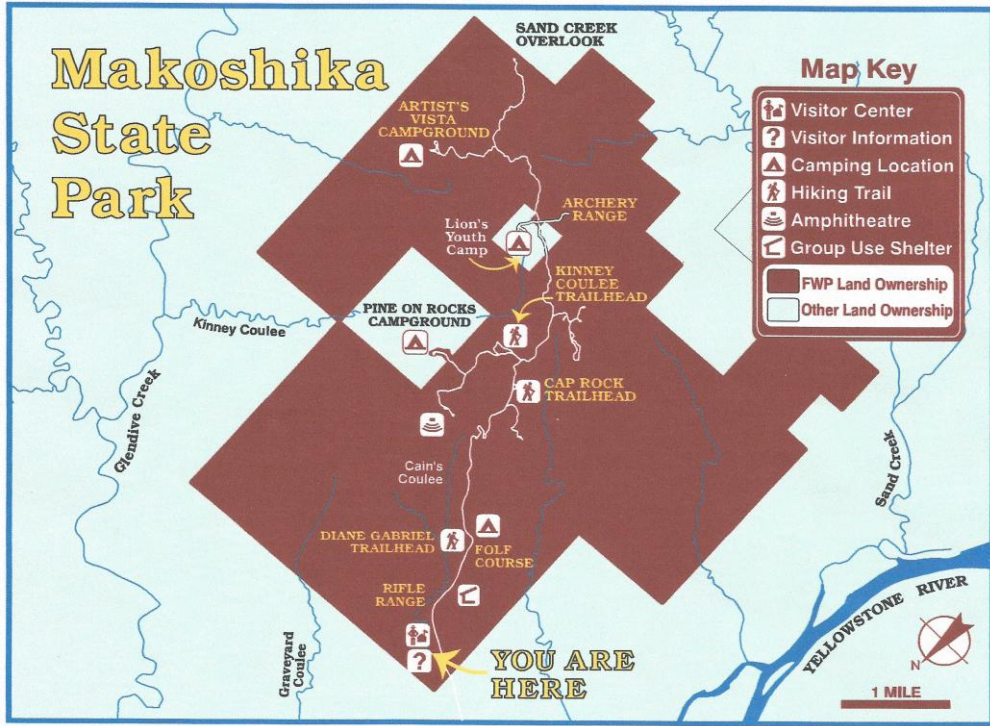


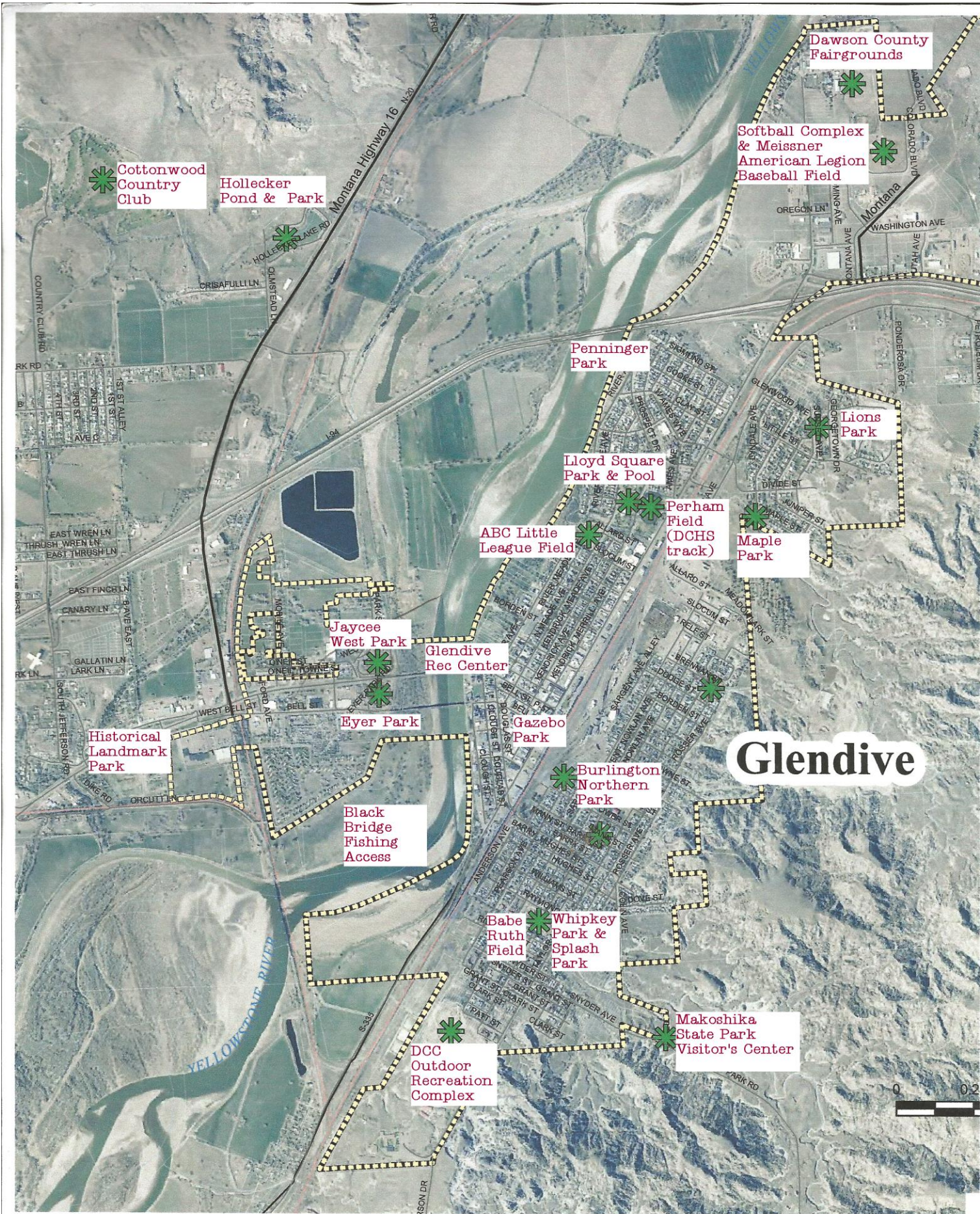
Walking/Hiking Trails

Black Bridge Fishing Access



Hiking and Off-Highway Vehicle Trails





Cottonwood Country Club

Hollecker Pond & Park

Dawson County Fairgrounds

Softball Complex & Meissner American Legion Baseball Field

Penninger Park

Lloyd Square Park & Pool

Lions Park

ABC Little League Field

Perham Field (DCHS track)

Maple Park

Jaycee West Park

Glendive Rec Center

Eyer Park

Gazebo Park

Historical Landmark Park

Glendive

Black Bridge Fishing Access

Burlington Northern Park

Babe Ruth Field

Whipkey Park & Splash Park

DCC Outdoor Recreation Complex

Makoshika State Park Visitor's Center

