



**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:

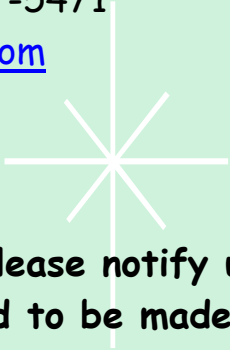
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- ❖ **Men's Basketball Leagues**
  - ❖ **Junior Jazz Basketball (3<sup>rd</sup> & 4<sup>th</sup> grades)**
  - ❖ **Volleyball Leagues (Women's and Co-ed)**
  - ❖ **Youth volleyball programs**
  - ❖ **Hershey's Track and Field Games**
  - ❖ **Fun track 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](http://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](mailto: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: [bodynsoulgym@live.com](mailto:bodynsoulgym@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](http://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](mailto:recdept@midrivers.com)  
**Website:** [www.glendiverec.com](http://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. 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](mailto:tammi@irongirl.us)  
**Website:** [www.bookeo.com/irongirlfitness](http://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:** [Zumba with Myki](#)  
**Address:** 115 West Bell Street, Glendive  
**Phone:** 406/941-3911  
**Contact:** Myki Evans  
**Email:** [glendivezumba@hotmail.com](mailto: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

# Martial Arts/Dance

Name: **Eastern Montana Martial Arts Academy**  
Address: 1311 West Bell Street, Glendive  
Phone: 406/377-1599  
Contact: Master Karen Ballentine  
Email: [emmaatk@gmail.com](mailto:emmaatk@gmail.com)  
Website: [www.emmaa.net](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:dpbartl@gmail.com)  
For: Boys 4<sup>th</sup> - 6<sup>th</sup> 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](mailto: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@midrivers.com](mailto:pwc@midrivers.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/Swimming

Name: **Glendive Co-ed Softball**  
Phone: 406/989-0356  
Contact: P. J. Torres  
Email: [mextorez@live.com](mailto: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: **Wet Devils Swim Team**  
Phone: 406/939-4581  
Contact: Erin Kaufman  
Email: [wet.devils@gmail.com](mailto: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 1<sup>st</sup> to August 1<sup>st</sup>  
Offering: A team sponsored by Kiwanis and dedicated to sharing the love  
of competitive swimming with the youth of the community



# 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](mailto: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](mailto: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](mailto:dslang@blm.gov)  
Website: [www.blm.gov/mt](http://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

# 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  
Website:  
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: \_\_\_\_\_  
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# Other Activities

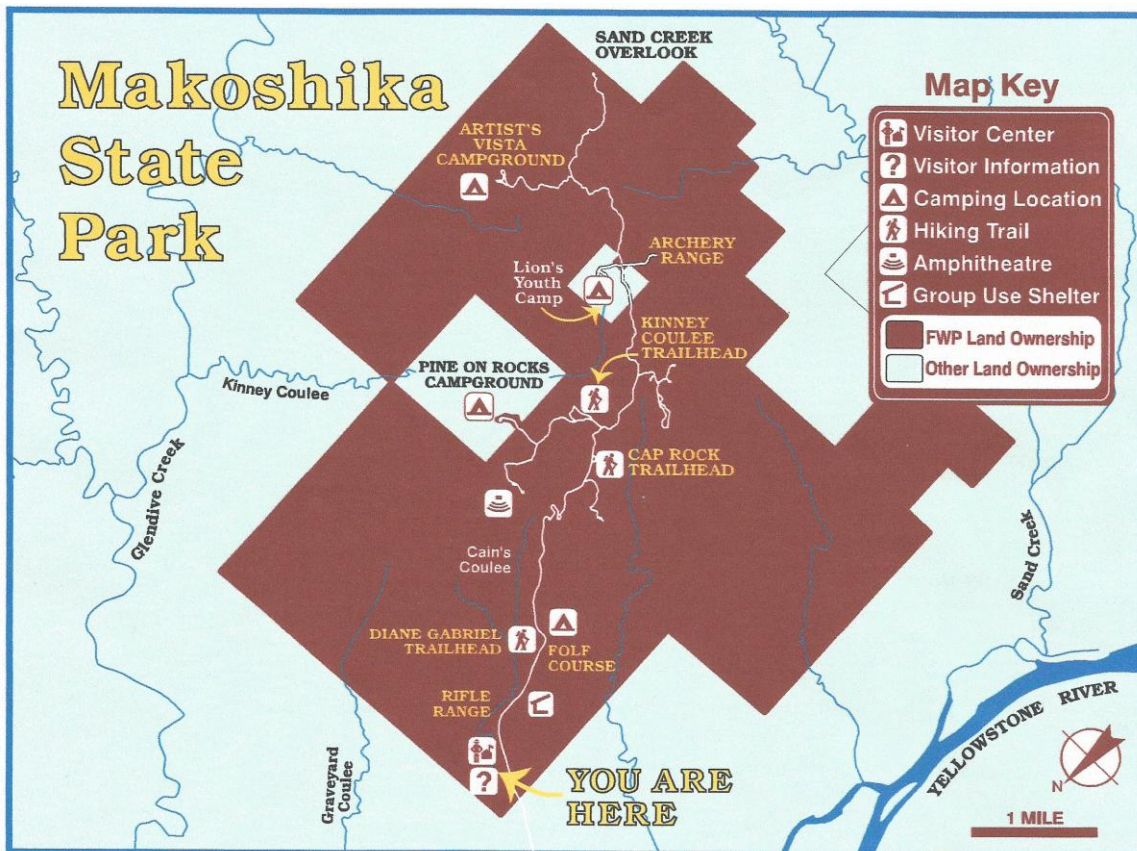
Name: **Glendive Community Orchestra**  
Address: Washington Middle School band room  
Phone: 406/670-6121    406/377-1143  
Contact: Sonja Tuma  
Email: [mrs.s.tuma@gmail.com](mailto:mrs.s.tuma@gmail.com)  
Facebook: Glendive Community Orchestra  
For: People with at least 2-3 years experience playing 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](mailto:jon.westenskow@live.com)  
Website: [www.scouting.org](http://www.scouting.org)    [www.montana.bsa.org](http://www.montana.bsa.org)  
Facebook: Boy Scout Troop 139 Glendive Montana  
For: Boys 1<sup>st</sup> grade to 21 years; Girls 14 to 21 years  
Hours: Varies  
Offering: Cub Scouts (boys 1<sup>st</sup> grade to 10 years), Boy Scouts (boys 11-18 years), Venturing (co-ed 14-21 years). Call to connect with a troop/pack.

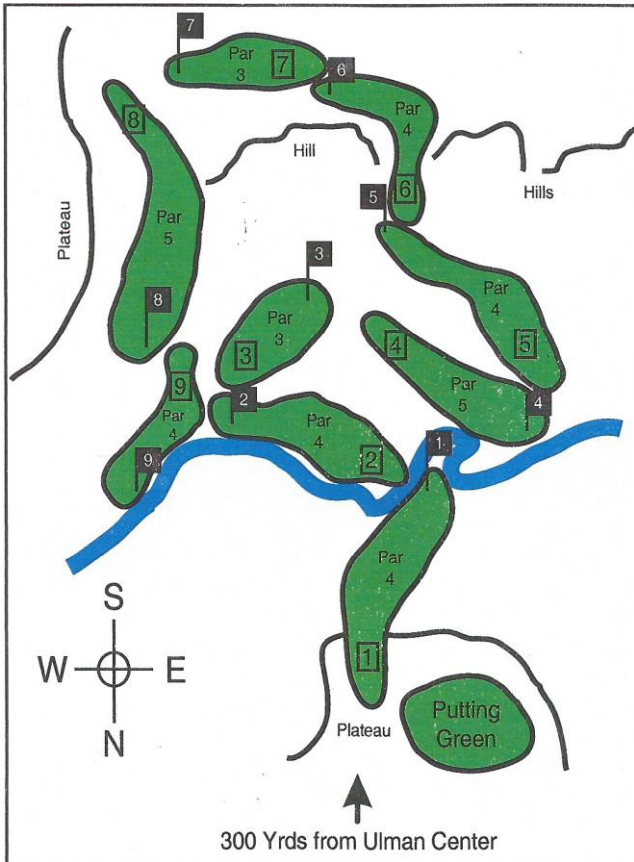
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Website: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
For: \_\_\_\_\_  
Hours: \_\_\_\_\_  
Offering: \_\_\_\_\_  
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# Walking/Hiking Trails

## Black Bridge Fishing Access



# Disc Golf Courses



Dawson Community College

Makoshika State Park

