



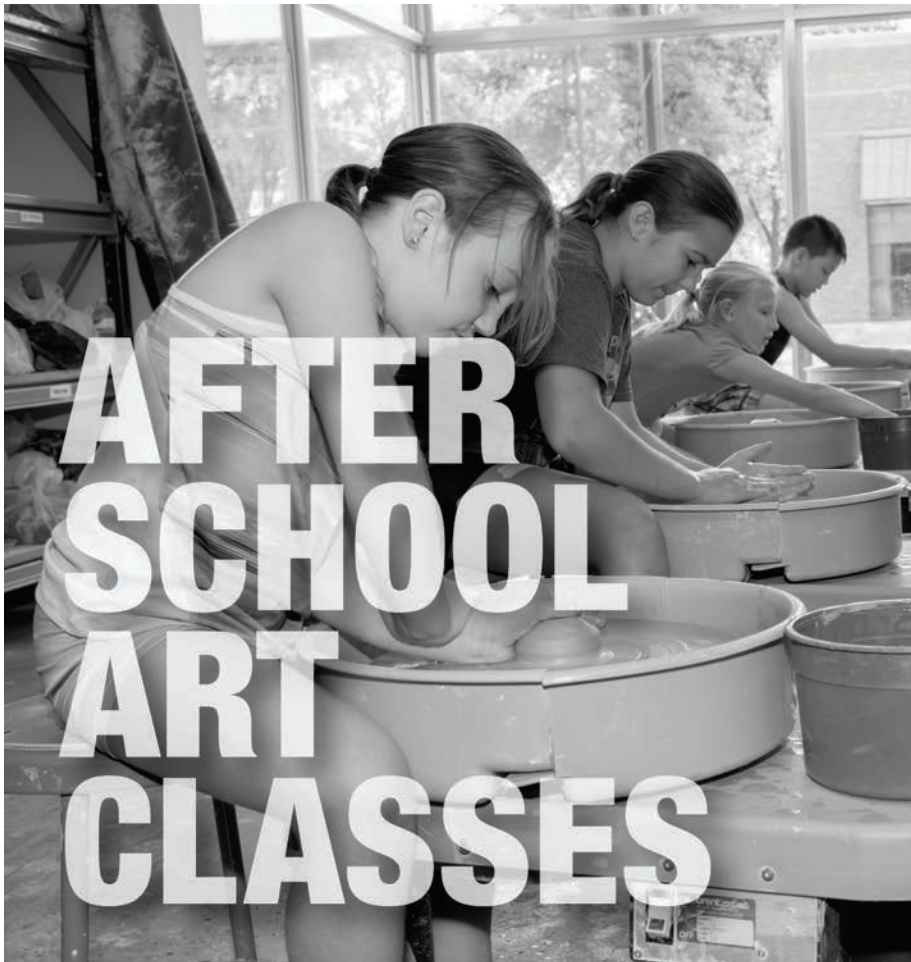
KiDsource

DECEMBER 2016

Dear Families,

An online version of KIDsource is on the school district's website at www.moorheadschoools.org. Under Schools in the top menu, choose Community Education and from there select Programs. Scroll down the page until you see KIDsource. Then select the issue you would like to see.

KIDsource is distributed to all elementary students in Moorhead. Copies of KIDsource are available in the Horizon main office each month for your middle school student to pick up if interested.



Pottery, Painting, Printmaking and more.

After school classes begin at 4 pm and take place in the Center for Creativity. Classes are designed for students ages 6 – 14.

PHOTO MANIPULATION

Tuesday, December 13 • 4 – 5:30 PM

POTTERY ON THE WHEEL

Monday, December 19 • 4 – 6 PM

ARCHITECTURE AND LIGHT

Thursday, January 5 • 4 – 5:30 PM

BLOWN AWAY BY ABSTRACTION

Tuesday, January 10 • 4 – 5:30 PM

\$24 / \$19 members

Register at plainsart.org / 701.551.6100

PLAINS  MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

704 1st Ave., N, Fargo • 701.551.6100 • plainsart.org

KIDsource is published through the cooperation of many agencies in Moorhead and coordinated through Moorhead Community Education. If you have any questions, suggestions or articles, please call the Center for Education at 218-284-3400.

Visit the Moorhead Area Public Schools website at www.moorheadschoools.org.

Publication in KIDsource does not constitute school district endorsement of a program.



MOORHEAD
AREA PUBLIC SCHOOLS

Constructing *Dreams*



For our students to grow, our schools need continued support. For our community to remain vibrant, we must attract and keep strong families. One of the best ways to do that is through a strong school system. *Strong schools means a strong community.*

Learn more. Ask questions. Get answers. Here's how.

Coffee with the Mayor & Superintendent

Visit with the mayor and superintendent to learn more about the city and school district, ask questions and share your thoughts. Sessions will be at **10 a.m. in the Moorhead Center Mall Atrium** on:
Jan. 18 May 17

Moorhead Community Education Learning Opportunities Catalog

Read district updates included in the Community Education catalogs published three times annually, in the fall, winter and spring. Catalogs are mailed to school district residents and are available in the community.

Website

Visit www.moorheadschoools.org for news, School Board meeting updates, calendars and much more.

Social Media

Follow Moorhead Schools on Facebook ([facebook.com/MoorheadSchools](https://www.facebook.com/MoorheadSchools)) and Twitter (@MoorheadSchools).

Learn new skills in Moorhead Community Education classes

Take a healthy cooking class, try new dance moves, make a mail basket or learn how to worm compost.

Register online at
<https://communityed.moorheadschoools.org>
or
call 218-284-3400

MOORHEAD AREA PUBLIC SCHOOLS

*proudly serves the communities of
Moorhead, Georgetown, Sabin and surrounding area.
Learn more about the district at www.moorheadschoools.org.*

Ever had a great
idea for a game?

Want to learn
how to make your
OWN Video Games?



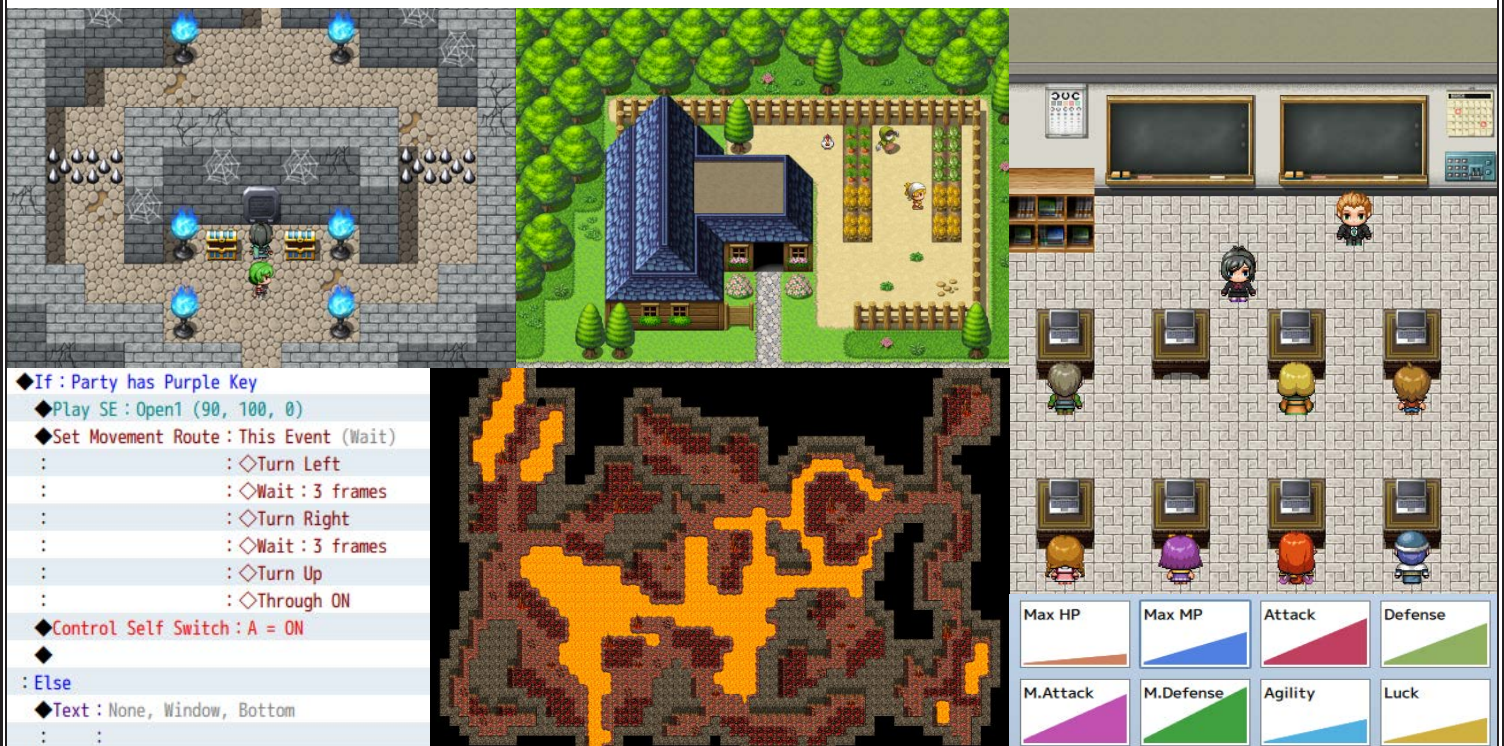
Classes in Moorhead
for 4th and 5th graders!

Creating Video
Games - Beginner

\$110/child

CODE	LOCATION	DATES & TIMES
YAS20A	Reinertsen Elementary	(Jan 12, 19, 26, Feb 2, 9; 3:00 - 5:00)
YAS20B	Hopkins Elementary	(Feb 16, 23, Mar 2, 16, 23; 3:00 - 5:00)
YAS20C	Robert Asp Elementary	(Mar 30, Apr 6, 13, 20, 27; 3:00 - 5:00)

To register for classes, visit Moorhead Community Education at <https://communityed.moorheadschoools.org> and check out our website at www.podsgamedesign.com!



Facebook: PODSgamedesign Twitter: @podsgamedesign
Email: podsgamedesign@gmail.com

IS YOUR STUDENT MAKING THE GRADE?



ATA Leadership is designed to improve focus and performance in all areas of life – on the mat, at home and in the classroom.

Ask about ATA Leadership and take your child's training to the next level.

Call Today to Schedule a FREE Trial!
701.237.6800

Visit us On-Line: www.ATAfargo.com
Tiny Tigers: 3-6 years
Karate for Kids: 7-12 years



**4480 23rd Avenue South
Fargo ND 58103**



We would like to invite you to be part of the Moorhead Crush Girls Fastpitch program! We offer girls ages 7-18 skills in teamwork, confidence, skill building and lifelong friendships on and off the field.

Teams include:

8U (ages 7-8) * ***New for Summer 2017***

10U (ages 9-10)

12U (ages 11-12)

14U (ages 13-14)

18U (ages 15-18)

***Registration starts Monday, January 2nd and runs through Friday, March 23rd.
Mark your calendars because it's going to be AWESOME!***

Other ways to get involved before the summer season starts include:

- Winter clinics
- Spring ball (For grades 6,7 and 8)
- Spring Kick Off events
- and MORE...*

Parents - Interested in coaching, being on a committee, or just getting involved in a great organization? Please feel free to contact us with interest, questions or concerns at info@moorheadcrush.org or...

Alicia Gulbranson- President 701.552.1590

Todd Kiser- Vice President 701.388.5057

***Check us out at www.moorheadcrush.org and Like us on Facebook
(facebook.com/moorheadcrush) or Twitter (twitter.com/moorheadcrush)!!!!***



YMCA OF CASS AND CLAY COUNTIES

WWW.YMCACASSCLAY.ORG



facebook.com/ymcacassclay



@ymcacassclay



@ymcacassclay

LEARN. PLAY. GROW.

Winter/Spring Youth Program Registration NOW OPEN!



Kids will discover new passions, meet new friends and develop healthy habits in youth programs at the Y! Join us for programs including:



- > **Rock Climbing & Advanced Climbing Clubs** | Ages 7-15
- > **Baton Twirling and Competitive Show** | Ages 4-18
- > **Gymnastics** | Ages 2 and up
- > **Swimming Lessons** | Ages 6 months and up
- > **Youth Basketball League** | Grades 2-3



Visit ymcacassclay.org/programs to see all upcoming programs and session details.

Scholarship assistance is available.

Join us for upcoming events!

Visit ymcacassclay.org/events or call 701.293.9622 for registration info.

Saturday Fun Night – Dec 3

4:30-9:30pm | Schlossman Y | Ages 5-12

Kids can join us for a fun-filled night in the Xerzone, Climbing Wall, Basketball Gym and Kids' Gym!

Winter Adventure Days – Dec 27, 28, 29

9am-4pm | Fercho Y | Ages 5-12

Join us during school our for sledding, arts and crafts, swimming, sports & much more!

Holiday Parent's Night Out – Dec 16

5-8pm | Fercho Y | Ages 6 weeks – 11 years

Enjoy a night out while kids have Christmas-themed fun in the Kids' Gym, Xerzone and more!

New Year's Eve Party in the Xerzone – Dec 31

1-2:30pm | Fercho Y | All Ages

Join us for an afternoon of wacky games, healthy snacks and family fun. FREE and open to the community!

FRIENDS DON'T LET FRIENDS PAY FULL PRICE

Join the Y with a friend this December and you'll both save 20% on your membership for ONE YEAR!

Already a Y member? Get a friend to join in December and you'll both save 20% on your membership for one year!

Get more details online at ymcacassclay.org/2020



YMCA OF CASS AND CLAY COUNTIES

Youth Basketball League | Grades 2-4

EVERYONE PLAYS! EVERYONE HAS FUN! The YMCA Youth Basketball program encourages friendship, teamwork and fun! This program is possible through generous support of volunteer youth coaches. League format includes:

Boys/Girls Grades 2, 3 & 4 - Non-Scoring – Official timed games with official rules while no score is kept. Each grade has its own division. Practices are one night a week for one hour and games are on Saturday mornings.

Winter Season (Five Games)

February 4 - March 11, 2017

Practice starts the week of January 23, 2017

YMCA Members: \$55.00

Non-Members: \$65.00

*Coaches will contact parents with practice schedule prior to this date.

Registration Dates: Nov 21-Dec 18, 2016

*After this date, players will be placed on a waiting list. You will only be called if there are openings.

*We can not guarantee that the child will be placed with their school mates.

How to Register: Mail in registration form along with payment to **YMCA, 400 1 Ave S, Fargo ND 58103.**

For more information please call Keegan Murphy 701-364-4116 or Dee Jones at 701.364.4153.

***Payment must be sent with the registration form.** For frequently asked questions go to www.ymcacassclay.org/forms.

YMCA YOUTH BASKETBALL LEAGUE REGISTRATION FORM

-Payment must accompany this form-

Player 's Name _____ Gender _____ Birth Date _____

Address _____ City _____ ST _____ ZIP _____

School Attending _____

**If Home School or Private school please put school closest to you.

Grade _____ Jersey size _____ YM YL AS AM (sizes are unisex)

(Fall league participants will not receive another jersey)

Email _____ (We will be sending important information and updates to this address)

Home/Cell Phone: _____

Father 's/Guardian 's Name _____ Work Phone _____

Mother's/Guardian 's Name _____ Work Phone _____

We strive to honor special requests including teammates and coaches, however we are not always able to meet all requests.

BE A VOLUNTEER COACH! We need volunteer coaches at the YMCA. You can coach your child's team. Please fill out all information below. ****All volunteer coaches will have background checks annually.**

YES, I will be a: Coach _____ Assistant Coach _____ Referee _____

Volunteer 's Name _____ Birth Date _____

Address _____ City _____ ST _____ ZIP _____

Phone Number _____ E-mail _____

Celebrating a Stress Free Holiday Season

The holiday season is an exciting time for children and families. It can also be a time of anxiety, stress and overload for caregivers and children. Some stress is inevitable but by following a few simple tips the days can be more enjoyable for everyone.

Some signs of stress in children:

- Physical complaints like headaches, stomach aches, and being tired. Crying for no apparent reason.
- Regression in their behaviors such as temper tantrums, bed wetting, social isolation from friends, family and school.
- Difficulty sleeping or change in appetite
- A change in your child's normal behaviors or personality.

Tips for a Stress Free Holiday Season

1. **Stay calm:** How a parent handles an issue or situation can set the tone for how their kids will behave. If you can stay calm, take a break when you need it and don't let the busyness of the holiday get to you, your child will stay calmer too.
2. **Avoid high stress places:** Shopping malls and holiday gatherings can be overwhelming for a child. If your child struggles with crowds, avoid taking them shopping or take them at a time when the stores are less busy. Make sure your child is not hungry or tired when going on an outing. Kids get hungry more often and become tired more quickly than adults and that can result in them having a tough time being on their best behavior.
3. **Keep routines in place as much as possible.** Whenever you attend an event or travel during the holiday season do your best to get your child back to their normal routine as soon as possible. Make sure they are getting enough sleep.
4. **Watch the "junk" food.** The holidays are filled with wonderful delicious treats. Combined that with hectic schedules that make regular meal times a challenge and the drive through fast food convenient spells cranky children. Stock up or prepare healthy foods for a quick snack. Foods like fresh vegetables, air popped popcorn, cheese and crackers and yogurt sticks are easy to keep on hand.
5. **Make time for your child to get outside if the weather permits or visit an indoor play area.** Fresh air and exercise are important for reducing holiday stress and anxiety in children.
6. **Resist the temptation to say yes to every holiday party and/or activity so that your child and family are not feeling overwhelmed.** Down time is an important element in staying stress free.
7. **Find things your child can do to help with preparing for the holidays.** Kids love to help especially when they are praised for being helpful. Shopping provides an opportunity to have your child be a part of picking out that special gift. And who doesn't like to help with decorating sugar cookies or baking other holiday treats.
8. **Take care of yourself.** The pressure for the perfect holiday experience with the perfect gift can be stressful on the adults. Take some time for yourself, whether it's an early morning cup of coffee before the family wakes up or a walk outside away from the noise, the crowds and all the holiday obligations helps you recharge your energy and mood.



**Local Advisory Council for
Children's Mental Health (LAC)**

Holly Jolly Holiday

A holiday dance spectacular!

Presented by

*Camria Ballet
Academy*

With special musical guests



**Saturday, Dec 10th
7:30 PM**

**Scheels Center for the
Performing Arts**

**Oak Grove Lutheran School
124 North Terrace, Fargo**

**Tickets available at the door
or at Camria Ballet Academy**

Adults \$12.00 Children 4 - 12 \$8.00
3 and under free

**Information: 218-233-4166
www.camriaballet.com**



Let Family Wellness be your winter playground!



Camp Snow Day - School's Out Day Camp | December 26th-30th from 9:00 AM-4:00 PM

Heat up your winter break this year at Family Wellness with a week long full day camp for kids. Winter camp will provide kids with high energy activities, arts and crafts, and even the chance to splash into the pool! Every day is a spectacular snow day at Family Wellness! For Ages: 6-11

\$175 Members / \$195 Non-Members.

Financial Assistance as well as Before and After Care are also available.



Family Zumba

**Saturday, December 3rd
from 9:15-10:15 AM**

Family Zumba is a great way to incorporate exercise while having fun together. Join us for a great opportunity to improve the health of every member of family by participating in easy-to-follow dance routines. All ages and abilities are welcome!

\$5 family Members / \$10 family Non-Members



Indoor Triathlon

**Sunday, January 15th
starting at 10:30 AM**

Swim, run, bike or scoot your way to the finish at Family Wellness Kids Indoor Tri! Participants must register by December 31st in order to get a shirt! Bring the whole family, as there are also adult and relay categories.

\$15 Youth Indoor Triathlon Participants

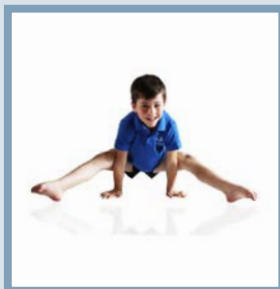


Dynamic Movements

**Tuesdays/Thursdays, January
10th-26th from 5:00-5:45 PM**

Dynamic Movement is a program for youth athletic development. This program is designed to teach large muscle movement needed for your child to succeed in sports and life. Dynamic movement will focus on coordination and strength while improving your child's cognitive ability to move as one kinetic chain. For Ages: 7-11

\$30 Members / \$60 Non-Members



Engineer the Future

**Mondays, January 16th-
February 20th from
5:30- 6:30 PM**

Engineer the future allows your kids to expand their minds through real world engineering and design projects made easy for kids.

Children will get the chance to construct and test multiple projects from weight bearing bridges to building a one bedroom house. For Ages: 8-13

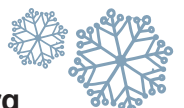
\$30 Members / \$60 Non-Members



Register Online, at the Family Wellness Front Desk or call 701.234.2400!

If you have questions contact: Matt at matthew.melchior@sanfordhealth.org

2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | www.familywellnessfargo.org



Youth Open Gyms

December - March

Saturday & Sunday
Afternoons



Free!

Supervised play for youth.

North Side Gyms South Side Gyms

Longfellow
Roosevelt

Centennial
Clara Barton
Lincoln
Osgood Kindergarten Center

*Schedule subject to change. Visit www.fargoparks.com for updates.



For More Information:
701-499-6060 • fargoparks.com



Awesome Art Afternoon

Saturday, December 17

Anytime Between 1:00-3:00 pm
RDJ Rec Center, 1104 2 Ave S, Fargo

FREE!

Thanks to a grant from
Xcel Energy.

Spend an afternoon
creating fun art
projects to take home.



XCELERATE!



701-499-7788 | www.fargoparks.com



REGISTER FOR HOLIDAY ART CLASSES

CREATE+EXPLORE

Ages 3-5 + Adult

Let your children explore through a variety of hands-on activities and projects. Help your child learn to use paint, paintbrushes, glue, chalk and other materials.

Register by: December 6

WREATH MAKING

Ages 8-teen

Create a seasonal wreath using various materials. The instructor will guide you through the basics before turning you loose to make your own unique wreath.

All supplies are provided.

Register by: December 13



REGISTER ONLINE AT FARGOPARKS.COM



701-499-7788
www.fargoparks.com



Celebrate the season of giving.

Rheault Farm | 2902 25th St S.

VISIT SANTA ★ MEET SANTA'S REINDEER
MAKE A HOLIDAY CRAFT ★ DECORATE COOKIES WITH MRS. CLAUS

FREE ADMISSION

WITH DONATION OF A CANNED FOOD,
NEW OR GENTLY USED TOY OR CASH DONATION



HOLIDAY HOURS

Nov. 26-27.....	1-7 pm
Dec. 3-4.....	1-7 pm
Dec. 7-9.....	4-7 pm
Dec. 10-11.....	1-8 pm
Dec. 14-16.....	4-7 pm
Dec. 17-28.....	1-8 pm
Dec. 21-22.....	4-8 pm
Dec. 23.....	1-8 pm





Lakeland Mental Health Center

Help Today for a Better Tomorrow

1010 32nd Avenue South, Moorhead, MN

1-218-233-7524

www.lmhc.org

24 hour Emergency/Crisis

1-800-223-4512

Depressed?

Grieving?

Anxious?

Stressors?

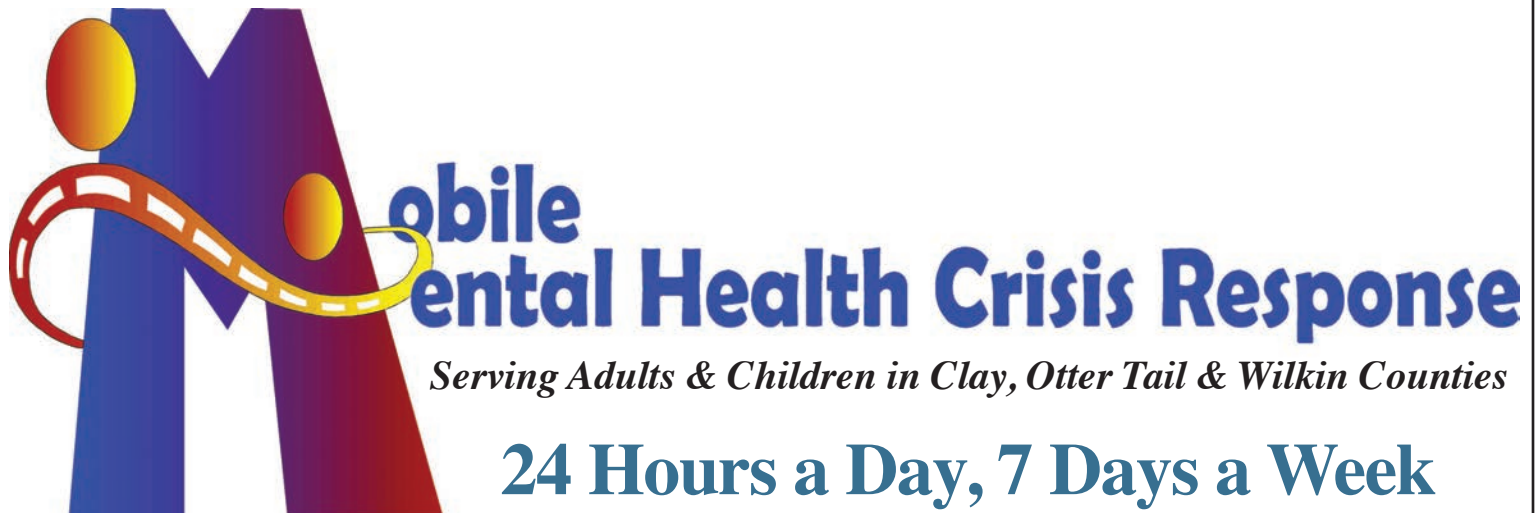
Problems Sleeping?

Difficulty Coping?

Feeling Confused?

Overwhelmed?

Negative Thoughts?



Serving Adults & Children in Clay, Otter Tail & Wilkin Counties

24 Hours a Day, 7 Days a Week

Help for you on the Phone or in your Home

1-800-223-4512

- Help for adults, children & families in their homes.
- Connection to mental health services.
- Coordination & follow up with current mental health service providers.
- Stabilization to reduce hospitalizations & out-of-home placements.
- Skills training to minimize future crisis.



MARQUART'S MARTIAL ARTS

"JOIN US IN MOORHEAD!"

- ✓ Improve self-confidence, self-control, and self-discipline
- ✓ Learn practical self-defense
- ✓ Improve coordination, physical fitness and flexibility
- ✓ Education for the development of the complete individual as a martial artist



Year-round classes for children and adults are led by Eighth Degree Grand Master Eugene Marquart who has over 36 years of teaching experience and is President of the US Changmookwan TKD Union.

CHECK US OUT!

NO CONTRACT REQUIRED!

2615 12th Ave. S
Moorhead, MN

CALL 218-233-6941 FOR MORE INFORMATION
OR VISIT www.marquartstk.com



YOUR Family counts

Being counted on the school district census is important, so your family can take advantage of early childhood programs and receive important school information when you need it. If you or someone you know recently moved into our district or had an addition to the family, including birth or adoption, complete the online census form at www.moorheadschoools.org/census or call Community Education at 218-284-3400.

We **BELIEVE** that every individual is able to unlock their potential through movement.

**Gymnastics * Special Needs * Ninja Kids * OT
Cheer * Birthday Parties * After School Program**

Special Needs Classes



NOW offering a variety of special needs classes including:

1:1 Private Sessions: Child has the opportunity to participate at their own pace

Small Group Sessions: Child participates with 3-6 individuals with similar abilities

Inclusive Sessions: Child participates in regular recreational gymnastics or fitness classes with simple modifications

Contact **Nate@tntkidsfitness.org** to sign up your child today!

Winter Session: Jan. 2 - March 4

Register Online
at tntkidsfitness.org!

Classes for girls and boys ages 18 months and older including:

- Preschool Gymnastics
- School Age Gymnastics
- Ninja Kids
- Cheer
- School's Out Day Camps

You're invited!

Want an unforgettable birthday?
Celebrate your birthday at TNT
Saturday or Sunday
Visit tntkidsfitness.org
for more information



School's Out Day Camps

If school is out for the day, come to TNT and play!



Includes: Fitness & gymnastic stations, sports & games, arts & crafts, educational lessons, healthy lunch & snacks

2016-2017 dates now available at tntkidsfitness.org

Open Gyms

Preschool Open Gyms August 25 - May 13

Ages 18 months - 5 years*
Thursday: 11:00am - 12:00pm
Friday: 10:00am - 11:00am
Saturday: 8:15am - 9:15am
*One active helper needed for every two children

School Age Open Gyms Ages 6-14 years 7:00-8:30pm

December 2, December 16,
January 13, January 27

Register online at tntkidsfitness.org

Register online at tntkidsfitness.org



2017 BABE RUTH BASEBALL PLAYER REGISTRATION

DEADLINE FOR BASEBALL February 28th

BASEBALL REGISTRATION: Dec.15th – FEB. 28th
YOU MUST REGISTER BY THIS DATE TO GUARANTEE A ROSTER SPOT

AGES: 5 – 15 YEAR OLD

ON – LINE REGISTRATION AVAILABLE AT
WWW.MOORHEADBASEBALL.COM
LOOK ON HOME PAGE

IF YOU HAVE QUESTIONS PLEASE CALL 218-284-2777
BETWEEN 10 AM – 2 PM MONDAY - THURSDAY



Children's Dental Services

Smiles Across Minnesota

Children's Dental Services and Smiles Across Minnesota provide preventive dental services, such as teeth cleaning, sealants, oral hygiene and dental fluoride, to uninsured or under-insured children, birth to 18 years, in the district. CDS makes the dental appointment for your child to be seen at his or her school.



Forms are available at the school office and should be returned to the health office in your child's school. Contact Children's Dental Services at 612-746-1530 with questions.

*A child's smile says the
same thing in any language.*





Do more.
Find your
SPARK.



JOIN NOW

78% of girls improved
willingness to face their
fears and take on new
experiences.



96% of girls
have tried at least
one new thing as
a Girl Scout.

Happiness. Confidence. New adventures. With Girl Scouts, she'll find her SPARK.

Attention Kindergarten and 2nd grade girls, your Girl Scout troop is waiting for you! With parent volunteers, additional new troops can be formed for other grades.

Local Girl Scouts are seeking short-term and year-long volunteers to assist with the upcoming events, Cookie Sale, troop meetings, field trips, and career field related activities like STEM, financial literacy, outdoor skills and much more.

To learn more, contact Jolene Kellerman at jkellerman@gsdakotahorizons.org or 701-293-7915. Visit gsdakotahorizons.org to sign up today!





1335 Main • 277-1TKD

Red River Traditional TaeKwonDo

The Area's Only Traditional TaeKwonDo School

Classes for All Ages

AUTHENTIC...

REAL...

TRADITIONAL...



**Grand Master Jim Grimestad
with 38 years experience**

7th Degree Grand Master Jim trains & tests in Korea

This is a traditional martial arts school not a sport

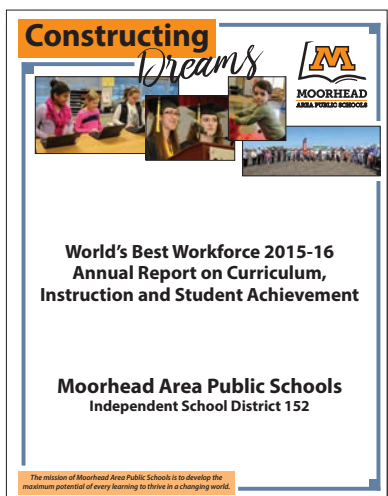
277-1TKD • 1335 Main Ave Fargo • rrtkd.com

go to **RRTKD.COM** for more information

FREE 2 week trial

Moorhead Area Public Schools

World's Best Workforce 2015-16 Annual Report on Curriculum, Instruction and Student Achievement



The district's annual report, which highlights test scores and progress toward district and school improvement goals from the 2015-16 school year, is now available on the district website at www.moorheadschoools.org/annualreport.

A brief summary of the report is mailed to community members.

Becky Gulsvig (stage actress) • Mark Voxland (electrician)
Dean Hornbacher (CEO) • Olaus Murie (wildlife biologist)
Louise Dovre Bjorkman (judge) • Phil Seljevoid (athletic director)
Matt Cullen (professional hockey player) • Paula Bauck (coach)
T. L. Solien (artist / professor) • Julie Buckley, M.D. (radiologist)

What do these individuals all have in common?

They are members of the Moorhead High School Hall of Honor

The Moorhead High School Hall of Honor recognizes alumni, faculty, staff and other community members who have demonstrated notable accomplishments or provided significant contributions to their school, community or society.

Nominations are being accepted for the Moorhead High School Hall of Honor.

Nomination guidelines and forms are available on the district's website at www.moorheadschoools.org or at Moorhead High School. Nominations received after Jan. 15, 2016, will be considered for future recognition. Nominations previously received are kept to be considered for future recognition.

During December, enjoy the talents of our Moorhead students during these upcoming concerts.

Moorhead High School Holiday Concerts

Monday, December 19

Moorhead High School Auditorium, 2300 4th Ave. S.

5:30 p.m. — Concert Band, Varsity Choir, Freshman Orchestra

6:30 p.m. — Symphonic Band, Treble Choir, Concert Orchestra, Jazz Band

7:45 p.m. — Chorale, Concert Choir, Chamber Orchestra, Symphony Orchestra, Vocal Jazz Ensemble, Wind Ensemble



Horizon Middle School Concerts

Horizon Middle School Cafetorium, 3601 12th Ave. S.

Grade 6 Choir and Honor Choir Concert — December 1 ♦ 7 p.m.

Grade 7 Choir and Honor Choir Concert — December 6 ♦ 6:30 p.m.

Grade 8 Choir and Honor Choir Concert — December 6 ♦ 8 p.m.

Grade 6 Band, Honor Band and Jazz Band Concert — December 13 ♦ 6:30 p.m.

Grade 6 Orchestra Concert — December 20 ♦ 6 p.m.

Grades 7 and 8 Orchestra Concert — December 20 ♦ 7:30 p.m.

Skate with

SANTA!



December 11

2:15-4:15 pm

Moorhead Sports Center

**Free open skate and
visits with Santa!**

Skate rental available (limited sizes)

Sleigh Rides



December 27-30

1:00-4:00 pm

Hjemkomst Center

\$4 per person

*Enjoy a scenic sleigh ride through
Viking Ship Park!*

*Holiday treats and refreshments
will be available at the
Heritage Snack Shack.*

*There are no reservations
or advanced ticket sales.*



Parks and Recreation

REGISTER TODAY!



Mini Basketball for Boys and Girls (Grades 1 & 2)

Dribble, Pass, Shoot, and learn the game of basketball! This is an excellent program for young boys and girls to learn and play the basics of the game. Have fun using junior size basketballs and six-foot baskets.

Saturdays Jan 7 - Feb 25

11:15 am - 12:15 pm or 12:30 - 1:30 pm

Ellen Hopkins Elementary

Fee: \$35

Youth Basketball for Boys and Girls (Grades 3 & 4)

Meet new friends and learn the value of teamwork! This is an eight-week program that focuses on participation and not on high levels of competition. Teams are coed.

Saturdays Jan 7 - Feb 25

10:00 - 11:00 am

Ellen Hopkins Elementary

Fee: \$40, \$60 after Dec 9

OPEN GYM

Youth Open Gym

This program is for boys and girls 15 years of age and younger. Regular and junior basketballs/volleyballs are available.

Adult Open Gym

Improve your basketball or volleyball skills with our Open Gym. For ages 16+



Sundays - Dec 4, 11, 18

Location: Community Life Center

Sundays - Jan 8, 15, 22, 29 Feb 5, 12, 19, 26

Location - Ellen Hopkins Elementary

Youth: 1:00 - 4:00 pm

Adult: 4:15 - 5:45 pm

One gym for volleyball and one gym for basketball.

No Adult session on Feb 5.

218.299.5340 | moorheadparks.com