



KIDsource

SEPTEMBER 2017

Dear Families,

An online version of KIDsource is on the school district's website at www.moorheadschoools.org/KIDsource. KIDsource is distributed to all grades K-6 students in Moorhead elementary schools and at Horizon West. Copies of KIDsource are available in the Horizon East main office each month for grades 7-8 middle school students to pick up if interested.

Bowling = Scholarship \$\$\$!

Start earning as early as 3 years of age
just by participating in a Youth League at Sunset Lanes!

Kids have earned

THOUSANDS OF DOLLARS

towards their Education!

Call for more information!

**SUNSET
LANES**

www.bowlingsunset.com
620 Hwy 75 N., Moorhead
218-233-6153



Youth League Times

Saturdays 10 a.m.
Tuesdays 4:30 p.m.

Fun day & Sign-up
Sat. Sept. 16th 10 am

Benefits:

Earning Scholarships,
Building Friendships,
Learning a Life Long Sport
Free Coaching

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 Community Education office, Probstfield Center for Education, 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

PURSUE EXCELLENCE



MOORHEAD
AREA PUBLIC SCHOOLS



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:

Oct. 18 Jan. 17 May 16

State of the District Session

The district leadership team will share the troubles and triumphs of leading one of the largest school districts in Minnesota, including information about the instructional goals and building projects.

Call Moorhead Community Education at 218-284-3400 to RSVP for this free session or register online at <https://communityed.moorheadschoools.org>.

Oct. 26 7 p.m. Probstfield Center Board Room, 2410 14th St. S.

Register now for fall Moorhead Community Education classes online at <https://communityed.moorheadschoools.org> or call 218-284-3400.

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), Twitter (@MoorheadSchools) and Instagram (moorheadschoools).

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 at
all the
Moorhead
elementary
schools!

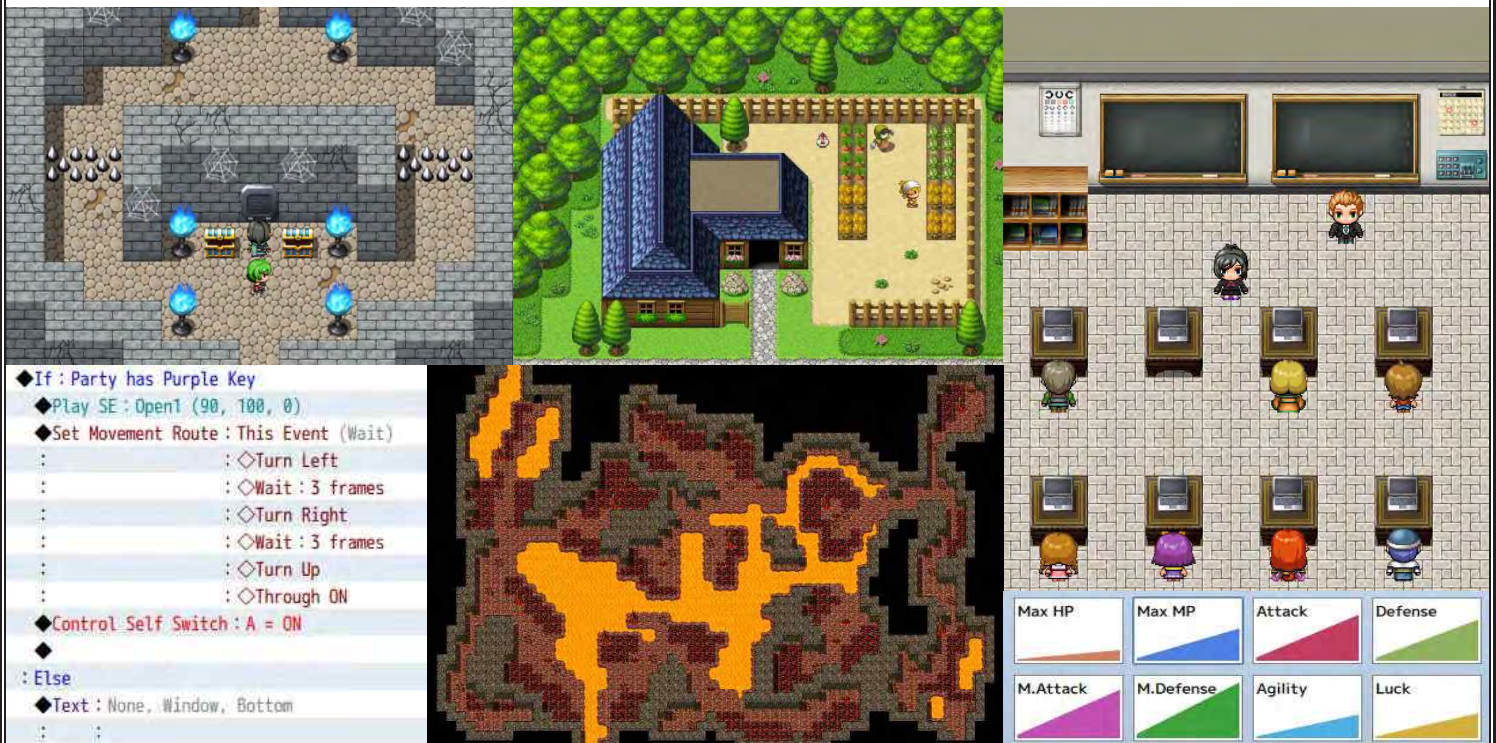


\$110

Creating Video Games - Beginner

CODE	LOCATION	DATES & TIMES
YAS20A	Reinertsen Elementary	(Thursdays, Sept 7 - Oct 5; 3:00 - 5:00)
YAS20B	Hopkins Elementary	(Thursdays, Oct 12 - Nov 16; 3:00 - 5:00)
YAS20C	Robert Asp Elementary	(Thursdays, Jan 11 - Feb 8; 3:00 - 5:00)
YAS20D	Dorothy Dobb Elementary	(Thursdays, Feb 15 - Mar 22; 3:00 - 5:00)
	Horizon Middle School	TBD Spring 2018!!!

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

Leader-Licous

ATTENTION THIRD-AND FOURTH-GRADE GIRLS! JOIN US FOR LEADER-LICOUS!

Girls become "LEADER-LICOUS" when they learn leadership skills, develop a strong positive self-image, and are empowered. Each of us is born with our own unique talents, gifts, and abilities. Through this fun-filled leadership program, girls will focus on their inner selves and take steps forward, leaving behind negativity that discourages and prevents them from reaching their full potential. Topics include the importance of education, bullying, breaking negative habits, relationships, my best self, communication, overcoming obstacles and more. At the final class, girls will shine as they demonstrate the leadership skills they have learned. Once these skills are learned, the results in our girls will be life changing.

Leader-Licous is led by Rachel Stone, former Mrs. North Dakota Intl. 2006.

YAS12A - Girls Grades 3-4, Mondays, October 2-December 11
(no class 10/16), Ellen Hopkins, 3:30-5 p.m., \$65

Register online at

<https://communityed.moorheadschoools.org>

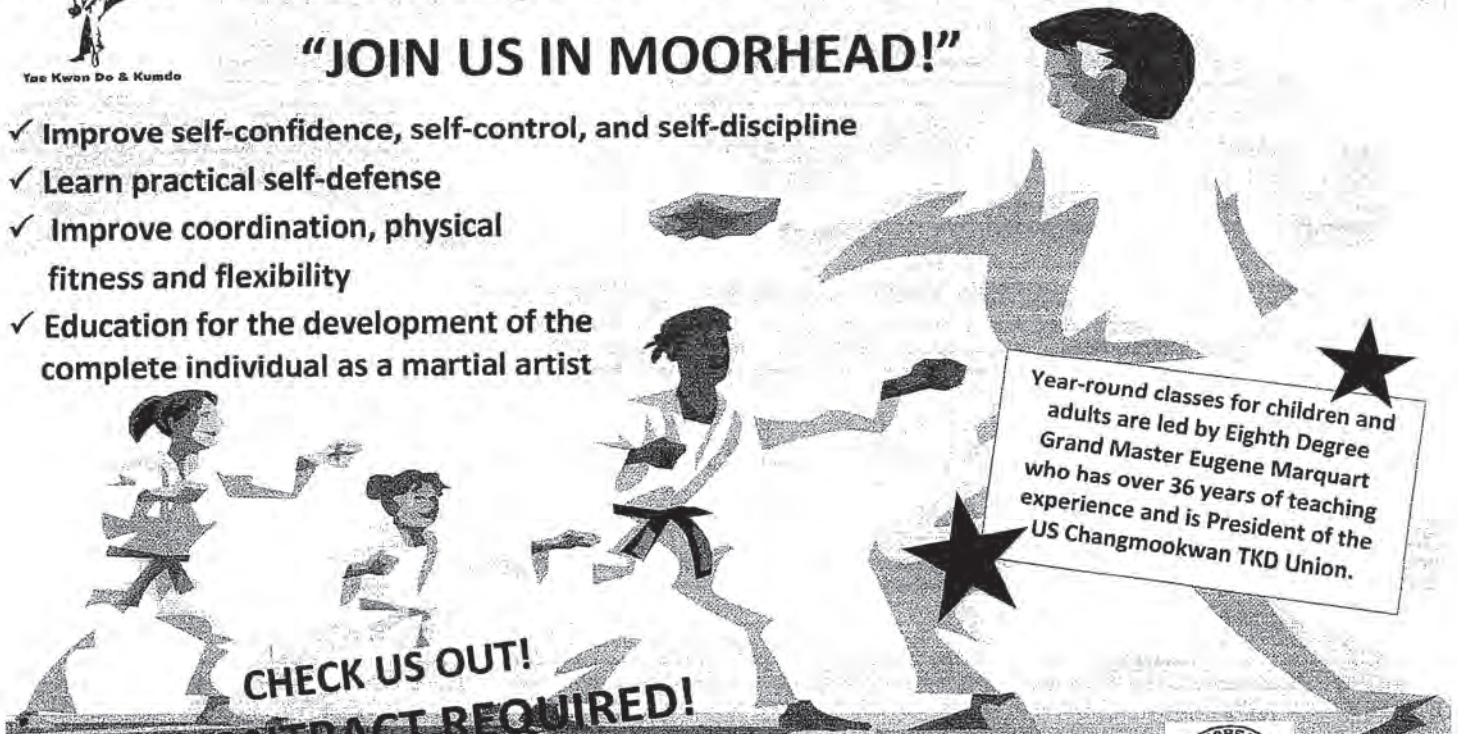
or call 218-284-3400.



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.marquartstkd.com



FMCTED

Fall 2017 Education Classes

Telling Tales: *Storybook Princesses and Princesses*
Ages 4-5
Saturdays 10 - 11 a.m.

Spotlight Stories: *Wacky Witches and Wizards*
Grades 1-2
Saturdays 11:15 a.m. - 12:15 p.m.

Stage Creations: *Mysteries and Mayhem*
Grades 3-4
Saturdays 12:30-1:30pm

Performing the Song: *Music from The Lion King*
Grades 1-4
Saturdays 1:45 p.m. - 2:45 p.m.

Acting: *Auditioning and Ensemble Building*
Grades 5-8
Saturdays 1:45 p.m. - 3 p.m.

Fall classes begin Saturday, September 23
and run six weeks until **October 28.**

Student showcase Sunday, October 29.

For more information, call 701.235.6778
or visit **FMCT.org.**



FMCTND



@FMCTheatre



fmctheatre



BONNIE HANEY DANCE & PERFORMING CO.

BALLET | POINTE | TAP | JAZZ | HIP HOP | LYRICAL | IRISH | CLOGGING | BALLROOM | LATIN
3051 25th St S Suite S Fargo (Family Fare Plaza) | 701-232-9900 | www.bonniehaneydance.com

COME DANCE
WITH US!

GUYS AUDITIONS

We're looking for some awesome guys to be a part of our Nutcracker & Holiday Show 2017! Auditions are open for guys age 4-adult. No experience needed!



15% OFF Fall Dance Session

**Discount applies to first month's tuition.
New students only. Expires 9.30.17.
One discount per dancer.

www.bonniehaneydance.com

701.232.9900



Parks and Recreation

FALL/WINTER ACTIVITY PROGRAMS

Art Classes and Camps begins Sept 14

3rd-6th Grade Coed Volleyball

Mondays, Sept 18-Oct 20

Tiny Treasures (Ages 3-4)

Tuesdays and Thursdays, Sept 26-Nov 16

Swim Lessons (Ages 6 months and up)

Saturdays, Sept 23-Nov 18 (no class Oct 21)

Sports Sampler (Ages 3-6)

Saturdays, Sept 30-Nov 18

Learn to Skate begins Thurs, Oct 5 or Sat, Oct 7

Tae Kwon Do (Ages 5 and up)

Tuesdays and Thursdays, year around

Register online at moorheadparks.com

For more information, call 218.299.5340.



YMCA OF CASS AND CLAY COUNTIES

LEARN & HAVE FUN!

Visit our website for program times, locations, and ages.

YOUTH PROGRAMS

Kids will learn new things, stay active, and discover their potential with Fall Programs at the YMCA!

Learn more and register online: ymcacassclay.org/programs

- Flag Football
- Basketball
- Gymnastics
- Dance
- Sports Performance
- Babysitting Training
- Intro to Rock Climbing
- and more!



FALL PROGRAM GUIDES

Check out the Program Guide insert for additional programs, events, and more!

- Fall Session 1: September 5 – October 21
- Fall Session 2: October 23 – December 9

Join in anytime! – Your fee will be pro-rated accordingly!

SWIM & GYM

Ages 4-6

This class begins with gym games and ends with fun activities in the pool, promoting curiosity and imagination while staying active! Parents – this is a perfect time to get a workout in!

Learn more and register at ymcacassclay.org/programs

NEW!

SWIM, SPLASH, & DIVE!

SWIMMING LESSONS – Fall lessons start Sept. 5

Dive in, gain confidence in the water, and learn new things with Swimming Lessons at the YMCA! All ages and skill levels welcome!

GATOR SWIM TEAM – Fall season starts Sept. 25

Join a team with a 50+ year history of sportsmanship, teamwork and skill building! All levels of skill and experience are welcome!

Learn more and register at ymcacassclay.org/swimschool



TRY A NEW KIND OF FAMILY FUN!

The YMCA offers lots of options for families to have fun, stay active, and spend time together, all included in a Y membership!!

- Basketball Courts
- Racquetball Courts
- Climbing Wall
- Kids' Gym
- Kids' Play Loft
- XerZones – Youth Interactive Center
- Climbing Wall
- Family Activities and Events
- Aquatic Center – with Zero-Depth Kids' Pool
- Sunday Fun Days
- and more!

SUNDAY FUN DAY

Sundays | 2-5pm | Fercho YMCA | All ages

Join us for games and fun designed specifically for families – now featuring the Wibit, our NEW aquatic obstacle course! A healthy snack will also be provided! FREE for YMCA Members!

Not a Y member? Get a discount on a family Guest Pass—pay just \$15!—during Sunday Fun Day!



Join the YMCA in September and pay **NO ENROLLMENT FEE!**

It pays to be a member of the YMCA! Members get access to two facilities (including 24/hr access!) FREE events and programs, and get BIG discounts on offerings like child care, youth programs, summer camp, and more! Learn more or join online: ymcacassclay.org/join

For more information, stop in at either YMCA location, call 701.293.9622, or visit us online!

ymcacassclay.org | @ymcacassclay | #ymcacassclay



SCHOOL AGE CHILD CARE ENRICHMENT

» Registration for YMCA Child Care Enrichment Programs is NOW OPEN!

Grades K-5 | 25+ Area Sites

Much more than just child care, YMCA Enrichment Programs give kids the opportunity to learn, grow, and discover with STEM activities, art projects, reading, field trips, and more. We offer 25+ area sites—maybe one right in your neighborhood! Financial assistance is available – we have a new scale so more families may qualify for assistance than ever before!

NEW sites in Fall 2017: Brooks Harbor (West Fargo) and Dorothy Dodds (Moorhead)

MOORHEAD SCHOOL AGE SITES

- > Robert Asp
- > Probstfield Center for Education
- > Dorothy Dodds – NEW!
- > Reinertsen
- > Ellen Hopkins

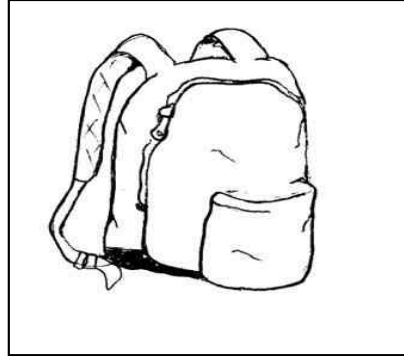
2017 Y GUY EXPLORERS THEME: MYSTERY SCIENCE

Join us for a fun and interactive journey as we uncover the mysteries of science! Each week we'll be science detectives as we explore biology, physics, genetics, chemistry, zoology, geology, and more, asking questions and making discoveries along the way!



ymcacassclay.org/schoolage

School Days! Excitement and Tummy Aches!



The first day of school! Excitement! Anticipation! Happiness! Anxious! Anxiety! For many, the first day of school brings out a variety of emotions for child and parent alike. For most, the day will be one of excitement and anticipation, happy to see their “school “friends that they have missed over the summer. For others, the day starts with “tummy aches”, anxiety and a reluctance to separate from mom or dad at the classroom door. First day jitters are a normal experience and one that can be dealt by providing lots of assurances that they will have fun at school and that you will be back to get them later that day. If your child is one of those that struggles with separation, or his/her worries seem to impact their ability to enjoy and participate in school, additional strategies may be needed to address those emotions and assist your child in making that transition to school.

The first step in helping your child is to talk with him/her about what they enjoy about school, what they are worried about and help them come up with some strategies for dealing with those concerns. Talk with your child’s teacher, school counselor and even the bus driver to let them know that your son or daughter is having some adjustment issues. Additional strategies include: plan a fun activity for after school so the child has something to look forward to; arrange for the child to meet one of their friends when you bring them to school or they get off the bus so they have someone to talk or play with; discuss with your child what they will be doing in school that day, preparing them for any changes in the schedule; a bedtime routine will help the child gets plenty of rest and a morning routine will help with being anxious about getting ready for school.

If your child experiences more than the typical school day jitters or it lasts longer than the first couple of weeks, you should share that information with your child’s pediatrician. One in five youth in our community struggle with their mental health making it difficult to go to school, hang out with friends and participate in community activities. For information on mental health resources in Clay County click on mental health services at www.claycountymn.gov

This article is brought to you by the Clay County Local Advisory Council for Children’s Mental Health



Don't just
imagine it...



Make it happen!

Camria Ballet Academy

Registrations now
being accepted

Ballet, Pointe,
Contemporary/Lyrical,
Jazz, Tap

All levels Ages 4 - 18



Hwy 75 North, Moorhead
www.camriaballet.com
218-236-0511 218-233-4166



Moorhead High School Dance Team's 18th Annual Dance Clinic

When: Sunday, September 24th, 2017

Where: Moorhead High School

Who: Girls and Boys Grades K-8

Cost: \$30.00- this includes instruction on two routines, technique and skill building, lunch, and a T-Shirt. Fee and registration forms need to be returned to the Activities Office at Moorhead High School by **Friday, September 15th** (to secure a T-Shirt for the day of camp). Checks made out to MHS Dance Team.

Time: Registration/check in is from 9:30-10:00 a.m. The camp starts at 10:00 a.m. and runs until 3:00 p.m. At 3:00 p.m. there will be a show of the routines for family and friends as well as a performance by the Highlights.

Dress: Kids should wear comfortable clothing to dance in, such as gym clothes or dance clothing and either dance shoes or tennis shoes. Please bring a waterbottle as well.

Football Performance: Participants in the clinic have the option to perform the group routine on the football field during halftime at the homecoming football game on Friday, September 29th. More details will be provided during the 3:00 p.m. show the day of the clinic.

Items to purchase: Handmade tutus and hairbows will be available for purchase before and after the dance clinic.

*For more information please contact Melissa Schuler at (218) 284 - 2278

----- Please Detach and Return to the Activities Office at Moorhead High School -----

Name of Child: _____

Grade: _____ Phone Number: _____

T-Shirt Size: Youth Small _____ Youth Medium _____ Youth Large _____

Adult Small _____ Adult Medium _____ Adult Large _____

Dietary Needs: _____

Parent / Guardian Signature: _____

Please Return to the MHS Activities Office by **September 15th**.

2300 4th. Ave. S. Moorhead, MN 56560

**Parent
Aware
4 Star
Rated!**

Summer School Age Program

- ★Swimming lessons at MSUM
- ★Fun and Educational Field trips
- ★Playground and large outdoor green space
- ★Piano lessons available on site
- ★Summer intergenerational visits at River Pointe Senior Living Center
- ★Bussing to S. G. Reinertsen School

Little Stars Preschool

- ★Awesome teachers, small classes
- ★Creative Curriculum
- ★TNT fitness program onsite
- ★Bi-monthly school year music enrichment program
- ★Monthly intergenerational visits at River Pointe Senior Living Center
- ★Summer swimming lessons at MSUM for full year students



Child Care Hours:

Monday-Friday, 7am-6pm
Ages 3-12



401 40th Ave. South,
Moorhead, MN 56560
(701) 212-6637

www.bethesdaallstars.com

**Now Enrolling for
Fall 2017
Morning Preschool
Call for a tour today!**

Morning preschool options:

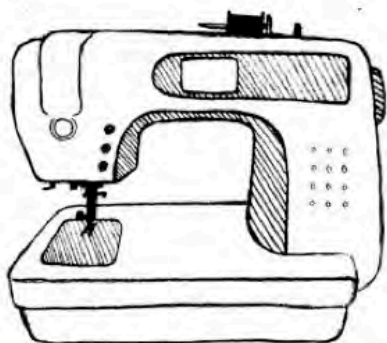
3 Days a week: Mon, Wed, & Fri or

5 days a week: Monday thru Friday
(September—May)

Requirements:

Students must be 3 years old
and toilet trained

kids! SEWING CLASSES



sign up today!

Modern Textiles

+++++

17 7th St South, Downtown fargo
www.moderntextiles.net

Music Lessons

FARGO-MOORHEAD

MUSIC TEACHERS

ASSOCIATION

Contact Monica Wolff

Teacher-Student Coordinator

701-492-8973 ~ ewolff@q.com

Visit our website at fmmta.org



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?

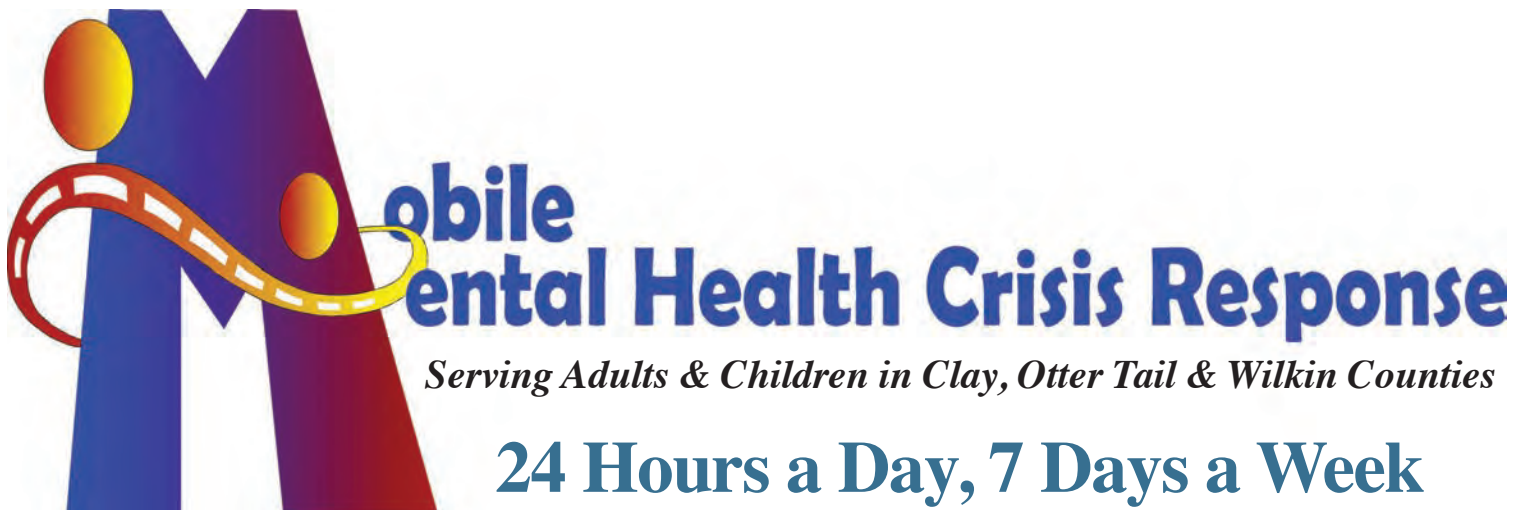
Problems Sleeping?

Difficulty Coping?

Feeling Confused?

Overwhelmed?

Negative Thoughts?



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.

The summer is almost over! Are your kids having those back-to-school blues?

We've got the perfect cure!

**Contact us TODAY and find out
how your child can improve their
physical fitness, learn self-
discipline and respect for others,
and have a blast doing it!**

**Be sure to ask for our
Back-to-school special!**



Kids 3 yrs+ Teens Adults

**701.237.6800
www.ATAfargo.com**

4480 23rd Avenue South • Fargo ND • 58103



FUN DAY with your SON DAY

A morning of go-carts,
mini golf, & laser tag
for the little man (ages 4-12)
& his female role model.

**Saturday,
September 9
Thunder Road
9 - 11 am ONLY
\$10/person**



fargo park DISTRICT 
499-7788 | FargoParks.com



Fall Festival

SEPTEMBER 16-17 | 23-24

RHEAULT FARM
2902 25TH ST S, FARGO, ND 58103
SAT 10AM-5PM | SUN NOON-5PM

Fun Fall Activities

- › Carnival Games
- › Face Painting*
- › Decorate a Pumpkin*
- › Arts & Crafts*
- › Clay County 4H Animals
- › Straw Bale Maze
- › Pumpkin Patch
- › Bounce Castles*

Horse Drawn Rides* Sept. 16-17
Pony Rides* 1-5pm Sept. 23-24
Barrel Train Rides* Sept. 17, 23-24

... Free Admission ...

*ACTIVITY PASS \$5.50



For More Information:
701.499.7788 • FargoParks.com



Register Early for Fall & Winter Programs!

Archery

Archery 101: September 12-October 3
Register By: September 12
Archery 202: October 10-31
Register By: October 10

Skating Lessons

Session 1: Starts September 12
Register By: September 8
Session 2: Starts November 1
Register By: October 27
Session 3: Starts January 3
Register By: January 1

Sports Sampler

Fall Session: September 5-October 5
Register By: September 1

Hockey Skills Training

Session 1: Starts September 12
Register By: September 8
Session 2: Starts November 1
Register By: October 27
Session 3: Starts January 4
Register By: January 1

Girls Volleyball

4th & 5th grade: October 9-December
Register By: September 20

Youth Curling

Age 10-18: November 19-February
Register By: November 13

All programs are first come, first serve
and may fill prior to the deadline.

Register online at FargoParks.com



499-6060 | FargoParks.com



Awesome Art Afternoon

Saturday, September 9
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.

fargo park DISTRICT **XCELERATE!** 

701-499-7788 | FargoParks.com



2017 DRAGON DRIBBLERS



WHERE: Alex Nemzek Fieldhouse

GRADES: Pre-K -8th Boys & Girls COST: \$50

DATES: Saturdays - Oct. 14th, 21st, 28th & Nov. 4th

INCLUDES: Instruction from MSUM staff & all MSUM

MBB Players - Plus Dragon Gear

TIMES: 9:00 – 10:00am



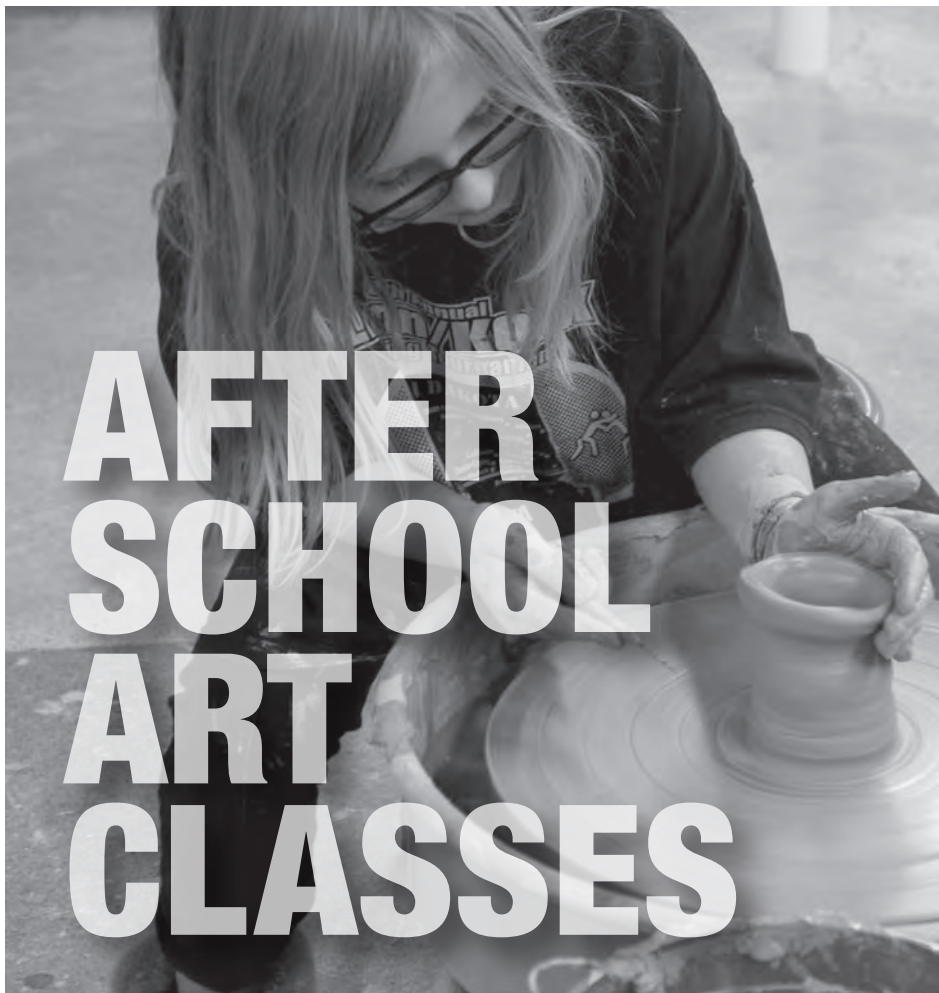
Join the Dragon Basketball Family for an opportunity to mix fun & excitement while learning basic basketball fundamentals. Instruction will focus on basic basketball fundamentals including dribbling, passing, shooting, footwork & more. This is a great opportunity to meet & interact with current members of the MSUM Men's Basketball Team!

Name: _____ Grade: _____ Age: _____ Email: _____ School: _____

Address: _____ City: _____ State: _____ Zip: _____

Make Checks Payable to: MSUM Basketball Camp - Send To: Justin Wieck – 1104 7th Ave South – Moorhead, MN 56563

****Walk Up Registration is Accepted****



AFTER SCHOOL ART CLASSES

Pottery, Painting, Printmaking and more.

Mondays beginning at 4 pm.

Classes are designed for students ages 6 – 14.

POTTERY ON THE WHEEL

Monday, September 18 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, September 11 • 4 – 5:30 PM

FLOWER CONTOUR DRAWING*

Monday, September 25 • 4 – 5:30 PM

\$24 / \$19 members • *\$20 / \$16 members

Register at plainsart.org / 701.551.6100

RECYCLING THE CLAY COMMUNITY DAY

Saturday, September 23 • 10 AM, 12 PM, 2 PM

\$5 per participant

Create original art using recycled clay from our ceramics programs and give it a new life!

PLAINS MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

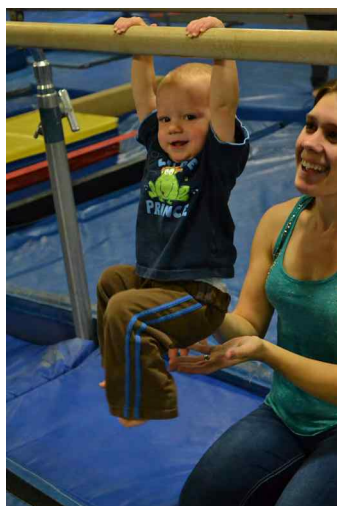
704 1st Ave., N, Fargo • 701.551.6100 • plainsart.org

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

**Gymnastics * Special Needs * Ninja Kids *
Cheer * Birthday Parties * School's Out Day Camps**

Now Enrolling for Fall I Classes

Fall I Session: August 28 - October 28



You're invited!

Want an unforgettable birthday? Celebrate your birthday at TNT

Saturday & Sunday

Pick from four themes: Traditional, Ninja, Adventure, or All - Star

NEW packages including pizza and ice cream

Visit tntkidsfitness.org for more information



Ninja Classes

In these classes, kids use obstacles and circuit based activities to increase endurance, strength, flexibility, balance and coordination while building confidence. During this 45 minute class, children are challenged by scaling the rock wall, navigating the ninja obstacle course, and attempting to conquer TNT's very own warped wall!

Ninja Kids
Ages 6-11

Ninja Legends
Ages 11+

Register online at tntkidsfitness.org

The Fargo-Moorhead Youth Choir

Singing in a choir speaks what cannot be expressed, soothes the mind and heals the heart!

Uniting Youth in Harmony !

- Three progressive choirs led by dynamic, inspiring directors!
- Rehearsals Sunday evenings!
- Low cost tuition!
- Concerts! Tours! Fun!

Join us this year!

Learn more

At fmyouthchoir.org

Or

bethjansen@fmyouthchoir.org



Transportation

Robert Asp students will be freely bussed to our center after school once enrolled.

Our staff will be picking up students at Ellen Hopkins, Reinertsen and Dorothy Dodds after school for a minimal fee once enrolled.



Call Today!

ORCCC

After School Program

Daily Schedule

2:45 pm Welcome, Attendance and Snack
3:15 pm Health and Wellness
3:45 pm D.E.A.R. and or Homework Time in Classroom
4:15 pm Enrichment/STEM Activities
(Explore themes and topics involving academic and social skills)
5:00 pm Social and Physical Free-play
5:45 pm Center Closes

Child Care Hours: 6:45 AM to 5:45 PM

Programs for Infants through School Age
(6 weeks to 12 years of age)

Located at: 1000 14th Street South
Moorhead- just south of MSUM

We can be reached at 218-233-8270

More information can be found at <http://www.ourredeemermoorhead.org> or on Facebook at Our Redeemer Christian Children's Center Moorhead, MN

FamilyWellness

A PARTNERSHIP BETWEEN

SANFORD
HEALTH



Sports Sampler

Tuesdays and Thursdays, October 10th-26th 5:00-5:45 PM

Sports Sampler is packed with a variety of fun sports for kids. Participants will learn and play sports of all sorts in a positive and encouraging environment. This camp will focus on teamwork, sportsmanship and giving your best effort at all times.

\$30 Members/ \$60 Nonmembers



Cooking Programs

Kinder Chef | Mondays, October 2, 9, 16, 23 from 5:30-6:15 PM | For ages 5-7 (adult attendance not required). These lessons will work on basic kitchen skills and introducing proper technique. \$50 members / \$90 nonmembers.

Junior Chef | Mondays, October 2, 9, 16, 23 from 6:30-7:30 PM | For ages 8 or 9. These lessons will advance the basics and present cook top, oven, and small appliances. \$60 members / \$100 nonmembers.

Master Chef | Tuesdays, October 3, 10, 17, 24 from 6:00-7:30 PM | For ages 10-12. With basic skills and technique in place, these lessons will challenge children to finesse their skills and work towards independent cooking. Safe knife and cook top skills will be highlighted. \$75 members / \$115 nonmembers.

Edible Art & Play! | Tuesdays, October 3rd, 10th, 17th, 24th from 5:30-5:50 PM | Join us in the kitchen to "Play with Your Food!". We will incorporate all 5 senses while making fun, artistic, healthy snacks. This class is ideal for preschool age children who may be thought of as "picky eaters." \$39 Members/ \$59 Nonmembers

Fall Into Fun!

Thursday and Friday, October 19th & 20th from 9:00 AM- 4:00 PM

This two day camp will provide your child with fun and excitement during their days off from school with a combination of our sports sampler and splash camp. Participants will spend their time in the gym playing a variety of games and sports along with creating waves in the pool. Don't spend your days off bored at home, fall into some fun at Family Wellness! (Financial Assistance and Before and After Care is also available.

\$70 Members/ \$90 Nonmembers.



Other Programs and Classes available at www.FamilyWellnessFargo.org

Call 701-234-2400 or register online at www.familywellnessfargo.org
If you have questions contact Matt at matthew.melchior@sanfordhealth.org



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



TRI-CITY STORM SOCCER

IGNITE THE PASSION



Recreational
pre-k to 8th grade
weekly games,
optional training



Camps & Clinics
ages 4-18
take your game to the next level!



Academy
ages 3-9
learn soccer with
professional coaches



Adult
17+ year round
leagues



Select
ages 9-18
competitive,
travel soccer



REGISTER ONLINE:
<http://www.tricitystorm.org/>

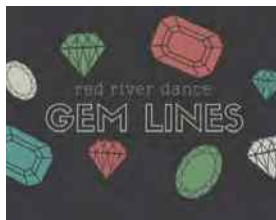
RED RIVER DANCE

Promoting the art of dance through professional and creative instruction, choreography, and performance.

* BALLET * TAP * JAZZ * LYRICAL * POINTE *
* HIP HOP * CREATIVE MOVEMENT *

NEW PROGRAMS FOR 2017-2018 YEAR:

* DARBY'S DANCERS * GEM LINES * MOMMY & ME *



UPCOMING



HONKIN' HAULIN' HANDS ON TRUCKS

Kids will get the opportunity to see what it's like to be in the driver's seat of over 25 large trucks and construction equipment vehicles. Honk the horns and take a picture! Free T-shirts, hard hats and driver's licenses while supplies last!

Fee: Free

September 17 • 1:00 - 3:00 PM

**Veterans Memorial Arena Parking Lot
1201 7th Ave E, West Fargo**



Thank you to Luther Family Ford and General Equipment for sponsoring this event!



23RD ANNUAL FALL RUMMAGE SALE

On your marks, get set, SHOP! The 23rd Annual Fall Rummage Sale will be on Saturday, September 9 at the Veterans Memorial Arena. Items for sale include traditional garage sale items, closeout merchandise, collectibles, crafts, clothing and items from home based businesses!

Fee: \$1 Admission • 17 & Under are Free

September 9 • 7:00 AM - 1:30 PM

**Veterans Memorial Arena
1201 7th Ave E, West Fargo**



VISIT WFPARKS.ORG FOR MORE INFO.

*Becky Gulsvig (stage actress) • Mark Voxland (electrician)
Dean Hornbacher (CEO) • Louise Dovre Bjorkman (judge)
Matt Cullen (professional hockey player) • T. L. Solien (artist / professor)
Phil Seljevold (athletic director) • 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.

***The 2017-18 induction ceremony is Sept. 30.
Call 284-2346 for ticket information.***

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, 2018, will be considered for future recognition.

Nominations previously received are kept to be considered for future recognition.

**Do you have a preschooler
or know someone who does?**

Call 218-284-3800 for appointments

**October 6
November 17
December 8
January 12**

**All Minnesota children are required to attend
a free screening. Please schedule screening
soon after your child's third birthday.**

Early Childhood Screening is a quick
and simple check of how your child is
growing and developing.

To make an appointment for your child's screening
or if you have questions please call the
Early Learning Center at 218-284-3800 or visit us at
Probstfield Center for Education,
2410 14th St. S.

Ready...Set...Grow!

***Register now for fall Community
Education and ECFE classes!***

The Moorhead Community
Education fall catalog
includes more than 300
learning opportunities
for people of all ages and
interests.

See the fall catalog for
adult enrichment classes,
youth and family classes,
and Early Childhood
Family Education classes.
Registration is underway.

To request a free catalog
or to register for a class
by credit card, call Community Education at
218-284-3400 or register online at
<https://communityed.moorheadschoools.org>.



New schools to open for 2017-18 school year

With the goal of having both the grades 5-6 Horizon Middle School West Campus and the new K-4 elementary school open by fall of 2017, work is progressing on construction projects throughout Moorhead Area Public Schools. *Here is our latest report.*

Grades 5-6 School: Horizon Middle School West Campus

By July, the south classroom wing was carpeted with millwork and cabinets installed, and electrical and mechanical work in the public spaces complete. Glass walls in the common area (*pictured*) and media center are complete, and the terrazzo flooring was being completed. The kitchen area and music rooms are complete, and kitchen equipment was being installed in late July. The wood floors in the gyms were installed and getting sanded and finish sealer done. Drywall and painting work in the media center is completed. Exterior grading allowed north sidewalks to be completed in late July. Fencing was completed at the tennis courts with final surfacing done in early August. Furniture installation began in early August. The north classroom wing will be finished a couple months after school starts with the auditorium scheduled to be done by December.



New K-4 School: Dorothy Dodds Elementary School

Dorothy Dodds Elementary School was ready for staff by mid August. By July, the west classrooms (*pictured*) were complete and mechanical and electrical systems were operational. Millwork, cabinets and doors were installed in the music and art rooms. Flooring work in the kindergarten area was completed by late July. Gym floors were installed, with the sanding and finish coat done by early August. Exterior wall finishes were complete, and the final installation of the front entrance was done by the end of July. Exterior site work and landscaping work was being completed by mid August.



Elementary School Renovations

Interior renovations at Robert Asp, Ellen Hopkins and S.G. Reinertsen Elementary Schools were mostly complete by Aug. 18. Drywall and painting work was wrapping up in late July, and ceiling grid was nearly complete. Millwork and cabinet installation was complete, and mechanical and electrical work was progressing as planned. Final cleaning of some areas began in early August.



www.moorheadschoools.org

Proudly serving the communities of Moorhead, Georgetown, Sabin and surrounding area



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.



Moorhead Area Public Schools Jump Start Preschool Now Enrolling for 2017-2018

Register at Probstfield Center for Education, 2410 14th St. S.
or online at communityed.moorheadschoools.org

Students must be in the Moorhead School District



Scholarships
Available!

Jump Start Preschool – Must be 4-years-old by September 1, 2017

- Four days a week, Monday through Thursday, \$175/month
- 8:30 a.m. to 11 a.m. or noon to 2:30 p.m.

Jump Start for Threes – Must be 3-years-old by September 1, 2017

- Two days a week, Monday and Wednesday or Tuesday and Thursday, \$88/month
- 8:30 a.m. to 11 a.m. or noon to 2:30 p.m.

Children will develop skills needed for success as they enter kindergarten.

- Language and literacy
- Mathematical experiences
- Movement activities
- Social skills

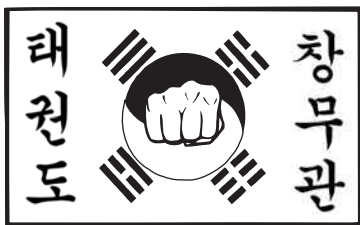
Children will learn through

- Creative arts
- Discovery activities
- Hands-on experience



* Transportation is not provided *

For more information about Jump Start and other early childhood programs call Moorhead Community Education at 218-284-3400 or visit us at Probstfield Center for Education, 2410 14th St. S.



1335 Main • 277-1TKD

Red River Traditional TaeKwonDo

The Area's Only Traditional TaeKwonDo School

Classes for All Ages Self-Discipline...

Fitness...

Self-Control...



**Grand Master Jim Grimestad
with 40 years experience**

8th Degree Grand Master Jim teaches every class

This is a traditional martial arts school

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

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

FREE 2 week trial



The Boy Scouts of America is one of the nation's largest and most prominent values-based youth development organizations. The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness.

The Purposes of Cub Scouting

Character Development, Good Citizenship, Spiritual Growth, Sportsmanship & Fitness, Family Understanding, Respectful Relationships, Personal Achievement, Friendly Service, Fun & Adventure, and Preparation for Boy Scouts

WHERE TO SIGN UP FOR CUB SCOUTS (by school):

School (Pack)	Signup Location	Contact	Phone	Email
Ellen Hopkins (Pack 626)	September 14 th @ Grace United Methodist 6:30-8pm	Jamie Lockwood	C: 218-443-6150	moorheadpack626@gmail.com
Robert Asp (Pack 633)	September 14 th @ Robert Asp at 6:30pm	Erica Lavoie	C: (218) 410-1540	phyl_16@hotmail.com
St. Joseph's (Pack 640)	September 21 st @ St. Joseph's Catholic Church Marian Hall at 7pm	Aaron Wolf	C: (218)-731-4932	aaronwolftx00@me.com
SG Reinertson (Pack 644)	September 12 th @ Christ the King Lutheran at 6:30pm	Sean Helgeson	C: (218) 291-9446	sahelgeson@yahoo.com
Dilworth (Pack 652)	September 14 th @ Dilworth Lutheran from 6-8pm	Mike Stulz	C: (701) 361-8852	mdstulz@gmail.com
Dorothy Dodds (Pack 643)	September 11 th @ Dorothy Dodds at 6:30-7:30pm	Brett Drevlow	C: (701) 499-0659	bdrevlow@scouting.org

Check out Scouting in the F/M Area on our Facebook page!

Go to facebook.com/NorthernSkyDistrict or scan this QR Code



Northern Lights Council

Boy Scouts of America

4200 19th Ave. South

Fargo, ND 58103

(701) 293-5011

Questions? Contact Brett at brett.drevlow@scouting.org OR
Kevin at kevin.mehrer@scouting.org

Make friends.

Catch fish.

Earn badges.

Climb rocks.

Help people.

Take hikes.

Grow better.

Race cars.

Camp out.

Laugh loud.

Work together.

Have fun.

Build character.

ADVENTURE IS WAITING. BUILD YOURS AT **BEASCOUT.ORG.**



Boys in Grades 1- 5 are invited to Join Cub Scouts!
Scouting is a Family-Friendly activity focused on Fun in the outdoors!
Moorhead is home to many active and well-run Cub Scout packs. This fall our Cub Scout packs are gearing up to have a great year, and now is the time to start! It doesn't matter if you join in 1st grade, or 5th grade – there are lots of fun activities your son can participate in!

Flip this flyer to find a Scout Sign up Night near you!

Or, for Information contact: Kevin Mehrer or Brett Drevlow at 701-299-5011;
you can also go to www.nlcbsa.org/joinscoutsFM



BOY SCOUTS OF AMERICA®

Prepared. For Life.™



Youth Journeys

Saturday, Oct. 7, 2017

9 a.m. to 3:30 p.m.

Registration is required by Monday, Oct. 2.

Youth Journeys is a day-long program for youth, ages 6 to 18, who have lost a loved one to death. This program allows youth a chance to explore how the death of their loved one has affected their lives, their feelings, self-care and how to embrace memories. The day ends with a celebration of life service. Parents/guardians are also required to attend a portion of the day.

**Come and
meet our
therapy dogs!**

This program is free, but pre-registration and pre-screening are required.

For more information or to register, please call (701) 356-1500 or (800) 237-4629 and ask to speak to the bereavement department. Youth Journeys will be held at the Hospice of the Red River Valley office located at 1701 38th St. S. in Fargo (use west door).

DRAGON SWIM SCHOOL

Level Descriptions

Parent/Child (PC): 6 months to 3 years. Comfort and having fun in the water. One adult accompanies each child in the water.

Level 1: Starting Age of 3 years old. Water adjustment and moving through the water with instructor assistance.

Level 2: Front and back floating and moving through the water using floatation devices.

Level 3: Kicking and beginning swimming on front and back without assistance.

Level 4: Kicking and swimming freestyle and backstroke up to 10 yards.

Level 5: Continued skill progression and increased distance for freestyle and backstroke plus diving from pool side.

Level 6: Dolphin and breaststroke kicking and freestyle and backstroke flip turns and increased distance.

Level 7: Swimming butterfly and breaststroke and five pool widths of freestyle and backstroke.

Level 8: Swimming freestyle and backstroke with flip turns for 180 yards. Diving off the starting blocks.

Participants who pass Levels 6-8 are encouraged to register for Springboard Diving or Red Dragon Swim Team.

One-on-One Lessons: We realize not all students succeed in a group environment or you may want more individualized attention. To fulfill these needs, our program offers flexible, high-quality one-on-one lessons. These lessons are by arrangement for individuals of all ages and abilities. Space is limited. Call 218.477.2313 to arrange one-on-one lessons.

Office Hours:

Mon – Thu | 9 a.m. – 6:30 p.m.

218.477.2313 | msumswim@mnstate.edu

Alex Nemzek Hall
17th St S & 6th Ave S
Moorhead, MN 56563

Additional Classes

Adult Learn to Swim - contact us for more info!
Sundays 7:00–8:00 P.M.

No splashing kids – only class members will be in the pool during this class. Learn Without Pressure – No strokes, no deep water, or jumping into the pool until you achieve comfort in the water. \$10.00/session, pay as you go. Cancellations will be posted on the Dragon Swim School facebook page.

Adult Swim Training - Triathletes and Master's Swimmers

This program is designed for swimming conditioning and to help athletes enhance their techniques. \$5.00/session, pay as you go.

Lifeguard Certification -

Red Cross Certification for Lifeguards, including First Aid, CPR, and AED training
Cost: \$200 for full certification \$50 for recertification
Contact Meagan Viken with questions or to sign up. meagan.viken@mnstate.edu

Springboard Diving Classes

(Recommended Ages 8+ or Level 6 swimmer)

Beginning Diving

Will explore basic principles of springboard diving including approach, hurdle, water entries, and basic dives.

Intermediate

For those already comfortable on the diving board with basic springboard principles and dives such as the front, back and inward dive. Further instruction on somersaults and introduction to reverse dives and twisting.

Advanced Diving

Further development of twisting dives, kick-outs, and 3-meter diving. Preparation for competitive diving.

Beginning Diving

- Mondays 6:10
- Tuesdays 4:50/5:30
- Wednesdays 6:10
- Thursdays 4:50/5:30

Intermediate/Advanced Diving

- Mon 4:50/5:30
- Tuesdays 6:10
- Wed 4:50/5:30
- Thursdays 6:10

One-on-One Diving Lessons: Call to register

*Cannot be scheduled at same time as diving class

Diving schedule, deadlines and prices are the same as the swimming lessons schedule. Class Length is 40 minutes.

Red Dragon Swimming Team

(Youth and Adult Swimmers)

The Red Dragon Swimming Team is a USA Swimming program for all ages. In addition to the monthly fee, team members must also pay a yearly \$64 fee to be a USA Swimming member. Contact Coach Diana Cobbs at reddragonswimming@outlook.com.

Team Level/Age per Month

Beginner Mini Dragons (6-9)
Advanced Mini Dragons (6-9)
Red Dragons (10-18)
Advanced Red Dragons (10-18)
Masters (18+)
College Students

\$40

\$55

\$65

\$80

\$50

\$25

Practice Times

Beginner Mini Dragons

Tue/Thu

Advanced Mini Dragons

Tue/Thu

Red Dragons

Mon/Tue/Wed/Thu

Friday

6:50-7:30pm

7:20-8:20pm

6:50-8:20pm

6:00-7:30pm



DRAGON SWIM SCHOOL

Year-Round Lesson Program

Register for Classes

Fall One Session:

August 28th - October 12th - 7 Weeks
(No Classes Mon Sept 4th for Labor Day)

Fall Two Session

October 16th - December 7th - 7 Weeks
(No Classes Tues Oct 31st for Halloween & No Classes the Week of November 20th - 23rd for Thanksgiving)

*Group classes are offered once per week:

Mon, Tues, Weds, or Thurs.

Afternoons: 4:50, 5:30 or 6:10

*We begin at 4:10 on Weds ONLY

*Class length is 40 minutes

*One-on-One Lessons: 4:50, 5:30, 6:10

*We begin at 4:10 on Weds ONLY

*Morning Lessons are available for Levels 1, 2, 3
at 9:20 and 10:00 on Monday and Tuesday only.

Pricing for Fall Sessions:

Fall One and Two Group Lessons: \$77.00/
Student (Once Per Week for 7 Weeks)

Fall One and Two Private Lessons: \$210.00/
Student (Once Per Week for 7 Weeks)

*Visa, Mastercard &
Discover accepted*

Register Online with Credit/Debit Card

www.msumdragons.com/swim or Register
with our Dragon Swim School Mobile App!!

Dragon Swim School has the highest quality lessons in the Fargo-Moorhead area

- Lowest student-to-instructor ratio: Levels 1-2 are 3:1 and Levels 3-8 are 4:1
- Our levels are based on skill level, not age or height.
- We focus on teaching kids how to swim and be safe in and around water.
- Our mature, confident and well-trained staff are college students or varsity high school swimmers/divers.
- We believe learning to float and kick on your back is the foundation of water safety. Teaching this skill will allow a child, who falls into water, to roll over and kick until they reach the poolside, dock, or shoreline.

Making lessons convenient for you is a top priority

- All of our classes are offered at all times.
- All classes are offered one time per week for 40 minutes.
- Registrations can be completed online with a credit/debit card.
- Lesson sessions run continuously throughout the year.
- Parents are encouraged to watch their children from the pool deck during lessons.

Community Use

• Open Swim

During Open Swim, the 1-meter diving board, kickboards, noodles, rings, etc. will be available for use. Lifeguards are on duty. There will be a \$3.00 fee each time you swim, unless a current MSUM I.D. is presented.

• Lap Swim

There is a \$3.00 fee each time you swim or a \$60.00 semester pass, unless a current MSUM I.D. is presented. Family passes can be purchased for \$80.00/each and child open swim passes are \$30/each.

Fall: Sept-Dec., Spring: Jan-Apr, Summer: May-Aug

Semester passes may be purchased at the pool desk during regular desk hours

• Pool rentals are available.

Please call or visit our website for more information.

Contact Ashley Armstrong at armstrong@mnstate.edu

"It took a lot of work on the instructors part just to get my son in the water, but she always got him in! Very patient and great with him!"

"First experience at Dragon Swim School and will definitely come back! Loved small class sizes and staff!"

"Love the sign-up process-it is so easy to find sessions and to do multiple kids"

"I have had my son in lessons at other locations for years and this the first time he has progressed in his skills. FANTASTIC PROGRAM! Thank you!"

"My son is usually very shy the first day of the new sessions and the instructors have always done a great job of working with him through his shyness and we really appreciate that!"

"The instructor did a wonderful job, my daughter is not afraid of the diving board now!"



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO FUN AND LEARNING

FALL/WINTER 2017 YOUTH PROGRAM GUIDE
YMCA OF CASS AND CLAY COUNTIES

› Sports Programs
› Enrichment Programs

› Swim School & Team
› Child Care

YMCA OF CASS AND CLAY COUNTIES

FACILITY HOURS

Monday-Friday.....5:00am – 11:00pm
Saturday-Sunday6:00am – 8:00pm

HOLIDAY HOURS

New Year’s..... 7:00am – 12:00pm*
Easter Closed
Memorial Day..... 7:00am – 12:00pm*
4th of July Closed
Labor Day 7:00am – 12:00pm*
Thanksgiving..... 7:00am – 12:00pm*
Christmas Eve6:00am – 3:00pm
Christmas..... Closed
New Year’s Eve.....6:00am – 3:00pm

*Hours are for the Fercho Branch ONLY. Only 24/hr access will be available at the Schlossman Branch.

YMCA Storm Line

For weather related changes and cancellations call **701.293.9622**, visit ymcacassclay.org or check our new YMCA app.

LOCATIONS

Fercho YMCA
400 1st Avenue S, Fargo
701.293.9622

Schlossman YMCA
4243 19th Avenue S, Fargo
701.281.0126

Partner Facility:
Family Wellness
2960 Seter Parkway, Fargo
701.234.2400

Looking for a fulfilling job?
Join us at the YMCA!
Apply online at ymcacassclay.org/jobs

IT SAVES TO
BE A MEMBER!

YMCA MEMBERS RECEIVE
DISCOUNTS ON YMCA PROGRAMS,
SERVICES, CAMPS AND MORE!

CONNECT WITH US! Share your YMCA stories with us using **#ymcacassclay**

 **Website**
ymcacassclay.org

 **Facebook**
facebook.com/ymcacassclay

 **Twitter**
[@ymcacassclay](https://twitter.com/ymcacassclay)

 **Instagram**
[@ymcacassclay](https://www.instagram.com/ymcacassclay)

 **LinkedIn**
Search YMCA of Cass and Clay Counties

 **Mobile App**
Search YMCA of Cass and Clay Counties

PROGRAM REGISTRATION

Flip through the guide for information on fall/winter programs, events and more!

ONLINE	PHONE	WALK-INS
ymcacassclay.org	701.293.9622 or 701.281.0126	400 1st Ave S, or 4243 19th Ave S, Fargo

Program Registration Policies: Programs will be pro-rated if participants join after the start date. Participants will not be reimbursed for missed classes after enrollment in the program. Classes are subject to change or cancellation based on enrollment.

Program Credit/Voucher & Refund Policy: There is a \$10.00 charge for all refunds/credits unless the class is cancelled by the YMCA, then a full refund is granted. All vouchers expire after 90 days. Once a class begins, no credit will be given. There will be no credit/refund due to weather-related cancellations. No credit is given for membership or missed classes. You will need to fill out a refund/credit form, which can be found at either Member Service Desk or www.ymcacassclay.org/forms. The form will be reviewed and you will be informed by mail of the action taken.

Insurance Notice: It is the responsibility of every individual or their parent/guardian to provide for their own accident and health coverage while participating in all YMCA activities. The YMCA of Cass and Clay Counties does not provide any accident or health coverage for participants.

Non-Members! Don't forget to pick up your Program Access Card at either Member Services Desk to gain access into the Y for your program!

A LITTLE PLAY IN YOUR DAY



The Y is a second home to our family. We come here every day and enjoy the people, activities, and connections we have with both members and staff. It's such a relief knowing they are here for us during all phases of our lives.

Kari, Parent





»» SWIMMING LESSONS

		P/Baby	C/Baby	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
Monday	9:30am				x								
	10:00am			x									
	10:30am		x	x	x								
	4:00pm			x	x							x	
	4:30pm			x	x							x	
	5:00pm			x	x	x	x	x			x	x	
	5:30pm	x		x	x	x	x		x			x	
	6:00pm		x	x	x	x		x				x	
Tuesday	6:30pm					x	x	x	x		lap pool	lap pool	
	7:00pm						x	x		x			x
	4:00pm					x	x	x	x				
	4:30pm					x	x	x		x			
	5:00pm			x	x	x	x	x			x	x	
	5:30pm	x		x	x	x	x		x			x	
	6:00pm		x	x	x								
	6:30pm	x		x	x						small pool		
Wednesday	7:00pm		x	x	x						small pool		
	9:30am			x									
	10:00am				x								
	10:30am	x		x	x							small pool	
	4:00pm			x	x							small pool	
	4:30pm			x	x						small pool		
	5:00pm			x	x	x	x	x	x			x	
	5:30pm		x	x	x	x	x		x			x	
Thursday	6:00pm	x		x	x	x		x				x	
	6:30pm					x	x	x		x	lap pool	lap pool	
	7:00pm					x		x	x				x
	4:00pm					x	x	x	x				
	4:30pm					x	x	x					
	5:00pm			x	x	x	x				x	x	
	5:30pm		x	x	x			x	x	x		x	
	6:00pm	x		x	x							small pool	
Saturday	6:30pm		x	x	x						small pool	small pool	
	7:00pm	x		x	x						small pool		
	9:00am			x	x	x	x	x		x	x		
	9:30am	x		x	x	x	x	x	x				
	10:00am		x	x	x	x		x	x			x	
	10:30am	x		x	x	x	x	x				x	
	11:00am		x	x	x	x	x	x			x		
	11:30am			x	x	x	x		x	x	x		

Fall/Winter Sessions:

FALL 1: Sept 5 – Oct 21

7 weeks – No class Sept 4 (classes are pro-rated)

FALL 2: Oct 23 – Dec 9

7 weeks – No class Nov 23, 25 (classes are pro-rated)

Regular: MBR: \$49 NM: \$98

Private: MBR: \$196, NM: \$392

Y Swim School Classes are held once a week for 30 minutes. Families that want to swim more than once a week are encouraged to do so by signing up for another lesson day.

Swim Level Assessments

Every Saturday from 12:00-12:30pm, YMCA Aquatics staff offer free swim level assessments for swimmers who are unsure of which level to register for.

Half-Priced Private Lessons: Dec 11 – 14

Sign up for any of the time slots above in any level – register for as many as you’d like!

MBR: \$14/lesson, **NM:** \$28/lesson



Questions? Contact Britt Selbo, Aquatics Director, at britt.selbo@ymcacassclay.org or 701.364.4167.
ymcacassclay.org/swimschool

Lesson Descriptions

Parent/Baby In this class, the parent learns how to properly hold their 6-18 month baby while working on floating, submerging, hand/eye coordination and muscle strengthening through games and songs.

Parent/Child Toddlers ages 19-35 months. This class teaches the parent how to work with their child on relaxed floating, gaining breath control for submerging, independent climbing out of pool and muscle strengthening.

Guppy Children 3 years old can begin getting comfortable in the water independent of their parents. Through patience and trust, children in this level will overcome their fear and eventually swim independently.

Starfish In this level, encouragement and positive reinforcement will help swimmers become more skilled floating independently on their front and back as well as kicking across the pool on their back independently.

Froggie In this class, participants will build on their independent swimming ability by swimming further distances. Being able to transition from swimming on their front to their back with ease is one of the safety skills stressed.

Turtle Children in this class will build on previous levels by beginning to define swim strokes such as backstroke, front crawl and elementary backstroke.

Otter Swimmers in the Otter class will build endurance on the strokes learned in Turtle and they will learn dolphin kick, the timing of breaststroke, and will start to learn flip turns.

Seal Children in this class will progress by completing the butterfly and breaststroke. Endurance will be increased even more by working on being able to swim 300 yards continuously.

Shark These experienced swimmers will be able to swim multiple lengths of the pool in each of the competitive strokes: front crawl, backstroke, breaststroke and butterfly. Children will also be skilled in elementary backstroke, sidestroke and water safety.

FM GATOR SWIM TEAM

Group Descriptions

Senior Group: The Senior Group levels are designed for the more advanced, competitive swimmer. Necessary training will be given to excel in the competitive swimming events.

Age Group: The Age Group levels are designed to give swimmers who have gone through our Developmental group a positive and technically sound experience on a swim team. These levels are designed to challenge your child depending on their experience in the sport as well as develop more advanced competitive skills.

Developmental Group: Developmental swimmers are new and experienced 6+ year olds who can swim 25 yards of freestyle (front crawl) without stopping or needing assistance. They also learn the skills necessary to compete such as working with teammates, following directions, and advanced drills.

Attention younger swimmers: Have you recently passed the Otter, Seal or Shark Levels in the YMCA’s Swim School? Interested in joining a swim team? Do a trial practice with the Gators for FREE! Contact Erich to get started!



For practice times and more information, contact Erich Richardson, Swim Team Coach, at 701.364.4151 or erich.richardson@ymcacassclay.org. **fmgators.com**

LEVELS	DATES	MBR	NM
Senior – Full Season	Sept 25 – March 18	\$380	\$494
Senior – Fall Only	Sept 25 – Dec 31	\$215	\$280
Senior – Girls	Nov 13 – March 18	\$277	\$360
Senior – Boys	Sept 25 – Nov 24, Feb 26 – March 8	\$170	\$220
Senior Pre/Post High School Season – Fall	Nov 13 – Nov 24	\$30	\$40
Age Group – Full Season	Sept 25 – March 18	\$335	\$436
Age Group – Fall Only	Sept 25 – Dec 31	\$195	\$250
Developmental – Full Season	Sept 25 – March 18	\$300	\$390
Developmental – Fall Only	Sept 25 – Dec 31	\$175	\$228

All full-season participants can be paid in two installments (first payment at registration, second payment by Jan 1).

OPEN HOUSE & REGISTRATION NIGHT

Thursday, September 14 | 7:00 – 8:30 pm | Fercho

Meet with other Gator swimmers and parents, register for the upcoming season and just play games with us in the pool!



I LOVE BEING ON THE GATOR SWIM TEAM! All of my friends from school are on the team with me and we get to hang out and swim after school and on the weekends.

Chace, Gator Participant



SKILL-BUILDING PROGRAMS

FALL 1: Sept 5 – Oct 21
7 weeks – No class Sept 4 (classes are pro-rated)

FALL 2: Oct 23 – Dec 9
7 weeks – No class Nov 23, 25 (classes are pro-rated)

YOUTH SPORTS

Baton & Competitive Show Fercho | Ages 4-18
Baton twirling develops hand-eye coordination, poise, balance and endurance. Students also learn marching and modeling skills. Participants in this program learn to twirl both competitively and recreationally. Batons are available from the instructor for \$12.

Tues	5:00-5:50 pm*	FALL 1 & 2
		MBR: \$40, NM: \$50

*Competitive Team and Show Twirling requires instructor permission.

Flag Football Schlossman | Ages 3-8
This program is an exciting and fun introduction to flag football and includes rules and skills such as passing, catching, handoffs and blocking. Participants will also develop social skills, responsibility and teamwork.

Sat	10:00-10:50 am	Ages 3-5	Fall 1
Sat	11:00-11:50 am	Ages 6-8	MBR: \$40, NM: \$50

Intro to Rock Climbing Schlossman | Ages 7-14
Learn the basics of indoor rock climbing on our 32 foot indoor climbing wall, including safety, harnessing, knots, top rope climbing and bouldering.

Thurs	5:30-6:30 pm	FALL 2
Sat	10:00-11:00 am	MBR: \$40, NM: \$50

Advanced Rock Climbing Club
Schlossman | Ages 9-14
For climbers with some experience under their belt, join our Rock Climbing Club! Build on skills you've already learned, with an emphasis on movement, technique, safety, trust and teamwork.

Thurs	6:45-7:45 pm	FALL 2
Sat	11:15 am-12:15 pm	MBR: \$40, NM: \$50

Tiny Dancers Fercho | Ages 3+
This is a fun dance class designed to help improve your child's rhythm and coordination. Students learn basic ballet positions, jazz moves and self-esteem. We will host a recital at the end of each session for participants to showcase what they have learned.

Tues	5:00-5:50 pm	Ages 3-4	Fall 1 & 2
Tues	6:00-6:50 pm	Ages 5-7	MBR: \$40, NM: \$50

ENRICHMENT & SPECIAL INTEREST

Wacky Science & LEGO® Club POPULAR PICK!
Schlossman | Ages 5-11
Join us on a wacky adventure through all kinds of cool and crazy reactions and projects. We will use everyday ingredients to make lava lamps and volcanoes! We will also work on theme-based building projects. Hands on activities and experiments will inspire and engage your young learner and peak their curiosity!

Thurs	5:30-6:30 pm	FALL 1 & 2
Sat	10:00-11:00 am	MBR: \$40, NM: \$50

Swim & Gym – NEW! Fercho | Ages 4-6
Enjoy both fitness and swimming activities, while learning active lifestyles and gaining friendships! This class will begin with gym games and end with pool activities. Parents, this is a perfect time to get a workout in! Don't forget: Dress your child with their swim suit under their gym clothes.

Wed	10:00 – 11:30 am	FALL 1 & 2
		MBR: \$50, NM: \$63

GYMNASTICS

Tiny Tumblers Fercho | Ages 2-3
In an open gym atmosphere, instructors work on basic motor skills, forward rolls and coordination. Instructors of this program focus on activities that are fun and stimulating for children. Children and caregivers participate together. Come ready to engage with your child. Parent participation required.

Tues	5:00-5:50 pm	FALL 1 & 2
Sat	10:00-10:50 am	MBR: \$40, NM: \$50

Little Leapers Fercho | Ages 4-5
An introductory class designed to develop independence and basic gymnastics skills such as forward/backward rolls and handstands with support. Children and caregivers participate together. Parent participation is encouraged.

Tues	6:00-6:50 pm	FALL 1 & 2
Sat	11:00-11:50 am	MBR: \$40, NM: \$50

Gymsters Fercho | Ages 6+
Participants work on improving strength, flexibility and self-confidence, while continuing to work on introductory skills. Students will be developing more skills, learn cartwheels, handstands and more. Increased skill levels on the bars. Students will do more in depth stretching and conditioning.

Tues	7:00-7:50 pm	FALL 1 & 2
Sat	12:00-12:50 pm	MBR: \$40, NM: \$50

BASKETBALL

Basketball Fercho | Ages 3-7
This program teaches social and physical skills and develops responsibility. Each week instructors will teach one important basketball skill (dribbling, passing, shooting, and defense). Participants will also have a blast making new friends!

Sat	10:00-10:50 am	Ages 3-4	FALL 2
Sat	11:00-11:50 am	Ages 5-7	MBR: \$40, NM: \$50

Boys & Girls Basketball League
Fercho | Grades 2-4

Get in on the action with youth league! No phone-in registrations accepted. Please pick-up a registration form at either YMCA Member Service Desk or download a form online at ymcacassclay.org/forms. Please mail completed form to 400 1st Ave S, Fargo, ND 58103. Coaches will contact parents the week prior to practice with practice and game schedules. Coaches are also needed! To become a volunteer coach, call Dee at 701.364.4153.

Fall Season: Five Games
MBR: \$50.00, NM: \$60.00 | **Registration:** Aug. 1 – Sept. 24
Season: Nov 4 – Dec 9 | **Practice Starts:** Week of Oct 23
*No games Nov 25

There is tons of stuff to do at the Y. I come here after school every day of the week. I got to meet a lot of new friends at the Y. **I LOVE IT!**
Bryton, Program and School Age Participant

Questions? Contact Luke Hommerding, Youth and Adult Program Director, at 701.364.4116 or luke.hommerding@ymcacassclay.org. ymcacassclay.org/programs





HERE FOR FAMILIES



Parents' Night Out has been such a blessing to my husband and me so we can have a date night, go Christmas shopping, or even go back home to do some housework, all while our son, Auggie, is safe and having so much fun with new experiences.

Cortney, Staff Member and Parent

SCHOOL OUT DAY CAMP NEW!

School's out for the day! Join us for a fantastic day filled with entertainment. Activities include swimming, gym games, crafts, rock climbing and off-site field trips. Bring a bag lunch, water bottle and, a swim suit/towel. A snack is provided and extended care is available. Must register at least one week in advance.

Ages: Ages 6 - 11 **Time:** 9:00 - 4:00 pm
Location: Fercho **Cost:** MBR: \$40; NM: \$50
Extended care available before (8-9am) and/or after (4-5pm) camp for \$5/time slot (\$10 for both).

Oct 19	Nov 10	Dec 26	Dec 28
Oct 20	Nov 22	Dec 27	Dec 29

SUNDAY FUN DAY

At the Y, we help to provide opportunities for every family to build stronger bonds and be healthy together. Join us for games and fun in the Kids' Gym, Xerzone, Basketball Gym, and Swimming Pools designed specifically for families! Don't miss out on our new giant aquatic toy - the Wibit! Snack included. No registration required.

Ages: All Ages **Day:** Sundays **Time:** 2-5:00pm
Location: Fercho **Cost:** MBR: FREE, NM: \$15/family

PARENTS' NIGHT OUT

In need of a night away from the kids? Parents' Night Out gives parents the opportunity to take a well-deserved break. You'll be able to feel confident that your little ones are safe and having the time of their lives interacting in physical activities and games in the Aquatic Center, Climbing Wall, Xerzone, Courts, PlayTown and more! They won't want the night to end! And don't worry about dinner - we'll take care of their hunger with a healthy meal!

Ages: Ages 6 weeks - 14 years **Time:** 4:00 - 7:30 pm
Cost: MBR: \$25; NM: \$32

Sept 16	Fercho	Nov 18	Fercho
Oct 21	Schlossman	Dec 16	Schlossman

COME WITH ME

Come with Me Early Learning Readiness is a free weekly program that provides family, friends, and neighborhood caregivers with information, resources, support, and connections to promote optimal development for the children in their care. Program is for children ages 0-5. To learn more, contact Cortney Whaley at 701.364.4128 or cortney.whaley@ymcacassclay.org.

Ages: Ages 0 - 5, plus caregivers **Time:** 12:30 - 2:30 pm
Days: Mondays & Wednesdays **Cost:** FREE
Location: Grace United Methodist Church
1120 17th St S, Moorhead



Questions? Contact Luke Hommerding, Youth and Adult Program Director, at luke.hommerding@ymcacassclay.org or 701.364.4116. ymcacassclay.org/events

CHILD CARE & ENRICHMENT

EARLY LEARNING CENTERS 6:30am - 6:00pm | Mon - Fri

YMCA Early Learning Centers offer quality, licensed child care year-round for children ages six weeks-Kindergarten. Lesson plans are aligned with the ND Early Learning Guidelines and also include 'Get Set for School' curriculum which uses Handwriting Without Tears, Language & Literacy, and Numbers & Math curriculum to help children learn by using music, hands-on materials and technology. With this curriculum, children learn quickly by having fun, helping to create a smooth transition from child care to school.

Fercho Branch (A)

Toddler Care - 18-36 Months
Early Childhood Care - Ages 3 and Up
Before/After Kindergarten & Summer Care
Before/After School & School Age Summer Care
KinderKamp Preschool

Schlossman Branch (A)

Early Childhood Care - Ages 3 and Up
Before/After Kindergarten & Summer Care
Before/After School & School Age Summer Care
Kindergarten Readiness Preschool Program

West Fargo Center

Infant/Toddler Care - Ages Six Weeks - 36 Mo.
Early Childhood Care - Ages 3 and Up
Before/After School & Summer Care - K-5
Kindergarten Readiness Preschool Program

Calvary Center

Infant/Toddler Care - Ages Six Weeks - 36 Mo.
Early Childhood Care - Ages 3 and Up
Before/After School & Summer Care - K-5

South Center (A)

Infant/Toddler Care - Ages Six Weeks - 36 Mo.
Early Childhood Care - Ages 3 and Up
Before/After School & Summer Care - K-5



Questions? Contact Tania Erickson, Early Learning Director, at 218 512 2331 or erickson@ymcacassclay.org.
ymcacassclay.org/elc

SCHOOL AGE LEARNING CENTERS 6:30am - 6:00pm | Mon - Fri

YMCA School Age Learning Centers offer quality, licensed before and after school programs and summer programming for kids in K-8th Grade. Our activities supplement what children learn in their school day by aligning ND State Standards with our lesson plans. Best of all, it's located right in your child's school, or local YMCA, making drop-off and pick-up convenient for you.

Y GUY EXPLORERS



FALL THEME: MYSTERY SCIENCE

Our mission is to help kids stay curious. This semester, we're exploring the mysteries of science. Every mystery begins with a question. To solve the mystery kids must use their critical thinking, creativity, communication, and collaboration skills. In addition, students will participate in traditional afterschool activities such as gym games, outdoor time, snack, and homework. It's all located right in your child's school or local YMCA, making drop-off and pick-up convenient for you.

YMCA SITES

Fercho Branch (A) (S)
Schlossman Branch (A) (S)
Calvary (A) (S)
South (A) (S)
West Fargo (S)

FARGO SCHOOL SITES

Horace Mann Elementary
Jefferson Elementary (S)
Madison Elementary (S)
McKinley Elementary*
Oak Grove Elementary
Roosevelt Elementary* (S)

MOORHEAD SCHOOL SITES

Dorothy Dodds (S) **NEW!**
Ellen Hopkins Elementary (S)
Robert Asp Elementary (S)
SG Reinertsen (S)

WEST FARGO SCHOOL SITES

Aurora Elementary (S)
Brooks Harbor (S) **NEW!**
Eastwood Elementary (S)
Freedom Elementary (S)
Harwood Elementary*
Horace Elementary*
Independence Elementary (S)
L.E. Berger Elementary (S)
Legacy Elementary (S)
Osgood Kindergarten Center (S)
South Elementary
Westside Elementary (S)

MIDDLE SCHOOL AGE SITES

Schlossman YMCA* (S)

BARNESVILLE

DILWORTH (S)

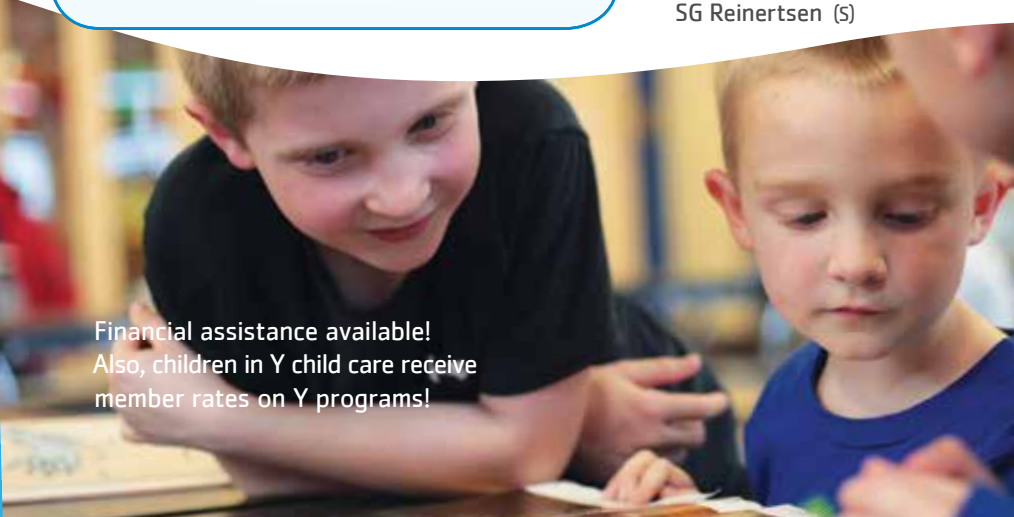
(A) Sites denoted with the (A) symbol have been accredited through the National Association for the Education of Young Children, National After School Association or Council on Accreditation. All Y Learning Centers are accredited or working towards this distinction.

(S) Sites denoted with the (S) symbol offer summer programs.

* Sites denoted with the * symbol do not offer morning care.



Questions? Contact Shannon Lang, School Age Learning Director, at 218 512 2323 or lang@ymcacassclay.org.
ymcacassclay.org/schoolage



Financial assistance available!
Also, children in Y child care receive member rates on Y programs!



A PLACE TO GROW



It's such a relief knowing they are here for us during all phases of our lives. There is no better place for our children to grow up, or our family to grow in.

Brant, Parent

FAMILY TIME & EVENTS

Birthday Parties and Rentals

The Fercho and Schlossman Y's are a great place to bring any group, large or small. Host your birthday party, youth group, girl/boy scouts, church groups or whatever you want! Birthday party prices are based on two hour time slots with up to 10 children.

Splashtacular Birthday Party Fercho
Come splash, swim, and play in our Aquatic Center! Have a blast in our zero-depth pool and check out the AquaClimb rock wall in the Large Pool! Always a lifeguard on duty. Package includes one hour in the Aquatic Center and one hour in the Party Room. All ages. **MBR:** \$95 | **NM:** \$125

Maximum Motion Birthday
Keep everybody active and moving as they crawl, climb, and jump through our Kids Gym or Play Loft! Package includes one hour in the Kids Gym and one hour in the Party Room (Fercho) OR two hours in the Play Loft/Party Room (Schlossman). Ages 7 and under. **MBR:** \$80 | **NM:** \$110

Bouldering Adventure Schlossman
Come climb our 32-foot indoor climbing wall! The Y supplies experienced climbing staff and equipment. All participants must have a waiver signed by a parent/legal guardian to use the climbing wall. Package includes one-and-a-half hours in the climbing wall, and one half-hour in the Party Room or Xerzone. **MBR:** \$95 | **NM:** \$125

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Twins Bus Trips

Sunday, August 20 | Bus leaves Fercho at 7:30am
Target Field | All Ages | **MBR:** \$50, **NM:** \$65

Come cheer on the Twins as they take on the Diamondbacks at Target Field! All ages are welcome, but children 12 years of age and under must be accompanied by an adult. Travelers will stop for dinner on the way home, otherwise feel free to pack a meal!

Beyond the Plain Climbing Competition

Saturday, October 21 | 9-11am or 11:30am-2pm
Schlossman | Ages 7+ | **MBR:** \$30, **NM:** \$37

Join other adventurers and rock climbers! Beginner, intermediate and advanced levels are available at both times, so register for the level you would like and get ready for a fun time! Ages 7-13 start climbing at 9am; Ages 14+ start climbing at 11:30am. Shirt and posters given to each participant.

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Safety Education

As part of our commitment to social responsibility, the Y works to increase safety awareness and educate our community by providing access to programs that teach life-saving skills, safety around water, and more.

Youth Exercise Concepts

Fercho & Schlossman | Ages 12-14 | **FREE** for Mbrs

Youth can earn access into the fitness center unsupervised after completing the Youth Exercise Concepts course with a fitness associate, which consists of a one-hour session. Youth will learn proper fitness etiquette, safety and use of the equipment. To register, contact Kenton Manhart at 701.356.1453 or kenton.manhart@ymcacassclay.org.

CPR, First Aid & More!

The YMCA offers CPR/First Aid classes, Lifeguard Certifications, Lifeguard Re-Certifications and Water Safety Instructor classes. To learn more, contact Nicole Duncomb at 701.364.4126 or nicole.duncomb@ymcacassclay.org. ymcacassclay.org/safety

Spooky School Bus Ride

Saturday, October 28 | 4:30 - 7:30 pm | Fercho
All Ages | **MBR:** \$7, **NM:** \$9

Come join us for a Dr. Seuss-themed fun and whimsical bus ride through Lindenwood Park. Meet Cat in the Hat and other fun characters! Busses will depart every 15 minutes, and each bus ride is 45 minutes long. Register early to get the bus time that you want! Also, join us in the gym between 4:30 and 7:30pm for Dr. Seuss-themed fun and games!

Thanksgiving Day Burn the Bird 5/10k

Thursday, November 23 | 8:30 am
Fercho | All Ages | [See Prices Online](#)

The YMCA is partnering with SoleMOTION Race to bring you the 4th Annual Thanksgiving Day Run! Get some fresh air and a good 'burn' going with either the 5K run/walk or the 10K run before sitting down for your Thanksgiving Day dinner. Included in the event is a food drive for the Great Plains Food Bank. solemotionrace.com



Questions? Contact Luke Hommerding, Youth and Adult Program Director, at luke.hommerding@ymcacassclay.org or 701.364.4116. ymcacassclay.org/events

Babysitting Trainings

9am-5pm | Fercho | Ages 11+ | **MBR:** \$65, **NM:** \$95

This one-time eight-hour American Red Cross babysitting course is a hands-on way to learn everything you need to know about babysitting. This course will teach you to be safe on the job, how to recognize an emergency, how to handle it, and how to be a safe, professional and reliable sitter. Included in this course is American Red Cross First Aid and CPR that is valid for two years. A pizza lunch is provided. ymcacassclay.org/safety

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Aug 26 Sept 9 Oct 14 Oct 28 Nov 11 Dec 16
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Questions? Contact Britt Selbo, Aquatics Director, at britt.selbo@ymcacassclay.org or 701.364.4167. ymcacassclay.org/safety

JOIN US AT THE YMCA!

MEMBERSHIP RATES & CATEGORIES:

	MONTHLY RATE Via Automatic Bank Draft	ENROLLMENT CONTRIBUTION One-Time Fee
Family / Household* - up to two adults + dependents* living in the household	\$80.00	\$50.00
Family/Household Package* - up to two adults + dependents* living in the household (includes PlayTown usage)	\$103.00	\$50.00
Single - Ages 25-64	\$53.00	\$50.00
Senior - Ages 65+	\$48.00	\$50.00
Student/Youth - Ages 8-24	\$32.00	\$0.00
Night Owl** - Ages 18+	\$10.00	\$50.00

A \$3 service fee will be added to your monthly bank draft when paying with a credit or debit card.

* Includes full-time college students under the age of 26 or dependent adults. Dependents must be living at the same address and are dependent for care and financial assistance.

** NEW Night Owl Membership includes access into the Schlossman Fitness Center during the following hours: Mon-Fri - 11pm-4am; Sat-Sun - 8pm-4am. Hours extended on select holidays.

INCLUDED IN MEMBERSHIP:

(F): Fercho only
(S): Schlossman only

Aquatic Center (F)

NEW! Including a six-lane lap loop, small warm water pool, and zero-depth kids' pool.

Fitness Centers

Includes 24/hr access at the Schlossman branch!

Group Fitness Classes

Over 150 classes every week!

Racquetball/Handball Courts (F)

Courts can be reserved up to three days in advance. Equipment available for check out.

Climbing Wall (S)

Scale our 32 foot rock wall!

Basketball Gyms

Open for use! Member pick-up basketball and pickleball games are available during specified times.

Play Loft / Kids' Gym

Themed play areas with slides, climbing platforms, and more!

Xerzones

Youth interactive rooms with games, ping pong, and more!

AWAY Program

Use other Y's around the world!

Use our partner location,

Family Wellness, up to 12 times per year

PlayTowns

Children can play while their parents work out (see below)!

Members receive special rates

on all Y programs, services and events!

Locker Rooms

Including saunas, whirlpools (F) and towel service.

FREE 60min. Orientation Session

Includes a body assessment, consultation and fitness center orientation.

NO CONTRACTS, 3 FREE Guest Passes per membership, and so much more!

Health Club Credit Programs

The Y partners with many health insurance providers that reimburse members for exercising! To find out if your plan qualifies, call the number on the back of your health insurance card and ask if they have a Health Club Credit Program.

Y Match Needs-Based Membership

Assistance is available, within the limits of our resources, to members that provide complete documentation showing their inability to pay the full member rate. Interested in applying? Stop by either Y location to pick up an application or visit us online.

Membership Cancellation Policy

You may cancel your membership at any time by coming to either Y location, filling out a drop form, and turning in your membership card(s). Members who draft on the 15th of each month must cancel by the last day of the prior month. Members who draft on the 1st of each month must cancel by the 15th of the prior month.

Questions on membership or want to schedule a tour?

Christine | 701.364.4121 | christine.hoff@ymcacassclay.org | Fercho
Ben | 701.356.1477 | benjamin.eastwell@ymcacassclay.org | Schlossman

SPORTS PERFORMANCE

Fercho & Schlossman | Ages 11-17

Improve your fitness level and reach your peak performance! Sports Performance is designed to challenge and improve any athlete's speed, agility, vertical power and body awareness. Athletes are tracked and progressed with our sport specific workouts designed by strength and conditioning specialists.

Sessions	MBR Fee	NM Fee
60 min	\$15	\$18
Package 20 60-minute sessions	\$300	\$380

PLAYTOWNS 6 wks-age 8

Member Short-Term Child Care

Children can play in a safe and enriching environment while their parents work out! Both locations are staffed during peak membership usage times. Limit care time of two hours. Members must remain in the building while their children are in care. No reservations required.

Fercho Y 701.364.4143

Schlossman Y 701.356.1449

Hourly Rates

\$5/hour per child - **NEW cheaper rate!**
(without Family/Household Package)

Y Member Unlimited Monthly Care Plan With Membership

Family/Household Pkg. See above for prices
Includes care for up to two hours per day for all children on the family membership.



Questions? Contact Kenton Manhart, Fitness and Sports Coordinator, at 701.356.1453 or kenton.manhart@ymcacassclay.org
ymcacassclay.org/sportsperformance