



KiDsource

OCTOBER 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.

HEY 5TH AND 6TH GRADERS! JOIN ART CLUB TODAY

Art club is a fun way to do projects outside of the art room. It is a way to explore a variety of art materials while making new friends. Spend time with Mrs. Stowman and Mrs. K creating all types of projects, from oil pastels to clay to murals. Please join us for an awesome art experience!

****Classes are held at Horizon Middle School West Campus in the 5th Grade Maker Space, all materials provided.**

YAS11A - 10/11-12/20 (no class 10/18 & 11/22), 9 Wednesdays, 7:45-8:45 a.m., \$69

YAS11B - 1/3-2/28, 9 Wednesdays, 7:45-8:45 a.m., \$69

YAS11C - 3/14-5/30, 12 Wednesdays, 7:45-8:45 a.m., \$85



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.



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!

PODS

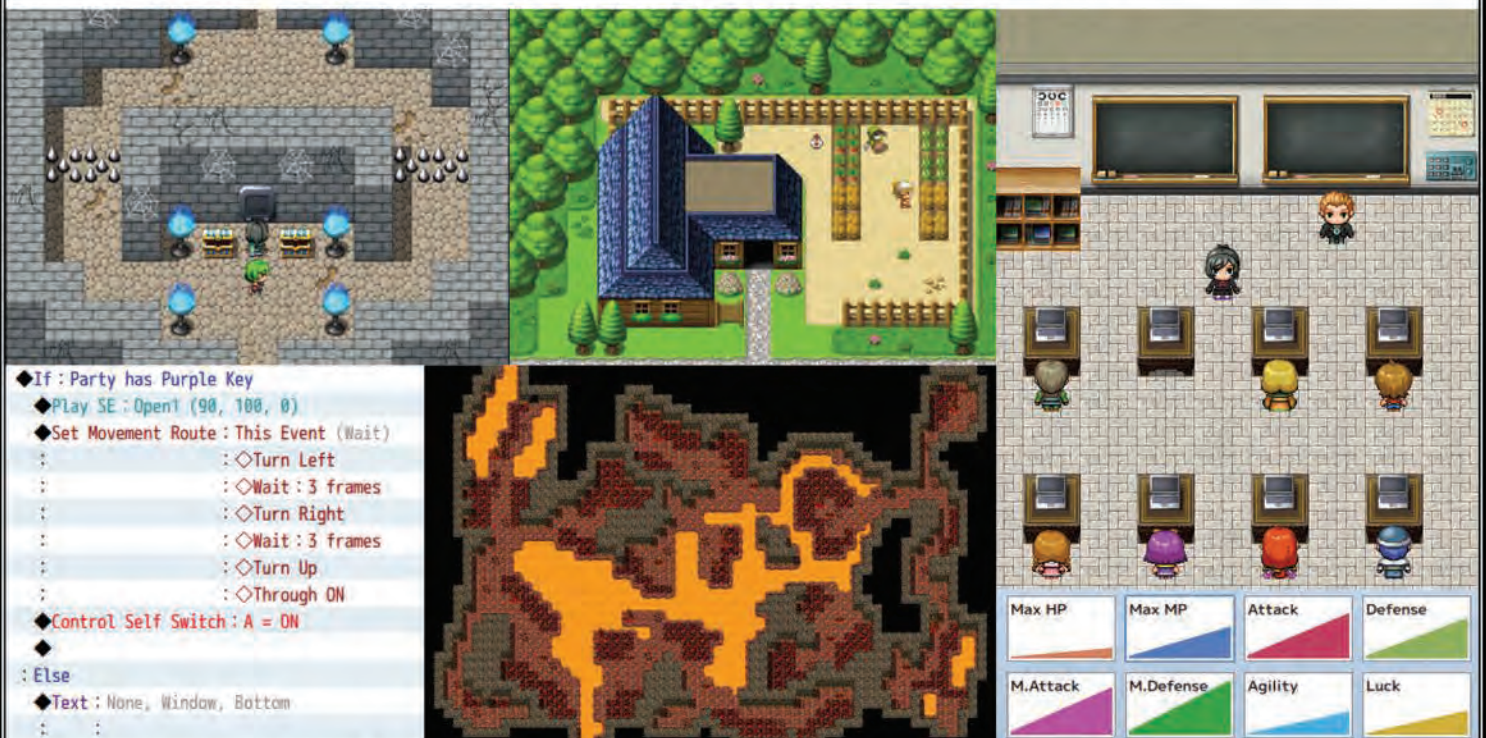
Game Design

\$110

Creating Video Games - Beginner

CODE	LOCATION	DATES & TIMES
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 Dodd 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

HAUNTED MALL



OCTOBER 31
4:30-7:30 pm

MOORHEAD CENTER MALL

Haunted spaces, games, trick-or-treating, and more!
Admission is free for this event!

Sponsored by Moorhead Parks & Recreation
and the Moorhead Center Mall



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



**NDSU Department of
Animal Sciences
Proudly Presents**



**Sat, Oct 7, 2017
10 a.m. to 2 p.m.
NDSU Equine Center
5140 19th Ave North, Fargo
FREE indoor family event!
Rain or Shine**

**Meet the animals that call NDSU home, taste
ice cream samplers, see wool spinning,
horsemanship demos, wagon rides
and MUCH more! FREE breakfast for the 1st**

500 guests sponsored by



For more information call 231-7641

**[https://www.ag.ndsu.edu/ansc/news-
events/moos-ewes-and-more](https://www.ag.ndsu.edu/ansc/news-events/moos-ewes-and-more)**



BEYOND BOUNDARIES
THERAPY SERVICES

**BIG INTO MAKING A
DIFFERENCE**

Since 2007, our team of compassionate, experienced therapists have gone beyond to create a uniquely better, meaningful therapy experience for thousands of children in this region.

If you are looking for a state-of-the-art therapy clinic where expert therapists put you and your child first, are empathetic and ready to go "beyond the boundaries" to help your child achieve their highest potential, call Beyond Boundaries today.

Specializing in:

- ◆ Occupational Therapy
- ◆ Physical Therapy
- ◆ Speech-Language Therapy

FREE SCREENINGS

As the region's preferred therapy clinic, we are an action-oriented clinic with proven results. Check out our website for patient feedback and testimonials.



3001 11th St. So.
Fargo, ND 58103

P 701.356.0062
F 701.356.5412

BEYONDBOUNDARIES.US



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



Tournaments
Fun competition
for youth teams

**REGISTRATIONS CURRENTLY
BEING ACCEPTED FOR:**

Winter Indoor Recreational
Winter Indoor Academy
Winter Camps
2018 Winter Snowdown Tournament

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



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

**Gymnastics * Special Needs * Ninja Kids *
Cheer * Birthday Parties * Summer Camps**

Now Enrolling for Summer Classes

Fall I Session: August 28 - October 28



You're invited!

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



Ninja Classes



Ninja Kids | Ages 6 - 11
Ninja Legends | Ages 11 +

Ninja classes consist of jumping, swinging, climbing, hanging, leaping, balancing, and rolling. Kids use obstacles and circuit based activities to increase endurance, strength, flexibility, and balance.

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

2017-2018 dates available at tntkidsfitness.org

Register online at tntkidsfitness.org



Awesome Art Afternoon

Saturday, October 7

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.



701-499-7788 | FargoParks.com



Ice Skating Lessons

These classes offer basic professional skating instructions for boys and girls ages 2 to adult. Classes teach beginners the correct way to skate.



For more information:
701-499-6060 FargoParks.com



Hockey Skills Training

Learn basic beginner skating skills integrated with beginning hockey skills. Skaters will gain basic forward & backward skating skills along with balance skills, hockey stances, stops & turns. Variety of levels offered.



Register for Session 2 by Friday, October 27.



For more information:
701.499.6060
FargoParks.com



Community Halloween CARNIVAL



**Tuesday, October 31
3:30-5:30 pm**

Courts Plus Community Fitness
3491 S University Dr

Free carnival for kids of all ages featuring inflatables, carnival games, face painting, candy & more! Open to the public. Come in costume & join the fun!



CourtsPlus.org

3491 University Dr S • Fargo, ND
Owned & Operated by **lego**

701.237.4805



The Face of Bullying

Growing up, the picture that often came to mind, when someone would talk about the bully at school, was that big kid on the playground, strong arming kids for their lunch money. Flash forward to the 21st century and bullying takes on a whole new face. Physical intimidation, while still a part of the bullying picture, has moved aside for new forms of bullying including verbal, social isolation and cyber bullying. Where once it was boys intimidating other boys, it has now moved to girls bullying girls, bullying of children with special needs, and yes, even adults in the work place.

Here are the facts:

- Children with a disability have a two to three times higher risk of being bullied
- Physical bullying has become less common while social isolation and cyber bullying has become the norm
- One in three children experience some type of cyberbullying and 50% of children who have experienced that type of bullying do not tell their parents.
- 57% of bullying stops when a peer intervenes on behalf of the person being bullied.
- For some kids, bullying means the start of anxiety, depression, lower self-esteem and poor school attendance.
- Bystanders can develop anxiety from witnessing bullying.

Often times children do not have the verbal skills to explain what is happening. They may tell you through their behaviors such as wanting to stay home from school; unexplained tummy aches; changes in their mood and/or sleep; and becoming disinterested in school happenings.

So, what does a parent do when their child tells them that someone is “picking on them” at school?

- Document the information your child provides including date, time of day, and who was present.
- Give your child some time and space for your child to process how they are feeling. Offer support but don't be over dramatic about the incident or infuse your own emotions with what your child is feeling.
- Help them develop a plan to address the bullying (who to tell, walk away, etc.)
- Do not tell them to “toughen up” “hit back” or encourage other actions that may get your child in trouble.
- If you feel comfortable talking with the parent of the child who is doing the bullying, focus your conversation on helping the kids and not pointing fingers.
- Contact the school administration to report the bullying activity.

October is National Prevent Bullying Month!!

YMCA OF CASS AND CLAY COUNTIES



ymcacassclay.org | #ymcacassclay | 701.293.9622



YMCA FALL YOUTH PROGRAMS

Fall Sessions: September 5 - October 21 (You can still jump into this session!) | October 23 - December 9

See all programs and register online: ymcacassclay.org/programs

REGISTER TODAY!



Wacky Science and LEGO® Club
Ages 6-12



Rock Climbing
Ages 7-14



Dance
Ages 3-7



Basketball
Ages 3-7



Gymnastics
Ages 2+



Babysitting Training
Ages 11+
Great for older siblings!

SCHOOL OUT DAY CAMP

NEW!

Oct. 19-20 | 9am - 4pm

School's out! Join us for a day filled with gym games, swimming, crafts, rock climbing, off-site field trips, and more! Extended care available. **MUST** register at least one week in advance. To register, call 701.293.9622 or visit us online: ymcacassclay.org/register

- > Ages 6-11
- > Fercho YMCA
- > Members: \$40/child
- > Non-Members: \$50/child

MAKE A SPLASH!

Swimming Lessons | Infant - Adult
Learn water safety, lifelong skills and make new friends in swimming lessons at the YMCA!
ymcacassclay.org/swimschool

FM Gator Swim Team | Ages 6+
Join a team with a 50+ year history of sportsmanship, teamwork and skill building! All levels of skill and experience are welcome!
ymcacassclay.org/gators

SCHOOL AGE LEARNING CENTERS

Grades K-5 | 25+ Area Sites

STILL LOOKING FOR BEFORE OR AFTER SCHOOL CARE?

We have openings in many of our School Age Learning Centers - maybe in your own school!

More than just child care, we help kids learn, grow, and discover with STEM activities, homework help, reading, art projects, and more! Financial assistance available.

ymcacassclay.org/schoolage

Upcoming Events

Parent's Night Out



October 21 | 4-7:30pm
Schlossman YMCA
Ages 6 weeks - 14 years

Parents - enjoy a night out, kid free! Your kiddos will have a blast playing in the Aquatic Center, Xerzone, Climbing Wall, PlayTown and more!

Register: 701.293.9622
> YMCA Members: \$25/child
> Non-Members: \$32/child

Spooky School Bus



October 28 | 4:30-7:30pm
Fercho YMCA | All ages

Join us for a fun Halloween adventure in Lindenwood Park! We'll be joined by all your favorite Dr. Seuss characters!

Register: 701.293.9622
> YMCA Members: \$7/child*
> Non-Members: \$9/child*

*Adults accompanying a child get in FREE!

Thanksgiving Day Burn the Bird 5/10k

November 23 | 8:30am
Fercho YMCA | All ages

Get some fresh air and a good 'burn' going before you sit down for your Thanksgiving Day dinner! Details and prices online: solemotionrace.com

Event includes food drive for Great Plains Food Bank!



BIRTHDAY PARTIES & RENTALS

Having a birthday party? The YMCA is a great place to celebrate! We offer birthday party packages and facility rentals for any group, big or small! Come play in our Kids' Gym, Climbing Wall, Aquatic Center, and more!

For more information, call 701.364.4137 or visit ymcacassclay.org/rentals

This is No Halloween Costume

Don't just dress up for Halloween; dress up all year long. This cool costume is the best treat you can give this Halloween. Ask about our American Taekwondo Association trick-or-treat special. It includes two classes, an official ATA uniform and an introductory meeting with one of our certified instructors.



Kids • Teens • Adults

www.ATAfargo.com

701.237.6800
4480 23rd Ave. S, Fargo



“ATA Martial Arts of Fargo”



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?

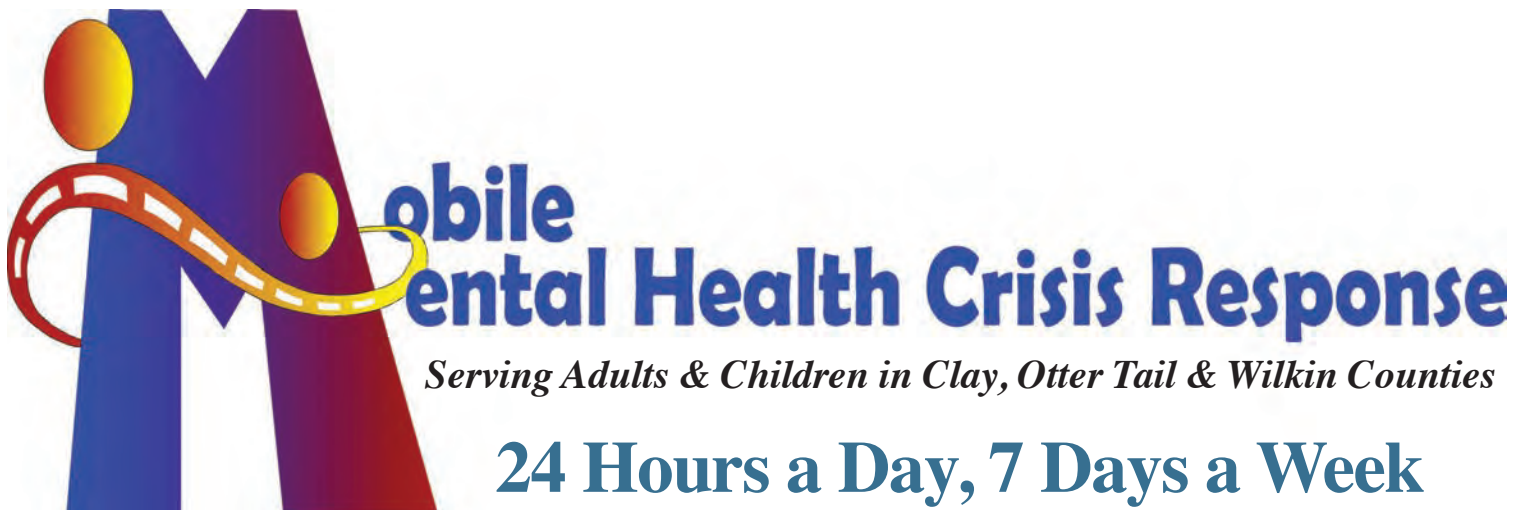
Problems Sleeping?

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.



AFTER SCHOOL ART CLASSES

Pottery, Painting, Printmaking and more.

Mondays beginning at 4 pm.
Classes are designed for students ages 6 – 18.

POTTERY ON THE WHEEL

Monday, October 16 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, October 9 • 4 – 5:30 PM

ACRYLIC PAINTING*

Monday, October 23 • 4 – 5:30 PM

\$24 / \$19 members • *\$20 / \$16 members
Register at plainsart.org / 701.551.6100

SCHOOL BREAK CAMPS

THE ART OF CARTOONING ages 9 – 12
Thursday, October 19, 9 AM – 12 PM • \$28 / \$22 members

A WATERCOLOR WORKSHOP ages 6 – 11
Friday, October 20, 9 – 11:30 AM • \$32 / \$26 members

PLAINS **ART** MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY
704 1st Ave., N, Fargo • 701.551.6100 • plainsart.org

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.

Sign-up today!

Benefits:

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

FamilyWellness

A PARTNERSHIP BETWEEN

SANFORD
HEALTH



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.

Basketball!

Lil' Stars Basketball | Tuesdays and Thursdays, November 2nd – 21st from 5:00-5:45 PM | Lil' Stars Basketball is a fun and high energy program that teaches children ages 4-6 the basic fundamentals of the game. They will learn everything from dribbling and shooting to teamwork and sportsmanship. \$30 Members/ \$60 Nonmembers

Youth Basketball | Tuesdays and Thursdays, November 2nd – 21st from 5:45-6:45 PM | The Youth Basketball program is a fun and high energy program that teaches children ages 7-9 the basic fundamentals of the game. They will learn everything from dribbling and shooting, to teamwork and sportsmanship. \$30 Members/ \$60 Nonmembers



Creative Masterpiece

Mondays, November 6th – December 18th from 5:00-5:45 PM | Family Wellness Creative Masterpiece explores a wide spectrum of arts and crafts. Creative Masterpiece allows children ages 4-6 to express their imagination while developing new skills through drawing, painting, ceramics and more in this beginner's art class. \$30 Members/ \$60 Nonmembers

Beautifully Me

Tuesdays, November 7th – December 12th from 5:30-6:30pm | Beautifully Me is a 6 week course targeting girls ages 9-14 with the intention of facilitating self-discovery and reflection, empowerment, self-acceptance and authenticity, healthy relationship skills, and healthy and balanced lifestyle skills. We will create a safe space for sharing and growth as well as provide the opportunity for new friendships. Classes will meet once a week for 90 min for 6 weeks. An educational meeting for parents will be provided as well. \$40 Members/ \$60 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

Welcome to the Moorhead Basketball Association

Mission Statement:

The mission of the Moorhead Basketball Association is to expand basketball opportunities for the Moorhead area youth.

MBA Overview:

The MBA is the official league of the Moorhead Spud Basketball Program. If your player wants to be a better basketball player, the MBA is for you.

MBA FACTS:

- The MBA is for boys and girls grades 3 through 8.
- Tournaments in-and-outside the FM Area.
- All MBA teams will have 2 practices per week.
- Metro League games are played on Saturday mornings/early afternoons.

- **3rd Grade:**
 - October 16th to February 24th – Teams are split evenly.
 - All teams will play in the Metro League through December 16th.
 - All teams will play in 3 additional tournaments scheduled by the MBA.

- **4th Grade:**
 - October 16th to February 24th – Teams are split A and B.
 - All teams will play in the Metro league through December 16th.
 - All teams will play the MHD tournament + 2 additional tournaments scheduled by the MBA.

- **5th/6th Grade:**
 - October 16th to February 24th – Teams are split A and B.
 - All "A" teams will be competitive travel teams. They will play the MHD tourney + 6 additional tournaments scheduled by the MBA.
 - All "B" teams will play in the Metro league through December 16th. They will then play in the MHD tournament + 2 additional tournaments scheduled by the MBA.

- **7th/8th Grade Boys:**
 - Boys – October 16th to December 16th. Teams are split A and B.
 - All "A" teams will be competitive travel teams. They will play the MHD tournament + 4 additional tournaments scheduled by the MBA.
 - All "B" teams will play in the Metro league through December 16th. They will then play in the MHD tournament + 2 additional tournaments scheduled by the MBA.

- **7th/8th Grade Girls:**
 - Girls – December 16th to February 24th (Registration Deadline December 1st).
 - Teams will play in the MHD tournament + 4 additional tournaments scheduled by the MBA.

- **Fees:**
 - \$180 for full Metro league schedule and/or tournaments (3rd through 6th).
 - \$130 for full Metro league and 3 – 5 travel tournaments (7th/8th).

- Scholarships are available.
- Fund-raising through sponsorships are used for scholarships and expenses.

MBA Youth Basketball Registration Form

Player's Name: _____

School: _____ Grade: _____

Age: _____ Date of Birth: _____ Sex: _____

Cell Phone: _____ Other: _____

Parent/Guardian: _____

Address: _____

Email Address: _____

If your son or daughter is selected to a travel team, it is important you understand that travel teams will play some tournaments that may require a hotel stay. Please circle below accordingly.

Yes – My son/daughter is willing to Travel.

No – My son/daughter is not able to Travel.

Fees - Please Circle one: Grades 3/4/5/6 \$180 Grades 7/8 \$130

Amount Enclosed: _____ Check Number: _____

*** All teams will be formed by the High School coaching staff. 3rd grade teams are evenly split, 4th through 8th grade teams are split A/B.

*** Evaluations will be on Sundays, October 1st and 8th. Teams will be finalized by October 10th. Practices start the week of Monday, October 16th. League games start Saturday, October 28th.

Go to WWW.spudbasketball.com for Registration and additional information.

Please submit registration form and check for full registration fees to:
Moorhead Basketball Association, PO Box 651, Moorhead MN 56561-0651



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.



Fall at RRD!

New classes starting October 9th!

**Mommy & Me / Tapperise
Adult Classes / Yoga
Dance Team Skills
Father Daughter / Momsters**

*Visit redriverdance.com
for more classes and information,
stop on by or give us a call!*



2921 Fiechtner Dr S
Fargo, ND 58103
701.280.0004

Do you have a preschooler or know someone who does?

Call 218-284-3800 for appointments

**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!

At Moorhead Area Public Schools, the safety and security of our students is a priority. With that in mind, Moorhead Schools has been working to install LobbyGuard, an electronic visitor management system, at our schools.

With LobbyGuard, all visitors to district facilities will be expected to scan a drivers' license or state ID card to gain access beyond the main office. Please be sure to bring your ID inside with you, if you need to enter the school.

LobbyGuard uses the information on the ID and compares it against national offender databases and local red flag databases in seconds. Visitors will then receive a custom visitor ID tag, printed on the spot.

We appreciate your understanding as we implement LobbyGuard. The district is pleased to provide this extended level of security to our families.



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.

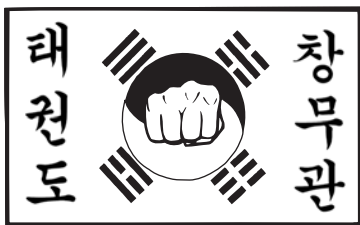
Space remains in fall Community Education and ECFE classes — register now!

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>.





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**

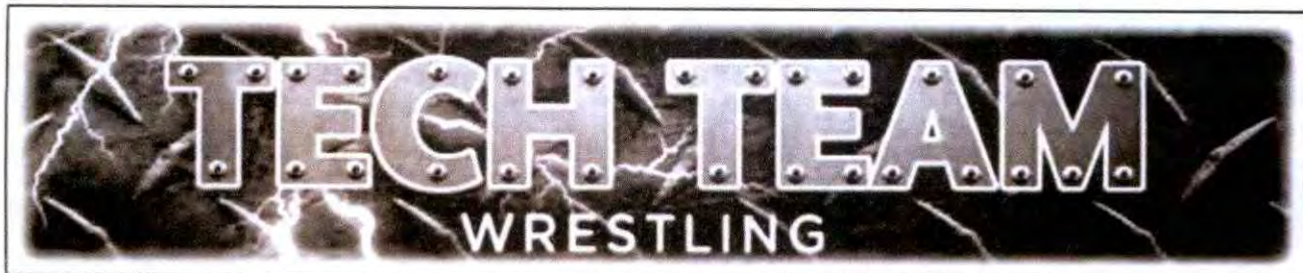
8th Degree Grand Master Jim teaches every class

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



ATTENTION K-12 WRESTLERS IN THE FM AREA.....BECOME PART OF THE TECH TEAM TRADITION!!!!

REGISTER NOW FOR THE 2017-2018 WRESTLING SEASON AT

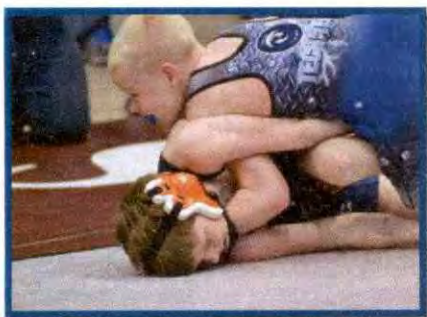
WWW.TECHTEAMWRESTLING.COM

Regular Season Begins: November 2nd

Parent Meeting Oct 30th

WHAT TECH TEAM HAS TO OFFER:

- Foundation wrestling taught to beginning wrestlers
- Advanced skills taught to prepare wrestlers to compete at the National Circuit
 - In-season focus training for middle and high school wrestlers
 - Preparation for high school and college wrestling
 - Highly trained, experienced, and certified coaching staff
 - State of the Art training facility
 - A Tradition that is like no other!



Group 1: 1st & 2nd Year Wrestlers

Tuesday and Thursday 5:30– 6:30

Group 2: Advance Wrestlers

Monday, Tuesday, and Thursday 6:45-8:15

Monthly Fee \$50

\$30/month for siblings

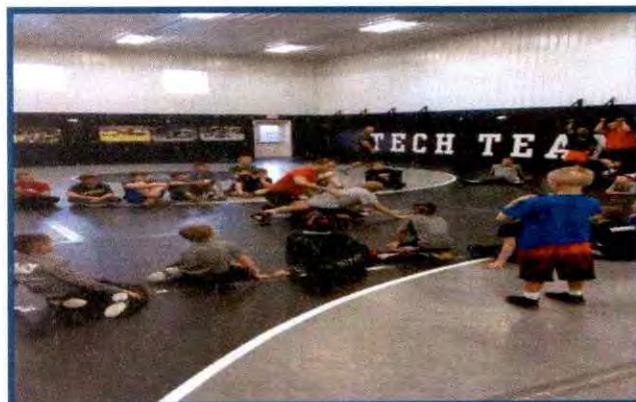
For more information or if you have any questions,

Contact Ryan Kringlie

Ryan.Kringlie@prairiesupply.com

Or on our Face Book Page

TECH TEAM WRESTLING

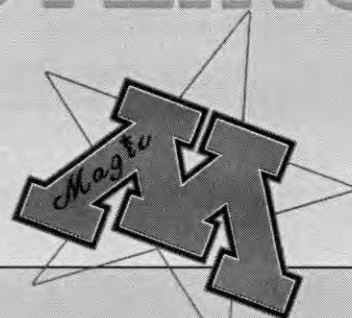




presents

MOORHEAD MAGIC YOUTH WRESTLING

Who: PreK-6th Grade



What: **Youth Wrestling**

When: Nov. 13th-March
(practice details online)

Where: **MHS Wrestling Room**

Cost: PreK-K → Free
Grades 1-6 → \$40/wrestler; \$80 max/family

(All wrestlers are required to purchase a USA wrestling card-\$40)
Scholarships are available on our website for those with financial need

REGISTER TODAY
www.moorheadwrestling.com



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!"

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

Practice Times

Beginner Mini Dragons
Tue/Thu
Advanced Mini Dragons
Tue/Thu
Red Dragons
Mon/Tue/Wed/Thu
Friday

\$40
\$55
\$65
\$80
\$50
\$25

6:50-7:30pm
7:20-8:20pm
6:50-8:20pm
6:00-7:30pm

PASSPORT

United of A

YOUR PASSPORT TO ADVENTURE

Entrées / Entradas **Visas** Departures / Sorties / Salidas

Entrées / Entradas **Visas** Departures / Sorties / Salidas

A Scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent.

BOYS IN GRADES 1-5 IT'S NOT TOO LATE TO JOIN CUB SCOUTS!

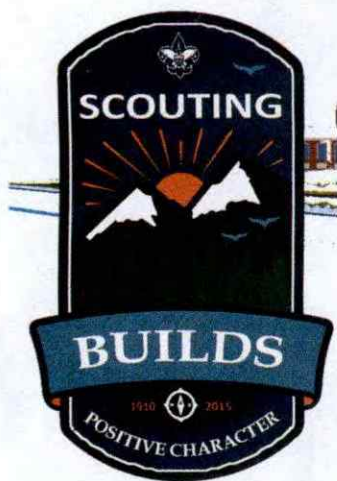
Find Adventure with us at one of our many locations in Moorhead!

Ellen Hopkins School Meets @ Grace United Methodist Church. Contact Jamie Lockwood (218) 443-6150

Robert Asp School Meets @ St. Francis Catholic Church. Contact Erica Lavoie (218) 410-1540

S.G. Reinertsen School Meets @ Christ the King Lutheran Church. Contact Sean Helgeson (701) 318-5666

Dorothy Dodds School Meets @ Dorothy Dodds. Contact Brett Drevlow (701) 499-0659



DOES SCOUTING BUILD CHARACTER?

Yes, Scouting programs build character and leadership abilities as well as help boys grow mentally, physically, socially, and spiritually. The skills they learn in Scouting help them overcome obstacles and challenges with character and courage throughout their lives.

Scouting was put to the test over the course of a three year study that concluded the end of 2015, when a research team from Tufts University worked with the Boy Scouts of America to measure the character attributes of both Scouts and non-Scouts—all with the goal of better understanding the character development of youth as it was happening. Over the course of the study the change in positive character attributes for Scouts vs. non-Scouts became evident. 2,000 + Scouts and non-Scouts aged 6-12 were measured in 6 key areas as indicated below in the Change in Character chart:

KEY FINDINGS:



Scouts are more likely to embrace Positive Social Values than non-Scouts



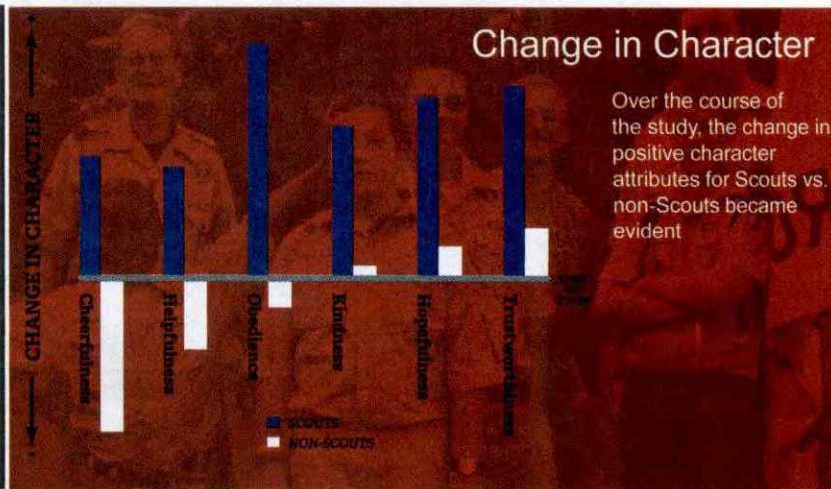
The more time kids spend in Scouting, the better the outcomes in character development



Those who attend meetings regularly report higher outcomes virtually across the board when compared to Scouts with lower attendance



Scouts who are more engaged in the program report higher outcomes in nearly every category



With fun and discovery at every turn, Scouting makes the most of right now! But what's more, it builds positive character and provides young people a foundation they can stand on to embrace opportunity, overcome obstacles and make new discoveries. **SCOUTING WORKS FOR YOUTH AND PARENTS!**

WHAT ADULTS GAIN FROM SCOUTING!

- ◆ Increased Connection to your Child with an Improved Family Life
- ◆ Gain in Personal Value and Sense of Contribution
- ◆ Experiential Learning—Develop a Deeper more Tailored Skill Set
- ◆ Benefit of Making a Difference in the Lives of Other Children
- ◆ Vast Character and Leadership Development Resources
- ◆ A Behavioral Standard Outlined in the Scout Oath and Law that Stands the Test of Time
- ◆ Shared Values of Honesty, Integrity and Servant Leadership
- ◆ Development of Trusting and Respectful Relationships—Both Youth and Adult
- ◆ Quality Time with Your Child Before Peer Groups Become a Priority to Him

THINGS I DID BECAUSE I WAS A SCOUT!



Prepared. For Life.™

- tried geocaching before it was cool
- rescued someone in trouble
- cooked my own meal on a fire
- baked a cobbler in a dutch oven
- rappelled down a cliff
- learned orienteering
- earned Personal Fitness merit badge
- placed flags on graves for Memorial Day
- slept in an igloo and earned the 'Zero Hero' camp patch
- made fire by friction
- learned to 'leave no trace' outdoors
- watched a thunderstorm from above in the mountains at Philmont
- was introduced to wilderness survival
- discovered duct tape can do a lot
- used the CPR I learned to save a life
- portaged a 75 pound canoe
- learned how to solder plumbing together
- recognized that helping others helps ME even more
- developed compassion for the less fortunate
- I became a Man!