



KIDsource

NOVEMBER 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.

Sign-up today!

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:

Jan. 17 May 16

Moorhead Community Education Learning Opportunities Catalog

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

Website

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

Social Media

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

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

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

Ever had a great
idea for a game?

Want to learn how
to make your OWN
Video Games?

Classes at
all the
Moorhead
elementary
schools!

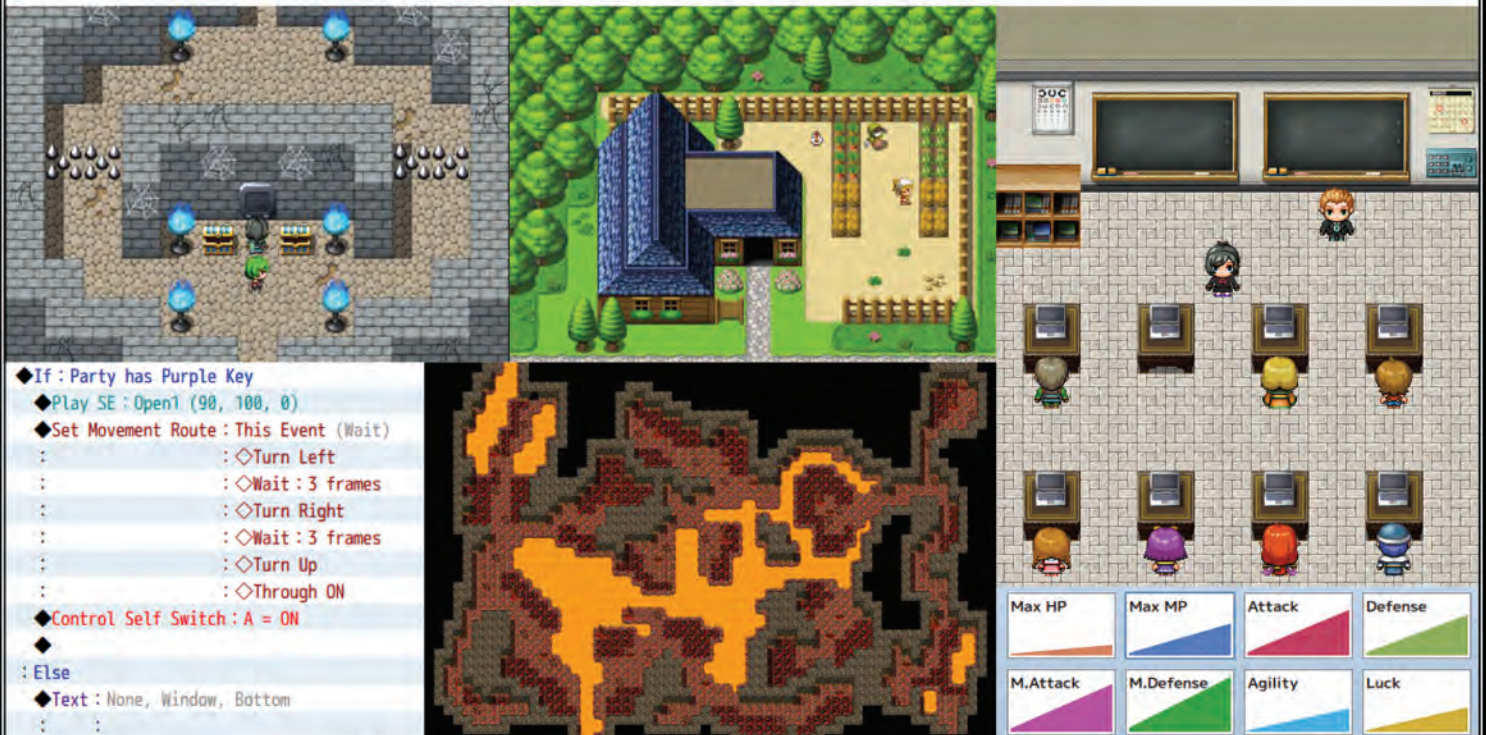
PODS
Game Design

\$110

Creating Video Games - Beginner

CODE	LOCATION	DATES & TIMES
YAS20C	Robert Asp Elementary	(Thursdays, Jan 11 - Feb 8; 3:00 - 5:00)
YAS20D	Dorothy Dodds 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

Attention 5th - 8th Graders! Join Spanish Club Today!

Want to learn about Spanish culture around the world and practice your Spanish too? You'll play games, read, write and study the lives of people living in Spanish-speaking countries around the world.
Register today to join in on this adventure.

Class will take place at Horizon Middle School West Campus, room is TBD.

*Students in 5th and 6th grade must be enrolled in the Spanish Immersion program.

YAS13A - Wednesdays, 11/8-12/20
(no class 11/22), 6 weeks, 4:15-5:15 p.m., \$45.

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



Pottery, Painting, Printmaking and more.

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

POTTERY ON THE WHEEL

Monday, November 6 • 4 – 6 PM
Monday, November 20 • 4 – 6 PM
Monday, December 11 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, December 11 • 4 – 5:30 PM

PRINT YOUR OWN CARDS*

Monday, November 27 • 4 – 5:30 PM

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

KID QUEST: PAINT-LICIOUS

Saturday, November 4, 1 – 4 PM

FREE fun for the whole family! • Register at plainsart.org

Made possible by Xcel Energy, Minnesota Public Radio & Kiwanis Club of Fargo.

PLAINS MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

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

WARNING SIGNS OF A READING DIFFICULTY OR DYSLEXIA

If a child exhibits 3 or more of the following warning signs, they may be displaying symptoms of dyslexia.

Kindergarten and First Grade

- Difficulty connecting letters to sounds
- Failure to understand that words come apart
- Difficulty learning sight words quickly and recognizing them in stories
- Difficulty sounding out even the simplest words in Kindergarten, such as mat, cup, bit, pot, or pin
- Reading errors that show no connection to the sounds of the letters
 - Saying *big* for *goat*, or *fish* for *from*
- Reading that is very choppy and labored in mid-late First Grade
- Difficulty spelling
- History of reading difficulty in the family

218-359-0505

Call today for an assessment!

www.readingtherapycenter.com

Mid-Late Elementary

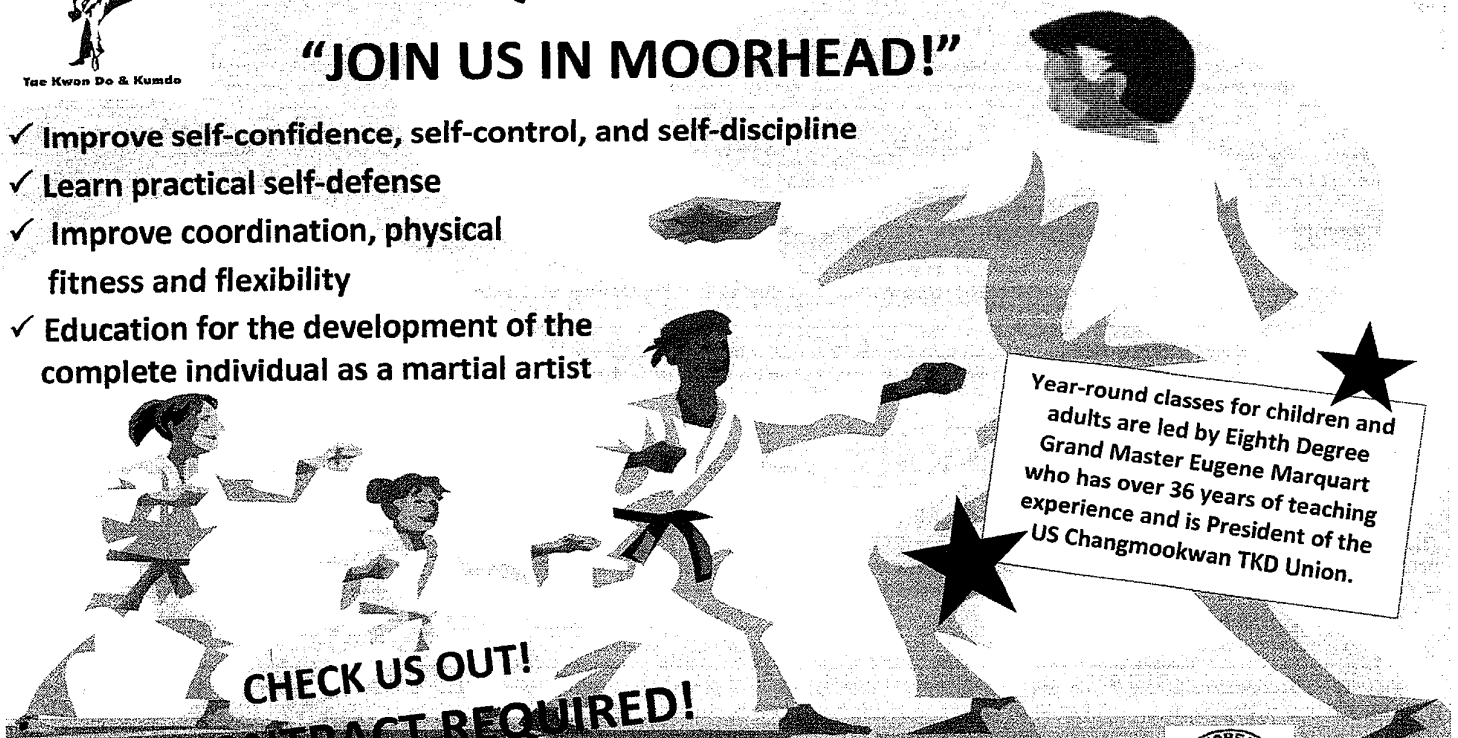
- Difficulty with recognizing sight words
- Slow, choppy, inaccurate reading
- Ignores suffixes, such as -ed or -es when reading or spelling
- Difficulty sounding out multi-syllable words, often unable to self-correct errors
- Terrible spelling
- Slow progress in learning to read
- May be labeled underachiever or learning disabled
- Complaints about how hard reading is or avoiding the task
- Lowered self-esteem and lack of confidence in their academic ability



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**





THERE IS POWER IN EVERY

G.I.R.L.

Unleash it at Girl Scouts.

Girl Scouts is a place where “Can I?” becomes “I can!” Where your **G.I.R.L.** (Go-getter, Innovator, Risk-taker, Leader)[™] transforms her ideas into action, experiences adventure, and grows her confidence.

Join us for a Parent Information Night to learn more about Girl Scouts! Choose the location best for you!

Monday, November 13
6:00 PM
Girl Scouts Dakota Horizons
1002 43rd Street South
Fargo, ND

Tuesday, November 14
6:00 PM
Our Redeemer Lutheran
1000 S. 14th Street
Moorhead, MN

Questions? Member Services is here to help!
800-666-2141 or email help@gsdakotahorizons.org

Believe in the Power of G.I.R.L.

Join now at gsdakotahorizons.org/join.

Financial assistance available, so every girl can be a Girl Scout.

YMCA OF CASS AND CLAY COUNTIES



ymcacassclay.org | #ymcacassclay | 701.293.9622



PARENTS NIGHT OUT

November 18 (Fercho YMCA) | **December 16** (Schlossman YMCA)

Need a night away from the kids? Parents' Night Out gives parents the opportunity to take a well-deserved break. Your kiddos will have a blast in the Aquatic Center, Climbing Wall, Xerzone, PlayTown and more! And don't worry about dinner – a healthy meal is included! To register, call 701.293.9622 or visit us online: ymcacassclay.org/register

- > Ages 6 weeks – 14 years
- > 4 – 7:30PM
- > Members: \$25 first child (\$15 each additional child)
- > Non-Members: \$32 first child (\$22 each additional child)

SCHOOL OUT DAY CAMP

NEW!

November 10, November 22, December 26-29 | Fercho YMCA

School's out for the day! Join us for a day filled with gym games, swimming, rock climbing, crafts, 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
- > 9am – 4pm
- > Members: \$40/child
- > Non-Members: \$50/child



Thanksgiving Day

**BURN
the
BIRD**

5k & 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! Event includes a food drive for the Great Plains Food Bank! Details and registration online: solemotionrace.com



presents

MOORHEADMAGIC YOUTHWRESTLING

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



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/>

Governors'
Waterpark & Fitness Center

No School?! No Problem!

SPEND THE DAY OR NIGHT WITH US!

Daily Rates
Mon-Thurs: \$8
Fri-Sun: \$10

*All hotel room rentals include up to
4 free waterpark passes & up to 4
free hot breakfasts.



Governors' Waterpark

Casselton, ND ~ 15 min west of Fargo

DaysInnCasselton@CassInn.com ~ 701-347-4524



ARCADE ~ HOT TUB



FOOD ~ DRINKS



PARTY PACKAGES



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 Fall II Classes

Fall II Session: October 30 - January 6



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



ATTENTION ALL GIRLS FROM 5TH TO 11TH GRADE
MOORHEAD JUNIORS VOLLEYBALL WANTS YOU!

Registration Opens: November 1st

Registration Closes: January 2nd

Moorhead Juniors Volleyball Provides:

- Trained, quality coaches
- An emphasis on skills and teamwork
- Travel to other cities
- Great competition
- Friendships and fun
- Online registration

Visit our website for more information: www.moorheadjuniors.com

RED RIVER DANCE & PERFORMING CO



DANCE CLASSES AVAILABLE FOR ALL AGES, LEVELS, & ABILITIES!

Now enrolling for Spring 2018 classes!

To register, visit www.redriverdance.com, call 701.280.0004, or stop by our location at
2921 Fiechtner Drive South Fargo, ND 58103



Lakeland Mental Health Center

Help Today for a Better Tomorrow

1010 32nd Avenue South, Moorhead, MN

1-218-233-7524

www.lmhc.org

24 hour Emergency/Crisis

1-800-223-4512

Depressed?

Grieving?

Anxious?

Stressors?

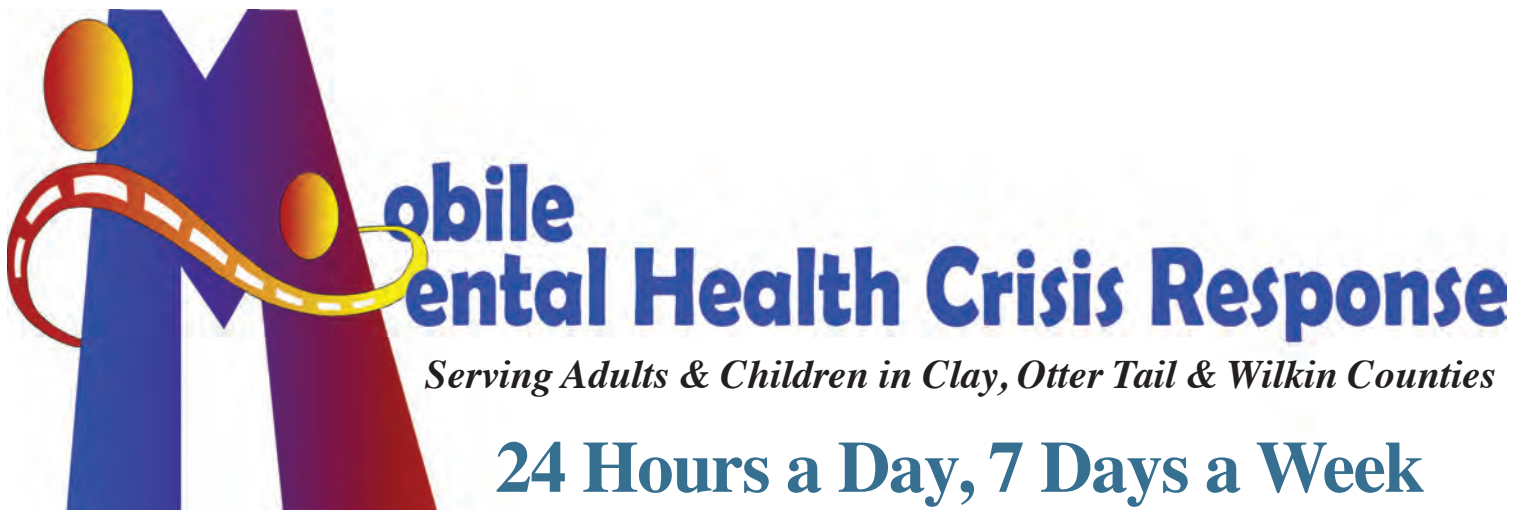
Problems Sleeping?

Difficulty Coping?

Feeling Confused?

Overwhelmed?

Negative Thoughts?



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

24 Hours a Day, 7 Days a Week

Help for you on the Phone or in your Home

1-800-223-4512

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

FamilyWellness

A PARTNERSHIP BETWEEN **SANFORD HEALTH** 

UPCOMING YOUTH ACTIVITIES

Camp Snow Day

Tuesday - Friday, December 26th - December 29th from 9:00 AM - 4:00 PM

Heat up your winter break this year at Family Wellness with a week-long full day camp for kids. Camp Snow Day will provide high energy activities, arts and crafts, and even the chance to splash into the pool. Every day is a spectacular snow day at Family Wellness! Financial Assistance and Before and After Care is also available.

\$140 Members/ \$156 Nonmembers.

Kid Yoga!

December 3rd and 17th from 2:15 - 3:00 PM

Children ages 5-10 are invited to come and explore yoga in this 2 week program. Each class will include breathing exercises, warm-ups, yoga poses, visual imagery and relaxation. Theme activities, storytelling and kid music will be used to enhance the experience of body awareness, self-exploration and positive thinking while improving strength, coordination and flexibility.

\$10 Members/ \$20 Nonmembers.



Turn Up the Racquet

Tuesdays and Thursdays, December 5th - 21st from 5:00-5:45 PM

Turn Up the Racquet provides a chance for kids ages 9-12 to learn about racquetball. Kids will learn all of the basic skills of racquetball along with learning the rules. They will get the chance to play games while learning skills and having fun.

\$30 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



Parks and Recreation

Moorhead Parks and Recreation offers a variety of programs and events for all ages! Visit our website for more information.

218.299.5340 | moorheadparks.com

MOORHEAD PARKS & RECREATION

Holiday Kickoff

**Tuesday, November 21
5:00 pm
Moorhead Center Mall**

Welcome the season as we light the
City of Moorhead's holiday tree!
Enjoy refreshments and the
Moorhead High School Carolers.

Afterwards, watch the Xcel Energy
Holiday Lights Parade downtown.



MOORHEAD CENTER



REGISTER TODAY!



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

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

Saturdays, January 6-February 24

10:15-11:15 am | 11:30am-12:30 pm | 12:45-1:45 pm

Ellen Hopkins Elementary, 2020 11th St S

Fee: \$35

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

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

Saturdays, January 6-February 24

9:00-10:00 am

Ellen Hopkins Elementary, 2020 11th St S

Fee: \$42, \$62 after December 8

OPEN GYM

Youth Open Gym

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

Adult Open Gym

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

FREE

Sundays, Nov 5, 12, 21, 28, Dec 10, 17

Location: Community Life Center, 4000 28th St S

Youth: 1:00-4:00 pm, Adult: 4:15-5:45 pm

Sundays, Jan 7, 14, 21, 28, Feb 4, 11, 18, 25

Location: Ellen Hopkins Elementary, 2020 11th St S

Youth: 1:00-4:00 pm, Adult: 4:15-5:45 pm

**One gym for volleyball and one gym for basketball.
No Adult session on Feb 4.**

WINTER ART CAMPS

Looking for something to do over the winter break?
Join us for afternoons full of creative exploration, and
plenty of fun!

Participants will dabble in several different art forms
including painting, drawing, clay, and 3D Projects.
Each day will offer a different art experience!

December 27-30

1:00-2:00 pm for Ages 6-8

2:30-4:00 pm for Ages 9-13

Alm Park, 1300 Elm St S

Fee: \$25





Six Steps to Cool Down

“Kids will be kids.”

“Boys will be boys.”

“They’ll grow out of that stage; just be patient.”

Sound familiar? Parenting a child at any age can be a challenging, sometimes frustrating experience. At the same time it can be the most rewarding experience as the fun and precious years fly by all too quickly. Each stage of childhood has its own challenges for moms and dads. First, its “babies don’t stay colicky forever,” which turns into “the terrible twos,” all leading up to the adolescent stage with all its eye rolling, arguing, avoiding chores and refusing to do homework. When your child is in one of these tough stages, the days can seem to last forever, but before you know it, they are walking across that graduation stage and you wonder where the years went!

Even the best of parents will have a bad day – days where the challenges of work, bills, chauffeuring the kids, laundry and supervising homework can get the best of us. At times like that, we can feel our bodies becoming tense, and sometimes we lose our patience and raise our voices. When you find yourself having one of these moments, know that, just like kids sometimes need a “time out,” adults sometimes need to take a few moments to calm down, too.

When you feel the pressures of the day coming down on you and transferring to your child in the form of yelling, criticizing or punishing, try these strategies for giving yourself a grown-up “time out”:

1. Take a deep breath. And another. Remember that you are the adult.
2. Close your eyes and imagine you are hearing what you’re planning to say to your child.
3. Press your lips together and count to 10. Keep going until 20, or as high as you need until you feel calmer.
4. Phone a friend.
5. Turn on some music; maybe even sing or dance along with it. You can even have a short dance party with your child to give both of you a break from a stressful situation.
6. Remove yourself from the situation for a few minutes to go drink a glass of cold water.

Prevent Child Abuse Minnesota www.pcamn.org

Brought to you by the Clay County Local Advisory for Children’s Mental Health and the Clay County Child Abuse Prevention Council.



Birthday Parties at Courts Plus!

15%

Discount for
Courts Plus
Members

- Up to 12 children
- Choice of Gym or Playground
- Pizza and pop

Don't forget to ask
us how you can

Party
like a
Ninja!



RESERVATIONS & QUESTIONS: 701.241.9521 • birthdays@CourtsPlus.org



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

CourtsPlus.org
701.237.4805

Awesome Art Afternoon

Saturday, November 18
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

YOUTH CURLING OPEN HOUSE

Come learn all about curling at
the free open house!
Complimentary pizza & Pepsi products
while supplies last.

EVERYONE WELCOME!

LOCATION:

FM Curling Club
(4300 23 Ave S)

DATE:

Sunday, November 5

TIME:

2:00-4:00 pm



ROCK THE HOUSE!
FARGO-MOORHEAD
CURLING CLUB

YOUTH CURLING LEAGUE

LOCATION:

FM Curling Club
(4300 23 Ave S)

DATE:

Begins November 19

AGES: 10-18

FEE: \$57.50 per person

REGISTRATION DEADLINE:

November 13



REGISTER ONLINE at FargoParks.com
or CALL 499-6060.



701-499-6060 | FargoParks.com

Breakfast with Santa



December 2, 9 & 16
Begins at 8:00 am each day
Rheault Farm (2902 25th St S, Fargo)

Tickets on sale November 16 at 8:00 am



Tickets sold online only & must be purchased in advance. Tickets are \$7.50 for ages 2 & up.

Breakfast with Santa features a 2 hour program that include a hot breakfast, entertainment, holiday craft & a visit with Santa & Mrs. Claus.



701.499.7788 | FargoParks.com



Kiddin' Around with Music + Motion

RDJ Rec Center

1104 2nd Ave S

10:00 am-Noon

Kids ages 4-5 will learn songs, dances, work with props and give a special performance at the end of the class.

Held Saturday, November 18

Registration Deadline:
Wednesday, November 15



701-499-7788
FargoParks.com



YOUR Family counts

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

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



Children's Dental Services

Smiles Across Minnesota

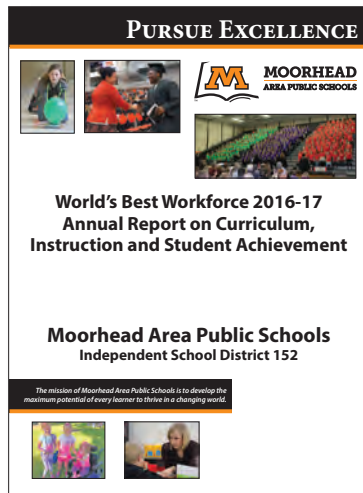
Children's Dental Services and Smiles Across Minnesota provide preventive dental services, such as teeth cleaning, sealants, oral hygiene and dental fluoride, to uninsured or under-insured children, birth to 18 years, in the district. CDS makes the dental appointment for your child to be seen at his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



Moorhead Area Public Schools

World's Best Workforce 2016-17 Annual Report on Curriculum, Instruction and Student Achievement



The district's annual report, which highlights test scores and progress toward district and school improvement goals from the 2016-17 school year, is now available on the district website at www.moorheadschoools.org/annualreport.

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

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!

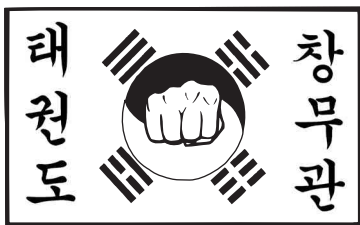
Space remains in fall Community Education and ECFE classes — register now!

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

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 Mondays and Wednesdays 12:00-1:30PM.

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)	\$40
Advanced Mini Dragons (6-9)	\$55
Bronze and Silver (10-18)	\$65
Advanced Red Dragons (10-18)	\$80
Masters (18+)	\$50
College Students	\$25

Practice Times

Beginner Mini Dragons T/TH:	6:50-7:30pm
Advanced Mini T/TH:	6:50-7:45pm
Bronze/Silver M-TH:	6:50-8:20pm
Gold/Senior M-TH:	6:50-8:50pm
Bronze/Silver FRI:	6:00-7:30pm
Gold/Senior FRI:	6:00-8:00pm



DRAGON SWIM SCHOOL

Year-Round Lesson Program

Register for Classes

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)

Winter One Session

January 8th - February 15th - 6 Weeks

*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 Two Group Lessons: \$77.00/Student

Winter One Group Lessons: \$66.00/Student

Fall Private Lessons: \$210.00/Student

Winter Private Lessons: \$180/Student

*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!"