



KIDsource

DECEMBER 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.

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

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

218-359-0505

Call today for an assessment!

www.readingtherapycenter.com



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:

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!

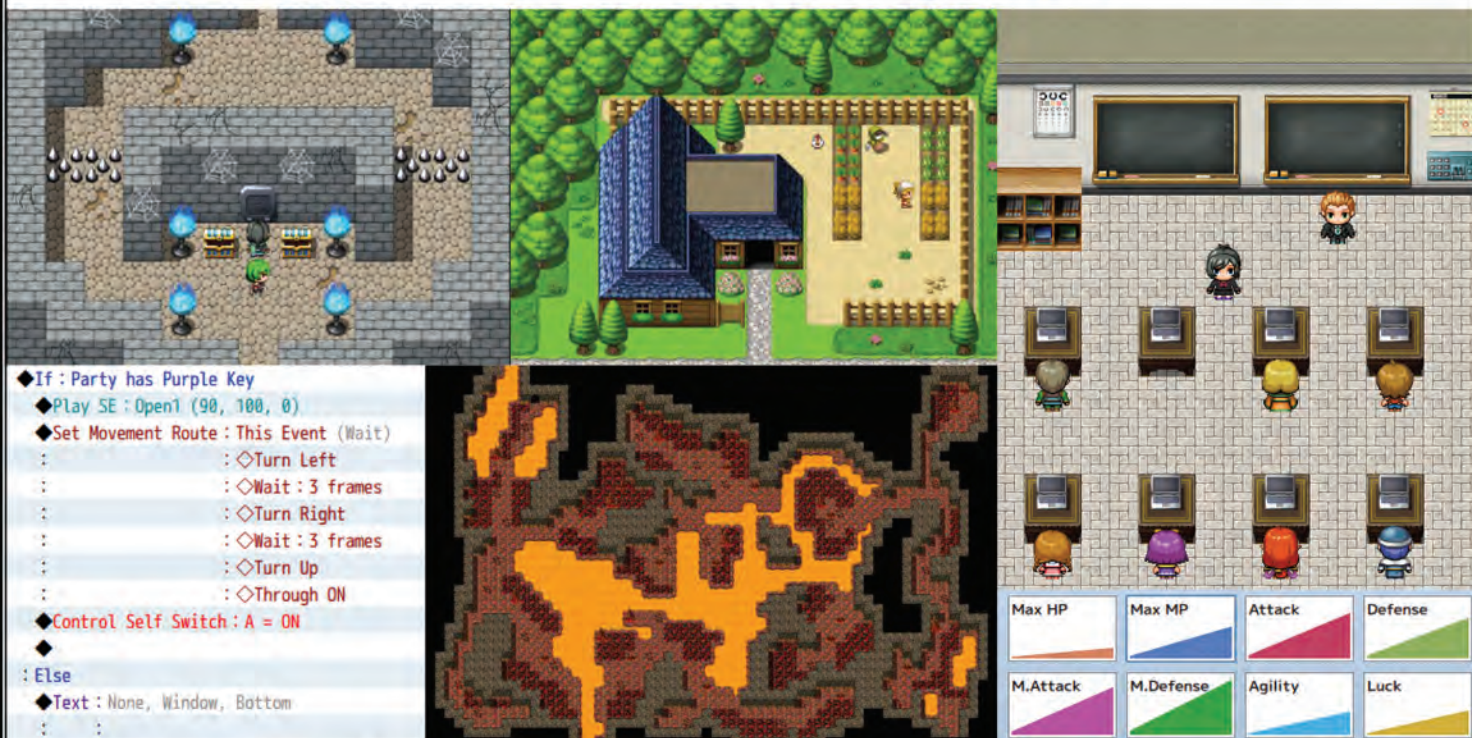
PODS
Game Design

\$110

Creating Video Games - Beginner

CODE	LOCATION	DATES & TIMES	Grades 3-4
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

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.

YAS12B - Girls Grades 3-4, Tuesdays, January 16-March 27
(no class 3/6), Robert Asp, 3:30-5 p.m., \$65

Register online at

<https://communityed.moorheadschoools.org>

or call 218-284-3400 for more information.



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 in 2018!

Learn more

At fmyouthchoir.org

Or

bethjansen@fmyouthchoir.org





Awesome Art Afternoon

Saturday, December 16

Anytime Between 1:00-3:00 pm

RDJ Rec Center, 1104 2 Ave S, Fargo

FREE!

Thanks to a grant from Xcel Energy.

Spend an afternoon creating fun art projects to take home.



XCELERATE!



701-499-7788 | FargoParks.com

Open Skating



Visit FargoParks.com for dates, times and locations!



701-499-6060



Open Swim

Fargo South High Indoor Pool
(1840 15th Ave South, Fargo)

December-March

Saturdays + Sundays

1:00-5:00 pm

Fees:

\$2.50 Youth (18+under)

\$3.75 Adults (19+over)

\$7.50 Family

Free for Courts Plus Members

Schedule subject to change. Visit FargoParks.com for updates.



499-6060 | FargoParks.com



Celebrate the season of giving.

Rheault Farm | 2902 25th St. S

VISIT SANTA ✨ MEET SANTA'S REINDEER ✨ MAKE A HOLIDAY CRAFT
DECORATE COOKIES IN THE CLAUS FAMILY KITCHEN ✨ CHAT WITH MRS. CLAUS

FREE ADMISSION

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

HOLIDAY HOURS



Dec. 2-3.....1-7 pm

Dec. 6-8.....4-7 pm

Dec. 9-10.....1-8 pm

Dec. 13-15.....4-7 pm

Dec. 16-17.....1-8 pm

Dec. 20-21.....4-8 pm

Dec. 22-23.....1-8 pm



701.499.7788 • FargoParks.com • f t i

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



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, December 4 • 4 – 6 PM

Monday, January 22 • 4 – 6 PM

Monday, February 5 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, December 11 • 4 – 5:30 PM

Monday, January 29 • 4 – 5:30 PM

REGISTER TODAY!

plainsart.org / 701.551.6100

KID QUEST: HEROES IN ART

Saturday, January 6, 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 **ART** MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

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



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





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?

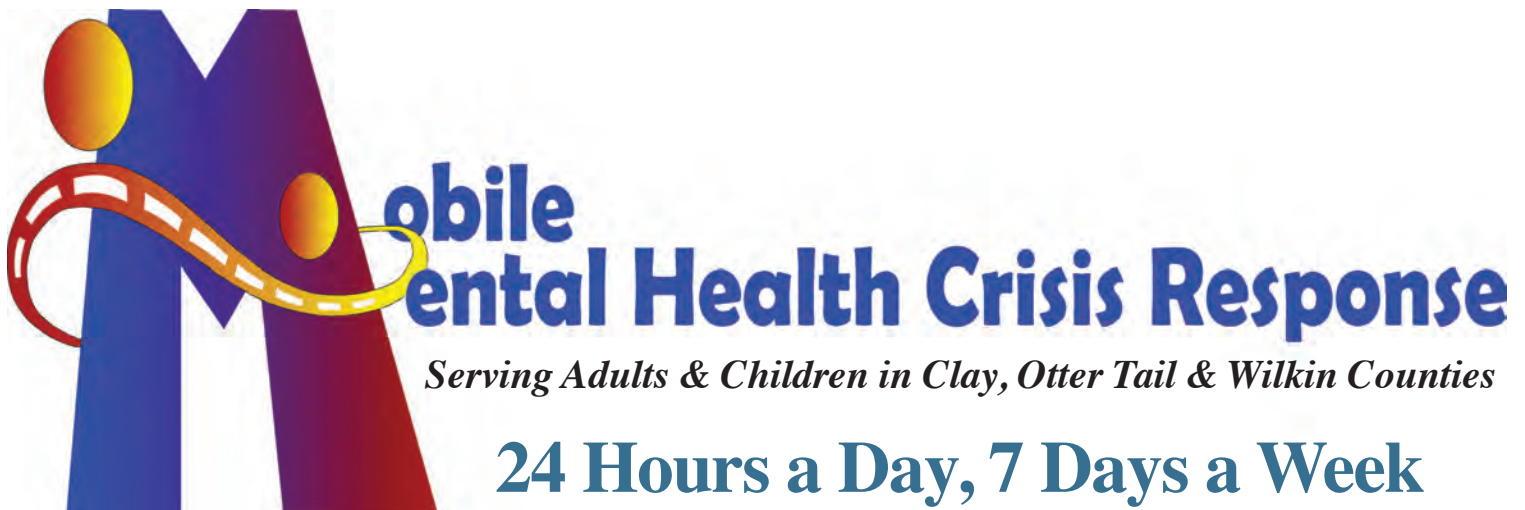
Problems Sleeping?

Difficulty Coping?

Feeling Confused?

Overwhelmed?

Negative Thoughts?



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. Ages 6-11.

\$140 Members/ \$156 Nonmembers.

Engineer the Future

Mondays, January 8th - February 12th from 5:30PM - 6:30PM

Engineer the future allows your kids to expand their minds through real world engineering and design projects for kids. In Engineer the Future students will get the chance to construct and test multiple projects from weight bearing bridges to building a one bedroom house. Ages 8-13.

\$30 Members/ \$60 Nonmembers.



Gym Madness

Tuesdays and Thursdays, January 9th – 25th from 5:00PM - 5:45PM

Gym Madness is a fitness program that allows kids to play a variety of gym activities. We have added a new twist to classic games to keep kids excited and having fun in a friendly and competitive environment. Come check out the madness! Ages 4-6.

\$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

Celebrating a Stress Free Holiday Season

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

Some signs of stress in children:

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

Tips for a Stress Free Holiday Season

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



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

YMCA OF CASS AND CLAY COUNTIES



ymcacassclay.org | #ymcacassclay | 701.293.9622



WINTER/SPRING PROGRAMS

Registration is OPEN for Winter/Spring Youth Programs!

Kids will learn new things, stay active, and discover their potential with Winter/Spring Programs at the YMCA! Session details and registration online: ymcacassclay.org/programs

- Flag Football
- Gymnastics & Dance
- Sports Performance
- Gator Swim Team
- Swimming Lessons
- Rock Climbing
- Basketball League – Registration closes Jan. 14!
- Babysitting Training – Dec. 16 and Jan. 13
- and more!

WINTER SESSION: January 8 – March 10 | SPRING SESSION: March 19 – May 19



PARENTS' NIGHT OUT

December 16 (Schlossman YMCA) | **January 20** (Fercho 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

December 26–29 and January 15 | 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



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

Skate with

SANTA!

December 10

2:15-4:15 pm

Moorhead Sports Center



Sleigh Rides

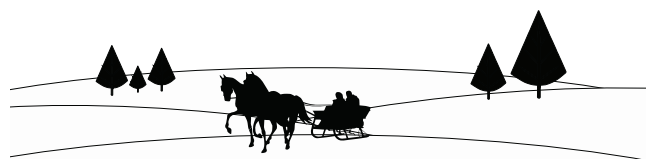
December 26-29

1:00-4:00 pm

Hjemkomst Center

\$4.00 per person

Tickets available at the door.



Parks and Recreation

moorheadparks.com



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.





Keys to Kindergarten is a free program that offers important school readiness activities to improve your child's academic, social and emotional skills.

Keys to Kindergarten Schedule:

6 to 7 - Parents and Keys to Kindergarten children will participate in classroom activities.

7 to 7:25 - Parents will attend a parent session while the children participate in school readiness activities with the classroom teacher.

7:25 to 7:30 - Clean up and good bye!

(Sibling-care will be provided, please note if care is needed during registration process).

**Thursday evenings from
6 to 7:30 p.m.,
January 18 — March 29
(no class March 8)**

Topics for Children:

- Produce letter sounds
- Letter recognition
- Rhyming words
- Colors and shapes
- Counting and number recognition
- Following directions
- Listening skills
- Interacting with peers
- Sorting objects
- Syllable awareness
- Making logical predictions
- Other essential skills

Class Information

KCCI0A - Probstfield Center for Education, 2410 14th Street South

To register, call Community Education at 218-284-3400 or go online at

<https://communityed.moorheadschoools.org> listed under Early Childhood Family Education - School Readiness.

Keys to Kindergarten is for children who live in the Moorhead Area School District and will be starting kindergarten in the fall of 2018 and their parents.

Do you have a preschooler or know someone who does?

Call 218-284-3800 for appointments

December 8
January 12
February 9
March 16

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!

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

What do these individuals all have in common?

They are members of the **Moorhead High School Hall of Honor**

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

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

Nomination guidelines and forms are available on the district's website at www.moorheadschoools.org or at Moorhead High School. Nominations received after Jan. 15, 2017, will be considered for future recognition. Nominations previously received are kept to be considered for future recognition.

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

Moorhead High School Holiday Concerts

Monday, December 18

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

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

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

8 p.m. — Chorale, Concert Choir, Chamber Orchestra, Symphony Orchestra, Wind Ensemble



Horizon Middle School Campus Concerts

Horizon East Cafetorium, 3601 12th Ave. S., Door E1

Grade 6 Choir Concert — November 30 ◆ 7 p.m.

Grade 7 Choir and Honor Choir Concert — December 5 ◆ 6:30 p.m.

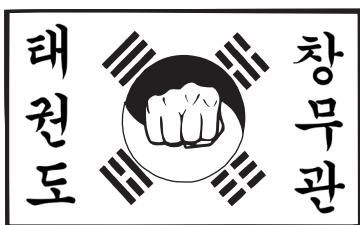
Grade 8 Choir and Honor Choir Concert — December 5 ◆ 8 p.m.

Grade 6 Orchestra Concert — December 14 ◆ 6 p.m.

Grade 7 Orchestra Concert — December 14 ◆ 7 p.m.

Grade 8 Orchestra Concert — December 14 ◆ 8 p.m.

Grades 5-6 Band and Jazz Band Concert — December 19 ◆ 7 p.m.



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

Year-Round Lesson Program

Register for Classes

Winter One Session

January 8th - February 15th - 6 Weeks

Spring 1 Session

February 19th - April 5th - 6 Weeks

NO SWIMMING LESSONS MARCH 5th-8th

Saturday Session - TBA

*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:

Winter One Group Lessons: \$72.00/Student

Winter Private Lessons: \$216/Student

Spring One Group Lessons: \$72.00/Student

Spring One Private Lessons: \$216/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!"

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