



KiDsource

JANUARY 2018

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.

JUST FOR KIX



DANCE!

MENTION THIS AD

to try a class with no obligation!

Register or learn more at:

justforkix.com/danceclasses/moorhead-mn

Join **JUST FOR KIX** dance classes

Many recognize Just For Kix for the perfect balance of fun and learning. Dancers grow, make friends and together with their team, learn to overcome obstacles and put their collective talents together. Success multiples and lives are changed.

We take registrations anytime throughout the season!

Dance class offerings for ages
2 years - 12th grade in styles
Kick, Hip Hop, Jazz & much more!

Paige Engels
(320) 760-3268
moorhead_mn@justforkix.com

JUST FOR KIX

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](https://twitter.com/MoorheadSchools)) and Instagram ([moorheadschoools](https://instagram.com/moorheadschoools)).

Register now for winter 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.moorheadschoos.org.***

Ever had a great
idea for a game?

Want to learn how
to make your OWN
Video Games?

Classes at
all the
Moorhead
elementary
schools!

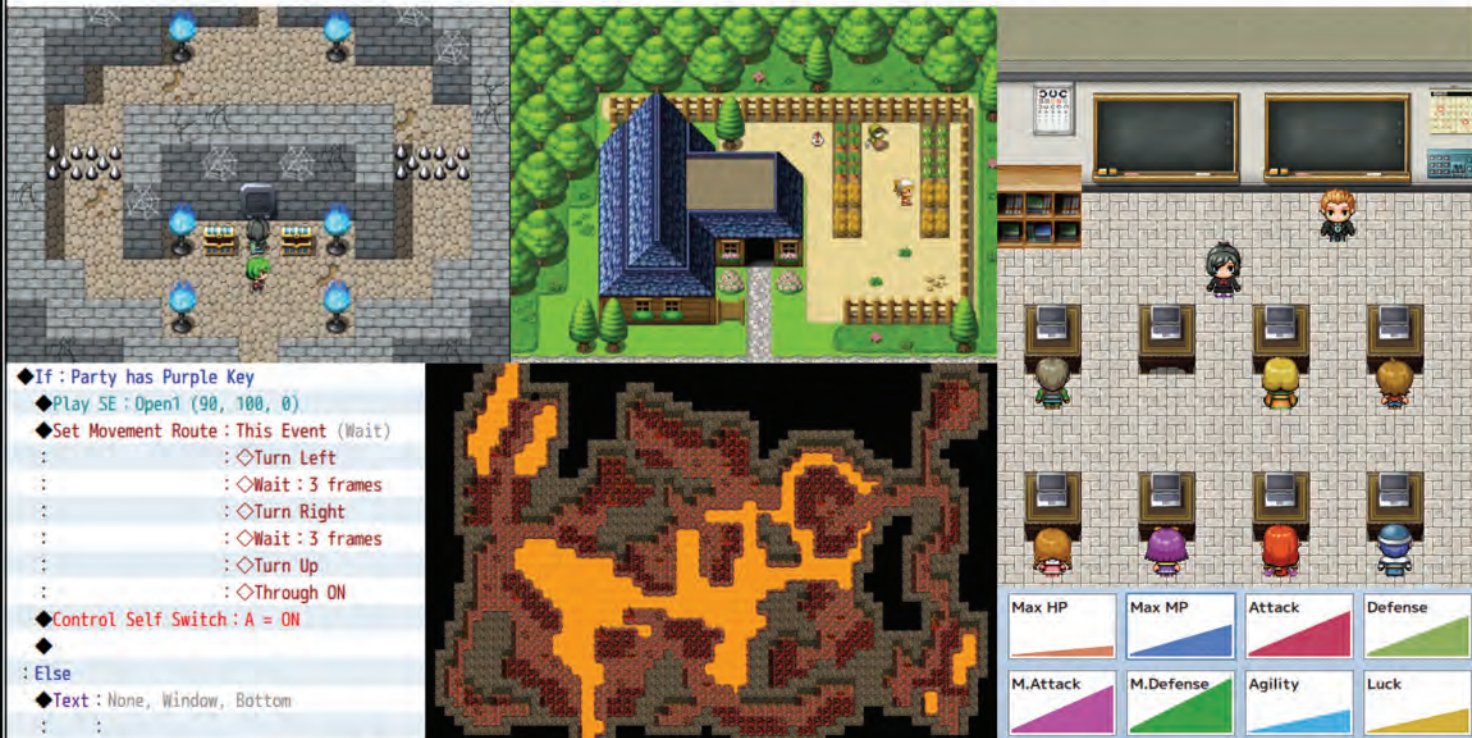


\$110

Creating Video Games - Beginner

CODE	LOCATION	DATES & TIMES	Grades 3-4
YAS20C	Robert Asp Elementary	(Wednesdays, 1/10 - 2/7; 3:00 - 5:00 p.m.)	
YAS20D	Dorothy Dodds Elementary	(Wednesdays, 2/14 - 3/21 (no class 3/7); 3:00 - 5:00 p.m.)	
	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

Moorhead Community Education Camps

Register online at <https://communityed.moorheadschoools.org> or

call 218-284-3400 for more information.

3RD AND 4TH GRADE GIRLS!

Join 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 - 10 Tuesdays, 1/16-3/27, (no class 3/6),
Robert Asp Elementary, 3:30-5 p.m., \$65



Hey 5th and 6th Graders!

JOIN ART CAMP TODAY

Art club is a fun way to get to do projects outside of the art room. It is a way for you to explore a variety of art materials while making new friends. You also will get to spend more time with Mrs. Stowman and Mrs. K! We will be doing all types of projects ranging from oil pastels to clay to murals. Please join us for an awesome art experience! All materials provided.

YAS11B - 9 Wednesdays, 1/3-2/28, Horizon Middle
School West Campus 5th Grade Maker Space,
7:45-8:45 a.m., \$69



WINTER 2018 CLASSES

Program Dates:

February 3 - March 10

Sharing Open House: **March 11**

Skills for the Stage II:

Long Form Improv

Grades 9-12 | Tuition: \$90
Saturdays 9:00-10:30am

Telling Tales:

Elephant & Piggie

Ages 4-5 | Tuition: \$72
Saturdays 9:30-10:30am

Spotlight Stories:

Charlotte's Web

Grades 1-2 | Tuition: \$72
Saturdays 10:45-11:45am

Stage Creations:

Diary of a Wimpy Kid

Grades 3-4 | Tuition: \$72
Saturdays 10:45-11:45am

Performing the Song:

Music from Moana

Grades 1-4 | Tuition: \$90
Saturdays 12-1:30pm

Skills for the Stage I:

*Short Form Improv
& Sketch Comedy*

Grades 5-8 | Tuition: \$90
Saturdays 12-1:30pm

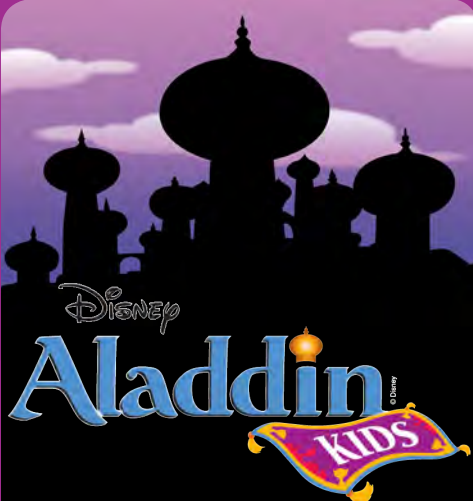
Actor's Toolbox:

A Director's Actor

Grades 7-12 | Tuition: \$90
Saturdays 1:45-3:15pm

Registration now open!

SUMMER 2018 PRODUCTION CAMPS



Elementary Camps

Grades K-2

Morning Half Day Camp
9am-Noon | M-F

-or-

Afternoon Half Day Camp
1pm-4pm | M-F

Program Dates: **June 4-22**

Performances: **June 21 & 22**

Tuition: **\$200**

Grades 3-5

Full Day Camp
9am-4pm | M-F

Program Dates: **June 4-29**

Performances: **June 27 & 28**

Tuition: **\$300**



Middle School Camp

Grades 6-8

Full Day Camp
9am—4pm | M-F

Program Dates:

July 9-August 3

Performances:

July 31, August 1 & 2

Tuition: **\$325**



Summer registration opens Monday, January 15

 **FARGO MOORHEAD
Community Theatre**

Located at **THE STAGE** at Island Park

Additional program information and registration links at:
FMCT.ORG/EDUCATION

News Flash – Dads play an important role in a child's life.



More than just the “other parent” a child turns to when mom says “No”, dads direct involvement makes a difference with kids. Research tells us that children benefit in a variety of ways when there is positive involvement from fathers and father figures. It also tells us that fathers benefit from being positively involved with their kids. How cool is that?!

When fathers are involved their children learn more and typically perform better in school. Involved fathers help develop in their child a stronger ability to problem solve, increase self-esteem, confidence, social competence and life skills. Fathers who play an active role in caring for their infant child contribute to higher levels of secure attachment for the child

Five Tips to being an involved Dad

1. Spend time with your children: Our lives are so busy and unfortunately some of that busyness takes away from time with our children. Make time every day whether at dinner, attending one of your child's activities, or reading a bedtime story to connect with your child. Ask them how their day went; share your day with them. With all of the new “technology” even dads who live apart from their children can find ways to connect with their child. Missed opportunities are forever lost.
2. Be a role model: Whether you realize it or not, kids are watching what you say and do. Respect their mother in your words and actions and your children will grow up to respect her as well. When helping someone in need, even something as small as shoveling the sidewalk for a neighbor, it teaches your children the importance of helping others.
3. Listen to your children. Take time to listen to their ideas and problems. Start talking with them when they are young and the conversations you will need to have as teenagers about drugs and alcohol will be that much easier to have with them.
4. Get involved in your child's education: Attend school meetings and school functions. How excited would your child be if you attended their class music performance? Help them with their homework. Read to your child. When your child is young, make an effort to read to them every day. Besides the benefits of one on one time with your child you are instilling in them the love of reading. As they become readers, have them read to you! As they progress in school, find out what books they are reading at school. You might want to consider checking that book out of the library and reading it at the same time so you can discuss it with your child.
5. Show affection: Tell your kids every day that you love them and then tell them again!

A dad's job is never done. Even after children grow up and leave home, they will still look to their fathers for wisdom and advice. There will always be something special about fathers.

Kids and Dads. Building trust. Shaping lives. Sharing love.

For more information on Dads check out www.mnfathers.org

Local Advisory Council for Children's Mental Health



STAY ACTIVE THIS WINTER!



Mini Basketball

1st-2nd Grade | Saturdays | January 6-February 24 | Ellen Hopkins Elementary | \$35.00
Learn the basics of basketball and make new friends with this introductory program.

Youth Basketball

3rd-4th Grade | Saturdays | January 6-February 24 | Ellen Hopkins Elementary | \$62.00
Learn the value of teamwork while focusing on participation and fun!

Open Gym

Sundays | January 7-February 25 | Ellen Hopkins Elementary | FREE
Youth: 1:00-4:00 pm | Adults: 4:15-5:45 pm | Basketballs and volleyballs provided.

NEW PROGRAM Youth Gymnastics

K-8th Grade | Mondays | January 22-February 12 | Moorhead High School | \$42.00
An introductory class in gymnastics focusing on fitness, balance, and body control.



Parks and Recreation

moorheadparks.com
218.299.5340



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?

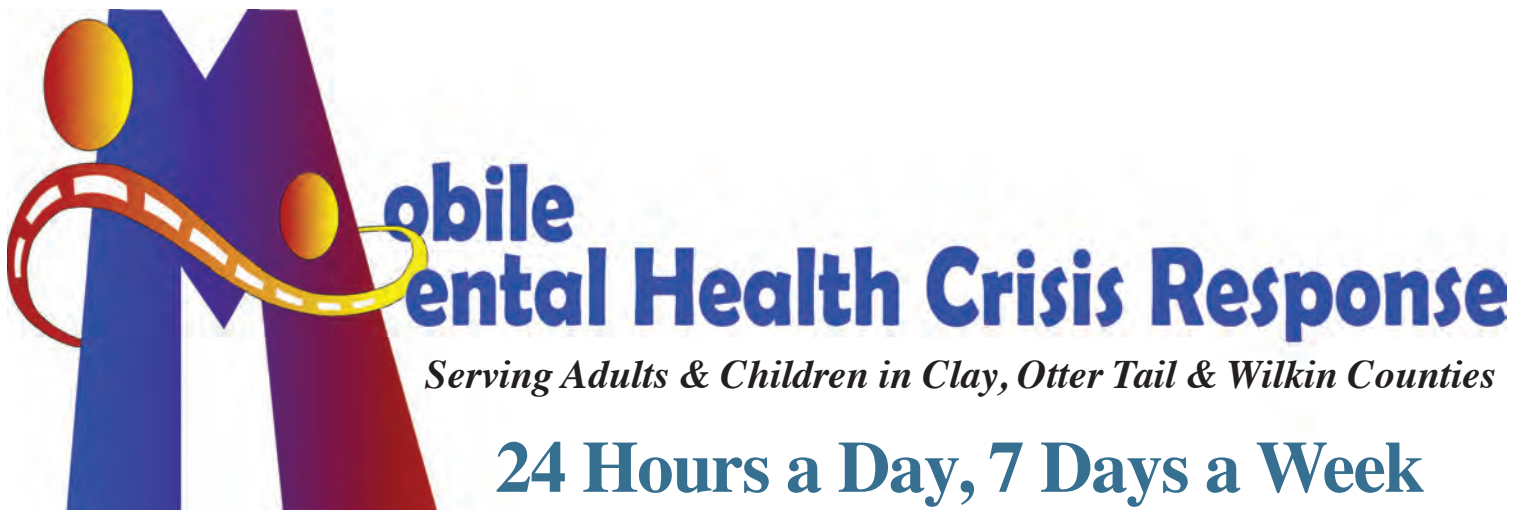
Problems Sleeping?

Difficulty Coping?

Feeling Confused?

Overwhelmed?

Negative Thoughts?



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.



Great Start and Finish to Your Child's Day!

School age Care grades K-6: At Early Years Enrichment Center we understand that before and after school care is important to working parents and the social needs of your child. We are happy to offer a morning and afternoon routine that provides time to relax and unwind!

- Options for non-school days
- Possible care on snow days and late starts
- Bus transportation from Moorhead School District-Robert Asp
- Full time or Part Time Options available
- Holiday related guest activities-breakfast with Santa, Serenity Assisted Living Program and the Pumpkin Patch
- Summer Rec Program includes golf and private swim lessons, field trips and transport to select DGF & Mhd Parks activities
- Summer Camps offered-basketball, volleyball, soccer, jewelry, cooking, science, scrapbooking, gardening and Spanish
- Special visits-fire department, dentist, local police, Red River Zoo, classroom readers, musicians and aquariums



Early Preschool, Preschool and PreKindergarten: Introduced in our toddler room, our theme based Creative Curriculum begins by engaging children through play and hands on learning. All of our classroom environments allow children to explore their own interest in areas such as Creative Arts, Sensory, Dramatic Play, Reading & Writing, Blocks & Transportation, Math and Science.

- Creative: They can express themselves by drawing, painting, through drama and more!
- Library: An inspirational area where they can curl up like a bookworm.
- Construction or Math: Time to build bridges and towers, solve problems, puzzles, games.
- Science and Sensory: Exploration take places here while the children can discover and experiment.

Team Building, Confidence and Character Development are gained during our daily Group Time.



- Care is provided for ages 6 weeks -12 years
- Nutritious meals and daily physical activity
- Secured entry and safe program
- Educated, trained teachers with background checks

To learn more about enrolling now contact us!

Email: earlyyearsdilworth@gmail.com

Phone: **218-287-8988**

Website: earlyyearsfm.com

F[❄]STIVAL

**January
26-27, 2018**



EMBRACE THE
COOL
OF WINTER

Grab your friends...
and maybe some mittens!

Join us • outdoor activities
live music • **family friendly events**
memories • snow • competitions!



Save your spot at:
Frostival.com



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

Teams include:

- 8U (ages 7-8)
- 10U (ages 9-10)
- 12U (ages 11-12)
- 14U (ages 13-14)
- 18U (ages 15-18)

Travel Teams will also be available for 10u-18u

Registration starts Monday, January 2nd and runs through Friday, March 16th. Mark your calendars because it's going to be AWESOME!

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

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

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

Todd Kiser - President 701.388.5057

Vance Christianson - Program Director 701.238.5276

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



UPCOMING YOUTH ACTIVITIES

After School Healthy Cooking

Session 1: Tuesdays, Jan. 9th - Feb. 13th OR Wednesdays, Jan. 10th - Feb. 14th

Session 2: Tuesdays, Feb. 20th - Mar. 27th OR Wednesdays, Feb. 21st - Mar. 28th

Session 3: Tuesdays, Apr. 3rd - May 8th OR Wednesdays, Apr. 4th - May 9th

All session classes run from 3:15- 4:15 PM

Family Wellness wants to invite you to join us in the kitchen this school year with our After School Healthy Cooking Program! This hands on learning experience will have you slicing and dicing your way to become the next top chef! It is a 6 class program that allows kids to cook and taste test a new recipe each day. So grab your apron and a spatula and come see what we are stirring up in the Family Wellness After School Healthy Cooking Program!

\$60 Members/ \$66 Nonmembers.

Family Fit

Mondays, February 26th – April 2nd from 5:30PM - 6:30PM

Family Fit is designed to get you and your kids moving together. This class will offer a variety of work outs designed for kids and their parents. The program is 6 sessions long and is for kids age 7-11 and their parents. Make Family Fit your new family night at Family Wellness!

\$30 Members/ \$60 Nonmembers.



Inspire Wellness Youth Basketball Tournament

Saturday and Sunday, March 10th and 11th

Family Wellness will host the Inspire Wellness Youth Basketball Tournament this March! There are both boy's and girl's divisions available. All proceeds from the tournament will go directly to the Inspire Wellness Initiative which funds need based community programs in our area. The deadline to register is Friday, February 23rd. Please contact Matt for more information at 701-234-7001 or at matthew.melchior@sanfordhealth.org.

\$150 per team.



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

JOIN & SKATE

with Girl Scouts



Looking for fun
and adventure?
GIRL SCOUTS HAS IT!

Join us at Skate City to take
advantage of this special offer.

3302 Interstate Blvd S, Fargo, ND 58103

Saturday, January 20

10:00 AM - 12:00 PM

\$25

Includes: Annual Girl Scout membership,
skating admission and skate rental

*Special for new girls in grades K-8. Membership form can be
found at www.gsdakotahorizons.org

**Join your girl on the adventure! Sign up as a Troop Co-Leader
during the event and get a free membership.



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 Winter Classes

Winter Session: January 8 - March 10



Baby Classes

Rockin' Rollers

Ages 1 - 6 months | 30 minutes

Curious Crawlers

Ages 6 - 12 months | 30 minutes

Register at tntkidsfitness.org

Open Gyms

Preschool Open Gyms

Ages walking - 5 years*
Thursday: 11:00am - 12:00pm
Friday: 10:00am - 11:00am
Saturday: 8:00am - 9:00am

*One active helper needed for every two children
\$6 per child

\$50 punch card for 10 open gyms

School Age Open Gyms

Ages 6-14 years
7:00-8:30pm
\$15 per child

January 12 - Ninja Theme
February 23 - Green and Gold Theme
March 16 - Leapin' Leprechauns Theme
April 20 - Ninja Theme

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



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/>



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

EARLY REGISTRATION DEADLINE IS JANUARY 2, 2018

Visit our website for more information and to register:

www.moorheadjuniors.com

MOORHEAD JUNIORS VOLLEYBALL
PO BOX 135
MOORHEAD, MN 56561



Awesome Art Afternoon

Saturday, January 13

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!

701-499-6060 | FargoParks.com



Open Swim

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

Now - 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.



701-499-6060
FargoParks.com



K-2ND GRADE BASKETBALL LEAGUE



Program
starts
February 6



Kids will learn the
fundamentals of basketball,
teamwork & sportsmanship all
while having fun!



Free event for the public with a free matinee movie
(announced on FargoParks.com), open skate and much more!

Pepsi products and popcorn will be served, while supplies last.

JAN 15

1-5pm • Scheels Arena
5225 31st Ave S



SCHEELS arena



Visit FargoParks.com for details
701-499-6060

Frozen Fantasy

Avalon Events Center, Fargo
Saturday, January 27
6:30-9:00 pm

Create some winter magic by bringing the whole family to this semi-formal dance affair.

Music ~ Dancing ~ Refreshments

Professional photographer available to take your Family Photos (not included in ticket price).

Tickets available at the door only.
\$10 per person

Official event of:
FR  **STIVAL**



701-499-6060
FargoParks.com

Cardboard Sled Races

Build a Cardboard Sled! Prizes for Best Design!
Races begin at 10:30 am for youth + families.
Pre-register at FargoParks.com

Mickelson Park + Softball Fields
901 Oak Street North

Saturday, January 27
8:30am-Noon



Official event of:
FR  **STIVAL**



701-499-6060 | FargoParks.com

Cross Country Ski Race

Saturday, January 27
Edgewood Golf Course
Races begin at 9:00 am

Skating Style 3K Race for ages 17 & under
Classic Style 1K Race for ages 9 & under
Classic Style 3K Race for ages 16 & under

Youth Races \$10 in advance, \$12 onsite

Official event of:
FR  **STIVAL**

Register online at Frostival.com



701-499-6060 | FargoParks.com

Join us at a different outdoor ice rink each week for ice skating, music, hot cocoa, s'mores & more!

S  **mores & more**
on
Ice 



Visit FargoParks.com for details
701.499.6060



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, January 22 • 4 – 6 PM
Monday, February 5 • 4 – 6 PM
Monday, February 26 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, January 29 • 4 – 5:30 PM
Monday, February 12 • 4 – 5:30 PM

REGISTER TODAY!

plainsart.org / 701.551.6100

KID QUEST: RETHINKING SOUND

Saturday, February 3, 1 – 4 PM
FREE fun for the whole family! • Register at plainart.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

Moorhead Youth Baseball Association

Moorhead Little League and Babe Ruth baseball associations have merged together to offer the best baseball experience for players of all skill levels ages 5 – 15

Player registration deadline for the 2018 season is February 28th

Register online at WWW.MOORHEADBASEBALL.COM

For questions please visit our website or call Peter MacFarlane at 701.552.1791



Find on Facebook & Twitter





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! Details and registration online: ymcacassclay.org/programs

JOIN IN ANYTIME!
Session fees will be pro-rated accordingly

- Rock Climbing
- Basketball Skills & League - League registration closes January 14!
- Gymnastics & Dance
- Babysitting Trainings - January 13 and January 27
- Sports Performance
- and more!



WINTER/SPRING PROGRAM GUIDES

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

• Winter Session: Jan. 8 – March 10 | Spring Session: March 19 – May 19



AQUATICS & SWIM SCHOOL

Learn water safety, lifelong skills, and make new friends in Aquatics at the YMCA!

SWIMMING LESSONS

Ages Infant – Adult

YMCA Swimming Lessons develop aquatic readiness, develop safe water habits, engage in underwater exploration, and teach children important water safety skills. Winter session starts January 8!

ymcacassclay.org/swimschool

GATOR SWIM TEAM

Ages 6+

The FM Gator Swim Team is a competitive swim program that has been a part of the YMCA of Cass & Clay Counties for over 50 years. Swimmers of all ages are welcome to participate, improving their skills while learning to value hard work, reach for excellence, and enjoy spirited competition.

ymcacassclay.org/gators

Upcoming Events

Parent's Night Out

January 20 | February 17 | March 24 | April 21

Need a night away from the kids? Your kids will have a blast in the Aquatic Center, Climbing Wall, Xerzone, PlayTown and more! 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

January 15 | February 16 & 19 | March 29 – 30

School's out for the day! Join us for gym games, rock climbing, swimming, 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



Join the YMCA this January and pay NO ENROLLMENT FEE! Get access to two facilities, member discounts on programs and events, over 100 group fitness classes per week, and more!

Learn more about membership and join online: ymcacassclay.org/join



UNITEDSCRRV.ORG



UNITED Soccer Club

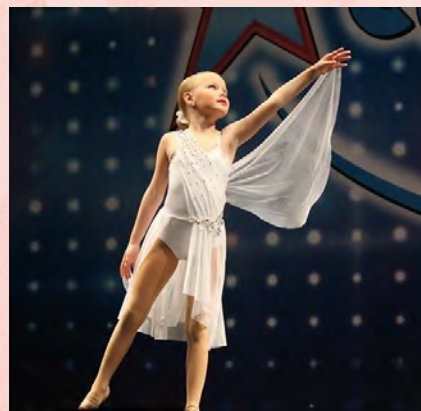
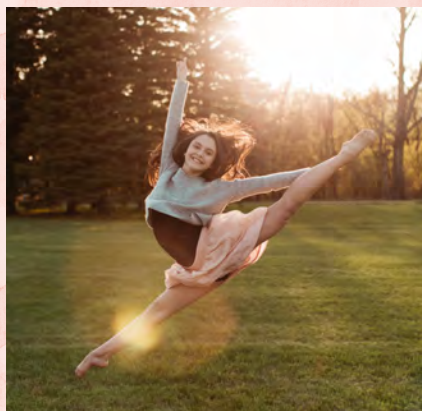
OF THE RED RIVER VALLEY

Recreational & Competitive Soccer Programs

Join us for a fun, challenging and collaborative soccer community! United SC strives to provide a program for youth to achieve their full potential through high quality technical training, competitive matches, character building and community involvement!

For more information visit unitedscrrv.org





SPRING REGISTRATION NOW OPEN!

RED RIVER
DANCE
& PERFORMING CO

• Register Online: www.redriverdance.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.

What do these individuals have in common?

*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)*

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.

Submit your nominations for the Moorhead High Hall of Honor today.

Nomination guidelines and forms are available on the district's website at www.moorheadschoools.org or at Moorhead High School. Nominations received after Jan. 15, 2018, will be considered for future recognition. Nominations previously received are kept to be considered for future recognition.

Do you have a preschooler or know someone who does?

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.

Call **218-284-3800**
for appointments.



Friday, January 12
Friday, February 9
Friday, March 16
Friday, April 13

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., Moorhead

Ready...Set...Grow!

MOORHEAD AREA PUBLIC SCHOOLS SECURITY

At Moorhead Area Public Schools, the safety and security of our students is a priority. With that in mind, Moorhead Schools has installed 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.



MOORHEAD
AREA PUBLIC SCHOOLS

www.moorheadschoools.org

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

We're ready for our new SPUDS!

Moorhead Area Public Schools Kindergarten Registration

February 6, 2018 • 7 a.m. – 6 p.m.

February 7, 2018 • 7 a.m. – 3:30 p.m.

Register at Probstfield Center
for Education, 2410 14th St. S.

Students must be 5 years of age
on or before Sept. 1, 2018.
Please bring proof of your child's birthday.

Register for
free all-day
kindergarten



MOORHEAD
AREA PUBLIC SCHOOLS

Considering the district's K-6 Spanish Immersion Program for your child?

Learn more by meeting with the principal, speaking to immersion parents or visiting the school. Call the Ellen Hopkins Elementary office at 218-284-4300.
To enroll your child in the Spanish Immersion Program register Feb. 6-7, 2018, at Probstfield.



Registration packets with Spanish Immersion Program information will be mailed to age-eligible students on the school district census in mid January. For more information call 218-284-3370, email info@moorheadschoools.org or visit www.moorheadschoools.org.



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:

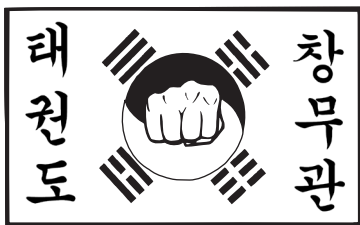
- Produce letter sounds
- Letter recognition
- Rhyming words
- Colors and shapes
- Counting and number recognition
- Following directions
- Listening skills
- Interacting with peers
- Sorting objects
- Syllable awareness
- Making logical predictions
- Other essential skills

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.



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE GUIDANCE THEY NEED TO GROW

WINTER/SPRING 2018 YOUTH PROGRAM GUIDE
YMCA OF CASS AND CLAY COUNTIES

- › Sports Programs
- › Enrichment Programs

- › Swim School & Team
- › Child Care

YMCA OF CASS AND CLAY COUNTIES

FACILITY HOURS

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

HOLIDAY HOURS

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

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

YMCA Storm Line

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

LOCATIONS

Fercho YMCA
400 1st Avenue S, Fargo
701.293.9622

Schlossman YMCA
4243 19th Avenue S, Fargo
701.281.0126

Partner Facility:

Family Wellness
2960 Seter Parkway, Fargo
701.234.2400

**IT SAVES TO
BE A MEMBER!**

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

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



Website
ymcacassclay.org



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



LinkedIn
Search YMCA of Cass and Clay Counties



Facebook
facebook.com/ymcacassclay



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



Mobile App
Search YMCA of Cass and Clay Counties

PROGRAM REGISTRATION

Flip through the guide for information on Winter/Spring programs, events and more!

ONLINE

ymcacassclay.org/register

PHONE

701.293.9622 or 701.281.0126

WALK-INS

400 1st Ave S, or 4243 19th Ave S, Fargo

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

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

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

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



PERFORMING ARTS TRAINING AND FUN FOR CHILDREN AGES 6-11



DREAM IT. LEARN IT. LIVE IT.

Five, one-week sessions, 8:30am-4:30pm daily

June 4-8, June 11-15, June 18-22, July 16-20, & July 23-27, 2018

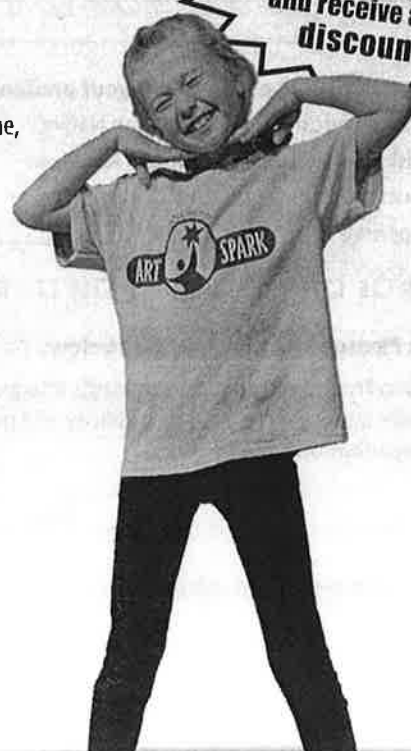
- ★ ArtSpark provides children the opportunity to explore the performing arts, guided by music and theatre artists/educators. Each day, students will participate in theatre games, singing, storytelling, movement, and more—all centered around creative, fun themes.
- ★ Best of all, kids become more confident, more creative, and better communicators!
- ★ Each session concludes with a showcase for family and friends.
- ★ Fee includes team-taught instruction by arts educators, class supplies, and t-shirt.
- ★ Students must provide their own lunches, snacks and beverages.

Register January 10, 2018! Students are encouraged to enroll early; program is filled on a first come, first served basis. Space is limited and sessions fill up quickly.

- Deadline is Friday, May 18 for June sessions and Friday, June 8 for July sessions (Registration remains open after this deadline. However, a \$25 late fee will be assessed.)
- See reverse side for locations, fee information and REGISTRATION FORM.
- West Fargo Public Schools offers a \$100 voucher for West Fargo School District enrolled students.
- ALL FORMS also available for download at www.trollwood.org or by contacting Trollwood.

* All ages refer to age by August 31, 2018

SAVE \$\$\$
Register by April 1st
and receive a \$15
discount!



trollwood
PERFORMING ARTS SCHOOL
— at Bluestem Center for the Arts —

www.trollwood.org
801 50th Ave S, Moorhead MN 56560
P 218.477.6500 F 218.477.6501
trollwood@fargo.k12.nd.us
A program of the Fargo (ND) Public Schools

ARTSPARK REGISTRATION FORM 2018

Return this completed form along with fee payment, West Fargo voucher, and/or financial aid form (if applicable, available at www.trollwood.org).

Mail, email or fax completed registration form and payment to Trollwood Performing Arts School.
Mail: 801 50th Ave S, Moorhead, MN 56560 | Email: trollwood@fargo.k12.nd.us | Fax: 218-477-6501

Student Name _____

Date of Birth (M/D/Y) _____ Gender _____

Age (as of August 31, 2018) _____

Grade Completed (Spring 2018) _____

Current School (Spring 2018) _____

Address _____

City, State, Zip _____

Home Phone _____

Living with (check one): ☐ Mother ☐ Father ☐ Both ☐ Other

Check Relationship and Print Name:

☐ Mother ☐ Stepmother ☐ Guardian _____

Address (if different than above) _____

Employer _____

Job Position/Title _____

Work Phone _____ Home Phone _____

Mobile Phone _____

E-mail Address _____

Check Relationship and Print Name:

☐ Father ☐ Stepfather ☐ Guardian _____

Address (if different than above) _____

Employer _____

Job Position/Title _____

Work Phone _____ Home Phone _____

Mobile Phone _____

E-mail Address _____

Check the one category that best describes your predominant racial/ethnic identity:

- ☐ American Indian or Alaskan Native
☐ Asian or Pacific Islander ☐ Black or African American
☐ Bosnian ☐ Caucasian (white) ☐ Hispanic or Latino
☐ Middle Eastern or Arab American ☐ Other _____

T-shirt Size: YOUTH ☐ S ☐ M ☐ L ADULT ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Parent/Guardian: Please read, sign, and date below:

Consent is granted to Trollwood for the use of media images, interviews, and survey responses involving my child for publicity and marketing purposes for the organization.

Signature _____ Date _____

Note any conflicts with session schedule:

Emergency contact (English speaking):

Name _____

Relationship _____

Day Phone (very important!) _____

Please note medical issues/allergies or special needs including social, emotional or behavioral issues Trollwood should be aware of (this information is confidential):

Please note your preferred health care provider (only to be used in case of emergency): _____

Check Desired Session:

AGES 6-8 (age by August 31, 2018)

- ☐ June 4-8 Ben Franklin Middle School, 1420 8th St N, Fargo
☐ June 11-15 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo
☐ June 18-22 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo
☐ July 16-20 Trollwood, 801 50th Ave S, Moorhead
☐ July 23-27 Trollwood, 801 50th Ave S, Moorhead

AGES 9-11 (age by August 31, 2018)

- ☐ June 4-8 Ben Franklin Middle School, 1420 8th St N, Fargo
☐ June 11-15 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo
☐ June 18-22 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo
☐ July 16-20 Trollwood, 801 50th Ave S, Moorhead
☐ July 23-27 Trollwood, 801 50th Ave S, Moorhead

Fee: \$250 per one week session

\$15 Early Registration Discount (if by April 1) - \$ _____

West Fargo Voucher (if applicable; attach to form) - \$ _____

\$25 Late Fee if after May 18 or June 8 + \$ _____

Total Fee \$ _____

Payment Enclosed \$ _____

Balance Due \$ _____

Payment Options (please check one):

- ☐ **Option 1:** Fee payment in FULL with completed form.
☐ **Option 2:** Choose a payment plan (**Credit Card REQUIRED**):
☐ \$75 down payment w/2 equal monthly payments of \$ _____ to complete balance due.
☐ \$75 down payment w/3 equal monthly payments of \$ _____ to complete balance due.
☐ **Option 3:** Financial Aid application submitted. (In the event financial aid is not fully awarded, please indicate your payment preference. By completing option 2, monthly payment amounts may be determined after financial aid award has been decided.)

Payment Method (please check one):

☐ Check or Money Order/payable to Trollwood Performing Arts School

☐ Cash ☐ Visa ☐ MasterCard ☐ Discover

Card # _____

Exp. Date _____ CVV# (3 digit # on back of card) _____

Signature _____



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.msmdragons.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)
Advanced Mini Dragons (6-9)
Bronze and Silver (10-18)
Advanced Red Dragons (10-18)
Masters (18+)
College Students

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