



# KiDsource

MAY 2018

Dear Families,

An online version of KIDsource is on the school district's website at [www.moorheadschoools.org/KIDsource](http://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.



## 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/>

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](http://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:

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***).

Learn new skills in Moorhead Community Education classes! Register now for spring and summer 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](http://www.moorheadschoools.org).*

# Mental Health Matters

One in five youth in our community struggle with their mental health making it difficult to go to school, hang out with friends and participate in community activities. Bullying, peer pressure, doing well in school, family breakdown, poverty, illness . . . children carry far more than the weight of their backpack on their shoulders. And while we cannot always change a child's circumstances, we can reach out to them with understanding and help. We can help them cope with

life's ups and downs. For information on mental health resources in Clay County click on mental health services at [www.claycountymn.gov](http://www.claycountymn.gov)



For some children their book bag isn't the only thing weighing them down.

## **Try to understand.**

Clay County Local Advisory Council for  
Children's Mental Health

## **A Mile in My Shoes**



For some families, mental illness is just ONE of life's many challenges.

## **Try to understand.**

For more information on mental health services in Clay County click on mental health services under the service tab

**May 10<sup>th</sup>**

## **Children's Mental Health Awareness Day**

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. If your child is struggling with anxiety, sadness, or other behaviors that are concerning to you. Reach out to your family doctor or a mental health provider in our community.





# ROURKE ART ACADEMY

2018



MADE POSSIBLE BY:



Lake Region Arts Council

This activity is made possible by the voters of Minnesota through grants from the Lake Region Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage fund.

- » **Monochromatic Wood Sculptures | YAL80A**  
(ages 12 and up)

**9 june @ 1 to 3 pm saturday**

Students will learn about the fundamental elements of 3-D design and monochromatic color schemes as they construct and paint their own wooden sculpture.

- » **Suminagashi | YAL109A**  
(ages 9-18)

**11 june @ 10 am to 12 pm monday**

The ancient art of Japanese marbling, suminagashi or floating ink, is the process of marbling plain paper with water and ink to transform it into something vibrant and colorful. It dates back as early as the 12th century.

- » **Weird and Wild Art | AFC11A**  
(ages 3-5. guardian required)

**12 june @ 9 to 11 am tuesday**

Dress for mess and artistic success! Young children will have the opportunity to smear, squeeze, splatter and explore possibilities in this expressive class. Using fly swatters, plungers, kitchen utensils, and other items in non-conventional ways, we will experience fun ways to express ourselves. A parent or guardian is required to stay on premises at all times. Please refrain from interfering with the creating processes of the child participating.

- Pixel Art Textures | YAL79A**  
(ages 9-18)

**16 june @ 8:30 am to 12:30 pm saturday**

In this art class, students will work with pixels one cell at a time. Learn how to create textures such as grass, wood, rock, water, brick, and more. This is the perfect supplemental material for any game designer. Students will bring their work home on a CD at the end of class. Students should bring a snack.





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

### Finding the Light - Manual Settings on Your Camera | YAL76A

(ages 14-18)

**21 june @ 4 to 8 pm thursday**

Many individuals rely on their auto settings when they purchase an SLR camera, unaware of the creative opportunity available with the use of manually setting their cameras. In this class, learn about the three settings (f-stop / shutter speed / ISO) on an SLR camera to control light manually and take more controlled photos. Students will learn how to stop motion in a photograph, how to create bokeh (blur) through depth of field-control, and how to shoot in bright or dark-lit situations. This class will briefly cover composition and what makes a good photo. \*It is advised to bring the camera instruction manual as the instructor will not have knowledge of every single camera model. To be prepared, read through the camera instruction manual and learn how to turn the camera to a manual setting and where the ISO, f-stop, and shutter speed adjustment buttons are.

### Messy Art | AFC13A

(ages 4-6. guardian required)

**23 june @ 10 am to 12 pm saturday**

Young children will have hands-on, creative, messy art experiences. Please send children in clothing they can get dirty and paint-y. If desired, a paint shirt or apron also may be sent (nothing too oversized). A parent or guardian is required to stay on premises at all times. Please refrain from interfering with the creating processes of the children participating.

### » Watercolor Landscapes | YAL81A

» (ages 6-14)

**» 23 june @ 1 to 3 pm saturday**

Students will develop skills in watercolor while learning the basic 2-D design elements of a landscape. They will draw inspiration from local landscape photographs that will be provided.

### » Mixing Pixels - An Introduction To Digital Art | YAL78A

(ages 13-18)

**14 july @ 9:45 am to 2 pm saturday**

From painting and illustration to photo bashing and pixel animation, this course will cover the basics of digital art. All students should bring a computer or mobile tablet with one or more of the following programs installed: Photoshop CS6 or CC, Krita, GIMP, Corel Painter or Aseprite (specifically for sprite art and animation). The programs listed are the programs the teacher is most familiar with. If students have another program they prefer using, they are encouraged to bring it to class. However, aid the teacher can provide outside of the listed programs is limited. A drawing tablet peripheral (Wacom, Huion, Ugee, etc.) is encouraged if using Mac or PC, but not required. Participants should bring a sack lunch.

»

### » Dabble in Calligraphy | YAL77A

(ages 12-18)

**28 july @ 9 to 11 am saturday**

Have you ever wondered about the life of a scribe? Ever wanted to try a little calligraphy but never had time? This fun and informative class is taught by local calligrapher Anne Kaese. Learn a hand of style of calligraphy similar to what is used in the St. John's Bible. Pens and paper provided — you bring a sense of fun and a willingness to try something new! A dabble in calligraphy is not for the person who wants a detailed in-depth class, but for people who want to learn a little about calligraphy and the life of a scribe.



## Fargo Safety Town

*For kids entering kindergarten  
Fall of 2018*

Sessions held at  
Lewis & Clark Elementary  
June 4-15 & June 18-29

*Safety Town is a 20 hour course on safety  
procedures. Taught by professional  
teachers and includes visits from  
Fargo Police & Fire Department.*

Registration information and forms  
can be found at  
[www.fargooptimist.org](http://www.fargooptimist.org)

Sponsored by Fargo Optimist Club



## REGISTRATION IS NOW OPEN!

### Big Bopper Baseball - \$35.00

(Kindergarten/5 year olds)

Monday and Wednesday or Tuesday and Thursday  
June 4-July 12, 5:30-6:15 pm



### Adaptive Soccer - \$26.00

(Ages 5+)

Wednesday

June 6-August 1, 6:30-7:30 pm



### FM Challengers Adaptive Baseball - \$26.00

(Ages 5+)

Monday and Tuesday

June 4-July 31, 6:00-7:00 pm or 7:00-8:00 pm



**218.299.5340**

**[moorheadparks.com](http://moorheadparks.com)**



## 90-Day Youth Pass!

**unlimited rides just \$26!**



**[matbus.com](http://matbus.com)**  
**701.232.7500**

- youth grades K-12
- plan your trip on the MATBUS app
- passes on sale at 502 NP Ave, Fargo

**school • movies • public library • extracurriculars**



# Want to build a VIDEO GAME?

**PODS**  
Game Design

## Video Game Design Camp – MHS Media Center

June 11–15

8:00–12:00

(Ages 9–13)

June 11–15

1:00–5:00

(Ages 13–18)



## Advanced Class – MHS Media Center (Dungeons)

July 30–Aug 3

3:30 – 5:30

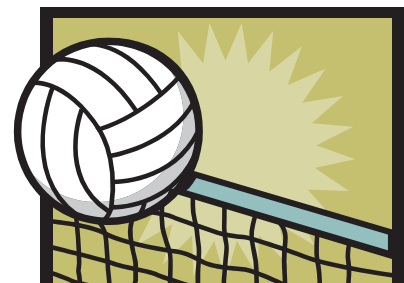
(Ages 9 – 18)



- Learn the building blocks of video game design!
- Create a Role-Playing Game (RPG) of your very own!
- Bring your work home at the end of class to show your family and friends!
- Move on to the Advanced Class after the Camp for more fun!
- Register at  
<https://communityed.moorheadschoools.org/>
- Find more information about the classes at [www.podsgamedesign.com!](http://www.podsgamedesign.com!)
- Questions? Contact PODS at 701-936-4716 or [podsgamedesign@gmail.com!](mailto:podsgamedesign@gmail.com!)

### 2018 Concordia Youth Volleyball Camp: July 10-12

- For girls and boys entering Grades 2-5
- From 9:00-11:15 am each day
- Cost: \$75
- Check-in at 8:30 am on Tuesday, July 10
- Campers grouped by age and ability
- Held at Concordia's Memorial Auditorium
- Each camper receives a free t-shirt and volleyball
- A fun introduction to volleyball: no experience necessary! ☺
- Register Online
- Website: [www.CobberVolleyballCamps.com](http://www.CobberVolleyballCamps.com)





# Summer Orchestra Camp

Monday, July 30 - Friday, August 3, 2018

Horizon Middle School, 3601 12th Ave. S., Moorhead

Register by May 19, 2018

## Camp Activities Included in the Fee

- Lessons
- Ensembles
- Guest Recitals
- Music History
- Ice Cream Social
- Guest Artist
- Music Theory
- Pet Show
- Talent Shows
- Concert

## Optional Camp

**Activities-** More information on these activities will be in the informational email.

- Golf Tourney
- Guitar Hero & Dance Revolution Tourney
- Thursday Activity Night
  - Thunder Canyon
  - Bingo
  - Movie

There will be an additional registration and fees for these opportunities.

### Camp

Camp	Time	Fee
<input type="checkbox"/> YSC75A - Completing Grade 5	9 a.m.-3 p.m.	\$95
<input type="checkbox"/> YSC76A - Completing Grade 6	9 a.m.-3 p.m.	\$95
<input type="checkbox"/> YSC77A - Completing Grade 7	12:15-3:15 p.m.	\$67

### Instrument

☐ Violin      ☐ Viola      ☐ Cello      ☐ Bass

Student's name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent/Guardian(s): \_\_\_\_\_

Address/City/State: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

\*\*Email \_\_\_\_\_

\*\* (An informational email will be sent two weeks prior to the camp)

Current School: \_\_\_\_\_

**\*\* Now accepting enrollments and liability waivers online \*\***

### 3 Ways to Register

**Online:** Go to <https://communityed.moorheadschoools.org>. Pay with Visa, MasterCard or Discover.

**Bring In Person or Mail In:** Bring in or mail this registration form and payment to Moorhead Community Education, 2410 14th St. S., Moorhead, MN 56560.

**Make checks payable to ISD 152 or charge to:**

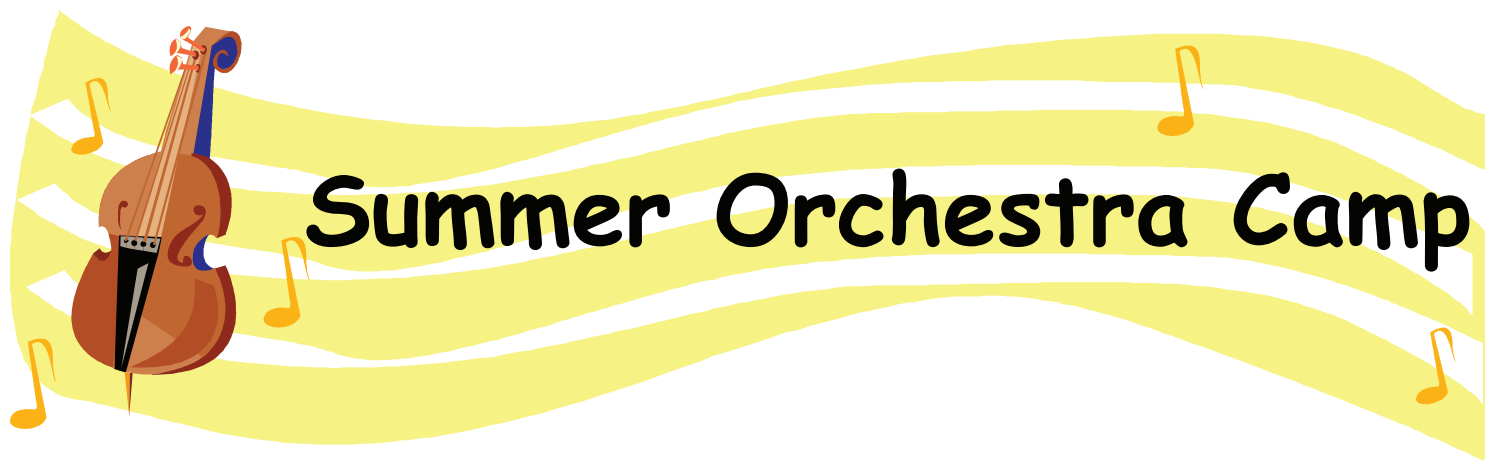
☐ VISA      ☐ MasterCard      ☐ Discover

Card No. \_\_\_\_\_ Exp. date: \_\_\_\_\_

\*Phone registrations will not be accepted. Please see reverse side for Liability Waiver and Tennesen Warning\*

Summer Orchestra is a Community Education program of the Moorhead School District

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



**All registrants MUST have a guardian read and sign the waiver below before participating in any Moorhead Community Education summer camp program.**

**\*\* NOW ACCEPTING ENROLLMENTS AND LIABILITY WAIVERS ONLINE\*\***

### **Release of Liability**

In consideration of your accepting me or my child or ward's entry, I hereby for myself, my child or ward, my spouse, heirs, and successors or assigns, waive and release any and all rights and claims that I, my spouse, or my child or ward may have against Moorhead Community Education or ISD 152, its servants, agents, or employees, for any and all injuries or other damages arising out of or connected with participation in the activities listed herein. I further agree and consent to emergency treatment of my child or ward by a physician or hospital in the event that I cannot be reached. I further understand that Moorhead Community Education staff or their representatives may photograph participants enrolled in programs, classes, or events and use these photos for promotional purposes.

**Parent/legal guardian signature** \_\_\_\_\_

**Date** \_\_\_\_\_

### **Tennessen Warning, Minn.Stat.13.04, Subd. 2**

The information requested on this form is for registration purposes. Its intended use is to assist the advisor in knowing who is enrolled in his or her camp. You are not legally obligated to supply the data. However, failure to do so could result in this office's inability to contact you in the case of any camp change/update or any student emergency. Persons authorized to access information include Community Education staff and summer camp advisors. Limited information (including name and home phone number) may be included on a team roster.



**\*See previous page for camp information\***

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



(701) 212-8775 | [WWW.FMATHLETICS.COM](http://WWW.FMATHLETICS.COM) | [FMAFOOTBALL@GMAIL.COM](mailto:FMAFOOTBALL@GMAIL.COM)

**REGISTRATION FOR THE 2018 SEASON IS NOW OPEN!**

**STUDENTS ENTERING 4 - 8TH GRADE\* (FALL OF 2018)  
ARE ELIGIBLE TO PLAY.**

**2018 Dates to Note:**

<b>May 15</b>	Priority pricing ends at <b>11:59pm TONIGHT</b> . Fees increase by \$50 May 16th.
<b>June 20</b>	<b>All registrations submitted after June 20th may not be accepted based upon availability, and <u>must</u> include the fundraiser buyout of \$120.</b>
<b>July 30</b>	Non-contact practice begins this week.
<b>August 3, 4, 5</b>	Equipment Pick-Up and Mandatory Weigh-In. <i>Metro Rec Center, 3110 Main Avenue, Fargo</i>
<b>August 6</b>	Contact (padded) practice starts this week.
<b>August 8</b>	Alternate weigh-in and equipment pick-up date. <i>No practice this date!</i>
<b>August 18</b>	Jamboree Day for 4, 5 and 6th grade teams. <i>Southside Regional Park, 2000 40th Avenue S., Moorhead</i>
<b>August 20</b>	Regular season games for all grade levels begin this week.
<b><i>NO games will be scheduled Labor Day Weekend (September 1-3)</i></b>	

\*7/8th grade programs available in FM Metro Area only

**ONLINE REGISTRATION  
AND SEASON DETAILS  
AVAILABLE HERE:  
[FMATHLETICS.COM](http://FMATHLETICS.COM)**





# 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



2615 12<sup>th</sup> Ave. S  
Moorhead, MN

CALL 218-233-6941 FOR MORE INFORMATION  
OR VISIT [www.marquartstk.com](http://www.marquartstk.com)



## Learn Ping Pong in Community Education Summer Camps

**Grades 5-12 Camp (June 11-22)**

### Ping Pong Summer Camp

June 11-June 22, 8:30 a.m.-3:30 p.m.

Horizon Middle School East Campus

Room 361

Course No: YSC58A

Instructor: Xuejun Zhang

Fee: \$129



**Grades 5-12 Camp (June 25-July 13)**

### Ping Pong Summer Camp

June 25-July 13, 8:30 a.m.-3:30 p.m. (no class July 2-6)

Horizon Middle School East Campus

Room 361

Course No: YSC58B

Instructor: Xuejun Zhang

Fee: \$129



Students will learn the essential foundations of playing Ping Pong (single and double play). This includes holding the paddle in two ways; serving the ball with different strategies; receiving the ball properly; chopping/spinning the ball; striking the ball; how to move your body; how to cooperate with your teammates in double play, and more. There will be a one-hour break for lunch. Students should bring lunch, water bottle and snack.

Register online at <https://communityed.moorheadschoools.org> or call 218-284-3400 for more information.

# SUMMER BAND

## 5TH AND 6TH GRADERS

Session: August 20-24, 2018

Students enrolled in summer band will learn and practice the three foundations of becoming a successful instrumentalist. 1) Producing a characteristic sound, 2) Reading and playing music, 3) Proper assembly and care of their band instrument. The summer band curriculum covers in one week what usually takes one month for a beginning band student. Accelerate your student's musical experience and join us this summer.

The fee for this program is \$40. Scholarships are available. Please enroll in only one session for your instrument. Lessons will be held at the Horizon Middle School Band Room.

### *Session: August 20-24, 2018*

- ☐ YSC54A-8:30-9:20 - Saxophone/Percussion/Trumpet
- ☐ YSC55A-9:30-10:20 - Flute & Oboe/Trumpet/French Horn
- ☐ YSC56A-10:30-11:20 - Clarinet/Trombone, Baritone, Bassoon
- ☐ YSC57A-11:30-12:20 - Clarinet/Tuba

Student's name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent/Guardian(s): \_\_\_\_\_

Address/City/State: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

\*\*Email \_\_\_\_\_ Current School: \_\_\_\_\_

### **3 Ways to Register**

**Online:** Go to <https://communityed.moorheadschoools.org>. Pay with Visa, MasterCard or Discover.

**Mail In:** Mail this registration form and payment to Moorhead Community Education, 2410 14th St. S., Moorhead, MN 56560

**Bring In Person:** Bring in person this registration form and payment to Moorhead Community Education, 2410 14th St. S., Moorhead, MN 56560.

**Make checks payable to ISD 152 or charge to:**

☐ VISA ☐ MasterCard ☐ Discover Card No. \_\_\_\_\_ Exp. date: \_\_\_\_\_

\*Phone registrations will not be accepted. Please see reverse side for Liability Waiver and Tennesen Warning\*

**Summer Band Camp is a Community Education program of the Moorhead School District**  
**Register online at <https://communityed.moorheadschoools.org>**

# Summer Band

All registrants **MUST** have a guardian read and sign the waiver below before participating in any Moorhead Community Education summer camp program.

**\*\* NOW ACCEPTING ENROLLMENTS AND LIABILITY WAIVERS ONLINE\*\***

## Release of Liability

In consideration of your accepting me or my child or ward's entry, I hereby for myself, my child or ward, my spouse, heirs, and successors or assigns, waive and release any and all rights and claims that I, my spouse, or my child or ward may have against Moorhead Community Education or ISD 152, its servants, agents, or employees, for any and all injuries or other damages arising out of or connected with participation in the activities listed herein. I further agree and consent to emergency treatment of my child or ward by a physician or hospital in the event that I cannot be reached. I further understand that Moorhead Community Education staff or their representatives may photograph participants enrolled in programs, classes, or events and use these photos for promotional purposes.

Parent/legal guardian name printed \_\_\_\_\_

Parent/legal guardian signature \_\_\_\_\_

Date \_\_\_\_\_

## Tennessen Warning, Minn.Stat.13.04, Subd. 2

The information requested on this form is for registration purposes. Its intended use is to assist the advisor in knowing who is enrolled in his or her camp. You are not legally obligated to supply the data. However, failure to do so could result in this office's inability to contact you in the case of any camp change/update or any student emergency. Persons authorized to access information include Community Education staff and summer camp advisors. Limited information (including name and home phone number) may be included on a team roster.



\*See previous page for camp information\*

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





# YMCA OF CASS AND CLAY COUNTIES



[ymcacassclay.org](http://ymcacassclay.org) | [#ymcacassclay](https://twitter.com/ymcacassclay) | 701.293.9622

## EXPLORE WITH US THIS SUMMER!

### Summer School Age Child Care Y Explorer Program: Grades K – 5



- Program runs 6:30am – 6pm
- Weekly off-site field trips
- Flexible scheduling options
- Financial assistance available
- Breakfast, lunch, and snack are included
- 20+ area sites – maybe even one in your neighborhood!
- Interactive STEM, literacy, and arts activities
- Fun summer activities like swimming, outdoor games, crafts, and more!
- And so much more!

Don't forget – Child care families also save BIG on youth programs, summer camp, YMCA membership, and more!

### 2018 THEME: WONDEROPOLIS

Welcome to Wonderopolis, where curiosity and imagination lead to exploration and discovery! From tinkering in the Tech Workshop to getting creative in the Wonder Studio, The Y Explorer Program is your summer learning destination that's full of fun! Kids will also participate in summer activities like field trips, crafts, swimming, outdoor games, and more!

Learn more about YMCA Summer Child Care online: [ymcacassclay.org/schoolage](http://ymcacassclay.org/schoolage)

### SUMMER CAMPS

Weekly sessions run June – August for all camps!

Get more details and register online: [ymcacassclay.org/camp](http://ymcacassclay.org/camp)

#### Camp Cormorant

Resident Camp | Ages 7-14

Join us for a traditional sleepaway camp experience! Choose from camps like ropes course, art, wilderness, waterski, and more!

#### Camp Koda

Day Camp | Ages 6-11

Campers will swim, laugh, sing, go on field trips, make new friends and more during themed camp weeks!

#### Busy Beaver Camp

Half-Day Camp | Ages 3-5

Keep little minds and bodies busy all summer long with a half-day "camping" experience designed just for preschoolers!



### YOUTH PROGRAMS



- Soccer Skills: Ages 3 – 7
- Gator Swim Team: Ages 5+
- Gymnastics: Ages 2+
- Baton Twirling: Ages 4 – 18
- Rock Climbing Mini Camps – NEW! Ages 7 – 14
- Sports Performance: Ages 11 – 17
- Swimming Lessons: Ages 6 months+
- and more!

View session dates, program details, and registration details online: [ymcacassclay.org/programs](http://ymcacassclay.org/programs)

Check out the Summer Program Guide insert for a full list of programs, events, and more!



# UNITED SOCCER CLUB OF THE RED RIVER VALLEY

Formerly West Fargo and FM United, we strive to create a fun, challenging, and collaborative soccer community in the Red River Valley.

REGISTER AT [UNITEDSCRRV.ORG](http://UNITEDSCRRV.ORG)



## RECREATIONAL

- pre-k to 5th grade
- summer season June 4-28
- register by May 10
- \$50

## ACADEMY

- birth yrs 2010, 2011, 2012
- summer season June 4-28
- register by May 10
- \$50

**FALL SEASON** information for Competitive and Rec will be announced mid summer!

**MINNESOTA UNITED FC IS COMING TO FARGO!**  
REGISTER AT [WWW.MNUFC.COM/CAMPS/LOCATIONS](http://WWW.MNUFC.COM/CAMPS/LOCATIONS)



## CAMPS

*MNUFC at United SC*

Our innovative "Play the Minnesota United Way" curriculum includes fundamental and tactical activities that move to small-sided games where players will be encouraged to use the new skills they have learned.

**LOCATION:** Pepsi Soccer Complex: 3101 Co Rd 81, Fargo, ND

**DATE:** July 30 – August 2

**Future Loons | Boys/Girls | Ages 3 to 4 | \$70**

**Little Loons | Boys/Girls | Ages 5 to 6 | \$105**

**Junior Loons | Boys/Girls | Ages 7 to 12 | \$179**

**High School Loons | Boys/Girls | Ages 13 to 18 | \$179**

*Programming provided by MNUFC Youth Development Staff*

**FOR MORE INFORMATION, PLEASE CONTACT:**

Joe Burger: [joe.b@mnufc.com](mailto:joe.b@mnufc.com)



#SCARVESUPMN



# Summer Reading Camp

Session I - June 11, 13, 18, 20, 25

Session II - June 27, July 2, 9, 11, 16

Designed for students entering Grades 1-3

Time: 9:30am - 11:00am

Location: Robert Asp Elementary Media Center

Teachers: Lori Schroeder & Pam Kiser

Cost: \$55 - one session \$100 - both sessions



The summer reading camp is designed to prevent summer reading loss. Studies have shown that students who do not read over the summer can lose up to 60% of their reading skills. Each session will include a small group guided reading lesson at your child's instructional level, building comprehension skills, writing about reading, word work instruction, and inspiring a love of reading. Students will also have the opportunity to check out books at their reading level to support reading at home.



Registration Opens April 1st through Moorhead Community Education	*Course Numbers*
Session I	YSC83A
Session II	YSC84A
Both Sessions I & II	YSC85A

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



Language immersion programs for  
ages 6–18 and families



CONCORDIA  
LANGUAGE VILLAGES

# Learn a Language

at a Minnesota Summer Camp!

15

LANGUAGES OFFERED

ARABIC • CHINESE • DANISH • ENGLISH • FINNISH  
FRENCH • GERMAN • ITALIAN • JAPANESE • KOREAN  
NORWEGIAN • PORTUGUESE • RUSSIAN • SPANISH • SWEDISH

**REGISTER TODAY!**

Programs include day and one-week youth camps,  
as well as weekend and one-week family camps.



clv@cord.edu | (800) 222-4750 | [ConcordiaLanguageVillages.org](http://ConcordiaLanguageVillages.org)

A program of  
CONCORDIA  
COLLEGE





# MOORHEAD COMMUNITY EDUCATION

## 2018

### SUMMER ATHLETIC CAMPS

*Register now and join us for our exciting summer camps!*

**ALL ELIGIBLE GRADES LISTED FOR CAMPS BELOW REFER TO THE STUDENT'S GRADE NEXT FALL.**

<b>Camp #</b>	<b>Camp Title</b>	<b>Dates</b>	<b>Time</b>	<b>Fee</b>
<b>FOOTBALL CAMPS • MHS FOOTBALL FIELD • HEAD COACH: KEVIN FEENEY</b>				
YSC21A	Football Camp (Grades K-4)	T-TH, 7/10-7/12	noon- 2 p.m.	\$50
YSC22A	Football Camp (Grades 5-7)	T-TH, 7/10-7/12	2:00- 4:30 p.m.	\$70
YSC23A	Football Camp (Grades 8-9)	T-TH, 7/24-7/26	1:30- 4 p.m.	\$70
YSC20A	Football Camp (Grades 10-12)	T, 6/12 (TBD) W, 6/13 (TBD) TH, 6/14 (TBD) T-TH, 7/24-7/26	TBD TBD TBD 6-8:00 p.m.	\$80
<b>VOLLEYBALL CAMPS • MHS FIELDHOUSE • HEAD COACH: CHAR LIEN</b>				
YSC15A	Volleyball Camp (Grades 5-7)	M-F, 6/7-6/19	12-1:30 p.m.	\$79
YSC16A	Volleyball Camp (Grades 8-9)	M-F, 6/7-6/19	1:30- 3 p.m.	\$79
YSC14A	Volleyball Camp (Grades 10-12)	M-F, 6/7-6/19	9-11:30 a.m.	\$79
<b>BASEBALL CAMPS • MHS BASEBALL FIELD • COACH: GREG SALVEVOLD</b>				
YSC17A	Baseball Camp (Grades K-4)	M-TH 6/18-6/21	10-11:30 a.m.	\$75
YSC19A	Baseball Camp (Grades 5-7)	M-TH 6/18-6/21	11:30 a.m.-1:00 p.m.	\$75
<b>BOYS BASKETBALL CAMPS • HORIZON WEST GYM / MHS MAIN GYM • HEAD COACH: TYLER BORMANN</b>				
YSC29A	Boys Basketball Camp (Grade K-2), Horizon West	M-TH, 6/11-6/14	9:15-10:30 a.m.	\$45
YSC30A	Boys Basketball Camp (Grade 3-4), Horizon West	M-TH, 6/11-6/14	10:45 a.m- noon	\$45
YSC31A	Boys Basketball Camp (Grade 5-6), MHS MAIN GYM	M/T/TH, 6/18-6/28	10 -11:30 a.m.	\$65
YSC32A	Boys Basketball Camp (Grade 7-8), MHS MAIN GYM	M/T/TH, 6/18-6/28	8:30-10 a.m.	\$65
YSC33A	Boys Basketball Camp (Grade 9-12), MHS MAIN GYM	M/T/TH, 6/18-6/28	12:30- 2:30 p.m.	\$65
<b>GIRLS BASKETBALL CAMPS • HORIZON EAST/WEST GYM • HEAD COACH: JED CARLSON</b>				
YSC34A	Girls Basketball Camp (Grade K-2), Horizon West	M-F, 6/11-6/15	8-9:00 a.m.	\$45
YSC35A	Girls Basketball Camp (Grade 3-4), Horizon East	M-F, 6/11-6/15	12:15-1:30 p.m.	\$50
YSC36A	Girls Basketball Camp (Grade 5-6), Horizon East	M-F, 6/11-6/15	9:15 -10:30 a.m.	\$50
YSC37A	Girls Basketball Camp (Grade 7-9), Horizon East	M-F, 6/11-6/15	10:30-11:45 a.m.	\$50
YSC38A	Girls Basketball Camp (Grade 10-12), Horizon East	M-F, 6/11-6/15	1:30- 3:30 p.m.	\$55
<b>STRENGTH AND SPEED CAMPS • MHS WEIGHT ROOM • HEAD COACH: KEVIN FEENEY, no class July 2-6</b>				
YSC60A	Boys Strength and Speed (Grades 6- 8)	M-TH, 6/11-8/2	11:00 a.m.-12:30 p.m.	\$115
YSC25A	Boys Strength and Speed (Grades 9-10)	M-TH, 6/11-8/2	10:30 a.m.- noon	\$115
YSC26A	Boys Strength and Speed (Grades 11- 12)	M-TH, 6/11-8/2	8:30-10 a.m.	\$115
YSC27A	Girls Strength and Speed (Grades 6- 12)	M-TH, 6/11-8/2	9:30-11:10 a.m.	\$115
<b>OLYMPIC WEIGHTLIFTING CAMPS • MHS WEIGHT ROOM • HEAD COACH: CORY HERRMANN, no class July 2-6</b>				
YSC50A	Olympic Weightlifting Camp (Grades 6- 8)	M & W 6/11-8/1	7:30- 8:30 a.m.	\$75
YSC51A	Olympic Weightlifting Camp (Grades 9-12)	T & TH 6/12-8/2	7:30- 8:30 a.m.	\$75
<b>SOCCER CAMPS • MHS JIM GOTTA STADIUM • COACHS: NICOLE WIESNER &amp; BEN PATRIE</b>				
YSC71A	Soccer Camp (Grades 6-7)	M-TH 7/16-7/19	4:30- 6:00 p.m.	\$60
YSC72A	Soccer Camp (Grades 8-12)	M-TH 7/16-7/19	6:15-7:45 p.m.	\$60



# MOORHEAD COMMUNITY EDUCATION

## RELEASE OF LIABILITY CAMP/PROGRAM WAIVER

FOR PROGRAMS DURING THE SCHOOL YEAR, REFER TO THE STUDENT'S CURRENT GRADE.  
For summer athletic camps, refer to the student's grade next fall.

### Registration Form

All registrants **MUST** have a guardian read and sign the waiver below or online before participating in any Moorhead Community Education camp or program.

**\*\*Also accepting enrollments and liability waivers online \*\***

#### Release of Liability

In consideration of your accepting me or my child or ward's entry, I hereby for myself, my child or ward, my spouse, heirs, and successors or assigns, waive and release any and all rights and claims that I, my spouse, or my child or ward may have against Moorhead Community Education or ISD 152, its servants, agents, or employees, for any and all injuries or other damages arising out of or connected with participation in the activities listed herein. I further agree and consent to emergency treatment of my child or ward by a physician or hospital in the event that I cannot be reached. I further understand that Moorhead Community Education staff or their representatives may photograph participants enrolled in programs, classes, or events and use these photos for promotional purposes.

Parent/legal guardian signature \_\_\_\_\_ Date \_\_\_\_\_

#### Tennessee Warning, Minn.Stat.13.04, Subd. 2

The information requested on this form is for registration purposes. Its intended use is to assist the coach in knowing who is enrolled in his or her camp. You are not legally obligated to supply the data. However, failure to do so could result in this office's inability to contact you in the case of any camp change/update or any student emergency. Persons authorized to access information include Community Education staff and summer camp coaches. Limited information (including name and home phone number) may be included on a team roster.

### 3 Easy Ways to Register:

#### MAIL-IN or WALK-IN:

Moorhead Community Education  
2410 14th St. S.  
Moorhead, MN 56560

#### ONLINE:

<https://communityed.moorheadschoools.org>. Click on Register for Classes, choose the Courses for Youth and Family category, and select the course and session. Parents must create an account first before making one for their child. Pay with Visa, MasterCard or Discover.

**\*Phone registrations will not be accepted\***

A parent/guardian must submit a signed liability form for each participating student.

### EACH STUDENT MUST HAVE THEIR OWN REGISTRATION FORM

Student's Name (please print): \_\_\_\_\_

Student's Grade Next Fall: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent/Guardian(s)(please print): \_\_\_\_\_

Address/City/State: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Camp Number	Camp Title	Beginning Date	Fee

Make Checks payable to ISD 152 or charge to: ☐ VISA ☐ MasterCard ☐ Discover

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_



## Exploring Laura Ingalls Wilder: A Summer Reading Adventure

In 1932, Laura Ingalls Wilder published "Little House in the Big Woods," the first of her "Little House" books. In this summer reading camp, students (Grades 3-4) will make the book come alive by participating in several hands-on projects directly from the book. We also will look at Little House on the Prairie and what life might have been like if we lived over 100 years ago. Students will read the books on their own, or with parent help, and then come to school to participate in making their own butter, creating their own cornhusk doll, and many more activities. If your child likes to imagine what it was like when Laura lived, this summer camp is for them! Fee includes book, "Little House in the Big Woods."

YSC86A - Exploring Laura Ingalls Wilder: A Summer Reading Adventure  
June 11, 18 and 25 from 9-11:30 a.m.  
S.G. Reinertsen Room 130  
Fee: \$65, includes book  
Instructor: Carrie Hartwig



Register online at <https://communityed.moorheadschoools.org> or call 218-284-3400 for more information

## ARTIST-LED SUMMER ART CAMPS!

### ADVENTURE ART CAMP WITH ARTIST HAYDEN SWANSON

June 26 – 28 • 1 – 4 PM • Ages 8 – 12  
\$100 / \$80 members

### FROM PLANTS TO PAPER TO ART WITH ARTIST SU LEGATT

July 25 – 26 • 9 AM – 12 PM • Ages 6 – 9  
\$65 / \$52 members

### MONSTER MASH WITH ARTIST PUNCHGUT

August 1 – 2 • 9 AM – 12 PM • Ages 9 – 12  
\$65 / \$52 members

### IN THE BEGINNING... WITH ARTIST LAURA YOUNGBIRD

August 15 – 16 • 1 – 4 PM • Ages 12 – 16  
\$65 / \$52 members

**GO TO PLAINSART.ORG  
FOR FULL CAMP DESCRIPTIONS AND REGISTRATION**

PLAINS  MUSEUM

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



## Lakeland Mental Health Center

*Help Today for a Better Tomorrow*

**1010 32nd Avenue South, Moorhead, MN**

**1-218-233-7524**

***www.lmhc.org***

**24 hour Emergency/Crisis**

**1-800-223-4512**

**Depressed?**

**Grieving?**

**Anxious?**

**Stressors?**

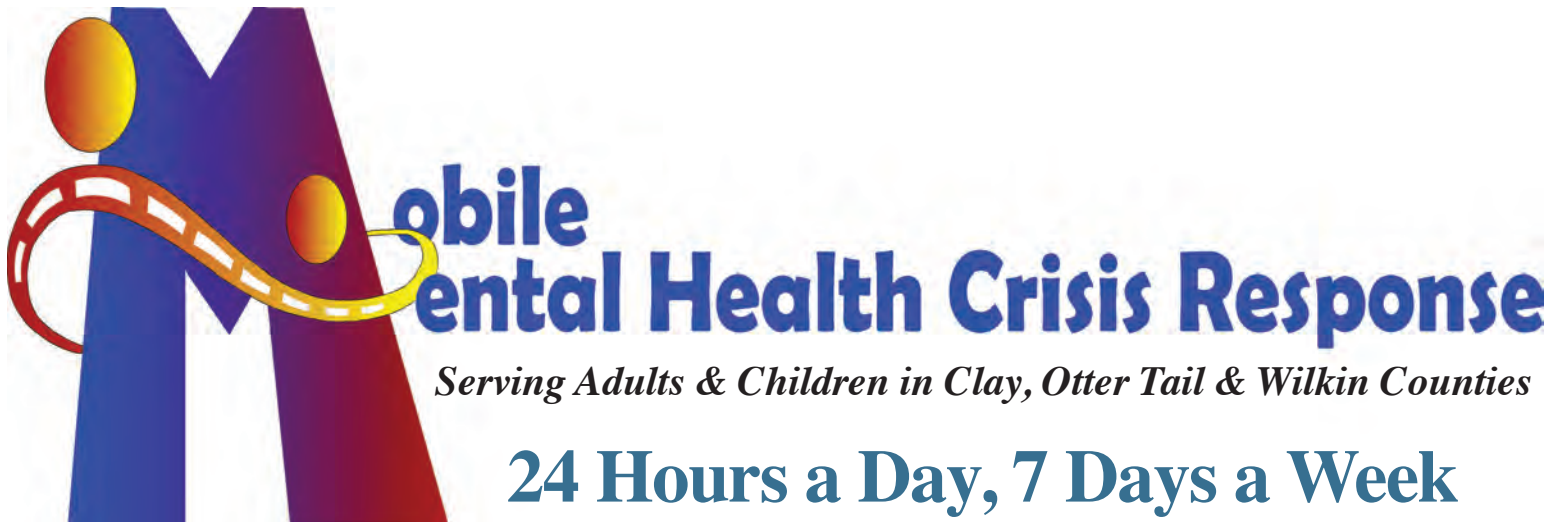
**Problems Sleeping?**

**Difficulty Coping?**

**Feeling Confused?**

**Overwhelmed?**

**Negative Thoughts?**



*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.

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

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

## Now Enrolling for Summer Session

**Summer Session: June 4 - August 18**



### Baby Classes

#### Rockin' Rollers

Ages 1 - 6 months | 30 minutes

#### Curious Crawlers

Ages 6 - 12 months | 30 minutes

**Register at**  
**tntkidsfitness.org**

### Friday Night Open Gyms May 4

Time: 7:00 - 8:30pm

Ages: 6-14 years

Cost: \$15 per child

### Preschool Open Gyms Through May 12

Ages walking - 5 years\*

Thursday: 11:00am - 12:00pm

Friday: 8:30am - 9:30am

Friday: 10:00am - 11:00am

Saturday: 8:00am - 9:00am

\*One active helper needed for every two children

\$6 per child

\$50 punchcard for 10 open gyms

### No Bummer Summer



Looking for an exciting activity for your child this summer? Check out our weekly camps for ages 6 - 14.


**June 4 - August 24**

**Register at tntkidsfitness.org**

**Register online at tntkidsfitness.org**



# Familywellness

A PARTNERSHIP BETWEEN **SANFORD** HEALTH 



June 4th – June 8th | *Creative Cooking*  
June 11th – June 15th | *Creative Builders Camp*  
June 18th – June 22nd | *Soaking in the Sun*  
June 25th – June 29th | *Super Summer Sports Camp*  
July 9th – July 13th | *Family Wellness Imagination Station*  
July 16th – July 20th | *Wild Wilderness Camp*  
July 23rd – July 27th | *Camp Summer Splash*  
July 30th – August 3rd | *Camp Universe*  
August 6th – August 10th | *Cookapalooza*  
August 13th – August 17th | *Spectacular Sports Camp*

## Registration Open

Visit [Familywellnessfargo.org](http://Familywellnessfargo.org) or the Front Desk for more details!

Family Wellness and YMCA Members \$185 / Non-Members \$205

*Camps run from 9am to 4pm (before & after care is available)  
Camps are for children ages 6 -11. Financial Assistance is available.*



2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | [www.familywellnessfargo.org](http://www.familywellnessfargo.org)



Family Wellness Fargo |



@FamilyWellFGO |



familywellnessfgo

# SPUD GYMNASTICS CAMP



Gymnastics can provide many cognitive and psychological benefits that will continue throughout your child's life. They learn social interaction, discipline, improved mental focus and concentration, flexibility and coordination. Gymnasts will improve overall fitness, strength, balance and body control in class. Your child may be at a beginner, intermediate, or advanced level of gymnastics to be eligible. Coaches will strive to provide a fun and challenging environment for your gymnasts as they practice appropriate skills on the vault, bars, beam and floor. Girls must wear a leotard and workout shorts. Email Toni Kleber, [tkleber@moorheadschoools.org](mailto:tkleber@moorheadschoools.org) with gymnastics questions.

## **Beginning Junior Spud Recreational Gymnastics (K-8) - YSC40A and YSC40B**

This is a beginning level course. No prior gymnastics skills necessary.

## **Advanced Junior Spud Recreational Gymnastics (K-8) - YSC41A and YSC41B**

Your child must be at an advanced level of gymnastics to be eligible (round offs, front/back walkovers, and back handsprings without assistance).

## **High School Off -Season Gymnastics Training (7-12) - YSC42A and YSC42B**

Gymnasts will improve overall fitness, strength, balance and body control at class. Your child must be committed to competing for the Spud Gymnastics team.



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

You can find more registration information on the reverse side of this form.

For further information contact Moorhead Community Education at 218-284-3400



# MOORHEAD COMMUNITY EDUCATION GYMNASTICS CAMP

ALL GRADES LISTED FOR CAMPS REFER TO THE STUDENT'S GRADE NEXT FALL.

EACH STUDENT MUST HAVE THEIR OWN REGISTRATION FORM

Student's Name (please print): \_\_\_\_\_ Birthdate: \_\_\_\_\_

Student's Grade Next Fall: \_\_\_\_\_

Parent/Guardian(s)(please print): \_\_\_\_\_

Address/City/State: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

GYMNASTICS CAMP • MHS-FIELDHOUSE • Toni Kleber					
Select one	Camp #	Camp Title	Dates	Time	Fee
<input type="checkbox"/>	YSC40A	Beginning Junior Spud Recreational Gymnastics (Grades K-8)	T-Th, June 12-28	10 a.m.-12 p.m.	\$225
<input type="checkbox"/>	YSC40B	Beginning Junior Spud Recreational Gymnastics (Grades K-8)	T-Th, July 10-26	10 a.m.-12 p.m.	\$225
<input type="checkbox"/>	YSC41A	Advanced Junior Spud Recreational Gymnastics (K-8)	T-Th, June 12-28	1-3 p.m.	\$225
<input type="checkbox"/>	YSC41B	Advanced Junior Spud Recreational Gymnastics (K-8)	T-Th, July 10-26	1-3 p.m.	\$225
<input type="checkbox"/>	YSC42A	High School Off Season Gymnastics Training (7-12)	T-Th, June 12-28	5-7 p.m.	\$225
<input type="checkbox"/>	YSC42A	High School Off Season Gymnastics Training (7-12)	T-Th, July 10-26	5-7 p.m.	\$225

Make Checks payable to ISD 152 or charge to: ☐ VISA ☐ MasterCard ☐ Discover

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

.....  
**All registrants MUST have a guardian read and sign the waiver below or online before participating in any Moorhead Community Education summer athletic camp program.**

**\*\*NOW ACCEPTING ENROLLMENTS AND LIABILITY WAIVERS ONLINE\*\***

## Release of Liability

In consideration of your accepting me or my child or ward's entry, I hereby for myself, my child or ward, my spouse, heirs, and successors or assigns, waive and release any and all rights and claims that I, my spouse, or my child or ward may have against Moorhead Community Education or ISD 152, its servants, agents, or employees, for any and all injuries or other damages arising out of or connected with participation in the activities listed herein. I further agree and consent to emergency treatment of my child or ward by a physician or hospital in the event that I cannot be reached.

I further understand that Moorhead Community Education staff or their representatives may photograph participants enrolled in programs, classes, or events and use these photos for promotional purposes.

Parent/legal guardian signature \_\_\_\_\_ Date \_\_\_\_\_

## Tennessen Warning, Minn.Stat.13.04, Subd. 2

The information requested on this form is for registration purposes. Its intended use is to assist the coach in knowing who is enrolled in his or her camp. You are not legally obligated to supply the data. However, failure to do so could result in this office's inability to contact you in the case of any camp change/update or any student emergency. Persons authorized to access information include Community Education staff and summer camp coaches. Limited information (including name and home phone number) may be included on a team roster.

## 3 Easy Ways to Register:

### MAIL-IN or WALK-IN:

Moorhead Community Education  
2410 14th St. S.  
Moorhead, MN 56560

### ONLINE:

<https://communityed.moorheadschoools.org>. Click on Register for Classes, choose the YOUTH SUMMER ATHLETIC CAMPS category, and select the session. Parents must create an account first before making one for their child. Pay with Visa, MasterCard or Discover.

**\*Phone registrations will not be accepted\***

A parent/guardian must submit a signed liability form for each participating student.



**Now Enrolling:  
Full Time  
School Age  
and Fall Morning  
Only Preschool**

Little Stars Preschool

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

Summer School Age Program

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



**Child Care Hours:**

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



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

[www.bethesdaallstars.com](http://www.bethesdaallstars.com)

**Parent Aware 4 Star  
Rated!!  
Call for a tour today!**

Morning preschool options:

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

**5 days a week:** Monday thru Friday

7:30am-12pm (September—May)

Requirements:

Students must be 3 years old  
and toilet trained

## Check out Community Education Art Camps for Grades K-4

*Join art teacher Sara Brady for this one-time painting experience at Ellen Hopkins Elementary.*

### Grades K-2 Camp

#### Ice Cream Cone Treats Painting

Course No: YAS14G

Location: Ellen Hopkins Elementary  
Hopkins 125

Date: Monday, May 21

Time: 2:45 - 4:15 p.m.

Course Fee: \$15.00

### Grades 3-4 Camp

#### Ice Cream Cone Treats Painting

Course No: YAS14H

Location: Ellen Hopkins Elementary  
Hopkins 125

Date: Thursday, May 24

Time: 2:45 - 4:15 p.m.

Course Fee: \$15.00

Register online at <https://communityed.moorheadschoools.org> or call 218-284-3400 for more information.



# Moorhead Area Public Schools Jump Start Preschool

**Registration opens February 20, 2018!**

Register at Probstfield Center for Education, 2410 14th St. S.  
or online at <https://communityed.moorheadschoools.org>

*Students must be in the Moorhead School District*



## **Jump Start Preschool – Must be 4-years-old by September 1, 2018**

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

## **Jump Start for Threes – Must be 3-years-old by September 1, 2018**

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

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

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

Children will learn through

- Creative arts
- Discovery activities
- Hands-on experience



\* Transportation is not provided \*

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

## **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.**



**Tuesday-Thursday, June 12-14  
Tuesday-Thursday, August 7-9**

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!**

# MINNESOTA STATE UNIVERSITY MOORHEAD 2018 Soccer Camps

**Elite ID Camp June 9<sup>th</sup>**

**Open to: High School and Eligible College-Age Females (As of Fall 2018)**

The objective of the Elite ID Camp is to give players an opportunity to train at a high level and experience the demands of the collegiate game. There will be two training sessions throughout the day. The first will be on individual skill instruction and the second will be games with an emphasis on tactical decisions. There will also be a classroom presentation on leadership to help elevate each player's game. \*Goalkeepers will receive position specific training.

**Camp cost: \$75 (Includes a camp t-shirt & lunch) Tentative Camp Time: 9:00am-4:00pm**

**Premier Youth Camp August 6<sup>th</sup> – 10<sup>th</sup>**

**Open to all 4-13 year olds (As of Fall 2018)**

The Premier Youth Camp is designed to introduce younger players to the fundamental skills needed to play soccer at the next level. This camp is a well-rounded mix of age appropriate technical & tactical work as well as activities designed to increase players' love of the game. The quality staff is comprised of college soccer coaches and college players.

**Price: \$100/\$90 Early Bird \*Includes a camp t-shirt**

**Tentative Camp Check-In: 8:30am Monday August 6<sup>th</sup> Camp Times: 9-11:30**

**Camp Location: Nemzek Hall (Game Field, Practice Field)**

## Early Bird Discount

Campers can save \$5 for the Elite ID Camp and \$10 Premier Youth Camp if they register for camp on or before May 1, 18

**MSUM Employee Discount Available** \*Must be verified by contacting Coach Christie Kopietz, email below

To get more information on each camp or to register online, please go to: <http://www.msumdragons.com/camps>

Or See back side of paper for registration form

Please direct all camp-related questions to Coach Christie Kopietz at [christie.chappell@mnstate.edu](mailto:christie.chappell@mnstate.edu)

(Camps require a minimum number of registrants to run successfully, should they not reach that number the registrants will be given a full refund and be notified 2 weeks prior)

The NCAA stipulates that these camps are open to any and all entrants (limited only by number, age, grade level and/or gender).

Camp fees must be paid in full prior to participation. There is a \$50 cancellation fee/camp.

## Space remains in spring and summer Community Education and ECFE classes — register now!

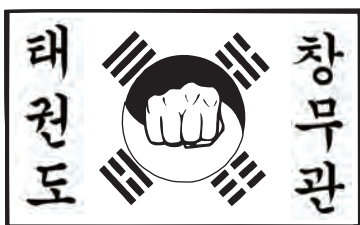
The Moorhead Community Education spring/summer catalog includes more than 200 learning opportunities for people of all ages and interests.

See the spring/summer 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](http://rrtkd.com)

go to [RRTKD.COM](http://RRTKD.COM) for more information

# FREE 2 week trial



Camp Invention®

# Invent THE FUTURE TODAY



**EXPLORE** THE TECHNOLOGY BEHIND SELF-DRIVING CARS AND INVENT A VEHICLE OF THE FUTURE  
**DESIGN** FUTURISTIC DREAM HOMES WITH SMART FURNITURE AND SMART ENERGY  
**BUILD** AND PERSONALIZE A ROBOTIC DOG AND CONSTRUCT A ONE-OF-A-KIND DOG PARK

## EASY WAYS TO SAVE\*

**\$25 off**

When you sign up by  
3/23/18 using the  
promo code **IDEAS25**.

**\$15 off**

When you sign up between  
3/24/18 and 5/4/18 using  
the promo code **IDEAS15**.

**\$25 off**

per sibling when you  
register 2 or more siblings  
using the promo code **SIBLING**.

\*Discounts cannot be combined.

### Your local Camp Invention site information:

Price \$235 (before discount) | For children entering grades K-6  
 Register at [campinvention.org](http://campinvention.org) or 800.968.4332.

Inspire Innovation Lab | 423 Main Avenue, Moorhead, MN 56560

August 6 - 10, 2018 from 9:00am - 3:30pm

Directed by Carrie Leopold

[inspireinnovationlab@gmail.com](mailto:inspireinnovationlab@gmail.com) | (218) 477-1370

IF THESE DATES/TIMES DON'T WORK FOR YOU, PLEASE VISIT **CAMPINVENTION.ORG** FOR OTHER LOCATIONS NEAR YOU.



National Inventors  
Hall of Fame®

*Inspiring future innovators*

UNITED STATES  
PATENT AND TRADEMARK OFFICE



Investors in Creativity and Invention

AbbVie Foundation  
 Army Educational Outreach Program  
 Ford Motor Company

© 2017 National Inventors Hall of Fame®, Inc.

Burton D. Morgan Foundation  
 Nordson Corporation Foundation  
 Duck Tape®



# DRAGON

# SWIM SCHOOL



## DRAGON SWIM SCHOOL BENEFITS

- Dragon Swim School maintains prestigious accreditation by the U.S. Swim School Association, ensuring your child receives ethical and professional teaching. MSUM is the only accredited program in North Dakota and one of only six in Minnesota.
- Student to instructor ratio is 3:1 (Levels 1-2) or 4:1 (Levels 3-8).
- All of our highly trained instructors are MSUM college students. Many of our instructors are education major.
- We are the only program in the area to serve the special needs community by offering specialized one-on-one instruction.



**CELEBRATING 20 YEARS**



**8 SWIM LEVELS**



**3:1 INSTRUCTOR RATIO**  
(LEVELS 1-2)



**4:1 INSTRUCTOR RATIO**  
(LEVELS 3-8)

## KEEP YOUR KIDS SAFE AROUND WATER

Dragon Swim School offers the highest quality swimming lessons in the Fargo-Moorhead area, providing your child exceptional teaching, increased safety awareness, and growing comfort and confidence in and around water.



## **DATES & TIMES** [40-minute classes]

Spring Session II: April 9 - May 24th

Summer Session I: June 4 - July 12 Summer

Session II: July 16 -August 16

Monday, Tuesday, Wednesday & Thursday

> 4:10 p.m., 4 :50 p.m., 5:30 p.m., 6:10 p.m.

Morning Session I: June 4 - 14

Morning Session II: June 18 -28

Monday, Tuesday, Wednesday & Thursday

> 9:20 a.m., 10 a.m., 10:40 a.m., 11:20 a.m.

### **Sign up for classes early as sessions fill quickly**

1. Register online with a credit or debit card at [msumdragons.com/swim](http://msumdragons.com/swim)
2. Register with our Dragon Swim School mobile app available on Apple or Google Play.

## **SESSION PRICING**

### **5 weeks**

Group: \$60/student

Private: \$180/student

### **6 weeks**

Group: \$72/student(Spring  
2, 7 Wk for \$84.00)

Private: \$216/student

### **8 Lessons**

(summer mornings)

Group: \$96/student

Private: \$288/student

## **SWIM LEVEL DESCRIPTIONS**

Swim level descriptions can be found at [msumdragons.com/swim](http://msumdragons.com/swim) or on the Dragon Swim School mobile app.

One-on-one lessons provide more individualized attention for students of all ages in a flexible, first-rate environment. Call 218.477.2313 to arrange lessons.

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



## **ADDITIONAL SWIM OPPORTUNITIES**

### **Dragon Swim Camp 2018**

June 10-15 OR June 17-22

### **Dragon Dive Camp 2018**

July 29-August 3 OR August 5-10

### **Red Dragon Swim Team**

(Youth and Adult Swimmers)

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



For more information on additional offerings, visit [msumdragons.com/swim](http://msumdragons.com/swim)

- ▶ Open swim
- ▶ Lap swim
- ▶ Pool rental
- ▶ Adult classes
- ▶ Triathlete and master's training
- ▶ Lifeguard certification
- ▶ Springboard diving class

## **CONTACT US**

Monday - Thursday | 9 a.m. - 6:30 p.m.  
[msumdragons.com/swim](http://msumdragons.com/swim) | 218.477.2313 |  
[msumswim@mnstate.edu](mailto:msumswim@mnstate.edu)  
Alex Nemzek Hall  
17th Street South & 6th Avenue South  
Moorhead, MN 56563



# Register for Summer Programs at CourtsPlus.org

## Tennis Lessons



### + K-10:

Summer Stars \$50

Lessons are held in the summer at Elephant Park, Discovery and Fargo South schools.

Summer Session 1: June 4 – June 28

Summer Session 2: July 9 – August 3

### + 5th Grade and Up:

Maximum Performance Academy (MXP)  
Lessons include our Team Tennis program and 1.5 hour lessons, Monday - Thursday.

Summer Session: June 4 – August 3

## KidZone

### + Session III:

May 21 – 25

### + Session IV:

May 28 – June 1

### + Session V:

June 4 – 8

### + Session VI:

June 11 – 15

### + Session VII:

June 18 – 22

### + Session VIII:

June 25 – 29



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Sign up today, and  
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## Family Memberships starting under \$80

### + FREE Childcare

with Plus Membership

### + Pool Passes

Included with Membership  
(\$150 value!)

Enjoy free admission to  
Fargo Park District  
pools and water slides!

- + Davies Pool
- + Southside Pool
- + Madison Pool
- + Island Park Pool
- + & Splash Pad
- + Northside Pool



Call to schedule a tour today!

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## Birthday Parties

Courts Plus allows your child to dream up  
their own birthday party package, and there's  
something for everyone. Leave the mess to us!

- + Choice of gym, playground, or Ninja
- + Up to 12 children
- + Pizza and Pepsi Products/Gatorade



RESERVATIONS & QUESTIONS: 701.241.9521 • [birthdays@CourtsPlus.org](mailto:birthdays@CourtsPlus.org)



# 10% OFF

Your next  
birthday party!

\*Limit one coupon per customer per year. Not valid with any other offers. Must present coupon to redeem discount.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CURIOSITY & IMAGINATION

**SUMMER 2018 YOUTH PROGRAM GUIDE**  
YMCA OF CASS AND CLAY COUNTIES

› Sports & Enrichment Programs  
› Swim School & Team

› Summer Camps  
› Child Care

# YMCA OF CASS AND CLAY COUNTIES

## FACILITY HOURS

Monday-Friday.....5:00am - 11:00pm

Saturday-Sunday .....6:00am - 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](http://ymcacassclay.org) or check our new YMCA app.

## LOCATIONS

### Fercho YMCA

400 1<sup>st</sup> Avenue S, Fargo  
701.293.9622

### Schlossman YMCA

4243 19<sup>th</sup> 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](http://ymcacassclay.org)



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



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



**Facebook**  
[facebook.com/ymcacassclay](https://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 Summer programs, events and more!

### ONLINE

[ymcacassclay.org/register](http://ymcacassclay.org/register)

### PHONE

701.293.9622 or 701.281.0126

### WALK-INS

400 1<sup>st</sup> Ave S, or 4243 19<sup>th</sup> 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 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 Services Desk or [ymcacassclay.org/forms](http://ymcacassclay.org/forms). The form will be reviewed and you will be informed by mail of the action taken.

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

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



A photograph of a woman and two young girls working together in a garden. The woman, on the right, is smiling and wearing a red and white striped shirt and green gardening gloves. She is holding a small plant. The girl in the middle, wearing a blue t-shirt and a headband, is using a red-handled tool to work the soil. The girl on the left, wearing a purple top, is also working with a green-handled tool. They are all focused on their task in a garden bed with wire mesh. The background is a lush green garden.

## REACHING THEIR FULL POTENTIAL

The YMCA nurtures the potential of every child and teen by supporting their unique youth development journey through programming that helps them grow in mind, body, and spirit. Whether it's through swimming lessons, summer camp, or sports and recreation we provide a safe space for kids to learn new skills, develop healthy, trusting relationships, and explore new interests so they can reach their full potential.



# SWIMMING LESSONS

Mon	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
4:00pm			X	X	X	X	X	X				
4:30pm			X	X	X	X	X					
5:00pm		X	X	X	X	X	X				X	
5:30pm	X		X	X	X	X		X			X	
6:00pm		X	X	X		X	X			X	X	
6:30pm					X	X		X	X		X	X

Tues	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
4:00pm			X	X	X	X	X	X				
4:30pm			X	X	X	X	X	X				
5:00pm			X	X	X	X	X					
5:30pm			X	X		X	X	X		X	X	
6:00pm		X	X	X	X		X		X	X	X	
6:30pm	X		X	X	X	X		X			X	X

Wed	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
4:00pm			X	X	X	X	X	X				
4:30pm			X	X	X	X	X					
5:00pm			X	X	X	X	X				X	
5:30pm	X		X	X	X	X		X	X			
6:00pm		X	X	X						X	X	

Thurs	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
11:00am			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
3:30pm			CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP			
4:00pm			X	X	X	X	X	X				
4:30pm			X	X	X	X	X	X				
5:00pm	X		X	X	X	X	X				X	
5:30pm		X	X	X		X	X	X			X	

## Lesson Descriptions

**Parent/Baby** Parents learn to properly hold their 6-18 month baby while working on floating, submerging, hand/eye coordination and strength through games and songs.

**Parent/Child** Toddlers ages 19-35 months. Parents learn to work with their child on floating, breath control for submerging, climbing out of the pool on their own, and muscle strengthening.

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

**Starfish** Encouragement and positive reinforcement help kids become more confident floating on their front and back as well as kicking across the pool on their back independently.

**Froggie** Participants will build on their independent swimming ability by swimming further distances. Being able to transition from swimming on their front to their back is one of the safety skills stressed.

**Turtle** Children will build on previous levels by beginning to define swim strokes like elementary backstroke, front crawl, and backstroke.

**Otter** Swimmers will build endurance, confidence, and skill on the strokes learned in Turtle. They will also learn dolphin kick, the timing of breaststroke, and will start to learn flip turns.

**Seal** Children will progress by completing the butterfly and breaststroke. Endurance will be increased even more by working to swim 300 yards continuously.

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

## SUMMER SESSION DATES

### June 4 – August 18

11 Week Session | No lessons July 4 and 5. Session fees will be pro-rated.

**Regular – Members: \$77, Non-Members: \$154**

**Private – Members: \$308, Non-Members: \$616**

YMCA Swim School Classes are held once a week for 30 min. Families that want to swim more than once a week are encouraged to sign up for additional lesson days.

### Half-Priced Private Lessons

May 14-17 and May 21-24

Do your kids need a little extra attention in the pool? Private lessons are a great way to build confidence and skills. Sign up for any of the above time slots in any level – register for as many lessons as you'd like!

**Members: \$14/lesson, Non-Members: \$28/lesson**

## Summer Swim Camps

Two week sessions – Mon-Thurs. Camp is only available those times/days listed as 'camp'. Participants will be in the same level, the same time each day for two weeks in the session of choice. **Members: \$56, Non-Members: \$112**

**Camp #1:** June 4-14

**Camp #2:** June 18-28

**Camp #3:** July 9-19

**Camp #4:** July 23-August 2

**Camp #5:** August 6-16

## FREE Swim Level Assessments

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



**Questions?** Contact Heather Sauer, Aquatics Director, at [heather.sauer@ymcacassclay.org](mailto:heather.sauer@ymcacassclay.org) or 701.364.4167.  
[ymcacassclay.org/swimschool](http://ymcacassclay.org/swimschool)



# FM GATOR SWIM TEAM

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


**Age Group:** The Age Group levels give swimmers who have gone through our Developmental group a positive and technically sound experience on a swim team. These levels will challenge swimmers depending on their experience, and develop more advanced competitive skills.

**Developmental Group:** Developmental swimmers are 5+ year olds who can swim 25 yards freestyle and 25 yards backstroke without stopping or needing assistance. They learn skills necessary to compete, like working with teammates, following directions, and advanced drills.

**Have you recently passed the Seal or Shark Levels in the YMCA's Swim School?** Do a trial practice with the Gators for FREE! Contact Head Coach Erich for more information and to get started!

## Pre-Swim Team Ages 5+

**Session 1: May 7 – June 21 | Session 2: June 25 – August 10 | Fercho**  
Curious about Gators? Want to join a swim team, but don't quite feel ready yet? Pre-Swim Team will help you improve your skills, learn what it's like to be on a swim team, learn strokes and lap swimming, and gain comfort in the pool! Participants must be able to swim 25 yards freestyle without stopping or needing assistance. Members: \$78, Non-Members: \$98

 **For practice times and more information, contact** Erich Richardson, Swim Team Coach, at 701.364.4151 or [erich.richardson@ymcacassclay.org](mailto:erich.richardson@ymcacassclay.org). [fmgators.com](http://fmgators.com)

LEVELS	DATES	MBR	NM
Senior – Full Season	May 7 – July 29	\$180	\$228
Senior – May	May 7 – June 1	\$67	\$83
Senior – June	June 4 – June 29	\$67	\$83
Senior – July	July 2 – July 29	\$67	\$83
Age Group – Full Season	May 7 – July 29	\$162	\$202
Age Group – May	May 7 – June 1	\$60	\$75
Age Group – June	June 4 – June 29	\$60	\$75
Age Group – July	July 2 – July 29	\$60	\$75
Developmental – Full Season	May 7 – July 29	\$144	\$180
Developmental – May	May 7 – June 1	\$53	\$66
Developmental – June	June 4 – June 29	\$53	\$66
Developmental – July	July 2 – July 29	\$53	\$66

## YMCA High School Prep Camp Ages 12-18

**July 30 – August 10 | Mon-Thurs | 4:30 – 6pm | Island Park Pool**  
High school swimmers will maintain and develop conditioning in and out of the water by learning proper techniques and skills. Prepare for a successful high school season, and stay fit year round. Members: \$52, Non-Members: \$65

## YMCA Diving Camp Ages 8+

**Mon-Thurs | 4:30 – 6pm | Island Park Pool**  
Whether you're a beginner or veteran diver, this camp will help you learn, perfect and maintain diving skills. Experienced divers can get back on the boards and beginners can try out competitive diving. Members: \$52, Non-Members: \$65

June 4-14    June 18-28    July 9-19    July 23-August 2

# SAFETY EDUCATION

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

## Babysitting Trainings

**Fercho | Ages 11+ | Members: \$65, Non-Members: \$95**  
This one-time American Red Cross babysitting course is a hands-on way to learn everything you need to know about babysitting. You'll learn to be safe on the job, how to recognize and handle emergencies, and how to be a safe, professional and reliable sitter. Included in this course is American Red Cross First Aid and CPR, valid for two years. A pizza lunch is provided.  
[ymcacassclay.org/babysitting](http://ymcacassclay.org/babysitting)

## CPR, First Aid & More!

The YMCA offers safety education courses, like CPR and First Aid classes, Lifeguard Certifications, Lifeguard Re-Certifications and Water Safety Instructor classes, which allow participants to learn life-saving skills and become certified and qualified for fun and rewarding jobs. To learn more, contact Nicole Duncomb at [nicole.duncomb@ymcacassclay.org](mailto:nicole.duncomb@ymcacassclay.org) or 701.364.4126. [ymcacassclay.org/safety](http://ymcacassclay.org/safety)

## Lifeguarding Certifications

**Fercho | Ages 15+ | Members: \$180, Non-Members: \$215**  
This American Red Cross class trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include: water rescue skills, surveillance/recognition, first aid, breathing and cardiac emergencies, CPR, AED and more. Courses run Friday 6pm-10pm and Saturday-Sunday 8am-8pm.

April 13-15    April 27-29    May 18-20    June 8-10    June 22-24



**Questions?** Contact Heather Sauer, Aquatics Director, at [heather.sauer@ymcacassclay.org](mailto:heather.sauer@ymcacassclay.org) or 701.364.4167.  
[ymcacassclay.org/safety](http://ymcacassclay.org/safety)

# SUMMER YOUTH PROGRAMS

Our youth staff and volunteers share a vision of helping all youth reach their full potential in life. We leverage kids' natural excitement and passion to create a healthy outlet for children to gain new skills, develop a sense of team and connect with positive role models. Learn more: [ymcacassclay.org/programs](http://ymcacassclay.org/programs)



## SUMMER SESSION – 8 Week Session

No programs the week of July 2 – 7. Session fees will be pro-rated.

June 11 – August 11

## » YOUTH FITNESS

### Youth Exercise Concepts Ages 12-14

Youth can earn access into the fitness center unsupervised after completing the one-hour Youth Exercise Concepts course with a fitness associate, which consists of a one-hour session. Youth will learn proper fitness etiquette, safety and use of the equipment. Free for members. Available at either Fercho or Schlossman Branch. To register, contact Kenton Manhart at 701.356.1453 or [kenton.manhart@ymcacassclay.org](mailto:kenton.manhart@ymcacassclay.org).

### Sports Performance Ages 11-17

Reach peak performance! Sports Performance sessions are designed to challenge and improve any athlete's speed, agility, vertical power and body awareness. Athletes are tracked and progressed with sport specific workouts designed by strength and conditioning specialists. To register, contact Kenton Manhart at 701.356.1453 or [kenton.manhart@ymcacassclay.org](mailto:kenton.manhart@ymcacassclay.org).

Sessions	Members	Non-Members
60 min	\$15	\$18
Package	\$300	\$380

## » GYMNASTICS

### Tiny Tumblers Fercho | Ages 2-3

We'll work on basic motor skills, forward rolls and coordination. Instructors focus on activities that are fun and stimulating for children, with an emphasis on large muscle activities. Be prepared to jump into the fun – Parent participation required. Members: \$50, Non-Members: \$63

Tues 5:00-5:50 pm

### Little Leapers Fercho | Ages 4-5

Flip, jump and roll into a tumbling adventure! Children develop independence and coordination through basic gymnastics skills, like backward rolls and handstands. Parent participation is encouraged! Members: \$50, Non-Members: \$63

Tues 6:00-6:50 pm

### Gymsters Fercho | Ages 6+

Participants improve strength, flexibility and self-confidence, while continuing to work more in-depth on their skills and conditioning. Students will learn cartwheels, handstands, bar exercises, and more! Members: \$50, Non-Members: \$63

Tues 7:00-7:50 pm

## » YOUTH SPORTS

### Baton & Competitive Show Fercho | Ages 4-18

Baton twirling develops hand-eye coordination, poise, balance and endurance. Students also learn marching and modeling skills. Participants in this program learn to twirl both competitively and recreationally. Batons are available from the instructor for \$12. Members: \$50, Non-Members: \$63

Tues 5:00-5:50 pm\*

\*Competitive Team and Show Twirling requires instructor permission.

### Soccer Skills Schlossman | Ages 3-7

Learn soccer basics like dribbling, passing, shooting and defense skills. Burn off energy while improving coordination, learning teamwork and having a BLAST! Program held outdoors unless the fields are too wet, so dress for the weather! Parent participation encouraged for ages 3-4. Members \$50, Non-Members: \$63

Thurs 5:00-5:50 pm Ages 3-4

Thurs 6:00-6:50 pm Ages 5-7



# » ROCK CLIMBING CLASSES & CAMPS

## Rock Climbing Mini Camps Schlossman | Ages 7-14

Mon - Wed & Fri: 9am - 11:30am | Thurs: 9am - 2pm

**NEW** this summer - Rock Climbing Mini-Camps! Dig into the basics of indoor rock climbing and learn the "ropes" on our 32 foot indoor climbing wall! We'll work on skills including safety, harnessing, knots, top rope climbing, bouldering, and more! Every week, we will learn something new and challenge our skills, with an emphasis on movement, technique, safety, trust and teamwork. PLUS, each Thursday, we'll take a trip out to Camp Cormorant to challenge our knowledge and skills on the outdoor ropes course, and have a blast exploring camp! Members: \$65, Non-Members: \$80

### Mini Camp Session Dates

June 11-15

June 18-22

July 9-13

July 16-20

## Intro to Belay Schlossman | Ages 16+

This 75-minute class gives you an introduction to the basic skills needed to safely enjoy climbing and belaying on your own at the YMCA. Each participant will learn how to safely control the ropes for their partner, how to tie safe climbing knots, and how to communicate commands effectively. Following this one-time class, participants wait a minimum of 24 hours, and then come back in to take the top-rope belay certification test with a climbing wall staff. Drop-ins are welcome, but please be aware that classes may already be full or may not be held due to a holiday or rental. Members: \$6, Non-Members: \$8

Every Monday 6:15-7:30 pm

**Financial Assistance is available!** For more info or to download an application, visit our website: [ymcacassclay.org/financialassistance](http://ymcacassclay.org/financialassistance)



**Questions?** Contact Luke Hommerding, Youth and Adult Program Director, at [luke.hommerding@ymcacassclay.org](mailto:luke.hommerding@ymcacassclay.org) or 701.364.4116. [ymcacassclay.org/programs](http://ymcacassclay.org/programs)



# GAINING CONFIDENCE, BUILDING RELATIONSHIPS

Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, youth programs at the YMCA are about building the whole child, from the inside out.



## SUNDAY FUN DAY

Don't spend your Sunday afternoon on the couch - Join us for family fun at the YMCA! We continuously try to provide opportunities for every family to build stronger bonds and be healthy together. Not only will our Sunday Fun Day discounted day pass get you and your family access into our downtown facility, including the Kids' Gym, Basketball Gym, Xerzones and more - we also bring out our aquatic obstacle course (the Wibit!) in the pool for extra fun! Learn more: [ymcacassclay.org/sundayfunday](http://ymcacassclay.org/sundayfunday)

**Location:** Fercho **Ages:** All Ages

**Day/Time:** Sundays, 2:00-5:00 pm

**Cost:** Members: Free, Non-Members: \$15/family



**Questions?** Contact Luke Hommerding, Youth and Adult Program Director, at [luke.hommerding@ymcacassclay.org](mailto:luke.hommerding@ymcacassclay.org) or 701.364.4116. [ymcacassclay.org/events](http://ymcacassclay.org/events)

## PARENTS' NIGHT OUT

In need of a night away from the kids? Parents' Night Out gives parents the opportunity to take a well-deserved break. You'll be able to feel confident that your little ones are safe and having the time of their lives interacting in physical activities and games in the Aquatic Center, Climbing Wall, Xerzone, Courts, PlayTown and more! They won't want the night to end! And don't worry about dinner - we'll take care of their hunger with a healthy meal! Please register at least one week in advance (it helps us with planning!). Learn more: [ymcacassclay.org/parentsnightout](http://ymcacassclay.org/parentsnightout)

**Ages:** Ages 6 weeks - 14 years **Time:** 4:00 - 7:30 pm

**Cost:** Members: \$25/first child, \$15 each additional  
Non-Members \$32/first child, \$22 each additional

April 21 (Schlossman)

May 19 (Fercho)

# » CHILD CARE & ENRICHMENT

## EARLY LEARNING CENTERS 6:30am – 6pm | Mon – Fri | Financial Assistance Available!

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

### Fercho Branch (A)

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

### Schlossman Branch (A)

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

### West Fargo Center (A)

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

### Calvary Center

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

### South Center (A)

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

**NEW!** Families in our child care programs receive an Exclusive Child Care Membership Rate when they become a member of the YMCA's fitness facilities!

## SUMMER SCHOOL AGE PROGRAM 6:30am – 6pm | Mon – Fri | Financial Assistance Available!

YMCA School Age Learning Centers offer quality, licensed summer programming for kids in K–8th Grade. Summer at the Y includes a weekly field trip, weekly pool day, daily reading, STEM learning, and time with friends. Best of all, it's located right in your child's school, or local YMCA, making drop-off and pick-up convenient for you! Learn more: [ymcacassclay.org/schoolage](http://ymcacassclay.org/schoolage)

### Summer Theme: Wonderopolis

Welcome to Wonderopolis, where curiosity and imagination lead to exploration and discovery! From tinkering in the Tech Workshop to getting creative in the Wonder Studio, The Y Explorer Program is your destination for summer learning and fun! Kids will also participate in fun summer activities like field trips, crafts, swimming, outdoor games, and more! Breakfast, snack, and lunch provided.

**(A)** Sites denoted with the (A) symbol have been accredited through the National Association for the Education of Young Children or Council on Accreditation.

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

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

### YMCA SITES

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

### FARGO SCHOOL SITES

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

### MIDDLE SCHOOL AGE SITES

Schlossman YMCA\* (S)

### SURROUNDING AREA SITES

Dilworth Lutheran Church (S)

### WEST FARGO SCHOOL SITES

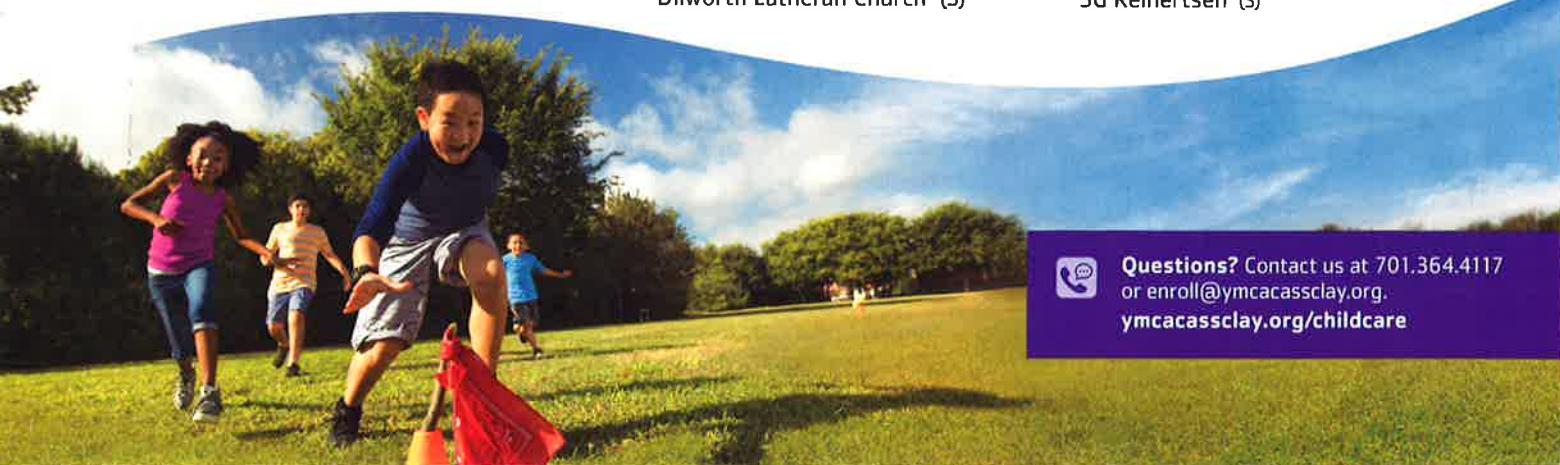
Aurora Elementary (S)  
Brooks Harbor (S)  
Eastwood Elementary  
Freedom Elementary (S)  
Harwood Elementary\*  
Horace Elementary\*  
Independence Elementary (S)  
L.E. Berger Elementary (S)  
Legacy Elementary (S)  
Osgood Kindergarten Center (S)  
South Elementary  
Westside Elementary (S)

### MOORHEAD SCHOOL SITES

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



**Questions?** Contact us at 701.364.4117  
or [enroll@ymcacassclay.org](mailto:enroll@ymcacassclay.org).  
[ymcacassclay.org/childcare](http://ymcacassclay.org/childcare)







# SUMMER CAMP

## BUSY BEAVER CAMP

**Half-day camping experience for preschoolers ages 3-5**

Busy Beaver Camp is a half-day "camping" experience designed just for preschoolers. Each session's activities are planned around a weekly theme chosen to appeal to the interests and curiosities of this age group. Picnics, swimming and weekly field trips add to the excitement.

**Camp Hours:** 9:00am - 1:00pm | Mon - Thurs

**Location:** KinderKamp Preschool at Fercho YMCA

**Cost Per Session:** Members: \$125 Non-Members: \$145

**Information:** Call Sandy: 701.364.4123 or visit [ymcacassclay.org/busybeaver](http://ymcacassclay.org/busybeaver)

## 2018 BUSY BEAVER CAMP SESSIONS

Session 1 .....	June 11-14: Camping
Session 2 .....	June 18-21: Dinosaurs
Session 3 .....	June 25-28: Water World
Session 4 .....	June 9-12: Down on Grandpa's Farm
Session 5 .....	July 16-19: Kids in the Kitchen
Session 6 .....	July 23-26: Summertime Fun
Session 7 .....	July 30-Aug 2: Mix, Pop, Fizzle (Science)
Session 8 .....	Aug 6-9: Blast Off To Space
Session 9 .....	Aug 13-16: Tumbling Tykes

## CAMP KODA Activities & exploration day camp for ages 6-11

### 2018 CAMP KODA SESSIONS

Session 1 .....	June 4-8: Sports of All Sorts
Session 2 .....	June 11-15: Wacky Science
Session 3 .....	June 18-22: Outdoor Adventure
Session 4* .....	June 25-29: Music, Melodies & Drama
Session 5 .....	July 9-13: Wet & Wild
Session 6 .....	July 16-20: Outdoor Adventure
Session 7 .....	July 23-27: Super Heroes
Session 8 .....	July 30-Aug 3: Wacky Science
Session 9 .....	Aug 6-10: Wet & Wild
Session 10* .....	Aug 13-17: Summer's Not Over!

\*Will not attend Camp Cormorant, but will have an opportunity to go on a different field trip!

**Cost Per Session:** Members: \$175 Non-Members: \$215

Extended care available before (8-9am) and/or after (4-5pm) camp for \$10/week (\$20 for both).



In Camp Koda, kids will have the opportunity to discover new interests, meet new friends, explore nature, be physically active, and have a BLAST! Each week is based on a theme and includes other adventures like swimming, crafts, field trips, music and more. Campers also take a trip to YMCA Camp Cormorant to experience the traditional camping atmosphere, try out the ropes course, water activities and horseback riding. Snack included.

**Camp Hours:** 9:00am - 4:00pm

**Location:** Fercho or Schlossman YMCA

**Information:** Call Luke: 701.364.4116 or visit [ymcacassclay.org/koda](http://ymcacassclay.org/koda)

## CAMP CORMORANT Resident Camp on Big Cormorant Lake for ages 7-14



### 2018 CAMP SESSIONS

Session 1 .....	June 10-15
Session 2 .....	June 17-22
Session 3 .....	July 8-13
Session 4 .....	July 15-20
Session 5 .....	July 22-27
Session 6 .....	July 29 - Aug 3
Session 7 .....	Aug 5-10

### CAMPS OFFERED EACH SESSION

Adventure Camp	Wilderness Camp
Waterski Camp	Fishing Camp
Ropes Course Camp	Cooking Camp
Horsemanship Camp	Art Camp

**Registration:** For descriptions, ages, fees and registration forms, pick up a brochure at the YMCA, or visit us online.

**Information:** Call Lorrie: 701.364.4119 or visit [campcormorant.org](http://campcormorant.org)

YMCA Camp Cormorant is an overnight camp located on the beautiful shores of Big Cormorant Lake, MN. It provides a unique outdoor environment with cozy cabins, an extensive beach and waterfront, athletic fields, a volleyball sand court, horse trails, a newly remodeled ropes course and more! Experience the magic of Camp Cormorant! **Location:** 14563 YMCA Lane, Lake Park MN





# FAMILY TIME & EVENTS

## Birthday Parties and Rentals

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

### Splashtacular Birthday Party Fercho

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

### Maximum Motion Birthday

Kiddos stay active and moving as they crawl, climb, and jump through our Kids Gym or Play Loft! Package includes one hour in the Kids Gym and one hour in the Party Room (Fercho) OR two hours in the Play Loft/Party Room (Schlossman). Ages 7 and under. **Members: \$80 | Non-Members: \$110**

### Bouldering Adventure Schlossman

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

## Fargo on the Move

June 11 - 15 | All Ages

Fargo Park District, Courts Plus, Family Wellness, and the YMCA of Cass and Clay Counties are working together to create Fargo On The Move, a week long initiative to encourage our community to be active and get moving! Through creative play and social connection, participants can expect to find fun new ways to get moving in our community. Whether you're taking your first step or are already active, we want you and your family to get out this summer and find your move! For a full list of events and activities during the week, visit [FargoParks.com](http://FargoParks.com)

## Healthy Kids Day

Saturday, April 21 | 1:00 - 3:00 pm

Fercho | All Ages | Free & Open to the Community

Healthy Kids Day is a national YMCA day to inspire parents and kids to stay active all summer long. Join us for an afternoon packed with fun and interactive activities, including a FM Walleyes Fishing Demo, Bouncy Houses and Interactive Games from Games Galore, a Gymnastics Obstacle course, family games and fun in the Xerzone, Gyms, and more! Plus, there will be FREE healthy snacks, and a goody bag for each kid! Learn more: [ymcacassclay.org/hkd](http://ymcacassclay.org/hkd)

## Game Day Bus Trips

All Ages | Members: \$50, Non-Members: \$65 | [ymcacassclay.org/gameday](http://ymcacassclay.org/gameday)

Summer is here, and that means outdoor sports! Join us as we travel to Minneapolis to cheer on the MN Twins at Target Field, and Minnesota United Soccer Team at TCF Bank Stadium! Beat the stress of traffic and parking while spending time with family and friends and taking part in a classic summertime tradition! You may bring a small cooler with non-alcoholic beverages and snacks on the bus. Travelers will stop in Alexandria on the way home for dinner. Kids 12 and under must be accompanied by an adult. Price includes transportation and game ticket.

May 20: MN United vs. Sporting Kansas City

July 15: Twins vs. Tampa Bay Rays

Aug 19: Twins vs. Detroit Tigers



**Questions?** Contact Luke Hommerding, Youth and Adult Program Director, at [luke.hommerding@ymcacassclay.org](mailto:luke.hommerding@ymcacassclay.org) or 701.364.4116. [ymcacassclay.org/events](http://ymcacassclay.org/events)





# JOIN US AT THE YMCA!

## MEMBERSHIP RATES & CATEGORIES:

	MONTHLY RATE Via Automatic Bank Draft	ENROLLMENT FEE One-Time Contribution
<b>Family / Household*</b> - up to two adults + dependents* living in the household	\$80	\$50
<b>Family / Household Package*</b> - up to two adults + dependents* living in the household (includes PlayTown usage)	\$103	\$50
<b>Exclusive Child Care Package*</b> - Up to two adults + dependents* living in the household (includes use of PlayTown). This exclusive package is for families enrolled in a YMCA Child Care Program.	\$72	\$0
<b>Single</b> - Ages 25-64	\$53	\$50
<b>Senior</b> - Ages 65+	\$48	\$50
<b>Student/Youth</b> - Ages 8-24	\$32	\$0
<b>Night Owl**</b> - Ages 18+	\$10	\$50

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

### Health Club Credit Programs

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

### Y Match Needs-Based Membership

Assistance is available, within the limits of our resources, to members that provide documentation showing their inability to pay the full rate. Stop by either Y location for an application or visit us online: [ymcacassclay.org/financialassistance](http://ymcacassclay.org/financialassistance)

### Membership Cancellation Policy

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

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

\*\* Night Owl Membership includes access into the Schlossman Fitness Center during the following hours: Mon-Fri - 11pm-4am; Sat-Sun - 8pm-4am.

### Questions on membership or want to schedule a tour?

Christine: 701.364.4121 | [christine.hoff@ymcacassclay.org](mailto:christine.hoff@ymcacassclay.org) | Fercho  
Ben: 701.356.1477 | [benjamin.eastwell@ymcacassclay.org](mailto:benjamin.eastwell@ymcacassclay.org) | Schlossman

## INCLUDED IN MEMBERSHIP:

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

### Aquatic Center (F)

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

### Fitness Centers

Includes 24/hr access at the Schlossman branch!

### Group Fitness Classes

Over 100 classes every week!

### Racquetball/Handball Courts (F)

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

### Climbing Wall (S)

Scale our 32 foot indoor rock wall!

### Basketball Gyms

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

### Play Loft / Kids' Gym

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

### Xerzones

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

### YMCA Nationwide Membership

Use your membership to access other YMCAs across the country!

### Access Family Wellness,

Our partner location, up to 12 times per year.

### PlayTowns

Children can play while their parents work out - see below for details!

### Members receive special rates

on all YMCA programs, services and events!

### Locker Rooms

Including saunas, whirlpools (F) and towel service.

### FREE 60min. Orientation Session

Includes a body assessment, consultation and fitness center orientation.

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

### PLAYTOWN 6 weeks - 8 years Member Short-Term Child Care

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

**Fercho YMCA** 701.364.4143

**Schlossman YMCA** 701.356.1449

### Hourly Rates

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

**FREE PlayTown usage included with Family / Household Package Membership!**

See above for membership rate. Includes care for up to 2 hrs/day for all children on the membership.

To learn more about our short-term child care, visit [ymcacassclay.org/playtown](http://ymcacassclay.org/playtown)

