

# KIDSOURCE

SEPTEMBER 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.

## Bowling = Scholarship \$\$\$!

Start earning as early as 3 years of age  
just by participating in a Youth League at Sunset Lanes!

Kids have earned

**THOUSANDS OF DOLLARS**

towards their Education!

**Call for more information!**



**SUNSET  
LANES**

[www.bowlingsunset.com](http://www.bowlingsunset.com)  
620 Hwy 75 N., Moorhead  
218-233-6153



Youth League Fun Day & Sign Up

**Sat. Sept. 22nd**

**10 am - 1 pm**

Free Bowling, Hotdogs and Pop!

Bring a Friend

### Benefits:

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

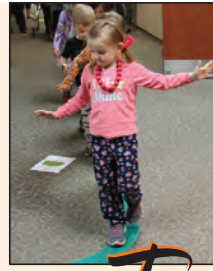
KIDsource is published through the cooperation of many agencies in Moorhead and coordinated through Moorhead Community Education. If you have any questions, suggestions or articles, please call the Community Education office, Probstfield Center for Education, 218-284-3400.

Visit the Moorhead Area Public Schools website at [www.moorheadschoools.org](http://www.moorheadschoools.org).

Publication in KIDsource does not constitute school district endorsement of a program.



**MOORHEAD**  
AREA PUBLIC SCHOOLS



# Moving Forward Together

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.

### ***State of the District Session***

The district leadership team will share the troubles and triumphs of leading one of the largest school districts in Minnesota, including information about the instructional goals and building projects.

Call Moorhead Community Education at 218-284-3400 to RSVP for this free session or register online at <https://communityed.moorheadschoools.org>.

Nov. 1 7 p.m. Probstfield Center Board Room, 2410 14th St. S.

### ***Website***

Visit [www.moorheadschoools.org](http://www.moorheadschoools.org) for news, School Board meeting updates, calendars and much more.

### ***Social Media***

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

### ***Learn new skills in Moorhead Community Education classes!***

Take a healthy cooking class, try new dance moves, learn about India, or make a bracelet. Register now for fall classes online at <https://communityed.moorheadschoools.org> or call 218-284-3400.



**MOORHEAD**  
AREA PUBLIC SCHOOLS

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).





Parks and Recreation

**Moorhead Parks & Recreation offers a variety of programs for the fall and winter seasons! Registration is open for these and other programs. Visit [moorheadparks.com](http://moorheadparks.com) for more information!**

**Youth Coed Volleyball**  
**September 17-October 29**  
**Ellen Hopkins Elementary**  
**3rd and 4th Grade: 4:30-5:30 pm**  
**5th and 6th Grade: 5:45-6:45 pm**

This program introduces youth to the fun and exciting game of volleyball, with instructional work and game play. Knee pads are suggested but not required.



**Art Classes & Camps**  
**October-February**  
**Alm Park**

Let your child explore their creative side with a wide assortment of art classes and winter camps! Youth ages 6-14 (and parents too) can experience a range of several different art mediums, including painting, collage, 3D sculpture, and more!



### Sports Sampler

**Tuesdays & Thursdays • October 2-25 and November 1-20 • Ellen Hopkins Elementary**  
**Ages 3-4: 4:30-5:15 pm • Ages 5-6: 5:30-6:30 pm**

Introduce your child to a variety of sports and physical education games, while focusing on teamwork, skill building, and having fun! Activities include soccer, baseball, kickball, basketball, volleyball, and tennis.



**Greater Moorhead Days**  
**September 6-13, 2018**  
**[greatermoorheaddays.com](http://greatermoorheaddays.com)**

Celebrate Moorhead with a week of events for all ages, including:

- Bridge Bash, hosted by the Moorhead Business Association
- Greater Moorhead Days Parade, sponsored by First International Bank & Trust
  - Wings & Wheels Fly In & Car Show
  - The Flatlander FM Rotary Ride
  - 9/11 Commemoration
  - Kids Fest, sponsored by Midco
- Trails at Stonemill Park Party, sponsored by Prairie Property Management
  - Greater Moorhead Days Medallion Hunt

Fargo Moorhead Community Theatre  
Fall 2018 education classes run  
SEPTEMBER 22 - NOVEMBER 10

Check out [FMCT.ORG](http://FMCT.ORG) for full class details.

DISNEY & CAMERON MACINTOSH'S

# MARY POPPINS



A MUSICAL BASED ON THE STORIES OF P.L. TRAVERS  
AND THE WALT DISNEY FILM

SEPTEMBER  
14-16, 20-23, 27-29 2018

# A CHRISTMAS STORY

The Musical

AUDITIONS FOR STUDENTS GRADES 3 & UP  
SEPTEMBER 23 & 24

*New Classes Begin August 27th*

RED RIVER  
**DANCE**  
& PERFORMING CO

Enjoy our various dance classes,  
programs, and opportunities for all ages  
and abilities!

16 Week Fall Session:  
August 27th-December 15th

Registration online! Join anytime!

*Join the fun today!*

[info@redriverdance.com](mailto:info@redriverdance.com) | 701.280.0004

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

2921 Fiechtner Dr. S | Fargo, ND 58103



# Shoú Shú Martial Arts

## Teaching Self-Defense Skills for Life!

### Our Programs

#### Little Ninjas (3 - 5 yrs.)

Designed for children who are ready to participate independently. Children will learn basic self-defense skills while working on improving their motor skills, increasing their ability to pay attention and follow directions.

- **Monday – Thursday 5:30 pm – 6:00 pm**

#### Little Warriors (5 - 7 yrs.)

Children will learn self-defense skills to prepare emergency situations with strangers. Children will motor skills and character development.

- **Monday – Thursday 5:30 pm – 6:00 pm**



themselves for interactions and also work on improving their



#### Shou Shu Kids (8 yrs. & up)

Kids will learn a variety of different self-defense techniques to deal with a wide range of situations. Through the program students will work on their physical fitness and develop higher levels of confidence.

- **Monday – Thursday 6:00 – 7:00 pm**

#### Teens (12 & up) \*

A class specifically designed for teens who want to learn martial arts. Teens will learn self-defense skills while working on physical fitness & having fun.

- **Mondays & Wednesdays 4:30 – 5:30 pm (\*10 & 11 yrs. old with approval)**

#### Teens/Adult Classes (13 yrs. & up)

We believe it is our responsibility to help you develop the ability to defend yourself and your family in an unavoidable encounter. This is a hands-on, fun, learning experience with practical applications to everyday dangers.

- **Monday, Wednesday, and Thursday @ 7pm – 8 pm**

#### Women's Self-Defense (13 yrs. old & up)

Learn different ways to defend yourself in various situations. Boost your confidence and learn to be safe all while getting in a work out, having fun, meeting other women, and learning something new.

- **Tuesdays @ 7 pm – 8 pm**

**Register @  
shoushufm.com or call**

**218-512-0142**

**900 1<sup>st</sup> Ave N. Moorhead,  
MN 565650**





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

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

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

### Five Tips to being an involved Dad

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

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

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

For more information on Dads check out [www.mnfathers.org](http://www.mnfathers.org)

Local Advisory Council for Children’s Mental Health



# TRI-CITY STORM SOCCER



## IGNITE THE PASSION



### RECREATIONAL

- ~Pre-k to 8th grade
- ~Weekly games
- ~Optional training



### SELECT

- ~Ages 13-19
- ~Professional Training
- ~Competitive Soccer



### ACADEMY

- ~Ages 3-8
- ~Professional Training
- ~Learn the game



### ADULT

- ~Ages 17+
- ~Indoor leagues
- ~Multiple Divisions



### TRAVELING ACADEMY

- ~Ages 9-12
- ~Professional Training
- ~Competitive Soccer



### CAMPS/CLINICS

- ~Ages 4-18
- ~College & International coaches
- ~Take your game to the next level

All programs are offered year-round  
Register online @ [www.tricitystorm.org](http://www.tricitystorm.org)



Build your own  
video game!

**PODS**  
Game Design

Build your own  
video game!

## Moorhead Elementary Schools

### DONUT INVADERS!

Blast the alien donuts out of the sky before they destroy all of humanity!

Reinertsen: Oct 10, 12

Robert Asp: Nov. 14, 15

Time: 4:00 – 6:00

### Mouse Maze

Guide the mouse through the maze to get the cheese. But if that cat gets you...

Ellen Hopkins: Nov 7, 8

Dorothy Dodds: Nov 28, 29

Time: 4:00 – 6:00

## Horizon Middle School

### Beginner RPG

Create a Role-Playing Game with your own heroes, monsters, and epic quests!

Location HMS East

Grades 5 - 8

Dates: Mondays, Sept 17-Oct 22

(no class Oct 15)

Time: 4:00 – 6:00

- Create a game of your very own!
- Learn the building blocks of video game design!
- Bring your work home at the end of class to show your family and friends!
- 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!)

### ADVANCED RPG (Minigames)

Take your RPG further by programming some awesome minigames for your players to enjoy!

Location HMS East

Grades 5 - 8

Dates: Mondays, Nov 5-Dec 10

Time: 4:00 – 6:00

**PODS**  
Game Design





*presents*

# MOORHEADMAGIC YOUTH WRESTLING

**Who: PreK-6th Grade**



*What:* **Youth Wrestling**

**When: Nov. 13th-March**

PreK & K	Mondays 6:15-6:45
Grades 1-3	Tues & Thurs 6:15-7:00
Grades 4-6	Tues & Thurs 7:00-8:15

*Where:* **MHS Wrestling Room**

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

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

**Registration Opens September 1st, 2018**  
[www.moorheadwrestling.com](http://www.moorheadwrestling.com)



# YMCA OF CASS AND CLAY COUNTIES



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

## LEARN & HAVE FUN!

Visit our website for program times, locations, and ages: [ymcacassclay.org/youth](http://ymcacassclay.org/youth)

### YOUTH PROGRAMS

Kids will learn new things, stay active, and discover their potential with Fall Programs at the YMCA!

Learn more and register online: [ymcacassclay.org/youth](http://ymcacassclay.org/youth)

- Soccer Skills
- Gymnastics
- Dance
- Basketball
- Rock Climbing
- Wacky Science & LEGO® Club
- Babysitting Training
- and more!

### SCHOOL OUT DAYS Grades K-5 | 6:30am - 6:00pm

Need something for your kiddos to do when there's no school? Join us for School Out Days! Each school-out day is packed with activities that will keep minds sharp and bodies moving, like gym games, crafts, science experiments, and more! Breakfast, snack, and lunch provided! Learn more online: [ymcacassclay.org/schooloutdays](http://ymcacassclay.org/schooloutdays)

### FALL PROGRAM GUIDES

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

- Fall Session 1: Sept. 4 - October 20
- Fall Session 2: Oct. 22 - Dec. 8

Join in anytime! Your fee will be pro-rated accordingly!



### SWIM, SPLASH, & DIVE!

#### SWIMMING LESSONS - Fall lessons start Sept. 4

Dive in, gain confidence in the water, and learn new things with YMCA Swimming Lessons All ages and skill levels welcome!

#### GATOR SWIM TEAM - Fall season starts Sept. 24

Join a team with a 50+ year history of sportsmanship, teamwork and skill building! All levels of skill and experience are welcome!

Learn more and register at [ymcacassclay.org/aquatics](http://ymcacassclay.org/aquatics)



## TRY A NEW KIND OF FAMILY FUN!

The YMCA offers lots of options for families to have fun, stay active, and spend time together, all included in a Y membership!

- Basketball Courts
- Climbing Wall
- Racquetball Courts
- Sunday Fun Day
- Aquatic Center - with Zero-Depth Kids' Pool
- Kids' Gym & Play Loft
- Xerzones - Youth Interactive Centers
- Family Activities and Events

### SUNDAY FUN DAY Sundays | 2-5pm | Fercho YMCA | All ages

Don't spend your Sunday afternoon on the couch - join us for family fun at the YMCA, including our Kids' Gym, Basketball Gym, Xerzone and more! We'll also bring out our aquatic obstacle course - the Wibit - in the pool for extra fun! FREE for YMCA members! Not a Y member? Get a discount on a family Guest Pass - pay just \$15! - during Sunday Fun Day!



## Join the YMCA in September and pay **NO ENROLLMENT FEE!**

That's a savings of \$50! Members get access to two facilities (including 24/hr access!) FREE events and programs, and get BIG discounts on offerings like child care, youth programs, summer camp, and more! Learn more or join online: [ymcacassclay.org/join](http://ymcacassclay.org/join)



# SCHOOL AGE CHILD CARE ENRICHMENT

» **Registration for YMCA School Age Learning Centers is NOW OPEN!**

## **Grades K-5 | 25+ Area Sites**

Much more than just child care, YMCA School Age Learning Centers give kids the opportunity to learn and grow with STEM activities, art projects, reading, outdoor play, healthy snacks, and more. We offer before and after school care, Monday through Friday, 6:30am - 6:00pm.

### **MOORHEAD SCHOOL AGE SITES**

- Dorothy Dodds
- Ellen Hopkins
- Reinertsen
- Robert Asp

- **Fall 2018 Theme: Get Active With Us!**
- **Financial Assistance Available!**



Have additional questions, or ready to enroll? Please contact Heather Dorn at 701.364.4117 or [enroll@ymcacassclay.org](mailto:enroll@ymcacassclay.org)

Visit us online for more information:

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

# Attention 5th - 8th Graders!

## Join *SPANISH CAMP* Today!



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

**Class will take place in the  
Horizon Middle School West Campus Media Center**

**YAS13A - Tuesdays, 9/18-11/13  
(no class 10/16), 8 weeks, 4:15-5:15 p.m., \$60.**

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

## Check out Community Education Art Camps for Grades 5-6

**Course No: YAS11A**

**September 19-December 19, 2018**  
12 Wednesdays, 7:45-8:45 a.m.

(no class October 17 & November 21)

**Horizon Middle School West Campus**  
Art Room: 417 & 420

**Instructors: Xandra Stowman**  
Jorddan Kleindl Wadholm

**Fee: \$85**

**Course No: YAS11B**

**January 2-February 27, 2019**  
9 Wednesdays, 7:45-8:45 a.m.

**Horizon Middle School West Campus**  
Art Room: 417 & 420

**Instructors: Xandra Stowman**  
Jorddan Kleindl Wadholm

**Fee: \$69**

**Course No: YAS11C**

**March 13-May 29, 2019**  
12 Wednesdays, 7:45-8:45 a.m.

**Horizon Middle School West Campus**  
Art Room: 417 & 420

**Instructors: Xandra Stowman**  
Jorddan Kleindl Wadholm

**Fee: \$85**

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

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

# RED RIVER VALLEY UNITED

TEAMWORK • INTEGRITY • RESPECT • PLAYER DEVELOPMENT • COMMUNITY



RECREATIONAL | PREK-5TH  
ACADEMY | U6-U8  
TRAVEL ACADEMY | U9-U10  
COMPETITIVE | U11-U16



FM United and West Fargo soccer clubs merged in 2017.  
Together as the Wolfpack, we strive to create a fun, challenging,  
and collaborative soccer community in the Red River Valley.

RRVUNITED.ORG





# UNLEASH STRONG! BE A GIRL SCOUT.

**Raise your hand. Accept the challenge. Find your fearless.**

As a Girl Scout, every time you try something new, you'll discover you can do more than you ever thought possible. Plus, you'll have a ton of fun every step of the way.

**Join us to Get to Know Girl Scouts  
and register for the new year!**

Thursday, September 20, 2018

6:00 PM

Girl Scout office, 1002 43rd Street South, Fargo

Join today at [gsdakotahorizons.org/join](https://gsdakotahorizons.org/join).

*Scholarships available, so every girl can be a Girl Scout.*

Questions? Member Services is here to help!  
800-666-2141 or email [help@gsdakotahorizons.org](mailto:help@gsdakotahorizons.org)



# START YOUR WEEK SINGING!

**GRADES K-12**

**SUNDAY EVENING REHEARSALS AT REINEKE FINE ARTS CENTER**

**\*LOW COST TUITION \* FUNDRAISING OPPORTUNITIES \*TUITION SCHOLARSHIPS**

**PASSIONATE AND DEDICATED DIRECTORS!**

**SPRING 2019 NYC TOUR OPPROTUNITY.**

**JOIN US SEPTEMBER 9TH !**

[FMYOUTHCHOIR.ORG](http://FMYOUTHCHOIR.ORG)

[BETHJANSEN@FMYOUTHCHOIR.ORG](mailto:BETHJANSEN@FMYOUTHCHOIR.ORG)



**ATTENTION 3RD AND 4TH GRADE GIRLS!  
JOIN US FOR**

## Leader-Licous!!

Girls become "LEADERLICIOUS" when they learn leadership skills, develop a strong positive self-image, and are empowered. Each of us was born with our own unique talents, gifts, and abilities. Through this fun-filled leadership program, girls will focus on their inner selves and take the steps or dance as they move forward, leaving behind negativity that discourages and prevents them from reaching their full potential. Topics include: importance of education, bullying, breaking negative habits, relationships, my best self, communication, overcoming obstacles and more. At the final class, girls will shine as they demonstrate the leadership skills they have learned. Once these skills are learned, the results in our girls will be life changing. Leader-Licous is led by Rachel Stone, former Mrs. North Dakota Intl. 2006.

Course Number: YAS12A

Date: Sept. 24 - Dec. 10

(No class Oct. 15 & Nov. 12)

Time: 3:30 - 4:30 p.m.

Location: Robert Asp Elementary

Instructor: Rachel Stone

Course Fee: \$69

**Session 1**

Course Number: YAS12B

Date: Sept. 20 - Dec. 6

(No class Oct. 18 & Nov. 22)

Time: 3:30 - 4:30 p.m.

Location: Ellen Hopkins Elementary/ Media Center

Instructor: Rachel Stone

Course Fee: \$69

**Session 2**

# FamilyWellness

A PARTNERSHIP BETWEEN SANFORD HEALTH the Y

## Just Keep Kicking

Mondays, September 10th - October 15th from 5:00PM - 5:45PM

Just Keep Kicking offers children ages 4-6 the chance to learn and practice the fundamentals of soccer. Each day there is a new skill to focus on, along with challenging games to help enhance those skills. Athletes will learn everything from dribbling to shooting while having fun learning the game.

\$30 Members/ \$60 Nonmembers.

## Sports Sampler

Tuesdays and Thursdays, September 11th – 25th from 5:00PM - 5:45PM

Sports Sampler is packed with a variety of fun sports for kids ages 4-6. Participants will learn and play sports of all sorts in a positive and encouraging environment. This camp will focus on teamwork, sportsmanship and giving your best effort at all times. Come join the team at Family Wellness!

\$30 Members/ \$60 Nonmembers.

## Cooking Programs

**Edible Art and Play | Mondays, October 1st - October 22nd from 5:30PM - 6:00PM**

Join us in the kitchen to “Play with Your Food!” That’s right! We are going to use all of our senses while we make a fun, artistic, healthy snack. This class is ideal for preschool age children (ages 3-5) who are thought of as “picky eaters.” \$39 Members/ \$59 Nonmembers.

**Kinder Chef | Mondays, October 1st - October 22nd from 6:15PM - 7:00PM**

For ages 6-7 (adult attendance not required). These lessons will work on basic kitchen skills and introducing proper technique. \$50 Members/ \$90 Nonmembers.

**Junior Chef | Mondays, October 1st - October 22nd from 6:15PM - 7:00PM**

For ages 8-9. These lessons will advance the basics of cooking and present cook top, oven, and small appliances. \$60 Members/ \$100 Nonmembers.

**Master Chef | Tuesdays, October 2nd - October 23rd from 6:45PM - 7:45PM**

For ages 10-12. With basic skills and technique in place, these lessons will challenge the child to finesse their skills and work towards independence. Knife skills will be advanced. Independence at the cook top highlighted. Working with the oven and small appliances continue to be enforced. \$75 Members/ \$115 Nonmembers.



Other programs and classes available at [www.familywellnessfargo.org](http://www.familywellnessfargo.org)

Call 701.234.2400 or register online at [www.familywellnessfargo.org](http://www.familywellnessfargo.org)  
If you have questions contact Matt at [matthew.melchior@sanfordhealth.org](mailto:matthew.melchior@sanfordhealth.org)



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



## Register now for fall Community Education and ECFE classes!

The Moorhead Community Education fall catalog includes more than 225 learning opportunities for people of all ages and interests.

See the fall catalog for adult enrichment classes, youth and family classes, and Early Childhood Family Education classes. Registration is underway.

To request a free catalog or to register for a class by credit card, call Community Education at 218-284-3400 or register online at <https://communityed.moorheadschoools.org>.



Moorhead Community Education is a program of Moorhead Area Public Schools.

## Music Lessons

FARGO-MOORHEAD

MUSIC TEACHERS

ASSOCIATION

Contact Monica Wolff

Teacher-Student Coordinator

701-367-5270 ~ [ewolff@q.com](mailto:ewolff@q.com)

Follow us on Facebook

## Do you have a preschooler or know someone who does?

**All Minnesota children are required to attend a free screening. Please schedule screening soon after your child's third birthday.**

Early Childhood Screening is a quick and simple check of how your child is growing and developing.

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



**Friday, October 12  
Friday, November 2  
Friday, December 7  
Friday, January 11**

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!**



## **STEM, Fine Arts, Service Learning and more!**

**We are now accepting registrations for the 2018-19 school year.  
Complete the google form at**

*<https://goo.gl/forms/Wj1JWv91ggg5pCvA3>*



## **New to DI?**

**Check out the website at  
[www.destinationimagination.org](http://www.destinationimagination.org)**

**or**

**Attend the information meeting at  
7-8 p.m. Monday, October 22  
Horizon Performing Arts Center  
(Students welcome)**

**Questions?**

**Contact Kris Thompson at 218-284-3411**



# MARQUART'S MARTIAL ARTS

## "JOIN US IN MOORHEAD!"

- ✓ Improve self-confidence, self-control, and self-discipline
- ✓ Learn practical self-defense
- ✓ Improve coordination, physical fitness and flexibility
- ✓ Education for the development of the complete individual as a martial artist



Year-round classes for children and adults are led by Eighth Degree Grand Master Eugene Marquart who has over 36 years of teaching experience and is President of the US Changmookwan TKD Union.

**CHECK US OUT!**  
**NO CONTRACT REQUIRED!**

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

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



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

### 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

### 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



**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!**

4 Morning preschool options:  
Tues/Thur, M/W/F, M-H, and M-F  
7:30am-12pm (September—May)

### Requirements:

Students must be 3 years old  
and toilet trained



## TEAM PLACEMENTS

September 22nd, 2018

Join one of our half season teams! We offer Competitive, Performance, and Recreational cheer teams.

**FALL CLASSES**     **Register Today!**

Classes Start September 10th, 2018

Tumbling Classes for all ages and skill levels. Jump Classes. Dance Classes. Flyer Classes. AND MUCH MORE!

**North Dakota Elite**

758 34th St N. Suite K

Fargo, ND

701-367-9054

[ndelitecheer@outlook.com](mailto:ndelitecheer@outlook.com)



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

# Fall Festival

**SEPTEMBER 15-16 | 22-23**

**RHEAULT FARM**  
2902 25TH ST S, FARGO  
SAT 10AM-5PM | SUN NOON-5PM

## Fun Fall Activities

- Fall Crafts\*
- Face Painting\*
- Horse Drawn Rides\*
- Photo Booth
- Carnival Games
- Straw Bale Maze
- Pumpkin Patch
- Strolling Clown

Barrel Train Rides\* Sept. 16, 22-23

.... *Free Admission* ....

\*ACTIVITY PASS \$6

**ACTION ADVENTURE**  
FORMERLY KNOWN AS: FUN DAY WITH YOUR SON DAY

**OCTOBER 13**  
COURTS PLUS | 2902 25TH ST S, FARGO  
2:30-4:30PM

Spend quality time together, while being active during group fitness classes, 7-level indoor playground time & Big Blue ninja activities for the little man (ages 4-12) & his female role model.

\$10 / CHILD (ACCOMPANYING ADULT FREE)



701.499.6060  
FargoParks.com



701.499.6060  
FargoParks.com



# Register Early

## for fall and winter programs

### Archery

Archery 101: September 11 - October 2  
Register by: September 7

Archery 202: October 9 - 30  
Register by: October 5

### Skating Lessons

Session 1: Starts September 11  
Register by: September 7

Session 2: Starts November 1  
Register by: October 26

Session 3: Starts January 2  
Register by: December 31

### Youth Curling

Ages 10-18: November 18 - February  
Register by: November 12

### Girls Volleyball

3rd & 4th grade: October 8 - December  
Register by: September 19

### Artmania

Ages 6-8: September 10-October 15  
Register by: September 6

### Accelerated Artists

Ages 9-12: September 11-October 16  
Register by: September 7

### Sports Sampler

Winter Session: January 8 - February 7  
Register by: January 2

### Hockey Skills Training

Session 1: Starts September 11  
Register by: September 7

Session 2: Starts November 1  
Register by: October 26

Session 3: Starts January 2  
Register by: December 31

All programs are first come, first serve and may fill prior to the deadline.

**Register online at FargoParks.com**



701.499.6060  
FargoParks.com



# Learn more than just cartwheels!

## Gymnastics builds:

Social Skills	Strength
Self Esteem	Balance
Mental Focus	Fitness

## Gymnastics: All Levels

## Ninja Zones: Boys or Girls

## Birthday Parties



# AMERICAN GOLD GYMNASTICS

Home of the FM Acro Team, AGG Competitive Team and Fargo High School Gymnastics Teams

Classes for boys and girls as young as 18 months.

Fall session: Sept. 4—Oct. 20

Register online or give us a call to get started today!

701-280-0400    [www.AmericanGoldGymnastics.com](http://www.AmericanGoldGymnastics.com)    2001 17th Av S Fargo

# District completes Phase I of facilities plan

As the first phase of the Facilities Master Plan was completed this summer, Moorhead Area Public Schools is moving forward with the second phase of the plan. *Here is our latest report.*

## District celebrates new schools in April 2018

The celebration of schools on April 21, 2018, included open houses at the six new or newly renovated K-8 schools followed by the celebration and dedication in the just-opened Horizon Middle School Performing Arts Center. Hundreds of people



filled the new auditorium for music and theatrical performances by students of all ages and messages from school district and community representatives. Dorothy Dodds Elementary School, the Horizon Middle School West Campus for grades 5-6, and the three newly renovated elementary schools opened for the 2017-18 school year.

## Moorhead High School Security Improvements

To improve safety for students, construction at Moorhead High School this summer created a public entrance at Door 13 on the north side of the school. The activities office has been moved and will now be located next to the administration offices. The former activities office space has been renovated for classroom space, and more lockers were installed.

## High School Facilities Task Force

The High School Facilities Task Force being formed for the 2018-19 school year will review recommendations related to high school facilities from both the 2014-15 facilities master planning process and last year's Designing Moorhead High School's 21st Century Academic/Instructional Program Task Force Report.



**MOORHEAD**  
AREA PUBLIC SCHOOLS

[www.moorheadschoools.org](http://www.moorheadschoools.org)

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



3509 4th Ave S • 277-1TKD

# Red River Traditional TaeKwonDo

The Area's Only Traditional TaeKwonDo School

## Same Great Classes



**Kids  
Teens  
Adults**



## New, Bigger Gym



**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 • 3509 4th Ave S • [rrtkd.com](http://rrtkd.com)

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

**FREE 2 week trial**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARNING AND GROWING TOGETHER

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

- › Sports & Enrichment Programs
- › Swim School & Team

- › Family Time & Events
- › 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](https://twitter.com/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 YMCA programs, events and more!

### ONLINE

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

### PHONE

701.293.9622 or 701.281.0126

### WALK-INS

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

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

**Program Credit/Voucher & Refund Policy:** There is a \$10 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 woman with short dark hair, wearing a purple tank top, is smiling warmly and hugging a young child from behind. The child, wearing a pink and blue patterned tank top, is also smiling. They are in a colorful play area with yellow and blue structures. In the top right corner, there is a yellow circular graphic containing text.

## BUILDING OUR COMMUNITY TOGETHER

The YMCA is for everyone. Our programs, services, and initiatives enable kids to realize their potential, offer ways for families to have fun together, empower teens and young adults to gain independence, and help develop connections and foster a community-wide service ethic among people of all ages and backgrounds. And that's just the beginning.



# SWIMMING LESSONS

	P/Baby	P/Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
Monday	9:30am											
	10:00am											
	10:30am		x	x	x							
	4:00pm			x	x							
	4:30pm			x	x							
	5:00pm			x	x							x
	5:30pm	x		x	x	x	x	x		x	x	x
	6:00pm		x	x	x	x						x
Tuesday	6:30pm			x	x							x
	7:00pm									lap pool	lap pool	
	4:00pm											
	4:30pm											
	5:00pm											
	5:30pm	x		x	x	x	x					
	6:00pm		x	x	x	x						
	6:30pm	x		x	x							
Wednesday	7:00pm		x	x						small pool	small pool	
	9:30am			x								
	10:00am											
	10:30am	x		x	x							
	4:00pm			x	x							
	4:30pm			x	x						small pool	small pool
	5:00pm			x	x							
	5:30pm		x	x	x	x	x	x				
Thursday	6:00pm	x		x	x	x						
	6:30pm		x	x	x							
	7:00pm	x		x	x							
	4:00pm											
	4:30pm											
	5:00pm											
	5:30pm		x	x	x	x						
	6:00pm	x		x	x							
Saturday	6:30pm		x	x								
	7:00pm									small pool	small pool	
	9:00am			x	x	x	x	x				
	9:30am	x		x	x	x						
	10:00am		x	x	x	x						
	10:30am	x		x	x	x						
Saturday	11:00am		x	x	x	x						
	11:30am			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.

## FALL SESSIONS:

**Fall 1: September 4 - October 21**

7 weeks - No class Sept 4 (classes are pro-rated)

**FALL 2: October 22 - December 8**

7 weeks - No class Nov 22, 24 (classes are pro-rated)

Regular | Members: \$49 Non-Members: \$98

Private | Members: \$196, Non-Members: \$392

YMCA Swim School Classes are held once a week for 30 minutes. Families that want to swim more than once a week are encouraged to do so by signing up for additional lesson days.

## Half-Priced Private Lessons

December 10 - 13 | All ages | All levels

Do your kids need a little extra attention in the pool? Private lessons are a great way to build confidence and skills. 5:00, 5:30, 6:00 and 6:30pm time slots available each day - register for as many lessons as you'd like!

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

## 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 help them 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.

## Pre-Swim Team Ages 5+ | Fercho

**Session 1: Sept. 24 - Nov. 8 | Members: \$78, Non-Members: \$98**

**Session 2: Nov. 12 - Dec. 20 | Members: \$61, Non-Members: \$77**

Want to join a swim team, but don't feel ready yet? In Pre-Swim Team, you'll 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! Must be able to swim 25 yards freestyle without stopping or needing assistance.

## OPEN HOUSE & REGISTRATION NIGHTS

September 11 & 18 | 6:30 - 7:30pm | Fercho

Meet other Gator swimmers and parents, register for the upcoming season and play games with us in the pool!

LEVELS	DATES	MBR	NM
Senior - Full Season	Sept. 24 - Mar. 17	\$400	\$500
Senior - Fall Only	Sept. 24 - Dec. 28	\$228	\$285
Senior - Girls	Nov. 5 - Mar. 17	\$288	\$360
Senior - Boys	Sept. 24th - Nov. 21	\$176	\$220
Senior Pre/Post High School Season - Fall	Nov. 5 - Nov. 21	\$32	\$40
Age Group - Full Season	Sept. 24 - Mar. 17	\$360	\$450
Age Group - Fall Only	Sept. 24 - Dec. 28	\$208	\$260
Developmental - Full Season	Sept. 24 - Mar. 17	\$320	\$400
Developmental - Fall Only	Sept. 24 - Dec. 28	\$188	\$235

**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!

## Fall Stroke Clinic Fercho | Aug. 27 - Sept. 20

**6:10 - 7:10pm - Grades 1 - 3 | 7:30 - 8:30pm - Grades 4 - 6**  
**Tuesdays & Thursdays | Members: \$45, Non-Members: \$56**

Learn to swim from the Gators swim team coaches!! Clinic is open to youth not currently on a swim team, who can swim 25 yards freestyle and 25 yards backstroke without stopping. Participants will improve their skills, learn what it's like to be on a swim team, meet new friends, and get comfortable in the pool!



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

# SAFETY EDUCATION

## CPR/First Aid Trainings, Lifeguarding Clases, Babysitting Courses, & More!

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! The YMCA offers safety education courses, like CPR and First Aid classes, Babysitting Trainings, 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)

**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)



# FALL PROGRAMS

## » FALL SESSION 1 - 7 Weeks

September 4 – October 20

## » FALL SESSION 2 - 7 Weeks

October 22 – December 8

No classes Nov. 22 or Nov. 24 for Thanksgiving. Session fees will be pro-rated.

## » BASKETBALL

### Basketball Skills Fercho | Ages 3-7 | Fall 2

Each week instructors will teach one important basketball skill (dribbling, passing, shooting, and defense). Participants will have a blast making new friends and staying active! Parent participation required for ages 3 - 4. Members \$42, Non-Members: \$49

Sat 10:00-10:30am OR 10:45-11:15am Ages 3-4

Sat 11:30am - 12pm OR 12:15-12:45pm Ages 5-7

### Boys & Girls Basketball League Grades 2-4

Practice: Fercho or Schlossman | Games: Longfellow Elementary  
Get in on the action with youth league! Our league offers a low-pressure, high-participation opportunity to develop technical basketball skills, cooperation and sportsmanship! No phone-in registrations accepted. Please pick-up a registration form at either YMCA Member Services Desk or download a form online at [ymcacassclay.org/forms](http://ymcacassclay.org/forms). Please mail completed form to 400 1st Ave S, Fargo, ND 58103. Coaches will contact parents the week prior to practice with practice and game schedules.

#### Fall Season: Five Games

Members: \$60, Non-Members: \$75

Registration: August 20 – October 14

Practice Starts: Week of October 22, between 5 and 8pm

Games: Nov. 3, Nov. 10, Nov. 17, Dec. 1, Dec. 8

## » YOUTH FITNESS

### Youth Exercise Concepts Ages 12-14

Complete this one-time course to gain unsupervised access into the YMCA Fitness Center and Group Fitness Classes! Learn proper fitness etiquette, safety, use of the fitness equipment, and more! Free for members. Available at both YMCA locations, and scheduling is flexible! To learn more or to register, contact Kenton Manhart at 701.356.1453 or [kenton.manhart@ymcacassclay.org](mailto:kenton.manhart@ymcacassclay.org).

## » GYMNASTICS

### Tiny Tumblers Fercho | Ages 2-3 | Fall 1 & 2

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: \$42, Non-Members: \$49

Tues 5:00-5:30pm

Sat 10:30-11:00am

### Little Leapers Fercho | Ages 4-5 | Fall 1 & 2

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: \$42, Non-Members: \$49

Tues 5:45-6:15pm

Sat 11:15-11:45am

### Gymsters Fercho | Ages 6+ | Fall 1 & 2

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: \$42, Non-Members: \$49

Tues 6:30-7:15pm

Sat 12:00-12:45pm

## » ROCK CLIMBING

### Intro to Rock Climbing Schlossman | Ages 7-14 | Fall 2

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, tying knots, bouldering, top rope climbing, and more! Every week, we will learn something new and challenge our skills, with an emphasis on movement, technique, safety, trust and teamwork. Parents/guardians must sign a climbing waiver for each participant. Members: \$42, Non-Members: \$49.

Thurs 5:30-6:15pm OR 6:30 - 7:15pm

Sat 10:00-10:45am OR 11:00 - 11:45am

## » STEM LEARNING

### Wacky Science & LEGO® Club Schlossman | Fall 1 & 2

Join us on a wacky adventure through all kinds of cool and crazy science experiments, building and robotics projects, and more! Hands on activities and experiments will inspire and engage your young learner and peak their curiosity! Ages 5 - 11. Members: \$42, Non-Members: \$49

Thurs 5:30 - 6:15pm

Sat 10:30 - 11:15am

# 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**

## Sunday Fun Day

Fercho | All Ages | Sundays, 2:00 - 5:00pm  
**Members: FREE! | Non-Members: \$15/family**  
Don't spend your Sunday afternoon on the couch - join us for family fun at the YMCA! 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)

## Spooky School Bus Ride

Saturday, October 27 | 4:30 - 7:30pm | Fercho  
**All Ages | Members: \$8, Non-Members: \$10** Join us for a fun Moana-themed bus ride through Lindenwood Park, with Moana, Maui, and other characters! Busses depart every 15 minutes and bus rides are 30 minutes long. Be sure to register early to get the bus time you want! Also, join us in the gym from 4:30-7:30pm for more Halloween fun and games, including face painting, bouncy houses, and more!  
[ymcacassclay.org/halloween](http://ymcacassclay.org/halloween)

## Parents' Night Out

Agnes 6 weeks - 14 years | 4:00 - 7:30pm  
**Members: \$25/first child, \$15 each additional**  
**Non-Members: \$32/first child, \$22 each additional**  
Need 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 kiddos are safe and having the time of their lives in the Aquatic Center, Climbing Wall, Xerzone, PlayTown and more! 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! [ymcacassclay.org/parentsnightout](http://ymcacassclay.org/parentsnightout)

Sept 22	Fercho	Nov 17	Fercho
Oct 20	Schlossman	Dec 15	Schlossman

## Thanksgiving Day Burn the Bird 5/10k

Thursday, November 22 | 8:30 am Fercho | All Ages  
The YMCA is partnering with SoleMOTION Race to bring you the 5th Annual Thanksgiving Day Run! Get fresh air and a good 'burn' going with either the 5K run/walk or the 10K run before sitting down for your Thanksgiving dinner. Event includes is a food drive for the Great Plains Food Bank. Get registered, and see prices online: [solemotionrace.com](http://solemotionrace.com)



**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 <small>Via Automatic Bank Draft</small>	ENROLLMENT FEE <small>One-Time Contribution</small>
<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 satellite 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 (if) and towel service.

### FREE Smart Start Fitness Orientation

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. Parents/guardians 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)



## » YOUTH SPORTS

**Baton & Competitive Show** Fercho | Fall 1 & 2  
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. Ages 4–18. Members: \$42, Non-Members: \$49

Tues 5:00–5:50pm\*



**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)

**Soccer Skills** Schlossman | Ages 3–7 | Fall 1  
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 \$42, Non-Members: \$49

Thurs 5:30 – 6:00pm Ages 3–4

Thurs 6:15 – 6:45pm Ages 5–7

**Tiny Dancers** Fercho | Ages 3 – 7 | Fall 1 & 2  
This is a fun dance class designed to help improve your child's rhythm and coordination. Students learn basic ballet positions, jazz moves and more! We'll host a recital at the end of each session for participants to showcase what they have learned. Members \$42, Non-Members: \$49

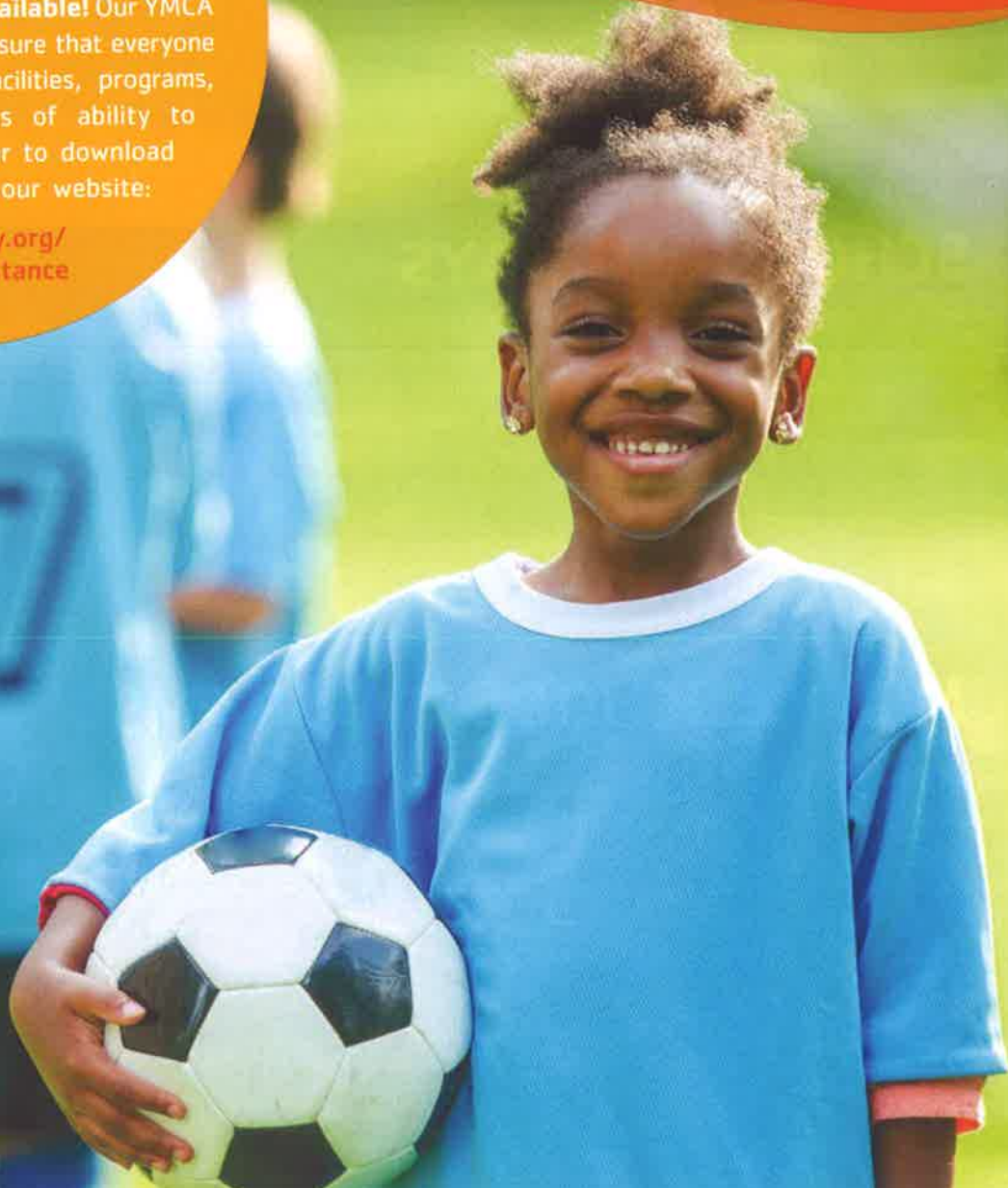
Tues 5:30 – 6:00pm Ages 3–4

Tues 6:15 – 6:45pm Ages 5–7

### Financial Assistance

**Financial Assistance is available!** Our YMCA works hard every day to ensure that everyone is able to access our facilities, programs, and services, regardless of ability to pay. To learn more, or to download an application, visit our website:

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





# NURTURING THEIR DEVELOPMENT

With so many demands on today's families, parents need all the support they can get. That's why child care at the YMCA is about more than just looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships, and build self-reliance.

## SCHOOL OUT DAYS

6:30am - 6:00pm | Grades K - 5 | \$42/day for drop-ins | View locations online: [ymcacassclay.org/schooloutdays](http://ymcacassclay.org/schooloutdays)

Need something for your kiddos to do when there's no school? Join us for School Out Days at our School Age Learning Centers!! Each school-out day is packed with activities that will keep minds sharp and bodies moving. Kids will unplug from technology and engage in fun activities and socialize with friends. Breakfast, snack, and lunch provided! Each day will include fun activities with themes like Grossology, Blast Off to Space, Bubbleology, Camp Maker, and so much more!

September 28	October 8	October 17	October 18	October 19	November 12	November 21
November 22	November 23	November 26	December 26	December 27	December 28	December 31

## MIDDLE SCHOOL PROGRAMS

### Rock Climbing Club Schlossman

Grades 6 - 8 | Members and Non-Members: \$140

Looking for a fun, constructive activity to keep your middle school kids engaged after school? Kids will challenge themselves, stay active, build confidence, and meet new friends in YMCA Rock Climbing Club! Learn more: [ymcacassclay.org/middleschool](http://ymcacassclay.org/middleschool)

Session 1: Sept. 10 - Oct. 26 4:00-5:30pm Mon & Wed

Session 2: Oct. 29 - Dec. 14 4:00-5:30pm Mon & Tues

### Kick Start Fitness Club Schlossman

Grades 6 - 8 | Members and Non-Members: \$140

Take the first step to learn strength and cardio training! Middle-school youth will learn from YMCA trainers how to use the weight and cardio machines, and basic exercises to make them faster and stronger! Light snack provided. Learn more: [ymcacassclay.org/middleschool](http://ymcacassclay.org/middleschool)

Session 1: Sept. 10 - Oct. 26 4:00-5:30pm Tues & Thurs

# » 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  
Kindergarten Readiness Preschool (Kinder Kamp)

### 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

### 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

### 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

### Early Childhood Development Center

NEW!

Kindergarten Readiness Preschool – 4 year olds  
Early Childhood Care – 4 year olds

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

YMCA School Age Learning Centers offer quality, licensed programming for kids in K-6th Grade, including daily reading, STEM learning, homework help, 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)

### Fall 2018 Theme: Get Active with Us!

Everyday kids are discovering their superpowers, finding super hero strength on monkey bars, finding that they can move as fast as a cheetah in the gym, or flying high as superman on the swings. Physical activity is a super power! Kids will also participate in traditional afterschool activities such as gym games, STEM activities, snack, art projects, and homework.

(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\*

### MOORHEAD SCHOOL SITES

Dorothy Dodds (S)  
Ellen Hopkins Elementary (S)  
Robert Asp Elementary (S)  
SG Reinertsen (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)  
Willow Park Elementary – NEW in 2018!



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

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





## A PLACE FOR FAMILIES TO GROW & THRIVE

Serving families has always been at the heart of everything we do at the YMCA. Whether it's through events, youth and family programming, child care, or just providing a place to play, we have a fundamental goal to provide opportunities for every family to build stronger bonds, achieve greater work-life balance, and become more engaged with their communities.

**PASSPORT**

United of A

**YOUR PASSPORT TO ADVENTURE**

Entries / Entradas Visas Departures / Sorties / Salidas

Entries / Entradas Visas Departures / Sorties / Salidas

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

## Boys and Girls grades K-5 are invited to Join Cub Scouts!

Scouting is a Family-Friendly program focused on fun in the outdoors!

Moorhead is home to many active Cub Scout packs! This fall our Cub Scout packs are gearing up to have a great year, and now is the time to start! It doesn't matter if you join in Kindergarten or 5<sup>th</sup> grade – there are lots of fun activities to participate in!

For more Information contact: Brett Drevlow or Kevin Mehrer at 701-293-5011.

**\*\* Flip this flyer to find a sign up night near you! \*\***



NORTHERN LIGHTS COUNCIL

**BeAScout.org**



The Boy Scouts of America provides one of the nation's largest and most prominent values-based youth development organizations. The BSA provides a program for youth that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness. Don't forget that there's no Scouting without Outing! Outdoor Leadership is a fundamental pillar of scouting's methods.

**The Purposes of Cub Scouting**

Character Development, Good Citizenship, Spiritual Growth, Sportsmanship & Fitness, Family Understanding, Respectful Relationships, Personal Achievement, Friendly Service, Fun & Adventure, and Preparation for Leadership.

**WHERE TO SIGN UP FOR CUB SCOUTS (by school):**

School (Pack)	Signup Location	Contact	Phone	Email
<b>Ellen Hopkins (Pack 626)</b> <i>Accepting Boys and Girls</i>	September 13 <sup>th</sup> @ <i>Grace United Methodist</i> 6:30-7:30pm	Chris Kulish	C: (701) 205-2727	moorheadpack626@gmail.com
<b>Robert Asp (Pack 633)</b> <i>Accepting Boys and Girls</i>	September 17 <sup>th</sup> @ <i>Robert Asp</i> at 6:30pm	Erica Lavoie	C: (218) 410-1540	phyl_16@hotmail.com
<b>St. Joseph's (Pack 640)</b> <i>Accepting Boys and Girls</i>	September 10 <sup>th</sup> @ <i>St. Joseph's Catholic Church Marian Hall</i> at 6pm	Casey Davis	C: (701) 478-0424	caseydavis_1@hotmail.com
<b>SG Reinertson (Pack 644)</b> <i>Accepting Boys and Girls</i>	September 11 <sup>th</sup> @ <i>Christ the King Lutheran</i> at 6:30pm	Sean Helgeson	C: (218) 291-9446	sahelgeson@yahoo.com
<b>Dorothy Dodds (Pack 643)</b> <i>Accepting Boys and Girls</i>	September 10 <sup>th</sup> @ <i>Dorothy Dodds</i> at 6:30-7:30pm	Shawn Stumphf	C: (218) 790-1904	shawn@slandst.com
<b>Dilworth (Pack 652)</b> <i>Accepting Boys Only</i>	September 6 <sup>th</sup> @ <i>Dilworth Lutheran Church</i> at 6-7:30pm	Mike Stulz	C: (701) 361-8852	mdstulz@gmail.com

Check out Scouting in the F/M Area on our Facebook page!

Go to [facebook.com/NorthernSkyDistrict](https://facebook.com/NorthernSkyDistrict) or scan this QR Code



**Northern Lights Council**  
**Boy Scouts of America**  
 4200 19<sup>th</sup> Ave. South  
 Fargo, ND 58103  
 (701) 293-5011

**Questions?** Contact Brett at [brett.drevlow@scouting.org](mailto:brett.drevlow@scouting.org) OR  
 Kevin at [kevin.mehrer@scouting.org](mailto:kevin.mehrer@scouting.org)



# Register for Youth Programs at CourtsPlus.org

**Fall Session: September 21 – November 2**  
**Registration Deadline: September 20**

**AGES 3 & UNDER**

- + Little Movers
- + Tiny Tykes

**AGES 3 - K**

- + Tot Soccer
- + Tot Basketball
- + Preschool Kidz Jam
- + Tot Sports Sampler

**K & OLDER**

- + Youth Sports Sampler
- + Kidz Jam
- + Youth Running Club
- + Youth Basketball
- + No School Day Camp
- + Junior Running Club

**ALL AGES**

- + Youth Racquetball
- + Youth Tennis\*
- \*See back side for registration deadlines*
- + Junior Fitness Classes

**No School Kidz Zone & Day Camp**  
**October 18-19**  
 Registration Deadline: October 17



**Parents' Night Out**  
**October 13**  
 Registration Deadline: October 12



**Kids' Night Out**  
**September 22**  
 Registration Deadline: September 21



**CourtsPlus.org • 701.237.4805 • 3491 University Dr. S • Fargo, ND**

# Tennis Session 2

**STARS TENNIS (Mondays/Tuesdays) October 29 - December 4**

\$60 • Registration Deadline: October 24

**4-5 YEARS OLD**

Tuesdays  
1:30 - 2:15pm

**GRADES K-2**

+ Beginner  
Mondays 4 - 5pm  
  
+ Intermediate  
Mondays 5 - 6pm

**GRADES 3-5**

+ Beginner  
Mondays 4 - 5pm  
  
+ Intermediate  
Mondays 5 - 6pm

**GRADES 6-8**

Tuesdays  
4 - 5pm

**STARS TENNIS (Saturdays) November 3, 10, 17 | December 1, 8**

\$50 • Registration Deadline: October 31

**GRADES K-2**

9 - 10am  
  
+ Beginner  
  
+ Intermediate

**GRADES 3-5**

10 - 11am  
  
+ Beginner  
  
+ Intermediate

**GRADES 6-8**

11am - 12pm  
  
+ Beginner



# Memberships

Starting under \$50 per month

- + Options for unlimited childcare
- + Circuit, cycle, core **included!**



# 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

To schedule a party:

701.241.9521 or [birthdays@courtsplus.org](mailto:birthdays@courtsplus.org)

Call to schedule a tour today! [CourtsPlus.org](http://CourtsPlus.org) • 701.237.4805 • 3491 University Dr. S • Fargo, ND





## 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]

### FALL SESSION ONE:

M, T, W, or TH

4:50pm, 5:30pm, or 6:10pm

September 4th - October 18th

\*NO LESSONS ON MONDAY SEPT 3rd  
DUE TO LABOR DAY

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**

### 6 weeks

Group: \$72/student  
Private: \$216/student

### 7 weeks

Group: \$84/student  
Private: \$252/student

ASK ABOUT  PRIVATE SWIMMING LESSONS!!!



## **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.



### FALL SESSION TWO:

M, T, W, or TH

4:50pm, 5:30pm, or 6:10pm

October 22nd - December 13th

\*NO LESSONS THE WEEK OF NOV 22nd  
DUE TO THANKSGIVING

\*NO LESSONS ON OCT 31st DUE TO  
HALLOWEEN

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

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

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



## **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



## **MBA Overview:**

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

## **MBA FACTS:**

- The MBA is for boys and girls grades 3 through 8.
- Tournaments in-and-outside the FM Area.
- All MBA teams will have 2 practices per week.
- Metro League games are played on Saturday mornings/early afternoons.
  
- **3rd Grade:**
  - October 22nd to February 27th – Teams are split evenly.
  - All teams will play in the Metro League through December 16<sup>th</sup>.
  - All teams will play in 3 additional tournaments scheduled by the MBA.
  
- **4th Grade:**
  - October 22nd to February 27th – Teams are split A and B.
  - All teams will play in the Metro league through December 16<sup>th</sup>.
  - All teams will play the MHD tournament + 2 additional tournaments scheduled by the MBA.
  
- **5th/6th Grade:**
  - October 22nd to February 27th – Teams are split A and B.
  - All "A" teams will be competitive travel teams. They will play the MHD tourney + 6 additional tournaments scheduled by the MBA.
  - All "B" teams will play in the Metro league through December 16<sup>th</sup>. They will then play in the MHD tournament + 2 additional tournaments scheduled by the MBA.
  
- **7<sup>th</sup>/8th Grade Boys:**
  - Boys – October 22nd to December 15<sup>th</sup>. Teams are split A and B.
  - All "A" teams will be competitive travel teams. They will play the MHD tournament + 4 additional tournaments scheduled by the MBA.
  - All "B" teams will play in the Metro league through December 16<sup>th</sup>. They will then play in the MHD tournament + 2 additional tournaments scheduled by the MBA.
  
- **7<sup>th</sup>/8th Grade Girls:**
  - Girls – December 15th to February 27th (Registration Deadline December 1st).
  - Teams will play in the MHD tournament + 4 additional tournaments scheduled by the MBA.
  
- **Fees:**
  - \$180 for full Metro league schedule and/or tournaments (3rd through 6th).
  - \$130 for full Metro league and 3 – 5 travel tournaments (7th/8th).
  
- Scholarships are available.
- Fund-raising through sponsorships are used for scholarships and expenses.

On-line Registrations accepted through September 30th. Registration fees are \$180 for 3rd through 6th grades and \$130 for 7th/8th grades. Late registrations (add \$10 late fee to the registration fee) are accepted only on a team need basis.

# MBA Youth Basketball Registration Form

Player's Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Other: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

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

Yes – My son/daughter is able to Travel.

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

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

Amount Enclosed: \_\_\_\_\_ Check Number: \_\_\_\_\_

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

\*\*\* Evaluations will be on Sundays, October 7th and 14th. Teams will be finalized by October 17th. Practices start the week of Monday, October 22nd. League games start Saturday, October 27th.

Go to [WWW.spudbasketball.com](http://WWW.spudbasketball.com) for Registration and additional information.

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



HOSPICE  
RED RIVER VALLEY



# Youth Journeys

Saturday, Sept. 29, 2018

9 a.m. to 3:30 p.m.

**Registration is required by Monday, Sept. 24.**

Youth Journeys is a day-long program for youth, ages 7 to 18, who have lost a loved one to death. This program allows youth a chance to explore how the death of their loved one has affected their lives, their feelings, self-care and how to embrace memories. The day ends with a celebration of life service. Parents/guardians are also required to attend a portion of the day.

**Come and  
meet our  
therapy dogs!**

*This program is free, but pre-registration and pre-screening are required.*

To register, please call **(800) 237-4629** and ask to speak to the bereavement department or visit **[bit.ly/griefclassregistration](http://bit.ly/griefclassregistration)**.

Youth Journeys will be held at the Hospice of the Red River Valley office located at 1701 38th St. S. in Fargo (use west door).