

KiDsource

NOVEMBER 2018

Dear Families,

An online version of KIDsource is on the school district's website at www.moorheadschoools.org/KIDsource. KIDsource is distributed to all grades K-6 students in Moorhead elementary schools and at Horizon West. Copies of KIDsource are available in the Horizon East main office each month for grades 7-8 middle school students to pick up if interested.

Bowling = Scholarship \$\$\$!

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

Kids have earned

THOUSANDS OF DOLLARS

towards their Education!

Call for more information!



**SUNSET
LANES**

www.bowlingsunset.com
620 Hwy 75 N., Moorhead
218-233-6153



Nobody Sits on the Bench!
**Join our Saturday Morning
Youth league!**

"Bowling" the Original Social Media

Benefits:

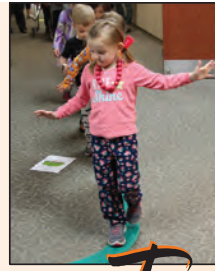
Earning Scholarships,
Building Friendships,
Learning a Life Long Sport
Free Coaching

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

Visit the Moorhead Area Public Schools website at www.moorheadschoools.org.

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





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 for news, School Board meeting updates, calendars and much more.

Social Media

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



The Gift That Lasts

This holiday season,
give a gift that kids of all ages
will enjoy:

**Martial Arts
Lessons!**

Gift wrap a
uniform this holiday
season. Call our certified
ATA school
for more
information.



4480 23rd Avenue South
Fargo ND 58104

701.237.6800

www.ATAfargo.com



"ATA Martial Arts of Fargo"

Located next to Pizza Ranch off 45th Ave!

RED RIVER DANCE & PERFORMING CO

At Red River Dance, we offer classes for ALL ages & abilities! With over 100 classes, we are sure you'll find something you'll LOVE!

Hip Hop - Jazz - Tap - Lyrical - Ballet - Pointe
Creative Movement - Mommy & Me
Father & Daughter - Acro

Also, check out our Darby's Dancers program! This is a FREE program for children and adults with special needs!

CONTACT US:

Call: 701.280.0004 | Email: info@redriverdance.com

Or Visit: www.redriverdance.com to learn more!



**Immediate
School Age
Openings are
available!**

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
- ★Monthly school year yoga
- ★Weekly school year music enrichment program
- ★Intergenerational visits at River Pointe Senior Living Center
- ★Summer swimming lessons at MSUM for full year students



Child Care Hours:

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



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

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

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



Kid's Healthy Cooking

Applesauce Pumpkin Bread | Saturday, November 3rd from 10:00AM - 11:00AM

The scent of fall is in the air! You will smell apples and cinnamon in the kitchen as we bake this tasty low-fat quick bread!

The Hungry Caterpillar Loves Veggie Dip! | Monday, November 5th from 6:00PM - 7:00PM

Straight from the story, we will make our own Hungry Caterpillars. These caterpillars love their veggie dip and you will learn why. We have a special bonus treat planned for the end of class, so join us and come hungry!

Tatertot Omelet Bites | Sunday, November 11th from 3:00PM - 4:00PM

Let's make breakfast fun! We'll make mini egg bakes in muffin tins and fill them with delicious breakfast food.

Turkey and Black Bean Tostadas | Saturday, November 17th from 10:00AM - 11:00AM

This self-serve meal lets kids load up a tostada with their choice of toppings.

\$12 Members/ \$20 Nonmembers per class. Ages 5+

After School Cooking Class

Tuesdays, November 6th - December 11th from 3:15PM - 4:15PM

Family Wellness wants to invite you to join us in the kitchen this school year with our After School Healthy Cooking Program (ages 5-12)! This hands on learning experience will have you slicing and dicing your way to becoming the next top chef! It is a six class program that allows kids to cook and taste test a new recipe each day. So grab your apron and a spatula and come see what we are stirring up in the Family Wellness After School Healthy Cooking Program!

\$60 Members/ \$66 Nonmembers.

Family Fit

Mondays, November 5th – December 17th from 5:00PM - 5:45PM

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

\$30 Members/ \$60 Nonmembers.



Other programs and classes available at www.familywellnessfargo.org

Call 701.234.2400 or register online at www.familywellnessfargo.org

If you have questions contact Matt at matthew.melchior@sanfordhealth.org



2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | www.familywellnessfargo.org



ATTENTION K-12 WRESTLERS IN THE FM AREA.....BECOME PART OF THE TECH TEAM TRADITION!!!!

WWW.TECHTEAMWRESTLING.COM

Registration Open Oct 5th

Regular Season Begins: November 5th

Parent Meeting Oct 29th at 7:00pm at Tech Team Training Center

524 7th Ave NE, West Fargo ND

WHAT TECH TEAM HAS TO OFFER:

- Foundation wrestling taught to beginning wrestlers
- Advanced skills taught to prepare wrestlers to compete at the National Circuit
 - In-season focus training for middle and high school wrestlers
 - Preparation for high school and college wrestling
 - Highly trained, experienced, and certified coaching staff
 - State of the Art training facility
 - A Tradition that is like no other!



Group 1: 1st & 2nd Year

Wrestlers Tuesday and Thursday

5:30– 6:30 **Group 2: Advance**

Wrestlers

Monday, Tuesday, and Thursday 6:45-8:15

Monthly Fee \$50

For more information or if you have any questions,

Contact Jonathan Magnell

701-730-6610

Or on our Face Book Page

TECH TEAM WRESTLING



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



MARQUART'S MARTIAL ARTS

"JOIN US IN MOORHEAD!"

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



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

CHECK US OUT!

NO CONTRACT REQUIRED!

2615 12th Ave. S
Moorhead, MN

CALL 218-233-6941 FOR MORE INFORMATION
OR VISIT www.marquartstk.com



Keeping the Conversation Going!

In a world of text messaging, Twitter and Facebook, the face-to-face/person-to-person conversation format is becoming



as extinct as the dinosaurs. It begs the question – is starting a conversation and keeping it going a necessary skill our kids should have or is it just one more of the “old” way of doing things that can go by the wayside?

Research has found that parents play an important role in a child’s word learning. Parents who talk with their kids not only help increase their child’s vocabulary, they are teaching them important social skills and expanding their awareness of the world around them. Learning the art of conversing with your child while he or she is younger will help build an open communication channel that will come in handy for the “older child” conversations about curfews, sex and substance use. Having a conversation with younger children is much easier than cornering that independent adolescent! Unless you are good at deciphering grunts and eye rolling, starting and keeping a conversation going can be a challenge.

Here are a few suggestions to starting a conversation and keeping it going:

- **Follow your child’s lead** in conversations. If she or he initiates a conversation, respond to it. Don’t use it as a time to tell them what chores they need to do or lecture them on something they did wrong.
- **Encourage talk** by talking about the things you both know about.
- **Reply to your child’s comments.**
- **Designate a time** that is for face-to-face conversation only – a no cellphone zone for both child and parent!
- **Use a conversation jar** or something similar. Fill a decorated jar, bowl or even a small notebook. Keep it on the dining room table. Fill it with slips of papers that contain questions. (See below for examples.) Each night while eating dinner or during your “No cellphone zone,” have the child pick a slip out of the jar. Make the activity fun by having all members of the family answer the question. You will be amazed at the things you can learn about your children and them about you with a few simple questions and rich conversations! Here’s a few questions to get you started on your conversation jar 😊

If you had three wishes what would they be?	If you won a million dollars, what would you do with it?	What was your least favorite subject in school?	What is your favorite subject in school?
If you could take a trip on a spaceship, which two friends would you take with?	Who is your best friend and why?	If you were allowed to stop doing one chore around the house, what would it be?	What are some of the things you want to do in life that you probably couldn’t do if you got into drugs and alcohol?
Tell one thing that you are proud of about yourself.	What is one thing you wish someone would invent? Why?	If you could have anything in the world for dinner, what would it be?	What makes you laugh?
If you could be on any television show, which show would it be?	Tell us a favorite memory.	If you could invite any famous person to dinner, who would you pick?	What could you do to make the world a better place?

Build your own
video game!

PODS
Game Design

Build your own
video game!



Wanna Build a Video Game?



DONUT INVADERS!

Time: 4:00 – 6:00

Stop the alien donuts from outer space with your laser cannon before they destroy the planet!

Reinertsen: Oct 10 & 12

Robert Asp: Nov. 14 & 16



Mouse Maze

Time: 4:00 – 6:00

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

Ellen Hopkins: Nov 7 & 9

Dorothy Dodds: Nov 28 & 30



Advanced RPGs (Minigames)

Time: 4:00 – 6:00

Take your Role-Playing Game Further by adding some awesome minigames! From fishing systems to treasure hunting to the mighty battle arena! Build on your Beginner class game or make a whole new one!

Horizon Middle School East – Mondays, Nov 12 - Dec 17

- 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/>

- Learn more at www.podsgamedesign.com!

PODS
Game Design



Help Students Succeed

Now recruiting tutors in Moorhead Public Schools for the 2018-19 school year.

- Help students build reading or math skills
- Serve during the school day and earn a paycheck
- Get student loan and tuition help for yourself, your child, or grandchild
- Receive excellent training and support - no teaching experience necessary

Tutors may also be eligible for child care assistance and free health insurance!

LEARN MORE AND APPLY

readingandmath.net

Contact Jennifer Breeding at jennifer.breeding@servetogrow.org



Full-time and part-time opportunities available.

Dorothy Dodds Elementary

Ellen Hopkins Elementary

Probstfield Center for Education

Robert Asp Elementary

S.G. Reinertsen Elementary

Minnesota Reading Corps and Math Corps will not discriminate for or against any service member or applicant on the basis of race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, familial status, disability, sexual orientation, or age. Reasonable accommodations provided upon request. This document is available in alternative formats.



Youth Curling Open House

NOVEMBER 4 2-4PM

Have you heard of curling but never given it a try? Come to the Open House to learn all about it. Best part, it's FREE!

Youth Curling League

NOVEMBER 18 - FEBRUARY

Register by November 12 at FargoParks.com

Practices will be scheduled once during the week. Matches will be held Sunday afternoons at 1:30 and 3:30 pm.

FM CURLING CLUB | 4300 23RD AVE S



701.499.6060
FargoParks.com



Breakfast with Santa

December 1, 8, 15 & 22
Rheault Farm | 2902 25th St S

\$8 for ages 2 & up

Tickets on sale November 8 at 8:00 am

Get tickets and details online at FargoParks.com, tickets sold online only & must be purchased in advance.



Rheault Farm | 2902 25th St. S

- Visit Santa
- Meet Santa's Reindeer
- Make a Holiday Craft
- Decorate Cookies
- Chat with Mrs. Claus

Free Admission

with donation of a canned food,
new or gently used toy, or cash donation



701.499.6060
FargoParks.com



701.499.6060
FargoParks.com





Birthday Parties
at Courts Plus!



RESERVATIONS & QUESTIONS: 701.241.9521 • birthdays@CourtsPlus.org



3491 University Dr S • Fargo, ND

CourtsPlus.org

Owned & Operated by



Awesome Art Afternoon

November 17
1:00-3:00 pm

RJD REC CENTER | 1104 2ND AVE S, FARGO

Drop in any time to create a variety
of fun art projects to take home.

FREE!



701.499.6060
FargoParks.com




Children's Dental Services

Smiles Across Minnesota

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

Forms are available at the school office and should be returned to the health office in your child's school. Contact Children's Dental Services at 612-746-1530 with questions.





CEF
CHILD EVANGELISM
FELLOWSHIP®



You're invited to **GOOD NEWS CLUB**

Free! Sponsored by Child Evangelism Fellowship of ND, Inc.



What is it?

Good News Club® is an exciting, fun-filled weekly club for kids.

- Dynamic Bible Lessons
- Creative Learning Activities
- Inspiring Missionary Stories
- Meaningful Fun Songs
- Life-Changing Scripture Memory

Your child will learn:

- Respect for Authority
- Moral Values
- Character Qualities
- Biblical Principles



Who teaches the club?

Specially trained Christians who are concerned for the spiritual well-being of your child teach the club. All club workers are screened as required by CEF's Child Protection Policy to ensure your child's safety.

Who can attend?

All boys and girls, grades K-5th, regardless of religious background. Parents are also welcome to attend with their child.



Club Info

Clubs meet once a week after school for Moorhead students. Club is FREE!!!

To check out date/time info or to register for your school, go to: www.ceffm.org/club

For more info, call/text 701-200-4865 or email at office@ceffm.org

The United States Constitution requires schools to respect the right of all external organizations to distribute flyers to students at school if the school permits any such organization to distribute flyers. Accordingly, the school cannot discriminate among groups wishing to distribute flyers at school and does not endorse the content of any flyer distributed at school. The school encourages parents to assist their children in making choices appropriate for them. This is not an activity of the school or the school district.



presents

MOORHEAD MAGIC 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-\$45)
Scholarships are available on our website for those with financial need

Registration Open
www.moorheadwrestling.com

Check out Community Education Art Camps for Grades 5-6

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.

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, 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!

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

**Gymnastics * Special Needs * Ninja * Cheer
Birthday Parties * School's Day Out Camps**

Now Enrolling Fall II Session

Fall II: October 29 - January 5



School's Out Day
CAMPS



When school is out for the day,
come to TNT to play!

Upcoming Dates:

- Nov. 12
- Nov. 21
- Nov. 26
- Dec 26 - 28
- Jan. 21
- Feb. 18

- **Cost:** \$42 per child, per camp (\$10 deposit due per child, per camp at registration)
- **Ages:** Kindergarten - 5th Grade
- **Register:** tntkidsfitness.org

FRIDAY NIGHT OPEN GYMS

Choose your own adventure!

Time: 7:00 pm - 8:30 pm Ages: 6 - 14 years

Cost: \$15 - includes snack

Register at tntkidsfitness.org

November

2, 9, 16, 30

December

7, 14, 21

You're invited!

Want an unforgettable birthday?
Celebrate your birthday at TNT

- Saturday or Sunday
- Visit tntkidsfitness.org for more information



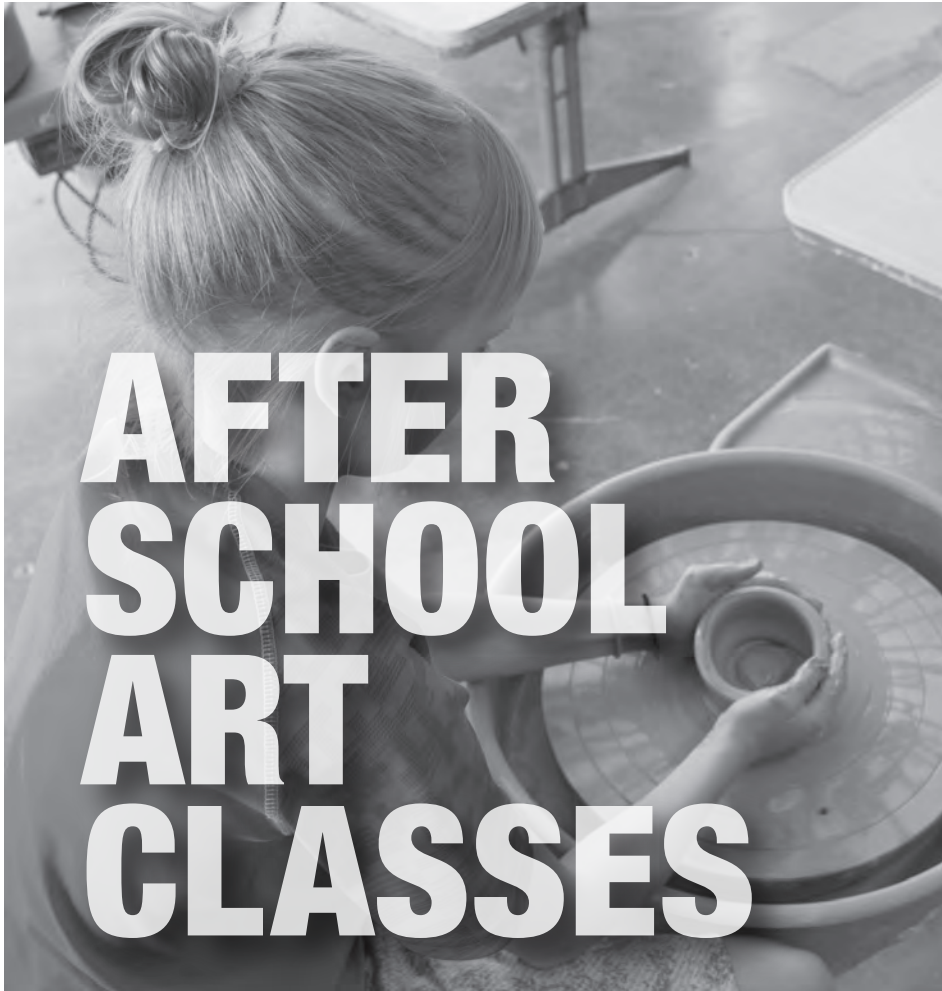
Register online at tntkidsfitness.org

EXTRA! EXTRA!

Moorhead High School Theatre Presents



Performances:
7:30 p.m. November 9-10, 16-17, 23-24
2 p.m. November 11 & 18
Tickets: www.MoorheadSchools.org/tix



AFTER SCHOOL ART CLASSES

Pottery, Painting, Printmaking and more.

Mondays beginning at 4 & 4:30 pm.
Classes are designed for students ages 6 – 18.

POTTERY ON THE WHEEL

Monday, November 19 • 4 – 6 PM

Monday, December 3 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, November 5 • 4:30 – 6 PM

Monday, December 10 • 4:30 – 6 PM

TEEN CERAMICS (ages 12-18)

November 5 – December 10 • 6:30 – 9 PM

REGISTER TODAY! plainsart.org/learn

ARTIST-LED SCHOOL BREAK CAMP

ANIMATION 101 (ages 8 – 18)

November 12, 9 AM – 12 PM • \$28 / \$22 members

PLAINS MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

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

What do these individuals have in common?

Becky Gulsvig (stage actress) • Mark Voxland (electrician) • Dr. Lynne Kovash (superintendent)

Matt Cullen (professional hockey player) • T. L. Solien (artist / professor)

Dean Hornbacher (CEO) • Louise Dovre Bjorkman (judge) • Brad Atchison (teacher/coach)

Phil Seljevold (athletic director) • Julie Buckley, M.D. (radiologist)

They are members of the Moorhead High School Hall of Honor

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

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

Nomination guidelines and forms are available on the district's website at www.moorheadschoools.org or at Moorhead High School. Nominations received after **Jan. 15, 2019**, will be considered for future recognition.

Nominations previously received are kept to be considered for future recognition.



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

go to **RRTKD.COM** for more information

FREE 2 week trial

DRAGON

SWIM SCHOOL



DRAGON SWIM SCHOOL BENEFITS

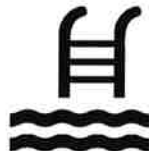
- MSUM is the only accredited swim program in North Dakota and one of only six in Minnesota.
- All of our highly trained instructors are MSUM college students. Many of our instructors are education majors.
- We are the only program in the area to serve the special needs community by offering specialized one-on-one instruction.

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.



CELEBRATING 21 YEARS



9 SWIM LEVELS



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



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



MINNESOTA STATE UNIVERSITY
MOORHEAD

Minnesota State University Moorhead is an equal opportunity educator and employer and is a member of the Minnesota State system. This information will be made available in alternate format, or if a disability-related accommodation is required, please contact Accessibility Resources at 218.477.4318 (voice) or 1.800.627.3529 (MRS/TYY).

DATES & TIMES [40-minute classes]

Winter 1/14-2/14 [5 weeks]

Spring 1 2/18-4/4 [6 weeks] - No lessons March 4th-7th

Spring 2 4/15-5/16 [6 weeks] - No lessons April 22nd

Monday, Tuesday, Wednesday & Thursday

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

Sign up for classes early as sessions fill quickly

1. Register online with a credit or debit card at 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

Private: \$216/student

SWIM LEVEL DESCRIPTIONS

Swim level descriptions can be found at 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 Competitive Swim.

For more information on additional offerings, visit msumdragons.com/swim

- ▶ Open swim
- ▶ Lap swim
- ▶ Pool rental
- ▶ Adult classes
- ▶ Lifeguard certification
- ▶ Springboard diving class



CONTACT US

Monday – Thursday | 9 a.m. – 6:30 p.m.
msumdragons.com/swim | 218.477.2313 |
msumswim@mnstate.edu

Alex Nemzek Hall
17th Street South & 6th Avenue South
Moorhead, MN 56563