

# KiDsource

MARCH 2019

Dear Families,

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



## TRI-CITY STORM SOCCER IGNITE THE PASSION



### RECREATIONAL

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



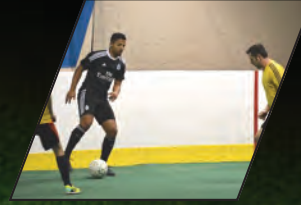
### SELECT

- ~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)



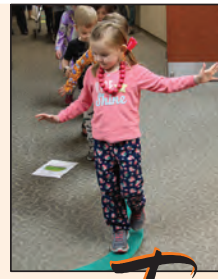
KIDsource is published through the cooperation of many agencies in Moorhead and coordinated through Moorhead Community Education. If you have any questions, suggestions or articles, please call the Community Education office, Probstfield Center for Education, 218-284-3400.

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.**

### ***Website***

Visit ***www.moorheadschoools.org*** for news, School Board meeting updates, calendars, curriculum guides, examples of excellence, Hall of Honor, district history, and much more.

### ***Moorhead Community Education Learning Opportunities Catalog***

Read district updates included in the Community Education catalogs published three times annually: fall, winter and spring. Catalogs are mailed to school district residents and are available in the community.

### ***Social Media***

Follow Moorhead Schools on Facebook (***facebook.com/MoorheadSchools***), Twitter (***@MoorheadSchools***) and Instagram (***moorheadschoools***).

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

Register beginning March 15 for Community Education spring 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

**Let Moorhead Parks & Recreation fill your days  
with a variety of programs and events!  
We offer something for everyone of all ages  
looking to shake the winter blues and get out,  
get active, and have fun!**

## **TAE KWON DO**

**Tuesdays and Thursdays • 4:30-5:30 pm or 5:30-6:30 pm  
Ellen Hopkins Elementary • Ages 5+ • \$60**

Learn to reach your full potential with our confidence-building martial arts program. Participate in a fun and safe environment to produce positive results, improving skills and abilities.



## **REGISTRATION NOW OPEN FOR YOUTH BASEBALL!**

Levels available for girls and boys  
ages 5 through fifth grade.

Learn the fundamentals of the game and  
have fun in a teamwork setting.

Practice in neighborhood parks with  
games at Southside Regional Park.

Coaches are needed! Contact Jordan at  
218.299.5078 for more information.



## **2019 Moorhead Ice Show**



**March 22 & 23 - 7:00 pm**

**March 24 - 1:00 pm**

**MOORHEAD SPORTS CENTER**




Parks and Recreation

*Tickets available at the Parks & Recreation Office  
Monday-Friday, from 8:00 am - 4:30 pm,  
or at the door beginning 1½ hours before the show.*

218.299.5340  
moorheadparks.com




**SPRING AND SUMMER PROGRAMS ARE NOW  
AVAILABLE! VISIT MOORHEADPARKS.COM  
FOR MORE INFORMATION AND TO REGISTER!**



**COME DANCE WITH US!**

**10% OFF March Dance Session**  
 Starting March 5th-28th  
 \*\*Discount applies to first month.  
 New students only. Expires 4/1/19  
 One discount per dancer.  
 Register in Advance



**701-232-9900 www.bonniehaneydance.com**

## Check out our Grades 5-6 Community Education Art Camp

**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**  
**Course No: YAS11C**  
**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.



## Check out 4-H "Things That Move" Classes for Grades 3-4



**Course No: YAS48A**

**March 11-April 15, 2019**  
**6 Mondays, 2:45-4:30 p.m.**  
**Dorothy Dodds Elementary**  
**Media Center Room: 140**  
**Grades 3-4**  
**Instructor:**  
**Lisa Kasson-Bauer**  
**Fee: \$15**

**Course No: YAS48B**

**March 13-April 17, 2019**  
**6 Wednesdays, 2:45-4:30 p.m.**  
**Robert Asp Elementary**  
**Grades 3-4**  
**Instructor:**  
**Lisa Kasson-Bauer**  
**Fee: \$15**

How would you design a paper glider? Can you create a car out of items in a junk drawer that rolls far and straight? Build a rocket that shoots in the air. Work in teams with your friends to try your hand to design, build, redesign and share your creations just like real engineers. A light snack is provided. Scholarships are available.

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

# My Oh Me!

## Raising Resilient Children in the 21<sup>st</sup> Century

Life is complicated for adults and even more so for children, who don't have an emotional maturity yet to sort through all the "stuff" going on. The number of children exposed to what we often call "traumatic stress" (events or situations that upset and overwhelm a child and their ability to cope) is growing and while we can't stop the world from happening around us we can help our children become resilient, to be happy and to thrive in spite of what is happening in their lives and the lives around them.

Signs that a child is struggling with stress include such things as loss of appetite, fearful of being separated from the caregiver, returning to bed wetting, thumb sucking and baby talking, and nightmares. For older children stress shows up at school with trouble concentrating, changes in their school work and worrying about their safety or others.

**The good news, it's never too late to help your child develop resiliency skills!** Resilience is the ability to bounce back from a stressful or traumatic experience. Here are some ideas to help your child experiencing over the top stress or who has experienced situations that overwhelmed them. And they are good for adults too!

- Did you know that doing one deliberate act of kindness a day increases a feeling of well-being? Simple things like holding a door open for someone makes your brain happy! Why stop at one a day, go for three. 😊
- Encourage your child to share the positive in his/her day.
- If your child feels like he/she can't do anything right, set small goals that would be easy to accomplish so they can experience the feeling of success. An example of a small goal might be reading a page in a book or setting the silverware at the dinner table.
- Sleep!!! Getting the proper amount of sleep helps with focus, memory, and steady those mood swings. For children that means 10 – 12 hours a night depending on their age. And don't forget about you! You need a minimum of eight hours a night.
- Everyone off the couch! Sitting all the time, fogs the brain.
- Healthy eating not only helps our overall physical health it is good for our brains too.
- Set aside a "no electronics" time in the daily schedule. The constant stimulation of video games, checking Facebook and texting our friends does not allow time for our brain to be calm.
- Provide consistent discipline that is appropriate for the child's age and development and that promotes learning and not punishing.
- Show affection through your words and actions. Let your child know it is okay to have their own feelings and opinions. Help them to learn ways to express them in way that gets their needs met.
- Care for yourself! Take time to do something you enjoy, eat healthy, get your rest, and seek out friends who are supportive and caring.





# School's Out for Summer!

Time for some fun!! Let your school ager be an ALL STAR this summer!

- ★Water play
- ★Swimming lessons
- ★science
- ★Friends
- ★Special visitors
- ★Fun
- ★Art
- ★Games and sports
- ★Field trips
- ★Park trips
- ★Library
- ★Picnics

Child Care Hours:  
Monday-Friday, 7am-6pm

Enroll before April 15th  
For \$0 registration fee

**SUMMER ONLY**  
**School Age**  
**openings**  
**available June—**  
**August 2019!**



401 40th Ave. South,  
Moorhead, MN 56560  
(701) 212-6637  
[www.bethesdaallstars.com](http://www.bethesdaallstars.com)



## MARQUART'S MARTIAL ARTS

**"JOIN US IN MOORHEAD!"**

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



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.marquartskd.com](http://www.marquartskd.com)



# FamilyWellness

A PARTNERSHIP BETWEEN SANFORD HEALTH 

## UPCOMING YOUTH ACTIVITIES

### **Sports Sampler | Tuesdays and Thursdays, March 12th - March 28th from 5:00PM to 5:45PM |**

Sports Sampler is packed with a variety of fun sports for kids. 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! Ages 4 - 6 \$30 Members/\$60 Nonmembers

### **Youth Boot Camp | Mondays and Wednesdays, March 18th - May 8th from 6:30PM to 7:15PM |**

Youth Boot Camp is a fun six week course designed to provide engaging games and activities while getting a workout. Molly, who carries a youth specialization personal training certificate, will cover a variety of fitness topics, including proper warm-up and cool down, stretching, balance, body weight activities and core work. Kids ages 8-12 years are encouraged to sign up. Class size is limited to eight individuals. \$60 Members/\$120 Nonmembers



### **2019 SUMMER CAMP DATES**

**Creative Cooking Camp | June 3rd - June 7th**

**Creative Builders Camp | June 10th - June 14th**

**Soaking in the Sun | June 17th - June 21st**

**Super Summer Sports Camp | June 24th - June 28th**

**Imagination Station | July 8th - July 12th**

**Wild Wilderness Camp | July 15th - July 19th**

**Camp Summer Splash | July 22nd - July 26th**

**Camp Universe | July 29th - August 2nd**

**Cookapalooza | August 5th - August 9th**

**Spectacular Sports Camp | August 12th - August 16th**

*Camps run from 9am to 4pm (before & after care is available).*

*\$185 Family Wellness & YMCA Members / \$205 Non-Members. Financial Assistance is available.  
Camps are for children ages 6-11 years old.*



**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)**



TEAMWORK • INTEGRITY • RESPECT • PLAYER DEVELOPMENT • COMMUNITY

# RED RIVER VALLEY UNITED



With our growing recreational program,  
we are excited to announce a new second location  
in South Fargo at Centennial School and a  
'Pay As You Can' rec sliding scale fee structure!



## RECREATIONAL | PreK-5th

- fun environment, volunteer coaches
- tuesday practice, thursday games
- no travel or weekends
- WF soccer complex and Centennial School
- sliding scale fee (\$0-\$60)

## ACADEMY | U6-U8

- experienced coaches
- developmental track
- weekly skills training
- no travel or weekends
- must also enroll in rec program

## TRAVEL ACADEMY | U9 & U10

- experienced coaches
- pre-competitive track
- no tryouts
- travel and weekends required

## COMPETITIVE | U11+

- experienced coaches
- committed, driven players
- tryouts required
- travel and weekends required

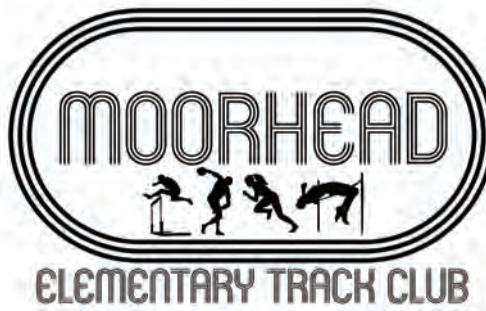
REGISTRATION IS OPEN! FOR MORE INFO GO TO



# RRVUNITED.ORG







## **Making running, jumping, hurdling and throwing fun !**

*The Moorhead Track Club is an opportunity for elementary students to learn the fundamentals of track and field. Kindergarten, grade 1 and grade 2 participants will learn correct running mechanics, relay handoffs, hurdling, softball throwing and the long jump. Grades 3-6 participants will learn running mechanics, relay handoffs, hurdling, shot put, long jump and high jump.*

*Our first six sessions will be practices, and our last two sessions will be actual track meets.*

*Grades K-2 participants will compete in the 50-meter hurdles, 100-meter dash, 200-meter dash, 400-meter dash, softball throw, long jump and 4 x 100 meter relay.*

*Grades 3-6 will compete in the 100-meter hurdles, 100-meter dash, 200-meter dash, 400-meter dash, 800-meter run, shot put, long jump, high jump, and 4 x 100-meter relay.*

*Practices will take place at the Moorhead High School Track. In case of inclement weather we will use the indoor field house at Moorhead High School.*

### **Grades K-2**

**Course Number: YAS40A**

**Coaches: Tom Dooher & Rachael Lexen**

**Practice days:**

**Sundays - 4/28, 5/5, 5/12 Time: 6-7 p.m.**

**Wednesdays - 5/1, 5/8, 5/15 Time: 6-7 p.m.**

**Track Meet:**

**Sunday - 5/19 Time: 5-7 p.m.**

**Wednesday - 5/22 Time: 5-7 p.m.**

**Location: Moorhead High School Track**

**Course fee: \$60**

### **Grades 3-6**

**Course Number: YAS41A**

**Coaches: Tom Dooher & Rachael Lexen**

**Practice days:**

**Sundays - 4/28, 5/5, 5/12 Time: 7-8 p.m.**

**Wednesdays - 5/1, 5/8, 5/15 Time: 7-8 p.m.**

**Track Meet:**

**Sunday - 5/19 Time: 7-9 p.m.**

**Wednesday - 5/22 Time: 7-9 p.m.**

**Location: Moorhead High School Track**

**Course fee: \$60**

Register online at <https://communityed.moorheadschoools.org> or use the form on the back. Questions? Contact Community Education at 218-284-3400.





# MOORHEAD COMMUNITY EDUCATION

## RELEASE OF LIABILITY CAMP/PROGRAM WAIVER

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

### Registration Form

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

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

#### Release of Liability

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

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

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

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

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

### 3 Easy Ways to Register:

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

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

#### ONLINE:

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

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

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

### EACH STUDENT MUST HAVE THEIR OWN REGISTRATION FORM

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

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

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

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

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

Camp Number	Camp Title	Beginning Date	Fee

#### T-Shirt Size:

- ☐ YS
- ☐ YM
- ☐ YL
- ☐ YXL
- ☐ S
- ☐ M
- ☐ L
- ☐ XL
- ☐ XXL

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

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





CELEBRATING 20 YEARS

COLLEGE FOR

▷▷ **KIDS & TEENS** ◁◁

▷ **2019 DATES**

**June 10-13 | June 17-20 | July 8-11 | July 15-18**

\*Register for 3 classes and the 4th one is free!



MINNESOTA STATE UNIVERSITY  
**MOORHEAD**

A member of the Minnesota State system

Learn more at  
**[mnstate.edu/cfkt](http://mnstate.edu/cfkt)**

Minnesota State University Moorhead is an equal opportunity educator and employer. 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).





**Saturday,  
March 9**

**10a.m. - 4p.m.**

Hjemkomst Center  
202 1<sup>st</sup> Ave. N • Moorhead

BRITTANY • CORNWALL • ISLE OF MAN  
GALICIA • IRELAND • SCOTLAND • WALES

**FREE Admission**

2 Entertainment Stages  
Heritage Presentations  
Arts & Crafts • Celtic Food & Treats  
Interactive Booths & Shopping



**FargoParks.com 701.499.7788**



Support for this project is provided by the cities of Fargo, Moorhead and West Fargo through The Arts Partnership

# Open Gym

**Sundays through March 10**

**Run off some energy during open gym.  
For date, locations and complete details,  
visit FargoParks.com.**



**701.499.6060  
FargoParks.com**



## Register now for Spring & Summer Programs!

**Visit FargoParks.com for online,  
mobile friendly registration.**

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



**701.499.6060  
FargoParks.com**



## Sign Up for Spring Art Classes

**Artmania** (Ages 6-8)

**Explore a variety of media including drawing,  
painting, watercolors and pastels. Register by March 14.**

**Accelerated Artists** (Ages 9-12)

**Learn about various artistic styles while  
strengthening existing foundations. Register by March 15.**



**701.499.6060  
FargoParks.com**





### Middle School Creative Camps



**Musical Theatre Intensive**  
**Hamilton**  
Grades 5 - 8  
July 8 - 12



**Spotlight Stories**  
**Harry Potter**  
Grades 3 - 5  
July 29 - August 2



**Stage Creations**  
**Minecraft**  
Grades 3 - 5  
August 5 - 9

### Elementary Production Camps



#### Grades K-2

Half Day AM (9am-12pm)  
or PM (1-4pm)  
Program Dates: June 5-June 21

#### Grades 3-5

Full Day (9am-4pm)  
Program Dates: June 5-June 28

### Middle School Production Camp



#### Grades 5-8

Full Day (9am-4pm)  
Auditions: July 8 & 9  
Program Dates: July 15 - August 9

Visit [fmct.org](http://fmct.org) for more information and registration

## RED RIVER DANCE & PERFORMING CO

At Red River Dance, we offer classes for all ages and abilities! Whether you're a beginner or an experienced dancer, with over 100 classes, we are sure you'll find something you'll LOVE!

#### Classes include:

Hip Hop - Jazz - Lyrical - Ballet - Tap  
Pointe - Acro - Flexibility & Skills  
Creative Movement - Darby's Dancers

#### Contact Us:

701.280.0004 | [info@redriverdance.com](mailto:info@redriverdance.com)  
Or Visit [www.redriverdance.com](http://www.redriverdance.com)



# EVENTS FOR KIDS

## Moorhead Public Library

### Kids Book Club

Join us as we solve mysteries with the Scooby-Doo Gang during meetings of this monthly book club that is just for kids! We'll discuss the books and enjoy crafts and activities.



**March 11 at 6:30 PM: "Scooby-Doo and the Deep-Sea Diver"**

### Ballet Storytime Featuring Fargo-Moorhead Ballet

March 28 and May 2 at 6:30 PM

Children of all ages are welcome to join the Moorhead Public Library and Fargo-Moorhead Ballet for this fun dance-themed storytime! Dancers from Fargo-Moorhead Ballet will read a story and teach ballet dance steps. The program will run about 30 minutes.

### The Magic of Dr. Seuss

**April 6 at 10:30 AM at the Moorhead Center Mall**

Dive into the wacky and wonderful world of Dr. Seuss with this performance of magic, story-telling and silly comedy featuring the characters found in some Dr. Seuss' most famous works. Perfect for families with toddlers, preschoolers and pre-kindergartners, this show is offered free of charge, thanks to funding from the Minnesota Arts and Cultural Heritage Fund. This event is offered in connection with 1,000 Books before Kindergarten and KidsFest.



### Storytime

Tuesdays at 6:30 PM,  
Wednesdays at 10:30 AM and  
2nd Saturday at 11 AM  
Children of all ages are invited to join us for stories, songs, and poems on a weekly theme.

### LEGO Club

2nd Thursday at 6 PM and 4th Saturday at 2 PM  
All are welcome to make their own LEGO creation at the library's LEGO Club. Supplies provided.

### Therapy Pets

First Saturday of the Month at 2 PM  
Boost your kids reading confidence with a read-aloud session with a local therapy pet.

### Baby Bounce

Thursdays at 10:15 AM  
Join us for songs, stories, and action poems for infants through preschoolers and their caregivers.

**All events are offered free of charge!**  
118 5th St. S. | 233-7594 | [www.larl.org](http://www.larl.org)

## Fargo Safety Town

*For kids entering kindergarten  
Fall of 2019*

Sessions held at  
Lewis & Clark Elementary  
June 3-14 & June 17-28

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

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

Sponsored by Fargo Optimist Club



NDSU THEATRE  
ARTS

SEASON  
2018-2019

# TUCK EVERLASTING

A classic tale for the whole family

**APRIL 4 • 7:30PM**

**APRIL 5 • 10AM AND 7:30PM**

**APRIL 6 • 2PM**

**FESTIVAL CONCERT HALL**

Tickets: [ndsu.showare.com](http://ndsu.showare.com) or 701.231.7969

Book by Claudia Shear  
and Tim Federle

Music by Chris Miller

Lyrics by Nathan Tysen

Based on the novel "Tuck Everlasting"  
by Natalie Babbitt





# 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, April 1 • 4 – 6 PM  
Monday, April 15 • 4 – 6 PM

### HAND-BUILDING WITH CLAY

Monday, March 11 • 4:30 – 6 PM  
Monday, April 8 • 4:30 – 6 PM

### PAINTING

Monday, April 29 • 4:30 – 6 PM

**REGISTER TODAY!** [plainsart.org/create](http://plainsart.org/create)

### RECYCLING THE CLAY DAY

**Saturday, April 27, 10 AM – 2:30 PM**

Celebrate Earth Day at the Plains Art Museum! Create original art out of recycled clay from our ceramics programs.

## PLAINS **ART** MUSEUM


Katherine Kilbourne Burgum CENTER FOR CREATIVITY

704 1st Ave., N, Fargo • 701.551.6100 • [plainsart.org](http://plainsart.org)



Camp Invention®

**A HIGH-ENERGY, HANDS-ON STEM CAMP**



**INSPIRE INNOVATION LAB  
AUGUST 5 - 9, 2019  
DIRECTED BY CARRIE LEOPOLD**

**SAVE \$25 USING PROMO CODE  
INNOVATE25RPRINT (EXPIRES 3/22) AT [INVENT.ORG/CAMP](http://INVENT.ORG/CAMP)**



National Inventors  
Hall of Fame

*Inspiring future innovators*

*In partnership with the USPTO*



# Get ready to move!

- Classes for kids:  
18 months to 18 years
- Beginner to Advanced
- Boys and Girls
- Just for fun or with a goal in mind!



## Birthday Parties NinjaZone Classes

Call us to get started!  
Spring classes: 3/11-5/18

# 701-280-0400

Get registered online at  
[AmericanGoldGymnastics.com](http://AmericanGoldGymnastics.com)



# Create your video game!

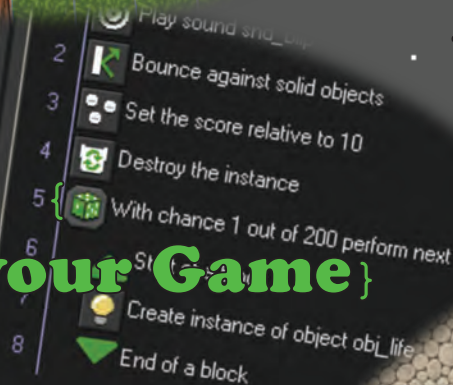
**PODS**  
Game Design



**Design your game**

Start ()

**Code your Game**

- 
- 1 Play sound snd\_coin
  - 2 Bounce against solid objects
  - 3 Set the score relative to 10
  - 4 Destroy the instance
  - 5 { With chance 1 out of 200 perform next
  - 6 Set score to 0
  - 7 Create instance of object obj\_life
  - 8 End of a block

**Classes in  
March & April!**



**Play your game**

Learn more :  
[www.podsgamedesign.com](http://www.podsgamedesign.com)

**NEW Spring classes at  
Reinertsen, Ellen Hopkins,  
Dorothy Dodds, and  
Robert Asp Elementary  
Schools!**

**Learn more and *register* at  
Moorhead Community  
Education's website!**

<https://communityed.moorheadschoools.org>

**(218) 284-3400**

**MORE THIS SUMMER!**

# KIDS FEST

**Saturday, April 6**  
**10 a.m. - 2 p.m.**

**Moorhead Center Mall**

Inflatable games, face painting, dental varnishing, child IDs, magic show and stage performances all free of charge!





# YMCA OF CASS AND CLAY COUNTIES



ymcacassclay.org | #ymcacassclay | 701.293.9622

## SUMMER SCHOOL AGE CHILD CARE

Get ready for a summer of adventure and curiosity with the Y Explorer Program!

### PROGRAM FEATURES

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

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



### SCHOOL AGE AND EARLY LEARNING SUMMER REGISTRATION NIGHT

Wednesday, March 27 | 4:00 – 6:00pm

Stop by any School Age or Early Learning site and tour our outstanding facilities, meet our teachers, learn more about our programs, and get registered! View a full list of sites and addresses online: [ymcacassclay.org/childcare](http://ymcacassclay.org/childcare)

### SUMMER 2019 THEME: Dreamation Destination

Welcome to Dreamation Destination! Our summer will be filled to the brim with all things ART! We'll explore different dances, visual arts, music, theatre, media movie making, and more. Kids will also participate in fun summer activities like field trips, swimming, outdoor time, gym games, and more!



## SPRING YOUTH PROGRAMS

Spring Session runs March 18 – May 11 | Learn more: [ymcacassclay.org/programs](http://ymcacassclay.org/programs)



Rock Climbing  
Ages 7-14



Swimming Lessons  
Ages 6 months +



Wacky Science  
and LEGO® Club  
Ages 6-12



FM Gator  
Swim Team  
Ages 5+



Gymnastics  
and Dance  
Ages 2+



Soccer Skills  
Ages 3 – 7



Babysitting Training  
Ages 11+  
Great for older siblings!

### Upcoming Events

#### Parent's Night Out

- March 23 | 4 – 7:30pm
- Fercho YMCA
- Ages 6 weeks – 14 years



Parents – enjoy a night out, kid free! Your kiddos will have a blast playing in the Xerzone, Climbing Wall, PlayTown and more! Register: 701.293.9622

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

#### School Out Days

- March 6 – 8, 11 – 15, 18
- YMCA School Age Learning Centers
- Grades K – 5 • 6:30am – 6:00pm

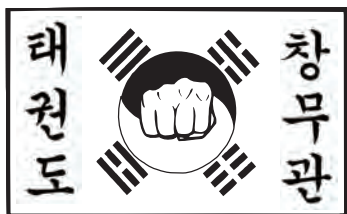
Need something for your kids to do when there's no school? Join us for School Out Days! Each day is packed with activities to keep minds sharp and bodies moving. Breakfast, snack, and lunch provided! Must register at least one week in advance.

## JOIN THE Y AND SAVE!

St. Patrick's Day Sale  
— March 11-17 —

Join the YMCA and pay NO ENROLLMENT FEE – a \$50 savings! Plus, you'll also get a \$25 Downtown Fargo Gift Card, good at over 65 downtown shops and restaurants!





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** for more information

# FREE 2 week trial



## KEEP YOUR KIDS SAFE AROUND WATER

- 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.

### Accreditations:

USA Swimming Foundation  
United States Swim School Association USMS  
Swimming Saves Lives Foundation



**CELEBRATING 21 YEARS**



**9 SWIM LEVELS**



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



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

### CONTACT US

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

## DATES & TIMES [40-minute classes]

Spring 2: 4/8-5/16 [6 weeks] - No lessons April 22

Monday, Tuesday, Wednesday & Thursday

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

Saturday Lessons: 4/6-5/11 - No lessons April 20

10:00 and 10:40 am - Please call or email to register

Summer Evenings

1: 5/28-7/11 [6 weeks] - no lessons May 27 (Memorial Day)

2: 7/15-8/15 [5 weeks]

Summer Mornings

1: 6/3-6/13 [2 weeks]      4: 7/22-8/1 [2 weeks]

2: 6/17-6/27 [2 weeks]      5: 8/5-8/15 [2 weeks]

3: 7/8-7/18 [2 weeks]

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

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

## SESSION PRICING

**5 weeks**

Group: \$60/student

Private: \$180/student

**6 weeks**

Group: \$72/student

Private: \$216/student

## SWIM LEVEL DESCRIPTIONS

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



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).





# Youth Journeys

Saturday, April 6, 2019

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

**Registration is required by Monday, April 1.**

Youth Journeys is a daylong 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).





SANFORD  
Children's

# Fargo 15 YEARS YOUTH RUN

May 16, 2019  
FARGODOME

Register now at [FargoMarathon.com](http://FargoMarathon.com)

**HALF  
MILE  
6:30PM**

**FULL  
MILE  
7:00PM**