

# KiDsource

MAY 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.



**SPARK YOUR CHILD'S INNER NINJA**

Code Ninjas Camps offer an immersive environment for children to explore technology, develop new skills, and have a great time with friends. **It's an unforgettably fun learning experience!**

- ★ Engaging topics like game development, coding, apps, drones, and robotics.
- ★ Flexible options including full-day, half-day, and holiday camps.
- ★ Fun for girls and boys ages 7-14.

**CAMPS  
REGISTRATION  
NOW OPEN!**



**Contact us to learn more! (701) 404-7620 / [fargond@codeninjas.com](mailto:fargond@codeninjas.com)**

4480 23rd Ave S, Fargo, ND 58104 | [codeninjas.com](http://codeninjas.com)   [codeninjasfargo](https://www.instagram.com/codeninjasfargo)

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.





# 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](http://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](https://facebook.com/MoorheadSchools)), Twitter (@MoorheadSchools) and Instagram ([moorheadschoools](https://moorheadschoools)). Find Community Education on Facebook ([facebook.com/MoorheadCommunityEducation](https://facebook.com/MoorheadCommunityEducation)).

**Learn new skills in Moorhead Community Education classes!**  
Register now for spring and summer classes online at <https://communityed.moorheadschoools.org> or call 218-284-3400.



**MOORHEAD**  
AREA PUBLIC SCHOOLS

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).





# CAMP REGISTRATION IS OPEN!

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

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



## 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. Camps are for children ages 6 -11. Financial Assistance is available. If you have questions contact Matt at [matthew.melchior@sanfordhealth.org](mailto:matthew.melchior@sanfordhealth.org).

# Familywellness

A PARTNERSHIP BETWEEN **SANFORD** HEALTH 





**BONNIE HANEY DANCE**  
& PERFORMING CO.

BALLET | POINTE | TAP | JAZZ | HIP HOP | LYRICAL | IRISH | CLOGGING | BALLROOM | LATIN  
3051 25th St S Suite S Fargo (Family Fare Plaza) | 701-232-9900 | www.bonniehaneydance.com

**COMEDANCE WITH US!**

**5-10% OFF**  
**3 SUMMER DANCE SESSIONS**  
Starting June 3rd  
\*\*Discount applies to first month.  
New students only. Expires 5.31.19.  
One discount per dancer.

**GOTTA DANCE SHOW 2019**  
Thursday, May 23rd, 2019 - 7:00 PM  
Friday, May 24th, 2019 - 7:00 PM  
Moorhead High School Auditorium  
2300 4th Ave S, (Door #13) Moorhead

**SHOW TICKETS OR SUMMER REGISTRATION, CALL OR VISIT**  
**701-232-9900** [www.bonniehaneydance.com](http://www.bonniehaneydance.com)  
or Haney's Photography (in Moorhead) or Wizard of Kids (TJ Max Plaza)

## REGISTRATION NOW OPEN!

### Big Bopper Baseball - \$45.00

Kindergarten/5 year olds

June 3-July 11, 5:30-6:15 pm

### Adaptive Soccer - \$36.00

Ages 5+

June 5-July 31, 6:30-7:30 pm

### FM Challengers Adaptive Baseball - \$36.00

Ages 5+

June 3-July 30, 6:00-7:00 pm or 7:00-8:00 pm

### Youth Tennis - \$25.00-\$52.00

Ages 5-17

June 10-July 25, weekday mornings



**218.299.5340**

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

# DRAGONS SUMMER CAMPS

## Individual Camps

Fundamental Skills Camp - June 17-19, \$90 (entering grades K-8)\*

Advanced Skills Camp - June 17-19, \$100 (entering grades K-8)\*

High School Elite Camp - June 22, \$60 (entering grades 9-12)

Fundamental Skills Camp - July 8-10, \$90 (entering grades K-8)\*

Advanced Skills Camp - July 8-10, \$100 (entering grades K-8)\*

## Team Camps

Session I - June 6, \$275 per team

Session II - June 21, \$275 per team

Session III - July 18-19, \$375 per team

## 3-on-3 Girl's Basketball Tournament

July 29 - \$80 per team (entering grades 3-8)

For more information visit [MSUMDragons.com/camps](http://MSUMDragons.com/camps) or  
contact Allison Swenson at [allison.swenson@mnstate.edu](mailto:allison.swenson@mnstate.edu)

\* \$10 discount if signed up for both Fundamental & Advanced Camp

Register online at [www.msumdragons.com/camps](http://www.msumdragons.com/camps)





# MSUM BASKETBALL DEVELOPMENTAL CAMPS



## JUNE 24-26 DRAGON BOYS SKILLS CAMP

K-8TH GRADE • 9AM-12PM • \$70 • INCLUDES DRAGON T-SHIRT

A STRONG FOCUS ON THE FUNDAMENTALS OF BASKETBALL IN A FUN & ENCOURAGING ENVIRONMENT. LEARN FROM CURRENT AND FORMER DRAGON PLAYERS & COACHES. DON'T MISS THIS ONE OF A KIND OPPORTUNITY.

## JUNE 24-26 DRAGON BOYS COMPETITION CAMP

K-8TH GRADE • 1PM-4PM • \$70 • INCLUDES DRAGON T-SHIRT

THIS UNIQUE SETTING WILL MIX COMPETITION WITH A FUN ATMOSPHERE. SHOOTING, PASSING, DRIBBLING AND COMPETITIONS WILL BE MIXED WITH 1V1, 2V2, AND 3V3 LEAGUES. THE FOCUS WILL SHIFT FROM DRILLS TO COMPETITION.

## JULY 22-23 DRAGON BOYS BASKETBALL SHOOTING CAMP

K-12TH GRADE • 9AM-4PM • \$125 • INCLUDES DRAGON T-SHIRT & LUNCH

A COMPLETE FOCUS ON THE FUNDAMENTALS OF SHOOTING IN A FUN AND COMPETITIVE ENVIRONMENT. LUNCH IS INCLUDED IN THIS 2-DAY OPPORTUNITY TO IMPROVE THE MOST IMPORTANT SKILL IN BASKETBALL.

ALL CAMPS HELD IN ALEX NEMZEK  
FIELD HOUSE ON MSUM CAMPUS

WALK UP REGISTRATION ACCEPTED

\* \$10 DISCOUNT WITH REGISTRATION OF  
BOTH SKILLS AND COMPETITION CAMP

## 2019 DRAGON BASKETBALL DEVELOPMENTAL CAMPS ONLINE REGISTRATION AVAILABLE AT [MNSTATE.EDU/TICKETS](http://MNSTATE.EDU/TICKETS)

☐

SKILLS CAMP

☐

COMPETITION CAMP

☐

SHOOTING CAMP

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ T-SHIRT SIZE (CIRCLE): YS YM YL S M L XL

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

MAKE CHECKS PAYABLE TO: MSUM BASKETBALL CAMP - SEND TO AMANDA CITROWSKE - C/O DRAGON DEVELOPMENT CAMPS - 1104 7TH AVE. SOUTH MOORHEAD, MN 56563  
FOR ALL QUESTIONS, PLEASE CONTACT TIM BERGSTRASER AT 218-477-2316 OR AT: [bergstrati@mnstate.edu](mailto:bergstrati@mnstate.edu)  
GYM WILL BE MONITORED BETWEEN CAMPS ON JUNE 24TH-26TH FOR THOSE WHO CHOOSE TO BRING A LUNCH

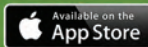


# Wherever They Roam, They'll Have a Ride Home

GRADES K - 12 ARE ELIGIBLE  
FOR A MATBUS YOUTH PASS



For \$26 you get unlimited travel  
on all MATBUS routes for 90 days!  
Reloadable Smartcard - Valid Year Round



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

### **Try to understand.**

Clay County Local Advisory Council for  
Children's Mental Health

Everyone's Mental Health Matters

One in five youth in our community struggle with their mental health making it difficult to go to school, hang out with friends and participate in community activities. Bullying, peer pressure, doing well in school, family breakdown, poverty, illness . . . children carry far more than the weight of their backpack on their shoulders. And while we cannot always change a child's circumstances, we can reach out to them with understanding and help. We can help them cope with life's ups and downs. For information on mental health resources in Clay County click on mental health services at [www.claycountymn.gov](http://www.claycountymn.gov)





## Backpack Connection Series

### About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

### The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit [ChallengingBehavior.org](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).



[ChallengingBehavior.org](http://ChallengingBehavior.org)

# How to Help Your Child Understand and Label Emotions

Brooke Brogle, Alyson Jiron & Jill Giacomini

You can help your child expand her emotional vocabulary by teaching her words for different feelings. Once she knows and understands these words you can help her to label her own feelings and the feelings of others. For example, do you remember a time when your child had a meltdown at the grocery store or other public place? Perhaps you tried soothing your child by telling her to "calm down" and felt confused and unsure of what to do next when she continued the tantrum. Next time you can better help your child understand and deal with the emotions she is feeling by saying, "You look sad and disappointed. Sometimes I feel that way too. I wonder what we can do to feel better?" Teaching your child about her emotions can be a fun and rewarding experience and prevent challenging behavior from occurring in the first place.



### Try This at Home

- Simply state how your child is feeling. "You look really excited! I see your eyes are big and your mouth is open."
- State how others are feeling, "Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?"
- State how you are feeling. "I am really frustrated that the lawn mower is broken. I think I'm going to take a break and come up with some solutions to this problem."
- Use books as teaching tools. There is a huge selection of children's books that focus on emotional literacy. Visit <http://csefel.vanderbilt.edu/resources/strategies.html#list> where you will find a book list, book activities and other resources for teaching emotional literacy.



### The Bottom Line

Children with a strong emotional vocabulary:

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement



### Practice at School

Talk with your child's teachers to see how they are teaching your child about emotions at school. Many emotions are seen and experienced at school. With adult help, children are taught how emotions look and feel on their bodies. Through books and real experiences, teachers show that a child looks sad because he is crying or mad because her fists are tight. As children begin to recognize what emotions look like, they can begin to manage their own emotions and show empathy toward others.



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# IS YOUR CHILD STRUGGLING TO MASTER CORE ACADEMIC SKILLS?

**fit**reading™

**fit**learning™ IS HERE TO HELP!

Fit Learning is a learning laboratory that provides the best learning foundation for every child! By combining the latest in behavioral and cognitive sciences, Fit Learning offers completely individualized programs that transforms children as learners and **consistently produces 1 year's academic growth in 8 weeks!**



## WHAT MAKES US UNIQUE?

**EVERYTHING!** We are unlike any learning experience your child has encountered. A Fit Learning session is a fast-paced, goal-oriented, high-energy instructional interaction with a Fit Learning Coach. Just as an athlete or musician trains, we focus on repetition, endurance, accuracy and performance. Kids leave full of confidence and ready to tackle their worlds!



## Use the summer to catch up!

Contact us today to schedule a reading assessment in our learning laboratory! Mention this flyer and receive 25% off your assessment.

# (701) 364-0060

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

Located at Knowlton, O'Neill & Associates, 1401 13<sup>th</sup> Avenue East, West Fargo, ND 58078  
drbrenda@fitlearningfargo.com





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

**REGISTRATION FOR THE 2019 SEASON IS NOW OPEN!**

**STUDENTS ENTERING 4 - 8TH GRADE\* (FALL OF 2019)  
ARE ELIGIBLE TO PLAY.**


**2019 Dates to Note:**

<b>May 15</b>	Priority pricing ends at <b>11:59pm TONIGHT</b> . Fees increase by \$50 May 16th.
<b>July 1</b>	Registration fees increase by an additional \$50. Register <b>BEFORE</b> this date to avoid team wait lists!
<b>July 29</b>	Non-contact practice begins this week.
<b>August 2, 3, 4</b>	Equipment Pick-Up and Mandatory Weigh-In. <i>Metro Rec Center, 3110 Main Avenue, Fargo</i>
<b>August 5</b>	Contact (padded) practice starts this week.
<b>August 7</b>	Alternate weigh-in and equipment pick-up date. <i>No practice this date!</i>
<b>August 17</b>	Jamboree Day for 4, 5 and 6th grade teams. <i>Southside Regional Park, 2000 40th Avenue S., Moorhead</i>
<b>August 19</b>	Regular season games for all grade levels begin this week.
<b><i>NO games will be scheduled Labor Day Weekend (Aug 31st-Sept 2nd)</i></b>	

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

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

SAVE THE DATE: **JUNE 10-14**  
**VACATION BIBLE SCHOOL**  
**TRIUMPH LUTHERAN CHURCH**  
**(2901 20TH ST. S., MOORHEAD)**  
 Games • Crafts • Songs • Bible Stories • Ages: 5 - 5th Grade  
 FIND OUT MORE & REGISTER BEGINNING APRIL 14<sup>TH</sup>  
[WWW.TRIUMPHLBC.ORG/VBS](http://WWW.TRIUMPHLBC.ORG/VBS)



Learn Ping Pong in Community Education Summer Camps

### Grades 5-12 Camp (June 10-20)

## Ping Pong Summer Camp

June 10-June 20, 9 a.m.-noon

Horizon Middle School East Campus

Room 361

Course No: YSC58A

Instructor: Xuejun Zhang

Fee: \$69



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

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

# Cobber Soccer Camp



## Longest Running Soccer Camp in the Region



**July 8-11, 2019 at Concordia College**

### Morning Camp (ages 4-12)

Ages 4-5, 9-11 AM: \$25 per day or \$85 for all 4 days

Ages 6-12, 9 AM - Noon: \$35 per day or \$125 for all 4 days

### Afternoon Camp (ages 13-18)

Ages 13-18, 1:30-4:30 PM: \$35 per day or \$135 for all 4 days

### Goal Scoring and Goalkeeping Session (ages 13-18)

Ages 13-18, 6-7:30 PM, \$30 per day or \$75 for all 3 days  
 (this camp is only Monday, Tuesday, and Wednesday nights)

**COME TO BOTH THE AFTERNOON AND EXTRA SESSION FOR \$185!**

Visit [www.cobbersoccercamp.com](http://www.cobbersoccercamp.com) to register!





# 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!

Summer Classes:

June 3-27

July 8-August 1

# 701-280-0400

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



## ARTIST-LED SUMMER ART CAMPS!

### **WATERCOLOR 101**

June 25 – 27 • 9 AM – 12 PM • Ages 6 – 12  
\$100 / \$80 members

### **OUTSIDE THE BOOK**

July 10 – 11 • 9 AM – 12 PM • Ages 9 – 12  
\$65 / \$52 members

### **STREET ART CAMP**

August 5 – 8 • 9 AM – 12 PM • Ages 9 – 12  
\$130 / \$104 members

### **CARTOON CREATIONS**

August 5 – 7 • 9 AM – 12 PM • Ages 8 – 13  
\$100 / \$80 members

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

PLAINS  MUSEUM

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

# BISON



## WOMEN'S SOCCER YOUTH DAY CAMPS

### **YOUTH CAMP 1**

JUNE 10-14 | 9:00AM - 11:30AM | AGES 5-14

### **YOUTH CAMP 2**

JULY 15-19 | 9:00AM - 11:30AM | AGES 5-14

**FOR MORE INFORMATION VISIT: [WWW.NDSUSOCCERCAMPS.COM](http://WWW.NDSUSOCCERCAMPS.COM)**

**ALL NDSU CAMPS OR CLINICS ARE OPEN TO ANY AND ALL ENTRANTS  
LIMITED ONLY BY NUMBER, AGE, GRADE LEVEL AND/OR GENDER**



*Language immersion programs for  
ages 6–18 and families*



CONCORDIA  
LANGUAGE VILLAGES



# *Learn a Language* *at a Minnesota Summer Camp!*

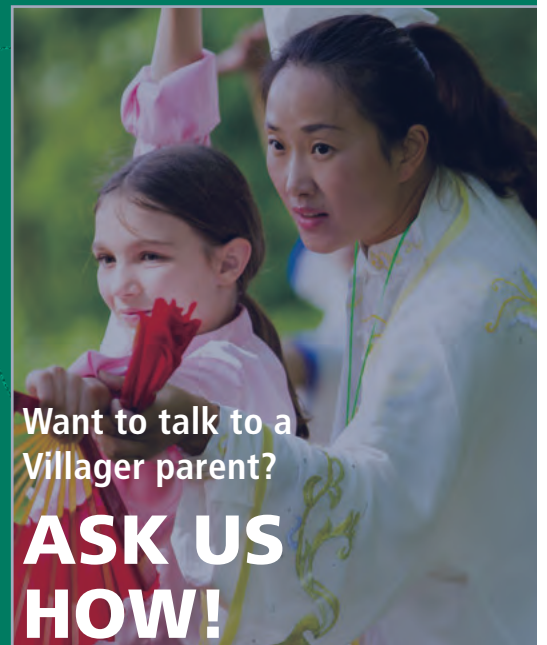
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LANGUAGES OFFERED

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

**REGISTER TODAY!**

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



Want to talk to a  
Villager parent?

**ASK US  
HOW!**

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

A program of  
CONCORDIA  
COLLEGE



### Middle School Creative Camps



#### Musical Theatre Intensive

**Hamilton**

Grades 5 - 8

June 24 - 28

July 8 - 12



#### Spotlight Stories

**Harry Potter**

Grades 3 - 5

July 29 - August 2

August 5 - 9



#### 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



## 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)







# MOORHEAD COMMUNITY EDUCATION

## 2019 SUMMER ATHLETIC CAMPS

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

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

Camp #	Camp Title	Dates	Time	Fee
<b>GIRLS &amp; BOYS VOLLEYBALL CAMPS • MHS FIELDHOUSE • HEAD COACH: CHAR LIEN</b>				
YSC87A	Volleyball Camp (Grades K-2)	6/7, 6/10, 6/11 & 6/12	8-9 a.m.	\$45
YSC88A	Volleyball Camp (Grades 3-4)	6/13, 6/14, 6/17 & 6/18	8-9 a.m.	\$45
<b>GIRLS VOLLEYBALL CAMPS • MHS FIELDHOUSE • HEAD COACH: CHAR LIEN</b>				
YSC15A	Volleyball Camp (Grades 5-6)	M-F, 6/6-6/18	12-1:30 p.m.	\$80
YSC16A	Volleyball Camp (Grades 7-9)	M-F, 6/6-6/18	1:30-3 p.m.	\$80
YSC14A	Volleyball Camp (Grades 10-12)	M-F, 6/6-6/18	9:15-11:15 a.m.	\$85
<b>BASEBALL CAMPS • MHS BASEBALL FIELD • HEAD COACH: GREG SALVEVOLD</b>				
YSC17A	Baseball Camp (Grades K-4)	M-TH, 6/17-6/20	9:30-11 a.m.	\$75
YSC19A	Baseball Camp (Grades 5-8)	M-TH, 6/17-6/20	11 a.m.-12:30 p.m.	\$75
<b>BOYS BASKETBALL CAMPS • HORIZON WEST GYM / MHS MAIN GYM • HEAD COACH: TYLER BORMANN</b>				
YSC29A	Boys Basketball Camp (Grades K-2), Horizon West	M-TH, 6/10-6/13	9:15-10:30 a.m.	\$45
YSC30A	Boys Basketball Camp (Grades 3-4), Horizon West	M-TH, 6/10-6/13	10:30-11:45	\$45
YSC31A	Boys Basketball Camp (Grades 5-6), MHS Main Gym	M/T/TH, 6/17-6/27	10-11:30 a.m.	\$70
YSC32A	Boys Basketball Camp (Grades 7-8), MHS Main Gym	M/T/TH, 6/17-6/27	8:30-10 a.m.	\$70
YSC33A	Boys Basketball Camp (Grades 9-12), MHS Main Gym	M-TH, 6/10-6/13	1-3 p.m.	\$50
<b>GIRLS BASKETBALL CAMPS • HORIZON EAST/WEST GYM • HEAD COACH: JED CARLSON</b>				
YSC34A	Girls Basketball Camp (Grades K-2), Horizon West	M-F, 6/10-6/14	8-9 a.m.	\$45
YSC35A	Girls Basketball Camp (Grades 3-4), Horizon East	M-F, 6/10-6/14	12:15-1:30 p.m.	\$50
YSC36A	Girls Basketball Camp (Grades 5-6), Horizon East	M-F, 6/10-6/14	9:15-10:30 a.m.	\$50
YSC37A	Girls Basketball Camp (Grades 7-9), Horizon East	M-F, 6/10-6/14	10:30-11:45 a.m.	\$50
YSC38A	Girls Basketball Camp (Grades 10-12), Horizon East	M-F, 6/10-6/14	1:30-3:30 p.m.	\$55
<b>SOCCER CAMPS • MHS STADIUM • HEAD COACHES: NICOLE WIESNER &amp; BEN PATRIE</b>				
YSC73A	Soccer Camp (Grades K-5)	M-TH, 6/17-6/20	5-6:30 p.m.	\$40
YSC71A	Soccer Camp (Grades 6-8)	M-TH, 6/24-6/27	4:30-6 p.m.	\$60
YSC72A	Soccer Camp (Grades 9-12)	M-TH, 6/24-6/27	6:15-7:45 p.m.	\$60
<b>STRENGTH AND SPEED CAMPS • MHS WEIGHT ROOM • HEAD COACH: CORY HERRMANN, no class July 1-5</b>				
YSC60A	Boys Strength and Speed (Grades 6-8)	M-TH, 6/10-8/1	10:30 a.m.-12:30 p.m.	\$115
YSC25A	Boys Strength and Speed (Grades 9-10)	M-TH, 6/10-8/1	10 a.m.-noon	\$115
YSC26A	Boys Strength and Speed (Grades 11-12)	M-TH, 6/10-8/1	8:30-10:30 a.m.	\$115
YSC27A	Girls Strength and Speed (Grades 6-12)	M-TH, 6/10-8/1	9:15-11:15 a.m.	\$115
<b>OLYMPIC WEIGHTLIFTING CAMPS • MHS WEIGHT ROOM • HEAD COACH: CORY HERRMANN, no class July 1-5</b>				
YSC50A	Olympic Weightlifting Camp (Grades 6-8)	M & W, 6/10-7/31	7:30-8:30 a.m.	\$75
YSC51A	Olympic Weightlifting Camp (Grades 9-12)	T & TH, 6/11-8/1	7:30-8:30 a.m.	\$75
<b>FOOTBALL CAMPS • MHS FOOTBALL FIELD/ SHANLEY HS, FARGO • HEAD COACH: KEVIN FEENEY</b>				
YSC21A	Football Camp (Grades 1-4)	T-TH, 7/9-7/11	noon-2 p.m.	\$50
YSC22A	Football Camp (Grades 5-7)	T-TH, 7/9-7/11	2-4:30 p.m.	\$70
YSC23A	Football Camp (Grades 8-9)	T-TH, 7/23-7/25	1:30-4 p.m.	\$70
YSC20A	Football Camp (Grades 10-12)	M, 6/17 (Shanley) T, 6/18 (Shanley) T-TH, 7/23-7/25 (MHS)	3-8 p.m. 9-11:45 a.m. 6-8 p.m.	\$80



# 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: \_\_\_\_\_





## Wrestling Camps



### Grades K-2

Date: June 24-27  
Time: noon-1 p.m.  
Place: Horizon Middle  
School East-White Gym  
Course No: YSC11A  
Instructor:  
Gerad Fugleberg  
Fee: \$50

### Grades 3-6

Date: June 24-27  
Time: 1:30-3 p.m.  
Place: Horizon Middle  
School East-White Gym  
Course No: YSC12A  
Instructor:  
Gerad Fugleberg  
Fee: \$50

### Grades 7-12

Date: June 24-27  
Time: 3:30-5 p.m.  
Place: Horizon Middle  
School East-White Gym  
Course No: YSC13A  
Instructor:  
Gerad Fugleberg  
Fee: \$50

*Register online at <https://communityed.moorheadschoools.org> or by completing the registration form on the page to the left. For more information, call 218-284-3400. Scholarships are available; please use the form on the left page.*

# 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
- ★Art
- ★Fun
- ★Games and sports
- ★Field trips
- ★Park trips
- ★Library
- ★Picnics

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

**Enroll Today!!**

**SUMMER ONLY**  
School Age  
openings  
available June—  
August 2019!  
Only \$32/day!



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

# The Firebird's Feather

*Presented by*

*Camria Ballet Academy*

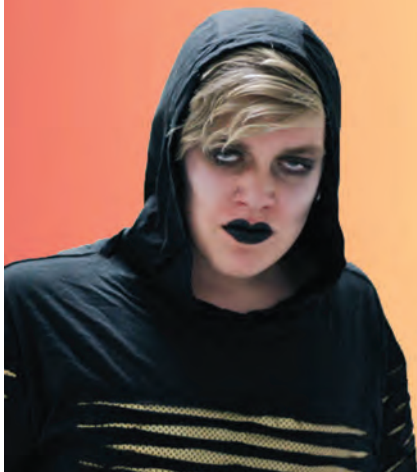
Saturday, May 18 ~ 7:30PM  
~ and ~

Sunday, May 19 ~ 3:30PM

Concordia's Frances Frazier  
Comstock Theatre

901 8th St South, Moorhead

Tickets: Adults ~ \$15  
Children 4- 12 ~ \$10  
3 and under free  
Available at the door  
or at Camria



[www.camriaballet.com](http://www.camriaballet.com) 218-236-0511





# Summer Orchestra Camp

Monday, July 29 - Friday, August 2, 2019

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

## Camp Activities

### Included in the Fee

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

## Optional Camp

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

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

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

### Camp

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

### Instrument

☐ Violin ☐ Viola ☐ Cello ☐ Bass

(please print)

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

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

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

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

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

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

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

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

### 3 Ways to Register

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

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

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

☐ VISA ☐ MasterCard ☐ Discover

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

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

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

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



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

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

**Release of Liability**

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

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

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

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

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



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

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





RED RIVER  
**DANCE**  
& PERFORMING CO

*Come dance with  
us this summer!*

At Red River Dance, we offer classes for  
all ages and abilities!

Visit our website to view our summer schedule  
and summer camp opportunities.

*Summer Session 1*  
May 28 - July 1 (5 Weeks)

*Summer Session 2*  
July 8 - August 8 (5 Weeks)

**Contact Us:**  
701.280.0004 | [info@redriverdance.com](mailto:info@redriverdance.com)  
[www.redriverdance.com](http://www.redriverdance.com)



# 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)**






# Create a video game!

**PODS**  
Game Design  
www.pods  
gamedesign.com



Design your game

## SUMMER CAMPS in JULY!



Code your Game



Play your game

Summer Camps:  
July 8 - 12  
More Classes:  
August 12 - 16

REGISTER @  
[https://communityed.  
moorheadschoools.org](https://communityed.moorheadschoools.org)  
(218) 284-3400

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





# SPUD GYMNASTICS CAMP



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

## **Beginning Junior Spud Recreational Gymnastics (Ages 5-12)**

**YSC40A, YSC40B and YSC40C**

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

## **Advanced Junior Spud Recreational Gymnastics (Ages 5-12)**

**YSC41A, YSC41B and YSC41C**

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

## **High School Off-Season Gymnastics Training (Grades 7-12)**

**YSC42A and YSC42B**

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



Register online at <https://communityed.moorheadschoools.org>  
You can find more registration information on the reverse side of this form.  
For further information contact Moorhead Community Education at 218-284-3400



# MOORHEAD COMMUNITY EDUCATION

# GYMNASTICS CAMP

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

EACH STUDENT MUST HAVE THEIR OWN REGISTRATION FORM

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

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

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

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

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

## GYMNASTICS CAMP • MHS-FIELDHOUSE • Toni Kleber - (no class July 1-5)

Select one	Camp #	Camp Title	Dates	Time	Fee
<input type="checkbox"/>	YSC40A	Beginning Junior Spud Recreational Gymnastics (Ages 5-12)	Tuesdays, June 11-July 23	1-2:30 p.m.	\$90
<input type="checkbox"/>	YSC40B	Beginning Junior Spud Recreational Gymnastics (Ages 5-12)	Wednesdays, June 12-July 24	1-2:30 p.m.	\$90
<input type="checkbox"/>	YSC40C	Beginning Junior Spud Recreational Gymnastics (Ages 5-12)	Thursdays, June 13-July 25	1-2:30 p.m.	\$90
<input type="checkbox"/>	YSC41A	Advanced Junior Spud Recreational Gymnastics (Ages 5-12)	Tuesdays, June 11-July 23	3-4:30 p.m.	\$90
<input type="checkbox"/>	YSC41B	Advanced Junior Spud Recreational Gymnastics (Ages 5-12)	Wednesdays, June 12-July 24	3-4:30 p.m.	\$90
<input type="checkbox"/>	YSC41C	Advanced Junior Spud Recreational Gymnastics (Ages 5-12)	Thursdays, June 13-July 25	3-4:30 p.m.	\$90
<input type="checkbox"/>	YSC42A	High School Off-Season Gymnastics Training (7-12)	T-Th, June 11-27	5-7 p.m.	\$145
<input type="checkbox"/>	YSC42B	High School Off-Season Gymnastics Training (7-12)	T-Th, July 9-25	5-7 p.m.	\$145

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

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

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

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

### Release of Liability

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

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

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

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

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### 3 Easy Ways to Register:

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

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

#### ONLINE:

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

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

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



TEAMWORK • INTEGRITY • RESPECT • DEVELOPMENT • COMMUNITY

# WOLFPACK

## SUMMER CAMP

JULY 29-AUGUST 1



FOLLOW US ON  
FACEBOOK AND  
RRVUNITED.ORG FOR  
UPDATES ABOUT  
SUMMER CAMP AND  
JULY COMPETITIVE  
TRYOUTS!

LOOK FOR FALL  
RECREATIONAL,  
ACADEMY, AND  
TRAVEL ACADEMY  
REGISTRATION INFO  
MID SUMMER!

### RECREATIONAL | PreK-5th

- fun environment, volunteer coaches
- no travel or weekends
- games at Centennial and WF soccer complex

### ACADEMY | U6-U8

- developmental track, experienced coaches
- no travel or weekends
- weekly skill training

### TRAVEL ACADEMY | U9 & U10

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

### COMPETITIVE | U11+

- experienced coaches
- committed, driven players
- tryouts required- July 2019 date TBD
- travel and weekends required



RRVUNITED.ORG





# YMCA OF CASS AND CLAY COUNTIES



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

## EXPLORE WITH US THIS SUMMER!

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



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

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

### 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, and movie making. Kids will also participate in fun summer activities like field trips, swimming, outdoor time, gym games, and more!

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

## SUMMER CAMPS

Weekly sessions run June – August for all camps!

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



### Camp Cormorant Overnight Camp | Ages 7-14

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

### Camp Koda Day Camp | Ages 6-11

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

### Busy Beaver Camp Half-Day Camp | Ages 3-5

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

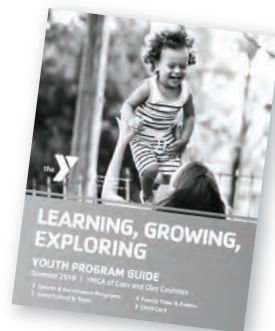
## YOUTH PROGRAMS

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



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

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



Learn more about YMCA camps and programs online: [ymcacassclay.org/programs](http://ymcacassclay.org/programs)



# SCHOOL'S OUT, MARTIAL ARTS IS IN!



Just because **school is out**, it doesn't mean that your child should **stop learning**. At our **ATA-certified** school, we will not only keep your children's bodies in shape, but we will keep their **minds SHARP** too! Stop by and see why over 900,000 people are training in **ATA Schools** across the country.



4480 23<sup>rd</sup> Avenue South  
Fargo ND 58104

701.237.6800  
[www.ATAfargo.com](http://www.ATAfargo.com)

Bring in this  
ad for  
One Week of  
Classes  
**FREE!!**



"ATA Martial Arts of Fargo"



# Summer Reading Camp

**Designed for students entering Grades 1-2  
(25 students maximum)**

**Dates: June 10, 14, 17, 19, 24 & 26**

**Time: 9:30am - 11:00am**

**Location: Robert Asp Elementary Media Center**

**Course Number: YSC85A**

**Teachers: Lori Schroeder & Pam Kiser**

**Camp fee: \$100**



The summer reading camp is designed to prevent summer reading loss. Studies have shown that students who do not read over the summer can lose up to 60% of their reading skills.

Each session will include a small group guided reading lesson at your child's instructional level, building comprehension skills, writing about reading, word work instruction, and inspiring a love of reading. Students will also have the opportunity to check out books at their reading level to support reading at home.



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



# SUMMER BAND FOR BEGINNERS

## INCOMING 5TH GRADERS

Session: August 19-23, 2019



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

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

### Session: August 19-23, 2019

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

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

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

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

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

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

### 3 Ways to Register

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

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

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

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

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

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

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

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

#### Release of Liability

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

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

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

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

Date \_\_\_\_\_

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

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

Summer Band Camp is a Community Education program of the Moorhead School District. Register online at <https://communityed.moorheadschoools.org>. For more information, you can call us at 218-284-3400.





**KIDS TO PARKS DAY**  
NATIONAL PARK TRUST

(Formerly known as Kite Day)

**Saturday, May 18**  
11 am - 2 pm  
Lindenwood Park

Celebrate National Kids to Parks Day at this free family event!  
Don't forget your kite to show off your flying skills.

**fargopark** DISTRICT  701.499.6060  
FargoParks.com    



**Sign Up for Summer Art Classes**

**Create & Explore** (Ages 3-5)  
Explore different mediums in this parent and child class, while enhancing motor skills.

**Artmania** (Ages 6-8)  
Explore a variety of media such as drawing, painting, watercolors and pastels.

**Accelerated Artists** (Ages 9-12)  
Learn about various artistic styles while strengthening existing foundations.

**Register online today!**

**fargopark** DISTRICT  701.499.6060  
FargoParks.com    

**Youth Golf Lessons**

**June - August**

Group lessons for ages 7-15.  
Various levels available depending on child's experience.

**Register for Session I by May 31.**  
\*Lessons are first come, first serve and may fill quickly.



**Girls Volleyball Camp** (Grades 3-6)

**June 10-13 3 - 6 pm**  
Sports Arena

**Register online to reserve your spot!**  
\*Camp is first come, first serve and limited to 40 registrants.



**Swimming Lessons**

**June - August**

Indoor & outdoor lessons available for ages 4-14 in various levels depending on age and experience.

**Register for Session I by June 7.**  
\*Lessons are first come, first serve and may fill quickly.



**Summer Day Sports Sampler**

**June 10 - July 18**  
Ed Clapp Park

Kids age 5-7 & 8-10 take part in a variety of sports to see if any spark an interest during this 5 week program.







# Trout Fest


**Monday, June 10**  
**North Woodhaven Pond**  
**Registration: 5:30-6:15 pm Derby: 6:15-7:45 pm**

Youth age 15 and under will learn about fly fishing, casting, entomology, conservation, equipment demonstrations, and more at this free event. Bring your own rod and reel. Night crawlers are provided.

 701.499.6060 FargoParks.com    





# Water Safety Day

**Friday, June 7 9:30 - 11:30 am**



A community initiative at pools across the metro intended to increase awareness and teach critical skills to kids and their parents as we enter summer.

**All Fargo Park District pools are participating in this community wide free safety event.**

 701.499.6060 FargoParks.com    

# Pools Open June 3



## Kiddin' Around with Music + Motion

**June 10 - 14**  
**9 am - 12 pm**  
**RDJ Rec Center**

Wiggle, giggle and sing with Penny and her musical pals Rockin' Robot and Bernie the Bear!  
 Register online by June 6.

 701.499.6060 FargoParks.com    

# Youth Track & Field

**June 2-27**  
**Fargo South High Track**

Boys & Girls ages 5-12 are introduced to track and field.

**Register by May 20**



 701.499.6060 FargoParks.com    





3509 4th Ave S • 277-1TKD

# Red River Traditional TaeKwonDo

The Area's Only Traditional TaeKwonDo School

## Same Great Classes 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



### Red River Judo's kids classes: Tue & Th 6:45 to 7:30 pm

Train in the Japanese Grappling art of Judo.  
Learn Respect, Discipline, Self Defense,  
Focus, Improved Fitness and Confidence.

on Facebook, [RedRiverJudo@gmail.com](mailto:RedRiverJudo@gmail.com) or call 701-730-6176





## 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/TTY).



SANFORD  
Children's

# 15 YEARS Fargo YOUTH RUN

May 16

Start & Finish in the  
**FARGODOME!**



**FULL MILE / HALF MILE**

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



## Tour de Tech



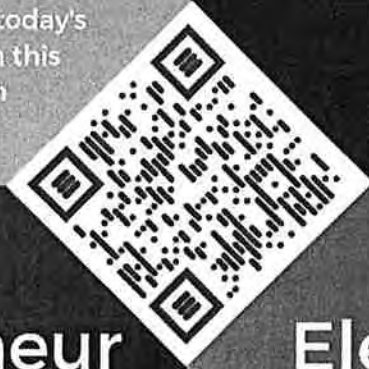
Grades 7 - 10 | 10 - 12

= Dip your feet into some of today's innovative technologies in this sample platter session



**uCodeGirl**  
{inspire · innovate · lead}

[ucodegirl.org/techcamp](http://ucodegirl.org/techcamp)



## TechnoPreneur



Grades 7 - 10 | 10 - 12

= Technology and Entrepreneurship tango when students develop real websites with real customers

## ElectroFusion



Grades 4 - 6

= Experience an electric fusion of circuits, digital storytelling, and web development with a dash of Near Field Communication

# 2019 Crack the Code Tech Camp for Girls

**June 10-14 || June 24-28**  
**8 AM - 5 PM    NDSU College of Business**

[info@ucodegirl.org](mailto:info@ucodegirl.org) || (701) 446 - 8269

**uCodeGirl**  
{inspire · innovate · lead}



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARNING, GROWING, EXPLORING

## YOUTH PROGRAM GUIDE

Summer 2019 | 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 – 8:00pm

Easter.....Closed

Memorial Day.....5:00am – 3:00pm\*

4th of July.....Closed

Labor Day.....5:00am – 3:00pm\*

Thanksgiving.....5:00am – 12:00pm

Christmas Eve.....5:00am – 12:00pm

Christmas.....Closed

New Year's Eve.....5:00am – 3:00pm

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

### YMCA Storm Line

For weather related changes and cancellations call **701.293.9622**, visit [ymcacassclay.org](http://ymcacassclay.org) or check our 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

## CONNECT WITH US!



### Website

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



### Facebook

[facebook.com/ymcacassclay](https://facebook.com/ymcacassclay)



### LinkedIn

Search YMCA of Cass and Clay Counties



### Twitter

@ymcacassclay



### Instagram

@ymcacassclay



### Mobile App

Search YMCA of Cass and Clay Counties

Share your YMCA stories with us using **#ymcacassclay**

## IT SAVES TO BE A MEMBER!

**Members receive discounts on YMCA programs, services, camps, and more!**

Visit us online to view a full list of member discounts, benefits, and more! [ymcacassclay.org/benefits](http://ymcacassclay.org/benefits)

## FINANCIAL ASSISTANCE

### 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 YMCA location for an application or visit us online: [ymcacassclay.org/financialassistance](http://ymcacassclay.org/financialassistance)

## PROGRAM REGISTRATION

### 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:** here is a \$10 charge for all refunds/credits unless the class is cancelled by the YMCA. If you apply before the first class meeting, a full credit, less \$10 will be given. 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 online at [ymcacassclay.org/forms](http://ymcacassclay.org/forms) or at either Member Services Desk. The form will be reviewed by the department and you will be informed 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 the Member Services Desk to gain access into the YMCA for your program!





The YMCA is the starting point for many kids to learn about becoming and staying active and developing lifelong healthy habits. And the benefits go beyond just physical health. Kids build confidence, explore their interests, meet new friends, learn teamwork, and so much more – all while learning and growing in a safe, fun environment.



# SWIMMING LESSONS

**FREE Swim Level Assessments**  
Saturdays, 12:00-12:30pm  
Fercho YMCA | We offer swim level assessments for those who are unsure of which level to register for. FREE and open to the community!

## SWIM LESSON DAYS / TIMES

	Parent / Baby	Parent / Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
Monday	4:00pm		X	X	X	X	X	X				
	4:30pm		X	X	X	X	X	X				
	5:00pm	X	X	X	X	X	X	X				
	5:30pm	X	X	X	X	X	X	X				
	6:00pm	X	X	X	X	X	X	X				
	6:30pm				X	X	X	X				
Tuesday	4:00pm		X	X	X	X	X	X				
	4:30pm		X	X	X	X	X	X				
	5:00pm		X	X	X	X	X	X				
	5:30pm		X	X	X	X	X	X				
	6:00pm	X	X	X	X	X	X	X				
	6:30pm	X		X	X	X	X	X				
Wednesday	4:00pm		X	X	X	X	X	X				
	4:30pm		X	X	X	X	X	X				
	5:00pm	X	X	X	X	X	X	X				
	5:30pm	X	X	X	X	X	X	X				
	6:00pm	X	X	X	X	X	X	X				
	6:30pm		X	X	X	X	X	X				
Thursday	4:00pm		X	X	X	X	X	X				
	4:30pm		X	X	X	X	X	X				
	5:00pm	X	X	X	X	X	X	X				
	5:30pm	X	X	X	X	X	X	X				
	6:00pm		X	X	X	X	X	X				
	6:30pm		X	X	X	X	X	X				

## SWIM CAMP DAYS / TIMES

	Parent / Baby	Parent / Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
Mon-Thurs	9:00am	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		
	11:00am		CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		
	3:30pm		CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP	CAMP		

## SUMMER SESSION:

**June 3 – August 15** 11 weeks

**Regular | Members: \$82.50, Non-Members: \$165**  
**Private | Members: \$330, Non-Members: \$660**

No lessons July 4 - session fees will be prorated.  
Lessons are held once a week for 30min.

### Half-Priced Private Lessons: May 20 – 23

**All ages & levels** | Do your kids need 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. **Members: \$15/lesson, Non-Members: \$30/lesson**

## Summer Swim Camps

Two week sessions: Mon-Thurs. Swim camp is only available those times/days listed as 'camp'. Participants will be in the same level, at the same time each day for two weeks in the session of choice.  
**Regular | Members: \$60, Non-Members: \$120**  
**Private | Members: \$240, Non-Members: \$480**

June 3 – 13      June 17 – 27      July 8 – 18  
July 22 – Aug. 1      August 5 – 15

## 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** Children will build on independent swimming skills by swimming further distances and transitioning from swimming on their front to their back.

**Turtle** Swimmers will begin to define swim strokes like front crawl, backstroke, and elementary 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** Kids will progress by completing the butterfly and breaststroke and improving endurance 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, butterfly, backstroke, and breaststroke. Kids will also be skilled in water safety, elementary backstroke, and sidestroke.



**Questions?** Contact Max Ommen, Aquatics Coordinator, at maxwell.ommen@ymcacassclay.org or 701.364.4168. [ymcacassclay.org/swimschool](https://www.ymcacassclay.org/swimschool)



# FM GATOR SWIM TEAM

**Developmental Groups:** Swimmers ages 5 and up learn the skills necessary to compete, like working with teammates, following directions, and advanced drills. Developmental swimmers can swim 25 yards freestyle and backstroke without stopping or needing assistance.

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

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

**Have you recently passed the Otter, Seal or Shark Levels in the YMCA's Swim School?** Do a trial practice with the Gators for FREE, or schedule a one-on-one stroke evaluation. Contact Erich for more information or to get started!

## High School Prep Camp Ages 12 - 18

**August 5 - 15 | Monday - Thursday | 4:30 - 6:00pm | Island Park Pool**  
High school swimmers will maintain and develop conditioning in and out of the water by learning proper techniques and skills. Prepare for a successful high school season, and stay fit year round. Members: \$52, Non-Members: \$60



**Questions?** contact Erich Richardson, Swim Team Coach, at 701.364.4151 or [erich.richardson@ymcacasclay.org](mailto:erich.richardson@ymcacasclay.org). [ymcacasclay.org/gators](http://ymcacasclay.org/gators)

The FM Gators swim outdoors at Island Park Pool from June 3 to Aug. 15!

Levels	Dates	Members	Non-Members
Senior - Full Season	April 29 - July 28	\$215	\$267
Senior - Apr/May	April 29 - May 31	\$79	\$98
Senior - June	June 3 - June 28	\$79	\$98
Senior - July	July 1 - July 28	\$79	\$98
Age Group - Full Season	April 29 - July 28	\$192	\$239
Age Group - Apr/May	April 29 - May 31	\$71	\$88
Age Group - June	June 3 - June 28	\$71	\$88
Age Group - July	July 1 - July 28	\$71	\$88
Developmental - Full Season	April 29 - July 28	\$170	\$211
Developmental - Apr/May	April 29 - May 31	\$63	\$78
Developmental - June	June 3 - June 28	\$63	\$78
Developmental - July	July 1 - July 28	\$63	\$78

## Pre-Swim Team Ages 5+ | Fercho | 5:00 - 5:45pm | Mon/Wed or Tues/Thurs

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

<b>Session 1</b>	April 29 - June 6	Members: \$68	Non-Members: \$84
<b>Session 2</b>	June 10 - July 25	Members: \$74	Non-Members: \$91



**Questions?** Contact Nicole Duncomb at [nicole.duncomb@ymcacasclay.org](mailto:nicole.duncomb@ymcacasclay.org) [ymcacasclay.org/safety](http://ymcacasclay.org/safety)

## SAFETY EDUCATION

As part of our commitment to social responsibility, the YMCA offers safety education courses, like CPR/AED and First Aid classes, Lifeguard Certifications, Babysitting Trainings, Self Defense courses, and more. For dates and times, and a list of all classes, visit us online: [ymcacasclay.org/safety](http://ymcacasclay.org/safety)

### CPR/AED & First Aid Ages 15+ | Fercho

This course will prepare you to care for a variety of first aid, breathing, and cardiac emergencies, including how to recognize and manage an emergency situation, basic first aid, standard emergency procedures, CPR, AED, and more.

**Members: \$55 | Non-Members: \$95**

### Lifeguarding Course Ages 15+ | Fercho

This three-day American Red Cross course combines comprehensive classroom and hands-on training. Lifeguards will learn surveillance and recognition, water rescue skills, first aid, CPR/AED, how to care for breathing and cardiac emergencies, and more.

**Members: \$175 | Non-Members: \$215**

### Babysitting Trainings Ages 11+ | Fercho

This one-time American Red Cross course is a hands-on way to learn everything you need to know about babysitting. Start your babysitting business on the right foot and learn to be a safe, professional and reliable sitter. American Red Cross First Aid and CPR Certification included.

**Members: \$65 | Non-Members: \$95**



**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)



## SUMMER YOUTH PROGRAMS

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

### » SUMMER SESSION DATES June 10 – August 10

There will be no classes the week of July 4.  
Session fees are pro-rated.

## » YOUTH FITNESS

### Youth Exercise Concepts Ages 12-14

Complete this one-time course to gain unsupervised access to YMCA Fitness Centers and Group Fitness Classes! Learn fitness etiquette, safety, use of equipment, and more! Free for members. Available at both Y locations. Scheduling is flexible! To register, contact Chans Brown: 701.356.1453 or [chans.brown@ymcacassclay.org](mailto:chans.brown@ymcacassclay.org)

## » YOUTH SPORTS

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

Baton twirling develops hand-eye coordination, poise, balance and endurance. Students also learn marching and modeling skills. Participants in this program learn to twirl both competitively and recreationally. Batons are available from the instructor for \$12. Members: \$48, Non-Members: \$64

Tues 5:00-5:45pm

### Soccer Skills Schlossman | Ages 3 – 10

Learn soccer basics like dribbling, passing, 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 \$48, Non-Members: \$64

Thurs	5:30 – 6:00pm	Ages 3 – 4
Thurs	6:15 – 6:45pm	Ages 5 – 7
Thurs	7:00 – 7:45pm	Ages 8 – 10



**Questions?** Contact Ali Kellerman, Youth and Adult Program Director, at [aliyah.kellerman@ymcacassclay.org](mailto:aliyah.kellerman@ymcacassclay.org) or 701.364.4116, [ymcacassclay.org/programs](http://ymcacassclay.org/programs)





**Questions?** Contact Ali Kellerman, Youth and Adult Program Director, at [aliyah.kellerman@ymcacassclay.org](mailto:aliyah.kellerman@ymcacassclay.org) or 701.364.4116. [ymcacassclay.org/programs](http://ymcacassclay.org/programs)

## » ROCK CLIMBING

### **Intro to Belay** Schlossman | Ages 16+

Learn the skills needed to safely enjoy climbing and belaying on your own! Each participant will learn to safely control the ropes for their partner, how to tie safe climbing knots, and how to communicate commands effectively. Following this one-time class, participants wait a minimum of 24 hours, and then come back in to take the certification test with a climbing wall staff. Members: \$6, Non-Members: \$8

Mondays 6:15 - 7:30pm

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

Monday - Friday | 9am - 11:30am (Thursdays extended until 3pm)

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

June 10-14

June 17-21

July 8-12

July 22-26

July 29-Aug. 2





## » YMCA SUMMER CHILD CARE REGISTRATION IS OPEN!

Get ready for the BEST SUMMER EVER with YMCA Child Care!! Registration is OPEN for Summer Early Learning and School Age Learning Child Care Programs – get your kiddos registered today!

To learn about available Early Learning and School Age Learning summer openings, or to get registered, contact our enrollment team at 701.364.4117 or [enroll@ymcacassclay.org](mailto:enroll@ymcacassclay.org) and we would be happy to help you!

### Looking ahead to the Fall? Come to our Fall Child Care Open House and Registration Night!

July 17 | 4-6pm | All YMCA School Age and Early Learning Program Sites | Stop by any YMCA Child Care site to meet the teachers, tour our facilities, get your questions answered, and register for Fall Child Care! Openings will be available on a first-come, first-serve basis. *Can't come to our Registration Night? No worries! Contact our enrollment team at 701.364.4117 or [enroll@ymcacassclay.org](mailto:enroll@ymcacassclay.org) and we would be happy to help you!*





# » CHILD CARE & ENRICHMENT



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

## EARLY LEARNING CENTERS

6:30am – 6:00pm | Mon – Fri | Financial Assistance Available!

YMCA Early Learning Centers offer quality, licensed care year-round for children ages six weeks through five years. Lesson plans are aligned with ND Early Learning Guidelines and include Language & Literacy and Numbers & Math programs to help children learn by using hands-on activities. With this curriculum, children learn quickly by having fun, helping to create a smooth transition into school. Learn more: [ymcacassclay.org/elc](http://ymcacassclay.org/elc)

### Fercho YMCA (A)

Toddler Care – 18–36 Months  
Early Childhood Care – Ages 3 and Up  
Before/After School & Summer Care – K–5  
Kindergarten Readiness Preschool (Sept – May)

### West Fargo Center (A)

Infant/Toddler Care – Ages Six Weeks – 36 Mo.  
Early Childhood Care – Ages 3 and Up

### Calvary Center

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

### Schlossman YMCA (A)

Early Childhood Care – Ages 3 and Up  
Before/After School & Summer Care – K–5  
Kindergarten Readiness Preschool (Sept – May)

### 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

Preschool & Early Childhood Care – 4 year olds  
*Program designed to prepare your child for Kindergarten.  
Must live in the West Fargo School District to attend.*

## SCHOOL AGE LEARNING CENTERS

6:30am – 6:00pm | Mon – Fri | Financial Assistance Available!

YMCA School Age Learning Centers offer quality, licensed programming for kids ages 5 – 12, including daily reading, STEM learning, active play, arts activities, 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! Learn more: [ymcacassclay.org/schoolage](http://ymcacassclay.org/schoolage)

### Summer 2019 Theme: Dreamation Destination

Our summer will be filled to the brim with all things ART! We will explore different performing and visual arts, including painting, sculpture, dance, music, theatre, movie making, and more! Kids will also participate in fun summer activities, like gym games, outdoor play, swimming, field trips, and more! Stay tuned to our website for upcoming themes: [ymcacassclay.org/schoolage](http://ymcacassclay.org/schoolage)

(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.

### YMCA SITES

Fercho YMCA (S)  
Schlossman YMCA (S)  
Calvary (S)  
South (S)

### FARGO SCHOOL SITES

Horace Mann Elementary  
Jefferson Elementary (S)  
Madison Elementary (S)  
McKinley Elementary  
Oak Grove Elementary

### SURROUNDING AREA SITES

Dilworth Lutheran Church (S)

### MOORHEAD SCHOOL SITES

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

### WEST FARGO SCHOOL SITES

Aurora Elementary (S)  
Brooks Harbor (S)  
Deer Creek – Opening Fall 2019!  
Eastwood Elementary (S)  
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





# SUMMER CAMP

## BUSY BEAVER CAMP

Half-day camping experience for preschoolers ages 3-5

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

**Hours:** 9:00am - 1:00pm **Location:** Fercho YMCA

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

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

## 2019 BUSY BEAVER CAMP SESSIONS

Session 1: June 10 - 13 .....Camping  
 Session 2: June 17 - 20 ..... Down by the Sea  
 Session 3: June 24 - 27 ..... Little Chefs  
 Session 4: July 8 - 11 .....Dinosaurs  
 Session 5: July 15 - 18 ..... Little Scientists  
 Session 6: July 22 - 25 .....Amazing Animals  
 Session 7: July 29 - Aug. 1 ..... Let's Make Music  
 Session 8: Aug. 5 - 8 ..... Fun in the Sun  
 Session 9: Aug. 12 - 15 ..... Let's Get Physical

## CAMP KODA

Activities & exploration day camp for ages 6-11

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

**Hours:** 9:00am - 4:00pm **Location:** Fercho or Schlossman YMCA

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

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

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

## 2019 CAMP KODA SESSIONS

Session 1: June 3 - 7 (Fercho only).....Summer is Here  
 Session 2: June 10 - 14 .....Wacky Science  
 Session 3: June 17 - 21 ..... Sports of All Sorts  
 Session 4: June 24 - 28 .....Music, Melodies & Drama\*  
 Session 5: July 8 - 12 .....Wet & Wild  
 Session 6: July 15 - 19 ..... Outdoor Adventure  
 Session 7: July 22 - 26 .....Super Heroes  
 Session 8: July 29 - Aug. 2 .....Wacky Science  
 Session 9: Aug. 5 - 9 .....Wet & Wild  
 Session 10: Aug. 12 - 16 .....Summer's Not Over!\*

\*Will not attend Camp Cormorant, but will go on a different fun field trip!

## CAMP CORMORANT

Overnight camp on Big Cormorant Lake for ages 7-14

Nestled on 80 acres of wooded property, YMCA Camp Cormorant is an overnight camp located in the heart of Minnesota lakes country. Founded in 1903, Camp Cormorant is one of the oldest overnight camps in the entire nation and continues to be a tremendous growing up experience for children and teens.

Camp Cormorant provides a unique environment with cozy cabins, extensive beach front, horse trails, and much more to enhance the camp experience and provide just the right setting to encourage a camper's mental, physical and spiritual growth.

**Location:** 14563 YMCA Lane, Lake Park MN

**Registration:** For descriptions, ages, fees and registration forms, pick up a brochure at either YMCA location or visit us online: [ymcacassclay.org/cormorant](http://ymcacassclay.org/cormorant)

**Information:** Call Dee at 701.364.4130 or visit [campcormorant.org](http://campcormorant.org)

**Family Camp | June 7 - 9:** Join us for a weekend of waterfront activities, horseback riding, yard games and and fun for the whole family!

## 2019 CAMP CORMORANT SESSIONS

Session 1 ..... June 9 - 14  
 Session 2 ..... June 16 - 21  
 Session 3 ..... July 7 - 12  
 Session 4 ..... July 14 - 19  
 Session 5 ..... July 21 - 26  
 Session 6 ..... July 28 - Aug. 2  
 Session 7 ..... Aug. 4 - 9  
 Session 8 ..... Aug. 11 - 16

## CAMPS OFFERED

Cooking	Adventure	Horsemanship - full	Art
Fishing	Wilderness	Ropes Course	Water Ski



# 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**

## Water Safety Day

**June 7 | 10:00 - 11:30am | All Ages | Fercho**

Summer is here and that means lots of time at the lake or by the pool. Make sure you and your kids have the education needed to stay safe while playing in and around the water! Experienced Aquatics staff will teach important safety skills like the "Throw, Don't Go" strategy, back floating, life jacket safety, general water safety skills, and more! Event is FREE and open to the community!

## Healthy Kids' Day

**Saturday, April 27 | 2:00 - 4:00pm | Schlossman**

Healthy Kids Day is a national YMCA day to inspire kids to stay physically and intellectually active all summer long. Join us for an afternoon packed with fun and interactive activities in our Xerzone, Basketball Gym, Climbing Wall, and more! Healthy snacks will be available. Event is FREE and open to the community!

## Fargo on the Move

**June 1 - 30 | All Ages | FREE and open to the community!**

Fargo On The Move is a community collaboration between the YMCA, Fargo Park District, Courts Plus Community Fitness, and Family Wellness, designed to encourage our community to get moving! During the month of June, print off a Fargo on the Move Activity Card and complete fun activities for a chance to win cool prizes! To learn more and print off your activity card, visit [fargoparks.com](http://fargoparks.com)

## Twins Game Bus Trip

**Sunday, July 21 | Members: \$50, Non-Members: \$65**

Join us as we travel to Minneapolis to cheer on the MN Twins at Target Field! Beat the stress of traffic and parking, spend time with family and friends, and take part in a classic summertime tradition! Kids will have the opportunity to get Twins autographs before the game, and kids meals will be half off at Target Field! Ages 12 and under must be accompanied by an adult. Price includes transportation and game ticket. Registration required.

**EARLY BIRD REGISTRATION:** Sign up before July 1 and get \$5 off your ticket!

## Sunday Fun Day All Ages

**Fercho | Sundays, 2 - 5pm**

**Members: FREE!**

**Non-Members: \$15/family**

Don't spend your Sunday 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)



**Questions?** Contact Ali Kellerman, Youth and Adult Program Director, at [ali.kellerman@ymcacassclay.org](mailto:ali.kellerman@ymcacassclay.org) or 701.364 4116. [ymcacassclay.org/events](http://ymcacassclay.org/events)



# JOIN US AT THE YMCA!

## MEMBERSHIP RATES & CATEGORIES:

	MONTHLY RATE Via Automatic Bank Draft	ENROLLMENT FEE One-Time Contribution
<b>Family / Household*</b> - up to two adults + dependents* living in the household	\$80	\$50
<b>Family / Household Package*</b> up to two adults + dependents* living in the household (includes PlayTown usage)	\$103	\$50
<b>Exclusive Child Care Package*</b> Up to two adults + dependents* living in the household (includes use of PlayTown). This exclusive package is for families enrolled in a YMCA Child Care Program.	\$72	\$0
<b>Single</b> - Ages 25-64	\$53	\$50
<b>Senior</b> - Ages 65+	\$48	\$50
<b>Student/Youth</b> - Ages 9-24	\$32	\$0
<b>Night Owl**</b> - Ages 18+	\$10	\$50

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

### Health Club Credit Programs

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

### 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 individuals under the age of 26 or dependent adults. Individuals 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: Monday - Friday, 11pm-4am and Saturday - Sunday, 8pm-4am.

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

Christine: 701.364.4121 | christine.hoff@ymcacassclay.org | Fercho

Shane: 701.364.4118 | shane.olmscheid@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, play equipment, 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 in the facility!

### Members receive special rates

on all YMCA programs, services and events!

### Locker Rooms

Including saunas, whirlpools (F) and towel service.

### FREE Smart Start Fitness Orientation

Includes a body composition assessment, consultation and fitness center orientation.

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

## PLAYTOWN 6 weeks - 8 years

### Member Drop-In Child Care

Kids can play in a safe, 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.

**Hourly Rates \$5/hour per child**  
(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.

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

