

KiDsource

SEPTEMBER 2019

Dear Families,

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

Bowling = Scholarship \$\$\$!

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

Kids have earned

THOUSANDS OF DOLLARS

towards their Education!

Call for more information!



**SUNSET
LANES**

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



Youth League Fun Day & Sign-up

Free Bowling, Hotdogs and Pop!

Saturday Sept. 21st 10 am to 1 pm.

Try their New Scoring System
with Fun New Games & Animations!
Great for B-Day Parties!

Benefits:

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

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

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

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



Honoring our tradition & Reimagining our future



For our students to grow, our schools need continued support. For our community to grow, 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.

Referendum Information Meetings

Attend a session to learn more about the district and upcoming referendum, ask questions and share your thoughts. Sessions will be at **6:30 p.m.** on the following dates. Registration is not required.

- Sept. 10 Robert Asp Elementary
Media Center, 910 11th St. N.
- Sept. 12 Dorothy Dodds Elementary,
Media Center, 4400 24th Ave. S.
- Sept. 17 Horizon Middle School West Campus
Media Center, 3601 12th Ave. S., Door W1
- Oct. 1 Ellen Hopkins Elementary
Media Center, 2020 11th St. S.
- Oct. 7 Moorhead High School
Conference Room, 2300 4th Ave. S.
- Oct. 8 S.G. Reinertsen Elementary
Media Center, 1201 40th Ave. S.

State of the District Session

The district leadership team will share the troubles and triumphs of leading one of the largest school districts in Minnesota, including information about the November bond referendum.

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

Oct. 24 Probstfield Center Board Room,
6 p.m. 2410 14th St. S.

Website & Social Media

Visit www.moorheadschoools.org for news, School Board meeting updates, calendars and much more.

Follow Moorhead Schools on Facebook (facebook.com/MoorheadSchools) and Twitter (@MoorheadSchools).



MOORHEAD
AREA PUBLIC SCHOOLS

www.moorheadschoools.org

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

Honoring our tradition & Reimagining our future

Reimagining our Future for Growth and Learning Vote November 5, 2019

Moorhead is a growing community.

- Our community and the school district have been growing steadily since 2005.
- In the last five years K-8 enrollment has grown by more than 850 students, and new schools opened in 2017 to address K-8 capacity. Those students will be high school students in the coming years.
- The current Moorhead High School facility is more than 50 years old and lacks capacity and adequacy to meet the needs of today's high school students.

Our grades 9-12 students deserve safe, inviting and inclusive learning environments that include:

- Safety and security with a welcoming entrance;
- Accessible classroom space for a growing student enrollment;
- Flexible learning spaces to promote collaboration, communication, critical thinking and creativity; and
- Performing arts space, athletic fields, and multi-purpose activity spaces for both student and community use.

To accommodate this growth and provide our students with the 21st century learning experiences they need to succeed, we engaged in an extensive *community-driven high school facilities planning process*.

As a result of the efforts of three community task forces, the rebuilt Moorhead High School design creates a 21st century learning environment, which would enable teachers to better personalize instruction to meet individual students' needs, teach in state-of-the-art labs, and support students in music, art, physical education and elective courses.

If the Nov. 5 referendum is approved, the \$110 million bond would provide for growth and learning by:

- Rebuilding Moorhead High School on the existing site; and
 - Renovating the former Sam's Club building as a career academy to provide all secondary students with multiple opportunities to explore career pathways.
-
- If voters approve the school funding request, taxes would increase on the average-priced home (\$200,000) by less than \$8 per month.
 - If voters do not approve the school funding request, secondary class sizes would increase as K-8 enrollment growth moves to the high school, and secondary students would learn in a less accessible, less efficient building.

www.moorheadschoools.org/2019bond

*Prepared and paid for by Independent School District 152,
Moorhead Area Public Schools, 2410 14th St. S., Moorhead, MN 56560.*





presents

MOORHEADMAGIC YOUTHWRESTLING

Who: PreK-6th Grade



What: **Youth Wrestling**
www.moorheadwrestling.com

When: Nov. 12th-March

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

Where: **MHS Wrestling Room**

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

(All wrestlers are required to purchase a USA wrestling card-\$45)
Scholarships are available on our website for those with financial need

Registration Opens Mid-September

Sign up for our interest group at moorheadwrestling.squadfusion.com to receive updates on registration



BONNIE HANEY DANCE & PERFORMING CO.

Ballet | Pointe | Jazz | Tap | Hip Hop | Lyrical | Irish | Contemporary | Ballroom | Latin

3051 25th St. S Suite S (Family Fare Plaza) Fargo



COME DANCE
WITH US!



**10% OFF
NEW STUDENTS**

AGES 3 - ADULTS

**Discount applies to first month only:
Sept. 3rd-30th.



**REGISTER NOW FOR
FALL SESSION**

**NUTCRACKER AND HOLIDAY
SHOW CLASSES START
SEPT. 3rd-30th!**



OPEN AUDITIONS

**NUTCRACKER AND
HOLIDAY SHOW
GUYS AGES 4-ADULT
SEPT. 12th-30th**

FIND US ON FACEBOOK

@bonniehaneydanceschool and
@bonnie haney

INSTAGRAM

@bonniehaneydance

701-232-9900

www.bonniehaneydance.com

Register now for fall Community Education and ECFE classes!

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

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

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





COME JOIN OUR FUN!

Enroll today!

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

CLASSES
NINJA ZONE
BIRTHDAY PARTIES

 **AMERICAN GOLD
GYMNASTICS**

2001-17th Avenue South, Fargo ND

Got any questions? Call us at (701) 280-0400

www.AmericanGoldGymnastics.com



Moorhead Parks & Recreation has your fall and winter packed full with plenty of fun for everyone! Registration is now open for all programs, and be sure to check out our special events too! Visit moorheadparks.com for more Information.

Youth Coed Volleyball

September 16-October 28

Ellen Hopkins Elementary

3rd and 4th Grade: 4:30-5:30 pm

5th and 6th Grade: 5:45-6:45 pm

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



Art Classes & Camps September-January Alm Park

Let your child explore their creative side with a wide assortment of art classes and winter camps!

Youth ages 6+ (and parents too) can experience a range of several different art mediums including painting, clay sculpture, pastel work, and more!



**Greater Moorhead Days
September 5-14, 2019
greatermoorheaddays.com**



Celebrate our community with a variety of fun and exciting events for all ages, including:

- Bridge Bash, hosted by the Moorhead Business Association
- Greater Moorhead Days Parade, sponsored by First International Bank & Trust
- Wings & Wheels Fly In & Car Show
- The Flatlander FM Rotary Ride
- Midco Kids Fest
- 9/11 Commemoration
- Moorhead Farmers Market
- Red River Run 5k or 15k
- Trails at Stonemill Park Party
- Greater Moorhead Days Medallion Hunt



RED RIVER DANCE & PERFORMING CO

2019 Fall Session: August 26 - December 15

At Red River Dance, you will find quality dance instruction in a safe and fun learning environment that stimulates students to achieve their personal best. With multiple options for classes and programs, Red River Dance offers dance to all ages and abilities.

www.redriverdance.com | 701.280.0004 | info@redriverdance.com
Located at 2921 Fiechtner Dr. S Fargo, ND 58103



The Fargo-Moorhead Youth Choir

Opportunities for youth grades K-12

Sunday evening rehearsals.

Low Cost tuition

Fundraising Opportunities

Tuition Scholarships

Amazing Choral Community!

Passionate and Dedicated Directors!

Annual Tour Options!

Join us September 8th !



Register now!

Fmyouthchoir.org

HIKING TODAY. TRAILBLAZING TOMORROW.

At Girl Scouts, she'll have endless opportunities to get outdoors, inspiring her to seek adventures and overcome challenges so she can create her own success—whatever that looks like to her. Here she'll discover who she is, what she's passionate about, and what she wants to achieve—both today and in the future.

**Join us to learn more about
Girl Scouts!**

**Thursday September 12th 4pm -7pm or
Tuesday September 17th 4pm -7pm
Girl Scout Office
1002 43rd St S, Fargo**

Join us to learn more about Girl Scouts and make
slime. Troops are now forming.

Questions? Member Services is here to help!
800-666-2141 or email help@gsdakotahorizons.org

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

This School District neither endorses nor sponsors the organization or activity represented in this document. The distribution of this material is provided as a community service.

**BECOME A GIRL SCOUT AT
gsdakotahorizons.org/join**



YMCA SCHOOL AGE CHILD CARE



» Registration is NOW OPEN!

Grades K – 5 | 6:30am – 6:00pm

More than just child care, YMCA School Age Learning Centers give kids the opportunity to learn and grow before and after school with STEM and art activities, reading, outdoor play, healthy snacks, homework help, and more! We also offer care on days where there is no school, or gets out early!

Moorhead School Age Sites

- Dorothy Dodds
- Reinertsen
- Ellen Hopkins
- Robert Asp

Fall 2019 Theme

- Character Counts

**Financial
Assistance
Available!**

Have additional questions, or ready to enroll? Please contact Heather Dorn at 701.364.4117 or enroll@ymcacassclay.org

ymcacassclay.org/schoolage



YMCA OF CASS AND CLAY COUNTIES

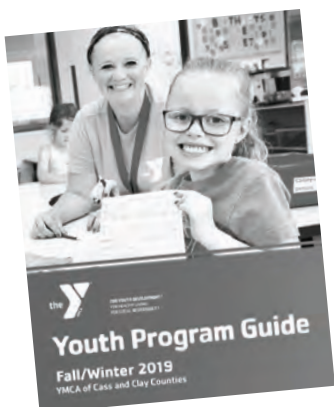


ymcacassclay.org | #ymcacassclay | 701.293.9622

FALL YOUTH PROGRAMS

Unplug, learn new things, meet new friends, and stay active!

Fall Programs kick off **September 3** – visit us online for all session dates!



- **Swimming Lessons** Ages 6 months+
- **Rock Climbing** Ages 7 – 14
- **Babysitting Trainings** Ages 11+
- **Basketball League** Grades 1 – 3
- **Sports of All Sorts - NEW!** Ages 3 – 7
- **Gator Swim Team** Ages 5+
- **and more!**



FALL/WINTER PROGRAM GUIDES

Check out the Program Guide insert to see all Fall/Winter Programs, events, and more!

Learn more and view all Youth Programs online: ymcacassclay.org/youth

UPCOMING EVENTS

School Out Days

6:30am – 6pm | YMCA School Age Child Care Sites

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. Kids will unplug from technology, engage in fun themed activities, and stay active! Breakfast, snack, and lunch included! \$45/day for drop-ins.

Dates/locations vary based on school district.

Parents Night Out

September 14 | Fercho YMCA

4 – 7:30pm | Ages 6 weeks – 14 years

Your kids will have a BLAST in our Kids' Gym, Aquatic Center, and more, while you take a well-deserved break! Don't worry about dinner – a healthy meal is included!

Members: \$15/first child, \$5/each additional

Non-Members: \$25/first child, \$5/each additional

NEW
LOWER
PRICE!

Sunday Fun Day

Sundays | 2 – 5pm | Fercho YMCA

Don't spend your Sunday afternoon on the couch, join us for family fun at the YMCA! We'll also bring out the Wibit – our aquatic obstacle course, for extra fun! FREE for YMCA members!

Not a member? Pay just \$15 for a discounted Family Guest Pass during Sunday Fun Day!

Learn more about all of our upcoming events online: ymcacassclay.org/events

JOIN THE Y IN SEPTEMBER & PAY NO ENROLLMENT FEE!



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

- Basketball Courts
- Climbing Wall
- Racquetball Courts
- Guest Passes
- Aquatic Center – with Zero-Depth Kids' Pool
- Kids' Gym, Play Loft & Xerzones – Interactive Play Spaces
- Family Activities & Events – like Sunday Fun Day, Healthy Kids Day, and more!
- Discounts on Programs & Camps – like Swimming Lessons and Basketball League

★
**A \$50
SAVINGS!**

Learn more about membership and join online: ymcacassclay.org/join

TEAMWORK•INTEGRITY•RESPECT•DEVELOPMENT•COMMUNITY

RED RIVER VALLEY UNITED



RECREATIONAL | pre-K to 5th

- fun experience with volunteer coaches
- Tuesday practices & Thursday games
- no travel or weekends
- WF soccer complex & Centennial School

ACADEMY | U6-U8

- experienced coaches
- developmental track
- weekly skills sessions
- must also enroll in recreational

TRAVEL ACADEMY | U9 & U10

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

COMPETITIVE | U11 +

- experienced coaches
- committed & driven players
- tryouts required
- travel & weekends required

DISCOVER THE WOLFPACK @



RRVUNITED.ORG





Dance with us, in our 41st season!
Classes for ages 3 – Adult.
All levels welcome.
Open Enrollment.
Register today!

TWO LOCATIONS

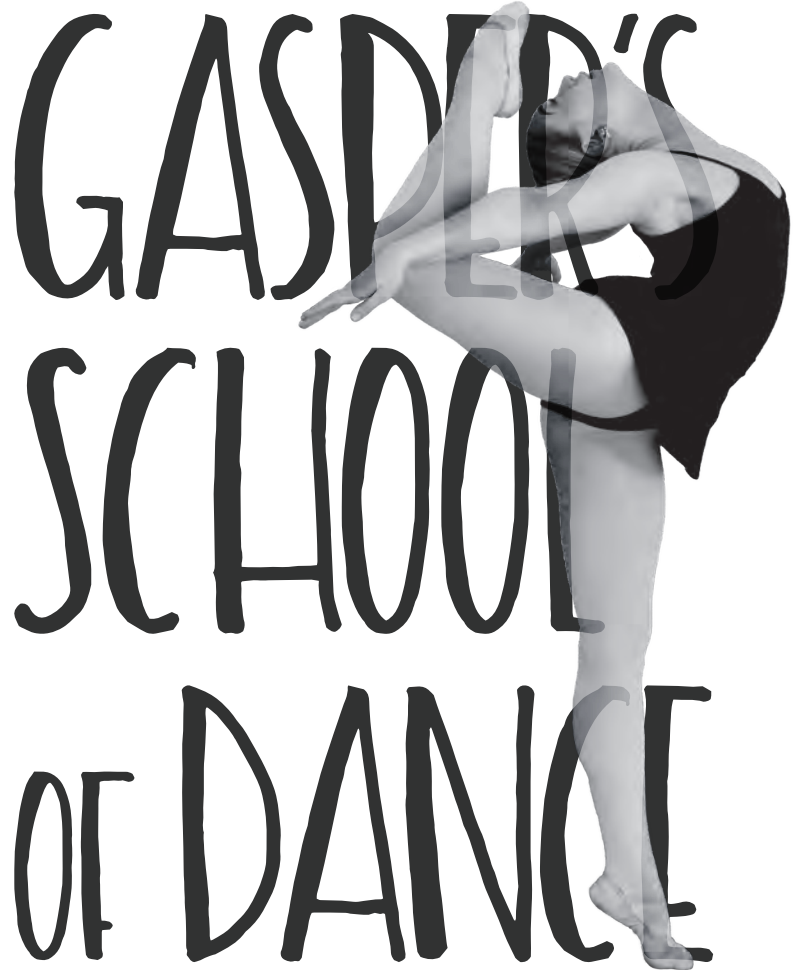
DOWNTOWN FARGO

524 7th St N
Fargo, ND 58102
701-234-9440

SOUTH FARGO

3650 Veterans Blvd S, Ste B
Fargo, ND 58104
701-234-9441

gaspersschoolofdance.com



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, September 23 • 4 – 6 PM

Monday, October 7 • 4 – 6 PM

Monday, October 21 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, September 16 • 4:30 – 6 PM

Monday, October 14 • 4:30 – 6 PM

WATERCOLOR

Monday, September 30 • 4:30 – 6 PM

SCREENPRINTING

Monday, October 28 • 4:30 – 6 PM

REGISTER TODAY!

plainsart.org/create & 701.551.6100

PLAINS MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

704 1ST AVE., N, DOWNTOWN FARGO



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

WWW.TECHTEAMWRESTLING.COM

Registration Open Oct 7th

Regular Season Begins: November 4th

Parent Meeting Oct 29th at 6:00pm at Tech Team Training Center

524 7th Ave NE, West Fargo ND

WHAT TECH TEAM HAS TO OFFER:

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



Group 1: 1st & 2nd Year Wrestlers

Tuesday and Thursday 5:30– 6:30

Group 2: Advance Wrestlers

Monday 6-7:30, Tuesday, and Thursday
6:45-8:15

Monthly Fee \$50

\$30/month for siblings

For more information or if you have any questions,

Contact Jonathan Magnell

701-730-6610

Or on our Face Book Page

TECH TEAM WRESTLING

BACK 2 SCHOOL KICKIN' SPECIAL

4
WEEKS
FOR ONLY \$49*

* NEW STUDENTS ONLY



SIGN UP TODAY AT:
SHOU SHU MARTIAL ARTS

900 1ST AVE N • MOORHEAD

PH: 218.512.0142

LIKE US ON 

CONFIDENCE • FOCUS • RESPECT



Camria Ballet Academy



Registrations now being accepted
All levels ~ ages 4 - 18

Ballet, Pointe,
Contemporary/Lyrical
Jazz, and Tap

Sunset Lanes Bldg - 2nd floor
Hwy 75 North, Moorhead
www.camriaballet.com
218-236-0511 218-233-4166

Do you have a preschooler or know someone who does?

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

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

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

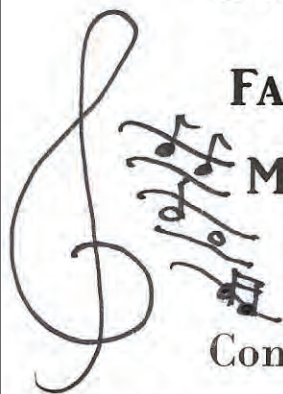


**Friday, October 4
Friday, November 1
Friday, December 6
Friday, January 10**

To make an appointment for your
child's screening or if you have
questions please call the
Early Learning Center at
218-284-3800 or visit us at
Probstfield Center for Education,
2410 14th St. S., Moorhead

Ready...Set...Grow!

Music Lessons



FARGO-MOORHEAD MUSIC TEACHERS ASSOCIATION

Contact Monica Wolff

Teacher-Student Coordinator

701-367-5270 ~ ewolff@q.com

Follow us on Facebook



SAVE the DATE

October 8, 2019

Community Resilience Conversation

Come together to share wisdom and develop a plan of action to make a difference for our youth, our families and our community.

More information: www.claycountycollaborative.org
coordinator@claycountycollaborative.org



Do You Have a Library Card?



Sign up for a free card at the Moorhead Public Library!

All Clay County residents are eligible for a card. Please be prepared to show a valid ID or official document that lists your current address.

Unlock Free Access To:

Books for all ages, graphic novels, magazines, DVDs, audiobooks and CDs.

Downloadable eBooks and eAudiobooks for kids and adults.

Online homework and research tools.

Free monthly events including movie screenings, Storytime, Lego Club and Chess Club

Librarian recommendations for books based on personal interests and reading level.

Moorhead Public Library
118 5th St. S. | 233-7594 | www.larl.org

My Oh Me!

Raising Resilient Children in the 21st 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.





JUST FOR KIX

Join
THE FUN!

DANCE!

Register Online for the Fall
2019-2020 Dance Season!

Classes Begin September 9th

Try your first class with NO
obligation! Mention this ad
and get a FREE JFK Poster!

Program Director:

Paige Engels

moorhead_mn@justforkix.com

320-760-3268

**Classes available for
2 years old - Adult**

30 minute class fee: \$34.00

45-60 minute class fee: \$37.00

90 minute class fee: \$55.50

REGISTER ONLINE WWW.JUSTFORKIX.COM/DANCECLASSES/MOORHEAD-MN

TRI-CITY STORM SOCCER CLUB

**IGNITE
THE
PASSION**



**NEW INDOOR FACILITY
THE STORM SHELTER**

Competitive, Training and Recreational Opportunities Available Year Round

PRE-K - 8TH GRADE	AGES 3 - 9	U8 - U19	AGES 17+	AGES 4 - 18
RECREATIONAL	ACADEMY	COMPETITIVE	ADULT LEAGUE	CAMPS & CLINICS
4 Seasons: Fall, Winter, Spring, and Summer weekly games and optional training	4 Seasons: Fall, Winter, Spring, and Summer weekly training sessions and scrimmages	Fall and Spring/Summer *Winter Optional Competitive Travel and Training Opportunities	INDOOR FACILITY Fall, Winter, Spring	Various Opportunities offered throughout the year to take your game to the next level.

FARGO * MOORHEAD * WEST FARGO * SURROUNDING AREAS

For More Information & Registration visit www.tricitystorm.org

The summer is almost over! Are your kids having those back-to-school blues?

We've got the perfect cure!

**Contact us TODAY and find out
how your child can improve their
physical fitness, learn self-
discipline and respect for others,
and have a blast doing it!**

**Be sure to ask for our
Back-to-school special!**



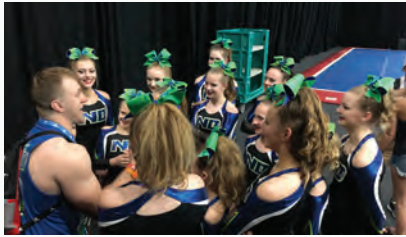
Kids 3 yrs+ Teens Adults

701.237.6800

www.ATAfargo.com

4480 23rd Avenue South • Fargo ND • 58103





TRAIN WITH US.



Fall Enrollments:

- Tumbling Classes
- Cheer Classes
- Competitive Travel Cheer Teams
- Performance/Local Cheer Teams
- Adaptive Cheer Teams
- Open Gym

And MUCH MORE

Contact us for more
information!

ndelitecheer@outlook.com



www.ndelite.com
facebook | Instagram





Fall in Fargo

FUN • FAMILY • FESTIVAL

Rheault Farm
2902 25th St S
Saturday 10 am-5 pm | Sunday 12 - 5PM

- Fall Crafts *
- Face Painting *
- Horse Drawn Rides *
- Barrel Train Rides *
- Strolling Clown
- Carnival Games
- Straw Bale Maze
- Pumpkin Patch

Free Admission

*These Items require the purchase of an Activity Pass for \$6



701.499.6060
FargoParks.com




Inspire + Create

Rheault Farm
October 19 | 11 am - 2 pm

Celebrate everything that STEM has to offer. Make scientific observations and play games while having fun with science!



701.499.6060
FargoParks.com



Register Early for fall and winter programs

Archery

Archery 101: September 10 - October 1
Register by: September 6

Archery 202: October 8 - 29
Register by: October 4

Skating Lessons

Session 1: Starts September 17
Register by: September 13

Session 2: Starts November 1
Register by: October 25

Session 3: Starts January 2
Register by: December 30

Art Classes

Artmania | Ages 6 - 8

Fall Session: September 9 - October 14
Register by: September 5

Winter Session: January 6 - February 10
Register by: January 2

Accelerated Artists | Ages 9 - 12

Fall Session: September 10 - October 15
Register by: September 7

Winter Session: January 7 - February 11
Register by: January 3

Girls Volleyball

3rd & 4th grade: October 7 - December
Register by: September 18

Sports Sampler

Fall Session: September 3 - October 3

Winter Session: January 7 - February 6

Hockey Skills Training

Session 1: Starts September 17
Register by: September 13

Session 2: Starts November 1
Register by: October 25

Session 3: Starts January 2
Register by: December 30

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

Register online at FargoParks.com



701.499.6060
FargoParks.com





Children's MUSIC ACADEMY

For Children Ages 3-8

- Ear Training
- Note Reading
- Rhythm and Harmony
- Keyboard and Singing

Music Skills That Last A Lifetime

www.childrensmusicacademy.org

701-771-0116 or jackiez@childrensmusicacademy.org



LIKE TO RUN?
Join Spuds 6th Grade Cross Country!



Practice is three days a week, and there will be five meets. The season will culminate with a one-mile race at Horizon Middle School track.

Sports Physical Examination - Medical exam verification and provider's signature required on form before participation is allowed. Print and complete this form (<http://www.mshsl.org/mshsl/publications/code/forms/PhysicalExam.pdf>). Turn the completed form in to the Horizon West office.

Course Number: YAS43A

Coach: Austin Zollner

Mondays, Tuesdays and Thursdays

Sept. 5-Oct. 7

Time: 4-5:30 p.m.

Horizon Middle School West Campus Track

Course fee: \$30

Course fee includes T-shirt.

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



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



CHECK US OUT!

NO CONTRACT REQUIRED!

2615 12th Ave. S
Moorhead, MN

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



Tech Trek (Grades 5-8)



Eureka Engineering (Grades 2-4)

Tech Trek provides students with opportunities to create and apply knowledge of STEM topics in a group setting. Students will work with Tetrax kits which integrate electrical, programming, and mechanical concepts. Enthusiastic members from high school and collegiate level robotics teams will guide students as they navigate through engineering challenges. Tech Trek builds a concrete foundation of robotics concepts.

Course Number: YAS52A
Monday-Thursday, 9/30-10/3
Time: 4-6:30 p.m.
Horizon Middle School East
Instructor: Ryan Swanson
Fee: \$79

Course Number: YAS52B
Monday-Thursday, 10/7-10/10
Time: 4-6:30 p.m.
Horizon Middle School East
Instructor: Ryan Swanson
Fee: \$79

Eureka introduces students to the core skills of robotics and other STEM areas through engaging and hands-on learning opportunities. Student groups will work with Lego Mindstorm kits, which include both programming and mechanical components. The small groups will be mentored by experienced and passionate students from both high school and collegiate level robotics teams.

Course Number: YAS51A
Monday-Thursday, 9/16-9/19
Time: 3-5:30 p.m.
S.G. Reinertsen Elementary -
Media Center
Instructor: Ryan Swanson
Fee: \$79

Course Number: YAS51B
Monday-Thursday, 9/23-9/26
Time: 3-5:30 p.m.
Ellen Hopkins Elementary -
Media Center
Instructor: Ryan Swanson
Fee: \$79

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



FMCT ED YOUTH CONSERVATORY FALL 2019



Class Sessions = September 21 -November 9
Sharing Open House = November 9 at 3pm

Performing the Music from Sing

Grades 3-4-5; Saturdays 9:00-10:30am
Tuition = \$120 (\$15/week)

Dora The Explorer - Tales of Adventure

Ages 4-5; Saturdays 9:30-10:30am
Tuition = \$96 (\$12/week)

The Lion King Stories - Remember Who You Are

Grades 1-2; Saturdays 12:30-1:30pm
Tuition = \$96 (\$12/week)

Toy Story 4 - Creating Stories - You've got a Friend in Me

Grades 3-4; Saturdays 10:45-11:45am
Tuition = \$96 (\$12/week)

Performing the Music from Trolls

Grades K-1-2; Saturdays 10:45am-12:15pm
Tuition = \$120 (\$15/week)

The Actor's Studio 6

Take your acting craft to the next level
Grades 5-8; Saturdays 12:30-2:30pm
Tuition = \$120 (\$15/week)



All classes will be held at FMCT's Studio
6 located at 6 Broadway, Fargo
November 9th classes and showcase will be
held at FMCT: 333 4th Street South, Fargo

FamilyWellness

A PARTNERSHIP BETWEEN

SANFORD
HEALTH



UPCOMING YOUTH ACTIVITIES

Sports Sampler | Monday, September 9th - October 14th from 6:00PM to 6:45PM | 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! \$30 Members / \$60 Nonmembers

Just Keep Kicking | Tuesdays and Thursdays, September 10th - September 26th from 6:00PM to 6:45PM | Just Keep Kicking offers the chance to learn and practice the basic fundamentals of Soccer. Each day there is a new skill to focus on along with challenging games to help enhance those skills. Athletes will learn everything from dribbling to shooting while having fun learning the game. \$30 Members / \$60 Nonmembers

Swim School | Starts September 3rd | Family Wellness Swim School is perfect for swimmers 6 months old to adults. With our 4:1 ratio of swimmers to instructor (6:1 in Parent/Baby and Parent/Child) you will be certain to learn and have fun! \$45 per session Members / \$90 per session Nonmembers (can be prorated based on start)

Youth Chef Series | Does your kiddo want to learn the art of cooking? Check out our Youth Chef Series. There is something for everyone!

- Edible Art and Play (Ages 3-5) | Mondays, September 30th - October 21st from 5:30PM to 6:00PM
- Kinder Chef (Ages 6-7) | Mondays, September 30th - October 21st from 6:15PM to 7:00PM
- Jr Chef (Ages 8-9) | Tuesdays, October 1st - October 22nd from 5:30PM to 6:30PM
- Master Chef (Ages 10-12) | Tuesdays, October 1st - October 22nd from 6:45PM to 7:45PM

Kid's Healthy Cooking

Veggie Sushi | Monday, September 9th from 5:45PM to 6:30PM | A great way to eat your veggies while learning the art of sushi making!

Yogurt Sundaes in a Granola Cup | Tuesday, September 17th from 5:45PM to 6:45PM | Sundaes for Breakfast? Join us for a classic twist on this fun recipe that will start the day off with a combination of healthy and delicious energy!

Apple Nachos | Sunday, Sept 22nd from 1:30PM to 2:30PM | Fall is in full swing and apples are in season. Let's make a healthy dessert using fresh apple slices as our "chips" topped with melted peanut butter and chocolate chips.

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



Other Programs and Classes available at www.FamilyWellnessFargo.org

Call 701-234-2400 or register online at www.familywellnessfargo.org

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

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



STEM, Fine Arts, Service Learning and more!

**We are now accepting registrations for the 2019-20 school year.
Complete the google form at**

<https://forms.gle/1p52ne2y26cyjTBd7>



New to DI?

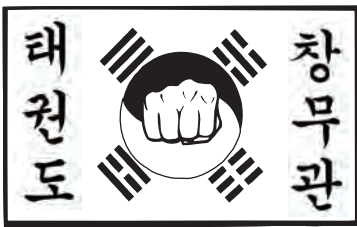
**Check out the website at
www.destinationimagination.org**

or

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

Questions?

Contact Kris Thompson at 218-284-3430



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

go to **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 or call 701-730-6176



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Program Guide

Fall/Winter 2019

YMCA of Cass and Clay Counties

YMCA OF CASS AND CLAY COUNTIES

FACILITY HOURS

Monday – Friday.....5:00am – 11:00pm

Saturday – Sunday.....6:00am – 8:00pm

Activity areas close one half hour before facility hours.

24/hr Fitness Center Access

The Schlossman Fitness Center is open 24/hrs a day, 365 days a year! Access is included in membership for ages 18+

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 or cancellations, call **701.293.9622**, visit ymcacassclay.org, or check our YMCA app.

LOCATIONS

Fercho YMCA

400 1st Avenue S, Fargo
701.293.9622

Schlossman YMCA

4243 19th Avenue S, Fargo
701.281.0126

CONNECT WITH US!



Website

ymcacassclay.org



Facebook

facebook.com/ymcacassclay



Email Newsletter

ymcacassclay.org/newsletter



Twitter

@ymcacassclay



Instagram

@ymcacassclay



YouTube

@ymcacassclay

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

It Saves to be a Member!

Members receive discounts on YMCA programs, services, camps, events, and more! Visit us online to view a full list of member benefits online: ymcacassclay.org/benefits

Giving & Partner of Youth Annual Campaign

As a cause driven, non-profit organization, the YMCA is able to fulfill our mission through the generosity of our community. Funds raised allow the YMCA to provide financial assistance for swimming lessons, basketball, camp, child care and more. Learn more about giving and our Partner of Youth Annual Campaign online: ymcacassclay.org/give

PROGRAM REGISTRATION

ONLINE

ymcacassclay.org/register

PHONE

701.293.9622 or 701.281.0126

WALK-INS

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

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

Program Credit/Voucher & Refund Policy: There is a \$10 charge for all refunds/credits unless the class is cancelled by the YMCA. 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, for membership or for missed classes. You will need to fill out a refund/credit form, available at either Member Services Desk or online: ymcacassclay.org/forms. 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 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: Pick up a Program Access Card at either Member Services Desk to gain access into the YMCA for your program!



In 2018, the
YMCA provided over
\$1.2 million
in financial assistance for
youth programs, swimming
lessons, membership,
camp, and more!

Our YMCA

Our Mission & Cause

We believe that to bring about meaningful change in individuals and our community, we must be focused and accountable. That's why we focus our work in three key areas that are fundamental to strengthening community: youth development, healthy living, and social responsibility.

Youth Development

All kids deserve the opportunity to discover what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with youth as an opportunity for learning and development, grounded in our core values of caring, honesty, respect and responsibility.

Healthy Living

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

Social Responsibility

With our doors open to all, we bring together people from all backgrounds to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, staff, and supporters demonstrate the power of what we can achieve by giving back together.

Financial Assistance

The YMCA is for everyone!

We work hard every day to ensure everyone is able to access our facilities, programs and services, regardless of ability to pay. To learn more about YMCA Financial Assistance, stop by either YMCA location, or visit us online: ymcacassclay.org/financialassistance

Program, Child Care & Camp Assistance

If you are unable to pay for a YMCA program, child care, or camp, you may choose to apply for financial assistance. Funding is provided by generous donors through our Partner of Youth Annual Campaign. Learn more about the campaign online: ymcacassclay.org/poy

Y Match Needs-Based Membership

Assistance is available, within the limits of our resources, to members who qualify for a reduced rate. In order to apply, we invite you to fill out a Y Match application, available at either Member Services Desk or online. Funding is made possible through community donations to the YMCA.



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!

Swimming Lessons

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

Level Descriptions

Parent/Baby Parents will work with their 6-18 mo. baby on floating, submerging, hand/eye coordination and strength through games and songs.

Parent/Child Parents work with their 19-35 mo. toddler on floating, strength, breath control for submerging, and climbing out of the pool on their own.

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 longer 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 build endurance, confidence, and skill on swim strokes. They 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 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.

Fall Session Details

Fall Session 1: September 3 – October 19

- **7 weeks** No lessons Sept. 2. Fees are prorated.
- **Regular** – Members: \$52.50, Non-Members: \$105
- **Private** – Members: \$210, Non-Members: \$420

Fall Session 2: October 21 – December 14

- **8 weeks** No lessons Nov. 28 or 30. Fees are prorated.
- **Regular** – Members: \$60, Non-Members: \$120
- **Private** – Members: \$210, Non-Members: \$480



Questions? Contact Max Ommen, Aquatics Coordinator, at 701.364.4168 or maxwell.ommen@ymcacassclay.org
ymcacassclay.org/swimschool



FM Gator Swim Team

Developmental Groups: Swimmers ages 5+ will learn the skills necessary to compete, like working with teammates, following directions, and advanced drills. Participants must be able to 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!

Fall Stroke Clinic Grades 1 - 6 | Aug. 27 - Sept. 19

Learn technical swimming skills from the Gator coaches! Clinic is open to youth not currently on a swim team, who can swim 25 yards freestyle and 25 yards backstroke without stopping. Improve your skills, learn what it's like to be on a swim team, and get comfortable in the pool!

Tues & Thurs	Members: \$48	Non-Members: \$60
Grades 1 - 3	6:10 - 7:10pm	Fercho YMCA
Grades 4 - 6	7:20 - 8:20pm	Fercho YMCA



Questions? Contact Erich Richardson, Swim Team Coach, at 701.364.4151 or erich.richardson@ymcacassclay.org ymcacassclay.org/gators

Gator Swim Team Season Dates & Prices

Levels	Dates	Members	Non-Members
Senior - Full Season	Sept. 30 - Mar. 13	\$424	\$530
Senior - Fall Only	Sept. 30 - Jan. 3	\$242	\$302
Senior - Girls	Nov. 4 - Mar. 13	\$305	\$382
Senior - Boys	Sept. 30 - Nov. 22	\$187	\$233
Senior Pre/Post High School Season	Nov. 4 - Nov. 20	\$37	\$47
Age Group - Full Season	Sept. 30 - Mar. 13	\$382	\$477
Age Group - Fall Only	Sept. 30 - Jan. 3	\$224	\$280
Developmental - Full Season	Sept. 30 - Mar. 13	\$340	\$424
Developmental - Fall Only	Sept. 30 - Jan. 3	\$200	\$250

There are two required registration fees: the YMCA fee (above) and the FM Gators/USA Swimming fees. Learn more: ymcacassclay.org/gators

Pre-Swim Team Ages 5+ | Choose 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.

SESSION 1	Sept. 23 - Nov. 8	Members: \$84	Non-Members: \$105
	Mon & Wed	7:00 - 8:00pm	North High / Davies High
	Tues & Thurs	5:00 - 6:00pm	Fercho YMCA
SESSION 2	Nov. 11 - Dec. 26	Members: \$78	Non-Members: \$98
	Mon & Wed	7:00 - 8:00pm	North High / Davies High
	Tues & Thurs	5:00 - 6:00pm	Fercho YMCA

Open House & Registration Nights

September 16, 23, & 26 | 6:30 - 8:00pm | Fercho YMCA

Meet other Gator swimmers and parents, learn about the team, and register for the upcoming season!

- 6:30 - 7:00pm Informational Meeting
- 7:00 - 8:00pm Questions and assistance with registration
- 6:30 - 8:00pm Open swim/games in the pool for swimmers



Youth Programs

Fall Session Dates

Fall 1: September 3 – October 19 7 weeks

Fall 2: October 21 – December 7 7 weeks

No programs Nov. 28 due to Thanksgiving. Session prices are prorated.

Financial Assistance

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

STEM LEARNING

Wacky Science Schlossman | Fall 1 & 2

Join us as we explore cool and crazy science experiments, building and robotics projects, and more! Hands on activities and experiments will inspire and engage your kiddos and peak their curiosity! Members: \$49, Non-Members: \$63

Ages 5 – 7 Thurs, 5:30 – 6:15pm OR Sat, 10:30 – 11:15am

Ages 8 – 11 Thurs, 6:30 – 7:15pm



Questions? Contact Jessica Kasprzak, Youth and Adult Program Coordinator, at jessica.kasprzak@ymcacassclay.org or 701.364.4153. ymcacassclay.org/youth

YOUTH SPORTS

Boys & Girls Basketball League Grades 1-3

Youth Basketball League offers a low-pressure, high-participation opportunity to develop technical skills, cooperation, sportsmanship, and a love of the game! Members: \$70, Non-Members: \$85

Registration: Register online or at either Member Services Desk. Registration closes October 1. A \$15 fee is added for all late registrations. *NO registrations will be accepted after October 8.*

Practice: Starts Week of October 21 | Fercho or Schlossman

Games: November 2, 9, 16, 23, & December 7 | Fercho or Longfellow Elementary

Baton & Competitive Show Fercho | Fall 1 & 2 | Ages 4-18

Develop hand-eye coordination, poise, balance and endurance! Students also learn marching and modeling skills, while learning to twirl both competitively and recreationally. Batons are available from the instructor for \$12. Members: \$49, Non-Members: \$63

Tues 5:00 – 5:45pm

Creative Movement Dance Class Fercho | Fall 1 & 2

Designed to help improve your child's rhythm and coordination, students learn basic ballet positions, jazz moves and more! We'll host a recital at the end of each session for participants to showcase what they have learned. Members: \$49, Non-Members: \$63

Ages 3 – 4 Tues 5:30 – 6:00pm

Ages 5 – 7 Tues 6:15 – 6:45pm

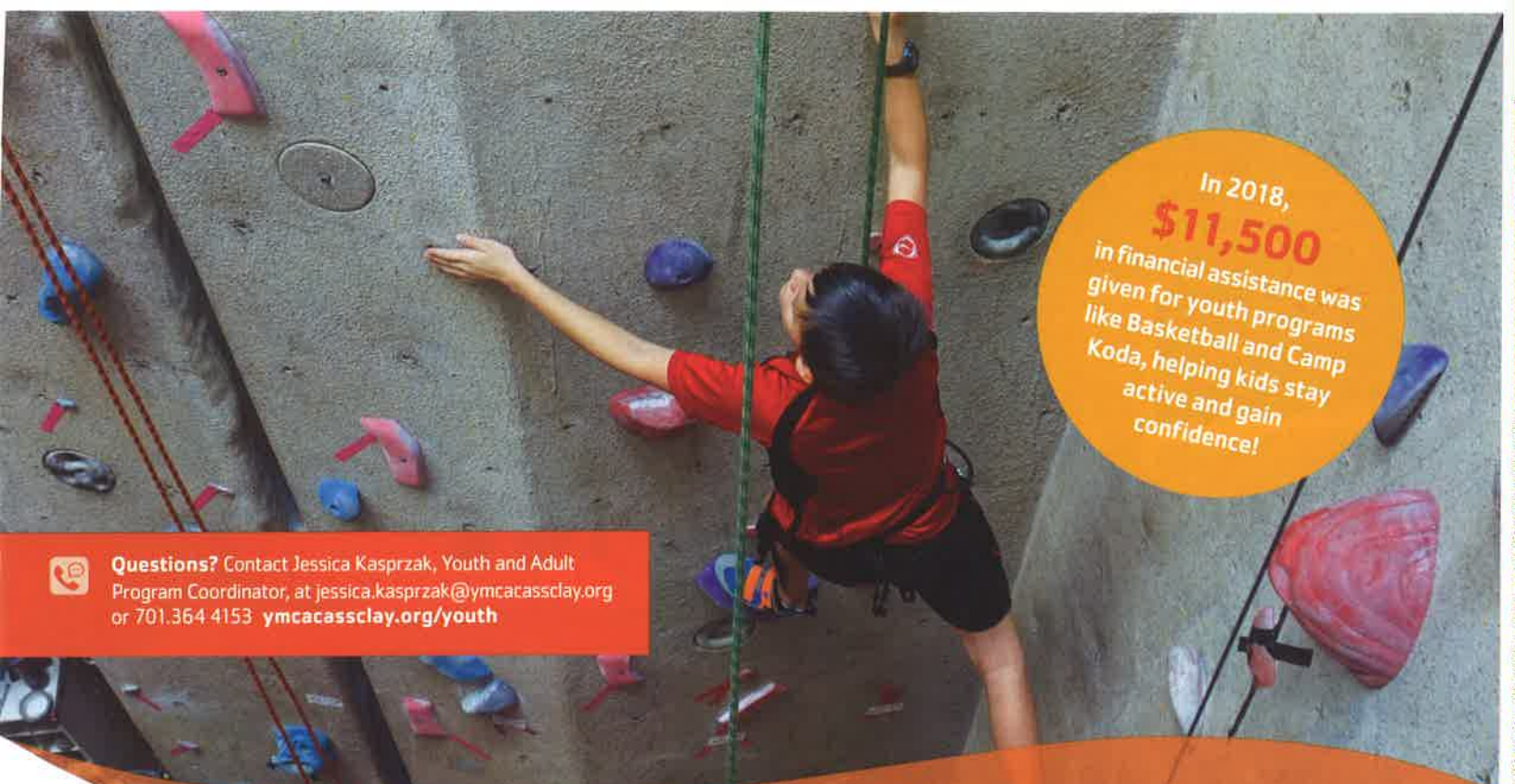
Sports of All Sorts Schlossman | Fall 1 & 2

NEW!

Dive into the world of sports! Each week we'll discover a new sport! Soccer, basketball, volleyball, baseball, flag football, floor hockey, and more – Sports of All Sorts has it all! Members: \$49, Non-Members: \$63

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

Ages 5 – 7 Sat 11:15 – 11:45am OR 12:00 – 12:30pm



In 2018,
\$11,500
in financial assistance was
given for youth programs
like Basketball and Camp
Koda, helping kids stay
active and gain
confidence!



Questions? Contact Jessica Kasprzak, Youth and Adult
Program Coordinator, at jessica.kasprzak@ymcacassclay.org
or 701.364.4153 ymcacassclay.org/youth

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: \$5, Non-Members: \$8

Mon 6:15 – 7:30pm

Rock Climbing Classes Schlossman | Fall 1 & 2 | Ages 7 – 14

Learn the “ropes” on our 32 foot indoor climbing wall! We’ll work on skills like harnessing, knots, top rope climbing, bouldering, and more! Each week, we will learn something new with an emphasis on technique, safety, trust and teamwork. Participants in the advanced class will work more in-depth on technical skills while improving strength, flexibility, and confidence! Members: \$49, Non-Members: \$63

INTRO – choose one

Tues, 5:30 – 6:15pm
Sat, 10:00 – 10:45am
Sat, 11:00 – 11:45am

ADVANCED – MUST take Intro first

Tues, 6:30 – 7:15pm

NEW!

Gymnastics

FOR ALL GYMNASTICS CLASSES:

Fercho YMCA | Fall 1 & 2 | Members: \$49, Non-Members: \$63

Level 1 Recommended for ages 2 – 3 | Parent participation required
Kiddos work on basic motor skills and coordination, with an emphasis on large muscle activities and fun, creative movement.

Tues 5:00 – 5:30pm Sat 10:00 – 10:30am

Level 2 Recommended for ages 4 – 5 | Parent participation encouraged
Kids develop independence and coordination with basic gymnastics skills while having fun and staying active.

Tues 5:45 – 6:15pm Sat 10:45 – 11:15am

Level 3 Recommended for ages 6 – 7
Improve strength, flexibility and confidence! Participants will learn cartwheels, handstands, bar exercises, and more!

Tues 6:30 – 7:00pm Sat 11:30am – 12:00pm

Level 4 Recommended for ages 7+
Gymnasts work in-depth on stretching, and conditioning while improving strength, flexibility, technical skills and confidence in our top-level class!

Tues 7:15 – 8:00pm Sat 12:15 – 1:00pm



Questions? Contact us at 701.364.4117
or enroll@ymcacassclay.org
ymcacassclay.org/childcare

Child Care & Enrichment

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. 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
*Must be a resident of the West Fargo School District.
Tuition based on income and household size.*

SCHOOL AGE LEARNING CENTERS

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

Our School Age Learning Centers offer quality, licensed programming for grades K-5, including reading, STEM and arts activities, active play, 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! ymcacassclay.org/schoolage

Fall 2019 Theme: Character Counts

At the Y, we strive to bring our core values of Honesty, Caring, Respect, Responsibility, and Health into all aspects of our day! Our fall theme will have us building relationships, interacting as a team, and taking on challenges to develop all aspects of our character through mazes, creative activities, outdoor play, acts of kindness, and more! Stay tuned to our website for upcoming themes: ymcacassclay.org/schoolage

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

(S) Sites offer summer programming.

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 (S) – 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 Elementary (S)
South Elementary
Westside Elementary (S)
Willow Park Elementary

NEW!



School Out Days

6:30am - 6:00pm | Grades K - 5 | \$45/day for drop-ins | View locations online: ymcacassclay.org/schooloutdays

Need something for your kiddos to do when there's no school? Join us for School Out Days at our School Age Learning Centers!! Each school-out day is packed with activities that will keep minds sharp and bodies moving. Kids will unplug from technology, engage in fun activities, stay active, and socialize with friends. Breakfast, snack, and lunch provided! Each day will include fun, interactive projects and activities with themes like Crayola Creations, The Great Outdoors, Rock Paper Scissors, Reader's Theatre, and so much more!

Available dates/locations vary by school district.

September 30	October 17	October 18	November 8	November 27	November 29
December 23	December 24	December 26	December 27	December 30	December 31

More Classes & Programs

In 2018,
\$5,600
in financial assistance was
given for swimming lessons,
allowing kids to learn
water safety and
lifelong skills!

VOLUNTEERING

Monthly Service Projects **Fercho & Schlossman | 6am - 8pm | All Ages Welcome**

Drop in at anytime to help us with projects, like assembling care packages for service members, making blankets for the Homeward Animal Shelter, and more! Bring the whole family - we'd love to have you help for as long as you can! View all dates and projects: ymcacassclay.org/volunteer

Interested in donating supplies? Visit us online for a list of what we'll need!

Nov. 21 - Care packages for military service members

Dec. 19 - Christmas crafts for the elderly

NEW!

More Volunteer Opportunities

We offer lots of opportunities for individuals and families to give back and volunteer, like coaching our Youth Basketball League, helping at our Burn the Bird 5/10k race, and more! Opportunities can be ongoing or one-time. Learn more: ymcacassclay.org/volunteer

YOUTH FITNESS

Personal Training **Ages 8+**

Get active and improve your performance in sports with Personal Training - now available for ages 8+! A certified Personal Trainer will meet with kids and teens to get them on track to lead a healthy lifestyle, excel in sports, and more! ymcacassclay.org/personaltraining

NEW!

Parent/Child Group Fitness **Classes** **Ages 8+ | Fercho**

Kids can participate in fun, age-appropriate Group Fitness Classes with their parent/guardian! Enjoy classes like yoga, tabata, and more! See Fall Group Fitness Schedule for class times - schedule starts Sept. 3. Members: FREE! Non-Members: Day Pass rates apply. ymcacassclay.org/groupfitness

NEW!

Youth Exercise Concepts

Ages 12 - 14 | Fercho & Schlossman

This one-time course to gain unsupervised access into the Fitness Center and Group Fitness Classes! Learn etiquette, safety, use of the fitness equipment, and more! Free for members - scheduling is flexible! To register, contact Chans Brown at 701.356.1453 or chans.brown@ymcacassclay.org

SAFETY EDUCATION

As part of our commitment to social responsibility, the YMCA offers safety education courses, like CPR/AED & First Aid, Self Defense, Lifeguard Certifications, and more. For a list of all classes, or to learn more, visit ymcacassclay.org/safety

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

This course prepares you to care for a variety of first aid, breathing, and cardiac emergencies, including basic first aid, standard emergency procedures, how to recognize/manage emergency situations, CPR/AED, and more. View dates online.

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

Babysitting Trainings **Ages 11+ | Fercho**

This 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, reliable sitter. American Red Cross First Aid/CPR Certification included.

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

Sept. 7 Oct. 12 Nov. 23 Dec. 14



Questions? Contact Nicole Duncomb at 701.364.4126 or nicole.duncomb@ymcacassclay.org ymcacassclay.org/safety

Lifeguarding Course **Ages 15+ | Fercho**

This American Red Cross course combines classroom and hands-on training to teach 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

Sept. 27 - 29 Oct. 25 - 27
Nov. 15 - 17 Dec. 16 - 20



Family Time & Events

Beyond the Plain Climbing Competition

December 14 | 12 - 3pm | Schlossman | Ages 7+
Members: \$30, Non-Members: \$37

Join other adventurers and rock climbers in a spirited climbing competition! Beginner and advanced levels available. YMCA swag will be given to each participant. Prizes awarded to the top finishers in both youth and adult divisions. ymcacassclay.org/beyondtheplain

Sunday Fun Day

Sundays | 2:00 - 5:00pm | All Ages

Members: FREE! | Non-Members: \$15/family

Don't spend your Sunday on the couch - join us for family fun in the Kids' Gym, Xerzone, and more! Plus, we'll bring out the Wibit - our giant aquatic obstacle course - in the pool for extra fun! Non-Members, pay just \$15, an exclusive discounted rate, when you come play with us! Learn more: ymcacassclay.org/sundayfunday

Parents Night Out

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

Members: \$15/first child, \$5 each additional

Non-Members: \$25/first child, \$5 each additional

Need night away from the kids? Parents' Night Out gives parents the opportunity to take a well-deserved break while your kids have the time of their lives in the Aquatic Center, Climbing Wall, Xerzone, and more! Healthy meal included. Please register at least one week in advance - it helps us with planning! ymcacassclay.org/parentsnightout

September 14 - Fercho

October 12 - Schlossman

November 9 - Fercho

December 14 - Schlossman

Birthday Parties and Rentals

Our Fercho YMCA, and Schlossman YMCA, and Camp Cormorant locations are a great place to bring any group, large or small. We have a variety of spaces to keep kids, families and adults active for hours! Host your birthday party, youth group, girl/boy scouts, church groups, family reunion, or whatever you want! Birthday Party Packages available. See all options and pricing online: ymcacassclay.org/rentals

Spooky School Bus Ride

Saturday, October 26 | 4:30 - 7:30pm | Fercho

All Ages | Members: \$8, Non-Members: \$10 2 and under - free

Join us for a fun Frozen-themed bus ride through Downtown Fargo, with Elsa, Anna, Olaf, and other characters! Bus rides are around 20 minutes long. Spots are limited - be sure to register early to get the bus time you want! Also, join us in the gym from 4:30 - 7:30pm for more Halloween fun and games, including face painting, bouncy houses, and more! Learn more and register online: ymcacassclay.org/halloween

Thanksgiving Day Burn the Bird 5/10k

Thursday, November 28 | 8:30 am | Fercho | All Ages

The YMCA is partnering with SoleMOTION Race to bring you the 7th Annual Thanksgiving Day Run! Get fresh air and a good 'burn' going with either the 5K run/walk or the 10K run before sitting down for your Thanksgiving dinner. Event includes a food drive for the Great Plains Food Bank. Get registered, and see prices online: solemotionrace.com

WE NEED VOLUNTEERS! Interested? Contact Ryan Carlson at 701.356.1447 or ryan.carlson@ymcacassclay.org.



Questions? Contact Jessica Kasprzak, Youth and Adult Program Coordinator, at jessica.kasprzak@ymcacassclay.org or 701.364.4153. ymcacassclay.org/events

JOIN US AT THE YMCA!



MEMBERSHIP RATES & CATEGORIES:

	MONTHLY RATE Via Automatic Bank Draft	ENROLLMENT FEE One-Time Contribution
Family / Household* - up to two adults + dependents* living in the household	\$80	\$50
Family / Household Package* up to two adults + dependents* living in the household (includes PlayTown usage)	\$103	\$50
Child Care Family Package* 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
Single - Ages 25-64	\$53	\$50
Senior - Ages 65+	\$48	\$50
Student/Youth - Ages 9-24	\$32	\$0
Night Owl** - Ages 18+	\$10	\$50

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

Financial Assistance

Assistance is available, within the limits of our resources, to members who qualify for a reduced rate. Learn more online: ymcacassclay.org/financialassistance

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 YMCA!

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 / Xerzones

Interactive family play areas with games, climbing platforms, and more!

YMCA Nationwide Membership

Access other YMCAs across the country!

Mothers' Room (F)

A tucked-away room for mothers looking for a private, quiet, and clean space to nurse and pump.

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 Drop-In Child Care

Kids ages 6 weeks through 8 years can play in a safe, fun environment while their parents work out! Both PlayTown locations staffed during peak membership usage times. Limit care time of 2 hrs. Parents/guardians must remain at the Y while their children are in care. No reservations required!

• NEW Extended Hours starting September 31

• Hourly Rate: \$5/hour per child

• FREE PlayTown usage is included with a 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

NEW!





Youth Journeys

Hospice of the Red River Valley
1701 38th St. S., Fargo *(use west door)*

Saturday, Oct. 5, 2019
9 a.m.-3:30 p.m.

Registration is required by
Monday, Sept. 30.



Come and
meet our
therapy dogs!

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.

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 grief support department or visit **bit.ly/griefclassregistration**.

DRAGON

SWIM SCHOOL



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 22 YEARS



9 SWIM LEVELS



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



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

DATES & TIMES [40-minute classes]

Evening Lessons

Monday, Tuesday, Wednesday or Thursday

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

Fall 1: 9/2/19-10/17/19 [7 weeks]

No lessons Monday, September 2 [Labor Day]

Fall 2: 10/21/19-12/12/19 [7 weeks]

No lessons November 25-28 [Thanksgiving]

Sign up for classes early as sessions fill quickly

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

SESSION PRICING

7 weeks

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

SWIM LEVEL DESCRIPTIONS

Swim level descriptions can be found at msumdragons.com/swim or on the Dragon Swim School mobile app.

CONTACT US

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



MINNESOTA STATE UNIVERSITY
MOORHEAD.

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GIVE YOUR KID A SCOUTLOOK ON LIFE

Boys & Girls in Grades K-5 are invited to Join Cub Scouts!

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

Moorhead is home to many active Cub Scout Packs!

This Fall our Cub Scout Packs are gearing up to have a great year and now is the time to start!

It doesn't matter if you join in Kindergarten or 5th grade. There are *LOTS* of fun activities to participate *IN!*

For more info contact Missy Halda or Megan Wiesneski at 701-293-5011

****flip this flyer to find a sign-up night near you***

ACTIVITIES- Adventure field trips, Pinewood Derby, camping, family outings, community service and fun.

COSTS- Fees vary by pack based on their program. Financial assistance is available to ensure every family can participate.

BENEFITS- *Making new friends and life-long memories, learning new skills, building self-reliance, responsibility, confidence, teamwork.* The skills learned in Scouting will last a lifetime and change how they see the world with a new **SCOUTLOOK**.



BEASCOUT.ORG

#SCOUTLOOK



The Boy Scouts of America provides one of the nation's largest and most prominent values-based youth development organizations. The BSA provides a program for youth that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness.

Don't forget that there's no Scouting without Outing!

Outdoor Leadership is a fundamental pillar of scouting's methods.

The Purposes of Cub Scouting

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

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

School (Pack)	Meeting Information	Contact	Phone	Email
Ellen Hopkins (Pack 626) <i>Accepting Boys and Girls</i>	Meetings on Thursdays @ 6:30pm @ Grace Lutheran	Chris Kulish	C: (701) 205-2727	moorheadpack626@gmail.com
Robert Asp (Pack 633) <i>Accepting Boys and Girls</i>	Meetings on Mondays @ 6:30pm @ St. Francis	Erica LaVoi	C: (218) 410-1540	phyl_16@hotmail.com
St. Joseph's (Pack 640) <i>Accepting Boys and Girls</i>	Meetings on Mondays @ 6pm @ St. Joseph's	Casey Davis	C: (701) 478-0424	caseydavis_1@hotmail.com
SG Reinertson (Pack 644) <i>Accepting Boys and Girls</i>	Meetings on Tuesdays @ 6:30pm @ Christ the King Lutheran Church	Sean Helgeson	C: (218) 291-9446	sahelgeson@yahoo.com
Dorothy Dodds (Pack 643) <i>Accepting Boys and Girls</i>	Meetings on Mondays @ 6:30pm @ Dorothy Dodds	Chris Ford	C: (701) 371-7739	chriswford80@gmail.com
Dilworth (Pack 652) <i>Accepting Boys Only</i>	Meetings on 2 nd Thursdays 6:30pm @ Dilworth Lutheran Church	Mike Stulz	C: (701) 361-8852	mdstulz@gmail.com

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

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



Northern Lights Council

Boy Scouts of America

4200 19th Ave. South

Fargo, ND 58103

(701) 293-5011

Questions? Contact Missy at missy.halda@scouting.org OR Megan at megan.wiesneski@scouting.org