

KiDsource

JANUARY 2020

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.

**Immediate
School Age
Openings!!
Call today to
secure a spot!**

School Age Program

- ★ Before and after school care with bussing to and from Reinertsen Elementary
- ★ Fun educational field trips
- ★ Onsite playground, large outdoor green space, close to many parks
- ★ Experienced teaching staff



- Little Stars Full Day Preschool
- ★ Awesome teachers, small classes
 - ★ I23 Learn Curriculum
 - ★ Monthly school year yoga
 - ★ Weekly school year music enrichment program

**Parent Aware
4 Star Rated!!
Call for a tour today!**

2,3,4 and 5 day morning
preschool options:

7:45am-12pm (September-May)

Requirements:

Students must be 3 years old

Child Care Hours:

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



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



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.

Website

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

Moorhead Community Education Learning Opportunities Catalog

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

Social Media

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

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



MOORHEAD
AREA PUBLIC SCHOOLS

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

Learn more about the district at www.moorheadschoools.org.

**KICK IN THE NEW YEAR WITH
SHOU SHU
MARTIAL ARTS
BUY 3 MONTHS,
GET 1 MONTH FREE**

**WHEN YOU SIGN UP IN THE
MONTH OF JANUARY**

KIDS • TEENS • ADULTS



SHOU SHU MARTIAL ARTS • 900 1ST AVE N • MOORHEAD | 218.512.0142

Concordia Spring Swimming Lessons



Concordia offers American Red Cross swimming lessons. To find lesson times, dates, fees and registration information, please visit our website at www.concordiacollege.edu/swim or call (218) 299-4469. Registration opens Monday, February 10th.

Spring sessions are as follows:

March 9th-25th M, W (4-7 p.m.),

March 10th-26th T, Th (4-7 p.m.),

March 14th-April 25th Saturdays (9 a.m.-1 p.m.),

March 31st-April 16th T/TH (4-7 p.m.)

THE STORM SHELTER

2761 12th Ave S, Fargo, ND 58103



Spring Registration Open Now for Academy, Recreational and Competitive Soccer Programs

SOCCER FOR EVERYONE Ages 3-Adult

Year Round Programs, Leagues, Training, Camps and Clinics

For More Information and Registration visit www.tricitystorm.org



We would like to invite you to be part of the Moorhead Crush Girls Fastpitch softball program! We offer girls ages 7-18 skills in teamwork, confidence, skill building and lifelong friendships on and off the field.

Teams include:

- 8U (ages 7-8)
- 10U (ages 9-10)
- 12U (ages 11-12)
- 14U (ages 13-14)
- 16U (ages 15-16)

Travel Teams will also be available for 10u-16u

Registration starts in January. Mark your calendars because it's going to be AWESOME!

Parents - Interested in coaching, being on a committee, or just getting involved in a great organization? Please feel free to contact us with interest or questions at info@moorheadcrush.org or...

Todd Kiser - President 701.388.5057

Jasi O'Connor - Program Director 701.238.8330

Check us out at www.moorheadcrush.org and Like us on Facebook (facebook.com/moorheadcrush)

Course No: YAS61A



Course No: YAS61B

January 27-March 9, 2020

6 Mondays, 2:45-4:30 p.m.

Ellen Hopkins Elementary

Grades 1-4

Fee: \$30



January 29-March 4, 2019

6 Wednesdays, 2:45-4:30 p.m.

S.G. Reinertsen Elementary

Grades 1-4

Fee: \$30

How tall can you stack balloons? Be a physicist and find out. Create a solid from two liquids like a chemist. Explore Minnesota wildlife like a biologist. Did you know there is a science to making ice cream? Just ask a food scientist. Build circuits and learn about water science. Join Clay County 4-H as we explore various areas of science and discover just what scientists do.

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

Come dance with us!

**IT'S NOT TOO LATE
TO REGISTER!**



Paige Engels - JFK Program Director
moorhead_mn@justforkix.com | 320-760-3268
www.justforkix.com/danceclasses/moorhead-mn



FROZEN II

Themed Dance
Camp

ONLY \$25!

February 7th
5:30-7:30pm
3 years-3rd Grade

CLASSES STARTING SOON

Teen Kix 3 (Jan 6)	3-5 years old
Adult Hip Hop (Jan 6)	18+
Teen Kix 2 & 3 (March)	2-3 years old
Lil Crew Hip Hop (March)	4 yrs-1st Grade
Father/Daughter (March)	3 yrs-12th Grade
Adaptive Dance Class (March)	K-8th Grade



BEYER'S
ATA
MARTIAL ARTS



UNLIMITED CLASSES

**1 WEEK FREE
FOR YOU**

UNLIMITED CLASSES

**1 WEEK FREE
FOR A FRIEND**

- ✓ Discipline
- ✓ Respect
- ✓ Confidence
- ✓ Focus
- ✓ Self-control
- ✓ Leadership
- ✓ Goal-setting
- ✓ Fitness

JOIN THE COUNTRY'S LARGEST
MARTIAL ARTS ORGANIZATION

NEW STUDENT PACKAGE

AGES 3 TO ADULTS

Save \$96!

ONLY \$139

- 1 FULL MONTH OF UNLIMITED CLASSES
- COMPLETE UNIFORM WITH BELT
- ATA OFFICIAL WEAPON
- ATA EXCLUSIVE BAG

📞 701.238.7875

WWW.ATAFARGO.COM

f ATA MARTIAL ARTS OF FARGO

📷 ATAMARTIALARTSFARGO

MOVED TO NEW LOCATION!

CLOSE TO CASH WISE

NEXT TO BUFFALO WINGS & RINGS



BEYER'S ATA MARTIAL ARTS

665 32nd Avenue E. West Fargo

TEAMWORK•INTEGRITY•RESPECT•DEVELOPMENT•COMMUNITY

RED RIVER VALLEY UNITED SOCCER CLUB



RECREATIONAL | pre-K to 5th

- fun experience with volunteer coaches
- Tuesday practices & Thursday games
- no travel or weekends
- pay-as-you-can sliding fee option

ACADEMY | U6-U8

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

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

WOLFPACK SUMMER CAMP 2020

PREK-HIGH SCHOOL

JULY 27-30, 2020

WF SCHEELS COMPLEX



RRVUNITED.ORG





AFTER SCHOOL ART CLASSES

POTTERY, PAINTING,
PRINTMAKING AND MORE.

Mondays beginning at 4:15 pm.

Classes are designed for students ages 6 – 18.

POTTERY ON THE WHEEL

Monday, January 13 • 4:15 – 6:15 PM

Monday, February 3 • 4:15 – 6:15 PM

HAND-BUILDING WITH CLAY

Monday, February 10 • 4:30 – 6 PM

Monday, March 9 • 4:30 – 6 PM

PAINT AND SCRAPE

Monday, January 20 • 4:30 – 6 PM

SCHOOL BREAK CAMP

3D DRAWING AND OPTICAL ILLUSIONS

Monday, January 20 • 9 AM – Noon

More classes + registration at:

plainsart.org/create & 701.551.6100

PLAINS  MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

704 1ST AVE., N, DOWNTOWN FARGO



Start Your Week Singing!

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 January 26th !



Register now!

Fmyouthchoir.org



YMCA OF CASS AND CLAY COUNTIES

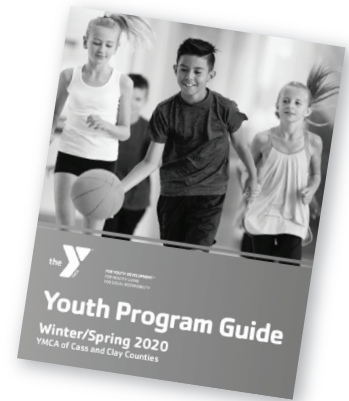


ymcacassclay.org | [#ymcacassclay](https://twitter.com/ymcacassclay) | 701.293.9622

WINTER/SPRING PROGRAMS

Kids will learn new things and stay active with Youth Programs at the YMCA! Winter/Spring registration is OPEN – visit us online for session dates and registration information: ymcacassclay.org/youth

- Swimming Lessons
- Soccer Skills
- Sports of All Sorts
- Gymnastics & Baton
- Gator Swim Team
- Babysitting Trainings
- Basketball League
- Rock Climbing
- and more!



PARENTS' NIGHT OUT

January 11 | 4:00 – 7:00pm | Fercho YMCA

Need a night away from the kids? Your kids will have a blast in the Aquatic Center, Climbing Wall, Xerzone, and more while you take a well-deserved break! A healthy meal is included! Ages 6 weeks – 14 years. ymcacassclay.org/parentsnightout

- Members: \$15 first child, \$10/additional | Non-Members: \$25 first child, \$10/additional

AQUATICS & SWIM SCHOOL

Swimming Lessons

Ages infant – adult | Learn important safety skills, gain confidence in the pool, and stay active! View session dates: ymcacassclay.org/swimschool

FM Gator Swim Team

Ages 5+ | All levels welcome | Improve skills in the pool while learning to value hard work and enjoy spirited competition! ymcacassclay.org/gators



JOIN THE Y IN JANUARY & PAY NO ENROLLMENT FEE!

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

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

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

**A \$50
SAVINGS!**



MARQUART'S MARTIAL ARTS

"JOIN US IN MOORHEAD!"

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



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

CHECK US OUT!

NO CONTRACT REQUIRED!

2615 12th Ave. S
Moorhead, MN

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



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, January 10
Friday, February 7
Friday, March 6
Friday, April 3

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!

Unlocking Potential Through Movement

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

Fall II Session • Nov. 3 - Jan. 18
Register at www.tntkidsfitness.org



**School's Out Day
CAMPS**



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

Upcoming Dates:

- **Dec. 26 - 27**
- **Dec. 30 - 31**

- **Cost:** \$44 per child, per camp
(\$10 deposit due per child, per camp at registration)
- **Ages:** Kindergarten - 5th Grade
- **Register at www.tntkidsfitness.org**

CELEBRATE
Your birthday at TNT!

Want to have an unforgettable birthday?
Celebrate your birthday at TNT
Friday Nights and Saturday & Sunday afternoons

For more information or to book a party,
visit tntkidsfitness.org





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

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

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

Five Tips to being an involved Dad

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

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

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

For more information on Dads check out www.mnfathers.org

Local Advisory Council for Children's Mental Health



Open Swim

Fargo South High School | 1840 15th Avenue S
Saturdays & Sundays | 1:00-5:00 pm
December - March
Make a splash in the heated indoor pool.
For complete details, visit FargoParks.com.



701.499.6060
FargoParks.com



Open Gym

Sundays | January - March
Run off some energy during open gym.
For date, locations and complete details,
visit FargoParks.com.



701.499.6060
FargoParks.com



K-2nd Grade Coed Basketball League

Centennial Elementary School
February 11 - March 20

Kids will learn the fundamentals of basketball,
teamwork and sportsmanship all while having fun!
For more details, visit FargoParks.com



701.499.6060
FargoParks.com



Open Skating

Stay warm and skate indoors with friends and family!
Bring your skates, rentals not available.
For all of the details, visit FargoParks.com.



701.499.6060
FargoParks.com





S'mores & More

Mondays January 20 & 27, February 3 & 10
5:00 - 7:00 pm

Join us at a different rink each week.
Don't forget your ice skates, rentals are not available.

Official Event Of

FR  **STIVAL**



701.499.6060
FargoParks.com



Frozen Prairie Youth Pond Hockey Day

Saturday, February 1

Grab your friends and come out and play hockey
how it all started...on the ponds!
All divisions are coed: 10U, 8U, 6U.

Resgister now at FargoParks.com.

Official Event Of

FR  **STIVAL**



701.499.6060
FargoParks.com



Cardboard Sled Race

Mickelson Sledding Hill, 901 Oak St N

Bring your family for fun races and games.
Create a sled from cardboard and race down the hill.

January 18

Registration 9:30 am | Races Start 10:00 am

Official Event Of

FR  **STIVAL**



701.499.6060
FargoParks.com



Sign Up for Winter Art Classes

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 now at FargoParks.com



701.499.6060
FargoParks.com





COME JOIN OUR FUN!

- 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

You can start any time!
Call today!

 **AMERICAN GOLD**
GYMNASTICS

2001-17th Avenue South, Fargo ND

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

www.AmericanGoldGymnastics.com

Create a video game!

PODS
Game Design
www.pods
gamedesign.com



Design your game

After
School
Classes!

start

Code your Game

Play your game

Classes held @
Reinertsen, Dodds,
Hopkins, Asp, and
Horizon schools!

REGISTER @
<https://communityed.moorheadschoools.org>
(218) 284-3400

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



Making running, jumping, hurdling and throwing fun !

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

Our first six sessions will be practices, and our last session will be actual track meet.

Grades K-2 participants will compete in the 70-meter hurdles, 100-meter dash, 400-meter dash, softball throw, long jump and 4 x 100 meter relay.

Grades 3-6 will compete in the 70-meter hurdles, 100-meter dash, 200-meter dash, 400-meter dash, 800-meter run, shot put, long jump, high jump, and 4 x 100-meter relay.

Practices will take place at the Moorhead High School Track. In case of inclement weather we will use the indoor field house at Moorhead High School. Participants will receive a Moorhead Track Club t-shirt.

Grades K-2

Course Number: YAS40A

Coaches: Tom Dooher & Rachael Lexen

Practice days:

Sundays - 4/26, 5/3, 5/10 Time: 6-7 p.m.

Wednesdays - 4/29, 5/6, 5/13 Time: 6-7 p.m.

Track Meet:

Sunday: 5/17 Time: 1-4 p.m.

Location: Moorhead High School Track

Grades 3-6

Course Number: YAS41A

Coaches: Tom Dooher & Rachael Lexen

Practice days:

Sundays - 4/26, 5/3, 5/10 Time: 7-8 p.m.

Wednesdays - 4/29, 5/6, 5/13 Time: 7-8 p.m.

Track Meet:

Sunday: 5/17 Time: 4-7 p.m.

Location: Moorhead High School Track

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



A Summer of Fun!



Familywellness SUMMER CAMP

Creative Cooking Camp | June 1st - June 5th

Creative Builders Camp | June 8th - June 12th

Super Summer Sports Camp | June 15th - June 19th

Soaking in the Sun | June 22nd - June 26th

Imagination Station | July 6th - July 10th

Wild Wilderness Camp | July 13th - July 17th

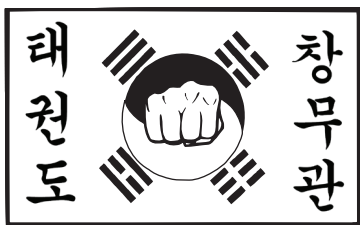
Camp Summer Splash | July 20th - July 24th

Camp Universe | July 27th - July 31st

Cookapalooza | August 3rd - August 7th

Spectacular Sports Camp | August 10th - August 14th

Camps run from 9am to 4pm. Before & after care is available. Camps are for children ages 6 -11. Financial Assistance is available. Visit Familywellnessfargo.org or the Front Desk for more details! \$185 Family Wellness and YMCA Members / \$205 Non-Members



3509 4th Ave S • 277-1TKD

Red River Traditional TaeKwonDo

The Area's Only Traditional Taekwondo School

**F-M's Highest Ranking Instructor
just returned from training and
testing in
Korea**



**Come see why we are the areas
largest martial arts school**

**Grand Master Jim Grimestad
with 40 years experience**

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

Winter/Spring 2020

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

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



Twitter
[@ymcacassclay](https://twitter.com/ymcacassclay)



Instagram
[@ymcacassclay](https://www.instagram.com/ymcacassclay)



YouTube
[@ymcacassclay](https://www.youtube.com/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: ymcacassclay.org/benefits

Giving & 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 membership, youth and adult programs, camp, child care and more. Learn more about giving and our Annual Campaign online: ymcacassclay.org/give

PROGRAM REGISTRATION

ONLINE

ymcacassclay.org/register

PHONE

701.293.9622 or 701.281.0126

IN-PERSON

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 credits/refunds unless the class is cancelled by the YMCA. If you apply one week 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 credits/refunds due to weather-related cancellations, for membership or for missed classes. You will need to fill out a credit/refund 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!



On average,
the YMCA provides over
\$1.2 million
each year in financial
assistance for youth
programs, 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 Annual Campaign. Learn more about the campaign online: ymcacassclay.org/annualcampaign

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.



Swimming Lessons

Fercho YMCA | Ages 6 months – Adult | All levels of experience welcome!

The YMCA offers swim lessons for all ages and skill levels! We take a safety-first approach, focusing on small class sizes, boosting confidence in the water, building student/instructor relationships, and allowing each student to progress at their own pace. We offer warm water options for younger swimmers, year round lessons, certified instructors, and more! Learn more online: ymcacassclay.org/swimschool

Winter/Spring Swimming Lesson Days & Times

		Parent / Baby	Parent / Child	Guppy	Starfish	Froggie	Turtle	Otter	Seal	Shark	Private	Adapt	Adult
Monday	10:30am		x	x	x								
	4:00pm			x	x						x	x	
	4:30pm			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	
	6:30pm					x	x	x			lap pool	lap pool	
Tuesday	4:00pm					x	x	x		x			
	5:00pm			x	x	x	x	x	x		x		
	5:30pm	x		x	x	x	x		x				
	6:00pm		x	x	x						small pool	small pool	
	6:30pm	x		x	x						small pool	small pool	
	7:00pm		x	x	x						small pool	small pool	
Wednesday	10:30am	x		x	x								
	4:00pm			x	x							x	
	5:00pm			x	x	x	x	x					
	5:30pm		x	x	x	x	x		x				
	6:00pm	x		x	x	x		x			x		
	6:30pm					x	x	x			lap pool	lap pool	
	7:00pm					x		x				lap pool	
Thursday	4:00pm					x	x	x	x				
	5:00pm			x	x	x	x		x		x	x	
	5:30pm		x	x	x	x	x	x					
	6:00pm	x		x	x						small pool	small pool	
	6:30pm		x	x	x						small pool	small pool	
	7:00pm	x		x	x						small pool		
Saturday	9:00am			x	x	x	x	x		x	x		
	9:30am	x		x	x	x	x		x				
	10:00am		x	x	x	x		x			x	x	
	10:30am	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 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 ages 3+ 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 begin to define swim strokes like backstroke, front crawl, 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 Participants will progress by strengthening the butterfly and breaststroke techniques, 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.

Adaptive Adaptive lessons ensure participants of all needs and skill levels are able to learn water safety and enjoy the pool. These one-on-one lessons are for swimmers with special needs, and are tailored towards the skills of each participant.



Session Dates & More

Winter/Spring Swimming Lesson Sessions:

Winter: January 6 – March 7

- 9 weeks
- Regular | Members: \$67.50, Non-Members: \$135
- Private | Members: \$270, Non-Members: \$540

Spring: March 16 – May 9

- 8 weeks No lessons April 11. Fees are prorated.
- Regular | Members: \$60, Non-Members: \$120
- Private | Members: \$240, Non-Members: \$480

Half-Priced Private Lessons

Do your kids need extra attention in the pool? Private lessons are a great way to build confidence and skills! All ages and levels of experience are welcome – sign up for as many lessons as you like! Members: \$15/lesson, Non-Members: \$30/lesson.

December 16 – 19	5:00 and 6:30pm
March 9 – 12	5:00, 5:30, 6:00 and 6:30pm

FREE Swim Level Assessments

We offer Swim Level Assessments for those who are unsure of which level to register for. Assessments are FREE and open to the community – just show up to join!

Saturdays	12:00 – 12:30pm	Fercho YMCA
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Questions? Contact our Aquatics Coordinator, at 701.364.4168 or swimschool@ymcacassclay.org ymcacassclay.org/swimschool



FM Gator Swim Team

Ages 5+ | All levels welcome!

The FM Gator Swim Team is a competitive swim program that has been a part of the YMCA of Cass and Clay Counties since 1959. Swimmers of all ages are welcome to participate at all levels, improving their skills while learning to value hard work, reach for excellence, and enjoy spirited competition. Our professional YMCA coaching staff provides high quality instruction for all ages and abilities to improve swimming and diving skills, boost confidence, and achieve success while making new friends and having fun. Learn more online: ymcacassclay.org/gators

Developmental Groups: Swimmers ages 5+ will learn the skills necessary to compete, including 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. 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 FREE trial practice, or schedule a one-on-one stroke evaluation. Contact Erich for more info: 701.364.4151



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

Winter/Spring Season Dates & Prices

Levels	Dates	Members	Non-Members
Developmental - Spring	Jan. 6 - March 20	\$200	\$250
Age Group - Spring	Jan. 6 - March 20	\$224	\$280
Senior - Spring	Jan. 6 - March 20	\$242	\$302
High School Girls	Nov. 11 - March 20	\$305	\$382
Post High School Season	March 2 - March 20	\$37	\$47

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



More Gators Options

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

Spring Stroke Clinic Grades 1 – 6 | Mar. 31 – Apr. 28
Learn technical swimming skills from the Gator coaches! The 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	6:15 – 7:00pm	Fercho YMCA
Grades 4 – 6	7:15 – 8:00pm	Fercho YMCA

Pre-Swim Team Session 1: Jan. 6 – Feb. 13 | Session 2: Feb. 17 – Mar. 26
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. Ages 5+.

Choose one:	Members: \$72	Non-Members: \$90
Monday & Wednesday	5:00 – 5:45pm	Fercho YMCA
Tuesday & Thursday	5:00 – 5:45pm	Fercho YMCA

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, class dates, or to learn more, visit us online: ymcacassclay.org/safety

 **Questions?** Contact our Lifeguard & Safety Coordinator at 701.364.4126 or safetyeducation@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

Jan. 17 – 19	Mar. 20 – 22	Apr. 3 – 5
Apr. 24 – 26	May 1 – 3	May 8 – 10

Babysitting Trainings Ages 11+ | Fercho
This course is a hands-on way to learn everything you need to know about babysitting! Start your babysitting experience on the right foot and learn to be a safe, professional sitter. American Red Cross First Aid/CPR Certification included.
Members: \$65 | Non-Members: \$95

Jan. 12	Feb. 22	Mar. 28	Apr. 5	May 2
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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



Youth Sports

Soccer Skills

Schlossman | Members: \$56, Non-Members: \$72
Spring: March 19 - May 9 | Learn soccer basics like dribbling, passing, and defense. 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.

Ages 3 - 4	Thursdays	4:00 - 4:30pm OR 4:45 - 5:15pm
Ages 5 - 7	Thursdays	5:30 - 6:00pm OR 6:15 - 6:45pm

Sports of All Sorts

Fercho | Members: \$56, Non-Members: \$72
Winter: January 13 - March 7 | Dive into the world of sports! Each week we'll discover a new sport - like soccer, basketball, volleyball, baseball, flag football, floor hockey, and more!

Ages 3 - 4	Saturdays	10:00 - 10:30am
Ages 5 - 7	Saturdays	10:45 - 11:15am



Questions? Contact Ali Kellerman, Youth and Adult Programs Director, at aliyah.kellerman@ymcacassclay.org or 701.364.4153 ymcacassclay.org/youth

Boys & Girls Basketball League

Grades 1 - 3 | Members: \$70, Non-Members: \$85
YMCA Youth Basketball League offers a low-pressure, high participation opportunity to develop technical skills, cooperation, sportsmanship, and a love of the game!

Registration: Register online or at either Member Services Desk. Registration closes January 6. A \$15 fee is added for all late registrations. NO registrations will be accepted after January 13.
Practice: Starts Week of January 27 | Fercho or Schlossman
Games: February 8, 15, 22, 29, & March 7

Youth Fitness

Youth Exercise Concepts Ages 12 - 14 | Fercho & Schlossman
Gain unsupervised access into the Fitness Center and Group Fitness Classes with this one-time course! Learn etiquette, use of fitness equipment, safety, and more. Free for members - Scheduling is flexible! To register, contact Chans Brown: chans.brown@ymcacassclay.org or 701.356.1453.

Personal Training Ages 8+
Get active and improve athletic performance! 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! Learn more and register: ymcacassclay.org/personaltraining



Rock Climbing

Intro to Rock Climbing

Schlossman | Ages 7 - 14 | Members: \$56, Non-Members: \$72 | Winter: January 13 - March 7 | Spring: March 19 - May 9 (No class April 11) | Learn the "ropes" on our indoor climbing wall! We'll work on skills like harnessing, knots, top rope climbing, bouldering, and more, emphasizing technique, safety, and trust.

Choose one:	Thursday	Saturday	Saturday
	5:30 - 6:15pm	10:00 - 10:45am	11:00 - 11:45am

Advanced Rock Climbing

Schlossman | Ages 7 - 14 | Members: \$56, Non-Members: \$72
Winter: January 13 - March 7 | Spring: March 19 - May 9 | Advanced climbers will work in-depth on technical climbing skills while improving strength, flexibility, and confidence!

Participants **MUST** take Intro to Rock Climbing before they may register for this course.

Thursday
6:30 - 7:15pm

Intro to Belay

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

Monday 6:15 - 7:30pm Ages 16+

Rock Climbing Mini Camps

Schlossman | Ages 7 - 14 | Members: \$65, Non-Members: \$80
Learn climbing basics in a unique, "camp" atmosphere! We'll learn technique, safety, harnessing, knots, top rope climbing, bouldering, and more! Each Thursday, we'll take a trip to Camp Cormorant to explore camp and challenge our skills on the outdoor ropes course! Registration opens Jan. 2, 2020.

June 15 - 19	July 6 - 10	July 13 - 17
July 20 - 24	July 27 - 31	August 3 - 7



Questions? Contact Ali Kellerman, Youth & Adult Programs Director, at aliyah.kellerman@ymcassclay.org or 701.364.4116 ymcassclay.org/climbing



Gymnastics, Dance & Baton



Questions? Contact Ali Kellerman, Youth and Adult Programs Director, at aliyah.kellerman@ymcacassclay.org or 701.364.4153 ymcacassclay.org/youth

GYMNASTICS

Fercho | Members: \$56, Non-Members: \$72 | Winter: January 13 – March 7 | Spring: March 19 – May 9 (No class April 11.)

Level 1 Ages 2 – 3

Kids work on basic motor skills and coordination, with an emphasis on large muscle activities and creative movement. Parent participation required.

Tuesday 5:00 – 5:30pm
Saturday 10:00 – 10:30am

Level 2 Ages 4 – 5

Kids develop independence and coordination with basic gymnastics skills while having fun and staying active. Parent participation is encouraged.

Tuesday 5:45 – 6:15pm
Saturday 10:45 – 11:15am

Level 3 Ages 6 – 7

Participants will learn cartwheels, handstands, beam exercises, bar exercises, and more while improving strength, flexibility, confidence, and technique!

Tuesday 6:30 – 7:00pm
Saturday 11:30am – 12:00pm

Level 4 Ages 7+

Gymnasts work in-depth on stretching, and conditioning while improving strength, flexibility, technical skills and confidence in our top-level class!

Tuesday 7:15 – 8:00pm
Saturday 12:15 – 1:00pm

DANCE

Creative Movement Dance Class

Fercho | Members: \$56, Non-Members: \$72

Winter: January 13 – March 7 | Spring: March 19 – May 9

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.

Ages 3 – 4 **Tuesday** 5:30 – 6:00pm
Ages 5 – 7 **Tuesday** 6:15 – 6:45pm

BATON TWIRLING

Baton & Competitive Show

Fercho | Members: \$56, Non-Members: \$72

Winter: January 13 – March 7 | Spring: March 19 – May 9

Develop coordination, poise, balance and endurance! Students learn marching and modeling skills, while learning to twirl competitively and recreationally. Batons available from the instructor for \$12.

Ages 4 – 18 **Tuesday** 5:00 – 5:45pm



More Classes & Programs



Questions? Contact Ali Kellerman, Youth & Adult Programs Director, at 701.364.4115 or aliyah.kellerman@ymcacassclay.org ymcacassclay.org/youth

VOLUNTEERING

Community Service Projects Fercho & Schlossman | 6am – 8pm | All Ages Welcome
Drop in at anytime to help us with projects, like assembling Easter baskets for kids at the YWCA, 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! ymcacassclay.org/volunteer

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

Dec. 19: Christmas crafts for the elderly	Jan. 16: Making blankets for Homeward Animal Shelter
Feb. 13: Creating Valentines for kids in the hospital	Mar. 19: Decorating "thank you" cards for local police
Apr. 9: Making Easter baskets for kids at the YWCA	May 21: Packing care packages for the homeless

More Volunteer Opportunities

We offer lots of opportunities for families and individuals to give back and volunteer, like coaching our Youth Basketball League, helping at events like Healthy Kids Day and our Easter Eggstravaganza, and more! Opportunities can be ongoing or one-time. Learn more and view available opportunities online: ymcacassclay.org/volunteer

STEM LEARNING

Wacky Science

Fercho | Members: \$56, Non-Members: \$72
Winter: January 13 – March 7 | Spring: March 19 – May 9 (No class April 11.) Join us as we explore crazy science experiments, building and robotics projects, STEM activities, and more! Hands-on activities and experiments will engage your kids and pique their curiosity.

Ages 5 – 7	Thurs, 5:30 – 6:15pm OR Sat, 10:30 – 11:15am
Ages 8 – 11	Sat, 6:30 – 7:15pm

JUST FOR MIDDLE SCHOOLERS

Middle School Unplugged

Schlossman | Members: \$150, Non-Members: \$225 **NEW!**
Ages 11 – 14 | Mon, Tues, Thurs | 10:00am – 2:00pm
Meet new friends, get connected to the FM community, and unplug from screens in Middle School Unplugged! Each week will include a service project, robotics/STEM project, and a fun field trip! Registration opens January 2, 2020. Learn more and register: ymcacassclay.org/unplugged

June 15 – 18	June 22 – 25	July 13 – 16	July 27 – 30	August 3 – 6
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Early Learning Centers



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

6:30am – 6:00pm | Monday – Friday | Financial Assistance Available! | ymcacassclay.org/elc

YMCA Early Learning Centers offer year-round, licensed care for children ages 6 weeks through 5 years. Our curriculum is aligned with ND Early Learning Guidelines, to help children learn quickly with fun, hands-on activities, creating a smooth transition into school.

	Infant	Toddler	Half-Day Preschool (Kindergarten Readiness)	Full-Day Preschool	School Age
Early Learning Child Care Centers	6 wks – 18 mo	18 mo – 3 yrs	Ages 3 – 5	Ages 3 – 5	Grades K – 5
Calvary Center	●	●		●	●
Early Childhood Development Center*			● Ages 4+		
Fercho YMCA		●	●	●	●
Schlossman YMCA			●	●	●
South Center	●	●		●	●
West Fargo Center	●	●		●	

* Our Early Childhood Development Center is a full-day program, including a half-day of Kindergarten Readiness preschool, and a half-day of Early Learning Child Care.

Infants 6 weeks – 18 months

Our programs strive to attain harmony with your infant's home schedule, and we work with families to establish eating and sleeping routines for your child. Infants learn through active, hands-on play. Our classrooms allow babies to move freely in a safe space while exploring objects, interacting with caregivers/peers, and experiencing sensory stimulation – a key to learning.

Toddlers 18 months – 3 years

In our Early Learning Centers, we provide guidance as toddlers develop new skills, interact with their peers, gain independence, and master milestones. We spend time exploring the block area, science center, or art station, and children go outside daily for gross motor play. In addition, toddlers hear plenty of stories and songs that foster their language development.

Preschool 3 – 5 years

YMCA Preschool provided an educational experience designed to give kids skills that will build a foundation for school readiness. We learn letter, shape and color recognition, with an emphasis on the use of writing tools, language development, and social skills. We also have fun and learn with art projects, outdoor play, dramatic play, and more! Full and half day preschool options are available.

Summer Child Care Registration Night March 19, 2020 | 4:00 – 6:00pm | YMCA Child Care Sites

Stop by any Early Learning, Preschool, or School Age site to tour our facilities, learn more about our programs, meet our teachers, and get registered for Summer Child Care! Please note that available openings will vary by site. View sites and addresses online: ymcacassclay.org/childcare



School Age Learning Centers

6:30am - 6:00pm | Monday - Friday | Financial Assistance Available! | ymcacassclay.org/schoolage

Our School Age Learning Centers offer quality, licensed programming for grades K-5, including reading, STEM and arts activities, character development, active play, and time with friends. Best of all, it's located right in your child's school or local YMCA! Visit us online for a list of sites that offer morning care and summer care!

YMCA Sites

- Fercho YMCA
- Schlossman YMCA
- Calvary
- South

Moorhead School Sites

- Dorothy Dodds
- Ellen Hopkins Elementary
- Robert Asp Elementary
- S.G. Reinertsen

West Fargo School Sites

- Aurora Elementary
- Brooks Harbor
- Deer Creek
- Eastwood Elementary
- Freedom Elementary
- Harwood Elementary
- Horace Elementary

- Independence Elementary
- L.E. Berger Elementary
- Legacy Elementary
- Osgood Elementary
- South Elementary
- Westside Elementary
- Willow Park Elementary

Fargo School Sites

- Horace Mann Elementary
- Jefferson Elementary
- Madison Elementary
- McKinley Elementary
- Oak Grove Elementary

Spring 2020 Theme: Character Counts

In our School Age Learning Centers, we strive to bring our core values of Honesty, Caring, Responsibility, Respect, and Health into all aspects of our day! Our spring theme will have us building relationships, taking on challenges, and interacting as a team, to develop all aspects of our character through mazes, creative activities, outdoor play, acts of kindness, and more!



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

School Out Days

Grades K - 5 | 6:30am - 6:00pm | \$45/day for drop-ins

Need something for your kids to do when there's no school? Join us for School Out Days at our School Age Learning Centers! Each day is packed with activities to keep minds sharp and bodies moving as we unplug from technology, engage in themed activities, and socialize with friends. Breakfast, snack, and lunch provided! Dates/locations/themes vary by school district. ymcacassclay.org/schooloutdays

January 2 - 3	January 10	January 20	February 14
February 18	March 11 - 13	March 16	March 19 - 20
April 9 - 10	April 13	May 1	

LOOKING AHEAD TO SUMMER?

Check out info on our Summer Child Care Registration Night on the opposite page!





Summer Camp

Registration opens January 2, 2020!

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, outdoor play, and weekly field trips add to the excitement!

Hours: 9:00am - 1:00pm

Location: Fercho YMCA

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

Learn More: Call Sandy at 701.364.4123 or visit ymcacassclay.org/busybeaver

CAMP KODA

Activities & exploration day camp for ages 6 - 11

Meet new friends, stay active, and have a BLAST at Camp Koda! Each themed week includes adventures like swimming, crafts, field trips, and more. We'll also visit Camp Cormorant to experience a traditional camp atmosphere, including water activities, ropes course, and more! **Session 4 is a mini week - Learn more and view pricing online.*

Hours: 9:00am - 4:00pm

Location: Fercho YMCA

Extended care available. Drop-off, pick-up, and extended care also available at the Schlossman YMCA.

Cost Per Session: Members: \$180 | Non-Members: \$225

Learn More: Call Ali at 701.364.4116 or visit ymcacassclay.org/koda

CAMP CORMORANT

Overnight camp on Big Cormorant Lake for ages 7 - 14

14563 YMCA Lane, Lake Park MN | YMCA Camp Cormorant is an overnight camp in the heart of Minnesota lakes country. Founded in 1903, Camp Cormorant is one of the oldest overnight camps in the nation, and continues to be a tremendous growing up experience for youth across the region. Our facilities include cozy cabins, athletic fields, horse trails, full meal service, and much more to provide a safe, enjoyable, and challenging camping opportunity that allows campers to grow in spirit, mind, and body.

Registration: For descriptions, ages, fees and registration information, pick up a camp guide at either YMCA location or visit us online: ymcacassclay.org/cormorant

Learn More: Call Dee at 701.364.4130 or visit ymcacassclay.org/cormorant

Family Camp | June 5 - 7: Join us for a weekend of waterfront activities, horseback riding, yard games and and fun for the whole family!

2020 Busy Beaver Camp Sessions

Session 1: June 8 - 11Camping
Session 2: June 15 - 18.....Fun in the Sun
Session 3: June 22 - 25.....Kids in the Kitchen
Session 4: July 6 - 9.....Dinosaurs
Session 5: July 13 - 16Water World
Session 6: July 20 - 24.....Mix, Pop, & Fizzle (Science)
Session 7: July 27 - 31A Trip Around Town
Session 8: August 3 - 6Down on Grandpa's Farm
Session 9: August 10 - 13.....Tumbling Tykes

2020 Camp Koda Sessions

Session 1: June 8 - 12.....Gymnastics
Session 2: June 15 - 19.....Wacky Science
Session 3: June 22 - 26.....Outdoor Adventure
Session 4: June 29 - July 1.....Wet & Wild*
Session 5: July 6 - 10.....Music, Melodies & Drama
Session 6: July 13 - 17.....Super Heroes
Session 7: July 20 - 24.....Wacky Science
Session 8: July 27 - 31Sports of All Sorts
Session 9: August 3 - 7Outdoor Adventure
Session 10: August 10 - 14.....Wet & Wild

2020 Camp Cormorant Sessions

Session 1 June 7 - 12
Session 2 June 14 - 19
Session 3 July 5 - 10
Session 4 July 12 - 17
Session 5 July 19 - 24
Session 6 July 26 - 31
Session 7 August 2 - 7
Session 8 August 9 - 14

Camps Offered:

Cooking	Adventure	Horsemanship	Art
Fishing	Wilderness	Ropes Course	Water Ski



Family Time & Events

Birthday Parties and Rentals

The Fercho YMCA, Schlossman YMCA, and Camp Cormorant are great places to bring any group, large or small. We have a variety of spaces to keep kids, families and adults active for hours! Host a birthday party, youth group, scouts, church groups, family reunion – the sky's the limit! Birthday party packages available. See all options and pricing online: ymcacassclay.org/rentals

Easter Eggstravaganza

Thursday, April 9 | 5:00 – 7:00pm | Fercho

All Ages | Members: \$8, Non-Members: \$10

Join us for tons of Easter fun with bouncy houses, Easter arts and crafts, swimming, face painting, a photo booth with the Easter Bunny and more! Parents/guardians and kids under the age of 2 get in for free! Event is geared towards ages 3–8. Learn more and register: ymcacassclay.org/easter

WE NEED VOLUNTEERS! Interested? Please contact Karen Engelter at 701.364.4120 or karen.engelter@ymcacassclay.org

Healthy Kids Day

Saturday, April 18 | 2:00 – 4:00pm | Schlossman

Healthy Kids Day is a national YMCA initiative to inspire kids to stay physically and intellectually active all summer long. Join us for an afternoon packed with interactive fun in our Xerzone, Climbing Wall, and more! Event is FREE and open to the community! ymcacassclay.org/hkd

WE NEED VOLUNTEERS! Interested? Please contact Karen Engelter at 701.364.4120 or karen.engelter@ymcacassclay.org

Sunday Fun Day

Sundays | 2:00 – 5:00pm | Fercho | 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 – for extra fun! Non-Members, pay just \$15, an exclusive discounted rate, when you come play with us! ymcacassclay.org/sundayfunday

Parents Night Out

Ages 6 weeks – 14 years | 4:00 – 7:00pm

Members: \$15/first child, \$10 each additional

Non-Members: \$25/first child, \$10 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. ymcacassclay.org/parentsnightout

January 11 – Fercho

February 8 – Schlossman

March 14 – Fercho

April 4 – Schlossman



Questions? Contact Ali Kellerman, Youth and Adult Programs Director, at aliyah.kellerman@ymcacassclay.org or 701.364.4116. ymcacassclay.org/events

JOIN US AT THE YMCA!



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!

FREE Smart Start Fitness Orientation

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

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.

Financial Assistance

Assistance is available for membership, child care, programs, and more!

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

Questions on membership or want to schedule a tour?

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

Luke: 701.364.4124 | luke.hommerding@ymcacassclay.org | Schlossman

• Learn more about YMCA Membership: ymcacassclay.org/join

• Learn more about member benefits: ymcacassclay.org/benefits



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!

• **Hours:** 8am - 8pm every weekday with additional hours on the weekend!

• **Hourly Rate:** \$5/hour per child

• **FREE PlayTown usage is included with a Family Household Package Membership!** Includes care for up to 2 hrs/day for all children on the membership.

ymcacassclay.org/playtown

A photograph of two men dressed in medieval-style costumes, including helmets and patterned tunics, sitting inside a large, open cardboard box that serves as a sled. They are on a snowy hill with bare trees in the background. The man on the left is holding a sword aloft, and the man on the right is holding a horned helmet aloft. Other people in winter gear are visible in the background.

JAN 15-FEB 22, 2020

COLD IS EVEN

Cooler

Frostrival is back and better than ever in 2020! Rather than cramming everything into a two day celebration, events and activities will be spread throughout January 15 - February 22.

Cardboard sled races, winter kickball and golf, fires and s'mores, snow sculpture competitions, and SO much more! This year, cold is going to be cooler than ever.

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