

KiDsOURCE

MARCH 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.



CODING THROUGH PLAY FOR YOUNG LEARNERS

Fun and completely visual coding fundamentals for kids ages 5-9.*

* Age range may vary. Contact us for details

- ★ Introduces coding, robotics, and STEM to young learners.
- ★ Boost ninjas skills in critical thinking, problem solving, and teamwork.
- ★ Completely visual and tactile learning.
- ★ Plugged and unplugged activities.



Scan for
Virtual Tour!



Scan for
Camp Schedule!

Use code: **MPS10**
for 10% off our
monthly programs

* Restrictions Apply. Not valid with any other offer. Must be redeemed by 5/31/2020. No cash value.



FUN AND FLEXIBLE CODING EDUCATION

An exciting learning adventure for tech-loving kids ages 7-14.*

* Age range may vary. Contact us for details

- ★ Learn to code and have a blast while building awesome video games.
- ★ Advance to black belt and gain ninja skills in coding, robotics, and problem solving.
- ★ Drop-in 2 hours a week at your convenience!
- ★ Create, play, and learn at your own pace.



(701) 404-7620 | fargond@codeninjas.com | codeninjas.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 for Community Education spring classes beginning March 20 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.

Familywellness

A PARTNERSHIP BETWEEN **SANFORD** HEALTH 

UPCOMING YOUTH ACTIVITIES



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

Kid's Healthy Cooking

Build Your Own Bunny Sugar Cookie | Wednesday, March 11th from 6:00PM to 7:00PM | Spring is in the air! Join us for a creative and fun recipe to test your baking skills. Parents are always welcome to accompany children during the cooking session! \$12 Members/ \$20 Nonmembers per class. Ages 5+

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, March 9th - March 30th from 5:30PM to 6:00PM
- Kinder Chef (Ages 6-7) | Mondays, March 9th - March 30th from 6:15PM to 7:00PM
- Jr Chef (Ages 8-9) | Tuesdays, March 10th - March 31st from 5:30PM to 6:30PM
- Master Chef (Ages 10-12) | Tuesdays, March 10th - March 31st from 6:45PM to 7:45PM



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

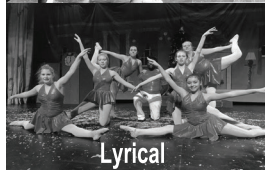
2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | www.familywellnessfargo.org



**REGISTER NOW
FOR MARCH SESSIONS
MAR 2ND - 26TH**

**10% OFF
NEW STUDENTS**

AGES 3 yrs - Adults
*Discount applies to first month only; Exp. Mar. 26
Excludes parent/college discount and ballroom.



FIND US ON FACEBOOK & INSTAGRAM
@bonniehaneydanceschool and @bonniehaneydance
@bonniehaney

701-232-9900 www.bonniehaneydance.com

Fargo Safety Town

*For kids entering kindergarten
Fall of 2020*

**Sessions held at
Lewis & Clark Elementary
June 1-12 & June 15-26**

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

Registration information and forms can be found at:
www.fargooptimist.org

Sponsored by Fargo Optimist Club

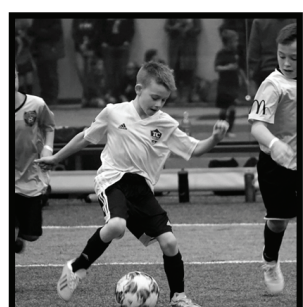


FARGO * MOORHEAD * WEST FARGO * SURROUNDING AREAS



SOCCER FOR EVERYONE (18 months to Adult)

Year Round Programs, Leagues, Training, Camps and Clinics



www.tricitystorm.org



COLLEGE FOR KIDS & TEENS

Summer programs for ages 6-18 at
Minnesota State University Moorhead

JUNE 8-11 | JUNE 15-18
JULY 13-16 | JULY 20-23



Learn more at mnstate.edu/community-engagement



MINNESOTA STATE UNIVERSITY
MOORHEAD

A member of the Minnesota State system

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



YMCA OF CASS AND CLAY COUNTIES



ymcacassclay.org | #ymcacassclay | 701.293.9622

SUMMER SCHOOL AGE CHILD CARE

Get ready for a summer of adventure and curiosity!

PROGRAM FEATURES

Get more details online: ymcacassclay.org/schoolage

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



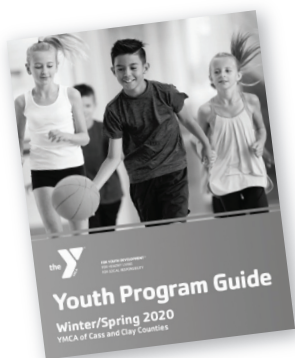
Summer Child Care Registration Night | March 19, 4 – 6pm

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

SPRING YOUTH PROGRAMS

Spring Session: March 19 – May 9 | Learn more and register: ymcacassclay.org/programs

Join a session anytime! Session prices will be pro-rated accordingly.



Swimming Lessons
Ages Infant +



Wacky Science
Ages 5 – 11



Rock Climbing
Ages 7 – 14



Gymnastics
Ages 2+



Soccer Skills
Ages 3 – 7



and more!

Upcoming Events

Parent's Night Out

- March 14 | 4:00 – 7:00pm
- Fercho YMCA
- Ages 6 weeks – 14 years

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

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

Community Service Project

- March 19 • Fercho YMCA
- 3:00 – 8:00pm

Drop in at any time to help us with a community service project! This month's project is decorating "Thank you" cards for local police officers.

Bring the whole family – we'd love to have you help for as long as you can! All ages welcome.

JOIN THE YMCA AND SAVE BIG!

St. Patrick's Day Sale

— March 2 – 17 —

Join the YMCA and pay no enrollment fee – a \$50 savings! Plus, you'll also get to choose a \$25 Downtown Fargo Gift Card or a movie theatre package, as an extra THANK YOU for joining our community!



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, March 6

Friday, April 3

Tuesday, June 9

Wednesday, June 10

Thursday, June 11

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

Ready...Set...Grow!



FARGO / MOORHEAD COMMUNITY THEATRE SUMMER 2020 EDUCATION

More classes! More learning! More fun!
FMCT ED has more to offer this summer!

CREATIVE CAMPS

17 different week-long, full-day camps throughout the summer including:

Puppetry

"Elephant & Piggie"

Stage Combat

"Hamilton"

"Wicked"

Disney Heros & Villans

Camps will be held at FMCT's Studio 6 Broadway and
Gasper's School of Dance (South location on Veteran's Blvd).

YOUTH MUSICALS

Get spooky, kooky, and altogether ooky with The Addam's Family this summer!

Grades 2-4

The Addam's Family Younger@Part (30-minute version)

Program dates & times = June 3-June 26 | M-F, 9a-4p

Performances = June 24 & 25

Grades 5-8

The Addam's Family Young@Part (60-minute version)

Program dates & times = June 3-July 2 | M-F, 9a-4p

Performances = July 1 & 2

Registration is open now!
Scholarship opportunities available.

Information & enrollment at fmct.org/education

FMCT
EDUCATION



Six Steps to Cool Down

“Kids will be kids.”

“Boys will be boys.”

“They’ll grow out of that stage; just be patient.”

Sound familiar? Parenting a child at any age can be a challenging, sometimes frustrating experience. At the same time it can be the most rewarding experience as the fun and precious years fly by all too quickly. Each stage of childhood has its own challenges for moms and dads. First, its “babies don’t stay colicky forever,” which turns into “the terrible twos,” all leading up to the adolescent stage with all its eye rolling, arguing, avoiding chores and refusing to do homework. When your child is in one of these tough stages, the days can seem to last forever, but before you know it, they are walking across that graduation stage and you wonder where the years went!

Even the best of parents will have a bad day – days where the challenges of work, bills, chauffeuring the kids, laundry and supervising homework can get the best of us. At times like that, we can feel our bodies becoming tense, and sometimes we lose our patience and raise our voices. When you find yourself having one of these moments, know that, just like kids sometimes need a “time out,” adults sometimes need to take a few moments to calm down, too.

When you feel the pressures of the day coming down on you and transferring to your child in the form of yelling, criticizing or punishing, try these strategies for giving yourself a grown-up “time out”:

1. Take a deep breath. And another. Remember that you are the adult.
2. Close your eyes and imagine you are hearing what you’re planning to say to your child.
3. Press your lips together and count to 10. Keep going until 20, or as high as you need until you feel calmer.
4. Phone a friend.
5. Turn on some music; maybe even sing or dance along with it. You can even have a short dance party with your child to give both of you a break from a stressful situation.
6. Remove yourself from the situation for a few minutes to go drink a glass of cold water.

Did You Know?! Are you pregnant and feeling overwhelmed? Check out Clay County Public Health.

Positively transforming the lives of babies, mothers and families. For those who are pregnant or have an infant less than 3 months of age, call Clay County Public Health at 218-299-5220 to ask about eligibility for a free personal nurse.





Celtic Festival

Saturday, March 21
 10:00 am - 4:00 pm
 Hjemkomst Center
 202 1st Ave. N • Moorhead

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

FREE Admission
 Entertainment Stage
 Heritage Presentations
 Arts & Crafts • Celtic Food & Treats
 Interactive Booths & Shopping

FargoParks.com 701.499.6060

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



Awesome Art Afternoon

FREE! March 14
1:00-3:00 pm

RDJ Rec Center | 1104 2nd Ave S, Fargo

Spend an afternoon creating fun art project to take home.

fargopark DISTRICT 701.499.6060 FargoParks.com    



Art Classes

Swimming Lessons

Youth Golf Lessons

Youth Baseball & T-Ball

Registration Open Now for Spring/Summer Programs!

fargopark DISTRICT 

Register at FargoParks.com



Sign Up for Spring Art Classes

Artmania (Ages 6-8)
 Explore a variety of media including drawing, painting, watercolors and pastels. Register by March 12

Accelerated Artists (Ages 9-12)
 Learn about various styles while strengthening existing foundations. Register by March 13

fargopark DISTRICT 701.499.6060 FargoParks.com    

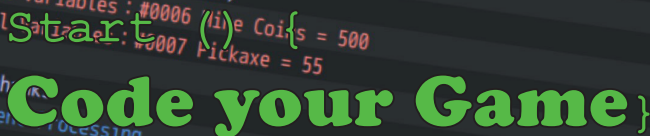
Create a video game!

PODS
Game Design
www.pods
gamedesign.com



Design your game

After School Classes!



Start
Code your Game

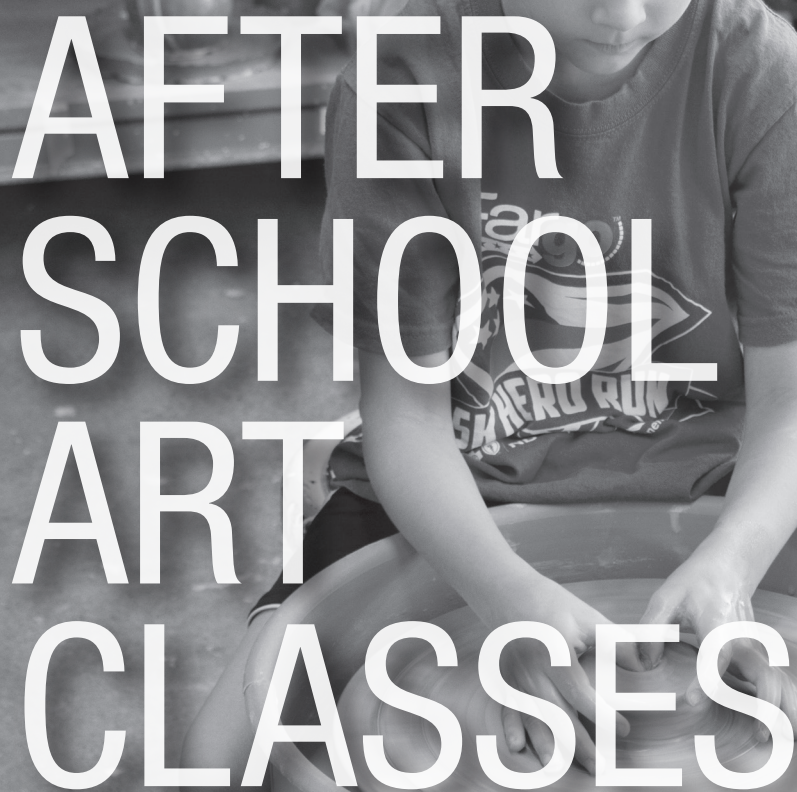


Play your game

Classes held @
S.G. Reinertsen,
D. Dodds, R. Asp,
and Horizon schools!

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

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



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, March 16 • 4:15 – 6:15 PM

Monday, April 6 • 4:15 – 6:15 PM

HAND-BUILDING WITH CLAY

Monday, March 9 • 4:30 – 6 PM

Monday, April 13 • 4:30 – 6 PM

HOW DO YOU SAY DADA?

Monday, March 23 • 4:15 – 6:15 PM

LONG-LEGGED ELEPHANTS:
THE ART OF SALVADOR DALÍ

Monday, March 30 • 4:15 – 6:15 PM

WATERCOLOR LOONS

Monday, April 27 • 4:30 – 6 PM

More classes + registration at:
plainsart.org/create & 701.551.6100

PLAINS  MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

704 1ST AVE., N, DOWNTOWN FARGO



Cobber Soccer Camp



Longest Running Soccer Camp in the Region

July 6-9, 2020 at Concordia College

Session I (ages 6-12)

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

Session II (ages 13-18)

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

Session III: Goal Scoring and Goalkeeping (ages 13-18)

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

ATTEND SESSIONS II & III FOR \$185!

Visit www.cobbersoccercamp.com to register!



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

Cost: \$60

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

Cost: \$60

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





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 12u-16u

Registration is OPEN through March. Registration can be completed online at www.moorheadcrush.org

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

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



BISON MEN'S HOOPS SUMMER CAMPS

YOUTH CAMP..... JUNE 2-4
BIG MAN/GUARD..... JUNE 14-15
MIDDLE SCHOOL/JV... JUNE 16-17
YOUTH CAMP II..... JUNE 29- JULY 1
OVERNIGHT..... JULY 21-22

NDSUMENSBASKETBALLCAMPS.COM

CAMPS ARE OPEN TO ANY AND ALL ENTRANTS (LIMITED ONLY BY NUMBER, AGE, GRADE, AND/OR GENDER)



RED RIVER VALLEY, ND

Sundays 4/19, 4/26, 5/3, 5/10 & 5/17 @ 3:00 pm

Gooseberry Park
100 22nd Ave S
Moorhead, MN 56560

DIVISION	DISTANCE
Pre-K 2/3yr	50 Yard Dash
Pre-K 4/5yr	75 Yard Dash
Challenger	75 Yard Dash
K & 1st	1/4 Mile
2nd & 3rd	1/2 Mile
4th & 5th	1 Mile
6th, 7th, 8th	1 Mile

*All races will be the same distances each week.

For more information, please contact
Amber Vogel at 701.730.1725 or at
hkrsredrivervalley@gmail.com

SCORING/DETAILS

- Points based on finish
- Runners with the most points after final race win trophies
- Tech T-Shirts for Full Series Participants
- Medal for ALL runners at Week 5

EARLY BIRD DISCOUNT

\$35 FULL SERIES*

FIVE WEEK SERIES

UNTIL THREE WEEKS FROM START DATE

\$40

FULL SERIES*

\$10

PER RACE*

*Registration is nonrefundable.

HEALTHYKIDSRUNNINGSERIES.ORG

YOUTH BASEBALL REGISTRATION OPEN!

Big Bopper (Kindergarten/5 years) June 1-July 9 - \$45.00

T-Ball (First Grade) May 11-July 8 - \$52.00

Rookie (Second and Third Grade) May 12-July 9 - \$52.00

Pop-Up (Fourth and Fifth Grade) May 12-July 9 - \$52.00



Registration Deadline: April 13

TAE KWON DO

Reach your full potential with our confidence-building martial arts program. Experience expert training in a fun and safe environment, building skills that will last a lifetime!

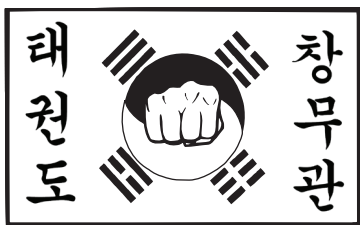


Ages 5-Adult
Beginner, Advanced, Black Belt
Tuesdays and Thursdays
\$60.00

218.299.5340

MOORHEADPARKS.COM





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



PERFORMING ARTS TRAINING AND FUN! FOR CHILDREN AGES 6-11



DREAM IT. LEARN IT. LIVE IT.

Five, one-week sessions, 8:30am-4:30pm daily

June 8-12, June 15-19, June 22-26, July 20-24, & July 27-31, 2020

Each week is unique! Try one camp or be a part of them all this June and July!

- ★ ArtSpark provides children the opportunity to explore the performing arts, guided by music and theatre artists/educators. Each day, students participate in theatre games, singing, storytelling, movement, and more—all centered around creative, fun themes.
- ★ Best of all, kids become more confident, more creative, and better communicators!
- ★ Each session concludes with a showcase for family and friends.
- ★ Fee includes team-taught instruction by arts educators, class supplies, and t-shirt.
- ★ Students must provide their own lunches, snacks and beverages.

Register NOW! Students are encouraged to enroll early; program is filled on a first come, first served basis. Space is limited and sessions fill up quickly.

- Deadline is Friday, May 15 for June sessions and Wednesday, June 17 for July sessions (Registration remains open after this deadline. However, a \$25 late fee will be assessed.)
- See reverse side for locations, fee information and REGISTRATION FORM.
- West Fargo Public Schools offers a \$100 voucher for West Fargo School District enrolled students.
- ALL FORMS also available for download at www.trollwood.org or by contacting Trollwood.

** All ages refer to age by August 31, 2020*

trollwood
PERFORMING ARTS SCHOOL
— at Bluestem Center for the Arts —

www.trollwood.org
801 50th Ave S, Moorhead MN 56560
Phone 218.477.6500 **Fax** 218.477.6501
trollwood@fargo.k12.nd.us
A program of the Fargo (ND) Public Schools



ARTSPARK REGISTRATION FORM 2020

Return this completed form along with fee payment, West Fargo voucher, and/or financial aid form (if applicable, available at www.trollwood.org).
Mail, email or fax completed registration form and payment to Trollwood Performing Arts School.
Mail: 801 50th Ave S, Moorhead, MN 56560 | Email: trollwood@fargo.k12.nd.us | Fax: 218-477-6501

Student Name _____
Date of Birth (M/D/Y) _____ Gender _____
Age (as of August 31, 2020) _____
Grade Completed (Spring 2020) _____
Current School (Spring 2020) _____
Address _____
City, State, Zip _____
Home Phone _____

Living with (check one): ☐ Mother ☐ Father ☐ Both ☐ Other

Check Relationship and Print Name:

☐ Mother ☐ Stepmother ☐ Guardian _____
Address (if different than above) _____
Employer _____
Job Position/Title _____
Work Phone _____ Home Phone _____
Mobile Phone _____
E-mail Address _____

Check Relationship and Print Name:

☐ Father ☐ Stepfather ☐ Guardian _____
Address (if different than above) _____
Employer _____
Job Position/Title _____
Work Phone _____ Home Phone _____
Mobile Phone _____
E-mail Address _____

Check the one category that best describes your predominant racial/ethnic identity:

☐ American Indian or Alaskan Native
☐ Asian or Pacific Islander ☐ Black or African American
☐ Bosnian ☐ Caucasian (white) ☐ Hispanic or Latino
☐ Middle Eastern or Arab American ☐ Other _____

T-shirt Size: YOUTH ☐ S ☐ M ☐ L ADULT ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Parent/Guardian: Please read, sign, and date below:

Consent is granted to Trollwood for the use of media images, interviews, and survey responses involving my child for publicity and marketing purposes for the organization.

Signature _____ Date _____

Note any conflicts with session schedule: _____

Emergency contact (English speaking):

Name _____
Relationship _____
Day Phone (very important!) _____

Please note medical issues/allergies or special needs including social, emotional or behavioral issues Trollwood should be aware of (this information is confidential):

Please note your preferred health care provider (only to be used in case of emergency): _____

Check Desired Session:

AGES 6-8 (age by August 31, 2020)

- ☐ June 8-12 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo
☐ June 15-19 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo
☐ June 22-26 Ben Franklin Middle School, 1420 8th St N, Fargo
☐ July 20-24 Trollwood, 801 50th Ave S, Moorhead
☐ July 27-31 Trollwood, 801 50th Ave S, Moorhead

AGES 9-11 (age by August 31, 2020)

- ☐ June 8-12 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo
☐ June 15-19 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo
☐ June 22-26 Ben Franklin Middle School, 1420 8th St N, Fargo
☐ July 20-24 Trollwood, 801 50th Ave S, Moorhead
☐ July 27-31 Trollwood, 801 50th Ave S, Moorhead

*Friend/Sibling Request: _____

*we will do our best to honor friend/sibling class requests

Fee: \$250 per one week session

\$15 Early Registration Discount (if by March 2) - \$ _____
West Fargo Voucher (if applicable; attach to form) - \$ _____
\$25 Late Fee if after May 15 or June 17 + \$ _____

Total Fee \$ _____

Payment Enclosed \$ _____

Balance Due \$ _____

Payment Options (please check one):

- ☐ **Option 1:** Fee payment in FULL with completed form.
☐ **Option 2:** Choose a payment plan (**Credit Card REQUIRED**):
☐ \$75 down payment w/2 equal monthly payments of \$ _____ to complete balance due.
☐ \$75 down payment w/3 equal monthly payments of \$ _____ to complete balance due.
☐ **Option 3:** Financial Aid application submitted. (In the event financial aid is not fully awarded, please indicate your payment preference. By completing option 2, monthly payment amounts may be determined after financial aid award has been decided.)

Payment Method (please check one):

- ☐ Check or Money Order/payable to Trollwood Performing Arts School
☐ Cash
☐ Credit Card (If choosing credit card, our office will contact you.)

DRAGON

SWIM SCHOOL



KEEP YOUR KIDS SAFE AROUND WATER



3:1 INSTRUCTOR RATIO
(LEVELS 1-2)



4:1 INSTRUCTOR RATIO
(LEVELS 3-8)



**CELEBRATING
22 YEARS**



**9 SWIM
LEVELS**

- 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

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.

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

CONTACT US // Alex Nemzek Hall

17th Street South & 6th Avenue South
Moorhead, MN 56563

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

DATES & TIMES (40-minute classes)

Evening Lessons

Monday, Tuesday, Wednesday or Thursday
> 4:50 p.m., 5:30 p.m., 6:10 p.m.

Spring Evenings 1: 2/24/20-4/2/20 [5 weeks]
No lessons March 9-12 [Spring Break]

Spring Evenings 2: 4/6/20-5/7/20 [5 weeks]

Saturdays: 4/4/20-5/9/20 [5 weeks]
> 10:00 a.m. and 10:40 a.m.
No lessons April 11

Summer Evenings 1: 5/25/20-7/9/20 [6 Weeks]
No lessons May 25

Summer Evenings 2: 7/13/20-8/13/20 [5 Weeks]

Summer Morning Lessons

Monday-Thursday [8 lessons]
> 9:20 a.m., 10:00 a.m., 10:40 a.m., 11:20 a.m.

Summer Morning 1: 6/1/20-6/11/20 [2 weeks]

Summer Morning 2: 6/15/20-6/25/20 [2 weeks]

Summer Morning 3: 7/6/20-7/16/20 [2 weeks]

Summer Morning 4: 7/20/20-7/30/20 [2 weeks]

Summer Morning 5: 8/3/20-8/13/20 [2 weeks]

SESSION PRICING (per student)

5 weeks	6 weeks	8 weeks
Group: \$60 Private: \$180	Group: \$72 Private: \$216	Group: \$96 Private: \$288



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