

KIDsource

APRIL 2021



Cobber Soccer Camp

Longest Running Soccer Camp
in the Region!

July 6-9, 2021 at Concordia College
(Tuesday thru Friday)

www.cobbersoccercamp.com to register!

Session I (ages 6-12)

9 AM – Noon

\$35 per day or \$125 for all 4 days

Session II (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)

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

ATTEND SESSIONS II & III FOR \$185!

KIDsource is published ten times a year for Moorhead Area Public School students and is coordinated through Moorhead Community Education. To view the online version, visit www.moorheadschoools.org/KIDsource. For questions please call the Community Education office at 218-284-3400.

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



Keeping the Conversation Going!



In a world of text messaging, Twitter and Facebook, the face-to-face/person-to-person conversation format is becoming as extinct as the dinosaurs. It begs the question – is starting a conversation and keeping it going a necessary skill our kids should have or is it just one more of the “old” way of doing things that can go by the wayside?

Parents who talk with their kids not only help increase their child’s vocabulary, they are teaching them important social skills and expanding their awareness of the world around them. Learning the art of conversing with your child while he or she is younger will help build an open communication channel that will come in handy for the “older child” conversations about curfews, sex and substance use. Having a conversation with younger children is much easier than cornering that independent adolescent! Unless you are good at deciphering grunts and eye rolling, starting and keeping a conversation going can be a challenge. Here are a few suggestions to starting a conversation and keeping it going:

- **Follow your child’s lead** in conversations. If she or he initiates a conversation, respond to it. Don’t use it as a time to tell them what chores they need to do or lecture them on something they did wrong.
- **Encourage talk** by talking about the things you both know about.
- **Reply to your child’s comments.**
- **Designate a time** that is for face-to-face conversation only – a no cellphone zone for both child and parent!
- **Use a conversation jar** or something similar. Fill a decorated jar, bowl or even a small notebook. Keep it on the dining room table. Fill it with slips of papers that contain questions. (See below for examples.) Each night while eating dinner or during your “No cellphone zone,” have the child pick a slip out of the jar. Make the activity fun by having all members of the family answer the question. You will be amazed at the things you can learn about your children and them about you with a few simple questions and rich conversations! Here’s a few questions to get you started on your conversation jar 😊

If you had three wishes what would they be?	If you won a million dollars, what would you do with it?	What was your least favorite subject in school?	What is your favorite subject in school?
If you could take a trip on a spaceship, which two friends would you take with?	Who is your best friend and why?	If you were allowed to stop doing one chore around the house, what would it be?	What are some of the things you want to do in life that you probably couldn’t do if you got into drugs and alcohol?
Tell one thing that you are proud of about yourself.	What is one thing you wish someone would invent? Why?	If you could have anything in the world for dinner, what would it be?	What makes you laugh?
If you could be on any television show, which show would it be?	Tell us a favorite memory.	If you could invite any famous person to dinner, who would you pick?	What could you do to make the world a better place?

This information provided by the Clay County Local Advisory Council for Children’s Mental Health



Follow Us



NORTH DAKOTA ELITE

INTRO TO ALL STAR CHEER

Learn the fundamentals in a low commitment environment!

CAMP DATES: APRIL 20TH-MAY 13TH
TUESDAYS & THURSDAYS 6:30-7:30PM
PERFORMANCE MAY 14TH AT 6:00PM

TEAM PLACEMENTS May 24th - 27th

Join one of our teams! We offer Competitive, Performance, and Recreational cheer teams.

SUMMER CLASSES & CAMPS

Starting June 1st, 2021

Tumbling Classes for all ages and skill levels. Jump Classes. Dance Classes. Flyer Classes. AND MUCH MORE!

www.ndelite.com

ATTENTION THIRD AND FOURTH-GRADE GIRLS!

JOIN US FOR LEADERLICIOUS!



Girls become "LEADERLICIOUS" when they learn leadership skills, develop a strong positive self-image, and are empowered. Each of us is born with our own unique talents, gifts, and abilities. Through this fun-filled leadership program, girls will focus on their inner selves and take steps forward, leaving behind negativity that discourages

and prevents them from reaching their full potential. Topics include the importance of education, bullying, breaking negative habits, relationships, my best self, communication, overcoming obstacles, goal setting and more. At the final class, girls will shine as they demonstrate the leadership skills they have learned. Once these skills are learned, the results in our girls will be life changing. Leaderlicious is led by Rachel Stone, former Mrs. North Dakota Intl. 2006.

Course Information:

YAS12A (Grades 3 & 4)

Tuesday/Thursday, Apr 13 - May 13

\$85.00



Register today at: <https://moorheadcommunityed.ce.eleyo.com/>

JOIN US FOR A MUSICAL SUMMER!



SUMMER ORCHESTRA CAMP

JULY 26 - 29
MON-THURS



SUMMER BAND CAMP

AUGUST 16 - 20
MON-FRI



WATCH FOR MORE INFORMATION ON BOTH CAMPS
AND REGISTER ONLINE AT:

<https://moorheadcommunityed.ce.eleyo.com/>



MARQUART'S MARTIAL ARTS

Join us in Moorhead!

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



Call 218.233.6941 for more information or visit
WWW.MARQUARTSTKD.COM
2615 12th Avenue S.
Moorhead, MN



Fargo Safety Town



*For kids entering kindergarten
Fall of 2021*



Sessions held:
June 7-18 & June 21-July 2
**Location To Be Determined*

*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.fargooptimists.org



Sponsored by Fargo Optimist Club

YOUTH ART CLASSES

Plains Art Museum is committed to providing a safe classroom environment which includes enhanced cleaning & sanitization, providing workspaces that are 6 feet apart, reducing shared tool use, allowing spaces "rest" for 24 hours between classes when possible and 100% fresh air circulation. Masks are required.

CLAY CLUB: FLAT CATS (Ages 4-7)

April 10, 12 PM - 12:45 PM

FAIRY HOUSE (Ages 8-12)

Saturday, April 11, 9:30 - 11 AM

TEEN HANDBUILDING WITH CLAY (Ages 8-12)

April 12 - May 3, 6:30 - 8:30 PM

POTTERY ON THE WHEEL (Ages 9-13)

Saturday, April 24, 9 - 11 AM

CLAY CLUB: MY FAVORITE THINGS (Ages 4-7)

Tuesday, June 15, 6 - 6:45 PM

AVATAR: FLYING SKY BISON (Ages 8-12)

Tuesday, June 22, 6 - 7:30 PM

REGISTER FOR SUMMER CAMPS!

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

PLAINS **Art** MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY
704 1ST AVE., N, DOWNTOWN FARGO

KIDS FEST

MB Johnson Park
Saturday, May 15
10 AM - 12 PM

Free outdoor event for young families featuring: Kites, Bubble Party, Story Stroll, Library Book Truck, the Tooth Fairy + More!



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.



Use this coupon
for 25% off
your first
month!

*Restrictions apply. Not valid with any other offer



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 |

Moorhead Community Education

Summer Camps



Watch for details
moorheadschoools.org/ce

4-H ROOTS, SEEDS, AND FLOWERS, OH MY!

Plants! They are everywhere! During these next couple of weeks you are going to be a botanist (that is someone who studies plants). As every good scientist does, we will be documenting our findings through some really fun activities. Through these weeks and activities you will identify and describe parts of a



sprouting seed or plant. Begin to learn about the functions of different parts of a plant. Identify characteristics that are the same or different across various seeds and plants. Identify some of the things a plant needs in order to grow: water, light, and time! Wow! What fun!

Course Information:

YAS46A (Grades 5 & 6)

Thursdays, Apr 15 - May 13

Horizon Middle School West Campus

\$30.00



Register today at: <https://moorheadcommunityed.ce.eleyo.com/>



We are excited to offer our 11th year of summer camps in collaboration with Beyond Boundaries Therapy.

CALLING ALL KIDS! 2021 SUMMER CAMPS



CAMPS START WEEK OF JUNE 7, 2021

- SOCIAL CONNECTIONS
- LET'S GROW OUTSIDE
- SIBLING SUPPORT PROGRAM
- COPING AFTER COVID

Space is limited....call today.

Registration deadline 5/28/21

Scholarships available based on financial need.

CONTACT: LAURA 701.356.0062
LAURA@BEYONDBOUNDARIES.US

WWW.HOUSEOFEVERYDAYLEARNING.COM
FOR REGISTRATION INFORMATION



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

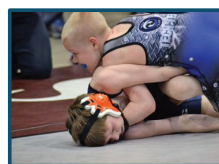
WWW.TECHTEAMWRESTLING.COM

Registration Open now
You can join any time
Middle school and High school can also join
Regular Season Begins: November 4th

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 \$65

\$30/month for siblings

For more information or if you have any questions,

Contact Jonathan Magnell [701-730-6610](tel:701-730-6610)

Or on our Face Book Page
Tech Team Wrestling

NEW Your APP for MAPS



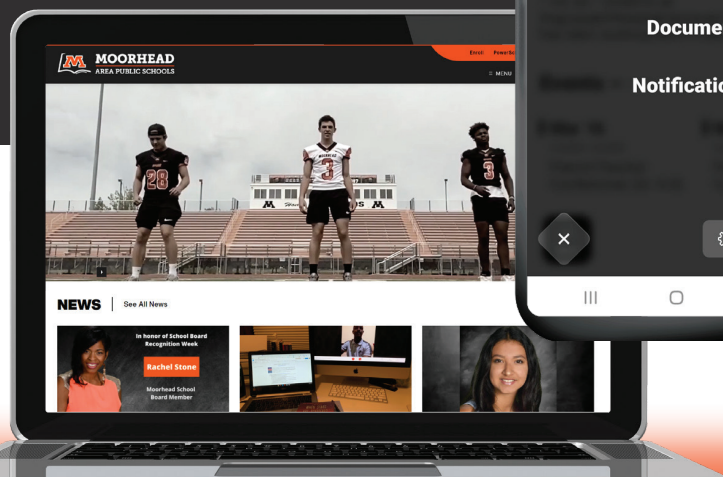
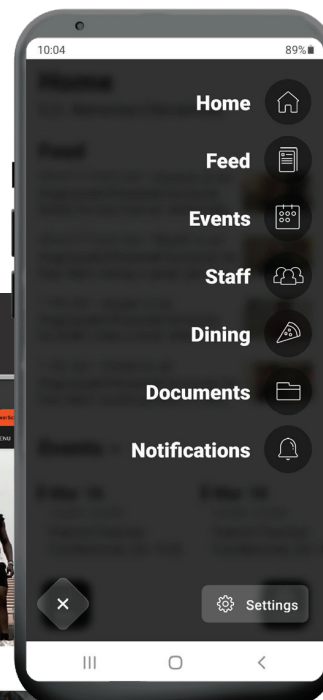
Coming Soon

UPDATED Website

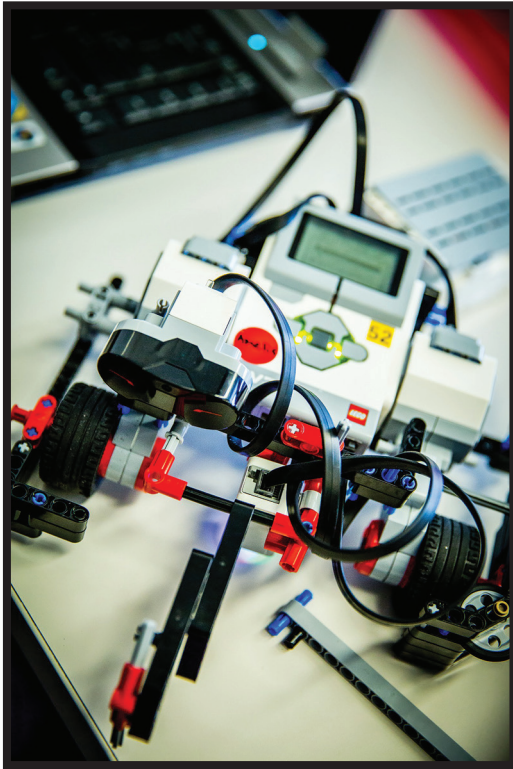
Moorhead Schools



Download for **FREE** today!



EUREKA ENGINEERING (GRADES 3-8)



Eureka introduces students to the core skills of robotics and other STEM areas through engaging, 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. A snack will be provided and parents are welcome to watch their child's robotic creations come to life in exciting and competitive challenges. For those interested in getting involved in FIRST Robotics, Eureka serves as a marvelous transition into a FIRST Lego League team!

Course Information:

YAS51A (Grades 3 - 8)

Monday, August 16 - Thursday, August 19

9 AM - 12 PM

Probstfield Center for Education: Board Room 224

\$99.00



Register today at: <https://moorheadcommunityed.ce.eleyo.com/>



EARLY CHILDHOOD SCREENING

Help your child succeed in school!

MAKE AN APPOINTMENT
www.moorheadschoools.org/CE



UPCOMING DATES:

Friday, April 16

FREE TO ATTEND • KIDS 3-5 YEARS OLD

Required in Minnesota before entering kindergarten.

Help Today for a *Better* Tomorrow

At Lakeland Mental Health Center, our purpose is to provide a comfortable environment where you can receive confidential and personalized behavioral healthcare.

Our experienced staff includes psychiatrists, psychologists, clinical social workers, marriage and family therapists and mental health counselors.

1010 32nd Ave S.,
Moorhead, MN 56560
Phone: (218) 233-7524
www.lmhc.org
24 hr. Emergency/Crisis
1-800-223-4512



LMHC
Lakeland Mental Health Center

DOES YOUR CHILD LOVE ANIMALS?

Moorhead Community Education has you covered! Choose from several options, by age, for your child this spring/summer!



Spend some time learning about animals like horses, chickens, pigs and donkeys! Several different classes are available for varying ages.

You can register at www.moorheadschoools.org/ce or by calling 218-284-3400.



Questions? Contact:
Community Ed Office

218.284.3400

communityeducation@moorheadschoools.org

See what's happening at the YMCA!



Summer Explorer Program Grades K - 5

Our Summer Explorer Program combines full day care with hands-on learning and exploration, to ensure kids stay active and have a BLAST all summer long!

20+ FM area locations
Kindergarten - 5th grade
6:30am - 6:00pm
Healthy meals and snacks

STEM, art, music, literacy activities
Indoor and outdoor physical activities
Character development / relationships
Exploration activities / skill-building

Summer Theme: Quest for Adventure | Join us on a summer adventure as we tackle challenges and overcome obstacles! We'll travel back in time to life before the Xbox or iPad and band together as a team to solve riddles and brainstorm solutions to puzzling dilemmas. Everyone will get a chance to shine as we explore a wide range of activities - both indoors and out! ymcacassclay.org/schoolage

Get Ready for Summer Camp!

Explore nature, meet new friends, and have a BLAST in our Summer Camps!

Weekly sessions run June - August. Learn more: ymcacassclay.org/camp

- MINI CAMP Half-day camp | Ages 3 - 5
- CAMP CORMORANT Overnight camp | Ages 7 - 14
- CAMP KODA Day camp | Ages 6 - 11
- Aquatics Camps, Rock Climbing Camps, and more!



Swim School & Swim Team

All levels welcome!

Swimming Lessons

Learn water safety skills and gain confidence in the pool! ymcacassclay.org/swimschool

- Spring Session runs through May 15 - Join at any time!
- Summer Session: June 7 - August 19

FM Gator Swim Team

Enjoy spirited competition while improving swimming skills and learning to value hard work! Swim team, swim camps, and skill-building courses available! ymcacassclay.org/gators

YMCA of Cass and Clay Counties | ymcacassclay.org | 701.293.9622 | @ymcacassclay

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.

K-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 hand offs, hurdling, shot put, long jump and high jump.

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

Grades K-2 participants will compete in:

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:

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. Participants will receive a Moorhead Track Club t-shirt.

GRADES K-2

Course Number: YAS40A

Coaches: Tom Dooher & Rachael Lexen

Practice Days: May 10-14 from 6:00-7:30 pm

Track Meet: May 15th from 12:00 - 3:00 pm

Location: Moorhead High School Track

GRADES 3-6

Course Number: YAS41A

Coaches: Tom Dooher & Rachael Lexen

Practice Days: May 10-14 from 7:30-9:00 pm

Track Meet: May 15th from 3:00 - 6:00 pm

Location: Moorhead High School Track

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



Questions? Contact:
Community Ed Office

218.284.3400

communityeducation@moorheadschoools.org

COLOR
YOUR **SUMMER**
AT TROLLWOOD

express YOURSELF



ARTSPARK, **grades k-5**

June 7-11, 14-18, 21-25,
July 12-16, 19-23, 26-30

Choose from one or more week long performance based workshops that will kindle kids' confidence and ignite their creativity.

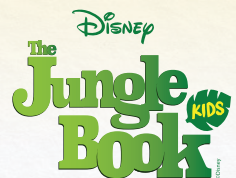


trollwood
PERFORMING ARTS SCHOOL

TROLLWOOD CHILDREN'S THEATRE, **grades 5-6**

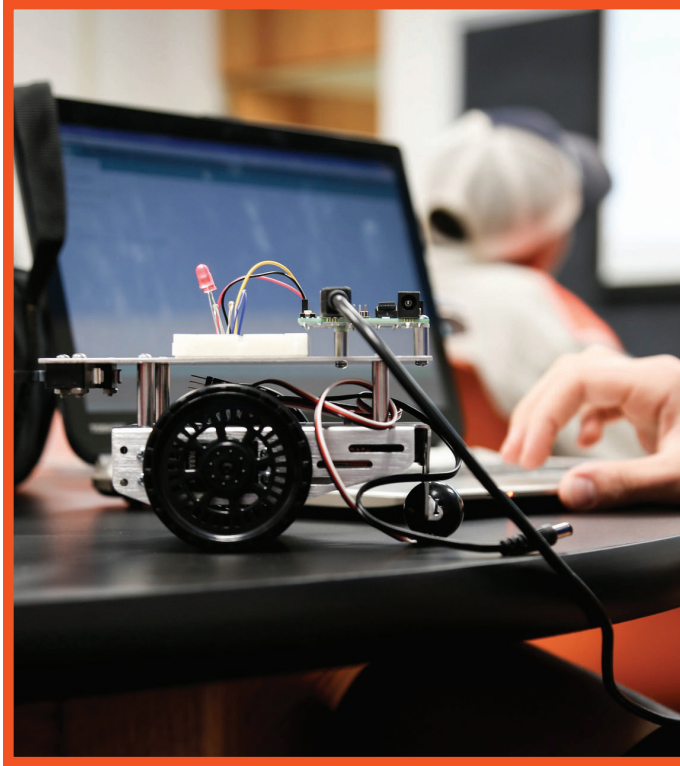
July 19-August 11

Be part of this new summer performance opportunity! Join together to present this full fledged children's musical, **The Jungle Book KIDS**, with rehearsals beginning in July. (No audition required to participate.)



Visit trollwood.org or call (218) 477-6500 to learn more!

TECH TREK (GRADES 6-8)



Tech Trek provides students with opportunities to create and apply knowledge of STEM topics in a group setting. Students will work with TETRIX 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, which will especially benefit those looking into joining a FIRST Tech Challenge team.

Course Information:

YAS52A (Grades 6 - 8)

Monday, August 16 - Thursday, August 19

1 - 4 PM

Probstfield Center for Education: Gym 86

\$99.00



Register today at: <https://moorheadcommunityed.ce.eleyo.com/>

BATTLE DRONES (GRADES 3-9)

You will learn from an experienced drone pilot to complete challenges and earn your Drone Pilot's License. Once certified, you will take to the skies with your new flying skills and compete with each other in exciting, aerial laser tag battles. Work with your teams and use their critical thinking skills to develop strategies for each aerial competition thrown their way.

Course Information:

YAS89A (Grades 3 - 9)

Tuesday, July 6 - Friday, July 9

1 - 4 PM

Probstfield Center for Education: Gym 86

\$99.00

Register today at: <https://moorheadcommunityed.ce.eleyo.com/>





College for Kids & Teens

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



MINNESOTA STATE UNIVERSITY
MOORHEAD

A member of the Minnesota State system

MNSTATE.EDU/CFKT

► June 7-10 | June 14-17

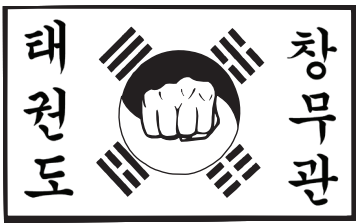
► July 12-15 | July 19-22

This summer, MSUM plans to offer courses
ONLINE and **IN PERSON**.

Register now!

i For course descriptions, cost, and online
registration, visit **www.mnstate.edu/cfkt**

Minnesota State University Moorhead is an equal opportunity educator and employer and is a member of the Minnesota State system.



3509 4th Ave S • 277-1TKD

Red River Traditional TaeKwonDo

The Area's Only Traditional Taekwondo School

It's finally time to return to normal. RRTKD offers the largest learning space in a safe, clean, open gym.



Come see why we are the areas largest martial arts school



**8th Degree Grand Master
Jim Grimestad with 42 yrs. experience**

277-1TKD • 3509 4th Ave S • rrtkd.com

go to **RRTKD.COM** for more information

FREE 2 week trial

trollwood
PERFORMING ARTS SCHOOL

ARTSPARK

FOR ALL KIDS AGE 6-11

BUILD **CONFIDENCE, CREATIVITY,**
AND **COMMUNICATION** SKILLS!

SAVE \$
REGISTER BY APRIL 1ST
FOR A \$15 DISCOUNT!

DREAM IT.
LEARN IT.
LIVE IT.

Visit trollwood.org or call (218) 477-6500 to learn more!



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, and movement - all centered around creative, fun themes. These unique week-long performance-based workshops are designed to kindle kids' confidence and ignite their creativity.

2021 Summer sessions are scheduled for the weeks of June 7-11, 14-18, 21-25, July 12-16, 19-23, and 26-30. Open to kids age 6-11.

ARTSPARK REGISTRATION FORM 2021

Please return this completed registration form along with payment fee, and/or any voucher or financial aid forms 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, 2021) _____

Grade Completed (Spring 2021) _____

Current School Name (Spring 2021) _____

Home Address _____

City, State, Zip _____

Home Phone _____

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

Check Relationship and PRINT NAME BELOW:

☐ 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 BELOW:

☐ 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, 2021)

☐ **June 7-11** Ben Franklin Middle School, 1420 8th St N, Fargo

☐ **June 14-18** Carl Ben Eielson Middle School, 1601 13th Ave S, Fargo

☐ **June 21-25** Carl Ben Eielson Middle School, 1601 13th Ave S, Fargo

☐ **July 12-16** Discovery Middle School, 1717 40th Ave S, Fargo

☐ **July 19-23** Trollwood, 801 50th Ave S, Moorhead

☐ **July 26-30** Trollwood, 801 50th Ave S, Moorhead

AGES 9-11 (age by August 31, 2021)

☐ **June 7-11** Ben Franklin Middle School, 1420 8th St N, Fargo

☐ **June 14-18** Carl Ben Eielson Middle School, 1601 13th Ave S, Fargo

☐ **June 21-25** Carl Ben Eielson Middle School, 1601 13th Ave S, Fargo

☐ **July 12-16** Discovery Middle School, 1717 40th Ave S, Fargo

☐ **July 19-23** Trollwood, 801 50th Ave S, Moorhead

☐ **July 26-30** 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 April 1) - \$ _____

*West Fargo Voucher (if applicable; attach to form) - \$ _____

\$25 Late Fee if after May 14 or June 18 + \$ _____

Total Fee \$ _____

Payment Enclosed \$ _____

Balance Due \$ _____

*West Fargo Public Schools offers a \$100 voucher for West Fargo School District enrolled students.

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.)

ALL programs and locations are subject to change due to COVID-19.