

KIDsource

NEW & EXCITING ELEMENTARY SCIENCE EXPLORATION


CHECK IT OUT ON PAGE 7




LEGO CONTRAPTIONS
Page 2



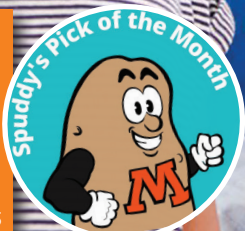
KIDS AND CANVAS
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Spuddy's Pick of the Month



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LEGO CONTRAPTIONS

GRADES 5-8

LEGO technic kits use special bricks, gears and moveable parts. We will use kits to build some fun projects and learn more about design and engineering. Meet new friends who share an interest in LEGOs. Gain confidence in their creativity and building skills.



REGISTER HERE

NOVEMBER 13-16

\$30 • 4:15-5:15 PM

Horizon Middle School West

TRI-CITY UNITED SOCCER CLUB



ACADEMY

AGES

3 to 14Years Old (Academy)
18mo to 4Years (Taters & Tots)

SKILL LEVEL

Beginner → Intermediate

PROGRAM OFFERED

Fall, Winter, Spring, Summer

TRAINING DAYS/NIGHTS

Weeknights or Saturdays
Depending on Season

GAMES

None

COACHES

Staff Coaches

RECREATIONAL

AGES

Pre-K to 8th Grade

SKILL LEVEL

Beginner → Intermediate

PROGRAM OFFERED

Fall, Winter, Spring, Summer

TRAINING NIGHTS

- Fall & Spring (Weekday Evenings)
- Winter & Summer (Prior to Game)

GAMES

Weeknights or Saturdays
Depending on Season

COACHES

Parents or Volunteer Coaches

COMPETITIVE

AGES

Birth Years 2005-2015

SKILL LEVEL

Intermediate → Advanced

PROGRAM OFFERED

Fall, Winter, Spring-Summer

TRAINING NIGHTS

2-3 Times Week

GAMES

- Out of Town Tournaments
- Friendlies
- In-Club Games

COACHES

Nationally Licensed
Staff Coaches



Scan
Here

TRICITYUNITED.ORG



HORIZON D&D

Grades 5-8

Play D&D and other table top role playing games. Nothing is needed to start, but you may want to bring: Chromebook, Dice, Notebook/sketchbook/graph paper, pencils/pens, and after school snacks.

Registration Now Open!

\$25 • \$45 (includes tshirt)

Tuesdays 4-6 PM

Saturdays 10 AM- 4 PM

Horizon Middle School West



We have classes for toddler through adults and all levels! New students welcome. Start your dance journey with us today.

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

South Fargo
4631 40th Ave S, Ste 120
Fargo, ND 58104
701-234-9441



GASPERSSCHOOLOFDANCE.COM



REGISTER HERE

YOUTH ART CLASSES



Ann Arbor Miller

STEAM: DOODLEBOT (Ages 8-12)
Tuesday, November 7, 4-6 PM

PAINTING: ROSES (Ages 10-14)
Tuesday, November 14, 4-6 PM

FAMILY CLASS: CERAMIC PIGGY BANKS
(Ages 6-Adult)
Friday, November 17, 6-8 PM

EARLY ARTIST DRAW & PAINT: MOUSE PAINT
(Ages 4-7)
Saturday, November 18, 10-11 AM

VAN GOGH LANDSCAPES (Ages 8-12)
Tuesday, December 5, 4-5:30 PM

FLIP BOOKS (Ages 8-14)
Tuesday, December 12, 4:30-6 PM

WAY MORE CLASSES + REGISTRATION
plainsart.org/create & 701.551.6100

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

RC WARS

GRADES 5-8

Build your own Remote Control vehicles to race and battle against other teams in land and air races, obstacle courses and more as you learn mechanical and electrical building skills in an energetic and exciting environment!

4:10-5:40 PM • \$115

YE107

Horizon East Middle School

Mon/Wed • Nov 6-Dec 4

REGISTER HERE



GRADES 5-6



GRADES 7-8



presents

MOORHEAD MAGIC YOUTH WRESTLING

Who: PreK-6th Grade



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

When: Practices will start mid-November
Pre - K will practice once/week
1st - 6th will practice twice/week

Where: **MHS Wrestling Room**

Cost:

PreK-K - FREE
Grades 1-6 → \$50/wrestler; \$100 max/family
(All wrestlers are also required to purchase a USA wrestling card)
Scholarships are available on our website for those with financial needs.

Follow us on Facebook for updates - [Moorhead Magic Youth Wrestling](#)

NEW & EXCITING ELEMENTARY SCIENCE EXPLORATION

GRADES 3 & 4



Join us for a safe interactive hands-on science investigation. Young scientists will be trained by Dr. Graeme and students from Concordia College.

2:45-4:15 PM • \$10

YE57C

Ellen Hopkins Elementary
November 9

YE57D

Robert Asp Elementary
November 16

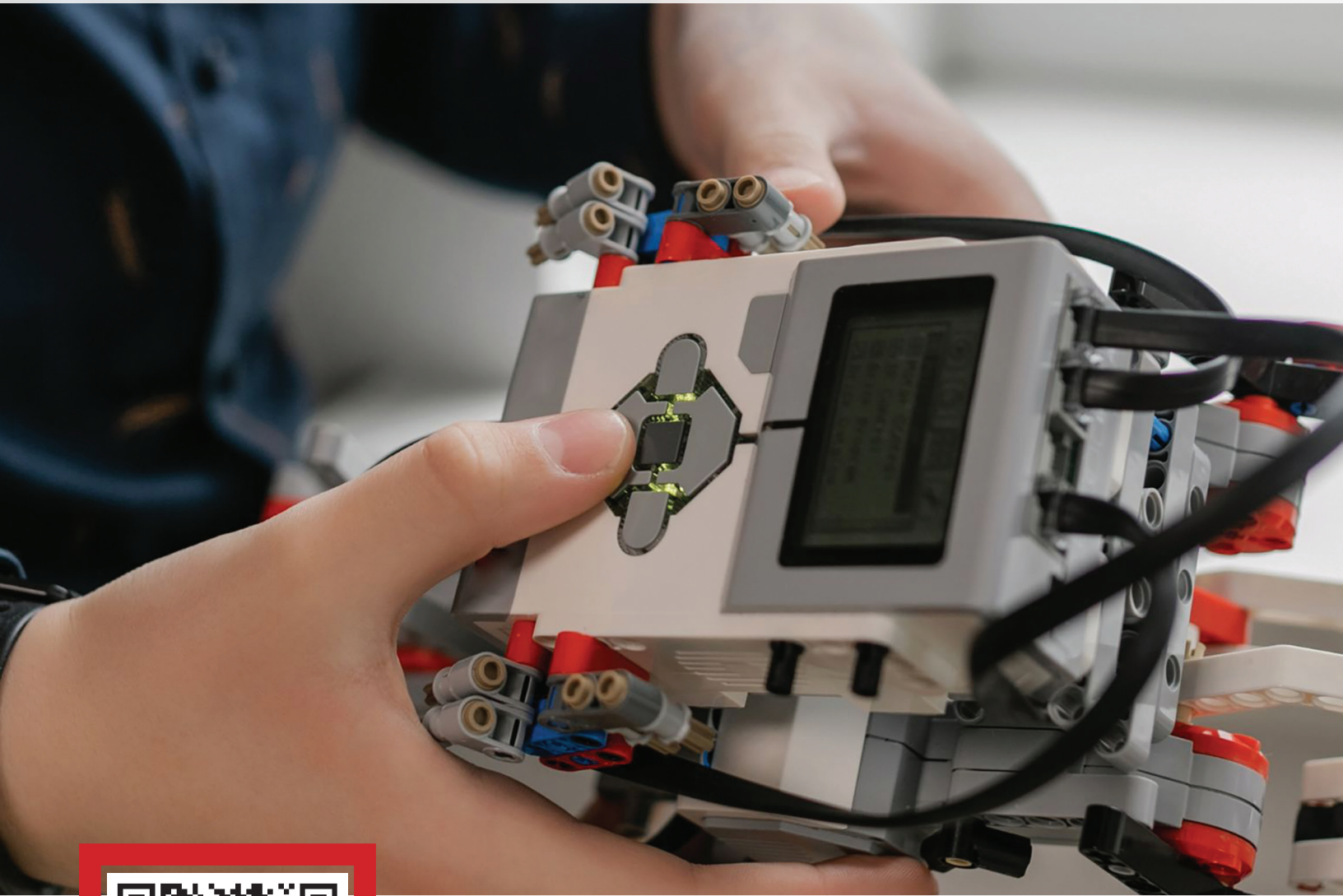
YE57E

Probstfield Elementary
November 30

EUREKA ENGINEERING

GRADES 3 & 4

Eureka Engineering introduces students to the core skills of robotics and STEM through engaging, hands-on learning opportunities. Join us for exciting and competitive challenges including drag racing, fighting robots and more!



REGISTER HERE

2:45-3:45 PM • \$115

YE40B

Robert Asp Elementary
Mon/Wed • Nov 6- Dec 4



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 more than 36 years of teaching experience and is President of the US Changmookwan TKD Union.

Check Us Out!
NO CONTRACT
REQUIRED!

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



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Inspired by you.

You are always there for your kids.
And Essentia Health is there for you and your family with same-day care and easy scheduling.

 MyChart  701-364-8900

 EssentiaHealth.org



South University Clinic **The Lights West Fargo Clinic**
1702 S University Dr 3150 Sheyenne St, Suite 240
Fargo West Fargo



SEASON 2023-24

DECEMBER 1-2 & 8-9
7 P.M.

2 & 9
2 P.M.

ASKANASE THEATRE

TICKETS: ndsuhoware.com
NDU Students FREE

MIDDLE SCHOOL

Masterpieces

Grades 5-8

Join us for step by step instructions on fun canvas masterpieces. All supplies are provided. Bring your friends and simply enjoy art through your own eyes!

4:15-5:15 PM • \$30

YE61B

Horizon West Middle School

Fri • Nov 3 • Gr 5-6



REGISTER HERE

*Helping students read with
confidence & pursue their dreams!*

Helping Students Overcome Dyslexia,
Mathematics and Language
Comprehension Difficulties



2912 15th Street S, Suite C
Moorhead, MN 56560

218.359.0505

ReadingTherapyCenter.com





Holiday Kickoff

5-7 pm, Tuesday, November 21
Rourke Art Gallery + Museum

Welcome the festive season as we light the City of Moorhead's holiday tree! Hear music from Apollo Strings, MHS Carolers and FMCT. Take in the wintery sky with constellation maps and telescopes from FM Astronomy Clubs and the MSUM Planetarium. Enjoy free refreshments, fire pits, snow painting, story time with Mrs. Claus, and postcard-writing to Santa courtesy of the UPS Store!

Skate with SANTA!

December 3, 2:15-4:15 pm
Moorhead Sports Center

Grab your friends and family, lace up your skates and enjoy free open skate with Santa and Mrs. Claus! Limited sizes of skates available to rent.



MINI BASKETBALL

This introductory program for young boys and girls teaches the basics of the game of basketball. Learn fundamentals of the game using junior-size basketballs and six-foot baskets.

Dates	Day	Times	Grades	Location	Fee
Jan. 6- Feb. 24	Saturday	10:15-11:15 am	1 & 2	Ellen Hopkins Elementary	\$50
		11:30 am-12:30 pm			\$75 after Dec. 8

YOUTH COED BASKETBALL

Meet new friends and learn the value of teamwork! Youth Basketball is an eight-week program for boys and girls in grades 3-4, focusing on participation and fun and not on high levels of competition. Participants will practice different types of basketball drills and techniques and learn play through weekly team games. Team shirts will be provided.

Dates	Day	Time	Grades	Location	Fee
Jan. 6- Feb. 24	Saturday	9-10 am	3 & 4	Ellen Hopkins Elementary	\$50
					\$75 after Dec. 8

YOUTH + ADULT OPEN GYM

Regular and junior basketballs and volleyballs will be available. Improve your basketball or volleyball skills with open courts and nets. Participants will have the opportunity to play pickup basketball or volleyball games. Equipment will be provided.

Dates	Activity	Day	Times	Locations	Age	Fee
Oct. 3- April 30	Basketball + Volleyball	Thurs.	6:30-9 pm	Community Life Center	16+	FREE
Oct. 1- March 31	Youth Open Gym	Sunday	1-6 pm		15 and under	

No open gym Oct. 26 and 31, Nov. 23, Dec. 24, 26 and 31 or March 21 and 31

 Register by calling 218.299.5340 or visit moorheadparks.activityreg.com.

Kids & Canvas

Grades 1-4

This class is easy to follow, has step-by-step instructions, and provides all materials needed to create this masterpiece.

2:45-3:45 PM • \$30

YE60E
S.G. Reinertsen Elementary
November 17




REGISTER HERE

SHOU SHU MARTIAL ARTS

START YOUR JOURNEY TODAY



**JOIN TODAY
AND GET YOUR
FIRST TWO
CLASSES FREE!**

See what's happening at the YMCA!



YMCA Kids' Clubs

Created for all age levels and interests - there is something for every child to enjoy! No matter your kiddo's curiosity, we have options for tons of hands-on fun, exploration, and learning!

- Art & Crafting Club
- LEGO Robotics Club
- Creative Cooking Club
- And more!

Learn more and register:
ymcacassclay.org/kidsclubs



Membership! Looking for fun ways to stay active this winter? We have lots of fun options if you become a member. Go for a swim in our Aquatics Center, workout in our fitness centers, try a group fitness class, check out our newly renovated Kids' Gym at Fercho that features a 'Ninja Warrior Course', play basketball, go rock climbing, and more! To join, stop by either Schlossman YMCA or newly remodeled Fercho YMCA or visit: ymcacassclay.org/membership

Winter Youth Programs

Keep your kiddos active, learning, and having a BLAST! Options are available for toddlers through teens - get registered today! ymcacassclay.org/programs

Mark your calendar: Registration for Winter/Spring Programs opens November 20!

Swimming Lessons
Gymnastics
Gators Swim Team

Cheerleading & Dance
STEM Camp
Basketball League

Soccer Camp
Ninja Skills
and more!



Thursday November 23 | 8:30am | Fercho YMCA

Each year, the YMCA partners with SoleMOTION Race for the annual Burn the Bird race! Get fresh air and a good 'burn' going with the 5K run/walk or the 10K run before sitting down for Thanksgiving dinner. All ages welcome! Learn more and register: bit.ly/burnthebirdrun



Artistic Hour

GRADES 1-4

Do you love art in all forms? Do you enjoy a multitude of artistic utensils? Bring forth your creativity in an inviting space to learn about different methods of art. Spread your wings and create!

2:35-4 PM • \$35

YE17E

Dorothy Dodds Elementary

Tues • Nov 14 & 21



REGISTER HERE



3509 4th Ave S • 277-1TKD

Red River Traditional TaekwonDo

The Area's Only Traditional Taekwondo School

Grand Master Jim has **45 years** of experience in Taekwondo. Certified 8th Degree Black Belt teaches each and every class.

- 8th Degree Black Belt** in World TaeKwonDo Federation TaeKwonDo
- 8th Degree Black Belt** in Moo Duk Kwan TaeKwonDo
- 7th Degree Black Belt** in Chang Moo Kwan TaeKwonDo
- 5th Degree Master** in HapKiDo (the art of joint locks and ground fighting)
- 4th Degree Master** in KumDo (the Korean sword art)

Grand Master Jim is the only Kukkiwon/World Taekwondo Headquarters trained & certified:

- **International Taekwondo Master License, 1st Class,** Kukkiwon certified (World Taekwondo Headquarters)The only one in ND, SD, MN & MT. This is important because as of 2023 *only* certified **International Masters** can apply for Black Belts certification.
- **Kukkiwon Test Examiner, 1st Class,** the only one in ND, SD, MN & MT. This is important because the Kukkiwon will be setting up **Regional Testing Boards** for Black Belts comprised *only* of **8th Degree Kukkiwon Test Examiners**.
- **International Hanmadang Referee** (International Taekwondo Competition)
- **North Dakota President of the World Taekwondo Masters Union**
- **Founding member of the International Black Belt Federation** and the **Northern Taekwondo Alliance**. Former member of the **ND State Athletic Commission** and a Mixed Martial Arts referee and judge.
- All Instructors are certified Black Belts through the Kukkiwon

go to RRTKD.COM for more information

FREE

2 week trial

277-1TKD • 3509 4th Ave S



Grand Master Jim in Korea with the President of the Kukkiwon