


KIDsource

TREATS AROUND THE WORLD

CHECK IT OUT ON PAGE 10



KIDS AND CANVAS
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EXPLORING THE COLORS OF
CHEMISTRY
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PAINTING PRESENTS
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Kids & Canvas

GRADES 1-4

\$30 • 2:45-4 PM

JANUARY 5

Robert Asp Elementary

JANUARY 19

S.G. Reinertsen Elementary

FEBRUARY 2

Probstfield Elementary

FEBRUARY 16

Ellen Hopkins Elementary

Students, get ready for a relaxing, fun and healing art experience as Laura shares her talent with you. Each student will create a work of art on an 11" x 14" painted canvas.



REGISTER HERE



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



Tae Kwon Do & Kumdo

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



MERRY CONFIDENCE

HOLIDAY SPECIAL

4 weeks of classes

ONLY \$50

Something for everyone!

Kids – Teens – Adults

Shou Shu Kung Fu (Ages 4+)

Jiu Jitsu (Ages 4+)

Kickboxing Self Defense

Martial Arts for Teens & Adults



Join today at

**SHOU SHU
MARTIAL ARTS**

900 1st Ave N • Moorhead

Ph: 218.512.0142

Like us on



GIVE YOUR CHILD THE GIFT OF CONFIDENCE!

GRADES 2-6



REGISTRATION IS COMING.

Proven to increase self-esteem and decrease anxiety symptoms in girls grades 2-6, BIO Girls is a 12-session program that includes lessons, mentorship, and non-competitive physical activity.

10+ local program locations in 2024!

Stay in the loop on when to register:



biogirls.org/connect

www.biogirls.org | (701) 532-0245



GRADES 6-11



NEW!

REGISTRATION OPEN NOW.

BIO Teens is a program designed to foster self-esteem among teens in grades 6-11, focusing on **relevant topics** including body image, relationships, confidence, and mental health. Programs feature interactive **lessons**, **mindfulness activities**, **group projects**, **self-reflection**, and **personal growth**. Each module is delivered in five, two-hour sessions.

Confidence Module

- January 3, 10, 17, 24 & 31
- Wednesdays, 4:30-6 PM
- Location: BIO Girls HQ

The Confidence module begins on **January 3rd**. Register your teen:



biogirls.org/register

YOUTH ART CLASSES



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

COLOR WHEEL PIZZA (Ages 4-7)
Saturday, December 16, 10-11 AM

KID QUEST: PLANT A SCULPTURE
Saturday, December 2, 1-4 PM
A FREE art adventure for the whole family on the first Saturday of each month. Registration begins one month before each event.

Sign up for NEW Winter youth classes on December 1. Classes will fill up quickly, make sure to register today!

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

Ann Arbor Miller



Exploring THE COLORS OF Chemistry

GRADES 5-8

\$10 • 4:15-5:15 PM

Thursdays • February 8-22

Join Dr. Graeme and students from Concordia Science Academy for a 3 week colorful chemistry investigation. Each week will focus on new hands-on experiments where you and your fellow scientists conduct a scientific investigation using different real world materials.



REGISTER HERE



See the world as it should look.

VISION CARE FOR THE WHOLE FAMILY

Trust your eye care to Essentia Health's optometry and ophthalmology team. Our expert providers diagnose and treat various eye conditions and injuries, as well as prescribe eyeglasses and contact lenses.

**To schedule an eye exam,
call 701-364-8900.**

South University Clinic
1702 University Dr S | Fargo
Monday-Friday: 8 am-5 pm



Essentia Health

Join our team: EssentiaCareers.org



Painting Presents

\$25 • 10 AM-12 PM

December 9
Vista Room 204

Children ages 8 and up are welcome to join Laura to paint the perfect gift to wrap under the tree. An undisclosed gift will be completed during this 2 hour course, and each child will be sent home with their wrapped creation.



REGISTER HERE

TRI-CITY UNITED SOCCER CLUB



ACADEMY

AGES

3 to 14 Years Old (Academy)
18mo to 4 Years (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





FMCT

EDUCATION



*All classes held at our Rehearsal Studio / Education Center
715 13th Ave E Suite 101 West Fargo, ND 58078*

For more information and to register, visit fmct.org/education

WINTER SEMESTER: JAN 6 - MARCH 2, 2024

Registration opens November 4th

ACTING

Pre-K (ages 3-5)
Kindergarten - 2nd grade
3rd - 5th grade
Adult (10th grade+)

MUSICAL THEATRE

Kindergarten - 2nd grade
3rd - 5th grade
6th-9th grade

ADAPTIVE THEATRE

1st - 12th Grade
Ages 18+

ONE-ACT

4th - 8th grade



CLASS DESCRIPTIONS:

ACTING

Actors will explore the core principles of acting, including voice and movement, theatre vocabulary, objectives, and obstacles, as well as the importance of risk-taking and ensemble building.

ONE-ACT

Students will take their acting and storytelling skills to a new level by rehearsing and performing an in-studio performance of a one-act play.

MUSICAL THEATRE

Students will tackle fun, challenging harmonies and choreography. Through discipline and artistic expression, students will push themselves both physically and vocally, and will develop their performance skills in a multidisciplinary environment.

ADAPTIVE THEATRE*

Students of all abilities will explore the art of theatre through games, exercises, and rehearsals. This class is appropriate for students on the Autism Spectrum, those with Down Syndrome, severe ADHD, or any other developmental or sensory processing disorders.

Summer session
on sale
NOW!

**This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.*

LEARN TO SKATE



Learn the basic skills of ice skating with our U.S. Figure Skating Skate with Us program. Hockey Skills and Novice lessons available. Monday and Saturday sessions. Ages 3 and up.



Registration is open for January!



PARKS AND RECREATION
moorheadparks.com

218.299.5340

Register online at moorheadparks.activityreg.com.

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. Shirts will be provided.

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 station activities and 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
Through April 30	Basketball + Volleyball	Thurs.	6:30-9 pm	Community Life Center	16+	\$5/day \$40 punch card
Through March 31	Youth Open Gym	Sunday	1-6 pm		15 and under	FREE

No open gym December 24, 26 and 31 or March 21 and 31.



PARKS AND RECREATION
moorheadparks.com

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

Sleigh Rides

Take a scenic sleigh ride through beautiful M.B. Johnson Park!

Reservations are available by calling 218.299.5340. Tickets may also be purchased on-site if space allows.

December 26, 28-29, 1-4 pm
December 27, 4-7 pm

M.B. Johnson Park
3601 Oakport St N
\$5/person, 2 and under free

Free hot chocolate and cookie with all reservations.



PARKS AND RECREATION
moorheadparks.com



PARKS AND RECREATION
moorheadparks.com

CROSS-COUNTRY SKIING + SNOWSHOE TRAILS

Groomed trails await cross-country skiers at Gooseberry, Homestead, Woodlawn, River Oaks Point, M.B. Johnson and Viking Ship Parks! Viking Ship Park features an illuminated trail.



Dates	Days and Times	Rental Equipment (Hjemkomst Center Only)	Rental Fees (Cash and Check Only)
December 9- March 3 (weather permitting)	Saturdays 10 am-4:30 pm	Ski Package	\$15.00
		Family Ski Rental	\$40.00
	Sundays Noon-4:30 pm	Snowshoes	\$10.00
		Family Snowshoe Rental	\$25.00
		Headlamps	\$5.00

TREATS AROUND THE WORLD

Grades 2-4

Grab your aprons and recruit your friends for a fun, food-inspired afterschool program! Learn culinary skills, try tasty foods and make the food-body connection. Participants will be engaged in food-related games, activities, and crafts from around the world. We will experiment with all sorts of gooey fun. Food and fun all rolled into one!

\$30 • 2:45-4:15 PM

December 4-7

Dorothy Dodds Elementary

December 11-14

Probstfield Elementary

January 29- February 1

Robert Asp Elementary

February 12-15

Ellen Hopkins Elementary

February 26-29

S.G. Reinertsen Elementary



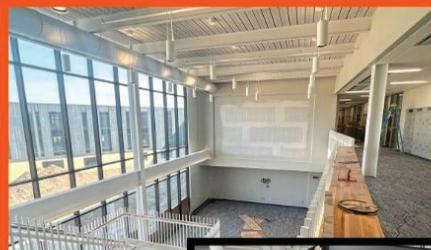
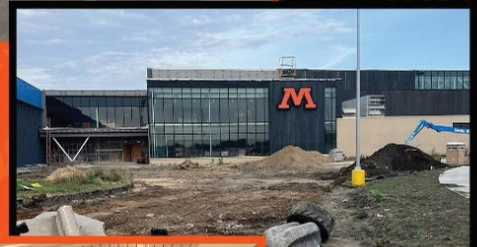
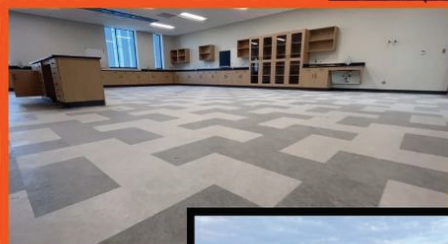
REGISTER HERE

GET YOUR FIRST LOOK AT THE NEW MHS THIS DECEMBER

DECEMBER 17
ACADEMIC
WING PREVIEW

DECEMBER 27
NEW GYM
COMMISSIONING

**SAVE THE
DATE!**



See what's happening at the YMCA!



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 CALENDARS: Winter sessions kick off in January!

Swimming Lessons
Babysitting Trainings
Gators Swim Team

Volleyball Clinic
Gymnastics & Dance
Basketball League

Cheerleading
Ninja Skills
Rock Climbing

Soccer
T-Ball
and more!



Kids Clubs – Fun for Every Child!

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

LEGO Robotics
Pokémon & Minecraft
Theatre Skills

Crafting
Science & Engineering
Creative Cooking

Photography
Nintendo
and more!

Sunday Fun Day!

Sundays | 2:00 – 5:00pm | Fercho YMCA

Members: FREE! | Non-Members: \$15/Family | All ages welcome!

Do you know about Sunday Fun Day at the YMCA?! You can beat those winter blues by joining us on Sundays for a day of swim and play! Children can make a splash on our giant aquatics obstacle course. Or they can tumble, jump, and climb in our Gymnastics Room or newly renovated Kids Gym! No reservation is required, just come on in! ymcacassclay.org/events





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