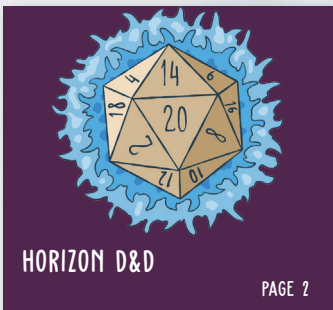
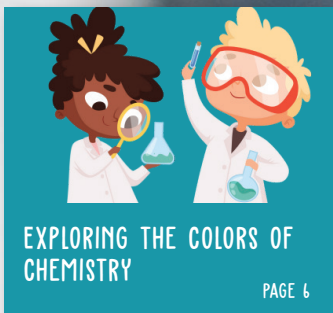


KIDsource



ARABIC FOR BEGINNERS: READING, WRITING & COMMUNICATION

CHECK IT OUT ON PAGE 8



PEDIATRIC CARE

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
1702 S University Dr
Fargo

The Lights West Fargo Clinic
3150 Sheyenne St, Suite 240
West Fargo

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 Open!

\$25 • \$45 (includes tshirt)

Tuesdays 4-6 PM

Saturdays 10 AM- 4 PM

Horizon Middle School West



REGISTER HERE

KICK IN THE NEW YEAR WITH SHOU SHU MARTIAL ARTS

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 

FARGO MOORHEAD YOUTH CHOIR

REGISTER NOW FOR THE SPRING 2024 SESSION!

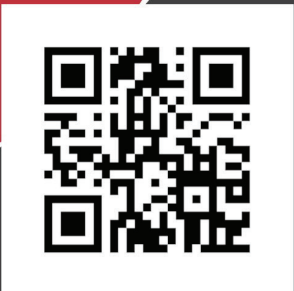
START YOUR WEEK WITH...



FUN

FRIENDS

SINGING!



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

January 29- February 1
Robert Asp Elementary

February 12-15
Ellen Hopkins Elementary

February 26-29
S.G. Reinertsen Elementary



REGISTER HERE

YOUTH ART CLASSES



INTERMEDIATE POTTERY ON THE WHEEL

(Ages 9-16)
Mondays, January 22-February 12 (4 sessions)
4:30-6:30 PM

POTTERY ON THE WHEEL

(Ages 9-18)
Saturdays, February 3, 9:45-11:45 AM

WATERCOLOR PENCIL JUNGLE DRAWINGS

(Ages 8-12)
Tuesday, February 6, 4:30-6 PM

WATERCOLOR UNICORN

(Ages 8-12)
Tuesday, February 13, 4:30-6 PM

KALEIDOSCOPIES

(Ages 8-12)
Tuesday, February 20, 4:30-6 PM

ANATOMY ABSTRACTED

(Ages 10-14)
Tuesday, February 27, 4:30-7 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

Try Its coming in January!

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Moorhead Youth Lacrosse



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TRADITION



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

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Fargo, ND 58102
701-234-9440

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



GASPERSSCHOOLOFDANCE.COM



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

FUN AT THE FROZEN FORTRESS

JANUARY 27, 11 AM-3 PM | VIKING SHIP PARK

Embrace the cool of winter with a day of outdoor activities and events: the Moorhead Business Association's Snow Sculpture Contest, free cross-country ski and snowshoe rentals, outdoor games, hot chocolate, marshmallow roasting and much more frosty fun!

CANDLELIGHT TRAIL WALK

FEBRUARY 6, 6-8 PM | VIKING SHIP PARK

Take a scenic stroll around Viking Ship Park! Stick around for a bonfire, food, hot chocolate, games and more! Free cross-country ski and snowshoe rentals will be available.

SLEIGH RIDES

FEBRUARY 3 AND 17, 1-4 PM | M.B. JOHNSON PARK

Enjoy sleigh rides through beautifully scenic M.B. Johnson Park.

Frostival treats and refreshments will be available. Call 218.299.5340 and reserve tickets for a certain time slot. Tickets will be available on-site based on capacity restrictions. \$5/person (children 2 and under free).

ARABIC FOR BEGINNERS: READING, WRITING & COMMUNICATION

ALL AGES

This new course offering will feature Arabic for beginners. Whether you are Arabic or interested in learning more about the Arabic culture, this course will breakdown reading, writing, and communication skills.

\$35 • 4:15-5:30 PM

Tuesday/Thursday

January 18-February 20

Horizon West Cafeteria



REGISTER HERE



REGISTRATION DAY IS COMING.

JANUARY 16TH

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. The four curriculum pillars in BIO Girls are Mental Health, Leadership, Healthy Relationships, and Kindness.

Registration will open online for the locations listed below on January 16th at 8AM!

MOORHEAD

- **Good Sheperd** - Running | Program meets Sundays, 3:30-5 PM

FARGO

- **Atonement** - Running | Program meets Thursdays, 5:30-7 PM
- **BIO Girls HQ** - Running | Program meets Mondays, 5-6:30 PM
- **Flint Group** - Art | Program meets Tuesdays, 5-6:30 PM
- **Hope North** - Running | Program meets Thursdays, 5:30-7 PM
- **Microsoft** - Running | Program meets Thursdays, 4-5:30 PM
- **Oak Grove** - Running | Program meets Mondays, 4:30-6 PM
- **Olivet** - Running | Program meets Sundays, 4:30-6 PM
- **Red River Dance** - Dance | Program meets Thursdays, 6:15-7:45 PM
- **Scheels** - Running | Program meets Mondays, 4:30-6 PM

WEST FARGO

- **Faith + Journey** - Yoga | Program meets Mondays, 4:30-6 PM
- **Holy Cross** - Running | Program meets Mondays, 4:30-6 PM
- **Prairie Heights** - Running | Program meets Sundays, 3:30-5 PM
- **Triumph** - Running | Program meets Sundays, 2-3:30 PM



REGISTER:



biogirls.org/register

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



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



FOR MORE INFORMATION:

CALL: (701) 866-9002

EMAIL: info@hopeinc.org

WEBSITE: hopeinc.org

HOPE, Inc. provides adaptive team sports & recreation activities for children and adults living with mobility challenges



We are a year-round adaptive program, offering over 25 adaptive activities!

Wheelchair Soccer - Sled Hockey - Curling

Adaptive Dance - Fishing - Bowling

Wheelchair Basketball - Adaptive Theatre

Adaptive Downhill Ski - Wheelchair Baseball

Art Club - Wheelchair Tennis - and MORE!



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!

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WWW.MARQUARTSTKD.COM

2615 12th Avenue S.

Moorhead, MN





Red River Traditional TaeKwonDo



Give yourself a **Christmas** present
and start the **NEW YEAR** with a **FREE**
uniform when you register
for classes. * a \$40 value



- COMMENTS FROM PARENTS -

Jenny D

"...I recommend RRTKD to all families who are looking to engage in an activity that is enriching for the body, mind and soul."

Marilea B

"We have had amazing experiences at Red River Traditional TaeKwonDo. Master Jim is phenomenal working with the students. He clearly cares about them and has high expectations. My kids developed their physical strength and their confidence. "

Joseph D

"This has been one of the best investments I've ever made in my kids lives."

8th Degree Grand Master

Jim Grimestad with 44 yrs. experience

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