

# KIDsource



## EXPLORING THE COLORS OF CHEMISTRY

CHECK IT OUT ON PAGE 7

# YOUTH ART CLASSES



**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

**ACRYLIC PAINTING** (Ages 8-12)  
Tuesday, March 19, 4:30-6 PM

**CERAMIC HANDBUILDING** (Ages 8-12)  
Thursday, March 28, 4:30-6 PM

**WAY MORE CLASSES + REGISTRATION**  
[plainsart.org/create](https://plainsart.org/create) & 701.551.6100

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

# *HAPPY ANNIVERSARY MAPS!*

# ONCE *a spud* ALWAYS *a spud*



# SHOU SHU MARTIAL ARTS

**Kick Away  
the  
Winter Blues!  
With 2 Weeks  
Free!!!!**

**NEW STUDENTS ONLY**

**Classes for Everyone!**

**Kids ages 4 and up**

**Teens and Adults**

**Women's Kickboxing**

**Sparring & Grappling**

**218.512.0142  
SHOUSHUFM.COM**



# Kids & Canvas

GRADES 1-4



**\$30 • 2:45-4 PM**

**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**

# Participates Needed



We are interested in learning about how parents socialize their children to deal with failures.

If you are **the primary caregivers of one or more 4-8-year-olds**, we invite you to fill out an **online questionnaire**.

Please scan the QR code below to join our study.



**As a thank you from us, you will receive a \$30 e-gift card**

- You may choose one of the following e-gift card options: Amazon, Target, or Starbucks.

If you have any questions regarding the study, please contact Dr. Wen Wang  
701-231-1875 or wen.wang@ndsu.edu



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](http://GASPERSSCHOOLOFDANCE.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



*Check Us Out!*  
**NO CONTRACT REQUIRED!**

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.

Call 218.233.6941 for more information or visit  
[WWW.MARQUARTSTKD.COM](http://WWW.MARQUARTSTKD.COM)  
2615 12th Avenue S.  
Moorhead, MN





# 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](https://www.essentiahealth.org)  Walk-ins welcome




**South University Clinic**  
1702 S University Dr  
Fargo

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




## ART PROGRAMS



**REPOUSSÉ ART**

Thursday, March 7  
6:30-7:30 pm | Alm Park  
Ages 11-14 | \$12


Learn about the history of repoussé and create your own masterpiece! Artists will experiment with a variety of tools to create their 3D image.



**EXPRESSIVE ARCHITECTURE**

Thursday, March 21  
6:30-7:30 pm | Alm Park  
Ages 8-10 | \$12

Artists will dive into the world of architectural expression, inspired by the renowned artist Paul Klee. They will bring their sketch to life using vibrant watercolors!



**MOUNTAIN RANGE**

Thursday, April 11  
6:30-8 pm | Alm Park  
Ages 9-13 | \$18

Enjoy an evening painting together in this adult/child class! You and your child will create a beautiful mountain range on canvas.

### ART CAMPS

Participants will draw, paint, sculpt, and collage. At the conclusion of these camps, artists 8 and older will have the opportunity to present their creations in an art show!

Session	Dates	Days	Times	Location	Age	Fee
1	June 17-27	Monday-Thursday	9-10 am	Alm Park	6-7	\$36.00
2			10:30 am-Noon		8-9	\$40.00
3	July 8-18		9-10:30 am		10-12	\$40.00
4			11 am-Noon		6-7	\$36.00
5	July 22-Aug. 1		8:30-10 am		8-10	\$40.00
6			10:30 am-Noon		11-14	\$40.00

Min 6/Max 10 • No program June 19, makeup date June 21

Register by calling 218.299.5340 or visit [moorheadparks.activityreg.com](https://moorheadparks.activityreg.com).

### TAE KWON DO

Participants learn to reach their full potential with our confidence-building martial arts program. Our belt promotion curriculum focuses on many areas of Tae Kwon Do, progressively improving each student's skills and abilities.

Dates	Days	Times	Ages	Location	Fee
March 5-28	Tuesday and Thursday	Beginner 4:30 -5:30 pm 5:30-6:30 pm	5+	Northwest Martial Arts, 1430 Main Ave, Fargo, ND 58103	\$75.00
April 2-25			Beginner		
May 2-28		Advanced and Black Belt: 6:30-7:30 pm	Advanced and Black Belt		
June 4-27					
July 9-Aug 1					
August 6-29					

Min 10/Max 20 • No classes March 14, April 1 and 10, May 27 and June 19

### SHOU SHU SELF-DEFENSE

Shou Shu is a martial art in which students will learn self-defense techniques for a range of situations. These classes develop confidence, discipline, respect and courage in a fun environment.

Dates	Day	Times	Ages	Location	Fee
March 4-27	Monday and Wednesday	5:30-6 pm	5-7	Shou Shu Martial Arts 900 1 Ave N Moorhead, MN	\$80.00
April 2-29		6-7 pm	8-13		
May 1-29		6:30-7:30 pm	14-17		
June 3-26		7-8 pm	18+		
July 8-31					
August 5-28					

Min 10/Max 20 • No classes March 13 and 14, April 10, May 27 and June 19

### JIU JITSU

Jiu Jitsu is a martial art focused on grappling and ground techniques. Participants will improve balance and other motor skills while having fun.

Dates	Day	Times	Ages	Location	Fee
March 5-28	Tuesday and Thursday	6:30-7:30 pm	7-13	Shou Shu Martial Arts	\$80.00
April 2-25					
May 2-28					
June 4-27					
July 9-August 1					
August 6-29					

Min 10/Max 20 • No classes March 13 and 14, April 1 and 10, May 27 and June 19



Register by calling 218.299.5340 or visit [moorheadparks.activityreg.com](https://moorheadparks.activityreg.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**

# 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**

**February 12-15**

Ellen Hopkins Elementary

**February 26-29**

S.G. Reinertsen Elementary



REGISTER HERE



# ARTSPARK

FOR ALL KIDS GRADES K-4

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



REGISTER BY **MARCH 1<sup>ST</sup>**  
TO RECEIVE AN  
**EARLY REGISTRATION**  
**DISCOUNT!**

Visit [trollwood.org](http://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.

2024 Summer sessions are scheduled for the weeks of June 10–14, 17–21, July 8–12, 15–19, and 22–26. Open to kids grade K–4.

# 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



# GARDEN BUZZ SCIENCE CLASS

Grades 1-4

Growing plants is filled with science fun. Explore what plants need and how they grow with this indoor class. Taught by Clay County 4-H and UMN Master Gardeners. Everyone is welcome.

**\$30 • 2:45-4:15 PM**

**Tuesdays, Apr 2 - Apr 23**  
S.G. Reinertsen Elementary

**Thursdays, Apr 4 - Apr 25**  
Dorothy Dodds Elementary

**Mondays, Apr 29 - May 20**  
Probstfield Elementary



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](http://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