

# KIDsource



# GARDEN BUZZ SCIENCE CLASS

CHECK IT OUT ON PAGE 6





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)



## Morning Preschool Open House

4 Star Parent Aware Rated

- EXPERIENCED TEACHERS
- SMALL CLASS SIZE
- WEEKLY MUSIC PROGRAM
- EXPANSIVE OUTDOOR PLAYSPACE
- 2,3,4 DAY OPTIONS

March  
18th  
5-6pm



### CONTACT US:

Bethesda Lutheran Church  
401 40th Ave. South, Moorhead  
Phone: 701-212-6637  
Email: [kari.penas@bethesdaallstars.com](mailto:kari.penas@bethesdaallstars.com)



3-5 YEARS OLD  
Mon - Thurs  
8 am - noon

# YOUTH ART CLASSES



**POTTERY ON THE WHEEL** (Ages 9-18)  
Saturday, March 3, 9:45-11:45 AM  
Saturday, April 13, 9:45-11:45 AM

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

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

**INTERMEDIATE POTTERY ON THE WHEEL**  
(Ages 9-16)  
Mondays, April 8-29, 4-6 PM (4 sessions)

**SCULPTURE: SPRING RAIN MOBILE**  
(Ages 8-12)  
Thursday, April 11, 4:30-6 PM

**PASTELS FLOWERS** (Ages 8-12)  
Tuesday, April 23, 4:30-6 PM

**FLOWER COLLAGE** (Ages 4-7)  
Saturday, April 27, 10-11 AM

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

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



# **BUILD YOUR FUTURE**

**GRADES 6-9**

Design and build structures, solve problems and complete challenges using LEGOs and other supplies in a culturally relevant setting. Each day, you will get materials to design and build a ski jump, a Rube Goldberg machine, a pinball machine. LEGO machines and more. You will get to work with other students to design, build, re-work and share your creations just like real engineers!

This program is designed for immigrant and BIPOC youth. Class is led by the Afro American Development Association using MN 4-H tools and resources. \$30 fee to participate paid for the CYFAR Grant (Children, Youth and Families at Risk).

**APRIL 15- MAY 15**  
**MON/WED • 4-5:30 PM**  
**HORIZON WEST**



**REGISTER HERE**

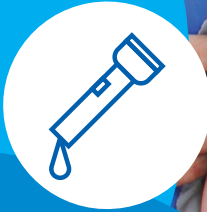
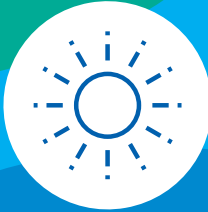






# BEST SUMMER EVER

2024 Summer Camp  
registration is **OPEN!**



## DAY CAMPS

- **Mini Camp** Ages 3 - 5
- **Camp Koda** Ages 6 - 11
- **Day Camps at Cormorant** Ages 6 - 12

## OVERNIGHT CAMP

- **Camp Cormorant** Ages 7 - 15

[ymcacassclay.org/camp](http://ymcacassclay.org/camp)



# 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**



*Join today at*  
**SHOU SHU MARTIAL ARTS**

**900 1st Ave N • Moorhead**

**Ph: 218.512.0142**

Like us on





# 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.

2:45-4:15 PM

\$30

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



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!



BEYOND BOUNDARIES  
THERAPY & WELLNESS

LITERACY  
services

IMSE  
ORTON-  
GILLINGHAM  
PROGRAM

1:1  
TUTORING

Who would benefit from literacy services?

- Children who have difficulty sounding out words when reading or spelling
- Children who are below grade level with reading or spelling
- Children who are hoping to increase their confidence with reading or spelling

☰ Call us! 701-356-0062 ☰

info@beyondboundaries.us



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



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

2615 12th Avenue S.  
Moorhead, MN





# 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







# trollwood


PERFORMING ARTS SCHOOL

# ARTSPARK

FOR ALL KIDS GRADES K-4

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

REGISTER ONLINE AT  
[WWW.TROLLWOOD.ORG](http://WWW.TROLLWOOD.ORG)  
**TODAY!**



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.

Visit [trollwood.org](http://trollwood.org) or call 218-477-6500 to learn more!





# Kids & Canvas

GRADES 1-4

\$30 • 2:45-4 PM

APRIL 5

Robert Asp Elementary

APRIL 12 & 19

S.G. Reinertsen Elementary

APRIL 26 & MAY 3

Probstfield Elementary

MAY 10

Ellen Hopkins Elementary

MAY 17

Dorothy Dodds Elementary

*Students, get ready for a relaxing, fun and healing art experience. Each student will create a work of art on an 11" x 14" painted canvas.*



## Fargo Safety Town



For kids entering kindergarten  
Fall of 2024



Sessions held at  
Lewis & Clark Elementary  
June 3 - 14 & June 17 - 28

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](http://www.fargooptimists.org)



Sponsored by Fargo Optimist Club

Try Its coming in January!



Follow us on twitter

@MoorheadLax

Moorhead Youth Lacrosse



BE THE

TRADITION

moorheadlacrosse.com







# SUMMER EXPLORER PROGRAM

YMCA School Age Child Care

The YMCA Summer Explorer Program offers full day care and learning during the summer months for Grades K - 5. Our unique program combines fun with hands-on learning and exploration to build the whole child, from the inside out!

[ymcacassclay.org/schoolage](http://ymcacassclay.org/schoolage)

**Get ready for a summer of adventure, curiosity, exploration, and tons of fun!**

- Math and literacy activities
- STEM and art projects
- Outdoor play, swimming, and field trips
- Sports and daily physical activity
- Character development & exploration
- Breakfast, lunch, & snack included





## **SLEEP TALK SKATEBOARDING CLUB**

Have fun, practice coordination and determination and gain confidence in our new skate club program from Sleep Talk Skate. Youth will meet once a week to skateboard with experienced instructors. Learn balance, board control, pushing and ollies, working up to more advanced tricks. Skateboards and helmets are required and pads are encouraged. Gear rental is available for an additional \$10/session.

Dates	Days	Times	Grades	Location	Fee
April 4- May 2	Thursday	4-5 pm	K-4	Hjemkomst Landing Skate Park	\$50
		5:15-6:15 pm	5-8		
April 7- May 5	Sunday	10-11 am	K-4		
		11:15 am- 12:15 pm	5-8		

Register and learn about scholarships online or call 218.299.5340!



**PARKS AND RECREATION**  
moorheadparks.com



@moorheadparksandrec

**SATURDAY, MARCH 16**  
**10 am-4 pm | Doors 9:30 am**  
**\$5 admission, kids 10 and under are free**

## **Celtic Festival**

Enjoy the intriguing history, arts and traditions of Brittany, Cornwall, Isle of Man, Galicia, Ireland, Scotland and Wales at the annual Celtic Festival. Live music, demonstrations, storytelling, food and more.

Co-sponsored by:



This activity is made possible by the voters of Minnesota through grants from the Lake Region Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage fund.



## **YOUTH BASEBALL**

These programs teach the fundamentals and teamwork of baseball for boys and girls in first-fifth grade. All practices and games are played at Southside Regional Park. Practices will be station-based skill drills teaching hitting, fielding, catching and throwing. **Team postings and schedules will be available at moorheadparks.com under the League Schedules and Standings section a week before the program begins.**



**PARKS AND RECREATION**  
moorheadparks.com

Register online or call 218.299.5340!

Dates	Days	Time
May 20- June 27	Monday and Wednesday or Tuesday and Thursday	5:30- 6:15 pm
Location	Age/Grade	Fee
Southside Regional Park	Kindergarten (Must be 5 years old by program start)	\$50

No program May 27 and June 19

## **BIG BOPPER BASEBALL (no-pitch)**

Big Bopper is an introductory program for 5-year-old boys and girls that focuses on fundamentals, teamwork, and having fun! This program uses plastic bats and foam baseballs. If you feel your child is ready to play with an aluminum bat and a low compression ball, contact Trevor at 218.299.5296.

**T-BALL**  
(no-pitch)

Dates	Days	Times	Current Grade	Location	Fee
May 6-June 26 (No program May 27 and June 19)	Monday and Wednesday	6:15 or 7:30 pm (to be assigned)	1	Southside Regional Park	\$55 \$82.50 after April 12

**ROOKIE**  
(coach-pitch)

Dates	Days	Times	Current Grades	Location	Fee
May 7- June 27	Tuesday and Thursday	6:15 or 7:30 pm (to be assigned)	2-3	Southside Regional Park	\$55 \$82.50 after April 12

**POP-UP**  
(coach-pitch)

Dates	Days	Times	Current Grades	Location	Fee
May 7 - June 27	Tuesday and Thursday	6:15 or 7:30 pm (to be assigned)	4-5	Southside Regional Park	\$55 \$82.50 after April 12





# College for Kids & Teens

Summer programs for ages 6-18 at **MSUM**



**JUNE**

▶ June 3-6 ▶ June 10-13

**JULY**

▶ July 8-11 ▶ July 15-18

**Registration opens MARCH 1**

Register before May 16 and receive a **10% discount!**

For course descriptions, cost, and online registration, scan **QR code** or visit [www.mnstate.edu/cfkt](http://www.mnstate.edu/cfkt).  
*Scholarships available.*

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



MINNESOTA STATE UNIVERSITY  
**MOORHEAD**

A member of the Minnesota State system





# KIDS MUSICAL SHOWCASE FUNDRAISER

APRIL 21ST 12-2 PM

**DREAM BIG & GET ON STAGE!**

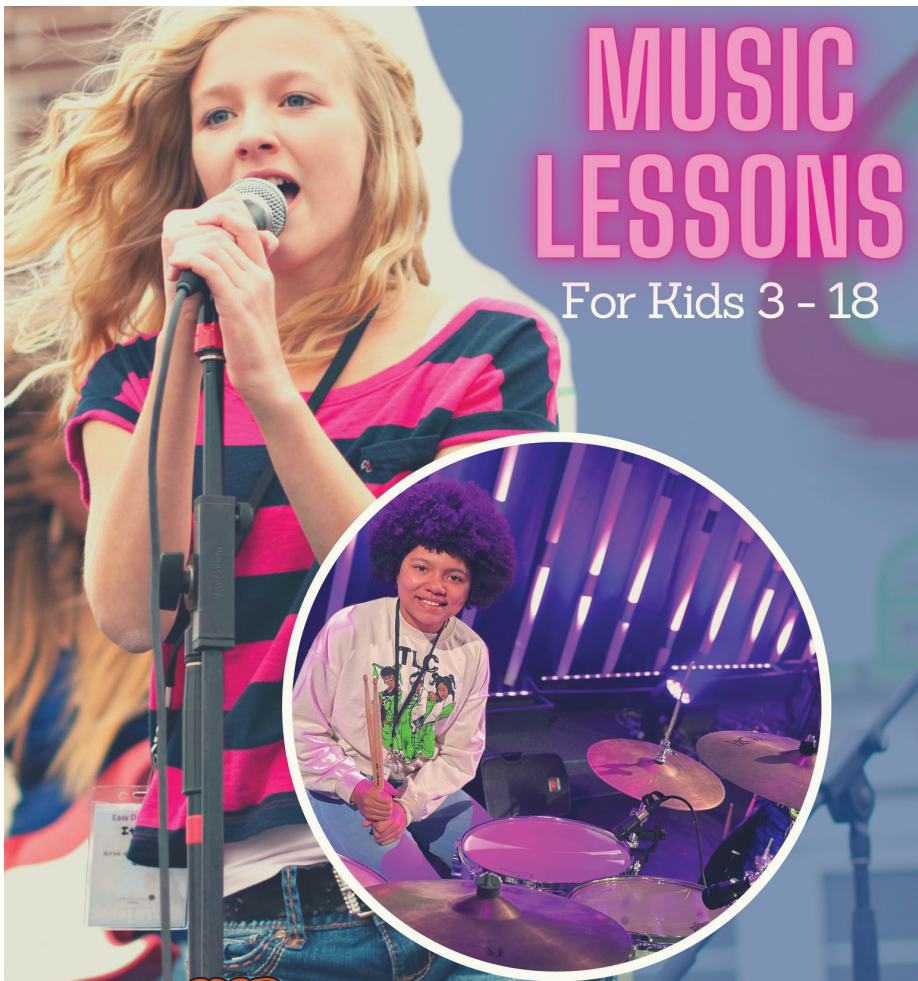
THIS EVENT BRINGS AN OPPORTUNITY FOR 20 KIDS, AGES 5-15, TO PERFORM A SONG OF THEIR CHOICE, LIVE ON STAGE AT MURPHY'S PUB!

ALL PERFORMERS ENTER FOR A CHANCE TO WIN MUSIC LESSONS FOR THE SUMMER (3 MONTHS) AT ELEVATE ROCK SCHOOL!

SUBMIT A VIDEO OF YOURSELF SINGING OR PLAYING AN INSTRUMENT BY USING THE QR CODE BELOW!



**SPONSORED BY**



## MUSIC LESSONS

For Kids 3 - 18



Drums Singing Guitar  
Piano Bass Guitar

**Get a Free Lesson!**



ElevateRockSchool.com





# WALK-IN CARE

Close when you need us.

45th Street | 52nd Avenue | Downtown Moorhead  
Osgood | West Acres | West Fargo  
Orthopedic Walk-in: 32nd Avenue

Visit [EssentiaHealth.org](https://EssentiaHealth.org) to find the walk-in clinic nearest to you.



## Essentia Health

# ELEMENTARY TRACK CLUB

Learn about track and field, practice new skills and finish camp with a track meet!



**MAY 6-19 • \$80**

## HORIZON MIDDLE SCHOOL

*Grades K-2*

*Mon/Wed or Tues/Thurs • 5:45-7:15 PM*

*Grades 3-6*

*Mon/Wed or Tues/Thurs • 7:15-8:45 PM*

*Final Track Meet*

**MAY 19**

*Grades K-2 (12-3 PM)*

*Grades 3-6 (3-6 PM)*



**Grades K-2**



**Grades 3-6**



# See what's happening at the YMCA!



## Youth Sports

Keep your kiddos active and learning with YMCA Youth Programs! Learn more and get registered online: [ymcacassclay.org/youth](https://ymcacassclay.org/youth)

Youth Soccer League  
Cheerleading  
Gymnastics

Ninja Skills  
Rock Climbing  
And more!

Spring sessions kick off March 16!

## Register today for Summer Camp!

Explore nature, gain independence, meet new friends, and have a BLAST in our Summer Camps! Weekly sessions run June - August. Learn more: [ymcacassclay.org/camp](https://ymcacassclay.org/camp)

- MINI CAMP Half-day camp | Ages 3 - 5
- CAMP CORMORANT Day & 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

All ages | Learn important safety skills, gain confidence in the pool, and stay active! Sessions ongoing. [ymcacassclay.org/swimschool](https://ymcacassclay.org/swimschool)

### FM Gator Swim Team

Enjoy spirited competition while improving swimming skills, meeting new friends, and learning to value hard work! Ages 5+. [ymcacassclay.org/gators](https://ymcacassclay.org/gators)

## Kids' Clubs

Spark your child's interests and passions with YMCA Kids' Clubs! Spring sessions start on March 16. Learn more and register online: [ymcacassclay.org/kidsclubs](https://ymcacassclay.org/kidsclubs)

Crafting Club  
Creative Cooking Club

Theatre Skills Club  
Photography Club

LEGO Robotics Club  
And more!







3509 4th Ave S • 277-1TKD

# Red River Traditional TaekwonDo

The Area's Only Traditional Taekwondo School

## Come see why we are the areas largest martial arts school



### - 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 have ever made in my kids lives.

## 8th Degree Grand Master

### Jim Grimestad with 44 yrs. experience

277-1TKD • 3509 4th Ave S • [rrtkd.com](http://rrtkd.com)

go to [RRTKD.COM](http://RRTKD.COM) for more information

# FREE 2 week trial