



# KIDsource



SCIENCE EXPLORATION  
Page 3



CROSS COUNTRY  
Page 5



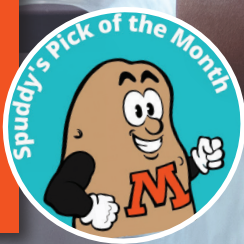
ASL FOR KIDS  
Page 12



COOKIES & BOOKS  
Page 9



GUITAR ENSEMBLES  
Page 10



## Kids & Canvas

CHECK IT OUT ON PAGE 6



Participants experience a variety of enjoyable activities including games, sports, science projects and expression through art, music and drama. Homework assistance is available, as well as a chance for socialization and making new friends!

This program is funded from resources provided to the City of Moorhead through the Community Development Block Grant.



**3-5:30 pm Monday-Friday**  
**September 11-December 15**  
 Morningside Park | Ages 5-12  
 218.299.5340 | moorheadparks.com

# Tae Kwon Do



Reach your full potential with our confidence-building martial arts program. Experience expert training in a fun and safe environment, building skills that will last a lifetime!

Beginner, Advanced, Black Belt  
 Tuesdays and Thursdays  
 Ages 5-Adult | \$75

# Sports Sampler

This program leads youth through a variety of sports and physical education games each week while focusing on teamwork, skill-building and having fun!

Tuesdays and Thursdays  
 October 3-November 21  
 Ages 3-6 | \$40



**PARKS AND RECREATION**  
 moorheadparks.com

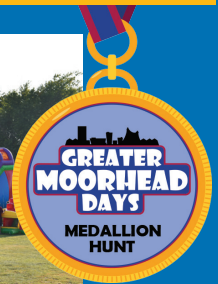
**218.299.5340**

# GREATER moorhead DAYS



# September 7-16

Celebrate our community with a variety of fun and exciting events for all ages! The full calendar and registration links can be found at [greatermoorheaddays.com](http://greatermoorheaddays.com).  
**Activities subject to change.**



Events sponsored by:



**PARKS AND RECREATION**  
 moorheadparks.com



# 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**



REGISTER HERE

**YE57A**

Dorothy Dodds Elementary  
September 28

**YE57B**

S.G. Reinertsen Elementary  
October 12

**YE57C**

Ellen Hopkins Elementary  
November 9

**YE57D**

Robert Asp Elementary  
November 16

**YE57E**

Probstfield Elementary  
November 30



## SEPTEMBER

FOR THE BISON!

SUN	MON	TUES	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8 12 & 7 PM 6:30 PM	9 2:30 PM
10 1:00 PM	11	12	13	14	15 6:30 PM	16 2:30 PM
17	18	19	20	21 6:30 PM	22	23
24 1:00 PM	25	26	27	28 7:00 PM	29	30 1:00 PM 6:00 PM

- FOOTBALL AT FARGODOME
- SOCCER AT DACOTAH FIELD
- VOLLEYBALL AT BENTSON BUNKER FIELDHOUSE

JUNIOR BISON CLUB MEMBERS RECEIVE FREE ADMISSION!  
\*EXCLUDES ALL FOOTBALL GAMES\*

REGISTER AT [GOBISON.COM/KIDS](http://GOBISON.COM/KIDS)



# FARGO MOORHEAD YOUTH CHOIR

## REGISTER NOW FOR THE FALL 2023 SESSION!

### START YOUR WEEK WITH...



### SINGING!





# Art classes for all ages and levels.

PLAINS **Art** MUSEUM

Downtown Fargo • 701.551.6100  
**FREE GENERAL ADMISSION**



**REGISTER HERE**

# CROSS COUNTRY

## GRADES 5 & 6

We are excited to invite any interested 5th or 6th grader to join us and experience running and sportsmanship with SPUDS XC Cross Country. We are exceptionally flexible with schedules. Course fee includes a t-shirt.

**YE35**

**4-5:15 PM • \$80**

Mon/Tue/Thur • Sept 5- Oct 5  
Horizon Middle School Track

# 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**

### YE60A

Dorothy Dodds  
Elementary  
September 15

### YE60B

Ellen Hopkins  
Elementary  
September 22

### YE60C

Probstfield  
Elementary  
October 13

### YE60D

Robert Asp  
Elementary  
October 27

### YE60E

S.G. Reinertsen  
Elementary  
November 17



**REGISTER HERE**



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

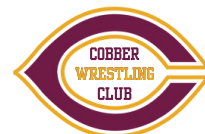
Downtown Fargo  
524 7th St N  
Fargo, ND 58102  
701-234-9440

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



**GASPERSSCHOOLOFDANCE.COM**

# COBBER CLUB



Begins on Sept. 18  
(10 dates)



6-7pm Mondays  
and Wednesdays



310 14th Ave S. Moorhead, MN  Grades K-6

Promotes a safe and supportive environment and promotes the sport of wrestling while having fun, developing fundamental skills, self-discipline, and good sportsmanship.

Encourage wrestlers to develop at their own pace while keeping long term development in sight.

Coached by Concordia wrestlers with years of experience and success. Their mentoring will provide good morals, a strong work ethic and skills that teach life lesson.

email [cademichaellundeen@gmail.com](mailto:cademichaellundeen@gmail.com) to reserve a spot. Registration will open at 5:30 on the first night and will cost \$100 per wrestler

# See what's happening at the YMCA!



## Fall Youth Programs

Keep your kiddos active, learning, and having a BLAST! Options are available for toddlers through teens - get registered today! [ymcacassclay.org/youth](https://ymcacassclay.org/youth)



Fall Programs run monthly September - December

September Session: Sept 4 - 30 | October Session: Oct 9 - Nov 4

Soccer Skills

Swimming Lessons

Gators Swim Team

Tiny Dancers

Volleyball Clinic

Cheerleading

Basketball Leagues

Flag Football

Gymnastics

Rock Climbing

Ninja Skills

and more!



Need a night away from the kids? Take a well-deserved break while your kids have a blast in the Aquatic Center, Climbing Wall, Kids' Gym and more! Healthy meal add-on for \$5!

Sept9 | Schlossman YMCA | 4:30 - 7:30pm

Sept23 | Fercho YMCA | 4:30 - 7:30pm

- Ages 6 weeks - 14 years
- Members: \$20/child
- Non-Members: \$30/child
- Multi-child discounts available
- [ymcacassclay.org/pno](https://ymcacassclay.org/pno)



## Kids Gym is OPEN!

We completely renovated our Kids Gym with BRAND NEW Obstacle and Ninja Courses, paint, lighting, and flooring! Kids 12 and under are welcome to play with plenty of spots for guardians to watch. Want to rent this area out for your group or party? Learn more at [ymcacassclay.org/rentals](https://ymcacassclay.org/rentals)

Located at the Fercho YMCA

# BACK 2 SCHOOL SPECIAL

4  
WEEKS  
FOR ONLY \$50\*

\* NEW STUDENTS ONLY



**Something for everyone!**

**Kids – Teens – Adults**

**Shou Shu Kung Fu (Ages 4+)**

**Jiu Jitsu (Ages 4+)**

**Kickboxing Self Defense**

**Martial Arts for Teens & Adults**

**SIGN UP TODAY AT:**

***SHOU SHU***

***MARTIAL ARTS***

**900 1ST AVE N • MOORHEAD**

**PH: 218.512.0142**

**LIKE US ON** 



# COOKIES & BOOKS

GRADES 3 & 4

Discover the joy of cookie decorating!  
Each session will pair a picture book and  
three cookies inspired by the book.

2:35-4:15 PM • \$30

YE13A  
Dorothy  
Dodds  
Sept 12

YE13B  
S.G.  
Reinertsen  
Sept 19

YE13C  
Ellen  
Hopkins  
Sept 26

YE13D  
Robert  
Asp  
Oct 3



REGISTER HERE



Together, we can live healthier.

## VACCINE CLINICS

Every Tuesday & Thursday

August 1–November 30

5:00 pm–7:30 pm

Available For All Ages

All vaccinations will be available.  
Please make sure to bring your  
insurance card.

**Walk-ins welcome!**



**Essentia Health**

West Fargo Clinic  
1401 13th Ave E  
701-364-5751



WHO'S NEXT!



**MOORHEAD BASKETBALL ASSOCIATION**



2023-24 MBA SIGN UP



Register Now!  
3rd - 8th Grade

# GUITAR ENSEMBLES

8:10-8:55 AM • HORIZON MIDDLE SCHOOL

**YES • BEGINNING GUITAR ENSEMBLE**

GRADES 5-8 • \$72 • WED/FRI • SEPT 6- MAY 22

Learn in a fun, team environment. Guitars are provided or bring your own. Students will learn the basics of guitar including chords, melodies, and ensemble (2 - 3 part) pieces.

**YES • INTERMEDIATE GUITAR ENSEMBLE**

GRADES 6-8 • \$76 • TUE/THUR • SEPT 7- MAY 21

This class is for guitar players with some experience, such as being in Guitar Ensemble last year or having had a year of private guitar lessons. Guitars are supplied or bring your own. We will be further developing our skills in playing chords, melodies and playing more ensemble (3-part) pieces.

BEGINNING

INTERMEDIATE



REGISTER HERE



BOY SCOUTS OF AMERICA®  
NORTHERN LIGHTS COUNCIL



# GET HOOKED ON SCOUTING!



JOIN TODAY • 701.293.5011

**BEASCOUT.ORG**



# ASL for Kids

## GRADE 4

American Sign Language designed for kids to have the opportunity to learn a new language. You will learn conversational ASL and some Deaf culture.

### YE10B

Ellen Hopkins Elementary

Tuesdays • Oct 24-Nov 21

2:45-3:45 PM

\$30



REGISTER HERE



## FALL/WINTER EVENTS SCHEDULE

### Fargo Park District

<b>SEPT 5</b> Music at The Square BROADWAY SQUARE	<b>SEPT 9</b> Movies at The Square BROADWAY SQUARE	<b>SEPT 10</b> Gaming Days BROADWAY SQUARE
<b>SEPT 14</b> Movies at The Square BROADWAY SQUARE	<b>SEPT 16-17</b> Fall in Fargo RHEALT FARM	<b>SEPT 19</b> Music at The Square BROADWAY SQUARE
<b>SEPT 23</b> Movies at The Square BROADWAY SQUARE	<b>SEPT 23-24</b> Fall in Fargo RHEALT FARM	<b>SEPT 28</b> Movies at The Square BROADWAY SQUARE
<b>SEPT 30</b> Awesome Art RDJ REC CENTER	<b>OCT 28</b> The Lab RHEALT FARM	<b>NOV 2</b> Dia de los Muertos BROADWAY SQUARE
<b>NOV 11</b> Awesome Art RDJ REC CENTER	<b>NOV 21</b> Christmas Tree Lighting BROADWAY SQUARE	<b>NOV 25-26</b> Santa Village RHEALT FARM
<b>DEC 9</b> Santa Shuffle COURTS PLUS	<b>DEC 2-3</b> Santa Village RHEALT FARM	<b>DEC 9-10</b> Santa Village RHEALT FARM
<b>DEC 15-17</b> Santa Village RHEALT FARM	<b>DEC 21-22</b> Santa Village RHEALT FARM	

CHECK OUT ALL THE PROGRAMS, LEAGUES, EVENTS & MORE AT [FargoParks.com](http://FargoParks.com)

NDSU Department of Animal Sciences

JOIN US  
FOR...



SATURDAY

September 23, 2023

10 a.m. to 1 p.m. (rain or shine)

NDSU Equine Center  
5140 19th Ave. North  
Fargo, ND 58102



For more information, visit: [ndsu.ag/MoosEwesMore](https://ndsu.ag/MoosEwesMore)

This event is free and family-friendly for people of all ages.  
See farm animals up close, learn about animal science,  
talk to experts in animal-related careers and much MORE!

**NDSU** ANIMAL  
SCIENCES

NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, [ndsu.eoaa@ndsu.edu](mailto:ndsu.eoaa@ndsu.edu). Requests for accommodations related to disability should be made to NDSU Department of Animal Sciences at 701-231-7641 by 9/9/2023.

# 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](http://TRICITYUNITED.ORG)





AGES 3  
YEARS - 5TH  
GRADE

# kids clubs

## AT THE YMCA



No matter what your kiddo wants to learn – we've expanded our Kids Clubs to include a group for all interests and ages!

- Creative Cooking Club
- LEGO Robotics Club
- Pokémon and Minecraft Club
- Science and Engineering Club

- Photography Club
- Crafting Club
- Art Club
- and more!

Learn more and register: [ymcacassclay.org/kidsclubs](https://ymcacassclay.org/kidsclubs)



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