MOORHEAD COMMUNITY EDUCATION

KIDsource



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MONORPRINTING Page 5



Scribble Meditation

MINDFUL ART

CHECK IT OUT ON PAGE 2

Scribble Meditation

MINDFUL ART

Grades 1-4

2:30 - 3:30 PM • $34

Dorothy Dodds
May 13

Ellen Hopkins
May 14

Probstfield
May 20

Robert Asp
May 21

S.G.R
May 27

RUN, WALK OR CHEER IN SUPPORT OF MENTAL HEALTH!

5K & YOUTH RUN

BIO GIRLS FIND YOUR KIND 5K & YOUTH RUN
APRIL 29 | THE LIGHTS, WEST FARGO, ND

COMMUNITY 5K: $50

YOUTH RUN: $25

T-SHIRT: $20



All proceeds from this event support the BIO Girls mission: to improve the mental health of adolescent girls across the Midwest.

BIOGIRLS.ORG/FINDYOURKIND5K

BIOGirls JOIN US

TNT Kid's Fitness & Gymnastics







Gymnastics & Ninja Classes

Register today!

tntkidsfitness.org



Celebrate your birthday at TNT!

Parties include:
- 1 hour of play time
- 30 minutes of party time
- Up to 10 guests

Parties Times
- Friday 7:00
- Saturday: 12:00, 1:30, 3:00

SUMMER SOAR

(PREVIOUSLY CALLED NO BUMMER SUMMER)







WEEKLY CAMPS MAY 26– AUGUST 21

FOR GRADES: COMPLETED K –5

$230 A WEEK

Choose the weeks you want to attend.
Register at tntkidsfitness.org!
$25 deposit per week is required with registration.

2800 Main Ave. Fargo
701-551-5000

tntkidsfitness.org



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.

Scan for Details

ymcanorthernsky.org/schoolage

EACH WEEK BRINGS NEW THEMED ADVENTURES!

- Math and literacy activities
- STEM, art, and cooking projects
- Outdoor play, swimming, and field trips
- Sports and daily physical activity
- Character development & exploration
- Day trip to YMCA Camp Cormorant
- Optional swim lessons, sports & more
- Breakfast, lunch, & snack included

K – 5th Grade | 20+ Area Locations | Financial Assistance Available | childcare@ymcanorthernsky.org











(701) 212-8775 | FMATHLETICS.COM | FMAFOOTBALL@GMAIL.COM

Registration for the 2026 season opens March 28th!

Students entering 4 - 6th grade* (Fall of 2026) Are eligible to play!

2026 Dates to Note:

May 15	Priority pricing ends at **11:59pm TONIGHT**. Fees increase by **$50** May 16th.
July 1	Registration fees increase by an additional $50. Register **BEFORE** this date to avoid team wait lists!
July 29	Final team rosters released to coaches. Players notified of team assignment **by their coaches by August 1st**.
August 3	Non-contact practice begins this week. Coaches determine practice schedule and locations.
August 7 & 9	Equipment Pick-Up and Mandatory Weigh-In. ***Metro Rec Center, 3110 Main Avenue, Fargo***
August 10	Contact (padded) practice starts this week. Coaches determine practice schedule and locations.
August 12	Alternate weigh-in and equipment pick-up date at Metro Rec. **NO** practice this date!
August 15	Jamboree Day for 4, 5 and 6th grade teams. ***Southside Regional Park, 2000 40th Avenue S., Moorhead***
August 17	Regular season games for all grade levels begin this week.
NO games will be scheduled Labor Day Weekend	

Online Registration and Season Details available here:
Fmathletics.com

ELEMENTARY TRACK CAMP

GRADES K-2

GRADES 3-6

Students in grades K-2 and 3-6 will learn the fundamentals of track and field. Our first four sessions will be practices, and our last session will be an actual track meet. Grades K-2 students will learn correct running mechanics, relay handoffs, hurdling, softball throwing and the long jump. Grades 3-6 will compete in the 70-meter hurdles, 100-meter dash, 200-meter dash, 400-meter dash, shot put, long jump and high jump. Our events will be coached by current and former high school coaches along with current Moorhead Spud track and field athletes. All registered participants will receive a Moorhead Track Club t-shirt.



LOCATION SCHEDULE - PRACTICES WILL TAKE PLACE AT HORIZON MIDDLE SCHOOL

MAY 11 - 14

Grades K-2: 5:45 - 7:15 PM

Grades 3-6: 7:15 - 8:45 PM

TRACK MEET WILL TAKE PLACE AT MOORHEAD HIGH

MAY 17TH

Grades K-2: 12 - 3 PM

Grades 3-6: 3 - 6 PM

REGISTER K-2 HERE

REGISTER 3-6 HERE

Registration deadline is May 1 to guarantee a shirt for the start of camp.

2026 SUMMER CAMPS

JUNE 08-12	Elementary Ages **10-11:30 AM**	**everyBODY moves! Movement Camp.....$125.00** *Kick off summer with this movement-based camp that helps kids discover the joy of moving their bodies. Continue the movement all summer!*
JUNE 15-19	Ages 8-11 **9-11 AM**	**Mighty Minds Anxiety Camp...$165.00** *Helps kids manage anxiety through play, movement, & creative exploration—building confidence, coping skills, & friendships along the way.*
JUNE 22-26	Elementary Ages **10-11:30 AM**	**Fuel For Fun Nutrition Camp.....$125.00** *Through taste tests, simple snack prep, & playful learning, a dietitian helps kids build comfort, curiosity, & confidence around eating.*
AUG 03-07	Elementary Ages **10 AM-12 PM**	**Brighter Days Ahead: Grief Camp.....$165.00** *Helps children process grief connected to major life changes—not just loss.*
AUG 10-14	Grades K-3 **8-10 AM** Grades 4-6 **10:30-12:30**	**Social Connections Social Skills Camp.....$165.00** *A supportive camp focused on building social-emotional skills, self-regulation, & positive interactions.*

SCAN TO REGISTER TODAY!

scholarship dollars available

HOUSE OF EVERYDAY LEARNING

laura@beyondboundaries.us

houseofeverydaylearning.com



RED RIVER DANCE SUMMER SESSIONS

Join us for Summer Sessions and Dance Craze camps! Session 1 runs May 26-June 15, Session 2 runs July 13-31 for dancers ages 2–18. Dance Craze Camps for ages 3-7 with half day and full day options are available! For more information head to our website redriverdance.com!
Come experience the legacy that is Red River Dance.





SUMMER SESSIONS 1 & 2
MAY 26-JUNE 15 & JULY 13-31

2921 Fiechtner Drive South
Fargo, ND 58103

REGISTER NOW

SCAN ME

redriverdance.com



Care that grows with you.

PEDIATRICS

For every first, we're here to make sure they grow strong and healthy. With same-day care, flexible scheduling, and a team that truly cares, we're here to support your family through every up, down, and in-between moment.

MyChart 701-364-8900

EssentiaHealth.org

Essentia Health

South University Clinic
1702 S University Dr
Fargo

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



GASPER'S SCHOOL of DANCE

MINI POPSTAR

MAGICAL UNICORN KIDS

Fairy Garden Ballet

WIGGLES & WAGS

SUMMER DAY & EVENING CAMP

June Day Camps

June 9 - 11: Mini Popstars
June 16 - 18: Magical Unicorn
June 23 - 25: Wiggles & Wags

June Evening Camps

June 10: K-Pop Hero Academy
June 24: Puppy Pals

July Day Camps

July 7 - 9: Tropical Twirls
July 14 - 16: Fairy Garden
July 21 - 23: Wild Adventures
July 28 - 30: Once Upon a Dance Camp

July Evening Camps

July 8: Under the Sea
July 22: Bellasaurus

Geared Towards Ages 3 - 9 | No expierence needed.

REGISTER NOW

campgasper.com/activity | 701-234-9440 | info@gaspersschoolofdance.com

Gasper's South Studio
4631 40th Ave S, St B,
Fargo, ND 58104



YOUTH & TEEN SUMMER CAMPS

REGISTER TODAY PLAINSART.ORG/CREATE

704 First Avenue North, Downtown Fargo • plainsart.org

PLAINS ART MUSEUM



Explore the Magic

Serving Students K–12!

Summer 2026

Register online at www.trollwood.org!

trollwood
PERFORMING ARTS SCHOOL
A PROGRAM OF FARGO PUBLIC SCHOOLS

Explore The Magic at Trollwood this summer!

Ignite your creativity with a vibrant array of classes, performance opportunities, and technical theatre experiences designed for students of all ages and skill levels—from elementary to high school. Build confidence as you grow both as an artist and an individual, forming lifelong friendships along the way.

www.trollwood.org | 218.477.6500 | trollwood@fargo.k12.nd.us

HORIZON THEATER CAMP

nickelodeon THE SPONGEBOB MUSICAL youth edition

Grades 5-8
Horizon Middle School East
Choir Room & Performing Arts Center

$350

May 18-19, 21, 26-28
4:15 - 6:15 PM

June 1-23 (M-F)
9 AM - 4 PM

June 24-27
9AM - 9PM

DRAGON WOMEN'S BASKETBALL **SUMMER CAMPS**

FUNDAMENTAL SKILLS
GRADES K - 3RD
JUNE 22-24

DRAGON TEAM CAMPS
JV & VARSITY
JUNE 12 & 25 JULY 22-23

FUTURE STARS
GRADES 4TH - 8TH
JUNE 22-24

PRIVATE LESSONS
GRADES 3RD - 12TH

SUMMER PROGRAMS

PARKS AND RECREATION
moorheadparks.com
218.299.5340



Pg. 7 in our Activity Guide!

Art Camps

Ages 6-14, Mornings
Monday-Thursday

June 15-25 | Ages 10-12	July 6-16 | Ages 8-10
June 22-25 | Ages 6-7	July 20-30 | Ages 8-10
July 6-23 | Ages 11-14	July 27-30 | Ages 6-7

Alm Park
1300 Elm St S, Moorhead



Summer Swim Lessons

Ages 3+, Mornings
Monday-Thursday

- June 15-25
- July 13-23
- July 27-August 6

Moorhead Municipal Pool
800 19 St S, Moorhead

Pg. 18 in our Activity Guide!



Pg. 9 in our Activity Guide!

Youth Baseball

Big Bopper | May 12-June 25 | Kindergarten (5+)
Tues & Thurs | 5:30-6:15 pm

T-Ball | May 11-July 1 | 1st Grade
Mon & Wed | 5:30 pm

Rookie (coach-pitch) | May 12-July 2 | 2nd & 3rd Grade
Tues & Thurs | 6:30 pm

Pop-Up (coach-pitch) | May 11-July 1 | 4th & 5th Grade
Mon & Wed | 6:45 pm

Southside Regional Park
2000 40 Ave S, Moorhead

Pg. 13 in our Activity Guide!



Summer Skate Camps

Grades K-6
Tuesdays & Thursdays

- June 16-25
- July 14-23
- August 4-13

Romkey Skatepark
900 19 St S, Moorhead



View all programs at **moorheadparks.com**









COLLEGE FOR KIDS & TEENS

SUMMER PROGRAMS FOR AGES 6-18
AT MINNESOTA STATE MOORHEAD

DATES

JUNE 1-4 | JUNE 8-11 | JUNE 22-25

JULY 6-9 | JULY 13-16

REGISTRATION NOW OPEN

Early registration discounts available

MINNESOTA STATE MOORHEAD

For course descriptions, cost, and online registration, scan the ***QR code*** or visit **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.











Red River Traditional TaeKwonDo

3509 4th Ave S •277-1TKD

The Area's Only Traditional Taekwondo School

REVIEWS FROM PARENTS

My son has been attending RRTKD for over 3 years and it has allowed him to grow in self confidence personal discipline. Master Jim is an fantastic teacher who always has a great positive attitude and keeps the students engaged.
Grant



This has been one of the best investments I have ever made in my kids lives.
Joseph

We love RRTKD and have enjoyed watching our kids mature in their personal discipline, strength and poise, as well as in their TKD rankings. Master Jim is an incredible teacher and mentor to his students, and I recommend RRTKD to all families who are looking to engage in an activity that is enriching for the body, mind and soul.
Jenny

Master Jim is excellent with kids and adults alike. The gym has bathrooms and changing rooms. There are chairs for parents to watch practice. Classes are inclusive and well-staffed. The discipline is friendly, and the program is somewhat self-paced. It's a wonderful gym for beginners or experienced athletes.
Samantha

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.
Marilea

8th Degree Grand Master

Jim Grimestad with 47 years experience

277-1TKD • 3509 4th Ave S • rrtkd.com

go to RRTKD.COM for more information

FREE 2 week trial