MOORHEAD COMMUNITY EDUCATION

KIDsource



SCIENCE SERIES

Page 8



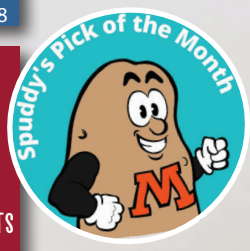
SQUISHMALLOW SWEETS

Page 3



HZN PRINTMAKING CLUB

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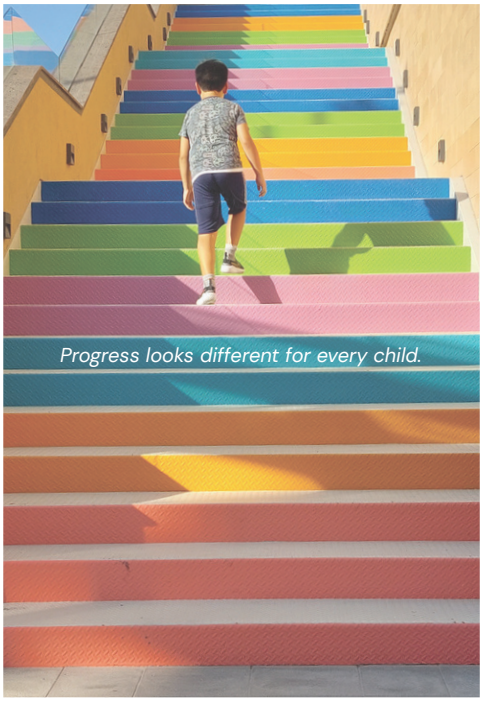
Art Club Painting

CHECK IT OUT ON PAGE 4

WHAT IF YOUR CHILD'S WEIGHT SUPPORT FOCUSED ON CONFIDENCE — NOT THE SCALE?

BEYOND THE SCALE

A supportive, non-diet, child-centered specialty clinic



- ✓ Confidence First (Not Weight Focused)
- ✓ One Coordinated Care Team
- ✓ Individualized for Your Child (Ages 5–18)

Beyond the Scale supports children & teens in building healthy habits, confidence, & lifelong skills — without focusing solely on numbers or weight. Our coordinated care team works together to support your child's physical, emotional, & social well-being in a compassionate, individualized way.

Led by medical, therapy, and nutrition professionals

GET STARTED:

Set up an appointment with Dr. Jones-Dees (Specialty Clinic Physician) @ IMA.

Call (701) 280-2033

or send a message:

info@beyondboundaries.us

ima Healthcare
Internal Medicine Associates

beyondboundaries.us
3244 51st St. S. Fargo ND

imahealthcare.com
4450 31st Ave S #102, Fargo, ND

BEYOND BOUNDARIES
THERAPY & WELLNESS

Squishmallow Sweets:

COOKIE DECORATING GRADES 2-4

Calling all Squishmallow fans! This kids-only cookie decorating class brings the cuddly cuteness of Squishmallows to life in sugar form. We'll be decorating adorable, squishy-inspired cookies that are almost too cute to eat (but way too yummy not to).

$24 • 2:35-3:20 PM

MARCH 3
SGR Elementary
MARCH 10
Dorothy Dodds Elementary
MARCH 17
Probstfield Elementary
MARCH 24
Ellen Hopkins Elementary
MARCH 31
Robert Asp Elementary

YOUTH ART CLASSES



KITCHEN LITHOGRAPHY (Ages 8-13)
Thursday, February 5, 6-7:30 PM

POTTERY ON THE WHEEL (Ages 9-17)
Saturday, February 7, 9:30-11:30 AM
Saturday, March 7, 9:30-11:30 AM

HEART PINCH POTS (Ages 4-8)
Thursday, February 12, 6-7 PM
Monday, February 16, 9-10 AM

HOT COCOA SLAB MUG (Ages 8-13)
Monday, February 16, 1-2:30 PM
Thursday, February 19, 6-7:30 PM

PIGGY BANK (Family)
Thursday, February 26, 6-8:30 PM

LEGO PRINTS & PATTERNS (Family)
Friday, February 27, 6-8:30 PM

MORE CLASSES + REGISTRATION
plainsart.org/create & 701.551.6100

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



Art Club Painting

Grades 5-6

This 6 week art club will teach 5-6th grade students painting techniques. Tips and Tricks all while creating a beautiful landscape painting.

$50 • March 24- April 28

8-9 AM | Horizon West Art Room

Unlimited Martial Arts Classes for the Month of February for Just $75!

Here's what you'll gain on the mat:

Confidence — discover your power and carry it into every area of life.

Fitness — build strength, endurance, and flexibility without the boring gym routine.

Focus — sharpen your mind and learn to stay calm under pressure.

Stress Relief — let go of the day's tension and recharge your energy.

Community — train alongside others who push, support, and celebrate your progress.









No matter your age, fitness level, or experience — your journey starts here.
Come for the workout. Stay because you are family!

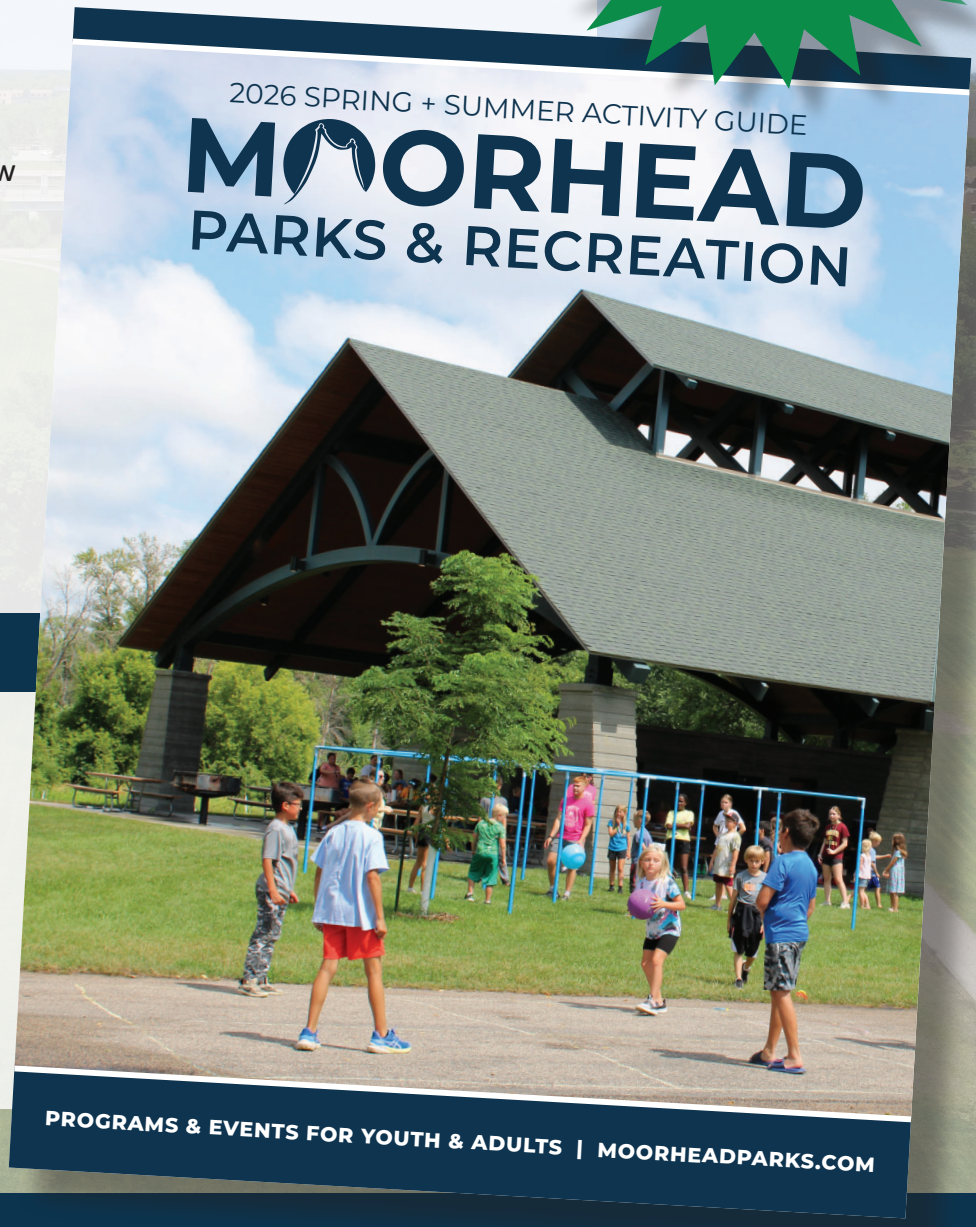
SHOU SHU MARTIAL ARTS ACADEMY
900 1st Ave N. Moorhead

SPRING AND SUMMER FUN AWAITS!

Register for programs including:

- Adaptive Programs
- Art Programs
- Babysitting Course
- Baseball
- Flag Football
- Golf
- Lifeguard Certification + Review
- Pickleball
- River Activities
- Skateboarding Camps
- Sports Sampler
- Summer Park Program
- Swim Lessons
- Tennis
- Tiny Treasures
- Volunteering
- Water Exercise

Learn about our scholarships on page 42!

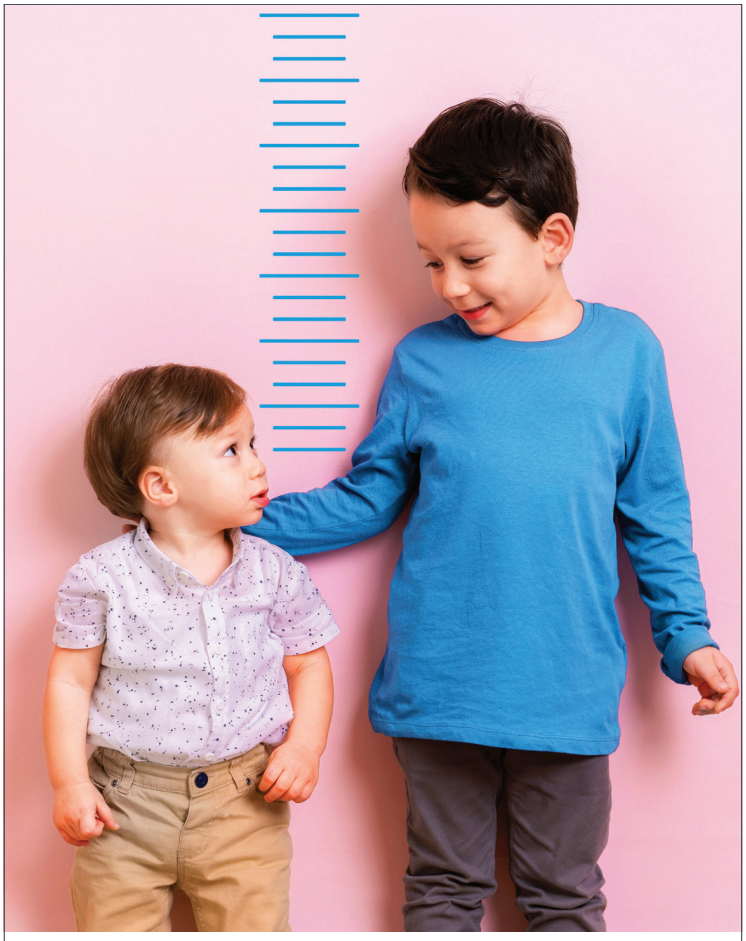


Save the dates for:

- Celtic Festival
- Moorhead Ice Show
- Farmers Market
- RiverArts concert series
- Pool events
- Greater Moorhead Days and so much more!

View the entire brochure and register at moorheadparks.com.

@moorheadparksandrec



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







4-H Super Science Series

GRADES 1-4

Clay County 4-H invites youth in grades 1-4 to explore their world through hands-on STEM activities and educational experiences after school. The program will meet for three consecutive days. Snacks and take-home projects will be provided through the program fee.

$30 • 2:35-4:05 PM

February 3-5
Dorothy Dodds Elementary

March 3-5
Robert Asp Elementary

BIOGirls

Connection.

To grow up without it costs more than you think.

Loneliness is a public health crisis.

Impacts nearly half of U.S. adults and many kids even more.

Connection isn't a "nice-to-have."

It's a protective factor. A lifeline.

Together, we can provide more connection for girls in our region.

Your generosity makes an impact for generations to come.

Thank you for considering a donation this Giving Hearts Day.

FEBRUARY 12 Giving Hearts Day



CEF
CHILD EVANGELISM FELLOWSHIP®
Since 1937
Reaching children worldwide™

GOOD NEWS CLUB®

Join the GOOD NEWS CLUB

Free Bible club for kids!

Join us weekly for games, snacks, Bible stories, songs, Bible memory verses, and lots of fun!

Moorhead Clubs:

After School

Dorothy Dodds: Thurs

Robert Asp: Tues

Probstfield: Tues

Before School

Horizon (5th/6th grade): Thurs

For more information or to register:
https://ceffm.org/club/

Questions?
701-219-1167
michelle@ndcef.com

This is not an activity of the school or school district and requires parent permission to participate

Good News Club is a ministry of Child Evangelism Fellowship, a Bible-based, interdenominational organization. All volunteers have been trained and screened.

TNT Kid's Fitness & Gymnastics

Gymnastics & Ninja Classes

Register today!

tntkidsfitness.org








SCHOOL'S OUT DAY CAMPS

Jan. 2
Jan. 19
Feb. 16
Mar. 19
Mar. 20
Apr. 3

Registration Opens 2 weeks prior

Register at tntkidsfitness.org



When school is out for the day, come to TNT and play!

Grades K - 5	7:30am - 5:30pm	Cost: $45

Celebrate your birthday at TNT!

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

Parties Times
•Saturday:
12:00, 1:30, 3:00

2800 Main Ave. Fargo
701-551-5000

tntkidsfitness.org

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