



Programs and Services Booklet



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Transportation:

Metro City Bus

701-232-7500

- Monday-Friday 6am – 10:15pm
- Saturdays 7am – 10:15pm

Link to the Mat bus route

Fargo/West Fargo

[http://www.matbus.com/Documents/Fargo%20\(Screen%20Resolution\).pdf](http://www.matbus.com/Documents/Fargo%20(Screen%20Resolution).pdf)

Moorhead

[http://www.matbus.com/Documents/Moorhead%20\(Screen%20Resolution\).pdf](http://www.matbus.com/Documents/Moorhead%20(Screen%20Resolution).pdf)

Free for children 5 and under

Adults: \$1.25 / ride

Youth: .60 cents / ride

Programs

Activities for businesses with two locations were separated by north and south.

Most locations you choose one day, if you would like your child to participate two days a week you pay the amount listed for each day.

(Ex: I want my child to participate Mondays from 4-5pm, so you pay the amount for that day. If I wanted to them to go Monday and Tuesday I would pay double the amount for however long the session last)

YMCA:

Fercho (Downtown) Branch

400 1st Ave South

701-293-9622

www.ymcaclassclay.org

Pricing: on a sliding scale

Fall/Winter Sessions

Session 4: Jan. 3- Feb. 6

Session 5: Feb. 7-Mar. 13

Swimming

- Parent/Child
 - 25 min lessons
 - Level PC1: 6 to 14 months Provides experiences & activities that help child feel more comfort able in the water, explore buoyancy, and learn safety.
 - Level PC2: 14 months to 2-1/2 years Provides experiences and activities appropriate for the moving toddler. Attendance in PC1 not required.
 - Level PC3: 2 - 4 years Parent and child will work towards developing and passing Level A skills.
- Beginner
 - Classes are designed for the beginning independent swimmer. Classes are 25 minutes long and held in the small, warm water pool. Classes may be combined depending on enrollment. *Children must be 3 years old on the first day of class

to register. All 3 year olds new to our program must begin in level A.

- Level A - Water Orientation: Ages 3 - 4. Breath Control, Submerging, Bouyancy, Swimming, and Water Safety. All skills done with support.
- Level B - Water Adjustment: Ages 3- 5. Further developing skills learned in Level A. Skills done with minimal assistance.
- Level C - This class is equivalent to Progressive Swimmers Level 2 but designed to accommodate younger swimmers. Skills done without assistance.

- Progressive Independent Swimmers
 - Classes are held in the large pool and are 40 minutes long. *Children must pass the previous level or be able to perform the previous level's exit skills to register. (Goggles are recommended for Levels 4-6.)
 - Level 1 - Water Exploration: Ages 5+. Comfort moving through the water, submerging & basic swimming skills designed for participants who have not participated in lessons before.
 - Level 2 - Primary Skills: Float without support, recover and locomotion skills.
 - Level 3 - Stroke Readiness: Front and back crawl, backstroke and diving.
 - Level 4 - Stroke Development: Backstroke, front and back crawl and breaststroke.
 - Level 5 - Stroke Refinement: Front and back crawls at increased distances, side stroke, breaststroke, butterfly, open turns and surface dives.
 - Level 6 - Combination of personal water safety and fitness swimming.
- Family Swim (small pool)
 - Tuesdays and Thursdays: 9-10am, 7-8:30pm
 - Fridays: 6:30-8:30pm
 - Saturdays: 1-3pm
 - Sundays: 1-4 pm

Xerzone

- Interactive fitness zone for kids of all ages.
- Kids 3 to 8 need a parent
- 8 and up do not need parental vision
 - Monday – Friday 4 to 9 pm
 - Saturdays 10 to 4pm
 - Sunday 12 to 4pm

Open Basketball Gyms

- Mondays and Wednesdays: 5-11am, 1:30-3:45pm,8:30-10:30pm
- Tuesdays and Thursdays: 9-11am, 1:30-4pm, 9-10:30pm
- Fridays: 9-11am, 1:30-10pm
- Saturdays: 6-8am, 12-7:30pm

- Sundays: 8-10am,12-8:30pm

Scholssman Site hours:

- Mondays: 5-8am, 11.30-4pm, 5-10:30pm
- Tuesdays: 5-8am, 11:30-4pm, 9-10:30pm
- Wednesdays: 5-8am, 11.30-4pm, 5-10:30pm
- Thursdays: 5-8am, 11:30-4pm, 9-10:30pm
- Fridays: 5-8am, 11.30-4pm, 5-10:30pm
- Saturdays: 6am-7:30pm
- Sundays: 8am-8:30pm

Baton Twirling

- **Baton Twirling**
 - Preschool - Grade 6
 - Baton twirling develops hand-eye coordination, poise, balance and endurance. Students also learn marching and modeling skills. Batons are available through the class. Private lessons and lessons for older youth and adults available. Classes can be adapted for students with special needs. Batons are available from the instructor for \$12.00.

Gymnastics

- **Parent/Tot**
 - Ages 2-3
In an open gym atmosphere, instructors work on basic motor skills. **Children and care givers participate together.** Instructors of this program focus on activities that are fun and stimulating for children. (45 minutes)
- **Tuckers**
 - Ages 4-5
An introductory class designed to develop independence and basic gymnastics skills. **Children and care givers participate together.** (45 minutes)
- **Grippers**
 - Ages 6-7
Participants work on improved strength, flexibility and self-confidence, while continuing to work on introductory skills. (1 hour)
- **Flip Floppers (Level 1)**
 - Ages 8 and Up
This beginning gymnastics class teaches skills on floor, bars and beam. (1 hour)
- **Kippers (Level 2)**
 - Ages 8 and Up
Must show progression certificate to register for this class. (1 hour)

Youth Fitness

- **First Fitness**
 - Ages 2-4

This 35-minute parent/child class is designed to bring parents and children together to develop each child's physical, social and intellectual skills. Using music, exercise and games children can learn a range of skills, including body awareness, number concepts, hand-eye coordination and much more.

- **Play Fit**

- Ages 4-6

This 45-minute class will show kids that fitness is fun! Participants will exercise their body, refine and master basic gross motors skills, play fun games and meet new friends. We will incorporate some of their favorite story book characters in our fitness adventures!

- **Kid Fit**

- Ages 6-8

This 45-minute class meets once per week to encourage children to be active through supervised fitness games.

- **Youth Exercise Concepts**

- Ages 12 and up

Youth Exercise Concepts is designed to guide youth through the fitness center and teach expectations of using all adult activity areas including the fitness center, group fitness class, pool, water aerobics and gym etiquette and behavior expectations. This class is required for members ages 12 -15 to gain access in to the fitness center and all other adult activity areas and classes. Must attend 75% of the classes to "pass."

- **Youth Advanced Strength Training**

- Ages 12 and up

***Must complete Youth Exercise Concepts prior to enrolling.** Builds upon skills and concepts learned in Youth Exercise Concepts. More education on safety, spotting, and program design with weights in the fitness center will be taught.

Youth Sports

- **Boys and Girls Basketball**

- Kindergarten-1st Grade

This program teaches social and physical skills and develops responsibility. Each week instructors will teach one main skill of basketball (dribbling, passing, shooting, defensive skills). There is a minimum of 8 kids at each branch, or classes may be combined.

- **Boys and Girls Basketball Leagues**

- Grades 2-6th Grade

Phone registrations can not be accepted! Please pick up a registration form at either YMCA member service desk or download a form online at ymcacassclay.org/forms. Please mail completed form to **400 1st Ave S, Fargo, 58103** . Call Dave Harman for more information about the basketball league or if interested in coaching at (701) 367-4135. ***Coaches will contact parents the week prior to practice with p ractice and game schedules.**

- Eight-Game Winter Season

Registration: December 6- January 10
Season: February 5- April 9
Members: \$80.00
Non-Member: \$100.00
Practice Starts: Week of January 23

Volleyball

- 5th & 6th Grade
Boys and girls will learn proper passing, setting and spiking techniques along with rules, strategy and good sportsmanship. Need a minimum of 4 participants.

Flag Football

- Kindergarten-4th Grade
This program teaches social skills, physical skills, and develops responsibility.

Racquetball

- Ages 8-12
Learn the skills of racquetball! Equipment needed: a racquetball racquet, eyes guards and tennis shoes.

Martial Arts

- Karate
Originally the fighting art of the Okinawan people, karate utilizes primarily punches, kicks and blocks and is a great form of self defense. As students progress, they will also train in breaking, weapons, and toide (a locking and throwing system).
 - **Youth Karate** All skill levels welcome.
 - Ages 5 and up
 - **Options For Beginners**
 - Ages 5-7
 - This shorter (50-minute) option is available for younger students in need of shorter class times.
 - **Sword Training**
 - Ages 7 and up
In this class you will learn techniques from multiple Japanese sword systems. Students must purchase their own equipment. Contact Headmaster Randy Marvel at 701-293-9622 for more information and equipment requirements.

Skate Park

- Skate Club
 - Ages 8-17
This club is for youth and teens who would like to learn new skills and practice existing skills. It is recommended that skaters are somewhat comfortable with a skateboard. Private lessons are recommended for those just starting out.

School Days Out Program

- School Out Days
 - o Ages 8 and Up

No school? Spend the afternoon at the YMCA! Members and their friends are welcome to climb the wall, skate, shoot hoops and play in the XerZone. Snacks available for an additional fee. Program is limited to 40 participants. Pre-registration is recommended. A parent or guardian must sign in/out all participants and a signed waiver must be on file.
** Dates may change if school schedules change. **

- Busy Bodies Camps
 - o Grades 1 - 6

YMCA staff will provide structured activities for youth in 1st-6th grade on select days school is not in session. Activities will include games in the XerZone, swimming, Playstation Gym and more! Snack is provided. Participants should bring a swimming suit and tennis shoes. **Please pre-register a minimum of one week in advance at either YMCA!**

- Winter Adventure Camp
 - o Ages 6-12

Your child will participate in sledding, arts and crafts, swimming, bowling, sports and much more during this 4-day activities camp! Remember a sack lunch and winter clothing each day! For more information contact Dave Harman at (701) 364-4116.

Schlossman Branch

4243 19 Ave. S

701-281-0126

Pricing: on a sliding scale

Fall/Winter Sessions

Session 4: Jan. 3- Feb. 6

Session 5: Feb. 7-Mar. 13

Climbing Wall

- Mondays: 5pm-10pm
- Tuesday and Thursday: 4-6pm
- Wednesday: 7:30pm-10pm
- Fridays: 7pm-10pm
- Saturdays: 2pm-5:30pm
- Sundays: 2pm-6pm

Skate Park

- Mondays:
 - Open Skate: 5-9pm
- Tuesdays:
 - Family/Beginner: 5-6:50pm
 - Open Skate: 7-9pm
- Wednesdays:
 - Open Skate: 5-9pm
- Thursdays:
 - Video Session: 5-9pm
- Fridays:
 - Family Skate: 5-6pm
 - Open Skate: 6-10pm
- Saturdays:
 - Family Skate: 2-3:30pm
 - Open Skate: 3:30-7:30pm
- Sundays:
 - Open Skate: 12-3:50pm
 - Video Session: 4-5pm

Sports of All Sorts

- Ages 4-6
- An array of age appropriate sports and game activities of all sorts. Includes tag games, relays and more. Class will meet north of the Schlossman YMCA at Rabanus Park. In case of rain, the group will meet at the Schlossman YMCA gymnasium.

Climbing

- **Climbing Clubs & Learn The Ropes**
 - Ages 8-17
 - **Climbing Club:** This club is for youth and teens who would like to learn new climbing skills.
 - **Climbing Club II:** Know the ropes? This club will challenge climbers to put into practice the climbing skills and techniques learned in the first class. Knowledge and skills will be tested as climbers expand their knowledge and begin climbing basic routes.
 - **Learn the Ropes:** (Ages 12-18) Offers teens the opportunity to become belay certified, learn climbing skills and climb basic routes.
- **Parent/Climber All Ages**
 - Parents will learn belaying and safety information while kids learn how to climb. The class is limited to twelve overall participants. **Family cost includes one parent and two children.** For more than two children, another parent/adult must register. Includes cost of belay certification, which allows your family to climb during and open climb session.

Youth Fun Nights

- Saturday Fun Nights

- Grades K-6

Join us for climbing, gym games, XerZone and more! A climbing wall waiver must be on file for each participant. Waivers can be found at www.ymcacassclay.org/forms. Evening meal and snack provided. If you have questions, please contact Dave Harman at (701) 364-4116.

- Teen Nights

- Ages 10 and Up

Schlossman Branch: Have and EXTREME amount of fun climbing, skating, playing gym games and XerGames! Beverages and snacks available for purchase. Waivers must be signed by parent or guardian.

Waivers can be found at www.ymcacassclay.org/forms.

Mash Program

- 13 Locations:

- Horace Mann, Jefferson, Madison, McKinley, Roosevelt, Oak Grove, Osgood Kindergarden Center, Westside, Aurora, L.E. Berger, Eastwood, Fercho, Schlossman

- Scholarships
- Cost vary by location (do to rental fees of facilities)
- Healthy Snacks
- Transportation if not at a school location

Fargo Public Schools

www.fargo.k12.nd.us

Elementary

Intramurals

- Horce Mann
 - 1025 3rd Street North
 - 701.446.4600
- Mckinley
 - 2930 8th Street North
 - 701.446.5200
- Longfellow
 - 20 29th Avenue North East
 - 701.446.5000
- Washington

- 1725 Broadway North
 - 701.446.5400
 - After school gym
 - 4th and 5th grade
 - Chess Club
- Roosevelt
 - 1026 10th Street North
 - 701.446.5300
 - Chess Club
 - After school gym
 - 3rd grade
 - Mondays
 - Basketball
 - Girls grades 4th and 5th, Tuesdays
 - Boys grades 4th and 5th, Thursdays
- Madison
 - 1040 29th Street North
 - 701.446.5100
 - K-1st Wednesdays 3:02-4pm
 - 2nd-3rd Tuesdays and Fridays 3:02-4pm
 - basketball lead-ups
 - soccer
 - kickball
 - baseball/baseball lead-ups
 - wrestling
 - cross-country running
 - volleyball lead-ups
 - floor hockey
 - bowling
 - flag football
 - 4th and 5th Mondays and Thursdays 3:02-4pm
 - Cross-country
 - flag football
 - soccer
 - floor hockey
 - wrestling
 - volleyball
 - badminton
 - basketball
 - baseball
 - track and field

- kickball
 - On Monday's from 4:15-5:15pm we offer Dance line
 - 2nd/3rd - First Trimester
 - 4th/5th - Second Trimester
 - K/1st - 3rd Trimester
- Bennett
 - 2000 58th Avenue South
 - 701.446.4000
- Centennial
 - 4201 25th Street South
 - 701.446.4300
- Clara Barton
 - 1417 6th Street South
 - 701.446.4400
 - No consistent intramurals
- Hawthorn
 - 555 8th Avenue South
 - 701.446.4500
- Lewis & Clark
 - 1729 16th Street South
 - 701.446.4800
 - After School Sports
 - 2:45pm to 3:45pm
 - 3-4 days per week
- Lincoln
 - 2120 9th Street South
 - 701.446.4900
 - 4th and 5th grade
 - 2:45-3:45 Tuesday and Thursday
 - After School gym
 - Football
 - Wrestling
 - Basketball
 - volleyball
- Kennedy
 - 4401 42nd Street South
 - 701.446.4200
 - 4th and 5th grade after school gym
- Jefferson
 - 1701 4th Avenue South
 - 701.446.4700

- Intramurals
 - 4th and 5th grade
 - Tuesdays and Thursday 2:45pm
 - Volleyball
 - Cross Country
 - Flag Football
 - Wrestling
 - Basketball
 - Floor Hockey
 - Swimming
 - Track and Field

Middle School

- Intramurals
 - Ben Franklin
 - 1420 8th Street North
 - 701-446-3600
 - All morning activities
 - Subject to change with student participation
 - **Session 1: Aug. 30-Sept 24**
 - Dance
 - Frisbee Golf/ Ultimate Frisbee
 - 6th/7th football skills
 - Fitness walk
 - Four Square/ Hacky Sack/ Bocce Ball
 - **Session 2: Sept. 27-Oct 29**
 - Running
 - Weights/Cardio
 - Soccer
 - Tennis
 - Lacrosse
 - Jump Rope
 - **Session 3: Nov.1-Nov.27**
 - Basketball
 - Weight Room
 - DDR
 - Ping Pong
 - **Session 4: Nov.29-Dec 22**
 - Weights/Cardio
 - DDR
 - Basketball
 - Whiffle Ball

- **Session 5: Jan. 3-Feb. 4**
 - Volleyball/Eclipse Ball
 - Fitness Walk/Snow Shoe
 - Weight Room
 - Badminton
- **Session 6: Feb.7-Mar. 18**
 - Weights/Cardio
 - Broom Ball/Ice Skating
 - Floor Hockey
- **Session 7: Mar. 21-Apr.22**
 - Weight Room
 - Recreational Games
 - Jump Rope
 - Basketball
- **Session 8: Apr. 25-May 26**
 - Whiffle Ball
 - Dance
 - Jogging
 - Softball
 - Horseshoes
 - Archery
 - Walking
- Discovery
 - 1717 40th Avenue South
 - 701-446-3300
- Carl Ben Eilsen
 - 1601 13th Avenue South
 - 701-446-1700

High School

- Intramurals
 - North
 - 801 17th Avenue N
 - 701.446.2400
 - **Fall**
 - Table Tennis
 - Open gym
 - Frisbee Golf
 - **Winter**
 - Volleyball
 - Basketball
 - Badminton

- Indoor soccer
 - Dodge ball
 - **Spring**
 - Frisbee Golf
 - Golf
- Woodrow
 - 315 University Drive N
 - 701-446-2800
- South
 - 1840 15th Avenue South
 - September/October: Croquet (also various times during winter)
 - November: Dodgeball Tournament
 - January: Badminton tournament
 - March: 3 on 3 basketball tournament
 - May: Ultimate Frisbee
 - April/ May: Running Group
 - April/May: Croquet
 - April/May: Boys' Golf (6 dates)
- Davies
 - 7150 25th Street South

Fargo Park District

www.fargoparks.com

- Scholarships
 - 2-free activities per season per year

Adaptive Tae Kwon Do

- Children will learn basic skills and techniques of Taw Kwon Do.
 - Year round
 - Ages 5-18

Adaptive Teen Night

- This program is for developmentally disabled your. Activities include roller skating, bowling, movies, pizza parties, and much more.
 - October-April
 - Ages 13-20

Archery

- This course will teach the basics of archery and proper shooting techniques.
 - o Spring session: April- May
 - o Fall Session: September-November
 - o Ages 13-20
 - o Metro Rec

Baseball/Softball and T-ball

- Kindergarten -2nd grade
 - o Games: Lewis & Clark
 - 1729 16th Street South
 - o Season: June-July
- 5th and 6th graders
 - o Northside games: Mickelson Park
 - 901 Oak Street N
 - o Registration due by: April 15
 - o Season: June-July
- 5th and 6th graders
 - o Southside games: Lindenwood Park
 - 1905 Roger Maris Dr.
 - o Evening games: Lewis and Clark Park
 - 1807 S 16th Street
 - o Registration due by: April 15
 - o Season: June-July

Basketball

- 4th and 5th grade girls and boys
 - o Northside: Roosevelt
 - 1026 10th Street N
 - o January-February
- 4th and 5th grade girls and boys
 - o Southside: Clara Barton
 - 1417 6th St. S
 - o January-February

Cross Country Ski

- Lessons
 - o 4th & 5th grade and ages 6 & up
 - o January-February
 - Warming house

- Ski rental
- Trails
 - December-February
 - Edgewood Golf Course
 - N. Elm Street & 36th Avenue N
 - Dike East to Lindenwood Trail
 - 100 2nd Street S
 - Rose Creek Golf Course
 - 1500 Rose Creek Parkway
 - Prairiewood Golf Course
 - N. Prairiewood Drive

Curling

- Youth Curling league
 - November-February
 - Ages 10 to 18years
 - the fm curling club

Disc Golf

- Free to play
- Need a disc
- April – November (weather permitting)
 - Oak Grove Park
 - 170 Maple Street N
701-241-1350
 - Trollwood Park
 - 3664 Elm Street N
701-241-1350
 - Iwen Park
 - 1209 52nd Avenue S
701-241-1350

Flag Football

- This non-competitive league which is designed to learn the basic skills of flag football.
 - August – October

- Kindergarten- 3rd grade
- Tharaldson Baseball Complex
 - 2401 42nd Street SW

Figure Skating

- Sessions Start: September, November, and January
 - Coliseum
 - 807 17th Avenue N
 - 701-241-1353
 - Sports Arena
 - 2001 17 Avenue South
701-241-8153
 - December
 - Southwest Youth Arena
 - 4404 23 Avenue SW
701-356-9888
 - December
- Levels
 - **Adult & Tots** - These classes are for the beginning skater ages 2-5. Skaters participate in the class with a parent (parent must wear skates). Classes meet once a week for 45 minutes for six weeks. Skaters will work on Pre levels 1-3.
 - **Beginners 1** - These classes are for the beginner skater 5 years and above who have never taken lessons before or has passed Pre Levels 1-3. Skaters will work on Level 1. This class meets once a week for 45 minutes for six weeks.
 - **Beginners 2** - These classes are for the beginner skater 5 years and above who has passed Level 1. Skaters will work on Level 2. This class meets once a week for 45 minutes for six weeks.
 - **Intermediates** - These classes are for skaters who have completed Level 2. Classes are held once a week for 45 minutes for six weeks. Skaters will work on Level 3 and Level 4.
 - **Advanced** - These classes are for those skaters who have completed Level 4. Classes are held once a week for 45 minutes for six weeks. Skaters will work on Level 5 & Level 6.
 - **Novice Patch** - This class is for the skater who has completed Level Six. These skaters will work on Level Seven, Level Eight, Freestyle 1-3, and Dance 1-2.
- Indoor Skating rinks
 - December-March
 - Coliseum
 - 807 17th Ave N
 - Southwest Youth Ice Arena

- 4404 23rd Ave SW
 - Sports Arena
 - 2001 17th Ave S
- Outdoor Skating rinks and Warming Houses (North)
 - December – February (weather permitting)
 - Hours:
 - Monday-Friday 3:30 – 8pm
 - Saturday and Sundays 12-8pm
 - Places:
 - Longfellow
 - Horace Mann
 - Madison
 - McKinley
 - Roosevelt
 - Washington
- Outdoor Skating and Warming Houses (South)
 - December - February
 - Hours:
 - Monday –Friday 3:30-8pm
 - Saturday and Sunday 12-8pm
 - Places:
 - Bennett
 - Brunsdale
 - Kennedy
 - Centennial
 - Clara Barton
 - Jefferson
 - Lemke
 - Lewis & Clark
 - Lincoln
 - Village West
 - Westgate

Golf

This is an instructional program for youth ages 7-12 that teaches the basic fundamentals of golf. These are group lessons with a six to one student to instructor ratio.

- Level 1: Geared for 7-9 year olds who have never golfed or have minimal experience.
- Level 2: Geared for youth under 9 years old with one year
- Level 3: Geared toward youth with two or more years of experience, ages 10-12.
- June-July
- Locations:
 - Edgewood
 - 19 Golf Course Ave

- Rose Creek
 - 1500 Rose Creek Parkway
- Osgood
 - 4400 Clubhouse Dr
- Prairiewood
 - 22 Prairiewood Dr

Lacrosse

- Introduce and teach the basic skills of lacrosse.
 - Fall: September- October Ages 8-15
 - Spring: April- May Ages 10-16
 - Metro Rec
 - 3110 Main Ave
 - Bennett Elementary
 - 1900 58 Ave S
 - Players must provide their own equipment for this league.
 - Helmet with mask, pads, and lacrosse stick
 - Contact Craig Bjur at (701) 241-1356

Open Gym

- In cooperation with the Fargo Public Schools the community open gym program is designed to provide free play for youth during a supervised time period.
 - November –March
 - youth (13-17)
 - Saturdays: 12:30-4:00pm
 - Sundays: 12:00-3:00pm
 - K-5 and Family time
 - Saturday-Sunday
 - 1:00-2:30pm (K-3rd)
 - 2:30-4:00pm (4th & 5th)
 - 4:00-5:00pm (Family)

Phil Hansen Sportsmanship Kamp for Kids

- Learn recreational football skills from Phil Hansen, a former NDSU and Buffalo Bills player.
 - August
 - Ages 5-13

- Fargo South Field
- Free

Pickelball

- A program for beginners to learn a fun game played on a badminton court with a net lowered to 34 inches with a wiffle ball and paddles.
 - February – March
 - Ages 12-17
 - Clara Barton
 - 1451 6th St S

Playground Program

- The Summer Playground Program provides different types of recreational activities.
 - June- July
 - Ages 4-12
 - Places:
 - Bennett
 - Centennial
 - Clara Barton
 - Kennedy
 - Lemke
 - Lewis & Clark
 - Lincoln
 - Longfellow
 - Roosevelt
 - Village West

Playground Program Adaptive Camp-a-day

- These programs are for children with special needs. They offer recreational opportunities that encourage social interaction through field trips, picnics, games and more. Bussing is available for an additional fee.

- June
- Ages 4-6
 - Johnson Park
- Ages 10-14
 - Rheault Park
- July
- Ages 7-9
 - Johnson Park
- Ages 15-20
 - Rheault Park

Recreational Trail System

- The trail system is provided for safe and enjoyable use by bicyclists, walkers, runners and inline skaters. There are over 90 miles of paths in the Fargo park system.
 - April - October

Skate Park

- Year round
- Dusk till Dawn
- Dike West

Sledding

- Edgewood Golf Course is a wonderland of wintertime fun offering cross-country skiing, ski rental, snowshoe rental and sliding hill. The old clubhouse is open as a warming facility with an interior fireplace and snack bar. The sledding hill is lit during the chalet hours.
- Dike West
 - 310 4th St. S
 - 701-235-1200
 - December - February (pending snowfall)
 - Hours of operation
 - Monday-Friday 3:30-8:00 pm
 - Saturday 10:00 am-8:00 pm
 - Sunday 12:00-8:00 pm

- Sleds are free with picture id or \$20 deposit

Snow Shoeing

- December- February
- Rental available at Edgewood golf course
- Edgewood golf course
 - 19 Golf Course Ave

Sports Sampler

The Sports Sampler provides an opportunity for your child to "sample" a variety of sports to see if any spark an interest. Don't miss out on all the fun.

- Location: Madison
Dates: June-July
Ages: 5-12 year olds
- Location: Clara Barton
Dates: April-May, September
Ages: 4-6 years olds

Swimming

- Registration starts February 1st for Spring Indoor lessons and Summer Indoor and Outdoor lessons.

- Preschool Level

This is a class for preschool children (ages 4-6) who are independent enough to participate in a swimming class without a parent but are not advanced enough for the large pool. Water adjustment skills are taught in the wading pool with a goal to progress to the larger pool.

- Level 1: Introduction to Water Skills

- Basic water safety rules
- Using a life jacket
- Submerging mouth, nose and eyes
- Opening eyes underwater & picking up submerged object
- Swimming on front and back using arm and leg actions
- Recognizing a swimmer in distress and getting help
- Exhaling underwater
- Floating on front and back

- Level 2: Fundamentals Aquatic Skills

- Moving in the water while wearing a life jacket
- Submerging entire head

- Front and back glide
 - Treading water using arm and leg motions
 - Recognizing a swimmer in distress and getting help
 - Bobbing in water
 - Jellyfish float
 - Swimming using combined stroke on front and back
- Level 3: Stroke Development
 - Reaching assist
 - Submerging and retrieving an object
 - Front and back glide
 - Front and back crawl
 - Kneeling or standing dive (shallow dive progression)
 - Rotary breathing in horizontal position
 - Survival float, back float
 - Butterfly-kick and body motion
- Level 4: Stroke Improvement
 - Safe diving rules
 - Dive from stride position or shallow dive
 - Survival float, back float
 - Elementary backstroke, breaststroke, butterfly
 - Throwing assist
 - Feet-first surface dive
 - Front and back crawl
- Level 5: Stroke Refinement
 - Survival swimming
 - Standing dive (Diving progression)
 - Open turns on front and back
 - Front and back crawl
 - Performing rescue breathing
 - Tuck surface dive and pike surface dive
 - Front flip turn and backstroke flip turn
 - Elementary backstroke, butterfly, breaststroke, sidestroke
- Level 6: Fundamentals of Diving/Fitness Swimmer/Personal Water Safety Lifeguard Readiness
 - This course will further develop skills learned in level 5.
- Open Swimming (June 5, 2011-August 13, 2011)
 - South Side Indoor Pool (December – March)
 - 1840 15TH Ave. S

- 701-235-4093
 - 1:00-5:00 pm

- North High Pool
 - 801 17th Avenue North
701-446-2437
 - **Hours**
 - General Admission**
 - Monday-Sunday 1:00-5:00 pm
 - Monday, Tuesday, Thursday, Friday, Saturday 6:00-8:00 pm

 - Adult and Family Swim**
 - Wednesday and Sunday 6:00-8:00 pm

- Island Park
 - 616 1st Avenue South
701-235-7685
 - **Hours**
 - General Admission**
 - Monday-Sunday 1:30-4:30 pm
 - Monday, Tuesday, Thursday, Friday, Saturday 6:00-8:00 pm

 - Adult and Family Swim**
 - Wednesday and Sunday 6:00-8:00 pm

- Madison Pool and Splash Pad
 - 1040 29th Street North
701-232-5726
 - **Hours**
 - General Admission**
 - Monday-Sunday 1:00-5:00 pm
 - Monday, Tuesday, Thursday, Friday, Saturday 6:00-8:00 pm

 - Adult and Family Swim**
 - Wednesday and Sunday 6:00-8:00 pm

- Southwest Recreational Pool
 - 18 Street & 15 Avenue South
701-235-4093
 - **Hours**
 - General Admission**
 - Monday-Sunday 1:00-5:00 pm
 - Monday, Tuesday, Thursday, Friday, Saturday 6:00-8:00 pm

 - Adult and Family Swim**
 - Wednesday and Sunday 6:00-8:00 pm

Track

- The program provides an introduction to the sport of track and field.
 - June

- Ages 5-12
- First come first serve basis

Tennis

- Star Junior Tennis Lessons

- Session I: June 1-25 (4 weeks)
Session II: July 5-30 (4 weeks)
- Star Junior Tennis 1-2-3
 - This program is structured to provide an opportunity to learn and play the game of tennis. Our emphasis is on FUN, fitness and skill development. Lessons (M-Th) will involve drills and FUN games to test individual skills. Fridays will be Junior Team Tennis play day.
 - Locations: Elephant Park, Southwest Park, Discovery and Bennett.
Fees: \$40.00 per session for levels 1-3. All participants will receive a t-shirt (one t-shirt per summer). Student to instructor ratio is 10 to 1. Add \$20.00 to any fee and receive a new Wilson racquet matched to your size.
 - Level 1: (Beginner)-Introduction of basic strokes, court positioning, parts of the court & scoring.
Grades K-2: Tues, Thurs & Fri 9:00-10:00 am
Grades 3-5: Mon, Wed & Fri 9:00-10:00 am
Grades 6-8: Tues, Thurs & Fri 9:00-10:00 am
 - Level 2: (Adv. Beginner)-In this level we will emphasize consistency of the basic strokes.
Grades K-2: Tues, Thurs & Fri 10:00-11:00 am
Grades 3-5: Mon, Wed & Fri 10:00-11:00 am
Grades 6-8: Tues, Thurs & Fri 10:00-11:00 am
 - Level 3: (Beginning Intermediate)-This level will begin to learn basic strategy and direction.
Grades 1-3: Tues, Thurs & Fri 11:00 am-Noon
Grades 4-6: Mon, Wed & Fri 11:00 am-Noon
Grades 7-9: Tues, Thurs & Fri 11:00 am-Noon

University of the Great Outdoors

- Classes for youth and adults to introduce and teach basic skills and strategies of outdoor activities. Classes include archery, birding, ATV youth safety and hunter's safety.
 - Age 6-Adult
 - Year round
 - Places:
 - Metro Rec
 - Edgewood
 - Depot

Rheault Farm

Volleyball

- Roosevelt
 - 4th and 5th grade volleyball league
 - Teaches the fundamentals of volleyball
 - October - November
 - 6th grade girls volleyball league
 - Teaches the fundamentals of volleyball
 - March-May
- Clara Barton
 - 4th and 5th grade volleyball league
 - Teaches the fundamentals of volleyball
 - October - November
 - 6th grade girls volleyball league
 - Teaches the fundamentals of volleyball
 - March-May
- Girls Volleyball Camp
 - Sports Arena
 - May-June

Pool Events

- Teen Pool Party

Get out of the house and hang with friends. Swim! Dance! Compete in crazy contests and win cool prizes. Free food! Free Admission. Middle school or senior high i.d. is required at the door. Contests, prizes and free food will be available while supplies last.

Location: Fargo South High Swimming Pool

Date: Saturday, February 12, 2011

Time: 6:30-9:00 pm

Admission: Free (bring student i.d.)

- 8th Annual Destination Anchor Island

Get out of the cold and take a cruise to Anchor Island. Enjoy a Sunday afternoon at the Caribbean with music, water games, and prizes. Don't forget to grab yourself a tasty tropical treat while you relax by the water.

The shallowest depth in the pool is 4 1/2 feet so we recommend all younger children are accompanied by an adult while they are in the pool.

Location: Fargo South Indoor Pool

Date: Sunday, February 13, 2011

Time: 1:00-5:00 pm
Cost: \$2.00/swimmer

- **Pepsi Appreciation Days**

Free pool admission all day thanks to our friends at Pepsi. Free Pepsi products and hot dogs will be served at the beginning of the first session at each pool on the dates listed below, while supplies last.

Happens annually in July check the website for further information

Island Park Hours

Afternoon Swim: 1:30-4:30 pm

Open Swim: 6:00-8:00 pm

Lap Swim: 8:00-9:00 pm

Madison, Northside & Southwest Hours

Open Swim: 1:00-5:00pm, 6:00-8:00pm

- **Waterama**

Spend an afternoon having fun with water! Play water games and do all sorts of activities that involve water and getting wet! Play water games, join in contests, and win prizes. There will be a bubble area for children ages 5 and under.

Happens annually in July check the website for further information

Waterama is a FREE event! Scheduled during Pepsi Appreciation Days.

Time: 12:00-3:00 pm

Skate Boarding Events

- **Summer Grind**

The Summer Grind Exhibition provides divisions for beginners, intermediate and advanced participants. Participants are required to wear a helmet and should bring their own skateboard. Prizes will be given to participants in each division. The professional skate group 3rd Layer will be emceeing the Summer Grind Exhibition. 3rd Layer will also be providing prizes as well as a demo during this exhibition.

Location: Dike West Skate Park

Date	Register By	Starts Time
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Sunday, May 15	5:00pm	6:00pm
Saturday, July 9	3:00pm	4:00pm

- **Skateboarding Day**

Come out for the annual Skateboarding Day where you can celebrate with free food and pop while supplies last. Enjoy a day of skateboarding with your friends and listening to music.

Location: Dike West Skate Park

Time: 4:00 pm

- **Skateboarding Clinic**

This one-day clinic is for all skill levels. Instructors from the 3rd Lair Skateboard Park will adapt each lesson to fit each participant's skill level.

Location: Dike West Skate Park

Time: 9:00 am to 12:00pm

- **BMX Jam**

Bikers, show off your tricks at the BMX Jam. All skill levels can participate in the exhibition. Helmets are required.

Location: Dike West Skate Park

Time: 5:00pm

Soccer

- www.redriversoccer.org
 - o Pre-k – 8th grade
- www.fargosoccer.org
 - o Pre-k – 3rd grade

Fargo Athletic Youth Football

- www.fmathletics.com

- Games on week nights
- Mid-August - October
- More information contact: Doug Huber (North Side) 492-2604.

Hockey

- www.fargohockey.org
 - Fargo Raiders
 - Ages 9-14 years old
 - Squirt, PeeWee, Bantams
 - Fargo Flyers
 - Ages 9-14 years old
 - Squirt, PeeWee, Bantams

TNT Kid fitness and Gym

2800 Main Ave

701-365-8868

www.tntkidsfitness.com

Pricing: \$65 and up

Summer Session: June 6th – August 6th

Fall Session: August 29th- October 29th

Winter Session: October 31st – January 14th

All programs run Monday – Saturday

Gymnastics

- **Parent/Tot (45 min. ages 1½ - 3)**
This is an interactive Parent and Tot class; it provides a positive early physical education experience in which we praise the effort of the child. Our parent tot class provides learning opportunities through movement for children while educating the parent on developmentally and age appropriate activities. ex: Listening skills, taking turns, balance and coordination
- **Lil' Sparks (45 min. ages 3+)**
Lil' Sparks is designed for both girls and boys who are ready to participate without a parent. Basic tumbling progressions are taught along with apparatus activities based on each child's

readiness. Students will also be challenged in a series of obstacle courses to help build strength and flexibility. In this program, children will put their listening skills to good use.

- **Lightning Bolts (50 min. ages 4+)**

Lightning Bolts is designed for both girls and boys that incorporate basic body positions, fundamental motor skills and gymnastics terminology through creative movement. Basic introduction on bars, beam, vault, tumbling and trampoline.

- **Red Stars (55 min. beginner age 5+)**

Red Stars is designed for introductions to basic positions, fundamental skills and terminology. Gymnasts will train forward and backward rotation on each event. ex: handstands, cartwheels, pullovers, jumps/leaps, and much more!

- **White Stars (60 min. advanced beg. age 5+)**

White Stars is progression based on fundamental skills with emphasis on strength, flexibility and technique. This class is for students who have passed the Red Stars or have been evaluated into this level. Students begin to work more advanced skills and progressions in tumbling and on select equipment. ex: round-offs, front and back walkovers, glides

- **Blue Stars (60 min. intermediate age 6+)**

Blue Stars is for advanced progressions based on fundamental skills, with emphasis on strength, flexibility and technique. A faster pace for students who are ready to learn multi-skill tumbling passes and more difficult combinations on all apparatus. This class is for students who have passed White Stars or have been evaluated to this level. EX. Front and Back tucks, round-off back handspring, kips

- **Gold Stars (75 min. Advanced/Prep-Opt age 8+)**

Gold Stars is the most advanced level in our recreational program. Students in this class will work on more difficult skills and elements, and work on combining them together into individualized routines. Athletes will also have the option to participate in TNT's Prep-Opt Competitive Team, a low commitment option for those who wish to travel and display their accomplishments in a competitive atmosphere without all of the obligations associated with the other competitive levels. A great opportunity for High School students at this level.

- **Dynamites (Boys 45 min. ages 3-4)**

Dynamites will learn basic body positions, fundamental motor skills through age appropriate activities on pommel horse, parallel bars, still rings and floor. Ex: Rolls, supports, handstands

- **Blasters I (Boys 60 min. ages 5+)**

Blasters I is designed for introductions to basic positions, fundamental skills and terminology. Gymnasts will train forward and backward rotation on pommel horse, parallel bars, still rings, high bar and floor. Ex: Handstands, swings, pullovers

- **Blasters II (Boys 60 min. ages 6+)**

Blasters II is progressions based on fundamental skills, with emphasis on strength, flexibility and technique. Gymnasts will train forward and backward rotation on vault, pommel horse, parallel bars, still rings and floor. Ex: Cartwheels, round-offs, handstands, swings, back hip circles

- **Parkour (Boys/Girls 60 min. ages 6+)**

Parkour is the art of moving from point A to point B in the quickest way possible, regardless of obstacle.

PreSports

- **PreSports (Boys/Girls min. ages 6+)**

These pre-sports classes are to help kids build up proper mechanics to improve their sport performance. Whether its basketball, football, volleyball, soccer, wrestling, gymnastics, or any other sport. These classes will benefit your child's ability to perform. There are 3 class levels: **Core/Balance/Stabilization, Speed/Agility/Quickness, and Strength/Power**. Students can graduate from one level to the next based on meeting the necessary requirements for each class. See website for details.

Kid's Fitness

- **Kid's Fitness (Ages 6+)**

TNT uses our gymnastics, cardio and speed/agility equipment to raise heart rate, burn calories, and have fun. Kids get fit, strong and flexible. **Choose any 2 days a week for \$90.**

Special Needs

- **Special Needs Program (Ages 18months +)**

1:1 Session Designed to meet the physical, cognitive, social, and sensory needs of your child. Utilizing gymnastics skills and equipment, we work to improve the skills and self-esteem of your child. 9 sessions at \$180, 10% off each additional session per week.

School out and Summer Programs

- **No Bummer Summer**

We will be starting our 3rd year of "No Bummer Summer" in June and we are super excited! Our summer camps focus on getting kids physically active and making healthy choices. Utilizing our facility to the max we give kids an array of activities to challenge their physical abilities. A healthy snack and lunch are provided each day to keep up with the energy they burn. Field trips to various community locations are planned each week. Most importantly we expect kids to be "someone" and follow these simple rules:

- **School Out Day Camps (SODC)**

School Out Day Camps are here for your child's enjoyment. If you do not want your child sitting all day when they have a school day off, bring them TNT. We will ensure your child gets plenty of activity and loves doing it! A school out day camp consists of physical activity, open play, healthy snacks, and fun arts & crafts.

Typical activities done during School Out Day Camp

- o Morning Fitness

- Arts/Crafts
 - Gymnastics
 - Open Pit and Free Time
 - Board Games
 - Movie time
- **Students of All-Abilities Respected (SOAR)**
- Our goal is to provide an environment that makes kids of all-abilities feel safe and respected. Kids learn patience, acceptance and understanding for others through fun and exciting activities. This after school program assures that kids get a daily fitness class and a healthy snack each time they come. We want all kids to be successful and feel good about themselves.
- Parents drop and pick child up no later than 6pm
 - Pricing: \$200 for full time (4-5 days/week) per month
\$120 for part time (1-3 days/week) per month

Special Events

- **Birthday Parties**

One hour of party time all supervised by our professional staff. Activities include: warm-up, age-appropriate games, pit-play time, parachute games, obstacle courses and trampoline bouncing. The final 30 minutes is spent enjoying refreshments, birthday cake and presents. We'll provide the table and chairs. Every birthday child will receive a TNT birthday shirt for all of their friends to sign.

- \$125.00 for 10 kids and 90 minutes of play time, \$8.50 for each additional child. \$30 deposit to hold the date, which is then applied to the \$125.00. Balance is due the day of the party. Parties held every Saturday and Sunday afternoon.
- Ages 4-18.

- **Open gyms**

TNT hosts Kid's and Parents nights out every month throughout the entire year. Let us take care of your children one evening while you relax and catch up with family and friends. Children will enjoy gymnastics, floor games, climbing the rock-wall, dancing, obstacle courses, trampoline time, play time in the pit, and much more! Public Open Gyms are for ages 5-18. Keep an eye out for our monthly open gym schedules!

- **Private open gyms**

We provide the perfect environment for any occasion: Girl Scouts, PTA Fundraisers, Brownies, Boy Scouts, End-of-the-Season Sports Party, Church Potlucks, Youth Organizations, and more! We provide a fun and safe environment, so that you can relax and enjoy the special occasion.

Best of all, the kids always leave TNT with big smiles on their faces! Contact Hollie at TNT for more information on booking your event.

- **“Spooktacular” and “Spring Fling”**

These are two seasonal shows to showcase the gymnastics skills that the children at TNT have learned over the past sessions. This is a great even for kids to show off all that they have learned here at TNT, and a great way for parents to see all of the hard work that they have put in at our facility.

- **Winter challenge**

Winter challenge is a gymnastics meet held by TNT, in which our gymnastics teams compete. This event is open to the public to come in a check out our talented boys and girls.

- **In their shoes**

In Their Shoes is an annual silent auction event hosted in the spring, at the Oxbow Country Club. This is a night of fun starting with a silent auction, followed by a live auction.

- **Giving hearts day**

“Giving Hearts Day” is a fundraising event sponsored by the Dakota Medical foundation. Show qyour support to TNT by donating \$10 or more and the Dakota Medical Foundation will double our earnings, up to \$4000! This event is a great way for you to show that TNT has made a difference in the life of a child in your life.

Fargo Youth Commission

- **Fargo Youth Center**

2500 18th Street South
Ph: 701/235-2147

- **Youth Center at Rose Creek**

4809 University Drive South
Ph: 701/478-4066

Fargo Youth Center

- Hawthorne
- Kennedy & Kennedy Transfer
- Lewis and Clark

- Lincoln & Lincoln Transfer
- Longfellow
- Nativity
- Washington

Youth Center at Rose Creek

- Centennial & Centennial Transfer
- Vern Bennett & Vern Bennett Transfer
 - o 13 locations
 - o Before and after school programs
 - o Pre-school
 - o Boys/Girls Club
 - The Boys & Girls Club of the Red River Valley will help our youth develop the attitudes, skills, values and behaviors to succeed in life. Youth Development Strategies, based on basic principles, are designed to build self-esteem and allow children to grow into responsible and caring adults. These strategies are tools that will allow our youth to become responsible citizens and leaders, who are able to live successful lives.
 - The Boys & Girls Club of the Red River Valley has various programs for youth who have a variety of interests and needs. The programs engage young people in diverse activities such as Character & Leadership Development, Education & Career Development, Health & Life Skills, The Arts and Sports, Fitness & Recreation.
 - **Boys & Girls Club - South Fargo**
2500 18th Street South
Ph: 701/235-2147
Hours: Monday-Friday, after school until 6:00pm. School year & summer hours vary, check with your local club.
 - **Boys & Girls Club - Rose Creek**
4809 University Dr. S.
Ph: 701/478-4066
Hours: Monday-Friday, after school until 6:00pm.
- o Rates
 - Morning Only (6:45-8:30am) - \$4.50 per child/per day
 - Afternoons Only (after school until 4:30pm) - \$7.50 per child/per day
 - Afternoon Only (after school until 6:00pm) - \$10.50 per child/per day
 - Before & After School until 4:30pm - \$12.00 per child/per day
 - Before & After School until 6:00pm - \$15.00 per child/per day

- All Day Programming - \$25.00 per child/per day
- Unscheduled Services - \$30.00 per child/per day
- Argusville Outreach Program (3:30pm-6:00pm) - \$10.00
- SENDCAA Head Start Outreach Childcare Program (3:15pm-6:00pm) - \$10.50
- Youth Commission Pre-School
 - 3 Year Olds: MWF 8:30am – 11:00am Cost: \$125 per month
 - 3 Year Olds: TTh 8:30am – 11:00am Cost: \$110 per month
 - 4 Year Olds: MWF 12:00pm – 2:30pm Cost: \$125 per month
 - 4 Year Olds: TTh 12:00pm – 2:30pm Cost: \$110 per month

The Youth Commission provides fee based before and after school childcare programs and services for children ages 5 to 12 in the Fargo-Moorhead area.

American Gold Gymnastics

2001 17th Ave S
Fargo, ND 58103

701-280-0400

- Regular Gymnastics
- Boys and Girls
- Ages 1-18
- Scholarships
- Costs: \$82 and Up
- Competitive and show teams
 - Sessions
 - Late Winter: January 3 – March 12
 - Spring Session: March 14 – May 21
 - Early Summer: June 6 – 30
 - Late Summer: July 11 – Aug. 4

Gymnastics

- **PARENT-TOT GYMNASTICS** (1 1/2 - 3 1/2 yrs)

Children attend this class along with a parent or care giver for fun and parent/child bonding. Quality time for both is the key. Class time is a good opportunity to develop physical awareness, work on coordination, balance, listening skills with music and movement exploration.

- **TUMBLE TOTS** (3 years)

This class is designed for the 3 year old (both boys and girls), who are just beginning gymnastics. The child will be working on tumbling, trampoline, balance beam and bar skills to further develop fine and gross motor skills. Movement and music are used with stations and small circuits making learning gymnastics fun. We will also emphasize pre-reading and pre Kindergarten skills.

- **SUPER TOTS** (4 years)

This class is designed for the 4 year old (both boys and girls). As basic skills are mastered, we can work on more complex progressions and combinations. Learning these skills fosters greater self-esteem. Having healthy learning attitudes is key during their formative preschool years.

- **BOUNCING BOYS** (3-5 years)

A Tumble Tot/Super Tot level class for boys only. For boys that are shy about being in a class with girls.

- **KINDERGYM** (5 - 6 years)

In Kindergym, skills and gymnastic progressions will be taught on all events for beginner through advanced students. Gymnasts are divided according to skill levels.

- **GYMNASTICS 1** (6 - 12 years)

Gym 1 classes are offered to children who are new to American Gold's program or have not yet passed the Handstand Forward Roll level of tumbling.

- **GYMNASTICS 2** (6 - 12 years)

Gym 2 classes specialize in more difficult (intermediate to advanced) skills in all areas. Gymnasts must have passed the Handstand Forward Roll level of tumbling.

- **GYMNASTICS 3** (6 - 12 years)

Gym 3 classes focus on Flip Flop skills. It will also include beam, bars and trampoline.

- **TUMBLING TEENS** (11 - 18 years)

A class for the older beginner. Gymnasts just getting started who would feel more comfortable with kids their own age.

- **BOY'S GYM** (6 - 14 years)

For boys of all levels who would prefer to work with boys only. Boys 1 works up to the Round Off and Boys 2 is for the more advanced.

- **TUMBLING AND MORE** (6 - 18 years)

Work on tumbling and Trampoline skills needed for Cheerleading or Acro.

- **POWER GYM** (6 -18 years)

gym is an advanced class that will train you to be a better tumbler and all around gymnast. Gymnasts must have passed all flip flop levels to join this class. This class will focus on both Acro and Competitive Skills.

- **FIT & FUN GAMES** (3 - 12 years)

We will do lots of fun games and exciting activities to work on building Fitness. Class will be divided by age.

- **CHEER!** (5 - 8 years)

An intro into the world of cheerleading. Learn jumps, stunts, tumbling and routines.

- **TOTALLY TRAMPOLINE** (6 - 12 years)

A class totally devoted to trampoline!! Big Tramp, Tumble Tramp, Mini Tramp and more!

Courts Plus

- 3491 South University Drive
- 701.237.4805

Courts Plus Express

- 4404 23rd Avenue SW
- 701.364.1995
- www.courtsplus.org
 - No Scholarships

All American Tae Kwon Do at Courts Plus

- All American Tae Kwon Do is offering classes at Courts Plus Fitness Center on Tuesday and Friday evenings. Learn the art of Tae Kwon Do from 6th Degree Black Belt Master Daryl Bachmeier and

3rd Degree Black Belt Mr. Cameron Battagler. An introductory class is being offered at Courts Plus Fitness Center Tuesday evenings from 5:30-6:30 pm. Other classes are offered from 6:30-7:30 pm on Tuesdays and 6:30-7:30 pm on Fridays.

Intro to Dance New!

- This class is a great introduction to the world of dance. Students will the fundamentals & techniques of dance, including body position, proper alignment, and basic dance vocabulary. Contact Wayne Herrick with any question at 237-4805 or wherrick@courtsplus.org.

Ages: Kindergarten- 3rd grade

- Annual Sessions:

Fall I: September-October

Fall II: November-December

Winter: January-March

Spring: March-May

Junior Running Club

- Planning to Run a 5K? Training is a fun way to start running, stay in shape, feel great, and improve your overall health! These bi-weekly sessions include group runs and training tips from experienced runners. This 6 week program will prepare you for a Fargo/Moorhead 5K Run/Walk.

Ages: 4th grade – 8th grade

- Annual Sessions:

Fall I: September-October

Fall II: October-November

Spring: April-May

Kidz Jam

- A fitness and nutrition program designed for kids. Kidz Jam will introduce participants to exciting new skills, equipment and healthy eating habits. Kindergarten – 3rd grade boys and girls will explore cardio, strength, agility, flexibility and balance. Contact Wayne Herrick at 237-4805 or wherrick@courtsplus.org with any questions.

Ages: Kindergarten- 3rd grade

- Annual Sessions:

Fall I: September-October

Fall II: November-December

Winter: January-March

Spring: March-May

Summer: July- August

Pre-Junior Fitness and Fun

- This evening youth fitness class is all about making fitness fun. Fitness activities will be lead by our Certified Personal Trainers and Group Fitness Instructors. Classes will combine exercise with games and other fun activities for boys and girls, 9-12 years old. Contact Wayne Herrick at 237-4805 or wherrick@courtsplus.org with any questions.

Ages: 9-12 years old

- Annual Sessions:

Fall I: September-October

Fall II: November-December

Winter: January-March

Spring: March-May

Summer: July- August

Stars Junior Tennis Lessons

- Our Star Junior Tennis and MXP Tennis program uses a progressive court system that uses 36', 60' and 78' (regular size) tennis court. Coupled with ensuring the proper racquet length and using different types of tennis balls based on age and ability, our goal is to get your child playing tennis as soon as possible. This system gives your child a visible progression to maximize their improvement. Each of our lessons will be divided up into three critical phases beginning with a warm-up emphasizing tennis specific movement and coordination. This is followed by a skill-building phase. Then, skills are practiced "live" in a competitive phase, where rallying and game conditions are experienced

Ages: Kindergarten-8th grade

- Annual Seesion

June-July

- Places:

Elephant Park

Discovery

Bennett Park

Southwest Park

Rheault Park

Summer Day Camps

- This camp is designed for younger campers entering first through fifth grade. Activities include team and individual sports, playground games, arts and crafts, nature, water games, movies and unstructured free time. All activities will take place at Courts Plus Fitness Center and local parks. Campers should be ready to play outside every day of camp, weather permitting. Contact Wayne Herrick with any question at 237-4805 or wherrick@courtsplus.org.

Ages: 5 – 10 years old

- Annual Schedule

Session I: June

Session II: July

Session III: July

Session IV: August

Youth Basketball

- This non-competitive program will teach participants the fundamentals of basketball while stressing fun and team work. The class is available for Kindergarten thru second grade boys and girls. The program is offered Mondays and Wednesdays, 4:30 p.m. - 5:15 p.m. Contact Wayne Herrick with any question at 237-4805 or wherrick@courtsplus.org.

Ages: Kindergarten – 2nd grade

- Annual Sessions:

Fall I: September-October

Fall II: November-December

Winter: January-March

Spring: March-May

Summer: July- August

Youth Holiday Camp

- Schools out! Join us for three fantastic days filled with entertainment and exercise. Activities include sports, games, movies, outdoor activities, art projects and much more. Remember to bring your outdoor gear for some exciting winter games.

Ages: 5-10 years old

- Annual Sessions:

Holiday break

Youth Volleyball Camp

- One week of learning volleyball fundamentals.

Ages: 3rd grade – 6th grade

- Annual Sessions:

July & January

Youth Sports Sampler

- This program will introduce participants to a variety of sports and games. Fundamentals and games will be used to teach kids a new and exciting activity every Friday. This non-competitive program will stress good sportsmanship, team work and most importantly fun; for boys and girls ages 5-10. The program is offered on Fridays, 4:30 p.m. - 5:30 p.m. Contact Wayne Herrick at 237-4805 or wherrick@courtsplus.org with any questions.

Ages: 5-10

- Annual Sessions:

Fall I: September-October

Fall II: November-December

Winter: January-March

Spring: March-May

Summer: July- August

Carters Tae Kwon Do

2400 32nd Ave S.
701-271-0894
carter@fargotkd.com

After School Program

The program runs Mon-Fri / 3:00-5:45.

Students are bussed from school to MeritCare Southpointe, where they have TaeKwonDo class from 3:30-4:30, and a supervised study period from 4:30-5:45. Pickup is anytime before 5:45.

Tuition for the After-School program

- \$75/ week
- \$65/ week for 4 weeks paid
- \$55/ week for 12 weeks paid

Daily Rate

- \$23/ Day
- \$20/ Day for 4 weeks paid
- \$17/ Day for 12 weeks paid

Students enrolled in the after-school program can also train with the evening classes at no extra cost

Services North and South Fargo

Cass County Public Health

Health Tracks Program

- Provides prevention health screenings for all North Dakota residents who are newborn to 21 years of age and on Medicaid.
 - No Charge
 - This program includes:
 - Hearing and Vision screenings
 - Developmental testing
 - Immunizations and lab tests hemoglobin, routine urinalysis and lead screening
 - Dental screening
 - Health education
 - Referrals for treatment as needed

Walk this Way

- Walk This Way is a walking program with a goal to get citizens in our community out walking and to expose them to the various trails and places to walk throughout Fargo/Moorhead. A number of different walks are scheduled throughout the community and start the end of March.
- Walk This Way is free and open to all ages! Participants have an opportunity to sign up for prize drawings at weekly walks and to be entered into a grand prize drawing at the end of the program. For more information and to register please go to www.fmwalkthisway.com or call Kim Lipetzky at 241-8195. Walking is a great way to be physically active!

Cass County Extension

On the Move

- This is a presentation done in elementary schools teaching kids about nutrition and physical activity through fun interactive activities
- 1hr presentation

Expand the food

- This program gives knowledge about nutrition and cooking skills to teen moms and adults

- @ drug recovery centers and detention centers
- Must be a member of the recovery center

Sanford Health

www.sanfordhealth.org

We-Can Program

- Held on days teachers have in services
- Spend the day at the school doing activities and learning how to be physically fit and gain nutritional knowledge
- Parents at the end of the day are able to come get their kids and make a meal
- Held at the adopt a schools for Sanford health

Adopt a School

- Roosevelt and Horce Mann
- Each school has a theme of the week for 24-26 weeks
- Every Monday a professional comes in on the lunch hour for five minutes to teach a quick informational lesson on nutrition.

Exercise Physiology Services through Sports Medicine at South Point

- Personal Training
Description:
Individual Personal Training - personalized training sessions, contact 701-234-8750 for an appointment. No physician referral is required.
- Speed Strength Sessions
Description:
Small Group Speed Strength Sessions - individualized training sessions, contact 701-234-8750 for an appointment. A physician referral is required.

Nutrition Services for All Ages and Needs

Description:
Individual Dietitian Nutrition Therapy -- contact 701-234-2245 for an appointment. A physician referral is required.

Family Health Care

well-child checks

- In which the medical provider addresses healthy habits/lifestyles with parent/child. The medical providers may also make referrals for medical nutrition therapy intervention where the parent/child meets individually with a dietitian to address lifestyle issues related to weight management.
- Covered under NDCA or MNCare