# FALL & WINTER | ACTIVITY GUIDE 2025-'26 | ACTIVITY GUIDE PARKS AND PROGRAMS & EVENTS FOR YOUTH & ADULTS RECREATION moorheadparks.com

































## **OUR MISSION**

The mission of Moorhead Parks and Recreation is to enrich the lives of its citizens by providing a comprehensive system of parks and affordable, diverse recreation programs that encourage health, fitness, relaxation, and cultural enrichment, as well as providing opportunities for community involvement.



# Stay Connected with Us!

**1300 15 Ave N, Moorhead, MN 56560**Monday-Friday, 8 am-4:30 pm



**Phone** 218.299.5340

**Email** parkandrec@moorheadmn.gov

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PARKS & RECREATION........218.299.5340

1300 15<sup>th</sup> Ave N | Monday-Friday | 8 am-4:30 pm

Victoria Baas.......Park Office Specialist

Sean Brandenburg......Parks & Recreation Director

Jessica Colby.....Recreation/Aquatics Specialist

Melissa Discher.....Recreation Program Supervisor

Steve French....Recreation Events Specialist

Trevor Magnuson....Recreation Program Supervisor

Michelle Romon.....Figure Skating Coordinator

## HJEMKOMST CENTER & SENIOR CENTER 202 1st Ave N | 218.299.5515

Michelle Griffin...Cultural Center Facility Coordinator Hope Thier...... Senior Program Coordinator

#### **GOLF COURSES | 218.299.7888**

The Meadows	401 34 <sup>th</sup> St S
Jay Haug	The Meadows Golf Manager
Village Green	3421 Village Green Blvd
Rick DaunerVilla	age Green Course Superintendent
Russ Nelson	Village Green Golf Professional



#### **FACILITIES/ORGANIZATIONS**

Moorhead Library	218.233.7594
Historical & Cultural Society	218.299.5511

#### **CITY OF MOORHEAD**

City Hall	218.299.5166
Fire (Non-Emergency)	218.299.5298
MATBus	701.232.7500
Neighborhood Services	218.299.5434
Police (Non-Emergency)	218.299.5120
Public Works	218.299.5422
Forestry   Streets   Sanitation	Park Maintenance



#### REGISTRATION

Register online at moorheadparks.activityreg.com | Call 218.299.5340 | Mail Registration Form - pg 33

#### PROGRAM UPDATES AND WEATHER-RELATED ANNOUNCEMENTS

Posted on facebook.com/moorheadparksandrec

#### **REFUND POLICY**

Notification to the Parks and Recreation office is required two business days before the first class for a refund to be issued.



How do you BUILD a legacy?



Donate today!
Turn concepts and dreams for your community into amenities and

Turn concepts and dreams for your community into amenities and experiences. Visit Mhd.fund or the FM Area Foundation to donate. Proposed concept: Moorhead Baseball Stadium | Matson Field



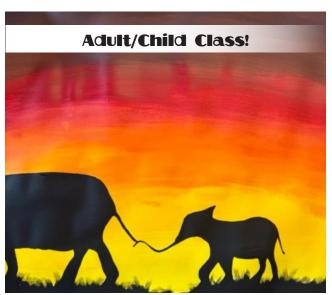


## **AUTUMN LEAVES**

Discover the essence of fall through the art of negative space and liquid watercolor. Artists will dive into the shapes of autumn foliage while mastering the blending of colors. Explore how negative space can captivate the viewer's eye, adding depth to your artwork.

Date	Day	Time
Oct. 21	Tuesday	6-7 pm
Age	Location	Fee

Min 4/Max 12



## **ELEPHANT SUNSET STROLL**

Enjoy an evening painting together in this adult/child class! Both you and your child will create a sunset scene featuring a parent and baby elephant holding trunks as they walk across the savanna. We'll use warm colors to create a beautiful sunset sky, then paint the shadow figure of our gentle giants to bring the scene to life. Learn how to blend acrylic paint and create strong imagery through silhouettes. The adult attending must be 18 or older. Please register by the child's name.

Date	Day
Nov. 4	Tuesday
Time	Location
6-7:30 pm	Alm Park
Age	Fee
8-11	\$20.00

Min 4/Max 6



## PENGUIN COLLAGE

Waddle into a world of color in this penguin collage class! Artists will create a cheerful penguin using bold paper shapes, bright background, and a flurry of snow. Explore texture, color contrast, and layering.

Date	Day	Time
Nov. 20	Thursday	6-7 pm
Age	Location	Fee

Min 4/Max 12



## **COCOA & COZY BEAR**

This class is perfect for chilly days and warm imaginations! Artists will create a sweet scene of a bear sipping hot cocoa! Learn how a sponge can be used as a painting tool to create texture.

Date	Day	Time
Dec. 2	Tuesday	6-7:30 pm
Age	Location	Fee
8-11	Alm Park	\$15.00

Min 4/Max 12



## WINTER CARDINALS

Capture the quiet beauty of winter in this adult painting class featuring the vibrant red cardinal. You'll use guided techniques in layering, blending, and detail work. You'll leave with a finished piece that's perfect for seasonal décor! No prior experience needed.

Date	Day	Time
Jan. 13	Tuesday	6-8 pm
Age	Location	Fee





## **MELTY MAGIC**

Get ready for some frosty fun with a twist! In this class, artists will create their very own melty snowman sculpture using clay and color. Artists will learn basic shaping, rolling, and detail techniques to bring their snowy friend to life.

Date	Day	Time
Jan. 29	Thursday	6-7:30 pm
Age	Location	Fee

Min 4/Max 12

# TINY TREASURES + AFTER SCHOOL ADVENTURES + BABYSITTING

# RED CROSS BABYSITTING COURSE

This hands-on course will teach you to be a professional, reliable babysitter while having safety as your first priority. You will learn how to recognize and respond to emergencies, choose age-appropriate activities, and recognize and handle a range of behaviors. If participants pass the written pediatric first aid and CPR exam, they will receive certification through the American Red Cross valid for 2 years. Participants will provide their own lunch.

Min 3/Max 6

Dates	Day	Time
Sept. 13	Saturday	8:30 am-4 pm
Sept. 28	Sunday	
Oct. 18	Saturday	
Nov. 2	Sunday	
Dec. 20	Saturday	
Location	Age	Fees
Parks & Recreation Office 1300 15th Ave N Moorhead	11-16	\$75.00



## AFTER SCHOOL ADVENTURES

Participants will experience a variety of enjoyable activities including games, sports, science projects, and expression through art, music, and drama. Homework assistance will be 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. To register, please email the Parks and Recreation Office at parkandrec@moorheadmn.gov, and they will provide you with the information needed.

Dates		Days
Sept. 8-Dec. 18		Monday-Friday
	1	
Time	Location	Ages

Max 25 No program Sept. 26, Oct. 15, 16, 17 and Nov. 10, 26, 27, 28

## **TINY TREASURES**

Let your preschooler explore with us! This camp includes art, story time, music, and games. This is a drop-off program, and all participants must be toilet-trained.

Sessions	Days	Time
Sept. 13-Oct. 4	Saturday	10-11:30 am
Oct. 25-Nov. 15		
Ages	Location	Fee
3-5	Ridgewood Park	\$15.00
	•	





## **BASKETBALL + TAE KWON DO**



## MINI BASKETBALL

This introductory program for young boys and girls teaches the basics of the game of basketball. Learn fundamentals of the game using junior-size basketballs and six-foot baskets. The first 3 weeks of this program will focus on skill based drills, and the following 3 weeks on skill review and scrimmages. Shirts will be provided.

Dates	Day	Times
Jan. 6-Feb. 12	Tuesdays & Thursdays	5-6 pm
Grades	Location	Fee
1 & 2	Ellen Hopkins	\$60.00
	Elementary	\$80.00 after Dec. 8
Min 10/Max 30	•	•

## YOUTH BASKETBALL

Learn the value of teamwork in this six week coed basketball program! Participants will learn and practice different types of drills and techniques, and develop through skill based stations and games. The first three weeks of this program focus on skill development, with the last three weeks focusing on skill review and scrimmages.

Date	Day	Time
Jan. 6-Feb. 12	Tuesdays & Thursdays	6:15-7:15 pm
Grades	Location	Fee
3 & 4	Ellen Hopkins	\$60.00
3 & 4	Elementary	\$80.00 after Dec. 8

Min 10/Max 30

## TAE KWON DO

Participants learn to reach their full potential with our confidence-building martial arts program. Master instructor Roy Gilbertson provides expert training in a fun and safe environment to produce positive results. Our belt promotion curriculum focuses on many areas of Tae Kwon Do, progressively improving each student's skills and abilities.

#### New participants:

All information (uniforms, belt promotion, etc.) will be provided by your instructor on the first day.



Level	Dates	Days	Times	Ages	Location	Fee
Beginner	Sept. 2-25	Tuesdays	4:30-5:30 pm	5+	Dorothy Dodds	\$80.00
	Oct. 2-30	<u> </u>			Elementary	
	Nov. 4-25	Thursdays				
	Dec. 2-18					\$60.00 for
	Jan. 6-29					Dec. Session
	Feb. 3-26					

No program Oct. 16; One make up needed for Nov.

## **OPEN GYM + ADULT OPEN PICKLEBALL**



## ADULT OPEN PICKLEBALL

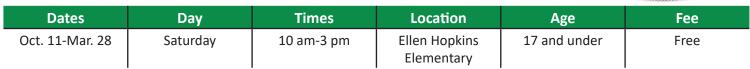
Get active and compete against friends and others at adult open pickleball! This program is for all adults of all skill levels, 18+. Equipment is available for use, games will be played to 7, to allow for players to rotate in and out.

Dates	Day	Times	Location	Age	Fee
Oct. 7-Apr. 9	Tuesdays & Thursdays	6:30-9 pm	Community Life	18+	\$5.00/day or
Oct. 11-Mar. 28	Saturday	9 am-12 pm	Center		\$40.00 punch card

No program Oct. 23, Nov. 27 & 29, Dec. 23, 25, & 27, Jan. 1, March 12 & 26

## **OPEN GYM** (BASKETBALL & VOLLEYBALL)

Get active this winter at Youth Open Gym! Regular and junior basketball and volleyball equipm will be available. These days are free and open to the public!



No program Oct. 18, Nov. 29, Dec. 27, Jan. 3, March 21



810 4th Ave. S. Suite 104 Moorhead, MN, 56560 701.866.9002 info@hopeinc.org hopeinc.org

### 25 adapted activities in FM and Grand Forks!

- Sled Hockey
- Dance
- Wheelchair Baseball
- Archery
- Theatre
- Wheelchair Basketball
- Wheelchair Softball
- Wheelchair Soccer

- Curling
- Fishing
- Track
- · Women's
- Group
- Skiing
- Fashion
- Show
- Bowling
- Summer
- Day Camp and more!

#### Call or email for more information!

All HOPE, Inc. adaptive team sports and recreation activities are offered at no cost! Curtesy of HOPE, Inc. donors.









For supporting a healthy community!



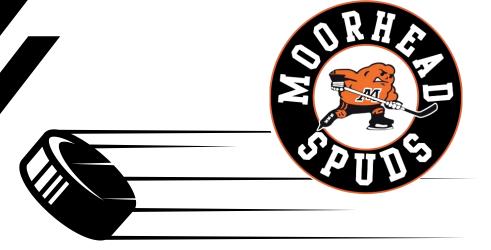
# REGISTRATION OPEN

## **MOORHEAD YOUTH HOCKEY ASSOCIATION**

For more info: www.moorheadyouthhockey.com

GIRLS & BOYS - 4 YEARS & UP, BORN BEFORE 5/31/2021

Be part of a winning tradition on and off the ice!





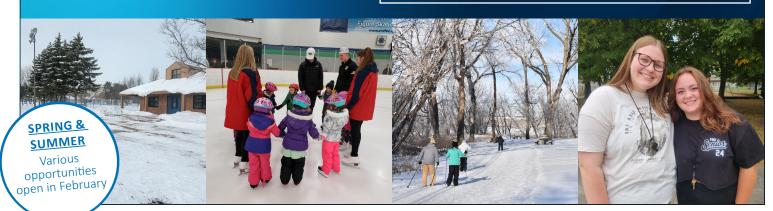
## **JOIN OUR TEAM!**

Build valuable job skills with a variety of seasonal positions now available with the City of Moorhead! Program, events, and maintenance opportunities include:

- After School Program Leaders
- Hjemkomst Center Building Attendants
- Preschool Program Leaders
- Recreation Facility Attendants
- Ski Attendants
  - \*Minimum age of 14 for several positions. Training provided.

- Special Events Assistants
- Swim Instructors
- Warming House Attendants
- Youth Sport Instructors

APPLY TODAY cityofmoorhead.com/employment





# AREA 4 COMPETITIONS

#### **Basketball**

February-April Moorhead Practices Contact Wayne Brendemuhl at 218.790.0073.

Special Olympics is a celebration of human spirit.

Through participation in this year-round programming, training and athletic competition, athletes gain confidence and build a positive self image.

With questions, email moorheadsomn@gmail.com. facebook.com/MoorheadSpecialOlympics



## **ADAPTED ICE HOCKEY**

FOR INDIVIDUALS WITH SPECIAL NEEDS IN THE MOORHEAD AREA.

# SIGN UP TODAY!

To Play Or Volunteer Contact: Jackie Beedy
JLBeedy@gmail.com 218-329-1808
www.MNSpecialHockey.org













## ADAPTIVE PROGRAMS

The Fargo Park District offers fall and winter programming to those with special needs, including an Adaptive Bowling League and Adaptive Tae Kwon Do. For more information, contact Fargo Parks at 701.499.6060.



## **SKATING LESSONS**

Learn the basic skills of ice skating with our Skate with Us program. These popular winter lessons are the basis for our annual skate event, the Moorhead Ice Show!

All lessons are taught at the Moorhead Sports Center, 2400 4th Ave S. Participants must provide their own skates. Weather-related cancellations will not be made up or refunded.

Levels	Course Content
Tots	Recommended for skaters that are unable to get across ice alone or fall often. Should have some skating experience. It is recommended that participants attend a few open skate sessions before enrolling in a class. Instruction includes getting up from a fall, marching in place, forward skating, and beginning stops. Helmets are required for this level. <b>Max 10</b>
Basic 1	If skater can make it across the rink without falling, they are ready for Basic 1. Participants will learn skating and gliding forward, stopping, two-foot hops and bubbles, as well as an introduction to backward skating and gliding. Helmets are strongly recommended for this level.  Max 10
Basic 2	Participants will learn backward skating and one foot gliding. Max 10
Basic 3 & 4	Participants will learn forward skating using blades rather than marching and be introduced to edges, crossovers, and three turns. <b>Max 10</b>
Basic 5 & 6	Skaters will learn backward edges, backward crossovers, hockey stops and one-foot spins, as well as t-stops, spirals, lunges, and bunny hops. <b>Max 10</b>
Hockey Skills	Designed for skaters that are currently in hockey and/or have passed Basic 3. Must be able to skate backwards and turn from forward to backwards with ease. Skaters must have the proper basics since instruction covers balance, edge work, and many advanced drills. This class is not for Tots or Basic 1 skaters who plan to play hockey in the future. Skaters must complete Basic 3 before entering Hockey Skills and register at their hockey level. This level concentrates just on skating. It is recommended skaters wear helmets and gloves. Hockey sticks are not used. Max 10
Novice Patch/ Advanced Adult	Focus is more extensively on edge work, turns, small jumps, and spins. Once you begin the free-style and dance levels, instruction will include several new jumps and spins, as well as dance steps. Min 4/Max 25

## **MONDAY SKATE WITH US**

Session I: Oct. 13-D	. 5-Feb. 23	
Levels	Times	Fees
Tots A (Ages 3+)	7:30-8 pm	\$45.00
Tots B (Ages 3+)	8-8:30 pm	
Basic 1	7:30-8:15 pm	\$50.00
Basic 2	7:30-8:15 pm	
Basic 3 & 4	7:30-8:15 pm	
Basic 5 & 6	7:30-8:15 pm	
Novice Patch/ Advanced Adults	8:15-9 pm	\$60.00



## SATURDAY SKATE WITH US

Session I: Oct. 11-Dec. 6   Session II: Jan. 3-Feb. 21				
Levels	Times	Fees		
Tots A (Ages 3+)	8:45-9:15 am	\$45.00		
Tots B (Ages 3+)	9:30-10 am			
Tots C (Ages 3+)	10:15-10:45 am			
Tots D (Ages 3+)	11:15-11:45 am			
Basic 1A	8:30-9:15 am	\$50.00		
Basic 1B	9:15-10 am			
Basic 1C	10-10:45 am			
Basic 1D	11-11:45 am			
Basic 2A	9:15-10 am			
Basic 2B	10-10:45 am			
Basic 2C	11-11:45 am			
Basic 3 & 4 A	9:15-10 am			
Basic 3 & 4 B	10-10:45 am			
Basic 5 & 6 C	9:15-10 am			
Basic 5 & 6 D	11-11:45 am			
Beginner Adult	8:30-9:15 am	\$60.00		
Hockey Skills: Mites & Squirts A	8:30-9:15 am			
Hockey Skills: Rookies	10-10:45 am			
Beginner Adult	11-11:45 am			
Novice Patch/Advanced Adult	11:45 am-12:30 pm			

No program: Nov. 29 and Feb. 14. Makeup for Feb. 14 will be Feb. 15 from 1-3:15 pm.

# ADVANCED SKATER ICE TIME

Skaters must be signed up for private lessons in order to skate during Advanced Skater Ice Time. The figure skating coordinator will provide registration information to interested skaters. With questions, email coordinator Michelle Romon at michelle.romon@moorheadmn.gov.

Dates	Days	Times	
Sept. 29 -	Monday-Friday	5-7 am	
Mar. 18	Thursday	7:30-9 pm	
	Saturday	7-8:15 am	
	Sunday	9 am-2 pm (Three different sessions)	



## **WATER EXERCISE + SWIM LESSONS**

## WATER EXERCISE

These classes will use a mix of cardio and strength exercises to increase your flexibility, range of motion and tone your body, while maintaining low-impact on your joints. We will incorporate a variety of movements, equipment and up-beat music to enhance your workout. All ability levels are welcome!

Dates	Day	Time	Ages	Location	Fee
Sept. 17-Nov. 12	Wednesdays	7-7:45 pm	18+	Moorhead High	\$45.00
Jan. 7-Feb. 25				School	

Min 6/Max 20 • No program October 15







## SWIM LESSON LEVEL GUIDE

Participants will enter and exit through the main athletic building doors (19) located on the east side of Moorhead High School.

Levels	Course Content
Preschool Swim	<b>Recommended for first time swimmers, ages 3-4.</b> Swimmers will be introduced to: how to safely enter and exit water, jumping from side of pool, blowing bubbles, bobbing, supported glides, and leg and arm actions.
Level 1 Swim Basics	<b>Swimmers should be comfortable in the water and at least 4 years old.</b> Swimmers will work on: entering and exiting water independently, going under water, and supported skills, including glides, floating, flutter kick, front crawl, elementary and backstroke arms, and jumping in.
Level 2 Water Movement	Swimmers should already be comfortable with being able to float and putting their head under water.  Swimmers will work on: introduction to rotary breathing and treading water, retrieving underwater objects, jumping into water over their head, and independent skills, including floating, front crawl, elementary and backstroke arms and kicks, rolling over from front to back, and back to front.
Level 3 Stroke Introduction	Swimmers should already be comfortable swimming front stroke, swimming on their back, and jumping into water over their head. Swimmers will work on: changing positions in the water, freestyle with rotary breathing, backstroke, scissors, breaststroke and dolphin kicks, retrieving objects in deeper water, treading water for 30 seconds, jumping into deep water, and seated and kneeling dives.
Level 4 Stroke Development	Swimmers should already be able to swim front crawl, backstroke and elementary backstroke 15 yards. Swimmers will work on: freestyle with rotary breathing, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water for 1 minute, and diving in compact and stride position.
Level 5 Stroke Mechanics	Swimmers should already be able to swim elementary backstroke and front crawl for 25 yards, back crawl, breaststroke, butterfly, and sidestroke 15 yards, tread water for 1 minute, and perform scissors and whip kicks. Swimmers will work on: rotary breathing, treading water for 3 minutes, introduction to flip turns, and mechanics of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, butterfly, and shallow-angle dives.

## **SWIM LESSONS**

Our swim program provides a comprehensive approach to swimming and water safety that teaches participants how to swim skillfully, while learning to think and act safely in, on, and around water. We recommend that swimmers come dressed in their suits and provide their own goggles. Please be on time for your scheduled session.



Location: Moorhead High School Pool (2300 4th Ave S)							
Dates	Levels	Times	Days	Ages	Fees		
Sept. 20-Nov. 15	Preschool	8:30-9 am	Saturdays	3-4	\$50.00		
	Preschool	8:30-9 am					
	Preschool	9:15-9:45 am					
	Preschool	10-10:30 am					
	Level 1	8:30-9 am		4+			
	Level 1	9:15-9:45 am					
	Level 1	9:15-9:45 am					
	Level 1	10-10:30 am					
	Level 2	8:30-9 am					
	Level 2	9:15-9:45 am					
	Level 2	10-10:30 am					
	Level 2	10-10:30 am					
	Level 3	8:30-9 am		6+			
	Level 3	9:15-9:45 am					
	Level 3	10-10:30 am					
	Level 4	8:30-9 am					
	Level 4	9:15-9:45 am					
	Level 5	10-10:30 am					

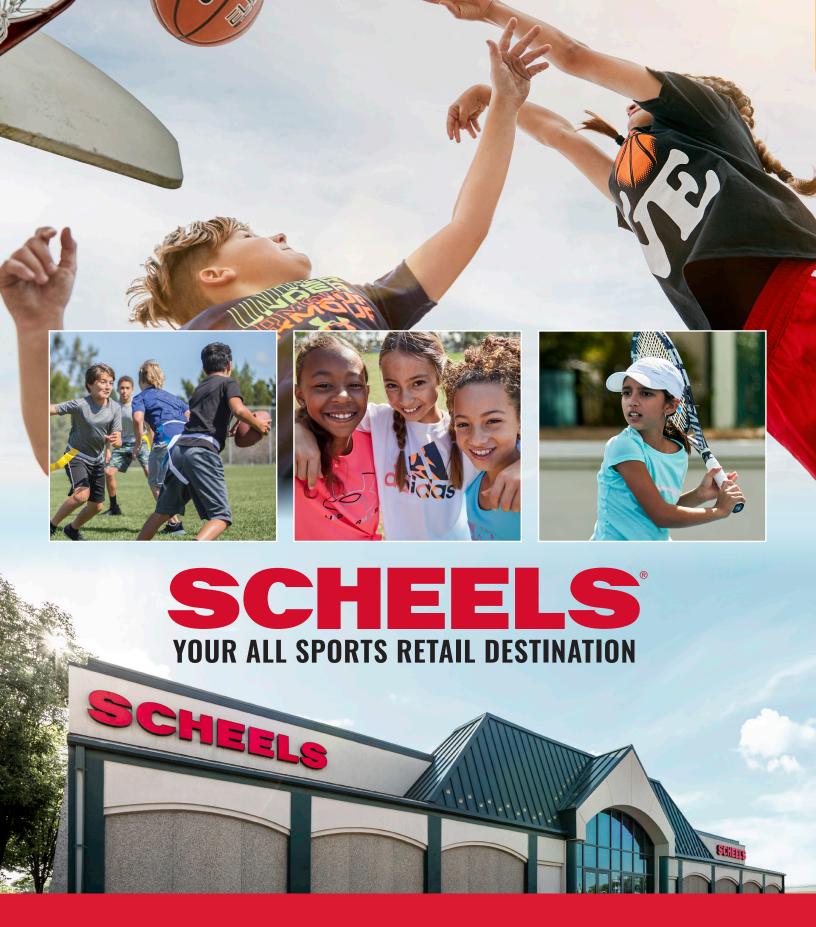
Preschool Max 4, Level 1-5 Max 6 No progra October 18

## PRIVATE SWIM LESSONS

Give your child or yourself the opportunity to learn new skills and/or refine current skills in a relaxed, one-on-one setting. Instructors will tailor the class to fit individual's needs.

Dates	Times	Day
Sept. 20-Oct. 11	10:45-11:15 am & 11:30 am-Noon	Saturdays
Oct. 25-Nov. 15		
Location	Age	Fee
<b>Location</b> Moorhead	Age 4+	<b>Fee</b> \$55.00





PROUD SUPPORTER OF MOORHEAD PARKS & RECREATION







## **VOLLEYBALL + SPORTS SAMPLER**

## YOUTH COED VOLLEYBALL

This fun and exciting program is designed to give 3rd-6th grade boys and girls an introduction to a sport they can enjoy well into their adult years. This six-week program will consist of skill-based drills and team building games, with some scrimmage games. Knee pads are suggested but not required. All other equipment will be provided.

Dates	Day	Location
Aug. 19-Sept. 25	Tuesday and Thursday	Ellen Hopkins Elementary
Grades	Times	Fee
3-4	5-6 pm	\$60.00
5-6	6:15-7:15 pm	
Min 8/Max 18		•









## **SPORTS SAMPLER**

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

Dates	Day	Times	Ages	Location	Fee
Oct. 21-Nov. 20	Tuesday and	5-5:45 pm	3-4	Ellen Hopkins	\$45.00
	Thursday	6-7 pm	5-6	Elementary	

## **SPECIAL EVENTS**





5-8:30 PM, THURSDAY, SEPT. 4

M STATE WEST PARKING LOT, 28 AVE S

Enjoy food, live music from the 3rd Street Blues Band, vendors and an exciting family-friendly atmosphere! Sponsored by the Moorhead Legion and the Moorhead **Business Association.** 

**FM KICKS BAND** 

3-5 PM, SATURDAY, SEPT. 6 VIKING SHIP PARK, 202 FIRST AVE N

Bring a lawn chair and join us in celebrating Greater Moorhead Days at the FM Kicks Band Summer Park Concert featuring guest vocalist Monroe Wright III. Come enjoy the free family fun!



**PARADE** 

6 PM, FRIDAY, SEPT. 5 20TH ST (N FROM 28 AVE) TO 14 AVE S **7 PM, SOCIAL** 

M STATE MAIN ENTRANCE, 24 AVE S

Come enjoy the parade Friday night and celebrate 150 years of Moorhead!

Afterwards, stop by the Social hosted by Inclusive Moorhead! Enjoy ice cream, snacks, lively dance performances by Fusion Dance Studios, and vibrant music from Fargo Folklorico.



Participate in the Parade!

Celebrate our community with a variety of fun and exciting events for all ages! The full calendar of events and registration links can be found at **greatermoorheaddays.com**.

Activities subject to change



## BEGINS MONDAY, SEPT. 8 AT 8 AM

Medallions will be hidden within city limits on public land. Clues will be announced daily on Big 98.7, Bob 95FM, and 107.9 The Fox. Fantastic prizes include a grand prize of \$1,000 in gift cards from Hornbacher's! Clue boards will be updated daily at greatermoorheaddays.com.

#### **ADDITIONAL EVENTS:**

Moorhead Farmers Market 3:30-6:30 PM, TUESDAY, SEPT. 9

VIKING SHIP PARK, 202 1 AVE N

Author Visit: Eric Dregni 6:30 PM, THURSDAY, SEPT. 11

MOORHEAD PUBLIC LIBRARY, 118 5 ST S

Discover Outdoors
9 AM-4 PM, SATURDAY, SEPT. 6
GOOSEBERRY MOUND PARK, 100 22 AVE S

Half-off Canoe & Kayak Rentals
11 AM-6 PM, SATURDAY, SEPT. 6
HJEMKOMST LANDING, 202 1 AVE N



**4:30-7 PM, WEDNESDAY, SEPT. 10**BLUESTEM AMPITHEATER, 801 50 AVE S

Free family fun with inflatable games, music, carriage and barrel car rides, a petting zoo, concessions, and so much more!

#### **EVENTS SPONSORED BY:**





















# FARMERS MARKET

Go Fresh. Go Local.



#### LIVE MUSIC

by local artists, Alternating Tuesday's, 4-6 pm

## FREE MUSEUM ACCESS

after 5 pm courtesy of the Historical Cultural Society of Clay County

## RIDE THE RIVER

on nearby canoe and kayak rentals, Open until Sept. 7, 4-8 pm

#### FREE \$2 TOKENS

for kids 4-12 and adults 55+ to spend on fruits/veggies with the Power of Produce Club

## Must register online at cityofmoorhead.com/market

Thanks to West Central Initiative and Network and Technology Solutions, Inc. for supporting the Power of Produce Club program, local producers and eating healthy!



Interested in becoming a vendor? Call 218.299.5446



3:30-6:30 pm VIKING SHIP PARK

UNTIL OCT 28,



VIKING SHIP PARI 2021 Ave N, Moorhead



D&GGY DIP

August 11 | 3-7 pm \$5.00 per dog

Located at Northeast Park
Wading Pool,
1817 8th Ave N

## Proceeds benefit Moorhead's dog parks!

Dogs should have a collar, carry ID tags, be properly licensed, vaccinated, and in good health to swim.



# TRUNK OR TREAT



October 31, 5-7 pm
MSUM Parking Lot,
1104 7 Ave S

Enjoy an evening of trick-or-treating! All ghouls, witches and zombies welcome! To get involved and host a vehicle, contact Steve French at 218.299.5446 or email steve.french@moorheadmn.gov!







Fast and reliable. Most orders ready in 24 hours or less.

We are your local partner for print, signs, design & mail.









## SHORTPRINTER

3005 Main Avenue, Fargo, North Dakota (701) 364-9663 **shortprinter.com f** @

# FR STIVAL FUN AT THE FROZEN FORTRESS

Save the Date!

JANUARY 31, 11:30 AM-3 PM VIKING SHIP PARK

Celebrate 10 years of Frostival at Fun at the Frozen Fortress!

Embrace the cool of winter with a day of outdoor activities including free cross-country ski and snowshoe rentals, games, hot chocolate station, the light tunnel and more!



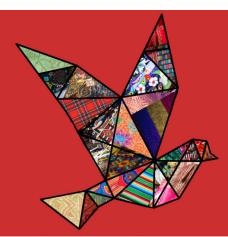
FARGO

NORTH OF NORMAL

REST FARGO

For more information, visit frostival.com.

Activities subject to change



**Food Live Entertainment Activities** 

## **PANGEA: CULTIVATE OUR CULTURES 2025** Saturday, November 15

**Hjemkomst Center** 202 1st Ave North, Moorhead, MN 56560 More info at hcscconline.org/pangea2025























Saturday, March 14 | 10 am-4 pm | Doors 9:30 am \$5 admission, kids 10 and under are free

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











All classes held at out Hjemkomst Location 202 1<sup>st</sup> Ave N. Moorhead, MN 56560

For more information and to register, visit fmct.org/education

# FALL SEMESTER: SEPTEMBER 13- NOVEMBER 15 WINTER SEMESTER: JAN 10 - MARCH 7

#### ACTING

Pre-K (ages 3-5) Kindergarten - 2nd grade 3rd - 5th grade 6th - 9th grade Adult (10th grade+)

#### **MUSICAL THEATRE**

Kindergarten - 2nd grade 3rd - 5th grade 6th-9th grade

#### **ADAPTIVE THEATRE**

All Ages



#### **AUDITIONING**

3rd - 5th grade 6th - 8th grade

## **CLASS DESCRIPTIONS:**

#### ACTING

This course explores the essential principles of performance, from voice and movement to understanding theatre vocabulary. Actors will explore objectives and obstacles, embrace the power of risk-taking, and develop ensemble-building skills to bring their performances to life.

Summer Session 2026
Announcement
November 2025!

fmct.org/education

#### **AUDITIONING**

Students will master the art of preparing a captivating monologue and a powerful song for theatrical auditions. From selecting the perfect piece to delivering a confident performance, students will gain the skills and confidence to bring their best skills to every audition.

### **MUSICAL THEATRE**

Students will explore the world of musical theatre, learning vocal technique and choreography as they challenge themselves they will refine their skills in a vibrant, multidisciplinary environment.

## **ADAPTIVE THEATRE\***

This class welcomes students of all abilities, guiding them through creative games, interactive exercises, and exciting rehearsals. Designed to celebrate each individual's unique strengths and differences.

\*This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

# REIMAGINE ROMKEY PARK

**COMING 2026** 



# POOL GRAND OPENING JUNE 2026

The Reimagine Romkey Park initiative, officially known as Reimagine Romkey Park - Pool Replacement and Park Renewal, aims to enhance outdoor recreational offerings within the neighborhood. By replacing underutilized amenities, expanding recreational opportunities, and reconstructing the Moorhead Municipal Pool, the project seeks to revitalize the park and promote community engagement in outdoor activities.





Learn more about this exciting project!





# Your Library is Here For You! Moorhead Public Library

Your library is here for you! You have free access to a large collection of books, eBooks, audiobooks, including movies and TV shows available for streaming.

Plus, take advantage of free services including meeting rooms, notary services and fantastic programs for all ages. Learn more about your library and start downloading eBooks instantly at larl.org/ebooks.

LAKE AGASSIZ REGIONAL LIBRARY

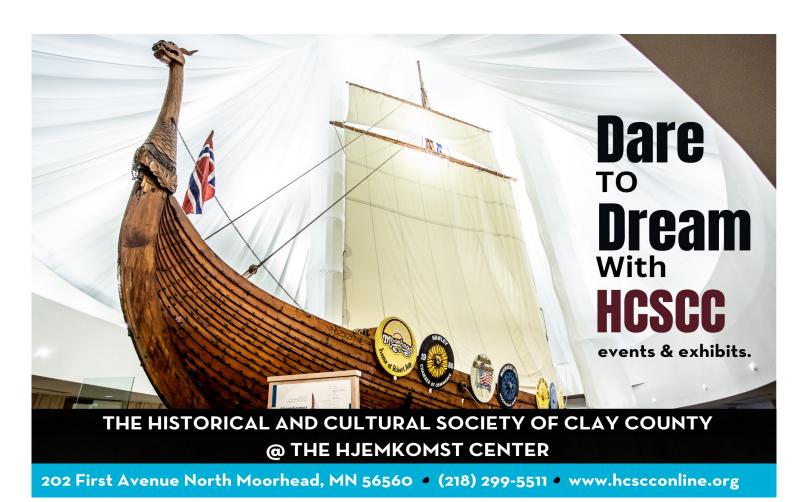
Need a card? Sign up online at larl.org/applyonline



## MOORHEAD PUBLIC LIBRARY

118 5th Street South 218-233-7594

moorhead@larl.org www.larl.org





# CROSS-COUNTRY SKIING & SNOWSHOE TRAILS

Groomed trails await cross-country skiers in the following Moorhead park locations: Gooseberry, Homestead, Woodlawn, River Oaks Point, M.B. Johnson, and Viking Ship Park (illuminated trail).

Dates	Days and Times	Rental Equipment (Hjemkomst Center only)	Rental Fees (cash and check only)
December 13-	Saturdays	Ski Package	\$15.00
March 1	10 am-4:30 pm	Family Ski Rental	\$40.00
(weather	Sundays	Snowshoes	\$10.00
permitting)	Noon-4:30 pm	Family Snowshoe Rental	\$25.00
		Headlamps	\$5.00



Riverview Estates Village Green Sixth Horn Park

Viking Ship Park

(hill is built for Frostival events)







Trailers unload at this location and snowmobilers can follow the trail leading out of town.

For more information, visit claytrails.org.

Snowmobiling in city parks is only allowed at the Trailhead parking lot located in the Centennial Athletic Complex.



Available winter rentals include:

- Lamb Park Neighborhood Recreation Center Available for rent October-April | \$50/Hour (2 Hour Minimum)
   Availability dependent on park activities and Warming House Hours
- M.B. Johnson Park Small Shelter
   Available for rent year round | \$250/4 Hours, \$25 Additional Per Hour After



Learn more at moorheadparks.com

## **OUTDOOR SKATING RINKS**

Lace up your skates and join the fun at our outdoor ice skating rinks this winter! Seven of these facilities include a lighted general skating rink, hockey rink, and a heated shelter for changing skates and warming up. Warming houses will close if the temperature is -10° or below, the wind chill is -30° or below, or the ice is deemed unsafe/unskateable.



Dates	Days & Times	Warming Houses & Lights	No Warming House
Dec. 19-Feb. 28 (weather permitting) Closed Dec. 24, 25 and Jan. 1	Monday-Friday, 4-8 pm Saturday & Sunday 1-8 pm <b>Extended Hours:</b> Dec. 22-Jan. 2, 1-8 pm Jan. 19 and Feb. 16, 1-8 pm	Hansmann Lamb Morningside Ridgewood Riverview Estates South Village Green	Alm - Lighted General Rink Voll - General Rink Trails at Stonemill - Lighted Hockey and General Rink

# Senior Center

The City of Moorhead sponsors social, educational and recreational programs for citizens 55 and older.

Hjemkomst Center, 202 1st Ave N, Moorhead | Monday-Friday, 8 am-4:30 pm | moorheadseniors.com Email moorheadseniors@moorheadmn.gov or call 218.299.5514 for the Senior Connections newsletter.

# Weekly Activities

ARTIST GROUP: Thursday 1-3 pm

BRIDGE: Monday, Thursday, Friday 12:30-4 pm

**DOUBLE PINOCHLE:** M, W, F 8:30 am-noon

GROUP SINGING: Tuesday 10:30-11:30 am

MAHJONG: Tuesday 1-4 pm

SOCIAL CIRCLE: Mon-Fri 8:30-10:30 am

WHIST: Monday, Tuesday, Friday 1-4 pm



## SENIOR MEALS

Monday-Friday 11:45 am
Call 218.299.5519 between 10 am
and 12:30 pm the day prior for reservations.

Enjoy a hot, nutritious, congregate meal! Monthly menu calendars are available online at moorheadseniors.com. Suggested donation is \$5 for anyone age 60 and over, \$9 for those under 60.



# Monthly Events

## **BINGO**

**First Wednesdays, 1-3 pm:** 25¢ for 2 cards/game and 35¢ for 3 cards/game. Final game is black out and 25¢ per card. Win prizes! No Program: October & December



## MEMORY CAFE

Cafe Second Wednesday 1-2:30 pm

Memory Cafe is a free social gathering where people experiencing mild to moderate memory loss, and their care partners, come together in a safe, supportive, and welcoming environment.



## **BREAKFAST CLUB**

Third Thursday. Breakfast starts at 8:45 am, speaker at 9:30 am. Easten Fryn' Pan, 2920 Hwy 10 E

Each month features a guest speaker. Breakfast will be on your own, ordered off the menu. Space is limited. Register by calling 218.299.5514 or online at moorheadparks.activityreg.com.

## **QUILTING GROUP**

**Second and Fourth Wednesdays, 12:30-4 pm**Socialize with other creatives while working on your own project. All skill levels welcome.

## **New! SENIOR PLANET FROM AARP**

Live Online Classes Held In-Person at the Hjemkomst Center Register online at moorheadparks.activityreg.com or by calling 218.299.5514

Limited seats. Free to attend. RSVP appreciated. Includes fitness and wellness classes such as Morning Stretch, Chair Yoga, Tai Chi, and more! Monthly schedules posted on the menu calendar and at moorheadseniors.com.





## INDOOR PICKLEBALL

Mondays and Thursdays 12:30-2:30 pm, Age 55+
October 13, 2025-April 30, 2026, \$5.00/day or \$40.00/10 punchcard
Community Life Center-Good Shepherd, 4000 28th St S, Moorhead
Instructors are not at the location, and those attending will rotate play. Paddles are available upon request and space is limited. No registration required.
Visit pickleball.com for more information and rules of game play.
No pickleball: Oct. 23, Nov. 27, Dec. 25, Jan. 1 & 19, Feb. 16, Mar. 26



Meets the last Tuesday of the month 9:30 am, Hjemkomst Center Valley Triad is seniors, service agencies and law enforcement working together. Valley Triad is a nonprofit that meets monthly to develop projects and educational programs for Cass-Clay county seniors.

#### **Upcoming Safety Events:**

- 2025 Senior Safety Academy is Thursday, September 11 from 8:30 am-1:30 pm at Hjemkomst Center. Register by calling 218.299.5514. Features speakers, vendors, door prizes and more.
- "911, What's Your Emergency?" Safety Seminar on Wednesday,
   October 29 from 1-3 pm at West Fargo Fire Dept, 1201 10 Ave E





## PUMPKIN PALOOZA PARTY

October 1, 2025, 12-1:30 pm. Register by calling 218.299.5514.

Celebrate the vibrant colors and cozy warmth of fall! Immerse yourself in the joys of the season with a delightful blend of activities, music, and food.

\$8/person includes lunch from Concordia Catering.

Meal is not a part of NSI Senior Meals.



First Tuesday of the month, 10-11 am. Free to attend.

Each month features different discussion topics while showing movement exercises. No program December 2025.





## **MERRY & BRIGHT BASH**

**December 3, 2025, 12-1:30 pm. Register by calling 218.299.5514.** Time for a festive holiday party with food, live music and more! \$8/person and includes lunch from Concordia Catering. *Meal is not a part of NSI Senior Meals.* 



## VOLUNTEER

with Moorhead Parks & Recreation!

Your time and talents make a difference!
By volunteering, you help bring our community programs and events to life and keep our city vibrant and beautiful.

Learn more at moorheadparks.com/volunteering



## RIVER BEAUTIFICATION

**On-the-Water Cleanup** 

August 4 • 6-8 pm • Hjemkomst Center Parking Lot Requirements: Participants MUST be comfortable in a canoe and willing to get wet and dirty. If interested, sign up by emailing info@riverkeepers.org or call 701.356.8915 for more information. Backup date August 11.

## SPECIAL EVENTS

**Volunteer for our Special Events!** 

Want to be part of the fun? We're always looking for enthusiastic volunteers to help out at our special events. It's a great way to meet new people, give back to the community, and make our events even more memorable. Volunteers serve as room hosts, event greeters, and concessions staff, etc.









## **BEAUTIFICATION**

Thank you to all volunteers that helped with the beautification program this spring and summer! If you would like to volunteer this fall to help keep our city clean and beautiful, call 218.299.5340.

Visit moorheadparks.com to learn more about locations that are available to adopt in the Moorhead area. We welcome both small and large groups, individuals and families!



PARKS AND RECREATION moorheadparks.com	Moorhead Parks & Recreation   Registration I 1300 15 <sup>th</sup> Avenue North, Moorhead, MN 56560	Ų	ion Fo 3560	Registration Form   PLEASE PRINT CLEARLY	T CLEARLY Email: parkandrec@moorheadmn.gov	orheadmn.gov	
Parent's/Guardian's Name (First and Last):	ne (First and Last):			Relationship			
Address:		City:_		State:	ite:Zip:		
Phone:	Email Address:	\$S:					
Emergency Contact (Firs	Emergency Contact (First and Last and Phone Number)			Relationship	0		
Are you or a family men	Are you or a family member interested in coaching/assisting (Applies to Baseball/Football)	sting (Applies to	Baseba	ll/Football)			
Payment Method:							
Please check one box. W	Please check one box. We will call for credit card information.	nation. Check or Cash 🗆	r Cash	□ Visa □ MasterCard □	Discover   Scho	Scholarship 🗆	
Participant's First & Last Name	Program Name/Session/Date	Date of Birth	Sex	School Attending & Grade	T-shirt Size - Youth S, M, L Adult S, M, L, XL	Any Special Needs/ Allergies	Fee
Release of Liability All registrants MUST read and sig	<b>Release of Liability</b> All registrants MUST read and sign the waiver below before participating in any Moorhead Parks and Recreation Program. In consideration of your accepting me or my child or ward's entry, I hereby, for myself, my child or ward, my spouse, heirs, and successors or assigns, waive and release any and all rights and claims that I, my spouse, or my child or ward may have against the City of Moorhead, its servants, agents, or employees,	ny Moorhead Parks and and all rights and clain	d Recreati	on Program. In consideration of your a ly spouse, or my child or ward may ha	ave against the City of Moor	ward's entry, I hereby, for myse head, its servants, agents, or e	lf, my child
register for. I further agree and c their representatives may photog and go as they please. Recreatio	register for. I further agree and consent to emergency treatment of my child or ward by a physician or hospital in the event that I cannot be reached. I also understand that Park and Recreation Department staff or their representatives may photograph participants enrolled in programs, classes or events, or enjoying park facilities. I understand that the Summer Park Program is NOT a day care structure. Participants may come and go as they please. Recreation Staff are not required to notify parents/guardians if participants choose to leave the program site.	d or ward by a physicia sses or events, or enjoy guardians if participan	in or hosp ing park f ts choose	tal in the event that I cannot be react acilities. I understand that the Summoto leave the program site.	hed. I also understand that er Park Program is NOT a da	be reached. I also understand that Park and Recreation Department staff or somer Park Program is NOT a day care structure. Participants may come	ent staff or may come
13.57 Social Recreation Data Law Authorization No. 2: I hereby grant authorization for my child's name and necessary. I understand that if I choose not to sign this waive	13.57 Social Recreation Data Law Authorization  No. 2: I hereby grant authorization for my child's name and our home phone number to be published on a team roster which will be made available to coaches, staff, team members and other individuals deemed necessary. I understand that if I choose not to sign this waiver, my child's name and phone number will not appear on any team roster but will be given to the coach and appropriate Parks and Recreation Staff.	ne number to be publis me and phone number	shed on a will not a	team roster which will be made avail ppear on any team roster but will be g	able to coaches, staff, team given to the coach and appr	de available to coaches, staff, team members and other individuals d will be given to the coach and appropriate Parks and Recreation Staff.	ls deemed taff.
Parent or Legal Guardian Signature:	Signature:			Date:			



# Moorhead Parks & Recreation Scholarship Application

It is our goal to offer financial assistance to any and all Moorhead youth looking to participate in our programs. To apply, please submit the scholarship application, registration form (page 41), and evidence of the household's annual income, e.g. a recent federal tax return, benefits approval letter, or last two most recent paystubs. Scholarships are available for all programs to youth ages 17 years and younger. Applicants must be residents of Moorhead.

All forms must be completed in full. Any missing or incomplete information will automatically be denied for a scholarship.

If approved, qualifying youth may be eligible to receive three qualifying scholarships per year. (Three total per calendar year with a maximum of two per season.)

Household size	Maximum household income
1	\$64,750.00
2	\$74,000.00
3	\$83,250.00
4	\$92,500.00
5	\$99,900.00
6	\$107,300.00
7	\$114,700.00
8	\$122,100.00

	me of Scholarship Recipient Id members when applying for a Fam	vily Rool Rocs	Date of Birth	Grade
(Please list all nouseno	id members when applying for a Fair	illy Pool Pass)	Date of Birth	Grade
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	your nousenoid: Adults	Children _	10ta1	<del></del>
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## **FACILITY LISTING**

REGIONAL PARKS	i	Acreage	Ball Field	Basketball Courts	Electricity	Grill	Hockey Rink	Recreation Center	Picnic Tables	Play Equipment	Pleasure Rinks	Restrooms	Shelter Fee	Sledding Hill	Soccer Nets	Tennis Courts	Wading Pools	Water	Pickleball
1. Horizon Shores Park	3801 24 Ave S	33.91		•		•			•	•						•		•	•
2. M.B. Johnson Park	3601 Oakport St N	109.67			•	•			•	•		•	•					•	
3. Southside Regional Park	2000 40 Ave S	121.37	•		•				•	•		•			•			•	
4. Robert A. Fogel Riparian Forest	898 50 Ave S	42.64																	
COMMUNITY PAR	KS																		

5. Davy-Memorial	111 8 St N	28.86	•	•			•	•	•				•	
6. Gooseberry Mound Park	100 22 Ave S	43.75		•	•		•	•	•	•			•	
7. Viking Ship Park	202 1 Ave N	11.77		•			•				•			
8. Woodlawn Park	400 Woodlawn Park Dr	28.86	•				•	•			•			

#### **PARK FACILITIES**

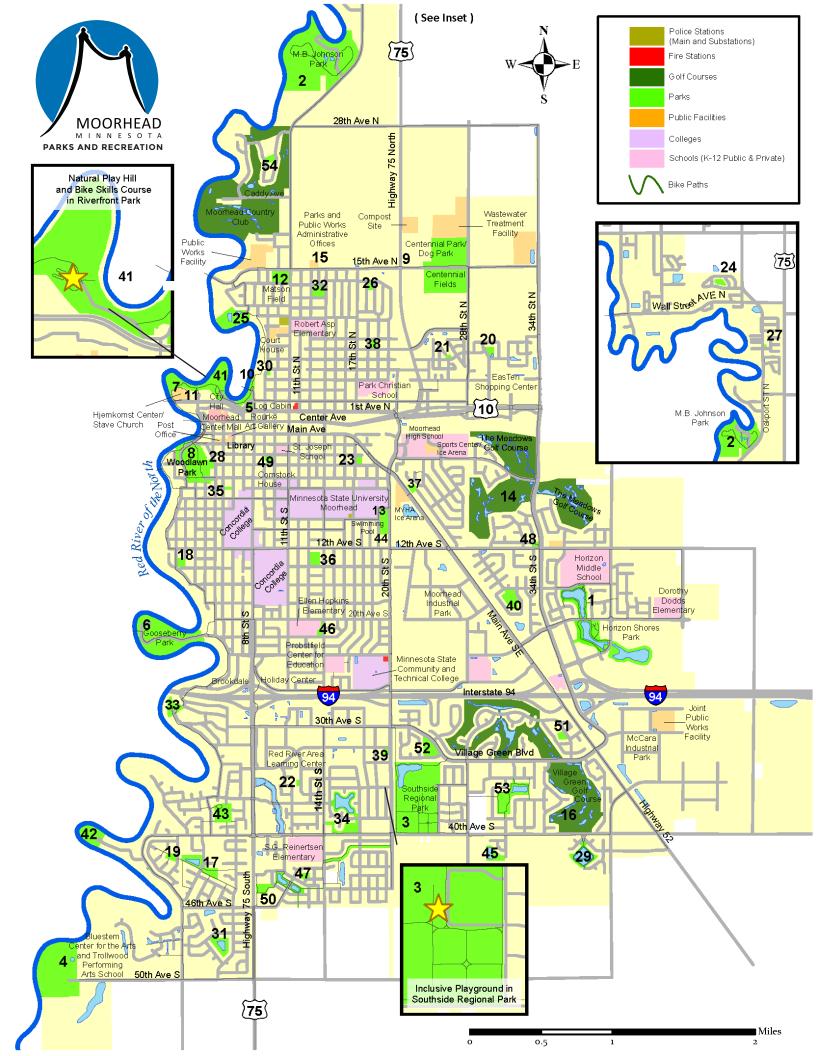
IAMMIAGILITIES															
9. Centennial/Athletic Complex + Dog Park	2600 15 Ave N	104.70	•	•	•		•	•		•				•	
10. Historic Log Cabin	109 8 St N			•			•	•		•				•	
11. Hjemkomst Center + Stave Church	202 1 Ave N	5.49		•						•	•			•	
12. Matson Memorial Field	1010 13 Ave N	6.71	•	•			•	•						•	
13. Moorhead Municipal Pool	800 19 St S	2.80		•			UND	DER C	ONS	ruc	TION		,		
14. The Meadows Public Golf Course	401 34 St S	178.16		•			•			•				•	
15. Parks + Public Works Administration Offices	1300 15 Ave N			•						•				•	
16. Village Green Public Golf Course	3421 Village Green Blvd	163.65		•			•			•				•	
41. Natural Playhill and Bike Skills Course at Riverfront Park	600 1 Ave N						•	•			•				
3. Inclusive Playground at Southside Regional Park	2000 40 Ave S	121.37	•	•			•	•				•		•	

### **NON-PARK FACILITIES**

Community Life Center (Good Shepherd)	4000 28 St S	N/A		•	•				•			•	
Ellen Hopkins Elementary	2020 11 St S	N/A	•	•	•			•	•			•	
Moorhead High School	2300 4 Ave S	N/A	•	•	•				•		•	•	
Horizon Middle School	3601 12 Ave S	N/A	•	•	•				•			•	
Moorhead Sports Center	2400 4 Ave S	N/A			•	•			•			•	

## **FACILITY LISTING**

NEIGHBORHOOD	PARKS	Acreage	Ball Field	Basketball Courts	Electricity	Grill	Hockey Rink	Recreation Center	Picnic Tables	Play Equipment	Pleasure Kinks	Kestrooms Sb <u>oltor Foo</u>	Shelter ree Sledding Hill	Soccer Nets	Tennis Courts	Wading Pools	Water	Pickleball
17. Allyson Park	4320 3 St S	4.07								•				•				
18. Alm Park	1300 Elm St S	2.35		•	•			•	•	•	•	•		•	•		•	•
19. Angelas Park	4121 2 St S	2.00		•					•	•								
20. Arbor Park	530 30 St N	2.29							•	•								
21. Arrowhead Park	2600 6 Ave N	0.55		•					•	•								
22. Belsly Park	3511 12 St S	0.68				•			•	•							•	
23. Bennett Park	302 17 St S	1.84		•		•			•	•								
24. Brentwood Acres Park	1006 62 Ave N	4.70		•					•	•								
25. Bridgeview + Org. Homestead Park	1002 7 St N	14.24								•								
26. Buland Park	1801 13 Ave N	1.47		•						•				•				
27. Crystal Creek Park	1700 51 Ave N	1.00								•								
28. Daily Park	301 3 Ave S	0.013																
29. Evergreen Meadows	3801 41 Ave S	10.61								•								
30. Five Nine Park	412 9 St N	0.60							•	•								
31. Hampton Park	499 Hampton Dr W	7.4								•				•				
32. Hansmann Park	1320 12 Ave N	4.30	•	•	•		•	•		•	•	•		•	•	•	•	
33. Horn Park	3001 River- shore Dr S	5.02											•					
34. Johnson Farms	1599 Johnson Dr S	17.10		•						٠				•				
35. Knapp Park	525 6 St S	0.55								•								
36. Lamb Park	1320 14 Ave S	4.06	•	•	•		•	•	•	•	•	•					•	
37. Morningside Park	455 Oak Way	1.43		•	•	•	•	•	•	•	•							
38. Northeast Park	1817 8 Ave N	2.06	•	•	•	•		•	•	•		•		•		•	•	
39. Queens Park	3201 20 St S	1.16		•		•			•	•								
40. Ridgewood Park	1818 31st St S	7.13	•	•			•	•	•	•	•	•		•		•	•	
41. Riverfront Park	600 1 Ave N								•	•			•					
42. River Oaks Park + Dog Park	100 River Oaks Point	11.46																
43. Riverview Estates Park	3801 5 St S	9.54	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
44. Romkey Park	900 19 St S	7.05						U	NDE	R CO1	ISTRI	UCTIO	N					
45. Shepherd Park	4201 31 St S	5.60																
46. South Park	2101 14 St S	1.50		•	•		•	•	•	•	•	•					•	
47. Stonemill Park	1209 45 Ave S	1.49		•						•								
48. The Meadows Park	3303 11 Ave S	0.41								•								
49. Townsite Park	311 10 St S	2.61							•	•				•				
50. Trails at Stonemill Park	4449 Blue Stem Way	3.97		•			•		•	•	•							
51. Village Green East	3601 Village Green Dr	1.79								•				•				
52. Village Green Park	2601 Village Green Blvd	6.96	•	•	•	•	•	•	•	•	٠	•	•	•	•	•	•	•
53. Village Green Sixth	3050 38 Ave S	17.39		•						•								
54. Voll Park	2514 Fairway Dr	2.08							•	•	•							





# MAKE BEST

- \* Birthday Party
- **★ Company Event**
- ★ Casino Night
- ★ And More!



# Local Family Business, Owned & Operated by a Moorhead Spud Alumni!





Our spacious facility, built in 2017, is located in south Moorhead (near Menards) and is clean, temp-controlled, has a kitchen and lounge area.



Elevate your corporate holiday event or conference entertainment with a fun night 'at the casino'!

Our professionally-trained dealers and games are sure to make your casino night the event of the year!

Custom packages available to fit the needs of your event!