

2024-2025

JANUARY

# KID VENTURES



# WEST FARGO

#districtofchoice

# PLAY BALL!

Join West Fargo Baseball this summer and get registered for one of our three available summer programs. We offer intermediate, advanced, and travel programs for ages 5-15. For more information and to visit our registration page, please scan the QR code.



Please visit us at [westfargobaseball.com](http://westfargobaseball.com) or contact us at [office@westfargobaseball.com](mailto:office@westfargobaseball.com)



Familywellness  
**SWIM**  
SCHOOL

# WINTER SWIM SCHOOL

REGISTRATION NOW OPEN!

- **Winter Session:** January 13 - February 22 (6 weeks)
- **Spring Session 1:** February 24 - April 5 (6 weeks)
- **Spring Session 2:** April 7 - May 17 (6 weeks)
- \$60 members | \$120 non-members
- Register at [familywellnessfargo.org/swim-school](http://familywellnessfargo.org/swim-school)



Scan for Schedule  
and Pricing

**Familywellness**  
A PARTNERSHIP BETWEEN SANFORD HEALTH

2960 Seter Parkway, Fargo | 701-234-2400  
[www.familywellnessfargo.org](http://www.familywellnessfargo.org)



“In and Out - I Count!”



# fargo-moorhead-west fargo REGISTRATION DAY



JANUARY 21, 2025

REGISTRATION OPENS AT  
8:00AM



JOIN US AT A SITE  
NEAR YOU

learn more at  
[biogirls.org](https://biogirls.org)



# WINTER COLORING CONTEST

Design and color your polar bear. Turn in your completed polar bear for a chance to win prizes.



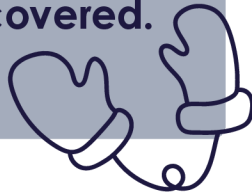


# WINTER SAFETY TIPS

Color the polar bear, review these safety tips, and return the coloring sheet with the form completed to enter by Monday, Jan. 13.



**Layer up! Dress in several layers, and make sure the head, neck and hands are covered.**



**Play it safe. Even when roads are closed to traffic, it is not safe to play or sled in the street.**



**Walk safely on snow or ice. Take short steps or shuffle for stability.**



**Stay off of West Fargo retention ponds and the Sheyenne River as they begin to ice over.**

**Child's Name (First and Last):** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Parent or Legal Guardian's Name (First and Last):** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_



# New Year = New Habits

## **Expect them to take their time.**

Taking a moment to pause and understand the task at hand can help your child avoid errors such as misreading directions.

## **Expect them to prioritize.**

Learning to place tasks in order from most important to least important will help kids learn to focus on the right things.

## **Expect them to plan breaks.**

Decide together how much time should pass and how much work should be completed between breaks.

## **Expect them to do one thing at a time.**

You cannot give one hundred percent of your attention to more than one thing at a time. It's as simple as that.

## **Expect them to organize their space.**

Take a moment to pause and lay out the materials and assignments that are due. Create a school supply stash with basic materials so you are always set up for success with homework.

*Need some extra help?  
Learn more here:*



Sylvan Learning  
of Fargo

3033 Brandt Drive, Fargo, ND 58104

# WHATS HAPPENING @ WEST FARGO PARK DISTRICT



## — FALL/WINTER SPORTS —

West Fargo Park District offers various activities, Fall/Winter sports run from September 2024- March 2025.

Soccer  
Rugby  
T-Ball  
Dance

Shooting Sports  
Learn To Skate  
Sports Sampler  
Flag football

Baseball  
Basketball  
Volleyball  
Pickleball

## — COMMUNITY EVENTS —

### BOUNCIN' BASH

Ready, set, JUMP! Spend your day off school at the Rustad Recreation Center with inflatables, coloring, playground fun, and concessions. There is a Little Jumpers area for kids 5 and under. Wristbands are \$10 per jumper, giving access to the playground, open turf, and all three gyms filled with inflatables. Admission for parents and guardians is FREE. An adult must accompany all participants.

Location: Rustad Recreation Center

Date: Monday, January 20

Time: 10:00AM - 5:00PM

Ages: Recommended for ages 13 and under.

Fees: 10/jumper. Parents, guardians and kids under 2 are free.

MARVIN 

## — BIRTHDAY PARTIES —

Did you know West Fargo Park District offers multiple birthday party packages? Book your party today at [wfparks.org](http://wfparks.org)!

**REGISTER TODAY!**



[wfparks.org](http://wfparks.org)





# Gymnastics & Ninja Classes

Unlocking Potential Through Movement



Register today for gymnastics & ninja classes



Celebrate your birthday at TNT!

**Parties include:**

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

**Parties Times**

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

Register online today!



[tntkidsfitness.org](http://tntkidsfitness.org)

2800 Main Ave. Fargo  
701-551-5000



tntkidsfitness



## 2025 Mustang Youth Wrestling

**Start Date:** January 15<sup>th</sup>, 2025

**End Date:** March 5<sup>th</sup>, 2025

**\*\*UPDATE\*\*** Practice Wednesdays (Due to scheduling conflicts with high school girl wrestling season)

Registration deadline is **January 7, 2025**. Please visit [lund3wrestlingcamps.weebly.com](http://lund3wrestlingcamps.weebly.com) to register in the Mustang Youth Wrestling tab.

**\*January 15<sup>th</sup> practice will be held from 6:00 – 6:45pm\***

**\*VOLUNTEER COACHES: We are looking for help to run the program with us. No experience is necessary. Any volunteers, please let us know!\***

ENTER WEST FARGO SHEYENNE HIGH SCHOOL AND WALK UP CAFETERIA STAIRS TO THE WRESTLING ROOM

**\*\*UPDATE\*\* Cost:** \$40 per child (Pre-K thru 6<sup>th</sup> Grade)

**\*FREE T- SHIRT FOR ATHLETE \***

What You Need:

- Shorts and T-Shirt
- Wrestling Shoes (recommended)
- Head Gear (recommended)

Questions? Please contact the Coaches below:

Logan, Lane, or Lex Lunde

[Lund3wrestling@outlook.com](mailto:Lund3wrestling@outlook.com)

# YOUTH ART CLASSES



**WHEEL THROWING** (Ages 9-15)  
Four sessions available: Saturdays, January 11,  
February 8, March 8, April 12, 10 AM-12 PM

**HEART IN HANDS DISH**  
Thursday, January 27, 6-7 PM (Ages 4-8)  
Thursday, February 13, 6-7 PM (Ages 8-12)

**GELLI WIGGLE PAINTINGS**  
Thursday, January 30, 6-7 PM (Ages 4-8)  
Thursday, February 27, 6-7 PM (Ages 8-12)

**TURTLE PINCH POTS**  
Thursday, March 13, 6-7 PM (Ages 4-8)  
Thursday, April 17, 6-7 PM (Ages 8-12)

**WATERCOLOR BOUQUET GREETING CARDS**  
Thursday, March 27, 6-7 PM (Ages 4-8)  
Thursday, April 24, 6-7 PM (Ages 8-12)

**More classes including adult (16+)**  
[plainsart.org/create](http://plainsart.org/create) & 701.551.6100

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

## WEST FARGO PUBLIC SCHOOLS

### 2025 BOND REFERENDUM



**Vote on February 17th, 2025 | 7:00 AM - 7:00 PM**

The 2025 Bond Referendum will be divided into 3 questions.

**Question 1** will address needs in the next 1-5 years.

**Question 2** will address needs in the next 6-10 years.

**Question 3** addresses the need for extra sheets of ice.

Learn more and use our tax calculator [on our website](#)