

2024-2025

APRIL

# KID VENTURES



TM

# WEST FARGO

#districtofchoice



# FUSION

SOFTBALL

## 2025 SPRING/SUMMER REGISTRATION

REGISTRATION OPEN

**FEBRUARY 15 - APRIL 15, 2025**

SPRING BALL LEAGUE FOR

**6TH - 8TH GRADE**

SPRING PRACTICES BEGIN MARCH 17TH

SUMMER LEAGUE FOR

**8U - 18U**

SUMMER PRACTICES BEGIN IN MAY

AGE DIVISION BASED UPON PLAYERS AGE ON  
08/31/2024

REGISTER HERE!



[www.westfargosoftball.com](http://www.westfargosoftball.com)

EMAIL: [INFO@WESTFARGOSOFTBALL.COM](mailto:INFO@WESTFARGOSOFTBALL.COM)







Camp Invention®

WHERE **FUN** AND  
**CREATIVITY**  
COME ALIVE



Save \$25 with code **MYCAMP25**



Secure your spot and save today at

**INVENT.ORG/LOCAL**

**PAYMENT PLANS AVAILABLE**





*For all kids grades k-5*

# SPARK

*Your Creativity*

*Register today at*  
***trollwood.org!***

trollwood  
PERFORMING ARTS SCHOOL



ArtSpark gives children the chance to explore the performing arts with guidance from talented music and theatre educators. Each week features a unique creative theme, with daily activities like theatre games, singing, storytelling, and movement. These exciting, performance-based workshops are designed to kindle kids' confidence and ignite their creativity. Join us for one week or all four—each experience is something new!

2025 Summer sessions are scheduled for the weeks of June 9–13, 23–27, July 21–25, July 28–August 1. Open to kids grade K–5.



SHEYENNE MUSTANG

# YOUTH SUMMER VOLLEYBALL CAMP

Registration Fee \$45



May 12th & 13th, 6:00-7:30PM

Grades 1-4

Sheyenne High School

# BEST SUMMER EVER

Get out and grow at  
YMCA Summer Camp!

Weekly sessions run June - August

 Registration  
is OPEN!



## DAY CAMPS

- **Mini Camp** Ages 3 - 5
- **Camp Koda** Ages 6 - 11
- **Day Camp at YMCA Camp Cormorant** Ages 6 - 12

## OVERNIGHT CAMP

- **YMCA Camp Cormorant**  
Ages 7 - 14



SCAN ME

[ymcanorthernsky.org/camp](http://ymcanorthernsky.org/camp)





# SUMMER EXPLORER PROGRAM

YMCA School Age Child Care

The YMCA Summer Explorer Program offers full day care and learning during the summer months for Grades K - 5. Our unique program combines fun with hands-on learning and exploration to build the whole child, from the inside out!



SCAN ME

[ymcanorthernsky.org/schoolage](https://ymcanorthernsky.org/schoolage)

**Get ready for a summer of adventure, curiosity, exploration, and tons of fun!**

- Math and literacy activities
- STEM and art projects
- Outdoor play, swimming, and field trips
- Sports and daily physical activity
- Character development & exploration
- Creative weekly themes
- Optional swim lessons, sports & more
- Breakfast, lunch, & snack included





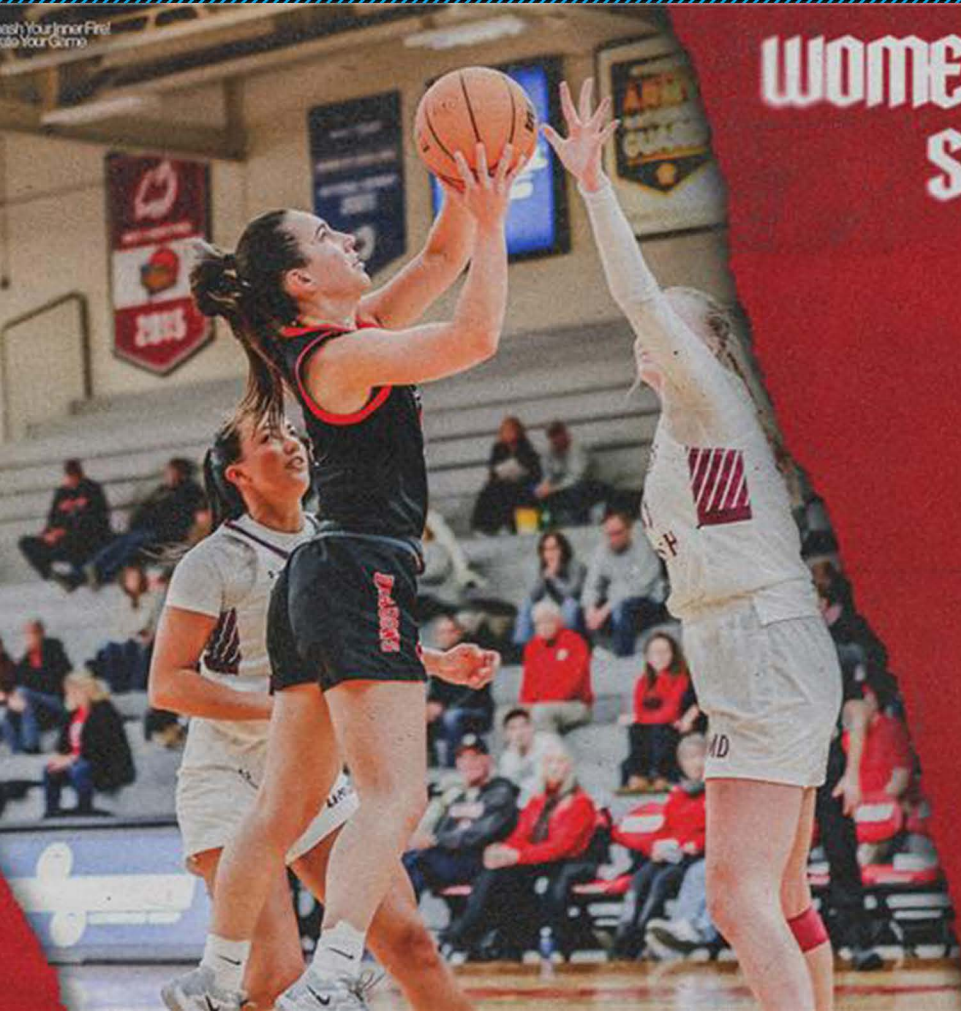
# YOUTH & TEEN SUMMER CAMPS



704 First Avenue North, Downtown Fargo • [plainsart.org](http://plainsart.org)

PLAINS **Art** MUSEUM

Push Your Inner Fire  
To Your Game



## WOMENS BASKETBALL SUMMER CAMPS

### INDIVIDUAL CAMPS

High School Elite Camp | June 12

1-4:30PM | Grades 8-12 | \$60

Fundamental Skills Camp | June 23-25

9AM-12PM | Grades K-3

\$80 Early Bird | \$90 After April 30

Future Stars Camp | June 23-25

1-4:30PM | Grades 4-8

\$85 Early Bird | \$105 After April 30

### TEAM CAMPS

SESSION II | Friday, June 13

Price: \$295 per team (3 game guarantee)

SESSION III | Friday, June 27

Price: \$295 per team (3 game guarantee)

SESSION III | Wednesday, July 23

Price: \$295 per team (3 game guarantee)

SESSION IV | Thursday, July 24

Price: \$295 per team (3 game guarantee)

OR

SESSION III-IV | July 23-24

\$375 per team (5 game guarantee)

More information at: [www.mnstate.edu/tickets](http://www.mnstate.edu/tickets)



## PACK TRACK & FIELD CLUB

SUMMER TRACK PROGRAM - WEST FARGO HIGH SCHOOL

**Date:** Every Tuesday, Wednesday & Thursday, June 3rd - June 26th

**Time:** 8-9:15 am

**Location:** WFHS School Track Complex

**Ages:** K-8<sup>th</sup> grade

- The club will focus on age appropriate fundamentals, drills, agility, event training, and intersquad competition.

### Fees:

**Club Fee:** \$100/athlete  
(T-shirt included)

Questions regarding Pack Track and Field Club should be directed to Brad Amundson  
[bamundson@west-fargo.k12.nd.us](mailto:bamundson@west-fargo.k12.nd.us)

Complete the registration form to sign up!



## PACK TRACK & FIELD CLUB

2025 SUMMER TRACK PROGRAM  
WEST FARGO HIGH SCHOOL

SUMMER TRACK PROGRAM - WEST FARGO HIGH SCHOOL

Please send this registration form with  
your payment to:  
West Fargo High School  
Memo: Track Camp

801 9th St. E West Fargo, ND 58078

**Athlete Name:**

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**Grade 2025-2026:**

**Age:** \_\_\_\_\_

**T-shirt Size:** \_\_\_\_\_

(Youth S-L and Adult S and M)

**Parent Name:**

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**Parent Phone number:**

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**Parent Email:**

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I hereby state that my child is covered by insurance and I understand that there are physical risks involved. I will not hold Brad Amundson, his coaching staff, or West Fargo High School responsible for any accidents.

**Parent/Guardian Signature:**

---

**Date:**

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# KIDS HEALTHY COOKING COMPETITION

SATURDAY, MAY 10 2025

## CALLING ALL JR. CHEFS!

We invite you to participate in our 5<sup>th</sup> Annual Kids Healthy Cooking Competition! All children in 4<sup>th</sup> or 5<sup>th</sup> grade in North Dakota and Northwest Minnesota are eligible. FREE to participate.

**Scan QR code to apply.**

**Applications due May 1!**



**Hosanna, 2024 Cooking Competition Winner!**



BUILD CONFIDENCE, SPARK  
CREATIVITY, HAVE FUN, &  
MAKE FRIENDS THROUGH

**FMCT**  
EDUCATION

# SUMMER

## THEATRE CAMPS

GRADES K-12

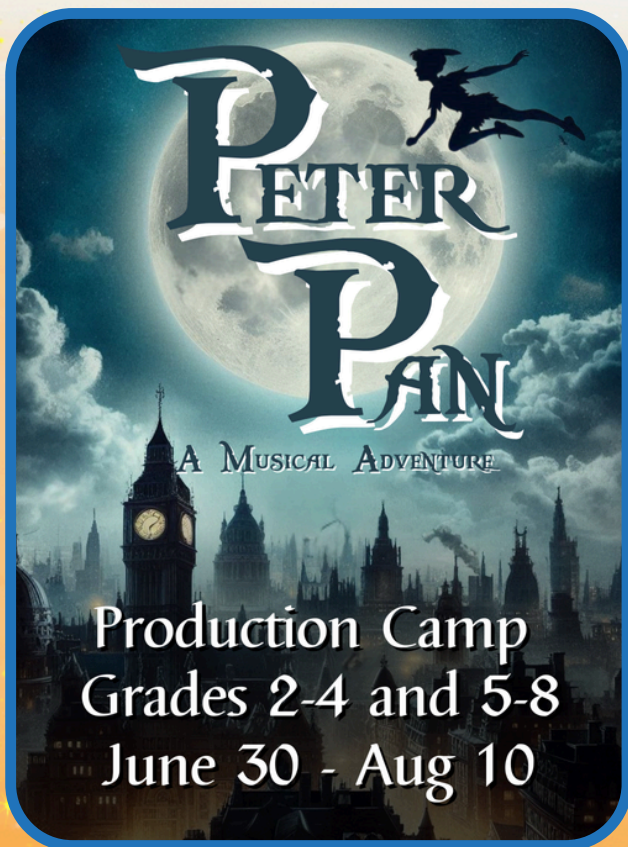
*Theatre education at FMCT integrates subjects like English, History, Science, Math and Music. Through storytelling, character work, problem-solving, critical thinking, and collaboration, students creatively engage with these subjects within the world of a play. FMCT Education aims to broaden students' perspectives and help them connect the theatre they create to the world around them.*

### WEEKLONG CREATIVE CAMPS: JUNE 2-27

GRADES K-2: Moana Meets Elsa, Bluey, Rumpelstiltskin,  
Disney Heroes vs. Villains  
GRADES 3-5: Harry Potter, Hiccup Meets Simba, Dog Man,  
Lilo & Stitch, Disney Heroes vs. Villains  
GRADES 6-9: Stage Combat, Tech Camp



FMCT creative camps introduce students to various aspects of theater, including acting, singing, dancing, and stagecraft. Each camp culminates in a final performance, allowing campers to showcase their talents to family and friends. Whether your child is a budding actor or simply looking for a fun summer activity, FMCT's summer camps are a fantastic choice!



### "PETER PAN: A MUSICAL ADVENTURE"

This rendition of the classic story of Peter Pan offers a fresh modern-day take compared to the Disney classic. From its unique characters to its enchanting songs, the Stiles & Drewe version brings to life an imaginative Neverland, a realm of make-believe & magic.

**REGISTER AT [FMCT.ORG/EDUCATION](https://www.fmct.org/education)**  
**AND FOR DETAILS ABOUT CLASS DATES, TIMES, LOCATIONS & CONTENT**







# DOSE YUR CHILD HAF TRUBBLE REEDING AN RITING?



*If that was hard to read, imagine how challenging reading feels for a struggling child—every single day.*

## Does your child:

- have difficulty sounding out words?
- sit below grade level with reading/spelling?
- want to increase their confidence?

**We are ready to help:**  
**Summer Literacy Tutoring Scheduling Now!**  
**701.356.0062**  
**[info@beyondboundaries.us](mailto:info@beyondboundaries.us)**



# SUMMER CAMPS

**YOUTH CAMP 1 | JUNE 9-11**

K-4TH GRADE | 1:00-4:00 PM

**ELITE CAMP | JUNE 14**

9:00 AM-4:00 PM

**OFFENSIVE SKILLS CAMP 1 | JUNE 18-19**

5TH-6TH GRADE | 2:00-5:00 PM; 9:00 AM-4:00 PM

**TEAM CAMP | JUNE 20-21**

ALL DAY

**YOUTH CAMP 2 | JUNE 23-25**

K-4TH GRADE | 1:00-4:00 PM

**OFFENSIVE SKILLS CAMP 2 | JUNE 26-27**

7TH-8TH GRADE | 1:00-4:00 PM; 9:00 AM-4:00 PM



CAMPS AND CLINICS ARE OPEN TO ANY AND ALL ENTRANTS (LIMITED ONLY BY NUMBER, AGE, GRADE LEVEL, AND OR GENDER).

★ **FREE KIDS EVENT!** ★

# PULSE NORTH DAKOTA KIDS

**MAY 3 | 9:30AM**  
**FARGO PARKS**  
**SPORTS CENTER**



**NICK  
HALL**

**MORE INFO AT: [PULSENORTHDAKOTA.COM](http://PULSENORTHDAKOTA.COM)**



# Summer Camp

## AGES 6-11

### Details:

- Location: BIO Girls HQ
- Days: Monday - Thursday
- Time: 1-4 PM
- Cost: \$200/Week

Art projects, activities, games, small group time, and lessons that are different from our 12-week program.

## CAMP WEEKS:

JUNE 9-12 KINDNESS

JUNE 16-19 COMPASSION

JUNE 23-26 GRATITUDE

JULY 14-17 KINDNESS

JULY 21-24 COMPASSION

JULY 28-31 GRATITUDE

## REGISTER ONLINE

[BIOGIRLS.ORG/SUMMER-CAMP](https://BIOGIRLS.ORG/SUMMER-CAMP)

SPACE IS LIMITED!

Financial assistance is not available for summer camp.



## WE LOVE OUR VOLUNTEERS!



Volunteers are the heartbeat of BIO Girls! We are incredibly grateful for individuals who dedicate time to our mission, making our 12-session program possible.

**Did you know** BIO Girls has one-time volunteer opportunities, too?! Sign up to volunteer at our Find Your Kind 5K on May 14, 2025:

[BIOGIRLS.ORG/GET-INVOLVED](https://BIOGIRLS.ORG/GET-INVOLVED)





**FOOTBALL**

**2025**

**MUSTANG**

# FOOTBALL CAMP

**GRADES 4-8 (FALL 2025)**

**JUNE 16-19**

**2:00-3:30 PM**

**@ Sheyenne High School**

**COST**

\$50.00 (T-shirt included)

**PAYMENT**

Venmo: @Andrew-Rott, (cell # last four 5221)

Check payable to: Mustang Football Camp  
mailed to

Sheyenne High School  
C/O Mustang Football Camp  
800 40th Ave W  
West Fargo, ND 58078



**REGISTER NOW!**

**CONTACT INFO**

Andrew Rott  
(701)-499-3335 (School Phone)  
arott@west-fargo.k12.nd.us



# PEDIATRIC CARE

## Inspired by you.

You are always there for your kids. And Essentia Health is there for you and your family with same-day care and easy scheduling.



MyChart



701-364-8900



EssentiaHealth.org



Walk-ins Welcome



**Essentia Health**

**South University Clinic**  
1702 S University Dr  
Fargo, ND

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





**CONCORDIA**  
LANGUAGE VILLAGES

A program of  
**CONCORDIA**  
COLLEGE

# SUMMER CAMP LIKE NO OTHER!



## LANGUAGES OFFERED:

ARABIC  
CHINESE  
DANISH  
FINNISH  
FRENCH  
GERMAN  
ITALIAN  
JAPANESE  
KOREAN  
NORWEGIAN  
PORTUGUESE  
RUSSIAN  
SPANISH  
SWEDISH

Enjoy a unique immersive language summer camp experience located in the North Woods of Minnesota just 2.5 hours away.

Whether the goal is to experience new cultures, learn a world language, or make new friends that last a lifetime, our summer camps are unlike any other.

From adventure day camps to one-, two-, and four-week overnight camps, Concordia Language Villages has something for everyone.

**LEARN MORE**







# BOYS BASKETBALL CAMP



**3rd-8th Grade Skills: May 27-29**

**9th-12th Grade Skills: June 2-13**

**3rd-8th Grade League: June 16-26**



**SCAN QR CODE**  
**OR**  
**CLICK LINK BELOW**  
**Boys' Basketball Website**



# 5th-7th Grade 2025 Packer Power Signup

## Purpose:

5th-7th grade Packer Power S&C Camp is designed to teach proper exercise form, balance, stability, speed, agility and improve overall fitness while incorporating fun activities!

## Session & Time: Grade Fall 2025

Session III (5th-7th): 9:30 - 10:30 am

(\*Specifically for boy & girl athletes going into 5th-7th grade for all sports)

**June Workout Days:** 4 Weeks (Monday-Thursday) (2, 3, 4, 5) (9, 10, 11, 12) (16, 17, 18, 19) (23, 24, 25, 26)

**Week of 4th of July Off**

**July Workout Days:** 4 Weeks (Monday-Thursday) (7, 8, 9, 10) (14, 15, 16, 17) (21, 22, 23, 24) (28, 29, 30, 31)

## Camp Fee

\$130 for 32 workouts

### Sample Workout

Dynamic Warmup - 5-10 minutes

#### Weight Room

- 4-5x30 seconds/exercise
- Squat/Hinge Technique (PVC Overhead Squat, PVC Romanian Deadlift, Etc.)
- Core Stability Exercise (Variation of a Plank)
- Pull Technique (Inverted Row, Single Arm Row, Etc.)
- Push Technique (Pushup, DB Chest Press, Etc.)
- Lunge/Carry Technique (RFE Split Squat, Farmers Carry, Etc.)

#### Turf Foot Field

- Sprint Technique (2-3 movements)
- Cone Drills (2-3 movements)
- Hurdle Drills (2-3 movements)
- Conditioning Game

## Facilities:

West Fargo High School Weight Room, Cardio Room, Football Field, and Track



Packer Power  
@PackerPower

West Fargo Packers Strength & Conditioning Program

venmo

## Form & Registration

Fill out the Microsoft Form below to register your athlete for Packer Power. If you have multiple athletes you need to register, please fill out the form multiple times.



**\*Click on the link to the Microsoft Form or Scan the QR Code\***

*An email confirmation will be sent out when registration and payment have been received*

**Pay \$130 using VENMO: @PackerPower**

(@mikefregin10 is also acceptable)

\*When searching @PackerPower, search under business\*  
<https://www.venmo.com/u/PackerPower>

OR

**Mail a \$130 check made out to "Packer Power" to:**

West Fargo High School Attn: Michael Fregin  
801 9th St E  
West Fargo, ND 58078  
Activities Office - Weight Room

\*Please make check out to Packer Power\*

## Questions:

Michael Fregin

West Fargo High School Strength & Conditioning Coach  
[mfregin@west-fargo.k12.nd.us](mailto:mfregin@west-fargo.k12.nd.us)





**FOUNDATION**  
for a Healthy North Dakota

## DON'T FORGET ORAL HEALTH!

Dental care and oral hygiene play an important role in your child's overall health. Here are 4 tips to help build a good brushing routine:

- 1 Make sure the toothbrush has soft bristles and is the right size for your child's mouth. Hard bristles can be tough on their gums!
- 2 Some kids struggle with brushing at first due to sensory issues. Instead of having them stand at the bathroom sink, try sitting on the couch or somewhere they feel more comfortable.
- 3 Start by showing them how you brush your own teeth, so they can see how it's done (and that it doesn't hurt).
- 4 Make brushing time fun by incorporating music or a sticker reward chart. You can also pick up a picture book about brushing.

### AND REMEMBER:

**If your child likes to bring a drink to bed, avoid milk!  
Do water instead, to help prevent tooth decay.**



For more tips and resources to keep active this season, visit **FoundationND.org**

# WHAT'S HAPPENING @ WEST FARGO PARK DISTRICT



## YOUTH PROGRAMS

### CREATIVE ARTS

Pizza & Projects  
Start With Art  
Journal Design  
Intro to Music  
Jewelry Making  
Clay Creations  
Art Sampler  
FMCT: Acting  
Crocheting

### SCIENCE / TECHNOLOGY

No-Bake Baking  
STEM Explorers  
Adventures In Science  
• Legos • Fire • Insects  
• Dinosaurs • Zoology

### CAMPS

Bonanzaville Camps  
Home Alone Safety  
Hometown Heroes  
RRVF Camp

## UPCOMING EVENTS

### BUNNY BLAST

Join us for egg hunts, prizes, inflatables, baby chicks, crafts, games, face painting, and more. Meet the Easter Bunny and indulge in cookie decorating. This event is perfect for families and friends and is recommended for ages 2-8.

Thank you First International Bank for sponsoring this event!

Date: Tuesday, April 15

Time: 4:30 PM – 7:00 PM

Fee: \$5/person. Children 2 and under are free.

Location: Veterans Memorial Arena, 1201 7th Ave E

## 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!**

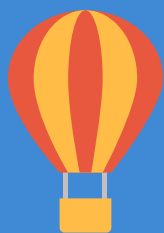


[wfparks.org](http://wfparks.org)



HORACE PARK DISTRICT

# SPRING / SUMMER



## — EVENTS & PROGRAMS —

MAY 22 **Schools Out Celebration | 5-7PM**  
📍 Horace Meadowlark Park

JUNE 17 **Party in the Park | 5-7PM**  
📍 Horace Meadowlark Park

JULY 15 **Party in the Park | 5-7PM**  
📍 Horace Meadowlark Park

### Movie Night Series

AUG 15	AUG 29	SEPT 12	SEPT 26
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🕒 TBD 📍 Meadowlark Park

### YOUTH PROGRAMS

- Sports
- STEM + Safety
- Creative Arts
- Theater

STAY UP-TO-DATE  
FOLLOW US ON  
SOCIAL MEDIA





## 2025 ELEMENTARY THEATRE CAMP

JOIN US FOR A WEEK OF EXPLORING  
**THE WONDERS OF THEATRE PERFORMANCE**  
ENGAGING IN THEATRE GAMES AND ACTIVITIES  
**EXPLORING STORYTELLING**  
ALONG WITH MUSIC AND MOVEMENT.

JUNE 9 — 13, 2025

OPEN TO ALL STUDENTS COMPLETING GRADES K - 1 - 2

JUNE 16 — 20, 2025

OPEN TO ALL STUDENTS COMPLETING GRADES 3 - 4 - 5

FOR MORE INFORMATION AND/OR TO REGISTER VISIT OUR WEBSITE

**[www.summerartsintensive.com](http://www.summerartsintensive.com)**

CAMP HELD AT LIBERTY MIDDLE SCHOOL

WEST FARGO PUBLIC SCHOOLS  
SUMMER ARTS INTENSIVE



Instagram: @wf\_summerartsintensive



Facebook: Summer Arts Intensive





**Gymnastics & Ninja Classes**

**Register today!**

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



**Celebrate your birthday at TNT!**

**Parties include:**

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

**Parties Times**

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

**NO BUMMER SUMMER**

**12 WEEKS  
MAY 27 –  
AUGUST 15**

**FOR GRADES:  
COMPLETED  
K – 5**

**\$225 A WEEK**

Choose the weeks you want to attend.  
**Register at [tntkidsfitness.org](http://tntkidsfitness.org)!**  
\$25 deposit per week is required with registration.

# PACKATAHNA DANCE CAMP

JUNE  
23-26

PRESCHOOL  
- GRADE 8



Calling all dancers! Join us for our annual summer Packatahna Dance Camp! This camp is designed to teach fundamental dance skills and spark an interest in dance as a sport. Dancers will be instructed by the 2025-2026 Packatahna Dance Team. Fee includes a t-shirt, participation awards for all attendees, and a parent show on the last day of camp.

**Use code EARLYBIRD for 15% off until April 15!**

**REGISTER HERE**

**LODOEN COMMUNITY CENTER - 109 3RD ST E, WEST FARGO**



More Info  
[www.wfpackatahnas.com](http://www.wfpackatahnas.com)



Contact Us  
[wfhspackatahnas@gmail.com](mailto:wfhspackatahnas@gmail.com)



# 4-12 GRADE SUMMER MUSTANG WORKOUTS

## All Sports

Session I 6:30 - 8:10 am (100 min) boys 9-12 grade  
Session II 7:30 - 9:10 am (100 min) girls 8-12 grade  
Session III 8:30 - 10:10 am (100 min) boys 9-12 grade

## 4-8 Grade All Sports

8th Grade Boys 9:05 - 10:45 am (100 min)  
7th Grade Boys 10:10 - 11:50 pm (100 min)  
7<sup>th</sup> Grade Girls 9:50 - 11:30 pm (100 min)  
6th Grade boys 9:05 - 10:35 am (90 min)  
6th Grade girls 8:30 - 10:00 am (90 min)  
5th Gr boys/girls 8:55 - 10:15 am (80 min)  
4th Gr boys/girls 8:55 - 10:10 am (75 min)

## Summer Workout Information Link:

<https://shs.web.west-fargo.k12.nd.us/programs/activities/athletics/strength-conditioning-power-camp>



Sheyenne High School / programs / activities / athletics / strength & conditioning

## For more information contact:

Rollie Swedberg  
Sheyenne HS Strength Coach  
[rswedberg@west-fargo.k12.nd.us](mailto:rswedberg@west-fargo.k12.nd.us)



8 Weeks

Monday – Thursday  
May 27 – July 24

STRENGTH

SPEED

AGILITY

POWER

