

MOORHEAD

PARKS & RECREATION

SPRING + SUMMER 2024



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MOORHEAD PARKS & RECREATION



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.



Tobacco-Free Policy

No person shall smoke cigarettes, cigars, pipes, or other tobacco-related products or dispose of pipe ash, cigarette butts, or any other tobacco-related waste while in specific areas.

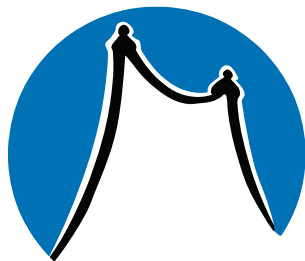
These areas include, but are not limited to parks, playgrounds, skating rinks, athletic fields, pools, dog parks and paths.

Specific events may also be designated tobacco-free.



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PARKS AND RECREATION

moorheadparks.com

1300 15 Ave N, Moorhead, MN 56560 | Monday-Friday, 8 am-4:30 pm
218.299.5340 | **Email:** parkandrec@moorheadmn.gov
Register online at moorheadparks.activityreg.com

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Victoria Baas Office Specialist

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Todd Grimm... The Meadows Course Superintendent
Russ Nelson Village Green Golf Professional
Rick Dauner Village Green Course Superintendent

HJEMKOMST CENTER

Michelle Griffin Cultural Center Coordinator
Hope Thier Senior Program Coordinator

DIRECTORY

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Parks and Recreation 218.299.5340
Hjemkomst Center 218.299.5515
Golf Courses 218.299.7888
Municipal Pool 218.299.5364
Senior Center 218.299.5514
Moorhead Sports Center 218.284.2287
Ellen Hopkins Office 218.299.5338
Moorhead Library 218.233.7594

CITY OF MOORHEAD

City Hall 218.299.5166
Public Works 218.299.5422
Forestry | Streets | Sanitation | Park Maintenance
Police (Non-Emergency) 218.299.5120
Fire (Non-Emergency) 218.299.5298
MATBus 701.476.6782
Neighborhood Services 218.299.5434

PROGRAM UPDATES AND WEATHER-RELATED ANNOUNCEMENTS

Sent via text and email and 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.

SCHOLARSHIPS

Turn to page 41-42 of this brochure for the registration form and scholarship application.

To apply or for more information,
call 218.299.5340 or email
parkandrec@moorheadmn.gov.



NOW HIRING!

Seasonal part-time positions are available for spring and summer. Program, events and maintenance opportunities include:

- Canoe & Kayak Attendants
- Special Events Assistants
- Swim Instructors
- Lifeguards
- Park Program Leaders
- Wading Pool Attendants
- Tennis Instructors
- Adaptive Leaders
- Hjerkomst Center Building Attendants

APPLY TODAY

cityofmoorhead.com/employment

THREE EASY WAYS TO REGISTER

moorheadparks.activityreg.com

218.299.5340 | Form (page 41)

To request this information in a different language, please contact: 218.299.5340

Para solicitar esta información en otro idioma, comuníquese con: 218.299.5340

Ji bo daxwaza vê agahdariyê bi zimanekî din, ji kerema xwe re têkiliyê pêve bikin: 218.299.5340

ب: لاصتالای چری، عفلتخم عفلب تامول عمل هذھ بلطل
218.299.5340

Si aad u codsato macluumaadkan oo ku qoran luqad kale, fadlan la xiriir: 218.299.5340



PRIVATE ADAPTIVE SWIM LESSONS

These lessons use an individualized approach to help participants with special needs develop skills to enjoy the water safely. These lessons are taught one-on-one. Aquatics specialist Jessica Colby has completed the Swim Whisperers® Certification, which provides a toolbox of strategies to make water-safety skills developmentally appropriate for each participant. We ask that a parent or personal care attendant remain on site for the duration of the lessons.

Dates	Day	Session	Times	Ages	Location	Fee
June 3-6	Monday-Thursday	1A	9:45-10:15 am	4+	Moorhead Municipal Pool	\$45.00
		1B	10:30-11 am			
June 10-13	Monday-Thursday	2A	9:45-10:15 am			
		2B	10:30-11 am			
August 5-8	Monday-Thursday	3A	9-9:30 am			

Weather-related makeup days Friday of each week • Max 4

Note: Moorhead Parks and Recreation is not affiliated with Swim Angelfish, LLC, nor endorsed by Swim Angelfish, LLC or any of its affiliates or members

ADAPTIVE SOCCER

This program is for area youth and adults with special needs. We offer a recreational soccer program that focuses on learning fundamental skills of the game in a fun atmosphere. Rules and drills are adapted to make sure every individual has an opportunity to be successful, no matter what their ability may be. Stay active and meet new friends this summer! Participants will be split based on age level. Each participant will receive a jersey that they get to keep at the end of the season.

Dates	Day	Time	Ages	Location	Fee
June 5-July 31	Wednesday	6-7 pm	5+	Southside Regional Park	\$50.00

Registration deadline May 10 • No program June 19 and July 3

**IT TAKES
A TEAM.
TO BUILD
A DREAM.**



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



HOPE, Inc. Adaptive Sports and Recreation provides family-friendly sporting and recreational opportunities to children and adults living with mobility challenges.

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!**

ADAPTIVE SUMMER DAY CAMP

This program provides a unique experience for those with varying skill levels to participate in recreation and socialization. A wide variety of fun activities include swimming, bocce, bowling, golf, organized games, special events, and arts and crafts. **This camp will provide a 5-to-1 participant-staff ratio. Personal Care Attendants are encouraged to participate with any youth needing one-on-one attention.**

Transportation: Any participant attending summer school has the opportunity to be dropped off by the school bus at the program location. Please indicate that you would like this service when you enroll for camp.

Dates	Days	Time	Ages	Location	Fee
June 4- July 18	Tuesday- Thursday	Noon- 4 pm	10+	Tuesdays, Thursdays: Ellen Hopkins Elementary Wednesdays: Moorhead Municipal Pool	\$65.00

Min 10/Max 25 • No program June 19 and July 2-4



FM CHALLENGERS ADAPTIVE BASEBALL LEAGUE

The Fargo-Moorhead Challengers Baseball League was formed to provide more athletic opportunities for children with special needs in the metro area, particularly in the age range of 5 to 18. Miracle Field has a rubberized surface, giving people with mobility challenges a safe place to play.

Session	Dates	Day	Times	Ages	Location	Fee
1	June 3-July 29	Monday	6-7 pm	12+	Miracle Field	\$50.00
2			7-8 pm	12+		
3	June 4-July 30	Tuesday	6-7 pm	5-11		

Registration deadline May 12 • Max 20 • No program July 1-2

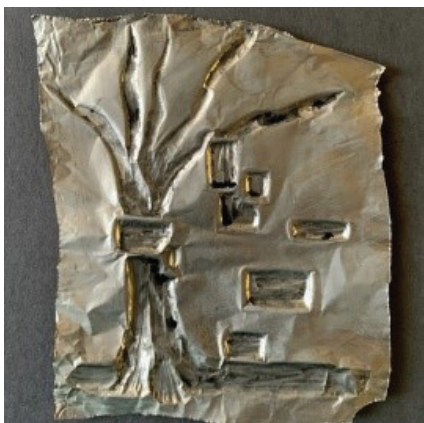
For information about becoming an adaptive programs volunteer, contact Trevor at 218.299.5296 or trevor.magnuson@moorheadmn.gov.



To participate as an athlete or to volunteer, contact Wayne Brendemuhl at moorheadsomn@gmail.com.

Bocce: Tuesday evenings at Cullen Hockey Center
Golf: Monday evenings at The Meadows Golf Course

 facebook.com/moorheadspecialolympics

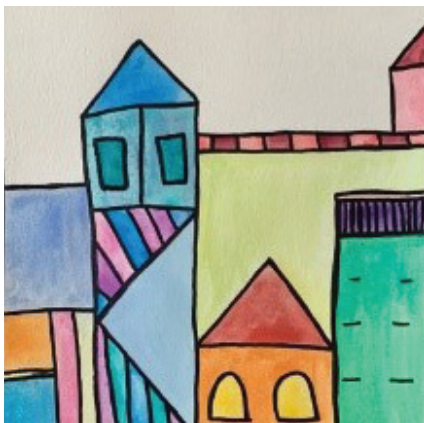


REPOUSSÉ ART

Learn about the history of repoussé and create your own masterpiece! Artists will have fun experimenting with a variety of tools to create their three-dimensional image.

Date	Day	Time
March 7	Thursday	6:30-7:30 pm
Age	Location	Fee
11-14	Alm Park	\$12.00

Min 4/Max 12

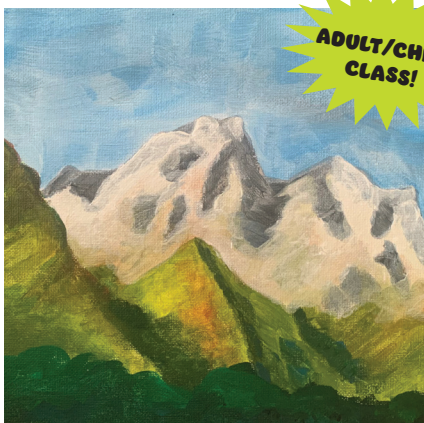


EXPRESSIVE ARCHITECTURE

In this class, artists will dive into the world of architectural expression, inspired by the incredible works of the renowned artist Paul Klee. They will bring their sketch to life using vibrant watercolors!

Date	Day	Time
March 21	Thursday	6:30-7:30 pm
Age	Location	Fee
8-10	Alm Park	\$12.00

Min 4/Max 12



MOUNTAIN RANGE

Enjoy an evening painting together in this adult/child class! Guided through step-by-step instructions, you and your child will create a beautiful mountain range on canvas. The attending adult must be 18 or older. Please register by the child's name.

Date	Day	Time
April 11	Thursday	6:30-8 pm
Age	Location	Fee
9-13	Alm Park	\$18.00

Min 4/Max 8



PLAYFUL SEAL

In this class, we'll unleash creativity by painting a cute seal playing in ocean waves! Artists will learn about color theory and experiment with a variety of watercolor techniques.

Date	Day	Time
April 25	Thursday	6:30-7:30 pm
Age	Location	Fee
7-9	Alm Park	\$12.00

Min 4/Max 12



PRINTMAKING

Artists will learn about the history of block printmaking while creating their own work of art! They will experiment with different designs and have fun printing in a variety of colors.

Date	Day	Time
May 9	Thursday	6:30-8 pm
Age	Location	Fee
11-14	Alm Park	\$15.00

Min 4/Max 12

ART CAMPS

These camps are designed to expand the artist's imagination through creative exploration. Participants will draw, paint, sculpt, and collage. These techniques will be learned through both individual and collaborative work. At the conclusion of these camps, artists 8 and older will have the opportunity to present their creations in an art show!

Session	Dates	Days	Times	Location	Age	Fee
1	June 17-27	Monday-Thursday	9-10 am	Alm Park	6-7	\$36.00
2			10:30 am-Noon		8-9	\$40.00
3	July 8-18		9-10:30 am		10-12	\$40.00
4			11 am-Noon		6-7	\$36.00
5	July 22-August 1		8:30-10 am		8-10	\$40.00
6			10:30 am-Noon		11-14	\$40.00

Min 6/Max 10 • No program June 19, makeup date June 21

Moorhead Baseball Stadium
at Matson Field

HOW DO
YOU BUILD A

legacy?



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Turn concepts and dreams for your community into amenities and experiences. Visit mhd.fund or the FM Area Foundation to donate.



**PARKS AND
RECREATION**
moorheadparks.com

COACHES ARE NEEDED! This program is not possible without the support of volunteer coaches. Please contact Trevor at 218.299.5296 for more information or indicate interest in volunteering when registering.

BIG BOPPER BASEBALL (no-pitch)

Big Bopper is an introductory program for 5-year-old boys and girls that focuses on fundamentals, teamwork and having fun! This program uses plastic bats and foam baseballs. If you feel your child is ready to play with an aluminum bat and a low-compression ball, contact Trevor at 218.299.5296.

Dates	Days	Time
May 20- June 27	Monday and Wednesday or Tuesday and Thursday	5:30- 6:15 pm
Location	Age/Grade	Fee
Southside Regional Park	Kindergarten (Must be 5 years old by program start)	\$50.00

No program May 27 and June 19



YOUTH BASEBALL

These programs teach the fundamentals and teamwork of baseball for boys and girls in first-fifth grade. All practices and games are played at Southside Regional Park. Practices will be station-based skill drills teaching hitting, fielding, catching and throwing. **Team rosters and schedules will be available at moorheadparks.com under the League Schedules and Standings section a week before the program begins.**

T-BALL (no-pitch)

Dates	Days	Times	Current Grade	Location	Fee
May 6- June 26	Monday and Wednesday	6:15 or 7:30 pm (to be assigned)	1	Southside Regional Park	\$55.00 \$82.50 after April 12

No program May 27 and June 19

ROOKIE (coach-pitch)

Dates	Days	Times	Current Grade	Location	Fee
May 7- June 27	Tuesday and Thursday	6:15 or 7:30 pm (to be assigned)	2-3	Southside Regional Park	\$55.00 \$82.50 after April 12

POP-UP (coach-pitch)

Dates	Days	Times	Current Grade	Location	Fee
May 7 - June 27	Tuesday and Thursday	6:15 or 7:30 pm (to be assigned)	4-5	Southside Regional Park	\$55.00 \$82.50 after April 12



TAE KWON DO

Participants learn to reach their full potential with our confidence-building martial arts program. These sessions provide 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. Give your child an edge in life and see the results last forever. **NEW PARTICIPANTS:** All information (uniforms, belt promotion, etc.) will be provided by the instructor on your first day of class.

Dates	Days	Times	Ages	Location	Fee
March 5-28	Tuesday and Thursday	Beginner: 4:30-5:30 pm 5:30-6:30 pm	5+: Beginner	Northwest Martial Arts 1430 Main Ave, Fargo	\$75.00
April 2-25					
May 2-28					
June 4-27					
July 9-August 1		Advanced and Black Belt: 6:30-7:30 pm			
August 6-29					

Min 10/Max 15 ▪ No classes March 14

SHOU SHU SELF-DEFENSE

Shou Shu is a martial art in which students will learn self-defense techniques for a range of situations. These classes develop confidence, discipline, respect and courage in a fun environment.

Dates	Day	Times	Ages	Location	Fee
March 4-27	Monday and Wednesday	5:30-6 pm	5-7	Shou Shu Martial Arts 900 1 Ave N, Moorhead	\$80.00
April 3-29		6-7 pm	8-13		
May 1-29		6:30-7:30 pm	14-17		
June 3-26		7-8 pm	18+		
July 8-31					
August 5-28					

Min 10/Max 20 ▪ No classes March 13, April 10, May 27, June 19

ADULT KICKBOXING

Kickboxing is a martial art blending boxing with karate and incorporating barefoot kicking techniques.

Dates	Day	Times	Ages	Location	Fee
March 5-28	Tuesday and Thursday	7:30-	16+	Shou Shu Martial Arts , 900 1 Ave N, Moorhead	\$50.00
April 2-25		8:30 pm			
May 2-28					

Min 10/Max 20 ▪ No classes March 14

JIU JITSU

Jiu Jitsu is a martial art focused on grappling and ground techniques. Jiu Jitsu teaches discipline, respect, cooperation, confidence and how to deal with victories and defeats. Participants will improve balance and other motor skills while having fun.

Dates	Day	Times	Ages	Location	Fee
March 5-28	Tuesday and Thursday	6:30-7:30 pm	7-13	Shou Shu Martial Arts 900 1 Ave N, Moorhead	\$80.00
April 2-25					
May 2-28					
June 4-27					
July 9-August 1					
August 6-29					

Min 10/Max 20 ▪ No classes March 14

YOUTH FLAG FOOTBALL

This program will introduce your child to the basics of football through skill based drills, practices, and games. Each participant receives equal playing time and a chance to try each position. Mouth guards are required.

Moorhead Parks and Recreation partners with the Fargo and West Fargo Park Districts to offer leagues for 4th-6th graders. Teams in these grades will play games against Fargo, West Fargo and Moorhead teams.



PLEASE NOTE: There is a maximum of two teammate requests when registering participants. K-1, 4 and 5-6 grades typically practice Mondays with games on Tuesdays. 2-3 grades typically practice on Mondays with games on Thursdays. There will be some exceptions to that general outline.

COACHES ARE NEEDED! This program is not possible without the support of volunteer coaches.

Please contact Trevor at 218.299.5296 for more information or indicate interest in volunteering when registering.

Register with the child's 2024-2025 school grade.					
Dates	Days	Times	Grades	Location	Fee
August 5-September 26	Monday, Tuesday or Thursday (to be assigned)	5:30 pm or 6:45 pm (to be assigned)	K-1	Southside Regional Park	\$55.00
			2-3		
			4		
			5-6		\$82.00 after July 2

No program September 2

MOORHEAD CRUSH
GIRLS FASTPITCH SOFTBALL

PREMIER SOFTBALL CLUB FOR GIRLS AGES 6-18

FIND US ON SOCIAL MEDIA
 Instagram: moorheadcrush
 X(Twitter): @moorheadcrush
 Facebook: Moorhead Crush - Girls Fastpitch Softball
 WWW.moorheadcrush.org

We offer league teams, a middle school program and competitive travel teams.



Registration deadlines:
 League: February 29
 Middle School: March 22
 Travel: January 15



SUMMER PARK PROGRAM

The Summer Park Program is full of games, science, art, sports, and more! Each session will offer different activities and events. Weekly schedules will be posted on-site.

Session 1	Session 2	Days	Time	Ages	Locations	Fee
June 3-27	July 8-August 1	Monday-Thursday	1:30-5 pm	6-11	Hansmann Park	\$55.00
					Lamb Park	
					Ridgewood Park	
					Riverview Estates Park	
					Village Green Park	
					Morningside Park	

Min 15/Max 30 • No program June 19

TINY TREASURES

Let your preschooler explore with us! These camps include art, story time, music, games, and science, as well as unstructured play. This is a drop off program and all participants must be toilet trained.

Session	Dates	Locations	Days	Times	Ages	Fees
1	April 6-27	Riverview Estates	Saturdays	9:30-11 am	3-5	\$20.00
2	June 10-27	Riverview Estates	Monday-Thursday	10-11:30 am		\$30.00
3		Village Green				
4	July 8-25	Riverview Estates				
5		Village Green				

Min 8/Max 16 • No program June 19



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 first aid and CPR exam, they will receive certification through the American Red Cross valid for 2 years. Participants will provide their own lunch.

Dates	Day	Time	Location	Age	Fees
April 20	Saturday	9 am-4 pm	Parks & Recreation Office, 1300 15th Ave N, Moorhead	11-14	\$70.00
May 4					

Min 4/Max 8

PEE WEE TENNIS

This pre-beginners tennis program has been developed to introduce youth to the game of tennis. Basic skills and entertaining games will be the main focus of the program. Pee Wee Tennis is taught on a 36 foot court, using shorter racquets and foam/low compression tennis balls. All equipment will be provided.

June 3-13	July 8-18	Location: Horizon Middle School, 3601 12th Ave S, Moorhead			
Session 1	Session 2	Ages	Days	Time	Fee
1A	2A	5-8	Monday-Thursday	9-9:45 am	\$40.00

Min 6/Max 12 • Weather-related makeup days will be the Friday of each week

YOUTH TENNIS LESSONS

Beginners: This program introduces youth to the game of tennis with skill development, drills, and games. Each player can expect to learn basic tennis strokes, terminology, and rules of singles and doubles play. **Max 16**

Intermediate: This program works to improve the skills of those who already play competitive tennis. This class includes drills for stroke production and strategy for both singles and doubles. The goal of this program is to better prepare players for team play. **Max 12**

June 3-13	July 8-18	Location: Horizon Middle School, 3601 12th Ave S, Moorhead			
Session 1	Session 2	Levels	Days	Times	Fees
1B	2B	Beginners: Ages 9-11	Monday-Thursday	10-10:45 am	\$45.00
1C	2C	Intermediate: Ages 12-14	Monday-Thursday	11 am-noon	\$55.00

Weather-related makeup days will be the Friday of each week

RECREATION MATCH PLAY

June 7 & July 12 • 9 am-noon

Horizon Middle School, 3601 12th Ave S, Moorhead

June 14 & July 19 • 9 am-noon

West Fargo High School, 801 9th St E, West Fargo

Participants of the recreation tennis program can join Moorhead Parks and Recreation and the West Fargo Park District for an organized match play! Coaches will organize the players by age and skill to put what they've learned to the test in match play. This is a free, drop-in program, so come and go as you please between 9 am and 12 pm!



OPEN GYM (ADULT PICKLEBALL + YOUTH BASKETBALL + YOUTH VOLLEYBALL)

Pickleball players 16+ can stay active this spring with open gym while youth can stop in on Sundays to play basketball or volleyball. Equipment for each is available.

Dates	Activity	Day	Times	Location	Age	Fee
February 1- April 30	Adult Pickleball (players switch every 20 minutes)	Tuesday and Thursday	6:30-9 pm	Community Life Center 4000 28 St S, Moorhead	16+	\$5/day or \$40/punch card
April 6-27		Saturday	9 am-1 pm			
April 7-28		Sunday	1-5 pm			
February 4- March 31	Youth Basketball and Volleyball	Sunday	1-6 pm		15 and under	Free

No open gym March 21 or 31

SPORTS SAMPLER

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

Dates	Days	Time	Location	Ages	Fee
March 19- April 18	Tuesdays & Thursdays	5:30-6:15 pm	Ellen Hopkins Elementary	3-4	\$40.00
		6:30-7:30 pm		5-6	

Min 10/Max 15



SKATEBOARDING CLUB

Have fun, practice coordination and determination and gain confidence in our new skate club program from Sleep Talk Skate. Youth will meet once a week to skateboard with experienced instructors. Learn balance, board control, pushing and ollies working up to more advanced tricks. Skateboards and helmets are required and pads are encouraged. Gear rental is available for an additional \$10/session.

Dates	Days	Times	Grades	Location	Fee
April 4-May 2	Thursday	4-5 pm	K-4	Hjemkomst Landing Skate Park	\$50.00
		5:15-6:15 pm	5-8		
April 7-May 5	Sunday	10-11 am	K-4		
		11:15 am-12:15 pm	5-8		

Max 10

SUMMER SKATE CAMPS

Participants of all skill levels will work on board control, pushing, turning and overall balance before advancing to riding on ramps, ollies, shuvits and more with the Sleep Talk Skate crew. Camp includes skateboarding games, art activities and a free camp T-shirt! Pack a water bottle and small snack for the break if desired. Helmets and skateboard are required; pads are optional. Gear rental is available for an additional \$10/camp.

Dates	Days	Times	Grades	Location	Fee
May 25-26	Saturday and Sunday	9:30 am-12:30 pm	K-12 (grouped by age/skill)	Hjemkomst Landing Skate Park	\$60.00
June 22-23					
July 13-14					
July 27-28					
August 17-18					
Aug. 31-Sept. 1					

Max 15

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. We ask that you arrive no earlier than 10 minutes prior to your scheduled session.

SPRING SESSION: Swimmers will enter and exit through the main athletic building doors located on the east side of the Moorhead High School.



Level	Course Content
Preschool Water Exploration	Recommended for first time swimmers ages 3-4. Swimmers will be introduced to: how to safely enter and exit water, jumping from the side of the pool, blowing bubbles, bobbing, supported front and back glides, and leg and arm actions.
Level 1 Swim Basics	Swimmers should be comfortable in the water and at least 4 years old. Swimmers will work on: entering and exiting water independently, going under water, and supported skills: 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: 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 one 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, 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.
Level 6 Stroke, Refinement, Stamina and Pre-Lifeguarding	Swimmers should already be able to swim front crawl and elementary backstroke 50 yards, back crawl, breaststroke, butterfly, and sidestroke 25 yards, and tread water for 3 minutes. Swimmers will work on: fine tuning all six strokes, basic water rescues, and life guarding skills.

Weather-related make-up days Friday of each week • Preschool Max 4 • Level 1-6 Max 6

SPRING SWIM LESSONS

Location: Moorhead High School Pool						
Dates	Levels	Times	Days	Age	Fees	
March 18- April 4	Preschool A	4:30-5 pm	Monday, Tuesday and Thursday	3-4	\$50.00	
	Preschool B	4:30-5 pm				
	Preschool C	5:15-5:45 pm				
	Preschool D	5:15-5:45 pm				
	Preschool E	6-6:30 pm				
	Preschool F	6-6:30 pm				
	Level 1A	4:30-5 pm		4+		
	Level 1B	5:15-5:45 pm				
	Level 1C	6-6:30 pm				
	Level 1D	6:45-7:15 pm				
	Level 1E	6:45-7:15 pm				
	Level 2A	4:30-5 pm				
	Level 2B	5:15-5:45 pm				
	Level 2C	6-6:30 pm				
	Level 2D	6:45-7:15 pm				
	Level 2E	6:45-7:15 pm				
	Level 3A	4:30-5 pm				6+
	Level 3B	5:15-5:45 pm				
	Level 4A	6-6:30 pm				
	Level 4B	6:45-7:15 pm				

Preschool Max 4 • Level 1-4 Max 6 • No class April 1

PARENT-CHILD SWIM LESSONS

Enhance your child's comfort in the water while introducing basic swimming skills. This class will give parents tips for encouraging their child's skill development and help prepare them to enter the preschool level (age 3) without a parent.



Dates	Days	Time	Ages	Location	Fee
June 3-6	Monday-Thursday	11:15-11:45 am	6-18 months	Moorhead Municipal Pool	\$35.00
June 10-13			1-2 years		

Max 15

WATER EXERCISE

This class 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 upbeat music to enhance your workout. All ability levels are welcome!

Dates	Days	Times	Age	Location	Fee
June 11-July 30	Tuesdays and Thursdays	5:30-6:15 pm	16+	Moorhead Municipal Pool	\$65

No class July 2, 4 and 18 • Max 30 • Weather-related makeup days Wednesday of each week



SUMMER SWIM LESSONS

Session I	Session II	Session III	Monday-Thursday at Moorhead Municipal Pool - 800 19th St S				
Dates	Dates	Dates	Days	Levels	Age	Times	Fees
June 17-27	July 8-18	July 22-August 1	Monday-Thursday	Preschool A	3-4	9:45-10:15 am	\$50.00
				Preschool B		9:45-10:15 am	
				Preschool C		10:30-11 am	
				Preschool D		11:15-11:45 am	
				Level 1A	4+	9:45-10:15 am	
				Level 1B		10:30-11 am	
				Level 1C		10:30-11 am	
				Level 1D		11:15-11:45 am	
				Level 2A		9:45-10:15 am	
				Level 2B		10:30-11 am	
				Level 2C		11:15-11:45 am	
				Level 2D		11:15-11:45 am	
				Level 3A	6+	9:45-10:15 am	
				Level 3B		9:45-10:15 am	
				Level 3C		10:30-11 am	
				Level 3D		11:15-11:45 am	
				Level 4A		9:45-10:15 am	
				Level 4B		10:30-11 am	
				Level 4C		11:15-11:45 am	
				Level 5		10:30-11 am	
				Level 6		11:15-11:45 am	

Preschool Max 4 • Level 1-6 Max 6 • Weather-related makeup days Friday of each week

No class June 19, makeup day June 21



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 each individual's needs.

Dates	Times	Day
June 17-21	9-9:30 am	Monday-Friday
June 24-27	9-9:30 am	Monday-Thursday
July 8-11		
July 15-18		
July 22-25		
July 29-August 1		
August 5-8	9:45-10:15 am	
	10:30-11 am	
	11:15-11:45 am	
Location	Age	Fee
Moorhead Municipal Pool	4+	\$55.00

No class June 19

MOORHEAD MUNICIPAL SWIMMING POOL

800 19 St S • 218.299.5364

This facility has three separate pools to provide a fun experience for all ages. There are two wading pools with depths ranging from 1' to 2.5'. The large pool ranges in depth from 3'9" to 12'. This heated, six-lane pool has water slides and a diving area, and a handicap-accessible ramp.

- Children 8 years of age and under must be accompanied and supervised by an adult.
- A swim test is required to use the slide and diving board. No life jackets are allowed in the 12' area.
- Swim diapers are required for children who aren't toilet trained, and are available for purchase on-site.
- Baskets for storage of personal items are available at no charge.

LIFE JACKET POLICY: Life jackets are mandatory for non-swimmers in the large pool. Swim tests are provided to determine swimming ability. Classifications of non-swimmers is at the lifeguard's discretion. Life jackets are supplied by the facility on a first come, first served basis. Please see a pool manager for further details.

Date	Days	Times	Fee	Season Passes
May 31- August 16	Monday- Sunday	General Swim <u>June-July</u> 12:30-4:30 pm and 6:30-8:30 pm July 4 open 12:30-4:30 pm <u>August</u> 1-7 pm	\$3.00 (children 12 months and under free)	Individual \$50 Family \$120
June 5-July 31	Monday- Thursday	Lap Swim 5:30-6:15 pm	\$3.00	
August 1-15		Lap Swim and Water Walking Noon-12:45 pm		

Season Pool Passes will be sold at the Parks and Recreation Office until May 30. Once the pool opens, passes may only be purchased at the Municipal Pool.



NEIGHBORHOOD WADING POOLS

All children must be accompanied and closely supervised by an adult. Small flotation devices and toys are allowed. There is no lifeguard on duty.

Dates	Days	Times	Parks	Age
May 31- August 11	Monday- Sunday	1-7 pm; July 4 open 12:30-4:30 pm Northeast, Ridgewood and South only	Hansmann, Northeast Ridgewood, Riverview Estates, South and Village Green	10 and under

Weather Guidelines

Temperature: Must be 60° and sunny or 65° and cloudy for pools to open.

Lightning and Thunder: If severe weather is detected, everyone must clear the area immediately and take shelter. Pool will reopen 30 minutes after the last observed incident of lightning or thunder.

Interested in becoming a lifeguard?

Training courses are available free of charge to those who are hired and work a full season at the Moorhead Municipal Pool. Apply today at cityofmoorhead.com/employment.

We'll be in touch once we receive your application!



LIFEGUARD CERTIFICATION - BLENDED LEARNING

This course includes comprehensive training in water rescue, CPR/AED for the Professional Rescuer, and first aid skills. Participants will learn to anticipate and prevent injury and drowning and respond effectively to emergencies.

We will combine online learning with in-person skills. Must complete all modules prior to the first in-person skills session. The online portion will take approximately 6 hours. You will be emailed the link following registration.

Prerequisites: Through a swim-tread-swim sequence of 200 yards, participants must swim 150 yards on front followed by a 2 minute tread using only legs followed by 50 yard swim on front. Participants also must show proficiency in a timed brick-retrieval test.

Dates and Times	Location	Age	Fee
Friday, April 5: 4-9 pm Saturday, April 6: 8 am-6 pm	Moorhead High School Pool	15+	No charge - employee \$120 - non-employee
Friday, April 26: 4-9 pm Saturday, April 27 8 am-6 pm			

Min 4/Max 10



LIFEGUARD REVIEW - BLENDED LEARNING

This review course is for lifeguards who are currently certified and wish to extend their certification. This course includes water rescues, CPR for the Professional Rescuer, and first aid skills. We will combine online learning with in-person skills. Must complete all modules prior to the first in-person skills session.

Prerequisites: Must currently hold lifeguard certification and provide verification of certification. If certification has expired, you must take the full lifeguard course. Through a swim-tread-swim sequence of 200 yards, participants must swim 150 yards on front followed by a 2 minute tread using only legs followed by 50 yard swim on front. Participants also must show proficiency in a timed brick retrieval test.

Dates and Times	Location	Age	Fee
Saturday, May 11: 8 am-2 pm	Moorhead High School Pool	15+	No charge - employee \$75 - non-employee

Min 4/Max 10

MUNICIPAL POOL RENTAL

The Municipal Pool Rental includes the main pool area with waterslides, diving board, picnic tables, and lounge chairs. The wading pool area will not be open for use. Food is permitted on the pool deck (no glass containers please). Lifeguards are included in the fee.

Dates	Days	Times	Fee
June 10- July 19	Monday-Sunday	8:45- 9:30 pm	\$70.00
June 15- July 28	Saturday & Sunday	11:15 am- noon	

Max 50 attendees



WADING POOL RENTAL

Reservations for the Municipal Pool or for a Wading Pool must be made through the Parks and Recreation office at least seven business days in advance. Rentals will receive exclusive use of the pool. Flotation devices and water toys are allowed during rental time. Availability may vary depending on scheduled pool activities. Food is not allowed inside the pool gates. Lifeguards are not present during reservation time. Call 218.299.5340 to ask about rentals.

Dates	Days	Times	Park	Fee
June 7-August 9	Monday-Sunday	10 am-1 pm and 7-8 pm	Hansmann, Northeast, Ridgewood, South, Riverview Estates and Village Green	\$40.00/hr

PARK SHELTER RENTALS

Shelter rental is available May 1-September 30, between 10:30 am and 9:30 pm. Reservations must be made through the Moorhead Parks and Recreation office at least **three business days** in advance. Special event applications must be submitted at least **four weeks prior to event**. Visit moorheadparks.com for more information or call the Parks and Recreation office at 218-299-5340.



Gooseberry Park
Small Shelter



Gooseberry Park
Large Shelter

Parks	Capacity	Fees
Gooseberry Park Small Shelter	60	\$200: Under 4 hours \$25/additional hour
Gooseberry Park Large Shelter	250	\$250: Under 8 hrs \$400: 8-10 hrs \$550: 11 hrs
M.B. Johnson Small Shelter	30/50	\$250: Under 4 hours \$25/additional hour
M.B. Johnson Large Shelter	200	\$250: Under 8 hrs \$400: 8-10 hrs \$550: 11 hrs



M.B. Johnson Park
Small Shelter



M.B. Johnson Park
Large Shelter

*Available year-round



DIVE INTO SUMMER

June 4 • 6:30-8:30 pm
Moorhead Pool • 800 19th St S

Enjoy a night of family fun at the pool with free open swim, chips and pop (while supplies last) and a chance to win prizes! Children 8 years and under must be accompanied by an adult. Season pool passes will be available for purchase.



July 25 • 2-4 pm
Moorhead Pool • 800 19th St S

Splash into an afternoon of FREE fun at the pool with inflatable waterslides, trivia, a diving contest and more!



DOGGY DIP

August 12 • 3:30-7:30 pm
\$5.00/dog

South Park Wading Pool
2101 14th St S
Northeast Park Wading Pool
1817 8th Ave N

Proceeds benefit Moorhead dog parks! Dogs should have a collar, carry ID tags, be properly licensed, vaccinated, and in good health to swim.



FROSTIVAL



PARKS AND
RECREATION
moorheadparks.com



frostival.com

SATURDAYS
FEBRUARY

3+17

SLEIGH RIDES | 1-4 pm | M.B. Johnson Park

Enjoy sleigh rides through beautifully scenic M.B. Johnson Park. Treats and refreshments will be available. Call 218.299.5340 and reserve tickets for your time slot. Tickets on-site based on capacity restrictions. \$5/person (children 2 and under free).

SATURDAY
FEBRUARY

3

SNOW PAINTING PARTY | 1-4 pm | Viking Ship Park

Open Spaces LLC will provide washable liquid watercolors, powdered tempera and liquid tempera paints and tools participants can use to paint on the canvas of snow!

SUNDAY
FEBRUARY

4

WINTER TRAILS DAY | noon-4 pm | M.B. Johnson Park

Try out cross-country (XC) skiing, snowshoeing, and/or skishoeing on the trails within M.B. Johnson Park with volunteers from the North Country Trail Association!

SUNDAY
FEBRUARY

4

STONEWALL KICKBALL TOURNEY | 1-4 pm | M.B. Johnson Park

Stonewall Sports Fargo's second ever winter kickball tournament! Bundle up for a day out on the field at M.B Johnson Park. Up to 8 teams of 10 will play in a one-day remix tournament. \$10/player. Register at leagues.teamlinkt.com/stonewallsportsfargo1

TUESDAY
FEBRUARY

6

CANDLELIGHT TRAIL WALK | 6-8 pm | Viking Ship Park

Take a scenic stroll around Viking Ship Park! Learn about the night sky from local astronomy groups around a fire. Play gaga ball and other games, and enjoy s'mores, hot dogs and hot chocolate. Enjoy free cross-country ski and snowshoe rentals and free museum entry courtesy of the Historical and Cultural Society of Clay County.

Celtic Festival

Saturday, March 16 | 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, dance and fencing demonstrations, storytelling, food and more.

Co-sponsored by:



PARKS AND
RECREATION
moorheadparks.com



This activity is made possible by the voters of Minnesota through grants from the Lake Region Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage fund.



MOORHEAD ICE SHOW



March 22 • 7 pm
March 23 • 7 pm
March 24 • 1 pm

Moorhead Sports Center
2400 4 Ave S

TICKETS

\$6.00: ages 3-11
\$9.00: ages 12+

Skip the line and purchase tickets in advance at the Moorhead Parks & Recreation office 8 am-4:30 pm. Tickets will be available at the door beginning 1½ hours before the show.

MSTATE WEST
PARKING LOT
NEW LOCATION FOR 2024!

FOOD TRUCKS
VENDOR BOOTHS



A monthly gathering of motor vehicle enthusiasts in Moorhead with food, music and an exciting family friendly atmosphere.

FIRST THURSDAYS

5:00 PM - 8:30 PM

MAY 2ND • JUNE 6TH • JULY 4TH • AUGUST 1ST
SEPTEMBER 5TH



#mhdcruiase



NORDIC CULTURE CLUBS

SCANDINAVIAN
FESTIVAL

JUNE 21-22, 2024

@ Hjemkomst Center
202 1st Ave North
Moorhead, MN



ATHLETICS + RECREATION ORGANIZATION CONTACTS

Agassiz Adult Soccer - support@agassizsoccer.org

Dakota Fusion - Youth and Adult Soccer
operations@dakotafusionfc.com

FM Athletics - Youth Football - fmafootball@gmail.com

Hawks Nest Private Skate Park
@hawksnest.fargo or facebook.com/hawksnestfargo

Moorhead Crush Girls Fastpitch Softball
info@moorheadcrush.org

Moorhead Lacrosse Association - Youth
moorheadlax@gmail.com

Moorhead Marlins Swimming - nlsamarlins@gmail.com

Moorhead Softball Association - Adult Slowpitch
moorheadsoftball@gmail.com

Moorhead Youth Baseball - office@moorheadbaseball.com

Moorhead Youth Basketball - spudbasketball.com

Moorhead Youth Hockey
myha@moorheadyouthhockey.com

Sleep Talk Skateboarding - sleeptalkskate@gmail.com

Stonewall Sports Fargo - fargo@stonewallsports.org

Upward Sports - glenn@upwardfm.com



56560

\$1 Admission | 17 and under free**Cullen Hockey Center, 707 Main Ave SE****CANCELED**

RUMMAGE SALE

SATURDAY, MAY 18**8 am-2 pm***Now accepting vendors!*Visit moorheadparks.com or emailjosie.gereszek@moorheadmn.gov for more information.**SUMMER 2024 PROGRAMS****HERITAGE GARDEN & AMPHITHEATER****WOODLAWN PARK, MOORHEAD**

Corner of Woodlawn Park Drive and 6th Ave S

PLANT + SEED EXCHANGE**SUNDAY, MAY 19, 1-5 PM**

Have plants in your flowerbed that need to be split? Or extra annuals that don't fit? Participate in our annual plant and seed exchange! **Instructions:** Bring some things, take some things! For example, if you bring 2 plants, take 2 plants. No invasive varieties or non-labeled plants! Community gardening groups will be joining us to share the love and we will have some gardening activities included in the day. We will also be accepting select plants for donation to the Heritage Garden. Email amccann@plainsart.org if you have any questions or are interested in donating this spring.

Watch our social media channels for
NEW FREE PROGRAMS this summer!



FIND MORE INFORMATION AT PLAINSART.ORG
PLAINS ART MUSEUM



Moorhead Farmers Market



Get Fresh. Go Local.

Tuesdays, June 4-September 24, 3:30-6:30 pm

Music at the Market 4-6 pm every week

RiverArts at the Market:

5:30-8 pm June 11, 25, July 23 and August 6

Hjemkomst Center Parking Lot, 202 1st Ave N

Fresh produce, pet supplies, flowers, honey, spices, hand-crafted items, baked goods and more!

Interested in becoming a vendor?

Visit moorheadparks.com or call 218.299.5078.



KICKS

BAND OF FARGO MOORHEAD

FREE SUMMER CONCERT SERIES

7 pm, June 20 -
Gooseberry Park*

7 pm, July 18 -
Gooseberry Park*

August 4, Noon-5 pm -
Jazz Festival at

Gooseberry Park*

3 pm, September 7 -

Greater Moorhead Days
concert - Viking Ship Park*



The Arts Partnership



*This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

*This activity is funded by The Arts Partnership, with support from the Cities of Fargo, Moorhead and West Fargo.

"This Activity is funded in part with an operating support grant from the Lake Region Arts Council through a Minnesota State Legislative appropriation."



Featuring... The Greater Moorhead Days Parade and Medallion Hunt, half-off canoe and kayak rentals, FM Kicks Band Concert, Midco Kids Fest, special editions of Moorhead Cruise Night and the Moorhead Farmers Market and more! Find more details in our 2024-2025 fall and winter brochure.

SAVE THE DATES!
SEPTEMBER 5-15

If your business or organization would like to participate with an activity, event or sponsorship, please call 218.299.5078 for more information.

RIVER ARTS

music • community • fun

Join us for cultural performances, all-ages artist-led demos and activities, inflatables, yard games, a photo station and more fun for everyone!

Viking Ship Park nights feature free carriage rides and free Historical and Cultural Society of Clay County museum admission.

Activities subject to change.

5:30 opening performances
6-8 pm main acts

JUNE 11

Post Traumatic Funk Syndrome + Nordic Night

Nordic Culture Clubs sharing treats and info about Scandinavian Fest June 21-22

Fargo Spelemannslag - Hardanger fiddle
Dala horse vinyl sticker-making w/ not_hid_
Viking Ship Park, 202 1st Ave N

JUNE 25

Gina Powers Band + Petting Zoo

Fargo-Moorhead Opera - summer opera preview
Dreamcatcher-making w/ Christy Goulet
Viking Ship Park, 202 1st Ave N

JULY 9
at Heritage Garden
& Amphitheater

Heart&Soul + Barrel Car Rides + Disc Golf Clinic

Fargo Folklorico - traditional Mexican dance
Punch needling w/ Bridget Solsaa
Woodlawn Park, 400 Woodlawn Park Dr

JULY 23

Hiahli + Fishing Clinic

Chinese Heritage of Recreation and Dance
Jewelry-making w/ Amanda Frost
Viking Ship Park, 202 1st Ave N

AUGUST 6

Front Fenders + Dunk Tank

Heather & Thistle Pipes and Drums
Printmaking w/ Rourke Art Gallery + Museum
Viking Ship Park, 202 1st Ave N



PROMOTE YOUR BUSINESS OR ORGANIZATION! Sell goods, share your expertise or provide an activity or game for attendees. Call 218.299.5078 or visit moorheadparks.com to get involved.



**Dare
TO
Dream
With
HCSCC**
events & exhibits.

**THE HISTORICAL AND CULTURAL SOCIETY OF CLAY COUNTY
@ THE HJEMKOMST CENTER**

202 First Avenue North Moorhead, MN 56560 • (218) 299-5511 • www.hcscconline.org



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 a selection of movies and TV shows available for streaming.

This summer join your library for fun (and free) programs and activities with the Summer Library Experience! *Join the fun at larl.org/explore.*

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

Moorhead Public Library

FIND US HERE:

118 5th Street South
218-233-7594

moorhead@larl.org
www.larl.org



**LAKE AGASSIZ
REGIONAL LIBRARY**
www.larl.org

Horseshoe Pits

Free and open to the public at
Davy-Memorial Park, 111 8th St N



**PARKS AND
RECREATION**
moorheadparks.com



Disc Golf

Free, public 18-hole disc golf course at
Woodlawn Park, 400 Woodlawn Park Dr

Tournaments contact: Kalen Hogan, 701.818.0873
Game play rules at discgolf.com



Feeling competitive?

Join the FM Disc Golf League! Amateur, Pro/
Amateur, Pro, Master's 40+ and Women's Divisions
Leagues contact: Josh Johnson, 701.306.2816

PICKLEBALL LEAGUE

Join the inaugural Moorhead Parks Pickleball League for some competitive and recreational fun that can be played well into adulthood! Each league is a doubles format with two matches per day, two games per match. All skill levels are invited to play. League T-shirt for all participants and league champions will be provided. Paddles will be available to rent for the season for a fee.

Level	Days	Time	Teams of 2	Date	Location	Fee
High School	Tuesday and Thursdays	11 am-1 pm	12 teams/ level	June 3-28	Hansmann Park	\$50.00/ team
High School	Tuesday and Thursdays	4-6 pm				
Adult (18+)	Monday and Wednesdays	6-8 pm				
Adult (55+)	Tuesday and Thursdays	8-10 am				
Adult (55+)	Monday and Wednesdays	4-5:30 pm	6 teams			

PICKLEBALL COURTS

This fun and energetic paddle sport is created for all ages and skill levels. The rules are simple and easy for beginners to learn, developing into a quick, competitive game for experienced players. Visit pickleball.com for more information and rules of game play. Paddles are available upon request and space is limited.

Outdoor Pickleball Courts

Alm Park, Horizon Shores Park, Hansmann Park,
1300 Elm St S 3801 24th Ave S 1320 12 Ave N

Outdoor Tennis Courts with Pickleball Lines

Riverview Estates Park, Village Green Park,
3801 5th St S 2601 Village Green Blvd



MOORHEAD

River Corridor Trail

Adopted in 2014, the River Corridor Master Plan is a grand vision of an 18-mile trail connecting north and south Moorhead. As of 2022, the trail is nearly 16 miles long. It links residential neighborhoods to numerous parks and commercial areas, with some parks featuring the Audubon Great Plains Urban Woods and Prairies Initiative (UW&PI), restoring native habitats along the river.

2023 success stories and things to be on the lookout for in 2024:

- **The Midtown Trail** connects Woodlawn Park to Gooseberry Park as of 2023. Major funding for this project was provided through Legacy Funds.
- **A boat dock at M.B. Johnson Park** was installed in summer 2023 thanks to Legacy Funds.
- **17 interpretive signs** featuring historical and ecological information were installed in fall 2023 in partnership with River Keepers, the Historical and Cultural Society of Clay County and local artists Su Legatt and Dennis Krull. HDR Foundation provided funding for this project.
- **New on-street River Corridor signs** will be installed to help identify on-street portions of the Corridor in 2024. For more information on the River Corridor, visit cityofmoorhead.com/river.



TRACKS, TRAILS + PATHS

With over 40 parks and dozens of different trails, walking tracks, and bike paths, Moorhead has plenty of outdoor amenities to offer as the weather starts to warm up! For more information, visit the Parks Tracks & Trails Maps section at moorheadparks.com.

Check out our off-road trails maps and more!



Park	Location	Features
Gooseberry Park	100 22nd Ave S	Located along the River Corridor in central Moorhead, this park has mountain bike trails, a huge playground and wide open spaces, great for any activity.
Horizon Shores Park	3801 24th Ave S	This park features three large ponds with two walking paths where patrons can enjoy a picnic, hang out by the dock or play pickleball on our new courts.
M. B. Johnson Park	3601 Oakport St N	This park offers concrete walking paths, mountain biking trails and a boat landing to explore the river or find a great spot for fishing!
Viking Ship Park	202 1st Ave N	This park features various trails, the Stave Church and an authentic Viking Ship. You'll also find a launch for vessels, and canoe and kayak rentals at Hjemkomst Landing in the summer.
Woodlawn Park	400 Woodlawn Park Dr	This park has trails connecting to the River Corridor, a basketball court designed and constructed by the Minnesota Timberwolves, and a disc golf course. Features the Heritage Garden and Amphitheater.

Photo by Annie Wodarek



BANK FISHING LOCATIONS

River Oaks Park at South Dam, Gooseberry Park, Woodlawn Park at Midtown Dam, Viking Ship Park, Riverfront Park, Davy-Memorial Park, North Dam off of 15th Ave N, M.B. Johnson Park (Boat ramp dock and fish-cleaning station available at M.B. Johnson.)

See facility listing on pages 43-44 for park locations.

Photo by Alex Rohr



RIVER KEEPERS ON-THE-WATER CLEANUP

6 pm Monday, August 5 (backup date August 12)

Participants **MUST** be comfortable in a canoe and willing to get wet and dirty. Contact Kim at kimberly@riverkeepers.org or 701.356.8915 for more info. Follow River Keepers on Facebook for more information on all upcoming events!



**Let MATBUS
Drive This
Summer!**

Discounted Rides for Youth Grades K-12

- travel throughout the FM metro on 22 routes
- easy trip planning on MATBUS website/Google Maps
- new Connect program lets you load passes online or use the MATBUS Connect app
- the most you'll pay for youth rides is \$27 per 90-day period
- bike racks available



matbus.com • 701.232.7500



Moorhead Parks and Recreation and River Keepers partner to offer the following activities.

RIVER PADDLING EXCURSIONS

All skill levels are invited! Each session begins at 6 pm with basics of canoeing and kayaking. Please arrive at 5:30 pm. Pre-registration is required, and vessel rentals are first-come, first-served. Registration closes at 20 vessels/excursion. Weather-related backup dates will be the following week.

Date	Day	Description	Host
May 29	Wednesday	Recreation of the Red River	Midwest Outdoors
June 12	Wednesday	Birds of the Red River	Audubon Great Plains
June 24	Monday	History of the Red River	Historical and Cultural Society of Clay County
July 10	Wednesday	Discover the Red River	River Keepers
July 24	Wednesday	Animals & Habitats of the Red River	Red River Zoo
August 7	Wednesday	Gentle Mind of the Red River	CJM Yoga
August 21	Wednesday	Conservation of the Red River	Midwest Outdoors
Sept. 4	Wednesday	Trees of the Red River	Fargo Park District



CANOE & KAYAK RENTALS

May 28-September 7 (closed July 4) • \$10.00/hour/vessel

Tuesdays
4-8 pm

Thursdays
4-8 pm

Saturdays
11 am-6 pm

Sundays
noon-6 pm

Vessels are rented on a first-come, first-served basis for use at Hjemkomst Landing only.

Group paddling rentals are available outside of regular rental hours for a \$100 minimum rental fee, dependent on staff availability. Reservations must be made at least 14 days in advance by calling 218.299.5078.

RENT A SPOT ON THE HJEMKOMST LANDING VESSEL RACK



Register to rent one of 12 seasonal canoe or kayak storage spots at Hjemkomst Landing on a first-come, first-served basis. Renters provide their own locks and are responsible for removing vessels in case of impending flooding. \$50/season

Photo by
Chelsea Joy
Photography

ENJOY THE RED RIVER

REFOREST THE RED

Thursday, May 23 | 12-4 pm

Volunteer to plant trees and shrubs along the Red River!
Project Partners: City of Moorhead and Clay Soil & Water
Conservation District (Backup date May 30)

RACE THE RED

Monday, June 17 | 6:30 pm | Dike East

Enjoy canoe and kayak races with multiple distances
to choose from! All skill levels are welcome.
Registration is encouraged. (Backup date July 15)

GEOCACHING

- Red River at M.B. Johnson Park (Geocaching Adventure Lab)
10-stage adventure (labs.geocaching.com/goto/riverkeepers)
Created with Moorhead Parks and Recreation and Gia Rassier.
- River Ed (ID# GC5BE5) multi-cache with three locations
- Find more information at geocaching.com

riverkeepers.org  [@RiverKeepersFM](https://www.facebook.com/RiverKeepersFM)



RESILIENT YARD WORKSHOP SERIES

Create a resilient yard in order to sustain the Red River
by attending these 2024 workshops hosted by
Clay Soil & Water Conservation District and River Keepers.

MAKE YOUR OWN COMPOST TUMBLER WORKSHOP

April 23, 6-8 pm | Participants will bring home a 55-gallon compost bin.

MAKE YOUR OWN RAIN BARREL WORKSHOP

April 30, 6-7:30 pm | Participants will bring home a 55-gallon rain barrel.

MAKE YOUR OWN RAIN BARREL WORKSHOP

May 7, 6-7:30 pm | Participants will bring home a 55-gallon rain barrel.

MAKE AND PAINT YOUR OWN RAIN BARREL WORKSHOP

May 14, 6-8:30 pm | May 21, 6-8:30 pm

Participants will bring home a painted 55-gallon rain barrel.

Visit Moorhead Community Education for information/registration.
communityed.moorheadschoools.org | 218.284.3400





BOUNCES & SLIDES

MAKE IT THE BEST

- ★ Birthday Party
- ★ Family Reunion
- ★ Block Party
- ★ Summer Fun Day!

*Inquire
about special
birthday party
pricing!*



WATER SLIDES & GAMES



DON'T FORGET TO ADD OTHER PARTY ITEMS:

- tables and chairs
- yard games
- shade canopy and more!



We have the bounce houses, slides, inflatable games, carnival games and more to make sure **EVERYONE** at your event has fun!

+ SEE OUR WEBSITE FOR MANY MORE GREAT OPTIONS!



Don't forget about
our indoor party
room in south
Moorhead too!

#MoorheadProud #MoorheadRaised



BOOK ONLINE!

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

www.gamestogofm.com | 701.271.0378 | 1655 Main Ave. SE, Moorhead



The Meadows

Public Golf Course

401 34th St S, Moorhead

Golf Manager
Jay Haug

Features

18-Hole Links • Driving Range
The 19th Hole Bar & Grill
Practice Bunker



Village Green

Public Golf Course

3421 Village Green Blvd, Moorhead

PGA Golf Professional
Russ Nelson

Features

18-Holes • Driving Range
Short Game Practice Area
The 19th Hole Bar & Grill

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2024 Green Fees & Rates



ADULT DAILY RATES

Weekday (9 hole)	\$24.00
Weekend (9 hole)	\$24.00
Weekday (18 hole)	\$35.00
Weekend (18 hole)	\$35.00
Weekend (6 Hole)	\$17.00

(Meadows only)

Weekend Twilight	\$24.00
------------------	---------

May 31-October 27, 4:30 pm-Close
(Friday, Saturday, Sunday only)

Not valid on holidays.

Weekday Morning Rate	\$35.00
----------------------	---------

Beginning June 3. Tee off before 11 am Monday through Friday, and get 18 holes and a cart. No exceptions. Not valid on holidays.

Fall Special

Beginning September 9. Pay for 9 holes and play 18! Monday-Friday only, carts not included, not valid on holidays.

Jr. Basket	\$3.50
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Driving Range Bucket	\$7.00
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Driving Range Punch Card	\$140.00
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JUNIOR AND SENIOR DAILY RATES

Junior 17 years of age and younger
Senior 62 years of age and older

Weekday (9 hole before 1 pm)	\$16.00
Weekend (9 hole after 4 pm)	\$16.00
Weekday (18 hole before 1 pm)	\$25.00
Weekend (18 hole after 4 pm)	\$25.00
Junior Driving Range Bucket	\$3.50

Junior Season Pass holders only

CART RENTALS

6 hole (Meadows only)	\$8.00/person
9 hole	\$11.00/person
18 Hole	\$18.00/person
Private Cart Use	\$380.00

Pull carts and golf club rental available at both courses.

SEASON PASSES

Junior - 17 & under	\$250.00
---------------------	----------

Junior pass holders may play all courses, with the same restrictions as the restricted pass holders, unless playing with an adult.

College Pass - 1 Course	\$500.00
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College Pass - 2 Courses	\$600.00
--------------------------	----------

College pass holders must tee off before 3 pm on weekdays and after 2 pm on weekends.

Restricted Pass - 1 Course	\$500.00
----------------------------	----------

Restricted Pass - 2 Courses	\$600.00
-----------------------------	----------

Restricted pass holder must tee off before 1 pm on weekdays or after 4 pm on weekends.

Adult - 1 Course	\$700.00
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Adult - 2 Courses	\$800.00
-------------------	----------

Household Pass - 1 Course	\$1,125.00
---------------------------	------------

Household Pass - 2 Courses	\$1,225.00
----------------------------	------------

Includes passes for two adults and any children age 17 and under living in the house. Children receive a Junior Pass and must abide by those restrictions.

Gold Pass	\$1,600.00
-----------	------------

Unlimited golf with a riding cart and practice range valid at both courses

Frequent Players Card

\$36.00 UNLIMITED USE
ALL SEASON!

Tee times three days in advance!
\$3.00 off 9-Hole Green Fee
\$5.00 off 18-Hole Green Fee
(Adult only, no Senior or Junior)

**Reserve your tee time online
at moorheadgolf.com
or call 218.299.PUTT.**

LIL' LINKERS

This six-week program will introduce young or beginning golfers to the basic principles of golf through small group instruction and entertaining activities. Four stations will be utilized for instruction on putting, chipping, pitching and driving. Upon completion of this program, participants will have learned basic rules of the game and golf etiquette. **This program utilizes child-friendly golf equipment which is provided by The Meadows.**

Session	Dates	Day	Times	Location	Ages	Fee
1	June 4- July 9	Tuesday	8:30-9:15 am	The Meadows	4-6	\$37.00
2			9:30-10:15 am			
3			10:30-11:15 am			

Max 20 • No weather-related makeup days

JUNIOR GOLF LESSONS

The Meadows and Village Green: The goal of this program is to introduce juniors to the game of golf through basic instruction, activities and games. Weekly lessons include basic swing, fundamentals, grip, stance, posture, aim, driving, tee-shots, rules and etiquette. **Golf clubs are not provided.**

Session	Dates	Days	Times	Locations	Ages	Fee
1	June 3- July 8	Monday	8:30-10 am	Village Green	7-17	\$57.00
2			10-11:30 am			
1	June 4- July 9	Tuesday	11:30 am-1 pm	The Meadows		

Max 60 Village Green, 40 Meadows • No weather-related makeup days



ADULT GOLF LEAGUES

Adults can join The Meadows and Village Green golf leagues by calling 218.299.PUTT or visiting the Pro Shop.



The Meadows

Dates	Day	Time	League
April-September	Tuesday	1 pm tee time	Men
May-August	Monday	5 pm tee time	Ladies
May-August	Friday	5:45 pm tee time	Couples

Village Green

Dates	Day	Time	League
April-October	Wednesday	1 pm tee time	Men
May and Sept.	Thursday	9 am tee time	Ladies
June-August		7:30 am tee time	

Ages 18+

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: M, W, F 12:30-4 pm

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

MAHJONG: Tuesday 1-4 pm

WHIST: Monday, Tuesday, Friday 1-4 pm

ZIPPITY ZINGERS: Tuesday 10:30-11:30 am



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 \$4 for anyone age 60 and over, \$8 for those under 60.



Monthly Events

BINGO

First Wednesdays, 1-3 pm: 25¢ for 2 cards per game. 35¢ for 3 cards per game. Final game is black out and 25¢ per card. Win prizes!



MEMORY CAFE

Second Wednesdays 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 Thursdays. Breakfast starts at 8:45 am, speaker at 9:30 am. Easten Fryn' Pan, 2920 Hwy 10 E
Each month features a guest speaker with various topics pertaining to the needs and interests of adults age 55 and over. 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 quilters while working on your own project. Individuals come together to share their knowledge, ideas, and techniques. All skill levels welcome.



FREE INCOME TAX ASSISTANCE

**Thursdays 9 am-3 pm, February 1-April 11, Hjemkomst Center
BY APPOINTMENT ONLY - CALL 701.850.0748**

AARP and the Internal Revenue Service (IRS) will be sponsoring free income tax services to elderly, low, and moderate taxpayers of all ages, especially to those 60 and older. Certified IRS volunteers have been trained to prepare and electronically file your income tax returns. For additional and updated information, go to moorheadseniors.com.

Additional location: Moorhead Public Library.

*Please do not call the Hjemkomst Center with specific tax inquiries.
This is only a host site and cannot answer questions.*



VALLEY TRIAD

Meets the last Tuesday of the month, 9:30 am, Hjemkomst Center

Valley Triad is a nonprofit comprised of seniors, service agencies and law enforcement working together. Valley Triad meets monthly to develop projects and educational programs for Cass-Clay county seniors.

2024 dates for programs from 1-3 pm at the Hjemkomst Center:

No RSVP Required | March 27 | June 26 | November 20



SWING INTO SPRING PARTY

**May 15, 12-1:30 pm | Register at moorheadparks.activityreg.com
or by calling 218.299.5519.**

Join us for the Swing Into Spring Party at the Moorhead Senior Center with food, live music and more! More information at moorheadseniors.com.
\$7/person includes lunch from Concordia Catering.

CONNECTING THE CAREGIVER

**Wednesday, June 12, 1-4 pm | Registration and more information
at moorheadparks.activityreg.com or call 218.299.5514.**

Join us at this year's Fargo-Moorhead collaborative caregiver conference centered around the theme of "Connecting the Caregiver."



WALKING CLUB - Walk for the health of it!

Wednesdays 11 am, June-July - No club June 19

**Meet in Senior Center Cedar Room before walk in Viking Ship Park
Register online at moorheadparks.activityreg.com or day-of.**

No cost and all abilities welcome! Weather and temperature-permitting. Dress for success! Wear good walking shoes, temperature-appropriate clothing or layers, and sunscreen. Visit the QR code on page 28 for walking trails maps and so much more!

GO UNDER THE SEA WITH
GOOSEBERRY PARK PLAYERS
THIS SUMMER!

DISNEY'S
THE
LITTLE
MERMAID

AGES 11-18

OPPORTUNITIES FOR ACTORS,
MUSICIANS AND TECHNICIANS

VISIT GOOSEBERRYPARKPLAYERS.ORG FOR INFO
SESSION AND AUDITION DATES



register online at
Trollwood.org!

summer 2024

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Unexpected!

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www.trollwood.org | 218.477.6500 | trollwood@fargo.k12.nd.us




Grades K-2	Magic Tree House JUNE 3 - 7	Bluey JUNE 10 - 14	Disney's Cast of Villains JUNE 17 - 21	Snow White in the Enchanted Forest JUNE 24 - 28	
	Grades 3-5	Diary of a Wimpy Kid JUNE 3 - 7	Land of Stories JUNE 3 - 7	Percy Jackson JUNE 10 - 14	High School Musical JUNE 10 - 14
Grades 3-5		Disney's Cast of Villains JUNE 17 - 21	Marvel Heroes JUNE 24 - 28	Shrek The Musical JUNE 24 - 28	
	Grades 6-9	Harry Potter and the Cursed Child JUNE 3 - 7	Six: Teen Edition JUNE 10 - 14	Tech Camp JUNE 24 - 28	
Grades 3-8			The Wizard of Oz: Youth Edition JULY 1 - AUGUST 11		
	Grades 8-12		She Kills Monsters: Young Adventurers Edition JULY 1 - AUGUST 3		

VOLUNTEER

Your volunteered time and talents ensure the success of our community programs and events, and help to keep our city looking beautiful! Call 218.299.5340 or visit moorheadparks.com/volunteering to learn more about opportunities. We welcome both small and large groups, individuals and families!



RECREATION

Adaptive Soccer Coaches*

Coaches help teach basic soccer skills and teamwork to children with special needs. Experience working with special needs is a plus, but not required. Soccer is one hour each Wednesday evening in June and July.

Flag Football Coaches*

Coaches are needed to teach fundamentals and skills to youth in K-6th grades. Coaches must commit to two nights a week during the season.

Skate Camp Instructors*

Instructors are needed to assist program leaders and coach participants on skateboarding basics, manage students, set up stations and provide general instruction.

Baseball Coaches*

Coaches must commit to two nights/week during the season for practices and games. Head and assistant coaches are needed for all teams. Coaches are needed to teach age 5-5th grade levels.

FM Challengers Baseball Coaches*

Coaches help teach basic baseball skills and teamwork to children with special needs. Experience working with special needs is a plus, but not required. FM Challengers is Monday and Tuesday evenings in June and July.

***Volunteer coaches/instructors must submit a background check and complete online concussion training.**

BEAUTIFICATION

Adopt a Park, Pond or Street*

Assist with a variety of cleanup tasks including litter removal, weeding flower beds and general beautification needs.

Adopt a Flower Bed

Maintain a downtown flower bed by planting, weeding and winterizing plants.

Adopt The Red*

Litter removal along the banks of the Red River. More than 5 miles of our riverbank needs cleanup throughout the spring, summer and fall.

***Trash bags, trash pickers and gloves are available at the Parks office for these projects.**



Earth Week | April 15-21

Help restore the earth by cleaning up our city. You can help us reach this goal by getting every park, street, river trail, and pond adopted! Commit to pitching in and picking up, and earn the chance to win a prize pack just for helping us keep Moorhead beautiful! Visit moorheadparks.com/volunteering for more information.

SPECIAL EVENTS

Special Events Assistance

Volunteers are needed to assist with tasks like hands-on kids activities, monitoring games, event registrations, serving refreshments, cleaning tables and event setup and teardown.

Volunteers needed for: Frostival events, Celtic Festival, RiverArts and Greater Moorhead Days



moorheadparks.com

Moorhead Parks & Recreation | Registration Form | PLEASE PRINT CLEARLY
1300 15th Avenue North, Moorhead, MN 56560 | 218.299.5340 | Email: pa@cityofmoorhead.com

Email: parkandrec@moorheadmn.gov

Relationship:

City:

State:

:zip:

Email Address:

Relationship

Please check one box. We will call for credit card information. Check or Cash ☐ Visa ☐ MasterCard ☐ Discover ☐ Scholarship ☐

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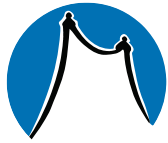
Release of Liability

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, for any and all injuries or other damages arising out of or connected with participation in the above activities. This release of liability shall also cover all other Park activities that I, my spouse, or my child or ward may 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.

13.5.57 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.

Parent or Legal Guardian 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 letter or free or reduced lunch letter from your school. 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 one to two scholarships,
per program, per season
(3 total per calendar year).**

Household size	Maximum household income
1	\$58,350
2	\$66,650
3	\$75,000
4	\$83,300
5	\$90,000
6	\$96,650
7	\$103,300
8	\$110,000

Name of Scholarship Recipient (Please list all household members when applying for a Family Pool Pass)	Date of Birth	Grade

Number of people in your household: Adults _____ Children _____ Total _____

Eligibility Release Form

I certify that my information is accurate and complete. I authorize grantee to verify information provided, if necessary.

Signature

Relationship

Date

WARNING: False statements or misrepresentations listed on this form may result in the loss of approved scholarships.

All forms can be emailed, dropped off or mailed to:

**Moorhead Parks and Recreation
Scholarship Program
1300 15 Ave N
Moorhead, MN 56560
parkandrec@moorheadmn.gov**

OFFICE USE ONLY

Date Received: _____ Approved: _____ Office Personnel: _____

FACILITIES

REGIONAL PARKS

		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 PARKS

5. Davy-Memorial	111 8 St N	9.33		•	•				•	•		•						•	
6. Gooseberry Mound Park	100 22 Ave S	43.75			•	•			•	•		•	•					•	
7. Viking Ship Park	202 1 Ave N	12.65			•				•					•					
8. Woodlawn Park	400 Woodlawn Park Dr	28.86		•					•	•				•					
9. Riverfront Park	601 1 Ave N	19.49																	

PARK FACILITIES

10. Centennial/Athletic Complex + Dog Park	2600 15 Ave N	104.70	•		•	•			•	•		•						•	
11. Historic Log Cabin	109 8 St N				•				•	•		•						•	
12. Hjemkomst Center + Stave Church	202 1 Ave N	5.49			•							•	•					•	
13. Matson Memorial Field	1010 13 Ave N	6.71	•		•				•	•								•	
14. Moorhead Municipal Pool	800 19 St S	2.80			•				•			•	•				•	•	
15. The Meadows Public Golf Course	401 34 St S	178.16			•				•			•						•	
16. Parks + Public Works Administration Offices	1300 15 Ave N				•							•						•	
17. Village Green Public Golf Course	3421 Village Green Blvd	163.65			•				•			•						•	

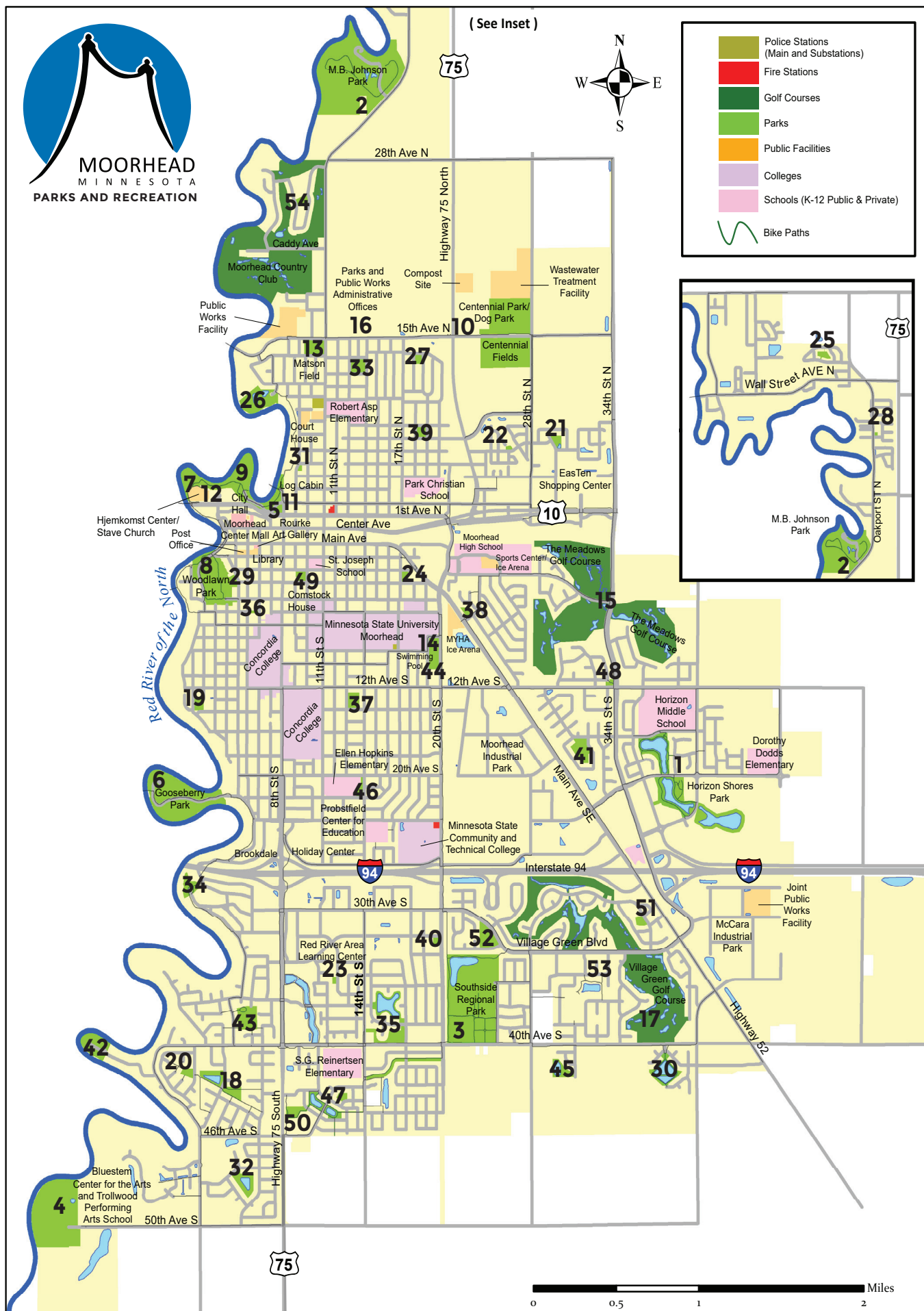
NON-PARK FACILITIES

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			•		•					•						•	
Probstfield Center for Education	2410 14 St S	N/A	•		•							•						•	
Robert Asp Elementary	910 11 St N	N/A	•	•	•					•		•						•	
S.G. Reinertsen Elementary	1201 40 Ave S	N/A		•	•					•		•						•	

FACILITIES

NEIGHBORHOOD PARKS

		Acreage	Ball Field	Basketball Courts	Electricity	Grill	Hockey Rinks	Recreation Center	Picnic Tables	Play Equipment	Pleasure Rinks	Restrooms	Sledding Hill	Soccer Nets	Tennis Courts	Wading Pools	Water	Pickleball
18. Allyson Park	4320 3 St S	4.07								•				•				
19. Alm Park	1300 Elm St S	2.35		•	•			•	•	•	•	•		•	•		•	•
20. Angelas Park	4121 2 St S	2.00		•					•	•								
21. Arbor Park	530 30 St N	2.29							•	•								
22. Arrowhead Park	2600 6 Ave N	0.55		•					•	•								
23. Belsly Park	3511 12 St S	0.68				•			•	•							•	
24. Bennett Park	302 17 St S	1.84		•		•			•	•								
25. Brentwood Acres Park	1006 62 Ave N	4.70		•					•	•								
26. Bridgeview + Org. Homestead Park	1002 7 St N	14.24								•								
27. Buland Park	1801 13 Ave N	1.47		•						•				•				
28. Crystal Creek Park	1700 51 Ave N	1.00								•								
29. Daily Park	301 3 Ave S	0.013																
30. Evergreen Meadows	3801 41 Ave S	10.61								•								
31. Five Nine Park	412 9 St N	0.60							•	•								
32. Hampton Park	499 Hampton Dr W	7.4								•				•				
33. Hansmann Park	1320 12 Ave N	4.30	•	•	•		•	•		•	•	•		•	•	•	•	
34. Horn Park	3001 Rivershore Dr S	5.02											•					
35. Johnson Farms	1599 Johnson Dr S	17.10		•						•				•				
36. Knapp Park	525 6 St S	0.55								•								
37. Lamb Park	1320 14 Ave S	4.06	•	•	•		•	•	•	•	•	•					•	
38. Morningside Park	455 Oak Way	1.43		•	•	•	•	•	•	•	•							
39. Northeast Park	1817 8 Ave N	2.06	•	•	•	•		•	•	•		•		•		•	•	
40. Queens Park	3201 20 St S	1.16		•		•			•	•								
41. Ridgewood Park	1818 31st St S	7.13	•	•			•	•	•	•	•	•		•		•	•	
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	•	•	•		•	•		•		•					•	
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	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
53. Village Green Sixth	3050 38 Ave S	17.39		•						•								
54. Voll Park	2514 Fairway Dr	2.08							•	•	•							



TRI-CITY UNITED SOCCER CLUB



ACADEMY

AGES

3 to 14 Years Old (Academy)
18mo to 4 Years (Taters & Tots)

SKILL LEVEL

Beginner → Intermediate

PROGRAM OFFERED

Fall, Winter, Spring, Summer

TRAINING DAYS/NIGHTS

Weeknights or Saturdays
Depending on Season

GAMES

None

COACHES

Staff Coaches

RECREATIONAL

AGES

Pre-K to 8th Grade

SKILL LEVEL

Beginner → Intermediate

PROGRAM OFFERED

Fall, Winter, Spring, Summer

TRAINING NIGHTS

- Fall & Spring (Weekday Evenings)
- Winter & Summer (Prior to Game)

GAMES

Weeknights or Saturdays
Depending on Season

COACHES

Parents or Volunteer Coaches

COMPETITIVE

AGES

Birth Years 2005-2015

SKILL LEVEL

Intermediate → Advanced

PROGRAM OFFERED

Fall, Winter, Spring-Summer

TRAINING NIGHTS

2-3 Times Week

GAMES

- Out of Town Tournaments
- Friendlies
- In-Club Games

COACHES

Nationally Licensed
Staff Coaches



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