



MORHEAD

PARKS & RECREATION

SPRING + SUMMER

20
25



PROGRAMS & EVENTS FOR YOUTH & ADULTS | MOORHEADPARKS.COM



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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 or vape tobacco, hemp, cannabis or reactive products or dispose of ash, cigarette butts, or any other tobacco-cannabis-or hemp related waste while in specific areas of the Parks. These areas include, but are not limited to; playgrounds, picnic shelters, skating rinks, athletic complexes (Southside Regional Park, Matson and Centennial), pools, neighborhood recreation centers, and dog parks. Specific events and areas of the parks may also be designated as tobacco-hemp-and cannabis free.



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Stay Connected with Us!



@moorheadparksandrec
@moorheadseniorcenter



1300 15 Ave N, Moorhead, MN 56560 | Monday-Friday, 8 am-4:30 pm
218.299.5340 | Email: parkandrec@moorheadmn.gov

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Jessica Colby Recreation/Aquatics Specialist
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DIRECTORY

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Golf Courses 218.299.7888
Senior Center 218.299.5514
Moorhead Sports Center 218.284.2287
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 701.232.7500
Neighborhood Services 218.299.5434



THREE EASY WAYS TO REGISTER



moorheadparks.activityreg.com



218.299.5340



Registration Form (page 41)

or



SCAN ME

Registration for Spring + Summer
2025 programs begins February 3.

PROGRAM UPDATES AND WEATHER-RELATED ANNOUNCEMENTS

Posted on facebook.com/moorheadparksandrec

REFUND POLICY

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



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. Opportunities for programs, events and maintenance positions!

Visit the QR code below to view a full list of opportunities:




Apply Today
cityofmoorhead.com/employment

How do you BUILD *a legacy?*



Donate today!

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



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. **Please enter**



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

Dates	Day	Session	Times	Ages	Location	Fee
June 9-12	Monday-Thursday	1A	9-9:30 am	4+	Moorhead High School	\$50.00
		1B	9:45-10:15 am			
August 4-7	Monday-Thursday	2A	9-9:30 am			
		2B	9:45-10:15 am			

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



Special Olympics

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



Moorhead, Fargo, and West Fargo are in partnership to provide adaptive programs for all ages of people with special needs.

Fargo programs: 701.499.6089

West Fargo programs: 701.433.5360

**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
- Art Club and more!

Call or email for more information!

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 2-July 28	Monday	6-7 pm	7-11	Miracle Field	\$50.00
2			7-8 pm	12+		
3	June 3-July 29	Tuesday	6-7 pm	12+		

Max 20 • No program June 30 and July 1



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! Each participant will receive a jersey that they get to keep at the end of the season.

Dates	Day	Time	Age	Location	Fee
June 4-July 30	Wednesday	6-7 pm	10+	Southside Regional Park	\$50.00

Registration deadline: May 12 • No program July 2

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 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	Age	Location	Fee
June 3-July 17	Tuesday-Thursday	Noon-4 pm	10-17	Ellen Hopkins Elementary	\$65.00

Registration deadline: May 12 • Min 10/Max 25 • No program June 19 and July 1-3

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



EXPLORING TURTLE

Artists will have fun creating an underwater scene of a turtle swimming through calm ocean waters. Participants will use watercolors and oil pastels to create their artistic vision.

Date	Day	Time
March 20	Thursday	6-7 pm
Age	Location	Fee
8-11	Alm Park	\$10.00

Min 5/Max 12



POP ART DONUTS

In this class, artists will learn about characteristics of pop art to create a bright work of art through a variety of mediums.

Date	Day	Time
April 8	Tuesday	6-7 pm
Age	Location	Fee
7-10	Alm Park	\$10.00

Min 5/Max 12



MOO-TIFUL MASTERPIECE

Enjoy an evening painting together in this adult/child class! Guided through step-by-step instructions, you and your child will create this adorable cow! Explore the use of color and acrylic paints and learn how to blend and how to create texture. The adult attending must be 18 or older. Please register by the child's name.

Date	Day	Time
April 24	Thursday	6-7:30 pm
Age	Location	Fee
11-14	Alm Park	\$18.00

Min 4/Max 8



STREET ART

BAM! Have fun in this rockin' art class that uses vibrant colors and line work to create a unique work of art that is influenced by street art.

Date	Day	Time
May 6	Tuesday	6-7 pm
Age	Location	Fee
10-14	Alm Park	\$12.00

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 16-26	Monday-Thursday	10:30 am-Noon	Alm Park	10-12	\$40.00
2	July 7-10		9-10 am		6-7	\$36.00
3	July 7-24		10:30 am-Noon		11-14	\$55.00
4	July 14-24		8:30-10 am		8-10	\$40.00
5	July 28-Aug 7		9-10:30 am		8-10	\$40.00
6	July 28-31		11 am-Noon		6-7	\$36.00

Min 6/Max 10 • No program June 19

Disc Golf

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

Tournaments contact: Kalen Hogan, 701.818.0873

Course layout can be found on udisc.com

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

Horseshoe Pits

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



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 aluminium bat and a low compression ball, contact Trevor at 218.299.5296.

Dates	Days	Time
May 19- June 26	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 26 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 19- July 16	Monday and Wednesday	6:15 pm	1	Southside Regional Park	\$60.00
					\$85 after April 28

No program May 26, June 30, and July 2

ROOKIE
(coach-pitch)

Dates	Days	Times	Current Grade	Location	Fee
May 20- July 17	Tuesday and Thursday	6:15 pm	2-3	Southside Regional Park	\$60.00
					\$85 after April 28

No program June 19, July 1 and 3

POP-UP
(coach-pitch)

Dates	Days	Times	Current Grade	Location	Fee
May 20 - July 17	Tuesday and Thursday	7:30 pm	4-5	Southside Regional Park	\$60.00
					\$85 after April 28

No program June 19, July 1 and 3



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 4-27	Tuesday and Thursday	Beginner: 4:30-5:30 pm	5+: Beginner	March: Northwest Martial Arts, 1430 Main Ave, Fargo, ND 58103	\$80.00
April 1-29					
May 1-27		Advanced and Black Belt: 5:30-6:30 pm			
June 3-26					
July 8-31					
August 5-28					
			April-August: Robert Asp Elementary, West Gym, #105		

Min 10/Max 15 ▪ No classes March 13; one make-up needed, April 10, and June 19; one make-up needed



Let MATBUS Drive This Summer!



Discounted Rides for Youth Grades K-12

- travel throughout the FM metro on 19 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

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.



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.

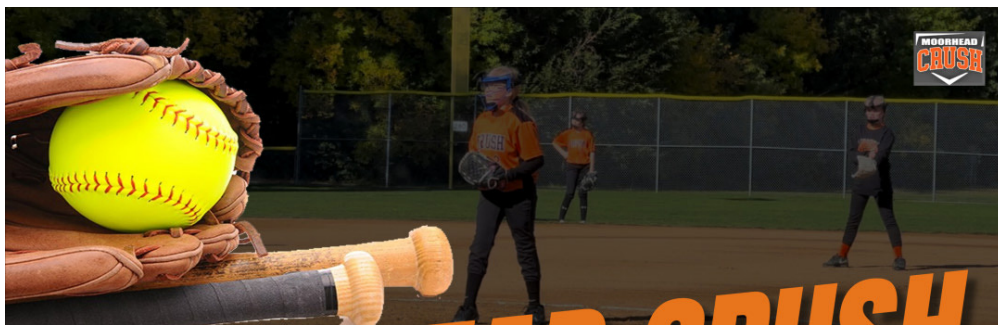
Register with the child's 2025-2026 school grade.

Dates	Days	Times	Grades	Location	Fee
August 4 - September 30	Monday, Tuesday or Thursday (to be assigned)	5:30 pm or 6:45 pm (to be assigned)	K-1	Southside Regional Park	\$60.00
			2-3		\$85.00 on July 7
			4		
			5-6		
			7-8		

Registration closes July 21 • No program September 1

TEAMMATE REQUEST: There is a maximum of two teammate requests, and the participant's that are requested must also request you as their teammate to guarantee placement on the same team.

PLEASE NOTE: Grades K-1, 4 and 5-6 typically practice Mondays with games on Tuesdays. Grades 2-3 and 7-8 typically practice on Mondays with games on Thursdays. There will be some exceptions to that general outline.



MOORHEAD CRUSH GIRLS FASTPITCH SOFTBALL

**PREMIER SOFTBALL CLUB FOR
GIRLS AGES 6-18**

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



Registration deadlines:
League: February 28
Middle School: March 21

FIND US ON SOCIAL MEDIA

Instagram: moorheadcrush
X(Twitter): @moorheadcrush
Facebook: Moorhead Crush - Girls Fastpitch Softball
WWW.moorheadcrush.org

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 2-26	July 7-31	Monday-Thursday	1:30-5 pm	6-11	Hansmann Park	\$60.00
					Lamb Park	
					Morningside Park	
					Ridgewood Park	
					Riverview Estates Park	
					Village Green 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	June 9-26	Riverview Estates Park	Monday-Thursday	10-11:30 am	3-5	\$30.00
2		Village Green Park				
3	July 7-24	Riverview Estates Park				
4		Village Green Park				

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. Please note that class duration may extend slightly to ensure thorough understanding of the skills covered.

Dates	Day	Time
March 29	Saturday	8 am-6 pm
May 10		
Location	Age	Fees
Parks & Recreation Office, 1300 15th Ave N, Moorhead	11-14	\$75.00



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 2-12	July 7-17	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 16 • 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 20**

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 20**

June 2-12	July 7-17	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 6 & 13 • 9-11 am
July 11 & 18 • 9-11 am

Horizon Middle School
3601 12th Ave S, Moorhead

Open to children ages 5-14, Moorhead Parks and Recreation invites you to participate in our organized match play! Coaches will organize the players by age to put their skills to the test in match play.

Ages 5-10 will be from 9-10 am; Ages 11-14 will be from 10-11 am.
This is a free, drop-in program, so come and go as you please!





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 18- April 17	Tuesdays & Thursdays	5-5:45 pm	Ellen Hopkins Elementary	3-4	\$45.00
		6-7 pm		5-6	

Min 10/Max 15



OPEN GYM (BASKETBALL & VOLLEYBALL)

Get active this winter at youth open gym! Regular and junior basketballs and volleyball equipment will be available. These days are free and open to the public!

Dates	Activity	Day	Fee
Feb. 8-Mar. 29	Youth Open Gym	Saturday	Free
Times	Location	Age	
10 am-3 pm	Ellen Hopkins Elementary	17 and under	

LOVE SWIMMING?

Try out for the Red Dragon Swim Team!

The Red Dragon Swim Club seeks to provide a safe, supportive opportunity for all swimmers, regardless of age or ability, to reach their highest personal potential as both a person and athlete.



Contact us for a tryout at Reddragonswimming@outlook.com



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.

Swimmers will enter and exit through the main athletic building doors (19) 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.

Preschool Max 4 • Level 1-6 Max 6

SPRING SWIM LESSONS

Location: Moorhead High School					
Dates	Levels	Times	Days	Age	Fees
March 24- April 8	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			
	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 3C	6-6:30 pm			
	Level 4A	6-6:30 pm			
	Level 4B	6:45-7:15 pm			

Preschool Max 4 • Level 1-4 Max 6

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 9-12	10:30-11:00 am	Monday-Thursday
	11:15-11:45 am	
June 16-19	9-9:30 am	
June 23-26		
July 7-10		
July 14-17		
July 21-24		
July 28-31		
Aug 4-7	10:30-11 am	
	11:15-11:45 am	
Location	Age	Fee
Moorhead High School	4+	\$55

No class June 19, makeup date June 20





SUMMER SWIM LESSONS

Session I	Session II	Session III	Location: Moorhead High School				
Dates	Dates	Dates	Days	Levels	Age	Times	Fees
June 16-26	July 7-17	July 21-31	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 • No class June 19, makeup date June 20



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 10- July 29	Tuesdays and Thursdays	5:30-6:15 pm	16+	Moorhead High School Pool	\$65

Max 30 • No class June 19, July 1, 3, 31

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
June 2- August 10	Monday- Sunday	1-7 pm July 4 open 12:30-4:30 pm Northeast, Village Green, and Ridgewood only	Hansmann, Northeast Ridgewood, Riverview Estates, 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.



MOORHEAD MUNICIPAL SWIMMING POOL

The Moorhead Municipal Swimming Pool is undergoing a significant renovation as part of the Reimagine Romkey initiative. This project aims to enhance outdoor recreational opportunities for the community. The pool will be closed during the 2025 season and is anticipated to reopen in time for the 2026 season.



The upgraded facility will include the following attractions:

- » A new pool equipped with a diving board and thrilling water slides
- » A zero-entry wading pool designed for young children
- » An adjacent splash pad, available at no cost, to extend summer enjoyment
- » A modern pool facility featuring a universal locker room and a community room for gatherings and events

Visit page 20 in our brochure for more details on Reimagine Romkey!



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. Please note that class duration may extend slightly to ensure thorough understanding of the skills covered.

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 11: 4 pm Saturday, April 12: 8 am Monday, April 14: 4 pm	Moorhead High School Pool	15+	\$130

Min 4/Max 10



LIFEGUARD REVIEW

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. Please note that class duration may extend slightly to ensure thorough understanding of the skills covered.

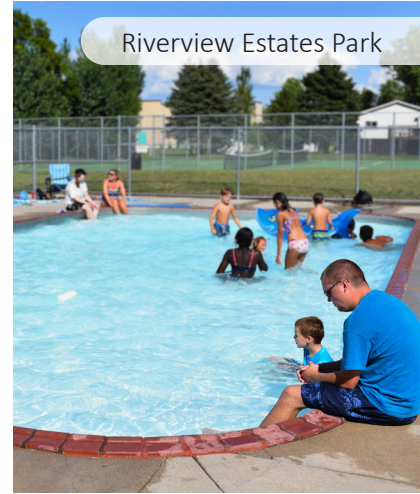
Prerequisites: Must currently hold lifeguard certification and provide verification of certification. If certification has expired, you must take the full lifeguard course. Through a swim-tread-swim sequence of 200 yards, participants must swim 150 yards on front followed by a 2 minute tread using only 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, April 19: 8 am	Moorhead High School Pool	15+	No charge - employee \$80 - non-employee

Min 4/Max 10

WADING POOL RENTAL

Reservations 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. To reserve, visit moorheadparks.com or call 218.299.5340.



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

PARK SHELTER RENTALS

Shelter rentals are available May 1-September 30, between 10:30 am and 9:30 pm. Facility Reservation Applications must be made through the Moorhead Parks and Recreation office at least **three business days** in advance. Applications requesting permits must be submitted at least **four weeks before the event.** For more information, visit moorheadparks.com or call the Parks and Recreation office at 218.299.5340.

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



REIMAGINE ROMKEY

COMING 2026



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

New Park Facilities Include:

Swimming Pool with Diving Board, Water Slides, and Climbing Wall

Splashpad Outside the Pool Fencing
Accessible free of charge and extending the season

Zero-Entry Wading Pool

Basketball Court(s)

Skatepark

Pickleball Courts

Traditional Playground

Sustainable Landscaping

Natural Playground

Sledding Hill

Food Forest

Soccer Field

Pool Building with universal locker room and community room

New Trails and Sidewalks

Picnic Shelter

**POOL GRAND OPENING
JUNE 2026**



« Learn more about this exciting project!



MOORHEAD ICE SHOW

March 21 • 7 pm

March 22 • 7 pm

March 23 • 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.



DOGGY DIP

August 11 • 3-7 pm

\$5.00/dog

Northeast Park Wading Pool
1817 8th Ave N

Proceeds benefit Moorhead's dog parks!

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

Celtic Festival

Saturday, March 15 | 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



NORTH OF NORMAL
FARGO
MOORHEAD | WEST FARGO



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.



KICKS

BAND OF FARGO MOORHEAD

FREE SUMMER CONCERT SERIES

June 19, 7 pm
- Gooseberry Park*

July 17, 7 pm
- Gooseberry Park*

August 3, Noon-5 pm
- Jazz Festival - Gooseberry"

September 6, 3 pm
- Greater Moorhead Days
- Viking Ship Park*



Co-sponsored by Moorhead Parks and Recreation

*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, and the FM Area Foundation.



First Thursdays 5:00 PM - 8:00 PM
MState West Parking Lot

MAY 1 | JUNE 5 | JULY 3 | AUG. 7 | SEPT. 4

A monthly gathering of motor vehicle enthusiasts in moorhead with food, music and an exciting family-friendly atmosphere!

  #mhdcruiise



NORDIC CULTURE CLUBS

SCANDINAVIAN FESTIVAL


JUNE 20-21, 2025
@ Hjemkomst Center
202 1st Ave North
Moorhead, MN




Join us for Free Food and Fun Activities!

Wednesdays from 5:30 pm - 7:30 pm

June 18 Robert Asp	July 2 Ellen Hopkins	July 16 Queens Park
-----------------------	-------------------------	------------------------



SAFE CITY NIGHTS



ACADEMY AGES 7-18

\$355.00

(SPRING/SUMMER 2025)

- FALL, WINTER, SPRING, SUMMER
- TRAIN UP TO 3 TIMES A WEEK FOR 1 1/2 HOURS
- ATTEND UP TO (4) FOUR PER SEASON-OUT OF TOWN TOURNAMENTS
- LICENSED COACHES
- DEDICATED ATHLETES
- HIGH LEVEL OF PLAY
- PLAYER RESPONSIBLE FOR PURCHASING UNIFORM KIT



dakota



Fusion
SOCCER CLUB

REC+ PRE-K TO 8TH GRADE

\$45.00

(SPRING/SUMMER 2025)

- FALL, WINTER, SPRING/SUMMER
- GAME & TRAINING SAME DAY
- WEDNESDAY NIGHTS AFTER 5:00 PM
- WE PROVIDE COACHES
- FUN ENVIROMENT
- \$10.00 FOR JERSEY
- PLAY WITH FRIENDS
- 4 WEEKS



MOORHEAD FARMERS MARKET

Go Fresh. Go Local.



LIVE MUSIC

by local artists at the market 4-6 pm

FREE MUSEUM ACCESS

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

RIDE THE RIVER

on nearby canoe and kayak rentals, 4-8 pm

FREE \$2 TOKENS


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



MARKET OPEN EVERY TUESDAY

Interested in becoming a vendor?
Call 218.299.5340

 JUNE-OCT,
3:30-6:30 pm

 VIKING SHIP PARK
202 1 Ave N,
Moorhead

Must register online at
cityofmoorhead.com/market

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

MUSIC

FOOD

CRAFTS

ARTS

GLOBAL MARKET

TUESDAY EVENINGS
5-7 PM

**FEBRUARY 11
& MARCH 11**

 Hjemkomst Center
202 1 Ave N Moorhead

Sponsors: City of Moorhead, Historical and Cultural Society of Clay County, Immigrant Development Center, Inclusive Moorhead and Indigenous Association



CELEBRATING
150 *Years*
OF MOORHEAD

SAVE THE DATE: SEPT 4-13

Find more details in our 2025-26 Fall & Winter brochure.

Visit moorheadparks.com or call 218.299.5078 for partnership opportunities.



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!

All 5 nights feature free carriage rides and free Historical and Cultural Society of Clay County museum admission.

Activities subject to change.

Post Traumatic Funk Syndrome
June 11 • 6-8 PM
////////// OPENER //////////
🕒 5:30 PM: Fargo Spelemannslag (Hardanger Fiddle)

Gina Powers Band
June 25 • 6-8 PM
////////// OPENER //////////
🕒 5:30 PM: Javier Quiroz

Heart&Soul
July 9 • 6-8 PM
////////// OPENER //////////
🕒 5:30 PM: Fargo Folklorico

October Road
July 23 • 6-8 PM
////////// OPENER //////////
🕒 5:30 PM: Chinese Heritage of Recreation and Dance

Front Fenders
August 6 • 6-8 PM
////////// OPENER //////////
🕒 5:30 PM: Heather & Thistle Pipes and Drums

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.

JUNE 11 • JUNE 25 • JULY 9 • JULY 23 • AUGUST 6

Activities start 5:30 pm at Viking Ship Park | 202 1 Ave N, Moorhead

cityofmoorhead.com/RiverArts



**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**

You have free access to a large collection of books, eBooks, audiobooks, including movies and TV shows available for streaming.

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



MOORHEAD PUBLIC LIBRARY

118 5th Street South
218-233-7594

moorhead@larl.org
www.larl.org

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





YOUTH PICKLEBALL CAMP

Our Youth Pickleball Camp is designed to introduce kids to the fundamentals of pickleball in a fun and supportive environment. Participants will develop skills like serving, volleying, and teamwork through engaging drills and games tailored for all skill levels. Join us for an exciting opportunity to stay active, make new friends, and learn one of the fastest-growing sports!

Dates	Days	Time	Ages	Location	Fee
June 16-19	Monday-Thursday	10-11:30 am	8-12	Village Green Park	\$35

Min 8/Max 12 • Weather-related makeup day will be June 20

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. Paddles are available upon request and space is limited. **Courts cannot be reserved unless for Moorhead Parks Programs.**



Visit pickleball.com for more information and the rules of gameplay.

Outdoor Pickleball Courts:

- Alm Park, 1300 Elm St S
- Horizon Shores Park, 3801 24th Ave S
- Hansmann Park, 1320 12 Ave N
- Village Green Park, 2601 Village Green Blvd

Outdoor Tennis Courts with Pickleball Lines:

- Riverview Estates Park, 3801 5th St S



Hansmann Park

Moorhead River Corridor

Red River Discovery Walk

Check out 17 unique signs detailing Moorhead's ecological and historical past.

Rotary Natural Play Hill

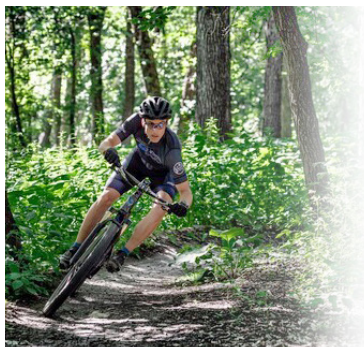
Explore, climb, and play the natural way. Soar over the tree tops in the Treehouse Tower or test your mountain biking skills on the bike skills course.

River Oaks Dog Park

Grab the leash and head on down to this pawsitively fun dog park that's perfect for socializing with all the four-legged friends.



Learn more at www.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.

BANK FISHING LOCATIONS



- Davy-Memorial Park
- Gooseberry Park
- M.B. Johnson Park - Amenities include a boat ramp, dock, and fish-cleaning station
- North Dam off 15th Ave N
- River Oaks Park at South Dam
- Riverfront Park
- Viking Ship Park
- Woodlawn Park at Midtown Dam

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

RULER OF THE RED

Enjoy a fun virtual fishing tournament on the Red River for all ages!

When: August - National Fishing Month!

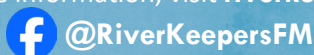
Where: Red River of the North Between Cass 22/Clay 26 and Cass 16/Clay 8

Entry Fee: FREE

How it Works:

- Catch any species of fish in the Red River during the month of August 2025.
- Take a picture of yourself with the fish AND the Red River in the background.
- To enter, email the picture to christine@riverkeepers.org.
- Entrants may enter up to five times with different species.
- Entrants consent that their image may be used for promotional use without notice.

For more information, visit riverkeepers.org

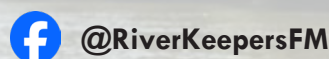


RIVER KEEPERS ON-THE-WATER CLEANUP

Monday, August 4 | 6 pm (backup date August 11)

Cleanup the banks of the Red River in a canoe!
Participants **MUST** be comfortable in a canoe
and willing to get wet and dirty.

Contact Kim at kimberly@riverkeepers.org
or call 701.356.8915 for more info.



Follow River Keepers on Facebook for more
information on all upcoming events!



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

RIVER PADDLING EXCURSIONS

All skill levels can participate!

Pre-registration is required.
Registration closes at 20 vessels/excursion.
Vessel rentals are first-come, first-served.

5:30 pm - check in, get vessels, paddles and life jackets.
6 pm - basics of canoeing and kayaking, begin excursion.
 (Weather-related backup dates will be the following week.)

Date	Day	Description	Host
May 28	Wednesday	Birds of the Red River	Audubon Great Plains
June 11	Wednesday	Animals & Habitats of the Red River	Red River Zoo
June 25	Wednesday	Social on the Red River	Midwest Outdoors
July 7	Monday	History of the Red River	Historical & Cultural Society of Clay County
July 23	Wednesday	Trees of the Red River	Fargo Park District
August 6	Wednesday	Gentle Mind of the Red River	CJM Yoga
August 20	Wednesday	Discover the Red River	River Keepers

CANOE & KAYAK RENTALS AT HJEMKOMST LANDING



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

May 27-September 7 • \$10.00/hour/vessel

Tuesdays
4-8 pm

Thursdays
4-8 pm

Saturdays
11 am-6 pm

Sundays
noon-6 pm



GROUP PADDLING RENTALS

- Available outside of regular rental hours
- \$100 minimum rental fee
- Dependent on staff availability
- Reserve at least 14 days in advance by calling 218.299.5078.



NEW!

VESSEL RENTAL RACK AT HJEMKOMST LANDING

Register to rent one of 12 seasonal canoe or kayak storage spots at Hjerkomst Landing! Renters provide their own locks and are responsible for removing vessels in case of impending flooding.

\$50/season | Register online or by calling 218.299.5340



ENJOY THE RED RIVER

REFOREST THE RED

Tuesday, May 20 | 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 29)

RACE THE RED

Monday, June 23 | 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 21)

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](https://www.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 2025 workshops hosted by Clay Soil & Water Conservation District and River Keepers.

MAKE YOUR OWN COMPOST TUMBLER WORKSHOP

Participants will bring home a 55-gallon compost bin.

April 23, 6-8 pm | M.B. Johnson Park Small Shelter

MAKE YOUR OWN RAIN BARREL WORKSHOP

Participants will bring home a 55-gallon rain barrel.

April 28, 6-7:30 pm | M.B. Johnson Park Small Shelter

May 7, 6-7:30 pm | M.B. Johnson Park Small Shelter

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





TRI-CITY UNITED

Programs

A program for every player

RECREATIONAL

- Children grades Pre-K (Age 4) to 8th
- Tri-City provides a safe and encouraging environment where they feel comfortable to try new things and express themselves regardless of ability

COMPETITIVE

- Competitive, traveling program for all players in the Fargo metro area and surrounding communities
- We offer an experience to U9-U19 players that is more than just the opportunity to play games and tournaments

TCU EXTRAS

The TCU Extras Program includes 3 major subprograms to advance players knowledge of soccer.

- Our FUNdamentals serves as an introduction to soccer for ages 18 months to 6 years
- U7/U8 Precompetitive is designed for players getting ready to join our competitive team
- STEP is a great way for recreational players ages 11 years and up to learn new technical skills

ALL TRI-CITY UNITED PROGRAMS ARE OFFERED YEAR-ROUND. UTILIZING INDOOR TURF IN THE WINTER AND OUTDOOR FIELDS IN THE SPRING, SUMMER, AND FALL.

LEARN MORE HERE



701-205-1357





The Meadows

Public Golf Course

401 34th St S, Moorhead

Golf Manager
Jay Haug

Features

18-Hole Links • Driving Range
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

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

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



PRINT



SIGNS



DESIGN



MAIL

SHORTPRINTER

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



2025 Green Fees & Rates



ADULT DAILY RATES

9 Hole Green Fee	\$25.00
18 Hole Green Fee	\$38.00
Weekend Twilight	\$25.00

May 30-October 26, 4:30 pm-Close
(Friday, Saturday, Sunday only)
Not valid on holidays.

Weekday Morning Rate	\$36.00
----------------------	---------

Beginning June 2. 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 22. Pay for 9 holes and play 18! Monday-Friday only, carts not included. Not valid on holidays.

Jr. Basket	\$4.00
Driving Range Bucket	\$8.00
Driving Range Punch Card	\$160.00

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)	\$17.00
Weekend (9 hole after 4 pm)	\$17.00
Weekday (18 hole before 1 pm)	\$26.00
Weekend (18 hole after 4 pm)	\$26.00
Junior Driving Range Bucket	\$4.00

Junior Season Pass holders only

CART RENTALS

9 hole	\$12.00/person
18 Hole	\$19.00/person
Private Cart Use	\$425.00

Pull carts and golf club rental available at both courses.

SEASON PASSES

Junior - 17 & under	\$300.00
---------------------	----------

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	\$550.00
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College Pass - 2 Courses	\$650.00
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College pass holders must tee off before 3 pm on weekdays and after 2 pm on weekends.

Restricted Pass - 1 Course	\$550.00
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Restricted Pass - 2 Courses	\$650.00
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Restricted pass holder must tee off before 1 pm on weekdays or after 4 pm on weekends.

Adult - 1 Course	\$750.00
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Adult - 2 Courses	\$850.00
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Household Pass - 1 Course	\$1,225.00
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Household Pass - 2 Courses	\$1,325.00
----------------------------	------------

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	\$1,700.00
-----------	------------

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

Frequent Players Card

\$40.00 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 3- July 8	Tuesday	8:30-9:15 am	The Meadows	4-6	\$38.00
2			9:30-10:15 am			
3			10:30-11:15 am			

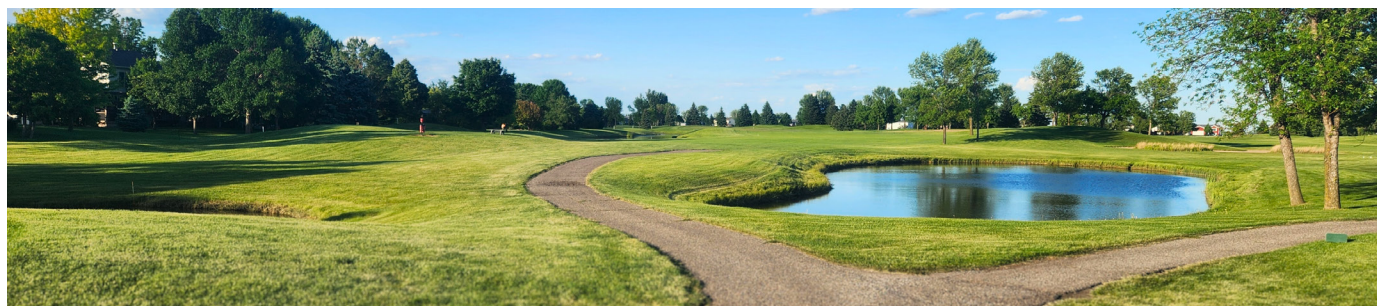
Max 20 • No weather-related makeup days

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 2- July 7	Monday	8:30-10 am	Village Green	7-17	\$57.00
2			10-11:30 am			
1	June 3- July 8	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

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

MAHJONG: Tuesday 1-4 pm

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

WHIST: Monday, Tuesday, Friday 1-4 pm



SENIOR MEALS

Monday-Friday 11:45 am

Call 218.299.5519 between 10 am and 12:30 pm the day prior for reservations.

Enjoy a hot, nutritious, congregate meal!

Monthly menu calendars are available online at moorheadseniors.com. Suggested donation is \$5 for anyone age 60 and over, \$9 for those under 60.



@moorheadseniors

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! No Program: Oct 1 & Dec 3



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

QUILTING GROUP

Second and Fourth Wednesdays, 12:30-4 pm

Socialize with other creatives while working on your own project. All skill levels welcome. During this time, cardmaking for the \$0.25 card rack is also offered.



FREE INCOME TAX ASSISTANCE

Thursdays 9 am-3 pm, February 6-April 10, Hjemkomst Center

BY APPOINTMENT ONLY - CALL 701.335.6509

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.

Other locations: Moorhead Public Library & Fargo Dr. James Carlson 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.

2025 dates for Safety Seminars from 1-3 pm:

No RSVP Required | March 26 | June 25 | October 29



SPRING INTO FUN & ICE CREAM SOCIAL

May 21, 12-1:30 pm | Register at moorheadparks.activityreg.com or by calling 218.299.5519.

Spring into fun at the Moorhead Senior Center with food, live music, an ice cream bar and more! More information at moorheadseniors.com.

\$8/person includes lunch from Concordia Catering.

INDOOR PICKLEBALL

Mondays and Thursdays 12:30-2:30 pm, Age 55+

February-April 28, 2025. \$5/day or \$40/10 punches card

Community Life Center-Good Shepherd, 4000 28th St S, Moorhead

Instructors are not at the location, and those attending will rotate play. Paddles are available upon request and space is limited. No registration required. No pickleball: Feb 17



WALKING CLUB - Walk for the health of it!

Wednesdays 11 am, June-July, Hjemkomst Center

Meet in lobby before walking around 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!

SHREK

The Musical

SUMMER 2025

Visit
gooseberryparkplayers.org
 for audition and
 performance information



SERVING STUDENTS K-12!

Classes, performances, and
 technical theatre opportunities
 for all ages!

trollwood
 PERFORMING ARTS SCHOOL

► www.trollwood.org



REGISTRATION OPENS DEC 1

MORE INFO & REGISTER AT FMCT.ORG/EDUCATION



SATURDAY

SPRING
SEMESTER

**MARCH 29-
MAY 10**

THEATRE CLASSES

AGES 3 - ADULT

Theatre education at FMCT integrates subjects like English, History, Science, Math, Music, and more. Through storytelling, character work, problem-solving, critical thinking, and collaboration, students creatively engage with these subjects within the world of a play. FMCT Ed aims to broaden students' perspectives and help them connect the theatre they create to the world around them. FMCT programs like "On The Road," "Silver Follies," Saturday Classes, and Summer Camps offer year-round educational opportunities for individuals of all ages & experience levels.

WEEKLONG
CREATIVE CAMPS
JUNE 2-27

SUMMER

MUSICAL
PERFORMANCE CAMPS
JUNE 30-AUG 10

THEATRE CAMPS GRADES 3-12

FMCT

EDUCATION



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.

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 an 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 21-27

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



1300 15th Avenue North, Moorhead, MN 56560 | 218.299.5340 | Email: parkandrec@moorheadmn.gov

Parent's/Guardian's Name (First and Last): _____ Relationship _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email Address: _____

Emergency Contact (First and Last and Phone Number) _____ Relationship _____

Are you or a family member interested in coaching/assisting (Applies to Baseball/Football) _____

Payment Method:

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

[illegible]

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 three qualifying
scholarships per year.
(Three total per calendar year with a
maximum of two per season.)**

Household size	Maximum household income
1	\$59,300.00
2	\$67,800.00
3	\$76,250.00
4	\$84,700.00
5	\$91,500.00
6	\$98,300.00
7	\$105,050.00
8	\$111,850.00

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 Avenue North
Moorhead, MN 56560
parkandrec@moorheadmn.gov**

OFFICE USE ONLY

Date Received: _____ Approved: _____ Office Personnel: _____

FACILITIES

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	28.86		•	•				•	•		•						•	
6. Gooseberry Mound Park	100 22 Ave S	43.75			•	•			•	•		•	•					•	
7. Viking Ship Park	202 1 Ave N	11.77			•				•					•					
8. Woodlawn Park	400 Woodlawn Park Dr	28.86		•					•	•				•					

PARK FACILITIES

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

NON-PARK FACILITIES

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

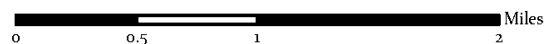
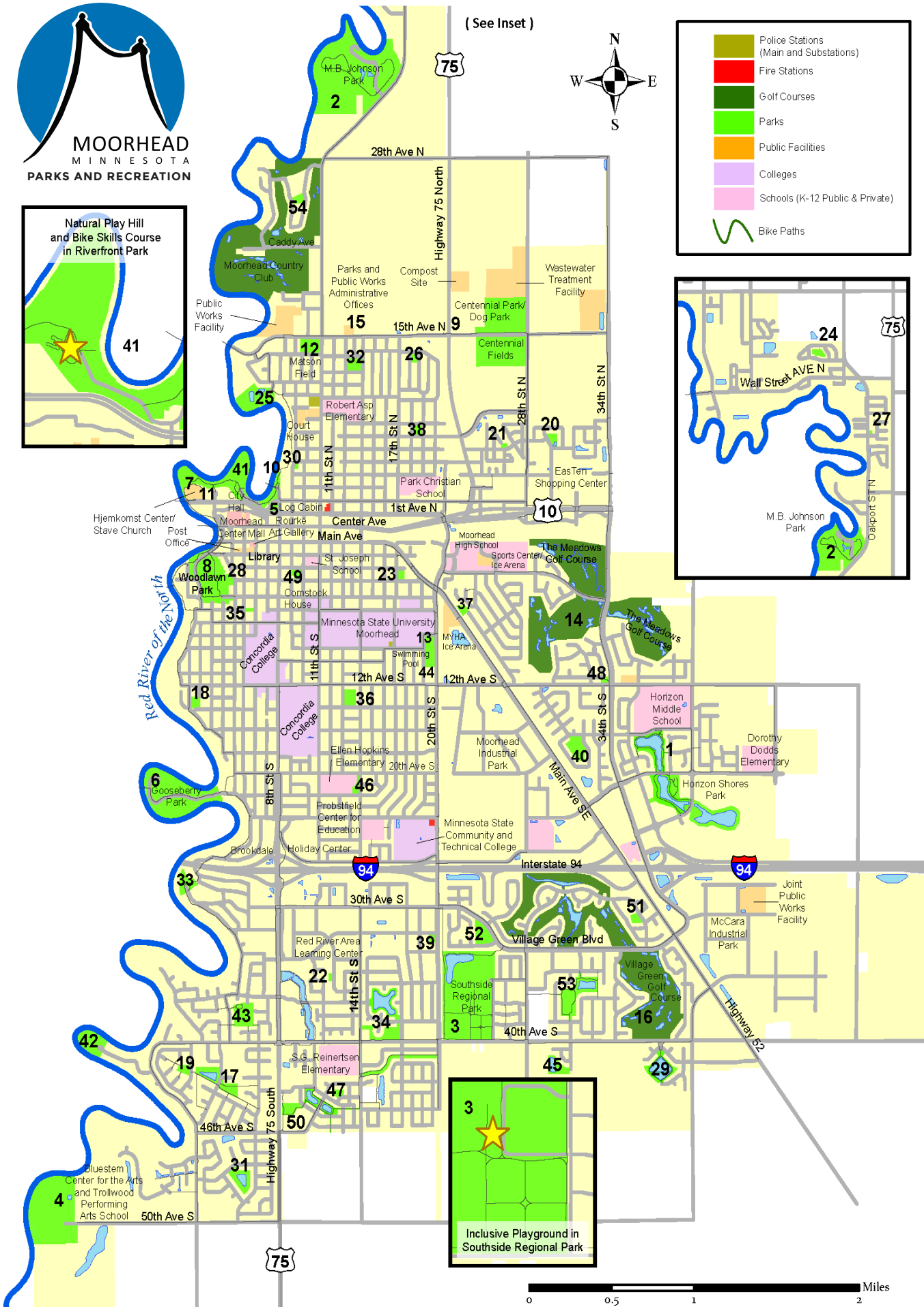
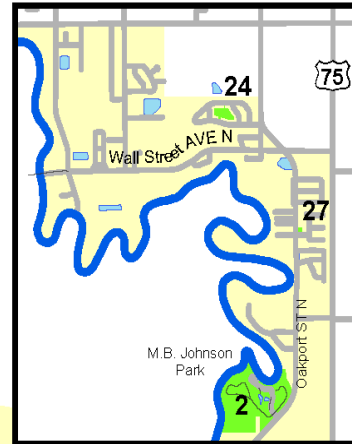
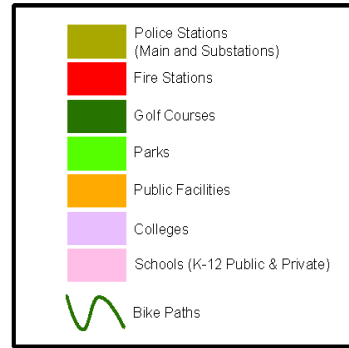
FACILITIES

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
17. Allyson Park	4320 3 St S	4.07								•				•				
18. Alm Park	1300 Elm St S	2.35		•	•			•	•	•	•	•		•	•		•	•
19. Angelas Park	4121 2 St S	2.00		•					•	•								
20. Arbor Park	530 30 St N	2.29							•	•								
21. Arrowhead Park	2600 6 Ave N	0.55		•					•	•								
22. Belsly Park	3511 12 St S	0.68				•			•	•							•	
23. Bennett Park	302 17 St S	1.84		•		•			•	•								
24. Brentwood Acres Park	1006 62 Ave N	4.70		•					•	•								
25. Bridgeview + Org. Homestead Park	1002 7 St N	14.24								•								
26. Buland Park	1801 13 Ave N	1.47		•						•				•				
27. Crystal Creek Park	1700 51 Ave N	1.00								•								
28. Daily Park	301 3 Ave S	0.013																
29. Evergreen Meadows	3801 41 Ave S	10.61								•								
30. Five Nine Park	412 9 St N	0.60							•	•								
31. Hampton Park	499 Hampton Dr W	7.4								•				•				
32. Hansmann Park	1320 12 Ave N	4.30	•	•	•		•	•		•	•	•		•	•	•	•	
33. Horn Park	3001 Rivershore Dr S	5.02											•					
34. Johnson Farms	1599 Johnson Dr S	17.10		•						•				•				
35. Knapp Park	525 6 St S	0.55								•								
36. Lamb Park	1320 14 Ave S	4.06	•	•	•		•	•	•	•	•	•					•	
37. Morningside Park	455 Oak Way	1.43		•	•	•	•	•	•	•	•							
38. Northeast Park	1817 8 Ave N	2.06	•	•	•	•		•	•	•		•		•		•	•	
39. Queens Park	3201 20 St S	1.16		•		•			•	•								
40. Ridgewood Park	1818 31st St S	7.13	•	•			•	•	•	•	•	•		•		•	•	
41. Riverfront Park	600 1 Ave N								•	•			•					
42. River Oaks Park + Dog Park	100 River Oaks Point	11.46																
43. Riverview Estates Park	3801 5 St S	9.54	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
44. Romkey Park	900 19 St S	7.05	UNDER CONSTRUCTION															
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							•	•	•							



(See Inset)





MAKE IT THE BEST

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

*Inquire
about special
backyard party
pricing!*

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



INDOOR PARTY FACILITY BOOK ONLINE!



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



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

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

Custom packages available to fit
the needs of your event!

gamestogofm.com | 701.271.0378 | 1655 Main Ave. SE, Moorhead
Brian Bach | brian@gamestogofm.com