

CHEER AMERICA AND BHM COMMUNITY EDUCATION CHEERLEADING AND POM POM CLASS

(Ages 4-14)

- ✓ This program promotes improved physical fitness, self-confidence, coordination and respect for teamwork
- ✓ A group recital is performed the last day of class
- ✓ Each student receives participation medals and awards

Registration:

- **Registration is Tuesday, February 13, 6:30-7:30 pm**
- Discovery Center Cafeteria, 301 2nd Ave NE, Buffalo
- Registration Fee is \$5

Class Information:

- **Class: Tuesdays, February 20 – May 15 (no class April 3)**
- Ages 4-8: 6:30-7:15 pm. Ages 9 and older: 7:30-8:15 pm
- Discovery Center Cafeteria, 301 2nd Ave NE, Buffalo
- Weekly Fee is \$7



This fun course will teach students popular cheers, chants, choreographed pom/dance routines, jumps, splits, parade marching techniques, and other skills required for school cheerleading tryouts. Improve self-confidence, physical fitness and over all coordination.

For more information, please contact **Cheer America** 952.997.7732, BHM Community Education 763.682.8770, or visit www.cheer-america-minnesota.com

YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE AND BHM COMMUNITY EDUCATION CHILDREN'S SELF-DEFENSE/ SAFETY AWARENESS CLASS

(Ages 4-14)

- ✓ Students are instructed in self-defense, emergency notifications, physical techniques and getting free from abductions
- ✓ This program promotes self confidence, safety awareness, physical fitness, personal empowerment and respect for others
- ✓ New students earn the Yellow Belt and ranking students earn advanced belts



Registration:

- **Registration is Thursday, February 8, 6:30-7:30 pm**
- Discovery Center Cafeteria, 301 2nd Avenue NE, Buffalo
- Registration Fee is \$5

Class Information:

- **Class: Thursdays, February 15 – May 10 (no class April 5)**
- Beginner students: 6:30-7:15 pm
- Intermediate/Advanced students: 7:30-8:15 pm
- Discovery Center Cafeteria, 301 2nd Avenue NE, Buffalo
- Weekly Fee is \$7

Instructors are certified Black Belts trained in Run, Yell, Tell and Stranger Danger Curricula. For more information contact **Young Americans** 952.997.7732, BHM Community Education 763.682.8770 or visit www.youngamericans-mn.com