

The classes listed below are not sponsored or endorsed by Anoka-Hennepin District #11. This flyer is not printed at District #11 expense.

## CHEER AMERICA

A Minnesota Non-Profit Corporation

\*\*\*PRESENTS: CHEERLEADING AND DANCE CLASSES!\*\*\*

HELD AT: ICE FORUM AT CHAMPLIN, 12165 ENSIGN AVE., CHAMPLIN, MN.

CHEER AMERICA is an exciting cheerleading and dance program for children ages 4 and older. This fun course will teach students popular cheers, chants, dance routines, parade marching techniques and many other skills for cheerleading performance and for optional competition opportunities. This program promotes physical fitness, team work, personal esteem, and respect for authority. A group recital is performed on the last night of class, and each student receives medals and other awards!

Class times assigned at registration. Classes held every MONDAY for 12 weeks. (WEEKLY CLASS FEE: \$7) Poms, uniforms and other items are optional, and may be purchased by cash, check, or money order. Coach Debbie Huybers is head instructor. We have a reduced fee scholarship program for students on public assistance. \*\*\*For more info please call 952-997-7732, or visit us at [www.cheer-america-minnesota.com](http://www.cheer-america-minnesota.com).

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## YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

A MINNESOTA NON-PROFIT CORPORATION dedicated to child victim prevention

\*\*\*PRESENTS: CHILDRENS' SELF-DEFENSE AND SAFETY AWARENESS CLASSES\*\*\*

HELD AT: ICE FORUM AT CHAMPLIN, 12165 ENSIGN AVE., CHAMPLIN, MN.

EVERY DAY 160,000 CHILDREN MISS SCHOOL OUT OF FEAR OF INTIMIDATION OF A BULLY. The Young Americans Schools of Self-Defense empowers youth ages 4 and older, with non-violent self-defense techniques to give your child the physical, verbal, and psychological tools to protect themselves from bullies, and others who would want to do harm. Come see for yourself what our program can do for your child. Our certified Black Belt instructors are highly skilled in helping students recognize potentially threatening situations, and in utilizing interventions that will keep them safe. New students in the program will earn the Yellow Belt at the conclusion of the ten week session, and ranking students work on the attainment of advanced belts. We have a reduced fee scholarship program for students on public assistance. \*\*\*For more info please call 952-997-7732, OR visit us at [www.youngamericans-mn.com](http://www.youngamericans-mn.com).

\*\*\*There is a \$5 fee to register for this class. The weekly class fee is \$7.\*\*\*

**REGISTRATION HELD: TUESDAY, FEBRUARY 6, from 6:00-7:30 pm.**

First class is Tuesday, February 13, 6:15-7:00pm (beginners) and 7:00-7:45pm (advanced students). This class is held each Tuesday night for 12 weeks.

Master Jeff Wood is head instructor of this class.

*This flyer was prepared by and paid for by Cheer America and Young Americans Schools of Self-Defense.*

