

HASTINGS COMMUNITY EDUCATION And CHEER AMERICA

Presents: Cheerleading and Pom Pom Classes!

HELD AT:

HASTINGS HIGH SCHOOL 200 General Sieben Dr. Hastings, MN.

CHEER AMERICA (a Minnesota Non-profit Corporation)

is an exciting cheerleading and dance program for children ages 4 and older. This fun course will teach students popular cheers, chants, choreographed pom/dance routines jumps, leaps, splits, parade marching techniques, and many other skills required for school cheerleading tryouts. This program also promotes physical fitness, personal esteem, working with others, and respect for authority. A group recital is performed the last day of class, and each student receives participation medals and awards!
CHEER AMERICA IS A PROUD MEMBER of the MINNESOTA COMMUNITY EDUCATION ASSOCIATION.

****REGISTRATION DAY****

THURSDAY, SEPTEMBER 19, 2013
from 6:30 – 7:30 P.M. at the
Hastings High School Cafeteria
200 General Sieben Dr.
Hastings, MN.
(Registration Fee: \$4)

****FIRST CLASS DAY****

Thursday, September 26, 2013
6:30-7:15 PM ages 4-8
7:30-8:15 PM ages 9 and older

CLASSES MEET EVERY THURSDAY for 12 WEEKS
(no class on Oct. 17, Oct. 31, Nov. 28, Dec. 26) (Weekly Class Fee: \$6)

For Further Information: PLEASE CALL CHEER AMERICA at 952-997-7732. We have a reduced fee scholarship program for students on public assistance. This flyer has been prepared by, printed by and paid for by Cheer America.

HASTINGS COMMUNITY EDUCATION

and YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

Presents:

CHILDREN'S SELF-DEFENSE/SAFETY AWARENESS CLASS

Registration and Classes HELD AT:

HASTINGS HIGH SCHOOL CAFETERIA

200 General Sieben Dr. Hastings, MN.

We are pleased to offer a program for young people designed for SELF-DEFENSE and SAFETY AWARENESS ONLY! Instructors are certified Black Belts trained in Run, Yell, Tell and Stranger Danger Curricula. For students ages 4 and older. New students earn the certified Yellow Belt; ranking students earn advanced belts. We have a reduced fee scholarship program for students on public assistance. FOR FURTHER INFORMATION, please call Young Americans at 952-997-7732. (Master Jeff Wood is the head instructor of this class.)

THIS PROGRAM PROMOTES:

- *SELF CONFIDENCE
- *SAFETY AWARENESS
- *PHYSICAL FITNESS
- *IMPROVED ACADEMIC PERFORMANCE
- *RESPONSIBLE CITIZENSHIP

STUDENTS ARE INSTRUCTED IN:

- *SELF-DEFENSE
- *EMERGENCY NOTIFICATIONS
- *VERBAL INTERVENTIONS
- *PHYSICAL TECHNIQUES
- *GET FREE FROM ABDUCTION

There is a **\$4 registration fee to enroll in this program. The weekly class fee is \$6. The REGISTRATION will be held on SATURDAY, SEPTEMBER 21, 2013, from 9:00 – 10:30 AM. The first class will be held on Saturday, September 28, from 9:00-9:45 AM (beginners), 9:45-10:30 AM (intermediate), and 10:30-11:15 AM (advanced). Classes are held each SATURDAY for 12 weeks (no class on Oct. 19 and Nov. 30). YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE IS A MINNESOTA NON-PROFIT CORPORATION DEDICATED TO CHILD VICTIM PREVENTION. Please come see us at anytime at this class or you may also visit us at www.youngamericans-mn.com.**

