



CHEER AMERICA

A Minnesota Non-Profit Corporation

Presents: **Cheerleading and Pom Pom Classes**

REGISTRATION AND CLASSES HELD AT:

LINCOLN COMMUNITY CENTER 110 FULTON STREET, MANKATO, 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, dance routines, parade marching techniques, and competition and performance skills. This program also promotes physical fitness, personal esteem, working with others, and respect for authority. A group recital is performed the last night of class and each student receives medals and awards!!!



+++ REGISTRATION DAY+++

WEDNESDAY, JUNE 6, 2018

from 6:45-7:45pm

LINCOLN COMMUNITY CENTER

110 Fulton Street

Mankato, MN.

(Registration Fee: \$5)

FIRST CLASS DAY

Wednesday, June 13, 2018

6:45-7:30pm

(Weekly Class Fee: \$7 – pay as you go each week)

Note: We have a reduced fee scholarship program for students on public assistance.

Classes meet each Wednesday for 10 weeks – no class July 4.

***For further information: please call us at 952-997-7772, or visit us at www.cheer-america-minnesota.com.

YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

A Minnesota Non-Profit Corporation

Presents: **Children's Self-Defense and Safety Awareness Class**

REGISTRATION AND CLASSES HELD AT:

LINCOLN COMMUNITY CENTER, 110 FULTON STREET, MANKATO, 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 designed to give your child the physical, verbal, and psychological tools to protect themselves from bullies, and others who want to do harm. Come and 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 which will keep them safe. New students will earn the Yellow Belt at the conclusion of the twelve week session, and ranking students work on attaining advanced belt levels. **NOTE:** We have a reduced fee scholarship program for students on public assistance. Master Steve Dausey is head instructor. For more info please visit us at www.youngamericans-mn.com, or call 952-997-7732, and please "like" us on Facebook at [YOUNG AMERICANS KARATE OF MINNESOTA](#).

THIS PROGRAM PROMOTES:

- Self-confidence
- Physical fitness
- Improved academic performance
- Responsible citizenship

STUDENTS ARE INSTRUCTED IN:

- Protection from bullies
- Verbal interventions
- Defense techniques
- Physical maneuvers

*****REGISTRATION: MONDAY, JUNE 4, 2018 from 6:45 – 7:45pm.*** Registration Fee:**

\$5. First Class Day: Monday, June 11, from 6:45-7:30pm.

Weekly class Fee: \$7 – pay as you go each week. CLASSES MEET EVERY MONDAY FOR 10 WEEKS.

