

THESE ACTIVITIES ARE NOT SPONSORED BY ISD 622

# MAPLEWOOD PARKS & RECREATION

## And CHEER AMERICA

Presents: Cheerleading and Pom Pom Classes!

HELD AT:

**MAPLEWOOD COMMUNITY CENTER, 2100 WHITE BEAR AVE., MAPLEWOOD, 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. Call 952-997-7732 for more info Or please visit us at [www.cheer-america-minnesota.com](http://www.cheer-america-minnesota.com)



### \*\*\*\*\*REGISTRATION DAY\*\*\*\*\*

WEDNESDAY, FEBRUARY 3, 2016  
from 6:00 – 7:30 P.M. at the  
Maplewood Community Center  
2100 White Bear Ave.  
Maplewood, MN.  
(Registration Fee: \$5)

### \*\*\*\*\*FIRST CLASS DAY\*\*\*\*\*

Wednesday, February 10, 2016  
6:00-6:45 PM ages 4-8 (Level 1 & 2)  
7:00-7:45 PM ages 9 and older (Level 3 & 4)  
CLASSES MEET EVERY WEDNESDAY for 12 WEEKS  
at Maplewood Community Center  
(Weekly Class Fee: \$7)

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# MAPLEWOOD PARKS & RECREATION

## and YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

Presents:

CHILDREN'S SELF-DEFENSE/SAFETY AWARENESS CLASS

Registration and Classes HELD AT:

**Edgerton Elementary School Gymnasium**

**1929 Edgerton Street Maplewood, 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.

### THIS PROGRAM PROMOTES:

- \*SELF CONFIDENCE
- \*PHYSICAL FITNESS
- \*IMPROVED ACADEMIC PERFORMANCE

### STUDENTS ARE INSTRUCTED IN:

- \*SELF-DEFENSE
- \*VERBAL INTERVENTIONS
- \*PHYSICAL TECHNIQUES

**There is a \$5 registration fee to enroll in this program. The weekly class fee is \$7. The REGISTRATION will be held on MONDAY, FEBRUARY 1, 2016, from 6:30 PM – 8:00 PM. The first class will be held on Monday, February 8, from 6:30-7:15 PM (beginners), 7:15-8:00 PM (intermediate students), and 8:00-8:45 PM (advanced students). Classes are held each MONDAY for 12 weeks.**

**Master Jeff Wood is the Head Instructor of this class.**

YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE IS A MINNESOTA NON-PROFIT CORPORATION DEDICATED TO CHILD VICTIM PREVENTION. Please visit us at [www.youngamericans-mn.com](http://www.youngamericans-mn.com).

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