

The Minneapolis Public Schools is legally unable to and cannot sponsor, endorse, or recommend the activities announced in this flyer.

CHEER AMERICA

A Minnesota Non-Profit Corporation

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

HELD AT: PILGRIM SCHOOL, 3901 FIRST AVE. SOUTH, MINNEAPOLIS, 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! *WE HAVE A REDUCED FEE SCHOLARSHIP PROGRAM FOR STUDENTS WHO ARE ON PUBLIC ASSISTANCE.*

This class meets every Wednesday for 10 weeks.

For more information, please visit us at www.cheer-america-minnesota.com or call us at 952-997-7732.

*****REGISTRATION DAY*****

WEDNESDAY, JUNE 12, 2019
from 6:00-7:30 pm at the
Pilgrim School - Cafeteria
3901 First Ave. South
Minneapolis, MN.
(REGISTRATION FEE: \$5)

FIRST CLASS DAY

Wednesday, June 19, 2019
6:00-6:45pm ages 4-6
6:45-7:30pm ages 7-9
7:30-8:15pm ages 10 and older
(WEEKLY CLASS FEE: \$8)
Coach D. Loudermill, Head Coach

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: PILGRIM SCHOOL GYM, 3901 FIRST AVE. SOUTH, MINNEAPOLIS, 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 earn advanced belts. *****For more info please call 952-997-7732, or visit us at www.youngamericans-mn.com, and please "like" us on Facebook at YOUNG AMERICANS KARATE OF MINNESOTA. We have a reduced fee scholarship program for students on public assistance.**

This program promotes:

- Self-confidence
- Physical fitness
- Respect for Authority

Students are instructed in:

- Verbal Interventions
- Physical Techniques
- Overcoming bullies/attackers

*****REGISTRATION FEE: \$5, and WEEKLY CLASS FEE: \$7.*****

REGISTRATION HELD: THURSDAY, JUNE 13, 2019, from 11:00 AM-12:00 PM. The first class is Thursday, June 20, 11:00am -11:45am. This class is held each THURSDAY for 10 weeks. Master Jeff Wood is the head instructor.

