

The Minneapolis Public Schools do not sponsor, endorse, or recommend the activities announced in this flyer.

## CHEER AMERICA

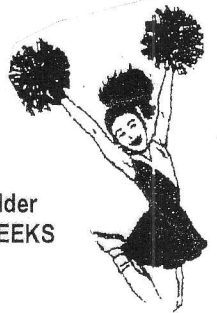
Presents: Cheerleading and Pom Pom Classes!

HELD AT:

**CHRIST CHURCH GYMNASIUM, 3234 34<sup>th</sup> AVE. SOUTH, MINNEAPOLIS, 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\*\*\*\*

WEDNESDAY, JUNE 14, 2017  
from 6:00 – 7:00 P.M. at the  
Christ Church – Concordia Room  
3234 34<sup>th</sup> Ave. South  
Minneapolis, MN.  
(Registration Fee: \$5)

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

Wednesday, June 21, 2017  
6:00-6:45 PM ages 4-6  
7:00-7:45 PM ages 7 and older  
CLASSES MEET EVERY WEDNESDAY for 10 WEEKS  
At Christ Church Gym  
(Weekly Class Fee: \$7)

Please visit us at [www.cheer-america-minnesota.com](http://www.cheer-america-minnesota.com).

*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.

\*\*\*\*\*

## MINNEAPOLIS PARK & REC. BOARD

### YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

*Presents:*

### CHILDREN'S SELF-DEFENSE/SAFETY AWARENESS CLASS

Registration and Classes HELD AT:

**WINDOM SOUTH PARK RECREATION CENTER**

**5843 Wentworth Ave. South Minneapolis, 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. **FOR FURTHER INFORMATION, please call Young Americans at 952-997-7732.** Master Shawn Morris is the head instructor of this class.

**THIS PROGRAM PROMOTES:**

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

**STUDENTS ARE INSTRUCTED IN:**

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

**\*\*\*THIS CLASS BEGINS MONDAY, JUNE 5, 2017, from 6:00-6:45pm for beginners, and 7:00-7:45pm for intermediate /advanced students. THE COST FOR THIS 10 WEEK CLASS IS \$70 (or you may pay \$9 per week – you will SAVE \$20 by paying in full). \*\*\*YOU MUST REGISTER IN ADVANCE BY EITHER: 1.) Calling the Windom South Park Rec. Center at 612-370-4980, OR 2.) in person at Windom South Park, OR 3.) online at [www.minneapolisparcs.org](http://www.minneapolisparcs.org).**

YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE IS A MINNESOTA NON-PROFIT CORPORATION DEDICATED TO CHILD VICTIM PREVENTION. This flyer is prepared by, printed by and paid for by YOUNG AMERICANS. Please also visit us at [www.youngamericans-mn.com](http://www.youngamericans-mn.com).

