

CHEER AMERICA

Schools of Cheerleading/Pom Pom/Baton

Presents: Cheerleading and Pom Pom Classes!

HELD AT:

MONTICELLO COMMUNITY CENTER CHAPEL, 500 MAPLE ST., MONTICELLO, 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 RECREATION AND PARKS ASSOCIATION, and the MINNESOTA COMMUNITY EDUCATION ASSOCIATION. Please visit us at www.cheer-america-minnesota.com.

For Further Information: PLEASE CALL CHEER AMERICA at 952-997-7732. This flyer has been prepared by, printed by and paid for by Cheer America.

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

WEDNESDAY, SEPTEMBER 25, 2013

from 6:30 - 7:30 P.M. at the
Monticello Com. Center Chapel
500 Maple Street
Monticello, MN.
(Registration Fee: \$4)

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

Wednesday, October 2, 2013
6:30-7:15 PM

at the Monticello Community Center Chapel
CLASSES MEET EVERY WEDNESDAY for 12 WEEKS
(Weekly Class Fee: \$7)



YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

(A MINNESOTA NON-PROFIT CORPORATION dedicated to child victim prevention.)

Presents:

CHILDREN'S SELF-DEFENSE/SAFETY AWARENESS CLASS

Registration and Classes HELD AT:

MONTICELLO COMMUNITY CENTER CHAPEL

500 Maple St. Monticello, 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. (Sensei Keith Drake 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 \$7. The REGISTRATION will be held on TUESDAY, SEPTEMBER 24, 2013, from 6:30 PM - 8:00 PM. The first class will be held on Tuesday, October 1, from 6:30-7:15 PM (beginners), and 7:15-8:00 PM (intermediate/advanced students). Classes are held each TUESDAY for 12 weeks. (Sensei Keith Drake is the head instructor of this class.) This flyer is prepared by, printed by and paid for by YOUNG AMERICANS. Please come see us at anytime at this class or you may also visit us at www.youngamericans-mn.com.

