
CHEER AMERICA

A Minnesota Non-Profit Corporation

Presents: Cheerleading and Pom Pom Classes!

HELD AT:

U.C.R. REGIONAL SPORTS CENTER

Rochester Community & Technical College, 851 30th Ave. S.E., Rochester, 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, dance routines, competition skills, jumps, leaps, splits, parade marching, and many other techniques involved in cheerleading performance. Our 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.

Please visit us at www.cheer-america-minnesota.com. Scholarships are available to students on public assistance. **For Further Information:** PLEASE CALL CHEER AMERICA at 952-997-7732.



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

TUESDAY, JUNE 6, 2017
from 6:00 – 7:00 P.M. at the
U.C.R. Sports Center at R.C.T.C.
851 30th Ave. S.E.
Rochester, MN.
(Registration Fee: \$5)

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

Tuesday, June 13, 2017
6:00-6:45 P.M.

CLASS MEETS EVERY TUESDAY for 12 WEEKS
(Weekly Class Fee: \$7 – pay as you go)

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:

U.C.R. SPORTS CENTER at R.C.T.C.

851 30TH Ave. S.E., Rochester, 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 Steve Dausey 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
- *EMERGENCY NOTIFICATIONS
- *VERBAL INTERVENTIONS
- *PHYSICAL TECHNIQUES

There is a \$5 registration fee to enroll in this program. The weekly class fee is \$7 (pay as you go). The REGISTRATION will be held on TUESDAY, JUNE 6, 2017, from 6:00 PM – 7:00 PM. The first class will be held on Tuesday, June 13 from 6:00-6:45 PM.

Classes are held each TUESDAY for 10 weeks.

Please come see us at anytime at this class or you may also visit us at www.youngamericans-mn.com. Scholarships are available to students on public assistance.

