



# CHEER AMERICA

\*\*\*A Minnesota Non-Profit Corporation\*\*\*

Presents: **Cheerleading and Pom Pom Classes**

REGISTRATION AND CLASSES HELD AT:

**U.C.R. SPORTS CENTER at R.C.T.C., 851 30<sup>th</sup> Av. 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, chants, dance routines, parade marching techniques, and competition and performance skills. This program also promotes physical fitness, personal esteem, working with others, and respect for authority. A group recital is performed the last night of class and each student receives medals and awards!!!

**CHEER AMERICA IS A PROUD MEMBER OF THE MINNESOTA COMMUNITY EDUCATION ASSOCIATION.**

Note: We have a reduced fee scholarship program

for students on public assistance.

Classes meet each Tuesday for 12 weeks (no class March 6 and March 27)

\*\*\*For further information: please call us at 952-997-7772, or visit us at [www.cheer-america-minnesota.com](http://www.cheer-america-minnesota.com).

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**+++ REGISTRATION DAY+++**

**TUESDAY, FEBRUARY 6, 2018**

from 6:00-7:00pm

U.C.R. Sports Center at RCTC

851 30<sup>th</sup> Av. S.E.

Rochester, MN.

(Registration Fee: \$5)

**FIRST CLASS DAY**

Tuesday, February 20, 2018

6:00-6:45pm

(Weekly Class Fee: \$7 – pay as you go each week)



# YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

\*\*\*A Minnesota Non-Profit Corporation\*\*\*

Presents: **Children's Self-Defense and Safety Awareness Class**

REGISTRATION AND CLASSES HELD AT:

**U.C.R. SPORTS CENTER at R.C.T.C, 851 30<sup>th</sup> Av. S.E., Rochester, 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 designed to give your child the physical, verbal, and psychological tools to protect themselves from bullies, and others who want to do harm. Come and 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 which will keep them safe. New students will earn the Yellow Belt at the conclusion of the twelve week session, and ranking students work on attaining advanced belt levels. **NOTE:** We have a reduced fee scholarship program for students on public assistance. Master Steve Dausey is head instructor. For more info please visit us at [www.youngamericans-mn.com](http://www.youngamericans-mn.com), or call 952-997-7732, and please "like" us on Facebook at **YOUNG AMERICANS KARATE OF MINNESOTA.**

**THIS PROGRAM PROMOTES:**

- Self-confidence
- Physical fitness
- Improved academic performance
- Responsible citizenship

**STUDENTS ARE INSTRUCTED IN:**

- Protection from bullies
- Verbal interventions
- Defense techniques
- Physical maneuvers

**\*\*\*REGISTRATION: TUESDAY, FEBRUARY 6, 2018 from 6:00 – 7:30pm.\*\*\* Registration Fee: \$5. First Class Day: Tuesday, February 20, from 6:00-6:45pm (beginners); 7:00-7:45pm (advanced students). Weekly class Fee: \$7 – pay as you go each week. CLASSES MEET EVERY TUESDAY FOR 12 WEEKS. (no class March 6 and March 27)**

