



Big Lake Community Education and CHEER AMERICA

Presents: **Cheerleading and Pom Pom Classes**

REGISTRATION AND CLASSES HELD AT:

Independence Elementary School Cafeteria 701 Minnesota Ave. Big Lake, 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.



+++ REGISTRATION DAY+++

MONDAY, SEPTEMBER 18, 2017
from 6:45-7:45pm

Independence Elem. Cafeteria
701 Minnesota Ave.
Big Lake, MN.

(Registration Fee: \$5)

FIRST CLASS DAY

Monday, September 25, 2017

6:45-7:30pm ages 4-7; 7:45-8:30pm ages 8 and older

CLASSES MEET EVERY MONDAY FOR 12 WEEKS

(Weekly class fee : \$7 – pay as you go)



For further information: please call us at 952-997-7772, or visit us at www.cheer-america-minnesota.com. We have a reduced fee scholarship program for students on public assistance. This flyer paid for by Cheer America.

Big Lake Community Education and YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

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

REGISTRATION AND CLASSES HELD AT:

Independence Elementary School 701 Minnesota Ave. Big Lake, 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. Master Jeff Wood is the head instructor of this class. For more information, visit us at 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
- Respect for authority

STUDENTS ARE INSTRUCTED IN:

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

*****REGISTRATION: TUESDAY, SEPTEMBER 19, 2017 from 3:40 – 5:15pm.*****

REGISTRATION FEE: \$5. The first day of class is Tuesday, September 26 from 3:45-4:30pm (beginners); and 4:30-5:15pm (advanced). The Weekly class fee is \$7. Classes meet every TUESDAY for 12 weeks.

