

BIG LAKE COMMUNITY EDUCATION

And CHEER AMERICA

Presents: Cheerleading and Pom Pom Classes!

HELD AT:

INDEPENDENCE ELEMENTARY 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, choreographed pom/dance routines, jumps, leaps, splits, parade marching techniques, and many other skills required for performances and competitions. 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!

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

THURSDAY, SEPTEMBER 13, 2018
from 6:45 – 7:45 P.M. at the
Independence Elem. Cafeteria
701 Minnesota Ave.
Big Lake, MN.
(Registration Fee: \$5)

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

Thursday, September 20, 2018
6:45-7:30pm ages 4-6; 7:45-8:30pm ages 7 and older
CLASSES MEET EVERY THURSDAY for 12 WEEKS
(Weekly Class Fee: \$7 – pay as you go)
(There is no class on Oct. 18 and Nov. 22)

Please visit us at 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.

BIG LAKE COMMUNITY EDUCATION

and YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

Presents:

CHILDREN'S SELF-DEFENSE/SAFETY AWARENESS CLASS
Registration and Classes HELD AT:

INDEPENDENCE ELEMENTARY SCHOOL CAFETERIA
701 Minnesota Ave. Big Lake, 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. We have a reduced fee scholarship program for students on public assistance. FOR FURTHER INFORMATION, please call Young Americans at 952-997-7732.

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 \$5 registration fee to enroll in this program. The weekly class fee is \$7. The REGISTRATION will be held on TUESDAY, SEPTEMBER 18, 2018, from 3:45 PM – 5:15 PM. The first class will be held on Tuesday, September 25, from 3:45-4:30 PM, and 4:30-5:15 PM. Classes are held each TUESDAY for 12 weeks.

Master Jeff Wood is the head instructor of this class.

YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE IS A MINNESOTA NON-PROFIT CORPORATION DEDICATED TO CHILD VICTIM PREVENTION.

