

Cambridge-Isanti Community Education



Cheer America Cheerleading Classes Mondays, February 4 – May 13 (No class February 18, March 11 & April 22)



Be part of an exciting cheerleading and dance program for children ages 4 and older. This fun course will teach basic tumbling, and competition and performances 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 for friends and family!!!

#ST005A 6:00-6:45pm for ages 4 – 7

#ST005B 7:00-7:45pm for ages 8 and older

Isanti Middle School (IMS), Cafeteria

12 Sessions \$74



Young Americans Self-Defense & Safety Awareness Class Thursdays, February 7 – May 2 (No class March 14)

This class empowers youth ages 5 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.

Master Jeff Wood is the head instructor of this class.

#ST007A 5:45-6:25pm Beginner (Ages 5 and Older)

#ST007B 6:30-7:10pm Intermediate (Yellow through Green Belt)

#ST007C 7:15-8:00pm Advanced (Purple Belt or Higher)

Isanti Middle School (IMS), Cafeteria

12 Sessions \$74



REGISTER TODAY with Community Education!

Online at <http://www.c-ischools.org/school/community-ed>

By Phone at 763-689-6189

In Person or By Mail at 625 Main Street North in Cambridge



Please register prior to attending classes