

The Minneapolis Public Schools is legally unable to and cannot sponsor, endorse, or recommend the activities announced in this flyer.

## MINNEAPOLIS PARK AND REC. BOARD and CHEER AMERICA

A Minnesota Non-Profit Corporation

**\*\*\*PRESENTS: CHEERLEADING AND DANCE CLASSES!\*\*\***

**HELD AT: LOGAN PARK REC. CENTER, 690 13<sup>th</sup> Ave. N.E., Minneapolis, MN.**



CHEER AMERICA 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 many other skills for cheerleading performance and for optional competition opportunities. This program promotes physical fitness, team work, personal esteem, and respect for authority. A group recital is performed on the last night of class, and each student receives medals and other awards!



**\*\*\*REGISTRATION DAY\*\*\***

**MONDAY, SEPTEMBER 24, 2018**  
from 6:00-7:30 pm at the  
Logan Park Rec. Center  
690 13<sup>th</sup> Ave. N.E.  
Minneapolis, MN.  
(REGISTRATION FEE: \$5)

**FIRST CLASS DAY**

**Monday, October 1, 2018**  
6:00-6:45pm for ages 4-7  
7:00-7:45pm for ages 8 and older

Classes held every **MONDAY** for 12 weeks  
(WEEKLY CLASS FEE: \$7)



**\*\*\*A student may participate regardless of ability to pay\*\*\*** For more info please call 952-997-7732, or visit us at [www.cheer-america-minnesota.com](http://www.cheer-america-minnesota.com). This flyer was prepared by and paid for by Cheer America

## MINNEAPOLIS PARK AND REC. BOARD and the

## YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

A MINNESOTA NON-PROFIT CORPORATION dedicated to child victim prevention

**\*\*\*PRESENTS: CHILDRENS' SELF-DEFENSE AND SAFETY AWARENESS CLASSES\*\*\***

**HELD AT: LOGAN PARK REC. CENTER, 690 13<sup>th</sup> Ave. N.E., Minneapolis, 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 to give your child the physical, verbal, and psychological tools to protect themselves from bullies, and others who would want to do harm. Come 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 that will keep them safe. New students in the program will earn the Yellow Belt at the conclusion of the twelve week session, and ranking students work on the attainment of advanced belts. **\*\*\*A STUDENT MAY PARTICIPATE REGARDLESS OF ABILITY TO PAY.\*\*\*** For more info please call 952-997-7732, and please visit us at [www.youngamericans.com](http://www.youngamericans.com).

**\*\*\*There is a \$5 fee to register for this class. The weekly class fee is \$7.\*\*\***

**REGISTRATION HELD: TUESDAY, SEPTEMBER 25, from 6:00-7:30 pm.** First class is Tues.

October 2, 6:00-6:45pm (beginners) and 7:00-7:45pm (intermediate/advanced). This class is held each Tuesday night for 12 weeks. Master Shawn Morris is head instructor of this class.

