



CHEER AMERICA

A Minnesota Non-Profit Corporation

Presents: Cheerleading and Pom Pom Classes

REGISTRATION AND CLASSES HELD AT:

Monticello Middle School, 800 Broadway St. East, Monticello, 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!!!

+++ REGISTRATION DAY+++

THURSDAY, JUNE 3, 2021
from 6:30-8:00pm
Monticello Middle School
800 Broadway Street East
Monticello, MN.
(Registration Fee: \$5)

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

Thursday, June 10, 2021

6:30-7:15pm (ages 4-7) 7:15-8:00pm (ages 8 and older)

CLASSES MEET EVERY THURSDAY FOR 10 WEEKS

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



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:

MONTICELLO MIDDLE SCHOOL

800 Broadway St. East, Monticello, 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 10 week session, and ranking students work on attaining advanced belt levels. Sensei Steven Olson 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, JUNE 3, 2021 from 6:30 – 7:30pm.*****

REGISTRATION FEE: \$5. The first day of class is Tuesday, June 10 from 6:30-7:15 pm (beginners), 7:15-8:00pm (advanced students). The weekly class fee is \$7. Class meets each Tuesday for 10 weeks.

