



# CHEER AMERICA

Presents: Cheerleading and Pom Pom Classes!

HELD AT:

**NEW BRIGHTON PARKS & RECREATION FAMILY SERVICE CENTER  
400 10<sup>TH</sup> Street N. W., New Brighton, 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 school cheerleading tryouts. 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! CHEER AMERICA IS A PROUD MEMBER of the MINNESOTA RECREATION AND PARKS ASSOCIATION, and the MINNESOTA COMMUNITY EDUCATION ASSOCIATION.

Please visit us at [www.cheer-america-minnesota.com](http://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. This flyer has been prepared by, printed by and paid for by Cheer America.

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

WEDNESDAY, FEBRUARY 5, 2014  
from 6:00 – 7:00 P.M. at the  
Family Service Center  
400 10<sup>th</sup> St. N.W.  
New Brighton, MN.  
(Registration Fee: \$4)

## \*\*\*\*FIRST CLASS DAY\*\*\*\*

Wednesday, February 12, 2014  
6:00 – 6:45 PM  
at Family Service Center

CLASSES MEET EVERY WEDNESDAY FOR 12 WEEKS  
(Weekly Class Fee: \$7)



# YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

(A MINNESOTA NON-PROFIT CORPORATION dedicated to child victim prevention.)

*Presents:*

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

**New Brighton Parks & Recreation Family Service Center  
400 10<sup>th</sup> Street, N.W. New Brighton, 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 \$4 registration fee to enroll in this program. The weekly class fee is \$7. The REGISTRATION will be held on THURSDAY, FEBRUARY 6, 2014, from 6:00 – 7:00 PM. The first class will be held on Thursday, February 13 from 6:00-6:45 PM (beginners), and 7:00-7:45 PM (intermediate/advanced). Classes are held each **THURSDAY** for 12 weeks.**

**Master Shawn Morris is the head instructor for this class.**

This flyer is prepared by, printed by and paid for by YOUNG AMERICANS. Please come see us at anytime at this class or you may also visit us at [www.youngamericans-mn.com](http://www.youngamericans-mn.com).

