



CHEER AMERICA

*****A Minnesota Non-Profit Corporation*****

Presents: Cheerleading and Pom Pom Classes

REGISTRATION AND CLASSES HELD AT:

U.C.R. SPORTS CENTER at R.C.T.C., 851 30th Av. S.E., Rochester, 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!!!
CHEER AMERICA IS A PROUD MEMBER OF THE MINNESOTA COMMUNITY EDUCATION ASSOCIATION.

Note: We have a reduced fee scholarship program for students on public assistance.

*****For further information:** please call us at 952-997-7772, or visit us at www.cheer-america-minnesota.com.



+++ REGISTRATION DAY+++

TUESDAY, SEPTEMBER 25, 2018
from 6:00-7:00pm

U.C.R. Sports Center at RCTC
851 30th Av. S.E.
Rochester, MN.
(Registration Fee: \$5)

FIRST CLASS DAY

Tuesday, October 2, 2018
6:00-6:45pm

(Weekly Class Fee: \$7 – pay as you go each week)

Classes meet each Tuesday for 12 weeks



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:

U.C.R. SPORTS CENTER at R.C.T.C, 851 30th Av. S.E., Rochester, 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 ten week session, and ranking students work on attaining advanced belt levels. **NOTE:** We have a reduced fee scholarship program for students on public assistance. Master Steve Dausey is head instructor. For more info please 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

STUDENTS ARE INSTRUCTED IN:

- Protection from bullies
- Verbal interventions
- Defense techniques
- Physical maneuvers

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