

Saint Paul Public Schools is NOT sponsoring, endorsing, or recommending the activities announced in this flyer and NO child will be turned away due to inability to pay.

CHEER AMERICA (a SPPS Community Partner)

And A Minnesota Non-Profit Corporation

Presents: Cheerleading and Pom Pom Classes

REGISTRATION AND CLASSES HELD AT:

Dayton's Bluff Recreation Center 800 Conway Street St. Paul, 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+++

MONDAY, JUNE 10, 2019
from 6:00-7:00pm
Dayton's Bluff Rec. Center
800 Conway St.
St. Paul, MN.
(Registration Fee: \$5)

FIRST CLASS DAY

Monday, June 17, 2019
6:00-6:45pm



OUR PROGRAM IS CO-SPONSORED BY
ST. PAUL PARKS AND RECREATION.

CLASSES MEET EVERY MONDAY FOR 10 WEEKS
(Weekly Class Fee: \$8 – pay as you go each week)

***For further information: please call us at 952-997-7732, or visit us at www.cheer-america-minnesota.com.

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:

DAYTON'S BLUFF RECREATION CENTER, 800 Conway Street, St. Paul, 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. Our class is co-sponsored by St. Paul Parks and Recreation. Master Shawn Morris is head instructor. ***For more info, please call 952-997-7732 or visit us at www.youngamericans-mn.com

THIS PROGRAM PROMOTES:

- Self-confidence
- Physical fitness
- Responsible citizenship

STUDENTS ARE INSTRUCTED IN:

- Protection from bullies
- Self-Defense techniques
- Emergency notifications

REGISTRATION: WEDNESDAY, JUNE 12, 2019 from 6:00 – 7:00pm. Registration Fee: \$5. First Class Day: Wednesday, June 19, from 6:00-6:45pm (beginners); 7:00-7:45pm (advanced students). Weekly class Fee: \$7 – pay as you go each week. CLASSES MEET EVERY WEDNESDAY FOR 10 WEEKS.

