

ST. PAUL PARKS & RECREATION

And CHEER AMERICA (a SPPS Community Partner)

Presents: Cheerleading and Pom Pom Classes!

BATTLE CREEK COMMUNITY CENTER, 75 SOUTH WINTHROP ST., 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, 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.

WE HAVE A REDUCED FEE SCHOLARSHIP PROGRAM FOR PEOPLE ON PUBLIC ASSISTANCE (this program will reduce the weekly class fee by 50%). FOR MORE DETAILS REGARDING THIS PROGRAM, PLEASE CALL CHEER AMERICA AT 952-997-7732. This flyer is prepared by, printed by and paid for by Cheer America.



*******REGISTRATION DAY*******

TUESDAY, OCTOBER 22, 2013
from 6:30 – 7:30 P.M. at the
Battle Creek Community Ctr.
75 South Winthrop St.
St. Paul, MN.
(Registration Fee: \$4)

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

Tuesday, October 29, 2013
6:30-7:15 PM

CLASSES MEET EVERY TUESDAY for 8 WEEKS
(Weekly Class Fee: \$7)

ST. PAUL PARKS & RECREATION

And Young Americans Schools of Self Defense

Presents:

CHILDREN'S SELF-DEFENSE/SAFETY AWARENESS CLASS

Registration and Classes HELD AT:

DAYTON'S BLUFF COMMUNITY CENTER

800 Conway Street St. Paul, MN.

We are pleased to offer a program for young people designed for SELF-DEFENSE and SAFETY AWARENESS ONLY! 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 PEOPLE ON PUBLIC ASSISTANCE (this program will reduce the weekly class fee by 50%). FOR MORE DETAILS REGARDING THIS PROGRAM, PLEASE CALL YOUNG AMERICANS AT 952-997-7732.

THIS PROGRAM PROMOTES:

- *SAFETY AWARENESS
- *PHYSICAL FITNESS
- *IMPROVED ACADEMIC PERFORMANCE
- *RESPONSIBLE CITIZENSHIP

STUDENTS ARE INSTRUCTED IN:

- *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 WEDNESDAY, OCTOBER 23, 2013, from 6:00 PM – 7:00 PM. The first class will be held on Wednesday, October 30, from 6:00-6:45 PM (beginners), and 7:00-7:45 PM (intermediate/advanced students). Classes are held each WEDNESDAY for 8 weeks. Master Shawn Morris is the head instructor of this class. YOUNG AMERICANS is a MINNESOTA NON-PROFIT CORPORATION DEDICATED TO CHILD VICTIM PREVENTION.

THE SAINT PAUL PUBLIC SCHOOLS DOES NOT SPONSOR, ENDORSE, OR RECOMMEND THE ACTIVITIES ANNOUNCED IN THIS FLYER.

