

# CHEER AMERICA

- Choreographed cheer routines for boys & girls ages 4 to 15
- Learn popular middle and high school cheers, jumps, leaps, splits, choreographed pom-pom routines and other skills needed for school tryouts
- Improve physical fitness, coordination, flexibility, cooperation with others, and self esteem
- Students are affirmed, supported, & effectively taught by certified instructors.



## CLASS DATES & INFORMATION

**Middle School, Cafeteria**

**Thursdays, Feb 7\* through May 2**

(\*Feb 7 held in the Middle School So. Gym; skip date Mar 14)

**Weekly: \$7 pay only for sessions attended**

**Ages 4 to 7..... 6:30 to 7:15 pm**

**Ages 8 & up..... 7:30 to 8:15 pm**

A minimum of 10 students per section is needed to hold two separate class times, or they will be combined to run from 7 to 7:45 pm. You will be notified if changed.

Optional merchandise items available at the class for purchase, *but are not required for participation.* Parent pick up should be immediately following class as there is no care program available.



Greater **HASTINGS  
COMMUNITY  
EDUCATION**  
A life-time of learning.  
Locally grown.

## REGISTRATION NIGHT

**Thu, January 31 - 6:30 to 7:15 pm**

**One time \$5 registration fee**

Registration & class location:

**Hastings Middle School, Cafeteria**

# YOUNG AMERICANS



## CLASS DATES & INFORMATION

**Hastings High School, First Floor B Pod Area**

**Sat, Feb 2 through May 18**

(Skip dates Feb 16, 23, Mar 16, Apr 20)

**Weekly: \$7 pay only for sessions attended**

Beginners..... 9 to 9:45 am

Intermediates..... 9:45-10:30 am

Advanced.....10:30 to 11:15 am

All levels train for self-defense against bullies. Sign ups are available on registration day or any class date thereafter.

- Open to boys and girls ages 4 to 15
- Learn about safety awareness, defense against attacks & lures by strangers, getting free from a kidnapper, and street smarts
- Focus on self-defense, a competitive spirit, physical fitness, and self-discipline
- Jeff Wood is a certified instructor and the owner of All American Youth Programs of Minnesota.

Optional merchandise items available at the class for purchase, *but are not required for participation.* Parent pick up should be immediately following class as there is no care program available.

## REGISTRATION DAY

**Sat, January 26 - 9 to 11:15 am**

**One time \$5 registration fee**

Registration & class location:

**Hastings High School, 1st Floor B Pod Area**