



Champion Youth Outreach™

A Nonprofit Organization #58-1959586
www.championyouth.org

Presents

Cheerleading!

Learn Cheers & Dance Routines to Music and Poms!



City Heights Recreation Center

4380 Landis Street, San Diego, 92105

Located just east of Fairmount Avenue, south of University Avenue. From Euclid Avenue, go west on Landis Street.

- ★ Enhance Teamwork Skills
- ★ Prepare For School Cheer Tryouts
- ★ Compete in Our State Competition
- ★ Learn Cheers, Chants & Dance Routines
- ★ Improve Confidence & Self Esteem
- ★ Advance From Beginner (Stars) to Elite

Classes are Every **Wednesday**
June 20 – September 12
 A Total of 12 Weeks
No Class 7/4

New Students & Stars, Ages 5-7 5:30-6:10
 New Students & Stars, Ages 8-9 6:15-6:55
 New Students & Stars, Ages 10+ 7:00-7:40

Attire: Students should wear comfortable clothing; shorts or sweat pants with a t-shirt and tennis shoes. Pom poms are available at class for \$20. If desired, you may purchase a uniform (vest, skirt, bloomers & socks) at class. We will fit your child or teen with the proper size.



Self-Defense & Safety Awareness!

Promoting Self-Confidence and Self-Discipline!

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Located just east of Fairmount Avenue, south of University Avenue. From Euclid Avenue, go west on Landis Street.

- ★ Learn Karate, Tae Kwon do & Kung Fu
- ★ Gain Confidence & Self-Discipline
- ★ Acquire Defense Techniques
- ★ Advance in Rank & Belt
- ★ Increase Concentration
- ★ Improve Academic Skills

Classes are Every **Monday**
June 18 – September 10
 A Total of 12 Weeks
No Class 9/3

All New Students 6:15-6:55
 Yellow Belts & Above 7:00-7:40

Uniforms for Self Defense: A uniform is highly recommended, and is available throughout the course. All uniforms come with a white belt. We will fit your child or teenager with the proper size. Uniforms are \$30 (all sizes). Students can wear shorts or sweat pants and a T-shirt.

Class Fees For Each Program: Only \$6.00 per lesson if you pay in full or \$7.00 per lesson if you pay weekly. There is an \$8.00 registration fee paid once per session. **Scholarships available.** Missed lessons can be made up.

Registration: Please register 20 minutes before your class time with the instructor at the location you will be attending. If you miss the first week, you may register 10 minutes before your class **up to the fourth week.** All students ages 5-15 are accepted.

Classes Only
\$6 per lesson
if paid in Full!
 OR
\$7 per lesson
if paid Weekly!

40 Minute Classes!

☆ For More Information Please Call (800) 956-6956 ☆

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APPROVED

By 123607 at 8:17 am, May 31, 2012



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Presenta



Cheerleading!

City Heights Recreation Center

4380 Landis Street, San Diego, 92105

Localizado justo al este de la Ave. Fairmount, al sur de la Ave. University. De la Ave. Euclid vaya al oeste en la calle Landis.

- ★ Participe en nuestras Competencias del Estado
- ★ Prepárate para las Pruebas de Cheer de tu Colegio
- ★ Obtenga Confianza y Auto Estima
- ★ Avance de Principiante (Stars) a Elite
- ★ Aprenda Porras, Cantos y Rutinas de Baile
- ★ Aumenta tu Habilidad de Trabajo en Grupo

Clases son Cada **Miercoles**
Junio 20 – Septiembre 12
 Un Total de 12 Semanas
 No Hay Clase 7/4

Estudiantes Nuevos y Stars, Edades 5-7.....5:30-6:10
 Estudiantes Nuevos y Stars, Edades 8-9.....6:15-6:55
 Estudiantes Nuevos y Stars, Edades 10+.....7:00-7:40

Atuendo: Estudiantes pueden usar ropa cómoda, shorts o sudaderas y pantalones con una camiseta y zapatos tenis. Pom poms se pueden comprar en la clase por \$20.



Defensa Personal Y Conocimiento De Seguridad!

City Heights Recreation Center

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Localizado justo al este de la Ave. Fairmount, al sur de la Ave. University. De la Ave. Euclid vaya al oeste en la calle Landis.

- ★ Aprenda Karate, Tae Kwon do & Kung Fu
- ★ Adquiera Técnicas de Defensa
- ★ Avance en Rango y Cinturones
- ★ Aumente su Concentración
- ★ Gane Confianza y Auto-Disciplina
- ★ Mejore su Habilidad Académica

Clases Son Cada **Lunes**
Junio 18 – Septiembre 10
 Un Total de 12 Semanas
 No Hay Clase 9/3

Estudiantes Nuevos6:15-6:55
 Cinturones Amarillos y Demas.....7:00-7:40

Uniformes: Uniformes son recomendados y estarán disponibles el primer día de clase y a través del curso. Todos los uniformes incluyen un cinturón blanco. Los uniformes cuestan \$30 (en cualquier talla). También aceptamos niños y jóvenes en shorts o sudaderas y una camiseta.

Costo de Clase: Solo \$6.00 por lección si paga completo por toda la sesión, o \$7.00 si paga semanal. La registracion es \$8 y se paga una sola vez por sesión. **Becas Obtenibles.**

Si falto a clase la pueden recuperar la próxima semana tomando una clase después de la otra.

Inscripciones: Favor de registrarse 20 minutos antes de que comience tu clase, con el instructor, en la localidad que usted atenderá. Si usted perdió la primera semana de clase, puede registrarse 10 minutos antes de la siguiente clase, **hasta la 4ta semana.** Todos los Estudiantes de 5-15 años son aceptados.

Clases Solo
\$6 por lección
cuando paga completo!
 O
\$7 por lección
cuando paga semanal!
Clases 40 Minutos!

☆ Para Mas Información Favor De Llamar Al (800) 956-6956 ☆

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