



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.

Classes are Every **Wednesday**
January 25 – April 4
A Total of 11 Weeks

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



Cheerleading!

Marvin Elementary 5720 Brunswick Avenue, San Diego, 92120
From Navajo Road, turn right on College Avenue/Waring Road. Then turn right on Galewood Street and right on Brunswick Avenue.
Classes are Every **Tuesday**
January 24 – March 27
A Total of 10 Weeks

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

Attire for Cheerleading: 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.

HIP-HOP DANCE!



Green Elementary 7030 Wandermere Avenue, San Diego, 92119
From Navajo Rd., go south on Park Ridge Blvd., then left on Wandermere. Or, from Navajo Rd., go south on Golfcrest Dr., then right on Wandermere.
Classes are Every **Friday**
January 27 – March 30
A Total of 9 Weeks
No Class 2/17

All Students, Ages 6-7 6:15-6:55
All Students, Ages 8-9 7:00-7:40
All Students, Ages 10+ 7:45-8:25

- * Gain Self-Confidence
- * Dance to Today's Hottest Music
- * Compete in our State Competition
- * Popular with Both Boys & Girls
- * Develop Creative Expression
- * Fun, High Energy Classes

Adams Elementary 4672 35th Street, San Diego, 92116
Located between the 805 Freeway and the 15 Freeway. From Adams, go south on 35th Street.
Classes are Every **Wednesday**
January 25 – March 28
A Total of 10 Weeks

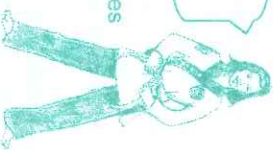
All Students, Ages 6-7 6:15-6:55
All Students, Ages 8-9 7:00-7:40
All Students, Ages 10+ 7:45-8:25

Clothing: Wear comfortable clothing, shorts or sweat pants with a t-shirt and tennis shoes. If desired, dance t-shirts are available at class for \$10.

Jefferson Elementary 3770 Utah Street, San Diego, 92104
Located just south of University Avenue, about ½ mile west of the 805 Freeway.
Classes are Every **Monday**
January 23 – March 26
A Total of 9 Weeks
No Class 2/20

Self-Defense & Safety Awareness!

All Self-Defense Students
Only Pay \$5 per Lesson!



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

Foster Elementary 6550 51st Street, San Diego, 92120
Located between Mission Gorge Road and Waring Road. From Zion Ave., go south on 51st Street.
Classes are Every **Thursday**
January 26 – March 29
A Total of 10 Weeks

New Students, Ages 5-7 6:15-6:55
New Students, Ages 8+ 7:00-7:40
Yellow Belts & Above 7:45-8:25

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

- * Learn Different Drawing & Painting Methods
- * Explore Various Styles of Art
- * Expand Creativity & Imagination
- * Strengthen Individual & Group Skills
- * Have Fun Drawing Cartoons & Anime
- * End of Session Art Show & Competition

Clay Elementary 6506 Solita Avenue, San Diego, 92115
Located between College Ave. and 70th Street. From El Cajon Blvd., go south on Rolando Blvd., then turn right on Solita Avenue. Or, from University Ave., go north on Rolando Blvd., then turn left on Solita Avenue.
Classes are Every **Friday**
January 27 – March 30
A Total of 9 Weeks
No Class 2/17

ART & ILLUSTRATION!



Materials: For all new students, there will be a one time required material fee of \$25, which includes all essential art supplies (sketchbook and art kit to keep). Additional kits and art supplies available for purchase if desired.

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.

Class Fees For Each Program: Only \$6.00 per-lesson if you pay in full, or \$7.00 if you pay weekly. All Self-Defense students only pay \$5.00 per lesson! There is an \$8.00 registration fee paid once per session. **Scholarships Available.**

Missed Lessons: Lessons can be made up. Medals will be awarded for perfect attendance.

Classes Only
\$6 per lesson
if paid In Full!
OR
\$7 per lesson
if paid Weekly!
40 Minute Classes!

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

Curriculum and Instruction Provided by Young Champions.
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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.

Clases son Cada **Miércoles** Estudiantes Nuevos y Stars, Edades 5-7 5:30-6:10
Enero 25 – Abril 4 Estudiantes Nuevos y Stars, Edades 8-9 6:15-6:55
Un Total de 11 Semanas Estudiantes Nuevos y Stars, Edades 10+ 7:00-7:40

Marvin Elementary 5720 Brunswick Avenue, San Diego, 92120
De Navajo Rd. Voltéar a la derecha en la Ave. College/Waring Rd. Después voltear a la derecha en la calle Galewood, y a la derecha en la Ave. Brunswick.

Clases Son Cada **Martes** Estudiantes Nuevos y Stars, Edades 5-7 6:15-6:55
Enero 24 – Marzo 27 Estudiantes Nuevos y Stars, Edades 8-9 7:00-7:40
Un Total de 10 Semanas Estudiantes Nuevos y Stars, Edades 10+ 7:45-8:25

Active for Cheerleading: 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.



Cheerleading!

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

BAILE



Green Elementary 7030 Wandermere Ave., San Diego, 92119
De Navajo Rd., vaya al sur en Park Ridge Blvd, después a la izquierda en Wandermere, O. de Navajo Rd., vaya al sur en Golfcrest Dr., después a la derecha en Wandermere.

Clases Son Cada **Viernes** Todo Estudiante, Edades 6-7 6:15-6:55
Enero 27 – Marzo 30 Todo Estudiante, Edades 8-9 7:00-7:40
Un Total de 9 Semanas Todo Estudiante, Edades 10+ 7:45-8:25
No Hay Clase 2/17

* Participo en Nuestras Competencias del Estado
* Baile con la Música de Moda
* Popular con Chicos y Chicas
* Obtenga Confianza en si Mismo
* Desarrolle Expresión Creativa
* Divercido. Clases con Mucha Energía
Atuendo: Use ropa comfortable, shorts o sudaderas con una camisetita y zapatillas de tenis. Si desea las camisetitas de baile las venden en clase por \$10.

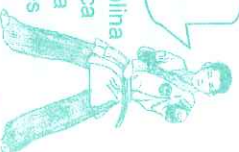
Jefferson Elementary 3770 Utah Street, San Diego, 92104
Localizado justo al sur de University Ave., media milla al oeste del hwy. 805.

Clases Son Cada **Lunes** Estudiantes Nuevos, Edades 5-7 6:15-6:55
Enero 23 – Marzo 26 Estudiantes Nuevos, Edades 8+ y 7:00-7:40
Un Total de 9 Semanas Cinturones Amarillos 7:00-7:40
No Hay Clase 2/20

Foster Elementary 6550 51st Street, San Diego, 92120
Localizado entre Mission Gorge Rd. y Waring Road. De la Avenue. Zion vaya al sur en la calle 51.

Clases Son Cada **Jueves** Estudiantes Nuevos, Edades 5-7 6:15-6:55
Enero 26 – Marzo 29 Estudiantes Nuevos, Edades 8+ 7:00-7:40
Un Total de 10 Semanas Cinturones Amarillos y Demas 7:45-8:25

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

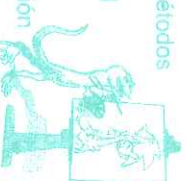


Self-Defense & Safety Awareness!

Todos Estudiantes de Karate Solo Pagan \$5 por Lección!

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

ART & ILLUSTRATION!



* Expande su Creatividad & Imaginación
* Aprende Diferentes Métodos de Dibujo & Pintura
* Refuerce su Habilidad Individual y de Grupo
* Diviértase Dibujando Caricaturas & Animación
* Competencia & Show
* Explore los Diversos Estilos de Arte

Materiales: Para todos los Nuevos Estudiantes, habrá una cuota única de \$25 requerida para los materiales de arte necesarios (cuaderno de dibujo y el kit de arte para quedarse). Hay Kits adicionales y materiales de arte disponibles para su compra.

Costo de Clase Para Cada Programa: Solo \$6.00 por lección si paga completo, por toda la sesión, o \$7 si paga semanal. Todos los Estudiantes de Defensa Personal solo pagan \$5 por lección! La registracion es de \$8.00 y se paga una vez por de sesión. **Becas Obtenibles.**

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.

Si Faltan a Una Clase: La pueden recuperar la próxima semana tomando una clase después de la otra. Se darán medallas a alumnos con perfecta asistencia.

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

Para Otras Ciudades o Mas Información Favor De Llamar Al
★ (800) 956-6956 ★

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