

Lots of Fun - As Low As \$7 Per Class  
ALL PROGRAMS OPEN TO BOYS AND GIRLS

## YOUTH PROGRAMS

Developing Life Skills for Active Youth

### Cheerleading

- Cheers, Chants, Jumps, and Stunting
- Pom Dance Routines, Fun Team-Building
- Clinics, Showcases and Competitions - Up to Nationals

### Karate/Self-Defense

- Essential Life Skills - Respect and Discipline
- Safety Awareness, Abduction Prevention, and Anti Bullying
- Advancement through Black Belt with Certified Black Belt Instructors

All Sports are Co-ed



Not all programs are available in all areas – See details on reverse side.

# Youth Programs Sponsored By Daniel Young PTA and John Nowlin PTA

As low as  
\$7.00  
per week!



- ★ Anti-Bullying Tactics
- ★ Taught by Certified Black Belt Instructors
- ★ Awards & Promotions
- ★ Abduction Prevention
- ★ Non-Aggressive Behaviors
- ★ Basic thru Black Belt Levels

## MARTIAL ARTS/KARATE AGES 4 – 15

LOCATION	ADDRESS	CLASS DAY	DATES	REGISTRATION START TIME	ORIENTATION & FIRST CLASS
<b>John Nowlin Elementary Gym</b>	5020 NW Valley View Rd, Blue Springs, MO (from I70, take exit 18 towards Lake Tapawingo/ Fleming Park, turn left onto NW Woods Chapel Rd., turn right onto NW Valley View Rd., school is on the left, enter through the front door)	Tuesday (Once per Week)	Jan. 24 <sup>th</sup> – May 9 <sup>th</sup> (15 weeks)	Jan. 24 <sup>th</sup> 6:30 p.m. Beginners	7:00 – 7:45 p.m.
				Jan. 24 <sup>th</sup> 7:45 p.m. Yellow & Green Belts	8:15 – 9:00 p.m.

**\$7.00 per week for a 45 minute lesson. The above times are for the 1<sup>st</sup> Class only. Weekly class times will be assigned for the semester during Registration Night.** Uniforms are available (not required) for \$33.00. Higher ranking extended class fee is \$9.00 per week for a 60 minute lesson.



- ★ Safety Awareness
- ★ Cheers, Chants, Jumps,  
Pom Dance Routines
- ★ Fun Competitions
- ★ Awards & Trophies
- ★ Preparation for Tryouts
- ★ Beginner to Advanced Levels

## CHEERLEADING AGES 4 – 15

LOCATION	ADDRESS	CLASS DAY	DATES	REGISTRATION START TIME	Orientation & First Class
<b>Daniel Young Elementary Gym</b>	505 SE Shamrock Lane, Blue Springs, MO (from Hwy 7, turn left on Moreland School Rd., turn left on SE 4th St., turn right on SE Shamrock Ln., school on the left, enter through southwest corner door)	Wednesday (Once per Week)	Jan. 25 <sup>th</sup> – May 10 <sup>th</sup> (15 weeks)	Jan. 25 <sup>th</sup> 6:30 p.m. Ages 4 – 9 (JV & Varsity)	7:00 – 7:45 p.m.
				Jan. 25 <sup>th</sup> 7:45 p.m. Ages 10 – 15 (*Jr. All Star)	8:15 – 9:00 p.m.

**\$7.00 per week for a 45 minute lesson. The above times are for the 1<sup>st</sup> Practice only. Weekly practice times will be assigned for the semester during Registration Night.** High quality, fluffed Team pom-poms (per level) will be available for \$27.00 (includes I.D. tags) or you may bring your own. Cheer students must wear tennis shoes and comfortable attire to practice. \*All Star fee is \$9.00 per week for a 60 minute lesson. High quality, 2-color Jr. All Star team poms are \$24.00 per set.

- Pay weekly or prepay for the entire semester.
- Students may register during the first three weeks.
- **Registration fee: \$10.00, non-refundable.**
- In case of bad weather, registration will be held at the same time the next week.
- Register at class or online.
- Parent/Legal guardian must register student.
- Checks/Cash/Money Order/Credit/Debit Card accepted.
- Parents of Self Defense/Karate may enroll with their child
- Parents/friends are encouraged to watch the first and last class of the semester