

# YOUTH PROGRAMS

Developing Life Skills for Active Youth

*Fun!*

## Cheerleading

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

Classes  
Start at Only  
**\$8 Weekly!**

## 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

*No Contracts!*

All Sports are Co-ed



**EARN  
GREAT  
AWARDS  
in  
EVERY SPORT**

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



As low as  
\$8.00  
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>Rockbrook Elementary</b>	2514 S. 108 St., Omaha, NE (from I 680. Follow signs for W. Center Rd., go east on W. Center Rd., turn north on 108 <sup>th</sup> St., school is on the left)	Monday (Once per Week)	Jan. 22 <sup>nd</sup> – May 14 <sup>th</sup> (15 weeks)	Jan. 22 <sup>nd</sup> 6:30 p.m. Beginners	7:00 – 7:45 p.m.
				Jan. 22 <sup>nd</sup> 7:45 p.m. Colored Belts	8:15 – 9:15 p.m.

**\$8.00 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>Rockbrook Elementary</b>	2514 S. 108 St., Omaha, NE (from I 680. Follow signs for W. Center Rd., go east on W. Center Rd., turn north on 108 <sup>th</sup> St., school is on the left)	Tuesday (Once per Week)	Jan. 23 <sup>rd</sup> – May 15 <sup>th</sup> (15 weeks)	Jan. 23 <sup>rd</sup> 6:30 p.m. Ages 4 – 9 (JV & Varsity)	7:00 – 7:45 p.m.
				Jan. 23 <sup>rd</sup> 7:45 p.m. Ages 10 – 15 (All Star)	8:15 – 9:15 p.m.

**\$8.00 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

For more information call 888-619-2131. For information and/or registration, visit [www.ACTIVSTARS.org](http://www.ACTIVSTARS.org)

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