



# City of Fountain Valley

Recreation and Community Services Division

*Presents*

## Self-Defense & Safety Awareness!

### Fountain Valley Recreation Center

16400 Brookhurst Street, Fountain Valley, 92708

Located in Mile Square Park just south of Edinger Ave. Enter the main parking lot located just north of Heil.

Classes Are Every **Thursday**  
**January 12 – March 15**  
A Total of 10 Weeks

All New Students.....	5:15-5:55
Yellow Belts .....	6:00-6:40
Orange Belts .....	6:45-7:25
Purple Belts & Above .....	7:30-8:10

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



**Uniforms:** 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.



## Cheerleading!

### Fountain Valley Recreation Center

16400 Brookhurst Street, Fountain Valley, 92708

Located in Mile Square Park just south of Edinger Ave. Enter the main parking lot located just north of Heil.

- ★ 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

Classes Are Every **Saturday**  
**January 7 – March 17**  
A Total of 11 Weeks

New Students & Stars, Ages 5-7 ...	9:30-10:10
New Students & Stars, Ages 8+ ...	10:15-10:55
All Stars & Elite.....	11:00-11:40

**Uniforms:** Students should wear comfortable clothing; shorts or sweat pants with a T-shirt & tennis shoes. Pom poms are available for \$20. If desired, you may purchase a uniform (vest, skirt, bloomers & socks) at class.

## HIP-HOP DANCE!

### Fountain Valley Recreation Center

16400 Brookhurst Street, Fountain Valley, 92708

Located in Mile Square Park just south of Edinger Ave. Enter the main parking lot located just north of Heil.

Classes Are Every **Friday**  
**January 13 – March 16**  
A Total of 10 Weeks

All Students, Ages 6-7 .....	5:45-6:25
All Students, Ages 8-9 .....	6:30-7:10
All Students, Ages 10+.....	7:15-7:55

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



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

**Registration:** Registration at the Fountain Valley Rec. Center's Front Office begins December 10<sup>th</sup>. You may also register online at [www.fountainvalley.org](http://www.fountainvalley.org) or by fax or mail beginning December 7<sup>th</sup>. For more information, please call (714) 839-8611. If you miss registration before the start date, register 10 minutes prior to your class time at the Front Office. **Students ages 5-15 are accepted up to the 3rd week.**

**Class Fees For Each Program:** Only \$6.00 per lesson if you pay in full, or \$7.00 if you pay weekly. There is an \$8.00 registration fee paid once per session. Payments in full will be assessed an additional \$1 transaction fee. **Scholarships Available.**

Missed 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 More Information Please Call (714) 839-8611 ☆