



**BUILD SELF-CONFIDENCE  
DEVELOP SKILLS FOR SELF DEFENSE  
AGES 6 AND UP  
AFFORDABLE – ONLY \$10 PER LESSON  
OPTION TO PAY WEEKLY**



**TWO LOCATIONS TO CHOOSE FROM !!  
EACH LOCATION MEETS ONCE A WEEK**

### Old Hundred Elementary

Starts Monday, February 23, 2024 - 12 Weeks  
1501 Old Hundred Rd.  
Midlothian, VA 23114

#### CLASS TIMES:

6:15 - 6:55 PM

7:00 - 7:40 PM

7:45 - 8:25 PM

White Belts Ages 6-15

Yellow Belts Ages 6-15

Orange Belts and Above all ages

### Winterpock Elementary

Starts Wednesday February 28, 2024- 12 Weeks  
9000 Elementary Way Loop  
Chesterfield, VA 23832

#### CLASS TIMES:

6:30 - 7:10 PM

7:15 - 7:55 PM

8:00 - 8:40 PM

White Belts Ages 6- 15

Yellow Belts (Ages 8-15)

Orange Belts and Above

**Classes may be combined depending on registration numbers**



**To Register**



**Scan Me!**

**For additional information:**

**Web:** [www.aimusainc.com](http://www.aimusainc.com)

**Phone:** 804-372-3331

**CAN'T MAKE THE FIRST DAY? New students accepted through the third week of classes.**

**REGISTRATION - Visit [www.aimusainc.com](http://www.aimusainc.com).**

**(All registrations must be completed online prior to attending)**

**PAYMENT OPTIONS - PAY IN FULL 12 WEEKS = \$135 - saves \$5 on registration fee**

**PAY BY THE WEEK = \$20 registration fee + \$10 class fee = \$30 first week and \$10 each week after.**

**ATTIRE - Students may wear gym clothes. Uniforms are available for order at class, and online**

**NO REFUNDS SCHOLARSHIPS AVAILABLE ONLINE**

- ◆ Help keep your kids safe!
- ◆ Program emphasizes safety awareness.
- ◆ Designed for self-defense only.
- ◆ Taught by a certified black belt.
- ◆ Beginner classes allow no physical contact.
- ◆ Beginner students progress to yellow belts.
- ◆ Returning students advance to higher belt levels.
- ◆ Goal orientation allows students to earn certificates and medals.

This program is co-sponsored by  
Chesterfield County Parks and Recreation Department

