

Caledonia Resource Center & Athletes In Motion

Earn Medals & Trophies! \$10 discount for 2nd child!



AIM USA™ DANCE

Jazz Hip Hop

Build self-esteem &
Self-confidence!

Ages 5-12

Starts Tues. Sept. 30th

This fun program is designed to enhance self-confidence, self-esteem and physical fitness. Learn from experienced instructors who teach moves to Dance –Jazz Hip Hop routines with flair and enthusiasm!. All students receive medals and a class certificate. Everyone receives a trophy at the AIM USA competition.

Safe Kids



Ages 5-15

Protect your Child from
Bullies and Kidnappers



AIM USA™ Self-Defense & Safety Awareness

Starts Mon. Sept. 29th

This **FUN** course is designed for self- defense purposes emphasizing child safety awareness. From the bully on the playground to the person on the street looking to kidnap a child, your child is taught skills which enable him/her to survive in this world. **Self discipline rather than aggressiveness is promoted.** We teach the children how to avoid dangerous situations. We show them how to walk away from a fight and, when necessary, defend themselves. This program was designed specifically for children **ages 5 through 15**, and is taught by a **black belt** who has extensive training in dealing with children. This class is a fun and active environment, which **produces results.** Students are placed into **classes according to age and ability**. New students progress to yellow belts and returning students earn higher belts. The students also earn **certificates, ribbons, medals, and a tournament TROPHY!**

AIM USA™ Floor Gymnastics & Tumbling

Build skills, fitness & confidence



Starts Tues. Sept. 30th

Ages 2 -10

This **fun and exciting program** is designed to enhance self-confidence and improve coordination, physical fitness and flexibility. Learn from experienced instructors who teach the skills of floor gymnastics and tumbling! Students earn certificates, ribbons and medals. **Beginning students** will learn fundamentals and **returning students** learn advanced skills. Everyone receives a **trophy** at the AIM USA competition.



AIM USA™ VOLLEYBALL

*Build & refine skills
Great prep for team try-outs*



Starts Tues. Sept. 30th

4th thru 6th grades

An experienced AIM USA volleyball coach teaches this fun and action packed program. The course is designed to introduce the fundamentals plus more advanced skills of volleyball to young athletes. They will learn the proper skills and techniques to be successful volleyball players. These foundation skills will be key to their future volleyball success. **Beginning students** will learn fundamentals and **returning students** learn advanced skills and focus on the skills needed to compete on the middle school team! Students will earn certificates and medals.

AIM USA™ DANCE – Hip Hop

- ◆ **DATE:** Tuesdays, Sept. 30th thru Dec. 6th ◆ **Class size limited**
- ◆ **PLACE:** Caledonia Elementary Cafe 5770 Duncan Lake Ave
- ◆ **FEE:** \$69.00 / (\$59 for 2nd family member) 10 weeks! Visa & MasterCard accepted
- ◆ **TIMES:** CLASS I 6:00 - 6:45p.m. Beginning & returning Students Ages 5 - 7
CLASS II 6:45 - 7:30 p.m. Beginning & returning Students Ages 8 - 12



AIM USA™ SELF DEFENSE & SAFETY AWARENESS

- ◆ **DATE:** Mondays, Sept 29th thru Dec. 6th ◆ **Class size limited...please pre-register**
- ◆ **PLACE:** Caledonia Duncan Lake Middle School – Aux Gym 9757 Duncan Lake Rd. Caledonia 49316
- ◆ **FEE:** \$69.00 / (\$59 for 2nd family member) Visa & MasterCard accepted
- ◆ **TIMES:** CLASS I 5:45-6:30 p.m. Beginning students Ages 5-7
CLASS II 6:30-7:15 p.m. Returning Students Ages 5-7
CLASS III 7:15-8:00 p.m. Beginning Students Ages 8-15
CLASS IV 8:00-8:45 p.m. Returning Students Ages 8-15



*A uniform is recommended. Uniforms available 1st evening for \$37...please arrive 20 min. early.

AIM USA GYMNASTICS & TUMBLING

- ◆ **DATE** Tuesdays, Sept. 30th thru Dec. 6th ◆ **Class size limited...please pre-register**
- ◆ **PLACE:** Caledonia Elementary Gym 5770 Duncan Lake Ave
- ◆ **FEE :** \$69.00 / (\$59 2nd family member) Visa & MasterCard accepted
- ◆ **TIMES:** CLASS I 5:15-6:00 p.m. ‘Parent/Tot’ ages 2 & 3
CLASS II 6:00-6:45 p.m. Beginning & Returning students ages 4&5
CLASS III 6:45-7:30 Beginning & Returning students ages 6&7
CLASS VII 7:30- 8:15 p.m. Beginning & Returning students age 8-10 yr



AIM USA VOLLEYBALL

- ◆ **DATE** Tuesdays, Sept 30th thru Dec. 2nd ◆ **Class size limited...please pre-register**
- ◆ **PLACE:** Caledonia Duncan Lake Middle School – Aux Gym 9757 Duncan Lake Rd.
- ◆ **FEE:** \$69.00 / \$59 2nd family member Visa & MasterCard accepted
- ◆ **TIMES:** CLASS I 6:00 - 6:45 p.m. 4th & 5th grade / CLASS II 6:45 - 7:30 p.m. 6th grade
Classes are for beginning and returning students



Register by **Phone**, 616-891-8117 or Fax 616-891-7014

Register by **Mail:** Caledonia Resource Ctr. 9749 Duncan Lake Ave. Caledonia 49316

Register **Online:** www.caledoniaresourcecenter.org

MORE INFO: Caledonia Resource Ctr. 616 891-8117 or the A.I.M. USA 616- 891-4445 www.aimusainc.com

* **Class Fee:** \$69 (\$59 2nd family member in same program) (checks payable to: Caledonia Resource Center)

PLEASE INDICATE CLASS:



- ◆ **DANCE:** Class I 6:00 p.m. (08FAKC08A) / Class II 6:45 p.m. (08FAKC08B)
- ◆ **SELF DEFENSE:** Class I (08FAKC07A) / Class II (08FAKC07B) / Class III (08FAKC07C) Class IV (08FAKC07D)
- ◆ **GYMNASTICS:** Class I (08FAKC09A) / Class II (08FAKC09B) Class III (08FAKC09C) Class III (08FAKC09C)
- ◆ **VOLLEYBALL :** Class I (008FAKC10A) / Class II (08FAKC10B)

Name _____ Age _____ Phone _____ e-mail _____

Address _____ City _____ Zip _____

Visa / MasterCard # _____ Expiration date: _____ FAX: 616-891-7014

I realize that by signing this form, I will not hold the Caledonia Resource Center, Or Athletes in Motion, Inc. responsible for any injuries that might occur in the above program. I realize that the staff of Caledonia Resource Center and Athletes in Motion will do everything possible to offer a safe and injury free program. I realize that by participating in these programs, there is a certain degree of risk and injuries may occur. I also verify, by signing this waiver, the above participant is covered by a family health plan. If the above participant is not covered by a health plan, I, the undersigned, will assume all financial responsibilities for any injuries that might occur. Waiver must be signed for your child to participate

Parent's Signature _____ DATE _____ 2008

Parent's printed name: _____