

AFFORDABLE AIM SAFETY AWARENESS & SELF-DEFENSE PROGRAM

Cosponsored by Albemarle County Parks & Recreation



Questions Call 1-800-323-3755

All Ages Have fun!

Only \$8.00 per lesson

Option to pay weekly!

Build self-confidence.

Develop self-defense skills.



Does your child know how to defend his or herself? This exciting & valuable course emphasizes **safety awareness** and is designed for **self-defense purposes only**. **Self-discipline is promoted rather than aggressiveness**. A **certified black belt** instructs students to avoid dangerous situations, walk away from fights & when necessary to defend themselves. 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 & medals**; **Classes meet once a week for 16 weeks Agnor-Hurt on Tuesdays and/or Thursdays, ★no class 2-21-12, 4-3-12. Classes meet once a week for 16 weeks on Mondays, Scottsville Community Center ★no class 4-2-12, 5-28-12.**

LOCATIONS

- ★ Scottsville Community Center: 250 Page St Scottsville, Va 24590.
- ★ Agnor-Hurt Elementary: 3201 Berkmar Dr. Charlottesville, Va. 22901
- ★ Agnor-Hurt Elementary: 3201 Berkmar Dr. Charlottesville, Va. 22901

START DATES

- Monday, February 6, 2012
- Tuesday, February 7, 2012
- Thursday, February 2, 2012

REGISTRATION – Please arrive 15 minutes before student's class time on the Start Date & Location listed.

★ **Can't make the first day? New students accepted through the third week of classes** ★

TIMES: Scottsville Community Center (Mondays)

6:30 - 7:10 PM Beginners Ages 4-15

7:15 - 7:55 PM Yellow Belts and Above Ages 4-15

TIMES: Agnor-Hurt (Tuesdays)

6:30 - 7:10 PM Beginners Ages 4-7

7:15 - 7:55 PM Beginners Ages 8-15

TIMES: Agnor-Hurt (Thursdays)

6:30 - 7:10 PM Yellow Belts Ages 4-15

7:15 - 7:55 PM Orange Belts & Above Ages 4-15

8:00 - 8:40 PM All levels / Belts Ages 16 & Up

COST OPTIONS

PAY IN FULL 16 WEEKS \$138.00 Includes \$7.00 discount on registration fee.

PAY BY THE WEEK: \$17.00 registration fee \$8.00 class fee = \$25.00. Each week thereafter \$8.00 per lesson

ATTIRE: Students may wear gym clothes.

PLEASE NOTE: If schools are closed due to weather or holidays, class / registration will continue the following week. New students accepted through the **third week of classes**. Financial aid available upon approval. Times subject to change determined by the number of students. Perfect attendance is rewarded and missed lessons may be made up. Parents helping with registrations & weekly check-in receive a 50% discount on class fees. If you are willing to help or need additional information, please call 1-800-323-3755 or visit <http://aimusaonline.org>

Albemarle County Public Schools does not discriminate on the basis of race, color, religion, national origin, sex, disability, age, pregnancy or marital status in its programs and activities. The Director of Human Resources has been designated to handle all inquiries regarding non-discrimination policies. Address any inquiries or concerns to: Director of Human Resources, 401 McIntire Road, Charlottesville, Virginia 22902. (434) 296-5827