

**AFFORDABLE
AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM**

Cosponsored by Augusta County Parks & Recreation



Questions call 1-800-323-3755

Only \$7.00 per lesson

Option to pay weekly!

Build self-confidence.

Develop skills for Self-Defense.

Have Fun!

(SEE BACK FOR CHEER PROGRAM)



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 the children 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 on Wednesday for 16 weeks**.

LOCATION Guy K Stump Elementary 115 Draft Avenue Stuarts Draft, Virginia 24477

START DATE Wednesday, September 14, 2011. **NO CLASS 9-28-11**

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

TIMES WEDNESDAYS

6:15 - 6:55 PM Beginners All Ages

7:00 - 7:40 PM Yellow Belts All Ages

7:45 - 8:25 PM Orange Belts & Above All Ages

COST OPTIONS:

PAY WEEKLY

\$13.00 Registration fee

\$7.00 Lesson fee

\$20.00 Total

(Each week thereafter \$7.00)

OR

PAY IN FULL

16 weeks = \$118.00

Includes \$7.00 discount
on registration fee.

ATTIRE - Students may wear gym clothes.

Registration and payment on site only, new students accepted through the third week of classes. Times subject to change determined by the number of students. If classes are canceled due to weather or holidays, class / registration will continue the following week. Perfect attendance is rewarded and missed lessons may be made up. Parents helping with registrations & weekly check-in receive a 57% discount on class fees. If you are willing to help or need additional information, please call 1-800-323-3755 or visit our web site at <http://www.aimusaonline.org> **Questions on other Augusta County Parks & Recreation programs please call 245-5727.**