

# AFFORDABLE AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM

*Cosponsored by Bedford County Parks & Recreation*



QUESTIONS CALL 1-800-323-3755

CERTIFICATES & MEDALS.

AGES 4 - 15 HAVE FUN!

ONLY \$7.00 PER LESSON.

OPTION TO PAY WEEKLY!

BUILD SELF-CONFIDENCE.

DEVELOP SKILLS FOR SELF-DEFENSE.

(SEE BACK FOR CHEER PROGRAMS)



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 12 weeks on (Tuesdays, Bedford Group Homes. No class 11-8, 12-20 & 12-27) (Thursdays, Forest Recreation Center. No class 11-24, 12-22 & 12-29)**

## LOCATIONS

Bedford Group Homes Gym: 1185 Turning Point Rd. Bedford, VA 24523

Forest Recreation Center: 1088 Rustic Village Rd., Forest, VA. 24551

## START DATES

Tuesday, October 11, 2011

Thursday, October 13, 2011

## REGISTRATION ON SITE ONLY

Please arrive 15 minutes before students scheduled class time to register.

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

## ATTIRE

Students may wear gym clothes.

## TIMES TUESDAYS BEDFORD GROUP HOMES

6:00 - 6:40 PM Beginners Ages 4-7

6:45 - 7:25 PM Beginners Ages 8-15 & Yellow Belts  
and above all ages.

## TIMES THURSDAYS FOREST REC CENTER

6:00 - 6:40 PM Beginners Ages 4-7

6:45 - 7:25 PM Beginners Ages 8-15

7:30 - 8:10 PM Yellow Belts and Above All Ages

## COST OPTIONS

**PAY BY THE WEEK:** \$13.00 registration fee \$7.00 class fee = \$20.00. Each week thereafter \$7 per lesson

**PAY IN FULL 12 WEEKS:** \$90.00 Includes \$7.00 discount on registration fee.

**PLEASE NOTE:** If schools/classes are cancelled 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 57% 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>

*AIM USA is publicly supported non-profit organization # 54-1831343.*

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