

# AFFORDABLE AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM

Cosponsored by Chesterfield Parks & Recreation



QUESTIONS CALL 804-403-3902

CERTIFICATES & MEDALS.

ALL AGES HAVE FUN!

ONLY \$7.00 PER LESSON.

OPTION TO PAY WEEKLY!

BUILD SELF-CONFIDENCE.

DEVELOP SKILLS FOR SELF-DEFENSE.

(SEE BACK FOR CHEER & HIP HOP 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 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. New students accepted through the third week of classes.**

## LOCATIONS

## START DATES 2011

## LENGTH

ADULT & YOUTH AIM Building: 2434 New Dorset Circle Powhatan VA. 23139	Monday, October 3	16 weeks
Alberta Smith Elementary: 13200 Bailey Bridge Rd., Midlothian, VA. 23112.	Wednesday, September 28	16 weeks
Bon Air Elementary: 8701 Polk St., Bon Air, VA. 23235.	Friday, September 30	16 weeks
O.B. Gates Elementary: 10001 Courthouse Rd Ext., Chesterfield, VA. 23832.	Wednesday, September 28	16 weeks
Jacobs Road Elementary: 8800 Jacobs Rd., Chesterfield, VA. 23832	Monday, September 26	16 weeks
Wells Elementary: 13101 S. Chester Road Chester, VA. 23832.	Tuesday, September 27	14 weeks

### TIMES: AIM (MONDAYS)

5:30 - 6:10 PM Beginners All Ages  
6:15 - 6:55 PM Yellow & Orange Belts All Ages  
7:00 - 7:40 PM Purple Belts & Above All Ages  
7:45 - 8:25 PM ADULTS ALL LEVELS-AGES 16 & UP

### TIMES: ALBERTA SMITH (WEDNESDAYS)

5:30 - 6:10 Beginners All Ages  
6:15 - 6:55 Yellow Belts (no stripes) All Ages  
7:00 - 7:40 Yellow Belts 2<sup>nd</sup> & 3<sup>rd</sup> Degree All Ages  
7:45 - 8:25 Orange Belts and Above All Ages

### TIMES: GATES (WEDNESDAYS)

5:30 - 6:10 PM Beginners Ages 4 - 6  
6:15 - 6:55 PM Beginners Ages 7 - 15  
7:00 - 7:40 PM Yellow & Orange Belts All Ages  
7:45 - 8:25 PM Purple Belts & Above All Ages

### TIMES: WELLS (TUESDAYS)

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

### TIMES: BON AIR (FRIDAYS)

5:30 - 6:10 PM Beginners All Ages  
6:15 - 6:55 PM Yellow Belts All Ages  
7:00 - 7:40 PM Orange Belts & Above All Ages

### TIMES: JACOBS ROAD (MONDAYS)

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 & Above All Ages  
8:15 - 8:55 PM ADULTS ALL LEVELS-AGES 16 & UP

**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*★

**COST OPTIONS** - **PAY IN FULL 16 WEEKS = \$118** Includes \$7 discount on registration fee.

**PAY IN FULL 14 WEEKS (WELLS) = \$104** Includes \$7 discount on registration fee.

**PAY BY THE WEEK = \$13** registration fee \$7 class fee = \$20. Each week thereafter \$7 per lesson

**ATTIRE:** Students may wear gym clothes.

**PLEASE NOTE** – **New students accepted through the third week of classes**. If schools are closed due to weather or holidays, class / registration will continue the following week. 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 804-403-3902 or visit <http://www.aimusaonline.org>

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

