

AFFORDABLE AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM



QUESTIONS CALL 403-3902

CERTIFICATES & MEDALS.

AGES 4 - 15 HAVE FUN!

ONLY \$7.00 PER LESSON.

OPTION TO PAY WEEKLY!

BUILD SELF-CONFIDENCE.

DEVELOP SKILLS FOR SELF-DEFENSE.



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 on Mondays for 16 weeks**.

LOCATION: AIM Headquarters: 2434 New Dorset Circle Powhatan, VA. 23139

START DATE: Monday, October 3, 2011 (Class will meet every Monday for 16 weeks.)

REGISTRATION: 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 MONDAYS (16 WEEKS)

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 AGES & LEVELS ♦

♦The 7:45 - 8:25 PM class will cover all the basics of ADULT self-defense. Advancement and belt ranking systems apply. Work your way to black belt or just increase your confidence, awareness and fitness!

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 16 WEEKS: \$118.00 Includes \$7.00 discount on registration fee.

If classes are canceled due to weather or holidays, class / registration will continue the following week. New students accepted through the **third week of classes**. 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 57% discount on class fees. If you are willing to help or need additional information, please call 403-3902 or visit <http://www.aimusaonline.org>

One free class

FREE

AIM USA
Safety Awareness & Self Defense
1-800-323-3755

Present this coupon when you enroll and receive one free class.

★ *Valid for new students only*

Expiration Date: 10/1/2012

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

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