

AFFORDABLE
AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM
(SEE BACK FOR SUMMER CAMPS AND CLINICS)



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.

★SPECIAL ADULT PROGRAM OFFERED ★



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 12 weeks.**

LOCATION

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

START DATE

Monday, June 29TH 2009 (Class will meet every Monday for 12 weeks.)

REGISTRATION ON SITE ONLY

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

ATTIRE

Students may wear gym clothes.

TIMES MONDAYS (12 WEEKS)

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

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 12 WEEKS: \$90.00 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>

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

AIM USA is not affiliated with Powhatan County Schools