

AIM ADULT SELF-DEFENSE PROGRAM AGES 16 & UP



<http://www.aimusainc.com>
Questions Call 1-800-323-3755
Men & Women All Ages Have fun!
Option to pay weekly!
Build self-confidence.
Develop self-defense skills.



This exciting & valuable course will prove to be informative training in the Martial Arts. Knowledge is power and knowing how to develop your mind and body in the Martial Ways will give you more options in a self-defense situation. **Certified Instructors Tara Smith & Steve Mann** will instruct Adults in the **Basics of Self-Defense**. Classes will meet every Mondays for (12) weeks. Advancement and Belt ranking systems apply. Work your way to Black Belt or just increase your confidence, awareness and fitness!

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

START DATE: Monday January 22ND, 2007. Classes will meet every Monday for (12) weeks.

TIME: 7:30 PM – 8:25 PM

COST OPTIONS

PAY BY THE WEEK = \$10.00 registration fee \$6.00 class fee = \$16.00. Each week thereafter \$6 per lesson
PAY IN FULL 12 WEEKS = \$77.00 Includes \$5.00 discount on registration fee.

ATTIRE: Light work out clothing or street clothes. Uniforms are welcome but not required. Self-defense Uniforms may be purchased for \$30.00 tax included.

REGISTRATIONS: Accepted for the first 3 weeks. Please arrive 15 minutes before class time on the Start Date & Location listed.

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Students Last Name	Students First Name	Age
<input type="text"/>	<input type="text"/>	<input type="text"/>

Street Address	City
<input type="text"/>	<input type="text"/>

Zip

Reg. Fee	\$ _____
Class Fee	\$ _____
Other	\$ _____
Total	\$ _____
Check	# _____

Home Phone #	Belt Color	Sex	Stripe(s)	E-mail address
<input type="text"/>	_____	M / F	2 3 4	_____

ATHLETES IN MOTION LLC, AIM USA INC. LIABILITY RELEASE, I, listed above, do hereby agree to release all liability and claims, against **ATHLETES IN MOTION LLC, AIM USA INC**, and agree to hold harmless any liability against **ATHLETES IN MOTION LLC, AIM USA INC**, any sponsoring organization, facility, instructor, and any other party involved, due to any injuries, accidents, negligence, or any other circumstance arising from participation in any **ATHLETES IN MOTION LLC, AIM USA INC**, program(s) with respect to any time prior, during and after class.

SIGNATURE: _____ DATE: _____