

AFFORDABLE AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM

Co-Sponsored by Albemarle County Parks & Recreation

BUILD SELF-CONFIDENCE

DEVELOP SKILLS FOR SELF-DEFENSE

AGES 4 & UP HAVE FUN!

ONLY \$8 PER LESSON

OPTION TO PAY WEEKLY



Does your child know how to defend his or herself? This exciting and valuable program emphasizes **safety awareness** and is designed for **self-defense** purposes only. **Self-discipline** is promoted rather than aggression. A **certified black belt** instructs children to avoid dangerous situations, how to walk away from fights and when necessary how 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 and medals**.

Classes meet once a week for 13 weeks. New students accepted through the third week of classes. (3/14/2019)

Registration dates are 02/28/2019, 03/07/2019 and 03/14/2019

New classes starting Thursday, February 28, 2019

Located at Agnor-Hurt Elementary

3201 Berkmar Dr.

Charlottesville, VA 22901

Class Times – Thursday, Please arrive 15 minutes early

6:30 – 7:10 PM Beginners & Yellow Belts Ages 4-up

7:15 – 7:55 PM Orange Belts & Above Ages 4-up

8:00 – 8:40 PM Adult

NO CLASSES: 04/04/2019

REGISTER - online www.aimusainc.com Questions: call 804-372-3331

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

PAYMENT OPTIONS: PAY IN FULL 13 WEEKS = \$121 includes a free AIM patch (styles may vary)

**PAY BY THE WEEK = \$ 17 registration fee + \$8 class fee = \$25 first week
and \$8 each week after.**

ATTIRE – Students may wear gym clothes. Uniforms are available for order at class.

PLEASE NOTE – New students are accepted through the third week of classes. If schools are closed due to weather or holidays, class/registration will also be closed and will continue the following week. Times are subject to change determined by the number of students. Perfect attendance is rewarded and missed lessons may be made up. Parents helping with registrations and weekly check-in receive a 50% discount on class fees. Please see the instructor the night of registration for more information. Limited scholarships per class are available. Questions? Visit us at www.aimusainc.com

Albemarle County Public Schools does not discriminate on the basis of race, color, religion, national origin, sex, disability, age, pregnancy or marital status in its programs and activities. The Director of Human Resources has been designated to handle all inquiries regarding non-discrimination policies.

Address any inquiries or concerns to: Director of Human Resources, 401 McIntire Rd, Charlottesville, VA 22902