



# AFFORDABLE AIM USA SAFETY AWARENESS AND SELF DEFENSE CLASSES



**BUILD SELF-CONFIDENCE  
DEVELOP SKILL FOR SELF-DISCIPLINE  
LEARN TO DEAL WITH AGGRESSIVE  
BEHAVIORS**

**Located at Hollymead Elementary School  
2775 Powell Creek Dr, Charlottesville, VA 22911  
Starts Thursday - February 2, 2023  
14 Week Program with Sensei Roy  
New students accepted through the third week  
of classes.**

- Help keep your kids safe!
- Program emphasizes **safety awareness**
- Designed for **self-defense** purposes only
- Taught by a **certified black belt**
- 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 Times: THURSDAY NIGHTS**





**6:30 – 7:10 PM White Belts (Beginners) Ages 5 - up  
7:15 – 7:55 PM Yellow Belts & Above Ages 5 - up**

**8:00 – 8:45 PM Adult Classes - Ages 16 to adult  
(It's never too late to learn how to stay safe and protect yourself)!**

**Class times may be adjusted or combined depending on registration numbers**

**PLEASE NOTE** – 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.  
**No refunds!**  
Questions? Email the office: [aimusaeastcoast@gmail.com](mailto:aimusaeastcoast@gmail.com) or call 804-372-3331

**REGISTRATION – online [www.aimusainc.com](http://www.aimusainc.com) or scan the QR code below**

<p><b>STEP 1</b></p> <p>Go to the Apple App Store or Google Play Store, search "MyStudio App" and download.</p>  	<p><b>STEP 2</b></p> <p>Log into the app and type <u>AIMUSA</u> for the studio code.</p>	<p><b>STEP 3</b></p> <p>Log in with Facebook, Google, or your Email.</p>  
<p>Please see studio for the link to access the member portal through the web browser or on a desktop.</p>		

**PAYMENT OPTIONS – PAY IN FULL 14 WEEKS = \$155 (Saves \$5 off of the registration fee)**

**PAYMENT PLAN = \$20 registration fee + \$10 class fee = \$30 first week and \$10 each week after.**

**(we encourage perfect attendance, there will be no credit given for missed classes, makeup classes will be offered if available)**

**ATTIRE – Students may wear gym clothes. Uniforms are available to order in our online store.**

**Each session there are a limited number of scholarships available for those that qualify. Please see the instructor the night of registration for more information.**

*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*

