

AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM

Co-sponsored by Arlington County Department of Parks, Recreation & Cultural Resources



Increase self-esteem and self-confidence!

Increase awareness of potentially dangerous situations!

Develop skills for conflict resolution!

Only \$8.00 per lesson

Option to pay weekly!

Have Fun!



Did you know that young people are more likely than adults to be victims of crimes? This national trend affects the quality of life for young people who experience it, witness it, or feel threatened by it. AIM (Athletes In Motion) has designed a program to address these issues and has developed a curriculum that is tailored to each age group's emotional and physical development. Each class emphasizes **confident posture, eye contact & physical skills for defense** (blocking, close contact techniques and escape maneuvers.) At the end of each class, the instructor discusses the topic of the week: **lures that strangers use on children and teens, home-alone safety, fire safety, cyber safety** and much more. A **certified black belt** instructs children to **avoid dangerous situations, walk away from fights** & when necessary to defend themselves. Beginner classes allow no physical contact and may progress to yellow belts. Returning students advance to higher belt levels. **Goal orientation** allows students to earn **certificates & medals**, Wear gym clothes. Classes meet every Saturday for 14 weeks.

LOCATION: Lee Center Multipurpose Room 5722 Lee Highway, Arlington, VA, 22207

START DATE: Saturday, February 20, 2016 Classes meet once a week on Saturdays for 14 weeks.
(no classes on 3/19 or 3/26)

Registration dates: 2/20/2016, 2/27/2016 & 3/5/2016

TIMES SATURDAY

10:00 AM – 10:40 AM Beginners Ages 4-7
10:45 AM – 11:25 AM Beginners Ages 8-15
11:30 AM – 12:10 PM Yellow Belts All Ages
12:15 PM – 12:55 PM Orange Belts & Above All Ages

REGISTRATION - Please arrive 15 minutes before student's class time on the **Start Date & Location** listed.
★ Can't make the first day? New students accepted through the third week of classes ★

COST

PAY IN FULL 14 WEEKS = \$124 Includes \$5 discount on registration fee

PAY BY THE WEEK = \$17 registration fee \$8 class fee = \$25. Each week thereafter only \$8 per lesson.

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 a 50% discount on class fees.** Financial aid available upon approval. If you are willing to help or need additional information, please visit www.aimusainc.com

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