



**AIM  
USA**

# **SAFETY AWARENESS SELF-DEFENSE PROGRAM**

Cosponsored by Chesterfield Parks & Recreation  
(see reverse side for Cheer Program)

**New Classes Starting: Monday, October 01, 2018  
and Thursday, October 04, 2018**

**WE TEACH SKILLS FOR SCHOOL AND LIFE SUCCESS**

- **SELF-DISCIPLINE**
- **RESPECT**
- **BULLY AWARENESS – CONFLICT RESOLUTION**
- **SKILLS FOR SELF-DEFENSE**

**WE BUILD SELF CONFIDENCE AND ENHANCE SELF-ESTEEM  
AFFORDABLE – ONLY \$8 PER LESSON**



**REGISTRATION – Online [www.aimusainc.com](http://www.aimusainc.com)**

**PAY IN FULL 16 WEEKS = \$145 – Pay in full and receive a free AIM patch (styles may vary)**

**PAY BY THE WEEK = \$17 registration fee + \$8 class fee = \$25 first week & \$8 each week there**

**Class Locations:**

**Providence Road Elementary: 11001 W. Providence Rd. Chesterfield, VA. 238326**

**CC Wells Elementary: 13101 S. Chester Rd., Chester, VA. 23832**

**Providence - MONDAYS**

**New students accepted through the third week of classes.**

**Registration dates are 10/01/2018 10/08/2018 and 10/15/2018**

**Classes meet once a week for 16 weeks.**

**Class Times – Mondays**

**6:30 – 7:10 PM Beginners - Ages 5-15**

**7:15 – 7:55 PM Yellow Belts - Ages 5-15**

**8:00 – 8:40 PM Orange Belts/above - Ages 8-15**

**NO CLASSES 12/24, 12/31 and 01/21**

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

**CC Wells - THURSDAYS**

**New students accepted through the third week of classes.**

**Registration dates are 10/04/2018, 10/11/2018 and 10/18/2018**

**Classes meet once a week for 16 weeks.**

**Class Times – Thursday**

**6:30 – 7:10 PM Beginners – Ages 5-15**

**7:15 – 7:55 PM Yellow Belts – Ages 5-15**


**8:00 – 8:40 PM Orange Belts/above – Ages 8-15**

**NO CLASSES 11/22, 12/20 and 12/27**

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

**PLEASE NOTE – A certified black belt instructs the 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. Perfect attendance is rewarded and missed lessons may be made up. Goal orientation allows students to earn certificates and medals. ATTIRE – Students may wear gym clothes. Uniforms are available for order at class. 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.**

Questions? Visit us at [www.aimusainc.com](http://www.aimusainc.com) or call 804-372-3331

 Find us on Facebook: <https://www.facebook.com/groups/152873842077847/>

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

This program is co-sponsored by  
Chesterfield County Parks and Recreation Department

