

AFFORDABLE AIM USA SAFETY AWARENESS AND SELF DEFENSE CLASSES

**BUILD SELF-CONFIDENCE
DEVELOP SKILLS FOR SELF-DEFENSE**

**AGES 5 & UP HAVE FUN!
ONLY \$10 PER LESSON
OPTION TO PAY WEEKLY**



SEE BACK FOR CHEER PROGRAM

- 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**.

Starts Monday, September 19, 2022 12 Week Program with Sensei Bryanna
Old Hundred Elementary: 1501 Old Hundred Rd, Midlothian, VA 23114
Registration dates 09/19/2022, 09/26/2022, 10/03/2022

Starts Monday, September 26, 2022 12 Week Program with Sensei Sissy
Spring Run Elementary: 13901 N Spring Run Rd, Midlothian, VA 23112
Registration dates 09/19/2022, 09/26/2022 and 10/10/2022

Starts Wednesday, October 12, 2022 12 Week Program with Sensei Robert
Winterpock Elementary: 9000 Elementary Way Loop, Chesterfield, VA 23832
Registration dates 10/12/2022, 10/19/2022 and 10/26/2022

Starts Thursday, September 22, 2022 12 Week Program with Sensei Sissy
Elizabeth Scott Elementary: 813 Beginners Trail Loop, Chester, VA 23836
Registration dates 09/22/2022, 09/29/2022 and 10/13/2022

Class Times:

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

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

**Orange Belts &
Above
8:00 – 8:40 PM**

Class times may be
adjusted or
combined
depending on
registration
numbers

REGISTER - online www.aimusainc.com

CAN'T MAKE THE FIRST DAY? New students accepted through the third week of classes

PAYMENT OPTIONS –PAY IN FULL 12 weeks = \$135 Saves \$5 on the registration fee

PAY BY THE WEEK = \$20 registration fee + \$10 class fee = \$30 first week and \$10 each week

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

NO REFUNDS

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. Parents helping with registrations and weekly check-in receive a 50% discount on class fees. Each session there are a limited number of scholarships available for those that qualify. **No Refunds**. Please see the instructor the night of registration for more

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



information. Questions? Visit us at www.aimusainc.com or call 804-372-3331