

AFFORDABLE AIM USA SAFETY AWARENESS AND SELF DEFENSE CLASSES STARTING SOON!

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

**AGES 5 & UP HAVE FUN!
ONLY \$8 PER LESSON
OPTION TO PAY WEEKLY**

- **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 30, 2019 14 Week Program

Providence Rd. Elementary:

11001 W. Providence Rd. Chesterfield, VA 23236

Starts Thursday, September 26, 2019 14 Week Program

CC Wells Elementary:

13101 S. Chester Rd. Chester, VA 23832

Class Times –

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

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

*******Shorter programs located throughout the county, check website for details!*******

PAYMENT OPTIONS - PAY IN FULL 14 WEEKS = \$129

Saves \$5 on the registration fee

PAY BY THE WEEK = \$22 registration fee + \$8 class fee = \$30 first week

and \$8 each week after.

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



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. No Refunds. Please see the instructor the night of registration for more information. Questions? Visit us at www.aimusainc.com or call 804-372-3331

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

