



**BUILD SELF-CONFIDENCE
DEVELOP SKILLS FOR SELF DEFENSE
AGES 6 AND UP
AFFORDABLE – ONLY \$10 PER LESSON
OPTION TO PAY WEEKLY**



Starts Tuesday Sept. 12, 2023 - 16 Weeks
O.B Gates Elementary
10001 Courthouse Rd.
Chesterfield, VA 23832

CLASS TIMES:

6:30 - 7:10 PM

7:15 - 7:55 PM

8:00 - 8:40 PM

White Belts Ages 6- 15

Yellow Belts (Ages 8-15)

Orange Belts and Above

Classes may be combined depending on registration numbers

For additional information:

Web: www.aimusainc.com

Phone: 804-372-3331

To Register



Scan Me!



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

REGISTRATION - Visit www.aimusainc.com.

(All registrations must be completed online prior to attending)

PAYMENT OPTIONS - PAY IN FULL 16 WEEKS = \$175 - saves \$5 on 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, and online

NO REFUNDS SCHOLARSHIPS AVAILABLE ONLINE

- ◆ Help keep your kids safe!
- ◆ Program emphasizes safety awareness.
- ◆ Designed for self-defense 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.

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

