



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



**Starts Monday, Sept. 11, 2023 - 16 Weeks**  
**Old Hundred Elementary**  
**1501 Old Hundred Rd.**  
**Midlothian, VA 23114**

**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](http://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](http://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

