



# SAFETY AWARENESS SELF-DEFENSE PROGRAM

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

## New Classes Starting: Monday, March 4, 2019 and Thursday, March 7, 2019

### 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 13 WEEKS = \$121 – 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 03/04/2019, 03/11/2019 and 03/18/2019

Classes meet once a week for 13 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 04/01 and 05/27**

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 03/07/2019, 03/14/2019 and 03/21/2019

Classes meet once a week for 13 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 04/04**

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/>

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