

AFFORDABLE AIM USA SAFETY AWARENESS AND SELF DEFENSE CLASSES

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

**AGES 5 & UP HAVE FUN!
ONLY \$8 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, March 2, 2020 11 Week Program with Sensei Sissy
Providence Rd. Elementary: 11001 W. Providence Rd. Chesterfield, VA 23236
Registration dates 03/02/2020, 03/09/2020 and 03/16/2020

****Starts Wednesday, March 4, 2020** 11 Week Program returning Sensei Robert Simms
Clover Hill Elementary: 5700 Woodlake Village Pkwy. Midlothian, VA 23112
Registration dates 03/04/2020, 03/11/2020 & 03/18/2020

***NEW LOCATION!**

Starts Thursday, March 5, 2020 12 Week Program with Sensei Sissy
CC Wells Elementary: 13101 S. Chester Rd. Chester, VA 23832
Registration dates 03/05/2020, 03/12/2020 and 03/19/2020

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 11 weeks = \$105 Saves \$5 on the registration fee

PAY IN FULL 12 weeks = \$113 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.

NO REFUNDS

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

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 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

