



**BUILD SELF-CONFIDENCE  
DEVELOP SKILLS FOR SELF DEFENSE  
AGES 7 AND UP  
AFFORDABLE – ONLY \$10 PER LESSON  
OPTION TO PAY WEEKLY**



**Starts Saturday, February 15, 2025 - 9 Week Program**

**Y.H. Thomas Community Center:**

**1300 Thomas St. Hampton, VA 23669**

**CLASS TIMES:  
9:30 AM - 10:15 AM White Belts Beginners (Ages 7-9)**

**Classes meet every Saturday**

**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 9 WEEKS = \$105 - saves \$5 on registration fee**

**PAY BY THE WEEK = \$20 registration fee + \$10 class fee = \$30 first week and \$10 each week after. - Autopay**

**ATTIRE - Students may wear gym clothes. Uniforms are available online**

**NO REFUNDS**

**SCHOLARSHIPS AVAILABLE - APPLY ONLINE**

These material, and activities are not sponsored or endorsed by the Hampton School Board

- ◆ 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.

**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 or contact the instructor prior to class for more information. Questions? Visit us at [WWW.AIMUSAINC.COM](http://WWW.AIMUSAINC.COM). Scholarships available online.