

Sign up now!
Classes starting soon!



Hanover County VA
PARKS & RECREATION

AIM Safety Awareness & Self Defense Program

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

EMPHASIZES SAFETY AWARENESS – SELF DISCIPLINE PROMOTED OVER AGGRESSION!

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. Beginners progress to yellow belts. Returning students advance to higher belt levels. Goal orientation allows students to earn certificates and medals.

Each session builds upon the previous session. Students completing all sessions will qualify for advancement in rank. FEE: \$35 per person/per session

Program Times: Beginners Ages 4-6 (6-6:40 p.m.), Beginners Ages 7-15 (6:45-7:25 p.m.)
Yellow Belt & Above Ages 4-15 (7:30-8:10 p.m.)

Cold Harbor Elementary School, 6740 Cold Harbor Road, Mechanicsville, VA

Session #1: Wednesday, October 3, 2018 – October 24, 2018 **Registration deadline 9/18**

Beginners Ages 4-6 #7135 Beginners Ages 4-15 #7138 Yellow & Above Ages 4-15 #7141

Session #2: Wednesday, November 7, 2018 – December 5, 2018 **Registration deadline 10/23**

Beginners Ages 4-6 #7136 Beginners Ages 4-15 #7139 Yellow & Above Ages 4-15 #7142

Session #3: Wednesday, December 12, 2018 – January 16, 2019 **Registration deadline 11/27**

Beginners Ages 4-6 #7137 Beginners Ages 4-15 #7140 Yellow & Above Ages 4-15 #7143

Register online at www.hanoverparksrec.com or mail the Hanover County Parks & Recreation Registration form on back of this flyer with payment to Hanover County Parks & Recreation, 13017 Taylor Complex Lane, Ashland, VA 23005. Drop boxes are also available at both Pole Green Community Center and Taylor Complex for your convenience.

Hanover County Parks & Recreation

13017 Taylor Complex Lane
Ashland, VA 23005

(804) 365-7150
fax (804) 365-4696

parksandrec@hanovercounty.gov
www.hanoverparksrec.com

If schools are closed due to weather or holidays, class will continue the following week. Register early as classes are subject to cancellation if minimum enrollment is not met. Times are subject to change due to number of students enrolled. Perfect attendance is rewarded and missed lessons may be made up. If additional information is needed, please call 804-365-7150 or email parksandrec@hanovercounty.gov

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