

Sign up now!
Classes starting soon!



Hanover County VA
PARKS & RECREATION

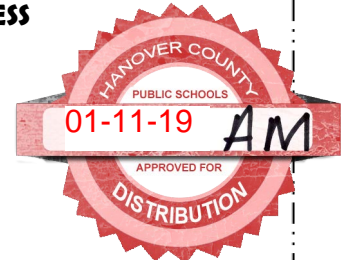
AIM Safety Awareness & Self Defense Program

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, February 6, 2019 – March 6, 2019 **Registration deadline 1/23**
Beginners Ages 4-6 #7254 Beginners Ages 4-15 #7258 Yellow & Above Ages 4-15 #7263

Session #2: Wednesday, March 13, 2019 – April 10, 2019 **Registration deadline 2/27**
Beginners Ages 4-6 #7255 Beginners Ages 4-15 #7259 Yellow & Above Ages 4-15 #7265

Session #3: Wednesday, April 17, 2019 – May 8, 2019 **Registration deadline 4/3**
Beginners Ages 4-6 #7256 Beginners Ages 4-15 #7260 Yellow & Above Ages 4-15 #7266

Session #4: Wednesday, May 15, 2019 – June 5, 2019 **Registration deadline 5/1**
Beginners Ages 4-6 #7257 Beginners Ages 4-15 #7262 Yellow & Above Ages 4-15 #7267

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.

13017 Taylor Complex Lane Hanover County Parks & Recreation parksandrec@hanovercounty.gov
Ashland, VA 23005 (804) 365-7150 www.hanoverparksrec.com
fax (804) 365-4696

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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