

Registration online
Sign up now!
Classes starting soon!



Hanover County VA
PARKS & RECREATION

AIM Safety Awareness & Self Defense 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.

BUILDS SELF-CONFIDENCE
DEVELOPS SKILLS FOR
SELF-DEFENSE
DEVELOPS
SELF-DISCIPLINE
CONTROL AGGRESSIVE
BEHAVIORS

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, January 29, 2020 – February 19, 2020 **Registration deadline 1/15**
Beginners Ages 4-6 #1672 Beginners Ages 4-15 #1673 Yellow & Above Ages 4-15 #1674

Session #2: Wednesday, March 04, 2020 – March 25, 2020 **Registration deadline 2/5**
Beginners Ages 4-6 #1675 Beginners Ages 4-15 #1676 Yellow & Above Ages 4-15 #1677

Session #3: Wednesday, April 01, 2020 – April 29, 2020 **Registration deadline 3/18**
Beginners Ages 4-6 #1678 Beginners Ages 4-15 #1679 Yellow & Above Ages 4-15 #1680

Session #4: Wednesday, May 06, 2020 – May 27, 2020 **Registration deadline 4/22**
Beginners Ages 4-6 #1681 Beginners Ages 4-15 #1682 Yellow & Above Ages 4-15 #1683

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
Ashland, VA 23005

Hanover County Parks & Recreation
(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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