



# SAFETY AWARENESS SELF-DEFENSE PROGRAM

(See Reverse for Cheerleading Programs)

## 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  
AFFORDABLE – ONLY \$8 PER LESSON



## New classes starting Monday, February 25, 2019

Location: Kempsville Elementary School - 570 Kempsville Rd., Virginia Beach, VA 23464

REGISTRATION – Online [www.aimusainc.com](http://www.aimusainc.com)

Can't make the first day? New students accepted through the third week of classes

PAYMENT: PAY IN FULL 13 WEEKS = \$ 121 – Pay in full and receive a free AIM patch (styles may vary)  
PAY BY THE WEEK = \$17 registration fee + \$8 class fee = \$25 first week & \$8 each week there after

Class Times – Classes meet once a week on Mondays  
New Students accepted through the third week of classes.  
Registration dates are: 2/25, 3/4 and 3/11/2019.

6:30 – 7:10 PM	Beginners	Ages 4-8
7:15 – 7:55 PM	Beginners	Ages 9 and up
8:00 – 8:40 PM	Yellow Belts & higher	Ages 11- up

NO CLASSES 4/15 and 5/27/2019

Class times may be adjusted or combined depending on registration numbers

**PLEASE NOTE** – 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. Beginner students progress to yellow belts. Returning students advance to higher belt levels. Perfect attendance is rewarded and missed lessons may be made up. Goal orientation allows students to earn certificates and medals.

**ATTIRE** – Students may wear gym clothes. Uniforms are available for order at class. Parents helping with registrations and weekly check-in receive a 50% discount on class fees. Please see the instructor the night of registration for more information.

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.

Questions? Visit us at [www.aimusainc.com](http://www.aimusainc.com) or call 804-372-3331

Follow AIM USA on Facebook: <https://www.facebook.com/groups/VirginiaBeachSD/>

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