

**AIM
USA**

SAFETY AWARENESS SELF-DEFENSE PROGRAM

New Classes Starting: June 21, 2019

Registration deadline is June 18, 2019

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 and \$10 PER LESSON



REGISTRATION – Online www.aimusainc.com

PAY IN FULL 10 WEEKS = First two class times \$100, Upper Belts (1 Hour) \$120

PAY BY THE WEEK = First two classes \$20 registration fee + \$8 class fee = \$28 first week & \$8 each week after. Advance classes (1 hour) first class \$20 registration fee + \$10 class fee = \$30 first week & \$10 each week after.

Class location: Lakeside United Methodist Church - 2333 Hillard Rd. Richmond, VA 23228

Lakeside - FRIDAYS

Classes meet once a week for 10 weeks.

Class Times – Fridays

6:15 – 7:00 PM	Beginners -	Ages 4-15
7:05 – 7:50 PM	Yellow & Orange Belts -	Ages all
7:55 – 8:55 PM	Upper Belts -	Ages all

NO CLASSES July 5th

Class times and ranks 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.**

Questions? Visit us at www.aimusainc.com or call 804-372-3331

AIM USA is publicly supported non-profit organization #54-1831343 -Serving Richmond 20 years!