

AIM USA

SAFETY AWARENESS SELF-DEFENSE PROGRAM

New Classes Starting: March 15, 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 PER LESSON



REGISTRATION – Online www.aimusainc.com

PAY IN FULL 14 WEEKS = \$129 – 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

Class Locations:

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

Lakeside - FRIDAYS

New students accepted through the third week of classes.

Registration dates are 03/15/2019, 03/22/2019 and 03/29/2019

Classes meet once a week for 14 weeks.

Class Times – Fridays

6:30 - 7:10 PM Beginners - Ages 4-15

7:15 – 7:55 PM Orange Belts - Ages all

8:00 – 8:40 PM Upper Belts - Ages all

NO CLASSES 04/19 and 04/26

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.**

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!