



SAFETY AWARENESS SELF-DEFENSE PROGRAM

**New Classes Starting: Friday, September 14, 2018
and Monday, October 01, 2018**

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 16 WEEKS = \$145 – 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

Overbrook Presbyterian Church – 2605 Dumbarton Road - Richmond, VA 23228

Lakeside - FRIDAYS

New students accepted through the third week of classes.

Registration dates are 09/14/2018, 09/21/2018 and 09/28/2018

Classes meet once a week for 16 weeks.

Class Times – Fridays

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

NO CLASSES 11/23, 12/21 and 12/28

Class times may be adjusted or combined depending on registration numbers

Overbrook – MONDAYS

New students accepted through the third week of classes.

Registration dates are 10/01/2018, 10/08/2018 and 10/15/2018

Classes meet once a week for 16 weeks.

Class Times – Mondays

6:15 – 6:55 PM	Beginners – Ages 4-15
7:00 – 8:00 PM	Adults

NO CLASSES 12/24 and 12/31

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