



AIM USA SAFETY AWARENESS AND SELF-DEFENSE PROGRAM



This workshop will provide new students and current white belts with the beginning skills needed to learn self-defense with an emphasis on safety awareness and self-discipline!

Black belt instructor Sensei Bryanna will instruct the children to avoid dangerous situations, how to walk away from fights and when necessary, how to defend themselves.

Returning students will review requirements and refine skills needed for belt advancement.

Current AIM Students: DON'T LOSE YOUR PROGRESS OVER THE SUMMER!

Classes begin July 2, 2019 and run for 9 weeks

Cost for the 9-week session is only \$90

Register online by June 25th at www.aimusainc.com

**Located at Providence Road Elementary School
11001 W. Providence Road, Chesterfield, VA 23836**



Classes Times: Tuesdays

6:30 – 7:10 PM White Belts

7:15 – 7:55 PM Yellow Belts

8:00 – 8:40 PM Orange Belts & Above

Due to the short class session there will be no belt advancement, but you will have a head start on the Fall session.

**This program is co-sponsored by
Chesterfield County Parks and Recreation Department**

