AFFORDABLE AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM

Cosponsored by Chesterfield Parks & Recreation

BUILD SELF-CONFIDENCE
DEVELOP SKILLS FOR SELF-DEFENSE

AGES 4 & UP HAVE FUN!
ONLY $8 PER LESSON
OPTION TO PAY WEEKLY
(See Reverse for Cheer Programs)

Does your child know how to defend his or herself? This exciting and valuable program emphasizes **safety awareness** and is designed for **self-defense** purposes only. **Self-discipline** is promoted rather than aggression. 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. Goal orientation allows students to earn **certificates and medals**.

Classes meet once a week. New students accepted through the third week of classes.

LOCATIONS		**START DATE**
Providence Road Elementary:	**11001 W. Providence Rd. Chesterfield, VA. 238326**	**Monday, Mar. 5th**
CC Wells Elementary:	**13101 S. Chester Rd., Chester, VA. 23832**	**Thursday, Mar. 1st**

TIMES: PROVIDENCE – Mondays (12 weeks)
6:30 – 7:10 PM Beginners Ages 5-15
7:15 – 7:55 PM Yellow Belts Ages 5-15
8:00 – 8:40 PM Orange Belts Ages 8-15

No class: 04/02 and 05/28

TIMES: WELLS – Thursdays (14 weeks)
6:15 - 6:55 PM Beginners Ages 4-15
7:00 – 7:40 PM Yellow Belts Ages 4-15
7:45 – 8:25 PM Orange Belts Ages 8-15

No class: 04/05

REGISTRATION - www.aimusainc.com arrive 15 minutes before student's class time on the start date and location listed.

Can't make the first day? New students accepted through the third week of classes
New Registrations Dates: PROVIDENCE: 03/05/2018, 03/12/2018, 03/19/2018
WELLS: 03/01/2018, 03/08/2018, 03/15/2018

PAYMENT OPTIONS – PAY IN FULL 12 WEEKS= $113 includes a free patch, styles may vary.
PAY IN FULL 14 WEEKS = $129 includes a free patch, styles may vary.
PAY BY THE WEEK = $17 registration fee + $8 class fee = $25 first week and $8 each week after.

ATTIRE – Students may wear gym clothes. Uniforms are available for order at class.

PLEASE NOTE – New students are accepted through the third week of classes. 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. Perfect attendance is rewarded and missed lessons may be made up. 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

This program is co-sponsored by
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