



AIM USA WELCOMES YOU

Welcome to the AIM USA Safety Awareness & Self-Defense Program. Since 1992, we have instructed children and teens skills for self-defense purposes only. In addition to developing self-defense techniques for youth, we have incorporated into our curriculum the most effective defense techniques from various styles of Martial Arts. Students also receive instructions to develop verbal skills and confident posture to deal with “bully” intimidation and/or adults who may pose a threat to a child’s safety. Our weekly safety tips help children stay safe at home, school, and play!

- **WEEKLY CHECK IN:** Please arrive 10 minutes prior to class to check in. Students who have paid in full must check in at the parent helper table weekly.
- **AVOID THE HASSLE OF PAYING WEEKLY:** Pay online for a smoother check in. <https://athletes-in-motion-east-coast.square.site>
- **SCHOOL CANCELLATIONS:** If schools are closed for any reason, we will cancel our classes until the following week, (Unless classes are held at a location other than a school. In that case classes will not be held during holiday, vacations or inclement weather. **Please keep your email address updated with our office because this is the primary way we will let you know of class schedule changes.**
- **PERFECT ATTENDANCE IS REWARD - MISSED LESSONS:** can be made up by attending 2 classes back-to-back any following week. When making up a missed lesson you will need to pay for two classes the week of make-up. Prepaid students must inform parent helpers when making up a lesson.
- **SPECTATORS:** are welcome to view class weekly at the discretion of the instructor, as space, safety or noise level could be a problem. We encourage parental involvement. Ask the instructor about volunteering!
- **UNIFORMS ARE HIGHLY RECOMMENDED.** For freedom of movement and mindset. Uniforms will be available for purchase each week. **No refund** once the uniform goes home with you.
- **COURSES RUN 8-16 WEEKS:** Fall, Winter, Spring and Summer. Beginning, intermediate, and advanced courses are taught. Competitions may be offered bi-annually, and participation is highly encouraged but is optional. Competition fees are additional.
- **ADVANCEMENT:** is based on participation, attendance, positive attitude & Self-Defense skills. Students must have no more than 3 missed classes in order to Advance in Rank.
- **TRAINING EQUIPMENT:** used in class to develop skill, power and accuracy is recommended for practice at home. Training equipment will be available for purchase each week or from the www.aimusainc.com website.
- **SAFETY ISSUE.** Parents please physically drop off and pick up your child at the door promptly before and after class. Please instruct your child to wait inside the classroom until you arrive.
- **PAYMENT:** We accept Visa, Mastercard, Discover and American Express, most debit cards and cash or money orders. WE DO NOT ACCEPT CHECKS. You are encouraged to prepay online if possible.
- **NO REFUNDS:** Please pay on a weekly basis if you are unsure of your child’s desire or schedule. Thank You!

QUESTIONS OR COMMENTS: VOICE: 804-372-3331 E-MAIL: aimusainceastcoast@gmail.com
WEB: www.aimusainc.com