

# AFFORDABLE AIM USA SAFETY AWARENESS AND SELF DEFENSE CLASSES

**BUILD SELF-CONFIDENCE  
DEVELOP SKILLS FOR SELF-DEFENSE**

**AGES 5 & UP HAVE FUN!  
ONLY \$10 PER LESSON  
OPTION TO PAY WEEKLY**



- Help keep your kids safe!
- Program emphasizes **safety awareness**
- Designed for **self-defense** purposes only.
- Taught by a **certified black belt**
- 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**.

**Starts Monday, October 3, 2022 12 Week Program with Kempsville  
Elementary: 570 Kempsville Rd Virginia Beach, VA 23464  
Registration dates 10/03/2022, 10/10/2022 and 10/17/2022**

## **Class Times:**

**White Belts –  
Ages 5-15  
6:30 – 7:10 PM**

**Yellow Belts –  
Ages 5-15  
7:15 – 7:55 PM**

**Orange Belts &  
Above  
8:00 – 8:40 PM**

**Class times may be  
adjusted or  
combined  
depending on  
registration  
numbers**

**REGISTER - online [www.aimusainc.com](http://www.aimusainc.com)**

**CAN'T MAKE THE FIRST DAY? New students accepted through the third week of classes**

**PAYMENT OPTIONS –PAY IN FULL 12 weeks = \$135 Saves \$5 on the registration fee**

**PAY BY THE WEEK = \$20 registration fee + \$10 class fee = \$30 first week and \$10 each week  
thereafter.**

**ATTIRE – Students may wear gym clothes. Uniforms are available for order at class.  
NO REFUNDS**

**PLEASE NOTE** – 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. Each session there are a limited number of scholarships available for those that qualify. **No Refunds**. Please see the instructor the night of registration for more information. Questions? Visit us at [www.aimusainc.com](http://www.aimusainc.com) or call 804-372-3331