



**BUILD SELF-CONFIDENCE
DEVELOP SKILLS FOR SELF DEFENSE
AGES 5 AND UP
AFFORDABLE – ONLY \$10 PER LESSON
OPTION TO PAY WEEKLY**



**Starts Monday October 16, 2023 - 13 Weeks
Kempsville Elementary School
570 Kempsville Rd. Virginia Beach, VA 23464**

CLASS TIMES:

5:40 - 6:25 PM

6:30 - 7:10 PM

7:15 - 7:55 PM

8:00 - 8:40 PM

White Belts (Ages 5-7)

White Belts (Ages 8-15)

Yellow Belts

Orange Belts and Above

Classes may be combined depending on registration numbers

For additional information:

Web: www.aimusainc.com

Phone: 804-372-3331



**To Register
Scan Me!**



Follow AIM on Facebook:

www.facebook.com/VirginiaBeachAIM

These materials, and activities are not sponsored or endorsed by VA City School Board

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

REGISTRATION - Visit www.aimusainc.com.

(All registrations must be completed online prior to attending)

PAYMENT OPTIONS - PAY IN FULL 13 WEEKS = \$145 - saves \$5 on registration fee

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

ATTIRE - Students may wear gym clothes. Uniforms are available for order at class, and online

NO REFUNDS

- ◆ Help keep your kids safe!
- ◆ Program emphasizes safety awareness.
- ◆ Designed for self-defense 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.

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. No refunds. Please see or contact the instructor prior to class for more information. Questions? Visit us at www.aimusainc.com