



# AFFORDABLE AIM USA SAFETY AWARENESS AND SELF DEFENSE CLASSES



**BUILD SELF-CONFIDENCE  
DEVELOP SKILL FOR SELF-DISCIPLINE  
LEARN TO DEAL WITH AGGRESSIVE  
BEHAVIORS**

**Located at the Waynesboro Moose Lodge #1309  
481 Hopeman Pkwy - Waynesboro, VA 22980  
Starts Wednesday - November 10, 2021  
12 Week Program with Sensei Roy  
New students accepted through the third week  
of classes.**

- 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**

**Classes Times:**

**6:30 – 7:10 PM White & Yellow Belts Ages 5 - up  
7:15 – 7:55 PM Orange Belts & Above Ages 5 - up**

**8:00 – 8:45 PM Adult Classes - Ages 16 to Adult  
(It's never too late to learn how to stay safe and protect yourself)!**

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

**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.  
**No refunds!**  
Questions? Email the office:  
[aimusaeastcoast@gmail.com](mailto:aimusaeastcoast@gmail.com)  
or call 804-372-3331

REGISTRATION – online [www.aimusainc.com](http://www.aimusainc.com) or scan the QR code below

**STEP 1**

Go to the Apple App Store or Google Play Store, search "MyStudio App" and download.



**STEP 2**

Log into the app and type AIMUSA for the studio code.

**STEP 3**

Log in with Facebook, Google, or your Email.



Please see studio for the link to access the member portal through the web browser or on a desktop

Please also see the studio code listed above

**PAYMENT OPTIONS –**

**PAY IN FULL 12 WEEKS = \$135 (Saves \$5 off of the 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 to order in our online store.

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