

AFFORDABLE AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM



BUILD SELF-CONFIDENCE
DEVELOP SKILLS FOR SELF-DEFENSE

AGES 4 & UP HAVE FUN!
ONLY \$8 PER LESSON
OPTION TO PAY WEEKLY



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 for 10 weeks. New students accepted through the third week of classes.

Registration dates are 6/7/2017 6/14/2017 and 6/21/2017

**New classes starting June 7th, 2017
Located at the Waynesboro Senior Center
325 Pine Ave.
Waynesboro, VA 22980**

Classes Times:

6:30 – 7:10 PM White & Yellow Belts Ages 4-15

7:15 – 7:55 PM Orange Belts & Above

8:00 – 8:45 PM Adult Classes

NO CLASSES 07/05/2017 AND 07/12/2017

Ages 16 to Adult it's never too late to learn how to stay safe and protect yourself!

REGISTRATION - www.aimusainc.com or arrive 15 minutes before student's class time on the start date and location listed. Questions: call 804-372-3331

PAYMENT OPTIONS – PAY IN FULL 10 WEEKS = \$92 includes \$5 discount on registration fee.

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

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