

# 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 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 16 weeks. New students accepted through the third week of classes.**

**Registration dates are 09/12/2018, 09/19/2018 and 10/03/2018**

**New classes starting Wednesday, September 12, 2018**

**Located at the Waynesboro Senior Center**

**325 Pine Ave.**

**Waynesboro, VA 22980**

**Classes Times: Please arrive 15 minutes early  
6:30 – 7:10 PM White & Yellow Belts Ages 4-up**

**7:15 – 7:55 PM Orange Belts & Above**

**8:00 – 8:45 PM Adult Classes**

**NO CLASSES- 09/26, 10/31, 11/21, 12/26**

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

**REGISTER - online [www.aimusainc.com](http://www.aimusainc.com) Questions: call 804-372-3331**

**PAYMENT OPTIONS – PAY IN FULL 16 WEEKS = \$145 includes a free AIM patch (styles may vary)  
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](http://www.aimusainc.com)

**These materials and the activity described herein, are not sponsored or endorsed by Staunton Public Schools**