



AFFORDABLE AIM USA SAFETY AWARENESS AND SELF DEFENSE CLASSES STARTING SOON!



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

**AGES 5 & UP HAVE FUN!
ONLY \$8 PER LESSON
OPTION TO PAY WEEKLY**

New classes starting Wednesday, February 05, 2020

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**.

New students accepted through the third week of classes.

Registration dates are 02/05/2020, 02/12/2020, 02/19/2020

Located at the Waynesboro Senior Center 325 Pine Ave. Waynesboro, VA 22980

Classes meet once a week for 16 weeks.

Classes Times: Wednesdays

Classes Times: Please arrive 15 minutes early.

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!

REGISTER - online www.aimusainc.com

PAYMENT OPTIONS -

**PAY IN FULL 16 WEEKS = \$145
(saves \$5 on registration fee)**

**PAY BY THE WEEK = \$22 registration fee + \$8
class fee = \$30 first week and \$8 each week
after.**

**ATTIRE - Students may wear gym clothes. Uniforms
are available for order at class.**

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 the instructor the night of registration for more information.

Questions? Visit us at www.aimusainc.com or call 804-372-3331

These materials and the activity described herein, are not sponsored or endorsed by Waynesboro Public Schools, Augusta County Public Schools or Staunton Public Schools.