

## 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 <u>Starts Wednesday - February 1, 2023</u> <u>14 Week Program with Sensei Roy</u> 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

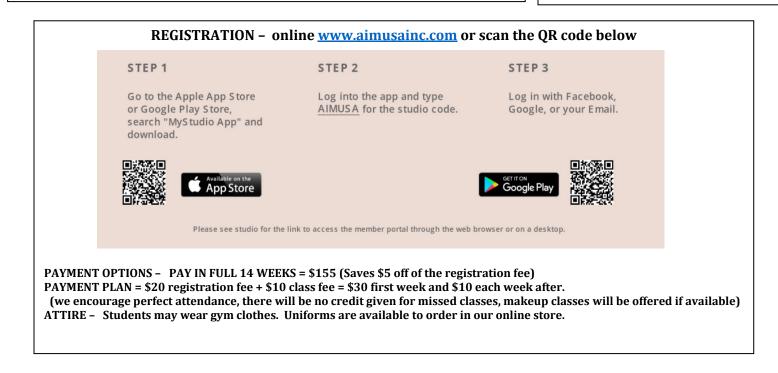
Classes Times: WEDNESDAY NIGHTS 6:30 – 7:10 PM White Belts (Beginners) Ages 5 - up 7:15 – 7:55 PM Yellow Belts & Above Ages 5 - up

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 or call 804-372-3331



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