



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 - February 1, 2023
14 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: 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

REGISTRATION – online www.aimusainc.com or scan the QR code below

<p>STEP 1</p> <p>Go to the Apple App Store or Google Play Store, search "MyStudio App" and download.</p>  	<p>STEP 2</p> <p>Log into the app and type <u>AIMUSA</u> for the studio code.</p>	<p>STEP 3</p> <p>Log in with Facebook, Google, or your Email.</p> 
<p>Please see studio for the link to access the member portal through the web browser or on a desktop.</p>		

**PAYMENT OPTIONS – PAY IN FULL 14 WEEKS = \$155 (Saves \$5 off of the registration fee)
PAYMENT PLAN = \$20 registration fee + \$10 class fee = \$30 first week and \$10 each week after.
(we encourage perfect attendance, there will be no credit given for missed classes, makeup classes will be offered if available)
ATTIRE – Students may wear gym clothes. Uniforms are available to order in our online store.**

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