



# SUMMER CLASSES



- AGES 4 and Up HAVE FUN!
- AFFORDABLE – ONLY \$10 PER LESSON
- OPTION TO PAY WEEKLY



To Register  
Scan Me!

## 10 Week Programs

Lambert's Point Community Center:

1251 West 42nd Street, Norfolk, VA 23508

Starts June 11, 2025

<b>CLASS TIMES:</b> 6:00 - 6:40 PM	<b>Self-Defense - 10 weeks</b> Ages 6 to 12
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Let's  
Kick!



Starts June 11, 2025

<b>CLASS TIMES:</b> 6:45 - 7:25 PM 7:35 - 8:10 PM	<b>Cheer - 10 weeks</b> Pee Wee Ages 4-6 JV Ages 7 and Up
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Let's  
Cheer!



## For additional information:

Web: [www.aimusainc.com](http://www.aimusainc.com)

Phone: 804-372-3331

New students accepted the **first three weeks** of class. if space permits.

**REGISTRATION - Visit [www.aimusainc.com](http://www.aimusainc.com).**

**(All registrations must be completed online prior to attending)**

**PAYMENT OPTIONS - PAY IN FULL - Save \$5 - 10 weeks: \$115**

**PAY BY THE WEEK = \$20 registration fee + \$10 class fee = \$30 first week  
and \$10 each week thereafter.**

**ATTIRE - Students may wear gym clothes. Uniforms are available to order online.**

*These materials, and activities are not sponsored or endorsed by the Norfolk School Board*

- ◆ Build Self-Confidence and Self Esteem
- ◆ Improve Physical Fitness
- ◆ Learn Cheers, Chants, Jumps, Leaps
- ◆ Learn Pom Pom Routines
- ◆ Prepare for School Tryouts

**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 or contact the instructor prior to class for more information. Questions? Visit us at [WWW.AIMUSAINC.COM](http://WWW.AIMUSAINC.COM). Scholarships available online.