



AIM USA Youth Programs: Cheerleading, Dance and Self-Defense!



**Ages 4+ | 12-Week
Program**

**Build confidence, make
friends, and stay active!**

**Scan me to
Register!**

Whether your child wants to **develop teamwork skills with cheer**, learning routines, jumps, and stunts; **grow rhythm and coordination with dance**, refining footwork and choreographies; or **learn to stay safe with our self-defense program**, practicing spatial awareness, voice projection, and defensive techniques — there's something for everyone. Come join the fun!

LOCATION: YH Thomas Community Center **DATES:** Every Saturday Beginning Feb. 21st
1300 Thomas Street, Hampton, VA 23669 until June 13th (no class 3/7, 3/21, 4/4,
4/18 or 4/25)

SELF-DEFENSE TIMES:

9:30-10:10am (ages 4+)

DANCE TIMES:

10:15-10:55am (ages 4+)

CHEER TIMES:

11:00-11:40am (ages 4-6)

11:45-12:25pm (ages 7-9)

12:30-1:10pm (ages 10-15)

KICK! CHEER! DANCE!



To register, scan the **QR CODE** or go to: www.aimusainc.com

Registration open through 3rd week of classes; must be completed online prior to attending.

Weekly AutoPay = one time \$20 registration fee + \$10 weekly class fee (\$140 total).

Pay in Full, Save \$5! = one time \$15 registration fee + \$120 class fee upfront (\$135 total).

For calendars, scholarship opportunities and additional information visit:

www.aimusainc.com or call **804-372-3331**

Optional uniforms and accessories available at: www.aimusainc.com

Orders due by third week of class.

PLEASE NOTE - If the community center is closed due to weather, holidays, or special events, class will be canceled and resume the following week. These materials and activities are not sponsored or endorsed by the Hampton School Board. **NO REFUNDS.**