

LOWELL COMMUNITY EDUCATION

ATHLETES IN MOTION



AIM USA™ DANCE

Jazz Hip Hop

Starts Wed. Oct. 1st

Ages 5-12

**Build self-esteem &
Self-confidence!**

This fun program is designed to enhance self-confidence, self-esteem and physical fitness. Learn from experienced instructors who teach moves to Dance –Jazz Hip Hop routines with flair and enthusiasm!. All students receive medals and a class certificate. Everyone receives a **TROPHY** at the AIM USA competition.

**\$10 discount
on 2nd child**

2 Youth Programs - Less than \$7 a class!

Safe Kids



*Protect your Child from
Bullies and Kidnappers*

**\$10 discount
on 2nd child**



Ages 5-15

Starts Thurs. Sept. 25th

AIM USA™ Self-Defense

&

Safety Awareness

*Earn medals
& Trophies*

This **FUN** course is designed for self- defense purposes emphasizing child safety awareness. From the bully on the playground to the person on the street looking to kidnap a child, your child is taught 'Life skills' which enable him/her to survive and succeed in this world. **Self discipline rather than aggressiveness is promoted.** We teach the children how to avoid dangerous situations. We show them how to walk away from a fight and, when necessary, defend themselves. This program was designed specifically for children **ages 5 through 15**, and is taught by a **black belt** who has extensive training in dealing with children. A fun and active environment, which **produces results.** Students are placed into **classes according to age and ability**. New students progress to yellow belts and returning students earn higher belts. The kids also earn **certificates, ribbons, medals, and a tournament TROPHY!**

AIM USA™ DANCE – Hip Hop

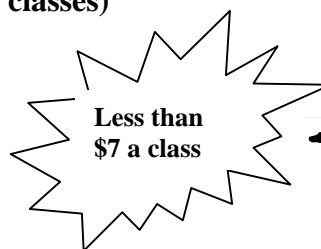
- ◆ **DATE:** Wednesdays, Oct. 1st thru Dec. 3rd
- ◆ **Class size limited...please pre-register**
- ◆ **PLACE:** Bushnell Elementary Gym 700 Elizabeth St
- ◆ **FEE:** \$69.00 / \$59 for 2nd family member
- ◆ **TIMES:** CLASS I 6:15 - 7:00p.m. Students Ages 5-7
CLASS II 7:00 - 7:45 p.m. Students Ages 8-12



MORE INFO: Lowell Community Education 616--987-2510 www.lowellschools.com
A.I.M. USA 891-4445 www.aimusainc.com

AIM USA™ SELF DEFENSE & SAFETY AWARENESS

- ◆ **DATE:** Thursdays, September 25th thru December 4th (10 classes)
- ◆ **Class size limited...please pre-register**
- ◆ **PLACE:** Bushnell Elementary Gym 700 Elizabeth St
- ◆ **FEE:** \$69.00 / \$59 for 2nd family member
- ◆ **TIMES:** CLASS I 5:45-6:30 p.m. All Beginning students
CLASS II 6:30-7:15 p.m. Returning Students Ages 5-8
CLASS III 7:15-8:00 p.m. Returning Students Ages 9-15



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*A uniform is **recommended**. Uniforms available 1st evening for \$37. Beginners- please arrive 30 min. early to allow time for the fitting of uniform and to meet your instructor.

✂

Mail registration form 2 business days prior to start of class (*May register up to 3rd week ...if space is available.*)
Mail FEE & FORM TO: Lowell Comm. Education, 300 High Street, Lowell, MI 49331

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* **Class Fee:** \$69 / \$59 for 2nd family member (*checks payable to: Lowell Community Education*)

PLEASE INDICATE CLASS:

◆ **DANCE – Jazz Hip Hop:** Wednesdays - Class I 6:00 p.m. / Class II 6:45 p.m.

◆ **SELF DEFENSE:** Thursdays - Class I 5:45 p.m. / Class II 6:30 p.m. / Class III 7:15 p.m.

Name _____ Age _____ Phone _____ e-mail _____
Address _____ City _____ Zip _____

I realize that by signing this form. I will not hold the Lowell Community Education or Athletes in Motion, Inc. responsible for any injuries that might occur in the above program. I realize that the staff of Lowell Community Education and Athletes in Motion will do everything possible to offer a safe and injury free program. I realize that by participating in these programs, there is a certain degree of risk and injuries may occur. I also verify, by signing this waiver, the above participant is covered by a family health plan. If the above participant is not covered by a health plan. I, the undersigned, will assume all financial responsibilities for any injuries that might occur. Waiver must be signed for your child to participate

Parent's Signature _____

DATE _____

2008