

Forest Hills Community Services & Athletes In Motion

Build Confidence, Skills and Fitness! Earn Medals & Trophies!



AIM USA Dance Jazz Hip-Hop

Starts Mon. Sept. 29th

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

Ages 5-12

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

Safe Kids

Ages 5-15



**Protect your Child from
Bullies and Kidnappers**



Starts Thur. Sept. 25th

AIM USA™ Self-Defense & Safety Awareness

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 skills which enable him/her to survive 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. This class is 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™ Floor Gymnastics & Tumbling Build Skills & Increase Confidence



Starts Tues. Sept. 30th

Ages 2-10

This **fun and exciting program** is designed to enhance self-confidence and improve coordination, physical fitness and flexibility. Learn from experienced instructors who teach the skills of floor gymnastics and tumbling! Students earn certificates, ribbons and medals. **Beginning students** will learn fundamentals and **returning students** learn advanced skills. Parent / Tot classes focus on developmental areas of coordination and motor skills. Everyone participant receives a **trophy** at the AIM USA competition.

NEW!

AIM USA Volleyball

Starts Thursday, Oct. 2nd

**Build intermediate and
advanced volleyball skills**



Grades 4th, 5th, 6th & 7th

An experienced AIM USA volleyball coach teaches this fun and action packed program. We have classes for both the Beginning and Intermediate players. Students will learn and refine the proper skills and techniques to be successful volleyball players. These skills will be key to their future volleyball success. Classes are focused on the skills needed to compete on the middle school team! Students will earn certificates and medals.

AIM USA™ DANCE JAZZ HIP-HOP

- ◆ **DATE:** Mondays September 29th thru December 1st (9 classes)
- ◆ **PRE-REGISTER:** Forest Hills Community Services by mail, phone, fax or web site
- ◆ **PLACE:** Central Woodlands Gym 400 Alta Dale
- ◆ **FEE:** \$79.00 Resident / \$89 Non-Resident
- ◆ **TIMES:** CLASS I 6:00-6:45p.m.ages 5-6 CLASS II 6:45-7:30p.m. Ages 7-8 Class III 7:30- 8:15 ages 9-12



AIM USA™ SELF DEFENSE & SAFETY AWARENESS

- ◆ **DATE:** Thursdays, September 25th through December 11th (10 classes!)
- ◆ **PRE-REGISTER:** Forest Hills Community Services by mail, phone, fax or web site
- ◆ **PLACE:** Central Woodlands Gym 400 Alta Dale
- ◆ **FEE:** \$79.00 Resident /\$89 Non-Resident
- ◆ **TIMES:** CLASS I 6:00-6:45 p.m. Beginning Students Ages 5-8
CLASS II 6:45-7:30 p.m. Returning Students Ages 5-8
CLASS III 7:30-8:15 p.m. Beginning Students Ages 9-15
CLASS IV 8:15 - 9:00 p.m. Returning Students Ages 9-15



*A uniform is recommended. Uniforms available 1st evening for \$37...please arrive 20 min. early.

AIM USA GYMNASTICS & TUMBLING

- ◆ **DATE** Tuesdays, September, 30th thru December 2nd (9classes!)
- ◆ **PRE-REGISTER:** Forest Hills Community Services by mail, phone, fax or web site
- ◆ **PLACE:** Central Woodlands Gym 400 Alta Dale
- ◆ **FEE:** \$79.00 Resident /\$89 Non-Resident
- ◆ **TIMES:** CLASS I 6:00 - 6:45p.m. Parent/ Tot ages 2 & 3 CLASS II 6:45 - 7:30p.m. Ages 4 thru 6
CLASS III 7:30 – 8:15 Ages 7-10



AIM USA Volleyball

- ◆ **DATE:** Thursdays, Oct. 2nd thru Dec. 4th (9classes!)
- ◆ **PRE-REGISTER:** Forest Hills Community Services by mail, phone, fax or web site
- ◆ **PLACE:** Northern Trails Gym 3777 Leonard ST NE
- ◆ **FEE:** \$79.00 Resident /\$89 Non-Resident
- ◆ **TIMES:**Class I 6:00-6:45. 4th &5th grade. / Class II 6:45-7:30 6th grade / Class III 7:30-8:15. Advanced 6th & 7th

NEW!



Mail: Forest Hills Community Services 660 Forest Hills Ave SE Grand Rapids, MI 49546

Online: www.enjoylearning.com

Phone: 616- 493-8950 **Fax:** 616-493-8959

More Info. A.I.M. USA office ph: 616-891-4445 www.aimusainc.com

Class Fee: \$79 Resident/\$89 Non-Resident (checks payable to: Forest Hills Community Svcs)



Internal use only:

Check # _____

Cash: \$ _____

Charge: _____

Amount: _____

Date: _____

PLEASE INDICATE CLASS:

◆ **DANCE:** Class I 6:00 p.m. / Class II 6:45 p.m. / Class III 7:30 p.m

◆ **SELF DEFENSE:** Class I 6:00 p.m. / Class II 6:45 p.m. / Class III 7:30 p.m. / Class III 8:15 p.m.

◆ **GYMNASTICS:** Class I 6:00 p.m / Class II 6:45 p.m. / Class III 7:30 p.m.

◆ **VOLLEYBALL:** Class I 6:00 p.m / Class II 6:45 p.m. / Class III 7:30 p.m.

Name _____ Age _____ Phone _____ e-mail _____

Address _____ City _____ Zip _____

Credit Card MC VISA # _____ Expiration _____

I realize that by signing this form, I will not hold Forest Hills Community Services Or Athletes in Motion, Inc. responsible for any injuries that might occur in the above program. I realize that the staff of Forest Hills Community Services 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