

AFFORDABLE AIM SAFETY AWARENESS & SELF-DEFENSE PROGRAM

Cosponsored by Albemarle County Parks & Recreation



Questions Call 1-800-323-3755

All Ages Have fun!

Only \$7.00 per lesson

Option to pay weekly!

Build self-confidence.

Develop self-defense skills.



Does your child know how to defend his or herself? This exciting & valuable course emphasizes **safety awareness** and is designed for **self-defense purposes only**. **Self-discipline is promoted rather than aggressiveness**. A **certified black belt** instructs students to avoid dangerous situations, walk away from fights & when necessary to defend themselves. 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 & medals**; **Classes meet once a week for 14 weeks Agnor-Hurt on Tuesdays and/or Thursdays, ★no class 9-27-11, 9-29-11. Classes meet once a week for 14 weeks on Mondays, Scottsville Community Center ★no class 9-26-11.**

LOCATIONS

- ★ Scottsville Community Center: 250 Page St Scottsville, Va 24590.
- ★ Agnor-Hurt Elementary: 3201 Berkmar Dr. Charlottesville, Va. 22901
- ★ Agnor-Hurt Elementary: 3201 Berkmar Dr. Charlottesville, Va. 22901

START DATES

- Monday, September 19, 2011
- Tuesday, September 20, 2011
- Thursday, September 22, 2011

REGISTRATION – Please arrive 15 minutes before student's class time on the Start Date & Location listed.

★ **Can't make the first day? New students accepted through the third week of classes** ★

TIMES: Scottsville Community Center (Mondays)

6:30 - 7:10 PM Beginners Ages 4-15

7:15 - 7:55 PM Yellow Belts and Above Ages 4-15

TIMES: Agnor-Hurt (Tuesdays)

6:30 - 7:10 PM Beginners Ages 4-7

7:15 - 7:55 PM Beginners Ages 8-15

TIMES: Agnor-Hurt (Thursdays)

6:30 - 7:10 PM Yellow Belts Ages 4-15

7:15 - 7:55 PM Orange Belts & Above Ages 4-15

8:00 - 8:40 PM All levels / Belts Ages 16 & Up

COST OPTIONS

PAY IN FULL 14 WEEKS \$104.00 Includes \$7.00 discount on registration fee.

PAY BY THE WEEK: \$13.00 registration fee \$7.00 class fee = \$20.00. Each week thereafter \$7 per lesson

ATTIRE: Students may wear gym clothes.

PLEASE NOTE: If schools are closed due to weather or holidays, class / registration will continue the following week. New students accepted through the **third week of classes**. Financial aid available upon approval. Times subject to change determined by the number of students. Perfect attendance is rewarded and missed lessons may be made up. Parents helping with registrations & weekly check-in receive a 57% discount on class fees. If you are willing to help or need additional information, please call 1-800-323-3755 or visit <http://aimusaonline.org>

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