

AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM

Co-sponsored by Arlington County Department of Parks, Recreation & Cultural Resources

Questions call 1-800-323-3755

Increase self-esteem and self-confidence!

Increase awareness of potentially dangerous situations!

Develop skills for conflict resolution!

Only \$7.00 per lesson

Option to pay weekly!

Have Fun!



Did you know that young people are more likely than adults to be victims of crimes? This national trend affects the quality of life for young people who experience it, witness it, or feel threatened by it. AIM (Athletes In Motion) has designed a program to address these issues and has developed a curriculum that is tailored to each age group's emotional and physical development. Each class emphasizes **confident posture, eye contact & physical skills for defense** (blocking, close contact techniques and escape maneuvers.) At the end of each class, the instructor discusses the topic of the week: **lures that strangers use on children and teens, home-alone safety, fire safety, cyber safety** and much more. A **certified black belt** instructs children to **avoid dangerous situations, walk away from fights** & when necessary to defend themselves. Beginner classes allow no physical contact and may progress to yellow belts. Returning students advance to higher belt levels. **Goal orientation** allows students to earn **certificates & medals**, Wear gym clothes. Classes meet every Saturday for 14 weeks. *No class 11-12-11, 11-26-11, 12-24-11, 12-31-11. Last scheduled class for the session is 2-11-12.*

LOCATION

Lee Center, Multipurpose Room 5722 Lee Highway, Arlington, VA, 22207

START DATE

Saturday, October 22, 2011

TIMES SATURDAY (14 WEEKS)

10:00 AM – 10:40 AM Beginners Ages 4-7
10:45 AM – 11:25 AM Beginners Ages 8-15
11:30 AM – 12:10 PM Yellow Belts & Above Ages 4-7
12:15 PM – 12:55 PM Yellow Belts & Above Ages 8-15

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* ★

COST

PAY BY THE WEEK = \$13 registration fee \$7 class fee = \$20. Each week thereafter \$7 per lesson.

PAY IN FULL 14 WEEKS = \$104.00 Includes \$7 discount on registration fee

If classes are canceled due to weather or holidays, class / registration will continue the following week. New students accepted through the **third week of classes**. 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.** Financial aid available upon approval. If you are willing to help or need additional information, please call 1-800-323-3755 or visit <http://aimusaonline.org>

Arlington Public Schools does not sponsor or endorse the individual or group providing this material or any message contained herein. [Las Escuelas Publicas de Arlington no patrocinan o respaldan al individuo o grupo que provee este material, ni asumen responsabilidad por su contenido.]

The Arlington County Department of Parks, Recreation and Community Resources is committed to promoting participation by providing reasonable accommodations for individuals with disabilities, upon request.