

AFFORDABLE AIM SAFETY AWARENESS & SELF-DEFENSE PROGRAM

Co-Sponsored by Charlottesville Parks and Recreation



QUESTIONS CALL 1-800-323-3755

CERTIFICATES & MEDALS.

AGES 4 - 15 HAVE FUN!

ONLY \$7.00 PER LESSON.

OPTION TO PAY WEEKLY!

BUILD SELF-CONFIDENCE.

DEVELOP SKILLS FOR SELF-DEFENSE.



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 on Fridays for 12 weeks. NO CLASS 9-30-11**

LOCATION

Venable Elementary School 406 14TH St. NW Charlottesville, VA 22903

START DATE

Friday, September 16, 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

6:00 - 6:40 PM Beginners All Ages

6:45 - 7:25 PM Yellow Belts All Ages

7:30 - 8:10 PM Orange Belts & Above All Ages

COST OPTIONS

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

PAY IN FULL 12 WEEKS: \$90 Includes \$7 discount on registration fee.

ATTIRE

Students may wear gym clothes.

If schools are closed due to weather or holidays, classes / 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. If you are willing to help or need additional information, please call 1-800-323-3755 or visit <http://www.aimusaonline.org>