

# AFFORDABLE AIM SAFETY AWARENESS & SELF – DEFENSE PROGRAM

*Portion of proceeds will benefit the Boys & Girls Clubs*



**QUESTIONS CALL 1-800-323-3755**

**CERTIFICATES & MEDALS.**

**NO CONTRACTS!**

**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. New students accepted through the third week of classes.**

## LOCATIONS

## START DATES

## LENGTH

Glen Allen Community Center: 10800 Brookley Rd. Glen Allen, Va. 23060.....Tuesday, 10/4/11..... 16 weeks

Lakeside United Methodist Church: 2333 Hilliard Rd. Richmond, Va. 23228.....Friday, 10/28/11 ..... 14 weeks

Sandston Memorial Recreation Center: 11 JB Finley Rd. Sandston, Va. 23150..Thursday, 10/27/11 ... 16 weeks

### TIMES: Glen Allen Community Center (Tuesdays)

6:00 - 6:40 PM (Beginners Ages 4-15)

6:45 - 7:25 PM (Yellow Belts Ages 4-15)

7:30 - 8:10 PM (Orange Belts & Above Ages 4-15)

### TIMES: Sandston Memorial Rec. (Thursdays)

5:30 - 6:10 PM (Beginners Ages 4-15)

6:15 - 6:55 PM (Yellow Belts Ages 4-15)

7:00 - 7:40 PM (Orange Belts & Above Ages 4-15)

### TIMES: Lakeside United Methodist Church (Fridays)

6:00 - 6:40 PM (Beginners Ages 4-15)

6:45 - 7:25 PM (Yellow Belts Ages 4-15)

7:30 - 8:10 PM (Orange & Purple Belts Ages 4-15)

8:15 - 8:55 PM (Green Belt & Above Ages 4-15 & All Belt Levels Ages 16 & Up)

**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 OPTIONS

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

**PAY IN FULL 14 WEEKS (Lakeside):** \$104.00 Includes \$7.00 discount on registration fee.

**PAY IN FULL 16 WEEKS (Glen Allen & Sandston):** \$118.00 Includes \$7.00 discount on registration fee.

**ATTIRE:** Students may wear gym clothes.

The Winter Spring session will start February 2012 please visit us on the web for more information. 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. If you are willing to help or need additional information, please call 1-800-323-3755 or visit [www.henricosd.aimusaonline.org](http://www.henricosd.aimusaonline.org)

**One free class**

FREE

**AIM USA**  
Safety Awareness & Self Defense  
1-800-323-3755

Present this coupon when you enroll at one of our many locations and receive one free class.

★ Valid for new students only

Expiration Date: 10/1/2012