

BOSTON BRAZILIAN JIU-JITSU ACADEMY

Kids Program 2018-19



KIDS FUNDAMENTALS

Our Kids Fundamentals classes introduce beginners ages 7-15 to the basics of Jiu-Jitsu. Kids will learn Jiu-Jitsu movements, positions and the basic defenses and attacks. Our class focuses on the "Three Laws Of Concentration," which are Body Posture, Eye Focus and Mind Focus. These keys unlock success in Jiu-Jitsu as well as off the mat!

We offer two sessions of Kids Fundamentals, each meeting twice per week:

Monday and Wednesday 4:00-5:00PM
Tuesday and Thursday 4:00-5:00PM

KIDS ADVANCED

In Kids Advanced, students will take the basic skills they learned in Kids Fundamentals to the next level. In this class submissions will be introduced. Students are placed in this class by instructor invitation. Readiness is determined by a combination of factors including maturity, focus and skill mastery.

Kids Advanced meets twice per week:

Tuesday and Thursday 4:00-5:00PM

INTERESTED IN TRYING JIU-JITSU?

TWO FREE TRIAL CLASSES!

Contact us with questions or to schedule: info@bbjiujitsu.com

FREE TRIAL CLASSES

All kids are invited to do a free trial of two classes to decide if the program is right for you!

HOW TO SCHEDULE: Email us at info@bbjiujitsu.com. Please include the child's name and age and the date you would like to take your first class.

WHAT TO BRING: We provide a loaner training uniform, or "gi." You only need a T-shirt to wear underneath and a parent to sign the waiver. You're welcome to bring a water bottle if you'd like!

WHEN TO COME: Your free trial starts at 3:45pm on the day you want to begin. From 3:45 to 4:00 you will complete a waiver and we will fit your child with a loaner training uniform, or "gi," and show you around. At 4:00 your child will start the class everyone.

WHAT TO EXPECT: Your child will take part in one of our regular Kids Fundamentals classes. He or she is welcome to join right in as he or she is comfortable. It is also fine so sit out and watch any part of the class. At the end we will schedule the second trial class!

HEALTH AND SAFETY TIPS FOR YOUR TRIAL CLASS

Jiu-Jitsu involves close contact with training partners, so for everyone's comfort and safety, here are a few things to keep in mind:

- Remove any jewelry or other hard objects before coming on the mat.
- Trim fingernails and toenails.
- Refrain from wearing perfume or other scents or any make-up, face paint or hair coloring that would rub onto someone's clothing.
- Do not train if you are sick.
- Wash hands before and after class.
- Train within your own comfort level.
- *HAVE FUN!!*

MEMBERSHIP COSTS

ONE-TIME ENROLLMENT FEE: \$150 (training uniform included!)

MEMBERSHIP FEE: \$150 per month

Discounts available for families enrolling multiple kids.

At sign-up you pay the enrollment fee plus a pro-rated monthly membership fee. Subsequent membership fees are charged on the first of each month. Membership is on a month-to-month basis.

F. A. Q.s

Can a non-parent caregiver bring my child to the trial class?

Yes! Let us know so we can email you a copy of the waiver for a parent to complete beforehand.

Can my child come in a watch a class before participating?

Yes, you are welcome to come and watch a class first to see what it is all about! Just send an email to let us know the date you'd like to come!

My child can't make it two days per week. Can we sign up for just once per week?

We do not have a separate pricing option for once per week. We do sometimes have students enrolled who can only make it once per week. While we encourage students to attend twice per week to get the maximum benefit, we understand that it is not possible for everyone and it is okay to attend just once per week.

Other questions?

Contact us at info@bbjiujitsu.com!