KIDS BRAZILIAN JIU JITSU (BJJ) CLASSES

- SHAPES YOUR CHILD TO BE FOCUSED & DISCIPLINED
- PROVIDES YOUR CHILD AN OUTLET TO CHANNEL ENERGY SAFELY
- YOU'LL NOTICE POSITIVE CHANGES IN YOUR CHILD
- STUDIES SHOW CHILDREN IMPROVE THEIR SOCIAL SKILLS THROUGH MARTIAL ARTS.

SERENITY JIU JITSU ESTD. 2017

NORTH SHIELDS

BJJ A MARTIAL ART BUILT AROUND LEVERAGE

WHEN ARE THE CLASSES?

MONDAY, THURSDAY AND SATURDAY CLASSES RUN ALL YEAR ROUND AND ARE SUITABLE FOR CHILDREN 4 YEARS AND ABOVE

	MONDAY	THURSDAY	SATURDAY
10:00-10:30AM			KIDS AGED 4-7
10:30-11:15AM			KIDS AGED 8-13
4:30-5:00PM	KIDS AGED 4-7	KIDS AGED 4-7	
5:00-5:45PM	KIDS AGED 8-13	KIDS AGED 8-13	

WHAT TO WEAR?

T-SHIRTS AND SHORTS / SWEAT PANTS
AVOID ANYTHING WITH EXTRA POCKETS, BELT LOOPS OR BAGGY FABRIC
YOU CAN WEAR A MARTIAL ARTS GI (PICTURED)

WHAT TO BRING?

BRING A BOTTLE OF WATER

REVIEW

"MY SON LOVES JIU JITSU, IT REALLY HELPS HIM FOCUS AND JONNY IS GREAT WITH THE KIDS. FIVE STARS" CLAIRE

ONE WEEK FREE TRIAL

BRAZILIAN JIU-JITSU IS A GROUND FIGHTING ART THAT USES TECHNIQUE & LEVERAGE TO OVERCOME A LARGER, STRONGER OPPONENT

WITHIN MEADOW WELL CONNECTED COMMUNITY CENTRE, WATERVILLE ROAD, NORTH SHIELDS, NE29 6BA

07445240924

SERENITYJIUJITSU@GMAIL.COM

SERENITYJIUJITSU

SERENITYBJJ

SERENITYJIUJITSU.COM