



Kids Brazilian Jiu-Jitsu

Winter session January 5 - February 23
Tuesdays and Saturdays

Our Youth Brazilian Jiu-Jitsu is designed to introduce your child to the basics of realistic self-defense in a safe and supportive atmosphere. The class promotes self-esteem, discipline, cooperation with other children, respect for peers and adults, perseverance, and overall health and well-being.

6-7 year olds: Tuesdays 4:00pm - 4:45pm

Saturdays 9:00am - 9:45am

8-10 year olds: Tuesdays 4:45pm - 5:30pm

Saturdays 9:45am - 10:45am

Winter session is \$108

Space is limited. Reserve your child's spot today.

Located at The Confluence, 654 Granger Road, Berlin

Contact Sue at montpeliermartialart@me.com or 802-223-6309

