

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am - 12:00pm						Open Mat
12:00pm-6:00pm						
6:05pm - 6:40pm	Lil' Orca's (5-8)		Lil' Orca's (5-8)			
6:45pm - 7:25pm	Killer Whales (9-12)		Killer Whales (9-12)			
7:30pm - 9:00pm	Adult BJJ (Gi)		Adult BJJ (Gi)	Adult BJJ (No-Gi)		

Class Descriptions

Lil' Orca's (Aged 5-8)

This class is focused on basic skill development in a play based environment. It follows a simple structure; We engage in a play based warm up. We do one focused technique or skill for the day. We end with a game that reinforces that skill or other skills that we have learned. This class has two coaches with a ratio of 6 students to every one adult.

Killer Whales (Aged 9-12)

This class is focused on basic skill development with a heavier focus on correct technique and application of that technique. This follows a structure that mimics an adult class in a kid friendly manner; We engage in a play based warm up. We go over one or two focused techniques or skills. We end the class with focused application of that skill and other skills learned in previous years in friendly randori or sparring. This class may have two coaches or may have one coach depending on the needs of the group.

Adult BJJ (Aged 13-99)

This class teaches the movements, techniques and strategies to grow and learn in Brazilian Jiu Jitsu. We follow best practices to allow students to accelerate their learning at a pace that makes their investment in themselves pay off. The Gi class is done in a BJJ Gi (kimono) but it is not reliant on it. Techniques practiced do have heavy overlap into our no-gi class. The No-gi class is structured and taught in the same way as the gi class but without a gi.

Price List	
Kids Classes (Lil' Orcas and Killer Whales)	\$160 per 12 week session
Adult Classes	\$100 per month on a month to month basis \$80 per month on a pre authorized debit plan \$120 for a 10 class punch pass.
Brazilian Jiu Jitsu Gi's	Kids - \$80.00 Adult (Basic) - \$120.00 Adult (Elite) - \$160.00 Drop in Class - \$20.00