



Children's Programs Class Times

Stittsville



Effective April 28th, 2017

	Little Champions	White and Yellow	Orange and Green	Blue and Purple	Brown	Leadership
Monday	4:00 to 4:30 pm	4:30 to 5:15 pm	5:15 to 6:00 pm	5:15 to 6:00 pm	6:00 to 6:45 pm	
Tuesday	4:30 to 5:00 pm	5:00 to 5:45 pm	5:45 to 6:30 pm	5:45 to 6:30 pm	7:00 to 7:45 pm	6:30 to 7:00 pm
Wednesday	No Class	4:30 to 5:15 pm	5:15 to 6:00 pm	5:15 to 6:00 pm	6:00 to 6:45 pm	
Thursday	5:15 to 5:45 pm	5:45 to 6:30 pm	4:30 to 5:15 pm	4:30 to 5:15 pm	6:30 to 7:15 pm	
Friday	5:00 to 5:30 pm	5:30 to 6:15 pm	6:45 to 7:30pm	6:45 to 7:30pm	6:45 to 7:30pm	6:15 to 6:45pm
Saturday	9:30 to 10:00 am	10:45 to 11:30 am	12:00 to 12:45 pm	12:00 to 12:45 pm	10:00 to 10:45 am	11:30am to 12:00pm

Open Training: Saturdays from 9:00 to 9:30 am instructors will be on the mat to help students (if available, instructors will stay on the mat until 10:00 am.)

Leadership Classes: students at Blue Belt level and above can attend these special classes to build leadership skills and become great role models.

- ◆ Students are encouraged to attend 2-3 classes per week. Remember to always put your attendance card in the box BEFORE class!
- ◆ Students must notify the Instructor before leaving the mat area. Upon returning, please wait by the edge of the mat until called upon.
- ◆ Uniforms are expected to be clean and neat. Students are permitted to train in a Cooligan T-shirt, but Gi tops must be brought to every Jiu-Jitsu class.
- ◆ We encourage friends and family to watch classes, but spectators are not permitted on the training area without permission. Parents may enter the mat to watch and photograph promotions or special events.