

# SOCA BRAZILIAN JIU-JITSU WANTAGH NY KIDS SCHEDULE

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUS</b>	<b>FRI</b>	<b>SAT</b>
5:00pm - <b>MG</b> 5:30pm	4:30pm - <b>LG2</b> 5:30pm	5:00pm - <b>MG</b> 5:30pm	4:30pm - <b>LG2</b> 5:30pm	4:30pm <b>KW</b> <b>LG2/JG</b> 5:30pm	9:00am - <b>MG</b> 9:30am
5:45pm - <b>LGI</b> 6:30pm	5:30pm - <b>JG</b> 6:30pm	5:45pm - <b>LGI</b> 6:30pm	5:30pm - <b>JG</b> 6:30pm	5:30pm <b>NO Gi</b> <b>LG2/JG</b> 6:15pm	9:30am - <b>LGI</b> 10:00am
					10:00am - <b>LG2</b> 10:30am
					10:30am - <b>JG</b> 11:00am



## Kids Belt Program

MG Mini Grapplers - kids 3 to 5 years old.  
 LG1 Little Grapplers 1 - kids 4 to 6 years old.  
 LG2 Little Grapplers 2 - Children 7 to 10 years old.  
 JG Junior Grapplers - Students 11 to 14 years old.  
 Mandatory SBJJ Gi Uniform.

## KNG - Kids No Gi

Submission Jiu-Jitsu Grappling Class without the Gi with rash guard and short for Grey Belt and up.  
 Mandatory Team SBJJ rash guard and short.

## KW - Kids Wrestling

Specific NoGi Takedowns Class for LG2/JG Gray Belt and up.  
 Mandatory Team SBJJ rash guard and short.

## M - Mixed

All Belt levels.  
 Mandatory SBJJ Uniform.

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