



Some of life's greatest lessons aren't taught in the classroom or at the dinner table.

Times are changing and so is the environment our kids face every day. Building self-confidence, self-discipline and learning how to defend oneself are skill sets that will benefit your child in their daily life.

Our goal is not to teach our kids to fight, but to have the courage to stand up for themselves and others and feel confident in their capabilities to do so. We prioritize respect for oneself and respect for others.

BRAZILIAN JIU JITSU KIDS PROGRAM

MON & WED, 5PM

(ages 5-7, 8-12)

KIDS MEMBERSHIP

- Starts at \$80 per month.

START YOUR FREE TRIAL TODAY!

Experience all we have to offer with a week of unlimited training.

Sign up now at www.lakeeffectbjj.com



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