

## ATOS BJJ ATL | YOUTH SCHEDULE

Monday|Wednesday

**4:15pm-5pm**

Youth Intro Bjj

Ages 3-4 yo

Coach Andre/Coach Xavier

**5pm-6pm**

Youth Gi Fundamental 5-7 yo

Pro.Alex/Pro.Faye/Coach Tyler

**5pm-6pm**

Youth Gi Fundamental 8-13 yo

Coach Andre/Prof. Bobby/Coach Cash

Bobby/Coach

**5pm-6pm**

Youth Gi Advanced

Gi Class

Pro. Bruno

Tuesday|Thursday

**5pm-6pm**

Youth Gi Basics

Ages 6-12 yo

Coach Andre/Coach Moose

**5pm-6pm**

Youth Gi Advanced

Pro. Bruno

Friday

**5pm-6pm**

Youth No Gi Advanced

Prof. Bruno

Saturday

**9am-10:30am**

Youth Gi Advanced

Prof. Bruno

**10am-11am**

Youth Gi Fundamental 5-7yo

Pro.Alex/Pro.Faye/Coach Tyler

**10am-11am**

Youth Gi Fundamental 8-13 yo

Coach Andre/Prof.

Coach Cash

## Welcome to Atos Atlanta BJJ

Thank you for taking an interest in our academy, we recommend that you review some of our basic information to get acquainted with our policies.

### CODE OF CONDUCT:

1. Always address the teacher black belt as Professor and any non-blackbelt Coach
2. You may only wear a White Gi with NO other school gym patches on it
3. You must wear shoes or flip flops when you're not on the mat.
4. Fingers nails and toenails must be kept short
5. Your uniform should always be clean
6. You must always wear a t-shirt or rash guard in the academy
7. All jewelry, piercings, necklaces, ect needs to be removed before training
8. All training gear should be left in the designated areas
9. Do not leave the mat area without permission from the professor or coach
10. If you are late, wait outside the mat until the professor give you permission to join
11. Absolutely NO coaching your child or other students during class
12. **NO videotaping** of during live rolls (when the students are sparing)
13. Be respectful of your training partners, be humble
14. No foul language
15. Talking should be kept to a minimum

**UNIFORM POLICY-GI-** Must be White with a black rash guard \* it cannot have another school logo represented on it\*

No GI- Must be black Bruno F or Atos rash guard and our BJJ shorts or Atos Shorts.

**CHECKING IN:** If you are taking a class, you must check into the check in system.

**RENTALS-** If you need to rent a GI or rash guard, they are available for a small fee at the front desk (first time guest do not pay a rental fee)

**TO FREEZE** – Must be performed before monthly membership has been deducted, requested by email, phone or visit the front desk. This must be taken care of by a manager, not a coach, professor, or another member. There is a \$20 monthly fee.

**TO CANCEL** – Must be performed **1 month** prior to the monthly membership coming out **and signed off by a manager, it can be requested by email ONLY.**

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Thank you for allowing me to help you today!

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