

PROPER ATTIRE:

All **jiu jitsu students** (adults and kids) are expected to attend class in a gi, except when participating in no-gi classes. We allow up to two weeks (14 days) post-registration for you to obtain one. After the two-week period, you may be prohibited from participating in gi classes without proper attire. Any color gi is permitted in class (Note: If you intend to compete, some tournaments only allow white, blue, or black). We recommend that tights and rashguards be worn under your gi (for protective and sanitary purposes).

Workout attire (e.g., yoga leggings or sweats) is sufficient for **Athena (women's self-defense) and Adult No-Gi classes**.

No footwear is permitted on the mats at any time but is required in the rest of the facility. We recommend easy slip-on's (e.g., sandals) for trips to the restroom or locker room.

WHAT'S A GI? A gi [gee] is a traditional martial arts two-piece garment consisting of loose pants and a wrap-around jacket with a cloth belt. They can vary widely in quality and pricing. A team member would be happy to recommend brands and sources for you based upon your individual needs.

PARENTS WELCOME:

Parents and guardians are welcome to stay for kids' classes. Please note that we have a limited seating area. For everyone's safety, only participants and instructors are permitted on the mats during lessons.

Moms and dads can join, too! Kids classes are conveniently held before Athena and Adult Jiu Jitsu classes.

TIME COMMITMENT:

Members may attend as many or as few classes as they choose. Of course, we encourage our students to take full advantage of their memberships and partake in as many sessions as possible.* This should translate to faster skill honing, better lesson retention, and more expedient belt promotions.†

Jiu Jitsu Students: If you expect to advance in this complex martial art, you should plan to practice a minimum of three times per week.

**Number of classes offered weekly varies by membership type*

†Applies to jiu jitsu students only

PRIVATE LESSONS:

Our coaches offer One-on-One sessions *as a courtesy* to all current members at no additional cost.

Any private lessons requested *outside of these* are subject to coaches' availability and additional charges (which vary depending on the instructor's belt level). Please be aware that coaches have extremely limited time for private lessons outside of our listed class schedule.

JIU JITSU BELTS:

In jiu jitsu, belt color denotes a participant's experience and prowess level. During class, you will roll with students at various belt levels. This offers a well-rounded experience for all of our participants.

Belt promotions are awarded based on advances in your skill level. **You must spend at least the IBJJF minimum required time at any given belt level before you're prepared to advance.** This minimum varies by belt level and ranges from 8 months to 2 years. As you'd expect, the more classes you attend and the more attention you devote to your jiu jitsu game (in and outside the studio), the faster you will advance.

BELTS (CONT'D):

Student eligibility for belt promotions is reviewed every 6 months. Those achieving new belt levels are welcome to do so "officially" at our twice-yearly promotion ceremonies. There is no additional cost for these events. Friends, family, and photos are welcome!

HOW WE CHARGE:

We offer both three-month and twelve-month memberships. Students are charged on a monthly basis, **regardless of how many classes they do (or do not) attend**. There is no limit to how many classes you may attend in any given time period, and we do not charge for belt promotions.

MEMBERSHIP PAUSES & CANCELLATIONS:

All students agree to an "evergreen" contract, meaning it will automatically renew *under the exact same terms and conditions* without an **advance written (emailed) request for cancellation**.

We allow for early membership terminations *only* under the following circumstances: student relocation 60+ miles from our facility (with proof of address change) OR indefinite illness/injury (with doctor's note indicating the period of incapacitation). We *do not* offer membership pauses (or cancellations) for students' vacations, forays into other sports, claimed financial hardships, or any other circumstances that fall outside of the above described circumstances.

You are entitled to a temporary *medical* membership pause of up to six months with written documentation from your physician, which should include a specified recovery time. After conclusion of this time period, your membership will resume from the point of pause (i.e., with the same remaining balance of days).

GUEST POLICY:

Guests wishing to actively partake in a lesson must complete a waiver form prior to participating (parent's/legal guardian's permission required for those under 18).

Guest participation is equivalent to a Trial Lesson – limit one free class per individual, please.

Out-of-town [adult] guests may attend **instructor-led classes** with prior approval from our Head Instructor. A mat fee will apply. Please contact us for additional details and to obtain advance authorization.

PROSPECTIVE STUDENTS

FREE TRIAL LESSON

Potential students are encouraged to take a **no-cost, no-obligation** Trial Lesson before joining Aegis. Please contact us or stop by during a New Student Sign-Up session (see below) to schedule your free introductory class.

NEW STUDENT SIGN-UP

Stop by Aegis during any of our New Student Sign-Up sessions* to check out the facilities, meet some team members, and even observe a live class. Visit www.aegisjj.com/schedule for available days/times.

**Walk-in's are welcome...but for the optimal experience, please consider visiting our studio during a New Student Sign-Up slot. Note that our studio may be closed between scheduled classes and events.*