

**The more they move,
the better they learn!**



YOUR
CHILD

AMOUNT
OF ACTIVITY

VARIOUS
ACTIVITIES

ACADEMIC
ACHIEVEMENT

**Did you know that
kids who are
physically active
get better grades?**

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child to be physically active. Any type of physical activity is good, and 60 min a day is best. Their grades will thank you!



Carlos Machado Jiu Jitsu Lake Highlands

Starting Sep. 1st 2020

We are now offering more classes
for Kids!

MORNING CLASSES

Tuesday & Thursday 10:30am -
11:15am

CUBS CLASSES

Tuesday & Thursday 3:45pm - 4:15pm

CALL TODAY for your FREE trial!

Benefits of Martial Arts for Kids:

- ✓ Anti Bullying Program
- ✓ Boost Self Esteem and Confidence
- ✓ Improve Respect and listening skills
- ✓ Fun and Safe Physical Activity
- ✓ And many more ...!



Jaguars Classes
M-Th 4:30 & 5:15
Sat 9:00am

Capoeira Class
Tue & Thur
5:15pm - 5:45pm

Contact us for more info **(214)221-1977**

lakehighlandsbjj@gmail.com

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