

Delaware Combat Sports and Self Defense Academy

Royce Gracie Jiu-Jitsu - Top Team Youth Wrestling Club

Telephone 302-531-6147



North Dover Academy

80 - 1 Salt Creek Drive
Dover, DE 19901

www.delawarecombatsports.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Mat 10:00 am - 12:00 pm	Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am		Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am			Family Judo Youth & Adult 9:00 am - 10:00 am
	Advanced Jiu-Jitsu 11:00 am - 12:00 pm	<i>Private lesson availability</i>	Advanced Jiu-Jitsu 11:00 am - 12:00 pm	<i>Private lesson availability</i>		Family Judo Open Mat / Sparring 10:00 am - 10:30 am
	KinderGrapplers 5:30 pm - 6:00 pm		KinderGrapplers 5:30 pm - 6:00 pm		<i>Private lesson availability</i>	Adult Judo 10:30 am - 11:30 am
	Jr. Grapplers 1 (Ages 9 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm	Top Team 1 (Ages 9 & under) Youth Wrestling 6:00 pm - 7:00 pm	Jr. Grapplers 1 (Ages 9 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm	Top Team 1 (Ages 9 & under) Youth Wrestling 6:00 pm - 7:00 pm		Adult Judo Open Mat / Sparring 11:30 am - 12:00 pm
	Jr. Grapplers 2 (Ages 10 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 8:00 pm	Top Team 2 (Ages 10 & above) Youth Wrestling 7:00 pm - 8:00 pm	Jr. Grapplers 2 (Ages 10 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 8:00 pm	Top Team 2 (Ages 10 & above) Youth Wrestling 7:00 pm - 8:00 pm		
	Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm	Advanced (GI) Adult Gracie Jiu-Jitsu 8:00 pm - 9:00 pm	Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm	Advanced (NOGI) Adult Gracie Jiu-Jitsu 8:00 pm - 9:00 pm		<i>Private lesson availability</i>
	Adult GI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm		Adult NOGI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm			

Students are expected to:

1. Be Punctual
2. Greet the instructor(s)
3. Wear clean, neat, odor free uniforms
4. Quietly and respectfully prepare for class without interrupting class in progress
5. Check the website (delawarecombatsports.com) for any schedule changes

Note: Advanced Gracie Jiu-Jitsu is for Blue Belts and above

6. Practice good hygiene
7. Only white Kimonos with Navy Blue under shirts are permitted
8. Show proper respect to instructors, students and visitors
9. Show effort and spirit in class
10. Keep finger/toe nails trimmed

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Camden Academy

121 N Main St.
Camden, DE 19738

Middletown Academy

718 Ash Blvd
Middletown, DE 19709

www.delawarecombatsports.com



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		Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am		Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am		Open Mat 10:00 am - 12:00 pm
	<i>Private lesson availability</i>	Advanced Jiu-Jitsu 11:00 am - 12:00 pm	<i>Private lesson availability</i>	Advanced Jiu-Jitsu 11:00 am - 12:00 pm	<i>Private lesson availability</i>	
		KinderGrapplers 5:30 pm - 6:00 pm		KinderGrapplers 5:30 pm - 6:00 pm		
	Top Team 1 (Ages 9 & under) Youth Wrestling 6:00 pm - 7:00 pm	Jr. Grapplers 1 (Ages 9 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm	Top Team 1 (Ages 9 & under) Youth Wrestling 6:00 pm - 7:00 pm	Jr. Grapplers 1 (Ages 9 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm		<i>Private lesson availability</i>
	Top Team 2 (Ages 10 & above) Youth Wrestling 7:00 pm - 8:00 pm	Jr. Grapplers 2 (Ages 10 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 8:00 pm	Top Team 2 (Ages 10 & above) Youth Wrestling 7:00 pm - 8:00 pm	Jr. Grapplers 2 (Ages 10 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 8:00 pm		
		Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm		Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm		
		Adult GI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm		Adult NOGI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm		

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